

CSB|SJU Community

A newsletter for the faculty and staff of the College of Saint Benedict/Saint John's University

October 2002

Service Learning Plays Integral Role in CSB/SJU Curriculum

prepared by Communication and Marketing Services

More than 500 CSB/SJU students do service projects every year in the St. Cloud area as part of their class work. In addition to helping people in their community, they also learn valuable lessons. At CSB/SJU, service learning occupies an important place in the curriculum across disciplines. Students work with organizations such as the Boys and Girls Club, Sheriff's Youth Program, extended care facilities, food shelves, St. Cloud Symphony, Central Minnesota American Red Cross and more.



Diane Veale-Jones

Diane Veale-Jones, CSB/SJU professor of nutrition, is committed to integrating service learning into her courses. "The inclusion of a service learning component in my courses is my personal contribution to enhancing what, I believe, CSB/SJU students bring with them to college: a sense of commitment to others and a firm belief that they can make a difference in the world," she said. "I rejoice that I teach students who are compassionate and caring."

For Veale-Jones, one of the most meaningful service learning projects for senior dietetic majors involves working with Caritas Family Services Emergency Services: Food facility. The students are working with Caritas to develop good and easy recipes featuring "prairie cod," a frozen flaked fish (carp) for food shelf recipients.

Students create recipes, conduct a taste test on campus, select the best recipes and return to the food shelf to offer samples and recipes to users of the emergency food program. In addition to the recipes, each household will be given a bag with the ingredients of their favorite recipe as an extra to the foods they would normally receive.

"Service learning is different from volunteering," according to Cindy Pederson, CSB/SJU service learning coordinator. "Service learning is an intentional learning process that is mutually beneficial for everyone involved, including students, faculty and the community. Students continually reflect on their experience throughout the semester, which often results in implementing new ideas and processes, making positive, sustainable change in the community."

For more information on service learning, contact Pederson at #5117, or visit <http://www.csbsju.edu/servicelearning>.

Abbot John Klassen and Br. Dietrich Reinhart addressed an assembly of CSB/SJU faculty and staff, answered questions and listened to comments during a campus-wide forum and listening session Oct. 2 at Stephen B. Humphrey Auditorium. The forum was scheduled one day following the announcement of a settlement by Saint John's Abbey of all lawsuits concerning sexual abuse by members of the monastery. Comments, questions and reflections were wide-ranging, expressing grief and sorrow, seeking healing within the community, seeking hope for the future. Jennifer Galovich, Faculty Assembly chair, moderated.



Campus News

Benedictine Novice Professes Vows for Saint John's Abbey

submitted by Br. Richard Oliver
Abbey publicist

A Benedictine novice professed first monastic vows Sept. 14 at Saint John's Abbey. Br. Christian Breczinski began his year of training and discernment in September 2001. During the year he lived the abbey's full schedule of worship and work while studying the *Rule of Saint Benedict* and other topics related to life as a Benedictine monk.

He made a public commitment to live the monastic vows of stability, conversion of life and obedience during the celebration of the Eucharist in the presence of Abbot John Klassen, the Saint John's monastic community, family members and friends.

Br. Christian, 25, born in Marshall, Minn., graduated in 1998 from SJU with a degree in mathematics. After studying biomathematics for a year in Raleigh, N.C., he did volunteer service at the Benedictine Monastery of the Transfiguration in the Philippines.

For the next three years he will continue his monastic training under the direction of Fr. Columba Stewart, formation director. He joins three junior monks of Saint John's Abbey in the program.

Br. Christian will work in the Saint John's Arboretum.



Br. Christian

Nursing Receives CCNE Accreditation

prepared by Jo Ann Shroyer
Communication and Marketing Services
CSB director of communication

The CSB/SJU nursing department has announced it received a full initial accreditation for five years from the Commission on Collegiate Nursing Education (CCNE) with no interim reporting requirements. Five years is the maximum accreditation period. CCNE is the accreditation branch of the American Association of Colleges of Nursing (AACN). CCNE accreditation is a non-governmental peer review process that operates in accordance with nationally recognized standards to hold nursing education programs accountable to the communities they serve and to ensure the highest quality of nursing care in this country.

The CSB/SJU nursing program has had accreditation since its beginning in 1974 through the National League for Nursing Accreditation Commission (NLNAC). The newer CCNE accreditation program focuses on baccalaureate and graduate programs, while NLNAC concentrates on assessing associate and licensed practical nursing programs. The CSB/SJU nursing department supports CCNE's claim that baccalaureate degrees should be required for entry into nursing practice.

It has been a busy year for the nursing department, according to department chair Kathy Twohy. The accreditation process spanned a year from the drafting of the self-study to the final review meeting of commissioners in late September. At the same time, the nursing department was revising the curriculum. Now more emphasis is placed on cultural health care practices, global health issues and, because of the increasing average age and lifespan of Americans, a greater focus on health care for the elderly. "The reviewers also were very intrigued by the semester abroad we are able to offer our nursing students, in which they can take course work abroad in South Africa and still graduate in four years," Twohy said. Now nursing students are able to experience the semester abroad that is an important part of a CSB/SJU education. Although the new curriculum has added 20 more credits, students can complete requirements in four years with one summer course that can be taken on-line.

Twohy is pleased and excited about CSB/SJU's accreditation, especially the maximum five-year accreditation without mid-term review, given that the new curriculum has been implemented only for first-year and sophomore incoming students. "We have worked very hard to develop our new curriculum in order to meet the standards of CCNE and the changing baccalaureate nurse role in health care," Twohy said.

CSB/SJU 10-Day Enrollment Figures Announced

prepared by Communication
and Marketing Services

The 10-day CSB/SJU enrollment figures reveal that the two colleges have close to ideal enrollment for this fall, with 3,863 students enrolled in the two institutions at the end of the 10th day of fall semester classes.

The schools have increased their international student population by 39 this fall, bringing the total to more than 120.

College officials strive to keep enrollment between 3,700 and 3,900, with the optimum enrollment for the two schools determined to be 3,800. Class size, student/faculty ratio, availability of classes, housing and services are all considered when determining this number.

The 10-day enrollment figure for fall 2001 was 3,889, with the current enrollment being a planned decrease from this figure. The CSB enrollment for this fall is 2,006, a 0.8 percent decrease from last fall. There are 1,857 full-time students at SJU, an increase from 1,851 last fall.

"Enrollment management begins with setting long-term optimum enrollment goals and then establishing annual new student enrollment goals," said Mary Milbert, CSB/SJU dean of admission and financial aid. Historical patterns of numbers of completed applications, acceptance rates and yield rates (the number of accepted students who chose to enroll), in addition to current demographics and other enrollment goals of the institution are considered when managing enrollment. "CSB/SJU is committed to maintaining enrollment at the 3,800 level to make certain we are keeping our class sizes small, preserving the Benedictine community atmosphere and providing our students with a premier residential, liberal arts experience," said Milbert.

The academic profile of the new first-year students remains unchanged from last year. The middle 50 percent of the first-year class scored 22-28 on the ACT (1050-1250 on the SAT) and earned a GPA. between 3.5-3.9.

About 90 percent of the two college's first-year students return for their second year at CSB and SJU. "I think this says that students have conducted a thorough college search and made an informed decision, they've based their decision on accurate information the college has provided, and the college is then providing the educational experience they claimed," said Milbert. "The persistence of our first-year students is remarkably high and looks a lot like the first-year to sophomore persistence at the most highly regarded institutions in the nation."

New CSB Board of Trustees Members Named

*prepared by Communication
and Marketing Services*

CSB has appointed five new members to its Board of Trustees. Thomas Petters, Joseph Lahti, Loran Hall, John Houlihan and Lawrence Haeg have begun three-year terms this fall.

Petters is chairman and CEO of The Petters Companies, Inc. and Redtag, Inc. and president of BoomBuy, Inc. all in Minnetonka. Presently, he is chairman and CEO of Fingerhut Acquisition Corporation (FAC Acquisitions, LLC) and is active in restarting a "new Fingerhut." He also serves as a board member for Minnesota Teen Challenge, Minnesota Business Magazine and Redstone American Grills. He was named Corporate Leader of the Year in 2001 by the Juvenile Diabetes Research Foundation. Petters is an alumnus of St. Cloud State University.



Thomas Petters

Lahti is an owner and the chairman of William J. Office Interiors in St. Louis Park. Previously, he was chairman/CEO at Shuffle Master, Inc. He serves on numerous boards, including D & B Plating, Inc., Al Frank Asset Management, Inc. and Dart Distributing. Lahti received his bachelor's degree from Harvard University.



Joseph Lahti

Hall has worked at Mathew Hall Lumber Company for 28 years and is now president. He serves on many committees, such as Northwest Lumber Association, Lumbermen's Merchandising Corporation, Central Minnesota Community Foundation and St. Cloud Technical College. He is also a board member for Appert's Foodservice in St. Cloud. Hall is an alumnus of St. Cloud Technical College.



Loran Hall

Houlihan is senior vice president of U.S. Trust Company in Minneapolis. He previously worked as a senior trust administrator at U.S. Trust Company

in Minneapolis. Currently, he volunteers for Meals on Wheels and serves on the Ordway Planned Giving Advisory Committee, as well as on an advisory committee to the Board of St. Thomas Academy, Mendota Heights.



John Houlihan

Houlihan received a bachelor of arts degree and an MBA degree from Loyola University, Chicago. He also holds a bachelor of sacred theology degree from St. Mary of the Lake University, Mundelein, and a doctor of laws degree from John Marshall Law School, Chicago.

Haeg is executive vice president of corporate communications at Wells Fargo & Company in San Francisco and a member of the Wells Fargo & Company's 23-member Management Group. Previously, he was a senior vice president of public relations at The Pillsbury Company and was in news and programming at WCCO Radio. Haeg volunteers at Catholic Charities of East Bay as an instructor in personal money management for immigrants in Oakland, Calif. He received his bachelor's degree from Saint John's University and a master's degree from the University of Missouri.



Lawrence Haeg

S. Telan Hu OSB, Scholarship Awarded

The Asian Studies Program is pleased to announce that Hoa Thi Nguyen (CSB '04) and Chen Chau (SJU '03) have been awarded the S. Telan Hu Scholarship in Asian studies for the 2002-03 academic year. Members of the campus Asian studies community have contributed to this scholarship, which is available to students with a concentration in Chinese language, a commitment to service and demonstrated financial need.

Hoa, a double-major in Asian studies and management and an outgoing vice president of the campus Asia Club, was also last year's recipient of this award. She has been active in the Asian Studies Learning Community and is studying at Southwest China Normal University in Beibei, Sichuan province this fall. Hoa wants to serve Asians and Americans by developing business ties between

Campus News

Keep Current With Bulletin Board

Visit the Bulletin Board today at <http://www.csbsju.edu/bulletinboard/> and share your events or items of interest with the rest of the CSB/SJU community. And don't forget, the Bulletin Board can be bookmarked for easy reference to ensure you receive the latest information about campus events and activities.

It is easy to submit information to the Bulletin Board. Faculty, staff and student organizations can post information about events and activities to the Bulletin Board 24 hours a day. Submitted items are posted the next day.

Campus News

Strategic Plans Available Online

The CSB/SJU coordinate and individual strategic plans can be found at <http://www.csbsju.edu/institutionalresearch/StrategicPlan/str.plan2002.htm>.

IT Services Announces Distribution List Management Tools

Students and employees can view what distribution lists they are subscribed to, add themselves to distribution lists, and remove themselves from distribution lists by using the distribution list management tools. They are located on the mailbox management utilities Web site listed below. Employees whose accounts have not been converted to AD will be able to view what lists they are subscribed to, but will not be able to add themselves to or remove themselves from any lists.

For more information, please refer to the following link: <http://exchange.csbsju.edu/mailbox/mgmt/>.

Farewell to Friends

Donald Athmann, Life Safety
Jane Mott, Prep School
Development
Delores Pilarski, Custodial
Services
Shawn Teal, Institutional
Advancement
Jeffrey Shotts, Development
Gina Cavana, President's Office
Sue Bechtold, Food Service
Joan Wilcox, Nursing
Amy Brezinka, Food Service

both regions.

Chen has participated in the Asia Club, the annual Asian New Year celebrations, and the Asian Studies Learning Community and is applying to medical school.

According to Richard Bohr, CSB/SJU director of Asian studies, both Hoa and Chen demonstrate an extraordinary commitment to Asian studies and to serving the Asian-Minnesota community. "They have enriched our Asian Studies Program and will build important bridges to Asia and Asian-America," he said.

Beginning in 2002-03, the S. Telan Hu Scholarship will be incorporated into the newly-created Mr. and Mrs. J.C. Wang Endowment, Bohr said. This scholarship was recently established by Margaret Man-Hwa Wang in memory of her parents, Mr. Jung-Chun Wang and Mrs. Jui-Chin Liao Wang, who devoted themselves to helping needy students by providing scholarships to numerous high schools and colleges in Taiwan.

"Inspired by S. Telan Hu, OSB, who has devoted her life to introducing Asian culture to CSB/SJU students, Margaret thought it an excellent idea to extend her parents' philanthropy to our campuses by establishing an endowed scholarship to assist Asian studies students who concentrate in Chinese culture and who will cultivate and strengthen friendly relations between the people of China and the United States," Bohr said. "At the same time, as a token of appreciation for the outstanding achievement that S. Telan has accomplished for Asian studies and the Asian community, the establishment of this very endowment will also serve the purpose of celebrating her Golden Jubilee as a Benedictine, which will take place in July 2005."

Dan Coborn Honored with
Fr. Walter Reger Distinguished
Alumnus Award

*prepared by Communication
and Marketing Services*

Dan Coborn, a 1952 SJU graduate and owner/director and chairman of the board of Coborn's, Inc., was honored with the Fr. Walter Reger Distinguished Alumnus Award at the SJU Alumni Association Homecoming Banquet on Friday, Sept. 27. The award, the highest honor presented by the Alumni Association, was presented to Coborn on the 50th anniversary of his graduation.

An outstanding business, civic and community leader in Central Minnesota, Coborn is a tireless advocate of private and public higher education and health care institutions in Central Minnesota. Highlights of his service to CSB/SJU include acting

as a past CSB Trustee and chairing SJU's Central Minnesota Science Facilities Campaign Committee. He has also served on the board of St. Cloud Hospital and is currently on the Minnesota State Colleges and Universities Board.

His business leadership and philanthropic efforts have been recognized locally and nationally. In May 1999, Dan, along with his now deceased brother, Bill, SJU class of 1956, received the St. Cloud Chamber's Entrepreneurial Success Award. This award recognizes individuals who own or operate a business that was launched as a small business but has since developed into a large business. And because of Coborn's philanthropic spirit, Coborn's, Inc. was also one of 10 companies honored for its corporate giving program by the Newman's Own/George Award. Sponsored by actor Paul Newman and the late *George Magazine* editor John F. Kennedy Jr., this high profile award honors the most generous companies in the United States.

"I have been blessed in my family, business and community life," Coborn said. "Giving to those less fortunate or assisting to keep communities healthy is not only an obligation we all share, it is a privilege. I am deeply grateful for being named a recipient of the Fr. Walter Reger Award by Saint John's Alumni Association, and I know many other graduates deserving of the same recognition."

Tom McKeown, a 1993 recipient of the award, nominated Coborn and said this about his classmate: "Dan has built a very successful business whose principles embody what we have all learned from the Benedictines. I am sure you know him as I do, as a modest, good humored and effective human being who, while enjoying considerable success, has not changed in 50 years."

The Fr. Walter Reger Award is named after the longtime secretary of the Saint John's Alumni Association. Known as "Mr. Saint John's," the Rev. Reger, OSB, was a dean, history professor, prefect, member of the university orchestra and purveyor of Johnnie Bread. He befriended hundreds of Saint John's students and kept up personal correspondence with many of them after they graduated. Reger died in 1971, and the Alumni Association Board of Directors launched the award program later that year. Coborn is the 33rd alumnus to receive the award.

Career Services Helps
Students for Life

*prepared by Glenda Isaacs Burgeson
Communication and Marketing Services
Community editor*

Mary Harlander-Locke and Heidi Harlander think long term. The casual observer might easily assume

that the function of career services is to help students secure entry-level positions. Harlander-Locke, CSB director of career services, and Harlander, SJU director of career services, take a Benedictine view to help guide a student's vocational discernment for a life time.

Because they understand that career selection is a process, they work to engage students, from first-year through the senior year, to help them build life-long strategies and techniques.

For first-year and sophomore students, the focus is on choosing a major through self discovery. For juniors, efforts are geared toward helping them gain experience through internships and service projects. By the senior year, Career Services counselors assist students with resumes, advise them about options and link them with potential employers.

They don't just wait for students to find them; instead, they actively work to find students.

"What we try to avoid is getting a phone call from a student, who has never been to our office, who says, 'I'm graduating in a week and I need a job,'" Harlander said.

Harlander-Locke agreed, "Sometimes, they have no clue."

To help students 'get a clue,' Career Services employs a variety of techniques and services, with an emphasis on peer counseling. The offices operate a Web site to provide career information. They host small-group presentations in the residence halls on such topics as "Choosing a Major." They also conduct workshops on resumes, networking and interviewing.

Discernment is not limited to job opportunities. At Career Services, students also explore such options as graduate school and volunteer opportunities.

"We're not just vocationally oriented," Harlander-Locke said.

The approach is geared toward helping students reflect about meaningful work. To that end, Harlander-Locke and Harlander said they recognize the influence of faculty and staff in the lives of the students.

The Career Services Web site, www.csbsju.edu/career/, includes a link for faculty and staff to provide resources offering guidance as they assist and advise students.

Now, a new on-line career tool, E-link, provides additional services for students and increased opportunities for faculty and staff to offer assistance. The system allows students to access company and industry information; browse for internship and job opportunities; upload and store resumes, cover letters, writing samples and other related files; view the career calendar; and schedule on-campus interviews.

In addition, a mentoring component allows students to contact on-line alumni/ae who are willing

to advise students as they assess their career opportunities. Faculty and staff who are CSB/SJU alumni/ae are invited to participate. For more information, contact the CSB office at #5707 or the SJU office at #3236.

Works of Art by Fr. Tupa on Exhibit in Washington D.C.

Works of art by Fr. Jerome Tupa are on exhibit now through May 7, 2003, at the Pope John Paul II Cultural Center in Washington D.C. *The Road to Rome: A Modern Pilgrimage* opened Oct. 11, and comprises a series of approximately 50 works in oil, watercolor, pen, ink and pencil, created by Tupa, a CSB/SJU professor of French and artist-in-residence at Saint John's. The works were created during and following a 1999 spiritual and artistic pilgrimage, which took him from Milan through various Italian towns and cities and finally to Rome.

The exhibition is sponsored by Target Stores.

The exhibition will be a featured segment on *CBS Sunday Morning*. A CBS crew filmed the opening and later visited Collegeville to conduct an in-depth interview of Fr. Tupa at his studio.

Retracing traditional routes to Rome that pilgrims have traveled for nearly 1,700 years, Fr. Tupa spent weeks in Italy sketching sacred sites, street scenes, and landscapes as a way to record his personal search for meaning as a pilgrim. The preliminary sketches and watercolors rendered during his journey, and the colorful large-scale paintings completed later, will enable exhibition visitors to take their own visual pilgrimage through Italy.

"Fr. Tupa's colorful and exuberant works, imbued with vitality, will help visitors experience Italy's beautiful landscapes and some of its most sacred shrines," said Fr. G. Michael Bugarin, executive director, Pope John Paul II Cultural Center. "From the sunflowers of Urbania to the domes of Padova, Fr. Tupa's paintings are steeped in religious tradition and history, but his works are boldly modern, and highly original."

"Target is proud to be part of the exhibition *The Road to Rome: A Modern Pilgrimage*. A gifted painter and monk, Fr. Jerome Tupa's art acts as a guide to his personal journey of the spirit and, perhaps, may encourage others to pursue their own pilgrimage," said Laysha Ward, director of community relations, Target Corporation. "This exhibition, the accompanying book and school curriculum material are all part of Target's ongoing commitment to the arts and education."

A fully-illustrated book, *The Road to Rome: A Modern Pilgrimage*, published by Welcome Books, accompanies the exhibition.

Fr. Tupa's *Road to Rome* pilgrimage resulted in more than 300 works of art, of which approximately 50 are presented in the current exhibition. The

Campus News

CSB/SJU Fast Facts

- CSB and SJU are the highest rated Catholic liberal arts colleges in the region and among the top100 liberal arts colleges in the country. (For details, see the September issue of *Trends, A Monthly Research Newsletter* prepared by Jon McGee, vice president for institutional planning, research and communication. It is available at www.csbsju.edu/institutionalresearch/Trends/trends.htm.)

- Five recent CSB/SJU graduates have continued their studies at Harvard Law School. Recent graduates have also enrolled in law programs at: Duke University, Columbia University, University of California-Berkeley, New York University, University of Michigan, University of Notre Dame, Georgetown University and Stanford University.

Campus News

The Liturgical Press Wins Seven First Place Awards

The Liturgical Press claimed seven first place awards in publishing last May at the Catholic Press Association's annual convention in Minneapolis. The following is a list of awards.

The Bible Today

First Place — General Excellence, prayer and spirituality magazines

Third Place — Best Cover 4 color, small

Third Place — Best Article, prayer and spirituality magazines

Biblical Fundamentalism: What Every Catholic Should Know by Ronald D. Witherup

First Place — Educational Books

Living Liturgy by Joyce Ann Zimmerman, Thomas Greisen, Kathleen Harmon, Thomas Leclerc

First Place — Liturgy

The Sacrament of

Reconciliation by David M. Coffey

Second Place — Liturgy

Gifted Origins to Graced

Fulfillment by Kerrie Ede

First Place — Gender Issues

The Word of God — The Word

of Peace by Patricia McCarthy

First Place — Spirituality, soft cover

As One Struggling Christian to Another by Theodore E. Tack

Honorable Mention — Spirituality, soft cover

Children of a Compassionate God by L. John Topel

Third Place — Scripture

Hablemos de Dios: Let's Talk About God by Angels Comelia, Lisa Twomey

Second Place — Spanish language titles

Wrestling With Doubt by Frank D. Rees

Honorable Mention — First time author of a book

Dictionary of Christian

Biography by Michael Walsh

First Place — Reference Books

Preaching the New Lectionary by Diane Bercant, Richard Fragomeni

Third Place — Pastoral Ministry

Marketing Department

First Place — Direct Mail

Promotion for "Daily Reflections for Advent 2001 Mailer"

Third Place — Direct Mail

Promotion for "New Weekday Lectionary Mailer"

Second Place — Catalog for

"General Catalog"

works in the exhibition, organized loosely by chronology, follow his pilgrimage throughout the Italian countryside — portraying the many ancient, sacred sites and shrines he encountered passing through 21 towns and cities on his way to Rome.

Director of SJU's Jay Phillips Center for Jewish-Christian Learning Featured on MPR

Minnesota Public Radio's program *First Person*, <http://www.firstperson.org>, focused its Thursday, Sept. 5 weekly program on "The Spiritual Fallout of 9/11." Rabbi Barry Cytron, director of the Jay Phillips Center for Jewish-Christian Learning at SJU and St. Thomas and also Jay Phillips Chair in Jewish Studies at SJU, was one of the guests on the program.

This hour of *First Person* delved into religious and moral questions that the September 2001 terrorist attacks raised — questions of meaning that Americans have only begun to ponder one year later.

First Person, hosted by journalist and theologian Krista Tippett, is a regular series of programs produced and distributed by Minnesota Public Radio. *First Person* does not always have "religion" itself as a subject, but it grapples with common and larger themes of American life — asking how perspectives of faith might offer illumination.

Faculty/Staff News

Jon McGee, CSB/SJU vice president for planning, research and communication, had published an article, "A Tale of Two Decades," in the September issue of *Minnesota Journal*, a public policy monthly from the Citizens League. The article assesses a demographic and economic environment favorable to higher education in the 1990s and considers the challenges of a less favorable outlook in the present decade.

Mark Conway, director of special projects, CSB Development, was the John Atherton Scholar in Poetry in August at the Bread Loaf Writers' Conference on the campus of Middlebury College in Ripton, Vt. Bread Loaf, the oldest writers' conference in America, was established at the suggestion of poet Robert Frost and has attracted writers of the highest caliber for more than 75 years.

Barbara Novak, registrar's office and RAD instructor at CSB, presented at the RAD (Rape Aggression Defense Systems — self defense for

women) annual national conference in Chicago in July. The topics presented were "The RAD Savvy Traveler" and "Challenging Bad Behavior." RAD is the world's largest self-defense program for women. There are over 4,000 instructors nationwide and in Canada and over 300,000 women have been through the basic program. CSB has trained over 400 women in the basic defense program. In addition to the basic program, advanced, keychain and aerosol defense courses are also offered.

Axel Theimer, CSB/SJU professor of music, directed two choirs that have selections on the recently released CD titled *Songs for Mary* — the SJU Men's Chorus and Kantorei, the Twin Cities choir composed of many CSB and SJU graduates. Some of the selections on the CD were recorded at Saint John's, including the Great Hall and the Gertken Organ Studio. James Dorn, the first SJU School of Theology-Seminary graduate with a master's degree in liturgical music, was the music director and producer of the CD and contributed on several selections. Other music ensembles on the CD include: the Minnesota Chorale, Dale Warland Singers, National Lutheran Choir, the Minnesota Boychoir and the Bel Canto Voices. The CD was a special project of the Kantorei Chamber Choir to benefit Sharing and Caring Hands and its founder and director Mary Jo Copeland. Copeland was the 1995 recipient of the Pax Christi Award, presented by Saint John's Abbey and University.

Valerie Knopp, SJU assistant director of financial aid, gave a presentation in May at the University of Indianapolis speaking about the CSB/SJU student employment program. Knopp was asked to serve as a consultant to the University of Indianapolis in its effort to revamp and improve its student employment program. She also spent time with several individuals there who are directly involved with student employment, and discussed with them the key policies and procedures in place at CSB/SJU that contribute to our success. CSB and SJU are recognized nationally as having one of the best-functioning student employment programs in the country. Knopp and Barbara Fahnhorst, her colleague at CSB, deserve much of the credit.

Marina Martin, associate professor of modern and classical languages, was invited by the language school ENFOREX to give a talk on June 15 in Madrid. Her presentation focused on Alejandro Amenábar's thrillers *Tesis*, *Abre los ojos* and *The Others* in relation to the mechanisms of suspense created by Hitchcock, Kubrick, and Spielberg. ENFOREX is a language school with branches throughout Europe.

She also gave a presentation at the XXXIV Congreso del Instituto Internacional de Literatura

How to EAT to Prevent Cancer

by Jessica Donabauer, CSB nursing student, and Katie Jirele, CSB dietetic student

Editor's note: Each month, the Healthy Learning Community and the Partners for Healthy Learning promote a monthly health theme to the CSB and SJU campuses. These groups are involved in the promotion of physical, intellectual, emotional, social, occupational and spiritual health.

What one eats and drinks, and how often one exercises have a powerful effect on one's health and quality of life. Building a diet from health-giving foods requires no doctors' appointments or health insurance, yet it provides the fundamental building blocks needed for a healthy immune system. Thinking of food as one's medicine is a simple, delicious way to put oneself on the road to good health.

Foods that may reduce the risk for cancer are

- Rich in complex carbohydrates, vitamins, and minerals
- Rich in cancer-fighting antioxidants and phytochemicals (such as Vitamin C, Vitamin E, beta-carotene, selenium and lycopene)
- High in fiber
- Naturally low in fat, cholesterol and salt

Steps to take to maximize the cancer-fighting power of one's diet:

- Build a diet from a variety of fruits, vegetables, grains, and legumes
- Eat 5 servings/day of brightly-colored fruits and vegetables, including leafy green vegetables
- Choose whole foods over highly-processed foods or vitamin supplements
- Use alcohol in moderation (no more than 1 drink/day for women or 2 drinks/day for men)
- Limit intake of saturated fat
- Exercise regularly!

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For additional information, check out these Web sites:

- www.eatright.org (American Dietetic Association)
- www.nci.nih.gov (National Cancer Institute)

Key Nutrients	Good Food Sources
Complex carbohydrates	whole grain breads and pasta fortified cereals legumes (beans, lentils, peas, peanuts, and soybeans)
Vitamin C	citrus fruits tomatoes leafy green vegetables green peppers strawberries melons
Vitamin E	vegetable oils nuts leafy green vegetables
Beta-carotene	carrots mangoes sweet potatoes spinach cantaloupe
Selenium	Brazil nuts beef some seafood (tuna canned in oil, cod)
Lycopene	tomatoes, tomato-based products watermelon grapefruit

To learn more about the Healthy Learning Community and the Partners for Healthy Learning, please visit the Web site at <http://www.CSBsju.edu/extending/projects.htm>.

Iberoamericana (IILI) in Iowa City, July 2-6. Her paper discussed *Representations of Time and Space in Alejandro Amenábar's "Open Your Eyes."*

Four members of the CSB/SJU student develop-

ment staff are serving on the Executive Board of the Minnesota College Personnel Association for 2002-03. **Mary Geller**, CSB vice president of student development, is the senior adviser; **Jody Terhaar**, CSB associate dean of students, serves as treasurer;

The Welcome Mat

We welcome the following new CSB/SJU faculty and staff to our community.

- Jeanette Allen, Education
- Kelly Berg Nellis, Communications
- Lee Blair, Theatre
- Don Bruno, Art
- Todd Butler, Theology
- James Crumley, Physics
- Bradley DeLeeuw, Chemistry
- Nelsy Echavez Solano, Modern Classical Language
- Michelle Evens Fjellman, Accounting
- Nathaniel Hemsted, Biology
- James Johnson, Mathematics
- Lawrence Ligocki, Theology
- Vicky McIntyre, Management
- Christina Mougoyanni, Modern Classical Language
- Harumi Nelson, Economics
- Marsha Olson, Asian Art History
- Bonnie Paulsen, Nursing
- Renee Rau, OSB, Psychology
- Ivonne Recinos, Modern Classical Language
- Mariterese Woida, OSB, Education
- Richard Burbach, Development
- John Doman, Transportation
- Lee Tungland, Transportation
- Kelly Reineke, Upward Bound
- JoAnn Jasper, Residential Life
- Kelly Schackman, Residential Life
- Wilma Marthaler, Food Service
- Katie Kunkel, Food Service
- Michele Giswold, Bookstore
- Timothy Chirhart, Management
- Bernadette Elhard, Nutrition
- Andrew Floerke, Campus Ministry
- Patricia Givens, Philosophy
- Claire Haeg, Symposium
- Samuel Hull Jr., Theater
- Meredyth Johnson, Fine Arts
- Jason Laker, Student Development
- Abigail Meyer, Biology
- Karleen Nordquist, Management
- Michele Poepping, Campus Mail
- Christina Prom, Psychology
- Janet Rith-Najarian, Education
- Kathryn Scegura, Campus Mail
- Sharmistha Self, Economics
- Linda Shepherd, Nutrition
- Tammy Sulik, Personal & Professional Development

COMMUNITY

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Louise Stenberg '03, Community Student Coordinator

Lisa Mueller, CSB residential life staff, has the role of secretary; and **T. Todd Masman**, joint director of student activities and leadership development, is the chair of the commission for gay, lesbian, bisexual and transgender concerns. MCPA's mission is to support and foster college student learning through the generation and dissemination of knowledge, which informs policies, practices and programs, for student affairs professionals and the higher education community. MCPA is a state affiliate of the American College Personnel Association, the nation's comprehensive student affairs organization.

Masman was one of 21 persons selected to appear in the Oct 15, "Coming Out" issue of *The Advocate*, a national gay and lesbian newsmagazine.

His profile included reflections on a stronger faith since coming out as a gay man and the need to be willing to act on one's beliefs.

In the Media

Mary Milbert, dean of admissions, was interviewed for an article titled "College Prep" (Prep for college and beyond. From selecting the right prep school to finding an appropriate grad school, we offer tips for making your college search a rewarding experience) in the September 2002 issue of *Minnesota Monthly*. Milbert shared her insight in the section titled, "Finding the Right Undergraduate Program."

Sigrid Hedman-Dennis, CSB health educator, and **Mike Ewing**, director of counseling, were featured in a *St. Cloud Times* article, "Diversity fuels health-care options," on Sept. 30. The article discussed health care and insurance options for students.

Sue Gergen, CSB director of alumnae/parent relations, and **Glen Tautges**, SJU associate director of development and alumni relations, discussed CSB/SJU homecoming activities in the Sept. 26 article, "St. John's, St. Ben's to welcome alumni," in the *St. Cloud Times*.

"Frosty weather to bring colorful changes to area," an article in the Sept. 24 *St. Cloud Times*, featured CSB/SJU professor of biology **Stephen Saupe** commenting on the changing weather and the impact on fall leaf colors.

Jim Koenig, director of IT services, commented about Internet access on campus for the article, "Students are wired for life, study finds," in the Sept. 16 *St. Paul Pioneer Press*.

"CSB, SJU panel looks at how attacks changed world," an article in the Sept. 10 *St. Cloud Times*, focused on a panel discussion regarding the impact of Sept. 11, and reflecting on one year later. Panel participants were **Gary Prevost**, political science professor; **Jeffrey Anderson**, peace studies professor; **Manju Parikh**, political science professor; **Rodney Cunningham**, political science professor; and several students from the areas of political science and peace studies.

Noreen Herzfeld, associate professor of computer science, has been awarded the Local Societies Initiative grant from the Metanexus Institute on Religion and Science. Herzfeld's project is titled Science & Religion: Faculty, Students and Benedictines in Conversation, to which the grant will provide \$15,000 over three years for dialogue groups exploring the dynamic interface between religion and science. The project is administered by Metanexus on behalf of the John Templeton Foundation.

Also, Herzfeld's book, *In Our Image: Artificial Intelligence and the Human Spirit*, was featured in the September/October edition of *Science & Spirit*. Her book considers what AI reveals about human nature and human possibilities.

Gordon Goetemann, art professor emeritus and former chair of the art department, and his wife, Judith Goetemann, were featured in *The Boston Globe* magazine on Aug. 25. The couple returned to Gloucester in Cape Ann, MA., where they were both originally from, to build and operate several art galleries in their home.

Deadline for the November issue is October 27.

To share your information and story ideas, simply e-mail them directly to Community at: community@csbsju.edu.