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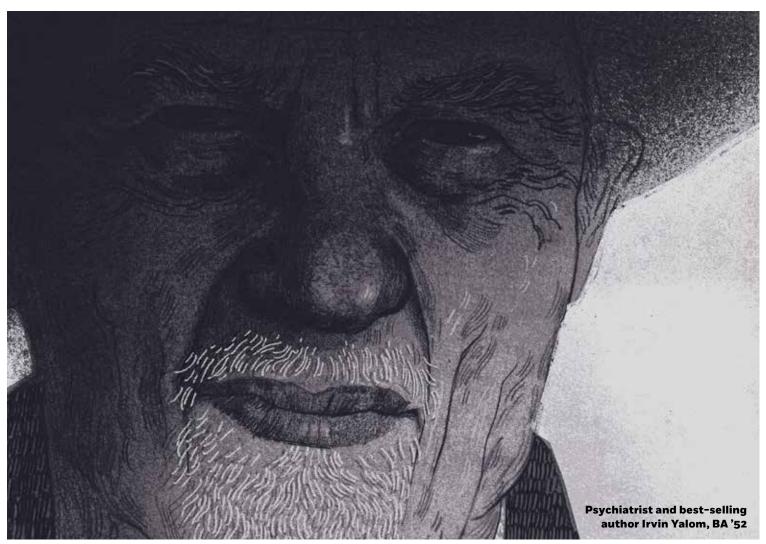
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ILLUSTRATION: PATRYCJA PODKOŚCIELNY; REFERENCE PHOTO: MATTHIAS GÜNTER, DAS KOLLEKTIV GMBH/SCENE FROM THE DOCUMENTARY "YALOM'S CURE

GW MAGAZINE FALL 2015

A MAGAZINE FOR ALUMNI AND FRIENDS



FEATURES

26 / The Weight of Human Life

In the cold, turbulent waters off the coast of South Africa, researchers find the wreckage of a slave ship and pieces of a 220-year-old story. / By Lauren Ingeno /

32 / A GW Gift Guide

From traditional, hand-painted ceramic dinnerware to an electric bicycle and dresses for girls who dig dinosaurs and rockets, the wares of fellow alumni take the panic out of gifting. / By Brittney Dunkins /

40 / Get Your Own Damn Fatal Illness: Homage to Ellie

In this excerpt from his new book, *Creatures of a Day*, renowned psychiatrist and best-selling author Irvin D. Yalom, BA '52, offers the story of one patient's struggle to reclaim her life, and impending death, from the cancer overtaking her body. / By Irvin D. Yalom, BA '52 /

PLUS

48 / Present Company

Dr. Yalom talks about life, legacy and the value of focusing on the here and now. / By Danny Freedman, BA '01 /

DEPARTMENTS

4 / Postmarks

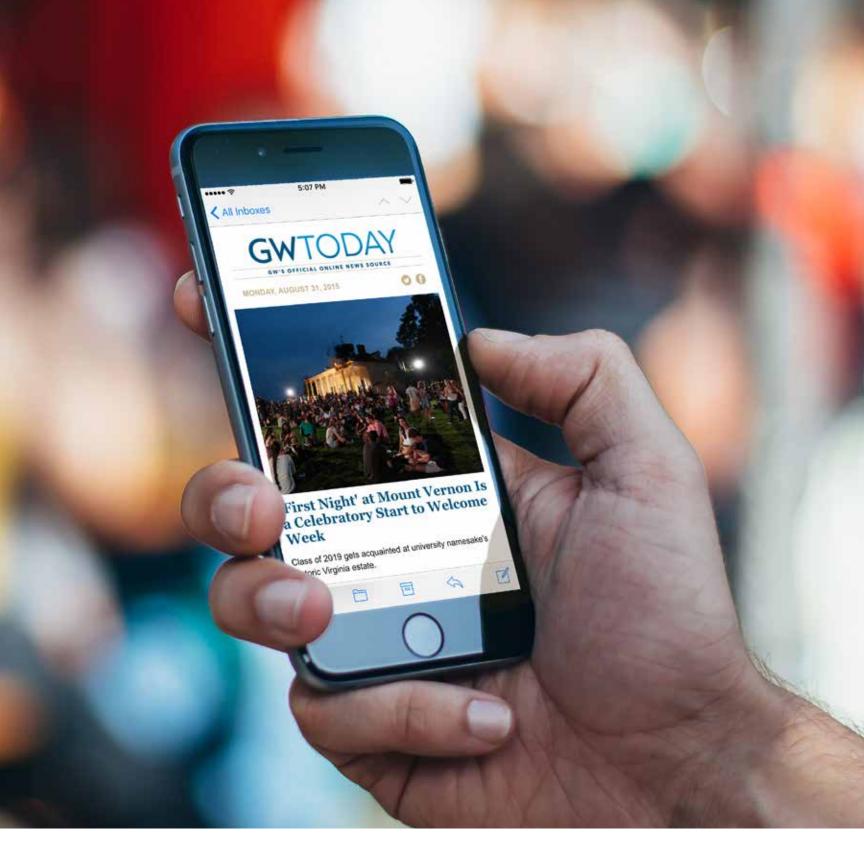
7 / GW News

54 / Philanthropy Update

56 / Alumni News

On the cover:

The footwear from the alumnifounded company SWAP (Style With a Purpose)
Socks—featured in this issue's gift guide—
is designed to be mismatched for a good cause.
Photo by William Atkins



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LATEST NEWS

FROM GW TODAY VIA E-MAIL



The Things We Carry

THAT AN ARTICLE OR A BOOK would inform, delight, inspire—that should be par for the course. But a few will leave an exquisite, indelible mark on our minds. I remember, for example, John Hersey's *Hiroshima*. I remember Jimmy Breslin's article, "It's an Honor," and Flannery O'Connor's story, "A Good Man is Hard to Find." And I remember Irvin D. Yalom's *Love's Executioner*.

The world looked different in their wake, enriched by textures of humanity that had been beyond my eyes.

So I was over the moon when Dr. Yalom, an alumnus and prominent psychiatrist, agreed to be interviewed for this issue and his publisher allowed us to reprint a chapter from his new book, *Creatures of a Day*.

What blew me away when I first encountered his writing, in *Love's Executioner*, was the book's candid and unflinching journey into psychotherapy. He brings readers inside the painstaking exploration that unfolds behind a therapist's closed door: one utterly human, fallible narrator leading another as they unpack a problem layer by layer, looking for resolution.

It offers an opportunity for introspection, validation and wisdom applied with surgical precision. Along the way, one might find that mental health—so often the realm of secrets—is a familiar bond between us, as much as our physical health.

Elsewhere in this issue, we bring you the story of the GW-led recovery of the only artifacts ever found from the wreckage of an active, trans-Atlantic slave ship, and the closure some people found in its discovery. The objects, which are headed to the Smithsonian's National Museum of African American History and Culture, hold enormous potential for research and public education.

We're also proud to bring you our second annual GW gift guide. It's loaded with thoughtful, unconventional goods from alumni that could be right for someone on your list. Who knows? You might just find something for yourself.



The 18-month-old niece of GW staff designer Minhee Kim preps for her closeup, modeling a dress studded with pink dinos for the gift guide. The company behind the dress began with two alumnae frustrated by a lack of science-themed clothing options for their daughters.

FOUND POETRY

In the summer issue, we invited readers to create "found poetry" from the first 380 words of the first chapter of Herman Melville's *Moby-Dick* ("Institutional Knowledge," Pg. 72). The response—via mail, email and Twitter, using the hashtag #GWFoundPoetry—was a colorful collection of DIY prose.



Look at the crowds of water-gazers fixed in ocean reveries these are all landsmen; nailed to benches, clinched to desks.

Yahia Lababidi, BA '96 Via Twitter @YahiaLababidi How then is this—the street? The insular city?

Silent.

Pent up.

Mortal men, grim about the mouth, flourish sword, pistol and ball.

If they but knew it, there is nothing surprising in this.

There now-a funeral.

My soul-a coffin.

Involuntarily tied to, nailed to, clinched to, reveries of years ago.

I find myself striving to ...

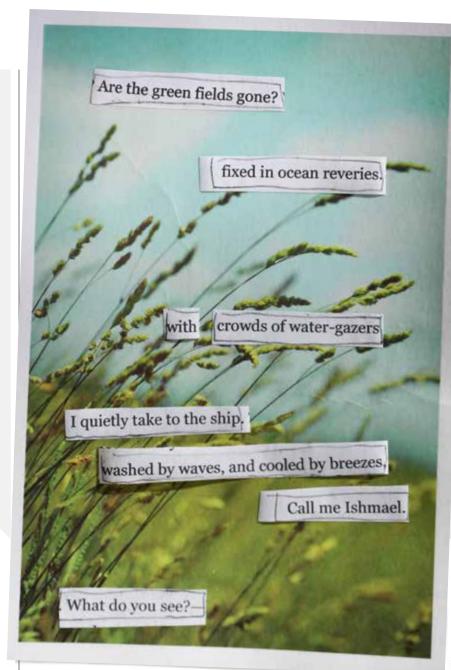
Never mind.

Look!

High time I go downtown to the Hook and Slip, meet a substitute for strong moral principle, and from thence ...

Gone.

Chris Moloney, MA '11 Denver



Cayo Gamber, MPhil '85, PhD '91, CERT '98 Associate Professor of Writing and Women's Studies

Ismael ** takes to the sail **
Encouraging pent up **
water-gazers **
To strive seaward **

Go 🏈 🌞

See 🐧 🥟

Circumambulate! ()





Peter Konwerski, BA '91, MA '94, EdD '97 Vice Provost and Dean of Student Affairs Via Twitter, @GWPeterK Ishmael, gone? to sea to see

How then is this?

Circumambulate your watery part of the world.

What do you see?—

commerce and the purse,
money for sword; pistol and coffin
funeral crowds downtown
nailed to a substitute Sabbath

What do they here?

my soul; requires time thousands of hours of reveries. driving surprising circulation.

Look upon the November ocean and my extreme feelings
Are cooled green washed better fixed dreamy high aloft in the rigging, striving quietly to cherish my afternoon.

my now myself

A Haiku Tale

Men in the thousands
Nailed to counters, to benches,
Grim about the mouth.
Damp, drizzly November soul,
Nothing surprising,
Throws himself upon his sword?

Michael N. Porter, JD '94

No! Landsmen striving.
Deliberately pausing.
Ocean reveries.
Go, seaward! Get to the sea!

Circumambulate. Streets take men waterward. Silent sentinels Washed by waves then cooled by breezes. Water-gazers there Cherish feelings towards the ocean.

Betty Tucker, MA '95 Pleasant View, Utah

LETTERS

Now There Are No Excuses ...

I was really excited to read about the new GWU/Textile Museum ("A Museum of People and Place," spring 2015). I am planning to visit it soon since I live locally. Only one problem: Nowhere did the article mention the actual address! Yes, I have a computer and can check out the website, but you shouldn't have to go online to get the basics.

Joan April, BA '69 Chevy Chase, Md.

Duly noted. Here's how to reach the museum:
701 21st Street, NW
Washington, DC 20052
202-994-5200
museum.gwu.edu
—Eds.

Mourning a Champ

Just received the summer 2015 issue with the sad news of the passing of Richard D. Gilroy, JD '68. Dick was the 1967-1968 dorm manager of what was then Calhoun Hall. He quarterbacked our "B League" intramural football team. Back then, the Greeks took all the sports championships. But with Dick at the helm, "The Calhoun" won the the first-ever championship by an independent. For all I know it still might be the only independent championship. A born leader and a great fellow. RIP Dick.

David C. (Dave) Miller, BA '69 Louisville, Ky.



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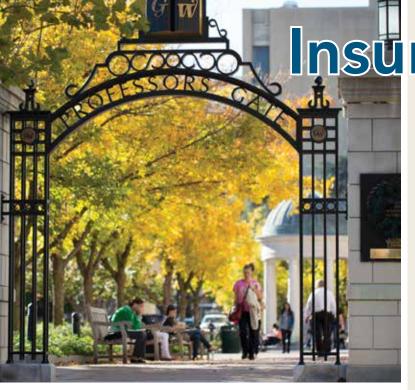
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GWNEWS

AT A GLANCE	12
5 QUESTIONS	13
FROM THE ARCHIVES	14
SPACES	16
BOOKSHELVES	18
ATHLETICS NEWS	20
RESEARCH NEWS	24



HONORS

Beyond Music, Hitting All the Right Notes

Singer, painter Tony Bennett and his wife, Susan Benedetto, awarded President's Medal for their work in arts education

When comedian Bob Hope saw the young jazz singer Anthony Dominick Benedetto performing in Greenwich Village, he asked his name and then offered some life-changing advice:

"That's a little long," Mr. Hope said. "Let's call you Tony Bennett."

It's a name that Mr. Bennett, 89, carried into stardom, a name that he has always liked: It's attached to 18 Grammy Awards and shines from a star along

the Hollywood Walk of Fame. But when he and his wife, Susan Benedetto, received the George Washington University President's Medal this summer, the singer spoke from a personal place and fondly recalled his family surname.

"In Italian, it's about the best name you can have because when it's translated into English, it means, 'the beloved.' And that's how I feel tonight," Mr. Bennett said as GW President Steven Knapp presented him and Ms. Benedetto with the university's highest honor.

And "Benedetto" is a name still used by the singer—when he paints. Mr. Bennett has become an accomplished artist in that realm, too, with works included in the Smithsonian Institution's permanent collection. The medal ceremony, held in July at GW's Corcoran School of the Arts and Design, featured a private, one-night-only exhibition of Mr. Bennett's artwork, including a bust of Harry Belafonte and paintings of Duke Ellington and of Central Park.

Born in Queens, N.Y., in 1926, Mr. Bennett's six-decade singing career has included performing alongside Ella Fitzgerald, Count Basie, Amy Winehouse and, most recently, Lady Gaga—who attended the ceremony at the Corcoran School with her parents, Joe and Cynthia Germanotta, MA '78. Clad in a dramatic wine-colored gown, she greeted Mr. Bennett with a warm embrace. The next night, the duo were together again to showcase their jazz album, *Cheek to Cheek*, at the John F. Kennedy Center for the Performing Arts.

Mr. Bennett and his wife were lauded at the ceremony for their commitment to making arts education a priority in U.S. public schools. They founded the Frank Sinatra School of the Arts in Queens and, later, the nonprofit education organization Exploring the Arts, which now has partnerships with 23 public high schools in New York City and Los Angeles.

"All students deserve access to a highquality education, and a belief in the profound impact of the arts is what fuels our work," said Mrs. Benedetto, who has a background in both education and entertainment management, and now is a social studies teacher and assistant principal at the Frank Sinatra School.

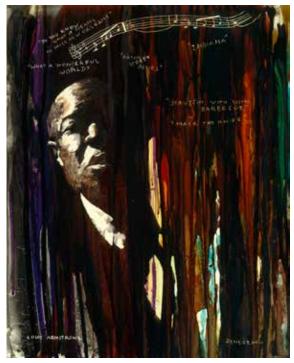
Mr. Bennett said he encourages the arts in education because it marks what he called a "human experience" that brings together people of different backgrounds and experiences.

"I just think that the more artists there are in America, the more hopeful it will be for the United States in the long run," he said.— Julyssa Lopez



Video of the medal ceremony is available at go.gwu.edu/bennettmedal2015.





Tony Bennett's portrait of jazz icon Louis Armstrong—signed "Benedetto"—was among the artist's works on display at the Corcoran.



THE ARTS

Corcoran School Director Named

Sanjit Sethi, a longtime arts advocate and educator who most recently served as director of the Santa Fe Art Institute, in Santa Fe, N.M., will join the university in October as the inaugural director of the Corcoran School of the Arts and Design.

Mr. Sethi's time at the Santa Fe Art Institute was marked by a drive for collaboration. He created several initiatives, including the institute's six-week summer community design intensive called Design Workshop and SFAI 140, a series of 140-second talks by artists and other cultural thinkers.

His own artistic work includes the Building Nomads Project, a collaborative project focused on migrant construction workers in Bangalore, India, that he completed as a Fulbright scholar there. His other pieces include *Richmond Voting* Stories, a project that examined voting as a civic activity, and Kuni Wada Bakery Remembrance, an olfactory-based countermemorial honoring a Japanese-owned bakery in Memphis, Tenn., that was shut down days after the attack on Pearl Harbor.

He plans to bring his interest in community to his role at GW.

"I'm excited to see how work that we do at the Corcoran can transform the way we use creativity as a major driver for understanding communities and working to address pressing critical issues that we see around us," Mr. Sethi says. "The Corcoran can help transform the culture of GW and help create the next generation of global citizens."

At the Santa Fe Art Institute, Mr. Sethi also led a fundraising campaign to renovate the institute and secured funding from the National Endowment of the Arts, the Robert Rauschenberg Foundation and the Andy Warhol Foundation. He directed outreach and collaborations with local, national and international arts and humanitarian organizations.

Mr. Sethi previously served as director of the Center for Art and Public Life at the California College of the Arts, where he also was the Barclay Simpson Chair of Community Arts and an assistant professor.

Mr. Sethi holds a Bachelor of Fine Arts degree from New York State College of Ceramics at Alfred University, a Master of Fine Arts from the University of Georgia's Lamar Dodd School of Art and a Master of Science in advanced visual studies from the Massachusetts Institute of Technology.

CAMPUS LIFE

Green **Move-Out**

As students return for another year, numbers help tell the story of how they left at the end of the last school year. Behind their summer exodus was an army of 150 student and staff Green Move-Out volunteers, which collected the clothes, canned goods, electronics and other objects that were abandoned or marked for donation-some 20 tons of it.

The annual program donates items for distribution or resale, diverting them from a landfill. Here's a look at this year's haul:

43,000

Total weight, in pounds, of discarded items collected around the university

34,206

Pounds of bedding, clothing and other materials sent to Community Recycling, which has partnered with GW since 2013 to collect items for reuse and resale in more than 50 countries

4,079 Pounds of canned and nonperishable goods donated to Capital Area Food Bank

550

Pounds of books and CDs sent to D.C.-based Turning the Page

Ziploc bag full of quarters



The Canova Lions standing guard outside the Corcoran Building on 17th Street got a deep cleaning this summer. The conservation work was part of a first phase of building renovations in preparation for the start of classes on Aug. 31, which includes replacing and upgrading equipment and infrastructure, an expanded student lounge and the creation of four computer labs. For more on the renovations and the ongoing integration of Corcoran students into the GW community, visit go.gwu.edu/renovations82015.

INTERNATIONAL AFFAIRS

Ambassador Picked to Lead Elliott School

Reuben E. Brigety II, U.S. representative to the African Union, will succeed Dean Michael Brown

Ambassador Reuben E. Brigety II, the U.S. representative to the African Union and the U.S. permanent representative to the United Nations Economic Commission for Africa, will serve as the new dean of the Elliott School of International Affairs, the university announced in August.

Dr. Brigety will join the school Oct. 1. He succeeds Michael E. Brown, who brought global recognition to the school during 10 years at its helm. Dr. Brown announced plans to step down as dean last year.

"Ambassador Brigety is an outstanding leader whose vision and experience will raise the Elliott School's already prominent reputation in international affairs education, policy and research," GW President Steven Knapp said.

Prior to his current appointment, Dr. Brigety oversaw southern African and regional security affairs as deputy assistant secretary of state in the Bureau of African Affairs. He also served as deputy assistant secretary of state in the Bureau of Population, Refugees and Migration, where he supervised U.S. refugee programs in Africa, managed U.S. humanitarian diplomacy and developed international migration policy.

"I believe young people come to the Elliott School because they want to engage with the



hardest challenges of our time," he said. "Our job is to prepare them both intellectually and practically to make the world a better place, and that's what I'm excited to do in this new position."

Dr. Brigety has held positions at the Center for American Progress and the U.S. Agency for International Development.

He began his career as an active-duty U.S. naval officer, with several staff positions in the Pentagon and in fleet support units. He earned a Bachelor of Science in political science from the U.S. Naval Academy and was designated a Distinguished Midshipman Graduate. Dr. Brigety also holds a Master of Philosophy and a doctorate in international relations from the University of Cambridge.

CAMPUS LIFE

Front-Row Seats on Political **Battleground**

Students enrolled in the fall cohort of GW's Semester in Washington program will have a chance to experience the presidential nomination process firsthand.

As part of a new partnership with the Bipartisan Policy Center and Saint Anselm College in Manchester, N.H., the course includes a weeklong trip to New Hampshire, where students will volunteer on the presidential campaign of their choice. Students at GW and Saint Anselm, linked by videoconference, will share guest lectures from political thinkers, operators and reporters that are sprinkled throughout the syllabus, including Democratic strategist James Carville, former Mitt Romney campaign manager Matt Rhoades, MA '99, and Yahoo! News columnist Matt Bai.

"This is something I've always wanted to do," says Greg Lebel, director of the program, which is housed in the College of Professional Studies. "This always seemed like such a natural [fit] for us in Semester in Washington, to take advantage of the opportunity of the presidential nominating process. And this is the perfect year because it's an open seat, so we've got races on both sides."

The agreement brings together the BPC's stable of political operatives, governors and members of Congress, Saint Anselm's location (the college is the longtime host of New Hampshire's primary debate) and GW's

- James Irwin

connections to national politics and media.



GEORGE WASHINGTON BUST: WILLIAM ATKINS / BRIGETY: COURTESY PHOTO



- Jeffrey Jerome Cohen, director of the Institute for Medieval and Early Modern Studies, speaking in September at a demo for a new 3-D printer at Gelman Library. Unlike GW's other two printers, reserved for engineering and art students, the new one can be used across all disciplines—including students in Dr. Cohen's medieval literature class, who are tasked with examining the life of an object from a medieval text. Watch the printer create this bust of George Washington at go.gwu.edu/3Dgeorge. ADMINISTRATION

Provost Lerman to Step Down

After sabbatical, Dr. Lerman will serve on the faculty

Provost Steven Lerman announced in August that he will be stepping down from his leadership post at the university at the end of the calendar year.

Dr. Lerman will begin a yearlong sabbatical at the beginning of 2016 and plans to return to GW as a member of the faculty and the A. James Clark Professor in Civil and Environmental Engineering.

Forrest Maltzman, the senior vice provost for academic affairs and planning, will serve as interim provost until a national search is conducted to find a permanent successor.

"Steve Lerman has been a terrific partner over the past five years," GW President Steven Knapp said. "He led us through one of the most significant strategic planning processes in the university's history and oversaw a significant restructuring of student affairs and the GW medical center. To all those efforts he brought a spirit of openness and collaboration that I hope will persist as a permanent feature of the university's culture."

In a letter to colleagues, Dr. Lerman said that "being part of the leadership team as well as a member of this distinguished faculty, and having the opportunity to work with such talented staff and students, has been an enormous privilege. One of the great

joys of my job has been that I have learned something new here every single day."

Since becoming provost in July 2010, Dr. Lerman has overseen a number of major initiatives, including the collaborative, universitywide process to develop and implement Vision 2021, a 10-year strategic plan that was unanimously approved by the Board of Trustees in 2013.

Dr. Lerman has also presided over the implementation of the strategic plan for the Department of Athletics and Recreation, a major renovation of Gelman Library, the academic transition of the Corcoran School of the Arts and Design, development of programming for the George Washington University Museum and The Textile Museum, and academic planning for Science and Engineering Hall. He managed the reorganization of the three schools that formerly constituted the university's medical center and the integration of the former Division of Student and **Academic Support Services** into the Office of the Provost, restructuring enrollment management and admissions, and bringing under common leadership the university's academic experience and student life beyond the classroom. He also spearheaded the recruitment of several new deans and directors across the university.

Dr. Lerman and his wife, Lori, also launched the popular Pancakes With the Provost series, a monthly open house that they host in their home on the university's Mount Vernon Campus.

THE GEORGE

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President Knapp On the Year Ahead

Access and success of students, interdisciplinary learning among priorities heading into the fall

The view from the eighth-floor office of GW President Steven Knapp offers a snapshot of his recent priorities for the university.

District House, which will be the second largest residence hall at GW, nears completion. Science and Engineering Hall, a 500,000-square-foot research facility, serves as the hub for collaborative work among GW faculty and scientists.

Just beyond the sightlines from Dr. Knapp's Rice Hall office, renovations continue at the Corcoran's 17th Street Building and the George Washington University Museum and The Textile Museum begins operations in its first full academic year.

"We've spent the last number of years since I've gotten here rebuilding the university's infrastructure in ways that are pretty striking," Dr. Knapp said in an interview with *GW Today* in August. "I think we really need to focus at this point on some of the programmatic initiatives that have also been very important in the last number of years."

That list includes broadening access to the university and diversifying its student population, educating the GW community about sexual assault prevention, infusing sustainability into university life, and encouraging collaboration among schools and interdisciplinary studies for students.

He also noted the ongoing success of Making History: The Campaign for GW, which Dr. Knapp said is "now over \$790 million toward the \$1 billion goal."

The fundraising effort supports students, academic programs and research efforts at the university. Increased giving by university leadership, growth in annual giving and undergraduate alumni donors contributed to a record fundraising year. The campaign also was boosted by assets from the university's historic agreements last summer with the Corcoran Gallery of Art and the National Gallery of Art.

"We've made rapid progress," he said. "We advanced rapidly in the last year. It was largest fundraising attainment ever in the university's history. But this year is going to be a critical one.

"We are hoping we can meet the \$1 billion goal ahead of deadline."



For more from this interview, visit go.gwu.edu/knappfall2015.

AT A GLANCE

"This is really a social issue, rather than an intellectual capability issue. And so it's imperative for us to attack it as well as we can."

Professor of Computer Science Rachelle Heller, who says female students often lose confidence in their ability to succeed in math and science classes halfway through college, due to male-dominated classes and a lack of role models. Dr. Heller, who also is the director of GW's Elizabeth Somers Women's Leadership Program, this year was named one of the nation's "100 Inspiring Women in STEM" by INSIGHT Into Diversity Magazine.

WHITE HOUSE TAPS SHAMBAUGH

The White House in August announced President Obama's intention to appoint GW professor Jay C. Shambaugh to the Council of Economic Advisers. Dr. Shambaugh, a professor of economics and international affairs, has also served as a faculty research fellow and a research associate at the National Bureau of Economic Research since 2007. He held positions within the Council of Economic Advisers between 2009 and 2011, first as a senior economist and then chief economist.

CISNEROS HISPANIC LEADERSHIP INSTITUTE DIRECTOR NAMED

Daniel E. Martínez, an assistant professor of sociology in the Columbian College of Arts and Sciences, will lead the new GW Cisneros Hispanic Leadership Institute during its inaugural year. The creation of the institute was announced in June, established through a \$7 million

gift from alumnus Gilbert Cisneros, BA '94, and his wife, Jacki. The Cisneros Institute seeks to address the issue of under-matching, which occurs when students of high academic potential do not matriculate to selective universities, leading to a lack of diversity among the nation's leadership.

GW WINS 2 REGIONAL EMMY AWARDS

The Office of Marketing and Creative Services, housed in GW's Division of External Relations, won two Emmy Awards this year from the National Capital Chesapeake Bay Chapter of the National Academy of Television Arts and Sciences. The video *Financing a GW* Education won in the category of graphics-animation, and the team's "#OnlyatGW" videos won in the category of commercial campaign. Videos from the GW Virtual Tour were nominated in both categories, as well.

SEH EARNS TOP HONORS

Science and Engineering
Hall was recognized with
two construction awards this
summer. The building received
a Best of the Year Award from
the Pennsylvania/New Jersey/
Delaware Chapter of the
International Interior Design
Association—the highest honor

the chapter presents annually. The Concrete Foundations Association also recognized GW and SEH at its annual convention in July with an award for Overall Grand Project—Commercial/Multi-Family. The 500,000-square-foot building, the first new research facility built on the Foggy Bottom Campus since 1973, opened in March.

GW LAUNCHES PROGRAM ON EXTREMISM

GW's Center for Cyber and Homeland Security announced in June that it is establishing a Program on Extremism. The first-of-its-kind initiative will focus on various forms of extremism, mainly in the United States, with the goal of conducting research and developing policy solutions. The new program will bring together a team of experts, including government officials, scholars, former extremists and counterextremism practitioners, who will provide firsthand assistance to families grappling with radicalization.





GW announced this summer that it will no longer require SAT and ACT scores for most undergraduate admissions, joining more than 100 colleges that already are standardizedtest optional. Michael Feuer, dean of the Graduate School of Education and Human Development and president of the National Academy of Education, took a moment to discuss this trend—a turning point in the history of U.S. standardized testing.

The SAT has been controversial since its inception in 1926. What is the central problem with standardized testing?

It is important to remember that a test score is an approximation, not a precise measure of ability or achievement. It provides a snapshot into the complexities of learning and cognition, but it's a blurry one. If you think of it as a photograph, then you need to be aware that the camera may have moved, and the person posing for the picture may have been prepped to look better than in real life. The picture has potential value—but it's not the real thing.

It's been more than 110 years since Alfred Binet invented one of the first intelligence tests. Did he have similar problems?

People would ask him, "How do you define intelligence?" After a while, he got so exasperated by this question that he would say, "I define intelligence by the way people do on my test." So here was a test that was purported to give you an estimate of intelligence, but that was defined by how you did on the test. This has always been the challenge in the world of psychological testing and measurement—the difference between a "construct" like intelligence or achievement and the measures used to get an estimate of the construct.

"A TEST SCORE IS AN **APPROXIMATION, NOT** A PRECISE MEASURE"

Intelligence can obviously be more abstract than word analogies and plotting functions on an X and Y axis. What's an example of something the tests miss?

Take the idea of creativity, for which standardized tests can only offer a very blurry estimate. Some students may say to themselves, "The fact that I've spent my time in high school producing an entire DVD of my own composed music and dancing is not going to show up on the SAT, and if that's what they're going to look at, I'm going to go somewhere else where they value what I've done." Well, it turns out, [GW] would love to at least have the chance to look at a student like that.

What impact does the billion-dollar SAT prep industry have on the test and how colleges view it?

We know that test prep makes a difference in test performance, although the studies show mixed results about how much the prep really matters. Still, a bias can occur if richer students who can afford the prep courses end up having higher scores independent of whether they are really smarter or more likely to succeed in college. By saying you don't have to show your SAT or ACT score, we hope to take some of the edge off this distinction, which may have little to do with real academic potential.

Have the tests become too important?

There is lots of evidence that students are spending considerable time planning for and preparing for the test at the expense of time they could be spending on real learning. This is one of the factors that led the University of California, for example, to change its testing admissions policy. It's on the minds of many educators—especially in an era of so much testing—who want to shift attention back to teaching, learning and achievement, and away from reliance on so many blurry snapshots. - Matthew Stoss

For more on the new policy, visit go.gwu.edu/TestOptional727.

LAW SCHOOL

OF

THE COLUMBIAN COLLEGE, WASHINGTON, D. C.

The Session will open on Wednesday, October 11th, at the Law Building on Judiciary Square, 5th street, between D and E streets. The exercises will consist of Recitations in Text Books three days in the week, Monday, Wednesday, and Friday; and of Lectures (wice a week on Tuesday and Thursday. The hour for these exercises will be 5 o'clock P. M.

The Session will embrace eight months of the year, commencing on the second Wednesday of October, and continuing without intermission, except a week at Christmas, till the second Wednesday in June. The Course of Studies requisite to graduation will occupy two years. The present session, opening October 11, 1865, and closing June 13, 1865, will include only the studies of the first year.

The Recitations will be under the charge of John C. Kennedy, E-q. Lectures will be delivered by Sanuez, Tyler, LL.D., Hon Ira Harris, and other eminent professors and practical lawyers. The Text Books employed and the Course of Study pursued will be substantially the same as at the best Law Schools connected with the Universities of the Northern and Southern States.

The Tuition Fees of regular students will be eighty dollars for the year, or one hundred and fifty dollars for the entire course of two years, payable one-half at the opening, the other half at the middle of the session. Lecture Tickets for Students not candidates for graduation will be furnished at thirty dollars for the year, and at graduated prices for single lectures, or special courses.

For further information, inquire of John C. Kennedy, at No. 1 Law Building, or of G. W. Samson, D. D. at the Columbian College.

FROM THE ARCHIVES

Letter of The Law

One-hundred-fifty years ago this October, men began to gather each weekday at 5 p.m. in an old church building downtown, reciting texts and absorbing lessons from learned elders. But the exercise was less church than state: it was the opening session of what is now the capital city's oldest school of law.

It all began with an 1865 flyer promising an education on par with the best law schools of both "the Northern and Southern States." (The Civil War had only ended that spring.) The artifact returned to GW Law just in the past two decades or so, after a book dealer in San Francisco found it tucked inside a volume, says Scott Pagel, director of the Jacob Burns Law Library and a professor of law.

As he points out, the flyer has a few noteworthy bits: There's a typo (the school year would have ended in 1866, not 1865), and one of the two lecturers listed, Maryland lawyer Samuel Tyler, didn't end up teaching until two years later. The other, Ira Harris, was a sitting U.S. senator from New York. (His daughter Clara Harris and her fiancé, Henry Rathbone—who, in an odd twist, was also Mr. Harris' stepson—were guests of the Lincolns at Ford's Theatre the night President Lincoln was assassinated.)

Two years later, degrees were awarded to the school's first group of 60 graduates, who hailed from 22 of the then 37 states.

In the years since, the law school became a place where the inaugural course on patent law, in 1891, was taught by the U.S. Commissioner of Patents; where justices of the U.S. Supreme Court stop by to judge moot court competitions; and where students—for a class project—brought a civil lawsuit against former Vice President Spiro Agnew over alleged kickbacks, which forced him to repay nearly \$270,000 to the state of Maryland. **–Danny Freedman, BA '01**

 $\overline{\Box}$

For more on GW Law's celebration, visit law.gwu.edu/gwl/150years.

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BY AIR MA



SPACES

Nothin' But Nest

This office, in an old limestone townhouse across 22nd Street from the Charles E. Smith Center, has served GW men's basketball coaches for decades, and it now serves Mike Lonergan, who took over the program in 2011. It's different from a lot of coach's offices because it's not in a gym—and that's Mr. Lonergan's favorite part. He can look out and see the campus, see the students, see the fans, see Washington. "Before the games, I'll walk out and people are lining up to go [into the Smith Center]," Mr. Lonergan says. "I'll just walk across the street with my clipboard. I like the fans—they'll say, 'Oh, good luck, coach'—and I'll bump into them right Shortly after the end of his playing days at the when I walk to the gym. It's kind of neat." Catholic University of America in 1988, Mr. - Matthew Stoss Lonergan and a group of his buddies played in a rec league based in D.C.'s Langdon Park and sponsored by then-NBA guard John Battle (he retired in 1995 after a 10-year career). They won the league and this trophy. Mr. Lonergan keeps it on display, a symbol of his D.C. cred. When Mr. Lonergan's five kids visit, they school him in this plastic handheld ball-and-hoop game.



BOOKSHELVES



Adrift Once More on the River of Doubt

President Theodore Roosevelt's big-game prizes grace the halls of Smithsonian institutions and his explorations in Africa are well-known. More mysterious are his Brazilian travels, which nearly killed him. A new novel adds fascinating fictional context.

/By Menachem Wecker, MA '09 /

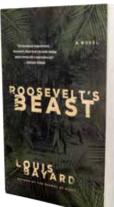
Here's the short version of the facts: In 1913, Theodore Roosevelt set off on a Brazilian expedition with noted explorer Cândido Rondon. Along the way, the former president nearly died of complications from a leg injury but persevered—despite a murder and several deaths in the ranks—and the previously uncharted River of Doubt became Rio Roosevelt. On this fertile ground, adjunct fiction-writing professor Louis Bayard picks up the story.

In Mr. Bayard's gripping historical fiction,

a story that begins with Mr. Roosevelt at the center, turns out—in a surprise, even for the author—to be fueled by the tragic journey of Mr. Roosevelt's son, Kermit, who was part of the expedition and who spiraled into alcoholism and depression.

From the start, Mr. Bayard knew that he wanted to introduce an "element of fantasy horror" into the historical record. Beyond that, he was off on an expedition of his own.

"I had no clue how I was going to do it," he says. "And that, of course, is what makes a



Roosevelt's Beast: A Novel (Henry Holt and Company, 2014)

Louis Bayard, adjunct professor of fiction writing

book exciting—and terrifying—to write, not quite knowing if you're going to pull it off."

Mr. Bayard artfully toes a tightrope of past and present, fiction and history. And the challenges of the troubled expedition tease out fascinating details (real and imagined) about

larger-than-life figures.

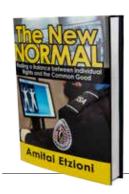
"Given that the dead can't come back and sue you, I see mostly upside here," says Mr. Bayard of the medium, which affords a novelist the chance to put someone like Mr. Roosevelt "under a different kind of duress and see what happens."

"Fortunately, the real Teddy Roosevelt will survive anything I do to him," Mr. Bayard says. "Although I think he'd be furious at losing all those presidents races in the Nationals games."





Cassandra Good, BA'04, MA'05 When Abigail Adams wrote to Thomas Jefferson of the "ignorant, wrestless desperadoes, without conscience or principals"—spelling was then an art—leading Shays' Rebellion (1786-87), the latter responded, "I like a little rebellion now and then." The penpals tracked by Dr. Good, associate editor of the University of Mary Washington's James Monroe papers, show that mixed-sex friendships "helped create the social and political fabric of the new nation."



The New Normal: Finding a Balance Between Individual Rights and the Common Good (Transaction Publishers, 2015)

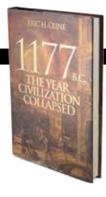
Amitai Etzioni, university professor and professor of international affairs

The all-too-familiar image on the cover of this book—a TSA agent and an X-rayed traveler—perfectly underscores the complexity and controversy inherent in balancing rights, like privacy, with societal needs, like security. Striking that balance is imperative, Dr. Etzioni writes.



Eye on the Struggle: Ethel Payne, the First Lady of the Black Press (Amistad, 2015)

James McGrath Morris, MA'00 When a young Ethel Payne once waded into a group of fighting boys to break up the melee, her brother (from the pile) told her, "Go on home. Girls aren't supposed to fight." Ms. Payne found her own battleground in print, as a reporter for the Chicago Defender. Her coverage—from Chicago, Washington and around the nation—of the turmoil of the civil rights movement earned Ms. Payne the moniker "First Lady of the Black Press" and, from Lyndon Johnson, a pen he'd used to sign the Civil Rights Act.



1177 B.C.: The Year Civilization Collapsed (Princeton University Press, 2014)

Eric Cline, professor of classics and anthropology

Don't worry, civilization recovers from its 12th-century B.C. collapse. But being aware of history is the first step in not repeating it. The booknominated by its publisher for a Pulitzer Prize—unspools the story of Egypt's pyrrhic victory against the mysterious "Sea People," which ultimately led to the decline of all the Bronze Age Mediterranean civilizations. "With their end," Dr. Cline writes, came "a period of transition once regarded by scholars as the world's first Dark Age."



The Mitten: A Classic Pop-Up Folktale (Jumping Jack Press, 2014)

Jessica Southwick, BA'95

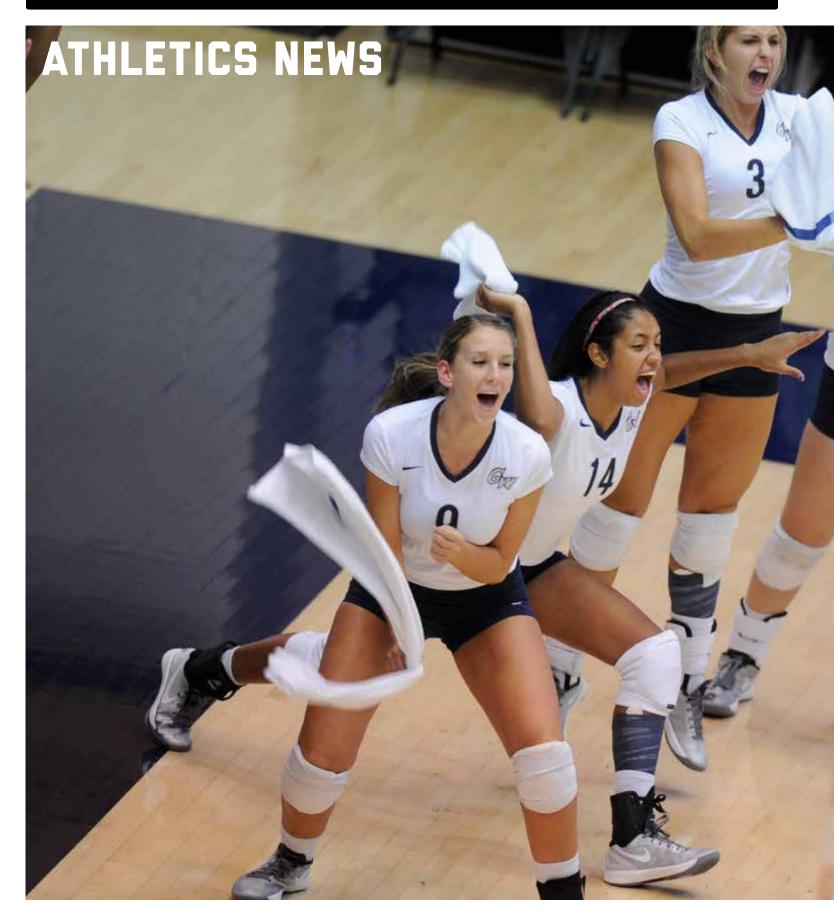
Evergreens and snowflakes dot this pop-up sledding adventure, in which a young boy misplaces a mitten. His loss is the gain of an array of animals seeking refuge from the cold inside the mitten. Little kids will enjoy tugging and turning the tabs that move the animals around, and the fun of not knowing what might leap from the next page.

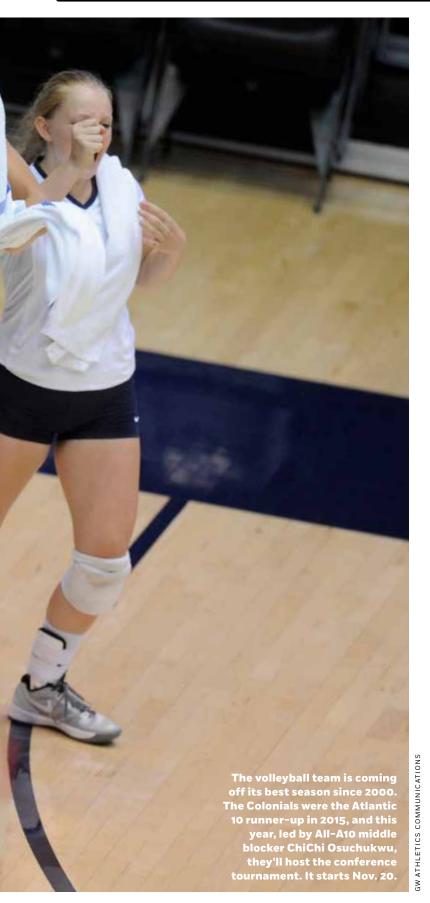


Orgies of Feeling: Melodrama and the Politics of Freedom (Duke University Press, 2014)

Elisabeth Anker, assistant professor of American studies and political science

The next time you call someone or something "melodramatic," you can consider, with the help of this book, the broader implications of that term. Using Friedrich Nietzsche's term "orgies of feeling," Dr. Anker analyzes the ways everything from the national narrative of the Sept. 11 attacks to the Communist Manifesto leveraged melodrama (which "portrays dramatic events through moral polarities of good and evil") and concludes that melodrama is as important to politics as it is to film, literature and culture.





VOLLEYBALL

Ganging Up On 2015

The Towel Gang (name self-obliged) is the GW volleyball team's in-house spirit section, made up of whichever players aren't in the match at that moment. Led by junior Natalie Leger, Towel Gang president and godmother, the players wave custom towels, make noise and celebrate aces, kills—anything—with skits and silliness that pick at even coach Amanda Ault's coldest poker face.

"I have to look away because it will make me start to laugh," the fifth-year coach says. "I just can't believe what's going on down there."

It's choreographed chaos, meant to distract and annoy opponents, but entering its third year, the Towel Gang has transcended strategy.

"It means a lot to the culture of the team," Ms. Ault says. "The Towel Gang, it's just their energy, the chemistry they have with the girls who are out there and just being a group as a whole."

The Towel Gang is representative of that group, and this season, led by All-Atlantic 10 standouts Chidima "ChiChi" Osuchukwu and Jordan Timmer, it will be as important as ever.

GW is coming off its best season since 2000, going 22-8 overall and 11-3 in the A10. The Colonials made the conference title game last year but lost to host Dayton, the top seed, in four sets. GW was seeded second, and this year the Colonials are in position to make a run at their first conference title and NCAA berth since 2000.

"I think we're all just angry. I'm angry," Ms. Osuchukwu says. When the team loses to a rival, "especially at home, it gives them so much momentum ... and they feel like they're better than you, and we feel like we're just ready to go out and prove ourselves," she says. "I think last season we did really well, but we can do better. We will do better."

Back from that team are five starters, led by the 6-foot Ms. Osuchukwu. The junior middle blocker led the A10 in blocks per set (1.47) and total blocks (162), marks that ranked ninth and 18th, respectively, in Division I.

"I think last season we did really well, but we can do better. We will do better."

Chidima "ChiChi" Osuchukwu

Ms. Osuchukwu also was third in the A10 kills per set (3.74), en route to being an American Volleyball Coaches Association All-American honorable mention and earning a tryout in Colorado Springs, Colo., with the various U.S. national teams. Only 232 college players were invited. There are 328 Division I schools, 90 of which had representatives at the prestigious scouting combine.

Ms. Osuchukwu, who was picked as an alternate for one of the teams, says the experience showed her the effectiveness of finesse—that kills count whether they love-tap the floor or crater the face of some poor libero.

"I would always just swing away, swing, swing," she says. "And I would think power equals strength, and strength is good, and good is, you know, winning."

Returning with
Ms. Osuchukwu are senior
defensive specialist Maddy
Doyle, sophomore outside hitter
Aaliyah Davidson and Ms.
Timmer, a senior setter and key
cog in GW's fast-paced, attackminded offense. In 2014, the
Central Michigan University
transfer averaged 10.79 assists
per set, which ranked third in
the A10 and 50th in Division I.
Last year's A10 title match still
bugs her, too.

"The whole day was surreal, kind of," Ms. Timmer says. "It was weird. We were so amped and ready and practice was good, and then we just weren't in control of our side of the net."

This season, it will be their net. The Charles E. Smith Center is hosting the 2015 A10 tournament Nov. 20, and the Towel Gang is already planning a membership drive.

"It's so much more momentum because we're in front of our home fans," Ms. Timmer says. "All of our students can come. ... Last year we played at Dayton, and their student section was in our face. So now, we can just do it right back. That's kind of nice."

-Matthew Stoss

MEN'S WATER POLO

Waiting Till Next Year

Bogdan Petkovic is unequivocally the greatest men's water polo player in GW history, but the center defender—a lean-muscle slab of native Serbian who kind of looks like James Franco—thinks his shot could be better. So what's wrong with it?

"Accuracy, mostly," he says. He's being modest—he tied for the team lead in goals last season—but, regardless, he's got an extra year to work on it.

Mr. Petkovic is redshirting in 2015, saving his senior year for 2016, as part of new coach Adam Foley's plan to rehab a program that's had only two winning seasons since its inception in 1999.

"It's a way to retain the best player in GW history while trying to make the team my own," says Mr. Foley, promoted to head coach after one season as a GW assistant.

Mr. Petkovic will return in

2016 to a team improved, in theory, by two recruiting classes. Mr. Foley says the focus of those classes will be bigger players (taller and with longer arms, like Mr. Petkvoic, who is 6-foot-4, 215 pounds and has a 6-7 wingspan).

He also wants to keep recruiting hard overseas, where water polo is more popular.

The logic behind Mr.
Petkovic's sitting out this
season—the NCAA gives players
five seasons to play four—is to
build the best team possible, as
soon as possible.

"This will be a year where we're going to have so many freshmen and sophomores playing," Mr. Foley says. "We're going to get a lot of experience with that group and get 12 guys a lot of experience. Hopefully, out of those 12, we can identify seven or eight that have developed nicely over one season, bring back Bogdan, hopefully bring in another high-end recruit, and then we'll have about 10 very, very solid-to-excellent field players."

Mr. Foley brought in nine freshmen this season and, in total, had 22 players competing for 18 roster spots.

Mr. Petkovic owns the career record for field blocks (72) and is the first and only GW player to be named the College Water Polo Association's Defensive Player of the Year.

Last season, Mr. Petkovic led the team with 106 points, 83 steals and 24 field blocks. He scored 63 goals.

Mr. Petkovic says he made the descision to redshirt, mulling it for a few months after Mr. Foley proposed it in the winter. The 23-year-old will take the extra year to add a second major. He'll graduate with degrees in finance and international business.

"Coach Foley, for the next year, has big plans with recruiting and the whole program, so I saw the opportunity to make a big final season," Mr. Petkovic says.

-MS

SOFTBALL

Hits, Home-Run Record Holder Goes Pro

Whenever Victoria Valos, BA '15, plays guitar, she plays the Beatles' "Blackbird." It's the first song she learned, and she plays it every time to make sure she never forgets those finger-picked chords.

Softball, at this point, needs less repetition.

This summer, Ms. Valos became the second GW alumna to play professional softball, passing on two job offers in human resources to sign a one-year free-agent contract with the Dallas Charge of the National Pro Fastpitch league.

"I wasn't expecting to play professionally," says Ms. Valos, a 5-foot-4 shortstop/second baseman from Bakersfield, Calif. "I was expecting to go into business and start my postgrad life, and I had to turn down a few job offers ... tell them that, you know, I'm going to live my dream."



The first GW softball player to go pro was Elana Meyers Taylor, BS '06, MBA '11. She spent one season (2007) with the nowdefunct Mid-Michigan Ice before pivoting to bobsledding and the Winter Olympics, where she won a silver medal in 2014 in Sochi and a bronze in 2010 in Vancouver while competing in the twowoman bobsled.

For now, Ms. Valos-who graduated as GW's career leader in most of the offensive categories, including hits (206), home runs (36) and RBIs (170)is sticking to softball, postponing, at least for a summer, a career in human-capital consulting. She'll return to GW in the fall to start work on a master's degree in organizational sciences, which she'll add to a bachelor's in psychology.

Ms. Valos survived two



playing this game for so long. They either take me or they don't," Ms. Valos says. "I was confident in what I had to offer them, and when we started the tryout itself, I realized that my skills were pretty high up there compared to who was there. I was happy. I was confident. I was in a very calm mind-set."

The Charge, an expansion team in its inaugural season, went 17-31 and finished fourth in the five-team NPF in 2015. Ms. Valos played in 17 games, mostly as a pinch runner and defensive replacement. She had one hit in five at-bats. -MS

"I had to turn down a few job offers ... tell them that. you know, I'm going to live my dream."

Victoria Valos

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RESEARCH NEWS



BIOLOGY

Hookworm Vaccine Trials Begin

Infecting healthy adults is the next step toward eradicating a disease that affects 500 million globally.

When Anna Markowitz learned that GW researchers were looking for healthy volunteers to infect with bloodthirsty hookworms, her decision was resolute.

"Done. I'm in," she thought.

"I knew it was weird and thought they would probably have a hard time finding participants," says Ms. Markowitz, a graduate student in the Milken Institute School of Public Health. "I felt like if I wasn't going to do it, then who was?"

The study is a critical step in an effort to eradicate hookworm disease in the poorest parts of the world. Though virtually nonexistent in the United States, hookworms infect more than 500 million people worldwide, according to the U.S. Centers for Disease Control and Prevention.

The parasitic *Necator* americanus—the most common type of human hookworm—is passed from the feces of an infected person to another, usually by walking barefoot in contaminated soil. Hookworms can live in the small intestine for a year or more, all while feasting on the host's blood.

A single infection is easily treated with medication, but chronic hookworm disease can cause anemia, which in growing children often leads to physical and cognitive impairment.

And in places like sub-Saharan Africa and rural parts of Latin

America, where hookworm infections are most prevalent, the problem is compounded by other public health issues, like malnutrition and malaria.

The current strategy for treating hookworm infections is to give anti-worm drugs to children in endemic areas once each year. But this offers only a temporary fix, says David Diemert, an associate professor of microbiology, immunology and tropical medicine.

"Since you don't develop any immunity, kids just keep getting re-infected," he says. "And since many of these places are poor, rural areas, they don't have the systems in place to make sure people are treated every year."

Dr. Diemert and Jeffrey Bethony—both faculty members in the School of Medicine and Health Sciences—are leaders of the only team in the world currently developing a low-cost hookworm vaccine.

During more than 15 years of research, the team already has conducted clinical trials in Brazil. Now, in collaboration with the Sabin Vaccine Institute and with new funding from the National Institutes of Health, Drs. Diemert and Bethony are testing two of their vaccine candidates on healthy U.S. adults.

The process will require inoculating volunteers with a vaccine candidate and then, to test its effectiveness, infecting them with a dose of hookworm larvae.

The researchers think the final product may include a mix of both vaccines, which work by targeting two proteins involved in an adult worm's digestion of the blood it siphons from the host. "The idea is that if you can block those two steps in the blood-digestion pathway, then you can starve the worm," Dr. Diemert says.

Before they administer the vaccine candidates, the researchers are conducting a feasibility study to determine the ideal number of worms to give to volunteers. They are looking for a dose that is safe, well tolerated and will result in a consistent infection.

The research team completed its first feasibility group in April, infecting 10 volunteers with 25 hookworms each. Dr. Diemert monitored the participants' symptoms over three months, and parasitologist John Hawdon, an associate professor of microbiology, immunology and tropical medicine, investigated the egg counts in their fecal samples.

Dr. Diemert is now looking for volunteers for the second phase of the feasibility study: 50 worms. If that goes well, the final cohort be infected with 75.

"People are either really fascinated by it or completely repulsed," Dr. Diemert says.

Ms. Markowitz is soundly among the former. Now parasitefree, she says she experienced hardly any symptoms.

"It seems scary. It seems strange. You're being inoculated with a parasite that sucks your blood," she says. "But once you get over that, it's really not that weird." —Lauren Ingeno

EVOLUTION

Study Gives Chimps the Upper Hand

Scientists have long speculated that the human hand evolved over time, from an ape-like appendage to today's elegant needlegripping, guitar-strumming, shirt-buttoning model.

But a new study suggests just the opposite: Human hand proportions have not changed much since the human and chimp lineages last shared a common ancestor, around 7 million years ago. The chimpanzee hand, by contrast, once resembled something akin to a human's and evolved into

something quite different.

The findings, published in July in *Nature Communications*, reverse assumptions about what that common ancestor may have looked like. They also challenge the belief that the human hand evolved due to pressures from natural selection to help humans become better toolmakers.

"It's a widely accepted paradigm that the ancestor of humans had a hand like a chimpanzee, with long fingers and short thumbs that were not as proficient at handling things," says Sergio Almécija, an assistant professor at GW's Center for the Advanced Study of Human Paleobiology, who led the study. "But as we began finding older and older ancestors of humans, their hand proportions looked very much like a modern-day humans." —LI

PUBLIC HEALTH

Putting the 'Stuff' in 'Foodstuff'

A study of Flagstaff, Ariz., supermarket meats and area hospital patients has found that some of them share an unexpected intruder: *Klebsiella pneumoniae*—a type of colonizing bacteria that can lead to urinary tract infections, bloodstream infections and pneumonia.

The research, led by scientists from the Milken Institute School of Public Health, is the first to show that contaminated meat may be a vehicle for transmitting the pathogen to humans. Plus, many of the strains of *Klebsiella* were resistant to antibiotics.

"Here is yet another way that using antibiotics in food animals can potentially lead to drug-resistant bacteria in people, treatment failures and then possibly death," says GW professor Lance Price, who led the team with postdoctoral researcher Gregg Davis. "We're creating the formula for the evolution of superbugs."

Twice per month for most of 2012, the research team purchased every available brand of turkey, chicken and pork at one supermarket from each major chain in Flagstaff. During the same period, researchers also gathered blood and urine samples from patients at Flagstaff Medical Center.

The study was published online in July in the journal *Clinical Infections and Diseases*.

The team found *Klebsiella* in 47 percent of the 508 meat products and 10 percent of the 1,728 patient samples. When researchers analyzed the bacteria found in meat and the type found in humans, some pairings were nearly identical. Moreover, 32 percent of the *Klebsiella* strains found in meat and 8 percent in patients were multi-drug resistant. **–LI**

FOLLOW-UPS

On Comet, Clues About Life's Origin

The surface of comet 67P/Churyumov-Gerasimenko is rife with nitrogenbearing materials that likely contributed to the origin of life on Earth, according to a new study.

The findings lend support to the theory that the

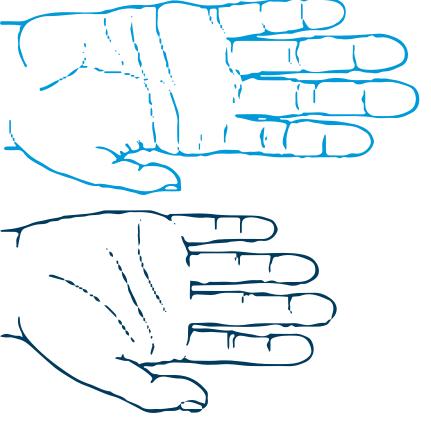
comets and other celestial bodies that bombarded Earth billions of years ago carried ingredients that may have been key to the formation of life.

The study, co-authored by a GW researcher, draws on data collected from the European Space Agency's Rosetta mission, which conducted an unprecedented controlled landing on a comet in November. In a series of articles published this summer in the journal *Science*, Rosetta researchers presented the fullest picture to date of the comet's composition, structure and interior.

Comets and asteroids are cosmic time capsules, leftovers from the formation of the solar system about 4.6 billion years ago. Unlike Earth, which has been subjected to weathering and erosion over time, comets are far-flung icy relics, harboring "the most pristine material" in our solar system, says Rosetta researcher Pascale Ehrenfreund, an astrobiologist in GW's Elliott School of International Affairs and chair of the German Aerospace Center.

She and her colleagues have found that the comet contains at least 16 organic compounds, including four that have not been detected in previous studies of comets.

"Scientists will be busy for years as they combine the data of the Rosetta mission to try and understand this comet," she says. —LI



"The slave trade is one of the most important stories in modern history ..."

By Lauren Ingeno

hackled and packed beneath the deck of a Portuguese slave ship, more than 400 Mozambican men and women left their homeland on Dec. 3, 1794. They were bound for Brazil, as fuel for the nation's growing sugar economy, and a test case for a new supply line in the trans-Atlantic slave trade: East Africa.

Two days after Christmas, winds rocked the vessel—the *Sāo José-Paquete de Africa*—as it rounded the Cape of Good Hope. The ship struck submerged rocks and wrecked between two reefs about 110 yards from the coast of South Africa. The captain and crew made it to shore, as well as some 200 slaves, who were saved only from immediate peril; they would be resold in the Western Cape. The others perished in the sea.

For more than two centuries, the captain's deposition was the only account of the *Sāo José* and its victims that prevailed above water. Now, more than 220 years later, an international team of researchers has resurfaced the story.

The team made headlines around the globe in June when it unveiled two artifacts from the shipwreck at a news conference in South Africa. Researchers presented iron bars of

ballast used to balance the ship (since the weight of human cargo could fluctuate) and a wooden pulley block. Both will be loaned to the Smithsonian's National Museum of African American History and Culture for an exhibition set to open next year.

The findings will bring the public face to face with a chilling past that bridged continents and still divides communities. They will also help tell the slave-trade narrative from another perspective, says marine archaeologist Stephen Lubkemann, a GW anthropology and international affairs professor, who co-leads the research team that uncovered the items.

"It is, in the most literal sense, as close as we will ever get to the experience of the Middle Passage," he says, referring to the slaving leg of a trade route that sent European ships to Africa, the New World and back to Europe. "The slave trade is one of the most important stories in modern history. It's a social process that has had ramifying impacts across the globe."

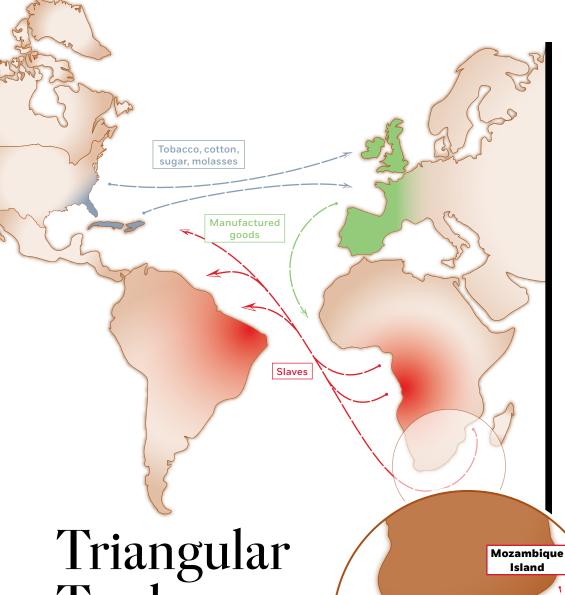
The four centuries of the African slave trade left behind the wreckage of 590 documented slave ships. Yet, material evidence has been collected from only four of these sites, mostly by treasure hunters >

OPPOSITE Iron bars of ballast found at the shipwreck site were used to keep the vessel balanced, accounting for the fluctating weight of human cargo.

THE WEIGHT OF HUMAN LIFE

In the cold, turbulent waters off the coast of South Africa, researchers find the wreckage of a slave ship and pieces of a 220-year-old story.





Trade

The trans-Atlantic slave trade shipped an estimated 12.5 million people from Africa to the New World between 1525 and 1866. During the first stage of the so-called triangular trade route, slave ships from Britain carried manufactured goods, like cloth and guns, to trade for men, women and children in Africa. The enslaved Africans then endured a brutal journey to the Americas, where slaves were sold and sent to work on plantations. The ships completed the journey by transporting sugar, coffee and tobacco back to Europe.

ABOVE The triangular trade route across the Atlantic INSET **Approximate location** of the São José wreck

Cape Town

who recovered the relics without care or organization. Moreover, not one of these wrecks involved a vessel in the actual slaving leg of the trade.

The São José excavation represents the first time archaeological evidence has been retrieved from a slave ship that went down with captives aboard, according to the researchers.

The discovery is a result of the Slave Wrecks Project—an ongoing collaboration between GW, the National Museum of African American History and Culture, the Iziko Museums of South Africa and other partners, including the U.S. National Park Service, the South African Heritage Resources Agency and Diving With a Purpose. Dr. Lubkemann leads the Slave Wrecks Project and co-directs the São José research with Jaco Boshoff of Iziko.

The project connects historians, archaeologists and students under a mission of locating, documenting and preserving artifacts from the global slave trade, says Paul Gardullo, PhD '06, a historian and curator at the Smithsonian's African American history museum.

"Part of the project is not just looking for individual wrecks, but helping to catalyze a field," he says. "We are trying to invest a sense of importance for these stories to be told in all parts of the world by different institutions."

The São José site is one of many on the team's research agenda; fieldwork is ongoing in Senegal, South Africa, the Virgin Islands, Mozambique, Cuba and Brazil. Eventually the researchers hope to uncover artifacts from each of the major maritime slave routes, including the East African, trans-Atlantic and internal American slave trade. They are searching not only underwater but also on land—in places like Brazil and South Africa where they will trace the origins and

final destinations of the enslaved people who survived the Middle Passage.

"We are just at the beginning," Dr. Gardullo says.

Lonnie G. Bunch III was on a mission in 2005.

As the founding director of the National Museum of African American History and Culture, which will open on the National Mall next year, he hoped the new space would include remains of a slave ship.

"Part of the reason why I wanted something from a single ship is that I wanted to humanize the slave trade. Most of us think of the millions of people brought over, but that almost blunts the rough edges,"







CLOCKWISE FROM TOP Archaeologists dive at the site of the São José slave ship, off the coast of the Cape of Good Hope in South Africa; sheathing that protected the ship's exterior and copper fastenings that held together the structure; maritime archaeologists Jaco Boshoff and Jake Harding, from the Iziko Museum in Cape Town, record findings at the site.

Mr. Bunch says.

That goal would lead him and Dr. Gardullo on a four-year hunt filled with dead ends and disappointment.

"I thought there had to be pieces in museums. I called institutions in England, in Stockholm, in France, in Portugal, and basically came up empty," Mr. Bunch says. "That's when I realized most of the slave ships are underwater."

So the historian changed directions. He learned about a potential slave ship—yet to be excavated—that left Rhode Island in the 1790s, picked up Africans in Ghana and sank off the coast of Cuba during its return. But after a few years of research and negotiations that seemed to be going nowhere, he abandoned the idea.

Then, fortune struck when Dr. Gardullo met GW's Dr. Lubkemann in 2009.

Dr. Lubkemann told Dr. Gardullo about what was, at the time, a smaller effort called the South African Slave Wrecks Project, which he was leading with Dr. Boshoff from the Iziko Museum in Cape Town.

That project had begun a few years earlier when new interest developed around the *Sāo José*. Treasure hunters discovered a trio of cannons at the site in the 1980s while diving near Camps Bay, an affluent Cape Town suburb. They believed the wreckage to be a Dutch vessel that sank in 1756. But new archaeological evidence suggested otherwise: Dr. Boshoff, Dr. Lubkemann and a team of divers had uncovered copper fastenings and sheathing at the site. These materials were not commonly used on ships until later in the 18th century.

Intrigued, the researchers began searching through archival records, hoping to find clues about the identity of the ship. In 2011, they hit the jackpot: a captain's account of the 1794 wrecking of the *Sāo José*. The document led the archaeologists to Portugal, Brazil and South Africa, where they continued to sift through paperwork. The following year, they discovered the *Sāo José*'s manifest, which detailed its departure from Lisbon in 1794. The manifest included documentation that the *Sāo José* had left Lisbon with 1,500 iron blocks of ballast—a small note that would soon reveal itself as an important clue.

Archival "references provide you with ways to narrow down the search," Dr. Lubkemann says. "But then as you start to work on the site, you find artifacts that confirm you are on the site that you think you are."

It can be a long, difficult process. And recovering objects from the depths of the ocean has its own challenges.

The waters off the coast of Cape Town are

"Imagine taking a really big puzzle and sticking it into a blender."

cold and unpredictable. Storm surges batter the shore. Currents from Antarctica can create waves that are three stories high. At times, four-week archaeological expeditions are cut to a single day due to winds and low temperatures.

"It's like diving into a washing machine," Dr. Lubkemann says. "This is one of the hardest sites I've ever worked on."

At some shipwreck sites, divers also face the challenge of searching through waters where many ships have wrecked in the same place, known as "ship traps."

"You have to identify one ship among many," Dr. Lubkemann says. And while people tend to think of shipwrecks as fading hulks, like the *Titanic*, he says, far less remains of most vessels. Since the *Sāo José* wrecked so close to shore, much of its remains likely washed up on to the beach and eventually deteriorated. The rest of the ship is buried underwater, beneath more than 10 feet of sand. Once researchers locate a potential archaeological site, they use a magnetometer (a sort of glorified metal detector) to search for hidden treasures.

"Imagine taking a really big puzzle and sticking it into a blender. Then take half of the pieces out, throw what is left into a bucket and cover it with sand," Dr. Lubkemann says. "We still don't know how much of the puzzle is out there."

In 2012, the archaeologists uncovered a key piece of that puzzle. The excavation of the iron ballast, which matched the items listed in the *Sāo José* manifest, was the utmost confirmation of the shipwreck site.

For Dr. Lubkemann, the discovery was also a somber reminder of the callousness of the slave trade.

"The iron ballast literally stands in for the

weight of people's bodies," he says. "These pieces, as unremarkable and plain as they may be, are profoundly symbolic in a way that is incomparable to anything else—how people were reduced to commodities."

The iron bars and other newly found relics contribute essential knowledge to the field, at least as important as what is written in captains' logs and even slave narratives, which were published by European and American presses, he adds.

"The historical record tells a story of those who have the ability to write, which is usually people in power. And it's heavily managed. It certainly doesn't reflect the experience of those who didn't have a voice," Dr. Lubkemann says. "That's where archaeology steps in and provides a different perspective that may, in certain instances, be quite different from that of what's been written."

Meanwhile, back in Washington, Mr. Bunch waited hopefully for the researchers to confirm their discoveries.

"I felt like a train, saying, 'I think it's it, I think it's it,' But I wasn't sure," he says. "Then once Jaco [Boshoff] says he was convinced, I was elated."

Beyond their scholarly significance, the items from the *São José*, Mr. Bunch says, promise to offer museum visitors a personal entry point to a historical event that is massive in scope and scale.

At the museum, the ballast, the wooden pulley and other items still undergoing restoration—among them, possible shackles—will be displayed in a dark, triangular room, and soon will be joined, Mr. Bunch hopes, with new finds.

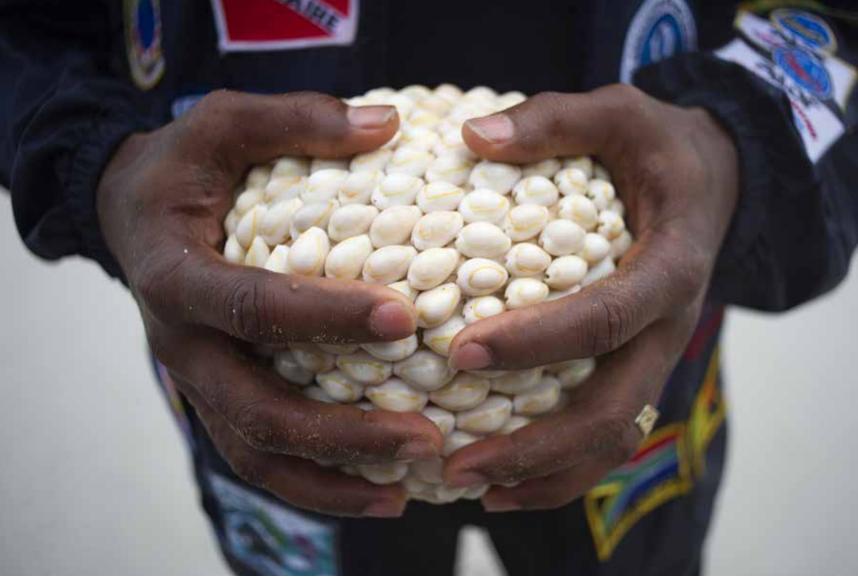
"What you hope is that anyone who goes through this exhibit will be changed, that they'll understand that the slave trade is not a black story; it's a global story," he says. "It's a great educational opportunity to help us wrestle with elements of race that have divided this country."

In June, Dr. Lubkemann, Mr. Bunch and

Dr. Gardullo traveled to Mozambique, en route to Cape Town, where they planned to announce the findings from the *São José* site and hold a memorial service for the shipwreck's victims.

Though the former Portuguese trading post still bears architectural reminders of foreign rule and African exploitation, slavery is not a topic readily discussed in Mozambique. For its people, the nation's history is fraught with complicated memories that have cast a long shadow.

"The trade within the coast of Mozambique involves Africans who were buying and selling other Africans," Dr. Gardullo says. "That is sometimes a





TOP The shell-adorned container filled with soil from Mozambique воттом Soil is poured over the water by divers (from left) Tara Van Niekerk, an archaeologist with the South African Heritage Resources Agency; Yara de Larice, a graduate student at Eduardo Mondlane University in Mozambique; and Kamau Sadiki, a volunteer with Diving With A Purpose

difficult history to face."

During the visit, members of the Makua tribe—the largest ethnic group in the country—greeted the trio. Together they walked along the same path that hundreds of Makua people would have taken before boarding slave ships during the 18th century.

"You felt how it must have felt, walking down this ramp, stumbling in chains, trying to figure out what's going on," Mr. Bunch says.

The chiefs of the tribe then handed Mr. Bunch a small, lidded container decorated in white cowrie shells. A traditional symbol of wealth and power, the shells were often used as currency to buy slaves. Inside the container, a Makua chief placed soil from the coast of Mozambique. He charged Mr. Bunch with bringing it to South Africa and depositing the soil at the

site of the shipwreck during the memorial ceremony, in memory of his tribe's ancestors.

"Please place it as close to the wreck as you can," the chief told the historian, "so that finally the souls of our people will rest in their own land."

In Cape Town, hopes for good weather at the beachside memorial were met with a heavy storm and roiling sea. Winds blew along the shoreline and swept up menacing waves.

"The sea was angry," Mr. Bunch says. "We understood what had happened in the water below us."

There was poetry and prayer and reflection. Attendees spoke of the lives lost on the ship, but also of those who survived, for whom the wreck was merely a traumatic speed bump in a ghastly transaction.

Finally, three divers—one each from the United States, South Africa and Mozambique—waded into the water. They poured the Mozambican soil into their hands and sprinkled it into the waves.

Then, as if on cue, the rain subsided. The group stood, speechless, as the sun peeked out from behind black clouds.





museum.gwu.edu/shop

\$165

GW Museum and The Textile Museum

Museums tend to be prickly about patrons taking home artifacts. But the George Washington University Museum and The Textile Museum began offering the next-best thing when it brought to life the 2010-2011 exhibition "Colors of the Oasis: Central Asian

Ikats" through a partnership with eco-friendly textile company in 2 green. The collaboration spawned a series of throws that reproduce brightly colored ikat designs that were popular among Central Asian men and women in the 19thcentury, who embellished their clothing as a status symbol. The exhibit included 70 of the 200 items donated by Murad Megalli, a Textile Museum trustee who died in 2011. The limited-

supply blankets are among some 2,500 handmade, sustainable and artistically designed gifts at the museum shop. The throws are available online or at the shop, open

Mondays and Wednesday through Sunday during regular museum hours.

Each of this company's onesies features the footprint of one of its "baby founders"—a premature baby, born as early as 23 weeks, who came under the care of nurses Amanda Dubin,

> BS '07, and Kelly Meyer in the neonatal intensive care unit of Broward Health Medical Center, in Fort Lauderdale, Fla. "After months of watching their tiny baby fight for its life, that time comes for the parents to finally take home their beautiful baby,"

Ms. Dubin says. "It's very emotional and overwhelming. And then some families struggle to provide the basics for their baby, such as clothing. That's

why we started Luc&Lou." The company, founded in 2014, uses a "buy one, give one" model to supply new onesies to families in need, in partnership with nonprofits including the Jack and Jill Children's Center and Jessica

Seinfeld's New York City-based foundation, Baby Buggy. To date, nearly 3,000 onesies have been donated.



The Evolution of Washington, D.C.

The history of Washington is a microcosm of the early years of the nation, as author and historian James M. Goode, PhD '95, shows in the new book *The Evolution of Washington*, *D.C.: Historical*

Selections from the Albert H. Small Washingtoniana Collection at the George Washington University (Smithsonian Books, 2015). Dr.

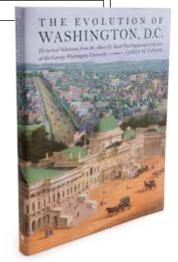
Goode, the longtime curator of Mr. Small's collection—which the philanthropist donated to the university in 2011—pulls from a reservoir of early American history, from the moving of the capital to D.C. from Philadelphia, to the construction of the White House and the dawn of steamboats on the Potomac. He presents 90 artifacts and pieces of memorabilia from the collection, including architectural plans, letters, lithographs and maps dating from 1671 to 1960. Dr. Goode was given this year's Visionary Historian Award from the Historical Society of Washington, D.C., and was *Washingtonian* magazine's 1989 "Washingtonian of the Year."

SWAP Socks

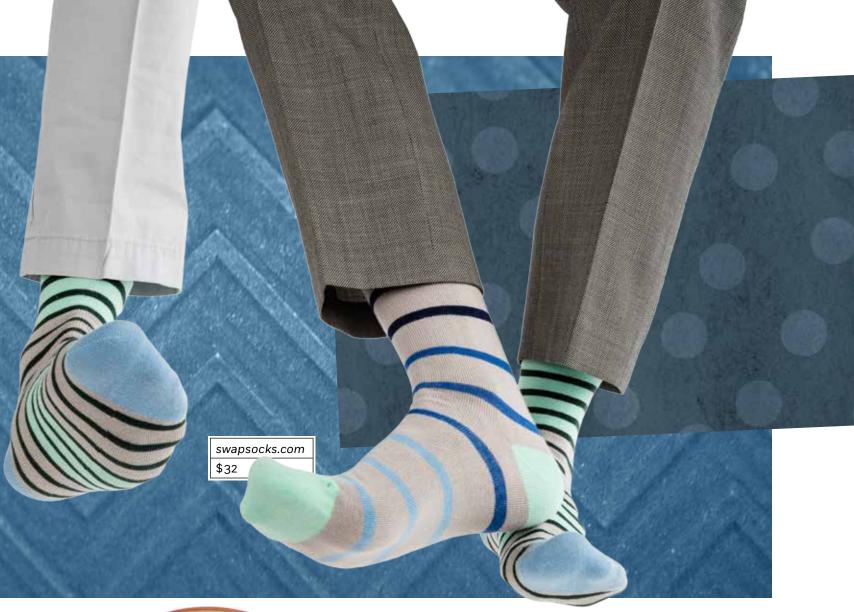
more come winter.

SWAP (Style With a Purpose) Socks pairs the problem of preventable blindness in developing countries with an unlikely solution—mismatched socks. Though typically a mark of the sartorially challenged, here the mixing of colorful designs makes a statement

about access to care and the 285 million people worldwide who suffer from preventable blindness, according to Roger Nahum, BS '13, and Cole Page, BS '13, who co-founded the company with friend Match du Toit. With every package sold, eye care is provided to a person in need. To date, the company has sponsored four surgical eve camps in Cambodia and Nepal, and provided hundreds of cataract surgeries with the help of nonprofit partners. The company's social ethos translates to its operations: The socks are made in North Carolina by Harriss & Covington Hosiery Mills, a fifth-generation mill. The four-packs come in four designs, with six new options slated for fall and four



smithsonianbooks.com







Sweat—lots of it—dampening summer styles and spirits, drip by drip. It's one of the chief obstacles D.C. commuters name when it comes to biking to work, says Amber Wason, BBA '07. With an eye toward easing the effects of the heat and humidty on bikers, she and Jeff Stefanis co-founded Riide, a company that makes a sustainable, single-speed electric bike. It has the effect, she says, of "flattening the city." Matte black with a pop of color on the seat, Riide's bikes can reach 20 mph and are powered by a lithium ion battery that can get 25 miles per charge. The battery, housed inside the frame, powers up just like a cell

phone—by plugging into a standard wall outlet. And the cycles come with a two-year warranty. "E-bikes are huge in China and Europe, but they haven't taken off in the U.S. yet," Ms. Wason says. "Riide is changing that."

Take a look behind the scenes at Riide's D.C. bike factory at gwmagazine.com.





Charcoal Goods A

The hard-won work ethic of the pre-industrial age meets the artistry of modern craftsmanship in Charcoal Goods razors. Brian Twilley, MFA '06, founded the Maryland-based company to flex his muscles as a machinist after apprenticing for two years in Portland, Ore. He uses a World War II-era vertical mill and other vintage tools to carve an assortment of razor handles and retro, crescent-shaped razor heads from copper, bronze and stainless steel. This type of shave, which uses separate, double-edged blades, hasn't been popular in the United States since the 1970s, Mr. Twilley says, but is still widely used in Europe. "The blades are recyclable so you are putting less waste in the landfill," he adds. "The idea is that these razors will last a lifetime—that's what drew me to it, making something that lasts."

Have an idea? Let us know!

It's not easy keeping tabs on all 270,000 of you, as much as we relish the challenge. If you've come across alumni-made goods that should be featured in the next gift guide, send your tips to magazine@gwu.edu.

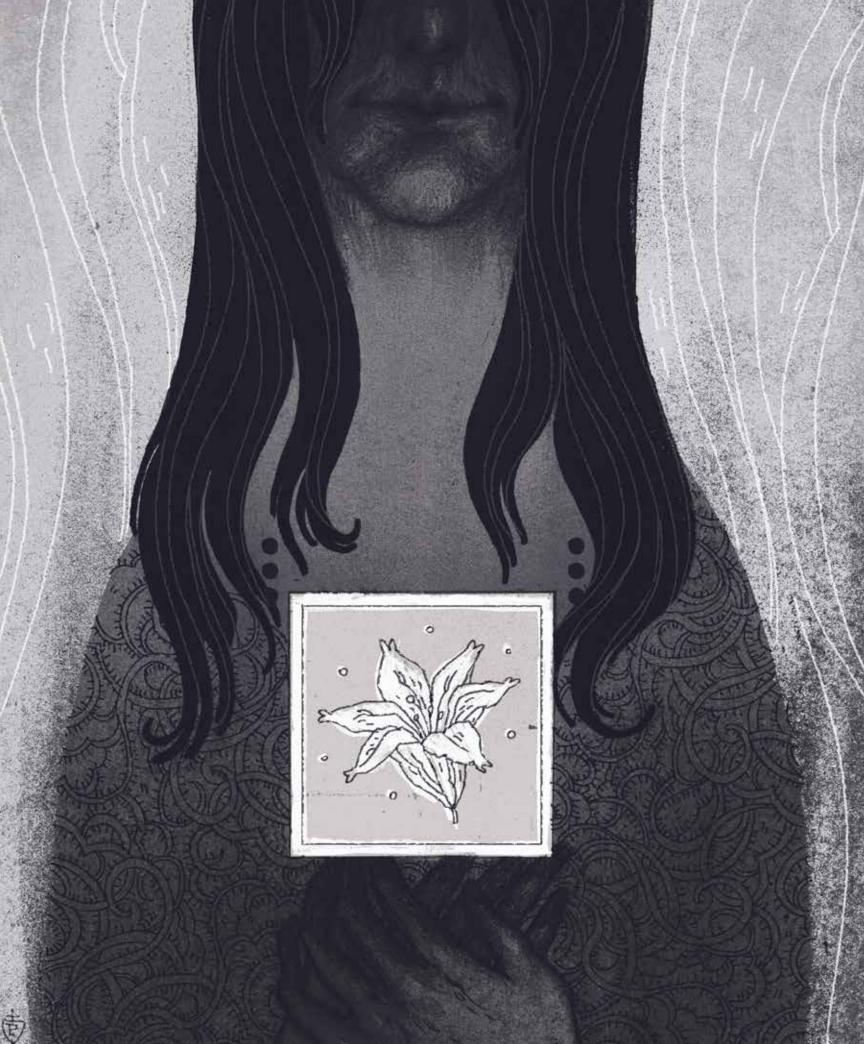


McClure's Pickles

The success of the close-knit family behind McClure's Pickles comes down to a few key principles: source produce locally, support the economy of their hometown of Detroit, use natural ingredients and, perhaps most important, stick to Grandma Lala's recipe. "We spent our summer days pickling vegetables from the farmers market, and when you're a kid, it's the last thing you want to do," laughs Bob McClure, MFA '03. "But it created a bond for our family and gave us a foundation. This is who we are." Bob, his brother Joe and their mother and father. Jennifer and Mike, launched the company in 2006, when they saw a hole in the market for premium pickled goods. Soon after, the brand's homegrown story and uniquely flavored brine were giving it traction with Oprah and Martha Stewart. Today the product roster (available online in bulk and at retailers nationwide) features garlicky and spicy staples well beyond pickles, including potato chips, Bloody Mary mix and a new olive tapenade that hit grocery store shelves in September. "Food is 100 percent an investment in taste, smell and touch, and people want a great experience," Mr. McClure says. "For us, it's about food, family and great stories from that



We Proudly Serve



YOUR ON NO STATE OF THE STATE O

By Irvin D. Yalom, BA '52



Dr. Yalom is an emeritus professor of psychiatry at Stanford University. This article is adapted from his new book, Creatures of a Day: And Other Tales of Psychology (in paperback March 2016), from Basic Books, a member of The Perseus Books Group. Copyright © 2015.



Hello Irv.

I'm sorry I'll have to say goodbye this way, not in person. My symptoms got a lot worse a week or so ago and I decided to do a process of VSED (voluntarily stopping eating and drinking) in order to die faster and with less suffering. I haven't drunk anything for over 72 hours now and should (according to what I have read and been told) start "fading" soon, and die within a couple weeks at most. I've also stopped my chemotherapy. Goodbye Irv.

I'd known from the onset of our work that Ellie would die from her cancer, but, even so, I was stunned by this message.

I closed my computer, put my work aside, and stared at the ocean. Ellie first entered my life five months earlier, also via email.

Dear Doctor Yalom,

About a year or so ago I attended your radio interview at The Marsh Theater in San Francisco and felt immediately that you would be a great person to consult. I also liked your book "Staring at the Sun." My situation is that I'm 63 years old and have a fatal illness (recurrent ovarian cancer, initially diagnosed about 3 years ago). I'm currently feeling quite well physically, but I'm in the process of going through all the known chemo drugs that keep the disease in check and, as each drug outwears its usefulness. I can feel that endpoint drawing nearer. I feel I could use some help figuring out what's the best way to live under the circumstances. I think, no, I'm certain, that I think too much about dying. I'm not thinking of on-going therapy but perhaps one or two sessions.

I didn't experience Ellie's email as unwelcome or unusual (aside from being well written and fastidiously punctuated). I almost always have one or two terminally ill patients in my practice and have grown confident that I can offer something of value even in a brief consultation. I replied immediately, offering her an appointment a week later, giving my address, and informing her of my fee.

Her first words as she appeared in the doorway of my San Francisco office, perspiring profusely and fanning herself with a folded newspaper, were "Water, please!" She had raced to catch a bus at the corner near her apartment in the Mission district and then climbed two steep blocks to my office at the top of Russian Hill.

Aging and small in stature, about five foot two, apparently inattentive to her appearance, with tangled hair that cried out for brushing, loose, shapeless clothing, and no jewelry or makeup, Ellie struck me as a faded, wistful flower child, a refugee from the sixties. Her lips were pale and cracked, her face showed weariness, perhaps even despair, but her eyes—her wide, brown eyes—gleamed with intensity.

After fetching a glass of ice water and placing it on a small table next to the chair where she would sit, I took my seat across from her. "I know what a climb you've had to get here, so catch your breath, cool off a bit, and then let's begin."

She took no recovery time. "I've read some of your books, and I can hardly believe I'm here in your office. I'm grateful, most grateful, to you for responding so quickly."

"Tell me more of what I should know about you and how I might be helpful."

Ellie chose to begin with her medical history and described at length, in a mechanical tone, the course of her ovarian cancer. When I commented that she almost seemed detached from her own words, she nodded her head and responded, "Sometimes I go on automatic pilot. So many times have I gone over this story. Too many times! But hey, hey," she hastened to add, "I'm cooperating. I know you need to know my medical history. I know you *must* know it. *And yet, still, I don't want you to define me as a cancer patient.*"

"That I shan't do, Ellie. I promise. But, still, fill me in a bit more. Your email states that you've exhausted the usefulness of several chemotherapy drugs. What does your oncologist tell you? How sick are you?"

"His words to me a month ago at our last visit were 'We're running out of options.' I know him well. I've studied him a long time. I know his sanitized, coded way of speaking. I knew he was really saying, 'This cancer is eating you alive, Ellie, and I can't stop it.' He's tried all the new drugs, and each one had its day in the sun: each one worked for a while and then weakened and finally grew entirely ineffective. A month ago at our visit, I pressed him hard, really hard, for straight

info. He fidgeted a bit. He looked so uncomfortable and so sad, I felt guilty for pressuring him. He's a really good guy. Finally, he replied, 'I'm so sorry, but I don't think we have more than a year.'"

"A hard message to hear, Ellie."

"In one way, yes, very hard. But in another way I almost felt relief. Relief at finally, finally getting a straight message from the medical profession. I knew it was coming. He didn't tell me anything I didn't know. After all, I heard him say two years ago that it was highly unlikely I would survive this cancer. During this time I've had a whole parade of feelings. At first I was appalled by the word 'cancer.' I felt polluted. Terrorized. Ruined. It's hard to remember those times, but I'm a writer by trade and jotted down descriptions of my feelings during that period. I'll gladly email them to you if you'd like."

"I'd very much like to see them." And indeed I meant it. Ellie struck me as uncommonly lucid and articulate. Rarely had I heard a patient discuss mortal issues so forthrightly.

"Gradually," she continued, "much of that terror has lifted, though there are still times I scare myself by imagining what my cancer looks like, and I search the web for hours for pictures of ovaries infested with cancer. I wonder if it's bulging, if it's about to burst open and spew cancer seeds all over my abdomen. Of course I'm just guessing about all this, but one thing I know for sure is that the idea of limited time has changed the way I plan to live."

"How so?"

"So many ways. For one thing, I feel different about money, way different. I don't have much money, but I figure I might as well spend what I have. I've never had much. I've worked most of my life at low-paying jobs as a science writer and editor ..."

"Oh, that explains that beautifully written, meticulously punctuated email."

"Yes. God, I abhor what email is doing to language!" Ellie's voice grew more charged. "No one cares about spelling or punctuation or happy, fulfilled sentences. Be careful—I could talk forever about that."

"Sorry, I've gotten you off track. You were speaking of your attitude toward money."

"Right. I've never made much, never focused on it. And having never married nor had children, I see no point in leaving money behind. So, after my last talk with my oncologist, I made a big decision: I'm going to blow my savings and take a trip with a friend to all the places I've always wanted to see in Europe. It's going to be a grand tour, a real first-class splurge." Ellie's face sparkled, and her voice grew enlivened. "I am so looking forward to this. I suppose I'm gambling, making a bet that my doctor is right. He said one year, so I've given myself a bit of a margin and put aside enough money to keep me going for a year and a half, and I am going to blow all the rest on my trip. It'll be a blast."

"And if your doctor's wrong? If you live longer than that?"
"If he is wrong, then, to put it in technical terms, I'm totally
[expletive]." Ellie flashed a big mischievous grin, and I grinned right back.

I got a big kick out of her bet. I've always been a betting man myself, never turning down an offer to bet with my friends, even my children, on baseball or football games, enjoying my few trips to the horse races, and always relishing my ongoing poker game. Moreover, I felt delighted at the thought of Ellie's grand tour.

She described the busyness in her mind. "I have some good days, but too often I picture myself in the future: weak, declining, close to death. I often ask myself, 'Will I crave to have people with me at the end? Will I be afraid to be alone? Will I be a burden to others?' Sometimes I imagine behaving like a dying animal and crawling off into a cave to hide from the world. I live alone. I don't like it, and sometimes I think of doing what I used to do, renting a huge place and getting a whole new set of roommates. But how could I manage that

now? Imagine advertising for roommates and saying, 'Oh, and by the way, I'll be dying soon of cancer.' So those are the bad days. But, as I say, there are good days too."

"And the good-day thoughts?"

"I check into myself often. I ask, 'How're you doing, Ellie?' I tell myself the story of myself. I remind myself of helpful perspectives, for example, that I'm alive now, that I'm happy to be involved in life, not paralyzed with worries as I was a year ago. But in the background there is growing darkness. I'm always aware that I have a fatal condition."

"Always there?"

"Always there ... it's the static that never goes away. When I meet a friend who is pregnant, I start calculating whether I will still be alive when the baby is born. The chemo I take makes me feel awful. I keep asking myself, 'Is it worth it?' I often play with the thought of decreasing my dose, of trying to fine tune it so that I could feel better and live a couple of months less, say nine or 10 months of good life rather than a year of bad life. And then, there's something else: sometimes I think I grieve for the life I haven't had. I guess I have regrets."

That statement instantly caught my attention. An exploration of regrets almost always takes the discussion deeper.

"What kind of regrets, Ellie?"

"I guess regrets for not being bold enough."

"Bold? How?"

She sighed and thought for a minute. "I'm too introverted; I've stayed hidden too much, never married, never stood up for myself at work, never asked for more money. Never spoke out." I considered pursuing the longing and sadness in her voice but instead chose a bolder path. "Ellie, this may seem like a strange question, but let me ask you, Have you been bold enough in this conversation with me today?"

I was taking a chance. Though Ellie was being honest and sharing difficult things, somehow, for reasons I couldn't quite put my finger on, I felt a certain distance between us. Perhaps it was my fault, but somehow we weren't fully engaged, and I wanted to remedy that. Many individuals with a fatal illness feel isolated and think that others hold them at arm's length, and I wanted to make certain that wasn't happening here. Redirecting the flow of the interview into the here and now almost always enlivens therapy by tightening the connection between therapist and patient.

Ellie was startled by my question. Whispering aloud to herself two or three times, "Have I been bold enough here?" she closed her eyes, thought for a few seconds, and then suddenly opened them, turned to look directly into my eyes, and declared firmly, "No. Certainly not."

"And if you were to be bold here, what would you say to me?"
"I'd say, 'Why are you charging me so much? Why do you need so much money?"

I was flabbergasted. As I often do, I had deliberately phrased my words in the conditional tense to encourage boldness, but never, not in the farthest realm of my imagination, did I expect such a bold response from this wounded, docile, soft-spoken woman, who seemed overwhelmed with gratitude that I would see her at all.

But I wonder if you'd be willing to meet with me UNTIL DIE?

"Uh ... uh," I stuttered, "I'm a bit uh, uh ... flustered. I don't quite know how to answer you." I couldn't think clearly and paused to collect my thoughts. I felt a flush of shame about my fee, especially when I thought of how she was scrimping, taking the bus to my office, scraping money together for her grand tour. In dilemmas like this I eventually turn to my own personal mantra, *tell the truth*, *tell the truth*, *tell the truth*, *tell the truth*, tell the a short time I collected myself.

"Well, Ellie, obviously I'm uncomfortable at your saying this to me, but first I want you to know—and I really mean this—I'm absolutely thrilled at your boldness just now. And the reason I'm flustered is because you've touched on one of my own personal dilemmas. My immediate reflex was to defend myself and say to you, 'My fee is the going rate for San Francisco psychiatrists,' but I know that's not your point. The fee is high, and your implication is right on: I don't need the money. So you're confronting me with my own personal ambivalence about money. I can't work this through right now, but I do know one thing for sure: I want to make a proposal. I'd like to cut your fee in half. Is that okay? Will that be affordable?"

Ellie showed a flash of surprise but then simply nodded appreciatively and then quickly changed the subject by discussing her daily routine and how she often makes things harder for herself by thinking she has to do something very substantial with her limited time, like writing her memoirs or starting a blog. I agreed that this represented an area for work if she were to pursue therapy, but it seemed apparent to me that she had jumped too quickly away from our discussion about fees. For a moment I considered suggesting that we reexamine our feelings about what had just happened, but then I thought, *Slow down—you're asking too much of her. This is only a first session*.

Ellie looked at the clock on the table between our chairs. Our hour was nearly up. She hurriedly offered me some compliments. "It's been good to talk with you today. You really do listen. You do receive me. I feel comfortable with you."

"Can you say what I've done that's made it comfortable for you today?"

Ellie paused for a few seconds, stared at the ceiling, and then ventured, "Maybe it's because of your age. I've often found it easier to talk about dying with an old person. Maybe it's because I sense that old persons have thought about their own death."

Her would-be compliment ruffled me. It was appropriate to talk about her death, but had I signed on to talk about *mine*? I decided to air my feelings. After all, if I weren't going to be honest, how could I expect it of her? I chose my words carefully.

"I know you mean that well, Ellie, and what you say is entirely, indisputably true: I *am* old, quite old, and I *have* thought much about my death. But still I'm a bit rattled by your comment. How to put it?" I thought for a few seconds and continued, "You know what it is? I think it's because *I just don't want to be defined as an old person* Yes, yes, I'm sure that's it, and there's a parallel here with what you said earlier. This helps me understand exactly what you meant about not wanting to be defined as a cancer patient."

As the hour ended, she asked if we could meet for a second session. It turned out that Fridays, the day I was always in San Francisco, were often not good for Ellie because of her chemotherapy schedule. Nor did she have transportation to meet me in my Palo Alto office, 35 miles away. When I offered to refer her to another therapist in San Francisco, she demurred: "I've gotten much from this hour. I feel enlivened, as though I've been reacquainted with living. I know that in my email I asked for only one or two meetings. But now ..." She stopped, took a deep breath, collected her thoughts, turned to me, and said, "Now I want to ask you something big. I don't want to put you on the spot. I know that you may not be able, or willing, to do this, and I know our schedules don't fit well, and we can't meet every week." She

drew a deep breath. "But I wonder if you'd be willing to meet with me until I die?"

Willing to meet with me until I die? What a question! I've never had anyone pose that to me so . . . so boldly. I felt honored by her invitation and quickly gave assent.

In our second session Ellie entered with a stack of old family photos and the agenda of filling me in completely about her family. Rummaging in the distant past, I was sure, was not the best direction for us to take, and I wondered if Ellie, trying to please me, had mistakenly believed that I wanted her to provide an extensive family history. While I searched for a tactful way of saying this, she commenced to speak with much feeling of her deep love for her sister and brothers. Her eyes grew moist, and when I inquired about her tears, she began to sob about the unbearable pain of never seeing them again. Then, when she regained her composure, she said, "Maybe the Buddhists had it right when they said, 'no attachments, no suffering."

Propelled to say something helpful, I clumsily fumbled about trying to make a distinction between "love" and "attachment." That went absolutely nowhere. Then I commented on the richness and fulfillment that flowed from her family relationships, and she gently let me know that such reminders were unnecessary, for she already fully appreciated her loving family and was much comforted by the thought that when she needed them at the time of dying, her sister and brothers would all be there for her.

This sequence of events reminded me of an important axiom of psychotherapy that I have learned (and forgotten) so many times from so many patients: the most valuable thing I have to offer is my sheer presence. Just be with her, I thought. Stop trying to think of something wise and clever to say. Let go of the search for some dynamite interpretation that will make all the difference. Your job is simply to offer her your full presence. Trust her to find the things she needs from the session.

A bit later, Ellie spoke of her strong desire to find some income-producing work. As she described the details of her life, I grew more aware of her truly marginal economic status. She rented a small, one-bedroom apartment in one of San Francisco's most inexpensive areas and adhered to a frugal budget, refusing even the luxury of a taxi to visit my hilltop office. Too ill to hold a paying position for the last two years, she now earned only a few dollars from babysitting and minor editing for a friend. I realized that even my greatly reduced fee was a significant burden and threatened her plan of the grand tour she yearned for. I was rooting for her to take that trip, and I knew that she would be far more likely to afford the splurge if I saw her probono, but I sensed her pride would not permit her to accept paying no fee at all. Then an idea occurred to me that might make Ellie more comfortable.

Forty years earlier I had seen a very shy patient, also a writer and also unable to pay for therapy. I had suggested an experimental format in which she would write a summary after each session in lieu of payment, and I would do the same, and every few weeks we would read each other's summaries. I had originally considered that exercise only as a learning tool for both of us-I wanted her to learn to be more honest in her comments about our relationship, and I personally wanted to free myself up as a writer. But the resulting summaries proved to be of such significant value in teaching student therapists, that the patient and I jointly published them as a book (Every Day Gets a Little Closer). I told Ellie about this project and proposed that she and I try to rerun this experiment. Given this would not be long-term therapy, I suggested that we both write a summary of each session and email it to the other before the next meeting. Ellie was delighted with this idea, and we agreed to commence immediately.

In her first summary, Ellie reflected on the problems of speaking

to others about her illness:

Irv puts me at ease and he's

It's a relief to talk to Irv because he has really faced the question of

his own death. It's often pretty hard to speak to others about my cancer. I have a number of pet peeves. Many folks are overly solicitous. They can't do enough for you. There's that Kaiser nurse who keeps asking "Isn't there someone who can drive you here?" And some people are too prying. I think they are voyeuristic and attempt to satisfy their morbid curiosity about having cancer. I don't like that and have sometimes wanted to say, "Go get your own damn fatal illness."

During our following session I made the mistake of saying that I admired her courage, and that touched off a spirited response in her next summary:

Too many people are overly respectful, braying, 'You're so brave' and Irv fell smack into that trap. After all what's so courageous about having cancer? Once we have it, what choice do we have? But the worst thing of all—and thank God Irv doesn't do this, at least not yet—is all this nonsensical talk about a patient's courageous struggle with cancer that all too often ends in defeat. How many obituaries do you see stating that so-and-so lost their courageous battle with cancer? I hate that! I absolutely hate it! If someone put that in my obituary, I'd come back and kill him!

But Ellie's health soon began to deteriorate rapidly. Her chemotherapy was no longer effective, and she grew fatigued and anorexic, and required several hospitalizations to deal with her ascites—an accumulation of abdominal fluid. It soon became apparent that Ellie's dream of the grand tour was not to be, and neither she nor I spoke of it again. And neither would there be a book of our post-session summaries. We ended up meeting for only six sessions, and our summaries were stilted and uninspired. Though hers had a bit of sparkle, her fatigue showed through, and her summaries were burdened with repetitive expressions of gratitude to me for seeing her without a fee. My summaries were cautious and superficial because it was so apparent that Ellie had little energy for engagement. She was obviously dying, and I felt it inappropriate to comment on nuances of our relationship. And so we missed one another and never experienced the authentic encounter I had originally sought.

Moreover, during this period I was entirely consumed with the task of finishing a novel (*The Spinoza Problem*); I departed on a long-planned one-month retreat during which I put all else out of mind and worked nonstop on my final pages until the day I was jolted by Ellie's email letting me know she had stopped all eating and drinking and soon would be dead. I felt both shocked and guilty. Shocked because, even though I knew she was terminally ill, I evidently compartmentalized the knowledge that she was so close to death so as to have all my energy available for writing. And guilty because I knew I could have offered her more of myself. I could have paid home visits when she was too ill to travel, and I could have engaged her more fully in the sessions and in the summaries I sent to her.

Why had we not connected more fully? My first answer to that question was that Ellie simply lacked the ability for deep relationships. After all, she had never married nor maintained a

INTO THE DARKNESS WITH ME



deep and lengthy love connection with any partner. She had moved many times and had had a great number of roommates but few truly intimate friendships. But I failed to convince myself: I knew this wasn't the whole story. I knew that for some reason I had withheld myself from her. Truly shaken by her email, I felt compelled to put my novel on hold for a while and devote myself to Ellie by rereading, meticulously, all our summaries and correspondence. It was an eye-opening experience—so many of her statements staggered me with their great power and wisdom. Again and again I checked the dates of her emails. Had I *really* read these messages before? How could that be? Why did these strikingly poignant words seem unfamiliar, as though I were seeing them for the first time?

I decided to collect Ellie's wisest and most powerful words and write this remembrance of her. I phoned Ellie and told her what I wanted to do and asked her permission. She was pleased and had only one request: that I use her real name rather than a pseudonym.

As I pored over her summaries, I was surprised at how often Ellie wrote about her deep sense of connection with me. Several times she wrote that she spoke more openly to me than to anyone else in the world. To take one example from her fourth summary:

I hate having to explain my situation to people who

are novices to dying. Irv puts me at ease and he's not afraid to go into the darkness with me. I can't speak this way to others. It's hard work, too hard, explaining to them that my cancer is incurable. People can't help asking, "How long will you be on chemo?" which is an upsetting question. Don't they get it? Don't they get that my illness is *not* going to go away? I need people who can look straight into my eyes. Irv is good at that. He doesn't look away.

These and a great many similar comments persuaded me that, despite my sense that I had failed to connect with her, I *had* offered her something precious by my willingness to accompany her into the darkness and not flinching when she discussed her death. The more I read, the more I wondered how I was able to do that.

I do my best thinking on my bicycle, so I took a long ride along the southern Kauai coast pondering that question. For sure it was not because I had entirely overcome my own fear of death. That had been a work in progress, an ongoing project, for a very long time.

Forty years ago, when I first began working with patients with terminal cancer, I was buffeted by storms of death anxiety and frequent nightmares. At that time, seeking solace, I sifted through memories of my personal psychotherapy, a 700-hour personal psychoanalysis during my residency in psychiatry, and was stunned to realize that *not once in those 700 hours did the topic of death arise*. Incredible! My ultimate perishing—the most terrifying fact of my life—had never surfaced, never once spoken of, in that long personal analysis. (Perhaps my analyst, at that time in her late seventies, was protecting herself from her own death anxiety.) I realized that, if I were going to work with terminally ill patients, I needed to do some personal work on my own mortal fears, and I reentered therapy with a psychologist, Rollo May, whose writings suggested a keen sensibility to existential issues.

I can't pinpoint exactly how my therapy with him helped, but I do know that I wrestled with the fact of my death again and again in our work. Rollo was older than I, and looking back on our meetings, I am certain that I often made him anxious. But, to his credit, he never backed away and, instead, consistently pressed me to go ever deeper. Perhaps it was simply the process of opening closed doors and examining and embracing every aspect of my existential situation in the presence of a gentle and sensitive guide that made the difference. Gradually, over the course of several months, my death anxiety diminished, and I grew more comfortable in my work with terminally ill patients.

This life experience made it possible for me to be so present with Ellie, and there is no question that she was appreciative of my honesty. Denial was the enemy, and she voiced impatience with any form of it. In one of her summaries she wrote:

Other people, even others who also have cancer, tell me "You're going to live 30 years." They tell themselves, "I'm not going to die of this." Even Nancy in my support group, so wise and clear-sighted, e-mailed yesterday "All we can hope for is to hang on long enough until better treatments are developed."

But this isn't what I want to hear. This is a safety net with an enormous hole right in the middle. Whether I will live a long time or a short time, I'm alive now, at this moment. What I want is to know that there are other things to hope for besides length of life. What I want to know is that it isn't necessary to turn away from thoughts of suffering or death but neither is it necessary to give these

thoughts too much time and space. What I want is to be intimate with the knowledge that life is temporary. And then, in the light (or shadow) of that knowledge, to know how to live. How to live now. Here's the thing I've learned about cancer—it shows you mortal illness and then spits you back, back to the world, to your life, to all its pleasure and sweetness, which you feel now so much more than ever. And you know that something has been given and something has been taken away.

"Something has been given and something taken away." I knew what Ellie meant. It was a simple yet complex thought—a thought that must be unpacked slowly. What has been given is a new perspective on living life, and what has been taken away is the illusion of limitless life and the belief in a personal specialness exempting us from natural law.

Ellie jousted with death using an arsenal of denial-free ideas—ideas so effective she compared them to cancer drugs:

I'm alive now and that's what matters.
Life is temporary—always, for everyone.
My work is to live until I die.
My work is to make peace with my body and to love it, whole and entire, so that, from that stable core, I can reach out with strength and generosity.

Each of these ideas had a peculiar life cycle. As she put it:

After a while each one stops working. It loses its power. Ideas are just like the cancer drugs. Except that the ideas are more resilient—they wear out, lay low for some time, as though they are taking a rest, and then come back revitalized, and also better and stronger new ones keep coming.

Often, especially early in the course of her illness, Ellie was plagued by envy of the living and healthy. She knew these meanspirited sentiments were unhealthy to her mind and body and struggled to overcome them. The very last time I saw Ellie she told me something remarkable: "Now no more envy. It is gone. In fact, I'm able to feel generous. Maybe I can be a kind of pioneer of dying for my friends and siblings. It sounds weird, maybe Pollyannaish, but it sustains me and is a thought that doesn't fade like the others."

A pioneer of dying—what an extraordinary phrase! This took me back 40 years, to the first time I encountered this idea in my work as a therapist. In my first group of patients with cancer, I tried hard, week after week, to comfort a gravely ill woman. I've forgotten her name, but I remember her essence and still, with great clarity, can see her despondent, deeply lined face and her sad, downcast grey eyes. One day she startled all of us in the group when she arrived looking bright and revitalized. She announced: "I've made a big decision this week. I've decided to be a model for my children—a model of how to die!" And indeed, until she died, she modeled grace and dignity, not only for her children but also for the group members and for everyone who came in contact with her. The idea of modeling how to die permits one to imbue life with meaning until the very last moment. Over the years, I passed her insight along to many patients, but Ellie's strong language ("a pioneer of dying") gave it even greater force. As Nietzsche said, "If we have our own 'why' of life, we shall get along with any 'how."

When Ellie described positive effects of her illness, I was not surprised, since I had heard many such comments from terminally ill patients. But, still, Ellie's words had unusual power:

For family and friends I'm more of a scarce commodity. And I feel special to myself also. My time feels more valuable. I feel a sense of importance, gravitas, confidence. I think I'm actually less afraid of dying than I was before cancer, but I'm more preoccupied with it. I don't worry about getting old. I don't give myself a hard time about what I'm doing or not doing. I feel like I have not just permission but almost a mandate to enjoy myself. I love the advice I came across on some cancer website: "Enjoy every sandwich."

Throughout all of this, she never lost her droll sense of humor.

On raising the bar.

Never in my life have I heard so often, from so many people, how good I look.

Of course there's the unspoken "considering you have cancer"—but hey, never mind, I'll take it! I give myself the same extra credit, patting myself on the back and think 'wasn't I nice to that grumpy salesperson, considering that I have cancer? Aren't I so wonderfully upbeat, for someone who has cancer?'

I didn't get much done today (or all week, come to that), but after all, I have cancer.

It's nice, but I'm getting spoiled. Time to raise the bar.

Almost all of Ellie's comments on her death were arresting. I reread each one several times. Over and again I wondered how I could have read them before and yet have so little memory of them.

Childhood Thoughts of Death

Having been one of those exhausting children who can't let a subject drop, I pinned Mom down on the death question when I was four or five. She spoke of heaven but it didn't really help. When I looked at the sky all I saw was sky. I ran and hid behind my father's big leather armchair, the one that was pushed up against a corner. I figured I would just stay there forever and death wouldn't find me.

The Buddhists advise living with death on your left shoulder; sometimes I feel like it's sitting on both shoulders and in fact has climbed right inside my body. Which of course is exactly where it has always been.

No, these lines were too strong to have been forgotten. The truth is *I hadn't truly let them into me the first time*. I marveled at the power of denial, *my* denial. So now I read Ellie's words yet again, but this time with eyes and heart wide open. This time, the power of her words took my breath away:

My work is to love my body, all of it. Whole and entire. The whole aging mortal troublesome failing miraculous intricate breathing doomed cancerous warm mortifying unreliable hard-working imperfect beautiful appalling living struggling tender frightened frightening living dying living breathing temporary wondrous mystifying afflicted mortally-ill assemblage of the atoms of the universe that is my self, is me, for this space of

time. This body that is screwing up. That is growing terrible and dangerous tumors. That is failing to turn them back, destroy them, dissolve them, annihilate them. This body that is failing at the one essential job of life, to stay alive, to stay alive.

Upon first learning that her cancer had spread she had written:

I stared at a mirror and I saw a human face, vulnerable, living, beloved, transitory. I didn't examine my skin for clogged pores or fluff my bangs or form any opinion at all about my appearance. I looked straight into the eyes that looked straight back and I thought, oh, poor darling, poor kid. I think it was the first time I ever saw my face like that—whole.

These lines brought tears to my eyes. The image of Ellie staring at herself in the mirror and saying, "oh, poor darling, poor kid," tugged at my heart and also ignited my fears for myself. Death anxiety never really disappears, especially for those like me who continue to poke around in their unconscious. Even after all that work on myself, I continue to have my occasional 3 a.m. awakenings during which I replay scenes in which I learn of my own fatal diagnosis, or lie on my deathbed, or imagine my wife's grief.

Yet Ellie had said I was fully present, fully willing to enter the darkest places with her. I knew there was truth to that but wasn't sure how I had managed to do it. Part of an answer came as I monitored my reactions while rereading these written reflections in one of her summaries.

Life is temporary—always, for everyone. We always carry our death in our bodies. But to feel it, to feel a particular death with a particular name—that is very different.

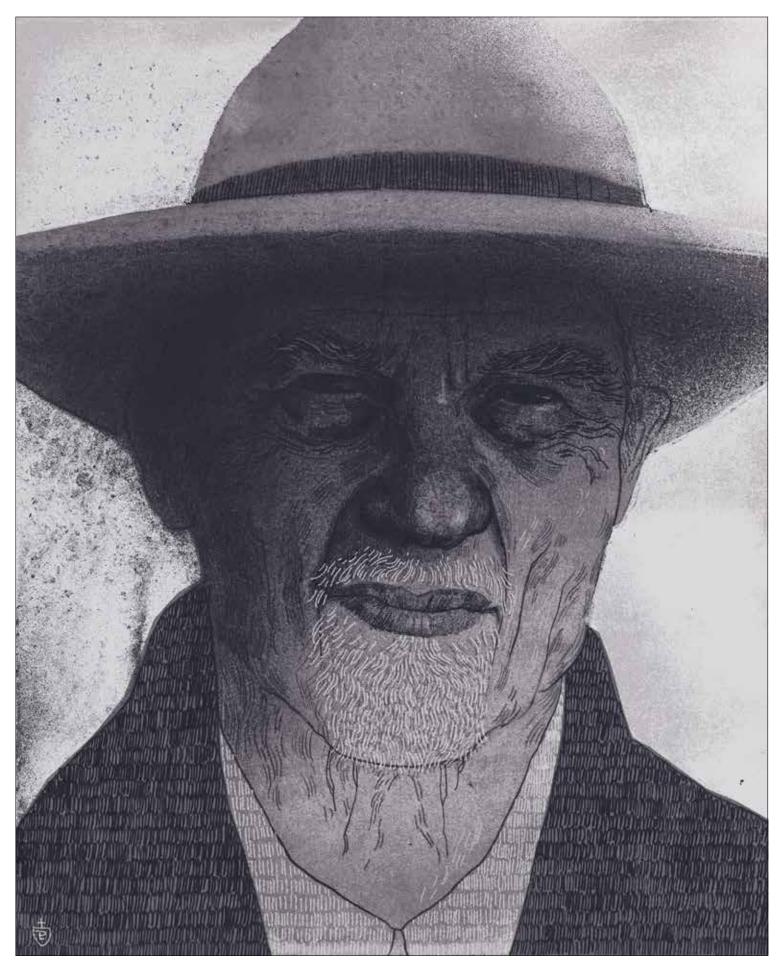
As I read these words, I observed myself understanding, nodding, agreeing with Ellie's words, but when I turned up the volume and listened even more closely, I heard a muffled voice from the depths of my mind saying, Yes, yes, all that is very well, Ellie, but let's be frank, you and I ... we're not the same. You, poor thing, are the afflicted one, the one with the cancer, and I feel for you, and I'll help in every way I can. But me, I'm healthy—cancer free. Alive. Free from danger.

Yet Ellie was a perceptive woman. How could she have said repeatedly I was the one person she could really relate to? She said that I looked directly into her eyes without flinching, that I received her and could hold everything she said to me.

What a conundrum. As I pored over her messages, I gradually began to understand. I *did* get close to Ellie. But not *too* close! Not dangerously close. I had falsely blamed her for our lack of intimacy. But she was *not* the problem. She had enormous capacity for intimacy. *I was the problem.* I was protecting myself.

Am I pleased with myself? No, of course not. But perhaps my denial allowed me to do my work. I now believe that all of us who work with the terminally ill must hold these contradictions. We must continually work on ourselves. We must coax ourselves to stay connected and not be too hard on ourselves for being human, all too human.

I look back on my time with Ellie with many regrets. I have regrets for Ellie, regrets that she never lived boldly, that she died young, and that she never took that grand tour. But now, as I look back at my experience with Ellie, I feel regret for myself. In our meetings it was I, not Ellie, who was shortchanged. I missed an extraordinary opportunity for a deeper encounter with a great-souled woman.



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PRESENT COMPANY

Psychiatrist and best-selling author IRVIN D. YALOM, BA '52, on his life, legacy and the value of focusing on the here and now.

BY DANNY FREEDMAN, BA'01

hree pages into Irvin Yalom's heady, 480-page Existential Psychotherapy, the author pauses, like a scoutmaster a few steps into the wilderness turning to make sure the troop is still behind him.

"So far, so good," he writes.

Then he plunges forward, carving a new path for exploring the deep, lush wilds of the mind.

As he had for years before that 1980 book and has in the decades since, the soft-spoken Dr. Yalom, BA '52, manages to bring lucidity and calm to a topic that otherwise might seem like an abyss of searing dread.

Existential psychology deals in issues that stem from struggles with "the givens of existence," in the words of the esteemed, 83-year-old psychiatrist and professor emeritus at Stanford. Those givens are, in no particular order: death; freedom (one's total control of—and responsibility for—the creation of one's world); the ultimate isolation of never truly knowing another person; and meaninglessness, or "the dilemma of a meaning-

seeking creature who is thrown into a universe that has no meaning."

These aren't the root of every issue. But, Dr. Yalom contends, they are part of the ecosystem of the mind and too elemental to be ignored.

Across 60 years of practice and 13 books, his lens on psychotherapy and penchant for storytelling have made Dr. Yalom an influential thinker—the author of foundational textbooks but also a surprise international best-seller of novels and pioneering nonfiction.

His 1974 book, Every Day Gets a Little Closer: A Twice-Told Therapy, was co-written with a patient and billed as the first book ever to offer the view from both sides of the process. In books like Love's Executioner and this year's Creatures of a Day, Dr. Yalom again takes readers behind his closed-door work with real patients, airing the sorts of wounds that so many spend their lives hiding. He turns to himself, as well, narrating his own fumbles and failings en route to a connection and a chance for healing.

There's a raw honesty to it. And, at its best, the writing catches the reflection of the reader and of a darkness that's threaded through our DNA, as new as it is old.

"That fact may offend our sense of pride in modernism, our sense of an eternal spiral of progress," Dr. Yalom writes in *Existential Psychotherapy*. "But from another perspective, we may feel reassured to travel a well-worn path trailing back into time, hewed by the wisest and most thoughtful of individuals."

What prompted you to write Creatures of a Day?

There's some sort of inner force in me that rather insists that I write all the time. So I've never been, in the last 30 or 40 years, without writing a book. It's just the state of my being. It's what I do. [Laughs]

Why that book? I guess its turn had come. I've been making use of narrative as a way of teaching in my field for a long time. [In this book] they're all true stories. There's some fiction in them because I need to disguise the patients very deeply.

All the stories, and all the other stories I have ever written, have permission from my patients; they read them over in draft, they read them over at the end, and [they can offer] any changes they want to make, but they never ask for that.

How do they respond?

It's been always positive. Sometimes new patients come to me and they've read the books, and I've never heard anybody ever say they worry about being written about. If anything it's almost the opposite: They worry that maybe I won't find them interesting enough to be written about.

A hundred percent of my patients for the last 15 years have read something I've written. That's how patients come to me.

Is there anything in *Creatures* of a Day you find particularly meaningful?

It's clear there is a lot of discussion of existential themes in this book. I spent 10 years writing a textbook of existential therapy in which I wrote a lot about facing our mortality and isolation and freedom and meaning in life, and that comes through in this [new] book. I have two patients who are facing death; I have patients dealing with retirement, patients dealing with aging. So I'm talking, by and large, about an older group of patients in this book.

It does seem weighted toward people's struggles with aging and death—even your death.

And that's a big theme. In my 80s I'm still doing therapy, and I think all of them wonder about that.

I'm doing a different kind—or, at least, format—of therapy right now, in that I only see patients for a maximum of one year. So I'm not dealing with very long-term patients

at this point, for a number of reasons. One of them is, I'm not quite sure how long I'm going to be in practice, and I don't want people to see me for many years and [for] that to be a major factor in how I make that kind of decision.

Was it a conscious effort to bring those patients to the surface in this book?

No, but it's fairly representative of the kind of issues that people bring to me. I'm getting a very self-selected population, and they've read a lot of my other books, and they know that if people really have concerns about mortality or decisions of retirement or any of these issues, that I'm interested in that and have been thinking about it for many years.

There's a lot of emphasis in the book on the singular importance of the bond between therapist and patient, and a therapist's ability to simply be present.

Yes, that's a very important factor for me. I think that the nature of the relationship and the nature of the bond of the therapy relationship is absolutely fundamental to how we work in our field and highly correlated with improvement.

It's a very old finding—goes back to the beginnings of psychotherapy in this country, back to Carl Rogers, who was an eminent psychologist. There's overwhelming research to show that the quality of the bond between patient and therapist has a significant influence on whether people change. So I spent a lot of time on that—on trying to gauge that, on trying to influence that, on trying to explore that a great deal with patients.

I also feel that we're much more effective if we can work on the here and now. If patients have relationship problems with others, I think I can be more effective by taking a look at how our relationship is progressing, and what gets in the way of *us* and how we work together. So I often help the patient explore what's happening between the two of us.

Creatures of a Day and Love's Executioner are similar books—stories of real patients—separated by about 25 years. What differences do you see between the books?

Love's Executioner was so experimental,

there had never been anything written quite like that. It was a new genre; I really was breaking new ground then. The book became an immediate *New York Times* best-seller and was on the list for some months. I went away on sabbatical for a year, I went to Bali, and just took with me a lot of case summaries of patients I had seen and began selecting those that I thought had a good narrative. But I've written it in a different way: I wrote the whole story of our therapy, of these 10 patients.

With [Creatures], I didn't do it that way. I had notes that I'd been taking over the past several decades that I'd put in a separate file that's for writing. When I wrote these stories, I wasn't writing the whole story of the patient. I was writing the story of some incident that happened that was very pregnant with emotion and created a story around that moment, that time.

And looking at yourself between the two books?

I think I feel much more comfortable doing therapy and much more open and self-revealing, although I had been experimenting with that for a very long time. In group therapy, I think the leader has to be both participant and observer, so I tend to be much more open and self-revealing than the therapists had been in the past. That's changed now, of course. In the olden days, the major therapeutic model was the Freudian one, in which the therapist remains rather a blank screen or hidden. But I don't think that's the best way to do therapy. So I try to be a real person in my work, and I think that's evident probably in every single one of these stories.

You mentioned the success of Love's Executioner. Did that surprise you?

Oh, that surprised me very much. The group therapy textbook has been a huge-selling book, but that's because it's a textbook and it's used all over the world. [With *Love's Executioner]* I wasn't writing for the general public, and I published that with Basic Books, which is kind of in between an academic press and a popular press; it's a high-intellectual press, but they don't have many best-sellers. So yes, it surprised me greatly, and it stayed like that.

I remember talking to a very experienced writer, and I was feeling a little bit overwhelmed with all the attention I was getting for this—a lot of stress, and lots and lots of emails and calls and invitations. And he said, "Well, I think you ought to remain a

"I wanted people to see it as a human process. I wanted people to see the therapist as a potentially errorful person who made mistakes but then had to acknowledge them and look at himself."

little cooler about this and enjoy it, because it may never come along again. Best-sellers aren't very common."

He was absolutely right, by the way. My books have sold a lot but I haven't had another book on the best-seller list—not in this country. The novels have all been best-sellers in many European countries.

And you're working now on a memoir?

Yes, I have been. It's probably pretty appropriate for somebody at my age, in my 80s. It'll be a long write, probably two to three years, I'm sure.

You grew up here in D.C., right?

I grew up in Washington, D.C., and my parents were immigrants from Russia. They came over in the early 1920s, when there was a huge immigration. They weren't educated in a secular way, they didn't speak the language.

They had a grocery store when I was born, I think at 11th and D NE, and then had a store at First and Seaton, near Rhode Island Avenue.

Over in Bloomingdale.

That's right. My father's store was called Bloomingdale's Market. I grew up there. My first 14 years or so were spent either in that first store of his or, much of it, living on top of Bloomingdale's Market. Then my mother decided to buy a house in a nicer neighborhood—I wish she'd done it years before—and we lived on Blagden Terrace, a block from Blagden Avenue, close to the

Carter Barron Amphitheatre. I went to Roosevelt High, and from there I went to GW. I won a scholarship for my first year, a full-tuition scholarship, which I think was all of \$300 at that time.

Were your parents fleeing persecution in Russia?

Well, yes—all the Jews who were living in Russia were under some form of persecution or other; there were lots of pogroms. In Washington, there was a rather large relatively speaking, 40 or 50 people probably—group of people who came from a small village, or shtetl, called Cielz, although it doesn't exist any longer; it was destroyed by the Nazis. They used to have what they called a Cielz Society in Washington that would meet-the whole large group would meet once in a while, but every Sunday my parents would meet with, oh, 10, 15, 20 fellow refugees and villagers from Cielz, and they would spend their Sunday afternoons and evenings together, and I did that as a child. That was the best part of the week for me.

The neighborhood at that point in Washington was segregated—it was a black neighborhood—and not a good neighborhood at all, a fairly dangerous one. I spent a lot of time at the Seventh and K library. It was safe there, and I loved to read.

Did growing up in your house impact your trajectory?

Oh, I think it did in many ways. My childhood was not a happy one. I got very little mentoring from my parents or any of my relatives because they didn't know anything about this culture and they didn't speak the language very well. I think my parents

wanted us to become American, and they didn't want us to speak Yiddish. None of my peers would learn how to speak Yiddish, because the parents didn't want us to be in the old country anymore.

My childhood also determined what kind of profession I would have, since what we wanted to do mainly was to get into the mainstream American culture. In our time, there were two ways: You'd become a lawyer or a doctor. A lot of my peers wanted to be doctors because it was one way to gain some respectability, and that's what I did.

Did you come to GW because of the scholarship?

Yes. I didn't know anything about going to college. We didn't have anyone at school counsel us, so everyone I knew went to GW or to Maryland. My wife [Marilyn] who was in the same school and a half-year behind me—we met when I was in the 10th grade—she had a teacher who had mentored her and had graduated from Wellesley, and she made sure that Marilyn went there. But she's the only person I knew that went away to school.

So I went to GW, and I took nothing but pre-med. And if you wanted to try to get to medical school with only three years [of college], before your bachelor's, you could do that once in a while. So that's what I did.

I knew that it was also extremely difficult for Jewish boys to get into medical school—it's hard to believe, I know. But at that time GW would take 5 percent of its medical school class as Jews*. If the class was 100, to be one of those five, I decided I was just going to get all A's.

So I did nothing but study. My pre-med school was horrible, and getting to medical school was a major stress, as it was for all Jewish boys at that point. I graduated GW

^{*} Although we were unable to find record of this in the GW archives, a history of discrimination against Jewish applicants at U.S. medical schools in the first half of the 20th century has been documented in studies and anecdotes.

with a straight-A average—I got one B-plus in German—and I applied to 20 medical schools and got turned down by 19. So that's how hard it was. If I'd waited another year, I might've had a better chance. I was in such a big rush, God knows why.

I went to GW medical school for my first year. Then, because I was so involved with my wife—fiancée at that point, and she was going to Wellesley—I decided I would transfer to Boston if I could. I got into BU medical school and did my last three years there.

What drew you to psychiatry?

I was a little different from most medical students in that, I think if I had lived in another era maybe I would've gone into literature or become a writer, because I fell in love with literature when I was an early teenager and read extensively. I went to medical school with the intention of going into psychiatry because that was where I would be closest to the ideas of Tolstoy and Dostoyevsky and Dickens. So it was a choice I made even before entering medical school.

You've called Existential Psychotherapy "a textbook for a course that did not exist at the time," which was 1980. Where would you say the practice of existential psychotherapy is now?

Strange to say, I did call this book *Existential Psychotherapy*, but I never actually thought that there was a separate form of therapy. What I really meant was that there are certain existential issues that all therapists need to know how to deal with, and nobody ever talked about our fear of death, for example, or talked about meaning of life. These were unknown ideas when I entered the field of psychotherapy.

When I was a resident at Johns Hopkins, a book came out by Rollo May called *Existence* that translated some of the European existential analysts and interested me a lot. That's when I started my philosophy education.

There are a lot of people now at organizations—I spoke [in May] to the first World Congress for Existential Therapy, held in London, and there were a large number of people there, must have been a thousand people. So I think there's a lot more attention given to this particular way of looking at patients ... and psychiatrists are aware that you do have to work with patients' fear of dying, or work with dying patients.

That's what I started doing when I wrote that book. I felt the only way I can really learn about these issues is to have everyday exposure, so I started seeing a lot of cancer patients and then groups of cancer patients.

Group therapy is an area in which you also have a lot of influence. What interests you about it?

When I was at Hopkins, one of my professors was Jerome Frank, a very fine man, one of the founders of group therapy, and so I learned about it very early in my training. Also, there was a movement in the United States that's kind of a slight alteration of the older psychoanalytic field, in which we became more interested in interpersonal relations—that it wasn't only our parental relationships that we had to look at, but the relationships with all of our peers and other people.

For that kind of interpersonal approach, group therapy is a natural. The idea of the group is to help people understand how they relate to other people through studying the relationships they're having with the seven or eight other group-therapy members. So the group therapy works on the process of how people are relating in the here and now. I found that to be a very potent form of therapy, and I've been leading groups and teaching group therapy most of my career.

With books like Love's Executioner and Creatures of a Day, was the goal at all to try to unburden psychotherapy of the taboo it still carries?

I think I had that in mind. I wanted people to see it as a human process. I wanted people to see the therapist as a potentially errorful person who made mistakes but then had to acknowledge them and look at himself. So I felt that *Love's Executioner* opened up the field a good bit.

I've had a lot of fan mail about that book. I get a lot of mail every single day, 20 or 30 emails; I've probably had thousands over the years about *Love's Executioner*. It also has another function, which is rather unusual: Hard to believe, but it's actually been therapeutic for a lot of people. They look at parts of themselves in the various patients, and they write me all the time saying, "This has been very helpful to me in helping me understand myself."

I always envision myself as having not only a psychotherapy practice but also working therapeutically through my writing. I try to answer the mail I get about my books, even if it's just a line or two that I write back.

What do you see as your impact on the field?

It's very hard for me to answer that question. I know that I'm very well known in the field. I've had a lot to do with popularizing group therapy. I've helped a lot of therapists become more human, more open, in their relationship to patients. I don't like doctrinaire or orthodox schools where you're not really being human, you're not being yourself. And maybe a way of using narrative as a way of teaching, maybe that's been a help for the field as well, an innovation.

Is that any different from what you'd like your impact to be?

No, I think I'd give you the same answer.

In prepping for this, I picked up a copy of Existential Psychotherapy. In it, you relay a story about French novelist André Malraux: He asked a parish priest, who had been taking confession for 50 years, what he had learned about mankind.

Yeah, it was: "There is no such thing as a grown-up person." [Laughs]

It was a great question and a great answer. You're in a similar boat, so I thought I'd ask you: What have you learned about mankind?

Kind of a tough question to answer. I'll tell you one of the reasons: People think that psychiatrists are so wise about everything in a way, but you have to remember that I'm dealing with a very limited segment of humanity, and the people who come to me are aware of things enough to know that they want to learn more about themselves and be helped. So I'm dealing with a limited sector.

Somebody once wrote in a book:

"Everybody's life is worth a novel." And I feel that everyone's got a story and I want to encourage people to explore themselves, to look more deeply; I'd like for people to look at their dreams, try to see what deeper parts of themselves are expressing; and try to feel and learn to be empathic and love others. I'm preaching that kind of a benign gospel.



PHILANTHROPY UPDATE

THE YEAR IN NUMBERS

The support came in by the millions and in 10s and 20s, adding up to a banner year. The philanthropy of alumni, parents, faculty, staff, corporations, foundations and others—even students-in the fiscal year that ended June 30 amounted to \$232.2 million, making it the largest fundraising year in GW history. Among the highlights, gifts to the endowment, which totaled \$43 million, increased by more than 40 percent over the previous year, and donations to student aid through the Power & Promise Fund hit \$16.7 million. Annual giving—which includes donations under \$50,000 that provide immediate funding for university needs—grew by 25 percent in FY15. Here's a closer look at annual giving donors and their impact.

To join the thousands who donated, visit go.gwu.edu/give2gw.

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Making a Difference

Among the tangible results of annual giving in past fiscal year:

A \$25 ANNUAL GIFT

Purchased a summer reading book for a Women's Leadership Program student

A \$100 ANNUAL GIFT

Bought lab equipment for the new Science and Engineering Hall

A \$500 ANNUAL GIFT

Underwrote a student art exhibtion

A \$50 ANNUAL GIFT

Allowed an engineering student to attend a research conference

A \$250 ANNUAL GIFT

Purchased new jerseys for the club field hockey team

A \$1,000 ANNUAL GIFT

Provided support for a faculty member's small-scale research study

A \$2,500 ANNUAL GIFT

Financially supported a student in an unpaid internship through the Knowledge in Action Career Internship Fund

DONORS CAME FROM





OKINAWA COLLECTION OPENS AT GW

Deal could create one of the largest research resources outside Japan

The Estelle and Melvin Gelman Library is now home to a collection of research materials focusing on the Japanese prefecture of Okinawa, an assemblage that could become one of the largest outside of Japan.

The Okinawa Collection, opened at a ribbon-cutting in June, was made possible by a memorandum of understanding between GW and the government of Okinawa, which has agreed to fund the ongoing development of the collection, as well as a part-time Japanese language research librarian.

The collection of primary and secondary research materials, which focus on Okinawan politics, policy, international relations, economics, culture, literature, linguistics and history, will be housed in the Japan Resource Center, part of Gelman Library's Global Resources Center.

Okinawa "is a prism for looking at Japan and America's relations with all of the other countries in the region," said Mike Mochizuki, a GW associate professor of political science and international affairs who holds the endowed Japan-U.S. Relations Chair in Memory of Gaston Sigur. "Despite its small size, it is really significant."

Okinawan Gov. Takeshi Onaga congratulated the university on the opening.

"I am privileged to create the Okinawa Collection at the university," he said. "I hope that the collection will serve as a trigger for more people to become interested in Okinawa, and that students and researchers will deepen their understanding of Okinawa."

Gelman's Global Resources Center features six area centers, including centers for Japan, Taiwan, China and Korea.

Dr. Mochizuki said that the Okinawa Collection's books, databases and video materials will contribute enormously to teaching and research, and will also strengthen the Japaneselanguage holdings in the Japanese Resource Center.

"With this grant, GW's Okinawa Collection could become the second largest library on Okinawa located outside of Japan, after the one in the University of Hawaii," Dr. Mochizuki said. "To have this collection in the nation's capital at GW gives unparalleled access to researchers and decision-makers in the think tank and policy community."



"As I read that I would be receiving this academic fellowship, my eyes welled with tears and I began to cry right there in the post office," says April Bryan, MA '15. "When I looked up from the letter, I saw a sea of smiling faces around me."



Read her story at GW's Impact blog, at

go.gwu.edu/impactbryan.



"I left Italy in 1960 with \$20 in my pocket. SEAS accepted me with open arms and provided scholarships and work programs. I am profoundly grateful and want to help a young person achieve his or her professional dream and one day continue the tradition of giving."

Alessandro Chierici, SEAS BS '65, MS '67

Alec Chierici is supporting the GW School of Engineering and Applied Science with a gift through his IRA. His estate will receive a significant tax deduction, and GW will receive the designated portion of his IRA tax-free.

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ALUMNI NEWS



ark Holdridge, MS '93, helped show us that Pluto looks like a frozen version of Barney Rubble's bowling ball.

An aerospace engineer at the Johns Hopkins University Applied Physics Laboratory since 1997, Mr. Holdridge directed the New Horizons mission, which flew by Pluto in July after a nine-year trek into desolation.

Once a smudge on the rim of our explored solar system, Pluto is now a well-pixeled world of contrasts, mountains, frozen methane and maybe even geologic activity, possibly the result of the tug of its largest satellite, Charon.

Pluto is no (dwarf) Planet X. It's a gateway

to the solar system's next tier, the Kuiper Belt, and that's where New Horizons might be going next at 30,000 mph.

If approved by NASA, the probe will move on to a nearby Kuiper Belt object and, in January 2019, bring humanity one dark rock closer to outer space.

But Mr. Holdridge—with the soul of a

frontiersman and no small sense of *what if?*—wants to go farther. Human footsteps in Martian dirt, robots on the murderous hellscape that is Venus, vacations to the satellite-thick systems of Jupiter and Saturn.

"Imagine what it would be like to sit on [their] moons and see the other moons rising instead of just seeing the same white moon," says Mr. Holdridge, sitting in the lobby of the APL in Laurel, Md., scaled-down models of space probes suspended overhead. "It'd be pretty spectacular. I can imagine what it would be like to sit on Charon and watch Pluto go around it. Those [trips] are within our grasp. Those are doable."

A natural explorer, Mr. Holdridge grew up in rural Highland, Md., where he spent his childhood wandering the outdoors, following streams until they fattened into rivers and watching the animals. He used his backyard to launch rockets and his bedroom to do chemistry and futz with big magnets.

Now 55, Mr. Holdridge, clear-eyed, 5-foot-5 and thorough, remains fascinated by adventure, invisible forces and epistemology.

"Maybe one day we're going to wake up from a dream," he says, grinning, "and we're going to say how silly we were to be living in this world all our lives and thinking that magnetism and gravity were real. You know what I mean? It's like, 'Come on.' But it was just a figment of our imagination, in our dream"

The capacity to abstract is important for a job predicated on blasting things into the void, and Mr. Holdridge, intrigued by oblivion, inevitably drifted there.

"For me," Mr. Holdridge says, "deep space was the ultimate."

After graduating from the University of Maryland in 1982, Mr. Holdridge started his career working on Navy satellites. Later, he became the operations manager on the NEAR mission, which launched in 1996 and orbited the asteroid Eros, then made a spur-of-themoment landing. The probe wasn't built for

that, but there was fuel left over, so they tried it anyway. That was 2001. It was the first time humans landed anything on an asteroid.

From 2003 to 2011, Mr. Holdridge served as mission ops manager and later as orbital operations manager for the MESSENGER mission that put a satellite in orbit of Mercury. They crashed



"For me, deep space was the ultimate."

it on the planet's surface in April when the probe ran out of gas.

Until late this summer, Mr. Holdridge was the encounter mission manager for New Horizons, directing a piano-sized, \$700 million probe 3 billion miles to Pluto—a task Mr. Holdridge compared with whacking a golf ball from Los Angeles and making a hole in one at the tip of the Washington Monument, after nine mid-flight course adjustments.

The last adjustment to New Horizons came two weeks before the flyby, when it was 10 ½ million miles from Pluto. The probe coasted from there, hitting a 60-by-90-mile target.

Now, New Horizons, like the Voyager probes before it, will zoom on and on, going silent in another 2 billion or so more miles.

"We're all going to be gone, you, me everybody on the face of this planet," Mr. Holdridge says. "The planet will probably be dead, but that piece of hardware will stay intact well beyond life on this planet, almost for sure."

Before humanity's last reckoning (if we're lucky), New Horizons will transmit 70 gigabits of data back to Earth. It will take 16 months, at a rate of two kilobits per second, while the probe drifts, carrying the ashes of Pluto's



Malcolm Lawrence, BA '48, MBA '51, who served as a radio operator and gunner on a B-17 bomber during World War II, published Something Will Come Along: Witty Memoirs of a Foreign Service Officer with Nine Children (Ivy House Publishing Group, February 2015). The memoir is now available digitally on Amazon.

Phyllis Strawbridge, BS '50, retired in 1987 as a project control officer for the life sciences flight experiments office at NASA, which studied the effects of zero gravity on animals.

A. James Rudin, AA '53,
BA '55, published Pillar of
Fire: A Biography of Stephen
S. Wise (Texas Tech University
Press, December 2015). Mr.
Rudin is the American Jewish
Committee's senior interreligious
adviser, a visiting professor of religion
at Judaica at Saint Leo University, and a
former Air Force chaplain.

Frank Burtnett, MA '65, EdD '77, published Career Errors: Straight Talk about the Steps and Missteps of Career Development (Rowman & Littlefield Publishers, August 2014), a guide to the rights and wrongs of job success.

William E. Olewiler, BA '66, finished his nine-month interim pastorate at Georgetown United Methodist Fellowship in Georgetown, Fla. Mr. Olewiler and his wife celebrated their seventh wedding anniversary on April 26, 2015.

James Korman, JD '68, of Bean, Kinney & Korman P.C. in Arlington, Va., was recognized as a 2015 Virginia "Super Lawyer" for family law.

Mahmoud Zawawi, BA '68, MA '70, published two Arabic books on American film: Hollywood Ironies, Part 2 and The Best 100 American Films, 2011-2013, Part Six.

Peter Lighte, BA '69, a sinophile and founding chairman of JP Morgan and Chase Bank in China who sits on the advisory committee for the Elliott School of International Affairs, published Host of Memories: Tales of Inevitable Happenstance (Acasual Books, May 2015), a collection of personal stories about the author.



Weldon Vlasak, PhD '70, wrote a technical article, "Computer Modeling of Atomic Forces," that was accepted by the 2015 International Conference on Computer Science and Information Engineering.

Jerome L. Wolf, BA '70, a partner at Duane Morris, presented in June at the 2015 American College of Trust and Estate Counsel. In July, Mr. Wolf taught courses on asset protection and businesssuccession planning at the 56th Annual Florida Graduate Trust and Wealth Management School in Orlando, Fla.

William Alexander Hamilton, MS '71, and his wife, Penny Rafferty Hamilton, were recognized by the Nebraska Alumni Association for outstanding achievement in their careers and communities. Mr. Hamilton serves as president of the Friends of the Granby Airport Inc., and as

discoverer, Clyde Tombaugh, into the ether.

The data flow, which will yield regular discovery, should help keep New Horizons fresh in pop culture. Mr. Holdridge hopes the probe's positive Q Score will influence Congress to better fund NASA. The agency currently gets less than 1 percent of the nation's \$3.8 trillion budget.

"There's a point where you have to say, 'Look, you have to apply a certain amount of your resources to exploration and broadening horizons, just like Lewis and Clark," Mr. Holdridge says. "Otherwise you don't know what it is you're missing. Maybe there's something out there that can help you with those problems [on Earth]. You don't know until you try."

Mr. Holdridge proposed a national bureau of exploration, of which NASA would be one prong. This hypothetical agency would bankroll adventure and discovery, sending the intrepid and hardy to space, sea and remotest earth—to Mars or the Mariana Trench, to hunt for Martians, to hunt for an Atlantis.

"Maybe there's civilizations buried [in the trench] that we never even dreamed existed so long ago—civilizations before what we thought was the beginning of time," Mr. Holdridge says. "Think about it: We've been around for four and a half billion years, and we know there's this lineage of life that we've seen. What if there's another whole run before that, that got completely buried? I don't know. It's kind of that out-of-the-box thinking. We should pursue that."

Because who knows what could be out there?

In an astronomy class at Maryland, Mr. Holdridge first encountered the Drake equation. Created in 1961 by astrophysicist Frank Drake, the chair emeritus of the SETI Institute, it calculates the probability of technologically advanced extraterrestrial life existing in the Milky Way.

Mr. Holdridge ponders Drake's math sometimes while he's hiking or mowing the lawn. Part dreamer, part pragmatist, Mr. Holdridge believes that, statistically, life must exist out there. The question for him is whether contact is possible.

"That's when I get crushed about the potential of a really good propulsion system being invented that will get us out there quickly, beaming us up and what not," Mr. Holdridge says. "If it could have been

developed, one of those really advanced societies would have already done it and it would've visited us, right? Well, the only thing I can think of is that maybe we're just not that interesting to them yet. Maybe they want to check out the smart guys in the neighborhood first before they come check us dummies out. So it's either the propulsion—there is no such way; physics just won't permit it—or we're just not that interesting."

With New Horizons done,
Mr. Holdridge says he might work on a
planned 2020s mission to Europa, Jovian
moon and current trendy pick for the place in
the solar system most likely to support alien
life. He's also mulling getting in on a mission
called Osiris Rex, which will land on an
asteroid and return to Earth with samples.

Whatever he does, Mr. Holdridge will keep exploring the best he can, to find what he can, armed with only his big rockets, an adventuring heart and some radioisotope thermoelectric generators. They're not warp drive, but they've been enough so far to get him to asteroids, to planets—to the desolation of Pluto.

"At least now we know what it looks like," Mr. Holdridge says. "It's not just a word."



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ALUMNI NEWS **CLASS NOTES**



MARATHONS

A Life in Stride

With more than a hundred marathons underfoot, and counting, George Banker, BBA'84, keeps his focus on the long haul: 50-mile "ultramarathons" and a sweatshirt that money can't buy.

There was an older guy who worked in a Bethesda, Md., IBM office in the early 1980s. He looked slow, moved slow, had gray hair. He is the reason George Banker started

"They had this one-mile fun run, and they said that every year [he] won it," says Mr. Banker, BBA '84, who worked at IBM for 25 years. "I said, 'Wait a minute. How can this old man be out here winning this thing every year?""

Sizing up the competition, he decided that he could win it.

He couldn't.

Instead, Mr. Banker says he got "eaten up" by the mile, en route to a time not worth the brain space to remember. But never again.

In the 30-plus years since, the 65-year-old Mr. Banker has become a most devout and accomplished disciple of distance running.

At his peak, Mr. Banker ran a mile in

less than six minutes. He's completed 102 marathons since 1983, including 31 Marine Corps Marathons, undeterred by a first go at the 26.2-mile haul that ended in a full-body muscle cramp—the result of dehydration that shut down, Mr. Banker says, even his eyebrows.

He ran his best marathon five years later in Houston, finishing in 3 hours, 4 minutes, 32 seconds. The average men's marathon time is roughly 4 ½ hours. The men's world record is 2:02.57.

Mr. Banker has also run nine 50-mile "ultra-marathons," completing seven, while becoming a behind-the-scenes force in the D.C.-area running community as a journalist and historian. He works as the operations manager for D.C.'s annual Army Ten-Miler race and has kept records for countless other organizations and races, including the Marine Corps Marathon for more than two decades. He authored a book on the 39-yearold race, The Marine Corps Marathon: A Running Tradition, in 2007 and is a member of the MCM Hall of Fame, inducted in 2011 for his all-around contributions.

Mr. Banker's next marathon is the MCM on Oct. 25. His next 50-miler is the JFK 50 Mile race in Maryland on Nov. 21, less than a month before his 66th birthday. If he finishes, it will move him to within two races of a coveted sweatshirt, given only to runners who've finished 10 races. He'll be in the JFK 500-Mile Club.

"I want that sweatshirt,"

a representative for the Aircraft Owners and Pilot Association

Lawrence Hott, BA'72, received a Fulbright Specialist grant to teach a series of documentary-film seminars and workshops in Vietnam, Mr. Hott is an Emmy and Peabody Award-winning

filmmaker who has received two Academy Award nominations.

Brooke C. Stoddard, MA'73, published Steel: From Mine to Mill, the Metal that Made America (Zenith Press, July 1, 2015), a narrative of iron and steel from prehistory, through the industrial revolution, and into

Michael G. Kushner, BA '74, LLM '82, joined Blank Rome LLP as of counsel in the Corporate, M&A and Securities group,

Mary L. Westcott, MA'74, published Fluttering on Earth: A Journey of Healing and Recovery through Poetry (BalboaPress, 2015). Dr. Westcott is retired from the National Institutes of Health and has published five books of

based in the firm's New York office

Steven L. Cantor, JD '75, is a managing partner of Miami-based Cantor & Webb P.A., which received the Tax Advice Private Client Award in March at the 2015 WealthBriefing Family Wealth Report

Omega C. Logan Silva, RESD '75, received a Commitment to Excellence Award from the American Medical Women's Association. She served as AMWA president from 2000 to 2002.

Howard L. Sollins, BA '75, was ranked in the 2015 edition of Chambers USA as one of the nation's top lawyers. Mr. Sollins, an attorney at Ober/Kaler, specializes in health care law.

Timothy Cousounis, MA '76, has been appointed managing director of DAI Palliative Care Group, a national consultancy that advises hospices on becoming accountable palliative care organizations.

Charles W. L. "Chip" Deale, BA '76, executive director for the National Press Photographers Association, has been selected as an American Society of Association Executives fellow, Fewer than 250 individuals have received the honor since its inception in 1986.

Anita L. Auerbach, PhD '77, has been elected president of the Virginia Psychological Association.

Gary Shaffer, BA'77, published A Study of Prehistoric Soapstone Vessels of the Middle Atlantic Region of the United States (Archaeopress, 2015), a monograph about prehistoric soapstone-vessel technology in the mid-Atlantic region of the United States.

James Schroll, JD '78, of Bean, Kinney & Korman P.C. in Arlington, Va., was recognized as a 2015 Virginia "Super Lawyer" for bankruptcy and creditor/ debtor rights.

Barbara G. Werther, JD '78, was ranked in the 2015 edition of Chambers USA as one of the nation's top lawyers. Ms. Werther is a principal in Ober/Kaler's Construction Group.

Mr. Banker says. "Sounds crazy, [but] you can't buy these shirts."

The ultra-marathon training is brutal, and for Mr. Banker it means running 100 miles a week.

In June he was doing, by his standards, a "pitiful" 40 miles per week. In the past, he says, he's averaged 85 miles per week.

That sweatshirt represents the opponent he's always trying to outrun—taking his 6-foot, 155-pound austere body, the excess eroded by the miles over cement, asphalt, and splendor unmolested—since he gave up smoking a pipe and drinking Chivas Regal not long after that first fun run.

Persistence got Mr. Banker through GW—after eight years, taking one class per semester while working full-time—and it will get him that sweatshirt.

Running's appeal, Mr. Banker says, is that it's something he can control. It's a competition against himself, foot v. mind, and now, at age 65, that's true more than ever.

"As far I'm concerned," he says, "there's only two goals: one's the start and one's the finish. That's it." — Matthew Stoss



// NAME

GEORGE BANKER, BBA'84

// HOMETOWN

Born in New Jersey, grew up in West Philadelphia

// RESIDES

Fort Washington, Md.

// PROFESSION

Operations manager for the Army Ten-Miler race; formerly of IBM (25 years); formerly of the U.S. Air Force (eight years active duty and 12 in the D.C. Air National Guard), where he was a technical sergeant and spent one year in Thailand during the Vietnam War

// PROBABLY DIDN'T KNOW THAT

His stepfather, George Kidd, a first sergeant in the U.S. Marine Corps, court-martialed Lee Harvey Oswald in 1958, five years before Mr. Oswald was accused of killing President Kennedy.

// GOES THROUGH A PAIR OF BROOKS RUNNING SHOES

About every six weeks. The old ones go to charity.

// WHAT A FULL-BODY CRAMP FEELS LIKE

"It's intense. When you get them in the marathon ... it's compounded because you've got that muscle fatigue in there and more than likely you're dehydrated. You're already tired and some of everything else. You're cussing yourself up one side and down the other for even being out there. And so, nothing is really going right."

"When I was a kid, I found a book in the library about Sandra Day O'Connor, and she instantly became my hero, so I wrote to her to tell her as much. She wrote me back and told me that I would need to work very, very, very hard in school if I wanted to be like her one day."

-Sarah Coats, MS '13, who this summer became a staff assistant at the U.S. Supreme Court, where she proofreads and checks citations in judicial opinions before they are made public. Prior to that, she served as the senior appellate paralegal at the Children's Law Center in D.C. and, way back, enjoyed racing a 1975 Trans Am.

Lord by Kristin L. Gallas

lames DeWolf Perry



For more from this interview, visit cps.gwu.edu/cps-alumni-spotlight.

MUSEUMS

For Historic Sites, a Guide to Embracing a **Dark Past**

Museums and historic sites are often unclear about how to handle the topic of slaveryand it shows, says Kristin L. Gallas, MA'98, a project manager for education development at the Tsongas Industrial History Center in Lowell, Mass. In the face of issues that range from managing an array of sensitivities to garnering top-to-bottom organizational support, the story of slavery is frequently distorted, presented incompletely or neglected, she says.

"For years I visited plantation museums and other historic sites that completely ignored the presence of slavery in their history, which frustrated me to no end," says Ms. Gallas. "I

wanted to create a book that would outline best practices for how historic sites can interpret slavery comprehensively and conscientiously."

After a four-year effort, Interpreting Slavery at Museums and Historic Sites was published in December by Rowman & Littlefield. The book is co-edited with James DeWolf Perry, executive director of the Massachusetts-based

Tracing Center on Histories and Legacies of Slavery, where Ms. Gallas has consulted on interpretation projects.

"We wrote the book to move the conversation about slavery interpretation forward," she says. "Other books document the field's shortcomings, but rarely do they offer constructive ways to interpret this important part of our history."

Ms. Gallas says one of their goals is to help the staff at historic sites and museums do their own research on the topic, in order to get in touch with the emotions stirred up by the content.

"It is time, I would argue, to embrace new methods of interpreting slavery," writes Rex M. Ellis, associate director for curatorial affairs at the Smithsonian's National Museum of African American History and Culture, in a foreward to the book, which he calls a "seminal work that should be on the shelf of every museum's staff library. ... Professionals equipped with the proper tools and understanding will be able to interpret

slavery not simply as African American history but as the quintessential history of our nation."

Representing and understanding that period is "important and relevant to our communities," savs Ms. Gallas. "How historic sites and museums facilitate the sharing of these stories and tie them into vital contemporary public debates places these institutions in a very significant position as a medium between the past and present."

-Mary Follin



S. Craig Holden, JD '80, was ranked in the 2015 edition of Chambers USA as one of the nation's top lawyers. Mr. Holden is chair and chief executive officer of Ober/ Kaler and a principal in its health law

Jeffrey L. Nash, BA'80, opened the Nash Law Group, a full-service, general-practice law firm focusing on the advancement of community-based projects, neighborhood redevelopment and revitalization in Camden, N.J., Southern New Jersey and the Philadelphia region.

David M. Anderson, BA'81, is the editor of Leveraging: A Political, Economic, and Societal Framework (Springer, 2014), which defines the three major kinds of leverage and how they influence the world

Robert C. Hubbell, MBA '81, has been named vice president of sales and marketing at Coastal Risk Consulting LLP.

Jill A. Kotvis, JD '81, a managing partner of Jill A. Kotvis, P.C., in Dallas, has been appointed as a member of the World Commission on Environmental Law, a network of law and policy experts that works to protect nature.

Meryl Bloomrosen, MBA '82, was appointed as senior vice president of policy, advocacy and research of the Asthma and Allergy Foundation of

Azim Eskandarian, BS '82, DSc '91, was named head of Virginia Tech's department of mechanical engineering. Previously, he served as director of GW's Center for Intelligent Systems Research, as well as its National Crash Analysis Center.

Eric Federing, BA'82, was appointed an honorary member in the General Division of the Order of Australia. He is the founder and director of the Uni-Capitol Washington Internship Programme, a pro bono endeavor established in 1999 to further the political links between Australia and the United States

Rick Hinkemeyer, MPA '82, published When Waters Wept (A Minnesota Mystery) (Maple Creek Media, March 2015). Mr. Hinkemeyer is a three-time winner of the Maryland Writers' Association's contests for best mystery novel.

Raymond Dorado, JD '83, was appointed executive vice president and deputy general counsel, head of enterprise bank regulatory at Citizens Bank

Carol Scanlon-Goldberg, MS '83,

competed as part of a two-woman team in the 2015 Air Race Classic, flying 2,500 miles in four days in a 54-team field. Founded in 1929 as the first Women's Air Derby-Amelia Earhart finished third-the ARC advocates, encourages and promotes women in aviation.

Elliott Kugel, MS '83, managing director of investments at Merrill Lynch in Bridgewater, N.J., was named as one of "America's Top 1,200 Advisors" by Barrons. Financial Times also ranked Mr. Kugel as one of the top 400 advisers in the United

David Shelledy, JD '83, received the attorney general's Distinguished Service Award for his work on the \$13 billion dollar settlement-the largest with a single





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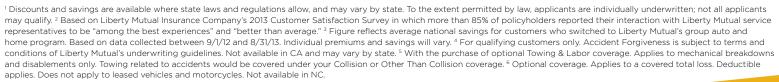
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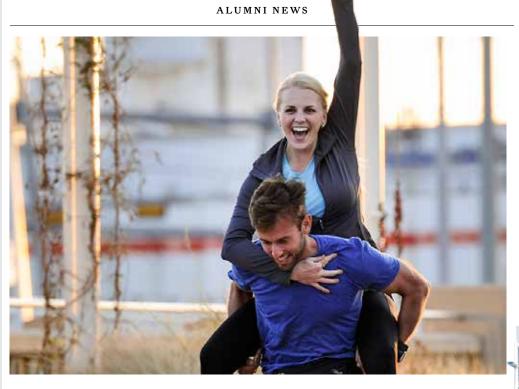


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REALITY TV

Show and Tell

Navy diver competes on blinddate edition of Amazing Race

Blair Townsend, MD '12, is a man of adventure and tan year-round. He's climbed Kilimanjaro, he's skydived. He does triathlons, lives on a boat and once a month goes to sea in a nuclear submarine because he's a Navy doctor stationed at the Kings Bay, Ga., sub base.

He's also a Navy diver.

"You just spend weeks getting beat up underwater," Dr. Townsend says of the six-month-long training. "They talk about testing your water confidence, and what do you do when you're scuba diving at X amount of feet underwater, and somebody's just beating you up and pulling the regulator out of your mouth or causing problems for you—are you the guy who panics or keeps his composure and doesn't bolt to the surface?"

Dr. Townsend, a lieutenant, handles stress well. But after a three-week blind date on network television, the 32-year-old Virginia Beach, Va., native needed a moment.

"I was a little scarred for a few weeks when I got back," Dr. Townsend says with a laugh. "I need my space and independence."

Dr. Townsend competed on the 26th season of CBS' The Amazing Race, a reality show on which two-person teams compete in mental and physical challenges around the

world to win \$1 million.

Traditionally the teams know each other, but for Dr. Townsend's season-which aired this spring—the producers made a tweak: half the teams would be on blind dates. Dr. Townsend met his teammate, Hayley Keel, on the starting line. They were supposed to fall in love. They didn't.

"The biggest challenge of the race was working efficiently and successfully with a partner I didn't know," Dr. Townsend says. "And all the things that are historically hard, like the physical and mental challenge, didn't seem as difficult compared to the interpersonal relationship."

A longtime fan of the show, Dr. Townsend says he originally auditioned to be on with his father. When he found out it was the blind-date edition. he-man of adventure, remember-decided to do it anyway. The pair finished third, undercut by a big mistake on the second-to-last challenge.

Dr. Townsend and Ms. Keel, a nurse from Florida, had a contentious (but also fanfavorite) relationship, now well documented on the Internet. Dr. Townsend says he and Ms. Keel are friends now.

"I went on the show mainly to do well on the show," Dr. Townsend says. "I figured the blind-date thing would take care of itself. I wasn't necessarily looking for love. I think some of the blind dates just went on because they wanted to find a partner. That wasn't really my objective. So I figured, however the cards fell, they would fall."

-Matthew Stoss

entity in U.S. history-of fraud claims against JPMorgan Chase. Mr. Shelledy is chief of the Civil Division of the U.S. Attorney's Office for the Eastern District of California.

Kimberly Lonergan Couch, JD'84, was recognized in the 2015 edition of Chambers and Partners as a leading lawyer within the field of labor and employment. Ms. Couch is an attorney at the Portland, Maine, office for Verrill Dana.

Earl H. Tilford, PhD '84, published Turning the Tide: The University of Alabama in the 1960s (University of Alabama Press, January 2014), which documents the University of Alabama during a turbulent decade defined by desegregation, the civil rights movement, and antiwar sentiment.

William Doyle, BBA '85, was selected as a 2015-16 Fulbright scholar and will lecture on and study global education and media in Finland. He co-authored Navy SEALS: Their Untold Story (HarperCollins, 2014) and co-produced the companion PBS documentary.

Joseph P. McCarthy, JD '85, a partner at Stoel Rives' Real Estate and Construction Group, has been elected a fellow of the American College of Real Estate Lawyers

Michael Patenaude, MS '85, was hired as corporate security director of information assurance by Orbital ATK, an aerospace and defense technologies manufacturer.

Sergio Coletta, MEA '86, is a member of the Project Management Institute. He lives in Dubai and works as a lead civil engineer, supervising five other engineers for a \$2 billion dollar gas-treatment plant

Michael J. LaRosa, BA'86, and Frank O. Mora, BA'86, edited the third edition of Neighborly Adversaries: Reading in United States-Latin American Relations (Rowman and Littlefield Publishers, March 2015). LaRosa and Mora are professors at Rhodes College in Memphis, Tenn.

Jennifer Burrell, BA'87, a professor of anthropology at the University of Albany (N.Y.), published Central America in the New Millennium: Living Transition and Reimagining Democracy (Berghahn Press, 2012) and Maya After War: Conflict, Power, and Politics in Guatemala (University of Texas Press, 2013).

Marla H. Norton, JD '87, a director at Bayard, P.A., in Wilmington, Del., was ranked in the 2015 edition of Chambers USA as a leading lawyer in the field of corporate mergers and acquisitions.

Dana Goldman, JD '88, was elected commissioner of Sunny Isles Beach, Fla. Ms. Goldman is of counsel at Shutts & Bowen LLP's Miami office and represents national and regional homebuilders, handling matters relating to the development of their condominiums and planned-development communities.

James C. Hewitt Jr., BA'89, joined Verifone as senior vice president of Latin America and Caribbean. He will lead strategy and business development for the region. Previously, Mr. Hewitt worked as a managing director of financial technology for Citigroup.



THIS IS JEREMY GOSBEE, BA'98, MBA'02, president of the

GW Alumni Association Board of Directors. He succeeded Steve Frenkil, BA '74, in June and has been on the board since 2003. **HIS DAY JOB** is a senior vice president at Edelman, a PR firm, but **OTHERWISE** he's just your everyday, regular 37-year-old upstate New York native (town of Sodus) who sings tenor, adores his alma mater and once served as campaign manager for a friend's New York State Assembly bid. ¶ "I'm pretty much defined by my love for upstate New York, GW and symphonic music,"

MR. GOSBEE SAYS. "That's kind of what I'm all about."

But that's **NOT QUITE ALL** ...

// BY MATTHEW STOSS



Mr. Gosbee dreamed AS A KID of being president of the United States. He served as student council president at Sodus Central Jr./Sr. High School and managed the logistics of the senior prom. He booked the venue. the catering and kept the proceedings onbudget. The music leaned Boyz II Men because it was 1995.

"My musical tastes are a lot more diverse these days," Mr. Gosbee says. By the time he **GOT TO COLLEGE**, Mr.
Gosbee no longer
had Oval Office
ambitions—too much
media exposure.
Instead he went
behind the scenes
politically, working
in the GW Student
Association as a
campaign manager.
He loved it.

"I didn't want to be the guy out there in front," Mr. Gosbee says. "What I wanted to do is be the guy behind our guy out there in front. I was much more interested in the operations of this stuff and governing and campaigning, as opposed to being the guy on TV."

AFTER COLLEGE,

there was more GW. Mr. Gosbee got a job in Alumni Relations before going pro as a campaign manager for six months in 2002. Then in 2003, he switched to grassroots advocacy for PR clients, combining his twin loves of politics and business. It also meant a job in nonelection years, which is nice.

"I didn't really like the transient nature of that industry," he says. Mr. Gosbee has played trumpet off and on

SINCE THE FOURTH GRADE-

but not since performing at a vow-renewing ceremony for his grandparents' 50th wedding anniversary. That was 10 years ago. And his grandmother asked him to. Still, he loves John Williams film scores and laments never mastering this one part in the *Jurassic Park* theme. He does sing, though—mostly sacred music in the Cathedral Choral Society. He also likes Fall Out Boy.

"For somebody my age and at my place in life, I know more ... about pop singers, I think, than a lot of people do," Mr. Gosbee says. "So I'll take some grief for that occasionally. It's just cultural awareness."



SPEAKING OF CULTURE,

Mr. Gosbee travels. A lot. He has climbed Mayan pyramids and taken a helicopter to the top of an Alaskan glacier, where he rode a dogsled. He's also been to, notably, Jamaica, the Cayman Islands, much of Europe-Brussels, Dublin (his favorite), London, Munich, Paris, Prague, Rome-and Argentina. He went on a Baltic Sea cruise in August. And maybe, he says, if he's ever home long enough, he'll connect with his inner Bob Vila (Mr. Gosbee has watched This Old House for years) and indulge his homeimprovement fantasies.

"I always have these grandiose visions of doing renovations and all that stuff, and then I start getting to the actual work," Mr. Gosbee says. "And I think I'm like a lot of people who try DIY. You start opening a wall and realize you're in over your head and just never finish the project."



FROM THE ALUMNI ASSOCIATION

Fellow Colonials:

If you spend much time in Foggy Bottom these days, you'll often hear students talk about their "Only at GW" moments. These experiences have helped shape students' lives, whether it was an encounter with a famous figure in Washington, the excitement of leading a student organization or an opportunity to make a difference in the world through service to others.

The notion behind "Only at GW" is a powerful one. In my days, we called it "Something Happens Here." Both slogans speak to the sense that our GW experience is unique and life-changing. This university offers opportunities that simply can't be matched anywhere else. And as you can probably tell by reading through the stories in this magazine, GW has elevated itself to a world-class university that is shaping our next generation of citizen-leaders.

GW's success is your success. As a GW graduate, you should feel proud that you're part of a community that is making such a mark on the world. But success at a university like GW is a virtuous cycle between the institution itself and its alumni. And as a member of that community, I hope you'll look for ways to reconnect—both with GW and with each other. I think of our worldwide alumni community as a global family, 275,000 strong and ready to help one another achieve their own personal goals. Just as we are a driving force for GW's success, we can also help one another accomplish great things.

There are so many ways that you can get involved and help build our alumni community. Participate in a career networking event or webinar. Mentor a student seeking professional guidance. Join one of our enrichment activities. Contribute to the Making History campaign. Even attending a local event—or even better, coming to Washington for Alumni Weekend in September—is a simple way to strengthen the bond between us and with GW. To learn more about all the opportunities to engage with GW, visit *alumni.gwu.edu*.

I'm tremendously excited to have started my term as president of your George Washington Alumni Association. I consider it a great honor to lead this vibrant organization and to follow in the footsteps of Steve Frenkil, BA '74, whom we owe a debt of gratitude for helping us develop "Colonials Helping Colonials" as our guiding philosophy. And I'm thrilled to welcome Matt Manfra to GW as our new associate vice president of alumni relations. Matt is a dynamic leader in the alumni relations field and will bring a new strategic sense and passion to GW's alumni programming.

Know that your alumni association is working hard on your behalf. Our 70-member board of directors is full of passionate, committed volunteers who are striving to be better ambassadors, advocates and role models for our entire alumni community. Please call on us if you ever have a concern or an idea; we are your voice in Foggy Bottom.

Thank you for your attention and your support. Hail to the Buff and Blue!

Jeremy Gosbee, BA '98, MBA '02 GWAA President, 2015–17

gwaa@gwu.edu



Suzanne S. Finney, MA '90, coauthored At Home and in the Field: Ethnographic Encounters in Asia and the Pacific Islands (University of Hawaii Press, April 2015), an anthology of researchers' writings about cultural experiences in Asia and the Pacific Islands.

Barbara Glickman, MBA '90, published Maryland's Public Gardens & Parks (Schiffer Publishing, June 2015), a book that showcases 52 of Maryland's public gardens and natural parks.

Adam Greenstone, JD '90, was named NASA's agency counsel of ethics, a senior-level position in the federal career civil service. Mr. Greenstone, who's worked for NASA since 2004, also was appointed to voluntary service as an associate director of the NASA Federal Credit Union.

Edward Marolda, PhD '90, a former senior historian of the Navy, co-authored Combat at Close Quarters: Warfare on the Rivers and Canals of Vietnam (Naval History and Heritage Command, 2015). The book describes riverine combat during the Vietnam War, emphasizing the operations and equipment of the U.S. Navy's River Patrol Force.

Maggie Heyn Richardson, BA'90,

an award-winning Baton Rougebased journalist, published Hungry for Louisiana: An Omnivore's Journey (Louisiana State University Press, May 2015), which explores the Pelican State's food culture and how it shapes the identities of Louisianians.

James Michelson, BA '92, joined ADAR IT—a Lincolnwood, III.-based information-technologies company focused on small-and medium-size businesses—as its chief marketing officer, a newly created position.

Rob Nichols, BA '92, was selected as president and CEO of the American Bankers Association. Previously, Mr. Nichols headed the Financial Services Forum. He also worked as assistant secretary of the treasury for public affairs under President George W. Bush.

Donna Price, LLM '92, was elected chair of the board of governors of the military law section of the Virginia State Bar. A former JAG officer in the Navy, she attended GW as David Price and transitioned in 2014.

Pamela A. Russell, JD '93, has joined Fox Rothschild LLP's Morristown, N.J., office. A partner, Ms. Russell represents corporate and individual clients in connection with the acquisition, development, leasing and disposition of all types of commercial real estate.

Michael J. Schrier, JD '93, of Duane Morris' Washington, D.C., office, has been named co-chair of the American Bar Association Public Contract Law Section's Employment Safety and Labor Committee for 2015-16.

Eric Zimmerman, MBA '94, was chosen president-elect designate of the American Health Lawyers Association. Mr.
Zimmerman is partner of McDermott Will & Emery LLP and also serves as principal

CURRENT EVENTS

An Insight Into Iran

The United States and other world powers reached a landmark agreement with Iran in July to prevent the Middle Eastern nation from obtaining a nuclear weapon, in exchange for lifting sanctions that for years have kept Iran on the sidelines of global commerce. Official contact between Iran and the West has been limited for decades, but in 2013, the Iranian people elected Hassan Rouhani president, and he's made it a priority to improve Iran's foreign relations.

Sahar Nowrouzzadeh, BA '05, is one of the directors for Iran on the White House's National Security Council, and a few weeks before the final agreement was announced, Ms. Nowrouzzadeh chatted with *GW Magazine* and offered perspective on her career and the historic talks.

OFFICIAL CONTACT BETWEEN THE UNITED STATES AND IRAN HAS BEEN LIMITED SINCE THE IRANIAN REVOLUTION IN 1979. HOW SIGNIFICANT ARE THESE TALKS?

Despite the difficult history and array of significant differences between the U.S. and Iran, the nuclear negotiations offer a real opportunity to, through diplomacy, reduce tensions over the nuclear issue and achieve a core national security objective diplomatically. As someone who has studied Iran for many years and worked on Iran for the U.S. government for over a decade now, I've witnessed firsthand—and so have many of my colleagues—the various peaks and lulls in our interactions with Iran. For example, Secretary of State John Kerry meeting regularly and constructively with his Iranian counterpart—people take it for granted now, but up until a year and a half or two years ago, that hadn't happened for over 30 years. Of course, even if the nuclear issue is resolved, we will still have significant differences with Iran, but the point is that such engagement has become a bit normalized on both sides as part of this process and proven to be productive, which is significant.

DO YOU EVER THINK ABOUT YOUR PLACE IN HISTORY?

The pace of our work is so intense, and because what we're doing involves such high stakes, it's hard to take a step back to absorb these truly historic moments. At the end of the day, there is no doubt that what President Obama and our entire team is doing could be historic in terms of resolving one of our most serious national security concerns

peacefully. And if ultimately successful, I truly believe this period will be remembered as a great victory for diplomacy in world history. It's an honor to serve my country and be a part of that history.

YOUR BROTHER IS AN ACTIVE-DUTY NAVY DOCTOR AND SERVED IN IRAQ IN 2005-06. HOW DID THAT INFLUENCE YOU?

I, like many other Americans—and particularly those of us who have directly supported our war fighters or those of us who have war veterans in our families—understand the tremendous costs of military conflict. I don't want to see any of my loved ones deployed into a war zone again unless absolutely necessary and unless diplomacy has been exhausted.

MOST OF US THINK OF THE NSC AS A SERIOUS PLACE—AND IT IS. BUT NOT ALWAYS.

When we're video conferencing with folks, when I come in, I pretty much always feel the need to wave hello to the people on the screen because I think it's rude if I don't. A few of my co-workers have pointed out, "You don't always have to wave at the screen. Just sit down and wait for the meeting to start." And I tell them, "I just think it's rude to not say hello." I'm also pretty big on high-fives. At the NSC, folks aren't necessarily big on high-fives, although fist bumps are pretty popular. I'm a fan

of those, too.

// NAME

Sahar Nowrouzzadeh, BA'05

// AG

32

/ HOMETOW

Trumbull, Conn.

// CURRENTLY

A director for Iran on the NSC staff

// FORMERLY

Department of Defense team chief/lead foreign affairs analyst and Department of State foreign affairs analyst officer

// RELEVANT LIFE EXPERIENCE

Daughter of Iranian immigrants who came to the U.S. nearly 50 years ago when her father began his residency as an OB-GYN, speaks several languages, including Persian/Farsi, master's degree in Persian studies from the University of Maryland

// LESS RELEVANT LIFE EXPERIENCE

While in high school, introduced a Jay-Z music video on MTV's *Total Request Live*; founder of a now defunct Middle Eastern-infused hip-hop GW dance group, Aatash



of McDermott+Consulting LLC.

Raighne Delaney, JD '95, of Bean,

was recognized as a 2015 Virginia

and balance sheet strategy.

Kinney & Korman P.C. in Arlington, Va.

CHILDREN'S BOOKS

A 'Love Story' of Loss

For Christmas 2002, spent in an apartment on 25th Street Northwest, across the road from the Watergate Hotel, Elizabeth Howard. MA '04, gave her husband a story. Nearly 13 years later, it's being published as a children's book.

Ms. Howard's friend, artist Diana Wege, did the illustrations in gouache paint and colored pencils for A Day with Bonefish Joe, published in September by David R. Godine.

But that December, the story was just a manuscript—a few pages stapled together, typewritten in a plain font—about a fictional Bahamian girl named Flossie who goes bonefishing off Harbor Island with famous local fisherman and guide, the late Joseph "Bonefish Joe" Cleare.

"I'm a voracious reader, and I have always loved children's books," says Ms. Howard, who runs Broadbridge International, a consulting group she founded in 1987 in New

Ms. Howard described A Day with Bonefish Joe as a memoir, of sorts, having often gone bonefishing in the Bahamas with her now late husband, Thomas Moorhead, the deputy undersecretary for international

Ms. Howard says her husband bonefished with Mr. Cleare for more than 30 years, and it was Mr. Cleare, a "very close friend" of the couple, who taught her to catch the feisty, reel-yanking bonefish. Silver and just under two feet long, bonefish are typically released after they're caught.

"For me, the story is about loss and remembering," Ms. Howard says. "You may lose something, but the memory remains with you."

Ms. Howard wrote the book shortly after her husband was diagnosed with prostate cancer. Mr. Moorhead died in April 2003 at age 69 from complications related to the illness.

Influenced by Grimm's fairy tales, *The* Wind in the Willows and Charlotte's Web, Ms. Howard says she wrote A Day with Bonefish Joe as a children's book because she wanted the book to be like Bonefish Joe: imaginative, innocent, joyful. She also just wanted it to be special.

'It is," Ms. Howard says, "a love story for Tom." - Matthew Stoss

affairs in the U.S. Department of Labor from

"Super Lawyer" for business litigation. Kevin Blair, MBA '96, was appointed corporate treasurer of SunTrust Banks and will oversee the company's liquidity, capital management, investment portfolio

Laura FitzRandolph, JD '97, is executive vice president and chief human resources officer of Interstate Hotels and Resorts Inc. in Arlington, Va.

Lori Rassas, JD '97, published The Perpetual Paycheck: 5 Secrets to Getting a Job, Keeping a Job, and Earning Income for Life in the Loyalty-Free Workplace (CreateSpace, April 2015). Ms. Rassas is an attorney with her own consulting practice and is a member of the adjunct faculty at Columbia University.

John R. R. Tormey, JD '96, was promoted to partner at Hunton & Williams LLP. He counsels on domestic- and internationalproject finance and development matters, including asset, stock and portfolio acquisitions and divestitures

Regina DeMeo, JD '98, is engaged to Walter Abbamonte. They plan to marry in Washington, D.C., in fall 2015.

Matthew J. Kreutzer, JD '98, has been named to Nevada Business Magazine's 2015 "Legal Elite" and "Best Up and Coming Attorneys." He was also recognized on the 2015 Mountain States "Super Lawyers" and "Rising Stars lists. Mr. Kreutzer's practice focuses on business and corporate law, commercial litigation and franchising

Danette T. Sokacich, BA '98, an assistant principal at Chicago's Dr. Pedro Albizu Campos High School, was recognized by the American Educational Research Association for her high school's progress in social justice and educational support for young families.

Frank J. Vitolo, JD '98, was elected partner to Riker Danzig Scherer Hyland & Perretti LLP. Mr. Vitolo practices in governmental affairs, land use and commercial litigation.

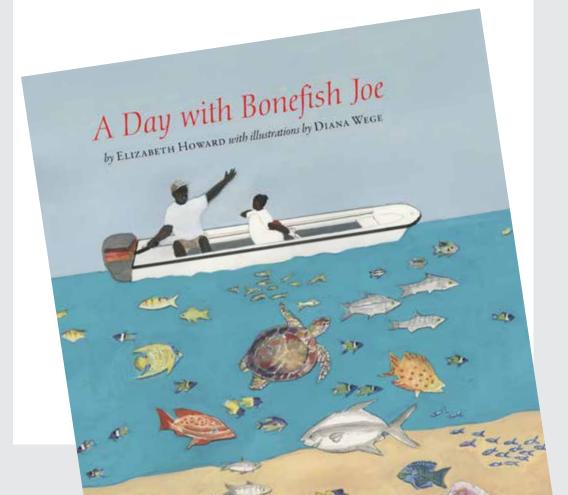
Michele Francisco, BA '99, was promoted to partner by RMB Wealth Management, a unit of RMB Capital, Ms. Francisco, one of the 19 people who formed the firm in 2005, is a senior member of one of RMB's Chicago-based wealth-management

Andres Liivak, JD '99, has joined Norton Rose Fulbright LLP as a partner in the firm's New York office. Mr. Liivak is a life sciences lawyer and focuses on healthtechnology transactions.



Deborah Dubois, MBA '00, was named chief development officer at the Center for Public Integrity, a global nonprofit investigative journalism organization based in Washington, D.C

Dennis Wischmeier, BA '00, will be the next U.S. Navy Congressional Fellow. As a lieutenant commander, he will work





SOUTHERN FOOD

Following a Trail of Crumbs

Marcie Cohen Ferris grew up in a rural, northeast Arkansas town called Blytheville, very aware that she was Jewish and everyone else wasn't. But the way she contextualized her small place in a big gentile land had nothing to do with Friday night temple or Sunday morning church. It had to do with food.

"I knew we ate differently than other people in our community, and for that matter, the larger South," says Dr. Ferris, PhD '03. "There were times when we ate a 'pig sandwich' at the Dixie Pig, our local barbecue restaurant. We didn't keep kosher, but I saw those divisions—and my mother drew the line and didn't serve barbecue at home. Being a Jewish Southerner, you're kind of an outsider-insider."

Now, as a professor of American studies at the University of North Carolina in Chapel

Hill, the 57-year-old Dr. Ferris still uses food to understand the world, specifically, the American South.

"Because of food's place in popular culture today—think about the reach and power of the Food Network and reality television," Dr. Ferris says, "Southern food in particular has become disconnected from its history and its **ROOTS.**"

In her most recent book, *The Edible South: The Power of Food and the Making of an American Region* (University of North Carolina Press, 2014), Dr. Ferris examines Southern history through a culinary lens, covering everything from prehistory to the civil rights movement, where restaurants became a battleground in the fight for racial equality.

"[Food] helps us understand power and class and race and issues of gender," Dr. Ferris says. "Food adds a deep sense of texture to understanding American life, no matter what era you're in."

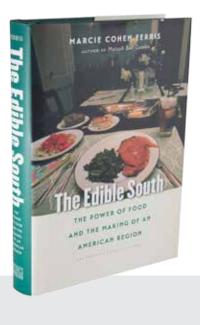
-Matthew Stoss

what happened to them? They have been obscured by stereotypes, like racial caricatures and the notion that all Southern cooking lays waste to both heart and waistline. Ms. Ferris says advertising firms and Hollywood, notably, in the early 20th century sold a romanticized, exotic South—think Aunt Jemima and Gone With the Wind—to consumers, along with a deep-fried, racist mythology centered on African American cooks, insultingly portrayed as more magicians than creative, innovative chefs.

What's true? Meal, meat and molasses, that's what. The "three M's." For poor black and white farming families, up through much of the 20th century, meal (cornmeal or wheat flour) made biscuits a thrice-a-day staple. Meat, although there wasn't much of it, almost always meant pork, and it was the cheap cuts that came from giant processing centers in the Midwest, not local farms. There was also bacon and lard. And molasses, the thirdand most nutritious—"M." Southerners ate molasses three times a day, too, getting crucial amounts of iron, copper, manganese and potassium, plus calcium and vitamins.

So what is the classic Southern meal?

"Cornbread, fresh tomatoes, maybe a cured sweet potato from last year, a mess of greens or whatever's in the garden right now, field peas flavored with a little fatback [a cut of fat from the back of the hog] or bacon. That is a wonderful plate," Dr. Ferris says. "It's a very African-inspired plate. It's got a deep history behind it and represents the triad of Southern cuisines—Native American, African American and European American." It's also basically unchanged since the 1700s.



for one year on the staff of a senator who serves on a defense-related committee before returning to the Pentagon's Office of Legislative Affairs.

Arthur Blain, MBA '01, is the new chief medical officer of Mountain Health and Community Services in Alpine, Calif.

Jason B. Blank, BA '02, a partner at Haber Blank LLP in Fort Lauderdale, Fla., was selected to the National Council of Arts and Sciences for the Columbian College of Arts and Sciences. He also was recently appointed to the Broward County (Fla.) Human Rights Board by the county commission.

Jonathan R. DeFosse, JD '02, has joined

Fried, Frank, Harris, Shriver & Jacobson LLP as a partner in the intellectual property and litigation practice, based in the Washington, D.C., office.

Erica Hageman, JD '02, is executive vice president and general counsel of the legal department at Interstate Hotels and Resorts Inc. in Arlington.

Asa J. Herald, JD '02, was elected and promoted to partner at the international law firm Morgan, Lewis & Bockius LLP. Mr. Herald focuses on structured finance and securitization. He lives in Northern Virginia with his wife, Christie, and their three children.

Malou Tiquia, MA '02, was named a CNN Philippines talk-show host. She hosts Agenda and covers a variety of public-affairs topics. The show airs Mondays at 9:30 p.m.

Michael Akin, BA'03, MBA'07, was recognized by the D.C. Chamber of Commerce as the 2015 Young Entrepreneur of the Year. Mr. Akin is president of Reingold LINK, a fullservice strategic-communications and stakeholder-engagement firm based in Washington, D.C.

Jonathan Black, MS '03, was named a Northrop Grumman Senior Faculty Fellow by the Virginia Tech Board of Visitors. Mr. Black is an associate professor of aerospace and ocean engineering in the College of Engineering. He also is associate director of research for aerospace systems at the Ted and Karyn Hume Center for National Security and Technology at Virginia Tech.

Aaron M. Flynn, JD '03, was promoted to partner at Hunton & Williams LLP. He focuses on environmental and administrative law, with an emphasis on regulation of visibility impairment, climate change and national air quality under the Clean Air Act.

Tammy B. Georgelas, JD '03, has joined the Salt Lake City office of Parsons Behle & Latimer, Ms. Georgelas is of counsel and focuses on complex commercial litigation, with an emphasis on representing creditors' rights.

Brian Krause, BA'03, has become a partner of Skadden, Arps, Slate,

Meagher & Flom LLP. Mr. Krause represents clients on a broad range of U.S. and international tax matters, with a particular emphasis on crossborder transactions.

Eliot M. Bassin, BS '04, was appointed by the Connecticut Society of Certified Public Accountants to serve as a member of its advisory council for the organization's 2015-16 activity year. Mr. Bassin is a partner with Bregman & Company, P.C. in Stamford, Conn.

Caitlin Bergmann, BA '04, joined MediaCom's Innovation group as director of content and creative in

> Erik Kane, JD '04, has been elected to counsel at Kenyon & Kenyon LLP. Mr. Kane, based in the firm's Washington, D.C., office, focuses on providing clients, primarily in the computer arts, with litigation, licensing and counseling services.

Dawinder S. Sidhu, JD '04,

a University of New Mexico law professor, was elected as a term member to the Council on Foreign Relations.

Therese Farmer, BA '05, received her MD from Mercer University School of Medicine in Macon, Ga., and started her residency at the University of Tennessee.

Jennifer (DiMarzio) Gaynor, JD '05,

joined Dickinson Wright. Ms. Gaynor, based in the firm's Las Vegas office, focuses on broad gaming, regulatory and legislative advocacy and was featured in the April edition of Casino Enterprise Management.

Matthew Kulkin, JD '05, was appointed principal at Squire Patton Boggs LLP in Washington, D.C. He focuses on financial services, public policy and regulatory matters.

Andrew Novak, BA '05, published The International Criminal Court: An Introduction (Springer, 2015), which explores a new and distinctive criminal-justice institution, which has the power to prosecute government officials, including heads of state.

Denise R. Russo, MBA '05, was promoted to director of engineering triage for SAP's global cloud platform HCM LoB.

David Shay, JD '05, joined Bowman and Brooke LLP as an associate

Mónica María León, JD '06, is vice president and senior corporate counsel of Interstate Hotels and Resorts Inc. in Arlington, Va.

Jason Roberts, JD '06, was promoted to partner at Philadelphia-based Rubin, Fortunato & Harbison, P.C. Mr. Roberts focuses on employment litigation and also counsels human resources departments on best practices and employment policies.

Kristin LaRoche, BA'07, was selected by the Greater Boston Chamber of Commerce to participate in its Boston's Future Leaders program. Ms. LaRoche

is director of policy and federal affairs for Delta Dental in Boston.

Blake M. Macon, MS '07, was promoted to engineering team lead at the Defense Contracts Management Agency Lockheed Martin in Fort Worth, Texas. Mr. Macon leads a team of software specialists performing software-engineering surveillance activities on F-35 Joint Strike Fighter software products.

Joshua Meredith, BA '07, was named an adjunct faculty member at the Georgetown University School of Continuing Studies, in the Master's of Professional Studies, in the Human Resources Management program. He will teach workplace ethics courses.

Gillian Moldowan, JD '07, was promoted to counsel by Davis Polk & Wardwell LLP. She practices in the firm's executive compensation group in New York and recently advised on Comcast's bid to acquire Time Warner Cable.

Elizabeth Salerno, MA'07, was recognized by Forbes in its "30 under 30" and ReCharge "40 under 40" for her contributions in the field of renewable energy. After serving as vice president at the American Wind Energy Association, she now provides market and product strategy for Siemens Wind Power & Renewables

Brooke Shemer, BA '07, joined Ober/ Kaler as an associate in its Baltimore office. She practices in the firm's estates and trusts group.

Nathan Brill, BBA '08, joined Kelley Drye & Warren LLP's Washington, D.C., office as an associate attorney. He focuses on corporate and real estate law.

Joshua Suchoff, BA '08, was nicked as a Wexner Field Fellow in Class 28 of the Wexner Foundation's Graduate Fellowship/Davidson Scholars Program. The fellowship aims to build professional leaders for Jewish communal organizations in North America.

Zachary Williams, JD '08, of Bean, Kinney & Korman in Arlington, Va., was named a 2015 "Rising Star" in general litigation by Super Lawyers.

Aaron Davis, LLM '09, of Thornton, Davis & Fein in Miami, was named a 2015 "Rising Star" by Super Lawyers. He also was selected to the American Bar Association's Tort Trial & Insurance Practice Section NOW! Fellowship. Mr. Davis focuses on complex civil litigation matters.

// 10s

Sarah Beggs, BS '11, MD '15, and Todd Dillon BS'13, are engaged.

Cameron Brenchley, MA'11,

is deputy assistant secretary for communications at the U.S. Department of Education, where he oversees communication development. This includes the department website, digital and visual media, and the secretary's writing team. Previously, he was senior digital

strategist at the White House.

Bradley C. Tobias, BA '11, joined Gentry Locke's Roanoke, Va., office, where he will focus on labor and employment issues, civil rights claims, and federal and state court litigation

Alexandra Campbell-Ferrari, JD '12,

was selected as 2014-15 Fulbright scholar to research water law and policy in the European Union and Spain. Ms. Campbell-Ferrari is an environmental attorney specializing in water law and river basin management at Sullivan & Worcester LLP.

Elizabeth Stephens, BA '13, published Population (Vantage Point Books, 2015), a science fiction novel set in the dangerous post-apocalyptic World After where a woman must rescue her best friend's daughter from the Others.

Clayton R. Zak, JD '13, joined the St. Louis office of Armstrong Teasdale LLP as a member of the firm's Intellectual Property practice group. Mr. Zak assists clients in applying for and securing U.S. and foreign patents.

Katelyn Brendel, BS '14, was named a National Health Service Corps scholar for 2014. She is a first-year medical student at Philadelphia College of Osteopathic Medicine.

Rebekah Eichelberger, BA '15, was selected for a spring internship at the John F. Kennedy Center for the Performing Arts in Washington, D.C. As the Explore the Arts intern, she assisted the education department by coordinating volunteers, working on marketing strategies, and aiding with the management of logistics for Explore the Arts-related workshops. master classes, open rehearsals and discussion.



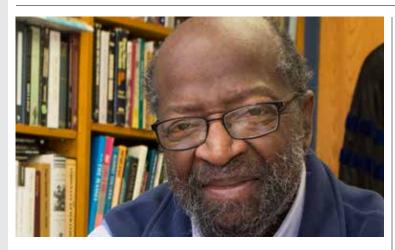
Andrew Lieberman, BA '15, was selected for a spring internship at the John F. Kennedy Center for the Performing Arts in Washington, D.C. As the special programming intern, he assisted with the production of galas, summits, major events and special shows.



AND WHAT ABOUT YOU? Submit your own class note, book or Artists' Quarter update:

> EMAIL magazine@gwu.edu MAIL Alumni News Section **GW Magazine** 2121 Eye Street, NW *Suite 501* Washington, DC 20052





REMEMBERING

James A. Miller

Professor of English and American Studies James A. Miller, 70, died June 19 of cancer in Chapel Hill, N.C. Dr. Miller, a scholar of 20th- and 21st-century African American literature, notably Ralph Ellison and Richard Wright, came to GW in 1998 from the University of South Carolina. At GW, Dr. Miller also taught a course on black culture in Washington, D.C. and, from 2006 to 2010, served as the chair of the American studies department.



Marc Abrahms

Marc Abrahms, photographer and philanthropist, died July 16 in Bloomfield, Conn. He was 67. A longtime friend of the university—his mother and brother both went to GW—Mr. Abrahms gave his name to the Cloyd Heck Marvin Center's Marc C. Abrahms Great Hall. In 1989, Mr. Abrahms established the Abrahms Family Fund in memory of his brother. Twenty-four years later, he designated the fund to provide emergency grants of \$500 or more each academic year to GW students without money for food.

IN MEMORIAM

June N. August Ellis, JD '45

Dale L. Jernberg, AA '47, JD '49

April 5, 2015

College Park, Md.

Thomas A. Lohm, AA '48, BA '49, BL '51
June 24, 2015

John J. Daly, AA'49, BA'49, JD'53 June 7, 2015

Richard Randall, BA '49, MA '50

March 14, 2015 Washington, D.C.

Philip Schwartz, AA '51, BA '52, JD '59

James H. Rempe, AA '55, BA '56, JD '59

June 14, 2015 Chevy Chase, Md.

George H. Weller, JD '57 May 25, 2015

Oakland, Calif.

John L. Sigalos, BL '58 April 30, 2015 Dallas

William Y. Farnsworth Jr., JD '59

May 29, 2015 Springville, Utah

John D. Kelly, JD '59

May 11, 2015 Chapel Hill, N.C.

Louis E. Shomette, JD '59 May 19, 2015

John S. Jenkins, JD '61 April 23, 2015 Alexandria, Va.

Floyd Loop, MD '62 June 11, 2015 Gates Mills, Ohio

Alfred Musumeci, JD '62 May 22, 2015

Robert J. Seas Jr., BL '62 May 4, 2015

Leonard S. Selman, BL '62 April 18, 2015 West Palm Beach, Fla.

Lawrence F. Costill Jr., JD '65 May 19, 2013 Medford, N.J.

Frank E. McKenzie, '68

Nov. 6, 2014 St. Louis

David E. Blabey, LLM '70

June 1, 2015 Delmar, N.Y.

Nancy R. Byrd, JD '70

Dec. 14, 2013 Potomac, Md.

Dennis W. Dohnal, JD '70 May 10, 2015 Richmond, Va.

Mary Francis Loftin, MBA '70 April 1, 2015 Evansville, Ind. **Paul E. Krieger, LLM '71** June 6, 2015 Richmond, Texas

Sharon E. Crane, BA '72

May 4, 2015 Washington, D.C.

William L. Kelly, JD '73 May 15, 2015

Theodore Nathaniel Green, JD '74

March 2, 2015

Colone Louis Pearson, JD '74 Dec. 13, 2006

James R. Holway, LLM '75 June 6, 2015 Washington, D.C.

Lee Alan Henderson, JD '80 April 30, 2015

Jonathan Peter Levine, JD '80 Sept. 28. 2014

Robert D. Schultz, JD '80 Sept. 11, 2014

Robert D. Landis, BA '81, MPA '96

March 1, 2015 Fairfax, Va.

Elizabeth Fisher Wilkinson, JD '83

April 9, 2015

Kenneth T. Cartmell, JD '98 May 8, 2015

C. Hollister Cotter, JD '01 March 23, 2015

Thomas Arthur Anstrom, MS '11 April 8, 2015 Washington, D.C.

Carrie R. Wilkinson, JD '14

Nov. 24, 2014 Frederick, Md.

James A. McFadden, Law '18 May 13, 2015

Faculty and Staff

Rafael Lucea Assistant Professor of International Business July 26, 2015

Judson Randolph

Professor of Surgery and Pediatrics May 17, 2015 Nashville, Tenn.

ARTISTS' QUARTER





тор A self portrait of the artist from a series called Squaremeals: A pinhole diary of eating out пібнт In Maze (National Building Museum), 2014, dozens of tourists traversing a labyrinth are reduced to wisps during a two-minute exposure.

Toying With Reality

Wherever Nancy Breslin goes, her pinhole camera follows. The little vintage box often sits inconspicuously on restaurant tables or windowsills, its aperture recording a softened version of everyday moments.

Images from pinhole cameras, along with the toy cameras she sometimes uses, develop with an aesthetic that's like a natural version of Instagram. Their simplified or absent lenses—pinhole cameras are just a puncture in a lightproof box—produce distortions and leaking lights that give photos a hazy, dreamy quality coveted by iPhones everywhere.

Only, Dr. Breslin, RES '87, discovered the style way before Valencia filters hit the mainstream. The former doctor and faculty member left her career in psychiatry to find a new muse. It came in the form of photography—but she was attracted to techniques that few people were pursuing before the advent of digital shooting.

"As an artist, I don't want to capture the world how everybody else sees it, I want to show it to people in my own way," she says. "And things like the pinhole and toy camera are a little more whimsical."

Dr. Breslin's first attempt, with a DIY pinhole camera, didn't work. A few years later, with a purchased one, she tried snapping a photo of a friend at lunch. This time, the image seemed to capture an alternate reality: the subject slightly off-center in the frame like a ghostly cloud, while the rest of the picture remained acutely in focus.

Like ink blobs on a Rorschach test, the vapory blurs winding through her work allow viewers to bring their own experiences into the photograph.

"These pictures are ambiguous and become a bit projective," she says. "You're seeing a kind of vague situation. It's not quite as literal so it becomes a little more imaginary, a little more fictional." **—Julyssa Lopez**

Dr. Breslin's work is on display at the Delaware Center for the Contemporary Arts through Oct. 25, and at GW's Luther W. Brady Art Gallery through Nov. 20.

INSTITUTIONAL KNOWLEDGE

DIY

How to Wrap a Gift

Wrapping a gift can be hard, especially the part where you fold the sides into neat, tidy triangles. There's always excess and the edges never line up, the paper starts to rip and then there's frustration, despair, self-loathing ... Well, Celena Gill, MA'99, **CERT '04,** who runs the D.C. metro area-based Celena Gill Lifestyle Consulting, can help. Presented at right is her "envelope" method for wrapping symmetrically shaped boxes, which will make even the most wrap-challenged gifter* look able and decidedly un-tormented.

-Matthew Stoss



*Mostly. There's no helping some people.

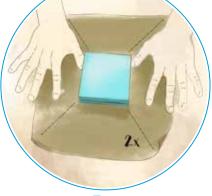


Fig. 1

Place your box in the middle of the wrapping paper, face down. Make the paper at least twice the size of the box. Thin paper helps, too. It's easier to fold.



Fig. 2

Pull the wrapping paper from the left and right. The ends should meet in the center of the back of the box and form a straight line.



Fig. 3

Pull the wrapping paper from the top and the bottom. Fold the ends into equally sized triangles, you know, like an envelope.



Fig. 4

Tape discreetly. Add bow (optional). Give!

Celena's Tips for a **Better Gift**

Cash is always accepted.



"When you're not sure what to bring, the easiest gift to bring is cash: A card with cash, saving

'Congratulations' or 'Thank you' or whatever the occasion might call for. And I would always say a minimum of \$20 for an adult. For a child, \$5 or \$10."

Gift cards aren't bad, either.

(\$20 minimum, but it depends.)

"If you get a gift card from some place like Target or Walmart, I recommend a \$20 to \$30 minimum. If you move up to a department store like Macy's or Nordstrom, I would suggest a \$50 minimum. At a highend store such as Saks Fifth Avenue, I would say a minimum of \$100."

And when the event isn't so obvious.

Bris or christening: "Something for the household or the baby.'

If gift cards and cash seem too impersonal ...



"If you have similar tastes as your friends, would what you like for that particular occasion? What would you want, within your budget, someone to give you? Think of it that way."

Divorce party



"What do you think the divorcee would want or need to celebrate moving into this new chapter of life?"

Funeral



"Money and food. The family isn't really concerned about cooking so bring

food items, and sometimes the family may need money to pay for funeral expenses or just to have it."



Finally, don't worry.

"Most people just appreciate the fact that you're giving them a gift."



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Samantha Law CCAS '16

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Danny Freedman, Managing Editor, GW Magazine

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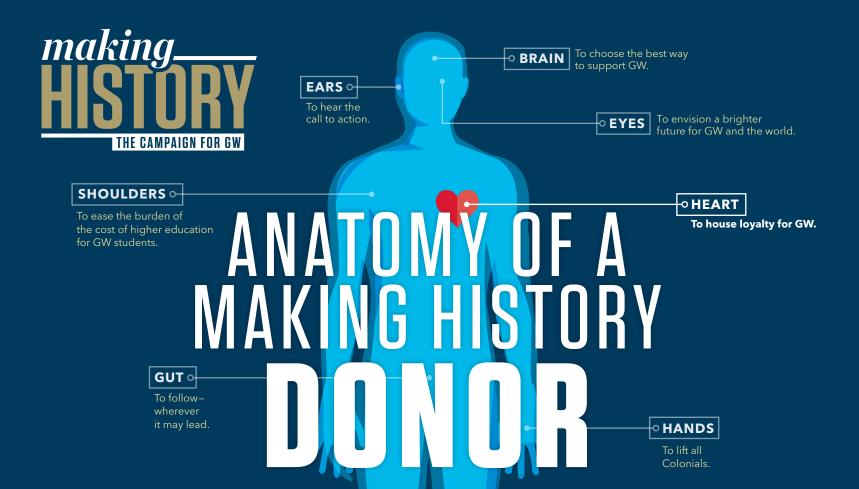
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