

Biology Department Newsletter

Volume 10 Number 3

October 10, 2006

Letter from the Editor

Hi. 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

- Oct 10 International Careers, 7 p.m., Quad 264, SJU
- Oct 10 Health at Work Noon Walk – Fall wildflowers
- Oct 13 St. Joseph Farmer's Market – last summer market meeting
- 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 Snowmobiles & Yellowstone: The Controversy – Central Minnesota Audubon Meeting, 7.00 pm
- Jan 30 Careers in Science, 7 p.m., Teresa Reception Center, CSB
- Feb 16 History of the National Parks – Derek Larson, Central Minnesota Audubon Meeting, 7.00 pm
- 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

Krista Gustad (CSB '00) reports that she just started year three of med school and is in Philadelphia doing a family practice rotation for a couple of months. She describes medicine as "a great adventure."

Faculty News

Welcome to Dr. Jean LaVigne! – by David Neitzke, Senior Biology Major

It is an honor to welcome yet another newcomer to the CSB/SJU community. Dr. Jean Lavigne (*photo at right*), a native Minnesotan but temporary



resident of about 10 different states, is teaching a section of Introduction to Environmental Studies, Environmental Geography and a First-Year Symposium. Dr. Lavigne graduated from Macalester with a degree in geography, went on to graduate school at Penn State where she received her MS, and then attended the University of Kentucky where she received her PhD. Her graduate work focused on the environmental conflicts in Yellowstone National Park, dealing primarily with strategies used for and against the banning of snowmobiles in the park. Dr. Lavigne was a professor at Gustavus Adolphus prior to coming up north to CSB/SJU.

Dr. Larry Davis will give an invited presentation to the Minnesota Geological Survey on Friday, 6 October entitled "The Channel Scablands: Uniformitarianism vs. NeoCatastrophism." Dr. Davis is also the co-author of a paper accepted for presentation at the American Geophysical Union meetings in San Francisco. The paper is entitled "Modern Carbonate Field Studies Designed to Direct Focus Inquiry-based Learning and Teaching Research Methods in the Classroom".

Dr. Stephen Saupe had an article entitled "Orchids in the Arboretum" published in the Autumn 2006 issue of *Sagatagan Seasons* (volume 9, number 4, page 3). Dr. Saupe also gave two presentations ("Natural History of Maple Syrup" and "Woodland Wildflowers of Central Minnesota") at the Woodlands as Resources Conference sponsored by the St. John's Arboretum in September.

Curriculum News

Welcome to the Biology Major Party

The CSB/SJU Biology Department welcomed new students to the department at a pizza party that was held on Heritage Day. The entire biology department faculty was on hand to greet the students who were formally accepted into the major last spring. In addition to the delicious food and beverages, the biology department hosted a "Guess the Biologist" competition. Each member of the department described a favorite biologist from history and prizes were awarded to the student who correctly identified the biologist. Among the highlights was Dr. Wurdak who "dressed" for the occasion as Camilo Golgi (Fig 1) and Rosalind Franklin (Fig 2). And Carol Jansky impressed the crowd as Anton von Leeuwenhoek (Fig 3). Dr. Mitchell stumped everyone with his depiction of a brilliant, super cool botanist who is the director of the CSB/SJU Bailey Herbarium and who obviously deserves, though has not yet been awarded, a Nobel Prize. Dr. Mitchell looked better ever (Fig 4) than when he donned a "wig" to simulate the silvery locks of this famous botanist who is (*see if you can guess the correct answer*): a. Charles Darwin; b. Gregor Mendel; or c. Stephen Saupe



Figure 1. Dr Wurdak as Camilo Golgi



Figure 2. Dr. Wurdak as Rosalind Franklin



Figure 3. C Jansky as Leeuwenhoek



Figure 4. Dr. Mitchell as "Who Knows?"

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)*

Biology Club Planning Events

The officers of the Biology Club recently visited a meeting of the biology department faculty to discuss activities that they are planning for the year. Among the exciting activities that they have planned a trip to the Science Museum for the "Body Worlds" exhibit. For more information, contact one of the club 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 revised 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:

- [Glamour's Top Ten College Women Competition](#) – for any woman who is currently a full-time junior
- [Central Minnesota Federal Credit Union Scholarship Program](#) – for a member, or the child, grandchild, or dependent of a member, of the Central Minnesota Federal Credit Union
- [Mensa Education and Research Foundation Scholarships](#) – college scholarship program based on an essay written by the applicant
- [Microsoft Tuition Scholarships](#) - for majors in computer science, computer engineering, or a related technical discipline such as electrical engineering, math, or physics, and demonstrate an interest in computer science
- [All-USA College Academic Team](#) – for students who not only excel in scholarship but also extend their intellectual abilities beyond the classroom to benefit society
- [Minnesota Family Involvement Council](#) – for students who a member, or the child, grandchild, or dependent of a member, of any credit union located in Minnesota

Jobs/Volunteer

Summer Research Fellows – *Gundersen Lutheran Medical Center (LaCrosse, WI)*
Up to 12 full time/paid undergraduate/graduate research fellowships are available to provide hands-on experience with medical research projects. This is a great opportunity for exposure to medical education on a variety of topics and there are many clinical areas available including cardiology, microbiology, sports physical therapy, adult hematology/oncology, etc. Qualified candidates will have: completed junior year by spring, 2007, an overall GPA of at least 3.2, and interest in pursuing advanced degree or working in medical field. For more information and to complete an online application, [click here](#).

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; Collegeville, 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](#).

The University of Iowa Summer Research Program in Biomedical Science.

The University of Iowa offers undergraduates from diverse collegiate and ethnic backgrounds exciting opportunities for [summer research](#) in the biomedical sciences. Participation in any one of our [summer research programs](#) provides valuable skills and makes students more competitive for acceptance into [graduate training programs](#). Students can choose from [formal programs](#) or can contact [faculty](#) directly to inquire if an individual arrangement can be coordinated during the summer months. Research participants in both cases have the opportunity to participate in special programming designed to enhance their lab experience: A weekly [seminar series](#) where distinguished faculty present cutting-edge research across a broad spectrum of sciences; a [Survival Skills Workshop for Young Researchers](#); a wide range of networking and social activities with other students and faculty; and a [Summer Undergraduate Research Conference](#). For more contact Jodi M. Graff; Coordinator, Biosciences Program; The University of Iowa; 1187 Medical Laboratories Iowa City, IA 52242-1181; Phone: 319-335-8305 or 800-551-6787; Fax: 319-335-7656; <http://www.medicine.uiowa.edu/biosciences>.

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.

tba Next seminar tba

Aspen Parklands Conference

On October 23 and 24, the University of Minnesota Crookston campus will host a conference on the Aspen Parkland featuring naturalists, biologists, and ecotourism specialists each telling the Aspen Parkland story from their point of view. The conference will also honor Ron Nargang, recently retired state director of the Minnesota chapter of The Nature Conservancy and architect of key acquisitions in the Aspen Parkland region. Noted National Geographic photographer, author, and filmmaker Jim Brandenburg will also give keynote presentation on the evening of 23 October. This conference is open to the public. For more information email Judy Baatz at baatz@umn.edu or call 218-281-8128. Also, Dr. Saupe has a pamphlet if you are interested.

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.

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	"Controversy in the park: Snowmobiles & Yellowstone National Park" - Jean Lavigne (CSB/SJU)
Feb 16	"History of the National Parks" – Derek Larson (CSB/SJU)
Mar 16	"The botanical wonders of Western Australia" – Stephen Saupe (CSB/SJU)
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

Events Calendar

For information about events at CSB/SJU click on the Events Calendar link at the CSB/SJU home page (just below the link for Outlook). If you have a speaker or academic event, please submit it to J Lloyd at jlloyd@csbsju.edu.

St. Joseph Farmer's Market – Last Summer Market Oct 13th!

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 loppers 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 Wednesday, October 4, 2006, 8-12, Sexton at SJU.

St. Joseph Council/Mayoral Candidates Forum

On Sunday, October 15 from 2:30 – 4:30 pm at Kennedy Elementary there will be a forum of candidates running for local office. Everyone is invited to attend. Remember – any student who lives on campus at CSB, or in the city of St. Joseph, is eligible to vote in the St. Joseph city races. Refreshments will be provided.

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 planning to renovate the outdoor garden just south of Peter Engel Science Center. We will remove most of the plants that currently grow in this space and will give them away to anyone who is willing to come and dig them up. Among the plants that are available include violets, rudbeckia, dragon's blood sedum (dark pink), fall clematis, oriental poppies, blanket flower, obedient plant, plum poppy, sedum and gold moss sedum. If you would like any of these plants, contact Susanna Hynes (shynes@csbsju.edu; x3091) to arrange a time to come and dig your plants. Don't delay because we will soon need to till this area.

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](#)
- [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](#)

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.)*

The Duck Hunt

A big city lawyer went duck hunting in the country. He shot and dropped a bird, but it fell into a farmer's field on the other side of a fence. As the lawyer climbed over the fence, an elderly farmer drove up on his tractor and asked him what he was doing. The litigator responded, "I shot a duck and it fell in this field, and now I'm going to retrieve it." The old farmer replied, "This is my property, and you are not coming over here." The indignant lawyer said, "I am one of the best trial attorneys in the United States and, if you don't let me get that duck, I'll sue you and take everything you own. The old farmer smiled and said, "Apparently, you don't know how we settle disputes here. We settle small disagreements like this with the "Three Kick Rule." The lawyer asked, "What is the Three Kick Rule?" The Farmer replied, "Well, because the dispute occurs on my land, first I kick you three times and then you kick me three times and so on back and forth until someone gives up." The attorney quickly thought about the proposed contest and decided that he could easily take the old codger. He agreed to abide by the local custom. The old farmer slowly climbed down from the tractor and walked up to the attorney. His first kick planted the toe of his heavy steel toed work boot into the lawyer's groin and dropped him to his knees. His second kick was to the midriff and the lawyer was on all fours when the farmer's third kick to his rear end sent him face first into a fresh cow pie. The lawyer summoned every bit of his will and managed to get to his feet. Wiping his face with the arm of his jacket, he said, "Okay, Now it's my turn." The old farmer smiled and said, "Naw, I give up. You can have the duck."

Quotes of the Week *(Have any favorite quotes? Please share them with us.)*

"...the natural tendencies of botany are altogether good [and] the best corrective of the heartless and demoralizing state of society."

19th Century botanist quoted by EB Keeney in *The Botanizers*

Frequently Asked Questions

none submitted

For more information, contact one of the editors:

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