

LETTERS

READERS WRITE BACK

HOPE FOR A BIONIC PANCREAS

AS THE PARENT OF A 13-year-old type 1 diabetic, I am so very grateful for the work and dedication of Ed Damiano and his team, who are developing a bionic pancreas ("Sugar Fix," Summer 2013). The physical and emotional toll of managing this disease on a daily basis is difficult to comprehend. Each year more than 30,000 people are diagnosed with type 1 diabetes in the United States; the prevalence in Americans under age 20 has risen by 23 percent between 2001 and 2009. This is an epic and growing health crisis that demands our attention. I, and so many others, am rooting for Damiano and his team. I hope with all my heart that his son, David, can wear his bionic pancreas in time for college, as this means that my son, Matt, will benefit from this miracle as well and wear his to college, too.

MARGARET SAVOIA
(SED'97)
Nashua, N.H.

NO FAN OF DIETING

I AM THE AUTHOR OF four books on eating and weight and a psychotherapist who has worked in the field for more than 30 years. It's clear to me that the Overnight Diet ("MED Prof's Overnight Diet," Summer 2013) is yet another fad diet. Numerous studies over the past three decades have shown that diets don't work long-term—only 5 percent of people who diet and lose weight keep it off for good—because their very nature is artificial and

restrictive of foods that people enjoy eating.

When will Americans awaken to the fact that the only effective way to have a positive relationship with food is to *stop* dieting and end the rebound eating that diets almost inevitably produce? Those of us who advocate intuitive and mindful eating may not generate overnight weight loss results, but we teach people how to eat all foods in moderation and according to natural appetite. And when people are more comfortable around food and in tune with their appetites, they no longer need to diet or overeat.

KAREN R. KOENIG
(SED'69)
Sarasota, Fla.

REFOCUS EFFORTS ON UNDERAGE DRINKING

AFTER READING "WHAT Underage Drinkers Drink" ("Explorations," Summer 2013), I felt compelled to react to one of Michael Siegel's quotes. Being a retired executive of Joseph E. Seagram & Sons and being part of many strategic marketing meetings with respect to hundreds of brands and SKUs, I never heard even a whisper of targeting underage drinkers. Siegel states that "the leading culprits in the problem of underage drinking need to take immediate action to reduce the appeal of their products to youth." At the time of my employment at Seagram, we owned Captain Morgan and held the US marketing rights to Absolut Vodka. We were also selling Seagram's wine coolers, a product

targeted at a younger demographic. As many may recall, the legal drinking age in most states had been 18 years old. Throughout time, underage drinkers have always found a product suitable to their taste and found a way to obtain it.

The real problem is not what large corporations are doing in marketing their products to younger drinkers, but what parents and/or guardians are doing to prevent their children from obtaining illegal identification and to stop them from purchasing these products. The real problem also lies with the retail stores, in all states, for having very lenient policies in selling beverage alcohol to minors. Stricter laws and penalties are needed for retailers allowing the sale of beverage alcohol to these under-21 drinkers.

Stop spending time and money analyzing what is being purchased by underage drinkers and refocus the efforts on how it is getting into their hands.

LEONARD FINKEL
(SMG'69)
Plainview, N.Y.

ANOTHER VIEW ON TEACH FOR AMERICA

IT WAS WITH DISMAY that I read that Boston University had conferred an honorary degree on Wendy Kopp of Teach for America (TFA) at graduation ("Commencement 2013," Summer 2013).

My freshman roommate at BU was a student at the School of Education. She worked very hard for her degree, learning child psychology and development, pedagogy, and educational theory. When I became a teacher as a second career, I did the same. Kopp's Teach for America, which started out as a wonderful idea, has been instrumental in replacing veteran teachers with minimally trained volunteers who have no intention of remaining in the profession. This is an affront to any serious career educator, and I am deeply disappointed in my alma mater. When TFA returns to its original mission of sending teachers to schools that can't find qualified teachers, then she will deserve that degree.

TRACEY MILLER
(CAS'89)
Merrick, N.Y.

DISRESPECT FOR SILBER

WHEN I OPENED THE summer issue ("Letters") and saw that John Silber had died and your discussion of his legacy was slipped to the very back of the magazine, I was shocked. I remember his last decade of service to the University. I'm proud that his name graces my diploma. You really should be ashamed that he wasn't much more prominently featured.

PHILIP NEWHALL
(MED'94)
Saint Louis, Mo.

WRITE TO US

Letters are edited for clarity, style, and length. Please include your full name and address.
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