Editorial
6 Most Suitable for Studying Abroad for Boys

Opinion
The Longest Government Shutdown in the U.S. History Should be Ended for the People

HyoungBin Lee, Tax Advisors for Champaign Society

Campus News & Events
Chemistry Instructor Finds ‘Dream Job’ Helping Students Persevere

UD Partnership with China’s Xiamen University Creates Opportunities for Students

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6 Most Suitable for Studying Abroad for Boys

Geology
Suitability rating: ★★★★★

Compared to the white-collar work in the office building, the working conditions of the geology and mining industry are indeed unique. However, today, with the ever-changing environment, the mining projects require full use of advanced science and technology such as automatic controls, new software, and communication technology to greatly promote the development of mining engineering theory research. The application of technology has made earth-shaking changes and are looking for new talent to support new endeavors.

Veterinary Medicine
Suitability rating: ★★★★☆

This is a discipline that studies the laws of animal life and the occurrence, diagnosis, treatment and prevention of diseases. In recent years, the discipline has expanded into areas such as public health, environmental protection, genetic engineering, basic human models, and the pharmaceutical industry. The research aspect has also gradually extended. In addition to traditional poultry and pets, it also includes experimental animals, wild animals, special economic animals, etc., especially in the operation of transgenic animals, cloned animals and animal quarantine.

Computer and Information Systems
Suitability rating: ★★★★★

Information management systems in enterprises can help senior managers conduct quality analysis, market forecasting, and inventory control and so on. With the acceleration of the global technological revolution led by information technology, there is an increasing demand for professionals that can manage these systems. Information technology is one of the fastest growing fields across all industries as information is an important strategic resource for economic and social development.

Electronics and Electrical Engineering
Suitability rating: ★★★★

Electrical Engineering, often referred to as EE, in a nutshell a branch of physics covering electronics, power engineering, telecommunications, control engineering, and signal processing. The employment prospects are strong and growing.

The main employers in this sector include infrastructure (metro systems, power systems, energy supply, national grid) and industrial production (smartphones, HDTVs, wireless routers). Major employment opportunities in services or tertiary industries involve product development, intellectual property law, and higher levels of management science.

Petroleum Engineering
Suitability rating: ★★★★

The petroleum engineering profession is a traditional profession taught within colleges and universities. As early as the 1950s, there were petroleum-related majors in China’s colleges and universities, such as drilling, oil production, and oil storage. After the reform, in order to adapt to innovation and international education, universities have merged the above-mentioned majors and created a study that is now referred to as petroleum engineering.

Nuclear Engineering and Nuclear Technology
Suitability rating: ★★★★★

When it comes to nuclear energy, many younger students may immediately think of the disaster brought about by the Chernobyl. However, as a frontier subject, nuclear technology has received extensive attention and attention from the international community. Research and funding has increased drastically in this field which continues to create new careers and opportunity.
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The competition submission form includes three questions:

-- “What is the health-related problem you want to address?”
-- “What is your idea for solving this problem?”
-- “How will your solution impact the health of individuals, families and/or communities?”

A panel of experts from the university will review submissions and choose the best ideas that can be addressed by the Health Maker Lab, a network of several maker labs and design spaces across campus. Twenty finalists will pitch their ideas to judges who include professors, physicians and local entrepreneurs at the Health Make-a-Thon event, planned for 6 p.m. on April 13 at the Beckman Institute. Ten winners will receive up to $10,000 each in Health Maker Lab resources to create a real prototype of their idea.

“The Health Maker Lab competition is about empowering individuals, families, communities and, ultimately, the world to design and make tomorrow’s health care,” said University of Illinois chemistry professor Martin Burke, the associate dean for research at the Carle Illinois College of Medicine. “Anyone with an idea for improving human health has a chance to access our maker lab resources where our experts will guide them through conceptualizing, designing, making, failing and trying again. It’s exciting to think about transforming these ideas into reality.”

The Health Maker Lab is designed to democratize health innovation, said Ruby Mendenhall, the assistant dean for diversity and democratization of health innovation at the Carle Illinois College of Medicine.

“For example, I recently met two young black girls in high school at a conference,” she said. “One of them was conducting research on how to cure sickle cell disease while the other was trying to understand the triggers for seizures in children with epilepsy. These young girls, with approval from their parents, will have the opportunity to submit their ideas to the Health Make-a-Thon competition. We are creating an ecosystem where we can nurture diverse types of genius and even future Nobel Prize winners working to eliminate health disparities.”

Organizers will notify competition finalists by March 29. Official competition rules can be found at https://healthmakerlab.medicine.iu.edu/health-make-a-thon-rules/.

For more information about the Spring 2019 series schedule, please visit: https://universityymca.org/friday-forum/.

Background: With the spate of community and global violence and the debates on immigration and climate change, ordinary people are resisting the new normal and finding ways to connect with others who are fed up with the lack of attention to these issues from our political leaders. The Friday Forum committee of the University YMCA dedicated the Spring 2019 Friday Forum lecture series to unpack the ways citizens and organizations are engaging with others to find nonviolent solutions. All are invited to attend this free and public lecture series.

Our generous sponsors of the Spring 2019 Friday Forum Lecture Series are:

Center for Global Studies, Channing-Murray Foundation, UIUC School of Social Work, First Mennonite Church of Urbana-Champaign, Wesley United Methodist Church and Foundation, Department of Gender and Women’s Studies, the Social Action Committee of the Unitarian Universalist Church of Urbana Champaign, the Chapel of St. John the Divine, and Urbana Champaign Friends Meeting

About Friday Forum: This year the University YMCA is celebrating 92 years of continuously running the Friday Forum Lecture Series Program, adapting to the times while remaining committed to providing talks that address topics of relevance and urgency. Friday Forum is a weekly lecture series held during the fall and spring semesters that strives to raise awareness about local, regional, national and international trends and events. All Friday Forums are free and open to the public.

Additional Information: The views expressed by the speakers do not necessarily reflect the views of the University YMCA, co-sponsors, or the Friday Forum committee. A sign language interpreter is available with a 72 hours notice (contact Carol Nunn at 217-337-1500). All forums are radio broadcast at 6:00 p.m. on WEFT 90.1 the Monday following the lecture. You may also find archived Friday Forum lectures on the Y’s YouTube channel.

For media inquiries, contact: Ann Rasmussen, Associate Director [ann@universityymca.org; 217-337-1500]
Krannert Center now once again presents Day of the Drum, a multifaceted event that would celebrate the many global legacies of percussion while engaging the public in high-energy performances by some of the world’s greatest instrumentals. Maffit proposed the idea to Krannert Center director Mike Ross and in 2009, Day of the Drum was born. Over the years, patrons have enjoyed several iterations of Day of the Drum, celebrating global drumming traditions, trying out different types of percussion, and engaging with performances both intimately and grandly scaled.

Krahnert Center now once again presents Day of the Drum, an almost entirely FREE Saturday-long encounter with percussion featuring wonderfully engaging performances, a tap dance lesson and demonstration, an appearance by Maffit himself, and collaborations between UI School of Music and professional ensembles, all of which will culminate in an evening performance by the taiko drummers of Kodo.

Beginning at noon and throughout the entire day, Intermezzo cafe and Promenade—Krannert Center’s official showcase and gift shop—will be open for service.

Schedule of Events

Noon: Futureman | Silverman
When Tracy Silverman and Roy “Futureman” Wooten perform together, they have musical conversations with “all kinds of different sounds.” They will present and eclectic mix of original compositions and new arrangements of classics.
Stage 5, Free

1pm: UI Percussion Ensemble with Sō Percussion: Amid the Noise
Sō Percussion promotes the power of music to forge bonds between people by creating and performing multi-genre works that go beyond the conventional limits of a percussion ensemble. Together with the UI Percussion Ensemble, the artists will perform Sō’s indie-electronica project, Amid the Noise.
In front of the Foellinger Great Hall, Free

2pm: Glen Velez and Loire Cotler
Glen Velez has developed his own unique style of hand drumming that brings together traditions from around the world. He joins with jazz rhythm vocalist and vocal percussionist Loire Cotler for a one-of-a-kind, energetic, and fearlessly passionate performance.
Stage 5, Free

3pm: UI Steel Band with special guest Josh Quillen
Josh Quillen, from Sō Percussion, brings his steel drum expertise to perform calypso, soca, jazz, and popular music with the UI Steel Band.
In front of Tryon Festival Theatre, Free

3:45pm: Tap Lesson/Demo with Lucas Anderson from Art in Motion Dance Studio
Percussion takes to the floor as dancer Lucas Anderson demonstrates basic tap movements in this beginner-friendly lesson.
Stage 5, Free

4pm: Marching Illini Tenor Drumline
The Best Band in the Land has a stellar drumline. Hear the cadences and enjoy the choreography of this acclaimed group of students.
Lobby, Free

4:30pm: Rocky Maffit and Friends Finale
Day of the Drum curator and emcee Rocky Maffit has performed with artists such as Paul Winter and Dizzy Gillespie, has written songs for the film About Last Night, has played with the chart-topping group Champaign, and has been studying world percussion traditions for decades.
Stage 5, Free

7:30pm: Kodo
Through more than 3,700 performances on five continents, Kodo has recast the Japanese taiko drumming tradition as, at once, a tool of exquisite cultural preservation and a vehicle for contemporary composition and collaboration.
Tryon Festival Theatre, Tickets.

Illinois Theatre Presents
Sensory-Friendly Performance of “Curious Incident” March 9 At 1Pm

Urbana, IL— Illinois Theatre continues its 2018-19 season with The Curious Incident of the Dog in the Night-Time by Simon Stephens. Adapted from Mark Haddon’s award-winning novel of the same name, the play follows Christopher Boone, a 15-year-old on the autism spectrum, as he explores the meanings of family and forgiveness while investigating the death of his neighbor’s dog. In director Latrelle Bright’s words, Christopher “sees the world in an astounding way and communicates clearly and honestly.” Led by Bright, a Theatre Stud-
Chemistry Instructor Finds ‘Dream Job’ Helping Students Persevere

Matt Bowman, senior lecturer in the Department of Chemistry, teaches an organic chemistry class to undergraduate students in Ingraham Hall. PHOTOS BY LAUREN JUSTICE

“I think I’m one of the worst people to teach organic chemistry,” jokes Matt Bowman, who has guided some 3,500 students through the demanding course at the University of Wisconsin–Madison. “Because I’ve never had to study for organic chemistry in my life.”

Bowman sailed through his own organic chemistry classes in college, so he may not be able to share his students’ anxiety about diagramming chemical reactions. But his fierce commitment to their success, and his sympathetic ear during their setbacks, have earned him something of a cult following among the hundreds of students he teaches every year.

Quick with a laugh, often at his own expense, Bowman brings his windowless office full of papers to life. On his sweatshirt he sports a lapel pin marked “Ne” — neon, the 10th element — honoring 10 years of service to the chemistry department.

Organic chemistry is a required course for many majors, and vital for preparing for next steps like medical school. So most of Bowman’s students are not chemistry majors and may be anxious about getting through an infamously tough class outside of their main discipline. Bowman says that anxiety about failure can create a self-fulfilling prophecy. But he concedes that organic chemistry is a little “alien,” without the tie to real-world experience found in other sciences like physics or biology.

“My students are excited about the chance to move freely among his students during class. When lecturing, Bowman eschews PowerPoint for live drawing, so his students can see his work and follow along. The class is recorded and Bowman offers his notes to students after class, helping meet the needs of diverse learning styles.

“The main resource I can provide students with is problems,” says Bowman.

“Matt makes it very clear that he’s on our side and that he really wants to see us succeed in the class and is supportive of us,” says Rebecca Schmitz, a sophomore molecular biology major from Fond du Lac. After a tough exam, Schmitz posted an inspiring note Bowman wrote to the class on Facebook, calling Bowman “a gift to humanity.”

His warmth has won him fans from among his students, some of whom share Bowman’s messages of encouragement and cheer on his love of Dr Pepper on a popular Facebook page spoofing university life.

“Many students may feel the pressure to excel in every class to secure a spot in a competitive medical or graduate program, making anything less than an A feel like a career ender. Bowman reassures them that challenges are healthy and, despite the competition, grade perfection isn’t required for happiness and success.

After all, Bowman tells his students, he struggled as an undergraduate, barely passing biology and, yes, even earning some Cs in chemistry.

“And yet I still ended up with my dream job,” he says.
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Fujita’s Tornado Research Stirs Legacy

UChicago’s influence in geophysical, atmospheric sciences owes much to the late Ted Fujita, aka “Mr. Tornado.”

Nature’s might created a “perfect storm” for Noboru Nakamura’s 2011 winter quarter Natural Hazards course.

“We had this remarkable snowstorm in Chicago and our own midterm had to be postponed.” says Nakamura, professor in geophysical sciences, referring to the University’s closure following the Feb. 2 blizzard. “And then just before the final exam, the earthquake and tsunami in Japan happened.”

Disasters may seem like sporadic and unusual events, “but they’re frequent and all over the place,” Nakamura says. Earlier this year, major earthquakes also struck New Zealand, a Category 5 hurricane hit Australia, and in the United States, drought, flooding, and record tornadoes have become commonplace.

“What’s unusual about this year is the intensity and the number of tornadoes that we observed.”

—Noboru Nakamura Professor in geophysical sciences

UChicago scholars have made significant strides in the study of natural disasters, thanks in part to the historic contributions of the late Tetsuya “Ted” Fujita, who in 1971 developed the widely used Fujita Scale (F Scale), which rates tornado strength. A refined version of Fujita’s work, the Enhanced Fujita Scale, remains the standard used by the National Oceanic and Atmospheric Administration. Fujita also discovered the dangers that microbursts—damaging columns of sinking air in thunderstorms—posed to aircraft.

Fujita’s legacy still influences UChicago researchers such as Nakamura, as well as Fujita’s former students who have risen to prominence in the field of geosciences. One of Fujita’s students, Roger Wakimoto, PhD’81, has been tracking the effects of this year’s violent tornado season as director of the National Center for Atmospheric Research in Boulder, Colo.

He says this is one of the most destructive seasons he has experienced during his meteorological career. “The death toll has been staggering,” says Wakimoto.

Super outbreak of tornadoes

Among the meteorologists and engineers who formulated the EF Scale was another Fujita student, the Weather Channel’s severe weather expert, Greg Forbes, SM’73, PhD’78, profiled by UChicago Magazine in 2008. Forbes devoted his doctoral dissertation at UChicago to the super outbreak of 148 tornadoes that tore through 13 states on April 3-4, 1974, which resulted in 315 fatalities.

Although eclipsed in multiple categories by the tornado outbreak of April 26-28, 2011, “the 1974 Superoutbreak still holds several records, including the numbers of tornadoes rated F2 and higher, F4 and higher, and killer tornadoes,” Forbes wrote in a June 13, 2011 blog posting.

Fujita died in 1998, but if alive today he would undoubtedly be taking a keen interest in studying the aftermath of this year’s powerful tornadoes. “I can picture him performing aerial and ground damage surveys and probably documenting features that others missed,” Wakimoto says.

April to June is the season for tornadoes in the United States, with the most powerful ones typically occurring in the “Tornado Alley” region of the Great Plains. “What’s unusual about this year is the intensity and the number of tornadoes that we observed,” Nakamura says.

The jet stream, a high-altitude “river” of air moving eastward at an average speed of approximately 80 miles an hour, has packed considerable winds over Tornado Alley this year. “The consensus among meteorologists is that this has something to do with the La Niña condition,” Nakamura says. The opposite of El Niño, La Niña is a multi-year temperature pattern that brings unusually cold sea surface temperatures to the eastern tropical Pacific Ocean.

“Even though La Niña is a tropical phenomenon, it has a ripple effect over the global circulation pattern, and in particular, over the United States,” Nakamura says. At the start of spring, cold Arctic air begins to break up and migrate toward lower latitudes, where warmer temperatures predominate near the ground.

Jet stream energy transfer

This combination creates an unstable, actively convecting atmosphere over Tornado Alley. As the atmosphere overturns, it transfers the extra energy of the jet stream to lower altitudes, where it can feed extra power to developing tornadoes.

“When you compare the La Niña years with the El Niño years, you do see significant statistical differences,” Nakamura says. “The La Niña years tend to have stronger tornadoes and more frequent and more violent tornado outbreaks.”

Although the most severe part of the tornado season is winding down, NCAR’s Wakimoto notes, “tornadoes can occur any time of the year.” This especially applies to the peak hurricane season in the Atlantic, which runs from July through November, when landfalls often become associated with twisters, he says.

Nakamura has developed a keener interest in severe weather since he began teaching his Natural Hazards course three years ago, but he specializes in theoretical and computational research on Earth’s large-scale fluid dynamics. Fujita took a more hands-on, storm-chasing approach to the study of localized severe-weather phenomena.

“He was really a field meteorologist, and I learned a lot about atmospheric science from a very different perspective because his approach was so different from mine,” Nakamura says. “I really looked up to him as the type of atmospheric scientist that I can aspire to be. He’s gone but his legacy continues, not just here but elsewhere.”

Wakimoto also counts himself among Fujita’s numerous admirers. “Ted has always been my guiding light, and for others too,” he says. “The fact that he was referred to as ‘Mr. Tornado’ says it all.”

By Steve Koppes

Source: UChicago News
Deceiving the Deceivers: Professor Employs False Fronts, Data to Fool Hackers

“God” was protecting part of the Purdue computer system from hackers in the early 1990s. Computer users without authorization that tapped into “God” – a booby-trapped computer file – were hit with a prompt with the name of each file in their directories. Any reaction resulted in a “Deleted!” message for a file.

While the users believed their files were slowly destroyed, “God,” in fact, was sending its creator information about who was trying to run the computer file and from where.

“God” was among the many early active computer defenses created by Eugene H. Spafford, one of the first convinced that the idea “Things aren’t always as they seem” isn’t a weapon only for malware creators. And things have come full circle as his early 1990s research is again becoming a tool in the ongoing war to protect personal and business information.

Spafford, still one of the preeminent leaders in the field of cybersecurity, has worked for years to build secure computer systems and, in computer forensics, help investigate and prosecute by pushing through the deceit used by hackers.

Most people don’t know when they’ve been hacked, with millions affected in 2018, amounting to tens of billions of dollars lost. More than 750 million people were affected by hacker-led cyberattacks in April, May and June alone.

But now, Spafford has re-initiated then-classified work he began for the Air Force in the 1990s and started putting deception to use in protecting important systems and data.

“It’s not been lost on me over time that you can still deceive the deceivers,” said Spafford, a professor of computer science at Purdue University in West Lafayette, Indiana. “The intent is to find ways to prevent an attacker from getting an accurate view of what they are trying to attack and mislead them about their results.”

Deception has been an interest of Spafford dating back to his childhood days of playing spies with secret messages. That eventually dovetailed with a blossoming hobby interest in computers and early cybersecurity, including some consulting work that paid for a few graduate school expenses.

Taking the work in a different direction, the research looks past false hosts or networks and is focused on false services or applications as well as using false security data that entices someone who might want to intercept it.

Spafford coordinated the response to the Morris Internet worm, one of the first computer worms distributed via the Internet, in November 1988.

A member of the Cybersecurity Hall of Fame, Spafford has a served as a senior adviser or consultant for two U.S. presidents, as well as the Air Force, the National Security Agency, the FBI, the U.S. Department of Justice and the U.S. Department of Energy, not to mention technology giants Microsoft and Intel.

With over three decades of experience as a researcher and instructor, he has been honored with every significant award in cybersecurity.

Cybersecurity can be a multidisciplinary field. Spafford, who also has courtesy appointments in communications, philosophy, political science and electrical and computer engineering, said deceiving hackers is a perfect example.

“There’s some psychology involved in this because people are more prone to believe certain kinds of lies than others,” he said. “It’s important in how you sell it.”

Just as important is the question of when cybersecurity deception can be used ethically.

The art of deception in cybersecurity has earned the attention of several companies and government agencies who are working to construct measures of deception, including building it into existing tools, to protect valuable systems and critical infrastructures.

For a field that is among the most rapidly developing in the last 100 years, cybersecurity is oftentimes misrepresented and misunderstood.

“There are a lot of people outside of the field that think it’s only a matter of stopping viruses and applying patches,” Spafford said. “That is the equivalent of thinking that prescribing medicine is giving people penicillin and splintering broken bones. There’s far, far more to it than that.”

That rapid development and evolution creates a continuous cycle of examining and re-examining ideas and solutions to make sure they’ve transitioned as quickly as cybersecurity has. That’s not always the case with operating systems from the ’90s with limited memory and bandwidth still in use despite the Internet of Things and processors with huge memories coming into their own.

“One of the best things in life is doing something you’re passionate about – that’s what happened to me,” he said. “I’ve always been enthused and interested and had ideas in the area.”

Spafford’s research aligns with Purdue’s Giant Leaps celebration, acknowledging the university’s global advancements made toward a sustainable economy and planet as part of Purdue’s 150th anniversary. This is one of the four themes of the yearlong celebration’s Ideas Festival, designed to showcase Purdue as an intellectual center solving real-world issues.

Writer: Brian Huchel, 765-494-2084, bhuchel@purdue.edu

Source: Eugene Spafford, 765-494-7825, spaf@purdue.edu
UD students pose in front of the oldest building on Xiamen University’s campus. The combination of Eastern and Western architectural styles was requested by the university’s founder, Tan Kah Kee.

Editor’s note: The University of Delaware’s College of Earth, Ocean and Environment and China’s Xiamen University celebrated a 10-year partnership during a January symposium in Xiamen. A second UDaily story explains more about the partnership and faculty exchanges.

Angela Ditri had never been to China. She had never given a presentation of her research, and certainly not one in a hall that could seat hundreds.

But the master’s student in physical ocean science and engineering got to start 2019 by doing both, adding the prestige of presenting at an international conference to her resume and learning a bit about the coastal city of Xiamen in the southeast of China in the process.

“The fact that I was able to stand up there and get through it in front of all those people — it has always been one of my big fears. — I’m really glad that I had this opportunity. I feel accomplished,” Ditri said. “Dr. Yan was really supportive. He is very kind, and he was so excited for me to come here and really pushed me to give this presentation.”

Xiao-Hai Yan has been one of the faculty members in the University of Delaware’s College of Earth, Ocean and Environment (CEOE) with the strongest connection to Xiamen University (XMU), with which CEOE has collaborated since 2008. He directs the joint Center for Remote Sensing, which operates at both universities, and in addition to Ditri has four students in his lab in Newark, all of whom have finished their doctoral studies at Xiamen and are now working on a dual-degree doctorate from UD.

Emily Maung-Douglass and Weiwei Zhang both completed their doctorates at UD, then took postdoctoral research positions at Xiamen University. Zhang is waiting to hear whether she will be hired as a faculty member at Xiamen, while Maung-Douglass returned to the United States and now works for Louisiana Sea Grant.

“Working at Xiamen University provided me with many opportunities — both professional and personal,” Maung-Douglass said. “I gained valuable experience in ecotoxicology, which now helps me in my job as an oil spill research extension specialist. Further, I made amazing friendships that made my time at XMU even more memorable.”

Postdoctoral researchers at UD have also come from Xiamen University. Two currently working in the lab of Wei-Jun Cai, Qian Li and Hongjie Wang, graduated from XMU, for their doctoral and master’s degrees, respectively. Li and Wang traveled with the UD delegation to Xiamen and presented at the symposium as well. In addition to her own presentation, Wang also convened a session, adding a new experience to her resume.

Xinyu Li (left) and Kyra Kim discuss an inscription on Xiamen University’s campus as Julia Guimond listens. All three are doctoral students in CEOE. Li is originally from China, and Kim is working on learning the language in case she finds a postdoctoral position in the country.

Eleven students have participated in the dual-degree doctoral program, and four have graduated. They have completed the most rigorous level of academic training in oceanography in both the United States and China, and when they have returned to China for faculty positions, they are bringing knowledge gained at UD to enhance the capability of universities in their home country.

One of the most obvious results of UD’s partnership with Xiamen is the exchange of students. In addition to Ditri, two doctoral students from Wei-Jun Cai’s lab and two from Holly Michael’s lab also traveled to the Fourth Xiamen Symposium on Marine Environmental Sciences in January. But the relationship between the institutions and their faculties leads to other benefits to their students as well.

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Postdoctoral researchers at UD have also come from Xiamen University. Two currently working in the lab of Wei-Jun Cai, Qian Li and Hongjie Wang, graduated from XMU, for their doctoral and master’s degrees, respectively. Li and Wang traveled with the UD delegation to Xiamen and presented at the symposium as well. In addition to her own presentation, Wang also convened a session, adding a new experience to her resume.

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The government shutdown sparked by the opposite stance on funding for a wall along the U.S.-Mexico border started on December 22, 2018. As of January 12, 2019, it became the longest shutdown in history, surpassing the one between Democratic President Bill Clinton and the Republican Congress in 1995 and 1996 which lasted 21 days.

After President Donald Trump requested a fund for $5.7 billion to build the wall in continuing resolution appropriations bills and the Senate has expressed a strong objection to it, two parties reached an impasse. As a result, even continuing resolution appropriations bills, which are used when regular appropriations bills are not enacted, were not passed as well. As per Antideficiency Act, to prevent any future obligations and expenditures exceeding available funds, non-essential governmental functions are temporarily stopped.

In the partial government shutdown, fortunately, the Internal Revenue Service (IRS) will issue tax refunds according to Russell Bough, the acting director of the White House Office of Management and Budget. However, it is still true that after some of 800,000 federal workers in nine departments is furloughed or forced to work without pay, big chunk of federal operations, including filing tax returns, is not working as it should be. Although the Congress approved the back pay for government workers after several shutdowns in the past, it is most likely that contract workers would not be able to get paid. Consequently, continuing shutdown could result in decreased consumer spending, which is definitely not a good sign for the economy.

The economic cost of the shutdown is further proven by the followings. With the gloomy outlook of the World Bank expecting the growth of the U.S. economy in 2019 to be decreased to 2.5 percent from 2.9 percent last year, the chairman of the White House Council of Economic Advisers, Kevin Hassett, also mentioned that “The shutdown will cut U.S. economic output by about 0.1 percent every two weeks.” S&P Global has estimated on January 11 that “Two more weeks of the shutdown will cost the economy more than $6 billion, which clearly exceeds what the president requested for the wall.” Wall Street has also issued similar pessimistic forecasts. Economists of J.P. Morgan have already cut their growth forecast of the first quarter of 2019 to 2.25 percent due to the shutdown and Bank of America issued downgraded forecast of 2.8 percent as well.

Beth Ann Bovino, S&P’s chief U.S. economist, said that “This shutdown could shave approximately $1.2 billion off real GDP in the quarter for each week. That may seem like pennies for the world’s biggest economy, but it means a lot to those workers trying to cover their household costs without their paychecks.” Fortunately, various assistance programs will not cease in the near future, but if the bills are not agreed on anytime soon, it is obvious that more and more people will suffer. Regardless of which side to support, we are able to see the strong will that the president and Senate have towards their promises. However, it is not all about just showing off each party’s power. It is time to become the government for its people. Both parties should start their conversations again and talk about how their perspectives can be more justified over the other, not just holding their ground, so that this chaos can be ended for the people in the United States.

**Fostering Social Change at Work Takes More than Money**

**TACS Team Column**

ANN ARBOR—More workplaces are being asked to use their considerable economic impact to address social issues from health care to the environment, and how management is asked to help makes a difference, says a University of Michigan researcher.

“Employees often care about social issues and use their organizations as a vehicle to foster social change,” said David Mayer, U-M professor of management and organizations. “Yet, despite commonly communicating through economic language, speaking up about morals can be more effective when the issue is framed to fit the company’s values and mission.”

“We find that approach works because it elicits feelings of anticipated guilt and motivates managers to devote resources and promote issues that benefit society.”

Mayer and colleagues Susan Ashford of U-M, Scott Sonenshein of Rice University and Madelene Ong of Hong Kong University of Science and Technology conducted a series of surveys and an experiment to test when and how moral language could be successful in selling social issues, such as protecting the environment, expanding health care and curbing poverty.

They defined success as when an employee influenced his or her manager to spend time, money, resources and attention to address a social issue.

One survey asked 141 working adults to report times when they spoke to management about an important social issue. Participants were then asked to respond to questions about how they framed their argument.

“Almost half of the participants had done this before and were most successful at getting buy-in from their managers when they focused on morality and when they framed the issue as fitting in well with the organization’s mission and values,” Mayer said.

Another survey involved 88 employee-manager pairs to study how such arguments about social issues are delivered and perceived.

Employees reported if they “used values to help sell the issue,” if they “made a business case” and if they “fit their argument to the company’s mission,” while managers rated the employee’s persuasiveness and if the organization responded positively by then advocating for that social issue.

Using moral language without drawing explicit links to the organization’s values might backfire because it highlights the irrelevance of the issue to the organization’s core agenda, Mayer said.

Another experiment asked 170 adults to imagine they were supervisors at a manufacturing company and one of their employees shared an idea about incorporating a green technology. Participants then read both business and moral arguments for adding the green technology and were asked to rate the persuasiveness of the employee.

“Interestingly, we found that framing the issue as being of an economic benefit yielded better results than when it was framed as a moral issue,” Mayer said. “Perhaps the participants made their decisions based on their beliefs about how managers should make decisions, that managers should always be thinking of the bottom line.”

Mayer believes this research may provide support for the idea that social change within companies can come from the bottom up rather than the top down.

“It was the lower-level employees who tried to make change, and many were successful,” he said. “This may provide employees inspiration in the future that they can be influential within their organizations, especially if they address an issue that fits within the company’s values and mission.”


Source: Michigan News

**One forgives to the degree that one loves.**

Francois de La Rochefoucauld
Fitness without Shame: A Resolution Backed by Science

A new study reveals how motivations for exercise influence health and fitness.

In contrast, those who worked out for health and enjoyment exercised more and showed better objective indicators of health. Despite these findings, too many in the fitness industry continue to pitch weight loss and appearance goals over other benefits of exercise. Barre and Pilates classes regularly promise longer, leaner muscles. Gyms pitch classes with descriptions suggesting they are capable of targeting abdominal fat specifically or vowing to provide spot reduction of fat despite no evidence that such outcomes are possible.

Working out can help you feel better, think better, and move better. It does not need to change the way you look in order to have these effects. Feeling shame about your body is not a healthy or effective way to reach your fitness goals. Researchers have found that both children and adults are more likely to avoid exercise if they feel shame or stigma about their body size. Research from the University of North Carolina found that women who view their body more in terms of how it looks than how it feels were less likely to exercise. Likewise, a study out of Smith College found that those who exercised for weight and appearance-based reasons exercised less consistently and were less likely to exercise. Women in the health-focused class reported being less aware of how their body looked during the class and more focused on health and strength. Women in the health-focused class reported being less aware of how their body looked during the class and more focused on health and strength. Despite these findings, too many in the fitness industry continue to pitch weight loss and appearance goals over other benefits of exercise. Barre and Pilates classes regularly promise longer, leaner muscles. Gyms pitch classes with descriptions suggesting they are capable of targeting abdominal fat specifically or vowing to provide spot reduction of fat despite no evidence that such outcomes are possible.

Many frame their fitness quest in terms of changing how they look. Getting healthy might be a nice side benefit, but when it comes down to it, gym memberships are more likely to be purchased with the hopes of getting into those jeans that no longer fit. A typical New Year’s resolution can be like an ad for a gym. You look in the mirror and mentally take your shameful “before” photo, dreaming of a sleek and sexy future you as the “after.”

The fitness industry often leads the way when it comes to this type of body shaming. A sign for a gym in Alabama read, “Tired of being fat and ugly? Just be ugly!” A Gold’s Gym franchise in Egypt got into hot water for an ad showing a delicious looking pear with the text, “This is no shape for a girl.”

Feeling shame about your body is not a healthy or effective way to reach your fitness goals. Researchers have found that both children and adults are more likely to avoid exercise if they feel shame or stigma about their body size. Research from the University of North Carolina found that women who view their body more in terms of how it looks than how it feels were less likely to exercise. Likewise, a study out of Smith College found that those who exercised for weight and appearance-based reasons exercised less consistently and reported more symptoms of eating disorders and depression. In contrast, those who worked out for health and enjoyment exercised more and showed better objective indicators of health. Despite these findings, too many in the fitness industry continue to pitch weight loss and appearance goals over other benefits of exercise. Barre and Pilates classes regularly promise longer, leaner muscles. Gyms pitch classes with descriptions suggesting they are capable of targeting abdominal fat specifically or vowing to provide spot reduction of fat despite no evidence that such outcomes are possible.

For a study recently published in the Journal of Clinical Sport Psychology, I and two colleagues at Northwestern University examined how a fitness instructor’s emphasis on appearance and weight loss (instead of health outcomes) influenced women taking a workout class. We recruited over 200 women between the ages of 18-25 to take a conditioning class. The women completed tests of body satisfaction and mood ahead of time; they repeated these tests after finishing the class. We randomly assigned the women to complete one of two versions of the class. In each version, the instructor played the same music and led the same exercises. But in one version, her motivational comments emphasized health and strength. For a study recently published in the Journal of Clinical Sport Psychology, I and two colleagues at Northwestern University examined how a fitness instructor’s emphasis on appearance and weight loss (instead of health outcomes) influenced women taking a workout class. We recruited over 200 women between the ages of 18-25 to take a conditioning class. The women completed tests of body satisfaction and mood ahead of time; they repeated these tests after finishing the class. We randomly assigned the women to complete one of two versions of the class. In each version, the instructor played the same music and led the same exercises. But in one version, her motivational comments emphasized health and strength. Despite these findings, too many in the fitness industry continue to pitch weight loss and appearance goals over other benefits of exercise. Barre and Pilates classes regularly promise longer, leaner muscles. Gyms pitch classes with descriptions suggesting they are capable of targeting abdominal fat specifically or vowing to provide spot reduction of fat despite no evidence that such outcomes are possible.

The research is clear: Our motivations for exercise matter. If we frame our fitness efforts in terms of goals that don’t require a new body shape and ask fitness professionals to do the same, maybe those resolutions will be a little stickier this year.