CSB Commencement Activities to be Held May 13

CSB President MaryAnn Baenninger will deliver the commencement address at CSB at 2 p.m. Saturday, May 13, in the Haehn Campus Center Field House.

Also during the commencement ceremony, CSB will present its President’s Medal to Dorothy Gorecki, while Francis (Frank) Ardolf will receive an honorary Doctor of Humane Letters degree.

Emily Johnston, an English major from New Brighton, Minn., will be the student commencement speaker, as selected by this year’s CSB senior class. The 2006 CSB graduation class includes 463 women.

Baenninger, who has devoted nearly her entire career to higher education, received her doctorate from Temple University, where she also completed her bachelor’s degree in psychology, summa cum laude, Phi Beta Kappa. Her career has included serving as an associate professor in the department of psychology at The College of New Jersey, Ewing, N.J., a faculty member at Philadelphia University in Philadelphia, and Washington College in Chestertown, Md. She became the 14th president of CSB on Aug. 1, 2004.

Gorecki, in partnership with her husband, Benedict, ran a restaurant in Milaca, Minn., and other business endeavors in Milaca and St. Cloud. In 1967, the two founded Gorecki Manufacturing, specialist manufacturers of overhead projectors, traffic controls, digital wall displays and other products for a wide range of Fortune 500 companies. After a long and successful business career, the Goreckis embarked upon a series of philanthropic ventures. CSB will honor Gorecki for her philanthropic leadership and vision in the renovation and expansion of the CSB Benedicita Arts Center. The Gorecki Gallery and Gorecki Theater stand as lasting tributes to her dedication to the arts. Every year, thousands of students, faculty and community members take advantage of the programs, shows and events hosted on campus, making the Benedicita Arts Center one of the finest performance venues in the upper Midwest.

The President’s Medal is on occasion awarded to those members of the CSB community who have demonstrated

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SJU Commencement Activities to be Held May 14

R. Scott Appleby, professor of history and John M. Regan Jr., director of the Joan B. Kroc Institute for International Peace Studies at the University of Notre Dame, will deliver the commencement address at SJU at 2 p.m. Sunday, May 14, in the Saint John’s Abbey Church.

Appleby will receive an honorary Doctor of Laws degree, while Joe Dowling, artistic director at the Guthrie Theater in Minneapolis, will receive an honorary Doctor of Humane Letters degree. Also during the commencement ceremony, Saint John’s Abbey and University will present its Pax Christi Award to the Most Rev. Harry J. Flynn, archbishop of Saint Paul and Minneapolis.

Samuel Boggs, a peace studies major from Moorhead, Minn., will be the student commencement speaker, as selected by this year’s SJU senior class. The 2006 SJU graduating class includes 406 undergraduate men and 22 School of Theology Seminary graduates.

Appleby teaches courses in American religious history and comparative religious movements. From 1988 to 1993, Appleby was co-director of the Fundamentalism Project, an international public policy study conducted by the American Academy of Arts and Sciences. From 1985 to 1987, he chaired the religious studies department of St. Xavier College, Chicago. Appleby is the author of *The Ambivalence of the Sacred: Religion, Violence and Reconciliation* and editor of *Spokesmen for the Despised: Fundamentalist Leaders of the Middle East*. With Martin E. Marty, he co-edited the five-volume *Fundamentalism Project*. He has been a fellow of the Institute for International Peace Studies at the University of Notre Dame since 1996, and director since 2000.

Besides being artistic director at the Guthrie Theater, Dowling is also widely known for his association with the Abbey Theatre, Ireland’s national theater. He served as the Abbey Theatre’s artistic director (1978-85), artistic director of PEA-

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extraordinary loyalty, dedication and service to the College and its mission of liberal arts education in the Benedictine tradition.

Ardolf attended Los Angeles City College, where he studied liberal arts and accounting. Ardolf began his career with Douglas Aircraft, but soon moved on to co-found a general contracting business. Eventually this business was known as Ardolf Drazan Investments and Ardolf and his partner earned great success developing and managing commercial and industrial real estate in Los Angeles. As a result of Ardolf's philanthropy, the CSB campus is a center of scientific inquiry. Located in the heart of our campus, the Ardolf Science Center inspires and supports each new generation of women scientists. Ardolf's alma mater, Loyola High School in Los Angeles, Calif., has also been the beneficiary of his generosity. Just as Ardolf's gifts have shaped CSB's campus, his leadership in the development of the Ardolf Academic Hall secures Loyola's place as the premier Catholic, Jesuit high school in Los Angeles.

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cock Theatre, the Abbey's second stage (1973-76), and founded the Young Abbey, Ireland's first theater-in-education group (1970). Dowling served as artistic director for the Irish Theatre Company, managing and artistic director of The Gaiety Theatre, and founded the Gaiety School of Acting. Ireland's premiere drama school. Since coming to the Guthrie in 1995, he has directed numerous productions and initiated the Guthrie Theatre's return to touring.

Flynn was ordained to the priesthood on May 28, 1960, in Albany, N.Y. Flynn served as an associate pastor, pastor, high school teacher, retreat master and spiritual leader in several various assignments in the Diocese of Albany. He also served as the dean, vice rector and rector of Mount Saint Mary's Seminary from 1965-1979. Flynn was ordained bishop of the Diocese of Lafayette, La., on June 24, 1986. He was named coadjutor archbishop for the Archdiocese of Saint Paul and Minneapolis in February 1994. On Oct. 1, 1995, Flynn succeeded Archbishop John Roach as head of the Archdiocese of Saint Paul and Minneapolis. Flynn is a member of the U.S. Catholic Conference of Bishops (USCCB) Committee for Black Catholics; the USCCB Committee on Sexual Abuse; and the USCCB Committee on the Charismatic Renewal.

As the highest honor awarded by SJU, the Pax Christi Award recognizes those who have devoted themselves to God by working in the tradition of Benedictine monasticism to serve others and to build a heritage of faith in the world. The award has been presented to 52 individuals. Past recipients include the late Cardinal Leo Jozef Suenens of Belgium; the former representative of the Holy See in the United States, Archbishop Jean Jadot; the late former senator and presidential candidate Eugene McCarthy; the late Archbishop John Roach of the Archdiocese of Saint Paul and Minneapolis; Mary Jo Copeland, founder and director of Minneapolis' Sharing and Caring Hands; Amy Grant, a contemporary Christian singer; and the late Cardinal Joseph Bernardin of the Chicago Archdiocese.

Sixth Annual Celebrating Scholarship Day Observed at CSB

Approximately 175 CSB/SJU students gave presentations on their scholarship or creative work during the sixth annual Celebrating Scholarship and Creativity Day April 22, at CSB.

The event recognized the achieve-ments of student scholars engaged in independent creative work or research projects at CSB and SJU. Presentations included talks, posters, artistic displays or performances. Many of them were honors thesis presentations, some were pieces the students developed themselves because of their interest in the subject, and others were research works-in-progress in collaboration with a faculty member.

Celebrating Scholarship and Creativity Day activities included vocal and instrumental music performances; poetry readings and the critical analysis of literature; laboratory and field research in the social and natural sciences; music and dance performances; plenary addresses by noted scholars; and displays by classes and research groups engaged in collaborative research.

Petters Foundation Honors Scholarship Recipients

The John T. Petters Foundation honored four scholarship recipients at a reception at the Renner House on April 27. Attendees included Thomas J. Petters and representatives from both the Petters Group Worldwide and the John T. Petters Foundation, the four students, three sets of parents, extended Petters family members, CSB President MaryAnn Baenninger, SJU President Br. Dietrich Reinhart and CSB staff.

The John T. Petters Foundation honors the short yet remarkable life of John Thomas Petters. As a student at Miami University in Oxford, Ohio, he tragically lost his life in March 2004, while on spring break in Florence, Italy. His dream of helping deserving students study abroad is realized through the Foundation. The recipients were each awarded $5,000 for educational expenses associated with E-scholar or study abroad programs during the spring or summer of 2006.
The scholarship recipients are: Heather Nicole Johnson, a junior economics major who will travel to Rome, Florence and Munich; Matthew Logering, a junior management information systems major; Tabitha Wetzel, a junior sociology major; and Molly Weyandt, a junior management major. Logering, Wetzel and Weyandt are E-scholars who traveled to China. Logering and Weyandt also will be interns this summer with the Petersen Group Worldwide.

**Campus Lecture Addressed Environmental Justice**


Coleman is the Charles Casassa Professor of Social Values at Loyola Marymount University, Los Angeles. The Jesuit priest is a noted speaker and specialist in the sociology of religion and the author or editor of 17 books.

“Environmentalism can’t just be about wilderness, but must be about cities, given the growth rate of cities, especially in the Third World,” Coleman said about his speech. “Justice will mean some pretty harsh technologies like toilets, lights (and) zoning. So let’s get concrete. How do you translate a powerful religious vision into a strategy for action at local levels?”

Coleman’s speech was filmed by Twin Cities Public Television (TPT) for broadcast three times in June, and was sponsored by the CSB Koch Chair in Catholic Thought and Culture, and the SJU Religion and Science Forum.

**5K Fun Run to Honor Thorpe Running**

The Thorpe Running 5K Fun Run and Walk will begin at 10 a.m. June 17, at French Park in Plymouth. Running is Regents professor emeritus of Spanish. Proceeds will benefit a Spanish scholarship in his honor at SJU, available to SJU and CSB students. Mount Oliver Lutheran Church is hosting the race and is taking registrations. To register or see a five-minute video about him, go to www.mideventstours.com, click on “Running” near the top, scroll down to 6/17/2006 and “Thorpe Running 5K Fun Run and Walk,” and click “link to race site” on the right.

**SJU Presented Colman Barry Award to Historian Nina M. Archabal**

SJU presented the 14th Colman J. Barry Award for Distinguished Contributions to Religion and Society to Nina M. Archabal in honor of her leadership and service as historian and preserver of Minnesota history. The award was presented in conjunction with Saint John’s Day activities on April 21.

Archabal joined the Minnesota Historical Society in 1977 and was appointed director and state preservation officer in 1987. During Archabal’s tenure, the Minnesota Historical Society developed the Minnesota History Center as the state’s history museum and library. Archabal also oversees a statewide network of historic sites and the Mille Lacs Indian Museum. Her most recent achievement involves the development of the Mill City Museum, a milling museum and education center constructed within the ruin of the Washburn A Mill national landmark on the Minneapolis riverfront.

Archabal currently serves on the Board of Overseers of the Hill Museum & Manuscript Library at SJU and is a member of the Smithsonian Council. Past service includes the Board of Overseers of Harvard College and the SJU Board of Regents.

In 1997, Archabal received the National Humanities Medal from President Bill Clinton. She has received an Outstanding Alumni Achievement Award from the University of Minnesota and an honorary doctorate from Carleton College in Northfield, Minn. Archabal holds a bachelor’s degree from Radcliffe College in Cambridge, Mass., a master’s degree from Harvard University and a doctorate from the University of Minnesota.

The Rev. Colman J. Barry was president of SJU from 1964 to 1971. He left an enormous legacy at Saint John’s, including the creation of the Hill Museum & Manuscript Library, Minnesota Public Radio and the Jay Phillips Center for Jewish-Christian Learning. The Colman J. Barry Award for Distinguished Contributions to Religion and Society is given annually to those who, like Barry, have made significant contributions to human knowledge, understanding or communications in religion and society.

**CSB/SJU Honors Student Employees/Team of the Year**

Emily Klehr, Chris Lauer and the Fast Forward Youth Program student staff have been named Student Employees/Team of the Year at CSB/SJU.

The winners were announced at a breakfast April 11, in the Alumni Lounge at SJU during National Student Employee Appreciation Week April 9-15. The winners received an engraved plaque.

Klehr, a senior management major from Jordan, Minn., works in the SJU Academic Advising office as a management advising lead. She was nominated by her supervisor, Jason Kelly.

“For the past two years, I have been privileged to have Emily as my student assistant,” said Kelly, the associate director of academic advising. “Emily is an exceptional worker. With very little direction, Emily will take a project and complete it with more creativity and quality than I would have done myself.”

Klehr said the position has had a
“positive influence” on her academic, personal and professional growth. “Moreover, the management lead position has allowed me to grow personally by helping me expand my interpersonal and teamwork skills,” she said.

Her current plans include employment as a buyer analyst at Best Buy Co. Inc. headquarters in Richfield, Minn., this summer. Klehr hopes to become a prominent female leader at a Fortune 500 company.

Lauer, a senior economics major from Wauunakee, Wis., is the manager of the Outdoor Leadership Center (OLC) at SJU. He also was named the state, regional and national student employee of the year.

Lauer is responsible for the OLC staff of 22 employees, ensuring the overall day-to-day functioning of the OLC, supporting OLC’s programs and operation, building and maintaining partnerships to enhance the mission of the OLC and working with the OLC supervisors. He has worked at OLC for three years.

“Chris uses strong communication skills with our customers while conveying information about equipment and programs, teaching at the Climbing Wall (part of the OLC programming), teaching outdoor-related skills and demonstrating outdoor equipment,” said his nominators and co-supervisors at OLC, Heidi Harlander and John Clarkson, in the nominating report.

Lauer said he has learned several things that will help him succeed in the future.

“One thing that has improved is my time management skills. I was never very good at keeping a schedule, and there still is a lot of room for improvement,” Lauer said. “However, becoming a manager at the OLC has forced me to be more organized.”

The Fast Forward Youth Program student staff of eight seeks to support Latino/a youth in their academic and personal lives by providing the opportunity for them to interact with volunteer college students who serve as their tutors and mentors.

“It is a privilege to supervise such a talented, dedicated and dynamic group of college students. They are undoubtedly among the hardest working teams of student employees on our campuses,” said Erin Truhler, director of the Fast Forward Youth Program.

The Fast Forward Youth Program student staff consists of Aaron Benes (senior, elementary education, Cambridge, Minn.), Gretchen Enninga (sophomore, psychology, Fulda, Minn.), Raquel Gudiel (first-year, English, Bell, Calif.), Jessica Lage (senior, elementary education, Apple Valley, Minn.), Molly Leuthner (senior, English, Nelson, Minn.), Misty Martinez (junior, Spanish, Cold Spring, Minn.), Carlene Quist (junior, peace studies and Spanish, St. Cloud) and Andrew Zimmerman (first-year, history, Gainesville, Fla.).

Exceptional student workers are nominated for the awards by their supervisors. The students also complete a nomination letter. The Student Employee/Team of the Year five-person committee reviews all applications and makes the decision based on the criteria of the program – reliability, quality of work, initiative, professionalism and uniqueness of contribution.

Arboretum Bids Farewell to First Fellow

Submitted by Sarah Gainey, assistant director/environmental education coordinator, Arboretum

I guess I didn’t take the words of caution seriously enough. “Don’t get too attached to your temporary employee; they will have to leave eventually” is what I was told when we decided to create a full-time, year-long office coordinator position. “How hard can it be?” I thought. “I’ve been a seasonal employee at lots of places and always moved on just fine.” What I didn’t anticipate was having the leaving done to me, instead of me doing the leaving. That is a whole other story and what I am struggling with now as Emily Franklin, our first office coordinator/grant writer fellow for Saint John’s Arboretum, is preparing to move on from our office.

Emily came to us last summer as a 2004 CSB graduate who spent the previous year working for a large Minnesota energy company. During her interview for the fellowship position, it was obvious that working for a large for-profit company was not sitting well with her ideas and values. She longed to work for an environmental non-profit and the search committee members filling the fellowship position were all in agreement that Emily was our best candidate for the job. However, none of us could predict the impact Emily would have on the Arboretum and the difficulty we are having in letting her go.

Under her direction, our office has grown by leaps and bounds in the last year, including the following highlights. We have added over 100 new Arboretum members and Emily coordinates all the membership management. She has applied for a number of grants and recently received news that one of the grants was awarded, adding money to the fund we use to reimburse schools for transportation costs. Emily organized and ran a successful second annual Shaping the Future of Avon Hills workshop in February, where over 75 people from the surrounding communities came together to discuss the future of this area. Our high-quality and informative quarterly newsletters continued to be published under her leadership.

Community 4 May 2006
Stepping outside the boundaries of her job description, Emily also taught environmental education classes to our visiting preK-12th grade students, along with classes for CSB/SJU.

Emily will leave a lasting impression on all of us at the Arboretum who worked with her, on all the students she taught, and on all the people who communicated with her through the office, either via phone, email, letter or face-to-face. Her passion, friendly demeanor, and drive to make a positive impact on the world are some of her best qualities and what I will miss the most. I already envy the place that she will land next, and extend the words of caution regarding temporary employees.

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. Other 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. Bishop John Kinney will preside over mass at 5 p.m. All activities will take place at Saint John’s.

Arboretum Hosts Spring Birding Day

The Saint John’s Arboretum will host its Spring Birding Day May 20, 5 a.m. to 1 p.m., or 8:30 a.m. to 1 p.m.

Birders will join expert guides on a birding hike through the Saint John’s woods to see and learn about the numerous local and migrating birds that call our area home this time of year. In 2004, the groups saw 114 different species of birds in one day.

The outing is informal and all skill levels are welcome. Bring binoculars if you have them and dress for the weather.

Cost is $12 for Arboretum members, $16 for all non-members and covers morning break (coffee and rolls) and lunch. Please meet in the New Science Center center near the Arboretum offices either at 5 a.m. or 8 a.m.

Pre-registration is encouraged. Contact the Arboretum at 363-3163 to register or with any questions or concerns.

NCATE OKs Reaccreditation of CSB/SJU Department of Education

S. Ann Marie Biermaier, chair of the CSB/SJU department of education, has received notification that the department’s accreditation has been renewed by the NCATE Unit Accreditation Board. NCATE, the National Council for Accreditation of Teacher Education, currently accredits 623 institutions which produce two-thirds of the nation’s new teacher graduates each year. NCATE revises its standards every five years to incorporate best practice and research in order to ensure that the standards reflect a consensus about what is important in teacher preparation today. In the past decade, NCATE has moved from an accreditation system that focused on curriculum and what teacher candidates were offered, to a data-driven, performance-based system dedicated to determining what candidates know and are able to do. The new system expects teacher preparation institutions to provide compelling evidence of candidate knowledge and skill in the classroom. Multiple types of performance assessment are expected throughout the program of study.

Faculty/Staff

Noreen Herzfeld, CSB/SJU professor of computer science and theology and director of the CSB Koch Chair in Catholic Thought and Culture, addressed an international conference on religion and science in Tehran earlier this month. Herzfeld traveled to Iran as one of the seven members of an American delegation to Iran sponsored by the Philadelphia-based Metamexus Institute. The conference, held May 1-4, brought together Iranian, American and other international scholars. The American delegation arrived in Iran on April 30 and departed on May 8. Their itinerary also included visits to Isfahan and Qom. Herzfeld is an internationally recognized scholar in the field of science and religion and author of In Our Image: Artificial Intelligence and the Human Spirit (2002).

Jeff Kamakahi, associate professor of sociology, presented a paper entitled “Na Inoa: Popular Hawaiian Given Names for Infants in Hawai‘i, 1960 through 2004” at the Hawai‘i Sociological Association Meetings in Honolulu. The paper was co-authored with Kate Kamakahi, an instructor at the Minnesota School of Business.

Kamakahi was also able to conduct interviews with scholars and performers as well as research texts in Hawai‘i for his present CSB/SJU Faculty Development Grant entitled, “Emblematic Songs of Native Hawaiian Identity.”
Don Fisher, assistant professor of physical education, had his research paper, “The Effect of Certified Personal Trainer Services on Stage of Exercise Behavior and Exercise Mediators in Female College Students” accepted for publication in the *Journal of American College Health*. This study was co-authored with Jennifer Bryant, a CSB senior majoring in psychology.

Richard Bohr, CSB/SJU professor of history and director of Asian studies, delivered an address entitled “Chindia and the U.S.: Building Bridges to the Asian Century” at the Concordia University, St. Paul Convocation on April 5.

In his capacity as board chair of ASIANetwork, a consortium of U.S. liberal arts colleges with Asian studies programs, Bohr organized the 14th annual ASIANetwork conference held near Chicago April 21-23. The conference attracted more than 200 Asian studies professors from 170 member colleges as well as from Asian countries, including Vietnam, to discuss ways to enhance the curriculum and broaden experiential programs in Asian studies in order to better prepare American students for personal and professional engagement in the “Asian Century.” They also deliberated about the need for America’s colleges to teach third- and fourth-year Asian languages to keep pace with the mushrooming expansion in government support of Asian-language instruction in America’s primary and secondary schools.

A highlight of the conference was the participation of students from Myanmar, Thailand and Japan, who recommended ways in which American liberal arts colleges can enhance learning opportunities about America for students from Asia. Sixteen panels focused on such issues as the importance of broadening Asian studies, Asian American studies, and U.S.-Asia connections through ever-sophisticated technology; expanding study abroad, internship and teaching in Asia programs; and strengthening student-faculty research opportunities in Asia.

Richard Bresnahan, SJU master potter and artist-in-residence, presented a keynote address, “Ancient Fires to a Humane Future: Asia as the Foundation to Twenty-First Century Environmentalism,” on April 21, at the 14th annual ASIANetwork conference. In his illustrated talk, Bresnahan highlighted his lifetime devotion to welding ancient Japanese pottery techniques with Midwestern clay and glazing materials. He stressed the importance of salvaging industrial waste products and utilizing other renewable resources in the creation of art, culture and community which builds bridges between East and West. A number of conference attendees complimented his brand of environmentalism for gaining international attention. Following his well-received talk, the audience viewed “Clay, Wood, Fire, and Spirit,” a documentary of Bresnahan’s life and work which won two Emmy awards in 1997.

SJU education students Frederick Stock and Jeremy Willenbring were keynote speakers at the Central Minnesota Reading Conference Jan. 28, at the Blackberry Ridge Clubhouse in Sartell. With the current interest in the literacy activities of boys, the students were asked to research what and why boys read. Kevin Schultz, also an SJU education major, participated in the study and all three men were recipients of the Undergraduate Research Grant. In preparation, they investigated Michael Smith and Jeffrey Wilhelm’s research that reports that reading is an intensely social aspect in most boys’ lives. The research also shows that boys read outside of school, often seeking materials that explain or enlarge their understanding of chosen activities such as music or skateboarding. Boys read to solve problems, to explore their special interests and they read to exchange information with friends. Willenbring and Stock co-presented with Adam Johnson from St. Cloud State University. Dr. Lynn Moore, CSB/SJU professor of education, and Ilene Rutten from St. Cloud State University assisted them. The Central Minnesota Reading Association is an affiliation of the International Reading Association.


SJU senior Lewis Grobe has been awarded a Fulbright Scholarship to serve as a teaching assistant in Germany.

An article by Manju Parikh, CSB/SJU associate professor of political science, entitled “India-Pakistan Rapprochement: A Cautious Optimism?” has been reprinted by World Press on its web journal at http://www.worldpress.org/Asia/2320.cfm.

John Hasselberg, CSB/SJU associate professor of management, was elected to the Board of Directors of the Swedish Council of America at its meeting April 22, in Phoenix. The Swedish Council of America is the premier umbrella
organization linking over 350 affiliate organizations in North America and Sweden. The mission of the Swedish Council of America is to bring into a cooperative relationship all groups and individuals whose purpose is to promote knowledge and an understanding of the Swedish heritage in North American life and to strengthen the cultural ties between North America and Sweden.

The CSB/SJU music faculty is pleased to announce that they have selected junior music major Jessica Scherer as the recipient of the 2006-07 Presser Undergraduate Scholar Award. She will receive a certificate and a $4,200 scholarship for her senior year, and be known as a Presser Undergraduate Scholar. A music major with a concentration in instrumental education, Scherer is a member of the CSB/SJU wind, orchestra and percussion ensembles, and a student campus minister with responsibilities to plan and coordinate the music for weekly liturgies. Funding for the scholarship was provided by The Presser Foundation, in recognition of the quality of the CSB/SJU music department. The Presser Foundation was established in 1916, by Theodore Presser for the purpose of promoting music education in institutions of learning. Presser also founded the Theodore Presser Company, the oldest continuous music publisher in the United States.

Dan Steck, CSB/SJU professor of physics, and his colleague Bill Field at the University of Iowa have won a Children’s Environmental Health Recognition Award from the Environmental Protection Agency for their investigation of radon exposure. They also made presentations at a World Health Organization summit in Geneva in March and are involved in worldwide pooling data on radon through the United Nations.

The Welcome Mat
We welcome the following to the CSB/SJU community:
Julie Hofer, Custodial Maintenance
Cheryl Huchn, Fine Arts
Catherine Christensen, Health Center
Troy Fritz, Institutional Advancement
Gigi Fourre Schumacher, Institutional Advancement
Jane Stromme, Registrar

Farewell to Friends
Angelica Hambrick, Student Activities
Mary Smith, Custodial Services
Jeanne Furst, Admission Office
Theresa McNutt, Student Development
Patrick A. Hegel, Admission Office
Norma Dickau, Clemens Library
Heidi Hilleson, Residential Life
Kelly Crue, Residential Life
Lynn Mueller, Residential Life
Joann Jasper, Residential Life
Judith Huber, Counseling and Health
Mary Milbert, Admission
Eunice Antony, Campus Ministry
Theresa Solarz, Athletics
Dave Wilke, Athletics
Neil Andruschak, Athletics
Michelle Putnam, Admission
Alicia Grosskreutz, Food Service
Janet Reagan, Counseling and Health
Anne McCarney, Admission

Valandra, Social Work
Vicky McIntyre, Management
Robert Nelson, Management
Sean Dwyer, MCL
Elizabeth Tilak, Nutrition
David Molnar, Mathematics
Chris Stangl, Political Science
Reene Rau, Psychology
Carol Berg, History
Deanna Lamb, Education
Judy Knutson, Nursing
Bruce Dickau, Education
Roselyn Schmitt, Philosophy
Roselyn Schmitt - Retiree
Take Care of Yourself: 
The Benefits of Breakfast

By Margaret Glad, junior dietetics major

Breakfast is the most important meal of the day, right? This is what is taught and assumed to be true. Well, this statement can be taken to heart -- literally. A morning meal starts each day on the right track for healthier eating all day long. Those who eat breakfast tend to consume more vitamins, minerals and fiber in the day while preventing over-consumption at later meals. Individuals who consume breakfast on a regular basis have a greater tendency to maintain their weight and have enough energy for physical activity. In addition to health benefits, breakfast eaters increase work efficiency and cognitive skills.

So what comprises a balanced breakfast meal? We should strive to meet the following guidelines in each morning meal:

• at least one serving of fiber
• at least one fruit or vegetable
• milk or another source of calcium
• and, a protein item

Although these criteria can seem overwhelming, achieving a balanced breakfast is easy.

Fiber: hot or cold whole grain cereals, whole wheat toast, low-fat bran muffins, or whole wheat bagels

Fruit and vegetables: juice, fresh, frozen, canned or dried

Low-fat dairy products: milk, yogurt or cheese, alternated with calcium-fortified soy products for variety.

Protein: lean meats and poultry, eggs, or peanut butter.

Quick Tips for Breakfast Fast

• Prepare foods night before
• mix up juice
• cook hard-boiled eggs
• slice fruit
• Sprinkle a crunchy granola cereal in yogurt cup
• Slice a hard-cooked egg into a pita pocket
• Spread cream cheese, peanut butter or lay a slice of cheese on a bagel

For healthy breakfast recipes enter the following link into your web browser and click on breakfast
http://www.mayoclinic.com/health/healthy-recipes/RE99999

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.