



connections

Founder's Day Celebration Oct. 5



Viterbo's annual Founder's Day Celebration will held be Monday, Oct. 5. The Viterbo community is invited to a number of events scheduled throughout the day.

The schedule for Oct. 5:

- 11 a.m. Mass at Maria Angelorum Chapel at St. Rose Convent. Rev. Robert Cook will preside at the liturgy.
- All 11 a.m. and 12:10 p.m. classes are cancelled
- 11 a.m.–1:15 p.m. Complementary Luncheon in Marian Hall Dining Room. Non-meal plan students and employees should pick up a free ticket in the Student Development Center.
- 5 p.m. Pet Blessing with Rev. Bill Reese in Assisi Courtyard near *Dancing Francis*

Oktoberfest Grenadier Corps on Campus Today

Viterbo University will host some special visitors beginning at 10:30 a.m. today—the La Crosse Oktoberfest Grenadier Corps.

Approximately 25 members of the Grenadier Corps, which includes members of Oktoberfest royalty, will walk the Viterbo campus in their traditional German clothing. Music will also be featured.

Viterbo's Tom Thibodeau has been named the Oktoberfest parade marshal.

Getting Involved



Students learned more about Students in Free Enterprise and many other clubs and organizations at the Viterbo Club Fair Sept. 23.

Viterbo to Present *Suor Angelica* Oct. 2–4

Viterbo will present Giacomo Puccini's classic opera, *Suor Angelica*, Friday, Oct. 2–Sunday, Oct. 4 in the Fine Arts Center Recital Hall.

Suor Angelica is a beautiful and haunting one-act tale of loss and repentance set at a convent near Siena, Italy in the latter part of the 17th century. This production will be performed in Italian.

The cast consists of some of Viterbo's most talented singers and actors. Dan Johnson-Wilmot, music, will serve as music director and Ken Risch, dean of the School of Fine Arts, will be the stage director. Judy Stafslie, music, will serve as pianist.

"The beautiful and emotionally powerful music of Puccini and the talented singers and actors from the music department will join forces to bring to life this wonderful opera," Johnson-Wilmot said.

Performance times are 7:30 p.m. Oct. 2–3 and 2 p.m. Oct. 4. Former faculty member Cyrilla Barr will present a pre-performance lecture on the opera in the Fine Arts Center Hospitality Suite at 6:45 p.m. Oct. 2–3 and at 1:15 p.m. Oct. 4.

Suor Angelica is part of the music department's Chamber Opera Series. For ticket information, contact the box office at ext. 3100 or www.viterbo.edu/fac.

Kudos to...

- **Mary Ellen Hauptert and Timothy Schorr**, music, performed a concert of American piano duets as part of the Rosemary and Meredith Willson Harmony for Mayo program at the Mayo Clinic in Rochester on Sept. 21. In October, the duo will perform at the College Music Society national convention in Portland and give a guest artist recital and master class at the University of Wisconsin-Eau Claire.
- **Scott Gabriel**, chemistry, who was one of four co-authors of *Cell Wall Structures and Antibiotic Action*, published in the Curriculum Collection of the *American Society for Microbiology MicrobeLibrary*. The curriculum collection provides undergraduate educators with access to peer-reviewed classroom activities and laboratory exercises including inquiry-based, field-tested materials; student-active learning activities; and ideas for projects or research approaches.

Register Now for Lunch 'n Learn Oct. 1

The Viterbo community is invited to attend the first Lunch 'n Learn of the semester Thursday, Oct. 1 from noon-1 p.m. in the Student Development Center.

Wellness specialist Carol Ebert will present "What will You do to Become More Awesome?" Successful people know that maximizing your health will give you the edge and keep you on top of your game. What are you doing to create a firm foundation to stay energized and healthy this year? Ebert will excite the audience and share 10 great health tips that will keep listeners going for the challenges ahead.

Registration is required; call Denise Homstad at ext. 3825 to reserve a spot. Lunch is free. Contact Sue Danielson, health services, at ext. 3806 with any questions. The event is sponsored by health services, counseling services, and recreational sports.

Classifieds

For sale: Whirlpool chest freezer with a total capacity of 10 cubic feet. Holds up to 345 pounds. Approximately 42 inches in length, 24 inches deep and 35 inches high. Works great. \$100 or best offer. Call ext. 3186 or 787-5459.

For sale: 14 foot by 66 foot Marshfield Mobile Home. 1984 model, two-bedrooms, 1.5 baths, enclosed porch, car port, stove, refrigerator, washer and dryer, air conditioning, many updates, \$13,500. Sparta. Call Jeanne at ext. 3181 or 608-269-8545.

For sale: washer/dryer, \$150. Call Jeanne at ext. 3181 or 608-269-8545.

Dance Ideas Needed

The YWCA, in collaboration with the Boys and Girls Club, is planning an international "Girls" dance in February at the Mathy Center.

The dance will feature girls and women from across the generations coming together to dance, celebrate, and to experience world dance traditions including clogging, folk dance, break dancing, and traditional Hmong, Ho-Chunk, and Latin American dance.

Dance organizers are asking Viterbo students and employees for ideas for naming this event as well as great dance/movement songs that signify the strength and empowerment of women.

To provide ideas for songs or for a name for this event, contact Marlene Fisher at ext. 3725 or mrfisher@viterbo.edu or Leanne Hedberg Carlson at ext. 3357 or lmhedbergcarlson@viterbo.edu.

Morning Prayer Oct. 2

All employees are invited to attend the first Viterbo Morning Prayer of the academic year, Friday, Oct. 2 from 7:30-7:50 a.m. in the Reinhart Center Board Room.

Viterbo Morning Prayer is held the first Friday of each month and is hosted by the mission effectiveness committee.

Ancient Sport on Campus



Students in the History and Philosophy of Sport course (SPSL 286) taught by David Waters utilized several areas of the courtyard on Sept. 17 gaining insight into sports played more than two millennia ago and all had turns to show their athleticism in a variety of events. The 17 participating students are in the interdisciplinary programs of sport management/sport science and leadership.

Drawing for Artwork

Three lucky winners will take home an original, framed work of art from “The Art of the Woodcut Print” Fine Arts Center Gallery exhibit in a drawing held by the art department at 4 p.m. Wednesday, Sept. 30.

The Viterbo community is invited to visit the gallery and fill out an entry form with your favorite woodcut print from the exhibition. “The Art of the Woodcut Print” exhibition features 94 woodcut prints made by Viterbo art students and teen members of the Boys and Girls Club.

Posting Reminder

All items for posting on bulletin boards in the academic buildings must be brought or sent to Sandra Bartel, communications and marketing, for approval and posting.

There are 15 boards. The posting should be no larger than standard letter size. If the announcement is not approved it will be removed and recycled. No announcements should be taped to walls or doors unless approved or they will also be removed.

Events in the Community

Jerene Mortenson, Pennies for Peace proponent and mother of *Three Cups of Tea* author Greg Mortenson, will speak at 7 p.m. Wednesday, Sept. 30, at English Lutheran Church, 1509 King Street in La Crosse.

Her topic is the Pennies for Peace project and the story of young Pakistani women who have been educated with funds from her son’s Central Asia Institute. The event is free and open to the public. A Fashion Cornucopia style show and gourmet meal to benefit the Women’s Clothes Closet Saturday, Oct. 10 at Our Savior’s Lutheran Church on Division Street in La Crosse. There will be two separate shows; doors open at 11 a.m. and 5 p.m.

Cost is \$25 per person, and WKBT’s Jennifer Livingston will serve as mistress of ceremonies. For tickets, contact Deb Daehn-Zellmer at ext. 3728 or ddzellmer@viterbo.edu.

Also, the 12th Annual Women’s Fund Fall Luncheon will be held Tuesday,

Starting the Day Off Right



Members of the Viterbo community enjoyed a grab and go breakfast compliments of the Hospitality Committee Sept. 24. Pictured are committee members Vickie Schaefer, Michele Flaten, and Jocelyn Mlsna.

Mail Notice

The Viterbo community is reminded that a department name or budget number is required on each piece of mail sent from the university.

Oct. 20 in Valhalla Hall at the University of Wisconsin-La Crosse. Registration will begin at 11 a.m. with the program to follow at 11:30 a.m. The keynote speaker will be Kathryn Childers, who served as a U.S. Secret Service agent, a television talk show host, a philanthropist, and a publisher.

Cost is \$30 until Thursday, Oct. 1 and \$35 after that. Contact Deb Randall Anderson at ext. 3371 or drandallanderson@viterbo.edu to purchase a ticket before Oct. 1.

Lastly, tickets are now on sale for State Bank Financial’s 18th annual Chili Cook-Off to be held Saturday, Oct. 10 in the bank’s parking lot. Proceeds will benefit Drug Abuse Resistance Education, Gang Resistance Education and Training, and Habitat for Humanity.

Tickets are \$5 or five tickets for \$20. For tickets, to sign up to be a cook, or to make a donation, contact event chair Karyn Ruhl at 791-4533.

October Birthdays

- 1.....Jim Bagniewski
- 1.....Kari Hartogh
- 2..... Terry Stuttley
- 3..... Theresa Moore
- 4..... Bernie Ferry
- 5..... Patrick Andera
- 5..... Cheryl Mackay
- 5..... Anna Sanders-Bonelli
- 6..... Virginia Pharr
- 8..... Andrew Lee
- 9..... Penny Blank
- 11..... Sarah Lee
- 14..... Deb Murray
- 15..... Renee Kastenschmidt
- 16..... Jason Howard
- 16..... Paul Stachowski
- 19..... Jack Hamilton
- 19..... Chad Kolbe
- 19..... Jackie Kuennen
- 19..... Jo Ann Marson
- 20..... Dorie Beres
- 22..... Nikki Balsamo
- 22..... Betsy Brzowsky
- 22..... John Della Vedova
- 22..... Kathleen Warner
- 22..... Marilyn Wilder
- 24..... Julie Clements
- 25..... Barbara Gayle
- 27..... Elizabeth Ehr
- 28..... Peg Beirne
- 28..... Judy Casto
- 30..... Chad Gilbeck

health corner

By Sue Danielson

Health Tips for Fall

According to John de Castro, a professor of psychology at Sam Houston State University in Texas, we eat about 200 calories more per day in the fall. The likely reason we do this is in preparation for the winter months of famine. What famine, you say? These days there is none—probably another reason we keep gaining weight as a country. But in the past, we ate when foods were plentiful, such as the time of the fall harvest. Perhaps we also eat more because swimsuit season has ended, and we can start wearing more clothes. Whatever the reason, here are a few tips to keep you healthy and living well during the fall months.

Watch what you eat. Avoid unconscious eating while watching football and the new fall TV lineup. Never bring the whole bag or bowl of anything to the couch or coffee table, pre-measure it in the kitchen beforehand. When it comes to chips, make sure they're baked, not fried. For pizza, watch the toppings—they can double the calories.

Eat apples, pears, sweet potatoes, and butternut squash. Apples have been shown to reduce the risk of some cancers, as well as cardiovascular disease, asthma and diabetes, and they help keep blood vessels healthy and reduce inflammation, a benefit also found in vitamin A-rich butternut squash and sweet potatoes.

Pack a healthy lunch. While there are signs that the recession is ending, it doesn't hurt to pack your own lunch. Avoid processed foods with added sugar, fatty lunch meats, and high-calorie beverages, including juices.

Eat big in the morning. Recent research reported from Sam Houston State University in Texas found that eating in the morning reduces total calories eaten for the entire day.

Enjoy the season. Go to museums, go hiking, take long walks, bike rides, and use a pedometer. Keep in mind that it gets darker earlier, so there are fewer outdoor options for physical activity

in the evening. Make adjustments by joining a gym, planning evening walks at the mall, or becoming an early riser. Walk your kids to school.

Relax and stay calm. Try to readjust to the fall work or school schedule to avoid eating due to stress from mounting "back to school/back to work" pressures. You don't have to avoid eating altogether, but you do need to make healthier choices. Try to keep junk food out of your office and home, and make sure to have plenty of fall apples and pears on hand. If that's all you have, that's what you'll eat. Also, consider air-popped popcorn.

Prepare for cold and flu season. Get a flu shot when available. Drink plenty of fluids. Have a safe and healthy fall season. For further information, contact Sue Danielson, health services, at ext. 3806.

from the Library

By Kim Olson-Kopp

WorldCat and WISCAT Requesting

The next time you're searching for a book and we don't own it, try requesting it through WISCAT or WorldCat. In the past, if you discovered the library did not own a copy of the book you wanted, you would have contacted us by dropping by our main desk or using the online request form. We would then process your request, search for the book, and, once it was delivered, contact you.

Recently, this process has been streamlined through the use of Patron Initiated Interlibrary Loan. In a nutshell, this means you, the patron, may request items directly. When you're

browsing titles in either WISCAT, an online catalog that searches libraries in Wisconsin, or WorldCat, you now have the option to ask for the items yourself without contacting us first.

In WorldCat, once you've located a title you want, search for a small black "ILL" button on the top of your result screen. When you click the button, you'll be prompted to enter your name, address, phone number, and email. The request is forwarded to our library's information page, and we review it before the final request is sent. In Wiscat, the "Request This Item" link will take you through a similar process.

Although we will continue helping patrons find materials using all of our

traditional methods, this new feature will save you time. It also helps us cut back on paperwork and time spent matching the book to your request. For tips on using direct requesting, contact the library.

connections is published every Monday of each academic year. Copy deadline is 4 p.m., Wednesday. Email copy to connections@viterbo.edu or send interoffice to the office of communications and marketing, RC 007. Visit us on the Web at www.viterbo.edu/connections.aspx