

# community

*A newsletter for the faculty and staff of the College of Saint Benedict and Saint John's University*

## *CSB Celebrates Historic First Endowed Professorship*

CSB President MaryAnn Baenninger, along with Stuart Lang, CSB vice president for institutional advancement, and S. Ann Marie Biermaier, professor and chair of education, welcomed faculty and staff to a celebration Sept. 14 in the HCC Alumnae Hall, marking the college's first endowed professorship.

A \$1 million gift will establish an endowed professorship in the department of education through the generosity of an alumna and her spouse, Baenninger announced to cheers and applause. The couple has chosen to remain anonymous.

as chair from 1954-59 and from 1962-1972, and S. Linda Kulzer, who succeeded her. Both later served as vice president for Academic Affairs.

S. Ann Marie expressed appreciation to the donors, to S. Mary David and S. Linda for their pioneering leadership, to her departmental colleagues and to the CSB Institutional Advancement staff.

"We are humbly grateful to the donors for this honor and recognition of not only our department and the College of Saint Benedict but also to formative work we do in K-12 education which we pas-

tal challenges youth face. Working with 0-18-year-olds keeps one ever young. Our donors have affirmed our work."

S. Ann Marie also recognized the Institutional Advancement staff for their hard work. "We do not take your work for granted. We thank you."

CSB began to formally offer courses in education in the early 1950s and achieved the status of a department in the mid 1950s. The department was recognized in 1959 by the state of Minnesota and received initial national accreditation in 1966 from the National Council on Accreditation of Teacher Education (NCATE). Baenninger pointed out that the department of education played a leading role in initiating the CSB/SJU coordinate relationship.

"Education was one of the first departments at Saint Ben's to cooperate closely with Saint John's in the early 1960s," she said. Today, the coordinate department enrolls almost 500 students in both the elementary and the K-12 programs. Approximately 100 students graduate each year with degrees in education and/or teaching certification.



S. Colman O'Connell (from left), major gifts officer, CSB Institutional Advancement, celebrates the announcement of the endowed professorship with S. Mary David Olheiser and S. Linda Kulzer, both former chairs of education, and S. Ann Marie Biermaier, chair of education.

S. Ann Marie and her colleagues will work with Provost Henry Smorynski to develop a plan to implement the professorship.

"It is a tribute to all of us here that one of our graduates and her spouse respect the work of the education faculty so highly. They recognize that a professorship is a symbol of academic achievements and excellence," Baenninger said.

She singled out for recognition S. Mary David Olheiser, who founded the elementary education program and served

sionately love and doggedly spend our days working for."

In recognition of the service of S. Mary David and S. Linda, she said, "We are the beneficiaries of this honor because of the solid teacher education program that you and your co-workers established."

She recognized her colleagues in the department of education and spoke of their commitment in an ever changing field. "We are learning new things daily about the way the brain works, the most effective methodologies, the developmen-

COLLEGE OF  
Saint Benedict



Saint John's  
UNIVERSITY

Inspired Learning. Inspiring Lives

## Whalen to Receive Saint John's Alumni's Highest Honor

Dan Whalen, a 1970 SJU graduate, will receive the Fr. Walter Reger Distinguished Alumnus Award at the SJU Alumni Association Homecoming Banquet on Friday, Sept. 30, in Guild Hall on the SJU campus. The award, which recognizes outstanding service to the Saint John's community and is the highest honor given by the Alumni Association, will be presented to Whalen on the 35th anniversary of his graduation. Whalen is the 36th alumnus to receive the award.

After his graduation from Saint John's, Whalen managed George McGovern's campaign in Minnesota's 7th Congressional District, attended the University of Minnesota's School of Public Affairs, served as a management consultant in Washington, D.C., directed health planning for New York State and served as a health policy specialist for Gov. Jay Rockefeller in West Virginia. After earning an MA and MBA from Stanford University, Whalen began years of work in the telecommunications industry, and in 1987, founded Whalen & Company in Oakland, Calif.

In addition to Whalen's academic and professional triumphs, he is a philanthropist who truly embodies the spirit of giving. After selling Whalen & Company in 1997, Whalen founded a donor-advised fund in the East Bay Community Foundation, Oakland, Calif., and a private family foundation. As a philanthropist, Whalen has extended his generosity to Saint Benedict's Monastery; Laketrails, a summer camp in northern Minnesota; the Humphrey Institute at the University of Minnesota; Anna Marie's, a shelter for battered women in St. Cloud named in honor of his mother; and a number of projects in Bosnia-Herzegovina.

Much to the benefit of Saint John's,

Whalen and his wife, Katharine, have looked upon the school with an extraordinary degree of generosity. Over the years, the Whalens have supported numerous projects, including the Annual Fund, faculty development, a dean's fund, *The Saint John's Bible* and scholarships for Bosnian students. In 2003, the Whalen's pledged \$5 million to Saint John's, setting what was then an all-time record for giving.

Whalen's financial generosity is matched only by his willingness to share his time and talents. He has been a member of the Saint John's Board of Regents since 1997, and currently serves as chair. He also sits on the Advisory Board of the Saint John's Private Investment Fund.

The Fr. Walter Reger Award is named after the long-time secretary of the Saint John's Alumni Association. Known as "Mr. Saint John's," the Rev. Walter Reger, OSB, was a dean, history professor, prefect, member of the University orchestra and purveyor of Johnnie Bread. He befriended hundreds of Saint John's students and kept up personal correspondence with many of them after they graduated. Reger died in 1971, and the Alumni Association Board of Directors launched the award program later that year.

## CSB/SJU Entrepreneurship Center Selected for Coleman Foundation Grant

prepared by Communication and Marketing Services

The Donald McNeely Center for Entrepreneurship at CSB/SJU recently received a \$25,000 grant from the Coleman Foundation, based in Chicago. The grant money will be used over a one-year period, which began July 1. The funds will be used to launch a new

project, the Multimedia Business Case program, which will improve the classroom education about entrepreneurship at CSB/SJU and eventually at other liberal arts undergraduate institutions.

With this program, the McNeely Center is beginning to create and eventually publish business cases featuring CSB/SJU alumnae/i-run enterprises. The business cases are written for use in undergraduate classes in a range of areas of study across the liberal arts curriculum. Student and faculty teams are researching, writing and developing a DVD visual about an enterprise facing a new opportunity or challenge. Four cases are planned for this first year.

## CSB/SJU Benefits from National Science Foundation Grant

prepared by Communication and Marketing Services

SJU was recently awarded a \$28,584 grant from the National Science Foundation to purchase an imaging system for molecular life science research and teaching.

The imaging system, which can be used to detect very small amounts of RNA, DNA and protein, is an extremely versatile instrument and will be used in a number of different investigations and projects at CSB/SJU, according to Michael Reagan, CSB/SJU associate professor of biology and director of the life science program that applied for and received the grant.

This multifunctional imager enhances the undergraduate research capabilities at CSB/SJU. The instrument will be used by faculty and students in the biology and chemistry departments for collaborative research and will be used in at least six undergraduate classes enrolling an average of 100 students per year including majors in biology, chemistry, biochemis-

try and natural science. Four CSB/SJU science professors will be using this instrument to study important biological problems of public interest. Reagan and his students will use the instruments to study how genes are expressed in cells. Manuel Campos, associate professor of biology, and his students will study how blood vessels in the retina of the eye are formed, and why they might leak in diabetics. David Mitchell, assistant professor of biology, will use the instrument in his current studies of the effects of the Atkins diet on various blood and tissue parameters of mice. Henry Jakubowski, professor of chemistry, will study DNA structure and, in a second project, study mutants of a human enzyme found in fat cells.

This instrument will be a resource for the entire central Minnesota region; for example, faculty and students at the nearby Saint Cloud State University will also be users of the instrument.

## **HMML Reaches Milestone in NEH Challenge Grant**

submitted by Mag Patridge,  
HMML marketing director

The SJU Hill Museum & Manuscript Library (HMML) has reached the second benchmark set by the National Endowment for the Humanities (NEH) in a Challenge Grant to raise \$2.25 million for endowment of its Malta Study Center. As part of a four-year fund-raising drive launched in August 2003, the NEH provides a \$1 match for every \$4 raised by HMML for its Malta Study Center. The NEH set fund-raising benchmarks that must be met in order to receive the match. The endowment will fund a curatorial position, acquisitions, programming, and preservation of rare manuscripts and documents related to Malta.

HMML is one of the few libraries in the

United States that actively collects books and other works on paper pertaining to the history of Malta and of the Knights of Malta, and which researches the role of Malta as a crossroads between the Christian and Muslim world. The NEH evaluators — research librarians, scholars in the field, and experts in long-term planning for the humanities — lauded HMML for “undertaking the Herculean but vitally important task of preserving the documented history of Malta.” HMML’s Malta Study Center collection currently contains more than 16,000 documents, dossiers of documents and a research collection of 800 books from Malta. HMML recently began preserving the archives of the Grand Magistry of the Sovereign Military Order of Malta held in Rome, including diplomatic correspondence with the papal court and important genealogical documents.

“This creates an extraordinary opportunity for historians around the world. The patents of nobility alone, used to demonstrate the lineage required for those wishing to become Knights, will be of tremendous interest to anyone studying the history of European noble families,” according to Dr. Theresa Vann, the Joseph S. Micallef Curator who oversees the Malta Study Collection at the Hill Museum & Manuscript Library and spent the 2004–2005 academic year lecturing at the University of Malta on a Fulbright Scholar grant.

“A great deal of previously unavailable information will now be accessible through HMML’s digital image Web site, [www.hmml.org](http://www.hmml.org),” said Fr. Columba Stewart, executive director of HMML. “The gifts that have come to us in support of the NEH Challenge Grant have a direct impact on how accessible these rare manuscripts are to anyone around the globe.”

## **CSB/SJU Celebrates Nation’s First-Ever Constitution Day**

prepared by Communication  
and Marketing Services

CSB/SJU marked the nation’s first-ever Constitution Day with a variety of events across both campuses. Lawmakers designated Sept. 17 as Constitution Day, commemorating the day in 1787 that the U.S. Constitution was finished and officially signed. Because Sept. 17 fell on a Saturday this year, CSB/SJU commemorated the day on Monday, Sept. 19.

Events included a panel discussion featuring Gary Prevost and Chris Stangl of the political science department and members of the CSB/SJU mock trial team, on “Constitutional Rights During Wartime”; a dramatic performance of “A Visit with James Madison” with James Read, professor of political science, impersonating James Madison; and a number of classes that examine some aspect of the Constitution were open to all members of the CSB/SJU community on Friday, Sept. 16 and Monday, Sept. 19. These included courses in political science, philosophy, economics, history, communication and the Core.

Constitution Day was legislated into being as part of the 2005 Omnibus Appropriations bill and includes a provision requiring all educational institutions that receive federal funds to hold an annual educational program about the U.S. Constitution.

## **CSB/SJU Join Hurricane Relief Efforts**

prepared by Communication  
and Marketing Services

CSB/SJU has developed a coordinated plan to help mobilize our communities to assist the victims of Hurricane Katrina. The institutions are closely following the recommendations of the American Red Cross in their efforts of assistance for the

victims. CSB/SJU encourages any individuals or groups from the schools to consult the institutional response plan outlined below before developing any individual responses. The schools are monitoring the national relief agencies and trying to accommodate their requests so that we don't create more work or havoc for them in this great time of need.

The national relief agencies are currently overwhelmed with donations of food, clothing, etc. At this time the most critical need they have is a financial one — monetary help for those people displaced by the disaster. CSB/SJU community members interested in donating to the relief effort can drop off their contributions in various locations across both campuses. For a list of those locations and for updates about relief efforts, please visit the CSB/SJU Web site at [csbsju.edu/news/2005/08/hurricane\\_relief.htm](http://csbsju.edu/news/2005/08/hurricane_relief.htm).

CSB/SJU is also exploring additional ways the institutions can respond to this crisis. Areas currently being explored include:

- Engaging a faculty panel discussion on the political, social, religious and environmental questions and challenges posed by the hurricane and its aftermath.
- Reviewing service trips and scanning the situation for opportunities for service trips as relief organizations call for volunteers.

### **CSB/SJU Accepted into International Federation of Catholic Universities**

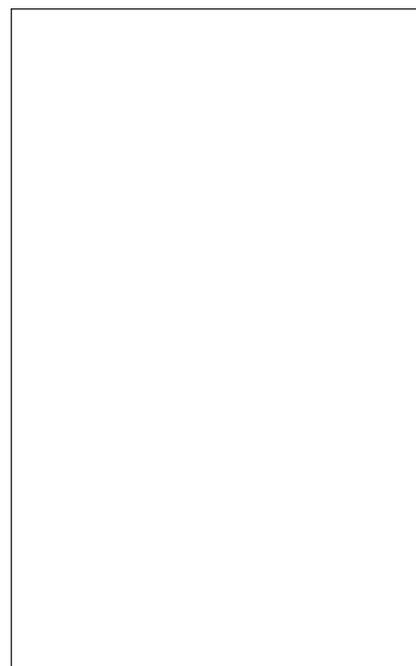
CSB and SJU have been accepted for full membership in the International Federation of Catholic Universities (IFCU). The IFCU is made up of more than 200 Catholic universities and colleges from around the world, including 24 in the U.S. and two others in Minnesota (University of St. Thomas and College of St. Catherine). Membership in the IFCU allows universities to develop solidarity with Catholic institutions around the world. Provost Henry Smorynski noted that membership in IFCU will benefit CSB/SJU in numerous ways. "There will be some opportunities for partnerships, especially in developing countries, supporting an increase of diverse perspectives. Proceedings, newsletters and invited conversations/conferences will further advance our global understandings of Catholic higher education. Membership could also assist exchanges of programs for professors and students. It will help us be a large part of important Catholic research and intellectual debate consistent with our Koch Chair for Catholic Intellectual Thought and Culture."

The IFCU was fully established after World War II in order to deal with specific issues which were of common concern to Catholic universities. Since then, the federation has grown in stature and reputation. Each month, the federation publishes an e-mail newsletter called "Idem Aliter" in its three official languages (English, French and Spanish), which is available to all member institutions. For more information, go to [www.fiuc.org](http://www.fiuc.org).

### **Saint John's Pottery Hosts Foremost Ceramist from Japan**

During the past two summers, the Saint John's Pottery has hosted two of Japan's foremost ceramists, one a traditional potter and the other, a contemporary potter.

Master potter and artist-in-residence Richard Bresnahan hosted Japanese master ceramist Goro Suzuki and his wife Yoshiko for a week in July. Suzuki was last on campus 23 years ago. He works in the centuries-old Oribe style. Originally from the 17th century, Oribe ware features simple design motifs based on fanciful combinations of squares, rectangles and circles. Suzuki adds dipped or poured accents of a green flowing glaze and a contemporary painting making it unique among all Oribe artists. His work has been exhibited extensively in Japan, and is included in museum collections in that country as well as the United States, including the Museum of Modern Art in



Japanese master ceramist Goro Suzuki.

New York City, the Japanese Pavilion of the Los Angeles County Museum of Art, the Hetsens Museum in Dusseldorf, Germany, the Marer Collection at Scripps College in Claremont, Calif., and the Minneapolis Institute of Arts.

Suzuki was recently designated one of Japan's Living National Treasures. (Bresnahan apprenticed with the son of a Living National Treasure in Japan.) During Suzuki's visit, he told Bresnahan that the Johanna Kiln was one of the most impressive and inspiring wood-fired kilns in America or Japan. While in Collegetown, Suzuki created a number of works for firing this fall, including eight tea bowls, which will be included in a 2006 book on Shino ware as well as a national exhibition by the government of Japan.

The previous summer, Japan's leading contemporary potter, Koie Ryoji, spent 10 days at the pottery. Described as a pottery master-star and "the enfant terrible of potters, whose absolute dedication to his own quirky individuality serves him well," Ryoji is the recipient of the prestigious Oribe Award, Japan's highest honor for a contemporary living artist. During his time here, he created several hundred pieces that will be fired in this year's Johanna Kiln firing. Ryoji considers his work here so important that he is sending his son Akira to learn loading and firing techniques from Bresnahan and his team.

Bresnahan and his two McGlynn Apprentices are preparing for this year's eighth firing of the Johanna Kiln, which begins on Friday, Oct. 7 and will continue for 11 days. Potters from all over the world join Bresnahan and his crew for this annual event.

## NYU Professor to Present Clemens Lecture

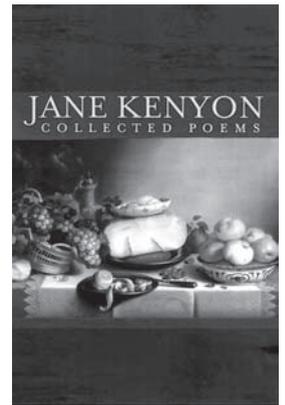
The 17th Clemens Lecture will be given by Professor William Easterly of New York University in Stephen B. Humphrey at 8 p.m. Monday, Oct. 17. His topic will be "Can Foreign Aid Save Africa?" He is a distinguished economist and a highly regarded speaker.

Easterly is professor of economics at NYU, joint with Africana studies, and co-director of NYU's Development Research Institute. He is also a non-resident Fellow of the Center for Global Development in Washington, D.C. He received his Ph.D. in economics at MIT. He spent 16 years as a research economist at the World Bank. His work has been discussed in media outlets such as National Public Radio, the New York Times, Wall Street Journal, Washington Post, the Economist, and Financial Times.

The Clemens Lecture Series was founded to further conversation on the ways that economics can speak to the larger problems of our society and culture. It brings to Saint John's outstanding economists noted for their abilities to address the economic dimensions of social issues and to sustain dialogue with the other fields of the liberal arts. It also provides a valuable opportunity for students to meet both informally and in classes with the visiting lecturer. The lecture series is designed to be practically useful in understanding daily life and is intended for a wide audience, including students, faculty, the business and professional community and members of the general public interested in the impact of economic issues in their lives.

## Publication Honors S. Mariella's Legacy

The legacy of S. Mariella Gable continues to influence the publishing world. A volume of poetry encompassing all of Jane Kenyon's published poems has been published by Graywolf Press of Saint Paul in partnership with the CSB Literary Arts Institute. The publication of *Jane Kenyon: Collected Poems*, appearing at the 10th anniversary of the poet's death, honors the legacy of S. Mariella. Kenyon's work is regarded as among the best of America's contemporary poets.



Dante scholar, poet, editor, writer and champion of new fiction, S. Mariella was a beloved English professor who taught at CSB from 1934-1978. A strong believer in the transcendent values of literature, she guided many students into lives informed by literature and played an important role in the early careers of such writers as Flannery O'Connor, Betty Wahl and J.F. Powers. In 1942, she published a provocative anthology that contained several stories on race relations and an early piece by up-and-coming author Ernest Hemingway.

The Literary Arts Institute celebrates CSB's heritage in the humanities and fine arts, by promoting the work of the best contemporary writers and giving voice to new and emerging writers.

## Twomey Honored at Saint John's Administrative Assembly Luncheon

Mark Twomey, former editorial director at the Liturgical Press, was presented the 2005 Outstanding Administrator Award by Br. Dietrich Reinhart at the Saint John's Administrative Assembly Recognition Luncheon on May 4. A tree dedication ceremony in his honor was conducted near HMML after the luncheon. Twomey has since retired.

Abbot John Klassen presented the following Years of Service Awards:

### *Five Years*

Kaira Adam  
Johanna Davis  
Eric Felsch  
Victor Klimoski  
Theresa McNutt  
Jerrod Nelson  
Jean Scoon  
Glen Tautges  
John Young

### *Ten Years*

Br. Dennis Beach, OSB  
Jennifer Cahoy  
Fr. Cyril Gorman, OSB  
Tom Herges  
David Paulson

### *Fifteen Years*

Fr. Tim Backous, OSB  
Greg Hoye  
Jan Jahnke  
Janice Rod  
Alex Schleper

### *Twenty Years*

Tom Schroer

### *Twenty-five Years*

Kevin Blanchette  
Fr. Eric Hollas, OSB  
Nikki Jochrnan  
Tim Miles  
Emmerich Sack

### *Thirty Years*

Patrick "Pete" Cheeley  
Roger Hoffman  
David Lyndgaard  
Fr. Dunstan Moore, OSB

### *Forty Years*

Fr. Jerome Tupa, OSB  
Mark Twomey

### *Fifty Years*

Fr. Gordon Tavis, OSB

Outgoing steering committee members Carol Marrin and Sarah Pruett were recognized for their service and the following new committee members were introduced: Cathy Wieme, Michael Hemmesch and Doris Matter.

## The Welcome Mat

*We welcome the following to the CSB/SJU community:*

Lee Tungland, transportation  
Elise Cooper, athletics  
Peggy Walter, residential life  
Shelby Wentworth, residential life  
Maribeth Overland, residential life  
Darren Swanson, security  
Jackie Nelson, institutional advancement  
Michelle Hemmesch, financial aid  
Maureen McCarter, faculty  
Jill French, athletics  
Mary Jo Beuning, internships  
Brad Deleeuw, faculty  
Tim Nagle, faculty  
W. Parker Wheatley, economics  
David Molnar, math  
Samuel Johnson, art  
Elizabeth Tilak, nutrition  
Erin Miller, nutrition  
Laura Helfritz, psychology  
Imad Rahal, computer science  
David Zoeller, management  
Salle Crutaire, accounting  
Patricia Farrington, nursing  
Clarke Davis, fine arts

Christian Hummel, president's office  
Kim Schwartz, annual giving  
Katie Kunkel, food service

## Farewell to Friends

Angie Niehaus, financial aid  
Lynda Fish, registrar office  
Michael Dermody, library  
Darlene Lewis, food service

## Applications Due for Saint John's Paul Lawson Fund

The next deadline for the Saint John's Paul Lawson Fund is Oct. 15. The fund was created to provide funding for the professional growth and development of individual administrators at Saint John's. The fund will award grants for projects that are extraordinary and are not normally funded by departmental budgets. Awards will range from \$100 to \$1,600. Applications will be evaluated by a selection committee of peer administrators. All full-time benefits eligible members of the administrative staff who are paid by Saint John's and have been employed by Saint John's for at least six months are encouraged to submit applications requesting support for administrative development activities that are not covered by department funding. Such activities could include but would not be limited to participation in conferences, graduate school course work, workshops, or consultations that are likely to improve one's professional skills.

More information is available on-line at [www.csbsju.edu/osbadministrativeassembly/paul\\_lawson.htm](http://www.csbsju.edu/osbadministrativeassembly/paul_lawson.htm). Paul Lawson Fund co-chairs are Jason Kelly (363-2494) and Tom Voller-Berdan (363-5853).

## Faculty/Staff news

**Marina Martín**, associate professor of MCL, has recently published a book review in the winter 2005 edition of the South Atlantic Review. She reviewed the anthology "En isla. Antología poética (1965-2003)," which was edited by Olgierda Furmanek and published in 2003. Marina also presented a paper titled "Poesía y transparencia: La voz de Ana María Fagundo," at the Asamblea General de la ALDEEU, Junta de Castilla y León at the Instituto de la lengua castellano y leonés in Burgos, Spain in July.

**Fr. Hilary Thimmesh**, professor of English and SJU president emeritus, received the President's Award from the Central Minnesota Community Foundation at its annual dinner Sept. 15 at the Holiday Inn & Suites in St. Cloud. Fr. Hilary was recognized because he fostered passion and vision for philanthropy in central Minnesota and the President's Award honored his long-term support to the foundation. Fr. Hilary was involved in the early years of the Central Minnesota Community Foundation, serving as board chairperson from 1992-95.

**Ellen Ellickson**, nursing instructor, presented a poster at the 6th Annual National Conference on Nursing Skills Laboratories in San Antonio, Texas in June. This conference was attended by nurse educators from the U.S. and Canada. Her poster was titled "Teaching Pharmacology Online: Use of a Web CT Pharmacology Course for Nursing Students."

**Shawn Thomas**, assistant professor of biology, met with the executive director, founder, and research personnel at the Great Ape Trust of Iowa Primate Facility

(GATI) in Des Moines in June. GATI, formerly known as Iowa Primate Learning Sanctuary, is among the largest great ape facilities in North America and one of the first worldwide to include all four types of great ape: bonobos, chimpanzees, gorillas and orangutans.

While at GATI, Thomas participated in presentations and research summaries, toured the institution and was introduced to the research methods, objectives and facilities at the site. Thomas has received an open invitation to work with GATI. This relationship provides a great opportunity to expose students to observational data collection, participation in research involving primates, and collaborative research for faculty and students in the areas of linguistics, musicology, anthropology and animal behavior.

**Michael Livingston**, associate professor and chair of psychology, will deliver one of two keynote addresses at the Ivy Graduate Student Leader Summit at Yale University. The summit includes the top graduate student leaders from each of the Ivy League schools as well as Ivy League academic administrators. Livingston will present his talk on Oct. 15, on the topic "Graduate Education and the Future of the Academy: The role of shared governance." He is speaking as a representative of the American Association of University Professors in his capacity as chair of the national Committee on Graduate and Professional Students.

At the summer Minnesota Private Colleges' Career Consortium (MPCCC) meeting, **John Clarkson**, SJU associate director of career services, was re-elected as the Minnesota Private Colleges' Job and Internship Fair co-chair and **Ed Stubblefield**, CSB associate director of career services, was re-elected to the tra-

surer position. **Heidi S. Harlander**, SJU director of career services, will continue in her two-year role as president of MPCCC. **Mary Harlander-Locke**, CSB director of career services, will continue to coordinate MPCCC's Pathways event, which helps students explore careers in areas such as the arts, communications, public service and sciences while connecting with private college alumni.

**Mark Conway**, director of the Literary Arts Institute and Project Logos, recently received the Minnesota Writers Career Initiative Grant from the Jerome Foundation and The Loft. The grant will fund readings in Montreal, Toronto, Seattle, Portland, the University of Houston, the University of Cincinnati, northern Indiana and recent readings at Harvard University, a residency at Yaddo Artists Colony in Saratoga Springs, N.Y. and other readings in New York and at the Loft. Conway's book, *Any Holy City*, is featured as an Editor's Choice in the current Ploughshares magazine.

**Jim Secord**, HMML Board member and Saint John's Bible donor, will be featured in the October issue of Minneapolis St. Paul Magazine (MSP) as an outstanding volunteer for his work with HMML, the Saint John's Bible and the Alzheimer's Foundation.

# community

*Community is published by the CSB/SJU  
Communication & Marketing Services staff:*

**Jon McGee**, Vice President for Institutional  
Planning, Research and Communication

**Greg Hoyer**, Executive Director  
of Communication and Marketing Services

**Barbara Hein**, Director of Electronic  
Communications

**Greg Becker**, Senior Associate Director  
of Publications and Graphic Services

**Glenda Isaacs Burgeson**, Director of  
Editorial Services/*Community* Editor

**Mike Durbin**, Sports Information  
Director (CSB)

**Celest Stang**, Sports Information  
Director (SJU)

**Michael Hemmesch**, Director of  
Media Relations

**Viv Krueger**, Project Coordinator (SJU)

**Julie Marthaler**, Office Coordinator (CSB)

To share your information and story ideas, simply  
e-mail them directly to Community at:  
community@csbsju.edu.

## *Celebrate Healthy Choices*

Prepared By Jason Phillippi, SJU Health Initiative

As we start another year of school, life becomes hectic with increased workload and deadlines. With so much to do, we may forget to focus on nutrition, physical activity and time for self.

**Nutrition:** Focus on adding foods rather than eliminating them.

Everything is okay in moderation. Eliminating foods isn't always the answer to a healthy diet. Instead, try focusing on eating:

- 3 fruits and vegetables each day
- 3 low-fat dairy products each day
- 3 + servings of whole grain items

Try keeping track of the number of servings of these foods.

**Physical activity:** It doesn't have to be strenuous to provide health benefits.

Engaging in physical activity everyday has positive health benefits. Adding moderate amounts of physical activity can reduce risk of premature mortality, coronary heart disease and risk of diabetes. Consider:

- taking the stairs rather than the elevator
- parking farther away and walking a bit
- biking or walking to those places that are close to home

**Time for self:** Everyone benefits when you take time for yourself.

Everybody knows that you can't be your best at work or home if you don't take care of yourself. Managing your time can play a key role in creating a healthy environment for yourself. Set aside time for family, for work and for self.

- Schedule your personal activities into your daily calendar just as you do your work or family activities.
- Remind yourself every day that you deserve some time for yourself.

**Resources:** <http://www.mypyramid.gov/pyramid/index.html>  
[http://my.webmd.com/hw/sports\\_and\\_fitness/ftpln-HealthTools.asp](http://my.webmd.com/hw/sports_and_fitness/ftpln-HealthTools.asp)  
<http://www.hoptechno.com/book11.htm>