Who returns $6 to Nebraska for every $1 invested? **NU does.**

Join the team in sharing NU’s impact: nebraska.edu/advocates
As we enter these final weeks of 2018, I reflect not only on these past 18 months as chancellor at UNO, but also on how we can continue to build on UNO’s legacy by expanding access to exceptional education, opportunities and personal connections.

This year was cause for many celebrations. We celebrated UNO’s 110th anniversary since its founding in 1908 as a municipal institution dedicated to serving those who otherwise didn’t have access to higher education. We also recognized the 80th year since UNO moved to its current location along Dodge Street as well as the 50th year since we became part of the University of Nebraska system.

These milestones show the incredible progress UNO has made. It is a testament to the Maverick spirit and vision of each and every person who has helped this campus become the premier metropolitan university it is today.

No matter your connection to the university, you are vital to how we can build on our history and legacy. I want us to work together, as a Maverick family, to continue living and supporting the Maverick mission.

Building that future will take hard work, and we will face challenges. Some of the stories we read, see or hear on the news make it difficult to envision what’s on the horizon; that is why this issue’s theme of “Healing” is so important.

In my career as a physician, helping and healing were something I experienced every day. Not just physical helping and healing, but also mental healing, spiritual healing and healing through the relationships of friends, family and community members coming together to support each other. These same ideas are just as vital to the health and success of institutions as they are to the individuals and communities we serve.

Throughout this issue, you will have the opportunity to see firsthand how our students, faculty, staff and alumni are making an impact in their communities, whether that’s on campus, in Omaha, across Nebraska or throughout the world. Among the efforts being led by our Maverick family are groups working together to end bullying; a new resource center to support those looking to pursue health-related fields; alumni seeking new and innovative ways to treat opioid addiction; and, community understanding how to care for the elderly; and, community clinics for counseling and speech-language support.

As we look ahead to 2019 and the years beyond — to the next major milestones — there is no question in my mind that we will only accomplish our goals if we work together, demonstrate inclusivity and support each other.

I hope you will join me, as members and supporters of our proud Maverick family, in helping UNO continue its mission of providing access, academic excellence and opportunity to every student now and into the future.
UNO MAGAZINE wants to know what its readers are thinking after reading the current issue. Write us about the magazine or university. Letters must include writer's first and last names, address and phone number. Letters may be edited for taste, accuracy, clarity and length. Submit a letter online at www.unoalumni.org/unomag-led or write to the address at left.

BIRD BUSINESS
I just loved the article by Susan Houston Klaus, “For the Birds.” I was so taken by it — and the photos — that I shared it with a friend and colleague who is a rabid birder and a member of the board of the International Crane Foundation. Thank you for demonstrating what a great school UNO is.

Michele J. Sabino, 1977
Houston, Texas

ON DON & CON
In addition to serving as dean of the College of Business Administration, I had the honor of serving as our institutional representative to the NCC and NCAA for 10 years. In this capacity, I had the privilege of working directly with Connie Clausen and Don Leahy. For me, this time was one of the highlights of my UNO career. What great people, and you did a fine job telling their story. Thanks.

Larry Trussell, retired faculty (1974-2005)
Bella Vista, Arkansas

GO WEST, YOUNG MAV
Reading the summer 2018 UNO Magazine was such a joy. The many stories that tied the university with various components of the state were incredible and inspiring. I specifically enjoyed information on the university seeking to strike it rich with oil fields in Kimball, Nebraska, avian ecology and Connie Claussen’s legacy that is felt throughout the state. As a former Maverick student-athlete who grew up seeing many western parts of the state (specifically the panhandle) and who now spends time vacationing and traveling through these parts, this made me just a bit prouder to be a Mav.

Ryan Curtis, 2006
Omaha

MAGNIFYING A PROBLEM
I agree with Richard Treakle, who wrote about the faint type in UNO Magazine. I also find it extremely tedious and difficult to read the light-gray, small print on high-gloss paper. Who, in heaven’s name, decided to torture us older alums with this pale micro-presentation? Must have been a 20-something with 20/20 vision.

PLEASE rethink the print size and color. Also, letters should not be in white, no matter what the background. It’s an insult to the press. Otherwise, I love the magazine — if only I could find my spotlight and magnifying glass!

Judy Sealer, 1983
Omaha

Editor’s Note: We’ve taken your letters into account. This issue we’ve increased the point size and darkened the color. We hope you all notice the change.

WIN-WIN
I was pleased to learn about the new program developed by the director of the Grace Abbott School of Social Work (Amanda Duffy Randall). The article highlighted the need for decreased turnover amongst child care workers, particularly those working with some of the state’s most vulnerable — children in foster care. The new Child Welfare Cohort consisting of 18 social work employees from across the state working to earn a master’s degree while still working full time in child welfare is certainly a win-win for everyone. Great work to all who contributed to this issue of the magazine!

Michael Gettman, 1988
Norfolk, Nebraska
MERCY SHOWN

My first introduction to UNO was not as a place of healing ... but as a place of hurt.

An older cousin was playing a midget football game at Caniglia Field. I was twirling myself on a railing separating one section from another, swung too far and smacked the back of my head on an iron post. It left a nasty gash and a bump that to this day gives my head a Frankenstein look whenever I get my hair cut too short.

Years later, I’d tear my knee playing football on the same field.

Those injuries were anomalies, though. UNO, as readers of this issue will see, is a place of healing.

That may surprise some, but it shouldn’t. Healing is embedded in UNO’s mission to “transform and improve the quality of life locally, nationally and globally.”

This institutional directive, though, manifests itself in a very personal way through the empathy of individuals. Inside this issue are stories of graduates living their lives to improve the lives of others. To end the cycle of child abuse. To help the weak walk. To lift the weight of grief. To ease suffering.

As a Catholic, I liken these initiatives to the Corporal and Spiritual Works of Mercy the church encourages faithful to carry out. Some of the people we profile in the following pages might have this, or something like it, in mind as they go about their work. Or it just springs from an innate goodness and deep desire to help others.

No matter what prompts such acts of healing, though, I’m proud to say they’re happening at UNO every day.

Enjoy the read,

FROM THE EDITOR

PERSONALIZED CARE AND EXPERTISE FOR YOUR FAMILY’S HEALTH

With more than 20 clinic locations, 24/7 virtual care and hundreds of healthcare experts throughout the community, Methodist gives you access to everything you need to keep your family healthy. We know how valuable the relationship is between you and your doctor, which is why we take the time to get to know you and to understand your goals for lifelong health. That’s the kind of care your family deserves, and it’s what you can expect from those of us who wear the Methodist badge. bestcare.org

©2018 Methodist Health System
The UNO Alumni Association bestowed its Citation for Alumni Achievement award upon UNO graduate Janice Robinson Gilmore during the university’s December Commencement ceremony Dec. 14 at Baxter Arena. An Omaha native, Gilmore is a longtime Omaha educator, writer and motivational speaker. She is a two-time UNO graduate with BS (1966) and MS (1971) degrees in education.

Inaugurated in 1949, the citation is the association’s highest honor. It encompasses career achievement, community service, involvement in business and professional associations, and fidelity to UNO. Gilmore became the 178th UNO graduate to receive the award.

Born and raised in Omaha, Gilmore has enjoyed success in two career fields. She first worked as a teacher with Omaha Public Schools (OPS), starting at Franklin Elementary in 1966. She became assistant principal at Central Park Elementary in 1972 then principal at Clifton Hill Elementary in 1978. In 1988, Clifton Hill faculty, staff and students moved to King Junior High, which became Martin Luther King Primary Center. Gilmore remained principal there until 1999, when she retired after 31 years with OPS. Gilmore next built a career as a columnist, author and popular motivational speaker. That began with the Omaha World-Herald newspaper, for which Gilmore started writing a column in 1996. She still writes regularly for the paper today. She also writes for an African-American lifestyle empowerment magazine, Revive!

Gilmore also is the author of an inspirational children’s book, “Cool Kids Live in Omaha,” and a book about grief, “When Someone You Love Dies.” The latter was written for PULSE, a group assisting families of homicide victims.

Gilmore is an active volunteer in the community. She is a consultant for Innocent Classroom, a professional development project focused on building teacher-student relationships in school districts with wide gaps in achievement. She also is a member of Concerned and Caring Educators, Delta Sigma Theta Sorority, the Urban League, Project Hope, African American Empowerment, Inc., the Bright Futures Foundation and the NAACP. She attends Salem Baptist Church, where she serves as a greeter, ministry leader of a women’s prayer group, and the church’s bereavement coordinator.

Numerous organizations have honored Gilmore for her work, including North High, which named her a Viking of Distinction. She also has received the UNO College of Education Distinguished Alumni Award, the YWCA Tribute to Women Award, the Omaha Schools Foundation Award, the Urban League African American Leadership Award, an Omaha School Administration Award, the Mildred D. Brown Memorial Study Center Legacy Award and other honors.

For more about Gilmore and the Citation award, visit unoalumni.org/citation-award

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The UNO Alumni Association on Oct. 23 celebrated achievements by members of the worldwide UNO alumni network, now numbering more than 110,000 living graduates, with its fifth annual UNO Alumni Night of Honor.

Held at the Thompson Alumni Center and sponsored by First Data Resources, Alumni Night of Honor celebrated:

**UNO ATHLETIC HALL OF FAME INDUCTEES**
- BRYAN MARSHALL (HOCKEY)
- EVAN PORTER (BASEBALL)
- AMY PRICE (SOCCER).

**YOUNG ALUMNI ACHIEVEMENT AWARD RECIPIENTS**
- ANGEL STARKS
- MICHELLE ZYCH

**OUTSTANDING SERVICE AWARD RECIPIENTS**
- B.J. REED
- CHRISTINE REED
- SCOTT DURBIN

**ALUMNI PUBLIC SERVICE AWARD HONOREE**
- SENATOR RICK KOLOWSKI

“These outstanding alumni demonstrate the Maverick spirit through their accomplishments, work and service,” said UNO Alumni President Lee Denker. “We hope their stories will inspire students as we celebrate UNO’s homecoming week activities.”

A joint venture of the UNO Alumni Association and UNO Athletics, the UNO Athletic Hall of Fame began in 1975 to recognize the outstanding achievements of athletes, coaches or administrators. With the 2018 class it grew to 120 inductees. See more about the 2018 inductees on page 26.

Established in 2014, Young Alumni Achievement Awards recognize outstanding career achievement, active community involvement or exceptional service to the university by graduates 40 or younger. Starks, an Omaha native, is the chief
TRAVEL
The UNO Alumni Association is pleased to offer discounted travel opportunities through a partnership with travel provider Go Next!
Upcoming 2019 trips include:
- Northern Frontiers (Oslo to London)
  July 22-Aug. 4
- Masterpiece Montage (Venice to Monte Carlo)
  Sept. 30-Oct. 11
- Cuba Charms (from Miami)
  Oct. 29-Nov. 9
To receive a brochure for any of our trips by mail, call 800-432-3216.

INSURANCE
Are you in need of home, life, auto, health or life insurance?
The UNO Alumni Association offers graduates insurance for these and other needs at discounted rates available thanks to the purchasing power of more than 110,000 graduates.
See all the coverage available at unoalumni.org/insurance

PARTNERSHIPS
experienced officer and team lead of Team Locale with Nebraska Realty. She served as the 2018 YP Summit Chair for the Greater Omaha Chamber Young Professionals and is active in community service. She earned a BGS from UNO in 2016. Zych, who earned an MPA from UNO in 2006, is executive director of the Women’s Fund of Omaha. She also is active in the community, including current service as president-elect of the board of directors of the Nonprofit Association of the Midlands.

Outstanding Service Awards, established in 1974, honor faculty, staff, alumni or friends who have shown long, outstanding service to the alumni association and/or university. With this year’s honorees, the list of recipients grew to 114 individuals.

Durbin, a 1985 UNO graduate, was the third generation of his family to serve as chairman of the UNO Alumni Association, doing so in 2016-17. He joined the board in 2011 and served for seven years.

Christine Reed has been a faculty member in UNO’s School of Public Administration since 1982 and currently chairs the chancellor’s Sustainability Committee. She also has served as associate dean of Graduate Studies and as interim associate vice chancellor for research and interim dean of Graduate Studies. B.J. Reed also has been on the UNO faculty since 1982, including stints as chairman of the Department of Public Administration (1985-2000), dean of the College of Public Affairs Community Service (2000-2011) and executive associate to the chancellor (2006-2012). Today he is senior vice chancellor for Academic and Student Affairs.

The inaugural Alumni Public Service Award recognizes UNO alumni who have a record of outstanding public service benefiting the advancement of the university and higher education in general. Kolowski, who earned his MS in history/secondary education from UNO in 1970, was elected to the Nebraska Legislature in 2012 and re-elected in 2016 representing District 31 in southwest Omaha. Previously, he was the founding principal of Millard West High School in 1993 and served until his retirement in 2008 after 41 years in public education.
NINTH YOUNG ALUMNI ACADEMY CLASS LAUNCHES IN OCTOBER

A mighty Maverick welcome was given to the Class of 2019 Young Alumni Academy, the association’s leadership development program that launched Oct. 10 with its first of eight sessions.

The award-winning academy, designed for alumni 35 and younger, facilitates peer networking, professional growth and enhanced connections with UNO. More than 300 young alumni have taken part in the program.

Class of 2019 members and their place of employment are:

KELLY BAST, Emspace + Lovgren; JEFF BELFIORE, Nebraska Furniture Mart; ASHLEY BOWLING, Kiewit; JEN BRADY, UNMC; GAURI CHANDRA, Career Center, UNO College of Business Administration; SHELBY CORBALEY, Nelson Financial Group; JOSHUA DECASTER, Infogroup; YAJAIRA GONZALEZ, Lutheran Family Services; KEVIN GRIGGS, Berkshire Hathaway Homestate Company; DEANNE HARRIS, Partnership 4 Kids; VARUN HEGDE, HDR; MEGAN HOLT, Mutual of Omaha; ABIGAIL IRLBECK, University of Nebraska Foundation and One Tree Yoga; COLTON JANES, UNO; JADE JENSEN, Appsky; COLBY JENSEN, BKD; BRYONNA JOHNSON, Redstone; BREVAN JORGENSON, UNO; ALVIN LUGOD, CHI; ADAM MCCONNELL, The Waldinger Corporation; HANNAH NODSKOV, ScoreVision/ Hannah Caroline Couture; CONNOR OLBERDING, Ehrhart Griffin & Associates; ERIC O’MALLEY, Pentagon Federal Credit Union; SERGIO OROZCO, IKOR; RICK PARKS, Gallup; SASCHA PERRY, Omaha Public Schools; DAVID PONTIER, Koenig|Dunne; JESSICA SEEFELD, Conductix-Wampfler; STEPHANIE ROLL, Outlook Nebraska; DENISHA SEALS, One Nebraska Coalition. Members of the UNO Alumni Association Board of Directors: Front row, left, Maureen Graziano, Penny Parker, Viv Ewing, Renata Valquier Chavez, Laurie Ruge, Traci Harrison, Shari Munro, Chancellor Jeffrey Gold. Middle row, Lee Denker, Patricia Mayorga, Jim Safin, Scott Vlasek, Brian Allison, Eric Gitt, Mike Bird, Back row, Stephen Roberts, Chris Demney, David Hopp, Gary Seitz, David Boocker, Randy Stevenson. Not pictured: Tami Williams, Al Hansen, David Brixton, Adam Marek, Gabe Romero, Monique Farmer, Enid Schonewise, Amanda Temoshek.

New members voted to Board of Directors

Direct questions about the group to Elizabeth Kraemer at ekraemer@unoalumni.org or 402-504-3343.

Looking to make a career change? Don’t miss UNO’s Spring 2019 Career & Internship Fair open to alumni. The fair is set for Wednesday, Feb. 27, from 11 a.m. to 3 p.m. in Baxter Arena.
LOOKING FOR A REWARDING VOLUNTEER EXPERIENCE?

Then join us at the second annual UNO Alumni Global Day of Service Saturday, March 23!

Once again, UNOAA is partnering with UNO's Office of Civic and Social Responsibility to offer alumni the opportunity to work alongside students, faculty and staff on community engagement and service projects. Alumni Global Day of Service last year had national and global reach, with alumni serving in cities throughout the United States and even in Spain and Germany.

Alumni who participate in 2019 projects are welcome to bring family and friends. Participants will meet at UNO and be transported to projects around Omaha. Breakfast and lunch will be provided.

Alumni outside Omaha can initiate their own service projects that same day wherever they live. Project photos will be shared in UNO Magazine and on social media.

Alumni who can't participate March 23 can join other projects throughout UNO's Seven Days of Service March 16-23.

Additional information will be posted at unoalumni.org/servicedays. To learn how to start a project in a city outside Omaha, contact Elizabeth Kraemer at ekraemer@unoalumni.org or 402-504-3343.

FEEL THE LOVE FOR MAVERICK BASKETBALL

This Valentine’s Day, join other alumni and their families at Baxter Arena, to watch the UNO men's basketball team take on South Dakota State.

Hosted by the UNO and UNMC Alumni Associations, Alumni Night on the Court begins with a pregame reception at 6 p.m. featuring snacks and beverages, door prizes, games, the Maverick Dance Team and an appearance by UNO Coach Derrin Hansen. That’s followed by tipoff against the defending Summit League champion Jackrabbits at 7 p.m. Alumni will be seated together in one section.

Cost is $15 per adult, $10 per child. Price includes reception fare, game ticket and a meal voucher for use during the game at a Baxter concession stand.

For registration details, visit unoalumni.org/nightonthecourt. For more information, contact Elizabeth Kraemer at ekraemer@unoalumni.org or 402-504-3343.

CAREER HELP WITH UNO’S ACDC

UNO’s ACDC — the Academic and Career Development Center — offers career help to all alumni, including career coaching, interview practice, help with resumes, access to tools and more.

New to ACDC — and available to alumni — is Handshake, a career job board platform. Also available to UNO alumni is Startup Tree, an alumni and entrepreneurial network that brings together collaborators, investors and mentors in Omaha’s entrepreneurial ecosystem.

Alumni also can join the UNO Alumni Association LinkedIn group featuring thousands of members. Fellow alumni often are receptive to helping fellow graduates find a job — if they know who they are.

For access to career tools, tips and advice, and a list of career-related events, visit unoalumni.org/careerservices.
SHOWING OFF THE NEW SHOWTHEO.COM

POPULAR WEBSITE GETS REBOOTED FUNCTIONS, DESIGN

Even a website can get a bit tired — especially when it hosts thousands of travelers from around the world.

Given that, the UNO Alumni Association has rebooted the popular website ShowtheO.com, originally launched in February 2013 to promote what then was a new UNO brand, the “O” campus icon. The association provided “O” flags to graduates, students, faculty, staff and others to pose with during pictures taken on travels or at home.

Show the O flags since have made it to every continent and every state. The website has logged more than 20,000 visits and 57,000 page views from nearly 14,000 visitors representing 129 countries.

With all that travel, the association determined it was time to refresh the site and the program.

The reboot was led by staff and students at the Attic, the College of IS&T’s mobile app and website development group. Leading the charge were Zac Fowler, Attic director and a 2003 graduate, staff member Kara Kammerer and student Gus deMayo. The group implemented changes including:

• Streamlined processes for visitors to request a free “O” flag and to post photos
• A new emphasis on storytelling to accompany photo submissions
• Branding more closely allied to university standards
• A robust search function visitors can use to find archived photos by location, name or keyword
• New functionality to share individual photos via social media and email
• A quick-loading photo gallery that contains all photos dating back to the site’s launch in 2013.

To get your free “O” flag, and to check out the site updates, visit ShowtheO.com today!

FLYING HIGH WITH SHOW THE O

Show the O reached new heights earlier this fall thanks to 2012 UNO graduate Brendan Zubrod. A captain and F-16 pilot with the South Dakota Air National Guard, Zubrod had a boom operator on a refueling tanker snap this Show the O picture while flying on deployment in the Middle East.

“The Aviation Institute was instrumental in my aviation career and my decision to join the Guard, so I wanted to send them a little love,” Zubrod says.

Zubrod has been on full-time orders with the Guard since completing his training three years ago. After his deployment ends he plans to pursue a career as an airline pilot.

I’M GOING TO KATHMANDU

UNO software developer Netra Pokhrel recently visited his native homeland of Nepal, but he made sure he brought a bit of his new home with him on the trip. Pokhrel Showed the O at Durbar Square and Swayambhunath Stupa, also known as Monkey Temple, during a stop in Kathmandu. The capital city of Nepal, Kathmandu is known as the City of Temples. Many of its temples were devastated by the 2015 earthquake that hit the city, including damage to Swayambhunath Stupa.

HIROSHIMA PEACE MEMORIAL

David Kahn (BA ’79) and his family Showed the O during 16 days in Japan, including a stop at the Atomic Dome at the Hiroshima Peace Memorial. They were there on Aug. 7, the day after the 73rd anniversary of the bomb.
GO. GET INVOLVED. GIVE.

UNO AND THE ALUMNI ASSOCIATION STRIVE TO ENGAGE ALUMNI ON CAMPUS AND OFF, AND IT OFFERS NUMEROUS OPPORTUNITIES TO DO SO. FOLLOWING ARE OPPORTUNITIES FOR ALUMNI TO GO, GET INVOLVED AND GIVE!

GO

LUNCH BUNCHES
Looking for a great lunch — and even better conversation? Then make it to the association’s Golden Circle Lunch Bunches at the Thompson Alumni Center featuring a delicious meal and a guest speaker from campus. All graduates are invited to attend and to bring a guest. Meals are $15 per person and each luncheon begins at 11:30 a.m. See upcoming speakers at unoalumni.org/lunchbunch

UPCOMING EVENTS

JAN. 11
MAVS ON THE MOVE IN DENVER
Join fellow alumni and UNO representatives for pregame fun before UNO hockey takes on the University of Denver. See more at unoalumni.org/mavsonmove

JAN. 17 & FEB. 21
MIDDLE EAST FORUM
Discussion and answers to questions about current events in the Middle East with a panel of UNO experts

FEB. 16
TEDxUNO 2019: RESILIENCE
Hear about resilience from a dynamic lineup of speakers.

FEB. 18
MAVS ON THE MOVE IN TEMPE
Join fellow alumni and UNO representatives for a free evening of Maverick fellowship. See more at unoalumni.org/mavsonmove

GET INVOLVED

CURIOUS PEOPLE
Are you curious by nature? Then Curious People, a new, free monthly series at UNO, might be just the thing to satisfy your curiosity.

Curious People highlights UNO faculty sharing insights into their areas of expertise or an area of personal interest outside their academic field. The goal of the series is to stimulate curiosity, facilitate learning and enhance personal growth. Following presentations, attendees can ask questions of faculty.

All sessions begin at 6 p.m. at the Barbara Weitz Community Engagement Center in rooms 230/231. Free parking is available for visitors.

Upcoming Curious People sessions are set for Jan. 28, Feb. 25, March 25 and April 24.

For more information about the speakers and event logistics, please visit cec.unomaha.edu.

SENIOR LEARNING PASSPORT PROGRAM
UNO now offers graduates 65 and older its Senior Learning Passport Program, making available to them undergraduate courses numbered 1000-4999 on a space-available basis and with instructor permission (excludes online courses). Up to two classes per semester may be taken for a non-refundable $25 fee.

GIVE

MAVERICK FOOD PANTRY
The Maverick Food Pantry is dedicated to eliminating hunger in the UNO community and increasing awareness of food insecurity and nutrition. The pantry is always accepting donations of non-perishable food items and toiletries, which can be placed in donation bins throughout campus, including one at the Community Engagement Center.

If you want to make the greatest impact at UNO for our students, consider a gift to the UNO Fund. Through this giving program, you can choose to support scholarships, faculty development, your college, the alumni association, or the greatest needs of the university.

All donors to a UNO Fund area receive a UNO Alumni Card, which comes with some cool perks on and around campus. Every gift – from $1 up – is appreciated, and gifts of $250 or more are included in the annual listing of Century Club supporters (see page 56).

Giving to the UNO Fund pushes what UNO can offer its students from great to exceptional. Learn more and make your gift at nufoundation.org/UNOFund.

See more about these and other events and opportunities at unoalumni.org/engage
A HELPING HAND

ALUM AND UNO PROFESSOR JORGE ZUNIGA HAS THE BIOMEDICAL RESEARCH CENTER LEADING THE WAY IN PRINTED 3D PROSTHETICS

By Colleen Kenney Fleischer

Going to bed hungry, Jorge Zuniga says, isn’t the worst thing in the world. It’s seeing your two little brothers go to bed hungry — and not being able to help.

“Let me tell you, that is a life-changing situation,” says Zuniga, an assistant professor of biomechanics at the University of Nebraska at Omaha who grew up in Chile with little chance of changing the world.

Yet he did. In a superhero way.

“When you see other people suffering, all of a sudden, you’re not the center of the universe,” Zuniga says. “And when you have that deep into your bones, the only thing you want to do when you reverse your own situation is to give it back.”

NO. 1 IN THE WORLD

Zuniga has become a hero to thousands of kids around the world who need prosthetic hands and upper limbs — and to their families, who often can’t afford the super-expensive standard models. In the process, he’s helped the University of Nebraska become the strongest force in the world within this sub-area of biomechanics.

“I’m not ashamed to tell you that we’re No. 1 in the development and testing of 3D-printed prosthetics,” Zuniga says one morning in his office in the cutting-edge Biomedical Research Center at UNO. “Most people don’t know that the state of Nebraska is leading in this 3D printing of prostheses. We’re No. 1. It’s not Harvard. It’s not MIT. It’s not even Johns
Hopkins or any of those other big medical institutions. It’s our University of Nebraska.”

A few years back, when Zuniga was director of Creighton University’s 3D Research and Innovation Lab, he became a pioneer in the printing of 3D mechanical hands when he created the Cyborg Beast, a design that people around the world can download for free. The Beast hand costs just $50 to make. Because of that, families now can afford new ones over the years to match how fast their children grow.

And the Beast looks super cool. Like something a superhero would wear while saving the world.

Kids pick their own colors and create their own look — a pink hand for a kid who loves pink; an Iron Man hand for a kid who loves Iron Man.

In 2014, MSN.com named the Cyborg Beast one of the top inventions of the year. As of October, Zuniga’s Beast design has been downloaded nearly 60,000 times.

In 2016, not long after coming to UNO, his alma mater, Zuniga and his team created a shoulder for a 6-year-old boy from South Omaha who was born without one. The engineering was very complicated, he says, because it’s hard to build a shoulder that small.

“It was the first 3D-printed shoulder in the world,” he says. “But we didn’t really know at the time that was so special. We just did it for him. Now he gets a shoulder every year, for free, and it basically costs us $200 in materials.”

The colors the boy chose? UNO’s colors — Maverick red and black.

Zuniga now is working on the next-generation devices — electronic limbs. He’s the lead investigator for a two-year, $150,000 grant through the University of Nebraska’s Collaboration Initiative, an effort started by NU President Hank Bounds to invest in cross-campus, cross-discipline research in areas where NU has the potential to become a world leader, as it is in 3D prosthesis printing.

In 2017, the first year of the grant, Zuniga and his team designed and made electronic prototypes. This year, they’re testing the devices on area kids. He thinks his team has connected with at least 90 percent of Nebraska families with kids who are missing limbs.
“My goal is to be able to give these to everybody in Nebraska who’s missing limbs,” he says.

A LIFE CHANGED

He’s happy to live in Nebraska. He’s loyal to the University of Nebraska, he says, because he received his master’s degree in exercise science at UNO and his doctorate in exercise physiology from UNL. His mentors and colleagues at NU, he says, are some of the best and smartest people in the world. He can’t believe how far he’s come from his childhood in Chile. Or how happy he’s become. His story, he says, is almost too hard for him to believe, even now.

His life changed forever back in 2002, when he was a college kid in Chile working as a lifeguard. Few wanted that job. But it paid well, and he could save enough money each summer to stay in school. He saved swimmers, too. One day on the beach, a tall, blond young woman asked to take his photo. They fell in love at first sight, even though he couldn’t speak any English.

Her name was Jessica. She was vacationing from Nebraska. He stayed awake the whole night before their first date, studying English. Six months later, they married. They now have two young boys.

She is his No. 1 hero. He smiles.

“She married a real fixer-upper,” Zuniga says.

Now, Zuniga gets out of bed every morning excited for the day. He arrives at UNO around 5:30 a.m. He loves this Biomechanical Research Building, which was built in 2013 through the generosity of private donors. The building will more than double in size soon thanks to an $11.6 million addition, which will also be built through private gifts and include a much bigger 3D printing lab.

The university’s donors, he says, are his heroes, too.

“They are the ones who make it happen,” he says. “They make us No. 1.”

“My team — we have the wisdom and knowledge. But without donors, you can’t take it too far. We have to have the equipment and we have to have the resources that can make you No. 1.”

In front of him on his desk is a mechanical hand, one he made for a teenage boy from Lincoln. The hand is black, super cool. It looks like something left there by Batman.

He lifts it up.

“You see children come in here, hiding their hand,” Zuniga says. “But then you give them a hand like this, and there you go — they’re showing their hand to people instead of hiding it.”

And being able to help them, he says, is the best thing in the world.
The Webster legacy lives. Will yours?

For 100 years, the Webster family has helped Omaha and its business community. Their positive influence on the city’s students has lasted nearly as long. In 1923, John R. Webster started a fund to help then-University of Omaha students pay for their education. The name of the school has changed, but the impact of his generosity has not. Students at the University of Nebraska at Omaha are benefitting from his fund nearly a century later.

You have the same opportunity to make the same kind of impact. To find out how, visit us online at NUFoundation.org/giftplanning or call a gift planning officer at the University of Nebraska Foundation at 800-432-3216.
One look at numbers from the Korean War illustrates just how daunting the “Leave No Man Behind” credo can be. There were 36,940 Americans who died during the war, which raged from 1950 to 1953. Astoundingly, 7,699 service members remain listed as unaccounted for — with approximately 5,300 of them still in North Korea.

This summer, that began to change with the transfer to the United States of 55 boxes containing the remains of soldiers presumed to be Americans.

Now begins an equally daunting task — identifying the remains.

But that’s being made much easier thanks to a UNO College of Information Science & Technology partnership with the Defense POW/MIA Accounting Agency (DPAA).

That’s welcome news to many families of the fallen soldiers who will find closure — and healing — by knowing the fate of a loved one and being able to bury them.

The DPAA and IS&T partnership began in December 2017. The entities worked together to build software applications that streamline the process of identifying skeletal remains of fallen soldiers. Led by Sachin Pawaskar, professor of practice at IS&T, the team developed the Commingled Remains Analytics Ecosystem — CoRA.

CoRA is a computational solution that provides techniques such as data analytics and visualization to aid in the process of separating and identifying the remains. Members of the United Nations Command Honor Guard move dignified transfer cases from one C-17 Globemaster III to another during a repatriation ceremony at Osan Air Base, Republic of Korea, Aug. 1, 2018. The UNC repatriated 55 cases of remains returned by the Democratic People’s Republic of Korea.
indistinguishable, commingled remains of fallen soldiers. Previously, that was done via a paper-based system with hand-written notes or with Excel sheets that compared and contrasted evidence collected from the fallen. Pawaskar and others took the process digital, transcribing data from old systems and databases while also recording new information collected.

Anthropologist identifying skeletal remains can seamlessly access data via CoRA’s secure web application.

“CoRA allows us to be able to find connections among individual specimens more efficiently than ever before,” says Franklin Damann, deputy laboratory director of the DPAA at Offutt Airbase.

The first release of the system came in May 2018. Since then, a roadmap has been created for CoRA to include not only a database for skeletal remains, but eventually for DNA and dental records.

Originally, the project focused on identifying the remains of soldiers from the USS Oklahoma, a ship sunk during the attack on Pearl Harbor. Now it’s being used to identify the remains North Korea transferred to the United States.

As enhancements are made, others are likely to benefit from the system.

“We want to serve the broader community,” Pawaskar says. “The DPAA is on the leading edge of this because of their mission, and it’s our hope to extend CoRA to even more organizations that are working towards identifying remains.”

Ultimately, CoRA could aid museums, universities and others in inventorying and cataloguing their skeletal collections. The team hopes to release the software more widely in early 2019 by piloting it with identified partners and enhancing the system.

“There’s been a tremendous amount of support from the DPAA staff and UNO,” Damann says. “We’ve realized the opportunity to push CoRA to the community for anyone to use. There’s nothing like this that exists.”

— Amanda Rucker, communications specialist, College of Information Science & Technology
Navigating the post-graduation path toward a career in health care can seem overwhelming to some students given the array of professions available.

Fortunately for UNO students, the Health Careers Resource Center (HCRC) is there to help.

Launched in 2015 and housed in Allwine Hall, the HCRC is the brainchild of Paul Davis, associate professor of biology. Davis came to UNO in 2010 and found that students wanting to pursue health careers didn’t have one dedicated place to go to for their questions — or even know what questions to ask.

“Before the HCRC, we found students receiving excellent academic advising, but their knowledge and preparation for a career in health care was often fragmented together from a variety of sources,” he says.

Officially, UNO has no “Pre-Med” or “Pre-Health” majors, but the College of Arts and Sciences has developed pre-professional programs that students can pursue by taking classes within and outside their major to focus on areas from chiropractic to veterinary care.

Davis says there are nearly 3,000 UNO students pursuing pre-health-related majors, minors or certificates.

Each of UNO’s health-focused pre-professional programs are supported by the HCRC through academic advising, meetings with medical school admission representatives, job shadowing with medical professionals, professional networking opportunities, peer mentoring and other services.

Amanda Wickert, an Omaha native, graduated from UNO in 2017 with a degree in biology and was part of the pre-med professional track. Wickert became involved with the HCRC early on, serving as a student peer mentor and, after graduation, as a full-time advisor for the center while preparing to apply to medical school this fall.

In her various roles, Wickert has seen hundreds of students — each of them with different stories, different career goals and different obstacles.

“It’s more than saying, ‘We’re going to help you get to where you think you want to be,’” Wickert says. “We’re going to help you figure out if that’s really, truly what you want to do.”

Since the HCRC was launched in 2015, the acceptance rate for UNO students into medical school has jumped from 20 percent to more than 63 percent, which is above the national average.

“We see students coming to us because of what we can offer them in terms of being best prepared for careers in health care,” Davis says. “We see hundreds of students who are coming to UNO or coming back to UNO to prepare for their career.”

That includes Ben McIntire. After earning a bachelor’s degree in business administration from Iowa State in 2004, the Harlan, Iowa, native completed seminary training and served as a youth pastor until enrolling at UNO in 2016. Soon after he became an HCRC intern.

McIntire plans to start medical school at UNMC in August 2019 and put his previous academic and professional experiences to use in pursuit of his dream to work in health care – whatever role that may be.

“To see all the different particular niches of who is doing what and see where you fit in, it takes seeing what is out there and what those jobs look like and who is doing them before you know if it is a good fit for you,” McIntire says. “That’s one of the real treasures of this office.”

UON Alumni Maggie Bartlett (left) and Madalyn McFarland (right) perform research on the parasite toxoplasmosis while students at UNO. Bartlett, a student at UNMC, is part of the BREP program.

A ribbon-cutting and open house event was held for UNO’s Health Careers Resource Center in September. The new space provides office and meeting spaces where students can connect with academic advisors, medical school admission representatives and peer mentors.

At only 3 years old, HCRC’s efforts are just beginning to manifest. But there is no doubt its impact will soon be felt far and wide. For now, at least, it has already made an impact for those like Wickert.

“Taking my grandfather to the ER the last two times, the patient care tech has either been an advisee or a student I had in class. That’s where it is very real; and you know that they are a really compassionate, caring person and now they are in health care. I’m so glad.”

— Charley Steed, Associate Editor
While the UNO Health Careers Resource Center (HCRC) is designed to help any student with an interest in health and health-adjacent professions, UNO also has unique health-related career opportunities through one-of-a-kind pipeline programs in partnership with other campuses and institutes within the University of Nebraska system.

**URBAN HEALTH OPPORTUNITIES PROGRAM (UHOP)**

Launched in 2016, UHOP is a scholarship program that provides comprehensive financial support for a small cohort of students who have made a commitment to become medical providers for underserved communities in urban areas.

Managed by the HCRC, UHOP offers students support through tuition assistance beginning their freshman year, mentoring by UNMC medical students, automatic sponsorship by UNO’s pre-medical committee and assistance with MCAT preparation.

Each year, new students are identified to form a new cohort. Following four years of pre-med coursework at UNO, the students are guaranteed admission to the University of Nebraska Medical Center’s MD program. As of fall 2018, 24 students are involved in the UHOP program, with the first group of students scheduled to graduate UNMC in May 2020.

Samanta Sack, a native of Waverly, Neb. and a senior in biotechnology and biomechanics major, has already contributed to important research in public health through internships at the Swiss Tropical And Public Health Institute and Harvard University. She is also just the third student in UNO history to earn the prestigious Barry Goldwater Scholarship.

One of the most important traits for any health care professional is the ability to form strong relationships with patients or clients.

To help students build those skills, UNO launched a minor in medical humanities designed as an interdisciplinary field exploring the connections between humans, cultures, medicine and allied health sciences. Approximately 75 students have enrolled in the minor since its formation in 2015.

“To paraphrase the words of artist and scholar Mark Gilbert, at some point in our lives we will all either be a patient or a caregiver,” says Timi Barone, associate professor of anthropology and medical humanities advisor. “Providing pre-health professions students with preparation in natural sciences as well as arts, humanities and social sciences provides a solid foundation for professional core competencies and may help reduce the risk of burnout and compassion fatigue in the next generation of health care professionals.”

The minor requires 15 credit hours of coursework with at least one course each from three comprehensive areas of study: race, ethnicity, gender, sex and age; ethical, religious and cross-cultural perspectives; and narrative medicine, communication and fine arts.

Barone says that with the popularity of medical or health-related programs across the country, medical humanities allows students with broad interests in the field an opportunity to gain exposure to these careers. Additionally, evidence suggests that students with undergraduate education in medical humanities can help address staff shortages in critical areas of care such as psychiatry or pediatrics.

This, Barone says, is good not just for the student, but also for the communities they will ultimately serve.

“Graduates completing the minor will have a humanistic understanding of how health and illness affects lives of patients and health care workers at an individual, cultural, social and societal level. We believe this will enhance the quality of health care delivery in the state.”

— Brandy Stephenson, University Communications
KEEPENG THE HEARTLAND SAFE WHEN DECISIONS ARE NEEDED … STAT

Thanks to innovation from the College of Information Science & Technology, rural hospitals and laboratories throughout Nebraska and even Oklahoma can know the unknown — helping heal and save lives.

That’s achieved through an emergency response system called STATPack — the Secure Telecommunications Application Terminal Package — which IS&T faculty developed 15 years ago. STATPack connects health care professionals in rural areas to experts at the Nebraska Public Health Laboratory via an immediate and secure communication channel.

“There are no other systems like STATPack available,” says Ann Fruhling, principle investigator for STATPack. “This project has opened many doors. We have a network of people, organizations and technology in place that positions us to explore new services and opportunities.”

Through STATPack, participating hospitals and diagnostic laboratories send digital images of suspicious or unknown organisms (e.g., ecoli) electronically to microbiologists at the Nebraska Public Health Lab (NPHL) on the University of Nebraska Medical Center campus. The secure, web-based network saves time and effort and minimizes risk associated with couriers transporting live biological samples over the road to NPHL.

Once the images are received, microbiologists examine them and either rule out the organism as being a threat, or decide if steps need to be taken to treat a patient. All conversations are done between the microbiologists at NPHL and the practitioner at the rural hospital.

STATPack is on its fifth major release. Enhancements have included mobile application development, micrometer and adaptable technology for smaller rural microbiology laboratories.

“The state public health laboratories have received a significant return on their investment” Fruhling says. “We know the technology is always changing. We take this into account during strategic planning by considering, ‘How can we leverage the next generation technology?’”

More than 40 hospitals in Nebraska and Oklahoma utilize STATPack. It is especially critical when a consultation is necessary on holidays and weekends when laboratories may not be fully staffed.

Fruhling estimates that more than 60 UNO students have worked on or with STATPack over the years. It has provided valuable technical, problem-solving, user relations and communication experience to aspiring IT professionals, computer scientists and cybersecurity experts.

— Nolan Searl, University Communications
UNO student Jeff Patterson is hoping to provide researchers with critical information about what exactly happens to the muscles and connective tissue in our ankles and feet as we age. A doctoral candidate in UNO’s Department of Biomechanics, received a grant from the National Institutes of Health that will allow him look at human ankles in a unique way.

“What we’re going to be doing is using ultrasound to actually look at the connection between the Achilles tendon and the plantar fascia,” Patterson says. “The idea is that as you get older that connection gets worse.”

Patterson will look at real-time footage of the gastrocnemius, the calf muscle and the Achilles tendon as patients walk at various levels of incline. He hopes to look at the data from 72 healthy and physically fit patients aged 19 to 79.

Using ultrasound in this capacity is a new and developing technique in the field of biomechanics, Patterson says. Ultimately, the study will paint a clearer picture of what is happening when we walk and how that changes over time. As we age, Patterson says, “You’re not able to translate as much of the force that you have in your calf muscles down into your foot.”

And so some older adults have issues generating propulsive power at their ankle and into their foot. This leads to less toe clearance and reduced walking speed. The former can lead to trips and falls, the latter to a less active lifestyle.

“If we can identify this as a problem, future research could target that as an intervention to prevent degradation, or exoskeletons could be developed,” Patterson says.
CAMPUS CLINICS

UNO’S SPEECH-LANGUAGE AND COMMUNITY COUNSELING CLINICS BOAST DECADES OF SERVICE

UNO isn’t just a place to get a degree. For nearly 60 years, it’s also been a place to get well.

Not just for students, either, but also for thousands of residents in metropolitan Omaha.

Since 1962, UNO graduate students and faculty in the Speech-Language Clinic have provided therapeutic services to clients with speech, language and hearing disorders. Since 1977, students and faculty in the Community Counseling Clinic have delivered individual and group counseling for children, adolescents, adults, couples and families contending with a spectrum of mental health issues.

Better yet, the care provided isn’t just helpful but affordable, too.

“Many people in our community struggle to access mental health services, often due to financial or transportation barriers,” says Daniel Kissinger, associate professor and chair of the UNO Department of Counseling. “Our campus-based clinic helps address both obstacles by offering low-cost counseling services in a location serviceable by public transportation.”

According to the National Association of Mental Illness, 1 in 5 adults in America experience mental illness and 60 percent of those adults haven’t received mental health services in the past year.

UNO’s Community Counseling Clinic is housed within the UNO Department of Counseling. As part of their clinical training, advanced graduate students provide individual, group and couples counseling under the supervision of licensed faculty members. Students are prepared to help clients dealing with a variety of issues, including anxiety, stress, depression, grief, crisis and trauma, substance use/abuse, professional/career transitions and more.

The counseling clinic is open to students, faculty, staff and community members.

“If we are not the appropriate place, we will help with appropriate referrals so individuals can quickly find the help they need,” says Kissinger, the clinic’s director.

The counseling clinic, housed in Roskens Hall, charges just $10 for individual visits, $20 for couples. Since 2010, it has served nearly 1,500 clients while delivering more than 8,000 session hours. Most clients — about 8 in 10 — are non-students who come to UNO from throughout Omaha.

UNO’s Speech-Language Clinic also covers a wide swath of clients, some coming from as far as Plattsmouth, Blair and even Lincoln. The need is greater than many know — according to the National Institute on Deafness and Other Communication Disorders, 1 in 12 U.S. children age 3 to 17 has had a disorder related to voice, speech or language in the past 12 months.

Also run by advanced graduate students, the Speech-Language Clinic offers its services at low cost to those who may have used up what their insurance will pay for. It is open to the public and serves clients from infants to adults contending with a variety of speech, language and hearing disorders and delays. Student staffers help with anything from stroke or traumatic injury recovery to articulation or accent reduction. Licensed Speech Language Pathologists supervise the students.

Such services date to 1962 and the clinic averages about 100 clients a year. It also is housed in Roskens Hall.

“We have a lot of advocates out there, people who have come through our program that let others know we’re here and ready to help,” says Jill Kumke, clinic coordinator. “It takes a lot from everyone involved. The students clean and keep everything up and running. We rely on the community for a lot of our resources, like toys and books. The university, of course, is very supportive as well.”

— Jessica Hilt, University Communications

LEARN MORE

To learn more about the clinics or to set an appointment, please contact each clinic directly.

COUNSELING CLINIC
402-554-4882
coe.unomaha.edu/coun

SPEECH LANGUAGE CLINIC
402-554-2201
coe.unomaha.edu/secd
ON THE CAMPAIGN TRAIL FOR HEALTH

STUDENTS HELP RAISE AWARENESS FOR PHYSICAL, MENTAL HEALTH NEEDS

What started as project submissions for national competitions has been taken to heart — and head — by members of UNO’s Public Relations Student Society of America (PRSSA) group.

UNO PRSSA members today are among the most visible and vocal advocates on campus for student well-being. That includes campaigns the group has led for organ donor and mental health awareness.

ORGAN DONOR AWARENESS

Each April, UNO PRSSA hosts “Be the Match” to raise awareness of and educate college students on the organ donation process and the benefits of being an organ donor. The group partners with Nebraska Organ Recovery to hold informational sessions across campus and to host panel discussions with organ donor recipients.

“We wanted to share the stories of those who have been saved by organ donations and create a positive message,” PRSSA President Kathryn Nizzi says.

In April 2018 UNO PRSSA registered 22 students as new donors.

MENTAL HEALTH AWARENESS

PRSSA’s mental health campaign, “R U OK?” launched in March 2017 in partnership with Campaign to Change Direction, a national nonprofit dedicated to changing stigmas surrounding mental health while connecting students to related resources on campus.

“We wanted to make mental health as prominent as physical health,” Nizzi says.

Through the project, UNO PRSSA students petitioned Mayor Jean Stothert to dedicate a day to mental health awareness, which was done on March 15, 2017. The day included lighting the Woodmen Tower orange while on campus PRSSA members distributed fact cards and pins.

Each of these efforts helped earn UNO PRSSA several awards at the 2017 national PRSSA conference, including one for Outstanding Community Service.

“These campaigns are both vital and important,” Nizzi says. “We want to be a part of something bigger and help make an impact.”

— Brendan Brown, University Communications

In 2017, students from UNO’s Public Relations Student Society of America group launched the “R U OK? It only takes 3 words” campaign to help those on campus experiencing mental health issues find the resources they need.
Three former Maverick student-athletes were inducted into the UNO Athletic Hall of Fame during the fifth Alumni Night of Honor at the Thompson Alumni Center Oct. 23.

This year’s inductees included Bryan Marshall, a member of the hockey team from 2004-08; Evan Porter, a member of the baseball team from 2006-2009; and, Amy Price, a member of the women’s soccer team from 2002-06.

“Our inductees this year were outstanding representatives of our department and university as student-athletes, and they continue to be great ambassadors for UNO as alumni,” said Trev Alberts, UNO’s vice chancellor of athletics. “This year’s group includes an all-conference selection, two All-Americans and a national champion. All three are among the best to have played their respective sports at UNO, and they are certainly worthy of a place in our Hall of Fame.”

With their induction, the Hall of Fame grew to 120 members.

AMY PRICE

Amy Price was named a National Soccer Coaches Association of America (NSCAA) Second-Team All-American as a freshman in 2002 and led the Mavericks to the 2005 Division II national championship as a senior. The goalkeeper was named defensive MVP of the National Collegiate Athletic Association tournament that year.

Price earned NSCAA all-region and North Central Conference all-conference honors twice in her career. At the time of her induction, Price was UNO’s career leader in saves (288), save percentage (.837), wins (70) and shutouts (41.5), and she finished her career with a 51-8-4 record. She was also an academic standout, earning academic all-district honors in 2003, academic all-conference in 2004 and an NSCAA Second-Team Academic All-American in 2005.

BRYAN MARSHALL

A four-year letter winner from 2004-2008, Bryan Marshall ranked second in career scoring for UNO hockey at the time of his induction with 150 points. He averaged one point per game while playing in 147 games in his Maverick career.

Marshall was second all-time in assists with 101, ranked ninth all-time with 49 goals and was tied for third all-time with 10 game-winners. He led the team in scoring as a senior with 43 points and was a part of UNO’s nation-leading powerplay unit that had 53 goals that season.

He was named a Central Collegiate Hockey Association Second Team All-Conference selection as a senior.
The Hall of Fame was established by the UNO Alumni Association and UNO Athletics in 1975. Following is a list of all inductees since then.

<table>
<thead>
<tr>
<th>Year</th>
<th>Inductees</th>
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<tbody>
<tr>
<td>1975</td>
<td>Marlin Briscoe, Bill Englehardt, Leo Pearey, Roger Sayers</td>
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<td>1976</td>
<td>Don Pflasterer, Virgil Yelkin, L. Joe Arenas</td>
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<td>1977</td>
<td>Bob Matthews, Howard Sorensen, Mel Washington</td>
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<td>1978</td>
<td>Lloyd Cardwell, William H. Thompson</td>
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<td>1979</td>
<td>C.L. “Sed” Hartman, George Parish, Mark Thompson</td>
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<td>1980</td>
<td>Harold Johnk, Fred “Tippy” Tyler</td>
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<td>1981</td>
<td>Ben Huff, Stan Schaetzle</td>
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<td>1982</td>
<td>Don Benning, Al Caniglia</td>
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<td>1983</td>
<td>Gerald Allen, Connie Claussen, Bob Mackie</td>
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<td>1985</td>
<td>Marlene McCauley, Jack Vaccaro, Don Claussen</td>
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<td>1986</td>
<td>Jack Petersen, Niece Jochims</td>
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<td>1987</td>
<td>Connie Wichman, Carl Meyers</td>
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<td>Paul Blazevich, Dennis Forrest, Curlee Alexander, Colette Shelton Pawal</td>
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<td>1989</td>
<td>Barb Hart Baumert, Lloyd Patterson, Micky Gehringer, Larry Johnson</td>
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<td>Robert “Bugs” Redden, Mark Rigatuso, Dean Thompson Jr.</td>
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<td>1991</td>
<td>Elaine L. Johnson Hinton, Bill Haas, Jim Gregory</td>
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<td>Allie Nuzum Majerus, Rod Kuhl, Barry Miller</td>
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<td>1993</td>
<td>Don Leahy, Kathy Knudsen, Ryan Kaufman</td>
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<td>Cindy Rudloff-Lebeda, Dan Klepper, Randy Naran</td>
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<td>Lori Schutte Schaaf, Dominick Polifrone, Becky Wilson Kapperman, Mark Manning, Laura J. Anderson-Gibbons</td>
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<td>1996</td>
<td>Harlan Aden, R.J. Nebe</td>
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<td>Sandy Skradski, Janice Moreau Howell</td>
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<td>2001</td>
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<td>Brad Hildebrandt, Cherri Mankenberg, Amy Steffel</td>
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<td>Carri Butler Hutcherson, Tanya Cate, Pat Kelley Ill</td>
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<td>Chris Bober, Sheila Brown Geil, Greg Geary</td>
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<td>Michelle Manthei Kankousky, Mar Tay Jenkins, Mary Yori</td>
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<td>2008</td>
<td>Michala Lehotak Cimino, Larry Krehl, Charlie McWhorter</td>
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<td>2010</td>
<td>David Brisson, LaRon Henderson, Stephanie Kirby</td>
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<td>2012</td>
<td>Nikki (Mastny) Bails, Steve Costanzo, Beth McGill, Ali Petersen, Adam Wright, Sandy Buda</td>
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**Evan Porter**

Two-time All-American Evan Porter started four years at shortstop from 2006 to 2009 for the UNO baseball team. At the time of his induction, Porter was UNO’s all-time leader in games started (239), games played (239), at-bats (869), hits (323), doubles (75), home runs (42), RBIs (249) and total bases (527).

For his career, Porter batted .372 to rank sixth in school history, and he ranks second in career runs scored (215) and seventh in slugging percentage (.606). He holds single-season records for games started (61), games played (61) and hits (97).
Arts & Sciences Dean David Boocker found healing through writing. Thanks to UNO programs, others are discovering the power of prose.

By Susan Houston Klaus
Art by Kelly Bast
In May 1977, 19-year-old Dave Boocker had finished what he remembers as a “decidedly undistinguished” first year at college in Lafayette, Louisiana.

He was working a part-time job at a 7-Eleven for the summer. That night, he finished his shift and headed home around 11 p.m.

He’d traded his usual Monday night graveyard shift at a co-worker’s request. Quat Bao Pham was also a college student, pre-med and just a year older than Boocker. He and his family had escaped the Fall of Saigon in 1975. They had become refugees of the Vietnam War.

The two had worked together for only a few weeks. Quat wanted to have Wednesday off so he’d be awake and ready to preregister for summer school on Thursday. Many years later, Boocker would write about what happened next:

At exactly 1:00 a.m., while reading the May 30 Sports Illustrated featuring Pittsburgh Pirate Dave Parker on the cover, for some reason I suddenly realized that I had forgotten to turn the store’s cooler back on. We were not supposed to turn it off because it made the doors sweat, but I thought it was too cold inside. I jumped out of bed and ran into the dining room where our telephone hung from the wall. I looked up the store number in the phone book placed on the counter under the phone and called the store. The store phone was a pay phone mounted on the wall to the right of the front door, away from the register area. Quat answered; I explained that I thought I had forgotten to turn on the cooler and he assured me he would turn it back on, an action that would require him to leave the main store area to flip a circuit breaker inside the store’s closeted storage area. I went to sleep.

A few hours later, Boocker’s father woke him, saying, “The police are coming over. Your friend at work was killed.”

Quat Bao Pham was found dead at 1:15 a.m. by a policeman driving by the store on a routine patrol. Quat was shot four times in the chest and once in the back, point-blank. His murderer made off with about $40 and Quat’s car. Officers estimated he was killed less than 15 minutes after Bocker’s phone call.

The cooler was still off.
WRITING A LEGACY FOR QUAT

The experience left an indelible imprint on Boocker, who later earned his B.A. and M.A. in English from the University of Louisiana-Lafayette and a Ph.D. in English Literature from the University of Nebraska-Lincoln. Today, he’s dean of UNO’s College of Arts and Sciences.

He’s nearly 1,000 miles and a lifetime removed from that 7-Eleven. And yet …

“I’ve never lost contact with that day,” Boocker says. “I’ve always had a personal desire — in fact, I think I called it a compulsion at one point — to write this down, because of the need for me to make sure that the name and memory of Quat Bao Pham lives beyond my lifetime.”

The seeds of sharing his story were sown early in his career, as a graduate student in English. In Composition, he would spend a period telling his class what happened that day in May.

“It was just something that I wanted to do, that I needed to do,” he says. “To tell students what happened to me when I was 19 was a way to kind of get them to understand who I am as a person, where I’m coming from and what’s important to me.”

Even to heal.

Boocker’s early attempts to write the story years ago were what he describes as a “Sergeant-Joe-Friday-just-the-facts” account. But he didn’t know the story of Quat. Never felt he had the whole picture.

That would take a reopening of his wound, a revisiting of personal memories, and the urging of Quat’s family to tell his own story. Over time, that all came together as Boocker’s memoir, “The Vietnam War Comes Home.”

TAPPING EMOTIONAL KNOWLEDGE

With a background in creative writing and public health administration, Steve Langan understands the therapeutic power of connecting words to paper.

And he gets that it doesn’t come easy, especially for those used to thinking in practical, black-and-white terms.

In 2008, Langan was interested in creating a workshop at the University of Nebraska Medical Center to pair professional writers with mid-career physicians dealing with job burnout or dissatisfaction.

In no time, he says, he had seven participants — and dubbed the group Seven Doctors Project (7DP).

His goals for 7DP, he says, were to explore the aspect of writing that involves pure imaginative play. To make new emotional knowledge. To have fun again through language.

How did he go about getting the physicians to go there?

By showing them they don’t have to be in charge. By allowing the writers in the room to guide them. By becoming apprentices in the process.

Their first assignment was to write a lyric poem, by definition a piece that has the writer delve into their emotions.

“Others have tried to make meaning of these events, telling me that “God was looking out for you.” Father Tran, after learning what happened to Quat that night, looked me in the eyes and said, “He died for you.” Such explanations leave me puzzled and uncomfortable. Quat’s family still mourns his death, and in my last meeting with them they suggested that I let the story go. I responded that, consistent with my philosophy, consolation cannot be achieved through letting go. Instead, I said, my consolation is achieved through memory. I found a photo online, taken in 1974, of his 11th grade class. His image brought my faded memory back into focus. I recognized him immediately, even without the list of names.”

— From “The Vietnam War Comes Home” by Dave Boocker
IGNITING A FIRE

Ten years later, 7DP has had more than 150 participants, including 25 physicians. Over the years, it’s opened membership to other health care institutions and the community at large.

In addition to poetry, members have created stories and essays, some based on real life, some from their imaginations.

“I had no idea of the outcomes that I would start to witness,” Langan says. “I had no idea that there would be this unbelievable therapeutic piece in the lives of so many of the participants over the years.”

Lydia Kang can vouch for that. An internal medicine physician, she took part in the second session of 7DP.

The idea of doing something creative, along with being a health care professional, didn’t really jibe in her mind. She wasn’t sure burnout was something that could be fixed. And then there were worries about sharing her work.

“And I was really frightened to try, to be honest, because I think in the industry of health care there’s a certain level of professionalism that everybody expects of you,” Kang says. “Especially when you are a physician.”

“I was particularly embarrassed that people who were going to read my stuff were established writers and poets and physicians. So it was like a combination of people who could laugh at me and be my worst nightmare coming together.”

But the more she wrote, the more she grew to enjoy the process. And, curiously, writing and medicine became complementary in her life. She discovered the writing helped quell some of the professional burnout she’d been feeling.

GO AHEAD, PICK UP A PEN

Wonder if you’d like to explore the therapeutic benefits of writing? Here are some tips:

LET WRITING HELP EXPRESS YOUR THOUGHTS

“People suffer in a lot of different ways and often people aren’t as good about speaking out about how they feel,” Lydia Kang says. “I think the actual act of putting something on paper is a way of transcending what’s going on inside your head.” No matter what avenue you choose — a diary entry or a piece of fiction — it reflects a part of yourself.

DON’T OVERTHINK IT

Starting to accumulate content through memories and experiences is the first step. “The amount of editorial work for all of us to make something publishable, which of course was always the goal of 7DP, is immense,” says Steve Langan. Start writing, start typing and allow it to be messy. Resist the urge to edit your work and just let it happen.

JOIN A GROUP

The structure of getting together with your peers is a way to make writing a priority and to safely nudge you outside your comfort zone. “Take courses in Creative Writing or Creative Nonfiction at UNO or work with organizations and programs such as Steve Langan’s 7 Doctors Project or Nebraska Warrior Writers sponsored by Humanities Nebraska,” Dave Boocker says.
Clearly, something clicked for Kang. She’s written several young adult fiction books and a historical fiction title, and co-authored a nonfiction book. By the end of this year, she will have published seven books.

“I’ve found it to be very, very therapeutic,” she says. “In some ways it is an escape mechanism for me because I get to live different lives and explore different places that aren’t my own. I didn’t know that the experience was going to really ignite the fire in me. And it absolutely did.”

MAKING THINGS WHOLE AGAIN

For Steve Heater, writing has provided something others take for granted. A 1994 UNO business grad, he’s had Parkinson’s disease for more than 25 years. The condition has made it difficult to communicate verbally.

“I have thoughts, ideas, something humorous to add to the conversation,” he says. “But the PD made it so difficult to talk loud enough to be heard, it wasn’t worth it. It actually hurt.”

Heater joined the 14th session of 7DP.

He expected others in the group would be better writers. But he was surprised to find himself an equal — and discovered a way to express his wry sense of humor and matter-of-fact attitude about PD.

He’s written about the day-to-day struggles, the disappointments, the funny things and his observations of “normal” people. He’s also penned some memories of his time as an Elvis impersonator.

“We all have limitations, we all have things that are tough to handle, but you do what you do and you get on with life,” he says. The experience has “allowed me to be a full human being again.”

To heal. Langan has seen it happen more than once.

“I’m quite comfortable with not knowing exactly how this healing effect occurs,” Langan says. “I just have witnessed it repeatedly and I can’t deny that it’s valid.”

ACCEPTING VULNERABILITY

In 2016, Boocker reached out to the family of Quat Bao Pham. He planned a visit to Lafayette to connect with them. Father Tran, a priest who knew the family, was on hand to help.

“We agreed to meet at Quat’s grave. It was to be my first visit after his death 39 years ago. Father Tran explained that the cemetery was located on Teurlings...
Drive near the Breaux Bridge Highway. I knew exactly how to get there, and I understood immediately that the drive would take us past the location where Quat was killed. As we drove by, I pointed the store out to my wife, Kathy. No longer a 7-Eleven, looking at it immediately conjured up an image of that night, as I mentally transported myself back into the store, picturing myself standing next to Quat. I had no interest in stopping.

After that visit, he spoke with one of Quat’s sisters by phone and traded emails. Almost a year after their initial connection, he visited her and her sisters in Houston. He’s filled in many pieces of the missing information he wanted to know. He’s learned more about Quat’s life in Vietnam and who he was. In doing so, he’s discovered what they have in common.

The goal of writing his memoir, “The Vietnam War Comes Home,” was always to keep the memory of Quat Bao Pham alive.

“Writing a story that’s important, like this one for me, the desire to get it right can be overwhelming at times,” Boocker says.

Has accepting his vulnerability opened up a new way of telling the story?

“I think that’s been the key. I never really saw it as vulnerability, but I guess that’s what it is — that I’m revealing my own hidden secrets that have been in my mind and my heart for all these years that I’ve never really told anyone.

“There’s a certain amount of relief and release knowing that I’ve finally gotten it the way I wanted it to be all along.”

SICKNESS AND HEALTH IN LITERATURE

In his other role as interim director and community liaison for UNO’s medical humanities program, Steve Langan teaches a course called “Writing for Sickness and Health.”

Open to both undergraduate and graduate students, the class explores the themes of sickness and health as they present themselves in literature.

“A variety of our students may not be on a health care track but they’re very curious about the health care experience,” he says.

“They’re curious about the experience they’ve had in some cases or their family members have had. So they’re reading books, writing about books and creating their own poems, stories and essays.”
CRISIS MODE

By Greg Kozol
In different ways, UNO professors, instructors and graduates are working to address what some have called an epidemic rivaling the AIDS crisis of the 1980s — opioid addiction.

Numbers paint a grim picture of its use and abuse in the United States. According to the Centers for Disease Control, 72,287 people died from drug overdoses in 2017, an increase of about 10 percent from the year before. Nearly 49,000 of those deaths was caused by opioids. With prescription and illicit opioids fueling the trend, an American now is more likely to die from a drug overdose than kidney disease.

A closer look reveals the human tragedy behind the statistics. A single mother on Medicaid puts her child at risk as addiction’s grip gets tighter. A police officer is trained to administer the opioid antidote Narcan to counter the growing number of calls involving a possible overdose. A doctor faces the agonizing choice of whether to treat a patient’s serious pain or avoid the risk of that person getting hooked on opioids.

“There are a lot of people out there in a lot of pain, and attempts to address that issue have contributed to this opioid crisis,” says James Zadina, a professor of medicine, neuroscience and pharmacology at the Tulane University School of Medicine. “We think we need better pain medications. We need some that don’t create that addiction and this problem.”

**A DECADES-LONG SEARCH**

Zadina received a bachelor’s degree in psychology from UNO in 1973. He went on to get his doctorate, become a researcher at Tulane and serve as director of the Neuroscience Laboratory at the Southeast Louisiana Veterans Health Care System.

For more than two decades, he has been on the hunt for a better way to treat pain.

His first breakthrough came in 1997, when Zadina led a team that isolated a naturally occurring neurochemical that rivals morphine’s pain-killing ability — but without the addictive quality. Like morphine, the natural compound binds to what’s known as the mu receptor in nerve cells, blocking the brain’s ability to pick up the body’s pain signals.

Zadina set out trying to modify the chemical, which was named endomorphin. He wanted to develop analog versions that would be useful as medication.

“We started this before there was a lot of attention,” Zadina says. “It’s taken on more urgency now.”

Nearly 20 years later, opioids are part of a national discussion, with nearly 50 deaths a day attributed to overdose of prescription painkillers. That’s not even including heroin deaths, which increased in some areas where addicts sought cheaper alternatives to prescription drugs.

Zadina says the human toll is never far from his mind as he continues to search for a safer alternative to opium-based painkillers.

“If you watch the news every night, you see the potential impact,” Zadina says. “It’s always on your mind that you want to move forward.”

He is moving forward, and might very well have a solution that could end the opioid crisis.

But more on that later.

**LEGAL ISSUES**

The impact of opioid abuse extends beyond the medical laboratory. UNO graduate Joe Jeanette works on an opioid task force in Nebraska that includes treatment providers, medical professionals, law enforcement and prosecutors.

Jeanette says opioid abuse is different from other types of drug use in that morphine or Vicodin, unlike meth or cocaine, has a legitimate medical use in some instances.

“What it boils down to is meth, coke, crack cocaine, right off the bat it’s illegal. That makes it easier,” says Jeanette, law enforcement coordinator for the U.S. Attorney’s Office in Nebraska. “With opioids,
we’re looking at a lot of people that have had surgeries that got them down that road. Are we going to lock them up? I don’t think so.”

Jeanette received his bachelor’s degree in criminal justice from UNO and teaches a course on the subject at the university. He still approaches the problem from a law enforcement perspective.

“We have aggressive prosecution on the federal side,” he says. “It’s No. 2 behind guns and gun violence at the Department of Justice.”

Strong policing is necessary, he says, especially when an illegal supply of the powerful synthetic opioid fentanyl, is intercepted.

But he believes the broad scope of the problem requires a solution that includes drug courts, new options for pain management and even training law enforcement officers to administer a version of the opioid antidote naloxone to restore normal breathing during an overdose.

While some have expressed concerns about addicts seeing how much of a drug they can ingest before needing an antidote, Jeanette believes the vast majority in law enforcement see EMT training as fitting with their mission.

“We’re out there to save lives, and this is part of it,” he says.

Jeanette’s push with the task force is to strengthen state law for prescription drug monitoring. He wants to allow law enforcement limited access to a database to see who might be doctor shopping for prescriptions, though this has drawn opposition on privacy grounds.

Jeanette and other supporters of this proposal fear that Nebraska could become attractive for all the wrong reasons without closer monitoring of prescription drug purchases.

“Our concern is once these other states start cracking down, we’re open game here,” he says.

‘ALL HANDS ON DECK’

One of the worst states for opioid abuse was Florida, where UNO professor Tara Richards conducted research into the drug treatment needs of the Medicaid population of that state.

Her research, conducted from 2009 to 2012 while she was pursuing her doctorate, came about just as Florida became known for its “pill mills” and opioid addiction was becoming a national problem.

She is now an assistant professor in UNO’s School of Criminology and Criminal Justice. She says UNO is positioned to make an impact on this issue because of the university’s focus on public service in both urban and rural areas.

OPIOID ADDICTION Touches EVERY ASPECT OF ONE’S LIFE.

“Opioid addiction touches every aspect of one’s life,” she says. “It impacts their ability to parent. It impacts their ability to work. It impacts their health care usage. It’s not just a problem that is interesting to psychiatrists and medical professionals. This is an all-hands-on-deck issue.”

Richards says her research found that the low-income Medicaid population faces obstacles to affordable substance abuse treatment. Sometimes, she says, basic transportation can be a problem, with methadone clinics open at inconvenient hours and some located as far as 100 miles away for people living in rural areas.

“Broadly speaking, individuals on Medicaid have more complex physical and mental health issues,” she says. “If you are someone with limited means, you have limited access to health care, including substance abuse treatment.”

Opioid addiction strikes all income levels, but Richards says the low-income population would benefit if the problem was viewed more as a sickness than a weakness.
“Individuals with opioid addiction are filling our courts. They are getting arrested,” she says. “We have to make a concerted effort to reduce the stigma of seeking treatment.”

She also says low-income Medicaid patients have fewer options for non-opioid pain relief, which increases the possibility of addiction down the road. Solving the problem of opioid addiction, she says, includes better access to other types of pain relief, from exercise to acupuncture.

“There are very few options for individuals seeking services through Medicaid for non-medicinal treatment,” she says. “Those things are not available to a low-income population.”

Jeanette says the benefits of alternative pain management aren’t lost on the task force examining opioid abuse in Nebraska. “We’re doing a good job of educating our medical students and pharmacists on the alternative to pain medications,” he says.

**ZADINA’S MORPHINE ALTERNATIVE**

The best alternative could be medication that stops pain without causing addiction in the first place. In his laboratory in New Orleans, Zadina is getting closer to a major development.

In 2016, Zadina published a paper describing an analog of endomorphin that treats pain as effectively as morphine, but with reduced side effects such as addiction liability, tolerance and respiratory depression.

With today’s prescription opioids, a patient sometimes takes higher doses as the body develops tolerance. This increases the risk of addiction, while respiratory failure is what ultimately can lead to death from overdose.

In the study, rats were given a chance to press a lever that administers more morphine. Much like a human addict, they pressed and pressed, illustrating the addictive nature of that drug.

Zadina’s new drug? It didn’t generate the same lever-pushing response — but it still relieved the pain.

“That’s kind of exciting,” Zadina says.

The next big steps will involve clinical trials in humans. Zadina found a commercial partner to oversee studies for FDA consideration.

The process could take up to seven years as studies assess the drug’s effectiveness in humans while looking for possible drawbacks, such as harm to the kidney or liver. The upsides are huge, with MIT’s Technology Review magazine describing Zadina’s discovery as having the potential to produce “the painkillers that could end the opioid crisis.”

“We have to see what it can do in humans,” Zadina says. “You never know. A lot of drugs do well until the very end. The first thing you have to do is make sure it doesn’t hurt anybody.”

In some ways, painkilling drugs have changed little since World War I. The active ingredient in Vicodin, now the most prescribed drug in the country, was developed 100 years ago. The same goes for oxycodone and hydrocodone.

“We keep doing the same things and expecting different results,” Zadina says of past approaches to pain management.

On the trail of this new drug for more than 20 years, Zadina believes significant change is coming. It just might seem painfully slow at times, given everything that is happening with opioid abuse.

“Twenty years is a long time,” he says, “then I think of how long people have been trying to do this. No one has come up with anything better. We thought it might be worth a whole new approach.”
UNO Professor Steven Williams and alum Deb Anderson of Project Harmony created a stage to help train individuals identify homes with potential child abuse and neglect.
A HEALTHY DOSE OF ART

HOW CREATIVITY AND ART CAN IMPACT HEALING

By Rick Davis

SINCE EARLY HUMANS FIRST ETCHED PAINTINGS ON CAVE WALLS, APPEALING TO HEALING SPIRITS, ART AND HEALTH HAVE INTERTWINED. IT’S A CONNECTION THAT SPANS TIME AND CULTURES.

The ancient Greeks, for instance, believed that music, arts and healing were the domain of the god Apollo. Art, spirit and physical well-being are the essence of traditional Native American healing. And among Buddhist monks, the creation of intricate, brilliantly colored sand paintings, known as mandalas, are considered both sacred and healing art.

Modern scientific studies have further explored this connection.

A 2010 review of art and healing research published in the “American Journal of Public Health” found “clear indications that artistic engagement has significantly positive effects on health. Through creativity and imagination, we find our identity and our reservoir of healing.”

Tapping into that reservoir has been the work of UNO faculty, students and alumni. Here are a few of their stories.

SETTING THE STAGE FOR HEALING

At Project Harmony’s west Omaha office, a stage developed by a UNO faculty member and an interactive program directed by a UNO graduate are designed to enhance child welfare and bring healing to at-risk families.

Both stage and program are part of a state-of-the-art training institute at Project Harmony for child welfare professionals. Project Harmony is dedicated to ending the cycle of child abuse and neglect.

Steven Williams, who is unit coordinator of the theatre department at UNO and is an award-winning scenic and lighting designer with credits on more than 150 productions, designed a one-of-a-kind, rotating stage at Project Harmony.

About 12 years ago, Deb Anderson, a former social work professor at UNO and current senior director of early intervention and training at Project Harmony, came to Williams looking for theatrical advice.

Project Harmony was building a new facility in west Omaha that allowed for additional training space, and Gene Klein, executive director of Project Harmony, had approached Anderson.

“He said, ‘Deb, you always train in a way that’s experiential. What if we made a space for you to do that — like a theatre?’” remembers Anderson, who earned her Ph.D. in public administration from UNO in 2000. “As soon as he said that, I said, ‘Oh, I know some people I could reach out to.’”

One of those was Williams. Intrigued by Project Harmony’s concept of a theater space dedicated to scenario-based training, he had an idea. About a month later, he returned with a working model of a rotating stage.

“They were kind of blown away by the prospect of what this could be,” says Williams, who has taught theatre at UNO for 23 years.

After six months of planning, design and construction, the final piece was complete: a mechanical stage that can rotate, with a simple push of a button, to four predesigned scenes — a living room, kitchen, bathroom and front porch.

While Williams was constructing the stage, Project Harmony brought in law enforcement, legal and social services professionals to view the progress. “It would spark some kind of interest in them about, ‘I had this case when …,’ and then they would start telling their story,” Anderson says.

That input helped Williams create reality-based scenes — capturing what child welfare officers, police officers or other related professionals were encountering when entering a home.

That carried over to the selection of hundreds of props. Williams’ wife, Nancy, even spent time online researching meth labs. “She’s probably on some FBI watchlist,” he
says, only half joking. Each scene also can be easily changed to portray different circumstances.

“You can set it up to be a fairly affluent living room,” Williams explains. “But if you move the coat hanger on the wall over one hole, you’ll notice that there is a fist-punch in the drywall.”

The reaction from child welfare professionals has been overwhelmingly positive. Williams recalls an early conversation with Omaha’s police chief.

“He said, ‘You have no idea how this is going to impact how we are able to train our people, and what a big impact that’s going to make on how we’re able to benefit these children in domestic violence cases.’

“That was the coolest part for me. It’s making a big difference.”

**ACTING WITH A PURPOSE**

“I’m not a drunk or bum on the street,” explains Dan, an actor role-playing as a husband and father of two teenagers, who recently lost his job and is seeing a therapist at the urging of his concerned wife.

A few minutes earlier, UNO graduate Nick Zadina had welcomed about 20 child welfare professionals to Project Harmony and explained the morning’s training. “Today, we are going to be looking at a family of four. You’ll be able to watch as they are interviewed by various professionals.”

Actors portrayed the four family members, and the roles of school counselor, caseworker, therapist and probation officer were played by Project Harmony staff and local counselors.

Zadina, a training specialist at Project Harmony for the past six years, wrote the script for this particular three-hour training, based on a conglomeration of real cases. “I love this exercise because it shows you the complexity of families,” Zadina says.

The family’s story unfolds bit by bit, followed by audience discussion. Finally, the curtain is pulled back in a 25-minute theatrical production — a behind-the-scenes look at the family’s home life, performed on the rotating stage, which produces a few audible gasps from the audience.

“This is what you guys deal with every day,” Zadina says afterward. “This is not easy stuff.”

Zadina, who earned his master’s degree in theatre from UNO in 2002, hires local actors to help with the training, including UNO graduates.

UNO theatre alumnus Brandon Rohe, a train dispatcher at Union Pacific, has played Dan for the last four years. “Child welfare has always been near and dear to me,” he says. “I started as an education major at UNO until the theatre department sucked me in.”

UNO theatre alumna Victoria Luther, a paralegal at a local law firm, played his teenage daughter, Lacey. “This has just been an amazing experience,” she says. “I love what it does and how it affects people.”

**THEATRE PLAYS A ROLE**

From 2011 to 2016, Cindy Melby Phaneuf, a theatre professor at UNO and a nationally recognized member of the College of Fellows of the American Theatre, worked with health care professionals at the University of Nebraska Medical Center (UNMC) to develop health care scenarios in which UNO theatre alumni and students would role-play as patients.

The purpose was to educate and train physicians and medical and nursing students on best practices in dealing with patients.

Some of these role-playing scenarios were packaged as videos, focusing on everything from educating rural physicians about patient referrals to helping physicians communicate about end-of-life care and an award-winning series for medical and nursing students on increasing patient health literacy.

“I just loved the interaction between the arts community and the medical community, and how open they were to us,” Phaneuf says. “The doctors and students really loved working on the project. They were curious about the acting process. It led them out of their comfort zone and to practice some strategies that they might not have thought of.

“I believe so much in the power of art in healing,” Phaneuf says. “I think it allows people to connect to their emotional selves and connect to stories, realizing other people have similar stories, so they feel less alone or more empowered.”

**ART AS THERAPY**

Betsy Funk, who earned a master’s degree in social work and public administration from UNO in 2004, is a licensed independent mental health practitioner, a registered expressive arts therapist and co-founder of the Omaha Therapy Arts Collaborative.

“I use the creative arts, including visual art, music, movement and mindfulness practices — so, multimodal processing — to help people through the emotional ups and downs of their lives,” Funk says.

As a registered expressive arts therapist through the International Expressive Arts Therapy Association, one of Funk’s goals is to bring this type of training to the Omaha area. “In my studio, I do workshops for other mental health practitioners, so they can be exposed to it,” says Funk, who traveled to Florida to study for her professional credentialing.
In her practice, Funk works with adults, teens and children, using art therapy as appropriate, with client approval. For those who have experienced trauma, for instance, she says art therapy allows them to express themselves without words. She then invites them to talk about their work.

“It’s different than traditional art therapy, in that I don’t have any predefined theories for their artwork,” she says. “I don’t analyze other people’s work. I want them to tell me about themselves through their work.”

In addition to individual clients, Funk has worked with school groups through Project Harmony.

“I think it allows people to safely use their creative potential, that everyone has inside of them, in a safe and comfortable way that can be transformative and healing and empowering for themselves.”

HEALING THROUGH STORYTELLING

Once a week, for the past eight years, UNO theatre alumna Rita Paskowitz has visited the Siena/Francis House, the largest homeless shelter in Nebraska, giving artistic voice to those pursuing alcohol and drug abuse rehabilitation.

Her business card simply says “storyteller.” And she believes allowing a safe space in which people can create art or engage in storytelling can play an important role in the healing process.

“I remember one young man who said that coming to the creative workshops kept him sane while he was going through treatment,” Paskowitz says. “The art that we did — writing, visual art, storytelling — just helped him get out of himself.”

Paskowitz also uses music, storytelling, writing, dance and the visual arts in her longstanding community work in grief healing, which has included working directly with bereaved families and individuals, as well as with grief counselors.

“When people are doing art, there’s something that happens in your brain,” Paskowitz says. “I can’t tell you how many people we touched, who thought, ‘Oh, my gosh, I can use this with my clients.’ Or, ‘It has helped me with the grief that I’m dealing with.’ It was just an amazing, wonderful thing.”

Paskowitz graduated from UNO in 1972 with a degree in speech and drama and a minor in English, and currently teaches a master’s-level class on storytelling designed for teachers.

She’s also developed a program for the Douglas County Health Department for women grieving the loss of a child prior to or during the birth process, called HUGGS (Healing Unresolved Grief Group Support).

“I created a six-week program using stories as the basis for healing for these women,” she says. “It was the hardest thing in my life I’ve ever had to do. But there is room for stories.

“Wherever anyone is broken, there is a story behind it. And there’s always a new story ahead of you.”

I BELIEVE SO MUCH IN THE POWER OF ART IN HEALING.

IN THE POWER OF ART IN HEALING.
UNO GRADUATES HELP BREAK DOWN BARRIERS IN ADAPTIVE TRAINING PROGRAM

By Kent Walton
LIKE OTHER CROSSFIT ATHLETES, TARYN SCHAAF HEADS TO THE GYM TWICE A WEEK TO TAKE PART IN MUSCLE-STRAINING, HEART-POUNDING, SWEAT-INDUCING WORKOUTS THAT PUSH HER TO HER PHYSICAL LIMITS.

BUT UNLIKE MOST WHO PARTICIPATE IN THE POPULAR FITNESS TRAINING REGIMEN, SCHAAF COMPLETES HER WORKOUTS FROM A WHEELCHAIR.

Nine years ago, Schaaf, 33, was a competitive waterskier at the University of Iowa. But an ATV accident left the athletic farm girl from Sidney, Iowa, a quadriplegic. In the months following her accident, Schaaf went through rehabilitation at QLI, a nationally acclaimed rehab campus in North Omaha specializing in treating spinal cord and brain injuries.

After graduating from QLI, Schaaf earned her bachelor’s degree in social work from UNO in 2016. And, with the help of a mechanical exoskeleton, walked across the stage to receive her diploma (pictured, at left).

Schaaf has adapted to what she calls her “new normal.” She lives independently, drives a modified minivan and works full time as a social worker. On occasion, she’ll head to the lake for jet skiing and tubing.

But she discovered a new passion when she joined a startup exercise program at QLI run by coaches from CrossFit Omaha.

“It really helped change my outlook on life,” Schaaf says. “Not that I had a negative one. It was a jump-start to getting back to being healthier.”

QLI’s fledgling CrossFit program, which launched earlier this year, was the idea of QLI Director of Nutrition Stephanie Roob, who has long dreamt of starting an adaptive CrossFit program on QLI’s campus.

“That’s what’s great about QLI. We’re always encouraged to dream big and nothing is taken off the table,” Roob says.

In late 2017, Roob reached out to CrossFit Omaha owners Dustin and Stacie Tovar, both UNO graduates.

“They came out to QLI, and we brainstormed what we wanted this to look like, and they left saying, ‘We’re in. We want to do this,’” Roob says. The first 12-week session started in spring 2018.

Dustin is a former UNO wrestler and the 2005 UNO Male Scholar Athlete of the Year who graduated that same year. Stacie, a former UNO volleyball player, is a four-time NCAA academic honor recipient and the 2017 recipient of the UNO College of Education’s 2017 Distinguished Promising Professional award. She graduated in 2007. The couple have owned CrossFit Omaha since 2016, when they bought it from its founders, former UNO strength coaches Ricky Frausto and Joe Westerlin.

Both Stacie and Dustin are former CrossFit competitors. Stacie is an eight-time qualifier for the international CrossFit Games and a three-time CrossFit Team Series Qualifier. The couple retired from competition to focus on running their business.

To prepare for working with people limited by spinal cord and brain injuries — as well as strokes, Parkinson’s disease, spina bifida and multiple sclerosis — the Tovars, Roob and Addi Kahrs, another CrossFit Omaha coach, completed a CrossFit adaptive training course. Specialists in spinal cord and brain injuries also assist at each class.

The CrossFit sessions are 12-weeks long. Classes are held three times on Tuesdays and Thursdays in a converted maintenance garage on QLI’s campus. Because space is limited and the Tovars want to provide personalized coaching, classes are limited to three participants. A nonprofit, QLI received a grant to cover program-related costs and to provide scholarships for participants. Eventually, the program will be funded by participant fees.

CrossFit workouts combine elements of weight training, gymnastics and rowing and can be scaled or modified to fit the limitations of an adaptive athlete. But the principals are the same for all participants of all abilities.

Coaches at QLI measure range of motion and flexibility and record video of each session so participants can see their progress. For some, the goal is having the strength to hold a pen and sign their name. For others, it may be doing an exercise they haven’t done since being injured.

“One of the younger guys with a C6 spinal cord injury said, ‘I don’t think I’m ever going to be able to do a situp again. That’s just not something I can do.’” Roob says. “It took some time working with him and figuring out how his body moved. Now I have video of him doing a full situp holding an 8-pound ball.”

Because Schaaf has strength in her arms, she can transfer herself in an out of her chair. By participating in CrossFit, she hopes to maintain that strength and her independence.

“As I’m aging, my transfers are harder,” Schaaf says. “I would like to stay active, so I can be healthy. If I lose my arm muscles, my transfers are going to be harder, and I would have to have someone take care of me.”

It hasn’t taken long for participants and coaches to witness positive results.

“After the first six weeks, we saw huge strides in their range of motion, flexibility and confidence” Stacie says.

Beyond building strength and confidence, CrossFit has other positive aspects that make it a perfect fit for QLI, Roob says.

“I’ve always appreciated CrossFit for the sense of community they infuse into training,” Roob says. “One of the things we have here is a tight-knit community. Anyone who passes through our doors and participates in our program is family.”
Bobbi Sue McCollum and Keith Hatfield live on opposite coasts. As medical professionals, though, their careers share a similar charge — saving lives.

McCollum is a nurse in Portland, Oregon, who spends her shifts in the emergency room. Hatfield, a physician assistant at a dermatology clinic in Jacksonville, Florida, at times helps in surgeries to remove skin cancer from patients.

Both hold degrees from UNO, but they also share another commonality — they are inventors. Driven by a desire to heal — and equipped with the moxie required to bring an idea to life and to market — McCollum and Hatfield each has created a product to solve a health-related problem.

INVENTIVE HEALING

By Chelsea Bailey

A STRAPPING IDEA

Hatfield, a 1989 UNO graduate, runs a fast-paced schedule. A physician assistant for 20 years, he keeps plenty busy at the clinic where he works. On the weekends, you might find him running in a local 5K race. And in whatever waking hours remain, Hatfield also runs a side-hustle — born out of a personal mission to treat a painful condition.

Hatfield is one of the estimated 2 million people plagued by plantar fasciitis in the U.S., according to the National Institutes of Health. A distance runner since high school, he was pain-free until 2010, when agony in his foot flared out of nowhere.

“It was just killing me,” Hatfield says. “I was so sore and was trying everything I could to take care of it.”

The plantar fascia is like a shock absorber for your foot, Hatfield explains. It’s a thick band of tissue that connects the heel to the base of the toes, and when it tightens and becomes inflamed, it causes stabbing pain.

“You can’t cure it; you can only manage it,” Hatfield says. Although there are several options for treatment, the best approach is stretching regularly.

Drawing on his master’s degree in exercise science from UNO and his athletic training experience, Hatfield tested the best stretching techniques. He tried all the devices on the market, but nothing met his expectations.

“I never felt the stretch in my arch where I wanted to feel the stretch,” he says.

So Hatfield, 55, took to the Internet, found a company that manufactures straps, ordered the parts and stitched them together. He wanted a wide strap that stretched all five toes simultaneously; something that would hit the sweet spot in the arch.

“I had a vision in my mind of how I wanted it to work,” he says. With his first working prototype, he felt the exact stretch and found relief in a matter of minutes. “It was like this eureka moment. I knew this product could help many more people.”

That’s when the Hatfield Strap was born. What differentiates this product, he says, is its large handles and shoulder strap attachment. Users can lean back and leverage their body weight for a deeper, longer and more comfortable stretch of the foot and calf.

Over the last five years, Hatfield has produced, patented, marketed and sold his straps online. He has seen some success, with professional athletes and average citizens alike purchasing the product, which has uses beyond a remedy for aching feet (see more at hatfieldstrap.com).

He now is in the final stages of fundraising to expand scientific research on his device in hopes of gaining approval from the U.S. Food and Drug Administration to treat plantar fasciitis, helping to reach more people who need healing.

Despite his busy schedule and some setbacks, what keeps Hatfield going is seeing the surprise and joy on people’s faces when he sees his strap soothe their suffering.

“It’s the only thing that’s given them relief,” he says.

HATFIELD’S ADVICE FOR PLANTAR FASCIITIS RELIEF:

• Stretch, stretch, stretch! Focus on the foot and calf.
• Apply ice to reduce inflammation by rolling a frozen water bottle under the foot when pain is acute.
• Take anti-inflammatories for only a week to 10 days at a time and only to treat the worst flare-ups.
• Stretch in bed before putting weight on the affected foot in the mornings.
• Wear shoes or sandals with arch support, such as Birkenstocks, around the house.
GOING FOR THE GOLDFILOCKS

McCollum, 37, is a regular witness to trauma. “I see people die tragically,” says the UNO alum, who earned a 2003 degree in journalism before pivoting into nursing. “You realize how fragile life is. It pushes me to take advantage of every opportunity.”

So when she had a “eureka moment” after a training course, she knew she had to pursue her life-saving idea.

Taking an advanced cardiac life support (ACLS) certification class, McCollum was struck by what seemed like a weak solution to a deadly problem: hyperventilation. The emerging literature reported alarming death rates of cardiac arrest patients during manual resuscitation. The culprit? Operator error.

A manual resuscitator, or bag valve mask, is a hand-held device that administers rescue breaths. The danger lies when too much air accumulates in the lungs, which can suffocate the heart and starve the body of blood flow and oxygen, McCollum says.

The ACLS course emphasized the importance of providing the correct volume and number of breaths per minute — 10 for adults, or one breath every six seconds. But McCollum knew from experience that adrenaline-filled situations often interfere with internal timers.

“You can squeeze that bag endlessly and it instantly re-inflates,” she says.

Suddenly, she realized the solution was to slow down the time it takes the bag to refill, dialed to fit the patient’s size and appropriate amount of air needed.

Enter the Goldilocks Values. “It’s rescue breathing done just right,” she says. “We’re putting a safety mechanism on it, removing human error.”

McCollum and a small team, including her best friend and co-founder, Sara Halmes, have worked for the last five years developing a prototype, rallying for funding and raising awareness. Their turning point came two years ago when they starred on CNBC’s “Make Me a Millionaire Inventor.”

Before the show, McCollum was making a prototype by hand in her dining room but encountered difficulties doing so. Thanks to the show, she achieved her first working prototype, plus the “instant credibility” that comes from being on TV, McCollum says. “We have kind of a cult following in the emergency medical world.”

In the years since, McCollum and her team have trudged ahead, spending thousands of dollars and meeting challenges but never surrendering. Currently, McCollum says they’re working toward a deal with a company capable of commercializing the product (learn more at goldilocksvalves.com).

A native of Plattsmouth, Nebraska, McCollum credits the Invention Convention she attended in grade school for sparking her creative spirit.

“That was the first time I realized that I could invent something,” she says. “It made me think differently for the rest of my life.”

The event was so impactful, McCollum credits the Invention Convention she attended in grade school for sparking her creative spirit.

“The fact that I could literally change the way the world resuscitates people, that says to me anyone can do this. We all have this ability to do something incredible.”
Three years ago, as an eighth-grader, Reid Adler made a mistake. He texted something he should not have. The mistake snowballed, and by the next school year, Reid found himself on the receiving end of social media bullying. It escalated to a point he could no longer bear. Not knowing how to handle the situation, Reid took his life.

His parents, Joni and Mark Adler, were aware of bullies, the influence of social media and teenage angst. But the tragedy that befell their son forced them to adjust their perspective.

"I wish I’d taught him about how kind and caring he was," Mark Adler says. "We talk about leadership and courage, but do we ask our kids if they are proud of the things they’re doing? "I didn’t."

Adler, a UNO graduate, is in a position to help change that as superintendent of Ralston Public Schools. He sees firsthand the pressure kids are under today. And despite his own loss, he’s managed to find sympathy for the kids who do the bullying.

"They’re struggling," Adler says. "They’re looking for a way to fill a void. "Young people see what we do, they see us tear each other apart online, and that is the example they have."
According to a recent study in the Journal of the American Medical Association, children who are bullied are more than twice as likely to consider suicide. That’s distressing given that suicide is the third-leading cause of death for youth aged 10-24, per the Centers for Disease Control. That comes to approximately 4,600 deaths per year. And it’s on the rise.

#BEKIND

Many factors go into the why of suicide, but social media use and abuse generates plenty of discussion as a factor. The Adlers determined to bring what good they could from their own tragedy — and social media has played a role in the healing.

After Reid’s death, loved ones offered to fundraise for scholarships in his name. As part of their efforts they created t-shirts with “BeKind” printed across the back to honor Reid who, Adler says, “was just a very kind kid.” Reid’s football team jumped in and sold BeKind car clings.

Soon, BeKind took on a life of its own. Items printed with the hashtag were in great demand. Mark and Joni began giving presentations about social media safety and suicide awareness.

Around the same time, UNO graduate Jim Sutfin, a good friend of the Adlers and superintendent of Millard Public Schools, attended a conference in Tennessee. He was inspired by the positive reaction of Nashville-area schools to a series of teen suicides.

“They spearheaded a community-wide conversation and ‘Be Nice’ was what they adopted,” Sutfin says. “I thought about the Adlers and their ‘Be Kind’ efforts.”

Sutfin approached the Adlers and suggested they use BeKind to initiate a conversation within the schools and the larger community. Mark and Joni loved the idea.

Metro area school districts, community colleges, UNO and other universities and even the City of Omaha embraced the idea. With the Adlers and Sutfin spearheading the push, the 2018-19 school year kicked off Aug. 24 as official BeKind Day.

“Kids get put in time out. Employees have thick manuals of what they can’t or shouldn’t do,” Sutfin says. “But with BeKind we’re just saying lift each other, help someone.”

Sutfin believes people of all ages are craving kindness. “Nothing heals more than doing something for someone else or making someone feel they belong,” he says.
TEACHING KINDNESS

UNO professor Ferial Pearson isn’t surprised by the embrace of the #BeKind movement. As a teacher at Omaha’s South High School she performed an experiment in 2013 that led to her doctoral dissertation and a book, “Secret Kindness Agents: How Small Acts of Kindness Really Can Change the World.”

Pearson was curious to see the impact of kindness education in upper grades, so she created a project she eventually called Secret Kindness Agents. She challenged her students to accept kindness “missions” and perform anonymous acts of kindness. Within her initial class of agents in 2013 she found varying degrees of change — all positive.

Like the #BeKind movement, Secret Kindness Agents has been adopted by others because teachers and administrators are able to use the concept within their own context. The project is in more than 400 schools, reaching as far as Canada and Spain. Even Lady Gaga’s Born This Way Foundation has featured it.

“They are yearning for it,” Pearson says. “They’re seeing mean girls, kids bullying each other or beating up on themselves. And this kindness stuff is fun to do.”

Studies show kindness can bring about healing — physical, mental and more. Just witnessing an act of kindness produces oxytocin, sometimes referred to as the “love hormone,” which aids in lowering blood pressure and improves overall heart-health.

Pearson witnessed and has since received feedback from other Secret Kindness Agent campaigns that kids and teachers feel better. They report to her that performing kind acts has led to a general improvement in their well-being.

SAVING GRACE

Adler hopes for the same kind of impact from #BeKind.

“It’ll be three years since we lost Reid, and this movement is the little bit we get of him to live on,” Adler says, “We’ve talked to over 25,000 people through our presentations and I know it has an impact and even saved some people.”

“Mark and Joni are heroes to me,” Sutfin says. “To take the grief they’ve experienced and turn that to a focus on kindness, I’m in awe of them.”

Adler says their faith has helped his family navigate the pain, as have people close to him.

“We spend so much time in the bad so we’ve trained ourselves now to always ask ‘And where is the good?’”

He’s finding it one kind act at a time.

BECOMING AN AGENT OF KINDNESS

Dr. Pearson’s Tips for Integrating More Kindness Into Your Life:

1. Start by being kind to yourself. Once we give ourselves grace for the things we’ve done, it becomes easier to do the same for others.
2. Determine one thing you’ll change about your own behavior each day that will lead to kindness towards someone else. For example, set a goal to look up and smile at every person you see for one entire day.
3. Call people out for the good things they do. For example, write a note to an unsung hero in your life.
4. Practice giving compliments that are not based on physical appearances. Look someone in the face and compliment something about their personality or what you enjoy about their character.
5. Kindness doesn’t need to cost anything. It takes 30 seconds to hold a door open or to include someone in a conversation.
Send your class notes to www.unoalumni.org/classnotes. Or, post your note on the UNO Alumni Association Facebook page: www.facebook.com/UNOAlumni

**55** LYDELL CRAIG KIPLIN (BA) retired from the United States Air Force in 1977. Kiplin continued to practice ophthalmology, specifically opthalmology, until he retired from medical practice in 1999. Now he enjoys skiing, traveling and hunting in Argentina. Recently, he won a gold medal for winning a downhill ski race in his age group.

lkiplin@sbcglobal.net

**58** MARILYN A. SCHMIDT (BS) has spent much of her time volunteering since retiring. One of the volunteer jobs is tutoring second-grader in reading in Dayton Public Schools. Schmidt also leads an in-chair exercise class in the nursing home at her retirement village.

maschmidt35@yahoo.com

**66** G. DAVID RICHARDSON (BA, MA-74) retired from teaching English and coaching the debate team at Omaha Westside High School in 2004. He now works part time as executive secretary of the Westside Education Association, the teachers’ professional organization. In addition, he is a part-time adjunct English instructor at Metropolitan Community College. Richardson recently published a book, “Pillars & Dreams: the History of the First Unitarian Church of Omaha.” The book commemorates the sesquicentennial of the 1869 founding of the church and the centennial of the dedication of the church’s Georgian revival building at 31st and Harney streets. He and his wife, Colleen (BA-72), live in the Dundee area of Omaha.

richardson821@gmail.com

**68** DARYL GONYON (BA) says he was the first person ever to wear an embroidered jacket reading “University of Nebraska at Omaha” the day the merger of the University of Omaha with the University of Nebraska was officially announced in 1968. Gonyon was the public relations officer for the Bootstrapper’s Pen & Sword Society. Following his graduation as an honor graduate from Air Force Officer’s Training School, he worked at HQ USAF Office of Special Investigations in Washington, D.C. He served as a special agent, resident agent, then commander of units during the Vietnam War. Following service as operations officer for the world’s largest Air Force Recruiting detachment for New York City and Long Island, NY, he completed his Air Force career as section commander in Bitburg Air Base in Germany. There he was named Junior Officer of the Year for 1976 and was awarded the Meritorious Service Medal. Semi-retired in Massachusetts since 1979, he served as a college admissions officer, as the first-ever non-Indian personnel director for the Narragansett Indian Tribe, and as a city councilor, city human resources director, town administrator, and now elections commissioner. He and his wife of 57 years, Lauretta, live in Fall River, Massachusetts. They have three children, six grandchildren and one great-grandchild.

CaptainGonyon@HelpForVeterans.com

**70** MARY HILFIKER (MS) would love to hear from the 1971 cohort fellowship grads in counseling.

mhilfiker@yahoo.com

**72** RUSS A. ABERNATHY (BS) retired June 30 after a more than 50-year career in television, the last 27 years as TV station manager at WKNO-TV in Memphis, Tennessee.

rabernathy@bellsouth.net

**76** MICHAEL JOSEPH SCHNEIDER (BS) wrote that “From Omaha to Da Nang,” is now available in paperback.

mjschneider63@tx.rr.com

**80** RIC HINES (UNL-BS: UNO campus; pictured, far right) joined UNL grads Vic Faesser (center) and Pat Grewe (left) on “2018 Circa de Nebraska/Seven States Tour.” The trio rode their bikes around the Nebraska border and into the states surrounding it from Aug. 27-Sept. 17, completing 1,412 miles in the process. They had completed a similar ride in 2017. Writes Hines: “The two rides were wonderful tours of Nebraska ... from steep rolling hills to several mile-long hills, with extreme headwinds, severe storms, high heat and humidity, puncture vine everywhere, and numerous dead rattlesnakes, coyotes, raccoons, possums, etc. But...on the positive side...relatively good roads, 98 percent courteous drivers, miles and miles of varied scenery that most Nebraskans have never experienced/ enjoyed from a bicycle seat at 13 mph, and great people in every town ridden through/stayed at. We met so many
Making the List

UNO graduates made news earlier this fall with inclusion on two high-profile lists of standout professionals.

Three UNO grads made their way onto the Omaha Jaycees’ Ten Outstanding Young Omahans list. They include:

- John Carl Denkovich (MPA ’10) Heartland Family
- Erik Servellon (BA ’13; MPA ’16) Nebraska Legislature, Senior Staff
- Buey Ray Tut (BS ’08) Aqua Africa

Five UNO alumni were honored in the annual Midlands Business Journal 40 UNDER 40 issue recognizing entrepreneurs, executives and business professionals in the Greater Omaha area. The five:

- Garry Clark (MS ’06) Greater Fremont Development Council
- Nicky Clark (MSW ’10) Heartland Family Services
- Jacqueline Glassman (BS ’09) Proxibid
- Lakelyn Hogan (MBA ’13; MA ’17) Home Instead Senior Care
- Eryka Morehead (BGS ’04) Collaborative Planning Group

great folks around the entire state. Why tour anywhere else when Nebraska offers so much to see. It truly is ‘the good life.” Hines worked 30 years for the U.S. Army Corps of Engineers, specializing in the hazardous waste/environmental field, before retiring in January 2016. That year he rode his recumbent bicycle 1,730 miles across the U.S. from San Diego, California, to Charleston, South Carolina. He has ridden nearly 33,000 miles since he began biking in 2006. His travels can be seen at iBikeNebraska.com.

AILEEN WARREN (BS, MSW-85) with her husband, TOM (MS-89), was made a court of honor inductee at the 122nd Aksarben Ball in October. The Warrens were honored for their community service. She is the assistant vice chancellor and executive director of human resources at the University of Nebraska Medical Center and serves as an executive committee member on the boards of the Omaha Home for Boys, the Women’s Fund of Omaha and the Institute for Career Advancement Needs.

SALLY REHMEIER (BS) has been a teacher for 31 years in the Omaha Public School District. Now she is starting her fourth year as a semi-retiree, still substitute teaching, traveling and spending time with her parents. Rehmeier enjoys making movies and entertaining in her spare time. She is married to former UNO student TERRY REHMEIER (BS-78), who is in his 35th year at Retail Data Systems of Omaha, the last nine as general manager.

JAYSON A. FORD (BA) worked in trial law for 30 years then focused on writing. His first novel, “Dr. Ford Freud: A Cure for Nightmares,” was published by Mascot Books. The story follows an 8-year-old boy who is tormented by graphic nightmares. He is treated by Ford, a child psychologist. It has been described as a “twisted combination of Lemony Snicket and Edgar Allan Poe.” It is available on Amazon and at fordfreud.com.

DOUG EWALD (MS) was named the vice chancellor for business, finance and business development in support of UNO and UNMC.

dougewald@unomaha.edu

THOMAS WARREN (MS), with his wife, AILEEN (BS-83), was made a court of honor inductee at the 122nd Aksarben Ball in October. The Warrens were honored for their community service. The former Omaha Police Department police chief, Warren now is president and CEO of the Urban League of Omaha and serves the Omaha Community Foundation, Omaha Chamber of Commerce and the Douglas County Juvenile Detention Alternative Initiative.

SUSAN KRAFT MANN (BSBA) was named assistant vice chancellor, director of budget and fiscal analysis for the University of Nebraska Medical Center. An 18-year veteran of the UNMC Department of Business and Finance, Kraft Mann will work with Chancellor Jeffrey P. Gold, M.D., the vice chancellors and each of the deans and major business units to determine opportunities for savings and revenue generation, such as new contracts, new collaborations and other potential new revenue sources. She joined UNMC as a financial analyst in 2000. She was named assistant manager in 2002 and manager in 2006. For the past eight years, she had been serving as director of budget and fiscal analysis.

LISA HARRISON JACKSON (UNL-BS: UNO campus) Jackson recently released her book, “Gifted: Handle with Care,” now available on amazon. She is a marketing and recruitment director for Sacred Heart School and All Saints Catholic School through Christian Urban Education System in Omaha.

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RANAE L. ASPEN (UNL-BA; UNO campus) works for Nebraska Extension in Buffalo County as an extension assistant for its SNAP program. She is working on her doctorate with an Agriculture Leadership, Human Science emphasis. She credits UNO with a lifetime desire to learn.
ranae.aspen@unl.edu

ROB RANDELS (BSBA; MBA-94) was named one of the top financial advisors for Northwestern Mutual with induction into the company’s 2018 Forum Group. Only 5 percent of more than 6,000 financial representatives receive this recognition.
robrandels@unmc.edu

TIM HARRISON (BSBA) was named one of the top financial advisors for Northwestern Mutual with induction into the company’s 2018 Forum Group. Only 5 percent of more than 6,000 financial representatives receive this recognition.

DANA EL-HAJJAR (BS, MBA-03) writes: “I have worked at UNMC for 18 years now, and thanks to my degrees at UNO I am able to have the job of my dreams. A chemistry degree along with an MBA from UNO opened the doors for me to work on the business side of the healthcare field.”

delhajja@unmc.edu

RANDY CASE (MPA) is attending the Southern Police Institute Administrative Officers Course at the University of Louisville.
scase4@bellsouth.net

TAYLOR QUEDENSLEY (MS) is co-principal investigator of the project, “Plant Discovery in the Southern Philippines” as a researcher at the Botanical Research Institute of Texas. The four-year study investigates habitat loss in threatened forests of Southeast Asia. This biodiversity study recently received a $1.3 million grant from the National Science Foundation.

ALISON KING TIGGES (MS) has been teaching at One Tree Yoga since 2008 and recently became co-owner with Gabrielle Hopp of both its locations in August. OTY has been a small local business for almost 20 years and is teacher-owned. Tigges worked at UNO during grad school and afterward for the School of Criminology and Criminal Justice under Professor T. Hank Robinson from 2007-2010.
tigges4@bellsouth.net

DWYER ARCE (BS) is a lawyer at Kutak Rock in downtown Omaha. He recently argued a case in front of the 3rd U.S. Circuit Court of Appeals and the court ruled in favor of the position he advocated to relinquish review control over the Virgin Islands Supreme Court. Now, cases can only be reviewed by the U.S. Supreme Court, placing the Virgin Islands on the same level as other state territories.
dwyerarce@gmail.com

JENNIFER PALMER (BS) spent this summer studying desert and marine landscapes through ecological and social field methods in Baja. Palmer, an animal care specialist at Arizona-Sonora Desert Museum, lives in Tucson, Arizona, and is a graduate student in Miami University’s Global Field Program.

KYLE BROCK CLARY (MPA) has had an eventful year. In January, he served as an Emergency management specialist and helped Charleston County, South Carolina, respond to its worst winter storm in 30-plus years. In February, he was promoted to lieutenant colonel in the South Carolina Army National Guard. In April, Clary was selected to take command of the more than 300 Soldiers of the 1st Battalion, 178th Field Artillery, of the SC Army National Guard. Also, his son Grady Clary was born on Feb. 27.

Brockclary@hotmail.com

DAVID PONTIER (BS) was elected to the executive board of the Family Law Section of the Nebraska State Bar Association for 2018-2019.
davidpontier@nebraskalawyers.org

SUSAN E. VIOLI (BGS) was promoted to director of community relations at the Omaha World-Herald and recently graduated from Leadership Omaha Class 40.
svioli@omahaworld.com

QUINN R. EATON (BS) graduated first in his class from Creighton University School of Law in 2017. He now is a commercial litigation associate at Husch Blackwell LLP.
quinn.eaton@huschblackwell.com

JUSTIN ARNOLD (MS) became senior manager of communications at the Urban Land Institute. He mainly oversees the external media relations effort, along with creating and distributing press releases and other tasks.
justin.arnold@gmail.com

TYLER DAHLGREN (BS) works as the communications specialist for the Nebraska Council of School Administrators. Dahlgren manages the Nebraska Public School Advantage, an online storytelling outlet partnered with Nebraska Loves Public Schools in highlighting great things happening across the state. He writes: “My time in UNO’s journalism department was awesome and provided many opportunities and experiences that continue to help me today.”
tyler@ncsa.org
Otto Zander Newcomer, son of Kati and Chase Newcomer of Omaha, shows off his “O BABY!” shirt. Chase is a former UNO student and the Newcomers are devoted Maverick hockey fans.

Maverick Ryan Haney, son of JILL (HEYWOOD, ’15) and RYAN (’09) HANEY of Omaha and grandson of LuAnn and GARY HANEY (’76) of Omaha.

Norah Jo Lang, daughter of ABBY (WHITLEY, ’13) and JEREMY (’14) Lang of Bellevue, Nebraska.

Everleigh Joy Schumann, granddaughter of Jeff and SHERRI (’02) SCHUMANN of Omaha.

August Robert Schlegelmilch, son of Joel and DANIELLE (PETERSEN, ’06) SCHLEGELMILCH of Omaha.

Kylee Adalynn Missell, daughter of Kassie and KEVIN (’06) MISSELL of Omaha.

Kaiden Elias Kilgore and VICTORIA CHAMPAIGN-KILGORE (’16) of Omaha.

Brown Heal Allen and Everleigh Garnet Allen, twin grandson and granddaughter of ERIN (’81) and DUDLEY (’78) RINAKER of Fremont, Nebraska.

Beringer Gerhardt Lambrecht and Allister Gustav Lambrecht, twin sons of Devyn and KRISTEN (ACKERMAN, ’09) LAMBRECHT of Omaha.

Benjamin Loza, son of Anabel Lira and ESTEBAN LOZA (’17) of Sunrise, Florida.

Alaina Alodyne Parks, daughter of Dion and REBECCA (REMMERS, ’09) PARKS of Lincoln, Nebraska.

Leonardo D’Mitri Blum-Ehly, grandson of Douglas and MARCIA (’76) BLUM of Omaha.

John Grady Clary, son of Virginia and KYLIE (’12) CLARY of Charleston, South Carolina.

Amy Virginia Jobst and Joseph Charles Jobst, grandson and granddaughter of JACQUELINE JOBST (’66; deceased).

Vicente Luka Sanchez Ramos, son of Jose Sanchez and ATHENA (’02, ’04, ’09) RAMOS of Bellevue, Nebraska.

Barrett Lee Brozel, son of MACHAELA CAVANAUGH (’08) and NICHOLAS BROTELZ (’17) of Omaha.

Nora Lynn Strain, daughter of JENNIFER (FRISBIE, ’08) and DANIEL (’09) STRAIN of Omaha.

Emmeline Pearl Nelson, daughter of MEGAN (SCHMITZ, ’11; ’14) and MATT (’11) NELSON of Omaha.

Lila Jane Talmon, daughter of Adam and JESSICA (HAYS, ’12) TALMON of Omaha.

Leonora Nicole Gronseth, daughter of Shay and REBECCA (SMITH, ’13) GRONSETH of Omaha.

Irelyn Rose Smith, daughter of Daniel and JENNIFER (SCHOMER, ’08) SMITH of LaVista, Nebraska. Also have Harper Melia, born July 2014.

Karlos L. Cozart III, grandson of KARLUS COZART SR. (’03) of Papillion.

Brooklyn Lora Moore, daughter of JACQUELYN (PIRTE, ’10) and BRIAN (’12) MOORE of Omaha and granddaughter of SARA PIRTE (’89; ’94) of Omaha.

Gabriel Benjamin Thiessen, son of AMANDA (FITCH, ’13) and JOEL (’16) THIESSEN of Nevada, Missouri.

Eliana Lynn Freeman, daughter of KELLY (SALVATORI, ’96) FREEMAN of Papillion, Nebraska.

Moira Jeanette Hopp, daughter of ALLY (LENHART, ’08; ’12) and DAVID (’10) HOPP of Omaha.

Cecilia Faelynn Doster, daughter of Jonathon and KRISTAL (HUDECEK, ’06, ’12) DOSTER of LaVista, Nebraska.

Lydia Krick, daughter of SARAH (WILSON, ’06, ’08) and KEENAN (’09, ’13) Krick of Omaha.

Clara Kay Borowski, daughter of JORDAN (BIERANOWSKI, ’09) and KYLIE (’09) BOROWSKI of Erie, Colorado.

Lincoln Thomas Plath, son of CHRISTINA (THOMAS, ’13) and BLAKE (’12) PLATH of Omaha and grandson of DEBBIE (JOHNSON, ’79) and RAY (’85) THOMAS and DEANNA (HALWEG, ’85) and BRUCE (’85) PLATH, all of Omaha.

Addison Kay Irish, daughter of HEATHER (KOUBA, ’08) and SHANE (’05) IRISH of Bellevue, Nebraska.

**********

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INCLUDE:

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CLASS YEAR

DEGREE

PHONE

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EMAIL
### IN MEMORIAM

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<tr>
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<tr>
<td>1938</td>
<td>Lillian A. Hoefener</td>
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<tr>
<td>1943</td>
<td>Marjorie R. Hickey</td>
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<td>1948</td>
<td>Phyllis M. Bittner</td>
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<td>1949</td>
<td>Philip S. King</td>
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<td>Robert G. Sanderhoff</td>
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<td>Kathy J. Peterson</td>
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<td>Rocky T. Crowder</td>
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<td>1992</td>
<td>Derek J. Noel</td>
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#### 16 AARON BURNETT (MPA) was appointed city Administrator for the City of Mason City, Iowa (population 28,079). “It is such an honor to work for a progressive community with so many wonderful things underway. I am excited about the opportunity to bring my education, skill set and experiences to work for Mason City.”

#### 17 ALVIN F. LUGOD (BS) writes: “Receiving my MS in criminal justice from Lamar University (Beaumont, Texas) in December 2018. Taking a gap year, then pursuing my doctorate! Go Mavs!”

---

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A LOOK AT HAPPENINGS ON AND OFF CAMPUS

SERVICE AND ... SNOW?
An early October snowfall meant students had to bundle up at UNO’s Three Days of Service sites, including those who helped dig a garden outside the Nebraska Chinese Center. The early white stuff, though, didn’t throw a blanket on the mood of participants.

“IT WAS A POSITIVE AND ENLIGHTENING EXPERIENCE. I ALWAYS LOVE TO VOLUNTEER, AND 3 DAYS AND 7 DAYS OF SERVICE IS A GREAT WAY FOR ME TO VOLUNTEER AND GET TO KNOW THE OMAHA COMMUNITY BETTER.”
NAZANEEN RAHMANZAI

CARVING UP SOME FUN
Students carve pumpkins during the 3rd Annual Halloween Bash in the Milo Bail Student Center.

KEEPING VIGIL
Air Force ROTC cadet Matthew Montanona marches for one hour while helping conduct a 24-hour vigil of a Prisoner of War and Missing in Action (POW/MIA) display in UNO’s Pep Bowl Sept. 14. Numerous UNO graduates were among those who were held as POWs during the Vietnam War, including Leo Thorsness, who was awarded the Congressional Medal of Honor during his captivity. After his release, he wrote “Surviving Hell: A POW’s Journey.”

PARADING HOME
The UNO Alumni Association led the way — literally — during Homecoming Week, carrying the banner at the head of the parade that wound through Scott Campus and Aksarben Village.
SIGHTS & SOUNDS

DIGGIN’ DURANGO DAYS
Camels, dancing, glow paint, balloon animals and a motorshow ... that and much, much more was part of the fun of Durango Days, the annual welcome back to campus at the start of the fall semester. Kamrin Baker, a junior and digital editor for the Gateway student newspaper, advised the following when writing fellow students about Durango Days:

“EMBRACE YOUR COLLEGE EXPERIENCE FOR WHAT IT IS: KIND OF LAME AND KIND OF COOL AND KIND OF GOOFY AND KIND OF LIFE-CHANGING ALL AT THE SAME TIME.”

SINK, SANK, SUNK
A taste of victory for one team and of chlorine for another as teams compete in the annual Battleship contest in the UNO Health & Kinesiology Building (formerly HPER). The fun was part of Homecoming Week and featured teams trying to sink each other’s canoes.

BIRTHDAY FOR A BULL
Durango turned 47 Oct. 23, and he’s looking better than ever. Don’t believe us? Just see how he looked in the ’70s and in 1993 ...

GOING MEDIEVAL
UNO’s Medieval and Renaissance Studies hosted a demonstration in the Pep Bowl, promoting the past and the future — recruiting students to the studies as an interdisciplinary minor.

HI-DEF, HIGH TIMES
UNO Television celebrated high-definition upgrades in September with a ribbon cutting at its studios in the CPACS Building.
The UNO Century Club is vital to UNO’s continued growth as one of the nation’s top metropolitan universities. In this issue, the Century Club recognizes all donors of $250 or more to any designation under the UNO Fund – scholarships, your college, faculty development, alumni programs, or the greatest needs of the university.

In 1973, the UNO Alumni Association created its premier giving society – the UNO Century Club. The first 44 members contributed $5,250. Today, the Century Club includes more than 270 members who in 2017 combined to give more than $150,000 to UNO.

On behalf of the university, its students, faculty and alumni, the UNO Alumni Association and the University of Nebraska Foundation recognize the generosity of UNO Century Club members who believe strongly in the mission of the university and support its ongoing success.

Help UNO transform the lives of its students by making your 2018 Century Club donation today through the UNO Fund! Visit nufoundation.org/UNOFund

This list reflects all Century Club-level gifts ($250 and above) to the UNO Fund from January 1, 2017 to December 31, 2017.

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Test your brainpower with these puzzles created by UNO graduate Terry Stickels (’76). An author, speaker and puzzle maker, Stickels’ FRAME GAMES is published by USA Weekend magazine and in 600 newspapers. He has two new efforts coming out for 2017 — A “Frame Games” and “Word Search” calendar.

For more information on Stickels, or to order any of his books, visit www.terrystickels.com

LOGIC
You are playing a game with 12 matchsticks, in which two players take turns removing from 1 to 3 matchsticks on each turn. The winner is the player who picks up the last matchstick.

Your friend goes first to pick up 1 matchstick. Is there a definite number you can pick up to assure your victory on your first move?

MATHEMATICS
I am thinking of a fraction where 5/9 is 11/13 of that fraction. What is it?

WORD PLAY
Below are the names of six states with their vowels removed. How fast can you figure out their full names?
1. KLHM
2. NDN
3. H
4. LLNS
5. W
6. RGN

ANSWERS

VISUAL
Which one of the following diagrams doesn’t fit with others, and why?

LOGIC
Yes. Your move is to pick up 3 matchsticks. Keep leaving your opponent with a multiple of 4, and you will win.

MATHEMATICS
65/99. Here’s one way to look at this:

\[
\frac{11}{13} \times x = \frac{5}{9}
\]

\[
x = \frac{65}{99}
\]

WORD PLAY
1. Oklahoma
2. Indiana
3. Ohio
4. Illinois
5. Iowa
6. Oregon

VISUAL
H is the only one that does not remain symmetrical if turned over on its two main axes.

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Everett Levison, Graduate
Critical & Creative Thinking, MA
University of Nebraska at Omaha

My today started when I discovered a program that not only fit into my lifestyle but also offered me the opportunity to have a concentration in my field of interest while still offering an interdisciplinary experience. The Master of Arts in Critical and Creative Thinking program offered by the University of Nebraska at Omaha has enabled me to focus on the environment and health but still draw and conduct research from a broad range of fields. One of the biggest advantages for me has been that I can do all of this while still working and traveling abroad because of the completely online format.

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