I-LEAD Helps First-Generation Students

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

When Robin Posey was considering attending CSB, she heard about a new program being offered by the school and SJU. Little did she know how much it would help her — and 13 other CSB/SJU first-year students.

The I-LEAD program (I-LEAD is an acronym for Intercultural Leadership, Education and Development) provides scholarships to reduce or eliminate loans for low-income students. In addition, academic, social and leadership guidance is given to students.

“The program has helped me create a support system among my fellow I-LEAD fellows and also among the staff that works with us,” said Posey, a first-year student from St. Paul, Minn., who graduated from Humboldt High School. She is the first person in her immediate family to attend college. “I know that if I have a problem of some sort, I can go to anyone of them without a second thought.”

The idea of the program was first broached about three or four years ago, according to Seth Snyder, assistant director of admission at CSB/SJU.

“We saw a huge need for low-income, first-generation kids getting support in college,” Snyder said. “There were plenty of colleges who offered them scholarships, but not schools that helped them with the process, or once they got to college, wouldn’t help them with succeeding in college, staying in college and graduating.”

Modeled after programs like Upward Bound and Admission Possible, the CSB/SJU program was implemented by Snyder; Theresa Anderson, multicultural advisor in academic advising; Theresa McNutt, director of multicultural programs; and Mary Milbert, dean of admission and financial aid.

“We in admission saw kids who were well-prepared, but not all of them were able to gain admission to college because they didn’t know how the admission process worked,” Snyder said. “And then, from the administration side, they saw a lot of kids who seemed ready, got in college and they didn’t succeed.”

The difference?

“Kids who are the first in their family to attend a college have really different types of needs than students whose family has all gone to college,” Snyder said. “We didn’t fully understand the difficulties that first-generation college students face.”

Snyder began searching for students with high grade-point averages with leadership traits and a demonstrated ability to test themselves and go further than the average student — or, in other words, “kids with great financial need who had performed well in high school,” Snyder said.

Those considered for the program come to the campuses for an interview. They also visit classes and have a financial aid appointment. The program is funded internally by the schools.

Snyder expects to name between 12 and 15 students as program fellows each year. Fifteen students were selected to be the initial fellows in fall 2006; one student has since transferred to another college, leaving 14 students currently in the program.

Once selected, the students attend a three-day retreat before orientation begins that creates team building and leadership, and provides preparation tips for how college will differ from high school. They are divided into four symposium groups; monthly meetings are held. A budget is available for the students to attend national and international conferences. They also have built-in funding to help pay for study abroad costs.

“The most beneficial part of the program is the networking connections that I have made — getting to know people around campus and having them get to know me,” Posey said. “And, with the other fellows who are part of the program, I’m able to spend time with people who are sharing the same experiences as I am on campus.”
“We want them to leave here as student body president, as organization presidents,” Snyder said. “We want these 15 kids to be the leaders; 15 of the top 50 graduating seniors here every year.”

Snyder also hopes the I-LEAD students can “push for change” on the campuses.

“When they attend conferences, they will return to CSB/SJU with presentations and activities to involve the greater community in intercultural learning. When they join clubs, they bring a very intercultural focus to their work here, because they’re all actively involved with promoting the ideals of diversity in our communities,” Snyder said. “When they graduate and move on, they will be inspirations to their families and their home communities, helping bring CSB/SJU closer to low-income communities. When they make friends from other backgrounds here at CSB/SJU, they help promote conversations and awareness of social, ethnic, racial, religious and economic issues.”

“I think that I am more involved on campus then I would have been without the program,” Posey said. “I have had dinner with the presidents of both schools, and been to several leadership conferences.”

Thanks to the I-LEAD program, she has been able to do that.

Baenninger Appointed to University Board in UAE

MaryAnn Baenninger, president of CSB, was recently appointed to the Board of Trustees at American University of Sharjah (AUS) in the United Arab Emirates (UAE).

Baenninger was appointed to the board by His Highness Sheikh Dr. Sultan Bin Mohammed Al Qassimi, member of the Supreme Council of the UAE and ruler of Sharjah. AUS was founded in 1997 by His Highness, who envisioned the university as a leading educational institution in the Gulf region.

The appointment was made during the board’s latest meeting Feb. 19, in London.

Baenninger has been engaged with issues related to higher education in the UAE since 2001. At her previous position with the Middle States Commission on Higher Education in Philadelphia — a non-governmental, peer-based membership association dedicated to educational excellence and improvement through peer evaluation and accreditation — she worked with institutions in the UAE.

AUS is an independent, not-for-profit coeducational institution. Although consciously based on American institutions of higher education, AUS is also expected to be thoroughly grounded in Arab culture and to be part of a larger process of the revitalization of intellectual life in the Middle East. AUS is emerging as a leading comprehensive coeducational university in the Gulf, serving students from the region and around the world.

The school is licensed in the United States by the Department of Education of the State of Delaware. It is accredited by the Commission on Higher Education of the Middle States Association of Colleges and Schools. AUS is also licensed by the UAE Ministry of Education, and all undergraduate and graduate programs are recognized by the ministry and have been awarded either accreditation or accreditation-eligible status. AUS offers 20 bachelors’ degrees, 22 minors, six masters’ degrees and five graduate certificate programs offered by one college and three schools: Arts and Sciences; Architecture and Design; Business and Management; and Engineering.

Sharjah is a city of learning and the arts, as confirmed by its 1998 UNESCO designation as the Cultural Capital of the Arab World. This context facilitates the university’s intention to be an academic center at the intersection of ancient cultural traditions and contemporary intellectual currents. Strategically situated between the Far East and the West, Sharjah is a global trade center. It is the third largest of the seven states that form the UAE.

CSB/SJU Bookstore Maintains Identity and Ties with Community

By Rachel Dougherty, student worker, Communication and Marketing Services

The CSB/SJU Bookstore has received an institutional vote of confidence following a recent evaluation that recommended that the campuses retain in-house management rather than outsource the operation of the bookstore.

The evaluation, conducted by Campus Bookstore Consulting from Massachusetts, was prompted by Vice Presidents of Finance Susan Palmer and Carol Coleman to address whether the bookstores provide an acceptable return on investments and provide customer satisfaction. The evaluation had five objectives: to provide an independent assessment of operations; to benchmark the service level compared to other institutions; to provide strategic initiatives necessary to retain and improve service levels; and to project financial and service capabilities. The consulting firm met and surveyed faculty, staff and students during five visits to campus. They identified initiatives that would improve the quality of the bookstores, but overall they approved of the current operations.

“We are pleased with the vote of confidence from the institution. We have a real commitment to the institutions and we strive to provide both bookstores with selection and variety that...
are unique to each campus," said Don Forbes, bookstore director. "At the same time, we try to mirror our operations between the two campuses so customers are getting the same level of service at each bookstore. We truly are a joint operation."

In-house management allows the bookstores to cater to the institutions and their identity, he said, ensuring, for example, that pottery by Richard Bresnahan will continue to be available for purchase, along with works by members of the monastic community.

F. Kevin Sealsolz, a member of the bookstore advisory committee, said, "I was very positive about the bookstore. It is not just the college's bookstore, but the Abbey's bookstore too." He considers the bookstore one of the finest for theological purposes in the Upper Midwest and he views it as a resource for the Abbey, anyone doing theological research as well as an attraction for visitors who will stay in the future Abbey guesthouse.

S. Eunice Antony, Benedictine values consultant with CSB Campus Ministry, said the bookstore really goes the extra mile for the community. For example, when Saint Benedict's Monastery had an Oblates Weekend, and there were many visitors on campus, the bookstore extended its hours so oblates could come over and browse. "This was over and above the call to duty," she said. "The connection to the monastery is very strong and, because of the in-house management, they are able to pay special attention to our events such as Oblates Weekend. They have a personal investment in the community here and you can sense it when you go in," she said.

"From student workers to the person with the most seniority at the bookstores, we are thrilled to stay independent and are excited about the opportunity to prove ourselves to the institution through offering unique products, a high level of service to students, faculty, staff and guests of the campus," Forbes said.

**Saint John’s Family Fun Day Celebrates Sesquicentennial**

Saint John’s will host Family Fun Day for the general public on May 20, as part of its Sesquicentennial celebration. The event begins at 11 a.m. and continues throughout the day, featuring live music on three stages, tours and activities. Musical performances will include old-time German music, bluegrass, Celtic, Japanese drummers and dancers, Caribbean, Mariachi, Native American drummers and singers, all for free. John McCutcheon will be in concert at the Stephen B. Humphrey Theater at 7 and 9:30 p.m. Tickets for the McCutcheon concert are $10 and can be obtained by calling the SBH box office at 363-3577. Activities will include horse-drawn carriage campus tours, art projects under the Big Top, architecture tours and circus performers. There will be a variety of food available for purchase all day. Bishop John Kinney will preside over mass at 5 p.m. All activities will take place at Saint John’s.

**CSB Student Selected to Present at CUR “Posters on the Hill”**

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

Just call Erin Sauer the "poster child" for undergraduate research at CSB.

Sauer was selected to present at the Council on Undergraduate Research "Posters on the Hill" event April 24-25 in Washington, D.C. She is one of 79 students (among nearly 300 applicants) from across the country who displayed their research on 60 posters at the event.

Her presentation, which deals with oil and gas deposits in the Gulf Coast region of the United States, is the second major poster presentation in just over a month for the junior from St. Joseph, who is a natural science major at CSB.


"I enjoy doing posters because those who are interested can digest your research at their own pace and ask their own questions," Sauer said. "However, this is not the only method I have used for research presentations — I have also given a talk as well."

Her current research — which was displayed in Washington — deals with projections of oil and gas by the U.S. Geological Survey (USGS) in 1995.

"Basically what we found was that the USGS had estimated a certain quantity of hypothetical oil and gas in the Gulf Coast region in their 1995 assessment," Sauer said. "Later analysis, using probability, statistics and geological knowledge, showed that the USGS was most likely wrong in its predictions and there is actually less oil and gas in the region than previously thought."

Sauer's professor advisor on both projects was Larry Davis, CSB/SJU professor of geology and biology. Davis accompanied Sauer to Washington.

Sauer will make a return visit to Washington this summer. She has been selected to participate in the Smithsonian Institute’s 10-week in-residence "Research Training Program" (RTP) in paleontology.

"I really hope to learn more about a variety of natural science topics," Sauer said. "The RTP program allows you to explore many areas of science in preparation for graduate school using the Smithsonian’s collections and (working
with their) researchers.

“I am particularly excited about the project I am doing with my (Smithsonian research) advisor, Dr. Brian Huber,” Saupe said. “I’m really excited to live in Washington, D.C. … It will be a helpful program in learning how to research, especially for grad school. I am just excited I got into such a prestigious program.”

“The research that Erin will be conducting with Dr. Brian Huber is extremely important,” Davis said. “Forams can serve as important environmental indicators and provide clues about past climatic change. Paleontologists are looking at ancient forams to make predictions about future global climate change.

“I’m hoping that Erin will continue to explore the link between paleontology and global climate change in graduate school,” Davis added.

**SJU Student Receives Full Ride to Harvard Graduate School**

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

Even though many consider the John F. Kennedy School of Government to be the best public policy school in the country, Damir Tokic didn’t even contemplate applying for admission.

“I guess I thought that I was not exactly ‘Harvard material,’” said Tokic, an SJU senior who had applied to seven different graduate schools.

Fortunately, CSB/SJU political science professor Kay Wolsborn thought a little differently.

“She had more faith and talked me into submitting my application to the Kennedy School of Government as well,” Tokic said.

Good thing he listened. Tokic has been accepted into the Kokkalis Fellowship Program at the Kennedy School of Government, Harvard University.

“I think that one of the things that sets (the Kennedy School of Government and Harvard University) apart from other public policy schools — besides great faculty — is the fact that 42 percent of their student body is comprised of students from all over the world,” Tokic said. “It will be interesting and rewarding to be able to participate in such a diverse learning community.”

The Kokkalis Program strives to provide individuals committed to invigorating the public sector in southeastern and east-central Europe with educational opportunities to explore effective and pioneering means of governance. Those eligible for the program must be natives of Bosnia-Herzegovina, Albania, Bulgaria, Greece, Hungary, the former Yugoslav Republic of Macedonia, Moldova, Romania, Serbia & Montenegro or Turkey, and must be accepted into one of four degree programs at the Kennedy School of Government. Tokic, a native of Sarajevo, Bosnia-Herzegovina, will enroll in a two-year master in public policy program.

“The objective of the Kokkalis Program is to create a network of people who will contribute to peace building, stabilization and regional cooperation in southeastern and east-central Europe,” said Tokic, a political science major at SJU. “I expect to make some long-lasting friendships and meet people who will be regional leaders in public service and governmental affairs a couple of years down the road.

“After I complete my studies at KSG, I intend to return to Bosnia, work for the government on issues related to Bosnian integration into the European Union, and become active on the political scene,” Tokic said.

He almost didn’t get that far, until he got a nudge from Wolsborn to apply at KSG.

“In my view, one of the most important responsibilities of a faculty advisor is to see potential in their students and to promote the development of that potential,” Wolsborn said. “As students respond and develop, it is only fitting to also encourage them to expand their aspirations accordingly.

“Damir came to us with a strong background and a willingness to take his work here seriously and make the most of the opportunities available. He is an excellent role model for all students,” Wolsborn said.

Tokic came to Saint John’s after participating in the PeaceTrails program in Bosnia-Herzegovina. The program, developed by SJU graduate Dan Whalen, was launched in 1999 with the purpose of gathering young Bosnians and helping them develop their own creativity and self-initiative through friendship, learning and working together.

Those who participate in the PeaceTrails program are eligible to be selected to come to CSB/SJU. Since 2001, 18 students have come to CSB/SJU, with 14 new students starting in fall semester, 2006.

“When I told him (Whalen) about my desire to study in the United States, he urged me to take a look at CSB/SJU. I liked what I saw and with Dan’s help, started my studies here a couple of months after that,” Tokic said.

Tokic also had a unique experience during fall semester 2005 by being the third student from SJU to participate in the one-semester student exchange with Morehouse College, a private liberal arts college for African-American men in Atlanta.

He is grateful for the opportunity to study at Harvard, but also grateful to the many people who helped him at CSB/SJU.

“I just want to emphasize that all of this would never have happened if I didn’t get the chance to be at CSB/SJU in the first place,” Tokic said. “Dan Whalen, Chris Fesler (director of the
program which brings Bosnian students to CSB/SJU — someone who I consider to be my mentor — faculty members of the political science department, and many other people who supported and inspired me through my four years at SJU, are all responsible for my great fortune.”

CSB/SJU Hosted Annual Pi Mu Epsilon Math Conference

The CSB/SJU department of mathematics hosted the 28th annual Pi Mu Epsilon conference April 7 and 8, at the Peter Engel Science Center at SJU.

Pi Mu Epsilon, a national mathematics honor society, promotes scholarly activity in mathematics among students in academic institutions. There has been a chapter at CSB/SJU for over 25 years.

This year’s conference included feature papers presented by undergraduate mathematics students and two talks by Edward Burger, chair and professor of mathematics at Williams College in Williamstown, Mass.

Burger’s research interests are in number theory, and he is the author of over 30 research articles and six books including The Heart of Mathematics: An Invitation to Effective Thinking (winner of a 2001 Robert W. Hamilton Book Award), and his recent general audience book, Coincidences, Chaos, And All That Math Jazz. Burger was awarded the 2000 Northeastern Section of the Mathematical Association of America Award for Distinguished Teaching and 2001 MAA Deborah and Franklin Tepper Haimo National Award for Distinguished College or University Teaching of Mathematics. In 2002-2003, he was the Ulam Visiting Professor at the University of Colorado at Boulder, where he was awarded the 2003 Residence Life Teaching Award. Burger is an associate editor of the American Mathematical Monthly. The MAA named him the 2001-2003 Polya Lecturer. In 2004, he was awarded the MAAs Chauvenet Prize.

CSB/SJU Hosted Annual Caritas Award Ceremony

CSB/SJU hosted the Caritas Award Ceremony April 10, at the SJU Alumni Lounge.

Since 1995, a CSB alumna, an SJU alumnus, one upperclass CSB student and one upperclass SJU student have been chosen to receive the Caritas Award, which recognizes commitment to both service and social justice. The alumnae/i receive $1,500 to give to a volunteer organization in their name, and each student receives $500 for a volunteer organization of his or her choice.

This year’s recipients are Megan Kuhl, CSB senior and environmental studies major from Dubuque, Iowa; Dan Dooher, SJU senior and education major from Moorhead, Minn.; Christine Gamm, CSB alumna ’02; and Paul Freid, SJU alumnus ’99.

Kuhl has participated in two Alternative Spring Break trips, and co-led a third trip this year (the past two to Jonah’s House, a faith-based organization focused on seeking justice through community, nonviolence and resistance). She also helped start the Campus Greens group on campus in 2004, and is its co-president in 2005-06. Kuhl studied in Kenya in May 2005, and completed an internship at Jonah’s House in 2005. She participated in the School of the Americas (SOA) Watch protest in 2003 and 2005. As a member of the Global Initiative Group, she has helped coordinate and promote the Festival of Cultures that celebrates the diversity of CSB/SJU.

Dooher participated in a Peru Service Trip in 2005, and worked with special needs children at a parish in Peru.

While in Chimbote, he tried to address existing poverty and injustices through his teaching. He wants to become a teacher and open students to important global issues, and possibly teach in low-income areas. Dooher has worked with young people in environmental education for the Saint John’s Arboretum, coached cross country at Saint John’s Preparatory School, and is a first-year orientation leader for new students at CSB/SJU.

Gamm was an active member of the SOA Watch protest, and organized students around this issue while a student at CSB. She was also an active participant in the Justicia y Paz (Justice and Peace) group, was a four-year member of Free the Planet! (she was an officer for two of those years) and participated in several Campus Ministry events. Gamm is currently working at the University of Minnesota Arboretum in Chaska. She coordinates the “Plant Mobile” – an outdoor/environmental education program provided to grade schools throughout the Twin Cities. In the summer, she coordinates an urban farming project for late grade- and middle school-aged inner city kids. Additionally, Gamm is involved in the planning and presentation of the May Day parade in Powderhorn Park, Minneapolis, and is active with the Minnesota Green Party.

Freid was one of the founding members of the Jubilee Justice Community at SJU, and participated in the Fellowship of Reconciliation and Community for Creative Non-Violence service trip on an Alternative Spring Break. He was an SJU Campus Ministry student employee, and involved with SOA Watch protests. Upon graduation from Saint John’s, Freid taught religion at Benilde-St. Margaret’s High School, St. Louis Park, Minn. Currently, Freid and his wife, Sara, and their daughter are mem-
bers of the Winona Catholic Worker. They live their lives with the poor.

The Caritas Awards were established in 1995 with support from an anonymous donor.

CSB/SJU Participates in Day at the Capitol

How much money did the State Grant Program provide to CSB/SJU students during the 2004-05 school year?

If you answered $3.5 million in need-based aid helping 1,076 CSB/SJU students for an average grant of nearly $3,270, you probably also know that Minnesota spent about $140 million on the State Grant Program that school year, helping 70,000 low- and moderate-income Minnesotans attend public and private colleges in the state.

CSB/SJU students, faculty and staff met with legislators about the importance of the Minnesota State Grant Program during a Day at the Capitol April 5. Members from Hamline University in St. Paul presented at the event.

The event included a meeting with state representatives Jim Knoblauch (St. Cloud, who graduated from SJU in 1979) and Ann Lenczewski (Bloomington, who graduated from CSB in 1983).

“The Minnesota State Grant Program is critically important to our students. Day at the Capitol provides an opportunity for them to advocate on their own behalf in support of increased financial aid,” said Jon McGee, CSB/SJU vice president for planning, research and communication. “It also provides them with a terrific up-close experience of the policy-making process.”

The 2006 Legislature has been asked to allot an additional $7 million to the grant program in fiscal year 2007. If enacted, the State Grant Program would have enough resources to pay down a significant portion of this fall’s scheduled tuition increases for students from low- and moderate-income families, according to information provided by the Minnesota Private College Council (MPCC).

CSB/SJU Hosted Talk on Catholic Common Ground Initiative

S. Catherine Parten, RSHM spoke on the Catholic Common Ground Initiative and dialogue in the Catholic Church on April 6, at SJU’s Pellegrine Auditorium.

Her presentation, titled “Can We Talk?” introduced the work of Catholic Common Ground Initiative. The initiative, founded in 1996, by Chicago Cardinal Joseph Bernardin, originated in a concern that unnecessarily polarizing differences among Catholic Church leaders and members hinder efforts to build the church community and to carry out its mission. It proposes working principles for dialogue within the church.

The event was sponsored by a program that is investigating the topic of controversial conversations in the context of a faith-based, liberal arts college. Controversial Conversations is funded by a $91,657 grant provided by the Teagle Foundation of New York City to CSB/SJU. CSB is the fiscal agent for the grant.

CSB to Host Annual Summer Elderhostel Program

The 29th annual Elderhostel Program, set for June 4-9 at CSB, will feature classes on Australia, poets Seamus Heaney and Robert Frost, and Jesus’ family tree.

Elderhostel is an international program for adults ages 55 and older. A younger person may come as a companion to an older person attending the program. Participants are housed and fed on campus, and attend three 70-minute classes each day at Margretta Hall.

The classes are:

• “A Walk About the Land Down Under: Images of Australia,” taught by CSB/SJU geology/biology professor Larry Davis.

• “Ireland and New England: The Voices of Seamus Heaney and Robert Frost,” taught by CSB/SJU associate professor of education Art Spring.

• “Skeletons in the Closet: Who’s Who in Jesus’ Family Tree’ (Matthew 1:1-17),” taught by Theresa Lafferty, who is completing her doctoral dissertation at The Catholic University of America, Washington, D.C.

Evening sessions will include:

• Psychologist Ron Baenninger speaks on the benefits of yawning;

• Bus excursion to Clemens Rose Garden and Munsinger Park in St. Cloud;

• Lecture by S. Mary Rachel Kuebelbeck, RN, on exercises that can change your life, and/or a Book Lover’s Night;

• Rosamond Spring speaks on “Joyce Kilmer is my Grandfather.”

The fee is $520 per person for a double room ($50 extra for a single room), which includes meals.

For more information, please contact S. Lois Wedl, OSB, director of Elderhostel at CSB, at 363-5209; or at lwedl@csbsju.edu.

DesJardins Named to Interim Post

CSB President MaryAnn Baenninger and SJU President Br. Dietrich Reinhart have announced the appointment of Dr. Joseph DesJardins to the position of interim academic dean and associate provost, effective July 1.

DesJardins currently serves as professor of philosophy and has been an active
and respected faculty leader since his arrival on campus in 1990. His leadership includes a term as Joint Faculty Assembly chair and, most recently, chair of the Core Task Force.

The presidents expressed their appreciation to DeSardins for his willingness to accept this responsibility. They thanked the faculty for their active role in identifying and nominating candidates, and also the interim provost, the Joint Faculty Assembly chair and vice chair, and the division heads for their input during the process.

Faculty/Staff

Research by Lydia M. MacKenzie, assistant professor of management, has been accepted for presentation in Tuscany, Italy, in July, at the sixth International Conference on Knowledge, Culture and Change in Organisations. In her presentation on "Fact or Fiction: Have U.S.-Based SMEs Progressed Beyond Promotional Web Sites to That of Full Internet Integration?" she will discuss her research that investigated the level of Internet usage for business solutions by small Minnesota-based manufacturers.

Ernie Dietrich, professor of economics, gave a presentation at the Whitney Senior Center on March 2 entitled "Communities and Energy Use: Kicking the Oil Habit." The talk addressed how communities can change the way they use energy and highlighted what some cities have done to make them less dependent on oil.

Marina Martín, MCL associate professor, interviewed Spanish film director Carlos Saura at the Cervantes Institute in New York on Feb. 23. From Jan. 1 to March 29, the Cervantes Institute features a "Tribute to Carlos Saura." This event includes a film festival devoted to Saura’s films showing different stages in his career. On Feb. 23, Antonio Muñoz Molina, director of the Cervantes Institute in New York City and a well-known Spanish author, presented Carlos Saura to a large audience and interviewed him at the Institute Auditorium. Professor Martín filmed the interview and later conducted her own interview with Saura at Muñoz Molina’s office. Professor Martín has used Saura’s films frequently in her classes, has presented papers at professional meetings and has published articles on his films. Martín has also presented papers on Muñoz Molina and has included his works in upper division literature courses, such as the contemporary Spanish literature course that she taught last semester. Students read Muñoz Molina’s novel Sefarad and watched several of Saura’s films throughout the fall semester.

Computer science faculty Lynn Ziegler, Imad Rahal and James Schnepf accompanied nine students to the annual Midwest Instruction and Computing Symposium at Iowa Wesleyan in Mount Pleasant, Iowa, where the students competed in a programming contest. The contest had 34 teams from 18 different institutions with three students on each team. One CSB/SJU team comprised of Joe Outzen, Sarah Kepper and Ryan Snee took second place while another team finished ninth. It was a great performance by the team who missed first place narrowly when another team solved one more problem with minutes left in the contest.

Kay Wolsborn, professor of political science, was invited to present a paper entitled, "Women's Rights to Gender Neutrality: Strategies for Policy Development," in March at the Oxford Round Table conference on women's rights held in Oxford, U.K.

Valandra, adjunct assistant professor of in social work, recently had her manuscript entitled "Reclaiming their Lives and Breaking Free: An Afrocentric Approach to Recovery from Prostitution," accepted for publication in Affilia: Journal of Women and Social Work. The peer-reviewed journal is published by Sage Publications, Inc. The article is scheduled for publication in 2007. It includes the results of a qualitative research study with African American women healing from sexual assault and prostitution.


Sanford Moskowitz, assistant professor of management, has been notified that his paper "The Factors Limiting Internationalization of Small and Medium-Sized Enterprise in Eastern Europe, 1990-2005" has been accepted for publication in the Proceedings of the 33rd Academy of International Business (AIB) – UK Conference held in Manchester, England April 7-8. This paper expands Moskowitz’s previous work on the role of the European Union in the internationalization process of Eastern European transition and non-accession countries.
Healthy Relationships
By Valandra, Social Work Department

Thinking about the topic of relationships evoked images of several books and articles with catchy quick-fix titles:

“Eight Steps to Developing a Healthy Relationship”
“Ten Strategies for Saving Your Marriage”
“Twelve Ways to Catch a Man/Woman and Keep Him/Her.”

Drifting unconsciously to clever clichés such as “opposites attract,” “love at first sight,” “love is blind,” and “three is a crowd,” I wasn’t too eager or interested in adding yet another quick-fix, how-to, step-by-step, flashy fable to the mix. After six months (off and on) of reflecting on the word healthy, some of the lasting virtues I’ve witnessed and experienced in healthy relationships emerged:

- patience
- commitment
- mutual respect
- honesty
- courage

I feel good about myself on the surface when I possess honorable, wholesome virtues but what do they really mean? Developing healthy relationships requires me to go beyond the surface. I must roll up my sleeves, go deep, and commit to a willingness to know myself and others beyond life’s clichés. This is a life-long process involving letting go, negotiating, nurturing and stretching me. It requires flexibility and courage to embrace traditional ideas in different and new ways. Can I resist the self-sacrificing, guilt-ridden messages about putting others first long enough to take care of my own emotional/physical/spiritual health? How I treat myself can give me a clue about my potential for creating healthy relationships with others. Healthy means expanding the adage “treat others the way you want to be treated” to include treating others the way they want to be treated to avoid imposing or projecting my own idea of respect onto someone else. Healthy relationships involve having the courage to stand up for what we believe in and the ability to reconsider our perspective or position when we receive new and/or different information. A sense of humor also goes a long way in fostering and maintaining healthy relationships. I invite you to go deep and enjoy the journey and yourself along the way.

Suggested books for more information on the topic:

*Intimacy and Solitude: Balancing Closeness and Independence* by Stephanie Dowrick (1991)


**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/undergraduate/healthy-learning](http://www.csbsju.edu/undergraduate/healthy-learning).