Scholarship Award Invitations
March 28 is the deadline to apply for August 2008 graduation. Applications can be picked up at George Bandik, senior lecturer and director of undergraduate studies in the Department of Chemistry, 140 Thackeray Hall. For more information, contact the Office of Student Records at 412-624-6776.

Reminder: Special Receptions for Graduating Seniors
Academic departments often host special receptions to recognize graduating seniors. If you have a senior graduating in April, please contact your student’s home department for more information about planned festivities. For contact information, go to www.pitt.edu/academics.html.

August Graduation Notice
March 28 is the deadline to apply for August 2008 graduation. Applications can be picked up at 140 Thackeray Hall. For more information, contact the Office of Student Records at 412-624-6776.

Scholarship Award Invitations
Watch your e-mail for scholarship award invitations. Eligible students (those with a cumulative GPA of at least 3.5, 50–90 credits, and no more than 30 advanced standing credits) will receive letters of invitation and applications via Pitt student e-mail accounts in mid-March. Scholarship awards will be for the 2008–09 academic year.
**History:** Who and Why We Are

"History is a guide to navigation in perilous times. History is who we are and why we are the way we are." —David McCullough, historian, Pulitzer Prize-winning author, and Pittsburgh native

 Amid the media barrage of updates on the presidential election, predictions about economic growth, and reports about ongoing world conflicts, it is difficult to escape the ghosts of people and events past. In the middle of a rapidly changing world, we continue to be fascinated by the stories of those who came before us.

 History continues to play an essential role in determining who we are now and who we will become. It is no wonder, then, that the University of Pittsburgh Department of History has experienced significant growth and changes in academic focus.

 Since 1997, the number of students who major in history at Pitt has nearly tripled. "We are seeing more and more students with not only interest in but passion for history," says Marcus Rediker, chair of the Department of History. "Our students recognize the value a history degree brings to virtually any professional pursuit. [By majoring in history,] they invest in a solid foundation for whatever career path they choose."

 Pitt alumni who have majored in history represent a diverse group of skilled practitioners that include lawyers, teachers, and athletes. For example, former Big East basketball Coplayer of the Year and NBA player Brandin Knight—who received a Bachelor of Arts in history in 2005—is currently Pitt's director of men's basketball operations.

 As part of the department’s growth, faculty members have focused on teaching history in the broadest sense and on establishing a transnational history perspective. The department has a distinguished reputation for its teacher/scholars, who specialize in comparative U.S., European, Latin American, and East Asian history and who contribute to Pitt's world-renowned University Center for International Studies. The department has built on this strength by developing a cutting-edge focus on linking these regions with the movement of African peoples to the New World—a significant global shift. "We are ahead of the academic trend in moving from national history to the transnational flows of people, commodities, and ideas across borders," says Rediker. "This is a much more comprehensive approach and one better suited to the globalized world in which we live."

 To further enhance this transnational focus, the School of Arts and Sciences is supporting the department’s development of a world history center, to be spearheaded by Patrick Manning, Andrew W. Mellon Professor of World History.

 The center, with links to the University Center for International Studies, will accumulate knowledge in many fields to develop a global and interactive picture of human social change.

 Pitt's undergraduate history program also offers students specialized courses (such as two New World history classes) internship opportunities, and emphasis on developing written and oral communication and critical analysis skills. According to Rediker, "Our faculty engage the students to take advantage of the many opportunities Pitt provides to enrich their academic experience."

 For more information on the Department of History's programs, seminars, and lectures, visit www.pitt.edu/~pitthist. To learn more about the University's centers, go to www.pitt.edu/centers.html.

**DID YOU KNOW:**

- Several books recently have been published by Department of History faculty members, including Rediker’s *The Slave Ship: A Human History* (Viking Adult, 2007) and Alejandro de la Fuente’s *Havana and the Atlantic in the Sixteenth Century* (University of North Carolina Press, 2008).

- Jacob Vanzin, who earned a BA in political science and history in 2007, received a first prize Ossip Award in research writing in 2007 for his essay, “From Slaves to Solidarity: The Story of the Coal Miners of Somerset County during the Great Coal Strike of 1922.”

- The Department of History and Pitt's School of Education recently joined forces to offer a Master of Arts degree in history education, which combines graduate study in history with professional training and certification in social studies education. For more information, visit www.education.pitt.edu/socialstudies/dindex.aspx?did=229.
MESSAGE FROM THE DEAN

Celebrate Pittsburgh 250

As a member of the Pittsburgh community for more than 220 years, the University of Pittsburgh is pleased to join the regional celebration known as Pittsburgh 250. In 1758, the British defeated the French at Fort Duquesne, where the Monongahela and Allegheny rivers meet to form the Ohio River. They renamed the site Fort Pitt in honor of William Pitt the Elder (1708–1778), then British secretary of state, and its surrounding garrison town Pittsburgh.

In the 250 years since its founding as a fortress, Pittsburgh has evolved into a vibrant city of world-class educational institutions, cultural organizations, high-tech and biotech companies, and premier health care facilities. The University of Pittsburgh has been a significant partner in the growth of the region. With our own proud history of noted alumni—including Academy Award-winning actor, choreographer, and dancer Gene Kelly; Pulitzer Prize-winning novelist Michael Chabon; Nobel Peace Prize winner Wangari Mutu Maathai; and Nobel laureate Paul Lauterbur—the School of Arts and Sciences continues to attract high-achieving students who excel both inside and outside the classroom. Today’s Arts and Sciences students will be tomorrow’s leaders and agents of change.

Perhaps, as you plan your family vacation, you will consider discovering the rich history of Pittsburgh and its surrounding communities. Pitt’s academic units likely will offer a variety of lectures and conferences on various aspects of the 250th anniversary and the future of the region. Be sure to check out our Web site at www.as.pitt.edu as well as www.imaginempirburgh.com throughout the year for a complete list of community programs and events.

With best wishes for a summer filled with making memories,

Juan J. Manfredi
Associate Dean for Undergraduate Studies

FACULTY PROFILE

History: The Truth Is Out There—Go Find It!

On the first day of class, Alejandro de la Fuente gives a warning to his students: While it is good to have him, a native of Cuba, teaching them about that region, he is, in fact, a walking bias. Inevitably, one student always says that is true of every professor. De la Fuente agrees. “From the books we assign, to the questions we pose, to what we choose to cover in class, we bring subjectivity to the history we teach,” he says.

A charismatic lawyer turned historian, de la Fuente asserts that history is not something that is out there to be seized but rather a process in which one actively constructs the past by asking intelligent questions. “I do not want students simply to open books and remember dates,” says de la Fuente. “I want them to be curious, to go out and find credible sources, to seek answers, and to be able to support with credibility whatever conclusions they make.”

After receiving his law degree from the University of Havana and teaching classes there in legal history, de la Fuente decided to focus on his passion for Latin American and Caribbean history by earning his doctoral degree from the University of Pittsburgh. Then he left, but not for long. After teaching at the University of South Florida for four years, he came back to Pitt. “I knew, with its world-class history department and Center for Latin American Studies, that Pitt was the place for me. Pitt gave me great opportunities as a student, which is why I enjoy giving back as a faculty member,” says de la Fuente.

De la Fuente brings a global perspective to his classes by focusing on the link between the Latin American world and the United States. “What happens throughout the world is so interconnected and relevant to our lives here,” says de la Fuente. One of his biggest challenges in teaching is trying to bring the experiences of foreign countries into the classroom. According to de la Fuente, “Mercifully, most of our students have never known the horrors that are Pittsburgh’s hilly neighborhoods—good training for this marathon runner. In addition, thanks to advice from his faculty advisor, Tony Novosel, and help from the Office of Experiential Learning, Kysela obtained a for-credit internship at Soldiers and Sailors Military Museum and Memorial in Oakland. There he assisted the curator with donations and got to catalog military artifacts. Kysela continues to volunteer at the museum and serves as a member of its speakers bureau, going to local high schools on Veterans Day to share his experiences with students not much younger than he.

It was during Kysela’s tour in Iraq that he decided he wanted to become a teacher. He plans to pursue a master’s degree at Pitt’s School of Education after graduation and to continue to serve in the National Guard, perhaps serving a second tour of duty. “The faculty in the history department have been great,” says Kysela. “My experience at Pitt has helped me decide where I want to go from here.”
Sailing on the Seas of Blue

This summer, as many as 20 School of Arts and Sciences undergraduates will have the opportunity to live like people did in “the good old days.” As part of the second annual 12-week, four-credit summer course offered by the Department of History, students enrolled in HIST 0606: Maritime History and the Great Lakes will sail for three weeks as part of the crew on the U.S. Brig Niagara (www.brigniagara.org), a two-masted ship with square sails on both masts. Before embarking, students must complete an online course to learn some of the history of wooden sailing vessels. On board, they will learn basic seamanship while living the way the ship’s crew did when they fought in the War of 1812. They will attend lectures and demonstrations by the ship’s captain and the course instructor, Timothy Walker, adjunct faculty member, and visit historical sites and maritime museums.

“This summer, we might get up into the Straits of Mackinac and Mackinac Island,” Walker says. “We expect to make some stops in Canada, which will give the students a taste of docking in a foreign port. Sailing the Great Lakes will give students an idea of what it took to create the maritime empires and explain the colonization of North America.”

Eli Dile, a junior history major, enrolled in the course last summer. “Not only were we able to live history, but [we] learned about teamwork and responsibility as well. Anyone who is considering taking this course should realize that a lot of hard work is involved. But, in the end, it is rewarding and lots of fun.”

The captain and crew of the ship have experience sailing wooden vessels and are U.S. Coast Guard-certified and licensed. The ship is inspected by the U.S. Coast Guard and is fully insured.

The sailing portion of this summer’s Maritime History and the Great Lakes course will run from June 28 through July 19, 2008. To learn more about this course, visit the Department of History Web site at www.pitt.edu/~pithist or call 412-648-7451.

Resources:
- University of Pittsburgh University Counseling Center 334 William Pitt Union 3595 Fifth Avenue Pittsburgh, PA 15260 412-648-7930 www.counseling.pitt.edu
- University of Pittsburgh Western Psychiatric Institute and Clinic Center for Overcoming Problem Eating 8th Floor, Thomas D’Acre Hall 3811 O’Hara Street Pittsburgh, PA 15260 412-647-9329 National Eating Disorders Association www.nationaleatingdisorders.org

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History: The Truth Is Out There—Go Find It!

Go Find It!

experienced daily in the Latin American world—and throughout the globe, for that matter.” To make these experiences more real, de la Fuente uses documentaries to supplement texts. For instance, he shows a film that provides different points of view regarding a 1973 military coup in Chile.

Testimonies from those who have suffered tyranny also are introduced as part of the historical record. “Dictatorial regimes want to silence the voice of humanity,” says de la Fuente. “It is our civic responsibility to make their statements permanent and to search for the truth. It won’t come to you; you must go out and get it.”

You can find out more about de la Fuente’s book, Havana and the Atlantic in the Sixteenth Century (University of North Carolina Press, 2008); research; and areas of interest at www.pitt.edu/~pithist/faculty/de_la_fuente.html.

Eating disorders continue to be prevalent in our society. Trends include an increase in males presenting with symptoms, earlier onset for both males and females, and more students starting college with long histories of prior eating disorders. On college campuses, concerns come from many sources—students themselves, parents, faculty, and staff.

What are the symptoms of the two main categories of eating disorders?

Anorexia nervosa: extremely low weight, refusal to eat or maintain a healthy weight, loss of menstrual cycle, extreme fear of gaining weight, distorted body image, and restricting food and liquid intake.

Bulimia nervosa: a pattern of bingeing on food followed by compensatory behaviors to alleviate anxiety about food intake (such as vomiting, fasting, or over-exercising); excessive focus on body image; and fear of weight gain.

How can you recognize eating disorder symptoms in your daughter or son?

Physical indicators of anorexia nervosa: extremely low weight, rapid/severe weight loss, tiredness, hair loss, weakness, and loss of menstrual cycle.

Physical indicators of bulimia nervosa: any of the above symptoms of anorexia nervosa, sore throats, dental damage, and stomach pains.

Emotional indicators: sadness, depression, mood shifts, anxiety, fear, confusion, and hopelessness.

Cognitive indicators: obsessing about eating, body image, and weight; concentration problems; and loss of intellectual interest.

Behavioral indicators: refusal to eat previously enjoyed foods, unwillingness to eat with others, withdrawal from others, eating large amounts of food followed by vomiting or another compensatory behavior, excessive exercise, and excessive verbalization of negative body image.

Tips for parents:
- Ensure that your daughter or son has regular medical checkups.
- Notice, and take seriously, any of the indicators listed above.
- Address concerns directly to the student and express support, but also express the intention to set limits when necessary.
- Consult with a professional through either services at Pitt or elsewhere.

Resources:
- University of Pittsburgh University Counseling Center 334 William Pitt Union 3595 Fifth Avenue Pittsburgh, PA 15260 412-648-7930 www.counseling.pitt.edu
- University of Pittsburgh Western Psychiatric Institute and Clinic Center for Overcoming Problem Eating 8th Floor, Thomas D’Acre Hall 3811 O’Hara Street Pittsburgh, PA 15260 412-647-9329 National Eating Disorders Association www.nationaleatingdisorders.org

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The Sailing on the Seas of Blue text is structured around the experience of students on a sailing course, with a focus on the educational and historical aspects of the voyage. The text is clear and engaging, providing a detailed account of the course’s goals, structure, and benefits. It highlights the practical aspects of the course, such as learning basic seamanship and attending lectures and demonstrations, as well as the opportunity to visit historical sites and maritime museums. The text also emphasizes the personal and social aspects of the experience, such as the camaraderie among students and the opportunity to live like people did in the past.

The History: The Truth Is Out There—Go Find It! text is an essay that explores the concept of the “truth” and the importance of seeking it out. The text begins with a quote from de la Fuente about the challenge of providing different points of view on history. It then goes on to discuss the importance of testimonies and the responsibility of making them permanent.

The text also includes a personal anecdote from de la Fuente about his book, Havana and the Atlantic in the Sixteenth Century. It provides a glimpse into the research and areas of interest that de la Fuente is engaged in.

The Eating Disorders on Campus text is an article that discusses eating disorders and their prevalence in society. The text highlights the different types of eating disorders, their symptoms, and the difficulties associated with recognizing them. It also offers tips for parents on how to approach the issue and suggests resources for further information.

The University of Pittsburgh, School of Arts and Sciences, and The Pitt Pride logos and text are included in the image, with a focus on promoting these entities and their offerings.