

community

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

Koch Chair Sponsors Inaugural Lecture

prepared by Glenda Isaacs Burgeson, Community editor

Noted Catholic historian John T. McGreevy will visit CSB/SJU next month as a guest lecturer sponsored by the CSB Koch Chair in Catholic Thought and Culture. His public presentation, "The Eliot School Rebellion, Boston, 1859: Education, Slavery and the Nineteenth Century Catholic Revival," is scheduled for 7:30 p.m. Tuesday, March 9, in the CSB Alumnae Hall, Haehn Campus Center.

McGreevy is the John A. O'Brien Associate Professor of History and chair of the department of history at the University of Notre Dame. He is the author of two books. The first, *Parish Boundaries: The Catholic Encounter with Race in the Twentieth Century Urban North* (University of Chicago Press, 1996), received the John Gilmary Shea prize for the best book in Catholic history from the American Catholic Historical Association. His more recent book is *Catholicism and American Freedom: A History* (W.W. Norton, 2003). Both books are available at the CSB/SJU Bookstore. He has received major fellowships from the American Council of Learned Societies, the Louisville Institute and the Erasmus Institute, and has published articles and reviews in the *Journal of American History*, *Commonweal*, the *Chicago Tribune* and other venues.

He received his B.A. from the University of Notre Dame and his Ph.D.

from Stanford University. Prior to coming to Notre Dame, he served as the Dunwalke Associate Professor of History and Literature at Harvard University.

The Eliot School Rebellion was a controversy caused by the refusal of a group of Catholic boys to recite the King James Bible version of the Ten Commandments in a Boston public school. The controversy sheds light not only on the topic of religion and public life, but the emergence of a new Catholic style in the 19th century that affected public debate on such issues as slavery.

This will be the inaugural lecture of the Koch Chair, said Jayne Byrne, associate professor of nutrition and chair of the steering committee. The Koch Chair was endowed in the spring of 2002 by a gift from CSB Board of Trustee member Barbara Gray Koch and her husband David Koch to enrich understanding of Catholicism's contribution to intellectual life.

The intention of the Koch Chair is to provide professional development opportunities for faculty who, in turn, will offer students, regardless of their major, the opportunity to gain an enriched understanding of the heritage of Catholic thought that has shaped not just the faith tradition but also knowledge across disciplines.

McGreevy's visit offers an opportunity for faculty, staff and students to engage in conversation about Catholic life, Byrne

said. "Our goal is to invite scholars who appeal to a wide audience," she said.

McGreevy will visit the campus over a two-day period, March 8-9. He is scheduled to visit two classrooms. Opportunities also are planned to allow him to engage in conversation with small groups of interested faculty and students.

In addition to Byrne, members of the Koch Chair steering committee include Ann Marie Biermaier, professor and chair of education; David Cloutier, assistant professor of theology; Mary Geller, CSB vice president of student development; Noreen Herzfeld, professor of computer science and theology and director of senior seminar; Dan Finn, professor of economics and theology and holder of the Clemens Chair in Economics; Rodger Narloch, assistant professor of psychology; and Ron Pagnucco, assistant professor of peace studies.

COLLEGE OF
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SJU Receives \$2 Million Pledge

SJU has received a \$2 million pledge from alumnus Jim Frey and his wife Mary White Frey, a CSB graduate. The gift will be used for two purposes: to establish an endowed professorship at Saint John's and the College of Saint Benedict, and to support initiatives associated with *The Saint John's Bible* and arts and culture programming.

A member of the SJU Board of Regents since 2001, Jim also serves on the boards of Courage Center, the Saint Paul Foundation, the Minnesota Council on Foundations and the advisory boards of the Center for School Change and the Minneapolis Academy. Jim graduated from SJU in 1978 with a degree in English and received his law degree from William Mitchell Law School. He practiced with the firm of Leonard, Street and Deinard in Minneapolis. In 1997, he became president of Wabash Management, Inc., the Frey family office. He is also a director of the Frey Foundation. Mary graduated from CSB in 1980 and received her master's and doctorate degrees in psychology from the University of St. Thomas. She serves on the boards of the PACER Center and the Walk-in Counseling Center. She is also a director of the Frey Foundation.

In announcing the gift to the SJU Board of Regents, Jim said, "Mary and I feel fortunate and blessed to make this gift to Saint John's and Saint Benedict. We benefited greatly from our Benedictine education. Saint John's and Saint Benedict are not just great schools, they are a community, and we learned a great deal academically and spiritually. The opportunity to make this gift during our lifetimes was quite compelling, as is the vision the two schools have about their future."

Both the Frey and White families have

strong connections to SJU and CSB. "My family has a long history with Saint John's, dating back to the early 1900s," commented Jim. "My father's first cousins — George, Jerome, Joseph, Roman and Frederick (Fr. Urban) — all attended either the Prep School, the University or the Seminary, and, in



Mary White Frey and Jim Frey with their children, Peter and Sarah.

1978, I graduated from Saint John's." Mary is one of four White sisters — Kate '75, Jane '76, Mary '80 and Peggy '80 — who have graduated from CSB, and her father, Bob White, and uncle, Tom White, attended Saint John's in the 1950s. Bob served on the CSB Board of Trustees from 1975 to 1981. Presently, Mary's mother, Jo White, is a member of the Board of Overseers of the Hill Monastic Manuscript Library.

In 1999, Saint John's received a

\$500,000 challenge grant from the Eugene and Mary Frey Family Fund of the Saint Paul Foundation to launch *The Saint John's Bible*. In describing his family's gift, Jim said, "*The Saint John's Bible* is in keeping with the Abbey and University's mission of preserving the written word in the Benedictine tradition and exercising hospitality for the visitors who will come to see it. It is also important because it will increase the visibility of the University and help create a legacy for Saint John's. Additionally, it will be an important revenue source for many years to come."

"Jim and Mary are kind-hearted people and their generosity is boundless," said Br. Dietrich Reinhart, SJU president. "Without the Frey family and the White family, we would not have had the opportunity to embark on the remarkable journey known as *The Saint John's Bible*. This latest gift will help us make the best of our revenue opportunities for this project as well as extend our commitment to arts and culture for generations to come. Moreover, it will improve the quality and distinction of our undergraduate curriculum through the creation of the Frey Professorship."

Monastic Capital Campaign Surpasses Midpoint of \$6 Million

The Sisters of the Order of Saint Benedict have raised \$3.2 million as of Dec. 31, 2003, surpassing the halfway point of their \$6 million goal to resolve life safety issues of their main Motherhouse building (main administrative center or headquarters). The fundraising drive — the first in the Sisters' 147-year history in Central Minnesota — is led by a Capital Campaign Cabinet comprising 26 lay volunteers. More than 530 people have contributed thus far to assist the Sisters with the renovation costs. For more information, call 363-7100 or visit www.sbm.osb.org.

New Study Abroad Program Offered in South America

prepared by Meghan McCarty '04,
Communication and
Marketing Services intern

CSB/SJU students will have a new study abroad option beginning in fall 2004 with a program offered in Valdivia, Chile.

Under the program established by José Fábres and Gladys White, professors of modern and classical languages, students may enroll at the Universidad Austral de Valdivia, approximately 500 miles south of Santiago, the capital city.

"Students can enroll in any course they choose if they are proficient enough in Spanish," said Fábres. This means they will have the option to take classes completely intermixed with the Chilean students.

"The courses being offered are interdisciplinary for those who are Spanish majors or minors, but it is not necessary," Fábres said. With the introduction of the new Latino/Latin American studies minor, the professors thought it would be good to have an international study program that coincided with the minor, but wasn't limited to a particular group.

Valdivia has approximately 6,000 students. "There are many kinds of research available and the professors are very well prepared," White said, "and we hope to draw students from the science fields." Research, internships and service learning are several of the main draws of the university. White believes this will offer students in the science fields a greater opportunity to study abroad while staying on track for graduation.

In August 2003, Fábres and White traveled to eight different universities in Chile before deciding on Valdivia. "The program was flexible enough for the wider community," White said. She and Fábres were also pleased with the general nature of Chileans. "They are very welcoming and humble people and are very

family oriented," Fábres said. White describes the daily life as low key, yet the academia is very demanding.

The program will include classes such as conversation and composition, social movements, environment, international relations, culture and power and senior seminar. Fábres will be the CSB/SJU faculty in charge of the initial group, and he is excited about all the city can offer students, including service learning opportunities.

One component that differs from other CSB/SJU study abroad programs is a required essay at the end of the semester. Students will write about their experience and share it with the CSB/SJU community. The idea is that "students will assess what they did, and it will help them to learn and apply their experience here [at CSB/SJU]," Fábres said.

The 2004 semester in Chile will be from Aug. 20 through Dec. 17, the spring and summer months for that area. In the first year, Fábres is expecting to take up to 30 CSB/SJU students. Students will live with a Chilean family, who will provide meals and wash their clothes.

The city of Valdivia has approximately 150,000 people and is close to the Pacific Ocean. A river runs through the city, making water sports some of the most popular activities. The University is noted for its rowing team, ranked as one of the top in the world. "The weather is like the northwestern United States,"

Fábres said, "and the campus is always busy with things for students to do or be involved in." There are volcanoes, natural forests, lakes and botanical gardens. "It is a great area for students that are interested in the outdoors," White said.

Employees Participate in CentraCare Foundation Project

submitted by Lori Klapperich,
Health & Wellness Coordinator,
SJU Personal and Professional
Development Center

Forty-four CSB/SJU employees have joined approximately 1,000 other participants from Central Minnesota in a health initiative, "Heart Healthy Central Minnesota," a program organized by a community collaboration and headed by CentraCare Foundation.

Early this year, the participants received blood pressure, cholesterol, glucose and body mass index (BMI) screenings. They also received pedometers and signed up to participate in HealthPartner's 10,000 Steps program. They were given resources to help them adopt a plan to eat at least five fruits and vegetables each day and to quit smoking, if they are smokers. They will have their blood pressure monitored at quarterly intervals for the next year. At the end of the year, they will have the screenings repeated and will be able to see how their lifestyle changes have affected their numbers. Good luck to all.

The Saint John's Bible to be Presented to The Vatican

Abbot John Klassen, OSB, and SJU President Br. Dietrich Reinhart will present a limited edition facsimile of a volume of The Saint John's Bible to the Vatican in Rome on May 26. Joining Klassen and Reinhart will be Donald Jackson, artistic director of the Bible project.



Kammers

Gruber

Employees Honored

Mona Gruber, Custodial Maintenance, CSB Physical Plant, and Mary Ann Kammers, Service and Events Supervisor, SJU Dining Service, were recently selected as the Fall 2003 recipients of the Extraordinary Performance Awards. They were recognized at a December luncheon held in their honor. Please congratulate Mona and Mary Ann for the contributions they make to our community.

Faculty/Staff News

Marina Martín, associate professor of modern and classical languages, delivered a paper titled "Versiones narrativas y filmicas de la mujer en *Tango*: Luisa Valenzuela y Carlos Saura" at the South Atlantic Modern Language Association (SAMLA) in Atlanta, Ga. on Nov. 14-16, 2003. The paper explored Carlos Saura's 1999 film, *Tango*, in relation to Luisa Valenzuela's short story also titled *Tango*.

Jeff Kamakahi, associate professor of sociology, lectured at Tokyo University's Center for Pacific and American Studies. The presentation was titled "The Native Hawaiian Experience Through Folksongs" and looked at social change in Hawaii using folksongs as texts. Kamakahi also gave two presentations in January at the American Studies Division of Tohoku University's Graduate School of International Cultural Studies (GSICS) in Sendai, Japan. The lectures

Café Express Adds Variety to CSB Cafeteria

As a part of a plan to upgrade their facilities and services, the CSB Cafeteria has announced the opening of Café Express in late January. Formerly referred to as the kiosk, Café Express is one of several changes taking place in the cafeteria. Café Express is located in the same room as the kiosk, near the entrance to the cafeteria. The cafeteria will also begin a remodeling project over the summer, with plans for completion in fall 2004.

"We felt that not enough people knew what the kiosk was all about and what it had to offer," said CSB Food Service manager Marge Anton, who is hoping the improvements will draw in more students, faculty and staff. "Being in the basement of the Main Building, there are a lot of people that don't know we're down here."

Café Express will offer an alternative for those who do not want the all-you-can-eat option available at the cafeteria. It will offer a variety of foods, including fresh bread and pastries.

In November, Chef Paul Ruszat was hired to take on several roles in the CSB dining service. "He not only helps in our catering but also the meals for the cafeteria and monastery," Anton said.

Plans also are underway to improve the design of dining rooms at the Cafeteria. CSB hired an architectural firm that conducted focus groups to gather student input and ideas. The groups reacted to a collection of pictures of different environments, colors and settings and were asked to respond to questions relating to school activities, out-of-school activities and media/entertainment preferences.

Remodeling is set to begin in May after school is out.

New and now available at the Café Express in the Main Building Cafeteria at CSB: "Lunch on the Go," the CSB version of the brown bag meal, only better. The lunch includes a freshly made deli sandwich, salad of the day, a piece of fresh fruit, and a cookie from our bakery. Pick up a lunch to eat between classes, or at your desk. Cost is a punch, flex, or \$4.25 cash price.



were “Native Hawaiian Identity” and “Post-Colonial Indigenous Identities.”

Kamakahi also was a panelist for the Japanese-American Fulbright Commission. The position involved interviewing and screening Japanese scholars and candidates in the social sciences applying for Fulbright awards to the United States. The interviews took place in November in Tokyo.

He presented a paper entitled “The Age-Segmented Growth Hypothesis (ASGH) and International Development” at a workshop for the newly created Center on Stratification and Social Inequality (CSSI) at Tohoku University. The research used unidimensional scaling techniques to analyze the relationships between indicators of international development using a demographically based theoretical template.

He also led faculty forum discussions in November and December on both Native Hawaiian Identity and the Right to Die Movement in the U.S. at Tohoku University.

K.R. Kasling, professor of music, was honored at a celebration of the 40th anniversary of the Constitution on the Sacred Liturgy at a special vespers and commemorative service held at the St. Paul Cathedral, St. Paul, Minn., on Dec. 4.

Recognition, a plaque, and letter were given to Kasling for his contributions to liturgical renewal in the region and Archdiocese of St. Paul. The liturgy and ceremony were presided over by Archbishop Harry J. Flynn.

Mark Asuzu, assistant professor of management, has published a paper titled “An Empirical Analysis of Differential Capital Market Reactions to Changes in Economic Regulation” in the winter edition of *The Journal of Accounting and Finance Research*.

Laura Rodgers, professor of nursing, published results from her phenomenological research in February’s issue of *Geriatric Nursing* (volume 25, number 1, pages 2-9). The title of her article is “Meaning of Bereavement among Older African American Widows.”

Lisa Stanley, assistant professor of art, had a solo exhibition of her new work at the Minnesota Center for Photography in Minneapolis. The series, LOGOS, plays off the mapping of the human genome and notion of ideal bodies.

The following department of communication faculty presented papers at the National Communication Association Conference in Miami, Fla.

Kelly Berg Nellis presented on a panel titled “Looking at Community from the Inside and from the Outside: Feminist Experiences with Community On and Off Campus.”

Aric Putnam presented “‘Modern Slaves’: George Schuyler, the Liberian Labor Crisis and a Black Political Voice” and “99 Bottles of Beer on the Wall: On Reviewing Redundancy in Academic Performance, Again”

Erin Szabo and **Julie Lynch** co-authored and presented a paper titled “Reaching Out to Educator’s Sensitivity, Reaching In to Students’ Needs: Cognitive Reactions and Age-Appropriate responses to Media-Induced Fright.” The paper was presented to a combined meeting of the Communication and Social Cognition Commission and the Mass Communication Division.

Lynch and Szabo also served on a Family Communication Division panel titled: “Children in Crisis or Change: An Examination of Social Support in Families with Children.”

Szabo served as the chair for the competitive papers in media stereotyping panel.

Karyl Daughters presented on a panel titled “Beyond Service-Learning Basics: Building sustainable campus-community partnerships.” Daughters also presented “Beyond service-learning basics: Two Models for Building Sustainable Campus Community Partnerships” with **Cindy Pederson**, CSB/SJU service-learning coordinator, at the National Society for Experiential Education’s annual conference which was held in Minneapolis on Oct. 16.

The Welcome Mat

We welcome the following new members of the CSB/SJU community:

Pamela Broughton, Dining Service
Pamela Wilder, Custodial Services
Russell Kilanowski, Plumbing Shop

Farewell to Friends

We bid farewell to the following members who have left the CSB/SJU community:

Matthew Boundy, Custodial Services
Michael White, General Administration
Hayatt Deeb, Prep School Snack Bar
Leroy Henkemeyer, Athletics
Jamie Partridge, Accounting
Arthur Budde, Liturgical Press
Ronald Goebel, Liturgical Press
Imelda Sand, Liturgical Press
Donald Phillips, Prep School Computer Lab

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Deadline for the March issue is February 20. To share your information and story ideas, simply e-mail them directly to Community at: community@csbsju.edu.

Heart Health: In Search of a Better Blood Pressure

prepared by Lori Klapperich,
Health and Wellness Coordinator,
SJU Personal and Professional Development Center

Did you know that the blood pressure guidelines have been toughened up? The new guidelines were announced in May of 2003 and indicate that the familiar standard of 120/80 is no longer considered normal. It is now classified as pre-hypertension, likely to worsen and cause a heart attack or stroke if left untreated. "What they are saying is that there is a major risk of developing full hyperten-

sion if you don't make changes in your lifestyle or take other steps to control your blood pressure," according to Dr. Sheldon Sheps, a physician connected to Mayo Clinic who served on the committee (Joint National Committee on Prevention, Detection, Evaluation & Treatment of High Blood Pressure) that drafted the new national guidelines.

What Your Blood Pressure Means

Top Number (systolic)		Bottom Number (diastolic)	Your Group	What to do
Below 120	And	Below 80	Normal Blood Pressure	Maintain a healthy lifestyle
120-139	Or	80-89	Pre-hypertension	Adopt a healthy lifestyle
140-159	Or	90-99	Stage 1 hypertension	Adopt a healthy lifestyle; take medication
160 or more	Or	100 or more	Stage 2 hypertension	Adopt a healthy lifestyle; take more than one medication

Source: Seventh Report of the Joint National Committee on Prevention, Detection, Evaluation and Treatment of High Blood Pressure, 2003. Numbers are expressed in millimeters of mercury (mm Hg).

*If you have heart disease, diabetes or chronic kidney disease, you'll need to manage your blood pressure more aggressively. This advice addresses high blood pressure as a single condition.

Recommendations:

- Maintain a healthy weight.
- Follow the low-sodium, low-fat DASH eating plan.
- Reduce dietary sodium consumption.
- Get regular physical activity.
- Drink alcohol only in moderation.

Uncontrolled high blood pressure can increase your risk of stroke, heart attack, heart failure and kidney failure. Detecting

high blood pressure is done with a simple test. Have your blood pressure checked on a regular basis and if it is high, work with your health care provider to get it under control and keep it there!

For more information:

www.mayoclinic.com (Look under blood pressure in diseases & conditions)
<http://www.heartcenteronline.com/myheartdr/quiz/index.cfm?nl=3>

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