

U of A alumni share their new books, including a history of ink, a graphic novel about two Aboriginal brothers and a reflection on 100 years of ALES.

Compiled by BRIDGET STIRLING

Overcoming Conflicting Loyalties: Intimate Partner Violence, Community Resources and Faith

by Irene Sevcik, '61 BA, Michael Rothery, Nancy Nason-Clark and Robert Pynn, University of Alberta Press, uap.ualberta.ca

To date, little has been published about the place of spirituality in working with survivors of intimate-partner violence. This book examines the intersection of faith and culture in the lives of religious and ethnocultural women in the context of the work of FaithLink, a unique community initiative that encourages religious leaders and secular service providers to work together.



Home Again: Canadian Football 1995–2014
by Frank Cosentino, '69 MA, '73 PhD, Lulu Press

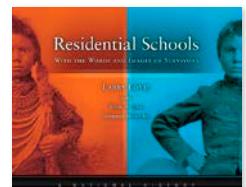
Home Again tells the story of the Canadian Football League from 1995 to 2014, a period full of ups, downs and surprises. The year 1995 represents the only time in history when a team outside Canada won the Grey Cup. The Grey Cup champion Baltimore Stallions and other American teams were unable to survive past the 1995 season. The Stallions were later resurrected and reincarnated in

Montreal as the Alouettes, and in 2014, the Ottawa Redblacks entered the CFL to make it a nine-team league once again.



Kapital Capital
by José M. Alonso-Sed, '70 MA, '90 PhD, Ediciones Universal

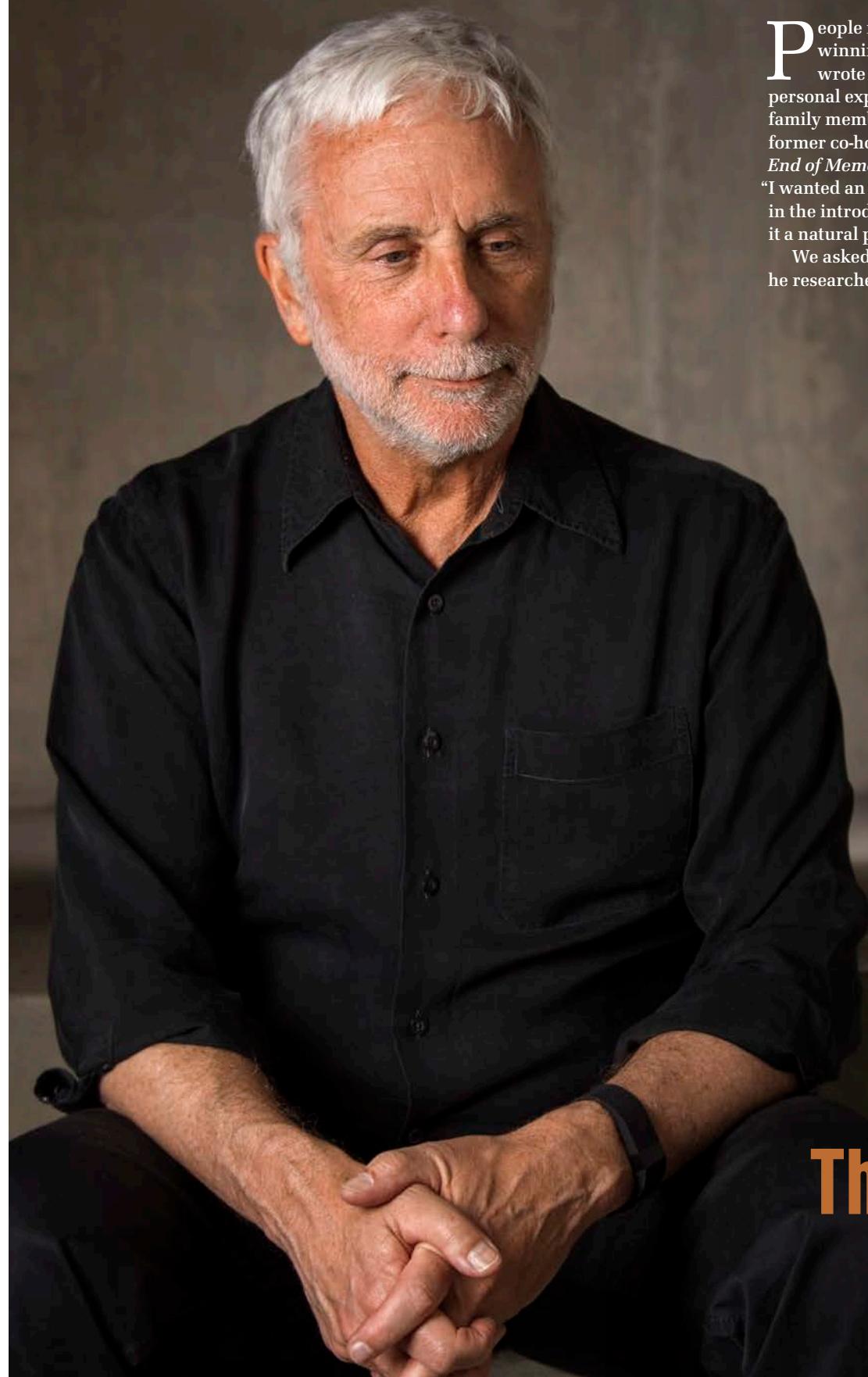
At first glance a historical novel, *Kapital Capital* soon becomes a political fantasy peppered with great nostalgia for Cuba's past way of life. Upon the fictional death of Fidel Castro, alumni of a military academy in Havana gather for an unusual high school reunion to celebrate the arrival to the island of a liberator.



Residential Schools: With the Words and Images of Survivors
by Larry Loizeau with Constance Brissenden, '72 MA, and Wayne K. Spear, Indigenous Education Press, firstnationswriter.com

This full-colour national history features seven chapters, more than 45 survivor memories in support of the text and more

PHOTO BY RICHARD SIEMENS



People might assume that science broadcaster and award-winning author **Jay Ingram**, '67 BSc, '09 DSc (Honorary), wrote a book about Alzheimer's because he has had personal experience with the disease. And he has—three of his family members have died of dementia. But that's not why the former co-host of Discovery Channel's *Daily Planet* wrote *The End of Memory: A Natural History of Aging and Alzheimer's*. "I wanted an anatomy of the disease, a natural history," he writes in the introduction. "Where does it come from? What causes it? Is it a natural part of aging? How are we trying to combat it?"

We asked Ingram what most surprised or intrigued him while he researched and wrote this, his 14th book. Here's what he said.

We are living a lot longer – In countries such as Sweden and Japan, for every four years that pass, human life expectancy rises by one year. Gains early on were made by reducing infant and child mortality, but these days the years are being added at the other end, with the result that we now have a new category of age: the "oldest old."

Sister Mary's Mystery – Sister Mary—a 100-year-old recruit in the Nun Study, a longitudinal study of dementia and old age involving 678 Catholic nuns—was intellectually sharp just before she died at 101. But the autopsy of her brain revealed a profusion of the hallmarks of Alzheimer's disease, the deposits discovered

by psychiatrist and pathologist Alois Alzheimer, called "plaques" and "tangles." Given that these are diagnostic of Alzheimer's disease, how did Sister Mary escape their dementing effects? She and others like her remain a mystery.

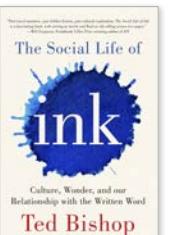
Personality Puzzles – Long-term studies of large numbers of people have revealed some puzzling associations. For instance, conscientious individuals—those who, once having planned a course of action, carry it out dependably and thoroughly—are less likely to develop the disease, whereas those who are cynical are more likely. The puzzle is in linking these characteristics, which seem to be aspects of

personality, with the organic changes in the brain that mark the disease.

The Aluminum Theory – In the 1970s and early '80s, scientists believed that aluminum encouraged or even triggered deposits in the Alzheimer's brain. They could see them in the microscope; they were convinced that the higher the aluminum level in the drinking water, the higher the rate of dementia. Today the theory has been largely discounted.

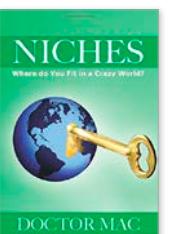
Brain Reservists – Some individuals are able to withstand the destructive force of plaques and tangles in their brains, and maintain their cognition intact. They have something vaguely called "brain reserve" or "cognitive reserve." But what exactly is that? The best guess right now is that this is the cumulative protective effect provided by a mix of influences, such as education, circulatory health, physical fitness and a variety of personal qualities from an individual's leisure activities to the size of her head. One drawback: those with great brain reserve show few symptoms as the number of plaques and tangles grows, but there is a threshold, and once that's hit and the reserve exhausted, the brain's decline is rapid and steep. ■

than 120 images. The book is the ninth collaboration between the authors. Loizeau is a survivor (former student) of St. Bernard Mission residential school in Grouard, Alta.



The Social Life of Ink
by Ted Bishop, '72 BA(Hons), Viking Canada, penguinrandomhouse.ca

Curious about its impact on culture, literature and the course of history, Bishop sets out to explore the story of ink. From Budapest to Buenos Aires, he traces the lives of the innovators who created the ballpoint pen—revolutionary technology that still requires exact engineering today. An inquisitive and personal tour around the world, this book asks us to look more closely at something we see so often that we don't see it at all.



Niches: Where Do You Fit in a Crazy World?
by Michael MacMillan, '73 PhD, CreateSpace Independent Publishing Platform

This is a book about you, your relationships and where you best fit in life's journey. Following an exploration of love, the fundamental focus of the book is discovering what work you do best and harmonizing it with how you earn your living. MacMillan endeavours to illustrate how to find one's true niche. The book promises that

The Dismantling of the Mind