



GREETINGS FROM YOUR REUNION CO-CHAIRS

The Mac Class of 1972 50th Reunion is coming quickly. The college is currently planning an in-person Reunion this year and will continue monitoring the public health situation leading up to Reunion 2022 to prioritize the safety of attendees. Look for Reunion registration information this month and find details about Reunion programming on our webpage later this spring: macalester.edu/reunion/class-of-1972.

Your volunteer planning team—composed of thirty-six hardworking and creative classmates—is putting the finishing touches on what looks like a great weekend of celebration, remembrance, and many laughs. We'll look back, but we'll also keep moving forward because for many of us, this is a time of new beginnings.

A shout-out to the Program Committee for collecting photos. See their request on page two. Also, please look below for a link to our 50th Class survey. We hope you'll fill it in so we can take a look at our collective selves now and compare it to past surveys of the class.

Kudos to the Communications Committee for a fun and engaging Facebook page. The page is a private group page for our class, and you just need to answer a few fun questions to join. Look for the link below.

And a special thank you to our Gift Committee. Their hard work has resulted in 100 percent of the Reunion planning team making gifts in honor of the Class of 1972. We hope you'll join us as we aim higher for greater class participation at all levels. Most importantly, make plans now to join us the weekend of June 2–5. We hope to see everybody there. Registration opens in March. Watch your mailboxes and inboxes.

Anne Lewis & Paul Olson
50th Reunion Co-chairs, Class of 1972

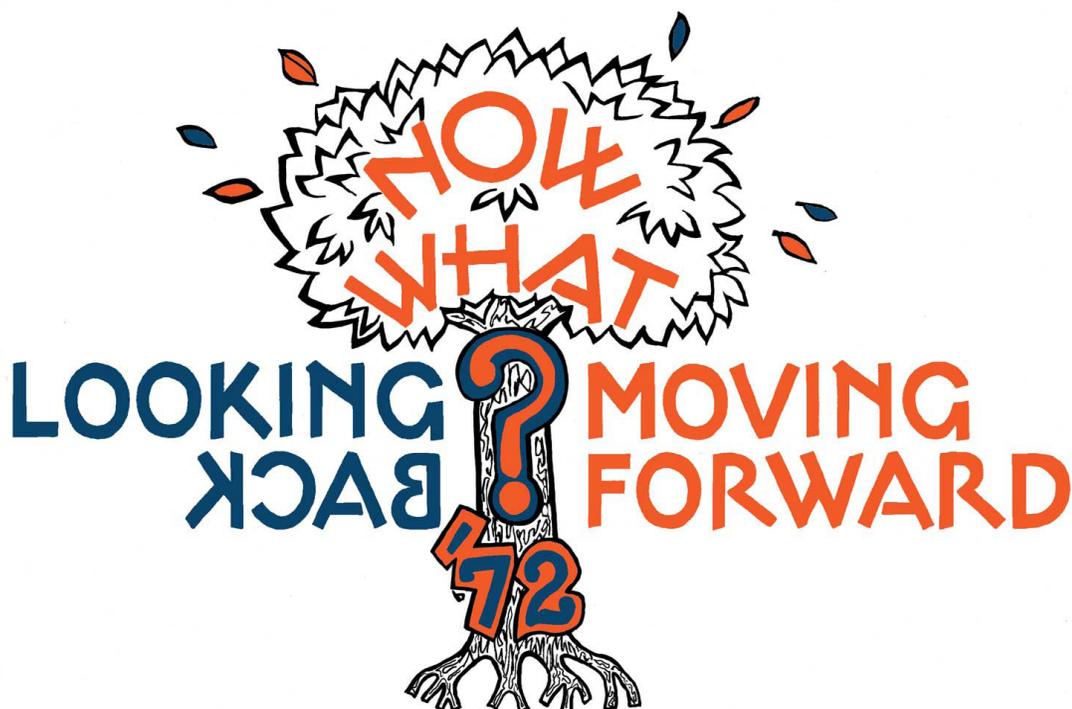
NEUROPLASTICITY, OR YOU CAN TEACH AN OLD DOG NEW TRICKS

By Linda Kennedy

You are at home and it is a beautiful day. Then you walk into a room, pause, and say to yourself, “Why the heck did I come in here?” When that happens, you may feel old or that maybe you have some kind of dementia. The former may be true, but possibly not the latter. It’s when you open the freezer and discover your lost keys sitting atop an ice cream container that you might want to call in an expert. Which brings us to the subject of this article. Neuroplasticity. That is, *structural plasticity*. The brain’s ability to actually change its physical structure as a result of learning. Without an injury, your brain can remain malleable throughout your life. In other words, you are never too old to learn something new. Science tells us it is not enough to read the paper and do the crossword everyday. To improve cognition and especially memory function, you must challenge yourself with the never done. Take piano lessons. Learn to knit. Try Greek or Latin. Dance. Play cards. Meditate. Do jigsaw puzzles. Buy an SAT prep book and improve your vocabulary or tackle high school math.

Diet can help, too. The Mayo Clinic suggests eating lots of leafy green vegetables and fruit, especially berries. Limit red meat, saturated fat, and sweets. But don’t deny yourself everything you love because that might cause you to binge later.

Your adult children may not pay attention or be overly concerned if you show signs of brain fog. “After all,” they tell their children, “Grandpa is in his seventies.” Remind them that you have lived longer and have more things to remember. Then beat them at a game of Scrabble!



JOIN US FOR OUR APRIL ZOOM BOOK DISCUSSION

How to Talk to A Science Denier
Sunday, April 10, 3 p.m. CDT

How can we act in small ways to counter the current destructive effects of misinformation and disinformation? This ninety-minute Zoom discussion will explore strategies for better conversations across scientific and political divides, with a focus on Lee McIntyre's book *How to Talk to a Science Denier* (MIT Press, 2021). Participants can prepare for the discussion by either reading the book or listening to an interview of McIntyre online. Discussion leader: Patrick Marx. Those interested in registering can contact Ann Speltz at annspeltz@gmail.com.

CONNECT ON FACEBOOK

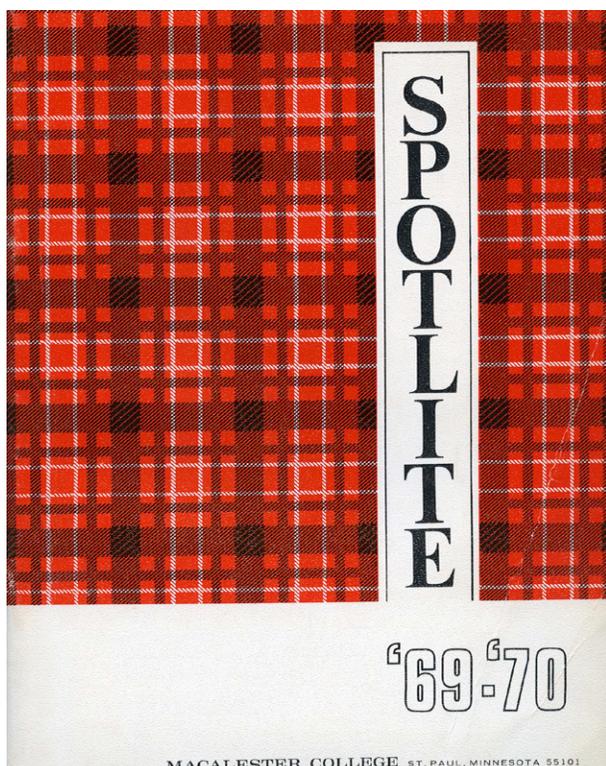
Everyone from the Class of 1972 is welcome to join us on the Macalester 50th Reunion Facebook page. Go to facebook.com/groups/mac1972.

CONTRIBUTE TO MEMORIES OF MACALESTER (1968–1972)

Submit your personal reflections, poetry, or artwork about classes, performances, events, people, professors, social change, campus life, athletics, and art by March 31, 2022. Email your written work (2,000 words or fewer) as a Word document and submit artwork as a JPEG to Mac72Memoirs@gmail.com. Provide your name (including name while at Mac) and email address.

SEND US YOUR PHOTOS BY APRIL 1

The Program Committee seeks photo submissions to create two video/slideshows for our Reunion. For our “then” presentation, please submit one photo that reflects college life 1968–1972; for our “now” presentation, please submit a second photo that reflects something about you since college days (interests, occupation, travel, family, etc.). Please scan and email your photos in JPEG format to Chris Manlove Hartman at cdmhart@sbcglobal.net by April 1, and include your name.



GIFT COMMITTEE UPDATE

Thanks to many of our classmates we are making great progress on 1972's class gift goals, but we still need your help! If you haven't already, please consider participating in the class gift effort by either contributing to the Macalester Fund, giving a special gift, perhaps from your IRA, to a specific area of Macalester, or by including Macalester in your estate plans and joining the James Wallace Society. Every single gift matters, and we simply cannot reach our goals without you. Thank you for your participation!

TAKE OUR 50TH CLASS SURVEY

What has changed—or stayed the same—since our last class survey? Please take some time to let us know by taking our survey: bit.ly/72Survey. You will also receive a survey link via email soon.

SUBMIT YOUR POETRY



We have some marvelous poets from our class. Roy McBride, pictured left, who has passed on, used poetry to bring people together. Whether you have published or not please submit your poetry to Linda Kennedy (linda@lkmedia.biz) and Brian Cronwall (brcr49illo@gmail.com),

and we will share it with our classmates on our Facebook page and/or website.

BROWSE THE MAC WEEKLY

What was happening fifty years ago today at Mac? You can find out by browsing old issues of *The Mac Weekly* on the college archive. Go to edu.arcasearch.com/usmnmac.

MAC MEMORIES

In 1968, I was a freshman living in the dorms. Back then, there were still separate dorms for men and for women. No coed dorms yet. We used to laugh at the fact that the men's dorms had maid service. The maids cleaned and vacuumed, made our beds, and changed the linen on a regular basis. The women's dorms did not have any maid service. It was assumed that girls learned how to do housekeeping from their mothers, back at home.

—Robert Johnston '72

Share your memories on Facebook.