

U n i v e r s i t y M a g a z i n e

# CREIGHTON

A young girl with colorful braids is focused on writing on a yellow sticky note. She is wearing a pink top and is seated at a table with a floral patterned tablecloth. The background is blurred, showing other people in a classroom or community setting.

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Student Life

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Spring 2004



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SPRING 2004

# CREIGHTON

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Photo by Mark Romesser

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Creighton theology professor Joan Mueller, OSF, Ph.D., has developed a program to help these struggling refugees. It's called Project Welcome. Pictured above is Rose John, whose family came to Omaha from Sudan.

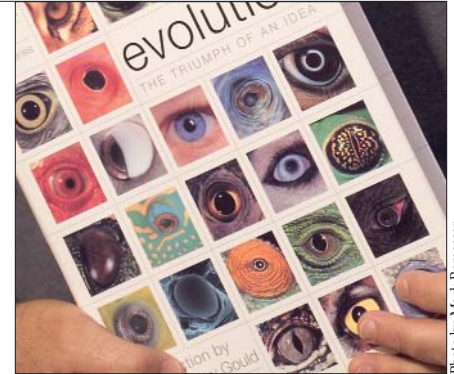


Photo by Mark Romesser

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### About the Cover

Begoa Chol, 5, and her family came to Omaha after fleeing Sudan. She receives tutoring thanks to a new program established by Creighton theology professor Joan Mueller.

#### Creighton University Magazine's Purpose

Creighton University Magazine, like the University itself, is committed to excellence and dedicated to the pursuit of truth in all its forms. The magazine will be comprehensive in nature. It will support the University's mission of education through thoughtful and compelling feature articles on a variety of topics. It will feature the brightest, the most stimulating, the most inspirational thinking that Creighton offers. The magazine also will promote Creighton, and its Jesuit Catholic identity, to a broad public and serve as a vital link between the University and its constituents. The magazine will be guided by the core values of Creighton: the inalienable worth of each individual, respect for all of God's creation, a special concern for the poor, and the promotion of justice.

## Jesuit Catholic Identity Creighton's Primary Focus

The spring semester of our 125th anniversary year is under way, and I hope that the new year is off to a good start for you. At this mid-point of our CU 125 celebration, all of us have a deeper appreciation of Creighton University's spectacular growth over the years.

As we look forward to another 125 years of success, it is important to note that we grow for good reasons and that we follow a carefully planned path. Our growth is guided by our strategic plan, Project 125, which is in sync with our financial and master campus plans.

In this column and over the next year, I will elaborate on each of the five strategic objectives outlined in Project 125. For context, here are the five areas where we will focus our energy and resources:

1. Enhance Creighton's national identity and focus its dedication to mission;
2. Nurture Creighton's academic excellence;
3. Create a diverse human community of students, faculty and staff at Creighton;
4. Provide a dynamic environment for Creighton students;
5. Ensure overall financial stability for Creighton University and its schools and colleges.

(You may read the entire plan at [www.creighton.edu/stratplan](http://www.creighton.edu/stratplan).)

Our first priority, to "enhance Creighton's national identity and focus its dedication to mission," means Creighton will educate for solidarity with the human community by serving others, promoting justice and embracing change. We will continue our engagement with and service to our constituent communities.

Why is this important? Why is it our first priority? The answer to both questions is that the Jesuit and Catholic identity of Creighton remains the primary focus of the University. It is our *raison d'être*; without it Creighton is just another independent institution of higher learning at the crossroads of America. Our mission springs from our identity as Jesuit and Catholic, and this identity is our greatest strength.

To quote from our Mission Statement: "As **Catholic**, Creighton is dedicated to the pursuit of truth in all its forms and is guided by the living tradition of the Catholic Church. As **Jesuit**, Creighton participates in the tradition of the Society of Jesus which provides an integrating vision of the world that arises out of a knowledge and love of Jesus Christ."

We will use this core strength as we work together to solidify Creighton's position as a regionally dominant and nationally prominent institution that is a leader in preparing students for lives of service, professional distinction and personal fulfillment. Creighton makes a distinctive and positive impact upon our society.

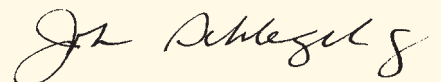
Jesuit Catholic higher education is important to people of hope, good will and all faith traditions.

There is a difference between getting a degree and getting an education. Educational purpose at Creighton extends beyond accumulation of knowledge to concern with character formation, use of talent to serve those in need, use of education to shape society and seeking opportunities to change the world. This purpose is expressed in part through our programs in service to the local Catholic Church and to other faith communities. Our programs in Christian Spirituality and lay ministry form individuals dedicated to the advancement of Christian principles. Our Institute for Priestly Formation attracts clergy from around the globe who hunger for Creighton's purposeful guidance in their work. This educational purpose benefits students on our campus, who receive ethical formation and values-centered instruction, based on religious principles and values.

The greatest impact of our Jesuit Catholic identity is upon our students. The clearest way this is seen is in our graduates. Over their time at Creighton, our students not only hear about our mission and identity, they are personally engaged by the ideas, issues and real life implications of our Jesuit Catholic reality. In the classroom and through their encounters with faculty, through their residence life experience and student organizations, in their professional and clinical immersions, our students come to know and love the special character of Jesuit education. Our unique approach to forming women and men for and with others permeates every aspect of a student's experience at Creighton.

Our first strategic priority calls us to intense focus on this purpose and provides the principle and foundation for the remainder of our strategic plan, which we will revisit in future issues of the magazine.

Please enjoy this issue of *Creighton University Magazine*, and may God's blessings be upon you in 2004.



John P. Schlegel, S.J.



# UNIVERSITY MAGAZINE CREIGHTON

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For the latest on alumni gatherings, contact the Alumni Relations Office at 1-800-CU-ALUMS (800-282-5867) or check online at [www.creighton.edu/alumni](http://www.creighton.edu/alumni).

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Update your mailing address or send alumni news (births, weddings, promotions, etc.) electronically through [www.creighton.edu/alumni](http://www.creighton.edu/alumni), call 1-800-334-8794 or mail to Development Office, Creighton University, 2500 California Plaza, Omaha, NE 68178.

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## Letters to the Editor

### More About Zahm

Dr. Dennis Mihelich's interesting article on the early curriculum of Creighton (Winter 2003) contains a small error. The University of Notre Dame priest was John A. Zahm (not Zahn).

Zahm (1851-1921) was a prolific writer. Many of his writings attempted to defuse the "religion-science" debate, and the controversy over his *Evolution and Dogma* was one example. He was a friend of Theodore Roosevelt, and, in 1913, he traveled with him to South America. A book of his travels was published in 1916. Zahm also published several works under the pseudonym (and anagram of his name) H.J. Mozans. It was under this name that he published his historical study of women scientists, *Women in Science*, in 1913. This book was a pioneering and well-documented account of the contributions of women in science and medicine. It was reprinted by the University of Notre Dame Press in 1991

with excellent reviews.

Zahm was a leader in American Catholic education at the turn of the 20th Century. He worked for high intellectual standards of his university and for recognition of the advances being made in science at the time. His views on evolution would not find controversy among Catholic scientists or Catholic theologians today. His biography, *Notre Dame's John Zahm: American Catholic Apologist and Educator* (Ralph E. Weber, University of Notre Dame Press, 1961), provides a detailed and scholarly account of a complex man and of the status of Catholic higher education during his lifetime.

Robert J. Whitaker, BS'58  
Springfield, Mo.

### Blessed to Know Bishop Sheets

Thank you for those few well-crafted words about Bishop John Sheets in the last *Creighton University Magazine*.

It was my pleasure and privilege to have known Father Sheets (as I will always think of him) both as a professor and as a classmate, having taken a few theology classes from him during my time at Creighton, and, later, pairing up with him in Conversational French. (This was in preparation for his making an extended visit to, I believe, Africa.)

In many ways, it seems to me that Father Sheets exemplified all that was (and I assume is still) good about Creighton: love of God, love of learning, love for his fellow human beings. I well recall his gentle friendliness even now, nearly a quarter of a century later.

I am sorry that he is gone, but blessed to have known him for a time.

William J. Reynolds, BA'79  
Sioux Falls, S.D.



## School of Law Centennial Gala & Dance

Save the Date:

Friday, Sept. 10

Qwest Center Omaha, Grand Ballroom

- Cocktails, 6:30 p.m. •
- Dinner and Dancing, 7:30 p.m. •

1904 2004

Creighton  
UNIVERSITY

## New ILAC Health Center Opens

For 30 years, the Institute for Latin American Concern (ILAC) in Santiago, Dominican Republic, has collaborated with members of the Creighton University community to heal and strengthen the lives of thousands of people in rural, remote villages of the Dominican Republic. With health clinics virtually non-existent in these mountain areas, teams of Creighton health care professionals tend to the Dominicans' health needs in rugged outdoor health clinics.

Now, a newly constructed ILAC Health Center offers Dominicans another level of care — for many villagers, it will be the first time they will receive medical care in a modern facility. On Jan. 6, ILAC and Creighton officials dedicated this new state-of-the-art outpatient clinic and surgical center, which is adjacent to the ILAC Center in Santiago.



A view from the back of the newly constructed ILAC Health Center.

"The new ILAC Health Center represents the vision of ILAC: treating people with dignity and delivering a holistic approach to medicine, encompassing the person's mind, body and spirit to help them be self-sufficient in leading a fulfilling life," said Creighton President the Rev. John P. Schlegel, S.J. "Dominicans unable to afford health care will now have the opportunity to be treated in a first-class health facility with the latest technology that will meet their health needs.

"At the same time, Creighton students, faculty and alumni and others from across



The ILAC Health Center will serve as a modern facility where rural Dominicans can receive medical care.

North America will have opportunities to volunteer at the health center and for other ILAC programs, living the Jesuit tradition of being 'men and women' for others," Fr. Schlegel said. "The people of ILAC, including the board of directors, Creighton representatives and supporters, are to be congratulated for their efforts in making the

*"The new ILAC Health Center represents the vision of ILAC: treating people with dignity and delivering a holistic approach to medicine, encompassing the person's mind, body and spirit to help them be self-sufficient in leading a fulfilling life."*

*— John P. Schlegel, S.J.*

health center a reality that will serve many who have no other means of health care."

Fr. Schlegel, Cam Enarson, M.D., M.B.A., dean of Creighton's School of Medicine and vice president for Health Sciences, and Chris Bradberry, Pharm.D., dean of Creighton's School of Pharmacy and Health Professions, joined ILAC representatives in dedicating the new facility.

Also present at the dedication was Joseph Lynch, M.D., a Creighton physician who is a member of the ILAC board of directors and who has served as long-time medical director of ILAC. "The ILAC Health Center is a stand-alone facility separate from but near the ILAC Center," Lynch said. "The

4,000-square-foot health center will provide health care to the Dominicans from rural areas who don't have access to area hospitals or doctors. Through ILAC programs, we have designated and trained health care coordinators in the outlying villages. These coordinators will help us identify the people who need medical attention.

"At the new health center, American and Dominican physicians will be able to perform routine exams and simple surgeries. The facility will have examining rooms, operating rooms, a pharmacy and a reception area," Lynch said.

Founded by Jesuits Narciso Sanchez, S.J., and Ernesto Travieso, S.J., ILAC, through all of its programs, has been a life-changing experience for thousands of Creighton students, faculty and alumni and also for many others from across the U.S. who have served in ILAC programs. From its earliest days as a health care-focused program, ILAC has evolved into areas of agriculture, vocational education and community building, while retaining its original focus on health care services. Today, there are various programs directed by Dominicans and overseen by Executive Director Radalme Peña.

"The rural communities of the Dominican Republic in dire need of health care and prevention are expressing their gratitude to those who have made it possible to have a regional health center where they can receive first-rate surgical attention," said Peña. "They thank the donors ... as well as Creighton University for its spiritual and technical support through ILAC."

## Community Leaders Honored at Commencement

For their many contributions supporting the Omaha community and the state of Nebraska, Charles F. Heider, BSC'49, the National Conference for Community and Justice in the Midlands, the Poor Clare Sisters of Omaha and the Urban League of Nebraska received awards of recognition at Creighton University's December commencement on Dec. 20. Creighton presented degrees to more than 300 students, one of the largest winter classes in the school's 125-year history.

### Alumni Achievement Citation

Heider received Creighton's Alumni Achievement Citation for his leadership in enhancing and supporting education, social programs, charities and the arts. He learned to "give back" from his parents while growing up in Carroll, Iowa, and his values were strengthened while attending Creighton University. Heider graduated from Creighton in 1949 with a degree in business and began his investment career at Mutual of Omaha.

He then founded Chiles, Heider & Co., a regional New York Stock Exchange investment firm. He now is a general partner of Heider-Weitz Partnership and president of the Charles Heider Company, a private investment firm.

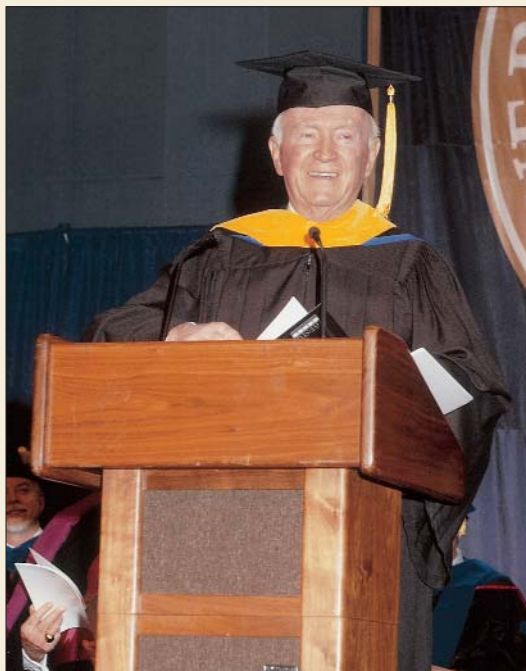
For years, Heider has provided support to an array of organizations across the community. He also is a member of the Heritage Service group that has raised millions of dollars for Joslyn Art Museum, Durham Western Heritage Museum, Strategic Air and Space Museum, the Qwest Center Omaha and Omaha's new performing arts center that is under construction.

At Creighton, he has served on the Board of Directors for 17 years, and he has funded scholarships, helped renovate residence halls, one of which is named after Heider and his wife, Mary, and supported athletics. In 1994 the Charles and Mary Heider Endowed Jesuit Faculty Chair was established. In 2002 the Wisconsin Province of the Society of Jesus bestowed upon the couple the first Ignatian

Leadership Award from the Jesuit Council of Omaha.

### Presidential Medallion

The National Conference for Community and Justice, the Poor Clare Sisters of Omaha and the Urban League of Nebraska each received Creighton's Presidential Medallion. This award recognizes individuals and organizations that have displayed excellence in an academic discipline; have distinguished local civic,



Charles Heider addresses the crowd after receiving the University's Alumni Achievement Citation at the December commencement ceremony.

cultural or volunteer service; and have a commitment to the educational and community ideals espoused by Creighton University's mission statement.

### National Conference for Community and Justice in the Midlands

The National Conference for Community and Justice (NCCJ) in the Midlands is dedicated to fighting bias, bigotry and racism and to promoting understanding and respect among all races, religions and cultures. Omaha civic leader Otto Swanson founded the Midlands Region chapter in 1937. The Midlands NCCJ chapter has effectively educated and provided inclusive community-building skills to more than 17,000 youth. It also educates and encourages people of all ages through

public service campaigns and through legislative efforts.

### Poor Clare Sisters of Omaha

A member of Creighton's founding family, John A. Creighton, helped establish the Poor Clares' first convent in America, which was located in Omaha on 17th Street. Saint Clare founded the Poor Clares in Italy in the 13th century.

Centuries later, the pope asked the Poor Clares to establish a convent in the New World. For nearly three years, the sisters faced repeated obstacles in trying to establish their convent in America — until they met with John Creighton. With his support, the Poor Clares moved into their first American home on 17th Street between Cass and Webster streets. The site is now part of the Creighton campus.

Today the Omaha Poor Clare sisters reside in St. Bernard's parish. They live a cloistered life, praying several times a day, caring for aged sisters and preparing altar breads for area churches. World-wide, there are 20,000 Poor Clares in more than 75 countries. This year marks the 750th anniversary of the death of Saint Clare and is the 125th anniversary of both the Poor Clares in America and Creighton University. The presence and prayers of the Poor Clares have richly blessed the Omaha community.

### Urban League of Nebraska

For 75 years, the Urban League of Nebraska has served the state and local community, enabling African-Americans and others to secure self-reliance and equal opportunity. It is one of more than 100 affiliates in 34 states dedicated to eliminating discrimination and segregation while encouraging economic empowerment among minorities.

Founded in 1928, the League serves Nebraskans in areas of employment, economic development, health and education. The organization provides a wide array of programs, including welfare-to-work programs and community revitalization projects promoting education and health care. In addition it has established community centers where children and families receive tutoring and training. The Urban League of Nebraska has been a powerful catalyst for social progress and collaboration in Omaha and Nebraska.

## Creighton, UNMC Receive National Community Service Award

Omaha's two academic medical centers have been awarded the prestigious Outstanding Community Service Award for 2003 from the Association of American Medical Colleges (AAMC). Creighton University Medical Center and the University of Nebraska Medical Center were recognized by the AAMC for their outstanding efforts in meeting the medical needs of people not served by traditional health care systems.

*"Last year, Creighton served more than 460,000 patients who otherwise may not have received care. Creighton University Medical Center also is a regional leader in providing free or unreimbursed health care to the underserved in our communities — which is equivalent to more than \$26 million in health care costs."*

*— Cam Enarson, M.D., M.B.A.  
Vice President for Health Sciences,  
Dean of the School of Medicine*

The schools were chosen from among 125 medical schools in the nation, and this is the first time two medical schools have shared the award. The award was presented Nov. 8 at the AAMC gala in Washington, D.C.

"Nebraska residents are fortunate to have two service-oriented academic medical centers in their communities," said AAMC President Jordan J. Cohen, M.D. "Creighton University School of Medicine and University of Nebraska Medical Center supply essential health services to the medically underserved, while providing students with the clinical training and experience necessary to become competent, compassionate physicians."

"We are pleased to receive national recognition for our community service

efforts by the Association of American Medical Colleges, and we are honored to be the first Catholic institution to receive the award," said the Rev. John P. Schlegel, S.J., Creighton president. "Creighton's School of Medicine has been reaching out to provide health care to underserved communities since it was founded 111 years ago. This award reflects the expert and compassionate care given by Creighton health care providers to those who have limited access to medical care. Through this award, we want to recognize and publicly thank our valued community partners with whom we collaborate to deliver a wide array of medical outreach programs."

Cam Enarson, M.D., M.B.A., Creighton's vice president for Health Sciences and dean of the School of Medicine, said, "Creighton health care providers are dedicated to serving those in need and encouraging disadvantaged youth to consider health professions. In addition, 100 percent of Creighton medical students volunteer for community service initiatives during their four years of medical education. Last year, Creighton served more than 460,000 patients who otherwise may not have received care. Creighton University Medical Center also is a regional leader in providing free or unreimbursed health care to the underserved in our communities — which is equivalent to more than \$26 million annually in health care costs."

Creighton and UNMC foster individual programs, and they also have collaborated on a number of fronts. For example, UNMC and Creighton, in collaboration with the state of Nebraska, have worked together to develop a comprehensive bioterrorism preparedness plan for Nebraska. The plan is considered a model for other states.

When the poison center at a local hospital announced it was planning to outsource its calls to a large regional call center, a partnership involving Creighton, UNMC, The Nebraska Medical Center and the state of Nebraska stepped in with funding and personnel to make sure Nebraska would maintain this fundamental community resource.

The AAMC is a non-profit organization representing the nation's 125 accredited medical schools, nearly 400 major teaching hospitals, 105,000 faculty in 98 academic and scientific societies, and the nation's 66,000 medical students and 97,000 residents.

## Col. Mault Receives Alumni Merit Award

Col. James P. Mault, MA'77, received the Creighton University Alumni Merit Award from the Graduate School on Nov. 14.

Mault is a senior inspection manager in the Office of the Inspector General at the Defense Intelligence Agency (DIA) in Washington, D.C.



Col. Mault

He supervises teams conducting technical inspections of Defense Attaché Offices around the world to certify they are performing effectively and within the guidelines of Executive Orders, Department of Defense (DOD) and DIA directives, and other intelligence oversight and policy guidance documents.

He earned his bachelor's degree from Norwich University in Vermont, and received his master's degree in Russian history from Creighton's Graduate School in 1977. His wife, Cynthia, holds a master's degree from Creighton in British history.

After graduate school, Mault became an Army Foreign Area Officer. Prior to his current assignment, Mault was a Defense and Military Attaché in Budapest, Hungary. He received the Distinguished Service Medal First Class from the Hungarian government. Mault also was a Strategic Intelligence Officer from 1994 to 1997 at NATO Headquarters in Belgium, where he was responsible for overseeing political-military activity in Russia.

Mault has received numerous military awards, including the Defense Superior Service Medal with one Oak Leaf Cluster, the Legion of Merit, the Bronze Star and the Defense Meritorious Service Medal.



Photo by Dave Weaver

## New Junior, Senior Townhouses Take Shape

Construction of the new junior/senior townhouses continues at the corner of 21st and Burt streets, just east of the current ball fields. As part of Creighton's master plan, the construction of the new residences for juniors and seniors is part of the first phase of addressing one of Creighton's strategic priorities — to provide a dynamic living-learning environment for Creighton students. The new housing, intended to complement existing neighborhood and campus structures, will aid in student retention. Completion is planned for the fall of 2004.

## CU Physicians Named Among Best Doctors in America

Creighton University Medical Center's Shashi K. Bhatia, M.D., Patricio F. Reyes, M.D., and Daniel R. Wilson, M.D., have been voted "Best" and listed in this year's Best Doctors in America database. Bhatia is associate professor and director, Division of Child Psychiatry; Reyes is professor and director of Creighton's Center for Aging, Alzheimer's Disease and Neurodegenerative Disorders; and Wilson is professor and chair, Department of Psychiatry at Creighton University Medical Center.

The Best Doctors in America is a national listing of physicians that serves as a vital resource to thousands of patients throughout the United States and across the world. The list represents the top 5 percent

of doctors in more than 400 subspecialties of medicine.

The doctors who make this prestigious list are chosen through an exhaustive peer-review survey in which thousands of doctors participate. Only those physicians who earn the consensus support of their peers are included. According to the Best Doctors Inc., the company never takes compensation of any kind from doctors in return for listing doctors in its database, nor does it pay doctors to participate in its survey process. For this reason inclusion in Best Doctors is a singular honor.

Other Creighton physicians selected in years past who continue to be on the list include Subhash Bhatia, Marvin Bittner, Thomas Casale, David Dworzack, Dennis Esterbrooks, Donald Frey, Mark Goodman, Gary Gorby, Russell Hopp, Edward Horowitz, Brian Loggie, Michael McGuire, Fred Petty, Laurel Preheim, José Romero, Dan Schuller and Robert Townley.

## Sattar Named National Fellow by Robert Wood Johnson Foundation

S. Pirzada Sattar, M.D., has been named one of 10 National Fellows by the Robert Wood Johnson Foundation. Sattar is assistant professor of psychiatry and medical director of the Institute for Medicine & Law at Creighton University Medical Center.



Sattar

He also is director of the Substance Abuse Treatment Center at the Omaha VA Hospital.

Sattar has been awarded more than \$100,000 to underwrite his participation in the "Developing Leadership in Reducing Substance Abuse" (LRSA) program. LRSA Fellows work across a range of disciplines, including education, policy development, research, clinical treatment, and political and legal advocacy. Sattar plans to study the legislative trends in laws pertaining to substance abuse and the development of laws for involuntary commitment of dangerous substance abusers.

"We need to advocate more for the substance abusers and substance abuse treatment programs at public gatherings and with the legislature," Sattar said. "This will lead to increased general awareness among the public and even the lawmakers on the severity of this problem and can translate into more support for this issue."

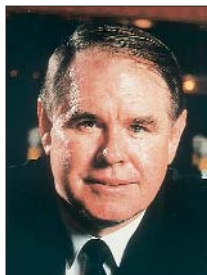
Robert Wood Johnson devoted his life to public service and to building the small, but innovative, family firm of Johnson & Johnson into the world's largest health and medical care products conglomerate.

## Gaughan, Sokol, First Data to be Recognized at CoBA Evening of Honors

The College of Business Administration at Creighton University will hold its CoBA Evening of Honors on April 28 at the Qwest Center Omaha. Three awards will be presented at the event: the Alumni Merit Award to Michael J. Gaughan, BSBA'65; the Waite Medal for Leadership Excellence to David L. Sokol; and the Corporation of the Year to First Data Corporation.

Gaughan is the chairman and chief executive officer of Coast Resorts Inc. in Las Vegas, Nev. The Alumni Merit Award is presented annually to alumni who have provided distinguished service to the University and their community.

"Michael has provided continuous service to the University and to the Las Vegas Alumni Club since his graduation in



Gaughan



Sokol

1965," said Robert Pitts, Ph.D., dean of the College of Business Administration. "He also has wisely employed his Creighton education in the development of his successful business enterprise. His accomplishments have been marked by a strong ethical and professional approach to the management of his business."

The Waite Medal for Leadership Excellence has been established by the College of Business Administration's Anna Tyler Waite Center for Leadership to recognize notable business and community leaders whose significant contributions offer a compelling example of leadership

excellence. Sokol was chosen as the first recipient of the award in recognition of his accomplishments in the business world and unselfish contributions of time and effort to numerous civic, community and philanthropic organizations. Sokol is chairman and chief executive officer of MidAmerican Energy Holdings Company in Omaha and a member of Creighton's Board of Directors.

Selected by Creighton's Joe Ricketts Center, First Data was chosen as the Corporation of the Year for its pioneering use of information technology and its contributions to the community. Established in 1999, the Ricketts Center is named after Joe Ricketts, BA'68, the founder and chairman of the Ameritrade Corporation in Omaha. The Center operates from an endowment provided by Ricketts and the financial and logistical support of business partner firms. The primary mission of the Ricketts Center is to promote information technology education and to build bridges with the business community.

## CU Professor Wins China's Unitas Literature Award

Jinmei Yuan, Ph.D., a philosophy professor at Creighton University, was recognized for her literary talents with the Unitas Literature Award. This award is the highest in the field of Chinese literature.

Yuan's award is about \$10,000 and her novella, *Loyal Courtiers and Their Rebellious Children*, was published in the November issue of *Unitas Literature Journal*.

The original purpose for writing the novella, according to Yuan, was for her new course, Philosophy of East Asian Literature and Film, that she is teaching this semester.

Many of Yuan's essays, stories and novellas have appeared in literary journals. She also has authored and co-authored many books and papers regarding philosophy.

"I was very excited after hearing of the result," Yuan said. "I am very happy that I was recognized by the public as a writer."

The award, which dates back to 1949,

is open to all Chinese speakers in the world. In its beginnings, Unitas was the Unitas Newspaper Series. Eventually, Taiwan writers developed *Unitas, A Literary Monthly*, which has been one of the most important literary journals in the Chinese world. The Unitas Newspaper Series and the literary journal fund the Unitas Awards.



Photo by Dave Weaver

Yuan holds the Unitas Literature Award.

At first, an award was given only for stories. This year, Yuan received the 17th Unitas Award for a novella.

## Alpha Sigma Nu Chapter Inducts New Members

On Dec. 6, Creighton University's chapter of Alpha Sigma Nu held an induction ceremony and dinner. At the ceremony, 51 students and five honorary members were inducted.

The honorary members were: the Rev. Don Driscoll, S.J. (Creighton University Jesuit Community); Gail Jensen, Ph.D. (School of Pharmacy and Health Professions); Linda Lazure, Ph.D. (School of Nursing); Maureen McCann Waldron, BA'75, MA'98 (Collaborative Ministry); and Christine M. Wiseman, J.D. (Vice President for Academic Affairs).

A special presentation also was made to recognize the recipients of the Alpha Sigma Nu National Jesuit Book Award. Creighton University Ethics Professors Ruth Purtilo, Ph.D., and Amy Haddad, Ph.D., won the awards competition in the Health Sciences division for their book *Health Professional and Patient Instruction*.

## Pinch Named Fellow of American Academy of Nursing

Winifred J. Ellenchild Pinch, Ed.D., R.N., was recently inducted as a Fellow into the American Academy of Nursing. Pinch was the only Nebraska nominee to receive the honor.

Pinch is a professor of nursing and health care ethics at Creighton University Medical Center. She has been teaching at Creighton since 1985



Pinch

and is the author of *When the Bough Breaks, Parental Perceptions of Ethical Decision-Making in NICU*, published in 2002.

Academy Fellows are selected for having made outstanding contributions to nursing, and must be recommended by current Fellows. Pinch's nomination was sponsored by Creighton's Joan Norris, Ph.D.,

R.N., associate dean for research and evaluation, and Joan Lappe, Ph.D., R.N., professor of nursing.

According to Lappe, "Dr. Pinch has contributed to our knowledge of ethical decision-making in the area of neonatal intensive care from the parents' perspective. Her research will advance the care of those facing difficult health care decisions."

The American Academy of Nursing was formed by the American Nurses Association (ANA) to provide a body that could give leadership to the development of the science and policy of nursing practice, education and research. The ANA is the only full-service professional organization representing the nation's entire registered nurse population. The ANA works to improve health standards and availability of health care services, expects high standards for nursing and promotes the professional growth of nurses.

## Recker Receives Prestigious Award for Bone and Mineral Research

Robert R. Recker, MD'63, was recently selected by the American Society for Bone and Mineral Research (ASBMR) to receive the Frederic C. Bartter Award.

Named for one of the finest scientists and clinical investigators in medicine, the award is given to a member of ASBMR in recognition of outstanding clinical investigation in disorders of bone and mineral metabolism.

Recker is a professor of medicine at Creighton University Medical Center, director of Creighton's Osteoporosis Research Center and chief of Endocrinology and Metabolism at Creighton's School of Medicine. An endocrinologist with a long history of clinical research in osteoporosis, Recker is past president of ASBMR and a member of the Orthopedic Research Society.

## Lynch Receives International Award for Cancer Research

Henry T. Lynch, M.D., Creighton hereditary cancer expert, has been selected to receive a \$150,000 award from the Jacqueline Seroussi Memorial Foundation for Cancer Research for his research regarding the role of genetics in pancreatic carcinoma. Lynch, professor and chairman of Preventive Medicine and Public Health, professor

of medicine and director of the Hereditary Cancer Institute at Creighton University Medical Center, traveled to Tel Aviv, Israel, to receive the award in December.

The Jacqueline Seroussi Memorial Foundation for Cancer Research is a non-profit entity established in Israel by the Ajax Trust to encourage and reward, on an international level, research which seeks to prevent and treat cancer. Lynch's award will focus on the hope of saving the lives of individuals by studying pancreatic cancer-prone families.



"Ignatius in Prayer" by Fr. McNichols

## St. Ignatius Icon Created for CU's 125th Anniversary

An icon of St. Ignatius of Loyola was commissioned for the 125th anniversary of the University. "Ignatius in Prayer" was executed by the Rev. William Hart McNichols, S.J., in his Rancho de Taos, N.M., studio. Fr. McNichols began studying the technique, history and spirituality of icon painting in 1990. The icon will have a permanent home in Creighton's Jesuit Community chapel. For more information or to view other works by Fr. McNichols, visit [www.trinitystores.com](http://www.trinitystores.com).

Lynch has studied pancreatic cancer and its hereditary predisposition in certain families for more than 30 years. Pancreatic cancer is one of the most deadly cancers, according to Lynch.

"Hope of conquering this disease will rest upon a better understanding of how molecular genetic research can be used to understand this cancer's pathology," Lynch said. "One of my long-term goals is to discover the reasons why cancer of the pancreas, as well as breast and colon, occurs in excess in the Jewish population."

## Fleming Appointed to National Academy of Sciences Committee

Patricia Fleming, Ph.D., senior associate dean of the College of Arts and Sciences at Creighton University, was recently appointed to a committee of the National Academy of Sciences' (NAS) National Research Council (NRC)/Board on Radiation Effects Research (BRER).

Fleming was nominated because of her work in environmental ethics and the ethics of risk communication. The Committee to Assess the Scientific Information for the Radiation Exposure Screening and Education Program on which Fleming sits is charged by Congress to study the most recent scientific evidence related to radiation exposure and cancers or other diseases.

Fleming, an associate professor of philosophy as well as senior associate dean, has been working at Creighton for the past 25 years. She is an American editor for the international journal, *Ethics in Science and Environmental Politics (ESEPP)*, and has served as an external observer for the OECD Nuclear Energy Agency's Forum on Stakeholder Conference.

## CUMC's Community Outreach Coordinator Honored with Awards

Frank Peak, community outreach services project coordinator at Creighton University Medical Center, has received the Joyce Harrison Memorial Award from the Nebraska Health and Human Services System Office of Minority Health. The Joyce Harrison award recognizes individuals who have exhibited outstanding leadership in improving racial and ethnic minority health services in Nebraska. Peak received the award at a recent Nebraska Minority Health conference.

Peak also was selected as an honoree at an October PRIDE-Omaha ceremony. Peak was among 25 people who, according to PRIDE-Omaha, were instrumental in helping the agency "become one of the most effective drug abuse prevention organizations in the country."

## Men's Soccer Team Reaches Elite Eight



Senior midfielder David Wagenfuhr — who played in a school-record 90 matches — became the eighth Creighton men's soccer player to earn All-American honors, after he was named to the first-team by *CollegeSoccerNews.com*.

**For the latest on Bluejay athletics, visit: [www.gocreighton.com](http://www.gocreighton.com).**

The streak continues. The Creighton men's soccer team qualified for its 12th NCAA Tournament appearance this past season.

After winning the regular-season conference title, the Bluejays received an at-large bid to the NCAA Tournament. Creighton then beat UMKC, San Diego and Virginia to advance to the Elite Eight for the fifth time in school history.

With a return trip to the Final Four on the line, Creighton fell to St. John's 3-2 — in its third tournament road match — to finish the season 12-6-2.

Creighton has now notched 10 NCAA Tournament wins since 2000 (second only to Indiana's 11), with seven of those coming on the road. (No other team has more than three NCAA Tournament road wins in that same span.)

"I'm certainly proud of some of the greatest road warriors in NCAA history and what they've been able to accomplish since 2000," Coach Bob Warming said. "What they've done in that span is incredible, and I'm proud to have coached every one of them."

## Donor Establishes Red Cloud Indian School Scholarship

An anonymous donor has provided funds to establish the Rev. William McKenney, S.J. Red Cloud Indian School Annual Scholarship Fund. This scholarship was given in honor of the late Rev. McKenney, who was an English teacher, youth minister and later, director and president of Red Cloud Indian School in Pine Ridge, S.D. The first scholarship will be awarded this spring, and will be presented to a Red Cloud graduate wishing to attend Creighton.

Fr. McKenney was devoted to the students of Red Cloud Indian School; his desire was for all Red Cloud graduates to be able to advance to the college level.

Red Cloud Indian School was founded as Holy Rosary Mission in 1888 by the Jesuits at the request of the

historic Chief Red Cloud. Today, many graduates of Red Cloud go on to further their education at higher levels. This year, Red Cloud has 11 of its former students enrolled at Creighton.

"We are especially grateful to Creighton University for the care and support they give to our graduates, which makes their transition from life on the reservation to life at college less traumatic," said the Rev. Peter Klink, S.J., president of Red Cloud Indian School. "Creighton has created a real home for our students, and they have experienced real success at Creighton. This scholarship is one more example of how Creighton is helping our graduates succeed. We are very grateful to the person who established the scholarship to honor Fr. Bill McKenney. This scholarship will help our graduates pursue their dreams."

Creighton professor Joan Mueller, OSF, Ph.D., at far right, meets with some of her "extended family members" — refugees from the Sudan — after Mass at Omaha's Immaculate Conception Church.



# In Community Omaha's

*Creighton Program Assists Struggling Refugees*

The quiet aftermath of an early fall Sunday Mass vanished as two infants protested the cool water trickling down their foreheads. Their mothers quickly soothed their cries, dabbed them with a towel and welcomed them, newly baptized, into the Catholic community.

The children, of course, had no idea how far they had traveled to that baptismal font at Immaculate Conception Catholic Church in South Omaha, nor how much they owed their tenuous grip on an American life to Project Welcome, an outreach effort led by a quiet-spoken but tenacious nun named Joan Mueller, professor of theology at Creighton University.

The infants represent the first generation of American-born Sudanese, born here of refugee families fleeing civil war in their native Sudan.

Thanks to Project Welcome their older siblings receive math, language and reading instruction in the basement of Immaculate Conception, their parents have been offered dental and legal assistance by various Creighton departments, and Creighton student-volunteers have stepped forward to help in ways ranging from supplying clothes and diapers to teaching cooking classes and tutoring preschoolers.

In a Project Welcome summer math camp, professional teachers from area Catholic schools tutored Sudanese children falling behind in math. Mueller said all camp participants raised their math competence a grade and a half in a single week.

"The goal is to stop the cycle of poverty before it starts," Mueller said. "If we can get these children through

high school and college, we will stop the cycle of poverty."

It all helps, said Isaac Lam, who, together with his wife, Hagar Helou, fled Sudan and now is raising his family in South Omaha and is working at First Data Resources.

"There is security here," he said. "No one will die. We are safe. But there are difficulties."

Lam, like all the Sudanese refugees at that fall Sunday Mass, held himself with dignity, and spoke quietly of where he has come from. He also relates how Project Welcome is helping him and his fellow immigrants get a firmer footing in a country that can seem bewildering.

Joblessness, and appeals from family members still trapped in Sudan who think their relatives now walk sidewalks paved with gold, plague these newest immigrants. Like so many newcomers before them, however, they occupy the very bottom rung of American life, live in the poorest places, and hold low-paying jobs, trying however they can to get by.

It was a Sudanese initiative — creation of a community food pantry — that led Mueller to their cause. When a newspaper published a photo of the pantry, newly formed in 2002, Mueller recognized, quite literally, an answer to her prayers.

Mueller had taught theology at Creighton for nine years by November 2002 and was seeking additional responsibilities. In that photo she recognized a people in need, and recognized also a response to her prayers asking how she might put her energy to greater use.

One week later, she attended a meeting of Sudanese community leaders, politely declined their immediate offer to name her president of the board, and began instead to identify their needs.

"They had no food, no diapers, no formula, people were homeless, some couldn't pay their rents, many of the children were failing in school," Mueller said. "The situation was like a huge onion that had many layers. I understood there could be no Band-Aid, no immediate magic answer."

But if no magicians were to be found, well then at least there were Creighton's dental clinics, the Milton R. Abrahams Legal Clinic, the Center for Service and

# with Sudanese

By Eugene Curtin

Justice, and others — professors, teachers and students at Creighton who might rally to the cause if asked.

And Mueller was willing to ask.

"Sister Joan called one day and said she had a problem and could we help," said James H. Howard, D.D.S., associate dean for clinical services and director of clinics at Creighton's School of Dentistry.

Howard learned that it is a coming-of-age ritual among some Sudanese to extract the six lower teeth between the canines. Howard visited Immaculate Conception and inspected 10 to 12 adults, all of whom had those teeth missing. Howard concluded they could be helped, and scheduled appointments with Creighton student-dentists.

The Sudanese came once, but were never seen again.

That was a puzzling experience for Howard, who oversees the work of dozens of student dentists in a teeming gym-like space on Creighton's campus. He had seen the free dental treatment as an opportunity for the University to help a needy group of immigrants while also providing his students with

Abrahams Legal Clinic, director Kate Mahern, J.D., and her team of approximately eight law students have had success helping Sudanese refugees hold onto their rented homes, sometimes taking landlords to court when they are deemed to be providing substandard housing.

The volunteer hours  
graciously given by  
these seminarians and  
the Catholic school  
teachers are critical to  
assisting the struggling  
refugee population.

— Joan Mueller

the poorest living circumstances, and it is in that realm where the toughest landlords are found.

"The Sudanese have the fewest choices, and so typically end up with the worst landlords," Mahern said. "But we can negotiate on their behalf. Even if we can't win a case, we can negotiate a better situation."

Mueller said the legal clinic has been stalwart in its support of the refugees.

"The clinic has saved thousands of dollars from predatory landlords who wanted to take advantage of poor people," she said.

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ROSE DANCES, prances really, through the rows of chairs in the dimly lit basement at Immaculate Conception Catholic Church. A statue of the Sacred Heart of Jesus stands mutely in a corner. Rose is one of about 25 Sudanese children who have just finished singing "The Farmer in the Dell," as well as enjoying a story-time session in which the reader informed them, as generations of children before them had been informed, that "there once was a



Creighton students Megan Rasmussen and Joanie Koneck-Wilcox make Rice Krispies treats with sisters Mary, Rose and Night John, as pictured from left in the first photo.

valuable experience.

"What we thought was going to be a true success story has kind of gotten bogged down," Howard said.

Howard said he suspects that the missing teeth are not viewed as a serious problem by the Sudanese, regarded perhaps as a small matter compared to the many other challenges they face. Nevertheless, he said, the offer remains open, and some Sudanese have availed themselves of Creighton's free services for other dental problems.

Over at Creighton's Milton R.

Mahern said it is obvious to her that Sudanese refugees underestimate their legal rights. She said she and her staff have intervened successfully for Sudanese who fall behind in their rents, sometimes devising repayment schedules, sometimes persuading landlords that a court would probably look unkindly on the quality of accommodations provided.

The Sudanese refugees, like generations of newcomers before them, find their choices limited, she said. Low-paying jobs mean they can afford only

lady who swallowed a fly."

Before this Project Welcome session ends, Rose and her peers will have practiced their cursive, their math and their English. Project Welcome instructors include local Catholic school teachers, as well as seminarians enrolled in Creighton's Institute for Priestly Formation and enlisted in the Sudanese cause by the ever-present Mueller.

The children on this particular warm July afternoon are working with their seminarian tutors — Eugene Hickey, Gregg Loughney, Kevin Zilverberg and

Photos by Mark Romesser

Brian Clarke. The children, preschoolers through 10th-graders, work patiently on their assignments and eagerly gather around for story time.

When the children are safely gathered into a van to be driven home, and order has been restored to the church basement, Mueller and the seminarians retire to the back room that doubles as the Sudanese food pantry, sit around a rickety table and talk things over.

The volunteer hours graciously given by these seminarians and the Catholic school teachers are critical to assisting the struggling refugee population, Mueller said.

"The (Sudanese) women are overwhelmed," she said. "The parents are just so stressed. People are in danger of losing their housing, the children don't have appropriate clothing. There's a lot of need."

Students at the Creighton School of Medicine also responded eagerly to a plea for help. Among those who responded was Siobahn Bower, who now tutors two Sudanese children twice a week.

Begoa and Quiet are 5 and 6 years old, respectively, and are sister and brother. On Sunday and Wednesday evenings they meet with Bower, who is a first-year medical student at Creighton and a native Californian.

"When I first spoke to Sister Joan she said she was concerned that Begoa and Quiet were falling behind and (asked if I could) help them with their English," Bower said. "I've been doing that, and I think the children are really appreciative. They get excited when I come now, which is good because working with kids just has the hugest importance. If they can get on track now they'll be on track throughout school."

Bower recently joined other medical school students who helped the Younkers department store relocate merchandise from one location to another at Westroads Mall. The move took place from 8 p.m. on a Saturday to 5 a.m. Sunday. The money paid to the students, which totaled \$1,300, was used to help pay the debt Sudanese families incur in immigrating to the U.S.

It is efforts like those of the Creighton medical students that Mueller hopes will spread, and eventually help the children of the Sudanese to assimilate and advance in American society.

Most of the parents of the children served by Project Welcome expressed an expectation that their children will opt to stay in America, though they were less certain about their own futures, given the pull of home and the demands of needy family members stranded in Sudan.

Lam said his brother fled to Beirut, Lebanon, and was jailed for a form of vagrancy even though he has been officially classified as a refugee. The brother has no way to support his family and constantly appeals to Lam for aid. Lam said he must try to help.

"I have no choice," he said. "In Beirut there are no jobs for foreigners, so I try to support my brother's family by sending money."

James Gouk, another member of South Omaha's Catholic Sudanese community, said Lam's difficulties are



Photo by Mark Romesser

Creighton medical student Siobahn Bower tutors Begoa (left) and Quiet Chol, two Sudanese children, at their Omaha home.

When the Cold War ended a door creaked open for refugees across the world.

It opened slowly and cautiously, over more than a 10-year period, but in the fall of 2001 a strong wind gave it a big push.

Following Congressional hearings in the spring of 2001, in which traumatic testimony described atrocities and human rights abuses in Sudan, the U.S. Department of State refocused its

of Sudanese had been plunged into slavery, that southern Sudan's 5 million people had no access to schools or health care, and that the government "routinely" bombed civilian targets such as hospitals, schools, relief centers and marketplaces in an effort to crush opposition.

A U.S. State Department document emerged from those hearings. Titled "Overview of U.S. Refugee Policy," the document was published in October 2001

It is a difficult transition, made all the more difficult by the debt refugees incur traveling to America, and by the impossibility of landing a well-paying job in a country so different from the one they left. While the U.S. government pays the cost of bringing the refugees to the United States, it requires repayment. The average Sudanese immigrant family, according to Mueller, arrives in America in debt to Uncle Sam in an amount

## Sudanese Flee Three Decades of War



longstanding refugee policy. No longer would its lens concentrate so closely on the persecuted residents of nations formerly under the thumb of the Soviet Union. From now on, the world's many victims of war, religious intolerance and persecution based on race, political opinion or nationality would get priority.

The decision was a lifesaver for thousands of Sudanese, who became a primary target of U.S. resettlement efforts.

There was good reason for that decision.

Roger Winter, executive director of the U.S. Committee for Refugees, a private, non-profit advocacy organization, was one of the chief testifiers before Congress in the spring of 2001. Torn by civil war for 18 years between the Muslim north and the Christian and animist south, and embroiled in war of one kind or another for 34 of the 45 years since it won independence from Great Britain, Sudan had become the most miserable place in the world, Winter said.

His indictments were many. He estimated that more than 3 million Sudanese had died as a result of war and government policy, that tens of thousands

and cited many of the charges laid out during the Congressional hearings in the spring.

The document, while observing that most countries in sub-Saharan Africa enjoy religious freedom and peaceful coexistence, noted that Sudan is a stark exception where "the government has conducted or tolerated attacks on civilians, indiscriminate bombing raids, and slave raids in the south, all with a religious as well as an ethnic dimension."

Consequently, cities across America began accepting Sudanese refugees. There are the "Lost Boys of Sudan," orphaned youths who found their way to Tampa, Fla., Reno, Nev., Pittsburgh and many other communities across America. There are families settling by the thousands in San Diego, Nashville, Tenn., and small counties throughout Iowa. And thousands have settled in Nebraska, making the state among the largest centers of Sudanese immigration in the United States.

According to Sister Joan Mueller, who founded Creighton University's Project Welcome, the greater Omaha area has between 7,000 and 9,000 Sudanese immigrants.

between \$2,000 and \$4,000. Their ability to repay that debt is hampered by a three-month wait before they receive the Social Security numbers that permit them to seek work. In the interim, they depend upon refugee organizations to help them secure housing.

When they do land a job, it is almost always in the \$6- to \$8-an-hour range, forcing them to settle for housing that Mueller said can be substandard accommodations at premium rents. Five hundred dollars or \$600 a month for homes that sit just this side of condemnation is not unusual, she said.

The experience of two immigrant Sudanese families is instructive, Mueller said. Housed on the upper and lower floors of an apartment building, the families repeatedly complained to the landlord about plumbing problems, she said. No action was taken until a bathroom ceiling caved in on a 7-year-old child brushing his teeth. Thankfully, the child escaped serious injury. The apartment was immediately condemned by city inspectors.

"Housing can be dismal for these refugees," she said. "But they have hope for a better future."

common among the Sudanese, even though many have too little money to support their own families, let alone the families of relatives back home.

Gouk assembles window blinds for a living, and believes he could not get by without Project Welcome.

"I try to send money home, but the income from my job isn't enough for my own family," he said. "Sometimes we run out of diapers or food, and Sister Joan will go and beg people to give us diapers and milk."

Mueller believes that if people know of a legitimate need that they will respond. She points to the students at Creighton Prep High School who donated large amounts of food to the Sudanese Food Pantry after their annual Operation Others food drive. Mueller recalls driving several van-loads of food from the distribution center to the food pantry, a donation that was welcomed by her and the hard-pressed Sudanese recipients.

Though Mueller is clearly tenacious in acquiring the basics for the Sudanese refugees, she said Project Welcome is not intended to become a permanent welfare system. The Sudanese, she said, have landed in a rewarding though difficult country and will prosper over the long term.

"For some, it's as though they have been dragged from a medieval society and dropped into the 21st century," she said. "It is a brutal culture shock."

Among the first things Mueller said Project Welcome sought to provide the Sudanese was employment assistance. They needed, she said, to find jobs, the lowest paying jobs if necessary, but something that would get their feet on the economic ladder.

Resumé clinics were conducted, in which the refugees listed every skill that might prove useful. Job hunts were conducted, jobs found, and the long process begun of planting roots and building stability. Stability is key for these refugees, Mueller said, because children prosper when housing, education and families are stable.

Most onerously, she said, they are responsible for repaying the U.S. government the cost of their flight to the United States, a heavy burden weighing



Photo by Dave Weaver

Mueller takes a group of Sudanese women on a tour of the Joslyn Art Museum. At left is Rebecca Nyang and at right is Mary Deng.

on average about \$2,000 to \$4,000 per family. Project Welcome has raised almost \$30,000 to help families with these debts. A woman mailed Mueller a \$1,000 check with a touching note saying that she had no children, unlike Sister Joan who she had learned suddenly had many. This check was similarly used to retire travel debt.

Step by step, however, the refugees see things improve, Mueller said, and as they sense a growing stability, they respond better to American culture.

"For the most part, once they have some sort of safety net, someone to talk to, their ability to enculturate improves," Mueller said. "They attend school meetings, they buy car insurance, they manage their money more efficiently."

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It has been little more than a year since Mueller first noticed that photo in a newspaper and began peeling back the enculturation onion, layer by layer. She said the work, while progressing, is

only a beginning. Project Welcome needs to expand to serve a larger portion of the Omaha Sudanese refugee population, she said.

She said she has been encouraged by the keen response from the Creighton community, as well as the Archdiocese of Omaha.

"Without Creighton, and the support of Archbishop Elden Curtiss, without the people who have written checks and donated their time and talents, we could have done none of this," she said.

"Everything is done through volunteers and donations. We are simply a neighbor-helping-neighbor ministry."

All in all, it's peeling that onion back one layer at a time.

"Step by step, day by day, it happens." ☺

*About the author: Eugene Curtin is a freelance writer living in Omaha.*

# A Second Opinion, from "Dr. Darwin"

By Theodore Burk, D. Phil, Professor of Biology

*Are potentially deadly microbes evolving faster than we can control them?*

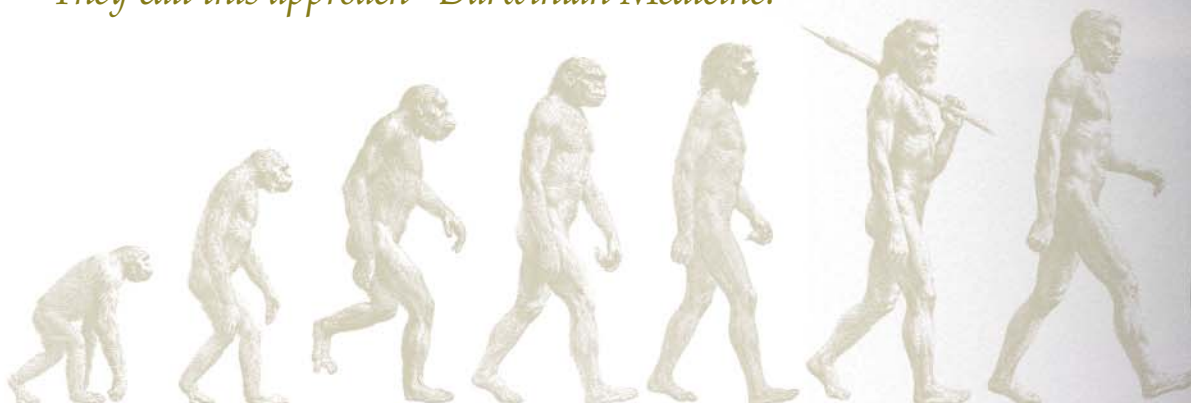
*Is an overuse of antibiotics resulting in new strains of deadly super bugs? Or the re-emergence of past killers, like tuberculosis?*

*Could a primal tug toward sweet, salty, fatty foods be to blame for our rising rates of obesity and high blood pressure?*

*Does evolution favor the genes of youth, even to our own detriment as we age?*

*A small but growing group of biologists and physicians is bringing a fresh perspective to these and other human health questions by applying to medicine principles from evolutionary biology.*

*They call this approach "Darwinian Medicine."*



Burk with a photograph of Charles Darwin projected in the background.



Photo by Mark Romesser

Charles Darwin was a medical school dropout. The son and grandson of highly successful English physicians, young Charles did not find medical school to his liking. The professors' lectures were boring and out-of-date, and exposure to early 19th-century surgery was revolting in the era before antiseptic practices and anesthesia.

After only two years of medical school at the University of Edinburgh, Darwin left to study theology at Cambridge, with plans to live as a country clergyman and naturalist. From there, he received a post-graduate offer to sail as a naturalist on the *H.M.S. Beagle*, and the rest, as they say, is history. Upon his return from that five-year voyage, he developed his theory of evolution by natural selection.

His theory revolutionized biology, but it did not have the same impact on medicine ... until now.

Advocates of Darwinian Medicine (DM for short) suggest that traditional medicine has been extremely successful in discovering proximate — or physiological — explanations of disease: "how we get sick." What they believe DM thinking can add are ultimate — or evolutionary-based — explanations as to "why we get sick" (and, perhaps, open new ways to approach the prevention and treatment of disease).

### Evolutionary Limitations and Compromises

Darwinian Medicine advocates argue that some medical conditions are the result of limitations or constraints from our evolutionary history, or are the result of evolutionary compromises.

For instance, Darwinians might suggest that having evolved from four-legged to bipedal walkers, it's not surprising that we have so much trouble with our backs, hips and knees. After all, evolution is confined to tinkering with our existing parts. Or that our vulnerability to choking is a heritage from our lungfish ancestors, whose air opening for breathing was on the top of the snout and, as in our bodies, led into a common space shared with the food passageway.

An example of evolutionary compromise is sickle cell anemia.

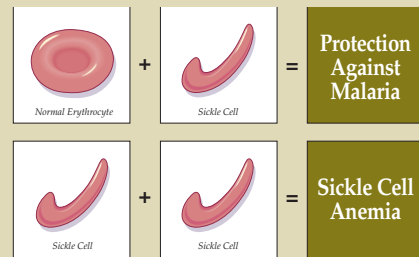
This debilitating disease, prominent in Americans of African or Mediterranean ancestry, occurs when individuals have two copies of the "sickle" gene for the red blood cell protein hemoglobin. (The "sickle" term refers to the tendency of the red blood cells to change under low oxygen conditions from their normal "doughnut" shape to a sickle or crescent shape.) However, one copy of the sickle gene and one copy of the "normal" hemoglobin gene actually protect against malaria — a common and deadly protozoan-caused disease once rampant among early African and Mediterranean cultures and still a world health problem today. This "heterozygote advantage" has resulted in an increase in the sickle gene in the gene pool of these cultures because its carriers survive malaria. But its presence also causes suffering for individuals who have two copies of it.

Similarly, recent findings have revealed that the mutant gene that, when present in two copies, leads to cystic fibrosis (CF) — the most common genetic disorder among Americans of European ancestry — provides an advantage against typhoid fever infection when present in one copy. In the days before modern sanitation, typhoid fever, a waterborne disease caused by the bacterium *Salmonella typhi*, infected almost everyone in Europe early in life and killed about 5 percent of the population. A certain level of CF may therefore be the "compromise" that blind, amoral evolution adopted in return for protection of a certain number of individuals from typhoid fever.

According to DM advocates, aging and senescence may represent the ultimate evolutionary compromise. In a theory first put forward in the 1950s by the Nobel laureate immunologist Peter Medawar and by evolutionary biologist George Williams, the deterioration of our bodies as we age may result from the actions of genes that have beneficial effects on our survival and reproduction when we are younger. Any gene that gives an advantage during the reproductive years will be favored by evolution and will come to predominate in the species' gene pool, even if such genes produce harmful effects later in

## An Evolutionary Compromise

A single copy of the "sickle" gene helped protect our African and Mediterranean ancestors from rampant malaria. But, among these cultures, it also created a greater likelihood for two copies of the sickle gene to be present, resulting in increased risk for sickle cell anemia.



life. Senescence in old age may be the price we pay for the vigor of our youth, and if a number of such genes are present, leading to many different breakdowns as we age, it may be difficult to extend the maximum human life span.

### Environment, Evolution and Disease

Obviously, exposure to such human-produced factors as carcinogenic and mutagenic chemicals and damaging forms of radiation can lead to diseased states. But even the basic Western industrial lifestyle may be harmful to our health, according to DM advocates such as Jared Diamond, a physiologist at UCLA medical school and author of the prize-winning book *Guns, Germs, and Steel*.

For most of our history as a species, we evolved to be well-adapted hunter-gatherers in environments like African savannahs, with appetites and a physiology that helped us thrive in that way of life, in that kind of environment. Evolution built into us strong appetites for such valuable but rare nutrients as salt, fat and sugar, telling us to seek them out and take in as much as we could when we were lucky enough to find them. Now, we are "stone-agers in the fast lane," who have unlimited access to sweet, salty and fatty foods, and we are paying the price with increased rates of diabetes and high blood pressure for our inability to resist our inbuilt urges.

Changing environmental conditions could also be playing a major role in the increasing rates of breast cancer. According to Emory University's Boyd Eaton, a woman in a hunter-gatherer society would probably experience about 150 menstrual cycles in her reproductive years. Whereas women in modern

societies may experience 400 or more, due to earlier onset of menarche, fewer pregnancies and less breast-feeding (breast-feeding inhibits resumption of reproductive cycling). Thus women in modern societies experience the high levels of hormones that may adversely affect breast cells more than twice as many times as their ancestors did.

### Defects or Defenses?

Pain, fever, coughing, vomiting, diarrhea, iron deficiency. These disease-associated phenomena are traditionally viewed as breakdowns of normal health due to infection or disease agents. But, say the Darwinians, we should approach any apparent manifestation of disease by asking the ultimate question, "Who would this benefit?"

The traditional answer is "no one" — it's just a non-functional consequence of the disease agent acting on the body. But the Darwinians point to three other possible answers: "the pathogen," "the patient" or "both the pathogen and the patient."

Fever, for example, may be part of a body's defenses against invading microbes, raising the temperature above that at which the pathogen thrives to one at which it is harmed. Similarly, the iron deficiency associated with infection may represent the body starving the invading microbes of a vital nutrient. And pain, while very unpleasant, may be an adaptive innate alarm system warning us that something is wrong and we need to respond appropriately. A few people are born with a genetic condition that prevents them from feeling any pain — these people, on average, don't live beyond 30 years.

The fever case illustrates several important points. First, even if fever is a

natural defense mechanism, it does not mean that it should never be treated. Clearly, if a fever goes beyond a certain point, especially with children, it can lead to very harmful consequences. While Darwinian Medicine can stimulate a healthy re-examination of past ideas, physicians' clinical practices must be based on the outcome of clinical studies, not mere theory applied uncritically. Second, even if lower-grade fevers are evolved defenses against microbes, they (like any biological adaptations) may have costs as well as benefits. A patient with a non-dangerous 103-degree fever is burning up nutrients at a rate 20 percent higher than normal and, if a male, may experience temporary sterility. In the world of evolution, nothing comes for free.

We are "stone-agers  
in the fast lane,"  
with unlimited  
access to sweet,  
salty and fatty foods.

Coughing and diarrhea are symptoms that conceivably could benefit both the pathogen (helping it disperse to find new victims) or the patient (helping it clear itself of invaders). But each situation needs to be studied individually and carefully. Obviously, a patient with cholera may be losing so many fluids that the danger of dehydration greatly outweighs any benefits. What the advocates of DM suggest is simply that physicians be aware of all perspectives on a situation as they choose the most appropriate action to restore health.

### The Smoke Detector Principle

In addition, even evolved defenses against disease can overreact, in which case health can be endangered. DM proponents speak of the "smoke detector principle," suggesting that many human

defenses have evolved to have "hair triggers," so as to be able to detect and react to any serious threat, even one only dimly perceived. But just as smoke detectors may give off many "false alarms" compared to the number of valid warnings, our hair-trigger defenses may not only be exquisitely sensitive to possible dangers, but also terribly prone to overreacting with "false positives" in the absence of real threats, leading to unhealthy consequences.

This might account for the prevalence of allergies. The natural function of the Immunoglobulin-E system involved in allergic reactions is still somewhat mysterious — one theory is that it is designed to protect us against parasitic worms. But today an acute sensitivity to foreign cells in our bodies is much more likely to be triggered by a pollen grain than by an invading roundworm. Autoimmune diseases may represent other instances of overzealous defenses attacking our own tissues instead of those of invaders.

One controversial "smoke alarm" proposal is the idea that "morning sickness," or NVP ("nausea and vomiting of pregnancy"), is a maternal defense against toxins in foods, at a time in fetal development (second and third months of pregnancy) when the fetus is developing rapidly, especially its nervous system and heart. Some clinical studies have shown that women who experience strong NVP have fewer miscarriages and generally more successful pregnancy outcomes than women less prone to NVP, suggesting that NVP is working to prevent harmful substances from entering the bloodstream. Finickiness about certain foods may be an adaptation to protect the developing baby. Scientists have suggested that it is not a coincidence that pregnant women find certain foods aversive (ones likely to have toxins, like vegetables, or contain dangerous microbes, like meat) and have cravings for others (ones least likely to be dangerous, like sweets, desserts, fruits and juices). Perhaps, this also explains why young, growing children dislike strong-tasting vegetables like broccoli.

The reason the "morning sickness as fetal protection" theory is controversial

## R/X From Dr. Darwin: Exploring Evolution's Role In ...

### Our aching joints ...



Problems with our hips, knees and joints may be an evolutionary byproduct of our transition to upright walkers.

### Our urge to splurge ...



A primitive craving for once-scarce nutrients like salt, fat and sugar may be at the root of such health problems as diabetes, high blood pressure and obesity.

### Our pesky colds ...



A fever could be good for us — the body's way of fighting off invading microbes.

### Our all-too-common allergies ...



An evolved "hair trigger" defense system could be responsible for the prevalence of allergies.

### Our future health ...



Overuse of pesticides, and other anti-biologicals, could lead to more harmful, chemical-resistant bacteria, viruses, pest insects and weeds.

is because, if it were adopted too uncritically, it might lead some pregnant women to avoid altogether the kinds of foods that provoke NVP, such as fresh vegetables. Such an avoidance might itself be harmful to the baby, as those foods are prime sources of folic acid, a food molecule that is important for proper embryonic development.

### Human Evolution vs. Microbe Evolution

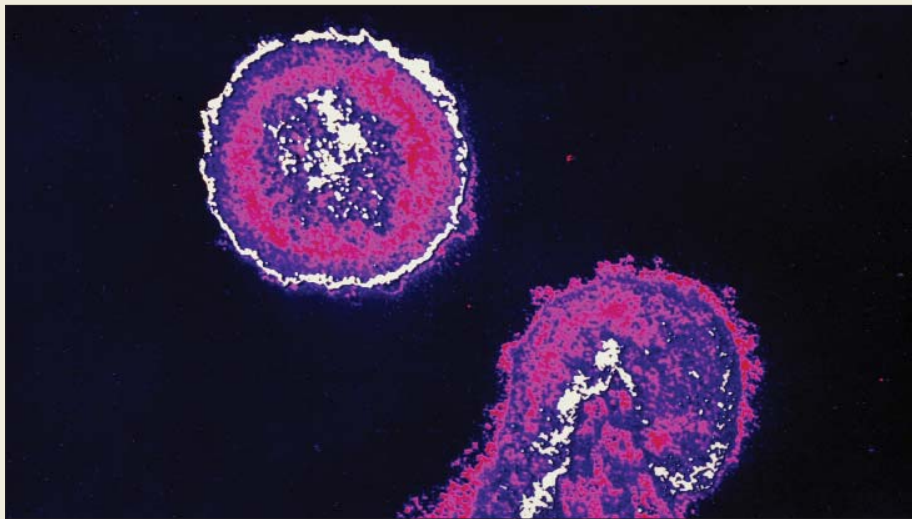
The most important cause of disease, say the proponents of Darwinian Medicine, is conflict with other organisms. The human body is subject to invasion by a large number of other species that would like to occupy it as their ecological niche. Some of these, like most of the bacteria in our gut, are harmless or even sometimes beneficial to us. But others exploit us to our detriment in order to survive and reproduce; these are the pathogens.

The most important lesson that Darwinian Medicine provides with respect to these alien invaders is simply that they evolve, too. Evolution has built and continues to build up in us a variety of defenses, at all levels from our molecules to our behavior, to overcome these attackers. But evolution is, unfortunately, a strictly neutral party in our battle against pathogens, and it is working just as hard to endow them with superior ways of overcoming our defenses as it is working to endow us with ways to fight them off.

If anything, humans are at an evolutionary disadvantage as long-lived creatures, relatively few in number. (Even 6 billion is a small number compared to bacteria!) Evolution goes faster the more of you there are and the shorter your generation time, and microbes such as viruses and bacteria can therefore be expected to outpace us in the evolutionary race, unless we turn our knowledge of how evolution works against them.

Advocates of DM say that sophisticated understanding and application of evolutionary theory is likely to be our best counter-weapon against our rapidly evolving natural enemies.

Probably the greatest advance in the



A microscopically enhanced view of the HIV/AIDS virus. Could Darwinian Medicine provide some clues to fighting such deadly diseases as AIDS, Ebola, tuberculosis, malaria and others?

history of medicine was the discovery of naturally evolved substances in various organisms that had tremendous ability to kill bacteria, beginning with the discovery of penicillin by Alexander Fleming in 1928. (An evolutionary point: We didn't invent these antibiotics — although we have fine-tuned many of them and created synthetic analogs. Nature evolved them in some microbes to protect them against other microbes!) Millions and millions of lives have been saved with the use of penicillin and its many complements and successors. But within just a few years of the introduction of antibiotics, strains of pathogenic bacteria began to become common that were resistant to the antibiotics' modes of action. This is one of the most familiar and forceful demonstrations of Darwin's mechanism of natural selection, or "survival of the fittest."

In any species of pathogenic bacterium, in an environment full of antibiotics, individuals that were susceptible were killed, while any that happened to be resistant to the effects of the antibiotics survived and reproduced, thereby becoming the common type of the bacterium in future generations. The problem is exacerbated by the fact that resistance can arise in a species not just from rare mutations, but also by incorporation of resistance-endowing genes from other bacteria, even ones of different species, by a variety of processes collectively known as "lateral gene transfer."

It has come to pass that many common pathogens are resistant to many or most of the antibiotics that were formerly effective against them, and old diseases such as tuberculosis are threatening to return with a vengeance.

### Slowing Anti-Biological Resistance

The proponents of Darwinian Medicine say that the medical profession should proceed on the assumption that antibiotic resistance is inevitable, but that steps can be taken to retard that undesirable evolutionary outcome.

In fact, the evolution of resistance is a common problem faced by the medical profession in fighting bacteria (antibiotic resistance) and viruses (as in AZT resistance in the AIDS virus, HIV) and by agricultural professionals in fighting pest insects and weeds. A number of strategies have been proposed that might work in all of these different areas, with suitable adaptation to particular situations.

First, anti-biologicals (a generic name for the chemical agents that humans use against their pathogens and pests) should only be used where they are really needed. The more anti-biologicals there are in the environment, the more complete and widespread is the advantage that chemical-resistant pathogens/pests have over their non-resistant counterparts. In the absence of the anti-biological chemical, pathogens/pests that are susceptible to chemical agents

usually have the advantage — they do not have to pay the extra metabolic and other costs that resistance entails. So, if we use these chemical agents only where they are really needed, "susceptible" pathogens/pests living elsewhere will still predominate in the pest species, and will be the type that we will be encountering in future outbreaks.

Thus, physicians should not over-prescribe antibiotics, farmers should not spray whole fields with pesticides "just in case," nor should they plant whole fields of corn with new caterpillar-killing genetically engineered Bt varieties. (Bt stands for a caterpillar-killing toxin from the bacterium *Bacillus*; the genes to make this toxin have been genetically engineered into Bt corn plants.) Nor should we put anti-bacterial compounds in every wet-wipe or bottle of liquid soap. Nor should we routinely feed livestock antibiotics that are also used in human medicine, gaining a very slight livestock growth rate advantage in return for rapid acceleration of antibiotic resistance in bacteria that can live in both livestock and humans, or in bacteria that live only in livestock that can transfer that resistance to bacterial species that do infect humans.

Other steps have also been proposed, such as:

(1) "pyramiding," or using several different-acting anti-biologicals simultaneously, thus killing natural enemies that are resistant to one chemical with a quite different one, and vice versa, so that none are left alive that are resistant to any chemical;

(2) direct observation therapy — making sure entire treatment regimens of anti-biologicals are completed, so that even the longest-surviving "partially resistant" types can't survive long enough to provide the basis for the evolution of full resistance later;

(3) withholding the most powerful agents for the truly "last resort" cases, thereby keeping our "last lines of defense" effective for as long as possible;

(4) "integrated pest management," using non-chemical approaches whenever possible — such as medical

professionals washing hands thoroughly after each patient, or farmers picking the most-resistant insects or weeds mechanically or by hand. Such practices are all based on the presumption that our natural enemies will evolve resistance to our chemicals, but that evolutionary theory provides ways to make evolution very slow.

Microbes such as viruses and bacteria can be expected to outpace us in the evolutionary race, unless we turn our knowledge of how evolution works against them.

#### Another Intervention Option

Other scientists have suggested that there are practices we can carry out that might give less virulent (aggressively invasive or deadly) forms of pathogens an advantage over more virulent ones in the evolutionary struggle.

The basic idea is that, within each pathogen species, there is a trade-off between virulence (rapid reproduction within the host, leading to more severe clinical symptoms) and transmission (getting descendants out to infect a new host). Normally, within-host evolution will favor more virulent types — they grow and reproduce faster. However, if the host dies before the pathogen can infect a new host, evolution of a highly virulent strain will come to a dead end — the virulent strain dies out with the dead host.

The argument is that any factor that

eases transmission to a new host leads to increased virulence, while any factor that retards transmission will give an edge to less-virulent types in the evolution of the pathogen species.

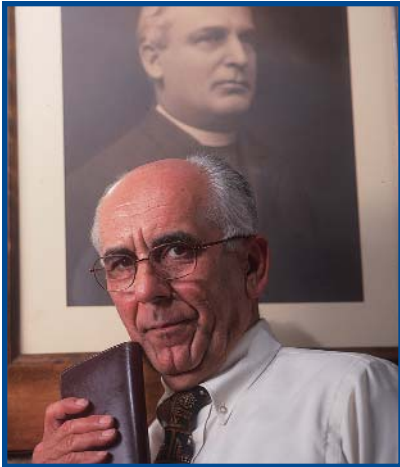
Thus, diseases that rely on mobile hosts to cough and sneeze on others, like the common cold, can't evolve to be so virulent that their carrier can't get around. On the other hand, if an insect vector carries the disease to a new host (as in malaria, yellow fever or West Nile fever), even a very sick, bedridden host can still be a source of transmission. Not surprisingly, many of the deadliest diseases of humankind are vector-transmitted ones.

Other transmission facilitators favoring evolution of virulent strains are promiscuous sex (as in AIDS), unsanitary water supplies (as in cholera or typhoid fever), or careless practices of medical professionals, such as failure to disinfect surfaces or wash hands thoroughly after contact with each patient, or not always using clean needles (as in hospital-limited clusters of cases of certain infections, or the spread of Ebola virus in some African outbreaks). By contrast, such practices as good sanitation, good antiseptic and disinfectant practices and monogamous or "safe" sex, not only protect their practitioners, they also may lead a pathogen to evolve into a form less dangerous to humankind.

Some of the above ideas, such as the importance of clean water supplies and good antiseptic procedures, didn't need Darwinian Medicine theory to suggest themselves. But the idea that we are not only limiting rates of infection but also guiding the evolution of pathogens into less deadly forms can only reinforce the importance of such public health measures.

Whether Darwinian Medicine will revolutionize medicine in the way that evolutionary theory revolutionized biology remains to be seen. But the proven success of evolutionary theory in biology and the basic plausibility of many of the ideas coming from Darwinian Medicines' developers suggest that it may well add a powerful new weapon to the armory of medicine. ●

Photo by Monte Kruse, BA'83



# Student Life: The Early Years

By Dennis N. Mihelich, Ph.D.,  
Associate Professor of History, Creighton University Historian

## *— A Prologue —*

*At first, students came mostly from farmsteads and the scrappy frontier town of Omaha.*

*Due to these early demographics, Creighton presidents often had to adjust classes to such realities as spring plowing and bringing in the harvest, says Creighton Historian Dennis Mihelich, Ph.D. That's when many students simply vanished from classes for duties at home — or for helping out with other family means of support.*

*Most were Nebraskans, but a few Iowans had journeyed west across the Missouri River to the new Creighton campus.*

*In the early days, they ranged in age from barely 6 to 18, with a few older ones taking classes in anything from the law to public speaking.*

*Mostly, they were male, though women had been included from the start in Creighton's professional schools.*

*The world's epic struggles touched their lives, to greater and lesser degrees, from the Great War to the Roaring '20s, the Great Depression to World War II, the '60s to*

*Vietnam and today's Middle Eastern conflicts.*

*Creighton Historian Mihelich traces student life at Creighton through a history he is collecting for the University's 125th anniversary celebration. His book, virtually all of it original research, will publish in 2005, but he shares glimpses of Creighton's early years through our Creighton Magazine series.*

*In its early days, Creighton's young campus brought together children and*

*teenagers whose rigorous schedules were also punctuated by fun. Games, festivals, debates, dramatics, singing — these were the early extracurricular activities.*

*Always present, too, and often hotly debated, was the increasingly American influence of sports on campus. Sports were, from the start, a vibrant part of student life at Creighton.*

*— Pamela Adams Vaughn  
Features Editor*



Creighton University Archives

**Editor's Note:** This is the third of a four-part series celebrating Creighton's 125th anniversary. In this installment, Creighton Historian Dennis Mihelich, Ph.D., focuses on student life in Creighton's early years — from the opening of the University to the 1920s.



*It's a cold, Midwinter day, and your Latin class of normally wiggly little boys is ready to doze.*

*You're their professor, a Jesuit, and the steam heat is seething and hissing in the pipes, making the air hot and likely to produce further somnolence.*

*What to do?*

*Turn 'em out for a run.*

*As you send these early Creighton scholars scurrying out the door, you can pretty well anticipate their favorite games.*

Almost “everybody played marbles in those days,” one chronicler observes, especially a game called “Boston,” where shooters engaged one another in a ring 8 feet to 10 feet in diameter.

Then, there was handball. In 1881, a one-wall handball alley was built just north of the west entrance to the college (Administration) building.

Also popular was football — old style (soccer) among the younger students, and it entailed frequent retrieval of a ball kicked over the perimeter fence of the early campus. Football — new style (rugby) also got some early play, although in late October 1881 play ceased for a few days because the boys apparently played so hard that they “burst their ‘Rugby’” — the precursor of today’s pigskin.

Creighton faculty complaints about rough play surfaced immediately with this incident and found their way into new student regulations. For example, in a contemporary Creighton Catalog, the administration explained that “the faculty lays great stress on the development of the manners of perfect gentlemen.” Thus, boisterous conduct, rough play, disrespect

or insubordination would receive “severe punishment,” while “profane language or anything bordering on immorality” would result in “immediate expulsion.”

In 1882, Creighton obtained “an outdoor gymnasium, consisting of a ring-swing, horizon bar, parallel bars.” The following year a hydrant was installed on campus to shower those who ran through its spray.

Baseball, however, emerged as the most popular team sport in Creighton’s younger days and became the first to be played on an interscholastic basis; even the Jesuit scholastics participated. On May 23, 1885, jubilation descended upon Creighton College as it beat the Omaha (Central) High School baseball team for the first time, 17-8. (At this time, Creighton still did not have students taking college-level classes.)

Despite this early victory, Creighton’s school spirit often lagged behind.

### Like ‘Workmen from Toil’

An unidentified former student confides:

*“Certain individual students would strive to instill a college spirit, but would give up in despair. Interest in Creighton’s welfare, if felt, was not in evidence; and such a thing as college songs, college yells, the display of colors, class and social organizations, were as foreign to us as the quadrangles of Oxford or Cambridge.”*

Another former student opined:

*“When I first arrived at Creighton in 1898, there was a notable absence of anything like a college spirit. [As soon as classes ended students] decamped like workmen glad to get away from the scene of hard toil.”*

That same student recalled, later, however:

*“The most striking proof of this spirit was manifested when Creighton sent its first representative to the annual contest of the Nebraska Oratorical Association. ... The idea of competing with other Institutions was like a call to arms.”*

### ‘Hatchet Faces, Spindle Shanks’ Decried

We have to wait, however, until the turn of the century for school spirit to flower, probably because by then sports had become more serious at Creighton.

College President Michael Dowling, S.J., in 1903 claimed, “The splendid college spirit that now exists (at Creighton) is due to athletics perhaps more than to any other influence.” He went on to justify athletics as a means “to meet the wants of the living age, which requires a sound mind in a sound body.”

President Dowling complained that the critics “of systematic physical culture are those who would be content to see boys Hatchet-faced, thin-blooded, scrawny, with spindle shanks, flat chests, narrow shoulders, soft muscles, weak arms and a lack of physical courage.”

How could such a man compete in Darwin’s age of evolution by environmental adaptation, and sociologist Herbert Spencer’s “struggle for survival” and “survival of the fittest”? Thus, according to Dowling, “If people want an education which includes physical culture, give them what they want and they will send their children to you.”

Here was yet another stage in the evolution and Americanization of Jesuit Creighton University. (European Jesuit universities did not support intercollegiate athletic teams.)

After his arrival in 1898, Fr. Dowling oversaw the organization of the Creighton Athletic Association, composed of students and alumni, and created “for the double purpose of fostering a college spirit and encouraging healthful exercise among students.”

Intercollegiate sports at Creighton University had indeed burgeoned; by 1901, accounts of fall football and baseball, as well as spring baseball games began to appear in local newspapers. Schedules included games against high schools, military teams such as the one at Ft. Omaha and other

Creighton’s 1916 football team finished with a record of four wins, one loss and two ties. After a 20-0 win over the University of St. Louis, the *St. Louis Post Dispatch* heralded CU captain Roy Platz as “the boldest, best, most energized and enterprising halfback this disappointed city has seen.”

## Rules Were Made ... to Be Broken?

Rules, rules, rules. We've all lived with them and, sometimes, we've learned to bend them a bit.

The rules you encountered at Creighton certainly varied, depending on *when* you were a student, whether you were male or female, and *if* you were an upperclassman, enjoying a few perks of "age."

We snared a few rule-bender stories this fall when we trolled the University's *AlumWire* electronic newsletter.

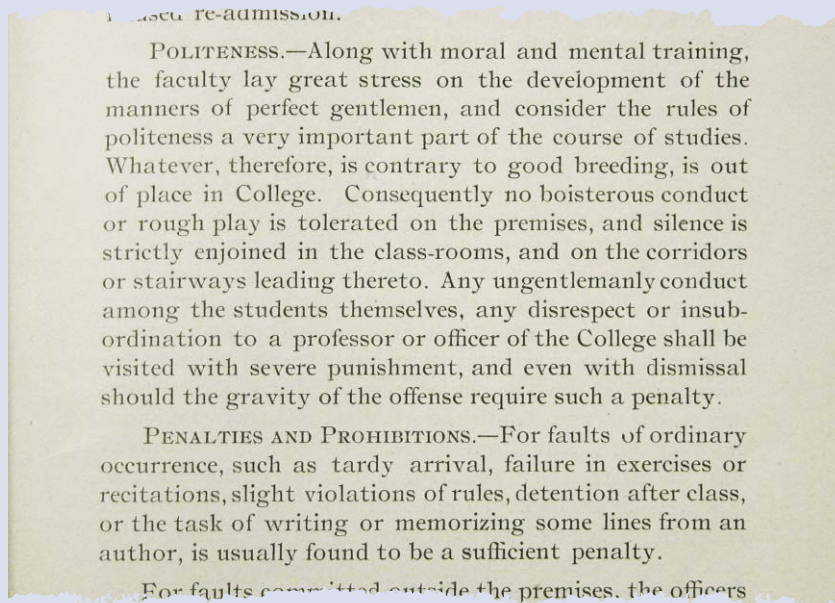
Our questions:

Do you remember a rule you broke, for example, a dress code you didn't follow? Dorm hours you fudged a bit? A ceremony you might have dodged? Were you particularly creative as you skirted the posted rules?

Your answers:

### Sledding Mt. Saga

One particularly memorable evening during the winter of 1980-81 brought with it every student's dream — a world of trees, streets, buildings and cars covered in a thick coating of ice. The wind was still, no traffic was moving and the atmosphere around campus was nearly dreamlike. Perfect conditions for a much-needed reprieve from late-night studies and early morning classes. Some friends and I decided there was no better way to spend the evening than to go sledding! But without any sleds, we were left to our own devices. Enter — SAGA (food service) trays, those odd-shaped, hard plastic, beige food trays were just the right size and shape to accommodate one coed's posterior. Trays in hand, we headed for the hill on Chicago Street next to the law school, where we had a fantastic time of speeding downhill and slipping and sliding in an effort to get back up, with only a couple of dim street lights to illuminate our impromptu winter party. While we lost a few SAGA trays (minus a coed or two) down the storm sewer, we managed to return most of what we had confiscated back to the cafeteria. That night with friends, and



1898-99 Creighton Catalogue

Creighton's 1898 code of conduct included a prescript for politeness and outlined penalties for violators.

the beauty of the campus in all its wintry glory, is an image I will never forget.

— Jan Schuver-Dehner, BSN'83

### Lights Out ... and the Great Escape

As a freshman at Creighton (1952) and living in Wareham Hall (freshman dorm at the time) — the master electrical switch for Dowling Hall (the upperclassmen's dorm) was located supposedly in a secret place in Wareham. I found this out and one night (during final exams) got the door opened and turned off the switch for Dowling and all of their lights went out. It took some time for someone to figure out where the switch was and restore the lights. (I think this was one of the reasons I was NOT selected to live at Dowling the next year. I think someone "ratted" on me. But it was fun at the time.)

Also, we had hours at Wareham — however, my roommate and I had our room overlooking the alley — where the fire escape was located. It was right outside one of our windows. There was many a night that came in handy to "sneak out" for a late snack or date.

— Richard Rozman, BSC'56

### Throwing the Dean a Curve

As part of a fund-raising drive during the late '70s, the campus weekly paper, *The Creightonian*, planned to hold a pie-throwing event, giving students a chance to throw whipped cream pies at some of their favorite faculty and administrative personalities.

As a member of the paper's editorial staff, I had to help recruit targets. What better target, I thought, than the dean of students? Amazed to have been granted an interview with him, another editorial staff member and I sat across the desk from him and tried to persuade him to participate. We were less amazed at his reluctance to help us.

"I'm just afraid you'll get a lot of bad press about this event," he said.

"Dean Schnitker," I replied. "We are the press."

He was one of our most popular targets that year.

— Kevin P. McGowan, BA'80

### A Pine Posing as a Laundry Pile

My freshman year roommate and I really wanted a Christmas tree but they were considered a fire hazard and were against the rules (and rightly

so). Nevertheless, since I was really homesick my friends decided to help me out. One of my friends distracted the front desk person at Swanson Hall, while my roommate and I walked by with a huge homesewn laundry bag containing a 4-foot pine tree. We got it up to the room, decorated it and put on Christmas music. Our room was packed with visitors all night: I wasn't the only one missing the traditions of the Christmas season. Soon the RA realized something was up and came strolling in to see what we were up to. She was really against the tree but was also charmed by the baubles and twinkling lights. She let us keep it for a week before we had to take it down and dispose of it. We thought we were pretty special.

— Patty Ault Coyne, BS'86

### Lords of the Flies

I remember that hot plates were not allowed in Kiewit Hall, so we had a Crock-Pot and would cook up things like beef bourguignon in the dorm room. Since it took all day to cook you could smell it in the hall and everyone would wonder what was cooking. It wasn't technically a hot plate, so we never got in trouble, and it gave us a great escape from SAGA's (food service) turkey "tetrachloride" — as we science geeks called it — in the cafeteria.

I also remember our fruit flies that we had to raise in test tubes for genetics. My roommate Steve Chobot, D.D.S., BS'88, and I took ours from the lab after the experiment was done and continued to raise them until we had thousands of them, all in test tubes. We anesthetized them, poured the sleeping flies onto a piece of paper, and slid it under a neighbor's door while they were at class. By the time they got back, the flies had recovered and had completely taken over their room. I don't think that we ever fessed up to the fact that we had done it.

— Lt. Michael Paul Kelly,  
Pharm.D., USPHS, BS'88



Creighton University Archives

The 1917-1918 Creighton basketball team, coached by Thomas E. Mills (back row, right), finished a perfect 11-0, prompting *The Creighton Courier* to note: "Competent critics have pronounced the Creighton Basket Ball [sic] squad one of the best, if not the best, teams in the country."

colleges. And on occasion, it included travel to another town in the region.

Creighton officials admitted that their early sports success had something to do with the fact that the college included a number of older students on its teams, especially those enrolled in the Special Course, such as "an M.D., another an LL.B., and one a Protestant Evangelist," who we know was 29 years of age. According to the author of this source article, "As a consequence of their age, we have had this year a stronger football team than usual, and confidence in their baseball abilities is evidenced by the fact that games have been secured with the University teams of Minnesota and Nebraska."

Creighton was soon ready to enter big-time college athletics. The following year, the schedule of games expanded and included a professional coach.

### Players, Keep Up Your Grades

By 1905, early dismissal of Saturday classes for football games became standard, but Creighton faculty began to insist on "conditioning" a student; that is, not allowing him to play unless he made "an average of sixty notes." At that time,

100 notes equaled a perfect grade in a class (all subjects combined); thus athletes had to maintain a 60 percent average in their class (raised to 70 percent in 1908).

No one established a correlation between grades and players, but on Sept. 30, 1905, Ft. Crook beat the Creighton football team 10-0; then on Oct. 28, the University of Nebraska triumphed by a score of 102-0 and on Nov. 6, despite the first appearance of the new brass band, the winless Creighton team temporarily disbanded.

If a correlation existed between players and grades, it did not have a lengthy impact. The school experienced its "greatest victory" on May 12, 1906, defeating the University of Nebraska baseball team 4-2.

What followed was hardly a lack of school pep.

"The band and many 'rooters' went in two street cars all over town for two hours before the game in order to advertise it," a chronicler observed. "After the game the band and a big crowd marched along some of the neighboring streets. At night the band & a big crowd played and yelled before the newspaper offices and Mr. (John A.) Creighton's home."

## The Early Years of Student Life: A Creighton Timeline (1878-1920)

- ✎ Creighton College opens on Monday, **Sept. 2, 1878**, with 120 students, peaking the following January at 170.
- ✎ Sunday, **Sept. 8, 1878**, at 9 a.m., the Jesuits hold their first Mass for students in what was then the third-floor chapel in today's Administration Building.
- ✎ Sunday Mass becomes mandatory for all Catholic students, except for those acting as servers at their neighborhood churches, in **1879**.
- ✎ The college holds its first public entertainment on **Feb. 21, 1879**, with its week-old student choir performing for the first time.
- ✎ In **1888**, Fr. M.A. McGinnis, S.J., establishes the League of the Cross temperance society, inviting "all Catholic students (to) stand up and swear off" drinking. Not noted is the fact that most Creighton students are mere grade schoolers.
- ✎ Later that year, on **Oct. 12**, students march to 22nd and California streets to greet President Grover Cleveland as he tours Omaha.
- ✎ In the **spring of 1890**, President Benjamin Harrison visits Creighton and delivers a few words to the students. The chief executive probably enjoys the ride up the recently paved California Street, the same route that three years earlier caused a horse to sink up to its tail in the mud following five days of rain.
- ✎ On **June 24, 1891**, Creighton College grants A.B. degrees to five students.
- ✎ In the **fall of 1892**, 36 students from six states become the first class of the John A. Creighton Medical College at Creighton University, at 12th and Mason streets. That charter class includes Kate Drake, the first female to attend a Jesuit university in the United States.
- ✎ In **1898**, students organize the Creighton Oratorical Association.
- ✎ Students open the Creighton Dramatic Circle in **1899**.



Harrison

- ✎ **That same year** the Creighton Literary Society organizes to extend to lower classmen the activities of the Oratorical Society, and the Mandolin Club forms to receive its first instrumental music lessons for 12 guitar and 40 mandolin players.
- ✎ By **1901**, accounts of fall football and baseball, as well as spring baseball games, begin to appear in local newspapers.
- ✎ By **1906**, the Mandolin Club evolves into the Creighton University Orchestra and Band.
- ✎ Creighton opens its first dormitory, St. John's Hall, on **Sept. 6, 1906**, with every room filled and seven students on a waiting list. (The University renames the building Wareham Hall in 1933.)
- ✎ The law department opens on **Oct. 3, 1904**, with 23 students housed in the Edward Creighton Institute at 210 S. 18th St.
- ✎ The dental school opens in the **fall of 1905**, with 113 students also at the Edward Creighton Institute.
- ✎ **In that same year**, the trustees purchase the Omaha School of Pharmacy, eventually located in a wing at the medical school at 14th and Davenport streets.
- ✎ On **Oct. 15, 1906**, John Andrew Creighton celebrates his 75th birthday. The Creighton University band plays in the new uniforms he has just purchased for them, and all students enjoy a holiday from school in his honor.
- ✎ In **1908**, Creighton hires Clarence Kenney, a "phenomenal half-back" and the 1907 captain of the St. Louis University football team, as its football coach. The administration promises that, by **Sept. 1**, the campus would include a gridiron, a ball field, tennis courts and handball alleys.
- ✎ Creighton pharmacy graduate Virginia Bryan scores the highest grade on the State Pharmacy Board exam in **1913**. Of the 71 pharmacy



Creighton

candidates from Creighton, 69 are male.

- ✎ Creighton's Glee Club, organized in **1909**, gives its first public performance at the Brandeis Theater in 1911.
- ✎ In about **1910**, the entire student body of the Law College participates in Model House, which meets every Wednesday evening for seven weeks each semester. Students elect their own House officers, who select topics and assign students to represent a Nebraska legislative district. Each student group studies its topic, prepares a bill or joint resolution, and guides it through the legislative process, including pro and con floor debate.
- ✎ In **1911**, the first intramural track meet ensues with separate divisions for high school and college students.
- ✎ **Also that year**, the outdoor fall basketball league forms, with two groups of six teams based on height, and soon becomes an indoor winter sporting diversion.
- ✎ Creighton institutes a student activity fee in **1912**. The annual \$5 charge covers entrance to the college play, glee club concerts, varsity debates, all athletic contests and a subscription to *The Creighton Chronicle*, an early University publication.
- ✎ On the morning of **Oct. 5, 1912**, students and faculty pack the Creighton auditorium, where presidential candidate Woodrow Wilson delivers a short, rambling campaign speech filled with platitudes. (A month later, the nation elects him its chief executive.)
- ✎ An all-University alumni association organizes in **1913** at Creighton.
- ✎ The Summer School, also established in **1913**, provides teacher training for nuns.
- ✎ The devastating Easter tornado strikes Omaha on **March 23, 1913**. Although the University suffers no damage, many faculty and students lose spouses, relatives and/or their



Wilson

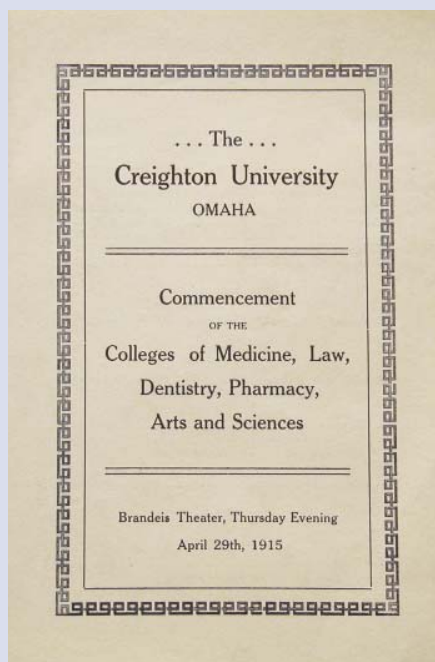
homes. Creighton students help with community clean-up, with medical, dental and pharmacy students staffing emergency-relief stations.

☒ The Creighton University Orchestra debuts with its first annual concert in **April 1914**.

☒ **At about this time**, the Mixer Club, led by the Creighton University Alumni Association, begins hosting all-University dances. Fr. General Francis Xavier Wernz opposes dancing by undergraduates and requests that Fr. Rector Magevney discontinue “the annual senior hop ... if not at once, at least in the near future.”

☒ A student council appears in **1915**, but the first attempt at student government does not survive wartime disruptions.

☒ On **April 29, 1915**, the first all-University commencement is held (see program below); however, Creighton College students receive blank diplomas, return to classes, take final exams and receive actual diplomas at a separate commencement on June 16.



☒ In **1916**, a new record crowd of about 8,000 football fans watches the Blue and White (still no mascot)

defeat the University of South Dakota 20-13.

☒ By the **20th century's second decade**, the University attracts students from a dozen foreign countries, and in the College of Arts and Sciences, out-of-town students outnumber Omaha students 3 to 1.

☒ With the U.S. entry into World War I on **April 6, 1917**, the College of Arts and Sciences conducts final examinations two weeks early to give students a chance to help “relieve the farm labor situation.” (By now, the yield of European agriculture has plummeted drastically during three years of war, putting pressure on U.S. farms to produce.)

☒ **World War I** curtails the activity of virtually all student extracurricular clubs at Creighton, including the regionally acclaimed music groups.

☒ The United States Congress passes conscription legislation, and on **June 5, 1917**, males between 21-31 register for the draft, including three Creighton Jesuit scholastics.

☒ Eighteen Medical School seniors volunteer in **1917** for the Navy medical corps (only five accepted, as the government limited the number of volunteers from an individual college). The College of Medicine operates through the summer to speed seniors toward graduation and entry into the military.

☒ By fall **1917**, Creighton responds to a government appeal and makes military training “obligatory in the Undergraduate Department.” A lieutenant from Ft. Crook receives the appointment to direct “military affairs on the ‘Hill’,” but the three companies spend most of the year without rifles because the government cannot supply the burgeoning cadet militias.

☒ The Creighton football team plays only three games in the **fall of 1918**, because of cancellations due to the Spanish Flu pandemic and “certain rulings” by the military.

☒ On **April 6, 1918**, the one-year anniversary of the declaration of war and the newly designated Flag Day, the University participates in “The Great Parade,” lasting for three hours in downtown Omaha. The ceremonies conclude with the unfurling of a Creighton Service Flag (800 stars representing Creighton men serving their country, arranged to form the letter “C”).

☒ Under the new stipulations for conscription, on **Sept. 12, 1918**, the day before classes resume for the College of Arts and Sciences, all males 18-46, have to register for the draft. On **Oct. 1**, in the Auditorium, all Creighton students take the oath of allegiance and become the wards of Lt. Denver B. Braun, commandant of the Student Army Training Corp (SATC). The gymnasium becomes a barracks; the undergraduate curriculum is suspended, replaced by classes in surveying, map reading and other military subjects.

☒ The National Defense Act of 1916 establishes the ROTC, and, in 1917, the University seeks affiliation for its militia group. Though the SATC preempts its establishment at Creighton, the National Defense Act of **1920** reauthorizes the ROTC during peacetime, and Creighton participation is mandatory for all male students in the Arts College, the Commerce College and Pharmacy. (Mandatory participation wouldn’t end until 1968.)

☒ At commencement in **1919**, the University proudly proclaims its service record — a total of 1,285 faculty, students and alumni had served their country; 27 had died.

Photos courtesy of the Library of Congress, Prints and Photographs Division; Creighton Archives

The following Tuesday, the students gained a recreation day “on account of the great victory” and the spirit carried over to the fall.

On Sept. 28, 1906, a “mass meeting” took place at the Creighton Auditorium “for the purpose of arousing a good college spirit with regard to athletics.” J.V. Dwyer, student manager of the football team presided; Frank Furay, president of the Alumni Association, “gave a short, witty and happy speech urging all to do their utmost for Creighton sports”; football coach George Cavanaugh asked “students to help him get up a winning team”; and Fr. President Dowling provided perhaps the only cautionary note, adding that, “while he encouraged athletics every way, he thought it beneath the dignity of a university to pay any student or anybody else for playing.”

The National Collegiate Athletic Association (NCAA) organized that year to establish standards for intercollegiate athletics and to enforce new rules for the sport of football. In addition to concerns for player eligibility and amateurism, the new organization addressed the problem of brutality in the game.

In 1905, 18 players had died in the mass formations of the rugby-styled game; in response, President Theodore Roosevelt arranged a White House conference that sparked reforms in the nature of the game and the formation of the NCAA.

Creighton’s rejuvenated football team gained some victories that year, but lost again to Nebraska, although by a more respectable score (17-0) before 2,500 fans.

In 1907, at a cost of \$18,500, Creighton purchased the land between 25th Avenue and 26th Street, California to Burt streets. The city vacated 25th Avenue and gave it to the University, the acquisition doubling the size of the campus to just over 11 acres.

On March 2, 1908, at the first meeting of the House Consultors — what would

We have to wait,  
however, until the  
turn of the century  
for school spirit to  
flower, probably  
because by then  
sports had become  
more serious at  
Creighton.

today be Creighton’s Board of Directors — with the new rector-president, the Rev. Eugene A. Magevney, S.J., the assembled voted to grade the property to create a level athletic field nearly 300 yards square. They hired Clarence Kenney, a “phenomenal half-back” and the 1907 captain of the St. Louis University football team, as coach. Moreover, they added another new statement on athletics in the *Catalogue*:

*The attitude of Creighton University towards athletics is that they should be encouraged, since they tend to a proper physical and mental development of the students. As their only purpose is to afford healthful exercise and permit gentlemanly rivalry and competition, care is taken to keep them within limits, so that they may aid and not detract from study. A creditable standing in class is the necessary condition of eligibility to any of the University teams.*

While the statement voiced faculty concerns that intercollegiate athletics

could distract students from study, it also promised that by Sept. 1, 1908, for the “opportunity to enjoy the pleasure of a home-ground,” the campus would include a gridiron, a ball field, tennis courts and handball alleys. The 420-by-400 foot field would have bleachers to “accommodate about 4,000 spectators,” who could easily reach it since “the Harney and Cuming street cars pass within a block of its main entrance.”

### Sodality, Glee Club and Debate

Non-sport activity also proliferated in Creighton’s early days. By 1882, the Sodality of the Immaculate Conception (a short-lived alternative name for the Sodality of the Blessed Virgin Mary) had 110 members, nearly half the student body.

And that same year the fledgling choir — eventually renamed the College Glee Club — expanded to include the 35-member St. Caecilla (Cecilia) Society, which provided “music for all solemn Religious services, the Monthly Exhibitions, Annual Commencements, and other public exercises of the College.”

In 1884, sufficient fourth-year scholars existed to organize the Debating Society to train “ready speakers and fluent writers.”

And the following year students created a game room supported “by the voluntary contributions of its members,” which possessed “a large collection of interesting and instructive games, and a suitable apartment [a fourth-year classroom] for indoor amusements during severe or inclement weather.” (The fact that Omaha recorded a temperature of minus-34 degrees Fahrenheit on Jan. 3, 1884, probably spurred the desire for the indoor recreation facility.)

With the establishment of a permanent chapel and a large enough staff of Jesuits, daily Mass became a requirement for all Catholic students. (Still, they could attend their neighborhood church on Sunday.)

Creighton ROTC officers in 1923 stand at attention on the east steps of the original Administration Building, facing 24th Street. They are: (front) Maj. Edward Maloney and (back, from left) Capts. Bernard Jacobberger, Gordon Hammill, John Walters, James Fitzgerald and John Otte.

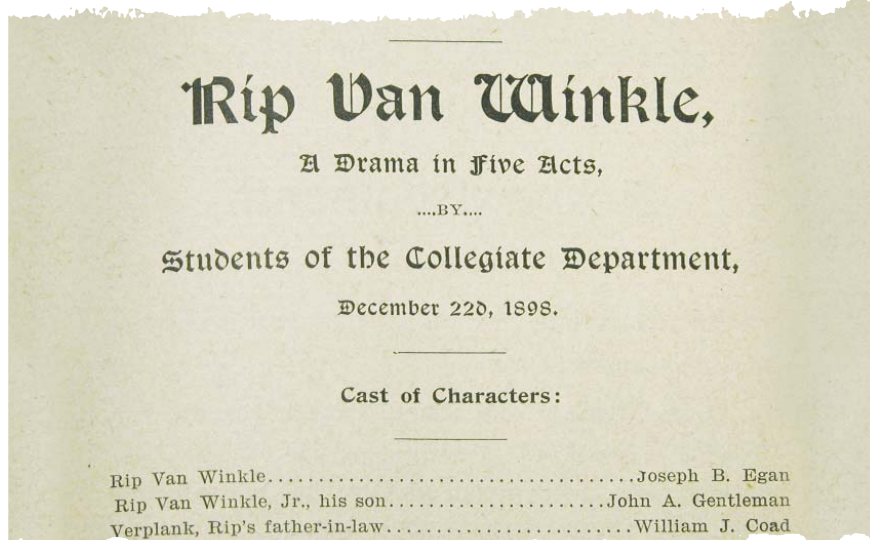
## Precursors to ROTC

In 1888, a militia unit appeared on campus. The Civil War-era Morrill Act of 1862 had required land-grant colleges to establish student military companies, but it did not mandate participation by all students. The social unrest of the late 19th century — which included strikes and riots — made militia groups popular, but the oblique references to the “Creighton Guards” who drilled on the college grounds do not clarify the unit’s nature (size, age limits and so forth).

Alumni provided the officer corps, but, seemingly, students contributed to the rank and file. The *Catalogue* did not list the unit as one of the College’s extracurricular groups; but, on Oct. 12, 1888, the “boys drilled” at 10 a.m. and then marched to 22nd and California streets to greet President Grover Cleveland as he toured Omaha. The rector declared the afternoon a holiday and the baseball team played two games against Omaha (Central) High School. (No scores reported.)

## Creighton’s First Dorm

Directly across from the College on the southwest corner of 25th and California streets sat the Schaller house. Perched atop a 12-foot embankment left from a grading project, the deteriorating dwelling was home to a pair of sisters. After two years of negotiation, Fr. Dowling purchased the property, which



Theater has always been an important part of student life at Creighton. On Dec. 22, 1898, students performed *Rip Van Winkle*. (From the 1898-99 *Creighton Catalogue*.)

did not possess indoor plumbing or a gas hookup, for \$7,000 and relocated it to 26th and Cass streets.

The College graded the lot, using the dirt to fill the creek ravine west of campus, and began to build St. John’s Hall on the site. Quickly, one month before the city began to remove the old wooden paving blocks and to narrow California Street from 40 to 30 feet wide and repave it with bricks, the University tunneled steam pipes under the road to provide heat for the dormitory.

John Andrew Creighton donated \$25,000 to construct the hall, which

wrapped around the corner of 25th and California streets; it contained 66 single rooms, five double rooms and a first-floor cafeteria soon dubbed the “Beanery.”

The difficulty for out-of-town students to find “accommodations favorable to serious study had long caused much concern to the University authorities,” administrators admitted. Yet, the administration stated that it had “no intention to inaugurate any new system, or to assume the responsibilities of a boarding-school.”

The trustees, after some debate, decided to engage the services of the Sisters of Mercy, who then oversaw its operation. The dorm opened for occupancy on Sept. 6, 1906, with every room filled and seven students on a waiting list. (The University renamed the building Wareham Hall in 1933; it was later razed to make way for Swanson Hall.)

Thus, by the first decade of the new century, Creighton University could boast sports teams, dorm living and student clubs for a myriad of interests, from debate to singing, theater to temperance. ©



Creighton University Archives



With Americans simultaneously overweight and malnourished, Creighton endocrinologist Robert Heaney, MD '51, wonders: Does the Food Guide Pyramid actually help us choose foods wisely?

What could be more innocuous than the Food Guide Pyramid? You know, the graphic that tells us how many servings we can have in each of the six food groups every day. Since 1992, the USDA's pyramid has intended to guide us to a healthful diet, making sure we get enough nutrients and calories to maintain a healthy weight.

Juxtapose that effort against the fact that this country is waddling into the midst of an obesity crisis never seen before. It began in the 1980s, about the same time we became enamored of low-fat, no-fat. That mentality sent

says Robert Heaney, BS'47, MD'51, John A. Creighton University Professor who specializes in endocrinology. "But what are they moving toward? Has the FDA ever tested whether the guide actually helps us choose foods wisely? The FDA tests drugs before releasing them. The pyramid ought to be tested first to see if it works. Instead, we spend a lot of money in development and promulgation."

Heaney would prefer the FDA search for reasons why Americans are overweight and malnourished at the same time. He believes part of the

comes across as, 'Fat is bad.' But that's not true."

In fact, for 30 to 40 percent of the population, low-fat diets are counterproductive and may actually cause people to gain weight. Low-carbohydrate diets, on the other hand, work by suppressing hunger. Carbohydrates are made up of long chains of simple sugar molecules, linked end-to-end. Many carbohydrate-rich foods release those sugars into the blood stream rapidly. This causes the body to secrete insulin so as to take care of the resulting rise in blood sugar. "But the insulin often

# Weighing In on the Food Pyramid

By Mary Kay Shanley, BA'65

so many scrambling for low-fat products and diets that the percentage of fat in the American diet has actually decreased as we have moved toward obesity. Still, not everyone bought into no-fat, low-fat. Some believe it's better to forgo carbohydrates in favor of meat and dairy products. (Ever heard of the Atkins Diet?)

In the midst of all this, the Feds are reassessing and updating the Food Guide Pyramid. Research on proposed revisions is complete. Updated daily food intake patterns (more commonly referred to as what we eat) are being discussed and work on a new graphic is under way. By winter 2005, we'll have a revised pyramid.

"The pyramid is not something you can actually be against; in fact, it's reasonable to have such a guide,"

answer is in the low-fat movement itself. He points to an article for *FrontPageMagazine.com* by Gary Taubes: "... We've been told with almost religious certainty by everyone from the surgeon general on down, and we have come to believe with almost religious certainty, that obesity is caused by excessive consumption of fat, and that if we eat less fat we will lose weight and live longer."

Heaney thinks that belief is reinforced by the pyramid, whose base is refined carbohydrates — pasta, rice and bread — of which we should eat between six and 11 servings per day. "The pyramid also suggests we use fat sparingly," Heaney says. "But Americans are so innocent in science that whenever you attempt to communicate with them on such a broad level, you communicate more than you need to. So the 'fat' message

overshoots, driving blood sugar down too fast, and leaving us still hungry," Heaney says. "So we eat more. High fat foods, by contrast, generally have a richer 'mouth feel,' and they slow gastric emptying, both of which contribute to a feeling of satisfaction or fullness. And they don't raise blood sugar. Many food fats actually help us control weight."

Heaney points out that the shift to low-fat, high-carbohydrate foods in the past 10 years, on the thesis that fat was bad for you, clearly hasn't helped the national weight problem. Much more important than what you eat is how much you eat.

Another issue he has with the pyramid is that it doesn't consider the evolution of the human diet. For example, the fat intake for primitive people would have been higher than is thought appropriate now, and their

carbohydrates would have been very low because they weren't planting and harvesting the starchy, seed-grown foods that we consume today — the same foods that make up the base of the pyramid. While he says the Atkins Diet (high protein/low carbohydrate) is closer to a primitive diet than a low-fat diet, he points out that neither today's plant-based nor animal-based foods were available to primitive people.

"The primitive diet would have contained no cereal foods," Heaney says, "whole grain or otherwise. The largest change in the human diet in the history of humanity was the introduction of cereal — seed foods, including legumes — made possible by agriculture." So, Heaney adds, the change to a diet based on foods developed from seed is a very recent event, considering the evolutionary clock. "Recall that the agricultural revolution occurred in the Fertile Crescent around 8500 B.C., and as recently as only 3,000 years ago in the

Physical Activity and Metabolism, found that those who cut the amount of carbohydrates consumed in their diet lowered their levels of low-density lipoprotein (LDL) cholesterol — or the bad cholesterol linked with heart disease.

"The low-carbohydrate diets (in the study) substantially improved the usual lipid profiles," Heaney says. "But you cannot get carbohydrate intakes that low if you use the current pyramid."

Heaney adds, "the problem with certain carbohydrate-rich foods (such as pastas)," that are listed at the pyramid's base, "is not that they are nutrient-poor, but that they produce a greater rise in blood sugar. That is where we get into trouble with reactive insulin secretion and corresponding hunger (which causes us to want to eat more)."

"We are trying to work this issue out now," Heaney says. "This is why different people are proposing different pyramids."

Heaney points out that primitive

stop to work. Today, the suburb is a place where you have to take a car to get a loaf of bread. We have paved the planet."

Karen Rafferty, a registered dietitian at Creighton's Osteoporosis Research Center, couldn't agree more. "The fundamental weakness of the pyramid is that it focuses only on food when, in fact, food intake is just one-half of the energy balance equation," she says.

Rafferty would like to see it become a holistic Energy Guide Pyramid that "pictorially includes a recommendation at the foundation level for energy output — physical activity — that balances with energy intake from food."

And Rita Frickel, registered dietitian and coordinator of nutrition services for the Department of Cardiology, hopes the "big message is that all foods can fit into a healthy meal plan with balance and moderation. If somebody hears about or reads about a new diet to lose weight, they need to ask if that will be a lifestyle they can follow for the rest of

"In the '30s and '40s, everybody walked to the street car or bus and from the bus stop to work. Today, the suburb is a place where you have to take a car to get a loaf of bread. We have paved the planet."

— DR. HEANEY



Western hemisphere."

Thus, while primitive people would have made up the bulk of their diet with such carbohydrates that they could gather — i.e., plants and fruits — a large fraction of their calories came from the animal-based proteins and fats from the hunt.

Cutting back on carbohydrates may also help with our cholesterol. In a recent study of 178 borderline obese and diabetic men, Ronald M. Krauss, M.D., founder of the American Heart Association's Council on Nutrition,

people also burned what they ate; today, people eat more than they burn. "Food produces energy and if we don't burn that energy, we store it as fat," he says. "All of the components of the pyramid would be intrinsically healthful if we were burning all the energy they provide. But we are not, and that isn't reflected in the pyramid recommendations."

And who's to blame? "Henry Ford. No question about it," Heaney says. "In the '30s and '40s, everybody walked to the street car or bus and from the bus

their life," she says. "You can't follow the Atkins Diet, and then go back to whatever you were doing before without moderation or exercise."

So the question may now be: Can a revised Food Guide Pyramid get all these messages across? ☺

*About the author: Mary Kay Shanley is a freelance writer living in West Des Moines, Iowa.*

Think you're too busy to exercise? Blame your hectic pace on all those drive-through meals you have to endure? Maybe you should trade places with Raymond Heller, MD'95.

He's an assistant professor and medical director of Creighton Family Healthcare Eagle Run, a husband and father. Plus, he sets aside 14 to 20 hours a week as a triathlete. He'll do an Olympic-distance triathlon in July (Idaho). That includes a 15-meter swim, 40-kilometer bike ride and a 10-kilometer run. And in May (Florida), August (California) and October (Utah), he'll swim 1.2 miles, ride a bike 56 miles and run 13.1 miles — which is half of a Hawaii Ironman Triathlon.

Obviously, nutrition is important to Heller. "But," he says, "right off the top, I enjoy dessert just like anybody else. If we limit all that, it makes life that much less fun. I've read that the reason some racers train is so they can eat whatever they want."

Occasional desserts aside, Heller's

The majority of food preparation places are not interested in your health but rather in your convenience. As much as you can, avoid fast-food places. A good restaurant allows you to make good choices.

The more you can prepare your own food at home, the better. Don't be afraid to experiment and change. Use whole grains and lean meats. Red meat is not out, but select cuts low in fat. Choose healthy fats such as olive, canola and safflower oil for cooking, and avocado, peanuts, sunflower seeds or olives for eating.

Decreasing the size of your main meal and including a healthy snack between each meal allows your metabolism to work more. People think, "The less I eat, the more weight I'll lose." But actually, frequent meals result in more effective weight loss and/or weight maintenance. That's because your blood insulin levels don't fluctuate as much, but maintain a more steady state. That keeps the metabolism up and helps your body to

work harder at digesting food. And work requires energy.

Eight glasses of water a day may be more than you need. Excess water can cause dilution of some of the pertinent minerals required by the body to perform critical functions. Adequate intake can be roughly judged simply by evaluating one's color of urine. Generally clear to pale yellow urine consistently through the day indicates input is OK.

There's little benefit in soda or coffee. Sports drinks have calories but are good if you're in training because they do a good job of hydrating.

People get too fixed on weight. A better indicator is how your clothes fit. If you are going to larger and larger belt loop sizes, you'll know. Don't worry about weight, but rather how things fit.

Combine aerobic exercise and weight lifting, which increases your metabolism.

Heller points out that this advice is general and may differ depending upon each person's medical condition and history.

## ADVICE FROM A CREIGHTON PHYSICIAN/ TRIATHLETE

nutrition guidelines make sense for anyone.

Proper eating and dieting are evolutionary processes. Follow basic guidelines but leave some room to work within them.

Today's lifestyles have taken us away from doing much of our own food preparation. We're relying on prepared products in the supermarket and the restaurant. Generally, prepared foods have less nutritional value and are low in fiber, but taste good because of the addition of fats and simple sugars.

Photo by Mark Romesser



Creighton physician Raymond Heller, MD'95, in his Omaha office, recommends eating more frequent, smaller meals ... and exercising.

## THE CREIGHTON CHALLENGE

Rita Frickel knows all about food pyramids and carbs and balancing caloric intake with activity. A registered dietitian and coordinator of nutrition services for the Department of Cardiology, she can analyze what you eat and compare your usual intake with current dietary guidelines for health. So we asked her to analyze the diets of four Creighton people to see whether the collective we are practicing what Heaney, Heller and Frickel preach. The four, chosen randomly, were asked to keep diaries of everything they ate or drank for two weekdays. And how did they do?

Photos by Dave Weaver



Dietitian Rita Frickel studied the eating habits of two Creighton colleagues and two students.



Obviously, **KAREN RAFFERTY**, a registered dietitian at the Osteoporosis Research Center, understands food. Among other projects, she's involved in calcium bioavailability research studies that consider how the body absorbs calcium from various sources. Rafferty, 51, says she "chooses from the same food sources as anybody else. Sometimes I am on the run and I rely on convenience foods." Still, her preference is for a variety of nutrient-dense foods including dairy, fruits, vegetables and whole grain products. She also walks to work several days a week — a six-mile roundtrip with three major hills. "For general health, paying attention to Food Guide Pyramid recommendations isn't enough," she says. "Physical activity is necessary, too."



**JOHN SCHWIETZ**, 21, was "institutionalized to come here since I was 4" since pretty much his whole family has gone to Creighton. Now a senior political science major and the immediate past president of the Students Union, he is a busy man. Even so, he eats three meals a day, sometimes running back to the house to fix dinner. "I was a swimmer in high school so my calorie intake tends to be a bit more than others although I'm a fairly thin person," he says. "I'm used to eating a lot." Still, he tries to maintain a healthy balance with snacks now and then.



**ROSS HORNING, Ph.D.**, lays it out, plain and simple: "I'm not on a diet, but I watch what I eat every day." A full professor of history, he's been a campus celebrity since 1964. "I had an operation 12 years ago for possible colon cancer, followed by radiation," he says. "Plus I've had lots of injuries because of athletics." (He played baseball for the Chicago Cubs and St. Louis Cardinals systems.) So he pays attention to cholesterol, eats lots of fish and, once a week, meat. "I had a hip replacement and eight months later, I was playing full-court basketball," he says. "One of the reasons is because I take care of myself."



**ASHLEE MINTON**, 18, admits she's picky. She doesn't like the taste of red meat, so she passes on hamburger and steak. She's not wild about raw vegetables, but wishes she had more access to fresh fruits. And everyday, she eats bread and pasta. She grew up on organized sports but doesn't exercise as much anymore. "I weighed myself every day in high school," Minton says. "I don't ever want to gain weight. I'm careful now because I used to have a faster metabolism. I'm not anorexic, but I have a small frame so you can definitely tell five pounds."

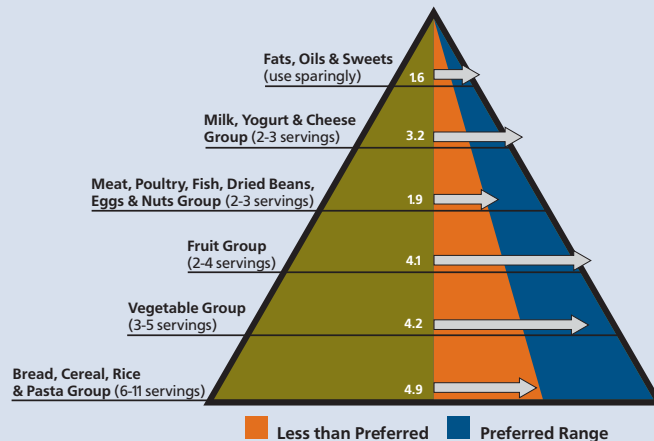
## KAREN RAFFERTY

- 1 DAY SAMPLE**
- BREAKFAST:** whole mango, fresh papaya, 2 cups skim milk, Instant Breakfast.
- LUNCH:** 2 oz. whole-wheat spaghetti pasta noodles, 1 cup chopped tomatoes, 2 oz. mozzarella cheese, 1/2 cup fresh basil, 1/2 cup fresh parsley.
- DINNER:** Arby's Junior Roast Beef sandwich, Arby's potato french fries, 1/2 cup baked beans.

**TOTAL CALORIES:** 1,589 (56% carbohydrates, 22% protein, 20% fat, 2% alcohol)\*

**FRICKEL'S ANALYSIS:** Karen's intake is the "poster child" for proper eating. She balances her choices well among the food groups in the food pyramid to achieve the proper distribution of carbohydrates, proteins and fats. This balance also ensures that she is meeting her estimated daily requirements for various vitamins and minerals.

\*Average nutrients per day over a three-day journal period.



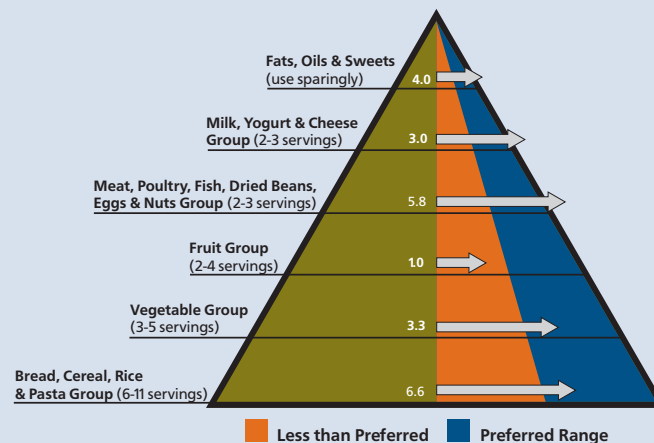
## JOHN SCHWIETZ

- 1 DAY SAMPLE**
- BREAKFAST:** 2 cups Cheerios, 2 cups milk, 1 piece wheat toast, 1 tbsp. peanut butter.
- LUNCH:** Turkey sandwich (2 pieces wheat bread, 4 slices lean turkey), 2.5 oz. Baked Lays BBQ chips, apple, 12 oz. water.
- DINNER:** Tuna sandwich (2 pieces wheat bread, 1 can non-fat tuna, 1 tbsp. of mayonnaise), 1 cup fat-free sugarless yogurt, 24 oz. water, 1 oz. Baked Lays BBQ chips.

**BETWEEN MEALS:** 20 oz. diet Mountain Dew, 20 oz. water.

**TOTAL CALORIES:** 2,109 (48% carbohydrates, 30% protein, 22% fat)

**FRICKEL'S ANALYSIS:** John's intake is commendable for a college student who "eats on the run." He takes in just a hair shy of the recommendations for fruits and vegetables. His calcium intake is good. His meat (protein) intake was slightly higher than recommended, but because he often selected low-fat protein sources (such as fish and turkey), his fat intake was kept in check. His overall nutrient distribution was excellent.



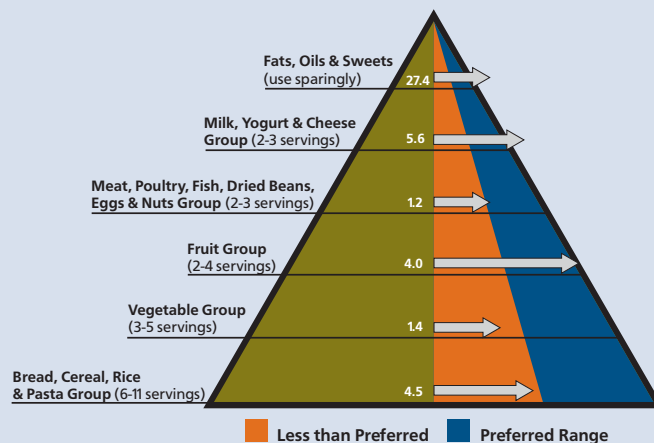
## ROSS HORNING

- 1 DAY SAMPLE**
- BREAKFAST:** 2 cups black coffee, 6 oz. orange juice, 8 oz. skim milk, bowl of puffed wheat cereal with 2% milk, 1 piece toast, 8 oz. water.
- LUNCH:** 4 oz. salmon, whipped potatoes, broccoli, string carrots, 1 glass wine, 2 glasses water, green salad with chunky Bleu cheese, roll with butter.
- DINNER:** 1/2 ham sandwich on white bread, 1 banana, 1 apple, 8 oz. skim milk, chocolate-chip cookie, glass of water.

**BETWEEN MEALS:** 3 glasses of water.

**TOTAL CALORIES:** 2,270 (55% carbohydrates, 16% protein, 28% fat)

**FRICKEL'S ANALYSIS:** Ross has a very healthy eating plan, and his intake meets the food pyramid guidelines. It's clear that he pays attention to his cholesterol and fats, as he meets the guidelines for distribution of nutrients. Although he does take in some food considered to be relatively high in fat (such as ice cream), he balances that with low-fat protein (such as fish) to achieve an overall balance.

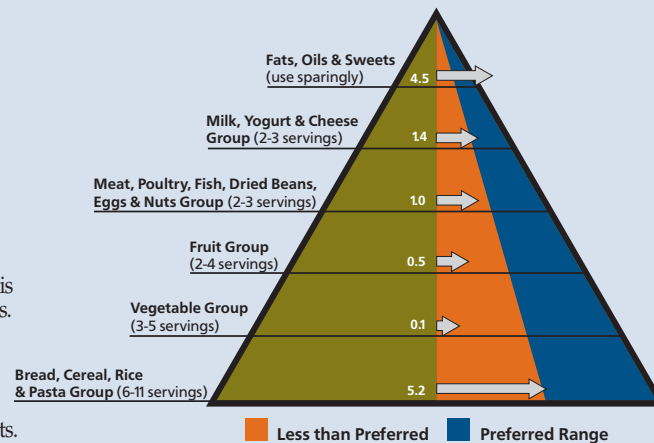


## ASHLEE MINTON

- 1 DAY SAMPLE**
- BREAKFAST:** Little Debbie Cosmic Brownie, 1 12 oz. Diet Coke.
- LUNCH:** Grilled cheese sandwich, french fries, glass of Diet Pepsi.
- DINNER:** 1 packet Easy Mac, 1 slice bread, 2 cups Crystal Light Lemonade.
- BETWEEN MEALS:** 2 handfuls Cheese Nips crackers, 1 can Diet Coke, 1.5 cups lemonade, half a bottle of water.

**TOTAL CALORIES:** 1,231 (45% carbohydrates, 16% protein, 39% fat)

**FRICKEL'S ANALYSIS:** Ashlee's intake is somewhat typical of the average American female. She is consuming much less than the recommended five to eight daily servings of fruits and vegetables. (Fewer than 25 percent of U.S. adults meet the minimum recommendation.) She also is getting only about half of her calcium needs, a typical trend among young adults. She could turn that around by substituting milk for soda. With the "convenience foods," her dietary fat intake is relatively high (39% of total calories vs. the recommended 30%). And while she doesn't like meats, she could improve her protein intake by eating foods such as soy, dried beans and yogurts.



## McCallans Give to Institutions They Love

When J. Barry, Arts'45, and Rita (McAleer), SJN'45, McCallan reflect back on their years growing up in Omaha, three institutions remain close to their hearts: the Sacred Heart School and Parish, Creighton Prep and Creighton University. As a thank you to these institutions, the McCallans have made gifts of \$100,000 each to Sacred Heart and Creighton Prep, and a gift of \$125,000 to Creighton University.

"We decided that we wanted to make some gifts to the places that have been important to us," Barry said.

Rita and Barry grew up in the Sacred Heart Parish area where they attended grade school and Rita graduated from high school. Barry attended Creighton Prep and graduated in 1940. After high school, Rita attended St. Joseph Nursing School and Barry started at Creighton University. However, his education was interrupted by service in World War II. Rita received her degree in 1945. After the war, the McCallans married and started their family in Omaha. They have seven children: Margie, Maureen, Marianne (deceased), John, Marilyn, Mike and Marcia, BA'83. Marcia's husband is Chris Chaput, BA'82.

In 1962, the McCallans moved to Denver where Barry purchased an automobile dealership. Throughout his successful career, Barry was owner/partner of several car dealerships in Colorado and California. He retired in 1998.



Rita and Barry McCallan

"I have always been very grateful for the education that I received at Creighton Prep and Creighton University," Barry said. "I think that a Jesuit education is about the best there is."

With \$100,000 of the gift to Creighton University, the J. Barry and Rita McCallan Endowed Scholarship for Undergraduates in the College of Arts and Sciences and the School of Nursing has been established. Scholarships will be awarded to students of good academic standing

who are in need of financial support to continue their education.

"Scholarship support is vital to Creighton's educational mission," said Eleanor Howell, Ph.D., dean of the School of Nursing. "It is so important for nursing students to be able to focus on their studies without the pressure of having a job. In addition, scholarship support helps us prepare more nurses to meet the growing demand for nurses."

The remaining \$25,000 has been designated to the School of Nursing Equipment Fund. The McCallan gift will be used to assist in the purchase of a Laerdal SimMan, equipment needed for the teaching of nursing students in regard to specific medical procedures.

"We are so grateful for the McCallan gift to the School of Nursing Equipment Fund," said Howell. "The SimMan will provide our students with a way to learn procedures and practice skills in a controlled, safe environment. It also allows students to manage life-threatening problems that they may never encounter during their educational program."

As for the McCallans, they are delighted to be able to offer support to Creighton University, Creighton Prep and the Sacred Heart School and Parish in Omaha.

"We are so happy to be able to provide these gifts to the institutions that have shaped our lives," Barry said. "Very few things have meant as much to us."

## Crotty Research Lab to be Established

With a generous \$100,000 gift from Richard Q. Crotty, BSM'46, MD'47, the Richard Q. Crotty, M.D. Biomedical Science Research Lab will be established in Creighton University's School of Medicine.

The Crotty Research Lab will create conditions where visionary research and education can thrive. The naming of the lab also pays tribute to Crotty for his commitment to Creighton and medical education.

"Dr. Crotty and his late wife, Beverly, have been longtime Creighton supporters," said Tom Schuyler, director

of development for the School of Medicine. "This most recent gift to the School of Medicine is consistent with Dr. Crotty's intentions to help the best and brightest professional students. Once again, Dr. Crotty has shown what a key member he is in the Creighton family."

The Crotty Research Lab will be located prominently in the space currently being renovated in the School of Medicine.

Crotty was a nationally-renowned dermatologist in Omaha and a member of the Creighton faculty for more than 40 years. Crotty and his wife also established the Richard Q. and Beverly D. Crotty Endowed Scholarship in the School of Medicine as part of the Creighton 2000 Campaign. The scholarship is awarded

annually to an outstanding student from the Midwest. Crotty also retains a leadership position in his annual support of the School of Medicine. He was awarded the Creighton University School of Medicine Alumni Merit Award in 1995, the School's most prestigious citation.

Crotty's recent gift will ensure that Creighton will be able to provide a quality education to its medical and health sciences students and their intensive research pursuits.

If you are interested in naming opportunities for classrooms, labs or student amenities at the Creighton University School of Medicine, please contact Schuyler at (800) 334-8794 for more information on giving opportunities.

# Diagnosing Breast Cancer

## New Creighton Center Uses Latest Techniques

If change in medical practice occurs gradually, even glacially, as new techniques are tried and tried again, then Edibaldo Silva, M.D., Ph.D., is helping move things along.

As surgical oncologist at Creighton University Medical Center's recently opened Comprehensive Breast Center, Silva advocates and practices the latest methods of using Minimally Invasive Breast Biopsy technology to diagnose breast cancer, techniques much less invasive than the traditional surgical removal of lesions. Additionally, he offers the possibility of a positive or negative diagnosis within a single visit, thus sparing patients weeks and even months of worry as they await results.

Silva concedes that the speed with which he informs women that they do or do not have breast cancer is regarded skeptically by many oncologists, but he insists that evidence is plentiful that coordinated on-site treatment and the employment of hard-to-find cytopathologists makes speedy diagnosis and state-of-the-art treatment wholly compatible. Silva said he has been diagnosing breast cancer in cooperation with cytopathologists since 1985 and has yet to suffer a misdiagnosis.

"I've never argued that expediency is something to boast about, but if you can provide expedient diagnosis and state-of-the-art care then you have two birds with one stone," he said.

Boosted by a \$30,000 grant from the Susan G. Komen Breast Cancer Foundation, the center has incorporated the latest equipment such as a specimen Faxitron to ensure that cancers are removed completely and with clear margins, an R2 Computer Assisted Detection image checker to enhance the reliability of screening mammography and a dedicated MRI breast coil for screening patients at high risk for developing breast cancer.

Silva said that these technological advances when coupled with a dedicated multidisciplinary team of specialists in diagnostic radiology, cytopathology,

cancer surgery, medical oncology, medical genetics, plastic surgery, radiation oncology, psychiatry and nursing all in one location can provide comprehensive on-site care without sending patients all over the city to different specialists, a common and time-consuming trek that Silva terms "fragmentary" care.

The key to prompt diagnosis is the use of two well-accepted Minimally Invasive Breast Biopsy (MIBB) techniques known as Fine Needle Aspiration and

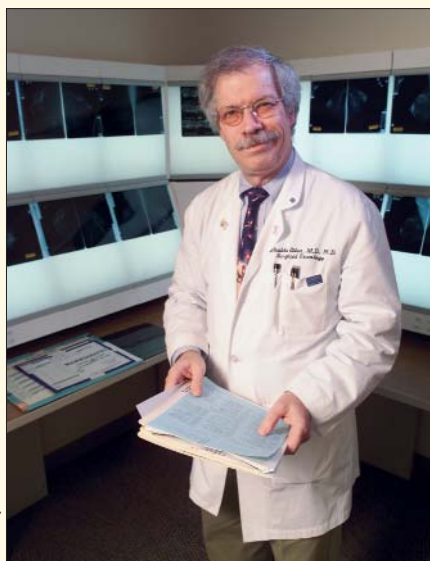


Photo by Mark Romesser

Creighton's Dr. Edibaldo Silva uses minimally invasive procedures to quickly and accurately diagnose breast cancer.

Mammotome core biopsies, combined with tissue analysis performed by cytopathologists. Silva said cytopathology is a specialty within pathology which traditionally is associated with Pap smears. Those same specialists and the cancer surgeon can analyze cells collected with a simple needle stick from suspicious breast lumps and examine them on the microscope within the hour to establish whether a sample is benign or cancerous. Such specialists are rare, Silva said, but Creighton's breast center has three on its roster.

Furthering the ease and speed of diagnosis is the use of minimalist surgical methods in which needles are used to draw tissue samples. Fine Needle

Aspiration (FNA) and Mammotome, though fully recognized techniques within the medical world, are less widely used than they should be, Silva said.

Under FNA, a very fine needle is inserted after numbing the area with local anesthetic into the target area to secure tissue for a cytopathologist to analyze. The cytopathologist reviews the mammograms and the physical exam with the surgeon; information from which is crucial to them when examining the cellular material obtained.

Alternatively, the Mammotome needle is about the width of a ball-point-pen refill and is able to withdraw simultaneously five or more tissue samples measuring 2mm by 9mm, an amount Silva described as "a very large sample" that buttresses the reliability of the needle techniques and has virtually eliminated the need for the traditional surgical biopsy in the operating room.

Whether extracted by FNA or Mammotome, samples are then delivered to an on-site cytopathologist whose expertise in recognizing abnormal cell tissue is brought to bear on the diagnosis. Although the samples will be studied further to confirm the cytopathologist's determination, Silva said the initial diagnosis invariably proves accurate and has fueled his advocacy for the minimally invasive procedures.

Statistics feed Silva's concern.

In 2002, he said, 2.4 million women in the United States underwent significantly invasive surgical procedures to determine whether suspicious tissue was cancerous. Of those, he said, 189,000 were found to have breast cancer. If FNA and Mammotome were more widely used, he said, the 2.2 million women who were found free of cancer could have received the good news within a day and would have suffered no greater disfigurement to the breast than a needle prick and a Band-Aid.

"We have everything here that we need to deliver a prompt and accurate diagnosis and offer a definitive treatment plan to the patient with cancer in one visit," Silva said. "Fragmented care for all patients with breast problems and uncertainty of what will be done to treat those with breast cancer make for a great deal of anguish and delay."

## Matter of Life and Death

Like the rest of his high school classmates back when, Thomas Joseph Belford, BA'49, got the soft-sell to join the Jesuits. "Every kid that went through Creighton Prep was called into a room out of class, one by one, and given a Father [Daniel] Lord pamphlet, 'Shall I be a Jesuit?'" Belford recalls. "I dare say there's not one boy that ever went to Creighton Prep that didn't have that cross their mind."

"Now there was a virtuous and righteous man named Joseph who, though he was a member of the council, had not consented to their plan of action. He came from the Jewish town of Arimathea and was awaiting the kingdom of God. He went to Pilate and asked for the body of Jesus. After he had taken the body down, he wrapped it in a linen cloth and laid him in a rock-hewn tomb in which no one had yet been buried."  
— Luke 23: 50-53

Ten in Belford's Prep class would answer the call to Holy Orders (though, interestingly, not one as a Jesuit). Belford, though, wasn't among them. "The Father Lord pamphlet didn't work on me," he says with a chuckle.

That doesn't mean, however, that the Jesuits were without effect. The spiritual sons of Ignatius profoundly influenced Belford's life.

That's why he cares for the order's priests in death.

During the past nearly 50 years, Belford, owner of Omaha's John A. Gentleman Mortuaries, has provided free burial services for more than 100 Jesuit priests.

He's done the same for even more nuns.

Getting the 76-year-old Belford to discuss these corporal works of mercy takes some prodding. "I'm a little hesitant to talk about what I've done for the Jesuits," he says. "It might seem self-serving." He becomes effusive, however, when discussion turns to what the Jesuits have done for him.

"Over the years, I just fell in love with these priests," he says. "They've been my teachers and they've been my friends. I really feel deeply that it is an honor and a privilege to somehow repay them for molding me into a better person. They've enriched my life."



Photo by Dave Weaver

The Jesuit Circle at the Holy Sepulchre Cemetery in Omaha.

Belford attended Creighton in the years following World War II, playing basketball for "The Little Giant," Coach Eddie Hickey, and earning his degree in 1949. He then worked for his father at Beem-Belford Mortuary in Council Bluffs, Iowa, and seven years later bought John A. Gentleman at that company's 50-year anniversary. Another 50 years later, the business now includes two locations, one directly across from Prep.

"I love this business," Belford says. "If I couldn't be a priest or I couldn't be a doctor, I can't think of anything more rewarding

than this. People really need you and respond to you."

Perhaps it was that nature which led the Rev. Carl Reinert, S.J., to call on the loyal CU grad to direct Omaha-area alumni in Creighton's first fund-raising campaign. Belford helped on four ensuing campaigns, too.

But it's the burials for religious that most pique the interest, a tradition begun by John A. Gentleman, carried on by Belford, and continued today by his son, Thomas M. Belford, who directs the mortuary for his retired father.

It is a significant tithing of time, talent and treasure, typically encompassing embalming, purchase of a coffin, provision of staff during visitation, transportation, purchase of costly newspaper obituaries and printing of memorial cards. For priests who have no vestments, those are provided, too. All of that saves the Jesuits about \$5,000 at each funeral, leaving them just a concrete vault, a plot and its opening to purchase.

Many of those plots are inside Jesuit Circle in Omaha's Holy Sepulchre Cemetery. When the weather is agreeable, Belford sometimes visits.

"It's kind of like going through history when I go up there and I see the names of people I knew," he says.

There's the priest who gave Belford a disciplinary JUG (Justice Under God) at Prep for coming to class unprepared. Then there's the priest who borrowed the new car of Belford's wife, Mary Ann, while the couple was out of town. The priest who would call Belford from hospitals to take care of indigent parishioners, and who in turn needed those services himself.

"I could probably tell you a story about every one I knew," he says.

There have been priests from other orders whom Belford has helped bury, as well as numerous nuns, most of them Sisters of Mercy. When their funerals come close together the sisters become concerned that they're running Belford out of business. Invariably, however, business has a way of picking up at those times.

"God makes up for all this," Belford says, "You sow what you reap. I'm just doing my little part. I hope it's enough, but I don't know that it really is. To me, it's just more graces."

## Alternative Ways to Write a Check to CU

There are many ways to give to Creighton University including electronic funds transfer, using your credit card or making a gift online.

Christopher Forst, BSPha'81, a pharmacist in Dallas, has been contributing through electronic funds transfer. He gives \$100 a month to the Annual Fund for the School of Pharmacy and Health Professions, which maintains his membership in the Creighton Society, and also gives \$100 a month to the Alexander J. and Martha Forst Endowed Scholarship in Pharmacy. The Forst Scholarship was established by Chris' mother, Martha, in 1999 and assists students in need of financial aid to continue their education.

According to Forst, electronic funds transfer is an easy way to give. "I've been using electronic funds transfer to make a donation to Creighton on a monthly basis for two or three years now," Forst said. "The funds add up quickly over the year, and I don't have to remember to send a check every month. It's a convenient way to lend support to Creighton."

Sebastian Troia, MD'76, a pediatric ophthalmologist in Omaha, completed an eight-year pledge to Creighton University this past November. Each year, Troia charged \$3,000 to his credit card.

"I made arrangements to put my gift to Creighton on my credit card," Troia said. "I wanted to get the free miles by using my card. My eight-year pledge totaled \$24,000. At 25,000 miles, I get a free airline ticket for doing nothing but making a donation."

Troia's gift is directed to the Carl J. Troia,

M.D. Annual Scholarship. Named after Troia's father, the scholarship is given to financially needy students in the School of Medicine.

Giving online has steadily been growing. As the public increasingly adopts an Internet lifestyle, all measurements of online activity will continue to grow.

"Offering basic online giving to Creighton's constituents begins to meet growing expectations of interacting with the University through the Web," said Troy Horine, assistant vice president for University Relations. "It's a convenience that will become a necessity in the coming years."

For more information on alternative ways of writing a check to Creighton, contact the Creighton University Office of Development, 2500 California Plaza, Omaha, NE 68178-0115, (800) 334-8794, [www.creighton.edu/development](http://www.creighton.edu/development).

## The Gift That Keeps on Giving

By Steve Scholer, JD'79

Director of Estate & Trust Services

Imagine making a gift to Creighton University and then checking your bank account balance a few months later to discover that Creighton deposited money in your account. If you didn't know better, you might contact the University to inform us of our error or to ask if we did not want your gift.

The scenario above illustrates what happens when you fund a charitable gift annuity (Table 1) at Creighton.

Receiving an attractive, dependable, fixed stream of lifetime income is only one of the ways in which your gift annuity with Creighton gives back to you. If you fund your gift annuity with cash, a significant portion of your annual payments may be tax-free. Should you donate long-term appreciated securities or mutual funds, you may avoid capital gains taxes that would have been due had you sold these assets. Whether funded with cash, appreciated securities or mutual funds, you are eligible to receive an immediate income tax deduction. Most importantly, you will receive the satisfaction of knowing that ultimately your gift will help Creighton build upon

Life 1				Life 2			
Age	Amount	Annuity Rate	Deduction	Ages	Amount	Annuity Rate	Deduction
60	\$10,000	5.7%	\$2,707	60-60	\$10,000	5.4%	\$1,742
70	\$10,000	6.5%	\$3,686	70-70	\$10,000	5.9%	\$2,800
80	\$10,000	8.0%	\$4,750	80-80	\$10,000	6.9%	\$4,009

Age	Amount	Annuity Rate	Deduction
45 deferred to 75	\$10,000	30.4%	\$5,639
55 deferred to 75	\$10,000	18.7%	\$5,667
65 deferred to 75	\$10,000	11.5%	\$5,378

its 125-year history of educating students in the Jesuit tradition.

A charitable gift annuity is a simple contract between Creighton and you. In return for your irrevocable contribution, the University agrees to pay you, or you and another person, a fixed sum annually for life. Payments are made quarterly and deposited directly into your bank account. The annuity rate and charitable deduction are based upon the age of each beneficiary on the date the annuity is funded. The older the annuitant, the greater the annual payments.

Gift annuities may be funded at Creighton for \$10,000 or more, and there is no limit to the number you may establish. Cash, publicly traded securities, mutual funds or, in some cases, highly marketable real estate, may be given in

exchange for gift annuities.

If you do not have an immediate need for additional income, but may in the future, perhaps for retirement, the University also offers deferred charitable gift annuities (Table 2). Your irrevocable gift provides you with an immediate charitable income tax deduction, but delays your annual payments until a future date specified by you. The longer you delay your payments, the greater your annual payment.

For additional information or a personalized, no-obligation illustration of how you can make a gift to Creighton, call the Office of Estate and Trust Services at (402) 280-1143 or (800) 334-8794, or e-mail [sscholer@creighton.edu](mailto:sscholer@creighton.edu). You may also write our office at 2500 California Plaza, Omaha, NE 68178-0115.

# A Curtain Call for Blue Eyes

By Pamela Adams Vaughn

The year was 1942, and it was long before Jim Barrett, JD'48, would serve Mutual of Omaha's Washington, D.C., office as executive vice president. At this point, Barrett was simply student manager of the Creighton Auditorium, which used to stand at about the point the Reinert Alumni Memorial Library occupies today.

The U.S. was by then in the midst of World War II — and Creighton was, as almost every institution back home, part of the war effort in some way.

Barrett remembers a Lt. Campbell on campus who was Creighton's connection to one of the biggest education programs in the nation's history, the Army Specialized Training Program (ASTP). That program alone sent some 200,000 soldiers to more than 200 colleges and universities to study engineering, foreign languages, personnel psychology, dentistry and medicine. Many expected to become officers, but, because the Selective Service was falling behind in sending replacement troops to combat, many of these would-be officers would wind up in about the worst spot in the service — the infantry.

Creighton had its own influx of ASTP troops, U.S. Air Force cadets who were on campus to hone their math skills.

One Saturday morning, Barrett got an assignment from Lt. Campbell: Get together some entertainment for the cadets. The enterprising Barrett, learning that jazz band great Tommy Dorsey was in town, headed for Omaha's Fontenelle Hotel, found the legend's room and knocked on the door. (Barrett reports that he was "encouraged and assisted" in his Creighton bookings by another CU student, Mary Ann Forsyth, BSC'43, "who 60 years ago became Mrs. Barrett and has been encouraging and assisting ever since.")



Alumnus Jim Barrett will always remember the time Frank Sinatra came to campus.

AP Photo/PA-Adam Butler

Of course, it was pretty early in the morning for a late-night entertainer to be awakened, but that didn't stop Barrett. (Such moxie probably came into play later in life, as Barrett eventually also led the United Service Organizations — or USO — from 1978 to 1982 as the group's national president.)

But back to our story: Soon a sleepy but friendly Dorsey staggered to the door and agreed to play at Creighton that evening, advising Barrett, though, to let his manager, elsewhere in the hotel, know.

Dutifully, Barrett trudged off to locate Dorsey's manager, who, unlike Dorsey, was probably not a good morning person. Barrett received a less-than-friendly welcome from the half-asleep assistant who eventually gave his grudging OK for Dorsey to play at Creighton. Elated, Barrett rushed back to campus to ready the stage.

Soon, a truck materialized at the stage door, unloading 16 music

stands. "I started to realize the whole band was going to show up," Barrett recalls.

Next, a streetcar arrived with the band, Dorsey and "a couple of vocalists," including the well-known jazz singer Helen O'Connell. Aware of the time, Barrett, probably by now genuinely star-struck, rushed backstage to ready the lights and curtains.

"I was running back and forth," he says, "trying to manage the job myself, when I spot this skinny guy waiting backstage. 'Could you give me a hand with the curtains?'" Barrett asked the young man. The chap silently complied, doing, Barrett says, a fairly good job.

Soon, Dorsey called from the mike on-stage, "Now, I'd like to welcome a young singer we've got with us tonight," and calls Barrett's "assistant" to the stage.

His name? "Frank Sinatra — could he ever sing!"

# Women in Ministry to the Poor

As part of its 125th anniversary celebration, Creighton University proudly recognizes six remarkable Omaha women who have made a difference in our community through their service to the poor.

The first Women in Ministry to the Poor awards were presented at a Feb. 13 ceremony. The awards honor the legacy of Creighton's founding family members Mary

Lucretia and Sarah Emily Creighton. Recipients were:

- Rosemary (Gaughan) Daly, BSC'39, community philanthropist, for years volunteering on community boards and faithfully visiting the sick, lonely and poor at area hospitals;
- Mary Lee (Pruden) Fitzsimmons, BA'67, BSN'80, executive director at Omaha's OneWorld Community Health Centers, and her staff, for providing comprehensive care to some 6,500 minority patients annually;



Photo by Mike Kleveter

Creighton's Women in Ministry to the Poor honorees: From left, seated, Rosemary Daly and Dolores Goodlett; standing, Cathy Henkenius, Mary Lee Fitzsimmons, Sadye Montgomery and Julie Kalkowski.

- Dolores Goodlett, Door Minister at Omaha's Holy Family Church for 23 years, for addressing the needs of the poor daily;
- Cathy (Weiler) Henkenius, BSN'71, VNA public health nurse, for tending to the health needs of Omaha's homeless;
- Julie Kalkowski, director of community outreach, United Way of the Midlands, for developing innovative

- programs to assist Omaha's poor and working poor;
- Sadye Montgomery, retired Omaha teacher, for her years volunteering with the Open Door Mission, McCauley Bergen Health Center, Girls' Inc. and the Veterans Medical Center.

Creighton University thanks these and all women whose service, charity and mercy continue to bring hope and care to those in need! ©

# Creighton

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