Dark honey has more illness-fighting agents than light honey

By Jim Barlow

Honey bees pollinate the crops we eat and provide honey. Where they forage for nectar now has gained nutritional importance. According to new research, what they eat determines the level of antioxidants in honey.

In a study that analyzed 19 samples of honey from 14 different floral sources, UI scientists found that honey made from nectar collected from Illinois buckwheat flowers packs 20 times the antioxidant punch as that produced by bees that lap up California sage. Clover, perhaps the most common plant source tapped by honey bees, scored in the middle of the rankings.

Antioxidants—substances that slow the oxidation of other substances—counter the toxic effects of free radicals, which can cause DNA damage that can lead to age-related problems such as arthritis, strokes and cancer. Free radicals are atoms or molecules that are usually reactive or unstable.

In an article to be published in the Journal of Apicultural Research, the researchers say darker honey has less water and more antioxidants than light-colored honey.

The co-authors of the study—funded by the Illinois Valone-Added Research Program and National Honey Board—were May Berenbaum, head of the UI entomology department; Gene E. Robinson, director of the UI bee research facility; and Gene E. Robinson, director of the UI bee research facility, examine honey at the bee research facility. Their research reveals darker honey has less water and more antioxidants than light-colored honey.

Internet project allows teachers to coach budding composers

By Melissa Mitchell

When a budding high school composer sent “The Complete Squerri” over the Internet to his UI student-mentor, the mentor was able to listen to the creatively titled composition, analyze it and send feedback almost instantaneously.

The pair was brought together earlier this year to participate in Network for Technology-Based Music Composition, Composing and Music Mentoring, or NETCOMM, a pilot project designed and coordinated by UI music education professor Sam Reese. “The purpose of NETCOMM is to promote the teaching and learning of technology-based music composition as a means to better musical understanding and responsiveness,” Reese said. “This situation seemed like a natural fit for a solution involving an asynchronous, Internet environment.”

The goals of NETCOMM— as outlined on the project’s Web site—are twofold: first, “to connect university students and public high school students who are both doing music composition with MIDI sequencers”; and second, “to determine if and how music and Internet technologies can be used to promote the teaching and learning of music composition with students in different places and times.”

While middle and high school students may likely gain new, basic skills through their participation, Reese said NETCOMM isn’t aimed at “helping students become composers, per se; I am interested in the process of students becoming more perceptive about music.”

The pilot project paired five sets of public-school students and university student-mentors, who worked one-on-one. Additional assistance was provided by online composer-in-residence Timothy Bowly, who reviewed interactions between students and mentors, and provided feedback to all—including the students’ classroom teachers. Students used Musicshop 2.01 sequencing software with General MIDI keyboards to compose, and students and mentors sent music files and messages back and forth using First Class conferencing software.

This summer, Reese is evaluating the project’s initial launch and fine-tuning it to gear up for an expanded effort during the upcoming academic year. The biggest question he’s looking at now is, “What can we do to scale up and yet maintain some quality of the interactions?”

The NETCOMM Web site is located at www-camil.music.uiuc.edu/NETCOMM/default.html.
Sizzling summer recipes

More delicious recipes from our summer cooking series. We’ll conclude the series next issue and announce the winner of our drawing for a cookbook ($20 value) provided by the Illini Union Bookstore.

Diane Beckett, chief clerk
Journal of Educational Theory, department of educational policy studies

“My family always wants me to bring this to family reunions and gatherings. It is a great salad or dessert (because it is sweet) at summer gatherings. We never bring any of it home.”

Pretzel Salad
Crust:
1 1/4 cup crushed pretzels
1/2 cup sugar
1/3 cup butter
Mix 1/4 cup water. Press into 9” x 13” ungreased pan and bake 10 minutes at 350 degrees.

Second layer:
8 ounces cream cheese, softened
8 ounces Cool Whip
1/2 cup powdered sugar
Mix together and spread over cooled pretzel crust.

Third layer:
One large package strawberry Jello
16 ounces package frozen strawberries
Small can crushed pineapple, drained
Dissolve 1 1/2 cup boiling water. Add frozen strawberries and crushed pineapple. Let “soft set” and pour over cream cheese mixture.

Pat Tuchman, analyst, data processing
Administrative Information Systems and Services

“This is one of our favorite summer soups. I got the recipe from a Norwegian cookbook (“Suppe Boken” by Tordis Bolgen). My measuring cup has decimals, but I’ve included the equivalent in cups. Since it’s almost zucchini time, I thought I’d pass it along. The title is somewhat misleading since the shrimp are actually a garnish and could probably be omitted.”

Shrimp Soup with Zucchini
2 zucchini or summer squash, 8-10 inches each
1 to 2 tablespoons butter
1 1/3 to 1 1/2 cups vegetable bouillon
2 decillers milk (about 1 cup)
1 1/3 to 1 1/2 cups whipping cream
1/2 teaspoon salt
dash of pepper
2 tablespoons finely chopped dill
2 teaspoons lemon juice
For garnish: dill sprigs and cooked shrimp

Peel the zucchini or squash and cut into slices. Sauté the slices in butter in a saucepan. Add the bouillon, milk and cream. Simmer 15 - 20 minutes. Puree the soup through a strainer or with a food processor. Season with salt and pepper. Add dill and lemon juice. Serve the soup with a spring of dill and abundant shrimp in every soup bowl.
 brief notes

UI professors featured on WILL

Two programs to air on WILL-Channel 12 will feature UI professors this month. Donna Cox, professor of art and design, director for the Center for Graphic Technologies and assistant director for NSCA’s Grid Grip, and George Francis, professor of mathematics in the Campus Honors Program, will present separate programs on the seven popular topics “Life by the Numbers,” airing on WILL-Channel 12 at 7 p.m. Aug 17. The episode that features Cox and Francis, who also are senior research scientists and artists at the UI’s National Center for Supercomputing Applications, examines mathematical visualization.

Interviews with Alaina Kanfer, research scientist at NSCA in and human and community development, and Larry Smart, director of NSCA will be featured in “Digital Nations.” Airing at 9 p.m. Aug 18, and 19 the program features rural America in the information age, including farms in Illinois that use data from satellites to monitor crops and use the Internet to check corn prices.

Secretariat luncheon is Aug. 19

The Secretariat, which celebrates its 50th anniversary, invites current and eligible prospective members to a luncheon at 11:45 a.m. Aug 19 at Illini Union Rooms A and B. The organization, which comprises employees in civil service classifications with qualifications that meet or exceed those of secretaries, IV also will be taking applications for membership. The “Mentoring: Mentor/ Minnesota,” will answer questions about the organization’s mentoring program and include a panel from last year’s participants. Advance reservations for the luncheon are required and are due Aug. 13. Reservations may be made by contacting Nicke Dalton, 333-2350, or at www.german.uiuc.edu/secretariat/index.html.

Noncredit courses and lecture series offered

Religion, homelessness, finding books for children, and women in sports will be among the diverse topics covered this fall in more than two dozen noncredit courses and lecture series sponsored by the UI’s Office of Continuing Education.

The fall semester courses are presented in noncompetitive, informal atmosphere with no exams or grades. Instructors are selected primarily from the university faculty.

Early enrollment is encouraged because some classes may fill quickly. Minimum enrollment age is 18, except for two courses on dance for children. Fees range between $15 and $200. Discounts are available for some courses to retirees at least 62 years old.

Catalogs listing all courses are available from the UI Office of Continuing Education, Division of Academic Outreach, Suite 1405, 302 E. John St. Information about courses or registration also is available by calling 333-6305, or through the Web site at wwwextramural.uiuc.edu.

Office of Business Affairs offers training

Training sessions for university financial and administrative systems are being offered by the Office of Business Affairs. These sessions, which promote continuous improvement of campus financial management, are offered to department heads, as well as departmental business office staff members. Selected refresher training every other year is appropriate and necessary. A majority of the classes meet at the Combined Training Center in the basement of Illini Hall. Reservations may be made by calling the number indicated below or at www.oba.uiuc.edu.

The courses:

- Allowable Costs
  10:30 a.m. Oct. 15
  Judy Lubben, 244-4748
- Cash Handling
  Department make arrangements
  June Breen, 244-2918
- Commitment and Liabilities
  9-10:30 a.m. Sept. 9
  Bobbie Pittman, 333-0780
- Contract Drafting (Advanced)
  2-4 p.m. Nov. 19
  Marcia Rotunda, rotunda@uiuc.edu
- Electronic Order System (EOS)
  8:30-10:30 a.m. Sept. 16 or Oct. 7 or Nov. 4
  Terri Cummings, 244-5418
- Electronic Standard Time Report (ESTR)
  3-4:30 p.m. Oct. 5
  Mary Sholes, 333-8955 or
  Sally Swaim, 244-1255
- Gift Processing (Financial Services Office)
  9-11 a.m. Sept. 16 or Nov. 16
  Dorothy Lawrence, 333-0675
- Internal Controls, The Essentials
  8:30-10:30 a.m. Nov. 18
  Ed Mascorro, 333-0900.
- Invoices/Checks
  9-10:30 a.m. Oct. 15 or Nov. 5
  Bobbie Pittman, 333-0780
- KEY/MASTER
  3-4:30 p.m. Sept. 16
  Mary Sholes, 333-8955
- KEY/MASTER--Using for Student Accounts
  Individually arranged
  Alice Loftus, 244-5418
- Ledger 3 Accounts
  8-10:30 a.m. Nov. 12
  Marcia Miller, 333-4568
- Procurement Card
  8:30-10:30 a.m. Oct. 21, Nov. 18 or
  Dec. 9
  Terri Cummings, 244-5418
- Procurement Code/Contracts (new)
  2-4 p.m. Oct. 21
  Marcia Rotunda, rotunda@uiuc.edu
- Property Accounting, Custodianship
  8:30-10 a.m. Nov. 11
  333-0467
- Property Accounting, Introduction/ Acquisitions
  8:30-10 a.m. Nov. 4
  333-0467
- Property Accounting, Proposals
  8:30-10 a.m. Oct. 8
  Judy Lubben, 244-4748
- Proposals and Overview Procedures
  10:30 a.m. Oct. 8
  Judy Lubben, 244-4748
- Sales Invoices/General Accounts
  Individually arranged
  Donna Fogerson, 244-6022
- Supplies/Service Voucher and Transfer
  1:30-3 p.m. Sept.
  10
  Judy Lubben, 244-4748.
- Travel Voucher Preparation
  9-10:30 a.m. Nov. 13 or
  Dec. 11
  Bobbie Pittman, 333-0780
- Transportation Functions
  9-10:30 a.m. Oct. 22
  333-5560
- Travel Vouchers, Completion of
  9-10:30 a.m. Nov. 13 or
  Dec. 11
  Bobbie Pittman, 333-0780.
- Travel Vouchers, Policies and Guidelines
  9-10:30 a.m. Nov. 6 or Dec.
  4
  Bobbie Pittman, 333-0780.
- UFAS/Introduction
  8-10 a.m. Nov. 19
  Marcia Miller, 333-4568.
- UFAS, Online
  1:30-3 p.m. Sept.
  19
  Marcia Miller, 333-4568.
  
What is your job at the UI and how long have you worked here?

I’m the administrative secretary to the director of the Center for Writing Studies and the English Graduate Writing Center. I started here in 1980 at the Police Training Institute as a clerk typist. I worked there for four years and have been in the English department ever since.

What do you do?

I help organize four Writing Across Curriculum seminars at the center for faculty members and graduate students. The center trains faculty members and graduate students to teach in writing-intensive courses. I also have other general responsibilities, and I deal with English rhetoric and teaching of English undergraduates. I really enjoy working with and helping the undergrads. Many of the students share their experiences with me, like working as Goofy at Disney World, working on a cruise ship, studying abroad or being a sportswriter for the Illini basketball team. There are almost 900 students so this office is usually booming during the school year.

I understand that you started a listserv. How did that come about?

[Editor’s Note: A listserv is an e-mail mailing list of people with a common interest that allows its subscribers to easily discuss that specific subject. Subscribers send the e-mail to one address and the e-mail is then distributed to all subscribers of that list.]

I was diagnosed with Sjogren’s Syndrome in 1990. It’s an autoimmune disease that no one knows much about. I was really sick. I’d gone 10 to 15 years without being diagnosed and didn’t know anyone here who had it. In 1993, I suggested the Association for Sjogren’s Syndrome start a listserv, but they didn’t even have computers in their offices yet. Then Gail Hawisher [professor of English and director of the Writing Center] talked me into starting the list.

What is Sjogren’s Syndrome?

The disease dries out your whole body and affects all of your glands and organs. I have no tears or saliva and had to have my parotid gland removed. People with the syndrome get infections easily and can’t fight them off. The syndrome affects everyone differently although most people look fine. Some people have more problems with their lungs, others with their kidneys or livers, or they might get bizarre rashes. We’re also always very tired. Many people with the syndrome get rheumatoid arthritis or lupus. Some people get a lot of different illnesses at once and others only have the dry eyes and dry mouth.

How did you set up the listserv?

I set up the list with help from Mark Zinnow, listserver manager at CSOS [Computing and Communications Services Office], and a former graduate student, Sibylle Gruber. They also gave me information on how to administer the list. I also had to put together a list of rules for the members.

What kind of response have you had?

I told Gail if I got 25 members, I’d be surprised. Now we have more than 300 from all over the world. I know we’d have a lot more people if people who have this disease had access to computers. Now I administer and moderate the list, and I could spend a lot of time on it. I arrive early at my office or work my lunch hour to take care of the daily requests received from members, such as working to join the list, wanting to drop, or setting up their accounts to receive the digest format instead of individual posts. There are many days when time doesn’t permit me to read all the list messages so I transfer them to a mailbox for future reference.

Has this been a good experience for you?

It’s one of the best things I’ve done. I’ve made many friends through it. There are a lot of things that come to the list as advice or help that a doctor might never tell you because he or she didn’t know about it. In October, I attended a national conference co-sponsored by the Sjogren’s Syndrome Association and the Sjogren’s Syndrome Foundation, in conjunction with an international symposium on the syndrome for physicians and researchers. I got to meet Joop van de Merwe, a doctor from the Erasmus University in Rotterdam, Netherlands, and one of the first members on the listserv. Thirty-five people from the list were there. I felt like I knew them all — it was like a high school reunion.

- Nancy Koeneman
Academy. Faculty, rank three to five positions. PhD required. Must have at least five years' demonstrated teaching effectiveness and strong research potential. Position is classified as an academic year position. Available Aug. 1, 1999. Gene Willis, 333-5945. Closing date: Oct. 15.


Civil and environmental engineering. Faculty positions, transportation engineering (rank open). PhD, BS in MS in engineering, and an ability to teach effectively at undergraduate and graduate levels required. Expectations in PCT, testing, climate, safety, and social consequences of transportation systems. Available Aug. 1, 1999. Wayne Hensley, 244-2818. Closing date: Jan. 15.


Mathematics. Part-time teaching associate (one or more positions). MS or PhD in advanced mathematics teaching skills required; knowledge of Web-based instruction helpful. Position is classified as a nine-month position. Available Aug. 1, 1999. Philip Tindell, 333-5552. Closing date: Aug. 7.


Academic Affairs, Office of the Vice-President for. Director, Career and Placement Services. PhD required. Must have at least five years' progressive experience in career development, including program development, coordination and decision-making, as well as administrative management. Must have experience with and understanding of Internet-based learning technologies. Available Aug. 1, 1999. jarid.hoven@uiuc.edu. Closing date: Aug. 31.


Assistant dean, extension program (one or more positions). Bachelor's degree and two years' experience in extension or outreach education. Excellent knowledge of and experience with the University campus, good communication skills and problem solving required. Experience in undergraduate academic advising or teaching required. Available immediately. Carolyn Curti, 333-9101. Closing date: Aug. 31.


Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Contact: Richard "Itch" Jones, 244-8140. Closing date: Aug. 14.

Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Contact: Richard "Itch" Jones, 244-8140. Closing date: Aug. 14.

Research programmer, automated learning (one or more positions). PhD (or dissertation in progress), knowledge of computer science and artificial intelligence required. Available immediately. D. A. Lee, Search #6178, 333-9479. Closing date: Aug. 31.

Assistant dean for development. BS/BA in business, computer science, management information or related field and four years' experience in coordinating or actively participating in university fundraising efforts. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.

Business Affairs-Business Systems. Research programmer, automated learning (one or more positions). PhD in computer science or related field, experience in client-server environment required. Minimum $32,000. Available immediately. Gloria Kuzy, 244-5766. Closing date: Aug. 31.