

Biology Department Newsletter

Volume 10 Number 2

September 27, 2006

Letter from the Editor

I'm putting the finishing touches on the newsletter as our celebration of Heritage Day winds down. I hope that you had a chance to listen to Jim Wallis who gave a terrific keynote address stirring us to action about social injustice. There are many opportunities available to a typical science student – from participating in the biology club activities to volunteering for the St. John's Arboretum to getting involved with the environmental studies program. We can all make a difference.

As always, this newsletter is being sent to all biology majors, natural science majors, biology minors and any student enrolled in BIOL121. *If you are in one of those groups you can't be removed from our mailing list.* We also send the newsletter to individuals who have requested, at one time or another, to be put on our mailing list. If you are in this latter group, you *can remove yourself* by sending an email message to either [Dr. S Saupe](#) or [Dr. W Lamberts](#). Also, please send any contributions to one of us.

Calendar of Events

- Sept 28 A World View of Men's Mental Health – Pellegrine Aud.; 7.00 pm
- Sept 28 Free Blood Pressure Check – Sexton, AM
- Sept 29 Employment Opportunities After College; NEWSC 250, 1- 2.10 pm
- Oct 2 Biology Seminar: "Using Your Biology Major – Mississippi TopSoils – 6.30 PM, PENGL 373
- Oct 2 Free Blood Pressure Check – HCC, AM
- Oct 4 Free Blood Pressure Check – Sexton, AM
- Oct 5 "Stem Cell Research" – seminar at NHCC
- Oct 10 International Careers, 7 p.m., Quad 264, SJU
- Oct 10 Health at Work Noon Walk – Fall wildflowers
- Oct 14 Buckthorn & Trail Cleanup – Oak Hill School, St. Cloud
- Oct 18 Central Minnesota Audubon Meeting, 7.00 pm, topic tba.
- Oct 25 Thinking about Volunteering after Graduation? 7 p.m., Alumnae Hall, CSB
- Nov 10 Doug Wood Concert – Pellegrine Auditorium, 6.30 pm
- Nov 15 Health at Work Noon Walk – The Trees of Christmas
- Nov 15 A Naturalist in Costa Rica – Cliff Johnson
- Jan 19 Central Minnesota Audubon Meeting, 7.00 pm, topic tba
- Jan 30 Careers in Science, 7 p.m., Teresa Reception Center, CSB
- Feb 16 Central Minnesota Audubon Meeting, 7.00 pm, topic tba
- Mar 16 Central Minnesota Audubon Meeting, 7.00 pm, topic tba
- Apr 20 Central Minnesota Audubon Society – Frog Symphony, Sarah Gainey, 7.00 pm
- Apr 20 CSB/SJU Stem Cell Symposium

Student News

None submitted

Faculty News

Welcome to Dr. Barbara May! – by David Neitzke, Senior Biology Major

We have a new professor in our department! Let us all welcome Dr. Barbara May. She replaces Dr. Ron Henry who retired in May. Upon graduation from St. Olaf, Barbara attended the University of Minnesota's Molecular Veterinary Sciences Program. The focus of her research was to identify the genome of the bacteria *Pasteurella multocida*, which causes many diseases in various animals, including humans. She specifically worked with genes important to bacterial stress.



Dr. May is currently teaching one section of Microbiology and one section of Concepts of Biology. Being a Midwesterner herself (Eau Claire, WI), she enjoys all different kinds of outdoor activities including fishing, skiing, golfing and is even currently training for the St. Paul Marathon. However, the hobbies that she enjoys most are those that can be shared with her husband and three children.

Poff Art Show

Dr. James Poff is a multi-talented member of the CSB/SJU Biology Department! Many of you may not know, but Dr. Poff is an accomplished water-colorist. A show at the Paramount Theater in downtown St. Cloud is currently featuring his work. You will have to hurry to see the show because it is scheduled to close on September 30. The title of his art show is "Poff's Potpourri." It is a collection of 23 watercolors and drawings and it has been on display in the Paramount Gallery in downtown St. Cloud



since July 28. The works will be featured during an Art Crawl in downtown St. Cloud, on Friday evening, September 29, from 6-9:00 pm.

The image at the left is one of Dr. Poff's most recent creations. It features a fly mushroom, *Amanita muscaria*, that he found growing in his yard beneath a birch tree.

Curriculum News

Advisors for Pre-Professional Programs

Pre-Chiropractic

Ed McIntee

Pre-Dental	David Mitchell
Environmental Studies	Ernie Diedrich; William Lamberts
Pre-Forestry	Stephen Saupe
Pre-Medicine	Manuel Campos, Dave Huber, Jeffrey Anderson, David Mitchell
Pre-Occupational Therapy	Manuel Campos, David Mitchell
Optometry	David Mitchell, Manuel Campos
Pre-Pharmacy	Ed McIntee
Pre-Physical Therapy	Julie Deyak, Don Fischer
Pre-Physician Assistant	Manuel Campos, David Mitchell
Veterinary Medicine	Barb May
Forensic Science	Michael Reagan
Genetic Counseling	Michael Reagan

Finding an Academic Advisor in Biology

How and when do I find an academic advisor? In the spring of a student's first year, the registrar sends each student a card on which they need to obtain the signature of the faculty member whom they would like as their advisor. It is best to select an advisor who has knowledge in the area in which you are interested. Below is a list of the recommended advisors for various areas of interest.

Animal behavior:	Dr. Shawn Thomas
Animal physiology:	Dr. Marcus Webster
Aquatic ecology:	Dr. Bill Lamberts
Biochemistry:	Dr. Dave Mitchell, Dr. Mike Reagan
Botany:	Dr. Steve Saupe, Dr. Cheryl Knox
Cell Biology:	Dr. Mike Reagan, Dr. Elizabeth Wurdak
Conservation biology:	Dr. Gordon Brown
Cytology:	Dr. Elizabeth Wurdak
Dental School:	Dr. Mani Campos, Dr. Dave Mitchell
Developmental biology:	Dr. Jeanne Marie Lust
Ecology:	Dr. Gordon Brown, Dr. Jim Poff
Electron microscopy:	Dr. Elizabeth Wurdak
Entomology:	Dr. Jim Poff
Environmental Studies:	Dr. Bill Lamberts; Dr. Gordon Brown
Evolutionary Biology:	Dr. Phil Chu, Dr. Chuck Rodell
Field Biology:	Dr. Jim Poff
Forensic Science:	Dr. Mike Reagan
Forestry:	Dr. Steve Saupe
Genetic counseling:	Dr. Mike Reagan
Genetics:	Dr. Chuck Rodell
Geology:	Dr. Larry Davis
Graduate school:	Any biology prof
Human physiology:	Dr. Mani Campos, Dr. Marcus Webster
Histology:	Dr. Elizabeth Wurdak
Immunology:	Dr. Barb May, Dr. Ellen Jensen
Medical School:	Dr. Mani Campos, Dr. Dave Mitchell
Microbiology:	Dr. Barb May, Dr. Ellen Jensen
Molecular biology:	Dr. Mike Reagan, Dr. Cheryl Knox
Mycology:	Dr. Steve Saupe
Occupational therapy:	Dr. Mani Campos
Optometry:	Dr. Mani Campos, Dr. Dave Mitchell

Organismal biology:	Dr. Phil Chu
Paleontology:	Dr. Larry Davis
Physician's Assistant:	Dr. Mani Campos
Physiology:	Dr. Mani Campos, Dr. Marcus Webster
Phytochemistry:	Dr. Steve Saupe
Plant Physiology:	Dr. Steve Saupe, Dr. Cheryl Knox
Pre-Health Careers:	Dr. Mani Campos, Dr. Dave Mitchell, Dr. Mike Reagan
Veterinary medicine:	Dr. Barb May
Virology:	Dr. Ellen Jensen
Wildlife management:	Dr. Gordon Brown

Biology Club News *(for more information, contact one of the officers)*

- Holly Breeggemann – President
- Sara Murphy – Vice President
- Ryan Palacio – Secretary
- George Konstantinides – Treasurer

Scholarships/Graduate Study

PreMed Web Site

This past summer Dr. David Mitchell and Dr. Mani Campos worked on redoing the [CSB/SJU premed web site](#). You should definitely check out this site if you are interested in the allied health professions.

MCAT Exam

In 2007, the AAMC has implemented several major changes to the MCAT – the test will be computerized, offered 22 times throughout the year, and significantly shortened, among many other changes. For specific information on the computerized MCAT check out the MCAT link on the [CSB/SJU Pre-medicine page](#) or contact a premed advisor.

External Scholarship Programs Office

This office was established to help undergraduate students find sources of scholarship funding and to answer questions about scholarship what, whys, and wherefores. As part of that service, you can receive email notices with information on current scholarships. To find out more, check out the ESP Web pages, at <http://www.csbsju.edu/scholarships>, and find links to scholarship search sites, descriptions of applications currently available in the ESP office, and other valuable and interesting scholarship information. If you have questions, or would like particular applications, feel free to stop by the office (HAB – 103) or call (5157).

Some recently announced scholarships:

- [The Elie Wiesel Prize in Ethics Essay Contest](#) - an annual competition that is designed to challenge college students to analyze the urgent ethical issues confronting them in today's complex world.
- [The Kirsten R. Lorentzen Award](#) – for women majoring in physics or geoscience
- [Nancy Lorraine Jensen Memorial Scholarship](#) – to encourage young women to enter the field of science and engineering

- [Astrid G. Cates Scholarship and the Myrtle Beinhauer Scholarship](#) – for post-secondary training or education
- VFW Heart Research Scholarship – to explore the field of cardiovascular research as a career
- Northwest Airlines Pilots' Wives Club Heart Research Scholarship - to allow students to explore the field of cardiovascular research as a career
- [Elizabeth Garde National Scholarship](#) - for undergraduate or graduate students seeking a degree in nursing or the medical profession

Jobs/Volunteer

Employment Opportunities After Graduation

Andrew Spaanen, SJU 2006, will be on campus Friday, Sept 29, to talk about employment opportunities after graduation. Andrew works for Aerotech Scientific. This company recruits for firms like 3M, Medtronic, Boston Scientific, Guident, Cargill, Beckman Colter, Upsher Smith and Target. Andrew will be in NSc250 from 1-2PM to answer questions.

Wetland Research Volunteers Wanted

If you are interested in helping with a graduate research project on wetland plant restoration going on at the Arboretum, Mary Ellenbecker Johnson is in need of a few volunteers to help with data collection. Contact [Mary](#) directly for more information.

Career Service Programs for 06-07

The CSB/SJU Career offices will offer a variety of programs this academic year that may be of interest to biology students. The following evening sessions are for all students, first year through seniors! They are designed to help you gather information about various careers and career paths as well as network and make connections. Each session begins with a panel-style discussion during which the panel members will discuss their background and involvement with the evening's topic. The session concludes with the opportunity to talk informally with the panel. Refreshments will be served. Mark your calendars.

- International Careers
Oct 10, 7 p.m., Quad 264, SJU
- Thinking about Volunteering after Graduation?
Oct 25, 7 p.m., Alumnae Hall, CSB
- Careers in Science
Jan 30, 7 p.m., Teresa Reception Center, CSB

St. John's Arboretum Volunteers Wanted

If running around in the woods with a bunch of kids talking about the natural world sounds exciting to you, then volunteer with our Arboretum environmental education classes! We have oodles of fun and the kids love hanging out with college students. For more information, contact [Sarah Gainey](#); Assistant Director/Environmental Education Coordinator; Saint John's Arboretum; Saint John's Abbey and University; 106 New Science Building; Collegetown, MN 56321-3000; 320.363.3133.

Internships/Research

CSB/SJU Fellowship Office

If you'd like information on some of the fellowship opportunities, you can [visit our web page](#).

Seminars/Symposia/Field Trips

Biology Department Seminars

This semester the Biology Department will once again sponsor a seminar series. Unless otherwise specified, all presentations will be held at 4:15 pm in PENGL 373.

Oct 2 "Using Your Biology Major in Business: Case Study of Mississippi Topsoils, Inc." - Brad Matuska, Mississippi Topsoils, Inc. *Note that this seminar is at 6.30 PM*

Seminar on "Stem Cell Research" at North Hennepin Community College

As part of a financial gift from PDL BioPharma, North Hennepin Community College's Department of Biology is commencing a seminar series this fall. The first seminar of the series, entitled "Stem Cell Research" will be held on October 5, at 3.00 pm in CLA 120 (NHCC). The seminar will be presented by Dr. Meri Firpo, an Assistant Professor in the Stem Cell Institute and Department of Medicine at the University of Minnesota. She is now working at the University of Minnesota to produce pancreatic cells that can aid diabetics. Dr. Firpo has given many talks on stem cells to public audiences in California and Minnesota, including MPR's "All Things Considered." For more information about this seminar, contact [Paul Melchior](#), Department of Biology, North Hennepin Community College, 7411 85th Avenue North, Brooklyn Park, Minnesota 55445.

A World View of Men's Mental Health

The Center for Men's Leadership & Service in partnership with the Minnesota Fathers & Families Network presents Mr. Preston Garrison, Secretary General/Chief Executive Officer of the World Federation, who will speak on "A World View of Men's Mental Health." This presentation which is part of the 2006 – 2007 Men's Lives Series will be held Thursday, September 28, 2006, in Pellegrine Auditorium, from 7:00 — 8:30 p.m. Free and open to the Public. Join Mr. Preston Garrison as he explores men's mental health in the context of local, national and international communities. As the Secretary General of the World Federation for Mental health, Mr. Garrison will share a particular emphasis on the differences and similarities that exist between mental health issues based on factors of culture and family status. The discussion will bear insight on the diverse populations of men living within Minnesota's borders including immigrants, refugees, rural communities and minority populations. Additionally, Mr. Garrison will highlight the importance of family status, including fatherhood on men's health and well-being. For more information about Mr. Garrison and his work [is available online](#).

Noontime Botany Walks

The St. John's Arboretum and the St. John's Health-at-Work group are sponsoring noon nature walks featuring botanical themes. Dr. SG Saupe, CSB/SJU Biology Department is leading the walks that meet under the Bell Banner at high noon (12:00 pm). Anyone is welcome.

Oct 10 Fall wildflowers
Nov 15 Trees of Christmas

Central Minnesota Audubon Society

The Central Minnesota Audubon Society meets on the 3rd Wednesday of the month

in the Unitarian Fellowship Building in St. Cloud (south of Walmart, [click here for directions and more info](#)). Everyone is invited to attend Audubon meetings. If you need a ride to this, or other, Audubon program, contact Dr. S Saupe. CMAS presentations for the remainder of the semester include:

Oct 18	"Through the Seasons; Through the Window" – Jim Cummings
Nov 15	"A Naturalist in Costa Rica" – Cliff Johnson
Dec	Annual Christmas Bird Count
Jan 19	"The botanical wonders of Australia" – Stephen Saupe
Feb 16	"History of the National Parks" – Derek Larson (CSB/SJU)
Mar 16	tba
Apr 20	"Frog Symphony" – Sarah Gainey (St. John's Arboretum)

Doug Wood Visits the St. John's Arboretum

On November 10 at 6.30 pm, author and singer Doug Wood will visit to present a program of songs, stories, laughter and 'painless learning.' The cost is \$6.00. For more information, contact the Arboretum office at x3163 or [visit their web site](#).

CSB to host the 2008 National Meeting of CUR

The College of St. Benedict and St. John's will host the June 2008 meeting of the National Council for Undergraduate Research. This is very good news and a wonderful recognition of the quality of our institutional program of undergraduate scholarship and creativity. The event will attract to our campuses some 600 faculty, staff, and administrators for workshops, discussions, and symposia on a wide variety of topics related to collaborative student-faculty scholarship at primarily undergraduate institutions.

Miscellaneous

Patience – *poetry submitted by Dr. E Wurdak, CSB/SJU Biology Department*

The cats and I
We have a pact.
They purr while
I wait your return.

Socrates, the cat
Licks toothbrushes
When I look the other way.
I have ordered him out of the bathroom
And admonished him sternly to no avail.
Now I think I should just give him his own Toothpaste and brush
And count the days until he takes up philosophy.

St. Joseph Farmer's Market

If you like good, locally-grown food, then visit the St. Joe Farmers' Market every Friday from 3 pm until 6:30 at Resurrection Lutheran Church (go north on Hwy 2 near the water tower). The market is at its peak with loads of fresh, local fruits and vegetables as well as unique products such as beeswax candles, honey, maple syrup, agates, and herbal soaps and lotions. Our new cloth market bags are now available for purchase. For more information, contact Dr. S Saupe (x2782).

Buckthorn Busters & Trailblazers Wanted

Volunteers are needed on October 14th from 9:00 to 1:00 or so (or as long as you can help) we will be working on two projects in the Big Woods behind Oak Hill Community School. There are several trails winding through the woods that are in need of widening and cleaning up. We will also be working on removing European Buckthorn, an invasive species of plant, from the woods. The trail crew will be pulling and cutting small brushy plants to widen the trails and clearing fallen branches from the trails. Gloves and loppers and pruners will be very useful tools. The buckthorn crew will be pulling smaller buckthorn plants out of the ground. Anything too big to pull will need to be cut with loppers or chainsaws. All of the bigger branches and plants will need to be dragged out of the Big Woods and put on piles to be chipped at a later date by a city crew. Many people will be needed for this activity. If you have a good lopper please bring it along. If you have any questions please contact Dr. S Saupe (x2782; or ssaupe@csbsju.edu).

Blood Pressure Checks

Many people have high blood pressure and don't even know it! Yes, even college students! High blood pressure can put you at risk for heart attack, stroke, heart disease, kidney failure, and premature death. Have your blood pressure checked for free by CSB/SJU nursing students and receive information on how to prevent and manage high blood pressure. You can also register to win a FREE pedometer! Blood Pressure Screenings are available on: Thursday, September 28, 2006, 8-12, Sexton at SJU; Monday, October 2, 2006, 8-12, HCC at CSB; and Wednesday, October 4, 2006, 8-12, Sexton at SJU.

News from the Melancon Greenhouse

The CSB/SJU Biology Department Greenhouse is located in the SE corner of PENGL and is open daily from about 9 - 4. The greenhouse is holding its annual plant sale on September 13 from 9 - 3.00 at Sexton Commons.

News from the CSB/SJU Bailey Herbarium

Remember, the herbarium is always open from about 8 - 5 daily and is open to anyone to study, relax and/or use the networked computer.

Web Sites Worth A Visit

New Listings

None submitted

Journals

- [Science On-Line](#)
- [Nature \(online 1997 - current\)](#)
- news@nature
- [Scientific American Archive](#)
- [Economic Botany](#) - journal online

Careers:

- [CSB/SJU Career Resources Office](#)
- [CSB/SJU E-Link](#)
- [CSB/SJU Financial Aid](#)

- [CSB/SJU Student Employment](#)
- [SELT](#)
- [Science Jobs](#)
- [MN - DNR Volunteer Activities](#)
- [Careers in Botany](#)
- [Greenworks](#)

Scholarships/Grants/Fellowships for Graduate Study

- [CSB/SJU Career Services Links](#)
- [CSB/SJU External Scholarship Program Office](#) - HAB 103
- [The American Chemical Society Scholars Program](#)
- [Graduate School Tips](#) - some useful graduate school resources for students.

Internships

- [Internship program at the Minnesota Bureau of Criminal Apprehension.](#)
- [CSB/SJU Internship Office Home Page](#) (*New Internship Opportunities page; Environmental Internships; Science Research; Women's Issues*)

Undergraduate Research at CSB/SJU

- [CSB/SJU Career Resources Office](#)
- [Honors Thesis web site](#)

Summer Research

- [CSB/SJU Career Resource Office Links](#)
- [University of Minnesota Summer Undergraduate Research](#)

Puzzler of the Week

(Do you know any good puzzlers? Please send us your ideas.)

None submitted

Joke of the Week *(Have you heard any good jokes? Please share them with us.)*

A man enters a bar and orders a drink. The bar has a robot bartender. The robot serves him a perfectly prepared cocktail and then asks him, "What's your IQ?" The man replies "150", and the robot proceeds to make conversation about global warming, quantum physics and spirituality, biomimicry and environmental interconnectedness, string theory, and nano-technology. The man is very impressed and thinks, "This is really cool." He decides to test the robot. He walks out of the bar, turns around and comes back in for another drink. Again the robot serves him a perfectly prepared drink and asks him, "What is your IQ?" "About 100," the man responds. Immediately the robot starts talking, but this time about football, NASCAR, fishing, favorite fast foods, and guns. Really impressed, the man leaves the bar and decides to give the robot one more test. He heads out and returns. The robot serves him again and says, "What is your IQ?" "ERR...50, I think" the man replies. And the robot says.....really slow..."So....ya gonna follow the Packers again this year?"

Quotes of the Week

"Botany I rank with the most valuable sciences, whether we consider its

subjects as furnishing the principal subsistence of life to man and beast, delicious varieties for our tables, refreshments from our orchards, the adornments of our flower borders, shade and perfume of our groves, materials for our buildings, or medicaments for our bodies."

Thomas Jefferson

Frequently Asked Questions

none submitted

For more information, contact one of the editors:

Dr. [Stephen G. Saupe](#) or Dr. [William Lamberts](#)
Biology Department
College of St. Benedict/St. John's University
Collegeville, MN 56321
(320) 363-2782 (sgs office); (320) 363-3160 (wl office)
(320) 363-3202 (fax)