One Day for DU

On May 18, DU will celebrate its second annual One Day for DU program. We hope you participate by making a donation—of any amount—to support today’s students. For every gift made on One Day for DU, we’ll plant a pinwheel on campus—a colorful, kinetic reminder of your support for DU students. Nearly 1,000 alumni participated last year. This year we hope to surpass that!

Alumni can also be One Day for DU social media ambassadors to post and tweet about all the excitement happening on campus that day. Become an ambassador.

ALUMNI SPOTLIGHT

Literary Studies Alumna Kicks Gender Stereotypes to the Curb

Women’s fighting sports have a rich and storied history. With new opportunities to compete in legitimate arenas—from the Olympics to Ultimate Fighting Championships—women today are able to fight in ways their predecessors never could.

In *She’s a Knockout!: A History of Women in Fighting Sports*, author L.A. Jennings (PhD ‘13, English) chronicles the stories of strong and resilient fighting women—including wrestlers, mixed martial arts (MMA) competitors and boxers—and the different issues they have encountered.

A martial arts practitioner herself, Jennings began her book as a literary studies PhD student in DU’s department of English. She depicts stories of female fighters in the culture of their time and reveals how women were often seen as objects of spectacle and ridicule before finally
garnering admiration in the industry. Her book profiles fighters such as England’s “Championess” Elizabeth Stokes of the 1720s, American wrestler Cora Livingstone of the 1930s and contemporary MMA fighter Debi Purcell.

“I began training martial arts in my second year of college, and it remains a profound course of empowerment and emotional fulfillment. As my academic career progressed, my fighting career did, too. The two informed each other, to the extent that I began writing about martial arts as an academic and a practitioner,” she said. Read more...

FACULTY SPOTLIGHT

Cellist Feels Right at Home at the University of Denver

Matthew Zalkind, the newest member of Lamont’s string faculty, has traveled the world with his cello. But for this musician, whose training and career were largely New York-centric, an appointment at the University of Denver means something of a homecoming.

Zalkind was born and raised in Salt Lake City, the son of two prominent members of the Utah Symphony. His father, the former principal trombonist, is currently Professor of Trombone at the Eastman School of Music and teaches every summer at the Rafael Méndez Brass Institute, which is hosted by Lamont. It was through him that Zalkind first learned of DU and of the first-rate facilities housed in the Newman Center.

“I’d heard they were amazing, but when I came to see Lamont in person I was really blown away,” said Zalkind. He was impressed with the accomplished faculty and talented students at Lamont. “Everyone is making music at a really high level,” he added.

That statement means something coming from Zalkind. After receiving his degrees from Juilliard (BM and MM) and the University of Michigan (DMA), he joined the Harlem String Quartet and spent three years touring and recording with the group. Their tours took Zalkind across the U.S. and abroad. Read More...

STUDENT SPOTLIGHT

Psychology Student Works to Redefine Stigma Surrounding Mental Health

When someone hears the word “psychology,” they may think of ink blot tests, detailed diagrams of the human brain or even heads hooked up to wires and machines. But for senior Amanda Pennington, the word “psychology” held endless possibilities for her undergraduate academic career at DU.

“I took Foundations of Psychology with Dr. Aimee Reichmann-Decker during my first winter quarter and instantly fell in love with the field,” said Pennington, a Colorado native. “I also have a particularly strong interest in mental health both as a student and student leader.”

Pennington has worked in two psychology labs on campus. During her first year, she researched the “fear of eternity” in the Emotion and Coping lab. Currently she is researching the “stigma of negative emotion” for her senior thesis in the Automaticity, Affect, Control and Thought (AACT) lab.
“Through these projects, I’ve learned that I love research, particularly statistics,” she said. “I have decided to move into the field of public behavioral health with an emphasis on program creation and efficacy.”

Channeling her passion for public behavioral health reform with her desire to provide outreach and education surrounding mental wellbeing, Pennington co-founded the student organization DU MIND in 2012. DU MIND has a mission to reduce the stigma around mental health through education, conversation and action. Read More...

FEATURED EVENTS

THEATER: May 11-15, 7:30 p.m. — Senior Capstone Festival, Cycle 2
You’re invited to a festival of one-act plays directed by theatre department students who use the theatrical skills, techniques, perspectives and styles learned from the program. Titles include Telephone, The Blue Room and All We Can Handle. Performances are in the JMAC Studios, and tickets are $10.

CONCERT: May 19-20, 7:30 p.m. — Lamont Opera Theatre presents BRAVO! Bernstein
Leonard Bernstein, one of Broadway’s most honored composers, is celebrated with performances from West Side Story, Candide and his many other legendary hits. Free, but ticket is required. Performances held in the Hamilton Hall in the Newman Center for the Performing Arts.