

FALL 2000

CREIGHTON

UNIVERSITY MAGAZINE



**REMEMBERING
FATHER KELLEY**

1914-2000

A Look at the
World's Trouble Spots

Fueling a
NASCAR Winner

Is This the Age of
Junk Journalism?

F A L L 2 0 0 0

CREIGHTON

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KELLEY Longtime Creighton Jesuit the Rev. William F. Kelley, S.J., died on May 2, 2000, leaving behind a wealth of friends and memories. Writer Bob Reilly, who once worked with Fr. Kelley, interviewed the popular Creighton priest just a few months before his death. He recalls a man who loved to be in charge, loved his Jesuit vocation and loved Creighton University.

Cover photo by Monte Kruse, BA'83



Photo by Bill Ramsey, BS'55



20 POLITICAL 'HOTSPOTS' DOT THE GLOBE

Creighton history professor Dr. Ross Horning takes a spin around the globe, highlighting a few of the world's trouble spots and providing some brief history behind the turmoil.



Photo by Monte Krause, BA '83

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Photo by AP Wide World Photos

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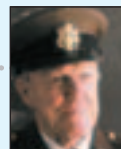
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CREIGHTON UNIVERSITY MAGAZINE'S PURPOSE

Creighton University Magazine, like the University itself, is committed to excellence and dedicated to the pursuit of truth in all its forms. The magazine will be comprehensive in nature. It will support the University's mission of education through thoughtful and compelling feature articles on a variety of topics. It will feature the brightest, the most stimulating, the most inspirational thinking that Creighton offers. The magazine also will promote Creighton, and its Jesuit Catholic identity, to a broad public and serve as a vital link between the University and its constituents. The magazine will be guided by the core values of Creighton: the inalienable worth of each individual, respect for all of God's creation, a special concern for the poor, and the promotion of justice.

DR. WILLIAMS PAVED THE WAY

I am a Creighton graduate (BS'79), an attorney (sorry, Rutgers '84) and a member of the U.S. Army Reserve for the past 21 years. I currently hold the rank of lieutenant colonel and recently completed an assignment as a battalion commander — the first African-American female officer in the 98th Division (Institutional Training) to hold such a position. Your article on Dr. Williams (Summer 2000) made me feel proud, thankful and humble to know that he was a Creighton graduate as well as a former member of the Armed Forces. I have no doubt that his courage and sacrifice made it possible for me to achieve my current rank. In fact, I am more determined than ever to pursue greater positions of responsibility.

In my current position as the clerk of the court for the U.S. Bankruptcy Court for western Wisconsin, I am one of the few African-Americans in the federal court system at this level. However, every day, I see more and more recognition of the fact that talent and ability come in all shapes, colors and are not gender specific. Each day, we move a little bit closer to a workplace that makes decisions based on merit, but we are still a long, long way from that goal. Thanks again for writing such a terrific article.

Marcia C. (Mahan) Martin, BS'79, Beloit, Wis.

DR. WILLIAMS A ROLE MODEL

Your feature article titled, "The Fight for Equality," was outstanding. What a great life story about a most interesting gentleman who overcame many odds to become a model for all young people, regardless of color or creed.

I was in the Air Corps pilot training program, but I never realized, until reading your story, the shabby treatment black officers were receiving from the military! What a disgrace!

On April 23, 1945, I recorded in my diary a bombing mission over Austria. This was just 10 days after those black officers were formally charged with treason. My comments described the intense enemy fire. The flak and resulting damage were greater than on any of my previous missions. At our side were the P-51 "black pilots," who flew fighter escort for our bomb group. These pilots were the products of top-notch fighter training at Tuskegee Air Field. The white officers who didn't want black officers in their club were playing discrimination games, while those P-51's protected us every day on our bombing missions.

Dr. Williams and his brothers, Jasper and Charles, have probably done far more for humanity, black and white, than most of those white officers who were intent on segregation because of color.

Thanks again to *Creighton University Magazine* for telling this story. Congratulations also to Dr. Williams and his brothers for setting a great example.

Ben Haller Jr., Ph.B.Jrn.'42, West Des Moines, Iowa

AFRICAN-AMERICANS LEAVE OMAHA

Congratulations on the articles appearing in the summer 2000 issue of *Creighton University Magazine* regarding the post graduate achievements of African-American Creighton alumni. The careers of Dr. James Williams, Lester Carter, Cheryl Polk and Robyn Davis make an impact not usually seen in your magazine.

I was a Creighton student during 1948-50. I received a fine education at Omaha Central High School and Creighton University, but it was necessary for me and my African-American friends and classmates to go to other cities to build our careers. This trend is seen yet in the careers of the four alumni you recognize. As we enter the new millennium, I pray that significant progress can be made in using the education, gifts and talents of African-American Creighton graduates to enhance the total Omaha community.

Earl Hunigan, BUS AD'51, Sterling, Va.

A BUG'S LIFE

Congratulations on the superb article by Theodore Burk (Summer 2000). It made me realize, as never before, the role of bugs in our lives. I liked, especially, the account of the monarch butterfly.

John Scott, S.J., Omaha

THE FIRST SPIRIT OF CREIGHTON

I'd like to thank you for your informative article in the *Creighton Magazine* (Summer 2000) about past recipients of the Spirit of Creighton Award.

As the grandson of the very first recipient, Walter D. James Jr., I believe I have a story that is an important part of the Spirit of Creighton Award and the University.

My grandfather, who died somewhat unexpectedly last year, wrote a book about our family history titled *Our Story*. In one section, he described his graduation from Creighton's law school.

"At the graduation ceremony June 2, 1949 ... Father William H. McCabe, the president of the University, announced the creation of a new student award which would be the only student award to be conferred during the graduation ceremony. Junior (as

Letters to the Editor can be e-mailed to Editor Rick Davis at rcd@creighton.edu, faxed to (402) 280-2549, or mailed to *Creighton University Magazine*, 2500 California Plaza, Omaha, NE 68178. Letters may be edited, primarily to conform to space limitations. Please include your name, city, state, year of graduation (if applicable) and telephone number on all letters.

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Grandpa was known) was the first recipient.”

According to the book, Fr. McCabe told the audience that this award would “not recur in the future, unless the kind of student achievement it recognizes — and the high degree of perfection it recognizes — recurs, and commands the respect and gratitude that are commanded in the present instance.” My grandfather wrote that Fr. McCabe envisioned the Spirit of Creighton Award

being awarded every second or third year.

My grandmother has returned the certificate that accompanied the original award to the University so that its display might be enjoyed by all.

Sean P. Joyce, Omaha

Editor’s Note: James’ certificate is on display in the Skutt Student Center on the Wall of Distinction.

LETTER FROM THE PRESIDENT

Reflections on Coming to Creighton

I am writing this, my first column, from the Dominican Republic and Creighton’s Institute for Latin American Concern. I have spent the last three weeks here and have observed the profound effect Creighton students are having on this poor island nation and the transforming effect this beautiful country, with its warm, friendly people, is having on our students.

Just an hour ago, I watched as 46 Creighton students headed out to the Dominican countryside to serve the needy and the sick, as hundreds of Creighton students before them have done. They are spending their summer vacations serving others and giving life to the Jesuit commitment to a faith that does justice — hallmarks of a Jesuit education. It is truly inspiring.

Since being selected in November as Creighton’s 23rd president, I have reflected often about the decision, about its implications and about the future. Again, I am inspired.

I am very fortunate to be following Fr. Michael G. Morrison, S.J., a man of integrity, vision and faith. I am proud to call him a friend and mentor. He has bequeathed to me a university that is vibrant, focused and fiscally stable — great building blocks for the Creighton of the new century. I will not compromise his legacy.

Many times I have been asked about my decision to go to Omaha after nearly 10 years as president of the University of San Francisco. The obvious questions were raised about missing the Golden Gate Bridge (which I could see from my office window), the diversity of the Bay area, my fondness for the Pacific Rim and the weather. “Yes,” as San Francisco Mayor Willie Brown astutely observed at a recent function, “it snows in Omaha.”

Indeed it does; so be it. My return to Creighton goes beyond the tangible and the evident. It is an affair of the heart. I first came to Creighton in 1969-70 as a “regent” to teach politics for a year before going on to study theology and be ordained. That year, teaching politics at the height of the Vietnam War, confirmed my love of college teaching, my desire to continue my studies to be a priest, and my hope of returning to Creighton.

After my ordination in 1973 and the completion of my doctorate in international politics, I returned to the Creighton

classroom in 1976 as a member of the political science faculty. Six years later, having been mentored by Mike Morrison in academic administration, I started my odyssey in higher

education administration, culminating in my selection as president of USF in 1991. Eighteen years later, I am returning to Omaha, and I am delighted, if somewhat daunted, by the challenges.

This brings me back to service.

Over the years, I have kept in contact with dozens of Creighton alumni who are living out the Jesuit dictum of being “women and men for others.” They do it in great and quiet ways. They do it as health care professionals, lawyers and business leaders; for public companies and non-profit entities; at home and in such far-away places as the Dominican Republic. There are thousands of Creighton alumni who are doing well for themselves and their families while doing good for others.

That is, in part, what brings me back to Creighton — the product. The end result. Our graduates and the lives they lead are proof that the Catholic, Jesuit philosophy of education, fostered at Creighton, has taken root and is bearing fruit. As Creighton graduates, you are not shy about living ethical lives motivated by our common Judeo-Christian heritage and Catholic social teaching.

So I ask you to join me in this wonderful adventure I am about to embark upon. Join me in building on Father Morrison’s legacy as we, together, craft Creighton’s future. I, for one, believe the best is yet to come.

You and yours are in my prayers.



Fr. Schlegel meets with Isabel Rodriguez, her husband, Mario, right, and two of their 14 children during a visit to the Los Arroyos campo in the Dominican Republic. Isabel had received a mother of the year award.

John Schlegel S.J.



Photo by Kent Siewers

At a May 5 farewell reception held on campus, a portrait of Fr. Morrison was unveiled. It will hang in the V.J. and Angela Skutt Student Center. The portrait is by Melinda Harvey Kizer, BFA'91, right, of Omaha.

CREIGHTON ANNOUNCES MORRISON SCHOLARSHIP FUND

A \$1 million endowed scholarship fund was established at Creighton University to honor the Rev. Michael G. Morrison, S.J., for his 19 years of service as president of Creighton.

The Michael G. Morrison, S.J., Endowed Scholarship Fund was announced on April 27 during a thank-you dinner hosted by the

Creighton Board of Directors. Funding for the endowment came from current and former members of the Creighton Board of Directors. The scholarship will be awarded to Native American students who are members of federally recognized tribes. Preference will be given to graduates of Red Cloud Indian School in Pine Ridge, S.D., where Fr.

Morrison served on the board of directors from 1997 to 2000.

Fr. Morrison stepped down as president of the University on June 30. He was the longest-serving president in Creighton's history. Under his leadership, Creighton's endowment has grown 10-fold, reaching more than \$220 million.

WEST OMAHA CAMPUS ESTABLISHED

Creighton University has expanded its vision to west Omaha. This fall the University will offer several Graduate School classes in education, graduate classes from the College of Business Administration and classes from University College at its new West Omaha Campus located at 11111 Mill Valley Road. The Creighton Institute for Information Technology and Management also will

make its new home at the Old Mill location.

The West Omaha Campus has 12,000 square-feet of space and houses eight classrooms and offices. It will meet the growing needs of non-traditional students, according to former Creighton president the Rev. Michael G. Morrison, S.J.

"Creighton has established this new West Omaha Campus in response to the need of

West Omaha's traditional and non-traditional students who have told us they wanted a Creighton quality education in a more convenient location," Morrison said. "As dedicated as Creighton is to the new West Omaha location, we are deeply committed to our main campus and the excitement generated by the revitalization of the downtown area east of Creighton."

GRANT TO ENCOURAGE MORE MINORITIES TO ENTER HEALTH PROFESSIONS

Creighton will work with local schools and community agencies to increase the number of African-American students entering health sciences education programs with the help of a five-year \$347,000 grant from the American Association of Medical Colleges, the Robert Wood Johnson Foundation and the W.K. Kellogg Foundation.

The new collaborative effort, called the Health Professions Partnership Initiative, will allow university faculty and staff to identify and address challenges that face African-American middle school, high school and community college students, recognizing and addressing gaps in programs that encourage their enrollment in health professions education programs. Collaborating agencies also will focus on science teachers and enrichment programs.

"This program dovetails well with our other minority outreach efforts, such as the 'Pipeline to Success' program funded by the U.S. Department of Health and Human Services and the 'Build A Human' program funded by the Howard Hughes Medical Institute," said M. Roy Wilson, M.D., dean of the School of Medicine and interim vice president for health sciences.

FR. SCHLEGEL INAUGURAL EVENTS PLANNED

Presidential inaugural activities for the Rev. John P. Schlegel, S.J., will be held Sept. 14-16.

The theme for the festivities is "Embracing the Future Together."



Fr. Schlegel

There will be several events for alumni, faculty, staff, students and friends, including the Mass of the Holy Spirit on Thursday, Sept. 14, at 11 a.m. in St. John's Church.

The inaugural ceremony will be held Friday, Sept. 15, at 1:30 p.m. in St. John's Church. The service will be followed by an all-campus celebration.

Fr. Schlegel began his duties as Creighton's 23rd president in August.

STURGEON NAMED TO CREIGHTON BOARD

John A. Sturgeon, president and chief operating officer of Mutual of Omaha Companies, has been elected to Creighton's board of directors for a four-year term.

Sturgeon has held his position as president since 1997 and added the duties of chief operating officer in 1998.

He joined Mutual and United of Omaha Companies in 1982. He is a graduate of Midland Lutheran College in Fremont, Neb.

Sturgeon served as president of United Arts Omaha in 1997. Under his leadership, the organization raised \$1.75 million for area arts groups. He also served as director of



Sturgeon

the Greater Omaha Chamber of Commerce during 1997. Sturgeon was instrumental in Mutual of Omaha's "Make a Difference" campaign in which Mutual associates pledged to complete 10,000 hours of community volunteer work and completed 42,000 hours of volunteer work.

FURLONG RECEIVES NATIONAL HEALTH CARE AWARD

Beth Furlong, Ph.D., JD'00, was honored by the Roscoe Pound Institute in Washington, D.C., in July as the recipient of the 2000 Elaine Osborne Jacobson Award for Women in Health Care Law. The award is given each year to a female law student who demonstrates dedication to members of the community who do not receive adequate health care.

Furlong, assistant professor

of nursing and an associate in the Center for Health Policy and Ethics, has a master's degree in community health nursing and a doctorate in political science. She received her law degree from Creighton in May.



Furlong

Furlong was chosen for the award for her demonstrated commitment to advocacy on behalf of women and children, her extensive volunteer work and her commitment to teaching legal concepts to health science students. She also was cited for her clerkship with the Nebraska Appleseed Center for Law in the Public Interest through which she helped to promote the expansion of care for low-income children.

SCHOOL OF PHARMACY AND ALLIED HEALTH PROFESSIONS RECEIVES \$1 MILLION GRANT

The School of Pharmacy and Allied Health Professions was awarded a \$1 million grant from the Institute for the Advancement of Community Pharmacy (IACP) to develop an online degree program. The IACP grant to Creighton is part of \$4.7 million being awarded over five years to 21 pharmacy schools.

The program, which is expected to be online in the fall of 2001, will allow students to pursue a Doctor of

Pharmacy (Pharm.D.) without leaving home except for two lab-based courses, annual outcomes-based assessments and clinical rotations. The lab-based courses could be taken at Creighton, or at a designated institution near the student's home.

This program will offer course materials via the Internet from professors and a mentoring program utilizing community pharmacists. The mentoring will be accomplished using

Web-based chat rooms to develop further dialogue and answer students' questions.

The School of Pharmacy and Allied Health Professions will add to its set of more than 500 clinical sites across the country by working with the National Association of Chain Drug Stores and the National Community Pharmacists Association to identify new sites for clinical clerkships.

The Internet coursework program is expected to

double the enrollment in Creighton's Pharm.D. Program to more than 200 students within three years without any expansion of the physical plant. The program also would allow students to shave a year off the amount of time needed to earn a Pharm.D. by taking classes three semesters a year. Using this format, students taking the Web-based pathway could graduate one year earlier than the traditional campus-based students.

CREIGHTON RECEIVES \$2.5 MILLION NIH GRANT TO STUDY CALCIUM, VITAMIN D IN OLDER RURAL WOMEN

Creighton University researcher Joan Lappe, Ph.D., R.N., is the principal investigator on a five-year \$2.5 million National Institutes of Health grant to determine whether calcium and vitamin D supplementation can prevent fractures caused by the bone-thinning disease osteoporosis.

Lappe, an associate professor of nursing and medicine and a researcher in Creighton's Osteoporosis Research Center, will lead the population-based study, which will be conducted at the Fremont Area Medical Center in Fremont, Neb. The study will draw about 1,100 women at least 55 years old

from a nine-county area.

The double-blind study of randomly selected women will examine whether calcium and vitamin D supplementation reduces bone loss, prevents osteoporotic fractures and relieves secondary hyperparathyroidism, a condition in which reductions of vitamin D cause calcium to be removed from the bones to support and maintain calcium levels in other parts of the body.

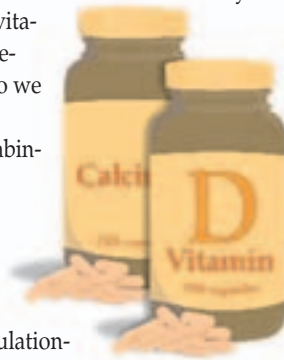
"Many physicians and many members of the scientific community still doubt calcium's effects on preventing fractures," Lappe said. "Studies showing that calcium improves bone density

abound, but those looking at fracture rates are more difficult to carry out. Also, we need to know more about vitamin D supplementation, so we will look at whether combining it with calcium changes the effects.

"The reason this population-based study is important is that by selecting participants randomly, we will have results that are more generalizable to the population," Lappe continued. "This study may

provide the final answer to questions that have been lingering for the past 20 years, providing information to guide health care and public policy decisions.

"As our population ages, osteoporosis becomes a larger public health concern," she added. "Unless we can slow the development of osteoporosis, it will become a major drain on our economy in addition to causing much personal suffering."



LAPPE RECEIVES NURSING ALUMNI MERIT AWARD

Joan M. Lappe, MS'85, received the School of Nursing's Alumni Merit Award on June 9.

A renowned researcher, Lappe is a leader in the field of osteoporosis. A major focus of her recent work has been to examine the ways children's nutrition and exercise habits affect bone health and development. She is one of the few researchers in the world who is studying bone health in children and adolescents.



Lappe

Lappe pioneered the use of quantitative ultrasound (QUS) in measuring bone quality in children. This procedure has enabled scientists to study the bone health of children without exposing them to radiation. A recent grant from the National Institutes of Health is providing funding to study the effect of a high calcium diet and exercise on the bone health of adolescent girls.

She has worked as a head nurse of an obstetrics unit and as a staff nurse in an oncology unit. For 17 years, she taught nursing at Metropolitan Technical Community College in Omaha. In 1984, she joined Creighton as an assistant professor of nursing and as a nurse research coordinator in the School of Medicine.

Since 1987, Lappe has served as a researcher in Creighton's Osteoporosis Research Center. She was promoted to her current position, associate professor of nursing, in 1993.

Lappe earned a nursing diploma in 1965 and later completed her bachelor's in nursing at the University of Nebraska Medical Center. She earned her master's degree from Creighton in 1985 and her doctorate from the University of Nebraska in 1992.

Lappe was inducted as a fellow in the American Academy of Nursing in 1998. This prestigious academy is composed of only 1,300 nursing leaders.

CANCER EXPERT DR. LYNCH RECEIVES AWARD, \$2.8 MILLION GRANT

Henry T. Lynch, M.D., professor and chair of preventive medicine and public health and director of Creighton's Cancer Center, received the 2000 American Cancer Society Award at the American Society of Clinical Oncology annual meeting in May. The award honors his clinical work leading to the recognition of hereditary forms of colon cancers, breast-ovarian cancer and malignant melanomas.

The award is presented annually to recognize scientists, practitioners and researchers who have made a significant contribution to cancer prevention and control, research or practice.

In addition, Lynch has received a five-year \$2.8 million grant to help coordinate a network of 20 institutions deal-

ing with hereditary cancer. The funding from the National Cancer Institute will provide infrastructure and project funding to enhance



Dr. Lynch

knowledge-sharing that "will lead to improved clinical management in the detection, management and ultimately, the prevention of cancer," Lynch said.

The grant will help make Creighton's database of thousands of family pedigrees tracing various hereditary cancers available to a network of cancer researchers and clinicians. One funded project will allow Creighton researchers to work with researchers from Exact Labs of Massachusetts who have developed a way of examining DNA in stool specimens of people at high risk of developing colon cancer.

Photo by Kent Siewers

THEOLOGY JOURNAL PUBLISHES FOUR CREIGHTON AUTHORS

Four papers written by Creighton alumni while they were undergraduate students have been published in *The Journal of Theta Kappa*. Theta Kappa is the national honor society for religious studies and theology.

"To be published in this journal is a great academic honor," said Joan Mueller, Ph.D., associate professor of theology at Creighton. No other university has had more papers published in this prestigious journal over the past two years.

The papers were written as

part of Creighton's undergraduate senior seminar in theology.

The Creighton authors and their papers are: **Damion Shepherd, BA'98**, "A Look at James H. Cone: Black Theology and Death"; **Lea Boldt, BA'99**, "Kant's Ethical Soteriology: A Christian Application"; **Megann Walker, BS'98**, "The Soteriology of Luke 23:32-48"; and **Mary Tobkin, BA'98**, "Is there a Problem with the Justice/Mercy Dynamic in 'The Parable of the Prodigal Son'?"

CREIGHTON OSTEOPOROSIS EXPERT RECEIVES \$2.5 MILLION NIH GRANT

With the help of a \$2.5 million grant from the National Institutes of Health, Robert R. Recker, M.D., will study the effects of combining low-dose hormone replacement therapy with alendronate (brand name Fosamax) to treat osteoporosis in post-menopausal women. The study will last five years.

According to Recker, professor of medicine, clinical trials of hormone replacement therapy and of alendronate have shown that both are effective in causing gains in bone mass and in preventing bone loss and fractures in post-menopausal women. These components use different mechanisms and so, in cases of severe osteoporosis, a physician may recommend they be used together, despite the lack of scientific evidence to support the combination.

"There is pressure from clinicians and patients who want to use every treatment available, so we need to examine the safety and efficacy of this combination," Recker said.

The trial will follow 240 women for three and a half years and will monitor spine bone mineral density and total hip bone mineral density as well as other measures.

NEW CLINICAL ANATOMY DEGREE OFFERED

Creighton University will offer a new degree, a master of science in clinical anatomy, beginning this fall.

The degree is designed for people who would like to teach clinical anatomy or who intend to pursue further graduate study in medicine or another health profession.

"There is a chronic shortage of human anatomists who are trained to teach clinically relevant anatomy in the health sciences," said Tom Quinn, Ph.D., an anatomist and professor of biomedical sciences. "A knowledge of applied human anatomy, especially when coupled with research capabilities in related fields, provides one with excellent credentials when a tenure-track position is sought."

RADIO PROGRAM RECEIVES NATIONAL AWARD

"Creighton Healthwise," a weekly half-hour interview program, has been recognized with a national award from the Public Relations Society of America (PRSA). One of 32 "Bronze Anvil Award" winners selected from 1,001 entries, "Creighton Healthwise" was the only winner from the state of Nebraska. The show won top honors in the category of audio programs for an organization's internal or external use.

Lori Elliott-Bartle of Creighton University's Department of Public Relations and Information conceived and developed the program and continues to produce and host the weekly show that covers a wide range of health topics from consumer health tips to explorations of ethical issues. "Creighton Healthwise" airs Mondays at 10:30 a.m. on Omaha radio station KIOS 91.5 FM.

A SCIENCE FAIR WHERE KIDS JUDGE PROFESSORS

Students grading teachers? That's the idea behind the Brains Rule! Neuroscience Fair that was held late last spring at the South Omaha Boys and Girls Club.

Hosted by Creighton University, the Brains Rule!



Zardetto-Smith

Neuroscience Fair brought together 120 children from two Omaha public schools, the Ponca Wellness Center and members of the South Omaha Boys and Girls Club to observe and learn about neuroscience, the brain and the human body from scientists and allied health professionals from across the community.

The scientists prepared

projects, activities and information booths that brought science to a level that children could grasp and understand. The professionals' task was to make the projects visual and stimulating to pique the students' interest in pursuing a career in science. In a twist, the children judged which projects were the most educational and fun.

There were 12 booths with 60 presenters at the fair from a number of health fields: neuroscience, nuclear medicine, physical therapy, occupational therapy, pharmacy and medical technology.

The Brains Rule! program is funded by a grant to Creighton University and its program director, Andrea Zardetto-Smith, Ph.D., assistant professor of physical



Photos by Kent Steiers

Omar Ahmad, above, presents "Brain Attack" to children at the Brains Rule! Neuroscience Fair. Ahmad, OTD'00, is an assistant professor of occupational therapy in the School of Pharmacy and Allied Health Professions this fall.

therapy in the School of Pharmacy and Allied Health Professions, through a Science Education Drug Abuse Partnership Award from the National Institute on Drug Abuse. The partnership

is made up of neuroscientists and allied health professionals who team up to teach and to raise awareness and understanding of the human brain and the value of neuroscience research.

2000 BLUEJAY JAMBOREE

Dinner/Auction Fundraiser for Athletics

"Catch the Bluejay Magic"

Saturday, Nov. 11
Creighton University
Gymnasium

Chairman:
Jim Niemeier, BSBA'84, JD'88

To donate an auction item or make dinner reservations, please call Carol Ketcham at (402) 280-1794.

SAVE THE DATE



STOICISM COURSE TO INCLUDE WOLFE NOVEL

William O. Stephens, Ph.D., associate professor of philosophy and classical and Near Eastern studies, is teaching a course on Stoicism this fall that includes reading Tom Wolfe's latest novel, *A Man in Full*. The ancient Stoic philosopher Epictetus, who was born into slavery and later founded a school to teach Stoicism, provides salvation for two of the novel's main characters. Students also will read Epictetus' main work, *The Discourses*, and a recent book in contemporary



moral theory, *A New Stoicism* by Lawrence Becker. Becker imagines what Stoicism would be like today if it had had a continuous tradition through the Middle Ages, the Enlightenment and 20th century Anglo-American philosophy. Ridley Scott's latest Hollywood movie, *Gladiator*, starring Russell Crowe, also will be viewed and studied for its strong Stoic themes. The November issue of *Creighton University Magazine* will feature an article by Stephens on the rebirth of Stoicism.

STUDENTS LEARN HOW TO 'BUILD A HUMAN'

Photos by Kent Sievers



Far left ... Students build a three-dimensional model of a molecule. Right and inset ... Dr. Quinn works with students on constructing a model hand.



Eighteen middle school students spent two weeks on campus this summer building three-dimensional models of molecules, observing the development of chicken embryos and constructing a larger-than-life model of a hand. Ten science teachers observed sessions and worked to develop more interactive activities through a master's level course.

The fun was all part of "Build A Human," funded by a four-year \$225,000 grant from the Howard Hughes Medical Institute (HHMI). The program is designed to encourage under-represented minority students to maintain and pursue interests in science.

"The projects are designed to blend creativity with scientific know-how," said principal investigator Thomas Quinn, Ph.D., professor of anatomy.

Creighton was one of 35 institutions receiving grants from HHMI to enrich science education and help attract a broad range of students to biomedical careers.



Students examine a human brain.

NEW SPORTS INFORMATION STAFF

Michael Molde is the new sports information director and Amy Wilson has been named the new assistant sports information director at Creighton.

Molde's first official day at Creighton was May 1, and Wilson started her duties on June 5. Both will work on promoting and publicizing all Creighton University athletic teams.

Molde was an assistant sports information director at Northern Illinois University in DeKalb, Ill.

Wilson was media and public relations coordinator for USA Rugby in Colorado Springs, Colo., a position she accepted after serving a four-month internship in the media and public affairs division of the United States Olympic Committee.

FALL SPORTS INFORMATION

Looking for Bluejay fall sports schedules?

Check out the Athletic website at www.goCreighton.com for the latest on Bluejay athletics.

For Creighton merchandise, visit efollett.com on the Web.



► Kelley's father, William, owned a lumber company in Milwaukee. His mother, Elizabeth, was a registered nurse. ▼



► A young Bill Kelley in the summer of 1931, the same year he entered the Society of Jesus.



▼ He was ordained a priest on June 21, 1944.



▼ Kelley's junior class at Marquette High School. The future Creighton Jesuit is in the front row, second from the right.



1931

REMEMBERING FATHER KELLEY

He served Creighton for 46 years. He loved the University, his Jesuit order, being a priest. He came to accept death. And, in the end, Fr. Kelley was ready to see God.

By Bob Reilly

About the sixth inning of our annual fast-pitch softball game between Creighton's faculty and a team of student all-stars, our pitcher, the Rev. William F. Kelley, S.J., looked like he was fading. Kelley specialized in junk, serving up soft lobs with a lot of deceptive spin. The third baseman dined on pop flies. We had a comfortable lead but the undergrads had started to solve the Jesuit dean's delivery. As faculty team captain, I strode purposefully to the mound.

"You getting tired, Father?" I inquired.

"You want me to bring in someone else?"

Kelley didn't even look at me.

"You want to win this game?" he shot back.

I acknowledged that I did.

"Then go back to the outfield."

I retreated, allowing Kelley to finish and win the contest.

That anecdote tells you a lot about the long-time Creighton Jesuit. Kelley liked being in charge, relished a challenge, wanted to finish what he started, and hated to leave the field. In his painful battle with cancer, the 86-year-old vice president of the Creighton University Foundation mobilized all of these attributes. Even

when hospitalized, he was wheeled frequently back to his nearby campus office, to respond to accumulated mail, visit with his fellow Jesuit priests, even provide a stirring valedictory at the annual Alpha Sigma Nu dinner.

Despite this amazing show of willpower, Kelley could not forever delay the inevitable. On Tuesday, May 2, 2000, he quietly died.

A few days earlier, he had told his associate Mike Leighton, vice president for University Relations, that his doctors had informed him he would probably die that day.

"I'm ready," said Kelley.

But death didn't catch up with him that day, and he wondered if he should apologize to those he notified. Death came soon enough. Despite his reputation as one who sought to control every situation, he found something he couldn't manage.

"But," Leighton said, "it was inspiring to see how ready he was to see God. He was anxious to see the God he served for more than eight decades, all but three of them as a priest."

Flash back half a century.

When I returned to the Hilltop in 1950 to serve as



Rev. William F. Kelley, S.J.
1914-2000

944

► The Creighton Jesuit swings away at the University's picnic on May 14, 1952.



1953

▼ Kelley watches as Mary Pajunas demonstrates new technology, the electric typewriter, on Creighton's campus in 1953. Also watching are, from left, Sister Mary Mercedes and Esther Weitkamp.



▲ Kelley with his mother and father at the celebration of his first solemn high Mass on June 25, 1944, at Gesu Catholic Church in Milwaukee.

1952

Creighton's alumni secretary and director of public relations, Kelley, who preceded me to campus by a year, was temporarily handling the PR function. He measured me with those penetrating eyes and counseled me about the staff I'd inherit. His advice was direct, free of sentiment, and, as I later learned, remarkably accurate.

It might have been on that occasion he supplied me with a wooden ruler inscribed WILLIAM KELLEY LUMBER COMPANY, a souvenir of his father's Milwaukee business. The future Jesuit descended from immigrant stock, with both grandparents emigrating from Ireland. The Kelley motto suited him: "Turrus Fortis Mihi Deus" or "God is a tower of strength for me." In one interview, Kelley paraphrased this wording to fit his current situation.

"The goal of the Society," he explained, "is to use your talents for the greater glory of God."

The eldest of three children, Kelley was born on Feb. 11, 1914, in Madison, Wis. This devout Catholic family figured a younger son, Bob, as the likely vocation. Bob kept a home-made altar in his room. With sports, studies, even a few girlfriends ("but nothing serious"), Bill seemed too busy to adopt a more restricted regimen. But, motivated by his cousin, the Rev. Raymond Ireland, S.J., and the Jesuits who taught him in secondary school, the eldest son surprised them



Fr. Kelley's Jesuit ordination class of 1944 included seven other future Creighton priests. Vincent Decker is in the second row from the top, second from left. Carl Reinert, John Scott and James Kramper are in the fourth row down, first, second and sixth from left, respectively. Norbert Lemke, Austin Miller and Harold McAuliffe are in the bottom row, third, fourth and fifth from left. Kelley is in the third row down, second from left.

all by entering the Society in 1931.

At the Jesuit seminary in Florissant, Mo., Kelley made lifelong friends, including half a dozen who also served Creighton. The Revs. Vincent Decker, Carl Reinert, Austin



▲ With his name stenciled on a helmet, Fr. Kelley visits Fort Riley in 1955.

► Kelley in 1959 as the first appointed vice president for academic affairs at Creighton.



▲ Fr. Kelley, as president of Marquette, gives communion to his parents at their 50th wedding anniversary in 1962. The altar boys are Kelley's nephews Robert, left, and Steve Kuhnmuench.

1963

▼ Kelley, middle, in 1963 as president of Marquette University sits with past MU presidents Fr. Edward J. O'Donnell, left, and Fr. Raphael C. McCarthy. Kelley served as president of Marquette from 1962 to 1965.



1959

Miller and Harold McAuliffe preceded Kelley in death and the Rev. Norbert Lemke is stationed in New York, but the Hilltop remains home to the Revs. James Kramper and John Scott.

Kelley always valued these associations.

"There's a unique richness of going through training for 15 years ... the closeness you feel because you ate all your meals with them, worshipped with them, competed in games against them... They do break up and go to different places for scholastic teaching, but when you're that close to people for so long a time, there's an easy familiarity. You feel comfortable and there's more joshing and kidding and references to things that happened in common. It's true in most friendships. And that's what makes the Jesuit family life so rich and fulfilling."

His classmates share those same fond memories.

"I always admired his sense of humor," Scott said of Kelley. "He was never at a loss for a snappy comeback, always knew what to say. And I respected his tremendous memory for names and faces."

Scott, Kramper and Kelley celebrated together their 60th anniversaries as Jesuits in 1991, and reassembled for Kelley's 85th birthday eight years later. Kelley's remaining sibling, his sister, Betty Kuhnmuench, was also on hand for that occasion. Younger brother Bob tragically drowned in 1934 on the eve of his entry into Marquette University.

Prior to his 1944 ordination, Kelley taught at Saint Louis University High School and later served a pair of Minneapolis parishes.

Veteran Creighton University biology professor Al Schlesinger, now retired, first met his future boss in Kelley's pastoral capacity, at Visitation Parish in Minneapolis.

"He gave thoughtful homilies and, after Mass, there would always be a crowd around him," Schlesinger said. "A lot of women, but men, too. They admired his golfing skills, something that supplied entry into the business community."

Eileen Lieben, formerly Creighton's dean of women, observed his charm on many occasions.

"He liked women," she said, "and could say all the right things without overdoing."

She credits Kelley with opening Alpha Sigma Nu, the Jesuit Honor Society, to women.

"He forged ahead," Lieben said, "wanted things done right now, and would worry about the consequences later."

By the time he had completed his doctorate in educational administration, Kelley had been assigned to Creighton. He served as assistant to the president in the Rev. William McCabe's final year (1949-50) and was on hand for the inaugural of his classmate, the Rev. Carl M. Reinert. For most of the 1950s, Kelley held the office of dean of the College of Arts and Sciences.

While attesting to the "remarkable friendship" Kelley showed toward him, Schlesinger acknowledged what others have experienced, that Kelley could be a tough taskmaster and a hard sell when you were after project funding.

"He had all the communication skills, including debating, so it was difficult to be yourself in his presence. He

"He was never at a loss for a snappy comeback, always knew what to say."

Fr. John Scott, S.J.



▲ In June 1964, Kelley presented Robert Kennedy with an honorary Doctor of Laws degree as president of Marquette.



▲ Preparing for a wedding in June 1973 at Creighton's St. John's Church.



▲ Five Creighton priests celebrated 50 years as Jesuits in 1981. Sitting are Kelley and McAuliffe and standing, from left, are Kramper, Scott and Decker.

increased insecurity in insecure people, and you didn't win many arguments," Schlesinger said. "Still, he was personally concerned about my career and approved a sabbatical for me long before we really had them at Creighton, so I could wrap up my doctoral degree."

Another former CU faculty member, Harry Dolphin, who chaired the journalism department, said that when Kelley introduced him, he always said how delighted he was to have Dolphin on the faculty, then added, "I didn't hire him."

Dolphin said Kelley was "a straight arrow, telling you exactly what was on his mind."

Dolphin's successor, Dave Haberman, recalled seeing a more vulnerable and emotional side of Kelley, when the Jesuit was serving as vice president for academic affairs and was handed a difficult new student program to oversee.

"I was on the committee supervising this program," Haberman said, "and one younger member was sharply critical of Father Kelley's management. I spoke up on Father Kelley's behalf and he seemed genuinely moved, surprised someone would stick up for him."

When Kelley became president of Marquette University in 1962, replacing another classmate, the Rev. Edward O'Donnell, S.J., he made a habit of visiting faculty on their own turf, in their offices, so he could make more intelligent decisions on their future requests or complaints. This personal scrutiny wasn't always understood. Neither was his quick, sometimes cutting, wit.

In the early days of his presidency, a reporter asked him about his plans for Marquette. Kelley replied that he noted most schools seemed to be intent on creating leaders, which led him to consider that "if there are no followers, there can be no leader," so perhaps Marquette's role would be to

develop intelligent followers. The reporter didn't catch the twinkle in those blue-gray eyes. Neither did the Marquette faculty.

The 3 1/2 years Kelley spent as president of Marquette were sometimes stormy, fueled by faculty dissent in an age when dissent was the norm. But he could look back on a string of accomplishments, like restoring the university's basketball program to prominence with the hiring of coach Al McGuire and the campus construction of the unique Saint Joan of Arc Chapel from imported French stone. Even more permanent in its impact was the Kelley-abetted urban renewal of a 16-block area adjacent to Marquette, allowing for the university's future expansion.

After a two-year stint in Washington, D.C., directing a survey of the assets and needs of America's 28 Jesuit colleges and universities, Kelley returned to the Hilltop in 1967, first as assistant to the president and, later, as vice president of the Creighton University Foundation. He also began his long association with Alpha Sigma Nu, which ended just months before his death. A student ASN scholarship bears his name as does the long-established honor society lecture series.

Kelley packaged all his experience positively, the pro and the con.

"Never for a minute," he insisted, "had the thought occurred to me that I would be happier elsewhere. There may have been disappointments, but I've never thought of another life."

He also claimed he'd never been stationed anywhere he didn't like. Madison, Milwaukee, Minneapolis, St. Louis, Washington — and Omaha.

"This is my home," he asserted when discussing Creighton.

1983

▼ Kelley gives the invocation at the 1983 Democratic Congressional gathering in Washington, D.C.



▲ Marlin Perkins, the host of television's *Wild Kingdom*, and Fr. Kelley met in February 1984.



1984

▼ Fr. Kelley celebrates the union of Matthew, BUS AD'86, and Therese (Mullin), BA'85, Montesi in 1987. Fr. Kelley's scrapbooks are filled with pictures of weddings at which he officiated.



▲ Kelley sings "The Star-Spangled Banner" at the 1988 Democratic Congressional Dinner.

Kelley enjoyed Omaha's restaurants and golf courses. His passion for the arts ranged from Rembrandt paintings to the ballads of his youth. The day he died, this former member of the Milwaukee Orchestra Board sang along to a videotape of one of Lawrence Welk's television programs.

He also loved sports and attended many of Creighton's home basketball games, men's and women's, often driving a carload of Jesuits to the Civic Auditorium.

"We sit along the third ramp," he said. "Section 89. Four or five rows from the roof. I like it there. You can see everything develop."

It's the same way he appreciated the view from his Saint Joseph Hospital window, looking out over the city and the Creighton campus, reflecting that he helped erect some of the University structures.

"I was there; I saw it go up," he commented.

He put these architectural advances in perspective.

"They do stand as tangible evidence of one sort of development," he wrote in 1962, "but they are only dumb symbols of what education really is."

It was the students, always the students, who interested Kelley, and not the environment, which he figured impressed newcomers in any era.

"People like what they see now, but so did students in the fifties. They thought this campus was a knockout, even before the residence halls and library."

In his final days, he looked older than the young Jesuit who humbled student batters. Cancer thinned the once-lustrous hair and the eyes were more pensive than pervasive. In the hospital, he was something of a model patient, eating well, walking a few blocks daily in the corridors.

"I'll gladly stay with it," he said of the medical regimen, "if this is the way to improve."

That attitude and determination helped him exit the hospital in time to celebrate the millennium with his Jesuit community. It also brought him back to his office for a few hours daily. He had long since abandoned any thought of retirement.

"I think this is a full life," he said, "and a good one. People are universally kind and friendly. Wouldn't it be terrible not to be out among them?"

So he stayed at his desk as long as he could, surrounded by a massive montage of candid photographs that seemed ripped from a thousand albums. They're pictures of former students, with most of whom he still corresponded.

"Maybe it makes the office look shabby," he admitted, "but they're all important to me."

He could identify each of them, recite some personal history.

"He demanded a lot," said his assistant, Sister Audrey Tramp, OSB, who holds a pair of Creighton degrees and has been with Kelley's office for 14 years. "But he was a very kind boss."

One trait no one dismisses was Kelley's love of and loyalty to the Jesuit Society. That attachment went beyond present concerns. He was part of a crew of Jesuits and lay people who kept tidy the graves of Jesuits — over 90 of them — buried in Omaha's Holy Sepulchre Cemetery. Now he rests with this cadre, men he said he knew and loved.

Among the lay people accompanying Kelley at the annual cleanup of the graves has been Bill Ramsey, a Creighton graduate and public relations professional. He remarked on Kelley's rapport with this crew and with other alumni.

"He always knew you, had a smile, and a word of encouragement," Ramsey said.

Prompted by this twin devotion to his Creator and his

1988

▼ Kelley served for many years as moderator of Creighton's Alumni Chapter of Alpha Sigma Nu, the Jesuit Honor Society.



▲ Fr. Kelley performed many baptisms. Here, he celebrates the baptism of Lauren Alt with her parents, Mike and Claire (Remington) Alt, BA'81, in 1989.

1992

▼ Fr. Albert DiUlio, former president of Marquette, Barbara Bush and Fr. Kelley at Marquette's May 1992 commencement. Marquette conferred an honorary Doctor of Laws degree upon Kelley that year.



colleagues, Kelley initiated another memorial project. In a Jesuit residence corridor, he placed portraits of deceased Midwestern Jesuits. This gallery, numbering some 400 pictures, meant a lot to Kelley as he strove to remind younger members of the Society of those remarkable men who preceded them.

When I phoned him in March for an interview to support this piece, Kelley sweetly inquired, "Is this an article or necrology?"

I nearly walked back to the outfield.

As it turns out, he was right again, and this serves as something of an obituary, one started while he was alive, finished after his death.

That final week was a series of alarms and reversals, with friends summoned to his bedside or merely dropping by. Each time they expected his calm prediction of his impending demise to be fulfilled. But the patient continued to confound them. The mind persisted, the humor remained incisive, the desire for control stayed paramount.

Steve Scholer, Creighton's director of estate and trust services, visited Kelley often over those last days.

"He was as warm and genial as ever," Scholer said, "but he'd also let you know when he wanted you to leave. He never relinquished command."

Scholer and his associate, Robert Skrydlak, called Kelley a symbol of what the Jesuits truly represented. Skrydlak went further. "God revealed Himself to me through Father Kelley," he said.

A parade of old friends stood vigil by his bed, people

from Omaha and from as far away as California. He knew them all, had special words for each. And even in this sterile setting, they shared a few laughs.

For me, the scene that seemed a coda to Kelley's life was one described to me as occurring that last weekend in the hospital room. Scholer and Skrydlak were there and Sister Audrey came in.

"Oh, Father," she apologized, "I should have brought my copy of the Twilight Prayer. We could have said it together."

This prayer by Cardinal Newman was a favorite of Kelley's and he recited it often at the bedsides of the dying. It also appeared on the back of his mother's Mass card, tucked into his well-worn missal, and on the back of his own Mass card.

"Don't worry," Kelley assured her, "I know it by heart." And he began to recite it.

"May He protect us all the day long,
till the shades lengthen
and the evening falls

and the busy world is hushed
and the fever of life is over
and our work is done ..."

When he finished, Kelley said, "Let me repeat the last few lines, because they are the most important."

"Then in His mercy
may He give us safe lodging
and Holy rest
and peace at the last. Amen."

— About the author: Reilly is a free-lance writer working in Omaha.

1989

**"God revealed
Himself to me
through Father
Kelley."**

Robert Skrydlak

1994



▲ Celebrating 50 years in the priesthood in 1994 were, from left, Lemke, Scott, Kramper and Kelley.

▼ Kelley in St. John's Church, celebrating 50 years as a priest.



▲ Kelley's office walls were covered with pictures of alumni and friends, as this 1995 picture shows.

▼ Kelley, a regular at Creighton basketball games, with Alpha Sigma Nu inductees and basketball players Holly Sivesind, BA'97, Heather Horner, BSBA'96, (kneeling) and Becky Flynn, BA'96, in 1996. At right is fellow chapter moderator Fr. Thomas Krettek, S.J.



THE IDEAL GOODWILL AMBASSADOR

By Rick Davis

The Rev. William F. Kelley, S.J., was remembered in tears and laughter by relatives, friends and fellow clergy who filled St. John's Church for the funeral Mass of the beloved Creighton Jesuit.

The Rev. Larry Gillick, S.J., explained in his homily that Jesuits are given the opportunity to plan their own funeral Mass. When Kelley was asked who should say the homily, he responded: "Any kind Jesuit."

"But Father (Thomas) Shanahan (rector of the Jesuit community) couldn't find one," Gillick said jokingly.

Gillick said that his mother and father both grew up with Kelley in Wisconsin, and that his mother once dated the future Jesuit.

"It boggles my mind to think that he could have been



Fr. Kelley's casket is led out of St. John's Church after the funeral Mass.

my father," Gillick said.

Gillick said Kelley's life paralleled the gospel reading for the Mass, in which a man asks Jesus what he has to do to enter the Kingdom of Heaven. Jesus tells him to sell his possessions and follow Him.

"Bill Kelley left home to make his home in the Society of Jesus and in the homes and hearts of those who call him a longtime friend," Gillick said.

"He left everything to follow Jesus," he said.

Gillick said Kelley helped others grow in their faith, but was not afraid to speak his mind.

"Bill Kelley was very direct, even abrupt," Gillick said.

"I asked Father (Lawrence) Flanagan for one adjective to describe Father Kelley,"

1998

▼ The cleanup brigade of 1998. Fr. Kelley was devoted to remembering those Jesuits who came before him. He organized an annual cleanup of the Jesuit gravesites at Omaha's Holy Sepulchre Cemetery.



2000



Kelley's fellow Jesuits, including former Creighton president the Rev. Michael G. Morrison, S.J., remember him fondly.

Michael G. Morrison, S.J., called Kelley the "ideal goodwill ambassador for Creighton University."

"He was a dedicated, religious and faithful priest," Morrison said.

Kelley, in writing down his funeral wishes, quoted from St. Paul: "I have fought the good fight, I have finished the race, I

have kept the faith."

"I can hear you saying to us now, 'Don't you have something better to do?'" Gillick said.

"Yes, we do," he said. "We need to keep your memory and mission alive. You taught us how to live the Eucharist and how to live as followers of Jesus. Thank you, Father Kelley."

As Kelley's casket was guided out of the church, those gathered sang "God Bless America" — one of Kelley's favorite songs. 📺

Gillick said, "but we couldn't come up with one — at least not in church."

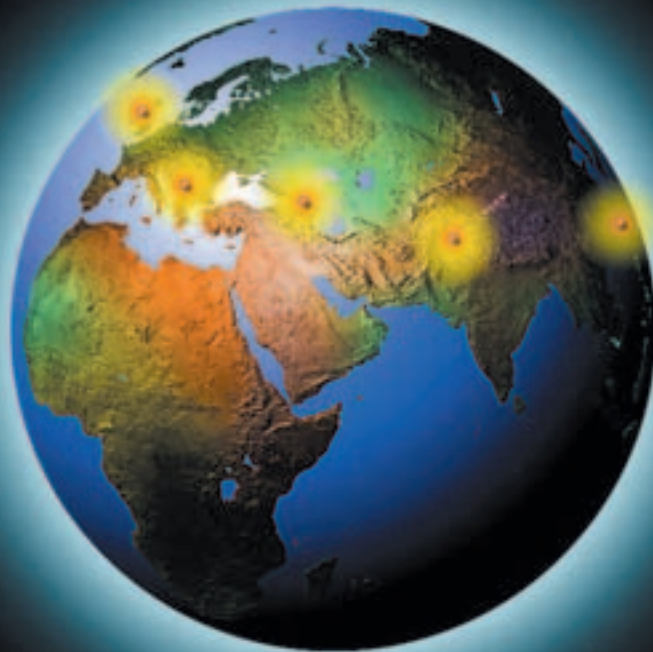
Gillick told the story about how he and a fellow Jesuit once asked Kelley to settle a disagreement. They were arguing over the names of the libraries at Marquette and St. Louis universities.

"I called him up, and he said, 'Don't you guys have anything better to do than that?' Then he hung up," Gillick said.

Former president the Rev.

MEMORIALS

Memorials in Kelley's name may be sent to Creighton University and specified for either the "William Kelley, S.J. Endowed Lectureship" or the "William Kelley, S.J. Endowed Scholarship." The Endowed Lectureship benefits Creighton University's Alpha Sigma Nu Chapter for its annual lecture and other chapter expenses. The Endowed Scholarship benefits needy students in the Colleges of Arts and Sciences and Business Administration and the School of Nursing. Checks should be made payable to Creighton University and mailed to Creighton University, Office of Development, 2500 California Plaza, Omaha, NE 68178. Please note the specific fund.



Political 'Hotspots' Dot the Globe

A look at current and future flare-ups

By Ross C. Horning, Ph.D.

Chechnya

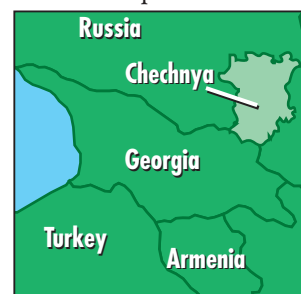


Russia is immense; Chechnya is small. How is it that such a small country is able to resist Russia — and how long will that resistance last?

Chechnyan resistance to Russian rule goes back to 1722, when Peter the Great tried to incorporate Chechnya into the Russian Empire. Chechens are Muslim; Russians, Orthodox Christian. As in many places around the globe, their conflict has religious roots. In 1817, Russia tried again to control Chechnya. The Russian campaign was brutal, destroying villages and killing women and children. Such tactics brought temporary success, but, out of

this attack emerged the legendary Chechen leader, the Imam Shamil, who united the Chechens against Russia. Russian military tactics increased the Chechens' hatred of Russia.

In 1859, after more than 40 years of fighting, Russia finally was able to force Chechnya into the Russian Empire.



Chechnya

Population: 1.3 million (1990 est.)

Total area: 6,100 sq. mi.
(slightly smaller than Hawaii)

Capital: Grozny

Conflict: Muslim Chechens seek independence from Orthodox Christian Russians; dates to 1722.

Feb. 23, 1944, is a date that all Chechens remember. On that date, Josef Stalin ordered the entire Chechen population, 425,000, jammed into railroad cars and taken to Kazakhstan. It is estimated that 100,000 died in the transport. Those who lived had to fend for themselves in the frozen land. It was Stalin's final solution, but it did not work. On the contrary, the incredible suffering of the Chechen people united them more than ever. Chechens, whose loyalties are to their clans and villages, do not submit to virtually any political authority, let alone Russian.

For years, Russia has been fighting Chechnya. Russia has destroyed the Chechen capital, Grozny. But, in 1996, with thousands of Russian deaths, Russia was forced to leave Chechnya.

A major supporting reason for Vladimir Putin's rise to power and popularity as the new Russian president was his authorization of a renewed offensive against the Chechens.

But two examples illustrate the immense difficulty of winning a military campaign in mountainous regions similar to Chechnya. In 1842, the British sent more than



Photo by AP/Wide World Photos

A Russian soldier acting as a mine sweeper checks the way for a military vehicle, seized from Islamic militants, in the mountains of Vedeno Gorge in southern Chechnya in April. The region's mountainous terrain has made it difficult for the larger, better equipped Russian military to defeat the Chechens.

16,000 troops from India into the mountains of Afghanistan. Only two men out of 16,000 returned to India, a soldier and a medical doctor, Dr. William Brydon. It is the worst defeat in the history of the British military.


In 1979, the Russians invaded Afghanistan. They should have learned from the British experience. The Russian-Afghan War was extremely unpopular in Russia — and the Russians also were defeated by the Afghans and the mountains.

The Chechens are now in the mountains. As with both the British and Russian experiences in Afghanistan, the Russians will find it incredibly difficult to penetrate into the mountains and defeat the Chechens.

Even if Russia, using massive power and numbers, does

defeat the Chechens and force them to return from the mountains, the Chechens will find another way to continue their resistance.

Putin, as well as the international community, will face the bitter Chechen-Russian conflict well into this new millennium.



Editor's Note: When we asked Dr. Ross Horning, professor of history, to take a spin around the globe, with the world's trouble spots in mind, he selected five places to watch in the year ahead, some already in the headlines, others still in the background. Not meant to be an exhaustive study of each troubled area, Dr. Horning's story instead focuses on the salient issues, many of them of long historic standing, that are pushing these areas into prominence. In a future issue, we'll focus in-depth with Dr. Horning on one or two hotspots.

Kashmir



The Vale of Kashmir is one of the most beautiful landscapes in the world, and one of the most dangerous. Recently, Kashmir rebels have deliberately murdered European tourists there.

It all began in 1947, when India was split into Pakistan and India. Since that time, the two countries have fought two wars over Kashmir, and currently a vicious civil war is going on with the Kashmiri rebels seeking either the independence of the Kashmir-Jammu State from India or the right to join Pakistan.

In 1947, the Maharajah of Kashmir was a Hindu, while the Kashmir population was, and is, Muslim. When



Pakistani troops invaded Kashmir, the Maharajah asked India for assistance. The last Governor-General of India, Lord Louis Mountbatten, advised the Indian leadership, headed by Pandit Nehru, to give the Maharajah assistance, but on condition that Kashmir become a political unit of India.

On Oct. 26, 1947, the Maharajah accepted the conditions, and Kashmir became an Indian state.

However, on Oct. 27, Lord Mountbatten made it clear that India's acceptance was provisional. Mountbatten wrote:

"As soon as law and order have been restored to Kashmir and her soil cleared of the invader, the question of accession should be settled by a reference to the people."



Photo by AP/Wide World Photos

Kashmiris living in Pakistan-held Kashmir raise their hands to show solidarity with Indian-held Kashmiris prior to President Clinton's visit in March. The rally was described as a plea for U.S. mediation in the decades-old Kashmir dispute, which has been at the center of two of three Indian-Pakistani wars since 1947. Clinton called the South Asian region "the most dangerous place in the world."

denies the Indian accusation, but does admit to giving some assistance to the rebels.

The fighting has been vicious, with hundreds of innocent people, such as the Sikhs, being killed. The fighting will continue on and off for many years to come. Pakistan argues that the Kashmiri citizens are Muslim, and should have the choice, through a plebiscite that has never been carried out, to choose

rule by either Pakistan or India.

India responds that more than 90 million citizens of India are Muslim, and that Indian Muslims have been elected to the position of president of India. Furthermore, the issue has been settled: Kashmir-Jammu is a state of the Indian Federation.

The outlook for Kashmir is not hopeful. For more than 50 years the issue has prevented a peaceful life and the utilization of resources by both countries. There is little that the United States or the European nations can do about this situation that deeply affects Asian peace.

The issue will fester on and on, and from time to time, fighting will break out. And with both nations now having nuclear capability, Kashmir will continue to be an explosive situation for Asian peace in particular and world peace in general.



Kashmir

Population: 7.7 million (1991 est.)

Total area: 85,806 sq. mi. (slightly larger than Idaho)

Conflict: Subject of dispute between India and Pakistan since the partition of the Indian subcontinent in 1947.

The plebiscite was never held. On Jan. 1, 1948, the United Nations Security Council took up the issue. In the meantime, fighting had broken out between India and Pakistan. Finally, the United Nations, on Jan. 1, 1949, arranged a cease-fire. For a number of years United Nations observers were stationed in Kashmir, but on Jan. 1, 1957, India announced the "irrevocable" annexation of Kashmir.

India regards the issue as settled. Kashmir-Jammu is one of the Indian states. Pakistan does not accept the Indian decision. Pakistan currently controls the western one-third of Kashmir and India the eastern two-thirds.

India blames Pakistan for the recent civil war. Pakistan

Kosovo

Yugoslavia



Defense Corps of Kosovo

An old foreign affairs cliché states, "It is much easier to get in than it is to get out." Bosnia and Kosovo reflect the accuracy of this statement. After the 1995 Dayton Accords were signed, President Clinton promised to bring home American troops in one year. Despite the intense bombing of Kosovo in 1999, American troops are still in Bosnia and Kosovo, and will be there for an indefinite time.



Kosovo
Population: 2.2 million (1996 est.)
Total area: 4,203 sq. mi. (slightly smaller than Connecticut)
Administrative capital: Pristina
Conflict: Struggle between Muslim Albanians and Orthodox Serbian nationalists; dates to 1389.

Of the two conflicts, Kosovo's will be the more difficult. Out of Kosovo's 2 million population, only 200,000 were Serbs. Now there are fewer than 30,000 Serbs. Yet, Kosovo is the heart of Serbian nationalism. As a young Serbian lieutenant said to William Finnegan of *The New Yorker*, "This war is about history. All of our wars are about history. You need to go back 1,000 years to under-



Thousands of ethnic Albanians celebrate the arrival of French NATO troops in the town of Gnjilane in central Kosovo on June 13, 1999. More than a year later, American and other NATO troops remain in the war-ravaged region.

Photo by AP Wide World Photos

stand anything here." The event about which the young officer was speaking is the legendary and mystical Battle of Kosovo, June 28, 1389, when Prince Lazar and his forces were crushed by the Ottoman Turks. Over the 600 years since the battle, the Serbs take pride in the fact that they have remained faithful to their Orthodox Christian faith. Religion plays a major role in both domestic and international affairs.

Muslim Albanians have horrible memories of recent Serbian atrocities. Serbs have memories of the vicious Croatian organization, the USTASHA. Despite NATO presence, incidents of Albanian revenge have taken place. Serbian civilians remember the NATO bombing.

At every turn, Serbian President Slobodan Milosevic has lost. Kosovo is gone. The GREATER SERBIA DREAM is gone. But it will never be forgotten. To the strong

nationalist Serb, the Serbs are God's people and the historic Serbian song, "God, Give Us Justice," will ring again.

Into this historical morass NATO has jumped. NATO has ended the fighting and Serbian atrocities. If NATO remains in Bosnia and Kosovo, the semblance of a peaceful life will continue.

But where does the road lead now? How many years can NATO, of which the United States is the leader, with the best of intentions, remain in Bosnia and Kosovo? It is possible that NATO has become a prisoner of Balkan history, and will be there well into this new millennium.

Northern Ireland



The Good Friday Agreement

On April 10, 1998, the United Kingdom (Northern Ireland, England, Scotland and Wales), the Republic of Ireland, and the Unionist, Social Democratic Labor, and the Sinn Fein (Ourselves Alone) political parties signed the Good Friday Agreement.

The Sinn Fein party is the political arm of the Irish Republican Army (IRA), but the party, headed by Gerry Adams, does not control the IRA.

The Good Friday Agreement provided for a pledge from the IRA to begin disarmament. In the nearly 30 years of fighting to force the union of the Six Counties

Northern Ireland

Population: 1.7 million (1998 est.)
Total area: 5,452 sq. mi. (about one-sixth of the whole island)
Capital: Belfast
Conflict: Irish-English tensions trace back to the defeat of The Great O'Neill and O'Donnells at Kinsale in 1601.



(Northern Ireland) to join with the Republic of Ireland, the IRA alone has killed more than 1,800 people.

Despite the agreement, the IRA did not accept the idea of disarmament. The agreement also provided for an elected 108-seat Assembly in Northern Ireland, out of which would be formed an executive council to run daily affairs. The election was held on June 28, 1998. The Unionist Party, under David Trimble, won the most seats, and Trimble was chosen as the first minister. Sinn Fein

earned two seats on the council.

However, as long as the IRA would not even discuss disarmament, Trimble would not call a meeting of the executive council. After a two-month stalemate, Secretary of State for Northern Ireland Peter Mandelson canceled everything and threatened to return to direct rule from London.

Suddenly, on May 6, 2000, the IRA, through Adams, Sinn Fein leader, announced that it would “initiate a process that will completely and verifiably put IRA arms beyond use.”

The IRA announcement was a major development in Northern Ireland. As long as the IRA continues to accept the inspection of its secret arms dumps, the opportunity for a lasting peace will grow.

However, the IRA announcement also can be regarded as a major defeat for the IRA. The Good Friday Agreement and the May 6 IRA announcement virtually guarantee that the Six Counties (Northern Ireland) will remain with the United Kingdom and not join the Republic of Ireland.

The ultimate objective of the Social Democratic and Labor Party (John Hume, leader and Nobel Prize recipient), the Sinn Fein, and the IRA has been that the Six Counties (Northern Ireland) be joined with the Republic of Ireland. Hume’s efforts were through peaceful means, and the IRA through physical force.

Over the years, disillusionment can grow within the IRA and the American Irish, whose dream always has been that the Six Counties (Northern Ireland) would join with the Twenty-Six Counties of the Republic to bring about a united Ireland. Off-shoot organizations — the REAL IRA and the CONTINUING IRA — do not accept the IRA decision.

The historical source of contemporary difficulties can be traced to the defeat of The Great O’Neill and the O’Donnells at Kinsale, 1601, and the subsequent Flight of the Earls in 1607 from Ulster, out of which in 1921, through the Anglo-Irish Treaty, emerged the Six Counties or Northern Ireland.

Because of the Flight of the Earls from Ulster, the British government was able to bring in Presbyterian



Photo by AP Wide World Photos

Masked Irish nationalists prepare petrol bombs in response to a 1999 Protestant Apprentice Boys’ parade in Northern Ireland. The controversial parade commemorates the 1689 Siege of Derry — during which, legend has it, 13 Protestant apprentices shut the city’s gate to advancing Catholic troops.

Scots and Anglican English to forever change Ulster.

Michael Collins, legendary IRA hero of the Anglo-Irish Civil War (1920-21), about whom numerous books and movies have been made, and co-signer with Arthur Griffith, of the 1921 Anglo-Irish Treaty, which established Northern Ireland, was assassinated in 1922 by unknown Irish opponents of the 1921 Treaty. At Michael Collins’ gravesite, one of his friends and supporters, General Richard Mulcahy, said, “We are all mariners on the deep,

bound for a port still seen only through storm and spray, sailing on a sea full of dangers. And, that, after all, is not so good.”

Ireland also has been a prisoner of its history, and there are few happy endings. But perhaps this is one of them.

Republic of China (Taiwan)



In March 2000, Chen Shui-bian, long an advocate of independence for the Republic of China as a separate nation to be known as Taiwan, won the position of president of the Republic of China over the 50-year dominant party, the Kuomintang (Nationalists). Chen Shui-bian is the former Mayor of Taipei and leader of the Democratic Progressive Party.

With this victory, he dramatically and sharply increased the political tension among the Republic of



Republic of China (Taiwan)

Population: 21.6 million

Total area: 13,969 sq. mi. (slightly smaller than Maryland and Delaware combined)

Capital: Taipei

Conflict: The Republic of China seeks independence from mainland; schism dates to Chinese Civil War of the late 1940s.

China (Taiwan), the People's Republic of China (Beijing) and the Republic of China's major supporter, the United States.

The Republic of China is a political entity. Taiwan is a geographical area, slightly smaller than Maryland and Delaware combined. It has a population of 22 million, and a robust economy.

It was originally conquered by the Manchu Dynasty in 1683, and held by China until the Japanese took it in 1895. Japan held it until the Cairo Conference, when Churchill, Roosevelt and Chiang Kai-shek agreed to return Taiwan to China at the end of World War II. It was assumed, however, that this meant Chiang Kai-shek's Kuomintang (Nationalist party) would obtain Taiwan.

The Battle of Hsüchou in December 1948 was the climatic battle in the Chinese Civil War. Chiang Kai-shek's forces were thoroughly defeated by Mao Tse-tung's Communist Army.

The following year, December 1949, Chiang Kai-shek fled to Taiwan and established the Republic of China. He still felt that his government represented all of China, not just Taiwan. In the meantime, on Oct. 1, 1949, Mao Tse-tung formally established the People's Republic of China.

As of 1949, there were two governments, both claiming to represent the state of China. Chiang Kai-shek's Nationalists totally rejected the idea of an independent Taiwan. They always felt that they would return to the mainland as the rightful governing party.

Until 1972, the United States always recognized the Republic of China on Taiwan as the legitimate government of China. In 1972, President Richard Nixon visited Beijing. Nixon's visit to Beijing was a form of diplomatic recognition in international law. From that time on, the United States has recognized the Beijing government, but maintains a special relationship with the Republic of China (Taiwan). In international law, a state cannot recognize two governments for the same state. A "Two Chinas" concept is not possible.

As long as the Nationalists were in power (Chiang Kai-shek was followed by his son) there was never any real danger that the Nationalist leadership would advo-

cate independence from the mainland. All through the years, the Nationalists regarded themselves as the legitimate government of China, and pursued dreams of returning to the mainland.

But Chen Shui-bian and the Democratic Progressive Party do not have the same political and emotional ties to the mainland as the Nationalists do.

Chen Shui-bian strongly advocates the Republic to be a sovereign nation, known as Taiwan, separate and independent from the mainland.

The Beijing government will not permit Taiwan to become an independent nation. To it, Taiwan is a province of the mainland. It would be as if Hawaii were

to desire to separate from the United States and become a sovereign nation known as Hawaii.

At the same time, Beijing does not have the capability to invade Taiwan, and the Republic of China (Taiwan) is protected by the United States.

So far, Chen Shui-bian is following a prudent policy. He is striving to increase the Republic's commercial international success and prestige, while holding off the People's Republic and

down-playing his ultimate objective of independence.

The Republic of China (Taiwan) and the People's Republic controversy will go on for years. The major question for the United States is: How far will American society go in support of Taiwan?

If Chen Shui-bian, in the future, should increase his efforts for independence and the People's Republic responds with force, will the United States actually fight a massive war against the People's Republic of China?

•••

In addition to the five "hot spots" briefly discussed here, there are other places around the world to watch: the long-standing Israeli-Palestinian controversy; the political split on the Island of Cyprus, involving two NATO members, Greece and Turkey, and Cuban-American relations. No foreign policy decision is perfect, but all of these potential trouble spots will be continuously addressed by American policy leaders and the American people. 🌐



Photo by AP Wide World Photos

Chinese armed guards practice near Tiananmen Square in Beijing in May. China has repeatedly threatened to use its massive military against Taiwan if it refuses to reunify and seeks independence.

Pit Power

How Creighton exercise scientist Jeffrey Stout helped fuel Dale Jarrett's ride to NASCAR's biggest prize

by Sheila L. Swanson



Photo by AP Wide World Photos

Several cars make a pit stop during this year's NAPA 500 on April 30 at the California Speedway in Fontana, Calif.

Charlotte, N.C.—It's another 12-hour workday at Robert Yates Racing. In one area of the 100,000 square-foot facility, two men construct roll cages from long steel bars — making precise welds that will save a driver's life if he is involved in a crash during a race. In another area, a body fabricator is adding the skin, or sheet metal, to one of the 18 cars in the No. 88 Quality Care/Ford Credit stable. Someone else is working on the chassis setup for a new car. In another area, eight built engines valued at \$50,000 each are lined up along one wall. A group of mechanics is fine-tuning the setup on a car for the next week's race. And located in a large workshop is the gem of Robert Yates Racing — the engine department. At least 10 mechanics are working on the engines — engines they build, tear down, rebuild and test on millions of dollars worth of equipment, always in search of more horsepower to pull the 3,400-pound stock cars around a racetrack for 500 miles. Upstairs in the gym, several members of the No. 88 pit crew are going through a strenuous workout with the fitness trainer. It's 7 a.m. and their day has just begun.

Have you ever considered a NASCAR (National Association for Stock Car Auto Racing) Winston Cup pit crew member an elite athlete? The answer probably is no. Jeffrey Stout, Ph.D., would be quick to set you straight.

Stout is an assistant professor of exercise science at Creighton University. He is one of a handful of exercise science Ph.D.'s in the United States. who applies the science he learns to athletes. Stout has done extensive research on how athletes can boost their performances through fitness and nutritional pro-

grams that are geared toward the physiological needs for their sport.

During the past three years, Stout has consulted with professional football and baseball teams. His work with Major League Baseball was featured in the April 2000 issue of *ESPN the Magazine*. Stout also was featured on a BBC-produced documentary ("Hormone Heaven") explaining how diet and exercise can maximize the natural release of "feel good, muscle building and fat burning hormones."

In May 1999, fitness trainer/strength coach James Benfield of Robert Yates Racing contacted Stout. Benfield wanted help in conditioning the pit crew members for the No. 88 Quality Care/Ford Credit team owned by Robert Yates.

"Between the hard workouts, pit stop practices and time spent in the race shop, I was concerned about their energy level. I felt they could benefit from a nutritional program as well," Benfield said.

The way pit crews operate has changed tremendously over the past five years.

"Gone are the days where these guys can ignore their physical fitness," Benfield said. "There is so much parity with the cars and the technology. It's the little things that can add up to winning a race."

Working on a stock car pit crew is an exercise in teamwork. During a pit stop, the crews will change

either two or four tires, add fuel to the car and make adjustments to the car's handling. Crew chiefs say a good two-tire stop takes 10 seconds, about the same time it takes a sprinter to run 100 meters. A good four-tire stop takes 15 seconds.

Benfield explained the importance of saving even a small amount of time during a pit stop.

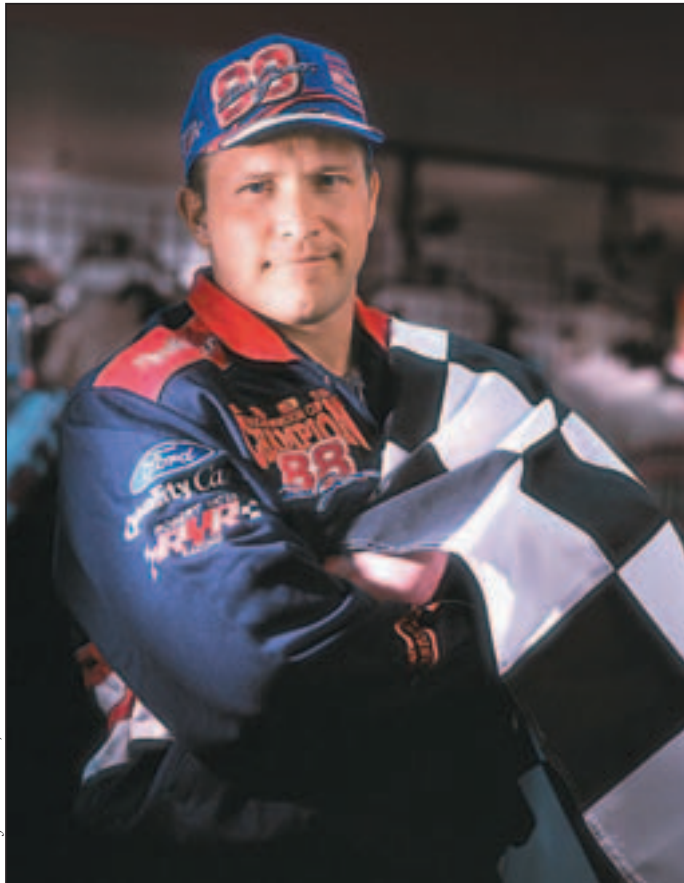


Photo by Monte Krusz, BA'83

Creighton's Jeffrey Stout, Ph.D. ... Through his fitness and nutritional program, the pit stop times for Jarrett's crew dropped from 17.5 to 16.5 seconds.

"Gaining a tenth or a hundredth of a second in the pits means moving up positions on the race track," Benfield said. "To give some perspective, one second gained or lost in the pits equals 400 meters on a race track. You can see how that can affect the outcome of a race. In order to be competitive, we needed

our guys to have consistent 15- to 16-second pit stop times."

Benfield had heard of Stout through FSI Nutrition, a pharmacy company owned by Creighton University alumni Mike Carnazzo, BA'81, and his brother, Joe, BSPha'87.

Stout was a bit surprised when Benfield phoned him.

"Initially, I wasn't sure what I could do. I had never even watched a NASCAR Winston Cup race and frankly didn't consider pit crew members as elite athletes," Stout said.

Upon viewing videotape of a pit stop, Stout realized that the pit crew members were indeed explosive athletes.

"These guys had 15 seconds to change four tires that weigh 75 pounds each; add two, 11-gallon (75-pound) dump cans of fuel to the car; and make any adjustments that the crew chief or driver felt were necessary to improve the car's handling," Stout said.

Stout also was impressed with the NASCAR Winston Cup drivers.

"Studies have shown that during a 500-mile race, a driver expends the same amount of energy as a runner during a full marathon. The drivers have to be well conditioned, hydrated and focused," Stout said.

After traveling to Charlotte to meet with Benfield, crew chief Todd Parrott and the pit crew, Stout real-

ized he had found a unique group of athletes.

“When I consult athletes, I look at the demands of the sport and every sport is a little different. Volleyball, football and baseball players are anaerobic using large amounts of energy in short, sudden

bursts. Marathon runners are aerobic using more oxygen and keeping their heart rates at an elevated level for an extended period of time. The way you would design a diet for a distance runner is a lot different than a diet for an explosive athlete,” Stout said.

With the pit crew, Stout found they needed both endurance and explosive power — endurance for the long workdays during the week and the day of the race and explosive power for the pit stops.

So Stout and Benfield developed a nutrition and exercise protocol

Dietary Supplements: The Promises and the Pitfalls

The dietary supplement industry has been a booming business since Congress passed the Nutritional Labeling and Education Act (NLEA) in 1990 and the Dietary Supplement Health and Education Act (DSHEA) in 1994. Americans spent \$12 billion for vitamins and minerals, herbals, sports supplements and specialty supplements in 1997 alone. In an industry with few regulations, many products are not always what they seem.

According to the U.S. Food and Drug Administration (FDA), consumers need to be on the lookout for fraudulent products, which, at the very least, waste consumers’ money and may cause physical harm.

“The supplement industry needs to be FDA-regulated,” Jeffrey Stout, Ph.D., said. “Within the next year or two, I expect Congress will pass another act that will clamp down on the manufacturing of supplements and implement a system to check the purity of the products.”

In fact, in 1999 three NFL players tested positive for a banned substance that was found in an over-the-counter supplement they were taking.

“When you buy dietary supplements on your own, you really don’t know the purity and quality of the product,” Stout said. “These football players did not realize that the supplement they were taking contained a banned substance.”

The FDA considers dietary supplements to be products made of one or more of the essential nutrients, such as vitamins, minerals and protein. The DSHEA broadens the definition to include, with

some exceptions, any product intended for ingestion as a supplement to the diet. This includes vitamins; minerals; herbs, botanicals and other plant-derived substances; and amino acids (the individual building blocks of protein) and concentrates, metabolites, constituents and extracts of these substances.

Sidney Stohs, Ph.D., dean of Creighton’s School of Pharmacy and Allied Health Professions, noted that the vast majority of dietary supplements, and particularly herbal products, do not have standardized manufacturing practices.

“If a product’s label is marked U.S.P., it indicates the manufacturer followed standards established by the U.S. Pharmacopeia,” Stohs said. “Without this marking, consumers really don’t know what they are getting when they buy dietary supplements.”

Stout recommends that unless you are an elite athlete, you should avoid taking supplements such as creatine.

“There is no magic pill out there that is going to help someone change their body composition to the way they want it. There is nothing on the market that can work better than a good diet, exercise and hydration,” Stout said.

Stout does research and scientific advising for several nutritional companies in the United States and will not work with a company if its products are not pure and of high quality. He does not do consulting work with colleges and universities. Stout has worked with Charlie Oborny, head strength and conditioning coach at Creighton, but does not design programs for Creighton student-athletes.

“There is no magic pill out there that is going to help someone change their body composition to the way they want it. There is nothing on the market that can work better than a good diet, exercise and hydration.”

Jeffrey Stout, Ph.D.

that would enhance both systems.

"For the pit crew, it was about energy, building strength and speed, and preventing injury and illness because their season is so long," Stout said.

This year's NASCAR Winston Cup season has 34 races during a

41-week period. Once the season ends in Atlanta in late November, plans for the February 2001 season-opening Daytona 500 and the next three to four races begin.

According to Stout, the key for any athlete is to have a nutritional program that enhances

the benefits of exercise.

"You can't perform if you are sick, and your body can't recover from workouts if it is run down," Stout said. "It was crucial for the pit crew members to maintain their immune systems because there is no downtime in this sport. The plan

He also realizes that there are people who feel athletes should not take supplements and that using supplements or other agents to achieve a competitive edge undermines the spirit of athletic competition. As of Aug. 1, 2000, the National Collegiate Athletic Association (NCAA) no longer allows Division I colleges and universities to provide nutritional supplements to student-athletes, citing the lack of long-term studies on possible side effects and lack of FDA regulation. In addition, according to the NCAA, institutions that have the resources to provide such supplements to their student-athletes could obtain a competitive advantage.

"This new NCAA bylaw really doesn't make much sense because it does not ban any nutritional supplement. Instead, it leaves it up to the student-athlete to buy the product and take it unsupervised while not knowing if the product is of good quality," Stout said. "This could lead to misuse and possible exposure to health risks because the student-athlete may feel if a little is good then more is better.

"What exercise science professionals are trying to do is find an effective and safe way for athletes to increase performances," Stout said. "It's important to remember that there is a difference between drugs and dietary supplements such as creatine, tyrosine and protein. A drug — like steroids, ephedrine and caffeine — binds to receptors in the body causing a metabolic reaction, whereas tyrosine, creatine, carbohydrates and proteins are only utilized if the

body needs them. They don't cause the body to do anything."

Stohs noted that performance-enhancing supplements should not be confused with herbal products such as St. John's Wort, ginkgo biloba, ginseng and senne. The American Pharmaceutical Association warns that herbals can produce drug or drug-like effects.

"The general public looks at herbal products like any other supplement. Many herbal products can produce physiological effects," Stohs said. "It's also important to realize that the label 'natural' does not guarantee a product as safe."

According to Kansas City Chiefs Strength Coach Jeff Hurd, Stout has been an unbelievable resource.

"We are so busy training the players, I don't have the time to research dietary supplements and nutritional needs for the team," Hurd said. "Dr. Stout has been able to tell us what is good and what isn't good. He has allowed me to do a better job

and better inform our players."

Hurd also feels that what Stout is doing will help athletes make better choices. "If the players are not informed or shown the proper way to do things, they will go out on their own and make some poor decisions. They don't do this because they are trying to do something illegal, but rather because they don't have enough information to make good choices," Hurd said.

In a recent survey, 100 Olympic athletes were asked:

"If you could take a drug that was undetectable but could guarantee you a gold medal at the next Olympics, would you take it?"



"If you could take a drug that could guarantee you would win every race for the next five years but you would die in five years, would you take it?"



The reality is that illegal drugs such as steroids, insulin and growth hormones are available, and doping in professional and Olympic sports is not uncommon. If athletes feel the pressure to improve their performances, they will take whatever is available.

Source: "Over the Edge." Sports Illustrated, April 1997

I recommended for them was geared toward accelerating the rate of recovery and increasing their mental concentration and endurance," Stout said.

Stout designed a long-term plan to maximize the benefits of training and a short-term plan to maximize their race day performance.

For the long-term, the pit crew members drank a nutrient-dense shake — which contained protein, carbohydrates, vitamins and minerals — after each workout. They also took a small amount of creatine mixed with water each night before bed.

Creatine is an amino acid (the building blocks of protein) made in the liver, pancreas and kidneys and is found in many foods. It is transported in the blood and taken up by muscle cells where it is converted to creatine phosphate, also called phosphocreatine.

Phosphocreatine is stored in muscle tissue until it is used to produce chemical energy called ATP (anaerobic adenosine triphosphate). It is used for quick energy needs for any sport or exercise that may involve explosive movements. Similar to glycogen (stored carbohydrate), when creatine is stored in muscle cells, it enhances the hydration of the cell which increases the water content. Scientific studies have shown that when a cell is properly hydrated or volumized, it may improve protein synthesis and muscle growth.

"The average person uses approximately two grams of creatine per day. To replace the used creatine, the body synthesizes about one to two grams per day, while another one gram is obtained through a 'normal diet,'" Stout said.

Athletes participating in a

The Anatomy

NASCAR allows only seven people over the wall during a pit stop.

The tire carriers (two) carry a new 75-pound tire to the car's right side and place each on the wheel after the tire changer removes the old tire. During a four-tire stop, the process is repeated on the left side with new tires rolled in by crew members behind the pit wall.

The tire changers (two) each run to the car's right side and use air impact guns to remove five lug nuts off old tires and bolt on the new tire. The process is repeated on the left side during a four-tire stop.

The jack man carries a 45-pound hydraulic jack from the pit wall to raise the car's right side. After new tires are bolted on, he drops the car and repeats the process on the left side.

The gas man pours two, 11-gallon (75-pound) dump cans of fuel into the 22-gallon fuel cell.

The catch-can man holds the can to collect overflow from the fuel cell. He also signals the jack man when refueling is complete.

The crew chief directs the action of every pit crew member using headsets. He tells the driver when the work is done and it's safe to leave the pit area.

What is NASCAR?

The first NASCAR race was run on Feb. 15, 1948, on the beach/road course in Daytona Beach, Fla. The vision of Bill France Sr., the sport has grown in popularity since its early days when it was primarily a southeastern United States sport. NASCAR is second only to the NFL as the most-watched sport on cable television. In 1998, the NASCAR Winston Cup Series attracted 6.3 million people to its 33 events. It is a business worth more than \$1 billion. Last year, Fox, NBC and Turner Sports spent \$2.4 billion for a six-year television package deal,



Photo by David Chobert

Dale Jarrett's pit crew in action during last year's Pepsi Southern 500 at Darlington Raceway in Darlington, S.C., on Sept. 5.

of a Pit Stop

which takes effect in 2001.

The Winston Cup is the premiere circuit in NASCAR. The championship is determined by a point system ranging from 175 to 31 points awarded for finishing 1st through 44th respectively in a race. If a driver leads a lap, he receives five bonus points. The driver leading the most laps receives an additional five bonus points. Because of this point system, consistency is rewarded. Drivers do not have to win many races in order to claim the championship at the end of the season if they finish consistently in the top-five or top-10.

Winston Cup racing is a detailed and technical sport. Nearly all of a car's parts are built by mechanics at the race shop.

All race tracks are different in terms of degrees of banking, surfaces and length (the shortest on the Winston Cup circuit being the Martinsville Speedway at .526 miles and longest the Talladega Super Speedway at 2.66 miles). Speeds reach around 190 mph at some of the larger tracks.

Prior to race day, a driver's crew spends hours analyzing notes to determine the ideal handling package. A poor handling car causes the driver to work that much harder to get around the track. If a car is "tight," the driver is turning the wheel as hard as he can and the car pushes to the outside wall. If

a car is "loose," it feels like the car is on ice and is slipping all over. The goal is for the car to "hook up" (finding the groove of the track where the car stays with little effort from the driver).

During practice, teams can alter the front and rear suspension by changing springs, shocks and sway bars as well as adding or removing a spring rubber to stiffen the springs.

During the race, the tires are what tell the story of how the car is handling. Goodyear supplies the tires for all Winston Cup races. After a pit stop, the crew evaluates the tire wear to determine if the car is tight or loose. During the race, when time is precious, adjustments are made at a lightning pace to help the car's handling.



resistance-training program have been shown to benefit from creatine supplementation because the supplementation allows them to complete their workouts at a higher intensity due to increased phosphocreatine stored in their bodies.

"Higher-intensity workouts provide for a greater training stimulus and enhanced physiological adaptations over time," Stout added.

Stout recommended creatine for the pit crew because when combined with their weight training, it would help maintain their explosiveness throughout an entire race. Most NASCAR Winston Cup races last four to five hours.

Above all, Stout emphasized the importance of fluid intake to prevent dehydration.

"No one should take supplements unless they drink a lot of water. I never recommend a supplement that does not promote hydration," Stout said.

Stout also never recommends that athletes take supplements in pill form.

"When supplements are taken in powder form, they are mixed with fluids. The powder form absorbs faster into the system and there are fewer side effects like gastrointestinal irritation because of this," Stout said.

The short-term plan, used a day-and-a-half before competition, was intended to provide maximal energy on race day. It also hyperhydrated the athletes helping reduce the chances of cramping and performance decrements from dehydration.

"Drinking water is especially important on race day," Stout said. "Slight dehydration can cause a decline in physical and mental performance. Anyone who has ever watched a race knows that it is as

Potential Medical Uses of Creatine

By Lori Elliott-Bartle

Research on creatine is moving from looking at the ways it can enhance athletic performance to ways in which it may enhance the quality of life in people who have muscle degeneration due to chronic disease or aging.

Jeffrey Stout, Ph.D., is excited about the possibilities. He continues to collaborate with researchers at the University of Wisconsin to examine the effects of creatine supplementation in patients who have amyotrophic lateral sclerosis (ALS) or Lou Gehrig's disease. He also will work on a study with Creighton researchers to monitor creatine supplementation in AIDS patients who have suffered nerve damage.

"We already know that in cardiac rehabilitation, in neuromuscular disease patients and with AIDS patients that exercise can be very beneficial," Stout said. "Creatine supplementation may help those benefits occur even faster."

Stout cites research done in Canada that looked at 18 neuromuscular diseases. Researchers found that one common factor among patients was a decrease in skeletal muscle creatine stores. With supplementation, researchers documented marked improvement in strength and lean body mass of the patients.

"I worked with a student at Creighton who has myasthenia gravis," Stout said. "Symptoms of the disease include extreme fatigue, loss of muscle and loss of strength. This young man had been an athlete and went from 190 pounds to about 160. He began an exercise program and the disease progression seemed to stop, but he didn't improve. We wanted to see whether taking creatine would enhance the results of his exercise program."

"With permission from his physician, he took five grams of creatine daily for 15 weeks, and we saw upper and lower body strength improve 30 to 40 percent," Stout

continued. "He gained 12 pounds of lean muscle and had more energy. His physician also monitored liver enzymes to see whether the creatine adversely interacted with medications he took for the condition and saw no changes."

Stout cites this lack of enzyme change in this case study and in other research studies as demonstration that creatine supplementation at the recommended dose should be safe for longer-term use.

"There is research data on five years of continuous supplementation with the only

"When she started, she couldn't hold a 16-ounce glass ... After six weeks ... she could stand up, sit down and walk a little ... The only change she made in her regimen was to add the creatine supplement."

side effect being weight gain," Stout said. "There is speculation about possible effects but no data yet — reports of cramping and other effects are anecdotal and probably indicate that the person is taking much more than the recommended dose of creatine."

In a recent issue of the journal *Medicine & Science in Sports & Exercise*, a scientific roundtable of 12 world-renowned specialists reviewed hundreds of scientific studies on creatine. The panel concluded that while creatine is perceived as relatively safe there has been little real critical evaluation of its health implications. The panel agreed that there is no definitive evidence that creatine use causes gastrointestinal, renal and/or

muscle cramping complications when taken at the recommended dosage. At the same time, the panel noted that there is no assurance that creatine use is free from health risks that may be discovered in years to come and further research on its long-term effects must continue.

Sidney Stohs, Ph.D., dean of Creighton's School of Pharmacy and Allied Health Professions, agrees.

"Side effects from creatine use are very dose dependent. A low dose usually does not produce any side effects," Stohs said. "When creatine is taken at a high dose, however, there have been cases of side effects. Just because creatine is natural does not mean it is automatically safe at any dose. My concern with creatine use is there are no long-term studies on how it affects the heart, brain and reproductive systems."

Stout has seen the potential of creatine's medical applications in his family. His aunt, who has multiple sclerosis, took creatine and made notable gains. "The majority of the time, my aunt is wheelchair bound, so I asked her to try creatine," Stout said. "When she started, she couldn't hold a 16-ounce glass to serve herself the creatine. After six weeks of taking creatine every day, she could stand up, sit down and walk a little without assistance from anyone. She could eat and drink by herself. The only change she made in her regimen was to add the creatine supplement — she didn't have additional physical therapy or other dietary changes."

"I think it's important for people to understand that creatine will not cure diseases, but if it can improve quality of life it could be very important. If people can get up and do daily tasks they weren't able to do before — to take a walk with their children or to hold their grandchildren — it means so much."

much a mental as a physical sport.”

Part of the short-term plan included taking a tyrosine-based supplement as a mental booster an hour before competition.

Tyrosine is an amino acid naturally found in the brain. The brain converts tyrosine to the stimulatory neurotransmitters: dopamine, norepinephrine and epinephrine (the last two being the “fight or flight” hormones). These are known collectively as catecholamines. Approximately 95 percent of the brain’s catecholamines are synthesized directly from tyrosine. Studies have found that during stressful events, the level of naturally occurring tyrosine goes down.

“It’s similar to having a fire going and you are running out of wood. If you can’t maintain the fire, it will burn out. It’s the same way for the brain,” Stout said.

Administering tyrosine before competition and before the effects of stress occur help prevent the tyrosine level from dipping below normal. Tyrosine is then available when the body needs it to make the catecholamines that create sharper mental awareness, counteract mental fatigue, promote improved hand-eye coordination and create sharper focus and concentration.

“Tyrosine-based products are only for athletes who compete for more than four hours at a time,” Stout said. “On race days, pit crew members work 12 hours. From start to finish, they cannot afford to make a mistake.”

Within a month on the fitness and nutritional programs, the pit

crew started showing improvements in their pit stop times.

“Before they started the programs, the No. 88 crew’s pit stops were averaging around 17 to 17.5 seconds. They finished the 1999 season with an average of 16.5 seconds per pit stop,” Benfield said.



Dale Jarrett celebrates winning the 1999 NASCAR Winston Cup Series championship.

According to Kevin Stimeris, the front tire carrier for the No. 88 team last season, the nutritional program helped improve the pit crew’s performance on race day and during the long work hours at the race shop.

“I wasn’t nearly as worn out on Mondays as I had been in the past. The fitness and nutritional programs really boosted my energy

level,” Stimeris said.

Vince Valeriano, shock absorber specialist for the No. 88 team, agreed. “No matter how advanced the equipment becomes in NASCAR Winston Cup racing, the human element is always there.”

Each week, nearly 40 people will work on one car to get it ready for a race.

“We can’t afford to have a physical or a mental breakdown during competition or during the week as we prepare cars for different races. The workouts and following Dr. Stout’s program really helped our pit crew produce consistent pit stop times,” Valeriano said.


It was that consistency that helped pave the way for driver Dale Jarrett and the No. 88 team to win the 1999 NASCAR Winston Cup championship.

“All of us, including Robert Yates, Todd Parrott and Dale Jarrett, felt Dr. Stout’s help was a crucial part in the team’s success last season,” Benfield said.

As for Stout, he is happy to provide his consulting services to strength coaches, trainers and professional athletes.

“It’s been fun watching the success the teams and athletes that I have worked with have realized,” Stout said. “I don’t

take any money for my consulting work. I do it because I love it. I enjoy meeting the athletes, and I consider my work a service because I want to discourage athletes from doing things to boost their performances that are bad.”

— *About the author: Swanson is an associate editor of Creighton University Magazine and can be reached via e-mail at bluenews@creighton.edu.* 

junk journalism

*Has journalism stooped to a new low?
And, if so, who or what is to blame?*

By Mary Kay Shanley, BA'65



Photo by AP Wide World Photos

Did we really need to ride down the Santa Monica Freeway with law enforcement officials in slow pursuit of O.J. Simpson?

Are we better off for knowing every intimate detail of the Oval Office goings-on between President Clinton and Monica Lewinsky? If yes, did we need

Millions watched live on television as the infamous white Ford Bronco, carrying a despondent O.J. Simpson, was followed by police cars in slow pursuit along a southern California freeway on June 17, 1994.

to hear or read those details over and over (and over) again?

Was the posturing between Elián González' American relatives and the Federal Government the most important news story in this country? For weeks?

Or was at least some of that coverage "junk journalism"? While there's no dictionary defini-

tion for the term, John McCaa, BA'76, anchor and news manager at WFAA-TV in Dallas, said simply, "You know junk journalism when you see it."

And these days, some of those who report the news and some of those who consume it say they see junk journalism in newspapers, news-magazines and on TV all the time. Stories are short, light, titillating and entertaining. But are they news?

And are they newsworthy?

There is no line in the sand to measure a story's worth, but there is a feeling and a fear that what's being offered as news is really news lite or "McNews." Take your pick. Neither is complimentary.

Consumers may regard junk journalism as a "60 Minutes" episode where the whole point is to "get" somebody ("gotcha" journalism). Or, perhaps, junk journalism is when local TV news presents a series where the anchor learns to do other people's jobs — from driving a semi to leading a drill team. Or maybe it's when the newspaper devotes 10 inches to a city tax issue and 35 inches to Tom



"Looking at demographic information is OK, but basing coverage solely on those results presents a problem."

*John McCaa, BA'76
Anchor and news manager at WFAA-TV in Dallas*

Cruise's newest movie.

To people on the inside of the industry, however, junk journalism goes deeper. "It happens when we allow people to rename the things we do," McCaa said. "For instance, a news organization may use surveys and polls to determine what viewers want. Looking at demographic information is OK, but basing coverage solely on those results presents a problem. In the end, it is the job of the journalist to determine what the news issues are and to report on them."

Real journalism, McCaa said, is content-driven and requires hard work. "We just went through a ratings period," he said. "Our station spent a lot of time on a story about whether a doctor whose license had been suspended should be practicing medicine. We looked at his habits and his practices and ended up with a piece four minutes long."

"I think news organizations got all caught up in the hysteria of the thing and ended up giving us only one point of view."

*Julie Asher, BA'79
National editor of the Catholic News Service on the Elián González coverage*

Another Dallas station burned a house down and talked about what it takes to get out alive. "You can make the argument that some of their information was helpful," McCaa said, "but I'd say their piece was image driven rather than content driven."

Julie Asher, BA'79, national editor of the Catholic News Service in Washington, D.C., offers her own version of junk journalism. "Look at how the Elián González story was covered," she said. "Journalists camped out with the demonstrators in front of the relatives' (Miami) home, then reported what the demonstrators said. But how much did we hear that was contrary to that? Not everybody in Little Havana agreed with them. The Haitian community, for example, was wondering why this boy was getting special treatment.

"I think news organizations got all caught up in the hysteria of the thing and ended up giving us only one point of view."

Watching reporters get caught up in the moment doesn't surprise Asher anymore. She talks about a recent incident when actor



Christopher Reeve and Mary Jane Owen — who is with the National Catholic Office for Persons with Disabilities — and others were on Capitol Hill. They were testifying about legislation that would lift a ban on federal funding for research involving the destruction of human embryos. Owen supported leaving the ban in place and Reeve said it should be lifted. “The reporters just loved Christopher Reeve, but they gave almost no time to the woman in the wheelchair,” Asher said. “Ms. Owen was well spoken, but they dismissed her in favor of a famous actor.”

Rob O’Neil, BA’70, chair of the media arts department at Los Angeles’ Pierce College, agreed. “Definitely, the media are going toward the lighter, the frothier,” he said. But he’s also concerned about the media creating news out of relatively insignificant events. Several summers ago, O’Neil — a summer correspondent for the *L.A. Times* — found himself just yards away from a stalled truck driven by a man who had stolen a spearfishing gun from a sporting goods store and subsequently led police on an “even slower than O.J. Simpson” freeway chase. “The police were shouting at him through bullhorns to surrender and the guy — who we later learned had accidentally shot himself with the spear gun — was yelling back that he was hurt and wanted to surrender,” O’Neil said. “But no one could hear anything

because there were 11 news media choppers overhead. When I went into a bar 50 yards away to call the *Times*, everyone was watching it on TV!”



Photo by Shane Michael Kildner

“Definitely, the media are going toward the lighter, the frothier.”

*Rob O’Neil, BA’70
Chair of the media arts department
at Los Angeles’ Pierce College
and a correspondent for the L.A. Times*

O’Neil was among those recently commended by the *Times* for reporting an August 1999 shooting at the North (San Fernando) Valley Jewish Community Center day care facility by an avowed racist. O’Neil credits an editor who told him to steer clear of the “wolf-pack journalism” at the police command post and get into the nearby neighborhood where “frightened residents and tense cops had plenty of insights to share.”

So, how did we get to this junk/gotcha/wolf-pack state of journalism? Dr. Eileen Wirth, chair of Creighton’s Department of Journalism and Mass Communication, might instead ask, “How

did we get back to such a state?”

“Look at the history of U.S. journalism,” she said. “It was scandal and sensationalism in the beginning. There was no pretense of objectivity.”

She offers the perfect example: In 1897, William Randolph Hearst sent Richard Davis, a fiction writer, and Frederic Remington, an illustrator, to Cuba to report on the insurrection there. When the men reported that it looked like there would be no war, Hearst replied, “You furnish

the pictures and I’ll furnish the (Spanish American) War.”

Wirth asked, “‘What’s the difference between an 1890 headline in the *New York Journal* that promised a ‘Marvelous New Way of Giving Medicine: Wonderful Results from Merely Holding Tubes of Drugs Near Entranced Patients,’ and ‘Strange Things Women Do for Love’ or ‘Why Young Girls Kill Themselves,’ which you see on TV during sweeps week?”

Then, she added, “Junk journalism doesn’t get much worse than the *New York Daily News* photo of Ruth Snyder being executed. Somebody sneaked a camera into the death chamber and shot the photo as she was being electrocuted. The next day — Jan. 14, 1928 — the photo took up an entire page.”

Wirth went on to say that what we had in the ‘40s, ‘50s and early ‘60s was an aberration. “We’d

gone through the Depression and World War II and into a Cold War," she explained. "The government, the press and our citizens all felt the same threats, from Nazism to Communism. That put the press and the government on the same team."

That explains why Edward R. Murrow lost his TV program for challenging Sen. Joe McCarthy, and why James Reston suppressed a Bay of Pigs story at the government's request.

"Then, the Baby Boomer generation cut its teeth on rebellion (against the government) and external threats to the country's existence disappeared," Wirth said. "The combination of national and international political developments was so powerful that now, when the government says to the media, 'Don't do this; it's a threat to our existence,' we say, 'From whom? From Paraguay?'"

Mary Alice Williams, BA'71, an Emmy-award-winning veteran television journalist, cites another reason for the media-government breakup. "During the Vietnam era, the government was lying to us repeatedly, constantly, predictably," she said. "We didn't become skeptical, but rather cynical, about what we were being told."

This was at the same time when the number of newspapers began their dramatic decline, which also affects journalism today. Evening papers as well as some morning dailies in large markets folded. Those remaining went from independent to corporate ownership, often with more

emphasis on bottom-line profit. And readership dropped. "The number of people reading a newspaper today is about the same as it was following World War II," O'Neil said. "But there are a lot more people now."

Fierce competition for readers



Photo by Kent Stevens

"Look at the history of U.S. journalism: It was scandal and sensationalism in the beginning. There was no pretense of objectivity."

*Dr. Eileen Wirth
Chair of Creighton's Department of
Journalism and Mass Communication*

has pushed print editors to entertain rather than challenge, to report a little bit about a lot and to put what sells on Page One. Additionally, the print industry increasingly relies on visuals, a practice introduced by *USA Today*. And yes, editors often lean toward sensationalism to compete with everybody from TV news to

Internet gossip Matt Drudge.

Life's not any easier in the broadcast industry. There, we've gone from the big three network channels to hundreds, and with that, a relentless pursuit of ratings and audience shares. And entertainment — which is what draws most people to the TV screen to begin with — touches on all sorts of news issues from good-looking anchors to condensing tough topics into little packages.

Then there's the Internet, where some of America's brightest young people go for all of their news. Journalists know what we're seeing in that regard is only the proverbial tip of the iceberg. For starters, the pace set by technology is having a profound effect upon the reporting of news. "Everybody's competing to get the news out first," said Williams. "That means reporters have less time to think, to evaluate. Their writing becomes less important — which still makes my teeth hurt!"

Williams cites another driving force in journalism today — a mean-spiritedness. "Unfortunately, you make your name covering really bad news," she said. "Cover something prurient and the ratings go up."

She thought — hoped — that the "low-water mark" in terms of blurring the lines between junk and professional journalism was O.J. Simpson. "With that one, everybody sunk to the lowest common denominator," she said. "Then along came Monica and we had another crescendo. We're all depleted from those experiences."

Williams does not hesitate to

place blame. "This all has to do with the appetites of the American people," she said. "So I ask, should we treat them as consumers or citizens? As people with appetites or attributes? Are we to look at them only in terms of our bottom line?"

If, indeed, it is the American public's appetite that is setting the standards for news, WFAA-TV's McCaa would ask, "Have we forgotten that journalists play



"This all has to do with the appetites of the American people. So I ask, should we treat them as consumers or citizens?"

*Mary Alice Williams, BA'71
Emmy-award-winning
television journalist*

Course Explores Media Ethics

TV newsman John McCaa studies Plato and Aristotle. "I have to," he said. "It's the journalist's job to examine society's institutions. To do that, you must have knowledge of what is good and decent. That comes from the study of ethics and philosophy."

Creighton University agrees with its alumnus. That's why Dr. Carol Zuegner, journalism instructor and faculty advisor to *The Creightonian*, begins every semester by going through the Society of Professional Journalists' Code of Ethics with her students. "The code addresses such topics as personal responsibility, minimizing harm, accountability and admitting and fixing mistakes," she said. "Then, we spend the rest of the semester putting that code into practice."

Zuegner said Creighton students "by and large, really care about others; they believe in the Jesuit mission and for that, we

"I want them (students) to realize that if they have strong convictions about right and wrong, and the confidence to apply those convictions, they can handle the multitude of situations they'll encounter as working journalists."

*Jeff Maciejewski,
assistant professor
of journalism and
mass communication*

are blessed. But journalists can be confronted with a situation where they must decide what to do in a matter of minutes. So journalism students need a

strong foundation in ethics."

She finds today's students more cynical about journalism ethics than when she began teaching at Creighton three years ago. "I ask my students how many think journalists are always ethical, and no hands go up," Zuegner said. "Then, I ask how many think journalists are sometimes ethical, and a few hands go up."

But when she tells them she worked 15 years for the Associated Press, they all believe she was always ethical. "Their vision of a journalist is colored by the excesses of what they see," she said. "They don't understand yet that, for most journalists, the sins are of omission, not commission."

Beginning this fall, Zuegner will receive some hefty assistance getting that ethics message across.

a special role in the constitutional system of checks and balances? There's a reason for the (First Amendment) and that reason is not to make money."

Still, even such a high-minded purpose doesn't change reality. "I don't think there's any question that we are going to live with this forever," said Wirth. "There is no turning back. It used to be that if NBC News didn't run the story because the news director didn't

think it appropriate for family TV, NBC's counterparts made a similar decision. They were all coming from similar standards, and they were reasonably sure that others from the *L.A. Times* to the *New York Times* would exercise similar restraint."

Now, it's about profit and ratings. And restraint is often out the window.

—About the author: Shanley is a former reporter and feature writer for the

Des Moines Register. *The Creighton journalism graduate currently works as an author and free-lance writer from her home in West Des Moines, Iowa. Shanley has written for such national magazines as Better Homes and Gardens and Family Circle. Her sixth book, For Parents Only — Tips for Surviving the Journey from Home-room to Dorm Room, which she co-authored with Julia Johnston, was published this summer by Barron's Educational Series, Inc., New York.*

Jeff Maciejewski, an assistant professor of journalism and mass communication, will teach Media Ethics. His students will explore the ethical and practical questions of mass communications.

"We know there are moral and ethical principals that can be applied to problems in mass communications," Maciejewski said. "But you can prescribe many answers to one problem, and those answers will differ widely. So within this framework, we'll look at specific problems, asking the students to assess each from varying viewpoints, but always using moral and ethical principals.

"And," he added, "we'll talk about how that applies in real life.

I want to engage students in the process of saying, 'What do I think? What do I believe? What would I do if...?' I want them to

working journalists."

He concedes that moral sensitivities are low right now, adding that junk journalism isn't helping anybody or meeting any higher end. But he believes that can change. "People imply that the media is like some kind of third party, created by other-worldly beings and beamed down to us from God knows where," he said. "But the media is a human product, susceptible to subtle and significant changes in the human condition.

"I have faith that we will move beyond, rise again, partly because we are teaching students they can make a difference. They don't have to do what everybody else is doing," he said. "You can be a moral communicator simply by doing what is right." ■



Jeff Maciejewski, an assistant professor of journalism and mass communication, and Dr. Carol Zuegner, journalism instructor

realize that if they have strong convictions about right and wrong, and the confidence to apply those convictions, they can handle the multitude of situations they'll encounter as

Photo by Kent Sizemore

DONOR PROFILES

NURSING DEAN ESTABLISHES ENDOWED SCHOLARSHIP FUND

Graduates of Creighton's School of Nursing truly personify the University's mission of "men and women for and with others." As nurses, they have dedicated their lives to caring for humanity, providing not only physical care but oftentimes mental and spiritual support as well.

Dr. Edeth Kitchens, dean of the School of Nursing, is passionate about furthering the nursing profession as well as the University's mission. She recently demonstrated her commitment to the nursing program by establishing the Dr. Edeth Kitchens Endowed Scholarship Fund for Nursing to assist nurses in furthering their education.

As a former non-traditional student, Kitchens appreciates the financial demands and special challenges these men and women face. Due to the rigorous nature of the nursing curriculum, students have little time for employment. Therefore,

they must rely heavily upon scholarship support as they balance the demands of the classroom and the clinical components.

Kitchens decided to make the gift in honor of her parents, who provided



Photo by Monte Krause, BA '83

Dr. Kitchens with a patient

unconditional support through every step of her education and career. Her success in the nursing profession has been especially touching to her mother, who always had aspirations of becoming a nurse but never had the opportunity to pursue her dream.

Through the endowed scholarship fund, Kitchens will assist non-traditional nursing students and ensure that her parents' encouraging spirit, as well as her mother's dream, will continue in perpetuity.

CORDOBAS HELP CONTINUE DENTAL SCHOOL'S TRADITION OF EXCELLENCE

Since 1905, Creighton's School of Dentistry has been providing an excellent, values-centered education to its graduates. Dental students complete a rigorous curriculum, and many students participate in service opportunities. Alumni and friends of the School of Dentistry ensure the continuation of this tradition of excellence through their work and volunteer service to the Creighton community.

David, DDS '63, and Rose Ann Cordoba are an excellent example of the wonderful support Creighton receives from alumni and friends. Longtime members of the Creighton Society, David and Rose Ann feel strongly about ensuring that other young men and women have the opportunity to share the Creighton experience.

The Cordobas have supported the University, giving of both their time and resources. They recently illustrated their commitment by establishing the David and Rose Ann Cordoba Endowed Scholarship Fund for Dentistry. The scholarship fund will assist students in the School of Dentistry who are in need of financial assistance.

"I decided to establish the scholarship fund because of how much Creighton has contributed to my education and well-being. When you get to a certain point in your career you begin to consider what's been important in getting you there," David said.

Thanks to the generosity of the Cordoba family, Creighton's School of Dentistry will continue to provide a quality, values-centered education for many future students.

LOVE FOR CREIGHTON CONTINUES TO GROW

Creighton University holds a special place in the hearts of **Dr. Gene, BA '75**, and **Pam (Brown), BSMT '76, Brooks**. The two met at Creighton on their first day of

freshman orientation, fell in love and got married. They have been together for 24 years and are the parents of two daughters.

Just as their relationship has continued to grow, so has their fondness for Creighton. Recently, they decided to express their support for the University, as well as their belief in strengthening educational opportunities for minority students, by creating the Mary Dora Endowed Scholarship Fund. The scholarship fund is named in honor of Pam and Gene's grandmothers, acknowledging the vital role these women played in their upbringing.

Gene and Pam spoke of the scholarship saying, "We wanted the scholarship to be a general merit scholarship. There are so many different avenues that students can choose, and we didn't want to limit their options."

The Brookses hope their gift will encourage others to support minority students, enabling them to cultivate their talents and see their dreams blossom. Through the Mary Dora Endowed Scholarship Fund, Gene and Pam have ensured that their grandmothers' nurturing spirit will help young men and women for generations to come.



Dr. Gene and Pam Brooks

The Silent First Patient

By Thomas Quinn, Ph.D.

Mortui vivos docent, the dead teach the living, is a phrase that has been used since the early days of anatomy.

Medical students have dissected human bodies as part of their training since the days of ancient Greece, although the practice has not always been accepted. Pope Boniface VIII placed a ban on human dissection in 1248, which lasted until the end of the 13th century. It would be many years before the science of anatomy could equal that which the ancient Greeks possessed.

Anatomy became a more modern discipline in 1542 after the publication of Andreas Vesalius' work, the beautifully illustrated *De Humanis Corporis Fabrica*, which was based on his personal dissections. The demand for bodies for dissection rapidly increased in the ensuing years and soon had outpaced the supply of "unclaimed" bodies.

At the end of the 19th century, students and "resurrectionists" (i.e., body snatchers) were plying a profitable trade that more than once culminated in the murder of a potential anatomical subject. The subsequent public reaction to this disreputable trade resulted in the passage in England of the Anatomy Act of 1832 through which medical schools were to receive any "unclaimed" bodies, those of executed criminals, and the bodies of those who donated them for anatomical study.

Medical schools in the United States primarily depended on "unclaimed" bodies until the Uniform Anatomical Gift Act was passed in the late 1960's. This act gave Americans the legal right to donate their bodies for scientific study. The advent of organ transplantation and the need for individuals to specify their intention to donate has further heightened the public awareness that donation of tissue, organs or one's entire body is a benevolent and humanitarian act. The gift of one's body for the education of healers no longer bears any social stigma among most in our society. And there is a growing need for such gifts as more health sciences students — such as those in physical therapy or dentistry programs — learn from dissection. This last gesture affords health sciences students and researchers an unparalleled opportunity to experience firsthand the intricacy of the body.

Students often initially are tentative in their approach to dissection, but a sense of gratitude for this opportunity

quickly outweighs their natural reticence. The experience is unique and invaluable. Each of our bodies differs at least subtly from the norm; time, disease, accidents, surgery and even the whims of nature uniquely mark each of us. This lesson is not lost in the flurry of activity surrounding dissection and cannot be replaced with computer-based simulation programs. These early encounters with the uniqueness of each body will guide the physicians and other health-care providers in their future careers to a thoughtful and careful approach to each patient.

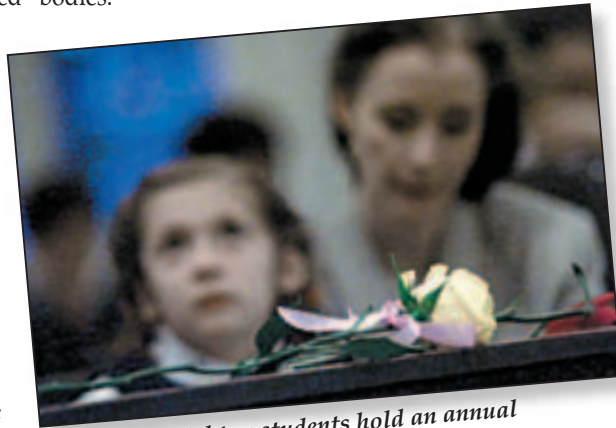
After many months of lectures and hours of dissection, the basic anatomy of the body has been learned. Students realize that their best instructor was their silent first patient. As the donated bodies are cremated, the students prepare to

lay them to rest. A memorial service for anatomical donors is held annually at Creighton. Students from medicine, dentistry and allied health plan and perform the service, which gives students an opportunity to recognize and thank anatomical donors for their gift toward furthering their education. Poems and eulogies are written, flowers are given, and St. John's Church echoes with hymns. Students often create

mementos for families filled with original and selected poems and meaningful Bible passages. Even in this time of remembering the dead, there is something very vital here. There is a sense that some immediate good will come to others because of the generous act of the donors.

Following a reception for students and families, there is a graveside service at St. Mary Magdalene Cemetery in Omaha, where there is a marker for the cremated remains that says, "Here in honor lie the remains of those who taught us the secrets of the human body. May they rest in eternal peace."

—About the author: Thomas Quinn, Ph.D., is a professor of biomedical sciences who specializes in anatomy. He coordinates the anatomy curriculum for medical students and assists students in conducting the annual memorial service for anatomical donors. For more information about anatomical donation, please contact your state anatomical board or discuss a gift with your family and your attorney. 📧



Creighton students hold an annual memorial service for anatomical donors.

Spirits of Creighton

For more than 50 years, the Spirit of Creighton Award has been Creighton University's highest student honor.

The award recognizes those students, who, through their initiative, wisdom, honesty, tireless personal sacrifice and reverence for God, have exemplified the best qualities of the University's founders.

These are qualities found in the most recent honorees— Sarah Elizabeth Waetzig of Billings, Mont., and Matt West of Omaha, who received their awards at Creighton's May commencement.

Waetzig earned a bachelor of science degree in biology in May. West planned to earn his bachelor of science degree in exercise science in August.

Waetzig was recognized for giving selflessly of her time and energy — as a resident advisor, as a mentor to new students and as an active leader in the Residence Hall Council, MAGIS Ambassadors, Welcome Week and campus ministry retreats. Waetzig also was active in the community, volunteering with the Siena/ Francis House, the South Omaha Boys and

Girls Club and Adopt-a-Family.

She served as an officer in Omicron Delta Kappa, the national leadership honor society, and was a member of the National Residence Hall Honorary and the Alpha Phi Omega service fraternity.

West, a member of the Creighton men's basketball team, was recognized as a devoted, dedicated and inspirational student-athlete. Originally a walk-on, West eventually earned a scholarship and a starting spot on the team. He helped guide the Bluejays



Sarah Elizabeth Waetzig



Matt West

to the 1999-2000 Missouri Valley Conference Tournament title and a berth in the NCAA Tournament.

West was an all-MVC scholar athlete and a member of the Fellowship of Christian Athletes. He enjoyed visiting local schools and talking with students about the dangers of drugs and alcohol and the importance of education.

Congratulations to Sarah Waetzig and Matt West — and to all the Creighton students they represent — for their commitment to living as people for others in the spirit of Creighton University.

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