

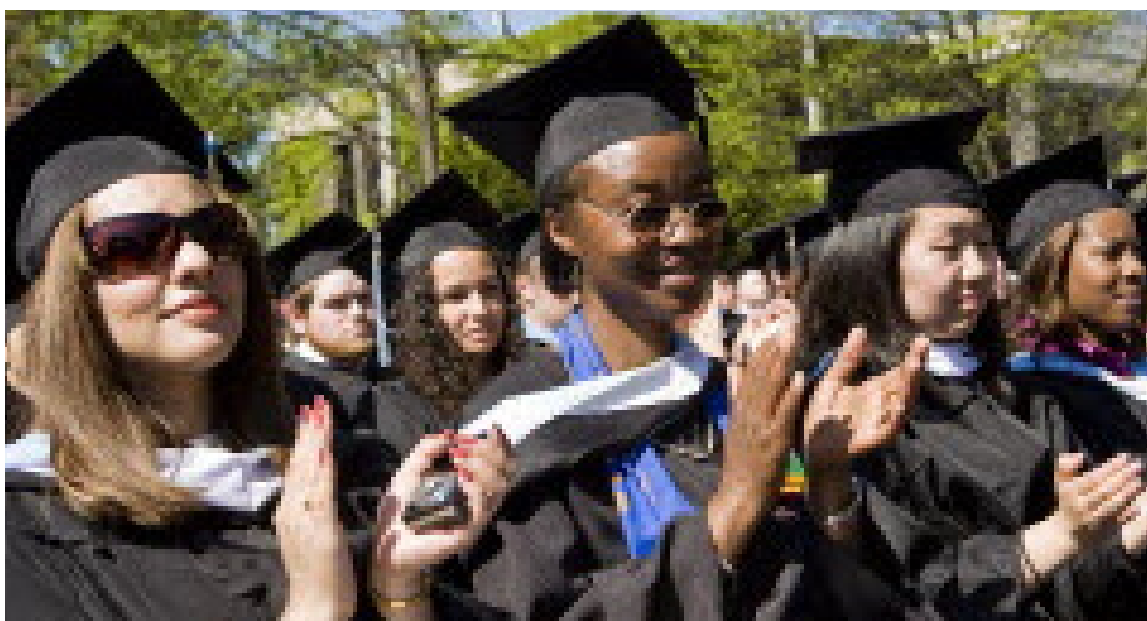
Parents News

A NEWSLETTER FOR PARENTS OF TUFTS UNDERGRADUATES

Spring 2009

The
Parents
Program

AT TUFTS UNIVERSITY



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Program Director
Nancy Morrison**

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Save the Date!

**We are looking forward to
welcoming you to campus
for Parents Weekend
October 16–18, 2009**

For hotel rooms and
other information,
please visit our website,
parentsprogram.tufts.edu.

The Parents Program

AT TUFTS UNIVERSITY

TUFTS PARENTS NEWS
SPRING 2009

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We send regular email updates from our office, providing highlights from campus, parents' reception events, as well as important messages. If you're not on our list, please email us at parentsprogram@tufts.edu or visit our website and click on "join our mailing list."

Save the Date!

We are looking forward to welcoming you to campus for Parents Weekend October 16–18, 2009

The weekend will showcase Tufts faculty and students as we explore the impact of environmental changes. Mindful of the economy, we have instituted some cost-cutting measures, though we are confident this weekend will be as memorable and wonderful as other Parents Weekends. For hotel rooms and other information, please visit our website, parentsprogram.tufts.edu.

From the Director

Off and Running

Blisters are healing, muscle pains are easing, and 200 Tufts students, staff, faculty, parents, and friends are, hopefully, proud that they completed the arduous 26-mile Boston Marathon course with stellar coach Don Megerle urging them on. The Boston Marathon is the oldest continuously operating marathon in the world and this is the sixth year Tufts has sent a team to raise funds for nutrition, medical, and fitness programs at the university.

Some might be amazed that students, faculty, and staff can dedicate themselves to the kind of training necessary to participate. But, for those of us lucky enough to see Tufts students and faculty on a regular basis, it seems, pardon the pun, par for the course.

We at Tufts see our students and faculty go to the ends of the earth in pursuit of research or to make a difference in the lives of others.

The year, like the marathon, goes whirling by and before we know it, our students have become accustomed to challenging themselves. For many of your sons and daughters, this may be their best year at Tufts, their most challenging year, their most memorable year. For some, it will be their last year as an undergraduate at Tufts, and, thus, will be bittersweet. Good luck to our students as they begin another year in pursuit of their personal best!



Best wishes,

Nancy Morrison

Nancy Morrison

Director, Parents Program

Sports Round-Up

Tufts Athletics added another national championship to its trophy case during the winter season as the women's indoor track & field team's distance medley relay (DMR) finished first at the NCAA Championships. The Jumbo foursome included Amy Wilfert, Halsey Stebbins, Jackie Ferry, and Stephanie McNamara. In the men's DMR Jumbos Billy Hale, Phil Rotella, Scott Brinkman, and Jesse Faller placed third. The Tufts women were sixth and the men were 14th in team scoring at Nationals.

The women's basketball team earned its second straight NCAA Tournament berth and finished with a 22–5 record. Junior Jon Pierce of the men's basketball team (9–15) led the conference in scoring for the second straight year with 21.7 points per game.

The hockey team enjoyed a much-improved season that finished with an 11–12–2 record.

The men's swimming & diving team placed second at the conference meet, breaking 15 team records during the weekend, and then had three relays earn NCAA honorable mention All-America honors.

Junior diver Lindsay Gardel scored fifth in one-meter diving at the NCAA women's swimming & diving meet. It was the fifth All-American performance of her career.

The men's squash team finished with a 9–12 record, and women's squash advanced to the Walker Division final at the Howe Cup. In women's fencing, sophomore Coryn Wolk placed 21st in the epee class at the NCAA regional championships.



Women's indoor track & field team's NCAA Champions (l-r) Amy Wilfert, A11, Halsey Stebbins, A09, Jackie Ferry, A09, and Stephanie McNamara, A11.

— Paul Sweeney is Tufts' Sports Information Coordinator

Global Spotlight

Tufts' International Relations Department Engages Campus through International Education and Dialogue

Thomas Eager, an International Relations (IR) student, leans forward, with flags from countries from around the world a kaleidoscope of colors in the background of Cabot's Intercultural Center Lobby while students chatting on cell phones in different languages move in and out of the building.

"Tufts is definitely not a sheltered campus," the senior says.

Consistently ranked as one of the best IR departments in the country, the program has around 600 declared majors, and in many years is the most popular undergraduate concentration on campus.

Eager, like many other students, took the introduction to IR class because "Tufts and IR are synonymous in the academic world," he says.

"It's a true interdisciplinary course of study," he says.

Kirk Lange, assistant director of International Relations, notes that a good number of students who come to study international relations are attracted to Tufts because of its strong global focus

and international resources.

"Our program's multidisciplinary approach provides an excellent framework to meet the needs of students with diverse interests and talents," Lange says. "About 18 different departments across Tufts contribute to the IR curriculum, to accommodate a fairly tailored course of study. We have over 80 core faculty who not only teach but also mentor IR students as advisors. There are also many other faculty on campus who focus on international themes, so we can offer hundreds of classes."

Lange explains that students interested in the perennial questions of violent conflict and resolution can major in international security or examine cultural ideas and ideology in international affairs.

"Beyond our six specializations, we ground all of our students in key IR debates and theories with a set of foundational core requirements. We have rigorous language requirements; we set a high bar," he says.

Senior Esther Kim is one of the many students who sought out Tufts because of the IR program. Raised in Korea and Toronto, she spent a semester studying abroad in Madrid. It's fascinating, she says, to meet the prominent scholars who are on faculty as well as those who regularly visit the campus. "I feel honored that I got to see such great speakers like Noam Chomsky and Tony Blair," she says.

Lange explains that when a student thinks of IR, it can often be in the context of traditional notes of diplomacy. "But it can also mean an understanding of many different elements—from culture, history, economics, global health, or women's studies," he says.

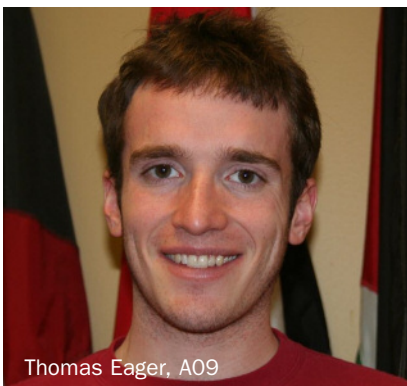
The Directors Leadership Council (DLC), a group formed four years ago to liaise between the IR student body and IR faculty and administration, is one way the department supports students to have a wider IR experience beyond the classroom, Lange says.

Eager and Kim, both of whom are members of the DLC, are enthusiastic about the group's involvement beyond the IR department. There is a popular IR-based trivia night and an annual debate: in March, the DLC explored the role of the American government in genocide intervention, featuring Professor Antonia Chayes of The Fletcher School of Law and Diplomacy and Professor Paul Joseph, director of the Peace and Justice Studies Program. "We also had 'Issue as Muse,' where we had different groups use their talents—like a cappella—to perform in the spirit of global issues," Eager says.

"Whether academics and co-curricular activities at Tufts, or study abroad and international research, we hope IR will widen students' vistas," Lange says.



Esther Kim, A09



Thomas Eager, A09

"Tufts and IR are synonymous in the academic world."

— SENIOR THOMAS EAGER

ACADEMICS

Here Comes the Sun

Solar House Teaches Tufts Students Sustainability



This fall, Tufts students will have the opportunity to live in the most state-of-the-art residence, but not on the Medford campus. In October, Matt Thoms, Mike Sidebottom, Dante DeMeo, and other students will live in a house they helped design and build on Washington, D.C.'s National Mall as part of the 2009 Solar Decathlon, sponsored by the U.S. Department of Energy (DOE).

Tufts and Boston Architectural College (BAC) have joined forces to design and construct an energy-efficient, attractive, and affordable 800-sq-ft home that they call "Curio"—for inspiring curiosity about how to live sustainably in the 21st century. Tufts students from the School of Engineering, programs in Arts & Sciences, such as the Urban and Environmental Policy and Planning program, The Fletcher School of Law and Diplomacy, and even the Friedman School of Nutrition Science and Policy have had roles to play in the creation of Curio.

Thoms, E10, is the engineering student project director overseeing Curio's technical and engineering elements, one of the 10 contests in which Team Boston will compete. Twenty-eight solar panels cover the Curio rooftop—standard fare for a solar house. With new "micro-inverter" technology, each solar panel will monitor its own energy output and relay this energy to Curio's computerized power

grid without being beholden to its neighbor to transmit energy down the chain.

Not only is this efficient, says Thoms, it's affordable.

"With photovoltaic panels that have micro-inverters, a homeowner could begin to decrease reliance on the energy grid one panel at a time," Thoms says.

Affordability is a key component to Team Boston's vision.

"Sustainable living is the future, but it's not a very practical goal if the related costs are so enormous that they're not accessible to a wider community of average homebuyers," says Bill Moomaw, principal investigator on the DOE grant and director of Tufts Institute for the Environment, as well as a professor of international environmental policy at The Fletcher School.

"We're concerned about Curio's 'triple bottom line' of sustainability—not only just the environmental impacts, but social and economic impacts as well," says Benjamin Steinberg, a project leader on policy and community outreach work, and a master's student in Tufts' Urban and Environmental Policy and Planning program.

With an initial DOE grant of \$100,000, Team Boston has launched additional fundraising efforts, including in-kind donations of construction materials such as lumber, screws, nails, and solar panels.

Following the construction phase, Team Boston will transport Curio to the National Mall, where houses from 19 additional teams will be judged and open to the public for viewing.

BAC and Tufts students lead the bulk of all these efforts—perhaps the most important educational aspect of what the Solar Decathlon can teach the students, says Moomaw.

"Our goal is education; it's about living curiously," says Kevin Horne, a master's student at BAC and another project leader who spoke at the Earth Day groundbreaking ceremony in April. It's about wondering how we got in this [environmental] mess, and how we get out of it."

Are you curious? For more information about how you can help, please visit: www.livecurio.us or for additional information about the 2009 Solar Decathlon, please visit: www.solardecathlon.org.

— *Julia C. Keller is Communications Manager at Tufts School of Engineering*

(l-r) Engineers Mike Sidebottom, Dante DeMeo, and Matt Thoms look over the drawings of Curio.



Media Accountability

Examining the Story Behind the Story

Jeremy White is the new conscience of Tufts' student media. As public editor, the senior is offering regular commentary and critique on student media issues with the goal of ensuring that high standards of journalistic integrity are upheld. Writing on his blog (ase.tufts.edu/publiceditor), which is run by the Media Advocacy Board (MAB) at Tufts University, White has explored issues including whether the *Tufts Daily* and the *Tufts Observer* showed a liberal bias covering the presidential election; whether the *Daily* had the right to grant anonymity to a freshman accused of racial assault; and if it's within the parameters of good journalism to preempt the Tufts Concert Board by announcing the name of the band playing for Spring Fling.

MAB, a consortium of all student media organizations on campus, provides a small stipend for the nascent position.

"It's important to take a step back and reflect on why some articles run," White says. "I'm not interested in taking punitive measures if there is an article that some would label offensive. I want to understand the process and keep the forum alive regardless of content. I think that at the very least student journalists think about our conversations."

Senior Patrick Roath, chair of MAB, calls the creation of an ombudsman position "a meeting of the minds," describing when he went to Dean of Undergraduate Education James Glaser with the idea, who immediately embraced it.

"The public editor program is one of the first at an undergraduate university in the country," Roath explains. "Having an ombudsman is a mature aspect of journalism."

Roath, an International Relations major who was recently awarded a Fulbright to teach in Malaysia, says that despite the lack of a formal journalism program, there is a vibrant media community at Tufts with 17 student media organizations, including a TV station, radio station, daily newspaper, partisan publications, and literary journals.

Neil Swidey, A91, a staff writer for the *Boston Globe Magazine* and, author, serves as mentor for the position. "I'm happy to be involved in this innovative effort to connect the Tufts community



with campus media," says Swidey via email. "The main goal this semester was converting the plan into action, and I think the students did a great job in getting things off the ground. I look forward to seeing the public editor position become more ingrained in campus life and consciousness next semester and beyond."

White, who has been accepted into Columbia's Journalism School, notes that it's a scary time to be a journalist, though he's planning on weathering the downturn. He says it will be increasingly up to consumers to sift through the Internet's 24-hour news cycle, though it's interesting to watch the scaffolding of stories being built. "The Hudson River plane crash was the perfect way to see how the article evolved, with details and photos continuously being filled in," he says.

"Patrick Roath took a nascent idea and turned it into a reality," Glaser says. "One of his major accomplishments was identifying and recruiting Jeremy to be our first public editor. As a former (terrific) *Daily* writer, Jeremy understands both campus journalism and the big issues facing our students. Together, Patrick and Jeremy deserve major thanks for this gift to the Tufts undergraduate program."

Health Matters

Questions and Answers with Student Health Experts

Michelle Bowdler, senior director of Health Services and Julie Ross, Counseling and Mental Health Service director at Tufts University, recently sat down with the Parents Program to discuss health-related issues that parents might have concerning their student. This is the first in a regular series of health-related articles of questions and answers developed specifically for parents.

What happens to students' health benefits when they graduate from college?

Bowdler: For starters, this should be at the top of every family's list of issues to deal with concerning healthcare. Young healthy students don't often think about catastrophic 'what ifs,' but insurance is actually a key issue for every graduate.

Almost all health insurance companies have a preexisting condition clause so that if a person has a chronic condition, like asthma or diabetes or a mental health issue, and there is a gap in healthcare coverage, the preexisting condition clause can go into effect and substantially limit coverage of that condition for a number of months. It is important to check with your insurance company and to also find out how soon your son's or daughter's coverage ends after graduation. Some plans end their coverage immediately. Some states, including Massachusetts, have options through the state to purchase coverage.

We also don't do our children any service when we tell them not to take a job because it may not be career related. Many hourly jobs provide coverage, which could save several hundred dollars a month in COBRA costs.

If your senior has health insurance through Tufts, he or she is covered until the end of August.

I'm disappointed in my child's major and/or career choice. Can I say something?

Ross: As parents, we want our children to be happy, and we often use our own experiences to form opinions about what is right for them. It's important to remember that our dreams for our children are not necessarily the same as theirs. Sometimes, the decision about choosing a major or career is very stressful for students, because they don't want to disappoint their parents. If



Parents moving their children in during Matriculation Day.

you have serious concerns about their choice, I would suggest steering them to an academic dean or career services.

In general, it's important to realize that you can't push a river; it'll flow in its own direction.

My child won't share his/her grades—and I'm paying tuition. Should I insist?

Ross: I would begin by asking yourself why it's so important to you to see their grades. Naturally, if your child is failing, it will be important that you try to understand what is causing the problems. But, in general, your child's grades are his or her own. This is different from the role played by parents prior to college, when many of us were accustomed to overseeing our children's progress. Once they are in college, however, this is one of the many ways our relationship with our children needs to evolve.

Is it reasonable to impose restrictions or curfews during vacations?

Bowdler: It's fine to set limits while your child is living in your home; parents don't lose their right to a voice. But, it's also important not to push too much. Choose your battles. If you're worried if your child stays out all night, work something out so that he or she checks in at a certain hour. Parents can negotiate and explain the impact of certain behavior on a household.

Ross: Explain what your concerns are, and then have a respectful conversation that includes listening to their perspective as well. The goal is mutual understanding and, if possible, consensus.

The Stories Around Us

Tufts' EXPOSURE Photojournalism Program Trains Its Lens on the City of Boston



This past winter break, eight Tufts students were sent out into the streets of Boston with their cameras. Their assignment? Tell the stories of the city.

This type of assignment was not new to members of EXPOSURE, the photojournalism program on documentary studies and human rights founded at Tufts' Institute for Global Leadership (IGL). But while program participants are used to training their lenses around the world—EXPOSURE has sent students to workshops in Kosovo, Kashmir, Argentina, and elsewhere in its five-year history—this year students benefited from the experience of 1988 Tufts graduate and Pulitzer Prize-winning photojournalist Jim MacMillan, who was on hand to help them find the stories in their own backyard.

It is important, IGL director Sherman Teichman

says, to explore “our community as well as the origins of people in our city. This is a nation of migration.”

For the workshop, students submitted themes they wanted to explore. During the course of the week, they went out into the city by day and reconvened with the group in the evening for discussion and reflection.

EXPOSURE participant and sophomore Aalok Kanani wrote in the project blog, that “the documentary art is as much about the story as it is the photos, and pushing till you get

the story is essential.

MacMillan says the students also learned important lessons about themselves.

“They each had a unique experience. Each grew in unique ways,” he says. “Good journalism is always a mirror on yourself when you cover other people. In many cases, they were often covering people not much like themselves. They were covering communities they didn’t ordinarily belong to.”

MacMillan reconnected with Tufts a few years ago, after Tufts Art Gallery curator Amy Schlegel selected one of his photos for the university’s collection. In 2005, he became a fellow in the IGL’s INSPIRE (Institute Scholars and Practitioners in Residence) program and the following year, he brought Tufts EXPOSURE students to Philadelphia for a photojournalism workshop that explored gun crime in the city. But this year’s workshop is the first time Boston has been the focus of an EXPOSURE project.

While the workshop focused on stories based in Boston, as Teichman sees it, every story has a global context.

“Whatever happens internationally or globally can have impact locally,” says Teichman. “There are rarely insulated or isolated stories.”

The project resulted in one student, junior Child Development major Erin Baldassari, publishing her feature about the barbershop culture in Boston’s Dorchester neighborhood in the *Boston Globe* on March 8. The article came about after IGL associate director Heather Barry (A’88) contacted fellow Tufts alum and award-winning *Globe* reporter Neil Swidey (A’91) to suggest featuring student work in the newspaper.

MacMillan says that while he is happy to have reconnected with his alma mater and to work with the IGL, he is particularly pleased to have the opportunity to work with Tufts students.

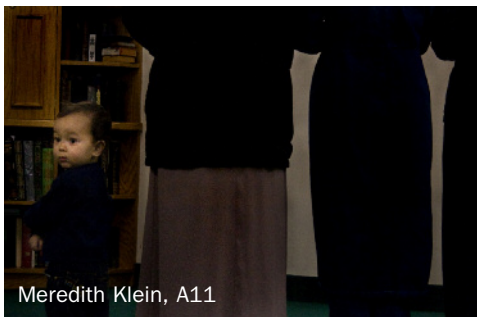
“Running a workshop like this is loaded with its own rewards. It’s as edifying for me as for anybody, and I think that’s why I do it,” he says. “The students inspire me and I learn as much as anyone.”

— *Story by Georgiana Cohen*
Office of Web Communications

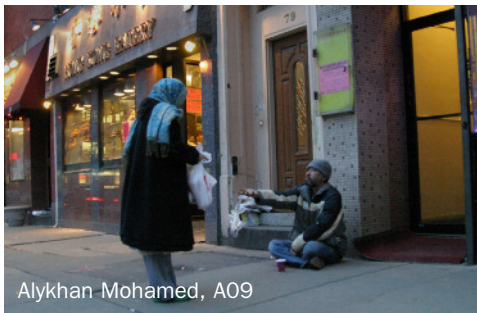
(This story first appeared online at Tufts E-News)



Aalok Kanani, A11



Meredith Klein, A11



Alykhan Mohamed, A09

INTERNATIONAL RELATIONS
DEPARTMENT SECOND ANNUAL

Issue as Muse: A Night of Artistic Interpretation

SEE STORY PAGE 3

