

CSB|SJU Community

A newsletter for the faculty and staff of the CSB/SJU undergraduate program

January 2002

CSB Noted for Environmental Efforts

*prepared by Glenda Isaacs Burgeson
Community editor*

CSB has been cited as a leader in energy efficiency and conservation among colleges across the nation. The recognition, based on a survey of colleges and universities conducted by the National Wildlife Federation (NWF), appears in a recent NWF report, "State of the Campus Environment: A National Report Card on Environmental Performance and Sustainability in Higher Education."

In this first-ever and comprehensive survey about environmental practices at higher education institutions, the NWF, working with Princeton Survey Research Associates, found enhanced environmental responsibility driving decisions in every part of campus life, with 64 percent of those responding saying that environmental concerns are now integral to the culture and values on America's campuses.

"A surprising number of colleges and universities, of all types and sizes and in all regions of the country, are taking a lead role in striking a balance between the needs of people and the environment," said Julian Keniry, manager of NWF's Campus Ecology program. "The best campuses in this survey are providing a green compass for others to follow."

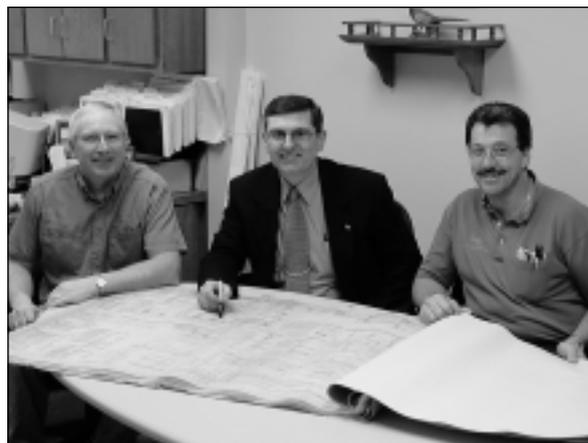
At CSB, respect for the environment is rooted in the college's Benedictine heritage that calls for reverence for all creation. While the college fosters environmental stewardship in a number of ways, the NWF report singled out its efforts in energy efficiency and conservation as a model for other institutions.

Those efforts are part of an ongoing strategy to maximize energy efficiency and conservation, according to Jim Fredricks, CSB chief of physical plant and facilities manager.

Water-saving showerheads and toilets, as well as efficient light fixtures are installed in all new construction and construction upgrades. Motion sensors in some office areas, bathrooms and the library regulate lighting and reduce usage. Despite a growth in recent years in the square footage of campus facilities, energy usage has declined and water usage has stabilized, he said.

In addition to the technological measures, Fredricks credits students and campus personnel for their environmental efforts.

"We are blessed with conscientious employees and students," he said.



Dan Laudenbach, EMS/HVAC maintenance, (from left) works to maximize energy efficiency at CSB, along with Jim Fredricks and Terry Loso.

Terry Loso, CSB power plant supervisor, said the campus also benefits from a state-of-the-art energy management system that controls heating and lighting based on occupancy. Consequently, significant savings are realized late at night and on weekends.

In addition, in collaboration with SJU, students, faculty and staff recently have formed the Sustainability Working Group (SWG), working alongside local community members and members of Saint Benedict's Monastery, and Saint John's Abbey to pursue a number of initiatives to minimize the environmental impact of campus living.

Dr. Derek Larson, an SWG founder, assistant professor of history and director of the CSB/SJU environmental studies program, said the national recognition will boost the resolve of students to seek sustainable solutions for a healthier planet.

"We're delighted at this national recognition as it shows that longtime conservation practices at CSB are paying off," he said. "Even more significantly, it will provide a significant boost to our efforts to reduce the overall environmental footprint of CSB/SJU and to engage our students with real-world environmental issues directly related to their own lifestyle choices. Being selected as a national leader in campus ecology efforts will energize our students and help attract even more environmentally-concerned undergraduates to our two campuses."

CAMPUS NEWS

Little Angels of Korea Performance Canceled

The Little Angels of Korea have canceled their tour of the United States for 2002, including their scheduled performance on Friday, Feb. 1, at CSB. The cancellation is in response to travel safety concerns raised by the director of The Little Angels and leaders of the parent organization, The Korean Cultural Foundation. For ticket exchange or refund, please call #5777.

Lids Saved to Save Lives

The annual "Save Lids to Save Lives" program of Yoplait Yogurt, which contributes ten cents for each pink lid from the yogurt cup up to \$500,000 for breast cancer research, was completed in late December.

Thanks to the generous responses of the monastic communities of Saint John's Abbey and Saint Benedict's Monastery as well as of the faculty, staff and students of CBS/SJU and of Saint John's Preparatory School, the employees of The Liturgical Press, and the Institute for Ecumenical and Cultural Research, a total of 2,479 pink lids was mailed to the Yoplait collection center in Milaca, Minn., on Dec. 21.

Yoplait Yogurt also guarantees an additional \$750,000 donation to the Susan G. Komen Breast Cancer Foundation.

According to the Yoplait Web site (www.generalmills.com/yoplait), a grand total of 2,796,417 pink lids, not including the local total, had been collected as of Dec. 21.

Fr. Daniel Durken, professor of theology, has been the coordinator of this collection project for the past several years.

S. Katherine, Fr. Timo Open Lunch and Learn Series

prepared by Glenda Isaacs Burgeson
Community editor

The CSB/OSB Human Resources Office, in partnership with the Vocation Project, recently launched a new speaker series, Lunch and Learn, featuring separate presentations on each campus by S. Katherine Kraft and Fr. Timothy Backous. The series promotes better understanding among all employees of our Benedictine institutions and our rich traditions. The initial presentations focused on monastic life.

The Vocation Project, formally known as the Theological Exploration of Vocation: Educating for Leadership in Church and Society Project, is an institution-wide project integrating curricular, co-curricular and community life experiences among CSB/SJU students, faculty and staff. Funded by The Lilly Endowment, Inc., its purpose is to create and sustain an environment which offers all members of our communities opportunities for reflection on their call and response to meaningful life work in service of church and society.

Members of the Lunch and Learn Committee are Herb Trenz, Nadine Schnettler, Gina Wolfe and Mike White.

Why Would Anyone Be A Benedictine Sister?

Mornings are a favorite time at Saint Benedict's Monastery for S. Katherine. Sisters begin rising anytime between 4:30 and 6:30 a.m. The dining room is



S. Katherine

quiet as they prepare in their individual ways for the day. S. Katherine savors these solitary moments within communal life. She gets her coffee and spends her time reflecting in her journal, or practicing lectio divina.

There's no such thing as a typical sister at the monastery. S. Katherine described herself and her fellow Benedictine sisters "as rare, peculiar and normal as everyone else."

Sisters don't join the monastery for the work, yet they work — and they work a great deal — at a variety of rewarding jobs: as educators, nurses and artists, in hospices, and in prison ministry, and leading spirituality retreats, among other fields. And, "when they retire, they just change jobs."

Even though they work hard, they don't do it for the money. For every one sister who receives paid compensation, three do not.

S. Katherine came to the CSB in 1956, as a first-

year student, with "no intention of joining the monastery." One year later, she did exactly that. While she couldn't specify why she joined, she recalled that virtually all of her role models and mentors were Benedictine sisters, "Almost all the teachers — approximately 90 percent of the faculty — were sisters. I was impressed by their humanness, and their humaneness. They all were bright and happy, and they didn't talk about God a lot."

Now, after 44 years of community life, she describes Benedictine life as "terribly ordinary." Yet, she acknowledged that her vocation may seem odd or curious to outsiders. Without a belief in monastic values and monastic purpose — to live in community under the Rule of Saint Benedict and seek God — "monastic life makes absolutely no sense," she said.

Often, she is asked how she can ever get anything done when she is always going off to pray three times a day or celebrating daily Eucharist. To that she cheerfully answers, "You're right. It just depends on what you want to get done."

What Happens Once Someone Goes through Those Monastic Doors?

Fr. Timo remembers the precise reason he joined Saint John's Abbey — he was invited.

There was no thunderclap, no bolt of lightning.



Fr. Timo

Instead, he recalled thinking to himself, "I'll give it a try."

Initially, Fr. Timo said he was surprised that the monks would even suggest he consider such a vocation. Entering SJU in 1971, where he "pioneered the five-year graduation plan," he was a self-described "mischief maker," always the first to organize a snowball fight. Yet, as he considered the prospect, the idea appealed to him.

"I liked the men. I admired their work. There was nothing standing in my way," he said.

Besides, the process allows plenty of opportunity to back out, he said, and, when he began that process, he "didn't expect it to last."

"At any time during the typically four-year process, he can say, 'This isn't for me,'" Fr. Timo said. "I wish more people would try it. It makes more sense from inside the house than outside."

Discussing the vows taken by Benedictines, Fr. Timo explained how the value of listening plays a role.

"You listen for the will of God as expressed by the abbot in particular and the community in general. ... Sometimes, the will of the community embodies the will of God in ways that can be surprising. The essence of community is putting your will aside."

Celebrate Winter Month

by Amy Steen, Healthy Learning Community Student Project Assistant

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

This year, celebrate winter by adopting positive changes that promote wellness.

Growing evidence suggests that even as few as 10 minutes of activity a day bolsters mental health, cultivates clear thinking and decreases stress levels.

Tips for increasing daily activity

- Cross country skiing with friends
- Go snowshoeing
- Go sledding! (Walking up the hill is a great workout!)
- Shovel a driveway
- Build a snowman
- Ice skate with friends
- Have a snowball fight

It is also important to eat right. The body functions best when it is supplied with nutritious fuel.

Tips for eating healthy

- Don't forget to eat breakfast
Breakfast eaters typically consume fewer calories throughout the day
- Have healthy snacks available
Pre-cut fruits and vegetables
Granola bars
Yogurt
Cereal (pre-packaged in baggies)

- Eat a colorful diet
Ensures a variety of foods
Promotes a well-balanced diet
Helps avoid boredom
- Don't deprive yourself
Eat a cookie!
Deprivation can lead to overindulgence later

Although it is important to exercise and eat right, it is just as crucial to nourish the body spiritually and emotionally.

Tips for maintaining balance

- Schedule "me" time
Even if this can only be 10 minutes a day
- Read
- Write
- Cook
- Take a bath
- Take a walk
- Do nothing!
- Take time to enjoy family and friends
Relationships are more important than anything else
Relationships help maintain balance
- Volunteer
Develops a balanced perspective
Gives purpose
Makes a difference

Celebrating winter by adopting a healthy lifestyle helps promote wellness year round.

Please visit the Partners for Healthy Learning Community Web site at <http://csbsju.edu/extending/healthylearningcommunity/index.htm>

CAMPUS NEWS

Fr. Durken Leads Parishioners On Imaginary Shopping Tour

Fr. Daniel Durken, professor of theology, took parishioners of St. Michael's Church, St. Cloud, on an imaginary shopping tour for authentic biblical Christmas cards on Dec. 5.

The original managers of the four Christian Card Shops at the Mall of Jerusalem, namely, Mark of the Original HallMARK Shop, Matthew at his K-Mart Store ("K" for kosher, given Matthew's Jewish background), Luke at his Two-Story Emporium (so named because Luke composed both the story of Jesus and the story of the apostles and the early Christian church), and John of the Unique Boutique, were happy to display their seasonal cards as presented in their special catalogs, a.k.a. the four Gospels.

The shoppers were disappointed that Mark knew nothing of Christmas and had no such cards in his shop since his line begins with the adult baptism of Jesus in the Jordan. Likewise, John could only show them his one and only card that carries the statement, "The Word became flesh and made his dwelling among us." Both Matthew and Luke had the familiar cards featuring the magi and the star of Bethlehem (Matthew) and the manger scene with the shepherds and angels (Luke).

Later imitators of Matthew and Luke have a tendency to mix up the specific scenes offered by each of these shops. For example, the magi or three kings are sometimes shown bringing their gifts to the manger whereas the original Matthew specifically mentions they visited Mary and her child in "the house" (2:11). The shepherds of Luke are often depicted gazing at a star which really belongs exclusively to Matthew's picture of the magi. So Caveat Emptor — Let the Buyer Beware!

Fortunately none of these shops carries Christmas cards featuring cats, Scottie dogs, birds, reindeer or a bearded fat man in a red suit.

This same tour is described by Fr. Daniel in the winter issue of THE ABBEY BANNER.

Faculty/Staff News

Gagliardi Honored by Twin Cities Radio Station

SJU head football coach **John Gagliardi** was recognized in December by WCCO-AM (830-AM) as a recipient of the Minnesota Wild Youth Sports Mentor Award. This weekly award is given by the radio station to honor Minnesotans who have made a difference in children's/young adults' lives through athletics.

Gagliardi completed his 53rd season as a collegiate head coach and 49th season at SJU in 2001. He

led the Johnnies to an 11-3 overall record and a spot in the NCAA Division III national semifinals. Gagliardi currently has 388 career victories and is 20 wins away from tying the all-time win record, currently held by former Grambling head coach Eddie Robinson.

Br. Aaron Raverty, anthropologist and Liturgical Press editor, presented a paper entitled "Supernatural is a Natural" at the annual meeting of the American Anthropological Association, Society for the Anthropology of Religion Section, in Washington, D.C., on Dec. 2. The paper defends the

COMMUNITY

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Deadline for the February issue is Jan. 25. To share your information and story ideas, simply e-mail them directly to Community at: community@csbsju.edu.

continued usefulness of the originally scholastic term “supernatural” for conducting research cross-culturally in the anthropological study of religion. This article will be published in a future edition of *Anthropological Forum*.

James Read, professor of political science, has been awarded a two-month residential fellowship at the International Center for Jefferson Studies in Charlottesville, Va. He will work on a project titled “John C. Calhoun and the Double-Edged Legacy of Jefferson.”

Marina Martin, associate professor at MCL, delivered a talk on Juan Rulfo’s “Inframundo,” a collection of photographs depicting his native land, Mexico. Her talk centered on both Rulfo’s literary and visual metaphors of Mexico and was included in the session *Image As Truth at the Quinto Congreso de la Americas*, sponsored by the PCS/ACA (Popular Cult. Assoc./American Culture Assoc.) and the Universidad de las Americas in Puebla, Mexico. The conference took place in Puebla-Cholula (Universidad de la Americas), Oct. 18-20.

Martin’s article “Espacio urbano y espacio psiquico en Juan Rulfo” has recently come out in *Revista hispanica moderna* (June 2001), published by Columbia University in New York.

Martin also invited her colleague Kathy Raphael (instructional designer from the Dept. of Distance Learning at Lansing Community College) to give a talk Nov. 16, at the CSB department of modern & classical languages on *The Merging of Language and Technology*.

Joyce Simones, associate professor from the nursing department, presented at the Central Minnesota chapter of the American Association of Critical Care Nurses, “Public Policy Debate — Stem Cell Research as a prototype” on Nov. 1. Nurses were divided into opposing teams and debated on stem cell research.

Meg Lewis, associate professor of economics, has published the article, “Moving Beyond the Masculine Neoclassical Classroom,” with KimMarie McGoldrick in the July 2001 *Feminist Economics*. In that same issue, Susan Feiner has written a positive review of Lewis’ book, *The Elgar Companion to Feminist Economics* (1999, 2001).

In the Media

James Read, professor of political science, was a panelist on the radio program “Odyssey” for WBEZ, Chicago Public Radio on Nov. 26. The theme

of the panel discussion was the recent flurry of books on the Founding period in American history and what the reasons might be for the current high level of interest in the period.

Jenny Miller, CSB counseling and health education, was interviewed by KCCO-TV in Alexandria for a story about eating disorders among college women.

John Yoakam, professor of social work, was interviewed for an article in the Oct. 24 issue of the *Chicago Tribune* called “New Challenges Ahead as Gay Population Ages.”

Nick Hayes, university chair in critical thinking and professor of history, traveled with Fred de Sam Lazaro, TPT-TV, from Nov. 26 through Dec. 4, to Moscow, the Russian Far East and Uzbekistan, for a television project. The television reports are in conjunction with the national PBS “Religion and Ethics News Weekly” and “The NewsHour with Jim Lehrer” on issues of religion and politics on the 10th anniversary of the end of the USSR. The first report, featuring an interview on location in Moscow on religion and politics in today’s Russia, aired nationally on Jan. 5 and 9 and was broadcast locally on TPT, Channel 17 and TPT Channel 2. The second report, on politics and Islam in Uzbekistan, is scheduled for broadcast in mid-January. While on location in Uzbekistan, Hayes also broadcast a special report and commentary for MIDDAY on Minnesota Public Radio (MPR) that aired Dec. 4.

Patrick Henry, Ecumenical Research Center, was interviewed for the article, “Religious Interest is up After Attacks, But Will it Last?”, which appeared in the Oct. 6 Minneapolis *Star Tribune*.

A feature story on **John Gagliardi** appeared in the Nov. 3 issue of the *San Diego Union-Tribune*. The story can be viewed at <http://pqasb.pqarchiver.com/sandiego/main/document.html?QIID=000000088111765&FMT=FT&FMTS=FT>

An article featuring SJU junior football player **Jamie Jones** appeared in the Nov. 6 issue of the *Missoulian* in Missoula, Mont., which is Jamie’s hometown. The story can be viewed at <http://www.missoulian.com/archives/index.inn?loc=detail&doc=/2001/November/06-1293-sports06.txt>

Alex Vernon, speaking recently as part of the Men’s Lives Series, was interviewed on WJON-AM in St. Cloud. Vernon spoke at SJU on the topic of “Masculinity, the Military, and Me.”