SJU Honored S. Wendy in London

S. Wendy Beckett tours The Saint John’s Bible exhibition with artistic director Donald Jackson, from left, SJU President Br. Dietrich Reinhart and Abbot John Klassen.

SJU presented the 13th annual Colman J. Barry Award for Distinguished Contributions to Religion and Society to internationally renowned art commentator S. Wendy Beckett, to honor her service to society as art historian, author and television host.

The award took place at a private reception on Jan. 30, at London’s Victoria and Albert Museum to coincide with the opening of the international exhibition tour of The Saint John’s Bible at the museum. The exhibit will run through May 1.

She has also written extensively for art magazines and is the author of more than 15 books, including *Contemporary Women Artists* and *Art and the Sacred*.

Although her television series made S. Wendy a celebrity, she never sought the limelight. Born in South Africa in 1930, she felt a vocation for religious life as a child and joined the Sisters of Notre Dame at 16. She graduated from Oxford with highest honors in 1953.

She subsequently lived and taught in South Africa and served for a time as a Reverend Mother. She returned to England in 1970, to live a fully contemplative life in a hermitage on the grounds of the Carmelite monastery at Quidenham, Norfolk. Since that time, she has left the hermitage only when necessary to make her television shows. She continues to live there, spending the majority of each day in prayer, silence and solitude.

The Colman Barry Award for Distinguished Contributions to Religion and Society recognizes the contributions that the Rev. Barry, a Benedictine monk of Saint John's Abbey and former president of SJU, made during his life of scholarship and teaching. The author of several books, the Rev. Barry began his teaching career at Saint John's in 1952. He died in 1994.

The Colman Barry Award for Distinguished Contributions to Religion and Society is given annually to those who believe and demonstrate that service to others, in its expansion of human understanding and extension of social justice, comprises the best in human achievement.

**Bible Film Wins CINE Golden Eagle Award**

SJU has won a CINE Golden Eagle Award for *The Word Made Flesh*, a film produced by the university as an inspirational and educational tool for *The Saint John's Bible* project.

The film documents the process by which artists and theologians of Saint John's Abbey, University and Saint Benedict's Monastery, and *The Saint John's Bible* artistic director, Donald Jackson, work with each other to create illuminations for *The Saint John's Bible*. It focuses specifically on a major illumination titled *The Word Made Flesh*, which is the frontpiece to the Gospel of John in *The Saint John's Bible*.

The CINE Golden Eagle awards, distinguishing excellence in professional and amateur works, are recognized internationally as symbols of the highest production standards in filmmaking and videography. As a Golden Eagle award winner, *The Word Made Flesh* is eligible for international competition as well as two additional levels of national competition and cash prizes. Winners at these additional levels are announced at the Annual CINE Awards Ceremony in April 2006 in Washington, D.C.

In the fall 2005 CINE competition, over 300 judges viewed and evaluated hundreds of distinguished entries. Among the talents whose first major awards included the CINE Golden Eagle are Steven Spielberg and George Lucas and documentarians Ken Burns, Charles Stanley Nelson and Frederich Wiseman.

*The Word Made Flesh* was produced by Jean Scoon, communications director in the SJU advancement department, with consultation provided by Carol Marrin, director of *The Saint John's Bible* project. It was directed by Rich Reeder, Lockhaven Communica-

**BCLL to Retrace Steps of American Civil Rights Movement**

Prepared by Mike Killeen, assistant director of media relations, Communication and Marketing Services

Gary Prevost saw the grainy television images some 40 years ago – the bombing of the 16th Street Baptist Church on Sept. 15, 1963, in Birmingham, Ala., the police using a fire hose to subdue demonstrators in a park across the street later that year.

But when he finally visited the site years later and encountered a man who had witnessed the events first hand, the CSB/SJU professor of political science got very emotional.

Now, the Benedictine Center for Lifelong Learning (BCLL) offers the opportunity to retrace the steps of the American civil rights movement with Prevost in conjunction with the schools’ undergraduate May Term class at Morehouse College in Atlanta.

“Our Civil Rights Legacy,” which runs May 22-28, retraces the impor-
tont steps in the American civil rights movement of the 1960s. The trip will include stops in Atlanta and three cities in Alabama (Birmingham, Montgomery and Selma), including guided tours at the Martin Luther King Center and Ebenezer Baptist Church and Museum in Atlanta; as well as the Birmingham Civil Rights Institute and the Dexter Avenue Baptist Church. Discussions with Morehouse College professors and local residents will also be a part of the program, and CSB/SJU students taking Prevost’s May Term class will participate as well (students will continue their class in Atlanta the following week).

“I had witnessed those images on television more than 40 years earlier, and walking through that park and encountering a man who had witnessed the events first hand was very emotional,” Prevost said. “I am confident that the participants will come away with some very similar experiences.”

Prevost, who also chairs the CSB/SJU political science department, said the decision to offer the program came during a September 2004 visit to Morehouse College, a visit to deepen the relationship between CSB/SJU and Morehouse, one of America’s most prominent historically black colleges.

“I put together the program of the class with Augustine Konneh, chair of the Morehouse history department,” Prevost said. “I visited the Atlanta sites of the course during that time, and then, in November 2004, had the opportunity to visit the Alabama sites.”

The program is open to all. Cost is $695 per person double occupancy (round-trip transportation to Atlanta is not included in the fee). Fees cover class materials, a welcome dinner, lodging for six nights at area hotels, breakfast daily and motor coach transportation for the excursions to Alabama.

The registration deadline is April 1, with full payment due by May 1. A $500 deposit (credit, cash or check made out to Saint John’s University) will hold a space.

For more information or to register, please contact the BCLL at bcll@csbsju.edu, or use the registration form at www.csbsju.edu/alum/travel/Registration%20form.htm.

Volunteers Needed for Saint John’s Sesquicentennial Events

The Saint John’s Sesquicentennial kicks off on April 5, with events commemorating the departure on April 5, 1856, of five Benedictine monks from Saint Vincent’s Monastery in Pennsylvania for Minnesota.

The focus of the 150-year history commemoration is the celebration and advancement of the ministry of Saint John’s in the life of the church, the community and in the lives of those who share its hospitality. With events scheduled through Nov. 10, 2007, volunteers are needed to assist with Benedictine hospitality. For more information, visit www.saintjohns150.org.

Schirber Lecture Addressed Social Responsibility in Genetics

Dr. Debra DeBruin spoke on “Social Responsibility in the Age of Genomics” Feb. 16, at SJU.

DeBruin, assistant professor and director of graduate studies at the Center for Bioethics, and the Department of Medicine, University of Minnesota, discussed what it means to pursue genetic advances in a socially responsible manner. Her presentation was sponsored by the Dr. Martin and Rose Marie Schirber Lecture Series in Medical Ethics.

She noted the rapid advances in genetic research that offer the promise of breathtaking possibilities in medicine. Yet, she said, society must be sensitive to the potential pitfalls of these possibilities – from violations of privacy to concerns about discrimination and the specter of eugenics.

In addition to teaching philosophy and bioethics, DeBruin has served as a health policy fellow for Massachusetts Sen. Ted Kennedy in the Democratic office of the Health, Education, Labor and Pensions Committee of the Senate. She has also worked as a consultant to the National Academy of Science’s Institute of Medicine, and the National Bioethics Advisory Commission, on issues relating to the ethics of research.

Martin Schirber, a 1942 SJU graduate, former SJU board member and long-time physician in Grand Rapids, Minn, and Rose Marie established the lecture series to help pre-medicine students at CSB and SJU examine everyday ethical issues.

Bresnahan Pottery Featured in Gallery Show

Submitted by Katie Perry, publicist, Saint Benedict’s Monastery

“New Works from the Johanna Kiln,” a gallery show presenting the works of Richard Bresnahan, is on exhibit through March 26, at the Art and Heritage Place/Whitby Gift Shop and Gallery at Saint Benedict’s Monastery. All exhibited pieces will be available for purchase. Bresnahan is artist-in-residence at SJU. His unique technique has made his works become collectors’ items internationally.

McCarthy was born on March 29, 1916, in Watkins, Minn., 20 miles south of St. Cloud. He was an accomplished student and graduated from Saint John’s Preparatory School in 1932. He went on to graduate with highest honors from Saint John’s in 1935, with a degree in English. McCarthy was deeply influenced by the monks at Saint John’s Abbey and University and maintained close ties with his alma mater throughout his life.

He was the recipient of the 1964 Pax Christi Award, the highest award bestowed by Saint John’s Abbey and University. The Pax Christi Award honors individuals who have distinguished themselves through a life’s work that reflects the ideals of Benedictine monasticism. He was a 1983 recipient of the Saint John’s Alumni Achievement Award and the Saint John’s President’s Medal in 1994. In 1998, McCarthy returned to Collegeville to receive the Armor of Light Award from Saint John’s Preparatory School.

**SJU Announces The Eugene J. McCarthy Lecture**

Following the memorial service, SJU announced the establishment of The Eugene J. McCarthy Lecture.

The annual public lecture, conducted at SJU, will feature distinguished speakers who will address topics cherished by Sen. McCarthy – politics, poetry, social and economic justice, constitutional reform, campaign finance – as well as other pertinent public policy issues.

During seven years as a student at Saint John’s Preparatory School and University and nearly a year as a member of the Benedictine community of Saint John’s Abbey, McCarthy was exposed to significant spiritual and intellectual movements – monasticism, liturgical renewal, social action, ecumenism, liberal arts – which he integrated into the fabric of his personal and professional life.

Late in life, McCarthy expressed his hope “that future generations of students are exposed to the same intellectual movements I encountered as a student at Saint John’s.”
“By establishing The Eugene J. McCarthy Lecture, Saint John’s seeks to ensure that the memory and legacy of this remarkable and courageous man will live on as a source of inspiration for generations to come,” said Br. Dietrich Reinhart, SJU president.

The McCarthy Lecture will be a centerpiece of the Center for Public Policy at CSB/SJU.

McCarthy was a seminal figure in Minnesota and national politics in the last half of the 20th century. He was a five-term member of the U.S. House of Representatives, a two-term U.S. senator and a three-time presidential candidate. He changed the course of history when he sought the presidency in 1968, galvanizing popular opposition to the war in Vietnam, forcing President Johnson from office and hastening the end of a war that cost more than 58,000 American lives.

Memorials to the Eugene J. McCarthy Lecture may be made to:
The Eugene J. McCarthy Lecture Fund
Saint John’s University
P.O. Box 7222
Collegeville, MN 56321

Ceramic sculptor Dan Siverson was a visiting artist Feb. 1-3 at the CSB/SJU department of art ceramics studio. He is currently working in the NDSU art department. During his residency, he introduced CSB/SJU ceramics students to ceramic sculpture and demonstrated his unique approach to hand-built sculptural forms. (Photo Credit Trent Miller).
Former U.S. Poet Laureate
Robert Hass Visited CSB/SJU

Robert Hass, U.S. poet laureate from 1995-97, presented a reading Feb. 15, at SJU.

Hass was in residence Feb. 15-17 at CSB/SJU. His visit was sponsored by the CSB Literary Arts Institute and the SJU Project Logos. During his residency, he taught classes, met informally with students and had meals with faculty and visiting scholars.

Hass has been called a poet of great eloquence, clarity and force, whose work is rooted in the landscapes of his native northern Californian. He has brought the kind of energy in his poetry to his work as essayist, translator and activist on behalf of poetry, literacy and the environment.

Since 1989, he has taught English at the University of California-Berkeley. Hass has been awarded the MacArthur “Genius” Fellowship, twice the National Book Critics’ Circle Award (1984 and 1997), and the Yale Series of Younger Poets (1973).

Among the books Hass has published are Field Guide, Praise, Human Wishes and Sun Under Wood. He has translated many of the works of Nobel Prize-winning Polish poet, Czeslaw Milosz, and has edited three books.

CSB Inducted New Members into Omega Chapter of Delta Epsilon Sigma

CSB inducted 19 new members into the Omega Chapter of Delta Epsilon Sigma (DES) on Feb. 19, with CSB President MaryAnn Baenninger presenting DES certificates and pins to the inductees.

DES, a national Catholic honor society for women, is considered CSB’s highest honor for a student. The Omega
Chapter of DES was chartered March 29, 1940, at CSB. The criteria for membership require the applicants to have completed 50 percent of the credit requirements for their baccalaureate degree with a distinction of performance, maintaining a 3.9 grade point average or higher on a 4.0 scale. The purpose of DES is to recognize academic accomplishments, dedication to intellectual activity and service to others. The following students were inducted:

Kaisa Adams, senior political science major;
Leah Boyer, senior political science and peace studies major;
Mandy Buzzelli, senior Spanish major;
Katie Carlson, senior dietetics major;
Victoria Cox, senior accounting major;
Laura Eggerichs, junior dietetics major;
Alison Frank, senior theology and English major;
Heather Hatzenbihler, senior English major;
Christine Jasken, senior communication and Spanish major;
Nora Kain, senior dietetics major;
Heather Karpik, senior accounting major with public accounting concentration;
Bailey Peterka, senior dietetics major;
Katie Pokorny, senior chemistry major;
Carliene Sloot Quist, senior Spanish and peace studies majors;
Pamela Rausch, senior elementary education major;
Erin Saupe, senior natural science major;
Alicia Simons, senior elementary education major;
Jennifer Webber, junior chemistry major;
Erin Wentz, senior English major.

The 19 inductees are eligible for national DES scholarships. Seniors can apply for a $1,000 post-graduate scholarship, while juniors can apply for a $1,000 undergraduate scholarship.

SJU Signs Radio Deal with The Bear, WBHR-660 AM

SJU and Tri-County Broadcasting of Sauk Rapids have agreed to a five-year radio broadcasting agreement involving Johnnies’ athletics. The contract, which begins in the 2006-07 school year and runs through 2010-11, involves the Johnnie football, basketball and hockey teams.

Under the terms of the contract, all SJU football games, away and playoff basketball games and away and playoff hockey games will be broadcast on The Bear (WBHR), 660 AM. SJU’s pre- and post-game football broadcasts will also be enhanced for listeners. The Johnnies will be The Bear’s primary local sports tenant.

The radio rights agreement is unprecedented in NCAA Division III athletics. The deal also includes several exposure elements including a billboard, newspaper advertising, radio promotional spots, and web-based advertising.

“Saint John’s has an unrivaled tradition in small college athletics,” said Herb Hoppe, president and general manager of Tri-County Broadcasting. “We are thrilled to carry Johnnie football, basketball and hockey games on The Bear for the next five years, and hopefully long into the future.”

“Saint John’s sports marketing and sports information offices aspire to be the best in our national division in all we do,” said Tom Stock, SJU’s director of athletic marketing and fund raising.

“We believe Saint John’s new five-year radio broadcast rights agreement fits our aspirations. We are thrilled that Johnnie fans will be able to listen to our football broadcasts across most of the state of Minnesota. We are also excited to maintain our basketball broadcasts and add hockey to the Johnnie broadcast mix.”

The Bear, Minnesota’s sports station, has a large primary and secondary bandwidth that reaches the northern part of the state.

McGee to Oversee Enrollment

Jon McGee, vice president for planning, research and communication at CSB/SJU, will oversee the enrollment function for the college and university as vice president for enrollment, planning and public affairs effective July 1. Supporting him in this role will be a new associate vice president and dean of admission who will succeed Mary Milbert in her direct management role in the areas of admission and financial aid. The new associate VP will serve as a member of the Coordinate Cabinet.

In announcing the new structure, CSB President MaryAnn Baenninger and SJU President Br. Dietrich Reinhart said it will provide for greater integration between the enrollment, research and communication areas while retaining the same number of senior staff.

McGee earned his undergraduate degree from SJU in 1984, and a master’s degree in public affairs from the University of Minnesota in 1988. He worked for the Minnesota Department of Finance as a higher education budget analyst for four years. Prior to coming to CSB/SJU, he was vice president for research and policy development at the Minnesota Private College Council, where he was responsible for policy analysis and enrollment and financial aid research. Much of his work at the Minnesota Private College Council focused on economic and demographic trends and their impact on higher education and public policy.

A national search is under way for the associate vice president and dean of
admission and financial aid. Terry Lahti Search Consultants, regarded as the top higher education enrollment search firm in the nation, has been retained to help find the best qualified candidates in the nation. Lahti is working with the following community members who have agreed to serve on the search committee:

Jane Haugen, CSB/SJU executive director of financial aid (chair of the committee)
Karen Backes, associate director of admission
Matt Beirne, director of admission
Mary Ruble, director of admission IT
Dave Lyndgaard, associate dean/director of academic budget
Jane Kathman, professor of management
David Arnott, assistant professor of music
Sarah Pruett, ESL coordinator
Fr. Tom Andert, faculty resident/educator instructor
Jim Koenig, director, IT Services
Kolleen Kellogg, CSB associate VP, Institutional Advancement
Shari Lamecker Rogalski ’89, president, CSB Alumnae Council
Dan McDermott ’84, past president council chair, SJU Alumni Association Board of Directors

On campus interviews are anticipated for early March and all community members will be invited to meet the candidates and share their perspectives and observations about the candidates with the search committee. Baenninger and Reinhart said they urge everyone to actively engage in the interview process for this very important position. They expect the search to be completed in late March with the associate VP and dean joining the CSB/SJU community in early summer.

“We have every confidence that the talented and successful admission team will provide important continuity in this time of transition, that Jon McGee will provide the most capable leadership at the highest level and that we will find an associate vice president and dean who will bring new and creative insights, and a track record of successful enrollment experiences, to this important position,” Baenninger and Reinhart said.

CSB/SJU Students Document Latino Experiences in Book

The personal narratives of young Latino/a students at St. Cloud's Apollo High School and Saint John's Preparatory School have been published in a book, Life in America: A Compilation of Teen Latino Stories, published as a result of a community partnership among CSB/SJU and high schools in the St. Cloud area.

CSB/SJU students in Mary Jane Berger's English course interviewed students over the course of fall 2005 and wrote stories centering on their families and their educational experiences.

The Liemandt Family Service-Learning Department and the Fast Forward Youth Program at CSBSJU, along with principals of the public junior high and high schools, service-learning coordinators, and ESL teachers were key partners in the book project.

Student interviewers sought to inform the local high schools about important issues. For example, the Latino/a student participants shared their educational experiences in order for the community to better understand how their needs are or are not being met. Questions such as: “How is your culture celebrated in your school and classes?” or “In what ways do you feel different or set apart in school and the community? How do you feel included?” were important to gathering this information.

In addition, Matt Arnold, a Spanish major at SJU, and Erin Truhler, director of Fast Forward, translated the family stories that were written. In this way the entire Latino community can enjoy the final product.

JFA Statement Supports Fr. Pierson

The Joint Faculty Assembly adopted the following resolution on Jan. 19:

We, the faculty of CSB/SJU, wish to express our support for Fr. Robert Pierson, O.S.B. We thank him for his faithful ministry to the St. John’s and St. Benedict’s community, and we respect his decision in conscience to resign in the face of the recent Roman instruction regarding homosexually inclined persons in the seminary and the priesthood. We express our support for all homosexually inclined priests and religious who live their vows with integrity and strive to serve the Church faithfully. We further express our support for all homosexual members of our community (students, staff and faculty) and reaffirm our commitment to our human rights policy, which states unequivocally: “Sexual harassment or other forms of harassment based on race, religion, color, national origin/ethnicity, sex, sexual orientation, age, marital status or disability are reprehensible, are antithetical to the mission of these institutions, and will not be tolerated. In institutions such as ours, which espouse Catholic and Benedictine values, every community member’s awareness of and respect for the rights and human dignity of every other member undergirds community life. Attitudes of condescension,
relocated procedures throughout this process.” Our lived experience has clearly shown this not to be the case, and we believe that such claims should have no place in the life of the Church. We call upon the whole Church to help bring an end to mistreatment of homosexuals. We recommit ourselves as a Catholic Benedictine community to ensure that there is no discrimination against homosexuals or any other minorities on our campuses. We call upon people of good will to work for a community of love in which all are afforded their human dignity.

Human Resources Coordinator’s Office Relocated

Marlene Ergen, human resources coordinator, is now housed only at SJU. The move was made to accommodate space needs at CSB. As part of this change, campus recruitment needs and all applications for employment will now be directed to Ergen’s SJU Human Resources Office in Quad 127.

In announcing the office change, Herb Trenz, director of human resources, said, “Our intention is to continue to provide the best service possible for all those departments that currently have searches open and those that will have searches in the future. We will continue to investigate ways of becoming more efficient within this new structure and will announce any changes to our procedures throughout this process.”

CSB Student Selected to Participate in Public Policy Leadership Conference at Harvard

CSB sophomore Vanessa Williams has been selected to participate in the sixth annual Public Policy Leadership Conference Feb. 23-26 at Harvard University’s Kennedy School of Government.

Williams is one of 50 students from around the country to be selected for the conference from a pool of nearly 200 applicants. She was the only student selected from a Minnesota college or university.

The conference will provide an introduction to the field of public policy, a series of distinguished speakers, engage participants in policy workshops and explore possible public service careers. Among the speakers or presenters are former U.S. Ambassador to Yemen (1997-2001) Barbara Bodine, and David Gergen, who has served as an advisor to four U.S. presidents: Richard Nixon, Gerald Ford, Ronald Reagan and Bill Clinton.

“I’m really looking forward to the different workshops that they have,” Williams said. “I think the one I’ll be most interested in is one about negotiation and communication. I really believe that a lot of the world’s problems could be solved quicker if people were more skilled in communicating and negotiating effectively.”

Williams is a sophomore political science major from Maplewood, Minn., and participates in several activities at CSB and SJU. She is the activity director for the College Democrats, and co-chair of United Students Against Sweatshops. Williams serves on the executive committee of the Student Coalition for Global Solidarity and co-hosts a radio show.

She also works for the Public Policy Learning Community at CSB/SJU, as well as the Saint John’s Greenhouse.

Williams was recommended to attend the conference by Matt Lindstrom, CSB/SJU associate professor of political science. Besides Lindstrom’s recommendation, Williams had to send a resume, a personal statement and an academic transcript.

“Getting accepted to this conference is a clear recognition of Vanessa’s academic achievements and service to her community,” Lindstrom said. “The conference affords her the opportunity to network with senior policy makers, elite graduate school representatives, as well as exceptional students from around the world who are interested in public policy.”

“As a political science major, I am quite interested in public policy and public sector work,” Williams said. “Since this conference will focus on public policy, it will help me develop my skills relating to those areas of work and study. I think that this experience will help me as a person because it will force me out of my comfort zone a little bit in that I’ve never traveled by myself, and I won’t know any of the other people attending the conference. I’ve also never been to Massachusetts before, so it will be a completely new experience for me.”

Faculty/Staff News

Fr. Timothy Backous, OSB, has accepted the position of head of school at Saint John’s Preparatory School. He will begin a four-year term on July 1. He is currently the SJU athletic director. A search is under way to fill that position.
Jason Laker, SJU dean of campus life, has received national honors from two organizations for his dissertation, “Beyond Bad Dogs: Toward A Pedagogy of Engagement of Male Students.” It has been selected as the Dissertation of the Year (2005) by the Association of Student Judicial Affairs. The award, which includes a monetary prize of $300, will be made public at the national conference in February in Clearwater Beach, Fla. In addition, Laker is the recipient of the ACPA’s Standing Committee for Men’s Outstanding Research Award for his dissertation. The award will be presented at the 2006 ACPA Convention in Indianapolis.


Jean Keller, associate professor of philosophy, Camilla Krone, professor of MCL, Jason Laker, SJU dean of campus life, Ozzie Mayers, professor of English, and Beth Berila director and assistant professor of women’s studies at SCSU, have published their article, “His Story/Her Story: a Dialogue About Including Men and Masculinities in the Women’s Studies Curriculum,” in the Feminist Teacher (Vol. 16, #1, 2005); this article is based on their roundtable presentation at the National Women’s Studies Association Conference, held in Milwaukee, Wis. June 17-20, 2004.

Scott Richardson, professor of classics, will publish an article called “The Odyssey and the Spy Novel” in the next issue of the journal Classical and Modern Literature.

Stuart Perry, SJU director of financial aid, was elected vice president of the Minnesota Association of Financial Aid Administrators (MAFAA). His term will coincide with the 2006-07 academic year. The association works with students, educators, policy makers and others to ensure that adequate programs of financial assistance are available to students attending Minnesota institutions of higher education.


Professor Lu Ann Reif, winner of the Blazer Athletic 2006 Breaking Barriers award, was honored at half time of a Blazer basketball game Jan. 28, in celebration of the 20th annual National Girls and Women in Sports Day. Festivities continued that evening as S. Lois Wedl, assistant professor of education, Mike Durbin, CSB basketball coach and director of sports information, and Denny Johnson, CSB assistant basketball coach and softball coach, were honored at a dinner for 20 years of service at CSB.

In the Media

CSB President MaryAnn Baenninger’s op-ed, “Students going abroad prepare to contribute in globalized economy,” was featured Sunday, Feb. 5, in the St. Paul Pioneer Press.

CSB/SJU Professor of History and Director of Asian Studies Richard Bohr and CSB/SJU Associate Professor and Department Chair of Management John Hasselberg were quoted Sunday, Feb. 5, in St. Cloud Times articles, “China: An expert’s take” and “China: What mattered to 7 area delegates.”

CSB/SJU was mentioned Jan. 30, in a St. Cloud Times article, “Market is open for Ph.Ds.”

CSB/SJU Executive Director of Fine Arts Programming Anna Thompson was interviewed on the Dave Phipps’ Show, Jan. 29, on KNSI (1450-AM) in St. Cloud.

CSB/SJU student newspaper The Record was mentioned Jan. 27, in a St. Cloud Times article, “St. Cloud Times takes 19 awards, trophy during newspaper contest.”

Saint John’s was featured Jan. 24, on Minnesota Public Radio’s Midday program, “Eugene McCarthy remembered.”

Saint John’s was featured Jan. 24, in a St. Paul Pioneer Press article, “Hundreds gather to honor ‘an American giant.’”
Celebrating Asian New Year

The CSB/SJU Asia Club and Asian Learning Community hosted the 2006 Asian New Year Celebration Jan. 28, in the Clemens Field House at CSB. The event included Tibetan Dancers; Malaysian drummers, Indian dancers and Taiko Arashi drummers from St. Cloud State University; Thai/Hmong dancers from Minneapolis; and CSB/SJU student performers. Other activities included a traditional outfit boutique, calligraphy and art gallery.
Heart Healthy Lifestyle
Healthy Heart Month
By Pari Allen, senior dietetic major

Every six seconds an American suffers a coronary heart event, making heart disease the leading killer of men and women. Many lifestyle factors increase the risk of heart disease, but there are simple steps to reduce the risks.

Don’t smoke cigarettes or use other tobacco products.
This action is the most preventable cause of death in the U.S.
• Seek help to quit
• Experience an immediate impact on the risk of heart disease.

Increase intake of fruits and vegetables.
Many nutrients found in these foods are associated with reduced risk for heart disease.
• Add extra veggies to sandwiches
• Dip fruit into low-fat yogurt or a small amount of peanut butter
• Experiment with different types of colorful salads.
Limit foods high in trans fat, saturated fat, hydrogenated fat and cholesterol.
• Whole-milk products, high-fat meats and foods that contain partially hydrogenated oils such as bakery products and snack foods
• Carefully read labels
Consume less than 2,300 milligrams of sodium per day.
• Prepare your meals at home with lower-sodium foods
• Try an herb blend instead of salt over convenience foods

Stay physically active
• Try to include at least 30 minutes of activity on most days of the week
• Any type of physical activity helps reduce the risk of heart disease
  – Lowering blood pressure
  – Lowering blood cholesterol
  – Helps prevent weight gain

Suggestions:
• It is best to start with one or two goals each week.
• Choose to eat an extra serving of vegetables each day
• Go for a walk after dinner.
• Set new goals that ultimately lead to a heart healthy lifestyle.

Reference
• The American Heart Association website: www.americanheart.org

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. 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