

Saint Benedict's

MAGAZINE

Fall 2008

To *Go*?

*student researchers examine effects of
caffeine on athletic performance*



COLLEGE OF
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Saint Benedict's Magazine

EDITOR AND DESIGNER: Heidi L. Everett

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CONTACT

College of Saint Benedict Magazine
37 South College Ave.
St. Joseph, MN 56374-2099

heverett@csbsju.edu

For address changes, please call 1-800-648-3468, ext. 1

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FROM THE PRESIDENT



Celebrate the Wonder of Science

Last spring, Pulitzer Prize winning science writer Natalie Angier spoke during our annual Scholarship and Creativity Day. Her topic? The importance of science literacy. Ms. Angier noted that few Americans can name a living scientist. She cited an annual National Science Foundation survey that suggests we aren't sure how long it takes the Earth to revolve around the sun, if antibiotics fight bacteria and viruses, and whether or not it is the mother's or father's chromosomes that determine a baby's gender. Thanks to shows like *CSI* and *Bones*, she said, the general public has become more interested in science. And, although the science isn't always 'correct,' these shows do demonstrate and celebrate the wonder of science.

Well, Saint Ben's faculty and students are no strangers to the wonder of science *and* importance of science literacy.

This past summer, Saint Ben's hosted the 12th national conference of The Council for Undergraduate Research, "Frontiers and Challenges in Undergraduate Research." More than 600 faculty, administrators, representatives of funding agencies and others with an interest in undergraduate research were on campus. About a dozen of our own faculty were participants or speakers or both.

And while we were busy hosting this conference, 54 CSB and SJU students were working on their own research projects. Their research spanned many academic disciplines, including math, chemistry, physics, biology, computer science, English, environmental studies, psychology, nutrition, history and nursing. Many of these projects crossed disciplinary boundaries as well. A few examples include political science applied to food delivery systems, environmental engineering of campus sustainability initiatives and math-

ematical modeling used to understand molecular biology.

Thirteen CSB and SJU students traveled to five foreign countries to conduct research projects. Eight students went to China for six weeks with two professors participating in a science exchange program with Southwest University in Beibei. At the end of June, our group returned to the U.S. accompanied by their Chinese partners to work on research projects here with our faculty.

In this issue of *Saint Benedict's* magazine, you'll read about two Bennies who conducted summer research with human subjects to examine the effects of caffeine on athletic performance. You'll also meet three of our alumnae in the field of science who share their perspectives on science literacy. Finally, you'll learn about *Ocean*, a spectacular dance performance based on ancient mathematical equations that is being performed this month on the floor of a granite quarry here in Central Minnesota.

Personally, I think it's critically important that we lay the groundwork for building solid foundations for careers in science. Who knows, maybe someday a CSB grad will discover the cure for cancer!



Mary Ann Baerz

Alumnae Honored at Reunion 2008



Maria Hunt O'Phelan '78
Distinguished Alumna Award

Maria was honored for outstanding achievements in her chosen profession and for her daily life that reflects the Christian ideals and mission of Saint Ben's.

Maria, who lives in St. Paul, is the second vice president of group customer service and technology at Minnesota Life, a Securian Financial Group affiliate. She leads more than 100 employees responsible for the administration, service and sales support for employer group life insurance plans. Minnesota Life is the fifth largest domestic group life insurer in the United States. She has been with them for 25 years and a vice president since 2001.

Besides raising three boys, she has volunteered with many organizations. She is on the board of directors for the Working Family Resource Center, and a member of the Nativity School Investment Advisory Committee.

"Saint Ben's taught me about community," Maria said following her nomination. "I came in as a scared, lonely young girl and left as a confident young woman who had learned how to get involved and make a difference."



Mary Jo Bauer Ederer '48
Benedictine Service Award

Mary Jo, of Akron, Ohio, was recognized for her continued commitment and contributions to community service and social justice.

A mother of five, grandmother of 13 and great-grandmother of five, Mary Jo continues to stay in touch with her classmates and her alma mater. She has sent two daughters and a granddaughter to Saint Ben's.

"The Benedictines have been so important in her life," said her daughter, Vicki Ederer Way '73. "She even went to the original mother house in Pennsylvania after reading the history of the order and continues to grow in her love for the Benedictines."

Mary Jo has demonstrated her sense of hospitality by opening her house to various guests. She has also displayed a sense of volunteerism at the Nazareth Retirement Home in San Diego, as well as the Dominican Convent and Our Lady of the Elms Church in Akron.

"The more I learned about the Benedictine values, the more I realized just how much she lives them," said Terri Way '03, Mary Jo's granddaughter. "She has taught us the value of community and service."



Melissa Jordan '98
Decade Award

Melissa received the Decade Award for outstanding achievements in her chosen profession in the ten years following graduation.

Melissa, who lives in Portland, Ore., became a youth minister in Alexandria, Minn., following graduation. She coordinated the confirmation program, led retreats and participated in St. Cloud Area Youth Ministers.

In 2001, she moved to Portland and took a job at a drop-in center for homeless youth. She screened youth and referred them to case management within the Homeless Youth Continuum.

Melissa became a program supervisor in 2002 at Bridge House, a transitional housing program for homeless youth, where she served until 2007. She then moved to Harry's Mother, a runaway youth center.

"She holds fast to her belief that she is doing what she is meant to do and what she knows she should do," said Toni Schewe '98, who nominated Jordan. "The commitment, fortitude and quiet humility she has demonstrated are truly worth recognizing and emulating."



Reunion &

More than 500 Bennies from the classes of 1938 through 2008 came home to Saint Ben's June 27 to 29. Alumnae enjoyed the annual picnic, tours, and Gala Dinner as well as the new 5K walk/run and yoga.





SaintStock



The bands played on despite storm clouds and sudden bursts of rain for this year's event. Happy campers and concert goes rocked all the way through headliner G.B. Leighton. Thanks to all of our volunteers who gave their time and dry clothes to make SaintStock a success.



Cell Mates

by Heidi L. Everett



Laura Torborg Kakach '83, senior scientist at Kingfisher Biotech, Inc.



Karin Remington, PhD, '85, director of the Center for Bioinformatics and Computational Biology at the National Institute of General Medical Sciences of the National Institutes of Health



Ronda Rolfes, PhD, '83, associate professor in the Department of Biology at Georgetown University

Photo courtesy Georgetown College Research News/Roland Dimaya

Water solidified a love of science for three graduates of Saint Ben's. Well, what happens in and around water, really.

Laura Torborg Kakach '83 and Ronda Rolfes '83 loved looking at pond scum under a microscope in elementary school.

Karin Remington '85 never really felt a calling until long after her PhD. During an effort to mine genome sequence data from seawater taken in the Sargasso Sea near Bermuda, she realized why.

"I realized just how open the field was, and how sometimes even the most naïve questions (my specialty!) were difficult to answer," she said. "The exchanges with top-notch scientists who were both extremely knowledgeable, but also humble enough to question their own assumptions, led me to understand how the excitement of science wasn't in the knowledge, but in the search."

Now, all three Bennies are making a splash on the science scene in their own way.

Laura is a senior scientist at Kingfisher Biotech, Inc. where she clones genes and expresses the proteins they encode to be used to develop research tools for the veterinary research market. Most recently, she was co-owner and co-founder of ATG Laboratories, a molecular biology services company.

Karin is director of the Center for Bioinformatics and Computational Biology at the National Institute of General Medical Sciences for the National Institutes of Health. The center provides grant funding to academic researchers for projects that bring computer science and mathematical tools to

biological research and lead to better understanding of life processes, which ultimately leads to improvements in the diagnosis, treatment and prevention of disease.

Ronda, who found herself hooked by her biology and chemistry courses, is associate professor in the Department of Biology at Georgetown University where she teaches and conducts research centered on molecular genetics. "Some people want to know that something works," she said. "I want to know why it works."

While the average reader might not feel they have the scientific credentials to investigate how *Saccharomyces* senses the abundance of nucleotides, as Ronda does, they do share an essential trait in science literacy: healthy curiosity.

"We all are born scientists, asking 'why?' and 'how?' all the time. Parents know that too well!" Karin said. "If we can keep that questioning spirit, then there is so much that is accessible to even the most general audience."

As Ronda explained, "Science teaches you how to make good observations and predictions about what happens next." In her laboratory, she studies how cells sense their environment and use that information to communicate and change their gene expression.

In layperson's terms: "If you walk into the living room during the day, you sense light and can read a book," she said. "At night, you observe that it is dark and must flip a switch to turn on the lamp before there is enough light to read by. Light is the critical environmental item. I am interested in understanding the molecular equivalents of the sensor, switch, wires, and

lamp used to make light at night."

Science exists everywhere in day-to-day thinking. "In small things like trying to make good choices about what we eat, in big things like trying to make the right choice about medical treatment for our loved ones, and in shared issues like trying to ensure that our environment is healthy and sustainable," Karin said. "When I think of 'science literacy,' I think of a comfort level that we all can and should have when talking and reasoning about the areas where science touches our lives."

Laura agreed. "The more we understand the better we are prepared to make decisions, whether it is in the political arena, our neighborhoods, or work environments."

Ronda took it a step further. "Citizens have to appreciate the science that is known as well as how it is used and manipulated." She recommended learning to differentiate between shoddy studies from well-performed studies by paying attention to who did a study, what their vested interest is in the results, and if the results can be supported from other studies.

While the general public may cringe at recollections of their high school or college science course performance, the reality is that asking 'why' and 'how' will set them on a course for greater science literacy.

"Ask a question and look for information," Laura advised. "Whether it's a health question, how a computer works, or how a hummingbird holds its place at the feeder."

"When you start to question what you hear or read," Karin said, "you can appreciate just what it means to be a scientist."



Mind Games

CSB nordic skier Makenzie Wright is a senior psychology major who competes against herself in each performance test. Senior researcher Laurie Verant (top right) fits Makenzie with a mask. Senior researcher Ashley Davenport increases Makenzie's incline. Of the 54 CSB/SJU students who conducted summer research, Laurie and Ashley were among the few to work with human subjects.



human nature

by Heidi L. Everett

They've already grabbed coffee.

It's 10:30 a.m. when seniors Ashley Davenport and Laurie Verant sit down for this interview. They're gearing up for another day of summer research, and a boost of energy would be great.

Summer is an ideal time to collect research data and draft a formal research paper because of the slower pace, but these aren't the only things on their agendas. Ashley, a nutrition and biology double major, is studying for the M-CAT. Laurie, a biology major, is deep in applications to osteopathic medical school.

For today, though, the focus is on caffeine and the effects it has on maximal oxygen consumption (VO₂ max). "The better you are at giving oxygen to your muscles, the better your work out," Laurie explains.

While studies have shown benefits of caffeine on athletic performance (like running longer to

exhaustion and being more alert), not much has been done on its effects on female athletes. These two Bennies want to add to the body of knowledge on the subject.

Of the 54 CSB/SJU students conducting summer research, Ashley and Laurie are among the few conducting research with human subjects. The choice was easy for them. As Ashley puts it, "I couldn't spend every day sitting in a lab."

More than a dozen human subjects step up to be harnessed and to run until exhaustion.

After drinking a beverage (one a placebo or one with the caffeine equivalent of two cups of coffee), each subject completes a 5-minute warm up on the treadmill. Then, the fun begins. At a pace of 6 mph, the subjects are given a 2.5% incline every 2 minutes. The test is complete at the point of exhaustion (usually 15 minutes or so), or when the subject chooses to stop.

"When you've had enough, hop off," Amy Olson calls out to one subject. "It's clearly written in the informed consent that they can step off at any time," she tells me. A professor of nutrition, Amy is partners with associate professor of biology Mani Campos as the faculty research team advising this

work. "We want to make sure that no undo risks are posed to human subjects," Amy says. This includes that their confidentiality is preserved when results are shared and that they are safe during tests.

Students develop their own research proposal and submit it to the Institutional Review Board for approval to work with human subjects. Students also recruit their own subjects, explain the tests, secure informed consent paperwork, administer the tests, analyze results, and draw conclusions. As Amy puts it, "Students get the whole research story from start to finish."

Biohazard training and safety workshops are chapters in this story. For Ashley, Laurie, and their subjects, urine samples are the bookends of each test; passive drool tests through a straw and frequent finger pricks are also integral.

To find their subjects, Ashley and Laurie contacted coaches. Coaches contacted athletes. Athletes contacted the researchers. And, they ended up with subjects that included nordic skiers, hockey players, distance runners, recreational athletes, and soccer players.

Some withdrew after the practice

Research continued on page 18.

A photograph of a dancer in a red and orange leotard performing a pose against a large, textured rock wall. The dancer is in a dynamic, low-to-the-ground pose, with one leg extended back and arms reaching out. The rock wall is composed of large, layered, reddish-brown and tan rock formations. The ground is dark and rocky.

after math

the art of the dance

by Heidi L. Everett

Coproduced by the Benedicta Arts Center of the College of Saint Benedict, Walker Art Center and the Cunningham Dance Foundation and Northrop Dance at the University of Minnesota. Major support is generously provided by Sage and John Cowles and the National Endowment for the Arts American Masterpieces: Presenting program. Additional support provided by The Minneapolis Foundation: Goodale Arts Fund, Leni D. & David Moore, Jr. / The Moore Family Fund for the Arts, and the Dale Schatzlein and Emily Maltz Fund; HRK Foundation: Hayes Fund, Hynnek Fund, Art and Martha Kaemmer Fund, Pugsley Fund, and the Mary H. Rice Foundation; Russell Cowles, Molly Davies, Penny Rand Winton; and the Sewell Family Foundation. Special thanks to Martin Marietta Materials and the city of Waite Park.

To summarize the event, one might say it is the intersection of earth science, advanced mathematical sequencing of the ancient Chinese, Einstein's philosophy, and, of course, artistic leotards. *The New York Times* calls it "a vision of creation constantly reshaping itself into ever more wondrous forms."

Both describe – but in no way capture – the monumental re-staging of Merce Cunningham's landmark work *Ocean* this month near campus.

Ocean premiered at Lincoln Center in New York in 1994. Because of its scope, the work has been seen only in Brussels, Amsterdam, Venice, Berkeley, New York City, Belfast, Montpellier, London, Miami, and Niigata, Japan.

The latest performance, sponsored by Saint Ben's and a host of others, brings *Ocean* to the floor of a granite quarry, 150 feet below the Earth's surface.

Ocean features Merce Cunningham Dance Company and 150 classical musicians performing an orchestral score by Andrew Culver

(Inspired by John Cage) and electronic score by David Tudor.

The dance is based on the *Ching*, one of the oldest of the Chinese classic texts that provides a symbol system to identify order in chance events. The system centers on the ideas of the dynamic balance of opposites, the evolution of events as a process, and acceptance of the inevitability.

Ocean includes solos, duets, trios, quartets, and ensembles involving the entire cast of 14 dancers moving in 128 ever-changing phrases. "Each time we go over what has been worked on," Cunningham said, "I see possibilities missed. Through chance operations I try to utilize them."

Performing on the floor of a quarry adds more possibility. It's theater in the round, underground. "In reference to the space, it brings up Einstein's work about curving space," Cunningham said. "We tend to think flat. I told the dancers, 'You have to put yourself on a merry-go-round that keeps turning all the time.' I use chance operations to determine where

they face at each moment in a phrase. Difficult, but fascinating."

The level of difficulty extends beyond the dance. The granite backdrop, over a million years in the making, is second to diamonds in terms of hardness, as strong as steel in terms of durability, and an ideal choice for sustainable building. As a stage and performance hall, this breathtaking organic setting introduces fascinating challenges to musicians who will encircle the audience from a granite ledge; the technical crew managing the lighting, sound, and stage; and the audience who will be escorted to their seats below the Earth's surface.

The audience will experience *Ocean* on a grand scale—at the bottom of a granite quarry, under nighttime skies, in the round, surrounded by a 150-piece orchestra that includes the St. Cloud Symphony Orchestra and students and faculty from Saint Ben's and Saint John's. This extraordinary event will be captured in a five-camera shoot by renowned filmmaker Charles Atlas.

ALUMNAE MILESTONES

For complete news and notes from classmates, log on to www.csbsju.edu/csbalum/news

The Alumnae Class Notes section has undergone some changes which will affect future submissions. Depending on space availability, the class notes section will only contain Alumnae milestones or professional advancement updates. Personal announcements of marriages, births and deaths will get printed if they have taken place in the past 12 months from the date of the magazine.

For a full version of class notes, please check your online class page at:

www.csbsju.edu/csbalum/classpages

Also, for the most current updates from your classmates and to post your own notes and information go to the online community at: www.csbsju.edu/csbalum/community

1981

Diane Gerds Hovey is publishing *Princess Sophia's Gifts*, a beautifully illustrated children's book, available in Sept. '08. It is her daughter's story in the form of a fairytale; a story about loss, a journey to wisdom and life's truest gifts. Diane's website where the book information will be available is: www.aheart.com

1985

Beth Hentges was honored with the 2008 Distinguished Teaching Award by the Minnesota Mathematical Association of Two-Year Colleges. The award honors instructors who foster curiosity and generate excitement about mathematics in students and are widely recognized for their successful teaching. Hentges has been with Century College in White Bear Lake, Minnesota since 1992.

1991

Suzanne Bettendorf was appointed Executive Director of Aveda Institutes Development where she will be responsible for 50 network institutes as well as 3 corporately owned Aveda Institutes. She's been with Aveda since 2004, first as the School Development Education Manager, then as Director of the Aveda Institute in Washington D.C. She will be relocating back to Minneapolis this year.

1993

Kate Fulton Rice received an MBA in Finance & Risk Management from Walden University in

May '07. She graduated with a 4.0 GPA and was inducted into the Sigma Iota Epsilon - Zeta Rho Chapter.

1997

Deana Zaccagnini is now working in the Pediatric Blood and Marrow Transplant program at the University of Minnesota-Fairview as a Pediatric Nurse Practitioner.

2001

Karla Ziegelmann Fjeld has joined MicroBioLogics Inc. as an industrial quality control technologist. Later this year, she will lead a research development team. Fjeld majored in Biology and Chemistry at Saint Ben's. She went on to earn her PhD from Michigan State University and has expertise in molecular biology, biochemistry and computational tools. She also has a U.S. patent pending. MicroBioLogics specializes in manufacturing lyophilized microorganism preparations for quality control and diagnostic testing. It works with 130 qualified distributors in 100 countries and works primarily in the clinical, food, pharmaceutical and environmental industries.

2002

Gina O'Neill Wesley is opening an Optometry office in the Medina/Hamel area. Her website will be www.completeeyecareofmedina.com.

Lori Walz Geller received a Masters of Science in Nursing from the University of Minnesota in May '08. She will be joining the group practice Western OBGYN in Waconia, MN as a Certified Nurse Midwife in August '08.

2004

Alissa Keene received her Doctor of Pharmacy degree from Creighton University School of Pharmacy & Health Professions, graduating with honors in May '08.

Saint Ben's welcomes **Shannon Verly Wiger**, Annual Giving Associate. Shannon comes to CSB with experience in alumni relations, student recruitment, and fundraising. She will be furthering the mission of the college as she builds



relationships with alumnae and educates donors about philanthropic opportunities on campus.

2005

Nicole Minier Lang-Wieber has been accepted into Indiana University-Purdue University Indianapolis (IUPUI) graduate program to pursue a Master of Applied Communication degree. Nicole is also currently two courses away from completing her Master of Theological Studies degree from St. Meinrad School of Theology and will graduate from St. Meinrad in August '08.

Johanna Hatch recently relocated to Madison, WI and accepted a position at Wisconsin Women's Network as Administrator. The Wisconsin Women's Network is a coalition of organizations and individuals that advances the status of women and girls in Wisconsin through communication, education, and advocacy.

Amber Lange Kalla received her MBA from St. Cloud State University in May '08.

2007

Abby Johnstone received the Peters Achievement Scholarship from the University of Minnesota-Duluth. This scholarship is given to a pharmacy student based on extra-curricular activity and involvement. Abby is in her second year of grad school and will be graduating in 2011 with a Pharm-D degree.

Sabrina Walters was named Diabetes Therapy Consultant of the year (Northeast). This is awarded to an individual who has gone above and beyond the call of duty as a Medtronic employee, including taking Medtronic Diabetes University classes on her own time and volunteering with organizations outside the company (Juvenile Diabetes Research Foundation, National Kidney Foundation, and American Diabetes Association).

Marriages

- 1993 **Necoe Otto** to Damian Parkinson, April '08
- 1996 **Jennifer Olson** to Steve Erffmeyer, May '08
- 1998 **Kelly Jordan** to Howard Bowers, Jan. '08
- 2002 **Melissa Hogan** to John Gombola, Nov. '07

Alumna installed as Sub-Prioress in Maryland Order of Benedictines

- 2002 **Susan Wimmer to Christopher Sexton '02**, May '08
- 2003 **Danielle Flakne to Peter Lippmann**, April '08
- 2003 **Jessica R Foster to Ben Imdieke '02**, April '08
- 2003 **Annie Cushman to Gabriel Berendes '03**, Aug. '07
- 2003 **Kelly Shroyer to Anthony Anderson '03**, Aug. '07
- 2003 **Stephanie Casey to Ryan Bielat '03**, May '08
- 2003 **Kristine Champley to John Kelly**, Aug. '07
- 2004 **Sara Peterson to Robb Swanson**, Jan. '08
- 2004 **Alison Boser to Keith Posch**, May '07
- 2004 **Maggie Kane to Brent Masica**, April '07
- 2005 **Maria Wilkes to Jirka Majkus**, May '08
- 2005 **Rachel Wermager to Travis Rajdl '04**, June '08
- 2006 **Stacie Meyer to Kirk Thornton**, Sept. '07
- 2006 **MaryBeth Gleason to Peter Mueller '04**, May '08
- 2007 **Margaret Reisdorf to Ethan McCallum**, May '07
- 2007 **Laura Zwach to Scott LaVoy '06**, Sept. '07
- 2007 **Heather Johnson to Michael Kruk '06**, May '08
- 2007 **Jennifer Scarrella to Matthew Vos '04**, May '08
- 2008 **Shaina Crotteau to Richard Raile '07**, May '08
- 2008 **Anastasia Cheney to Zachary Brown**, May '08

Births

- 1987 **Kay Pasquesi & Matt Walker**, Girl, Lucia, March '08
- 1990 **Kathleen McDevitt Klinkhammer & Mike Klinkhammer**, Twin Boys, Aidan & Joshua, May '07
- 1990 **Karla Lauerman Cummins & Brendan Cummins**, Boy, Sebastian, Feb. '08
- 1992 **Kathleen Bauler Holst & John Holst**, Girl, Evalena, April '08
- 1993 **Heather Herron Christenson & Don Christenson '94**, Boy, Peter, May '08
- 1993 **Amy Hergott Meath & Bart Meath**, Girl, Kate, April '08



When Colleen Quinlivan OSB '88 (third from left) was a student, Sister Marlene Schwinghammer '71 (far left) invited her to join Sisters Across Campus, a program which connected students with sisters. Colleen requested a connection to Sister Colman O'Connell '49 (second from left), CSB president at the time. S. Colman agreed but with the understanding that Sister Emmanuel Renner '49 (far right) would be available as well. All three of Colleen's first close Benedictine friends were delighted when she became a Benedictine of St. Gertrude's monastery in Ridgely, Maryland. They were even more delighted when, on July 12, Sister Colleen was installed as the sub-prioress of her order.

When asked about the evolution of her vocation, Colleen says that she felt called to become a Benedictine because that is "where the energy was." She has an undergraduate degree in social work, a Master's degree in school counseling and has also worked as a religion teacher, a campus minister and a vocation director. Her advice in making life decisions is to be attentive, listen to God, and then follow your interests and passions.

ALUMNAE MILESTONES

Nancy Rectenwald Kendzora '81, Hayley Rectenwald '09, Jane Kozlak Barrett '82, and Trish Kozlak '10 completed the 2008 Gary Bjorklund 1/2 Marathon in Duluth.



- | | | | | | |
|------|---|------|---|------|--|
| 1994 | Kathy Keppers Lutgen & Mark Lutgen '94 , Twins, Abigail & Daniel, July '07 | 1999 | Rasmussen '99 , Girl, Molly, March '08 | 2002 | Christin Miller Kassulke & Jed Kassulke '02 , Girl, Avery, Feb. '08 |
| 1995 | Sheila Hicks Risacher & Joe Risacher , Girl, Emma, Feb. '08 | 1999 | Melanie Ziskovsky Peterson & Chris Peterson , Girl, Annika, March '08 | 2002 | Billie Jo Hiemenz Emory & Jonathan Emory , Boy, Jackson, Jan. '08 |
| 1995 | Robin Stubblefield Sweeney & Dan Sweeney , Boy, Conor, April '08 | 1999 | Jean Notch Sakry & Benjamin Sakry , Boy, Maxwell, April '08 | 2002 | Anna Collins Tauer & Ryan Tauer '02 , Boy, Leo, March '08 |
| 1996 | Lori Dagit Wendt & Scott Wendt '96 , Boy, Jackson, Jan. '08 | 1999 | Heidi Jo Leadens Linhoff & Joseph Linhoff '00 , Girl, Mackenzie, May '08 | 2002 | Lora Harris Smith & Brandon Smith '02 , Girl, Addie, Jan. '08 |
| 1996 | Shelly Clifford Schaefer & Jeff Schaefer , Boy, Benjamin, March '08 | 1999 | Jean Eisenzimmer Weyandt & Hans Weyandt '99 , Boy, Elliott, Oct. '07 | 2002 | Carissa Johnson Ridenour & Mark Ridenour '02 , Boy, Braeden, Feb. '08 |
| 1996 | Sara Weisbeck Schreier & Ryan Schreier '98 , Girl, Lillian, Sept. '07 | 1999 | Melissa Winters Diehl & Nathan Diehl , Boy, Carter, May '08 | 2002 | Emily Mages Rath & Brennen Rath '03 , Boy, Owen, April '08 |
| 1996 | Karen Ernst & Alvin Graham , Boy, Levi, May '08 | 1999 | Stephanie Haen Young & Shawn Young , Boy, Jonathon, May '08 | 2002 | Sarah Nett Eveslage & Steven Eveslage , Boy, Elijah, May '08 |
| 1997 | Susan Switras Meyer & Carl Meyer '99 , Girl, Iris, Sept. '07 | 2000 | Joelle Hedin Cognetta & Jason Cognetta '99 , Boy, Dimarco, Feb. '08 | 2002 | Kris DePauw Noble & Josh Noble '02 , Twins, Colton & Ava, May '08 |
| 1998 | Stacy Schmitz Jansky & Ben Jansky '97 , Girl, Jenna, July '07 | 2000 | Rachel Reuter , Boy, Norman, Jan. '08 | 2002 | Polly Kulas Berendes & Charles Berendes , Boy, Everett, May '08 |
| 1998 | Heather Wolney Thompson & Jamie Thompson , Boy, Griffin, June '07 | 2000 | Katie Schweizer Hansen & Eric Hansen , Girl, Hallie, Apr. '08 | 2004 | Angela Holzer Bachmann & Vance Bachmann , Girl, Kallie, Feb. '08 |
| 1998 | Julie Russomanno Nilsson & Steve Nilsson , Boy, Samuel, March '08 | 2000 | Anne Panian Sinna & Gabe Sinna '00 , Boy, Andrew, April '08 | 2004 | Chelsea Rynerson Terning & Bren Terning , Girl, Morgan, Sept. '07 |
| 1998 | Sarah Oberpriller Damm & Gregory Damm , Twins, Luke & Veronica, Nov. '07 | 2000 | Jennifer Staufnecker Bruzek & Scott Bruzek , Girl, Madison, May '08 | 2004 | Sara Sorell Svenby & Joel Svenby , Girl, Lily, Dec. '07 |
| 1998 | Kara Peske Jones & Christopher Jones , Boy, Anders, March '08 | 2000 | Amy Sevcik Walstien & Michael Walstien , Boy, Maxwell, April '08 | 2005 | Rachel Gruber Young & Chris Young , Girl, Joelle, Dec. '07 |
| 1998 | Trista Vucetich Anderson & Colin Anderson , Boy, Layton, April '08 | 2000 | Jody Stueve Durand & Michael Durand , Girl, Sophia, April '08 | | |
| 1999 | Jackie Wendlandt Olson & Pete Olson , Girl, Clara, Feb. '08 | 2001 | Jackie Cronin Dols & Brandon Dols '01 , Girl, Kylie, March '08 | | |
| 1999 | Kristin Kuhlmann Francois & Samuel Francois '99 , Girl, Paige, Dec. '07 | 2001 | Angela Busse Boylan & Arthur Boylan '01 , Girl, Claire, Dec. '07 | | |
| 1999 | Kelly Stockwell & Eric Hanson '94 , Girl, Emma, April '08 | 2001 | Jill Roehl Herkenhoff & Paul Herkenhoff '01 , Boy, Drew, Feb. '08 | | |
| 1999 | Karrie Schmitz Rasmussen & Dave | 2001 | Jenny Kelly Graves & Ryan Graves , Girl, Addison, Feb. '08 | | |
| | | 2002 | Diana Walter Rydell & Mike Rydell '02 , Girl, Natalie, Sept. '07 | | |

In memoriam

- | | |
|------|---|
| 1931 | Caroline Hassman Ryan, Oct. '07 |
| 1937 | Elaine Truzinski, April '08 |
| 1938 | Edmund Sharrock, spouse of Josephine Antony Sharrock, May '08 |
| 1939 | John Kuefler, brother of Wivina Kuefler Malveaux, Nov. '07 |
| 1939 | Vincent Malveaux, spouse of Wivina Kuefler Malveaux, June '08 |
| 1942 | Margery Hartman, May '08 |
| 1943 | Mary Doyle Schaeffer, April '08 |
| 1943 | Isabel Beaver, April '08 |
| 1945 | Leonard Haakonson, brother of Leona Haakonson Snyder, April '08 |
| 1945 | Mary Rabaey Tillemans, Sept. '07 |
| 1945 | Edward Kalinowski, brother of Marjorie Kalinowski, May '08 |
| 1948 | Hazel Yogerst Mahoney, Feb. '08 |
| 1948 | Dolores Meyer, sister of Rosemary Bechtold Warnert, May '08 |
| 1949 | Edward Kalinowski, brother of Sr. Kathleen Kalinowski, May '08 |
| 1950 | Lynn Gresser '75, daughter of |



The extended Welle family gathered 22 years ago at Margi Welle Sitzer's 10th reunion and at her daughter Bridget's graduation in May '08. From left to right in both photos are Margi Welle Sitzer '76, her daughter Bridget Sitzer '08, her mother Jeannette Thielman Welle '45 and her sister Karen Welle Belmont '66.



When Tina Jensen '04 married John Simberg in June 2008, there was no shortage of Bennies on hand to celebrate, including her mom, aunt, and alumnae.

- Lorraine Barthel Gresser, April '08
- 1954 Hazel Yogerst Mahoney '48, sister of LaVerne Yogerst Barrett, Feb. '08
- 1954 John Paul, spouse of Renee Lenzmeier Paul, May '08
- 1959 Margery Hartman, sister to Marilyn Hartman Tisserand, May '08
- 1961 Gerald Skjolsvik '57, spouse of Mary Kay Hendrickson Skjolsvik, May '08
- 1961 Frank Jelinek, spouse of Barbara Malecha Jelinek, May '08
- 1961 Barbara Malecha, mother of Barbara Malecha Jelinek, April '07
- 1963 Midge Burmaster, sister of Carolyn Offerdahl Billing, April '08
- 1964 Gertrude Donovan, mother of Diane Donovan Wohletz, April '08
- 1964 Elaine Truzinski '37, mother of JoAnn Truzinski Kuffel, April '08
- 1965 Thomas Filiatrault, brother of Jeanne Filiatrault Laine, April '08
- 1966 Monica Conn, mother of Patricia Conn, April '08
- 1967 Midge Burmaster, sister of Mary Lou Offerdahl Doherty, April '08
- 1968 Agnes Fuchs, mother of Sandra Fuchs Sexton, April '08
- 1968 Caroline Hassman Ryan '31, mother of Mary Ryan Godfrey, Oct. '07
- 1969 Robert J. Tweedy, father of Barbara Tweedy Patten, May '08
- 1972 Charles Merer, father of Becky Mercer Mittelstaedt, May '08
- 1972 Betty Wolf, mother of Lola Wolf, May '08
- 1973 Donald Carlson, father of Mary Carlson Cates, April '08
- 1973 Geraldine Magnus, mother of Nancy Magnus Jacobs, April '08
- 1974 Victor Stein, father of Mary Stein Brachman, Jan. '08
- 1974 Dorothy Stein, mother of Mary Stein Brachman, April '08
- 1975 Lynn Gresser, April '08
- 1976 Geraldine Magnus, mother of Geraldine Magnus Sjoblom, April '08
- 1976 Clarence Schwegman, father of Bonnie Schwegman Smith, May '08
- 1977 John Easton, brother of Patricia Easton Clauson, April '08
- 1977 William Kaufman '75, brother of Susan Kaufman Utecht, April '08

- 1978 Donald Carlson, father of Peggy Carlson Philp, April '08
- 1978 Lynn Gresser '75, sister of Nina Gresser Wirtz, April '08
- 1979 Donna Stromwell, mother of Kathy Stromwall Binsfeld, April '08
- 1979 Suzanne McLain, mother of Maria McLain Cox, April '08
- 1979 John Ulrich, father of Arlene Ulrich Bevin, May '08
- 1979 Larry Schmid, brother of Laurie Schmid Brown, May '08
- 1980 Leo Maurer, father of Patricia Maurer Messer, April '08
- 1980 Richard Yurek, father of Lorinda Yurek Mathwig, April '08
- 1980 Carol Wieber, sister of Linda Theis Ruhland, May '08
- 1980 John Ulrich, father of Debra Ulrich Field, May '08
- 1981 Robert Borrell, father of Rebecca Borrell, April '08
- 1981 Jennifer Edgar, stepsister of Katherine Roepke, April '08
- 1981 Carol Wieber, sister of Brenda Theis Bechtold, May '08
- 1981 Dr. Henry Banal, father of Mary Ellen Banal Sauser, June '08
- 1982 Lawrence Donohue, father of Maggie Donohue, April '08
- 1982 Veronica Solinger, sister of Juliana Lauer, April '08
- 1982 Richard Yurek, father of Michele Yurek Klein, April '08
- 1982 Carol Wieber, sister of Sandra Theis Walz, May '08
- 1982 John Ulrich, father of Julie Ulrich Smith, May '08
- 1983 Bernard Traut, father of Theresa Traut, April '08
- 1983 Jeanne Gunderson, May '08
- 1983 Michael Ebner, brother of Pat Ebner Arneson, May '08
- 1983 Patrick William Butler, father of Sheila Butler, Feb. '08
- 1984 Harold Ungar, father of Christine Ungar, April '08
- 1984 Joe Egan '76, brother of Denise Egan Loonan, May '08
- 1984 Lemont Lenarz, father of Ann Lenarz, May '08
- 1984 Dr. Henry Banal, father of Susan Banal, June '08
- 1984 Keith L. Stanton, father of Jamie Stanton Maloney, March '08
- 1985 Gerard Brown, son of Catherine Dean Brown, August '07
- 1985 John McCarthy '56, father of Catherine McCarthy Pogge, April '08
- 1985 John Ulrich, father of Mary Jo Ulrich Connelly, May '08
- 1986 Harold Ungar, father of Jennifer Ungar Lasswell, April '08
- 1987 William Berger, father of Mary Kay Berger Jan. '08
- 1987 Marvel Peterson, mother of Jill Peterson Connors, April '08
- 1988 William Kaufman '75, brother of Theresa Kaufman Voit, April '08
- 1988 Dick Paulson, father of Diane Paulson Swanson, May '08
- 1990 Jeanne Gunderson '83, sister of Jan Gunderson, May '08
- 1990 Dick Paulson, father of Sue Paulson, May '08
- 1992 Kris Avery, sister of Melissa Perry Littman, April '08
- 1993 Janice Anderson, mother of Amy Jo Anderson Harguth '93, May '08
- 1993 Judith Mettling Coplan, sister of S. Janine Mettling, Jan. '08
- 1993 Mavis Mettling, mother of S. Janine Mettling, June '08
- 1994 Robert Richtsmeier, father of Nancy Richtsmeier Breyen, April '08
- 1995 Pe Chareunrath, father of Sanh Chareunrath, April '08
- 1995 Ronald McElroy, infant son of Kristine Tupy McElroy, May '08

great barrier reef

singapore

switzerland

danube river

malaysia

ancient greece

russia

thailand

Research *continued from page 10*

run. One subject was claustrophobic, and the mask and harness were simply too much. Another withdrew because of sensitivity to caffeine. And, another twisted an ankle waterskiing and couldn't perform.

Sarah Gervais, a senior dietetics major, stayed. Her perspective is unique because she is conducting her own research with a human subject. She is researching blood glucose and lactate response in an adult male marathon runner recently diagnosed with Type 1 Diabetes.

She's also a runner and is curious about her fitness level in comparison to other athletes. She tells me, "I'm a habitual coffee drinker and want to know if it helps or hurts my performance."

She definitely prefers to be on the researcher side.

Nordic skier Makenzie Wright is a senior psychology major with two interests in the research. The results of the tests can help her establish an endurance training plan. She's also intrigued by the mental engagement.

"It takes real psychological motivation to complete these tests," she says. "You play mind games with yourself to beat how far you went last time."

As Makenzie is introduced to a steeper incline every few minutes, Laurie shouts above the whirr of the treadmill, "Stay strong." "You're doing great." "Keep pushing." "You're almost there."

After 15 minutes, Makenzie reaches the end of her test. Applause erupts from around the room. While Makenzie clutches the handle grips, Ashley starts unhooking the oxygen mask and harness. She tells her subject, "That was amazing. Great job."

Interacting with new people is one of the benefits of working with human subjects. Providing useful information to them is another draw. As Laurie puts it. "They helped us do the research, and we can help them in return with information."

The nature of the business is also one of challenges. For example, a heart monitor kept slipping from one subject. "We couldn't get a heart rate, so we had to cancel the test and ask her to come back," Ashley says. "She's a good sport."

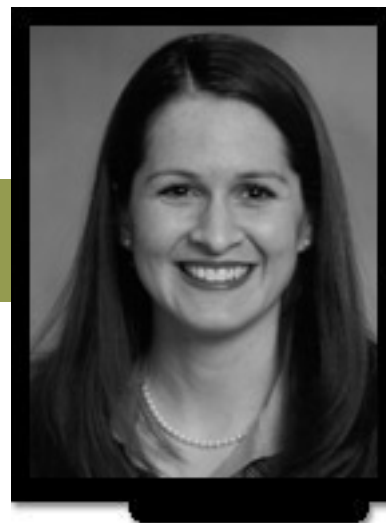
By far, though, scheduling subjects for their tests has been the most difficult. As Laurie puts it, "Plants, animals, and inanimate objects don't work 8 to 5."

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“I’M A BENNIE”

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Anne Malloy Wolff '97
Rheumatologist

Please describe your work:

As a rheumatologist, I am a physician who specializes in the diagnosis and treatment of adult rheumatic disease such as lupus, rheumatoid arthritis, Sjogren’s, vasculitis, psoriatic arthritis and gout. Many diseases I treat stem from problems with the immune system and affect the muscles, bones, skin and other organ systems.

What is exciting or rewarding to you in your work?

It is a privilege to care for patients especially when they are in such a vulnerable state with chronic illness. I enjoy developing a trusting relationship with patients which is something that takes time to build. Helping a patient’s disease go into remission is a fantastically rewarding and exciting experience. Supporting and guiding patients with less responsive disease can be rewarding in a very different but equally satisfying way.

New treatments have revolutionized certain types of rheumatic disease. We are learning more about the immune system each day, and many new medications are coming into the market. That being said it can be an incredibly humbling field as there are many diseases for which we are lacking treatment.

How did you end up doing what you are doing?

I had a difficult time deciding on a career path. I took some basic science classes at Saint Ben’s and enjoyed them, so I took some additional ones. The more I learned, the more the health field interested me.

I also loved the arts and French, so I pursued a major in biology and a minor in French.

I decided to study abroad in my third year which meant delaying my application to medical school. Although I hesitated before deciding, it was one of the best decisions I made in college.

After Saint Ben’s, I received a Doctor of Medicine at Creighton University Medical School in Omaha, Nebraska, then completed my Internal Medicine Residency at The University of Wisconsin Hospital in Madison, Wisconsin. Finally, I completed a Rheumatology Fellowship at St Louis University in St Louis, Missouri before moving to St. Cloud.

Which aspects of your CSB experiences helped you?

The phenomenal professors at Saint Ben’s and Saint John’s provided me with the skills and motivation to reach my goal. The science classes I took at Saint Ben’s taught me not only facts and theories but

more importantly how to build upon knowledge learned and apply it. It is that application of the sciences to real life situations that drew me toward medicine.

Completing a minor in French taught me a beautiful language, but also the value of translation and communication. In medical training, I learned quickly that if a patient does not understand a disease or treatment it will be hard to guide them successfully in the care of their disease.

The Benedictine values of service, faith, and community helped to smooth the transition each time I moved to a new state and had to work on developing roots.

I considered my great-aunt Sister Kristin Malloy ’43 my guardian angel as she always had a patient ear and sound advice. There was no one I trusted more to critique papers and applications to medical school. Through her I was blessed to have the chance to dine with the sisters and see Saint Ben’s through a very different pair of glasses.

Do you have any general advice to students?

Trust what you have learned and experienced at CSB/SJU. Learning to trust your own knowledge and judgment is a very difficult thing to learn, but it is so important.



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