

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

**How
Come
I Never
Seem to
Have
Enough**

Time?

Faith and Fables

Looking for
Fuzzy Solutions

We are More Than
Souls Stuck in Bodies

The Heart
of Care

Spring 2014



C-Unity Mural

Creighton students, faculty and staff joined with visiting artist Mike Giron and members of the Omaha-area community to complete a 9-foot high by 50-foot long mural in the Skutt Student Center depicting barriers and connections to unity. The completed C-Unity Mural Project was unveiled in December. The project was sponsored by Creighton's Office of Multicultural Affairs and other offices on campus. See more of the mural and an interview with the artist [here](#).



Photo by Dave Weaver

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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.



Message from the University President

A Difficult Decision

With mixed emotions but also the peace that comes from having made the right decision, on Feb. 24 I made a difficult announcement. Following much prayer, reflection and conversations with religious superiors and our Board of Trustees' leadership, I discerned that, in light of health concerns, it would be best for the end of the 2014-2015 academic year to mark my retirement as president of Creighton University. The advance notice will facilitate an optimum presidential search process.



I will cherish these years as president as much as I do my years as a student in the 1970s. There is no place like Creighton University. It was home to me when I was a student and it is home to me today. As alumni and friends, I know you have similar feelings for Creighton. It has been, and continues to be, an honor to collaborate with you in providing an outstanding Catholic and Jesuit education for our students. Your support has been a blessing beyond measure. In the next 15 months, I will continue to help move this great University forward. The momentum we are experiencing is transformational and it has been the privilege of a lifetime to have played a part.

We have increased awareness of Creighton in the marketplace, as evidenced by a significant amount of print, broadcast and online media coverage in 2013. If we had to purchase this volume of coverage in advertising, it would have cost \$94.4 million.

Our inaugural year in the BIG EAST Conference has been BIG! Our student-athletes have demonstrated they can compete with the best and we are thrilled to be in a conference with other mission-driven universities that share our high standards for academic excellence.

While it is too early to see an enrollment bump from wider exposure through the BIG EAST affiliation, we are off to a great start recruiting the class of 2018, largely due to new recruiting strategies. In fact, we have received more than 8,200 applications to date, vastly exceeding our previous record of just under 5,400 in 2012. Our goal is to enroll 1,010 undergraduate freshmen in the fall — 50 more students than last year.

The Network Board of Directors for Alegen Creighton Health/Catholic Health Initiatives late last year approved establishment of a new academic health center, composed of co-located facilities — a high-end, tertiary, quaternary, Level One trauma care and renewed educational facility a few miles from Creighton and an innovative ambulatory medical neighborhood facility with primary care, a freestanding emergency facility, interprofessional care and education near our campus. We are involved in planning both facilities, which are targeted to open in 2016. This will take our students', residents' and fellows' training to a higher plain, positioning them for even greater success in the evolving healthcare environment.

From all of us at Creighton, may you and your loved ones have a renewed sense of God's love this Lenten and Easter season.

Timothy R. Lannon, S.J.
President

SPRING 2014

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

How Come I Never Seem to Have Enough Time?.....14

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Greg Carlson, S.J., looks at how faith and fables are intertwined and how fables can help us understand the Gospels. Fr. Carlson also illustrates how authors have changed the meanings of fables to fit their particular philosophical slant, using "The Grasshopper and the Ant."

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A group of Creighton faculty and students combines a mathematical theory — known as "fuzzy logic" — with the study of politics and the power of technology to examine everything from international elections to human trafficking.

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The College Search: Make it Personal

Mary Chase is associate vice provost of Enrollment Management. *Creighton University Magazine* asked her for advice for students and parents who are undertaking the college-search process.

Q: When should students begin the college search?

A: High school students can begin the process by doing online research as freshmen and sophomores. They should begin making campus visits junior year, and then visit their top choices senior year. Most schools offer group visits and individual appointments. It's important to meet with representatives who can address admission requirements, deadlines, scholarship and financial aid procedures and major areas of study.

Q: What makes for a good college visit?

A: Go when classes are in session and day-to-day activities are in full swing. Consider the travel involved; a far-away school may seem appealing until the cost of round-trip airfare several times a year is factored in. Be prepared to ask questions of the admissions representative and student tour guide, as well as random students you encounter. Have questions ready for an academic counselor or faculty member, even if you are unsure of a major. Ask what support you can expect in discerning your academic path. Don't expect to walk away with an exact dollar amount of the cost of attendance. Most schools do not extend offers of financial aid and scholarships until the spring of senior year. Tour the residence and dining halls and the campus career center, too. Take pictures. Explore the surrounding area. It is likely you will not spend your entire college career within the confines of campus.

Q: Big, small, public, private ... How do families determine the right type of school?

A: Smaller is not always better. Larger is not always better. For some students, being in a large class is not a big deal; for others, it creates anxiety. It is about identifying the priorities that are important to the individual, and then finding institutions that offer the right opportunities.

Q: Are rankings important?

A: Any kind of ranking agency — and there are many — assigns a weight to the importance of certain factors. I suggest that your family take a look at the criteria, and then assign your own weight to the various components.

Q: What other "quality" factors are important to consider?

A: Look at outcomes. Outcomes are based on the quality of the experiences you will have at a particular school. Having well-rounded advising programs in place is critical. Are there opportunities for



Photo by Mike Klever

Visiting campus is the best way to sample the culture and community, advises Mary Chase, left, with prospective student Shyah Ghaseminia of Murrieta, Calif., and her father.

mentoring, shadowing and hands-on research, even at the undergraduate level? Are internship opportunities plentiful? Do graduates enjoy a high rate of job placement and acceptance into graduate and professional programs? All of these contribute to a satisfying college experience and success in bridging from college to career.

Q: How important is deciding on a major before applying to college?

A: Truthfully, at most schools "undecided" is the No. 1 major. We prefer that at Creighton, because it allows students to explore a number of different areas before honing in on a specific discipline.

Q: What kind of student does well at Creighton?

A: Students come to Creighton to become experts in their chosen fields. They are serious learners who want to leave the world a better place. Creighton launches about half of its graduates immediately into medical, dental, pharmacy, physical therapy or occupational therapy programs, graduate school or law school. But Creighton students also have a strong desire to learn beyond the classroom. They are eager to participate in a variety of opportunities that enrich their academic life with practical knowledge. And they enjoy serving others, which is a big part of our Jesuit culture.

Q: What final piece of advice would you offer?

A: Don't narrow the list of possible schools too quickly, based on finances, academic interests or geographic location. Find schools where the students have values similar to yours. Be guided by your individual passion. Ask yourself: What things are most important to me? What gets me up in the morning? Will this college or university be a good fit for me? College is a time to build a network of people you can depend on in good times and bad, personally and professionally. My advice is to surround yourself with people who will challenge you to think in ways you haven't before; to strive to do more and to be more.

Classmates Establish Scholarship Recognizing Fr. Lannon

"Raising money has never been so easy," says Ann Hild Cohen, BS'72. "The more people who hear about the Timothy R. Lannon, S.J. Student Leadership Endowed Scholarship, the more who want to contribute!"

Cohen recalls driving to Omaha from Missouri in September 2011 with Mary Tapling Manning, BA'72, to attend the inauguration of their good friend and fellow Creighton alumnus Timothy R. Lannon, S.J., BS'73, as Creighton's 24th president.

"We were just so thrilled that someone from our time on campus — someone who had honed his leadership skills at Creighton — had ascended to its presidency," Cohen says. "We wanted to recognize Fr. Lannon's tremendous accomplishments and thought a scholarship in support of future Creighton leaders would be a fitting tribute."

Within two months, friends, classmates and former student leaders who had worked alongside Fr. Lannon when he served as president of Creighton's student



Photo by Jim Fackler

Lianna Schmidt, president of Creighton's Inter-Residence Hall Government, is the first recipient of the Lannon Scholarship.

government had established and funded the award. Designated for a junior or senior of high academic standing who has been elected or selected for a campus leadership position, the scholarship was awarded this year to Lianna Schmidt of Fitchburg, Wis., a senior in the College of Nursing and president of Creighton's Inter-Residence Hall Government (IRHG).

"To receive an award named for a sitting president is phenomenal," says Schmidt. "I didn't seek a leadership role for the recognition, but it is an honor to be the first recipient."

Following graduation, Schmidt would like to obtain more experience in the field of nursing and then pursue nursing management.

In February 2014, Fr. Lannon announced his plans to retire from the presidency at the end of the 2014-2015 academic year, a development that makes contributing to the award even more meaningful for many donors.

"Contributing is a way that we can acknowledge Father's leadership as Creighton president and all that he was able to accomplish in a relatively short amount of time," says Cohen. "Everyone connects in a different way. Fr. Lannon and I were fellow math majors, but other alumni connected with him through student government, service activities or Greek life. Many of us have carried the skills we developed at Creighton into leadership positions in our communities, businesses and parishes."

"Fr. Lannon embodies the values that our class admired so much in the 1970s and still hold dear today."

For more information about the Lannon scholarship, contact Michon Marciel Abts, michonabts@creighton.edu, 402.280.1138.



"This is a very special gathering because it marks the beginning of a new tradition at our University. Together, we form one Creighton. Together we seek wisdom and blessings for our University, for our semester. And together we worship God the Creator of us all."

Timothy R. Lannon, S.J., Creighton president, at a special interfaith service in January to celebrate the beginning of the spring semester

Photo by Jim Fackler

Coloring Our Perceptions: Blue for Boys; Pink for Girls



Isabelle Cherney, Ph.D., center, and Creighton junior Amy Wu, right, ask a young subject to identify whether the toys in pictures are for girls or boys. Wu, a classical and Near Eastern studies major, is a student in one of Cherney's psychology classes.

Parents, are you sure it's a good idea to buy your daughter that pink castle? Or to paint your son's bedroom blue — even if it's Creighton blue?

Doting parents of little girls and boys are quick to tell them that they can grow up to be anything they want to be. But Isabelle Cherney, Ph.D., professor of psychology in the College of Arts and Sciences, is worried that, despite the best of intentions, we may be unconsciously building a divided society that sends mixed signals to children and their parents.

Cherney is following up on gender research she began at the beginning of the decade based on children's perceptions of toys as masculine or feminine. She is looking more specifically at how color influences their choices, and what implications it might have.

Children ages 3 to 5 are shown 40 pictures of toys used in previous studies. There are four toys in each of the following categories: boy, girl, ambiguous (could be either boy or girl) and neutral (such as a cup or mug). Each is shown in its original color, and then shown as either pink or blue (e.g., a pink Tonka truck or blue doll). Children are asked to determine if the toy is for boys or girls and to explain their choice.

The research is not yet complete and Cherney is quick to point out that color is only part of the complexity of the choices. A lot depends on how familiar children are with a toy, whether they are interested in it, or whether they are egocentric, thinking that if they like it, so must others of their gender.

Cherney is trying to find out if color makes a difference in what would normally be considered a boy or girl toy. In one example, a child looks at a blue car with a mom driving and a child in the back seat and associates it as a feminine toy, largely because of the woman driver. When the car's color is changed to pink, the child also labels it feminine — but notices the color first and not the mom driving. The child labels a blue Dora the Explorer both masculine and feminine even though Dora is a girl.

When a toy is ambiguous, such as an airplane, color seems to matter even more, particularly if the function of the toy is typically masculine. With neutral toys, such as fire trucks or puzzles, that do not have a lot of specific gender colors, children often have difficulty explaining why

they thought of it as a boy or girl toy.

Cherney said a lot of children in this age group can't express exactly why they consider something masculine or feminine. "So we get a lot of 'just because' or 'I don't know, it just is' explanations."

One thing is for sure, color makes a difference in how children see their world. So what colors parents choose can also make a difference, and parents more often than not are influenced by how toys are marketed.

"In 1981, all Legos were primary colors. Now you can get pink and purple Legos," Cherney says. That is a good thing, given that little girls should be encouraged to play with toys that enable them to develop their spatial skills. Trouble is, pink is also associated with an entire world of female-oriented toys, from Little Ponies to hair salons. If you shop for a rocket ship, you'll mostly find them in primary colors.

So why does it matter if your daughter wants all things pink? Cherney explains, "Girls typically want to be together. Women thrive in relationships. If one little girl wants something pink, her friends all want it too. If you aren't part of that group, you may be excluded. How kids see toys can have some troubling consequences."

Cherney feels that the emphasis on color is now playing an even bigger role than it has in the past. She noted that parents with boys often tend to buy blue toys, while those with only girls tend to buy pink toys.

"Parents are the ones who make the judgments," she says. "How does a boy know he shouldn't play with a girl toy? How does a girl know it's OK to play with a toy associated with boys? Because someone tells them."

It's important, Cherney says, for younger children to be encouraged to play with all types of toys, particularly since as they grow older, they are more likely to base their preference on color.



Photo by Ford Jacobson

Digging It

As assistant director of the Athenioun Archeological Project in south-central Cyprus, archaeology professor Erin Walcek Averett, Ph.D., introduces Creighton students to archeological methodology as well as the history and culture of the area. Averett's research focuses on terra cotta figurines in the Geometric and Archaic periods in the Eastern Mediterranean. This summer, Averett and her students will begin a 3-D imaging project using laser scanners of terra cotta and limestone statues.



School Health Program Featured in National Journal

The College of Nursing's school health program will be featured in the summer issue of the peer-reviewed, semi-annual *Journal of Catholic Higher Education*.

Creighton nursing students have visited Omaha-area parochial schools as part of their clinical rotations since 2002, conducting routine screenings and providing health promotion education to students and their families.

Creighton faculty worked with elementary and high school principals to develop the rotation as a response to state and national budget cuts that were affecting funding for school health programs. The program helps budget-conscious schools meet state-mandated health requirements.

"It's kind of a win-win-win situation," says Ann Franco Laughlin, Ph.D., BSN'76, MS'94, associate professor of nursing and co-author of the article.

"It's really a win for the community, because if you have a healthy school environment,

The goal of incorporating Ignatian values into the school health rotation is to instill in the nursing students the importance of a life of service and a commitment to social justice issues.

we know that leads to overall health in the community. The schools benefit because we're able to fill a void for a state-mandated need. And, of course, our nursing students benefit because they are able to work with a generally

healthy pediatric population. Before they can really understand and care for children who are unhealthy, they have to understand kids who are healthy."

Above and beyond the clinical and service-learning opportunities, Creighton nursing students are also challenged to reflect and identify the moral relevance of their experience through the use of Ignatian values — such as service, care of the individual and finding God in all things.

"God is in these kids," one student reflected following the rotation. "He's in our hands as we serve them and in the schools where they spend their days. He's in our brief interactions with them — the quick smile, the compliment, the encouraging word. We have the responsibility not only to assist students in understanding the Ignatian values, but also to provide them with experiences in order to live those values. The school program does just that."



5

Myths about Online Learners

More than **1,000** students are currently enrolled in one of **15** online programs at Creighton.

What are the myths and facts about online learning?

1

MYTH: Online courses are not as rigorous as traditional courses.

FACT: Creighton's reputation for rigorous academics extends to its online offerings. The University is fully accredited by the Higher Learning Commission and works with state authorization agencies to meet or comply with state-specific regulations. Creighton's Center for eLearning and Academic Innovation (CeLAI) coaches faculty on how to leverage technology and effectively engage with students online.

2

MYTH: Older people don't do well with online courses, because they are not as tech-savvy as younger students.

FACT: Non-traditional students often excel in two areas important to mastering the demands of online learning: self-direction and time management. Creighton's online programs are geared to working adults, allowing them to refresh job skills and improve competitiveness for job advancement without having to leave full-time employment.

3

MYTH: Faculty are not excited about teaching online.

FACT: More than 65 Creighton faculty members have completed the certificate course Foundations of Effective Online Teaching and Learning in preparation of offering online courses ... five new online programs were launched in 2013 ... three faculty members serve as eLearning and Academic Innovation Fellows, mentoring new online instructors and sharing best practices for high-quality online learning.

4

MYTH: Traditional Ignatian values are lost in online education.

FACT: Faculty and students report that the hallmarks of Jesuit education come through loud and clear in Creighton's online courses. Says program manager Sarah Oliver, "Creighton faculty are known for their ability to interact with students — in person and online. The three values of *cura personalis*, *magis* and the desire to be men and women for and with others are part of who we are at Creighton and are not diminished through online interaction."

5

MYTH: Creighton only has one or two online programs.

FACT: Creighton has been delivering high-quality, online education for 14 years, since launching the Distance Transitional Doctor of Physical Therapy in 1999. Creighton offers a host of online courses supporting 15 online degree programs — in leadership, education, emergency medical services, healthcare ethics, business administration, public health, medical anthropology, ministry, negotiation and dispute resolution, security analysis and portfolio management, nursing, occupational therapy and pharmacy.

Find out if online learning is right for you.



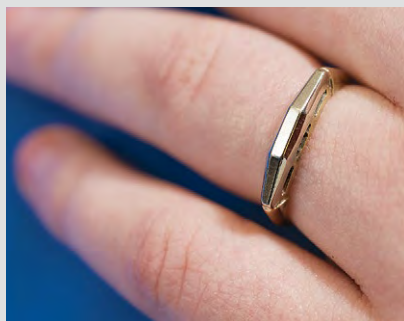
Take Creighton's online readiness quiz at creighton.edu/celai/distance-courses-and-programs, and rate yourself in 20 areas designed to assess your skills, motivation and technological proficiency for online learning.

Beauty and the Lynch Syndrome Beast

Sara Moore — Miss Teen Missouri International — wears her grandmother's ring as a way to feel connected to a loved one she will never meet. The two women share an even deeper kinship — one that cost her grandmother her life and could one day threaten Sara's: Sara, her grandmother and her mother all have Lynch syndrome.

Named for Henry Lynch, M.D., director of the Hereditary Cancer Center at Creighton, this genetic condition puts Sara — and hundreds of thousands of other men and women in the United States like her — at increased risk for developing colorectal cancer, as well as about a dozen other cancers. Lynch, one of the first researchers to theorize that some cancers have a genetic link, has one of the largest and most diverse registries of families at risk for hereditary cancers. That registry was used to discover the genetic mutations that cause Lynch syndrome.

"Patient privacy laws prevent us from knowing for certain, but there is a high probability that Sara's own family — possibly even her grandmother — helped us discover Lynch syndrome in the first place," explains Lynch, who is professor



Her grandmother's ring is a reminder of Sara's mission to boost awareness of Lynch syndrome and the importance of early detection cancer screenings.

and chair of the Creighton University Department of Preventive Medicine and Public Health and holder of the Charles F. and Mary C. Heider Endowed Chair in Cancer Research. "In fact, Sara's mom, Nancy, was probably one of the first people we diagnosed with Lynch syndrome."

Photos by Jim Fackler



Nancy Vaughan, left, and daughter Sara Moore, Miss Teen Missouri International, with Henry Lynch, M.D., of the Hereditary Cancer Center.

Her mom's genetic test result and her grandmother's early cancer death at age 22 meant that Sara grew up knowing she may carry the deadly genetic mutation also. After a male relative died of a Lynch syndrome cancer at age 20, Sara knew she couldn't wait any longer. Though she was only 15 at the time, she sent in a blood sample and waited for the call.

"I was shocked when I first heard the diagnosis," Sara recalls. "But I'd mentally prepared myself prior to the test, so once the shock wore off, I did what came naturally to me — a whole lot of research."

That research led Sara to become her own health advocate. She immediately scheduled her first colonoscopy and upper endoscopy, an additional scope recommended to people with Lynch syndrome. Although the tests came back clear, Sara decided that waiting two years for her next screening was too long, given her family history. She will get checked every year to year and a half, to be safe. Her research has also led her mother to learn more about her own risk — and to get additional screens for lesser-known Lynch syndrome cancers.

In the fall of 2013, Sara earned the title of Miss Teen Missouri International. The Christian-based organization appealed to Sara because it was searching for real girls with a real platform to stand behind. Sara had no doubt about the platform she would champion.

"A lot of people don't know anything about

Lynch syndrome or don't think it's a big deal, so I feel like it's my responsibility in this unique position to share my story and how this condition has affected my family," Sara says. "It's surreal to see how others react and to know that my story could lead them to learn more about their family history or even to get tested for a genetic cancer."

With her grandmother's ring always present to comfort and remind her of her mission, Sara will continue to share her story as she prepares to compete for the Miss Teen International title in July. Win or lose, there is one thing Sara already knows for certain: She is making a difference.

"Lynch syndrome is not something you desire to have. But after seeing the way I've been able to affect others, I can't help but consider my diagnosis a blessing in disguise."

The Man Behind the Science

Dropping out of school at 15 years old, falsifying documents to join the Navy at 16 and enjoying a professional boxing career at 18 were just the start of the unorthodox, boundary-pushing life of Henry Lynch, M.D. Learn more about this legendary Creighton scientist [here](#).

A Healthy New YOU for 2014

You made some very admirable resolutions in January, but three months into the year, you may be falling off the wagon. These Creighton experts offer tips to help keep you on track, as you work toward personal, financial and spiritual health.



Photo by Chad Greene

Jennifer Yee, back, guides Creighton student Emily Hanigan through a workout session.

Striving to eat healthier and get fit?

Jennifer Yee, BA'96, exercise science instructor, College of Arts and Sciences; former assistant strength and conditioning coach and personal trainer for 17 years

Staying on track with exercise can be easier said than done, but remember, you're not looking for a quick fix — you're making a lifestyle change and committing to the journey.

Set short- and long-term exercise goals that are reasonable, realistic, attainable and adjustable. Identify unhealthy "triggers" to falling off your daily routine by tracking your progress in an exercise and nutrition journal. You may be surprised to discover how little exercise you are actually getting.

Take advantage of your smartphone. Apps such as *MyFitnessPal.com* come highly recommended as convenient and helpful tracking tools. A Fitbit or Jawbone wristband — which can track daily activity, calories burned and more — can help hold you accountable.

Surround yourself with folks who support and encourage you. A personal trainer can do an accurate fitness assessment and help you devise a goal-based program that is right for you. Work at your own pace, be patient with yourself and don't go too crazy. It's better to work in moderation and succeed over the long haul, than to get carried away and end up abandoning your New Year's resolution altogether.

It didn't take you three months to get out of shape and you shouldn't expect to get back into shape in the same amount of time. If you fall off the exercise wagon, don't get discouraged; just get back on track!

Add variety to your diet

Mary Watson, special faculty instructor of nutrition, College of Nursing

Waning on your resolution to eat healthier or lose weight? The secret to success may be found in variety. Try one new healthy recipe each week. For ideas, visit cookinglight.com or eatingwell.com.

Do a quick nutritional analysis of what you eat in any given day. Sites such as choosemyplate.gov, supertracker.com or livestrong.org can be motivational. Several smartphone apps allow you to visualize how calories, fat and fiber add up. Remember to record everything you eat or drink.



Don't let food become boring. Incorporate new products. Try a sandwich made with Oroweat 8 Grain Pocket Thins at 100 calories per serving and 5 grams of fiber, or a Yoplait Greek low-fat frozen yogurt bar at 90 calories (15 percent of the daily value for calcium).

Take four weeks and set a different vegetable intake goal for each, based on the ChooseMyPlate recommendations: In

Week 1, eat two cups or more of dark green vegetables each day. In Week 2, strive for 5½ cups or more of red or orange vegetables. In Week 3, work in two cups or more of legumes, such as black, pinto, kidney or garbanzo beans or lentils. And in Week 4, roll in all of those recommendations. Increasing vegetable intake is a wonderful way to decrease calories while filling your plate.

Service: If you love it, you'll follow through with it

Ken Reed-Bouley, director of the Creighton Center for Service and Justice

One of the most altruistic and admirable of resolutions is to “help others.” How do you best sustain your desire to live out the Jesuit/Ignatian value of “becoming a man or woman for and with others?”

My advice: If you're going to volunteer, find something you love. If possible, make your service relational; get to know the



Photo by Dave Weaver

people you are helping. As Pedro Arrupe, S.J., (late superior general of the Society of Jesus) said: “What you are in love with, what seizes your imagination, will affect everything. It will decide what will get you out of bed in the morning ... whom you know, what breaks your heart, and what amazes you with joy and gratitude.” Volunteer for things that not only help others but help you to feel good.

Consider inviting a buddy to join in, to make your volunteer experience more fun and encourage commitment. Think in terms of both service and justice — taking care of people's immediate needs and changing social structures on behalf of the poor and marginalized. Consider the words of cultural anthropologist Margaret Mead: “Never doubt that a small, committed group of citizens can change the world; indeed, it's the only thing that ever has.”

You can live within a budget

Julie Kalkowski, director of the Financial Hope Collaborative, Heider College of Business

Creating and living within a budget can help move your family toward financial stability, but without obtaining family buy-in, no amount of budgeting will prove successful.

To start, keep each receipt from every purchase for at least two months.

Effective spending plans are based on spending habits. Once you see where your money is going, you will better understand what choices you have, to bring your budget back in line. It is essential to know where your money comes from and where it is going. You may not have realized how much that designer coffee costs. My mantra is always, “Cash flow is queen!”

As unlikely as it may sound, make budgeting fun. No one can stick to an austerity plan. Set goals as a family, and build in rewards for staying on track. It is easier to say no to that daily coffee if you understand that by doing so, you are saying “yes” to a family vacation.



Photo by Jim Fackler

Julie Kalkowski, Financial Hope Collaborative, reviews expenses with program graduate Tamara Forte. Read more about the collaborative.

Strategies to pay down debt

Tim Bastian, economics instructor, Heider College of Business; investment adviser; and board member of the Laboure' Society, a nonprofit that helps aspirants to religious life pay down debt so they can pursue their vocations

Of the financial quagmires that families can unwittingly venture into, perhaps none is as depressing and financially debilitating over time as substantial lingering debt, especially credit card debt.

Unmanageable debt negatively impacts credit scores and limits your ability to get fair terms on loans and major purchases. As debt grows, a greater percentage of your monthly budget is eaten up by payments.

Adopt one of these three strategies for eliminating debt, and watch your financial situation improve over time:

Option No. 1: Pay off the credit cards or loans with the highest interest rates first. This method will save you the most money over time. The disadvantage is that it can be slow, with very little monthly debt payment relief.

Option No. 2: Consolidate loans into one lower-interest rate loan. The advantage to this method is that it provides significant long-term savings. The disadvantage is that it may extend the period of time you spend paying down loans.

Option No. 3: Concentrate on paying off the smallest balances first. As smaller loans are paid off, apply the monthly savings to paying down the next-smallest balance. I'm a big fan of this method, as it is psychologically pleasing to see debts get wiped out. The disadvantage is that this plan ignores higher interest rates that could be avoided.

No matter which strategy you adopt, celebrate each small success as a step in the right direction.





How Come I Never Seem to Have Enough Time?

By Anthony Flott

So you're a procrastinator, eh? One of "those people" who puts everything off until the last minute?

Creighton Philosophy Assistant Professor Amy Wendling has some good news for you: You're not lazy. In fact, your procrastination is genius!

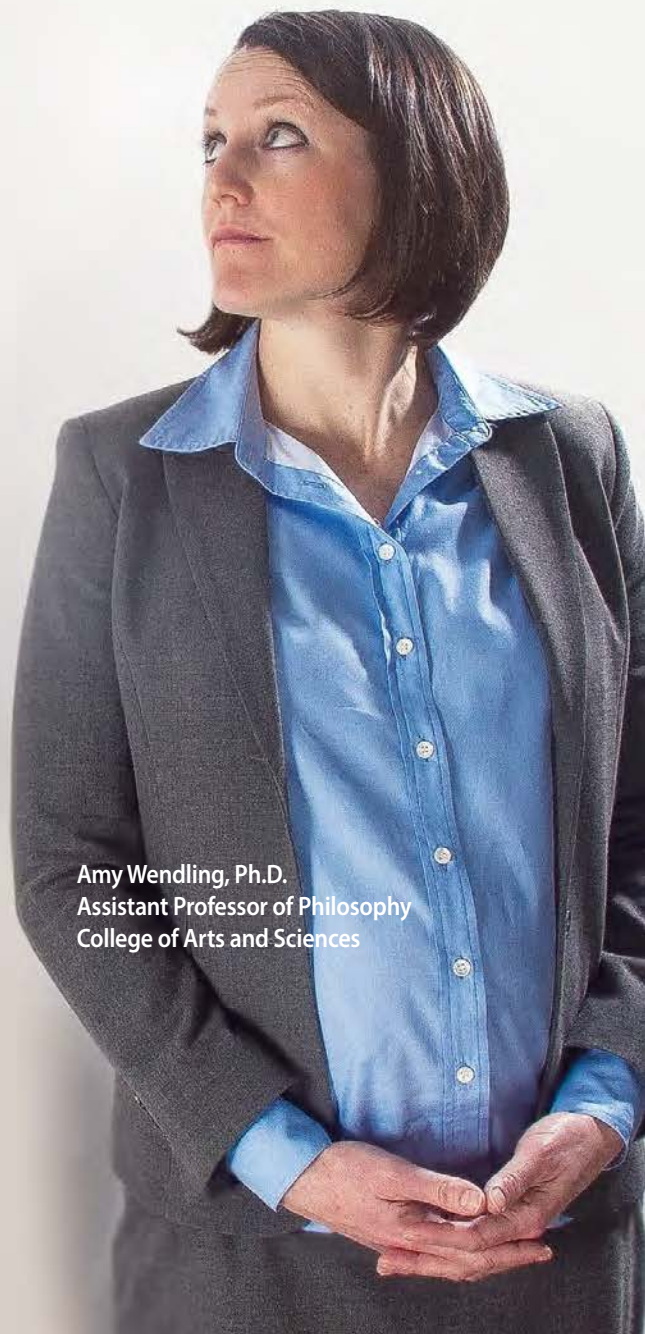
OK, that might be going a bit far. But there's a lot more going on with procrastination than you might think.

"What at first appears as laziness is actually an intellectual feat," Wendling writes in her book, *The Ruling Ideas*. One that requires "remarkable, semi-automatic calculations."

Want some more good news? It's OK to be bored. And all that multitasking? Stop — it's not working.

Wendling spends a lot of her time thinking about ... time. It first drew her scholarly eye when writing a book that involved the study of factory and school schedules. Time, she saw, helped capitalists control labor and behavior — when to eat, when to rest ... even when to use the restroom.

"Time is a pretty major structure of social domination," Wendling says.



Amy Wendling, Ph.D.
Assistant Professor of Philosophy
College of Arts and Sciences

Time on the Mind

But Wendling is not the only one thinking about time. We all are — all the ... time.

"It accompanies our thoughts to an alarming degree," Wendling writes, "even when it does not fully occupy them. It distracts our full focus away from whatever we're doing."

Sometimes we're thinking down to the minute. Creighton graduate Dan McGuire, MD'82, has juggled his medical career (now at Iowa Spine Care in Des Moines) with the seven children he has with wife and fellow CU grad Andrea Holden McGuire, BS'78, MD'82. He can do so with precision.

"I stay pretty focused on knowing about how long things take me," McGuire says. "In the operating room every once in a while the nurses will ask what time it is, and I can, without looking up, get within one or two minutes."

Creighton graduate Jennifer Lueth Tran, BSN'03, sees time from a more macro perspective. Now that she and fellow graduate Thuc Tran, BS'95, MD'99, have two children, she's become amazed at "how quickly time goes."

She worries about her "limited time on earth and how I want to make the most of that time. But also, how much it's not in my control." And, she adds with a laugh, "It's probably morbid, but I think about the amount of time I will be in a coffin."

At least she can expect more time than folks 100 years ago, when life expectancy in the United States was 52.5 years. Today, according to the Organization for Economic Cooperation and Development, it's 78.7 years. (Our maximum life span, meanwhile, has stayed about the same — 120 to 125 years.)

Robert Heaney, BS'47, MD'51, John A. Creighton University Professor and a nationally recognized osteoporosis expert, probably summarizes where most of us fall with regard to time.

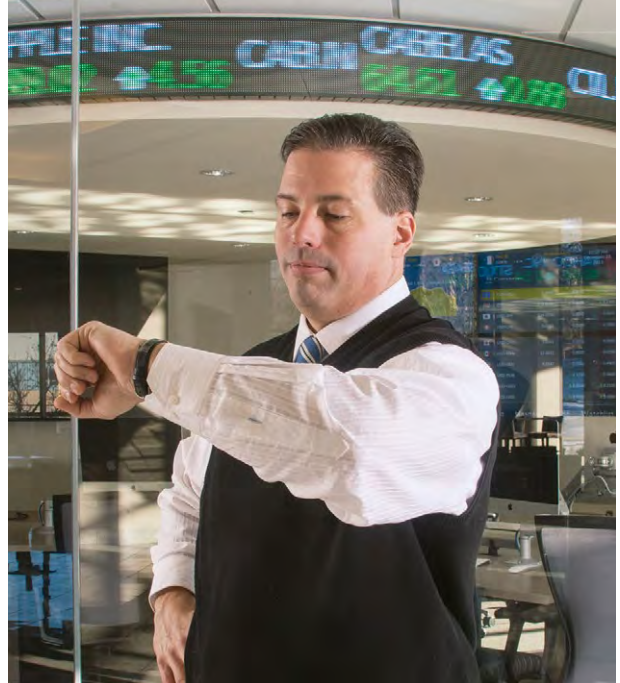
"We all complain about a lack of time," he says. "I'm probably a prime complainer. There is never enough."

Procrastination

All this fretting and stewing about time — or lack thereof — is relatively new. We've gone from thinking in terms of sunrise and sunset to abstract temporal units like 7:30 a.m. or 5 p.m. Wendling says this began in the 18th century with industrialization. Factory managers kept a clock to make sure they got all the hours out of their workers. Then watches began to proliferate as workers made sure they weren't being cheated. Timetables, meanwhile, were established so that trains stopped slamming into each other. Today we're time-conditioned by athletics, with children learning time management down to the last second.

"It's really historically very new," Wendling says. "We turn our attention to time or micro units of time. And that's kind of what's extraordinary about it. We imagine it was always thus. That clearly cannot be the case."

"We feel controlled by time. We feel dominated by time," Wendling says. "We feel people are using it to manipulate us. So we develop sophisticated strategies to fight back. Like procrastination."



Photos by Marlon Wright, BA'97

Trent Wachner, Ph.D., assistant professor of marketing, has studied time management in the business sphere.

For some, procrastination is anathema. McGuire says he has a "phobia" of falling behind. "I keep plugging away," he says.

Not so for many others, though. Trent Wachner, Ph.D., an assistant professor in Creighton's Heider College of Business, has studied time management in the business sphere. One reason we procrastinate, he says, is we have too many choices. "We feel overwhelmed. We don't know what to do next," Wachner says. "So we just stop."

But something much more complicated sometimes is taking place, Wendling writes:

"In procrastination, the internal time consciousness is consulted, often unconsciously, in order to accomplish a series of estimates. First, I unconsciously quantify the absolute minimum amount of abstract time necessary to accomplish a particular task. Second, I determine the last possible bracket or brackets of abstract time available before the task has to be finished. To do this, I must consider other potential activities in terms of abstract units of time and work to substitute out one activity for another according to the abstract units."

Boredom

Usually when we procrastinate we fill our time with other activities. But there are times — exceedingly rare these days, perhaps — when we've got "nothing to do."

We grow bored. And boredom is bad. Or so we're told.

"Boredom is regarded as a negative mood," Wendling writes. "A mood that is to be escaped, averted or distracted, since it is also a form of wasted time."

Many see boredom as a character flaw. Unoccupied time is wasted time. If you're not doing anything, you must be lazy. And so we move on to the next item on the to-do list.

Wachner cites the urging of popular time-management guru Stephen Covey: "Am I doing stuff that's urgent and important?"



Joe Ecklund, Ph.D., director of academic success, helps Creighton students find the extra time they assume they don't have.

"People get a rush out of doing everyday tasks," Wachner says. "They don't want to have that silence time."

The fear of boredom might be exacerbated in the current generation of students.

Students today, says Creighton Director of Academic Success Joe Ecklund, Ph.D., have a shorter attention span and are "tuned in to much more rapid-fire responses."

So boredom arrives quicker than ever.

Tran feared boredom before it ever came once she decided to leave her nursing career and stay home with her children. "I thought I was going to have a ridiculous amount of time," Tran says. "I always thought I was going to have to work because I was going to be bored."

Her 1-year-old daughter Maila, sick with a cold, coughs and cries in her arms.

"Which is not the case," Tran says.

But as Plato pointed out, says Wendling, we need leisure time to think.

"The fact that we don't embrace boredom makes us dumber," Wendling says. The go-go-go life, she says, "mitigates against creative thinking."

Think of how often great business ideas came from people fired from a job. With 40 extra hours to think every week, their brain engaged and created.

Boredom affords time to rest, too. Fretting about what we're doing or need to be doing causes stress. "This habitual nervousness is, of course, terrible for the body," Wendling writes.

But we're too busy for rest. There's too much to do. So we postpone rest, even though rest regularly scheduled through the day is better than putting it off until later.

"Given the choice, some workers would rather minimize

rest breaks in order to go home from work earlier," Wendling writes. "You actually need a break. Your body and mind and your work perform better from shorter sessions of work punctuated by frequent breaks."

Multitasking

Yet not only do we NOT embrace boredom, we look for even MORE stuff to do — all at once. We "multitask," and many people boast about it as a badge of honor.

"Multitasking, I think, is the norm," Wendling says. "Those who are engaged in it feel very proud of ourselves; we're accomplishing quite a lot."

But not only do we not get more done, we usually accomplish less.

"People get a rush out of multitasking," Wachner says. But, he adds, "We're just not as productive. There are so many down sides."

It's nigh impossible, says Ecklund, who at a recent conference saw a presentation about brain research that poooh-pooohed multitasking. He's encouraging people not to even use the term. "You physically cannot multitask," he says. "Your mind cannot handle that. We've got to get better at telling students not to just avoid physical distractions, but mental distractions. Allow the mind time to change, to breathe."

Time Management

Multitasking is just one form of time management.

Wachner is a fan of using technology to help him be more productive. But he admits that even takes up time. So while he's busy setting up a spreadsheet with formulas to help him determine whether he should refinance his house, his wife grabs a pencil, puts the numbers to paper and is done before he's named his file.

Wachner says a trend he's seeing is to avoid distractions and focus on whatever the task at hand is. Close your e-mail box for instance. It might only take two minutes to reply, but all those stops and starts add up to the point that you don't accomplish the main task at hand.

He's also a fan of "GTD" — Getting Things Done, popularized by productivity consultant David Allen. The idea is to write down each day's objectives then break them into steps or tasks so they get accomplished.

"He talks about it like martial arts," Wachner says. "You get to be a black belt if you do it so often."

"I'm not there yet."

What about the majority of us whom time keeps kicking down? Poor time management, Wendling writes, has come to be seen as a character flaw.

She'll have none of it.

"People think of punctuality as a virtue," she says. "I see it as a rebellion, to be late. I say good for you to not be concerned about that judgment of your character. If they're punctual but a liar, all of a sudden they're praised for their punctuality."

"I'll take my late friend any day."

Or, she might say, any time.

TIME Making the Most of It

So you're not good at managing your time? Hey, you're in good company — even, ahem, *Time* magazine's 2013 Person of the Year has those struggles. Yep, Pope Francis.

"I am a really, really undisciplined person," Pope Francis said in an interview published in *America* last fall. And so one of the reasons why he chose to join the Society of Jesus, he said, was "their discipline, the way they manage their time."

The search for more time has been a common refrain among Jesuits.

"St. Ignatius got many letters from Jesuits who wrote to him about not having time for prayer," says Andy Alexander, S.J., vice president for University Ministry. "They were young Jesuits in studies and formed Jesuits working hard at their ministry."

"He always wrote them the same kind of message: Don't worry about spending long time in prayer. He preferred that they be 'contemplatives in the midst of their action,' that they 'seek and find intimacy with God in all things,' in everything they were doing."

Good stuff. Here's more advice on making the most of your time.

Determine Your Priority

Even when he was working 80 to 90 hours a week at his medical practice, physician and 1982 graduate Dan McGuire made time first for his family of seven children. That meant on most days he never started work before 8:30 a.m. so he could make breakfast for the kids. "The first time management skill was I put work below my obligation as a parent," McGuire says. "When I made that concession ... it made the time management a lot easier."



Give it 20, Put it to Paper

Creighton assistant professor Trent Wachner says 20 minutes is about the maximum amount of time an adult can devote sustained attention to a single task. Then our minds begin to wander and we need to take a rest, refocus or move to the next task. Wachner says to determine what you want to accomplish in 20 minutes, write it down, then get after it. If other tasks come to mind, write them down and return to work. "Once you write them down, you get it out of your mind," he says. "I teach my students to do this and they love it."



Eat Right

It's tempting to turn to energy drinks rather than an apple when you need to squeeze a few more hours from the day. "There are no immediately perceptible effects of good nutrition," says Robert Heaney, BS'47, MD'51. But you're better served by good eating every day — then you won't need that bottle of burst. "Nutrition is like preventive maintenance of machinery," Heaney says. "You don't notice its effects in current operation — it manifests itself mainly as longer, trouble-free operation."



Find the 25th Hour

When Creighton students complain about a time crunch to Director of Academic Success Joe Ecklund, one of the first things he has them do is keep a diary for one week tracking how they spend every hour. "It's one of the most powerful things we do," Ecklund says. "Universally, they're amazed at how much free time they did not think they had." Seeing where all the time goes, Ecklund says, helps "find the 25th hour of the day."



Power Down

Texts, posts, Tweets — interruptions are always calling. "One of the challenges we have is to get students to realize they can have a two-hour study session with a book and pad and pencil and you don't need a computer at all," Joe Ecklund says. "There's no need to open it up or get tempted by that."



Says St. Ignatius ...

Ignatius was big on repetition and reflection — two things we often don't have time for today, Fr. Alexander says.

"Reflection was critical to recognize and acknowledge the blessings being received. It came from a sense that God is active, with us, around us, and we need to pay attention to what God is doing, offering us, and what we are hearing and experiencing. And, we can only really know what we can articulate. Repetition was not to simply do a study lesson or a reflection over again. It was to go into it a second time to sort through for the deeper stuff. It's like panning for gold. For Ignatius, it was important to sort out the valuable stuff, at the heart of what we were learning and experiencing. And that took extra time."



Faith & Fables

By Eugene Curtin



A coal-black squirrel crouched outside Ignatius House, the Jesuit residence at Creighton University. It sat stone still, cradling an acorn, lifting it slowly to its mouth. It looked exactly like a toy, a suspicion dispelled when it dashed away and fled up a tree.

Anyone who has spent time with Greg Carlson, S.J., could be forgiven for suspecting the squirrel's authenticity. Wherever Fr. Carlson is found, a toy will not be far behind.

His office in the Jesuit rectory is a haven for toys, often related to classical literature, sometimes brain teasers, and very often related to the fables of Aesop and La Fontaine.

And therein lies a tale.

In Creighton University's Reinert-Alumni Memorial Library, in a small but cozy rectangular room lined with shelves, there rests one of the world's great collections of fables. More than 7,600 books, ranging in value from \$10 to \$4,000, reflect Fr. Carlson's immersion in the world of the morality tale and his love of short literature.

About two years ago, at the urging of friends and fellow Jesuits, he began a labor of love that has resulted in a series of 12, 25-minute lectures illustrating how Aesop's fables can help people understand the Gospels and Christian teaching about meaning, gratitude, value and spirituality.

The series is called, "Fables and Faith: Understanding the Gospel with Aesop's Fables."

Considering that Fr. Carlson, a professor of English and a co-founder of Creighton's Deglman Center for Ignatian Spirituality, has been enthralled by short literature for decades, the idea of marrying fables and faith came late.

"Very late," Fr. Carlson says. "Professionally, I'm a literary critic and I'm very protective of fables and their purpose. I thought a fable was a fable and preaching was preaching."

He distinguishes fables from the parables of Jesus Christ as the difference between observations about the tendency toward foolish behavior (fables) and an inspirational encouragement to become selfless people more closely aligned with God's purpose of creation (parables).

The two did not seem a comfortable fit to Fr. Carlson, who worried about compromising the integrity of the fables, which can be harsh and self-centered, in a forced effort to get them to illustrate Christian teaching that focuses on selflessness.

But then he began, and the result is a series of homiletic lectures that meld millennia of pre-Christian wisdom with Christian virtue.

Take the fable of the "Man and the Wooden God," in which the man, fueled by frustration at his god's ineffectiveness,



Greg Carlson, S.J., reads from *The Aesop for Children*, originally published in 1919. The cover art, by Milo Winter, is pictured on page 18.

destroys the idol and finds to his astonishment that it was stuffed all along with treasure.

Here, Fr. Carlson finds opportunity to critique the remote deistic god (false) that emerged from the Enlightenment and to stress the personal and involved God (true) of Christian teaching.

Or "The Fox and the Raven," in which the fox persuades the raven to open its mouth (and thus drop the piece of cheese it is carrying) by praising the quality of the raven's song.

Here lies an opportunity to illustrate the Christian virtue of humility, and the importance of looking to God for a sense of personal worth and not to ill-intentioned flatterers.

And so on, through dozens of classic tales, molded into Christian exegesis by an experienced homilist.

The use of fables to illustrate faith reflects Fr. Carlson's career-long conviction that stories, toys and play smooth the path of learning. It is a conviction encountered by all his students who find they are required to build a toy, or structure of some sort, in order to graduate from his literature classes.

Those creations, he believes, cement into young minds the Jesuit message that true wisdom, and meaning, comes from service to others.



"The Man and the Wooden God" — *The Fables of Aesop*, illustrated by Richard Heighway, 1894



"The satanic strategy in life is to capture people with riches, honors and pride," Fr. Carlson says. "Jesus' strategy, and the strategy of Ignatius (founder of the Jesuits) concerning the strategy of Jesus, is to give people a kind of freedom that leads them to be humble enough to serve others."

Discernment, a key Jesuit value, is a powerful tool in recognizing worldly flattery, and the fables of Aesop and others struck Fr. Carlson as a useful tool in freeing people from the shackles of blindness.

The fable of "The Lion in Love," for example, posits a lion who wishes to marry a beautiful young woman, an obviously inappropriate union that the clever father avoids by welcoming the offer but objecting that the lion's claws and teeth might hurt his daughter. The lion addresses the objection by having his teeth and claws removed, whereupon the father beats the now-defenseless lion to death.

"That story invites perception about what might be going on here," Fr. Carlson says. "That's what fables do. They ask, 'Can you open your eyes, even in the middle of an infatuation, and see what's really happening?'"

That fable captures Fr. Carlson's goal in devising his "Fables and Faith" lecture series, which he says is to encourage people to develop their spirituality.

The human wisdom contained in these ancient tales is not merely for children, he says.

"The Fox and the Raven" — *Aesop's Fables*, illustrated by Arthur Rackham, 1912

A Unique Collection

During the past 30 years, Fr. Carlson has accumulated more than 7,600 books in multiple languages penned by multiple authors, all dealing with fables.

But they do not inhabit their fabulist world alone.

To the books, Fr. Carlson has added about 4,000 fable-related artifacts, all viewable at creighton.edu/aesop by clicking the Aesop's Artifacts link.

Here reside expressions of the human imagination inspired by the world's most ancient morality tales.

Playing cards, movie posters, cookie tins, matchboxes, clothing, masks, stamps and tableware constitute but a small contingent of the massive parade of artifacts gathered from around the globe, a fascinating testimony to the ubiquitous influence of stories on human culture.

And so it goes, almost endlessly, a carefully catalogued and comprehensive accounting of 30 years of collecting, open now to public inspection at any time and from any place via the Internet.

A few items in Fr. Carlson's collection are pictured.



A French bonbon tin from approximately 1930, illustrating Jean de La Fontaine's tale of "The Fox and the Crow." Obtained for \$7.

A bronze letter opener (12" long) from approximately 1910. Depicting "The Fox and the Grapes," the handle is a fox and on the blade are grapes which the fox seeks. Obtained via eBay for \$49.99.



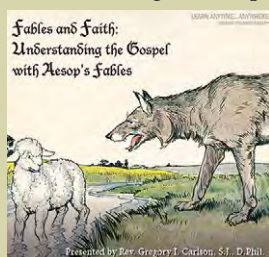
"The question I asked myself was, 'How could I use fables to get at what I consider a mature spirituality?' Fr. Carlson says.

"Somewhere in the 18th century people decided that fables were kids' stuff, but in the ancient world they were not considered kids' stuff. They were a way of giving talks — political or rhetorical talks. They were a way of passing around concrete information, of making important points about life.

"That's what I want this series to do, to take what I know about fables and about the Christian faith, and help people develop a mature spirituality."

The Lecture Series

Fr. Carlson's 12-part lecture series, "Fables and Faith: Understanding the Gospels with Aesop's Fables," is available for purchase at NowYouKnowMedia.com.



NowYouKnowMedia is a Catholic website offering audio and visual programs created by, or featuring, the world's leading Catholic thinkers and teachers. The company selected Fr. Carlson's lecture series for a 2013 Teaching Excellence Award.



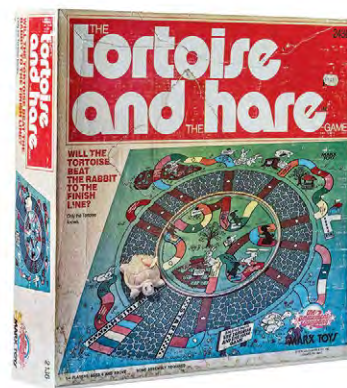
"The Lion in Love" — *Fables de La Fontaine*, illustrated by Gustave Doré, 1899



A child's thermos and lunch box with the same artwork as the pink and white thermos below of "The Tortoise and the Hare" from the late 1950s/early 1960s. Obtained via eBay for \$3.99.



A Belgian bubble gum tin (10"x6½"x2½") from approximately 1970 features an opening book with "Fables de Jean de La Fontaine" on the cover. Obtained for \$10.



A "Tortoise and the Hare" board game from 1970 featuring a wind-up tortoise and obtained for \$2 through eBay.



A child's thermos in pretty pink, dated about 1950 and displaying the fable of "The Tortoise and the Hare." Obtained for \$2 via eBay.



Japanese salt and pepper shakers depicting "The Goose That Laid the Golden Eggs," obtained for \$5.50 via eBay.



A 55c French stamp from 1938 featuring a portrait of Jean de La Fontaine, obtained for \$2.25 via eBay.

One Fable, Many Stories

By Greg Carlson, S.J.

We tend to think that there is one version — or perhaps one “right” version — of any given fable. Actually, the simple fables associated with Aesop often spawn competing stories — embellishing, expanding, changing or contradicting earlier versions. Part of the fun is watching how diverse people and artists respond to the same story.

“The Grasshopper and the Ant” provides an excellent example.

The first set of published fables in English came from William Caxton in 1484. His version of “The Grasshopper and the Ant” represents a common telling of the fable through the Middle Ages. A cicada (or grasshopper or cricket) that has sung all summer without working faces dire hunger in winter. “If you have sung all summer, you can dance in winter,” responds the ant, who refuses to give a handout to the starving and freezing cicada. The fable world often presents harsh realities of life and death. Get smart or die. The stakes are high! As Charles Bennett moralizes in 1857: “As the world dispenses its payments, it is decreed that the Poet who sings for his breakfast shall whistle for his dinner.”

The great French fabulist Jean de La Fontaine treats the story differently. His fable continues to convey the wisdom that this starving insect needs to learn for survival. Next summer, one can hope, she will prepare better for the future. But La Fontaine makes four subtle additions to the traditional fable.

First, he makes it clear that the starving cicada is asking for a loan, not a gift. Secondly, this cicada will pay back not only the principal but interest as well. She will be grateful, and the ant stands to profit from a moment of life-saving kindness. Thirdly, La Fontaine goes out of his way to present the ant as niggardly and condemns her for it. She is as small of heart as she is of stature.

The fourth change may be the subtlest but the most important. What, the ant asks, did the cicada do all summer? The answer: “Night and day / I sang my song for all to hear.” She was not just selfishly amusing herself; rather, she was offering an artistic gift to anyone who would receive it. This story, then, carries its long-time lesson of preparing for hard times, as it always will, but now there is an added message. An artist has been serving anyone willing to listen to a song. And the artist deserves his sustenance. It is no coincidence that this fable stands first in La Fontaine’s collection. La Fontaine is the cicada, the artist, singing for the pleasure of anyone who comes by. This view challenges the reader to think about what kind of ant she or he wants to be.

La Fontaine’s account has given rise to a number of French and English versions, including some parodies. One French advertisement has the cicada, a year later, claiming that Germalyne food supplements made her strong enough to withstand the tough winter. “Now I can dance without fear!” she proclaims. Another modern French advertisement has a young cicada, unlike her mother, remembering winter while she sings all summer. To avoid having to cry famine, she trusts in the Credit Cooperative to have a house on long-term credit. She can sing in peace for years!

Aesop shows up regularly in cartoons, too. A great Far Side cartoon shows the grasshopper walking away, grain bag in hand, from the ant he has just murdered with his guitar!

American writer Ambrose Bierce, known for his sardonic, cynical wit, in his 1899 book *Fantastic Fables*, twists the story so that when the ant asks the grasshopper why he didn’t store up food for the winter (instead of singing), the grasshopper responds: “So I did, but you fellows broke in and carried it all away.” Bierce’s commentary: The high-minded, industrious ant was really a thief in the first place, a

thief responsible for the artist’s starvation!

In Walt Disney’s cartoon and books from 1932, the ants bring the grasshopper, at last, into their home, put his shivering feet into hot water and revive him. The grasshopper is contrite. He begs forgiveness for his ways, fiddles for their dances and changes his tune from “The world owes me a living” to “I owe the world a living.”

German-American illustrator Fritz Eichenberg in his 1979 book *Endangered Species and Other Fables with a Twist* gives a comical twist to the tale when his grasshopper tells the ant: “Hey Auntie, take your duds, dress up, let’s go/to gay Paree, with all expenses paid!/I was discovered by the Rolling Stones.”

Three recent Americans artists/writers have given their own distinctive interpretations to this classic fable. Harvey Kurtzman, creator of the humor magazine MAD, in his 2001 book *The Grasshopper and the Ant* transforms the story into a struggle between a 1950s beatnik grasshopper and 9-to-5, slave-to-work ant. Nikki Giovanni in 2008 puts the whole story into a contemporary trial that addresses the question “What is the worth of art?” And Toni Morrison in 2003 updates the story’s characters, probes into play that is work and work that is play, and ends with the book’s title question: “Who’s got game?”

One fable. Many stories. No doubt they will keep coming. What fun!

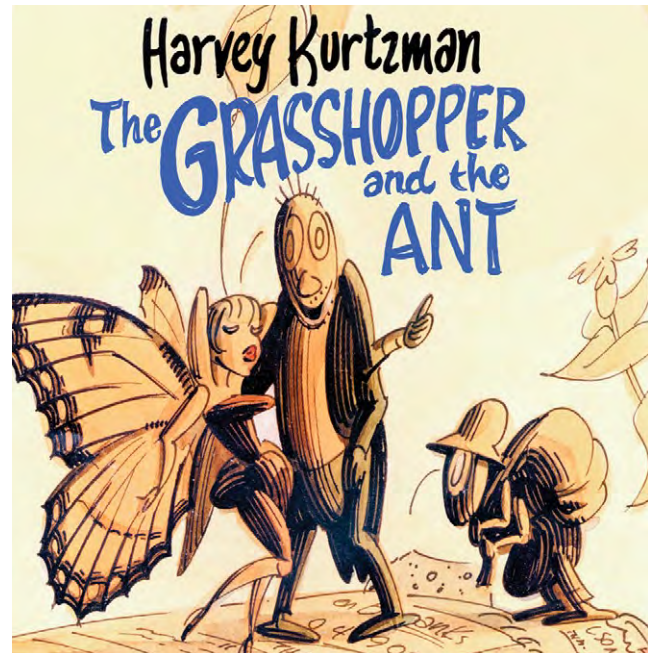


Greg Carlson, S.J., in the Reinert-Alumni Memorial Library, where his collection of books and artifacts is stored.

Photo by Jim Fackler

“The Grasshopper and the Ant”

as portrayed by various artists



© Harvey Kurtzman estate, courtesy of Denis Kitchen Publishing Co.



Top left: *The Aesop for Children*, illustrated by Milo Winter, 1919

Top right: *The Grasshopper and the Ant*, illustrated by Harvey Kurtzman, 2001

Bottom left: *Fables de La Fontaine*, illustrated by Gustave Doré, 1989

Bottom right: *Fables by Jean de La Fontaine*, illustrated by J.J. Grandville, 1838

In 2013, federal agents and local law enforcement busted an international human-trafficking enterprise that stretched from Mexico and Nicaragua to a wide swath of the southwestern United States.

The 2½-year investigation — dubbed Operation Dark Night — led to the conviction of 23 people, including the ringleader. The organization was based in Savannah, Ga., but also operated in other parts of Georgia, Florida, South Carolina and North Carolina.

According to federal authorities, members of the organization lured women from Mexico, Nicaragua and elsewhere to the United States with false promises of the American Dream. Once here, they were threatened and forced into prostitution.

While Operation Dark Night was successful, it belies a larger problem — the trafficking of humans around the world, acts that President Barack Obama has called “modern slavery.”

A report by the Department of State estimates that as many as 27 million men, women and children are trafficking victims at any given time.

While addressing the complex issue of human trafficking requires a multifaceted approach, one group of Creighton faculty and students is looking at the problem through a unique combination of political science, mathematics and computer modeling.

“A student came to me and said her goal was to disrupt human trafficking networks. She wanted to stop it,” says Terry Clark, Ph.D., professor of political science and director of the graduate program in international relations at Creighton. Clark thought this could be a perfect undertaking for Creighton’s fuzzy math spatial modeling project.

What is the Fuzzy Math Project?

The fuzzy math spatial modeling project is conducted under the auspices of Creighton’s Center for Mathematical Uncertainty and is jointly led by Clark and John Mordeson, Ph.D., director of the center and professor of mathematics. They are joined in this effort by Mark Wierman, Ph.D., associate professor of computer science.

Over the past 10 years, the trio has collaborated with students to study human behavior — notably political actions, but also illegal activity, as in the case of human trafficking — through the lens of mathematics and computer modeling.

“The fuzzy project seeks to create formal mathematical models of human behavior, specifically political behavior, then empirically test the accuracy of these models using real-world data,” says James Martin, Ph.D., who earned his master’s degree in international relations from Creighton in 2007 and is currently an assistant professor in Creighton’s doctoral program in interdisciplinary leadership.

At the heart of the fuzzy group’s research is the idea that preference often isn’t just a selection between two competing choices.

People oftentimes don’t know how they feel about something, or have varying levels of sentiment. The boundaries are

not black or white. They are gray — or “fuzzy.” And that’s exactly what the group uses: fuzzy logic, a theory based on relative-graded membership, allowing for “the inclusion of vague human assessments,” explains Mordeson, who holds the Mordeson Chair in Mathematics.

Since its launch, the fuzzy group has worked with nearly 50 Creighton students, many of whom have gone on to top-tier doctoral programs and government and industrial jobs; produced two books; and published dozens of papers.

Fuzzy Math and Human Trafficking

In 2012, the United Nations reported that human trafficking involved more than 116 countries and people of 136 different nationalities, with 27 percent of those trafficked being children and some 60 percent being women.

Interestingly, to the fuzzy math group, this trafficking, according to data from 2007 to 2010, predominantly occurred along 460 routes.

Could that flow be stemmed?

The group is currently looking for answers to that question — focusing on models that could help dismantle or negatively impact the communication networks of human traffickers. The hypothesis: “The world communicates along exactly the same routes and patterns,” Clark says. “It doesn’t matter what the issues are. Human trafficking, war, conflict, it all happens along the same routes.”

They have tried several approaches. They have studied countries as social network nodes, and have mapped relationships among these countries in everything from physical infrastructure and number of ambassadors to commercial flight paths. They are currently examining global communication networks as though they were sewer lines or electrical paths — investigating how engineers create friction to slow or stop transit along those routes. Perhaps, Clark says, that strategy could be mirrored to disrupt human trafficking.

“Our student was interested in how it might be possible to gum this network up,” Clark says.



Terry Clark, Ph.D., second from left, meets with students involved in the fuzzy math group.

How it Works

Fuzzy mathematics moves away from the binary (yes or no) to gradients (possibly, maybe, don't care at all), which tends to more accurately mirror human behavior.

Clark explains it like this: "The most common example is tied to transitivity. If a group prefers A to B, and B to C, then surely the group has to prefer A to C. That seems reasonable. But that doesn't always happen.

"Let's look at another one. ... Imagine a waitress comes up to you and says, 'We have apple, cherry and chocolate pie.' And you ask for the apple. Now she comes up and says, 'I'm sorry, we have apple, cherry, chocolate and also banana cream.' And you go, 'Oh, OK. I'll take

the chocolate.' Groups do that. They can order their preferences so that suddenly, adding an extra preference changes everything."

And, finally, he offers this example. "If you order social preferences, and there's a top dog in the order, you would think you would choose the top one. But that's false. Say your boss tells you and your colleagues, 'There are three candidates for this position. Rank-order them for me.' And you do. You all come up with a department ordering of those three individuals. But the one who wins is not necessarily the top."

The key to understanding human decisions and behavior, he says, is relationships.

"We realized that if we could

understand relationships, how things are exchanged between states, we could understand so much, things like the flows of human trafficking and the structures of influence and power," Clark says.

The Beginnings

The fuzzy math project has its roots in 1999, when Clark went on a sabbatical to Lithuania and examined how mathematical theory could help him generate new political understandings.

"The one thing that caught my attention was rational choice theory," he says. "In political science, this is referred to as social choice. And I became really intrigued by it. Not because I'm a mathematician, but because I wondered how one could marry mathematics with political science."

Around this same time, Mordeson was exploring the application of fuzzy math on real-world problems. Mordeson phoned Clark, asked if he was interested in interdisciplinary research, and arranged a meeting.

"I pulled out a few of my papers. I handed them over and said, 'Here's where I'm at,'" Clark recalls. "I knew I had been working on math, but it wasn't really going anywhere. This was a new twist. I knew this would be exciting. And three weeks later, he gave me a call, saying he thought he could help me.

"That launched the fuzzy spatial project."

Examining Politics

Not surprisingly, given the genesis of the project, the group's primary focus has been on examining political behavior.

Take, for instance, the political elections in Lithuania in 1996.

That year's elections failed to produce a majority party rule in Lithuania's national legislature — with the largest parliamentary faction, the Homeland Union, two seats shy of an absolute majority.

Not surprisingly, the Homeland Union announced a power-sharing agreement with one of its political allies, the Lithuanian Christian Democratic Party (LCDP). This gave the government coalition 85 seats, a comfortable majority.

But then, the Homeland Union did something surprising. They reached out to another political party, the Lithuanian

Since its launch, the fuzzy group has worked with nearly 50 Creighton students, many of whom have gone on to top-tier doctoral programs and government and industrial jobs; produced two books; and published dozens of papers.

Center Union (LCU). While this gave the Homeland Union a “surplus majority,” it also meant they had two parties to appease.

Why did they do that? The fuzzy group looked for answers.

They started by calculating three things: the number of deputies who were members of each party in the legislature; the number of politically salient issues; and the relative positions of each party on these issues. With this information, the group could spatially model positions, along with degrees of ambivalence.

They retrospectively surveyed party leaders to determine the salience of certain policies. They asked members of four of the five major political parties to rank the cabinet portfolio in order of what mattered most to them in 1996. Simultaneously, they examined a survey of party candidates conducted prior to 1996. They plotted their results in terms of two important political issues “economics” and “security” — and voilà!

The new model made it clear why the coalition had formed. The fuzzy format showed that it made sense for the Homeland Union to pair with the LCU in terms of economic concerns and the LCDP for national security reasons.

“People say you can’t predict human behavior,” Clark says. “But social scientists think otherwise.”

A Fuzzy Analysis for Iraq

Iraq’s first Council of Representatives — the national legislature established by the post-invasion constitution — had a problem: It wasn’t able to pass legislation required to meet parliamentary benchmarks established by the government in 2006. Instead, it experienced political gridlock, which fueled instability and social conflict.

Why did this happen? Alumnus Peter Casey, BA’04, MA’09, currently a graduate student in political science at Washington University in St. Louis, remembers wrestling with this question as a student involved with the fuzzy math project.

“We used party platforms and speeches by party leaders to construct estimates of policy positions,” he says, electronically scanning texts for word frequency. The more often a word or phrase was found,

To date, the fuzzy group has examined everything from nuclear stability to failed states, comparative politics and social networks.

the stronger value it was given.

“Secular identity” rose to the top, and they mapped the parties against this phrase.

The model revealed something interesting: The various political parties in Iraq were, in general, very split on their positions on “secular identity.” There was minimal overlap. And where there was agreement, no party had enough political weight to form a majority that would affect policy.

Consequently, political gridlock was nearly ensured by the high level of party fragmentation and polarization. The fuzzy group had modeled, for the first time, why policy change was so challenging in Iraq.

Understanding the Fuzzy Group

To date, the fuzzy group has examined everything from nuclear stability to failed states, comparative politics and social networks. Along with dozens of published papers and two books, more publications are in the works.

The group — which, at any given time, is composed of about a dozen students, along with Wierman, Mordeson and Clark — meets at least three times a week: Tuesdays for the math colloquium, Wednesdays for individual appointments and Fridays for working groups.

“There’s no such thing as easy stuff. Work continues year-round, over breaks, over summers,” Clark says.

The more senior students mentor the more junior. Individual projects are not uncommon; indeed, they are encouraged. Broad theories, often inspired by Clark or the students, are then tested with real-world data and mathematical models supported by Wierman and Mordeson. Lance Nielsen, Ph.D., a professor of mathematics, and Martin, the professor in the doctoral leadership program, also are involved. The process is fast, collaborative and intense.

It’s no surprise that students want to be a part of the fuzzy group. The skills they learn, the opportunities to work with cross-disciplinary research and the close mentorship relationships formed with professors are powerful incentives.

Then there’s the success of the group’s graduates: a Ph.D. at Harvard; a high-level intelligence job; a perfect 800 mathematics score on the GRE leading to a Ph.D. at the University of Rochester; an international scholarship awarded to only one U.S. student a year to study at Cambridge; an entrepreneur managing a successful business; and on and on.

Morgan Eichman, a current graduate student at Creighton, explains her reason for joining: “I knew it would be a great learning opportunity. And it would make me more marketable in the professional world.”

“They are developing life skills, and skills translatable to the market,” Clark says. “Creighton is for students. As faculty, we have a healthy sense that what we do has to somehow involve students or benefit them somehow. Almost everything we’ve done, particularly the books, has been with students. It’s the Creighton way.”

About the author: Danae Mercer, BA’09, is a media professional living in London. She writes for large clients and manages international accounts. She also freelances for leading publications, including *USA Today*, the *Guardian*, *The Telegraph*, *The Independent* and more. She attended Cambridge University on the Davies-Jackson Scholarship, which is awarded to one U.S. student annually, and double-majored at Creighton University in political science and journalism. She was once a member of the fuzzy math group.

WE ARE MORE THAN

Souls STUCK IN BODIES

By Cindy Murphy McMahon, BA'74

*P*atrick Murray, BA'12, was having a routine day as a student worker in the Creighton University Archives when he made a discovery that caused him to tremble.

Tucked away in a dusty filing cabinet in an archives storage area in the lower level of the Reinert-Alumni Memorial Library, Murray found what appeared to be ancient relics of saints encased in official containers, some carefully wrapped in tissue paper and others nestled in cotton balls.

"When I found them for the first time, I couldn't believe what I was seeing," says Murray, who worked in the archives from 2010 until he graduated in 2012 with his degree in art history. "Relics from St. Ignatius Loyola, St. Mary Magdalene, St. Augustine, Pope Pius X, just to name a few — these were relics from heroes and heroines

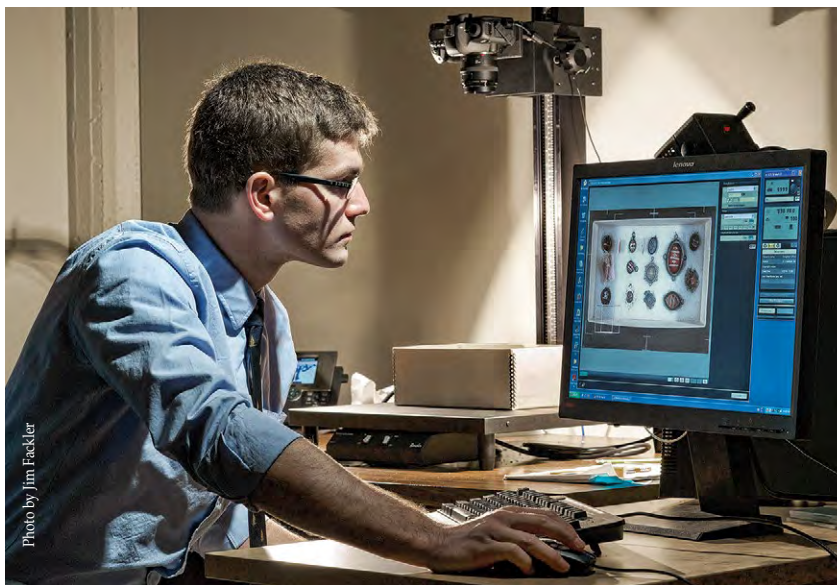
of our faith.

"And here I was, holding them in the basement of the Reinert-Alumni Memorial

Library. It was an unbelievable experience. I was actually shaking. That feeling never went away, which made handling these small, delicate items really difficult."

Religious relics in the Catholic tradition are items connected to individuals declared saints or blessed, including parts of their bodies or clothing, as well as objects used or touched by the holy person.

The relics Murray discovered included, for example, bone fragments of St. Ignatius Loyola, founder of the Society of Jesus, and St. Robert Bellarmine, S.J.; a flesh particle from Pope Pius X; and a cloth labeled as "the last object touched to the face of St. Francis Xavier before death."



Patrick Murray, BA'12, left, examines images of relics found in the Creighton Archives. Murray is currently teaching 7th grade at The Heights School in Potomac, Md. His future plans include continuing to teach or possibly pursuing a career in the archival profession.

Creighton's archivist David Crawford had discovered the relics himself when he first arrived at Creighton in 2007, but had put their care on the back burner because of more pressing concerns. "I knew they needed serious attention, but I just didn't know what that attention should be," he says.

Early in 2013, Creighton benefactors who care deeply about the preservation of the University's history and historical items designated a gift to allow Crawford to acquire assistance with a backlog of projects. He hired Murray temporarily for a few months.

One of the projects Murray worked on was cataloging and more adequately preserving the relics. "Being a devout Catholic, Patrick recognized their worth and asked if he could do anything to help," Crawford says. The resulting painstaking work began a chain of events that involved calls and e-mails across the country and to Rome.

Murray first moved all the relics, some of which were in individual, small containers (called reliquaries or *thecae* and often made of glass), to more appropriate archival storage.

When a relic (a bone fragment of a saint, for example) is placed inside a *theca*, the object is then fastened together with a red thread and closed with a wax seal bearing the insignia of the ecclesiastical authority who oversaw the verification and care-taking process. The Church produces official certificates of veracity for each relic, but even if a certificate is missing or destroyed, the relic is still considered verified if the seal and thread are intact. Almost all of the Creighton relics in *thecae* had their seals intact and most had documentation as well.

"The next step was researching to make sure we knew what each relic was and from whom it came. Many of the relics were accompanied by notes from previous caretakers or the official,

Bl. Anna Maria Taigi

Wife, Mother, Mystic: Bl. Anna Maria Taigi was beatified in 1920 by Pope Benedict XV. Relic is most likely from a piece of her clothing.



< When a relic is placed inside a *theca*, it is fastened together with a red thread and closed with a wax seal bearing the insignia of the ecclesiastical authority who oversaw the verification and care-taking process.



Pope from Aug. 4, 1903, until his death in 1914. He was the first pope since Pius V (1566 to 1572) to be canonized. Relic is a flesh particle.



His most important reform was to publish the first *Code of Canon Law*, which collected the laws of the Church into one volume for the first time.

Pope St. Pius X

ecclesiastical documents of certification, which made my job pretty easy," Murray says. Official relics have a tiny piece of paper inside the reliquary that indicates the name of the saint.

Murray then meticulously compiled a spreadsheet listing each relic, its type, its saint, whether its packaging was intact and more. Next was taking high-resolution photographs of each relic for archival purposes.

The 45 reliquaries Murray worked with, some of which contained relics from more than one individual, held relics of such well-known saints (in addition to the ones already mentioned) as: St. Frances Cabrini; St. Maria Goretti; St. Aloysius Gonzaga, S.J.; and St. Peter Canisius, S.J.

Crawford contacted the Midwest Jesuit Archives in St. Louis for guidance on what to do with the relics and learned that the most important step would be contacting the Office of the General Postulator at the Jesuit Curia in Rome. The curia is the headquarters for the worldwide Society of Jesus; the postulator's office handles the "causes of canonization," or sainthood, of Jesuits and also sometimes non-Jesuits, as in the Cause for Pope Pius XII.

Marc Lindeijer, S.J., assistant to the general postulator, is the official "custodian of relics" for the Jesuits, which means he is responsible for the preservation of the postulator's historical relics' collection and for the distribution of relics worldwide.

Fr. Lindeijer's advice to Crawford was to try to find new homes for the relics. "Relics don't belong in archives," he says. "They were taken from the body or the belongings of the saints to be venerated. So my wish for them would be to find a place where they can be venerated — a church, a chapel, etc."

Patrick Malone, S.J., pastor of St. John's Church on Creighton's campus, is helping find suitable homes for the relics.

While it may seem, at first glance, to be macabre or dreary to dwell on relics, Fr. Malone says, the "grace of relics is how they have grounded believers in the sacredness of the body."

He quotes author Jason Byassee, who says that forgetting or mocking relics "... puts us dangerously far away from the presence of one whose resurrection was so unbearably physical that it will draw our bodies from their graves too one day."

A Historical Look at Relics

Creighton theology professor John O'Keefe, Ph.D., says "veneration of the martyrs" began in the second and third centuries, but was more widespread in the Medieval period, especially the ninth century and later.

"Medieval Catholics believed the holiness of the person was connected to the body even after death,"

O'Keefe says. "In the Middle Ages, people had a tendency to overemphasize these types of things, and it went over the edge into the magical."

O'Keefe says the Church had to correct that excess and make sure that relics weren't worshipped, but that didn't mean veneration had to be abandoned entirely. Although the veneration of relics has not been emphasized since Vatican II, Pope Francis made news last November when the Vatican publicly displayed for the first time what are believed to be the bones of St. Peter.

St. John's Church Pastor Patrick Malone, S.J., says relics are not "talismans to whisk us into heaven. They are hints of the closeness of God to us now, here on the earth. They have served as concrete, immediate, assessable reminders of a God that is everywhere, transcendent, and beyond our boundaries."

The *Code of Canon Law* specifically prohibits the sale of relics for any reason.

Relic above left: St. Augustine (nondescript)
Relic above right: St. Charles Borromeo (bone); St. James Kisai (bone); St. Mary Magdalene de Pazzi (clothing); St. Catherine de Ricci (cloth imbued with blood)

Francis Xavier was a Roman Catholic missionary and co-founder of the Society of Jesus. He was a study companion of Ignatius of Loyola and one of the first seven Jesuits who took vows of poverty and chastity at Montmartre (Paris) in 1534. Canonized in 1622

by Pope Gregory XV. Relic is a piece of cloth touched to his face before his death.



St. Francis Xavier

Fr. Malone says past generations found relics to be "a reminder that in a faith like ours that is built on the incarnation, holiness comes not despite but through the physical body."

John O'Keefe, Ph.D., professor of theology and holder of the A.F. Jacobson Chair in Communication in the College of Arts and Sciences, echoes Fr. Malone. "Our physical life right now is in continuity with our afterlife with God," O'Keefe says. "We are connected in a mystical way to the bodies we will have in the resurrection. Christians sometimes reduce spirituality to the soul, but we are more than souls stuck in bodies. Our holiness is part of our totality."

O'Keefe, who also directs Creighton's Center for Catholic Thought, says he likes to share with students the resurrection image of the transformation the caterpillar undergoes as it becomes a butterfly. "In the same way, we will be transformed but we are still the same person."

"Relics are many things to many people," says Fr. Lindeijer. "Mere memories, sacred objects, even powerful instruments of grace. For me personally, they bring the saint closer to me."

He has a relic of St. Thomas Aquinas on his desk, "... a gift from a Dominican priest of my old parish, together with the saint's image in a small frame. I treasure this as I treasure the wristwatch that I inherited from my late father, but in an even more intimate way, precisely because St. Thomas was a saint."

Ranking the Relics

The Church categorizes relics in three classes.

FIRST CLASS

Bodies, body parts or fragments of a body part of a person declared blessed or a saint by the Church.

SECOND CLASS

Items used by the saint, such as clothing, books, rosaries or even a fragment of the saint's coffin.

THIRD CLASS

Items that have been touched to a first-class relic, usually a piece of cloth.



St. John Vianney



Jean-Baptiste-Marie Vianney, commonly known as St. John Vianney, was a French parish priest who is venerated in the Catholic Church as a saint and as the patron saint of all priests. Canonized in 1925 by Pope Pius XI. Relic is a piece of his flesh or skin.

The question of how these particular relics found their way to the Creighton University Archives remains unanswered. All involved have their theories, but the consensus seems to be that, over the years, donating relics to the archives just became the natural choice of priests, nuns, parishes and lay people who didn't know what else to do with them.

"People knew archives were a place dedicated to the long-term safekeeping of important objects," Murray says.

Whatever their origin, the story of the Creighton relics has a happy ending. Several have already found new homes, including some in Omaha parishes and one at a Jesuit high school in California.

As for Murray, he says the Creighton project led him to think more deeply about the idea of relics.

"On its surface, the whole notion might seem kind of gruesome or totally weird. But relics are literally flesh-and-blood reminders to us that we are all called to be saints. We're supposed to learn from these saints and be reminded that they, like us, were flawed humans just trying to get to heaven. And they succeeded, so that's encouraging."

Relics are described in Latin terms such as:

- > *ex carne*
(from the flesh or skin)
- > *ex lingo capsae*
(from the wood of the coffin)
- > *ex ossibus*
(from the bones)
- > *ex veste*
(from the vestment or clothing)

The relics found in the Creighton Archives were from all three classes and varied in descriptions.

Relics From a Jesuit Perspective

As assistant to the general postulator at the Jesuit Curia in Rome, Marc Lindeijer, S.J., is responsible for the preservation of the Society of Jesus' historical relics' collection and for the distribution of relics worldwide.

How does Fr. Lindeijer know if the relics in his possession are authentic? "We rely on the people who send them, and since the opening of a tomb is a formal Church procedure, with various officials present who attest to the truth, I am pretty sure that what we have (in the Jesuit collection) is authentic," he says.

"For older relics, however, we have to rely on the certificate, or on the description inside the reliquary together with the seal at the back, from the Church official who authenticated the relic. As a rule, more recent relics are normally authentic. Ancient relics, on the other hand, ought to be handled with some healthy skepticism."

Fr. Lindeijer says the Vatican does not distribute relics anymore from saints of the first six or seven centuries. "Since the Society of Jesus was only founded in the 16th century, authenticity of the relics of Jesuit saints hardly ever poses a problem."

He says he gets many more requests from people and church groups looking for relics than he has relics available. The most frequent requests he receives are for relics of St. Ignatius Loyola, S.J., St. Francis Xavier, S.J., and St. Aloysius Gonzaga, S.J.



The authentications certificate (dated 1837) of the relics, above, of St. Ignatius Loyola (clothing) and St. Alexander Sauli (bone).

The Heart of Care

By Rosanne Bachman

Through a unique interdisciplinary and holistic approach, Creighton faculty and students are addressing the healthcare needs of the poor and underserved in Omaha through the Porto Urgent Care Clinic at the Heart Ministry Center.

It all began with a donated chair. Four years ago, Nick Porto, son of Anthony Porto Jr., MD'75, sent the last remnants of his late father's Kansas City medical practice to Creighton University, intended for use at a fledgling medical clinic for the poor — "something my dad would have felt passionately about," Nick says.

"My dad loved Creighton. He used to say the rosary before Creighton basketball games. My grandfather, Anthony Porto Sr., BSD'45, DDS'46, loved it, too. They both considered Creighton to be a huge part of their personal and professional lives," Porto says. "To have pieces of my father's practice end up at a clinic in which Creighton health sciences students are involved is just really meaningful for our family. It's like things have come full circle."

The Porto donation was just the impetus that Associate Professor of Nursing Ann Franco Laughlin, Ph.D., BSN'76, MS'94, needed. She had visited the Heart Ministry Center — a wonderful outreach effort that offered a food pantry, clothing closet and other free services — but she couldn't shake the thought of something she saw there:

a vacant examination room. Wouldn't it be great, she thought, if Creighton health sciences students and faculty could use the room to operate a small clinic?

Today, the Porto Urgent Care Clinic at the Heart Ministry Center strives to help meet the medical needs of the uninsured and the underinsured of the neighborhood — children, the elderly, the undocumented — anyone who needs help but doesn't know where to turn. It is fueled by passion, as well as gifts from generous benefactors, including Genevieve Porto and Dennis, MD'83, and Janis Porto, all of Des Moines, Iowa — Nick's grandmother, uncle and aunt, respectively.

"When the medical clinic opened its doors in early 2010 ... it had very little beyond the contents of that original shipment," says Joyce Davis, assistant dean of the College of Nursing, who helped Laughlin get the clinic up and running.

"Assistance from the Porto family gave form and function to our good intentions. From steel cabinets to stethoscopes, medical and surgical supplies, even the rolling exam chairs that Tony Porto had used throughout his years of treating patients ... it all

gave the Porto Clinic a jump start, and subsequent donations have helped sustain it," Davis says.

Today, as Laughlin had envisioned, the Porto Clinic is an interdisciplinary effort, involving as many as 50 students a year. Nursing, medical, pharmacy and occupational therapy students collaborate to provide care under the supervision of a nurse practitioner and a licensed pharmacist. A social work intern provides assistance with housing and other day-to-day challenges clients face. Students from the Creighton School of Law provide free legal advice and advocacy to clients. Following a donation to outfit a dental clinic room at the center, Creighton dental students now offer care twice a month.

"From the beginning, it was our intent to offer also an interdisciplinary class on site," Laughlin says. "We realized early on that our patients' needs were complex and they could benefit from the expertise of many different professionals. The clinic provides wonderful, hands-on learning opportunities for students and gives them an idea of the interconnectedness of caregivers."



Amy Yager, DNP'11, left, assistant professor of nursing, evaluates a patient at the Porto Urgent Care Clinic with second-year medical student Samuel Murray and nurse practitioner student Christa Hoskey, BSN'10.

Called to Serve

"The clinic reflects the mission of Creighton University — caring for the marginalized, meeting the needs of the whole person and providing a unique learning environment for Creighton students," says Martha Todd, MS'07, assistant professor of nursing. Each Wednesday morning, Todd or College of Nursing colleague Amy Yager, DNP'11, working with students, see approximately 20 patients whose concerns range from the acute (sinusitis, bronchitis, rashes, colds and flu) to the chronic (high blood pressure, diabetes and related conditions).

Todd finds her work with Creighton highly satisfying because of the preferential option for the poor. "It sums up my career. I am passionate about a certain set of values and ethics. If I feel like people are not getting the care they deserve, I am bothered."

Todd says that working with the poor required a large amount of discernment, to

come to terms with the human limitations of the help she is able to provide, but that she is at peace with that now.

"I am at a place of acceptance. Sometimes the needs are so great, but I do what I can, and I make referrals to other places if I can. I have to be satisfied

have been offered roles in medical or scientific studies in which free treatment or medications were provided — until the study ended, leaving them again with no medication or follow-up care. Other patients say there have been times they thought they were receiving free care,

The Porto Urgent Care Clinic at the Heart Ministry Center strives to help meet the medical needs of the uninsured and the underinsured of the neighborhood — children, the elderly, the undocumented — anyone who needs help but doesn't know where to turn.

knowing that what little I can do for my patients is more than they had when they walked into the clinic."

A Part of the Community

It is not unusual for patients to be skeptical of those purporting to offer free services. In the past, some may

but were later billed for the services and eventually saddled with bills too high for them to pay. Entanglements with collection agencies have soured them on healthcare and made them wary of free services.

A regular at the clinic is a woman named CeCe who explains that she



Photo by Mark Komesser

As part of their clinical rotations, Adam Wermes, BSN'13, and Mallory Husz, BSN'13, conducted a health education project at the Heart Ministry Center last fall.

initially came to the Heart Ministry Center for pantry assistance, but later accessed its health services. The first blood pressure reading that Todd recorded on CeCe was dangerously high — an alarming 215 over 110. On this particular day, it is a manageable 110 over 78. CeCe pulls from her bag a worn notebook that contains her self-documented history of consistently taking her medication.

“That’s ownership,” says Todd, obviously pleased. “CeCe is an example of someone who wants to get involved in

finished, and she is worried. Todd refers CeCe to a fourth-year Creighton social work student who will hit the phones and try to find a person or an agency willing to step in.

Staff members at the Heart Ministry Center are quick to acknowledge the center’s many partners, such as OneWorld Community Health Centers in Omaha, the Salvation Army Renaissance Center, Creighton’s student-run Magis Clinic (a free health clinic operating at a local homeless shelter), the WCA

chronic hypertension, so prevalent in African-American populations,” Todd says. “As our patients’ trust grows, and as they realize that their pleas for help are not met with judgment or condemnation, they risk going beyond their immediate needs and delve into their chronic health concerns.”

Cura personalis

Second-year Creighton medical student Jessica Gries of Chicago sought out the opportunity to volunteer in the Porto Clinic so that she could experience firsthand the clinic’s collaborative approach to working with patients.

“At the Porto Clinic, I learn a great deal from students and faculty in other disciplines, as we manage a patient’s care,” Gries says. “If there is someone who needs the services of a social worker, we, as medical students, cannot always address their full needs in the time we are given. So it is great to have a social worker on site.

“The pharmacy students are very helpful in determining the right medication for patients. Healthcare is becoming more and more collaborative. Interdisciplinary efforts such as the Porto Clinic demonstrate the great value of *cura personalis* — care of the whole person.”

“The clinic reflects the mission of Creighton University — caring for the marginalized, meeting the needs of the whole person and providing a unique learning environment for Creighton students.”
— Martha Todd, MS’07, assistant professor of nursing

her own healthcare, in as much as she is capable. She has had negative experiences with past healthcare providers and is understandably suspicious of help, but we have worked to gain her trust.”

On this particular day however, CeCe is more concerned with getting her house sided before cold weather sets in. She has the new siding and half of it has been installed, but her spouse, who was doing the work, died before the job was

(formerly YWCA) and others that serve uninsured or underinsured patients.

Todd says that the original organizers did not intend for the Porto Clinic to function as a primary care provider; they envisioned it as an acute care setting and expected to see people with bronchitis, flu, rashes and the like — but that’s only been about 30 percent of the caseload.

“I’d estimate that 60 percent or more of visits are cardiac-related, many involving

Service with a Heart

Treating people as humans. Seeing them as more than a cough or a cold. Understanding that their lives are complex. Listening to them without talking down to them. Those are behaviors and attitudes that work for Heart Ministry Center Executive Director John Levy.

"We are all survivors," Levy says. "We just survive our own situations. Creighton University is by far and away our greatest source of volunteers because they totally 'get' our clients. They meet them where they're at. They know how to counsel clients without insinuating that they know better than our clients, how their lives should be lived."

Levy was named executive director of the Heart Ministry Center in 2010 and since then has seen the number of people who access its wide-ranging services increase from 3,000 a year to more than 7,000.

The Porto Clinic operates every Wednesday morning, treating 20 to 25 patients a day, or roughly 1,000 patients a year. Levy says that on one recent Wednesday, Creighton volunteers saw patients for four hours, keeping the clinic's three exam rooms (two have been added since the clinic opened) filled with patients who could not afford medical care.

"The need is great and, thankfully, there are people who want to help, both as volunteers and as donors. The Porto family was at the genesis of our efforts. It all began with that one donated chair, and we will never forget that. That chair has become a symbol of what is possible when our hearts are in the right place."

It may be rudimentary, but what the Heart Ministry Center lacks in sophistication, it makes up for in heart. Practitioners know the names of those they are treating, and referring them to someone down the hall means walking there with them and making a personal introduction.

And when collaborating with other agencies, Levy and his staff follow up on outcomes. "We want to make sure that our clients received the help they needed, whether we provided it, or someone else."

"Healthcare is becoming more and more collaborative. Interdisciplinary efforts such as the Porto Clinic demonstrate the great value of *cura personalis* — care of the whole person."

— Jessica Gries, second-year medical student

Teaching Collaboration Across Disciplines

Interdisciplinary learning encourages professors and students to cultivate a broader, richer understanding of patient concerns.

"We are interacting with a population that has complex needs, due to poverty, lack of insurance, social issues, transportation and other issues," says Todd. "The Porto Clinic is an excellent teaching and learning environment that



Heart Ministry Executive Director John Levy with Creighton's Ann Franco Laughlin, Ph.D., BSN'74, MS'94, and Martha Todd, MS'07.

forces students to think outside the box. Students learn to examine issues from multiple angles and solve problems in new ways.

"Students must consider if the patient can afford to pay for medication. Does the patient have transportation to another office if a referral is made? Can the patient afford the sliding scale fee of another office? If we are telling a patient to exercise, does he or she have a safe place in which to do that? If you're advising that they follow a special diet, do they have the resources to buy the right types of food?"

Last fall, six Creighton professors from nursing, pharmacy and health professions, and social work collaborated on the course Developing

Care for a Vulnerable Population: An Interprofessional Collaborative Approach for Health Promotion. Students from those areas, as well as exercise science, collaborated to address community-identified health needs. Their focus was to implement interprofessional collaborative care to a population in a community setting — the Heart Ministry Center.

"Patients receive the best care when students and faculty from various professions bring their expertise and perspectives to the table. No one profession holds the answer, but by working together, we can provide better care," says Todd.

Laughlin agrees. "Through the context of community engagement, students have opportunities to develop health promotion competencies in an authentic environment — skills that are applicable across the health sciences."

Optimistic for the Future

Today, nurse practitioner Martha Todd is optimistic that even more can be done to improve the clinic and help more clients.

She recently attended a meeting of the National Association of Free and Charitable Clinics. There are more than 1,000 free clinics in the country and through experience, many administrators have learned ways to secure resources and are willing to share knowledge.

Todd has found two agencies that donate electronic medical record systems to free clinics. She envisions the day that her rolling cart of hanging files and paper charts will be obsolete.

"Poverty and lack of healthcare combine to put people where they are at," Todd says. "We cannot provide effective care without the assistance of others. The reality is that our lives and our efforts are interwoven. We need interdisciplinary education because that is how the world works most effectively — together, for the greater benefit of our patients and clients."

Alum Items

41 Ret. Lt. Gen. Leo J. Dulacki, BS, Sun City West, Ariz., was inducted into the Omaha South High School Hall of Fame.

63 Michael J. Mooney, BA'59, JD, Omaha, was selected for inclusion in *Great Plains Super Lawyers 2013*. Mooney currently practices civil litigation at the law firm of Gross & Welch.

65 Michael G. Busse, BSBA, Downers Grove, Ill., was named by the Downers Grove Chamber of Commerce as the 2013 Enterprise Award Winner. Busse also received the Volunteer of the Year award from Almost Home Kids, a nonprofit organization that provides services to families of medically fragile children.

69 Jean O'Malley Sigler, BS, Omaha, wrote the memoir *Worth Keeping: Life with My Extraordinary Daughter* published by CreateSpace Independent Publishing Platform in November 2013.

72 Thomas J. O'Connor, BA, Omaha, received the 2013 Special Achievement Award in Public Relations from the Public Relations Society of America-Nebraska Chapter. O'Connor is currently the senior associate director of communications for the University of Nebraska Medical Center public relations department.

73 Jon L. Narmi, MBA, Council Bluffs, Iowa, and his wife, Constance "Candy" Narmi, received the Pro Ecclesia et Pontifice award for their service to the church and the Holy Father. The award was presented by Bishop Richard Pates of the Catholic Diocese of Des Moines.

76 Daniel E. Monnat, JD, Wichita, Kan., was inducted into the American Board of Criminal Lawyers (ABCL) at its annual meeting in October 2013. Monnat is the first Kansas attorney selected for the ABCL.

77 Robert D. Doerr, MAIR, Garden Ridge, Texas, was honored as the Military Writer's Society of America's 2013 Author of the Year during its annual national conference in September 2013.

78 Thomas A. Grennan, BA'75, JD, Omaha, was selected for inclusion in *Great Plains Super Lawyers 2013*. Grennan currently practices business litigation, insurance litigation, personal injury litigation and

civil litigation defense at the law firm of Gross & Welch. **William J. Lindsay Jr., BSMth'75, JD,** Omaha, was selected for inclusion in *Great Plains Super Lawyers 2013*. Lindsay currently practices taxation, probate, estate planning and business law at the law firm of Gross & Welch.

80 Dr. Patrick J. Edwards, BA, Newton, Iowa, was named the 2013-14 Iowa Family Physician of the Year by the Iowa Academy of Family Physicians. Edwards is currently a family practice physician at Newton Clinic. **Philip "Jay" McCarthy Jr., JD,** Flagstaff, Ariz., received the Angels in Adoption award from the U.S. Congressional Coalition on Adoption Institute for his work with adoption and child welfare law. **Kimberly A. Yelkin, JD,** Austin, Texas, was a co-recipient of the Sharing the Power Award presented at *InsideCounsel* magazine's second annual Transformative Leadership Awards West program in October 2013.

81 Kevin L. Glaser, BA, Oconomowoc, Wis., opened his third business, Right Side Creations, LLC. Right Side owns intellectual property rights and features a newly released biography about country legend Tompall Glaser. **William J. Nelson, BA'77, DDS,** Green Bay, Wis., was elected president of the American Association of Oral and Maxillofacial Surgeons during its annual meeting in October 2013.

82 Karen M. Cangelosi, MBA, New York, was featured in a Nov. 14, 2013, *Newsday* article about furnishings being auctioned at the St. Ignatius Retreat House in North Hills, N.Y. Cangelosi is a senior appraiser at Capo Auction Fine Art and Antiques in Long Island City which is handling the auction. The proceeds will go to Fordham University. **G. Mark Rice, JD,** West Des Moines, Iowa, was elected chair of the Whitefield & Eddy, P.L.C. executive committee. The executive committee develops comprehensive strategic direction and leads all initiatives for the law firm. Rice was also named to the 2013 *Great Plains Super Lawyers* for bankruptcy and creditor/debtor rights.

83 Dr. Elizabeth Freund Larus, BA, Fredricksburg, Va., professor of political science and international affairs at the University of Mary Washington, was a guest lecturer for Creighton University's Asian World Center for its 2013 Asian Culture week. Larus spoke on China's

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unresolved social and economic problems. **William C. Peterson, JD,** Harlingen, Texas, retired as a United States immigration judge on Dec. 29, 2013. **Dr. Sheila McGuire Riggs, ARTS,** St. Paul, Minn., was selected to the Hennepin Health System's board of directors.

84 John M. Quincy, BSBA, Minneapolis, was selected to a second term on the Minneapolis City Council in November 2013.

85 Gregory J. Hallas, BS'79, MD, Vancouver, Wash., was elected a fellow for the American College of Physicians. Hallas currently practices internal medicine in Vancouver. **Tracy C. Neighbors, BSBA'82, JD,** Sammamish, Wash., testified before the Organisation for Economic Cooperation and Development's Taskforce on Digital Economies in Paris on the subject of international income taxation of Internet and digital economy business models. Neighbors is the international tax counsel for Microsoft Corporation in Seattle.

88 Christopher G. Bierbaum, BSBA, Spring, Texas, joined Hibu as the vice president of Global Mobile Solutions. **John J. Cavanaugh, BSN, LaVista, Neb.,** was named chief nurse anesthetist at the VA Nebraska-Western Iowa Health Care System.

90 Col. James S. Wildes Jr., BSBA, Oklahoma City, retired from the United States Air Force in January. Col. Wildes served as a squadron and group commander.

91 Col. Richard M. Prior, BSN, Midlothian, Va., was promoted to colonel in the U.S. Army.

92 K. Alec Mahmood, BA, Colleyville, Texas, was named

chief financial officer of Children's Hospitals and Clinics of Minnesota.

93 Brenda Maloney Shafer, BSN, Chapel Hill, N.C., has been named a partner at the national law firm of Quarles & Brady LLP.

94 Capt. Mark F. Klein, BA'91, JD, Alexandria, Va., was promoted to captain in the Navy Judge Advocate General's Corps. Klein is currently the deputy assistant judge advocate general for military personnel in Washington, D.C.

95 Erin Noteboom Bow, BS, Kitchener, Ontario, Canada, wrote her second novel, *Sorrow's Knot*, published by Arthur A. Levine Books at Scholastic in October 2013.

96 Matthew S. Dehaemers, BFA, Shawnee, Kan., had his public art piece, "Prairie Evolution," installed in November 2013 at Corinth Square in Prairie Village, Kan. **Justin D. Phillips, DDS,** Windsor, Calif., was voted Best Dentist in Sonoma County for 2013 in *The Press Democrat's* Readers' Choice Awards. Phillips currently practices at Phillips Family Dental.

98 Damion Shepherd, BA, Scottsdale, Ariz., received a Master's of Business Administration degree from the University of Phoenix. Shepherd is founder and chief executive officer of Shepherd Communications, LLC, a professional public speaking and leadership development consulting company.

99 Kyle A. Chard, BSCS, Jacksonville, Fla., was promoted to vice president of business development at CEVA Logistics. **Dr. James A. Mello, MBA,** Lebanon, Conn., joined Franciscan University of Steubenville in Ohio as an academic affairs business manager.

A Living Treasure: Morrie Pongratz

By Tim Coder, BA'67

To know Morris (Morrie) Pongratz, BS'64, Ph.D., is to realize quickly that he's more than just a rocket scientist. To Pongratz — who graduated *magna cum laude* with a triple major in math, physics and theology and a minor in philosophy — public service is a second calling. For that, he's been designated a Living Treasure of Los Alamos, N.M.

He has spent virtually all of his career as, yes, a rocket scientist at Los Alamos National Laboratory. He's worked mostly on peacekeeping projects at the birthplace of the atomic bomb on a mesa oasis 7,500 feet above sea level where centuries-old Hispanic and Native American cultures coexist with the most sophisticated and secret technologies of our nation's defense.

Pongratz, who grew up on a farm near O'Neill in north-central Nebraska, says Creighton gave him the foundation for a lifetime of work both as a scientist and a public servant in his many volunteer activities. Along with the math and physics, he says, "The philosophy and ethics at Creighton gave me a philosophy of life, understanding the relationship of man, nature and God."

Pongratz and his wife, Cheryl, whom he met and married while studying for his doctorate in physics at the University of Maryland, moved to Los Alamos in 1973. He has worked in the intricacies of the lab's mission, including the support of nuclear deterrence, reducing global threats from terror attacks, developing clean and sustainable energy sources and on nuclear-test-ban treaty verification.

He was chief scientist of the Strategic Defense Initiative Office — think Star Wars — that sponsored the Beam Experiments Aboard a Rocket (BEAR) Project in 1989, successfully firing a 1-million electron volt particle beam into space that would prove invaluable to the nation's defense. When Soviet scientists witnessed the success of BEAR and reported about it back home, Pongratz recalls, Soviet President Mikhail Gorbachev realized his country would be hard-pressed to compete with U.S. technology.

"Gorbachev decided not to try to outspend us," recalls Pongratz, now officially retired but still working part time at the lab. "In my

own little mind, that (project) contributed to the end of the Cold War."

To help explain the paradox of his workplace where bombs are designed and technology is developed to ensure that they never explode, Pongratz co-authored with lab colleagues and fellow members of Immaculate Heart of Mary Catholic Church, *Nuclear Weapons and Morality: A View from Los Alamos*.

The document — 94 pages with a 12-page appendix — summarized: "We find that Christ's message of 'love thy neighbor' is directed primarily to the individual. On the personal level, the limits of self-defense are

harm and sometimes only the threat of force prevents them."

It was Pongratz's commitment to community service that in 2011 earned him the accolade of being a Living Treasure of Los Alamos. He served a term on the school board and six terms on the Los Alamos County Council. He has coached youth football, worked as a referee and a baseball and softball umpire and for many years has been the voice of Los Alamos High School.

Working to bring up drug-free youths, including those in poorer neighboring communities, has been a passion of his.



Morris (Morrie) Pongratz, BS'64, Ph.D., a Living Treasure of Los Alamos, is pictured on a bluff overlooking a section of the Los Alamos National Laboratory, where he has worked as a scientist since 1973.

prescribed by the individual conscience, while on the societal level, a government is required to protect and defend the common good of its people."

Pongratz, who also serves as a lector and Eucharistic minister at his church, and his fellow authors embrace deterrence and reject "the aggressive extreme of a preemptive U.S. first strike" as well as the opposite extreme of unilateral disarmament.

As to how he reconciles his work with Catholic/Christian morality, Pongratz's moral certainty is buttressed by his studies at Creighton, particularly an ethics course and lessons from its textbook, *Right and Reason: Ethics in Theory and Practice* by Austin Fagothey, S.J. Pongratz answers the question about his work on instruments of destruction with a question of his own: "How does Pope Francis reconcile having a security detail to protect him? My guess would be that there are people in this world who want to do him

Says Pongratz: "If we don't, we're going to be supporting them later on."

He has been a true-blue Creighton man. He and Cheryl's two adult children are Creighton graduates, Karin Church, BA'91, now an attorney in Phoenix, and Dan, BS'96, in Omaha working for one of billionaire investor Warren Buffett's companies. Pongratz returned to Creighton last spring to talk at the 50th anniversary of the Creighton Physics Club, of which he was a founding officer.

He also returns to O'Neill each fall to work the corn harvest on family land, earning his spurs by not what he's done in Los Alamos but what he "can do on the tractor." He remembers the days when his father would have preferred that the boy work on the farm rather than go to high school and then to Creighton. Knowing the kid was a bright one, a priest in O'Neill convinced him otherwise.

His father relented.

For that, the world is a better place.

ALUMNI HOMECOMING WEEKEND

SEPTEMBER
18-21 • 2014

ALL alumni and friends are invited back to campus for this annual fall tradition. Make plans to come back to the hilltop to enjoy the campus and reconnect with friends during one fun-filled weekend.

During Alumni Homecoming Weekend, the 10, 20, 25, 30, 40 and 50-year reunion classes and other milestone reunions also will have the opportunity to celebrate their anniversaries.



Learn more at alumni.creighton.edu/weekend and keep up to date with all the plans for Alumni Homecoming Weekend through the Bluejay Buzz!



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Alumni Homecoming Weekend Favorites

- > Golden Jays Luncheon and Ceremony
- > Deans' Receptions followed by the President's Alumni Dinner
- > Getting Blue Block Party and Homecoming Games
- > Reunion Parties for Classes of 1964, 1974, 1984, 1989, 1994 and 2004 and additional milestone reunions! Interested in volunteering? Contact the Office of Alumni Relations at 800.282.5867.

01 Jason C. Caul, BA'98, JD, Overland Park, Kan., joined Sprint Corporation in Overland Park as corporate counsel supporting the Subpoena Compliance Group.

02 Nicole Lindsey Clark, JD, Bonarie, Ga., joined Morgan Stanley's Wealth Management office in Macon, Ga., as a financial advisor.

03 Michael L. Johnson, JD, Wauwatosa, Wis., is a shareholder in the law firm of Otjen, Gendelman, Zitzer, Johnson & Weir, SC, in Milwaukee.

04 Denise Barry Corrigan, BSN, Holyoke, Mass., received a doctorate of nursing practice, public health nurse leader degree from the University of Massachusetts-Amherst.

06 Kyle M. Eilenfeldt, BA, Portland, Ore., joined Saint André Bessette Catholic Church as a front-office manager. **Kristine M. Hull, MBA,** Omaha, was named chief financial officer at Heartland Family Service. **Andrew C. Sova, BSBA,** Omaha, joined Husch Blackwell's Omaha office as an associate for the banking and finance team.

07 Daniel S. Schreiber, BA, Omaha, joined Zapier, a small business software maker, as a marketer.

09 Anne M. Carroll, BA, St. Augusta, Minn., joined the law firm of Michael Best and Friedrich as an associate in the employment relations practice group at the firm's Milwaukee office.

10 Bridget O'Malley Kautzky, BSBA'07, JD, Urbandale, Iowa, was named partner at the law firm of Lillis O'Malley Olson Manning Pose Templeman LLP in Des Moines, Iowa. Kautzky is the third generation of O'Malleys to practice at the firm.

13 Emily P. Keating, BSW, Geneva, Ill., is serving with the Jesuit Volunteer Corps working at West Side Catholic Center in Cleveland. **Megan Mott, BA,** Eagan, Minn., is serving with the Jesuit Volunteer Corps working at Dolores Mission School in Los Angeles. **Samira Tella, BA,** Bennington, Neb., is serving with the Jesuit Volunteer Corps working at Miriam's Kitchen in Washington, D.C.

Weddings

03 Mandy M. German, BS, and **Mark E. Farrage, PharmD'10, BSHS'10,** Nov. 16, 2013,

living in Papillion, Neb.

04 Denise E. Barry, BSN, and **Patrick Corrigan,** July 5, 2013, living in Holyoke, Mass.

06 Keri A. Schmadeke and Cale J. McLouth, BSBA, Dec. 7, 2013, living in Omaha.

09 Janay A. Robinson, BS, and **Donald M. Calhoun,** April 2013, living in Chicago.

11 Carly K. Russell, BA, and **Alex Pollock,** June 8, 2013, living in Parkersburg, Iowa. **Yvonna A. Summers, BSBA,** and **Alvin R. Samuels Jr., BS'10,** Aug. 3, 2013, living in Omaha.

12 Katherine A. Kilgore and Thomas P. Sullivan, BS'07, MD, Oct. 5, 2013, living in Chicago.

Births

96 Vicente Miguel Belizario, BSBA, and **Michelle Belizario,** San Francisco, a son, Connor Nelson, Oct. 6, 2013.

97 Mark P. Bendon, BSBA, and **Jacqueline Schmit Bendon, BSBA'98,** Omaha, a daughter, Samantha Grace, April 24, 2013. **Roman M. Cornell and Michelle Moshiri Cornell, BSN,** Winter Park, Fla., a daughter, Makena Kate, Nov. 6, 2013. **Mark A. Kelehan, BSBA,** and **Lori Kelehan,** New York, a daughter, Julia Elizabeth, Dec. 5, 2013.

98 Michael I. Brandon, BS, and **Lisa Brandon,** Bellevue, Neb., a son, Kyler Louis, July 8, 2013.

99 Tim Buresh and Leigh Tande Buresh, DPT, Omaha, a daughter, Lucy Elizabeth, June 11, 2013. **John Paul Vaughan and Deborah Winarski Vaughan, BS,** Lockport, Ill., a son, John Paul Robert, Aug. 2, 2013.

01 Steven J. Klein and Mindy Steichen Klein, BA, Remsen, Iowa, a daughter, Callie Jo, June 10, 2013.

02 Brent L. Catlett, BS'98, MD'02, and **Josie A. Catlett, MS'10,** Bellevue, Neb., a son, Oliver Lawrence, Aug. 15, 2013. **Stephen Sheets and Deanna Steimetz Sheets, BSN,** Evans, Ga., a son, Dylan Allen, Oct. 3, 2013.

03 Patrick Friedmann and Amber Goettsch Friedman, BS, Galva, Iowa, a son, Jahn Patrick, Nov. 10, 2013.

04 Adrian R. Rider, BA, and **Sarah M. Rider, MA'10,** Omaha, a son, Quinn Ross, Nov. 3, 2013.

05 Dr. Brandon R. Bird, BS, and **Nicole Bird,** Omaha, two daughters, Brooklyn, Feb. 15, 2011, and Rhylan Jo, Sept. 18, 2013.

06 Dan M. G'Sell, PharmD, and **Marie Halbur G'Sell, BS'02, DDS'06,** Carroll, Iowa, a son, Benjamin Michael, Aug. 30, 2013. **Mark Thurlow and Abigail Strohmeier Thurlow, BS,** Winn, Maine, a son, Raleigh Franklin, Dec. 8, 2012.

08 Dr. Matt Gawart and Brittanie E. Hayes, JD, Boulder, Colo., twin daughters, Kennedie and Kenzie, June 14, 2013. **Mike Kaipust and Jennifer Jones Kaipust, BA'07, MS,** Omaha, a son, Beau William, Nov. 26, 2013.

09 John P. Hillebrandt, JD, and **Emily C. Hillebrandt,** Omaha, a son, John Porter, Oct. 22, 2013. **R. Patrick Lavin, JD,** and **Anne Lohr Lavin, BSBA'04,** Ann Arbor, Mich., a daughter, Margaret Mary, Sept. 23, 2013.

11 Joe Ausdemore and Jesta Thomas Ausdemore, BA'08, MS, Underwood, Iowa, twins, a son, Shield William, and a daughter, Steele Marian Ann, Oct. 3, 2013.

13 Brian K. Abrahams, MBA, and **Lizz Winingier Abrahams, BSBA'06, MBA'09,** Omaha, a daughter, Adelle Elizabeth, Sept. 8, 2013.

Deaths

43 Edward B. O'Connor, PHB, Omaha, Sept. 19, 2013. **Edward D. Palleck, BS,** Omaha, November 2013.

44 Reno D. Rossini, MS, St. Paul, Minn., Oct. 17, 2013.

46 Mary Mercedes Walsh Dolan, BS, Cedar Rapids, Iowa, Nov. 2, 2013. **Harold S. Gately, BSM'45, MD,** Lincoln, Neb., Oct. 15, 2013. **Sr. M. Mechtildis Weiland, SJN,** Madison, Neb., Oct. 10, 2013.

47 Charlotte Cain Bagley, SJN, Iowa City, Iowa, Oct. 17, 2013. **Irene Ramold Meister, SCN,** Wall Lake, Iowa, Sept. 28, 2013.

48 Marie Garrick Dunn, BSN, Omaha, Dec. 15, 2013. **Joseph L. Wiedemeier, BSM'46, MD,** Sioux City, Iowa, Sept. 21, 2013.

49 W. Timothy Jochems, BSC, Olathe, Kan., Nov. 1, 2013. **Madelyn L. Sechser, SJN'41, BSN,** Omaha, Oct. 20, 2013.

50 John J. Dillon Sr., BSC, Omaha, Oct. 3, 2013. **Peter M. Graff, BSC,** McCook, Neb., Dec. 7, 2013. **V. Paul Quinlan, JD,** Omaha, Nov. 28, 2013. **Robert "Bob" Sullivan, JD,** Wahoo, Neb., Sept. 19, 2013. **George F. Wurtz, BusAdm,** Omaha, Nov. 3, 2013.

51 John E. de la Vega, PHARM, San Diego, Aug. 20, 2013. **Geraldine Richelieu Mahoney, BSC,** Tempe, Ariz., Sept. 11, 2013. **Barbara L. Sherlock, SJN,** Omaha, Sept. 3, 2013. **Walter L. Sobba, MD,** Tacoma, Wash., Nov. 10, 2013.

52 Thomas F. Malone, DDS, Sioux City, Iowa, Nov. 22, 2013. **Walter R. McManus Jr., JD,** Des Moines, Iowa, Nov. 14, 2013. **Sebastian C. Pirruccello, BSPH'36, MS,** Omaha, Dec. 15, 2013.

54 Donald J. Bruckner, BA, New York, Sept. 20, 2013. **James "J.J." Hannigan, BS,** Omaha, Aug. 31, 2013. **James L. Koley, BA'52, JD,** Omaha, Oct. 3, 2013. **Emmett T. Murphy, MD,** Butte, Mont., Sept. 21, 2013. **Salvatore J. Nocita, BS'50, DDS,** Nebraska City, Neb., Sept. 29, 2013.

55 Donald D. Mullin, BSC'52, JD, Creston, Iowa, Oct. 3, 2013.

56 R. Michael Barry, BSC, Red Bluff, Calif., Nov. 3, 2013. **Marylyn Seidl Bremmer, BS,** Council Bluffs, Iowa, Nov. 19, 2013. **Thomas J. Finn Jr., BSC,** Overland Park, Kan., Sept. 29, 2013. **Carol Fitzgerald Macan, SCN,** Montgomery, Texas, Oct. 10, 2013. **Larry J. Pillepich, BSChm'54, MS,** Midland, Mich., Nov. 25, 2013. **Victor A. Veltri, DDS,** Chandler, Ariz., Aug. 14, 2013.

57 Donald C. Cuccia, MD, Colts Neck, N.J., Sept. 16, 2013. **Howard E. Muller, DDS,** Bellevue, Neb., Nov. 24, 2013. **Rosemary Mara Skrupa, JD,** Paradise Valley, Ariz., Oct. 23, 2013.

58 Elizabeth C. Bell, BS, Algona, Iowa, Aug. 21, 2013. **Rift Fournier, BS,** St. Louis, Oct. 6, 2013. **L. Ronald Hornza, MD,** Goshen, Conn., Nov. 11, 2013. **William J. O'Connell, BSBA,** Council Bluffs, Iowa, Dec. 14, 2013.

The Year was 1974

What had begun as a finely coifed and buttoned-down decade at Creighton University, within four years had evolved into something else — something characterized by long hair and plaid pants, peasant tops and stacked heels — as well as a dogged determination on behalf of students to speak up and speak out, to push back on issues ranging from parking woes to politics. A decade of noisy but peaceful confrontation at Creighton had set the stage for social and cultural change. Antiwar, civil rights, women's and youth movements were in full swing.

Rock music from student-run radio station **KOCU** wafted from residence hall windows.

The **Steve Miller Band's** "Joker" hit No. 1 on the charts. "**Happy Days**" began an 11-year run on TV. "**The Exorcist**" opened at the Fox Theater in Omaha.

Women's lib supporters marched in the quad in support of **Billie Jean King's tennis victory over Bobby Riggs**.

The Creightonian student newspaper stopped using "Miss" or "Mrs." before female names.

Popular among college students, the **Ford Pinto** became the best-selling car in America. Creighton students complained bitterly about the **shortage of parking** — a complaint that would continue for 30 years. The **speed limit** nationwide was reduced to 55 mph.

The **Golden Buda** at 49th and Underwood was popular with CU students for its free peanuts and foosball tournaments.

Pocket calculators made their debut in America.

Creighton students complained bitterly about the application of technology (**electronic punch cards**) to course registration. "*Pain, anxiety and confusion enveloped students as they journeyed from one line to the next at the endless tables at registration,*" wrote yearbook editors.

Creighton basketball coach **Eddie Sutton** (top right) brought the Bluejays to national prominence. By mid-February, AP ranked Creighton 17th in the country. He would lead the Bluejays to the 1974 NCAA Tournament.

The **Vietnam War** reached its final phase and American soldiers began the long trek home, many headed for American campuses.

Richard Nixon became the first U.S. president to resign the office.

Washington Post investigative reporters **Bob Woodward and Carl Bernstein** published *All the President's Men*, touching off a spike in the number of applications to American journalism schools.

Across the country, colleges and universities continued to implement policies in support of **Affirmative Action**, which had passed two years earlier. Creighton students elected the first African-American student government president of any Nebraska college or university in the late Sonny Foster, who warned of the dangers of apathy.

Residence hall directors met with resistance when they announced that **linen service would be discontinued** in the dorms. Students complained that they were not given enough notice that they would be responsible for doing their own laundry.



Photos from Creighton's 1974 yearbook

The Creighton **Class of 1974** will celebrate its **40th reunion** at Alumni Homecoming Weekend, Sept. 18-21. Learn more and register at alumni.creighton.edu.

59 Thomas J. Cinque, MD, Las Vegas, Oct. 22, 2013.
Julius V. Sonderman, BSBA, Omaha, Oct. 12, 2013.

60 Judy A. Doukas, ARTS, Colorado Springs, Colo., Sept. 19, 2013. **Sr. Margrit Pio Immoos, S.S.M., BSPha,** Oshkosh, Wis., Oct. 21, 2013. **Gerald "Jerry" Kleber, BS,** Bellevue, Neb., Sept. 4, 2013. **Eugene A. Merecki, MD,** Cambridge, N.Y., Nov. 19, 2013.

61 Paul J. Somsy, BSMT'52, MD, Johnston, Iowa, Oct. 13, 2013.

62 Sr. M. Dorothy McCormick, PBVM, MA, Dubuque, Iowa, Oct. 8, 2013. **Robert J. Mulvihill, JD'59, BSBA'62,** Springfield, Ill., Sept. 19, 2013. **Ret. Maj. Max G. Ulveling, BSBA,** Omaha, Aug. 15, 2013.

63 Sr. M. Janet Daul, R.S.M., MA, Omaha, Nov. 7, 2013. **Leo P. Showers, DDS,** Lincoln, Neb., Oct. 20, 2013.

64 Michael D. Day, BA, San Jose, Calif., Sept. 30, 2013. **Paul F. Hittner, MA,** East Moline, Ill., Aug. 26, 2013. **Patricia McCormack McClellan, BSN,** Omaha, Dec. 1, 2013. **Jeanne Palmer Sawyer, BSN,** Omaha, Nov. 1, 2013.

65 Paul V. Nally, MD, Shrewsbury, Mass., Sept. 24, 2013. **Dr. J.B. Risatti, ARTS,** Chicago, Aug. 1, 2013.

66 Ret. Col. Floyd E. Gori, BS, Anchorage, Alaska, Nov. 21, 2013.

67 Larry T. Bourke, MD, Colorado Springs, Colo., Oct. 15, 2013. **James R. Privitera Jr., MD,** Covina, Calif., Sept. 23, 2013.

68 Philip "Phil" Bloomberg, BA, Elkhorn, Neb., Sept. 16, 2013. **Edward L. Iwersen, BA,** Tempe, Ariz., Sept. 23, 2013.

70 James P. Miller, JD, Papillion, Neb., Nov. 16, 2013. **John A. Mirczak, MD,** Arlington, Va., Oct. 11, 2013. **Patricia K. Susami, BS,** Milwaukee, Dec. 3, 2013.

71 Robert J. Leahy, BSBA, Omaha, Oct. 2, 2013. **J. Patrick McQuillan, BSBA,** Milwaukee, Nov. 30, 2013. **Sr. M. Hilaria Phipps, S.C.L., MSSCED,** Leavenworth, Kan., Nov. 2, 2013. **Ronald H. Stave, JD,** Waterloo, Neb., Nov. 28, 2013.

72 Rev. William S. Dunn, BA'67, MD, West Roxbury,

Mass., May 20, 2013.

73 Suzanne M. Bianchi, BA, Santa Monica, Calif., Nov. 4, 2013. **Paul J. Gibilisco Jr., BA'69, MSEdu,** Omaha, Sept. 4, 2013. **Robert E. Manly, JD,** Rochester, Minn., Nov. 10, 2013.

74 Timothy I. Markel, JD, Council Bluffs, Iowa, Oct. 11, 2013.

75 Marianne Clare, JD, Omaha, Aug. 27, 2013.

76 E. Stephen "Steve" Adams, BSBA'74, MBA, Omaha, Oct. 25, 2013. **Philip A. Cerra, ARTS,** Omaha, Nov. 24, 2013.

77 Rev. Rafael B. Librea, MAIR, Omaha, Dec. 4, 2013. **Sr. Maureen Walker, P.B.V.M., MChrSP,** Fargo, N.D., Aug. 14, 2013.

78 Anne Ostrand Stroll, JD, Libertyville, Ill., Dec. 2, 2013.

79 Timothy J. Gass, BSBA'77, JD, Boise, Idaho, Nov. 30, 2013. **Lawrence R. Wheelock, BSPha,** Potsdam, N.Y., Aug. 26, 2013.

81 Ellen Koontz Dugan, MS, Omaha, Nov. 29, 2013.

82 Sr. Roberta P. Kolasa, MChrSp, Saginaw, Mich., Sept. 1, 2013. **Dr. Norman W. Scholes, BSPha,** Lynchburg, Va., Nov. 26, 2013. **Annie F. Zinn, BA'70, MA'73, MS,** Omaha, Sept. 4, 2013.

85 Sandra C. Jones, BSN, Santa Rosa, Calif., Aug. 11, 2013. **Eric W. Musgjerd, BSBA,** Omaha, Oct. 6, 2013.

86 Dennis P. Hurley, MBA, Stillwater, Minn., Sept. 5, 2013. **Randall "Randy" Reynolds, BS'82, DDS,** Miles City, Mont., Sept. 27, 2013. **Peter M. Townley, BS'81, MD,** Omaha, Dec. 15, 2013.

88 Joseph S. Dovgan, BS'84, DDS, Paradise Valley, Ariz., Oct. 21, 2013. **Todd V. Elsbernd, JD,** Grand Island, Neb., Nov. 13, 2013. **John P. Marinkovich, BSOT,** Omaha, Nov. 11, 2013.

91 Ret. Lt. Col. Victor M. Helbling, MCSM, San Antonio, Oct. 6, 2013.

94 Laurie A. Hultgren, MS, Rapid City, Iowa, Oct. 24, 2013.

96 Rev. John A. Freeman, MA, Ardmore, Pa., Sept. 21, 2013.

New Members of the National Alumni Board Announced



Alseth



Black



Lakier



Tanaka



Zabrowski

The National Alumni Board (NAB) welcomed five new members last fall. They will represent alumni for the next three years. The NAB meets twice a year at Creighton to discuss various University issues, alumni concerns and alumni program plans. New members are:

Jane Alseth, JD'72 — Alseth is associate general counsel at Tenaska, Inc., in Omaha. At Creighton, she has been a member of the Jaybacker Executive Committee, Parent's Council, Committee on the Status of Women and the Athletic Board.

David Black, BSBA'05 — Black is the deputy director-Washington affairs for Union Pacific Railroad in Washington, D.C. A past Creighton student body president, Black served as a chapter board member for the Washington, D.C., Alumni Advisory Board.

Nancy Lakier, BSN'75 — Lakier is CEO and managing principal for Novia Strategies in Poway, Calif. She has served on the boards and leadership councils for a variety of professional healthcare organizations and was a member of the School of Nursing Alumni Advisory Board prior to her appointment to the National Alumni Board.

Raymund Tanaka, BS'79, DDS'83 — Tanaka is a general dentist in Glendale, Ariz. He is a delegate in the House of Delegates of the Arizona Dental Association. He has served as an active member of the Creighton University School of Dentistry Alumni Advisory Board.

Ryan Zabrowski, BSBA'01 — Zabrowski, a former Creighton student body president, is a sales associate with Investor Realty, Inc., in Omaha. He has served on the Jaybacker Executive Committee (immediate past president) and was a member of the Recent Alumni Advisory Board. He currently is chairman of the Jesuit Partnership Council of Omaha.

traditions

Fun B4 Finals

There's nothing like a relaxing game of bingo to reduce jitters before final exams. And yes, we do mean the same old game that you played as a kid and that your grandmother still plays.

For the past 10 years, Residence Life has hosted bingo in the Skutt Student Center at the end of the fall semester, during the week before final exams, and well over 500 Creighton students come out to play, enticed by prizes that this year included concert tickets to see Lady Antebellum, Luke Bryan and Demi Lavato.

"It's great fun," says Rachel Heinen of Durand, Ill., who won a guitar, case and 53 guitar lessons on DVD. The sophomore psychology major accompanied a friend to the event, who thought the activity would be a good stress-reliever. "Winning made me feel really lucky," says Heinen, "and going into finals week, that was definitely a mood booster."

Sophomore nursing student Kate Gradoville of Palos Verdes, Calif., arrived at 10 p.m. and stayed until 1 a.m., winning a "chick flick package of popcorn and four DVDs — perfect for me!"

"It's a Creighton tradition," says Lucas Novotny, assistant director of residence life. "It's free, it's fun and it requires absolutely no skill or previous knowledge of the game. And it doesn't hurt that the prizes are awesome."


Novotny says that some students bring textbooks and laptops and play bingo rather mindlessly as they study. In years past, a roster of celebrity callers have added to the fun — professors, coaches and players, past Creighton president John Schlegel, S.J., and Billy Bluejay himself.

Says Novotny, "It's a great tradition that does kind of defy explanation, but hey, it's finals week — whatever helps keep the anxiety level down."

Click here to see more photos.

Do you have a Creighton tradition you would like us to feature? Send ideas to Rosanne Bachman at rosannebachman@creighton.edu.





Dreams and Spiritual Growth

By Rick Davis, BA'88

I'm panicked. There's a final exam tomorrow.

I haven't studied for the course, and I can't even remember if I've attended one class. Come to think of it, I don't even remember registering for this course. But one thing's for certain: The test is coming. "OK," I tell myself, "take a deep breath." If I cram all night, maybe — just maybe — I can pull this off. BZZZ ... BZZZ ... BZZZ.

The alarm clock trumpets my salvation. Whew! It was just a dream.

Or maybe it wasn't just a dream. Maybe this dream — or recurring nightmare — is trying to tell me something, says Sr. Janice Bachman, O.P., a Dominican Sister of Peace who teaches a summer course on dreams and spiritual growth for Creighton's graduate program in Christian spirituality.

First, she tells me this type of dream is fairly common.

"The whole exam motif, there are quite a multitude of variations to it," Sr. Bachman explains. "Sometimes, we have to take an exam and we can't find the room. Sometimes, we get into the room and we can't find the test."

And sometimes, as in my case, the test is looming, and we're sweating it out the night before. So what does it mean? Sr. Bachman offers this analysis.

"Think of what an exam is, symbolically: We're called to give testimony to what we've learned. And, somehow, we're not up to it."

I'm intrigued. Sr. Bachman, who earned a certificate in spiritual direction from Creighton in 1989 and has been a full-time spiritual director since 1996, believes that dreams may have a deeper spiritual message for us — if we are willing to probe them further.

In the case of my "test" dream, she provides some questions for reflection.

"I think I would ask myself, 'How could this be showing up in my outer life? Is there some responsibility that I have that I've forgotten about or overlooked or let go to the last minute?'"

Leonard Greenspoon, Ph.D., biblical scholar and the Klutznick Chair in Jewish Civilization, says that associating dreams with divine messages was common throughout the Ancient Near East — Egypt, Mesopotamia and ancient Israel.

"Not all dreams, of course, but in certain circumstances, especially when dreamt by political and/or religious leaders," Greenspoon says. "This was also the case, throughout much of their history, for the Greeks and Romans."

Indeed, Sr. Bachman says, there are 121 mentions of dreaming and 89 mentions of sleep in the Bible. Dreams are prominent in Matthew's Gospel recounting the birth of Jesus, as when angels appeared to Joseph in a dream and told him that Mary's pregnancy was Spirit-conceived and that he should take her as his wife. In other instances, such as Leviticus (19:26) and Deuteronomy (18:10), we are cautioned against any interpretation of dreams that could be connected with the prohibited practices of witchcraft or magic.

Sr. Bachman adds that interpreting dreams literally may not be desirable. For her, dreams are a natural topic during spiritual direction — which she describes as "help that one Christian gives to another to enable them to pay attention to what they are noticing about God in their everyday life and how to respond to that." She adds: "In the arena of spiritual growth, I would say that dreams are respected in the Christian tradition as one of the ways that God speaks to us."

Naresh Dewan, M.D., medical director of the Sleep Medicine Program for Alegen Creighton Health Creighton University Medical Center, explains that there are two states of sleep — rapid eye movement (REM) sleep and non-rapid eye movement sleep — and we cycle through them during the night. Dreams generally occur during REM sleep, which first starts about an hour-and-a-half to two hours after we fall asleep. We average about three or four cycles of REM sleep per night — and they typically get longer as the night progresses, from about five to 10 minutes, at first, to up to 30 minutes toward the second half of the night.

"During REM sleep our eyeballs start moving, and our brain waves become more active — as active as if we were awake," Dewan says. At the same time, the body's major voluntary muscle groups are paralyzed — "nature's way of keeping people from acting out their dreams." We spend about one-third of our life sleeping, and 15 to 20 percent of that is REM sleep — providing plenty of dreams to reflect upon, if we can remember them.

Sr. Bachman offers some strategies to help us remember our dreams. Read more here.

And, don't worry; there won't be a test.

Creighton

UNIVERSITY

Doc Schlesinger

Beloved Creighton professor Allen Schlesinger, Ph.D., died Feb. 21 at the age of 90. The former chairman of the Department of Biology, Schlesinger inspired thousands of students in a teaching career spanning nearly 50 years. He shared his memories in the summer 2012 issue of *Creighton University Magazine*. Read it at bit.ly/cuschlesinger.



A portrait of Sr. Janice Bachman, O.P., a Dominican Sister of Peace and spiritual director. She is a woman with short, curly, dark hair, wearing glasses and a grey blazer over a white top. She is looking slightly to the right of the camera with a gentle expression. The background is dark and out of focus.

Sr. Janice Bachman: On Dreams

Photo by Mark Romesser

Sr. Janice Bachman, O.P., is a Dominican Sister of Peace and spiritual director who teaches a summer course on dreams and spiritual growth for Creighton's graduate program in Christian spirituality. She is also a certified Jungian analyst, with training in analytical psychology as put forth by the Swiss psychiatrist C.G. Jung. Following are excerpts from her interview with *Creighton University Magazine*.

Q: How did you become interested in exploring dreams?

A: My interest in working with dreams arose out of my own life experience, and, secondarily, in my work as a spiritual director. I have always been intrigued by such questions as: Do dreams have meaning? Why do we have dreams? What is trying to be communicated here?

Q: Are dreams just an unconscious review of the day's activities?

A: Because dreams use what happened to us during the day, people think, "Oh, they're really nothing. They have no meaning, or no deeper meaning. It's just simply a review of the day." I would say oftentimes, maybe even all the time, dreams are more than just reviewing the familiar activity that we've been engaged in during the day.

A dream is composed of a series of images, actions, thoughts, words and feelings over which we have little or no conscious control. So that would seem to indicate that there is a deeper reserve within us that wants to say something to the conscious aspect of ourselves.

Q: How does your training as a Jungian analyst assist you in working with dreams?

A: It's a training to help people become more conscious of what's in the unconscious. (Carl) Jung believed that there is a part of our psyche, or soul, that is unconscious. And that part of the task that we have as individuals is to help material from the unconscious bubble into consciousness so we can begin to integrate this material into our conscious selves in order to become more fully the unique person God created us to be.

Q: How can we do a better job of remembering our dreams?

A: First, I would say that it is important when we have a dream to write it down, just as it came. However, I have found, through my own experience, if you jump up to write it down without recalling the whole dream, it often evaporates. There's something about not moving our head before we play the dream in our mind. Try to stay on the edge of sleep as much as you can and recall as much of the dream as you can.

Another thing, if you're really serious about your dreams, begin to pay attention to your feelings and attitudes of the day before you go to bed. Paying attention to the inner-processing of the day's events and allowing them to run before your inner-eye could be very helpful. Also, if you don't recall a dream upon awakening, you can begin to notice how you feel upon awakening. When we notice the feelings when we awaken, it may help us to get back to recalling at least part of the dream.

Q: What about nightmares, can we learn anything from them?

A: People would say, "That's a bad dream." I would disagree. I would say there's no such thing as a bad dream. Sometimes dreams can take a dramatically negative form to get our attention. Pay attention to the affect or feeling in the dream. One of the things that I do when I work with dreams, if there is a very strong feeling in the dream, is to just sit and reflect and ask myself, "When was the last time I experienced that feeling in my outer life?" Is it in relationship with someone, for example, that I tend to have a conflict with? Maybe the dream is coming to help me penetrate my own bias or to help me see reality in a different way.

Q: What about recurring dreams?

A: Oftentimes, dreams of being chased are one example of what we call repetitive dreams. Sometimes we might even become afraid to go to sleep for fear that we may have another repetitious kind of dream. But, actually, it would be highly unusual if a person were to have exactly the same dream in repetition. So, it's important when we have repetitive dreams to look at the differences. Maybe the psyche is trying to tell us that some progress is being made.

In his book *The History of Last Night's Dream*, Rodger Kamenetz gives an example of a person who was having very irritating dreams of being lost. It was played out by him missing a train. These dreams went on for two or three years. He would get down to the train station and, just as he would be getting there, his train would be pulling out. Or he would go to the train station and would be down on the platform and have no ticket. Or he would come into the train station and couldn't find the ticket agent. This went on and on, until, in one of his dreams, he went into the train station and there was someone ready to sell him a ticket. And the person said to him, "Where are you going?" That stopped him dead in his tracks. He realized, even in his dream, that he didn't know where his life was going. Once that breakthrough occurred, that series of dreams stopped. So if you can stay with it, there's a real invitation for a new awareness to come through.

Q: How do you go about finding the meaning of a dream?

A: One of the things I do in the course at Creighton is ask students to take one of their dreams, write it down, give it a title, and jot down what the dream may be asking. Then we take various symbols in the dream and make associations with them. Let's say that in my dream I am in a car. It would be really important to note where I am in the car. Am I driving? Am I in the back seat? If I'm not driving, who is? Do I know the driver? A car is literally a symbol for getting around — we could say, getting around in life.

The next step, in trying to interpret the dream, would be to place the dream in the context of my life. Why would I be having this dream now? What is the dream trying to urge me to look at? Or, in some way, is it trying to encourage me to expand my view? In reporting our dreams, it's also important to include a couple of sentences about our life context. What happened in our life the day we had the dream? What is it that I was ruminating on or mulling over in my mind? Then, in interpreting the dreams, I would ask myself, "What does this dream mean to me?" Writing it down can be very helpful in processing it.

Finally, I would look for some way to act on the meaning of the dream. Dreams don't come to us for entertainment. Dreams come to us, really, to aid us in becoming more conscious of something. There may be some way the dream is urging me to change my behavior. So even making an attempt to change my behavior may be a way that you would honor the dream.

Q: Other strategies that can help in interpreting dreams?

A: If you have a trusted friend, you might want to share the dream with him or her and kind of explore it. They may help you identify the main issues that seem to be presented in this dream. I also suggest that people, in an on-going way, may want to form a dream group. They may meet for an hour every month or every other week, and one person would present a dream and then the others would look at it and say, "If that were my dream, I would ..."

In my class, if a dream has a lot of activity in it, I might suggest the dreamer act as a stage conductor. In this exercise, the dreamer uses the dream as a script and then assigns other people in class to play various roles. Then the dreamer stands back and watches this unfold, to see if he or she can gain any other insight as to what the dream may be saying.

Q: What do you hope students take away from your class on dreams and spiritual growth?

A: I would hope they would come to a reverence for the spiritual significance of dreams and how they can inform their lives, and a respect for what the dream can do in bringing into consciousness what we need to know to live more holistic and holy lives. The more that we can become more integrated and more aware of what's in our unconscious — what binds us and leaves us unfree — then the more available we can be for God to work in and around us. It's about staying with a dream until you feel you've come upon something that resonates with the deepest part of your being. That's when dreams can be a very useful tool in discerning.

The Man Behind the Science

By Jennifer Homann



Photo by Jim Fackler

Dropping out of school at 15 years old, falsifying documents to join the Navy at 16 and enjoying a professional boxing career at 18 were just the start of the unorthodox, boundary-pushing life of Henry Lynch, M.D. His greatest accomplishment, disproving the medical establishment in order to develop the cardinal principles of cancer genetics, was still decades away.

Born in Lawrence, Mass., on Jan. 4, 1928, Lynch grew up in Depression-era New York. He used an older cousin's identification to join the U.S. Navy at 16, serving in Europe, the Philippines and as a gunner on a Marine ship in the Pacific during World War II. After being discharged in 1946, "Hammerin' Hank" stepped into the ring as a professional boxer in New York State and San Francisco.

"I had visions of grandeur, believing that I could be a heavyweight champion," Lynch recalls. "But after too many blows to the head, I knew I had to find another path in life."

Lynch returned to school in the late 1940s, earning a bachelor's degree from the University of Oklahoma and a master's degree in clinical psychology from the University of Denver before extensive doctoral work in human genetics at the University of Texas at Austin and, finally, earning his medical degree from the University of Texas at Galveston. He then interned at St. Mary's Hospital in Evansville, Ind., and completed a residency in internal medicine at the University of Nebraska College of Medicine, followed by training in clinical oncology.

It was during his residency that Lynch started to notice a trend in some of his patients who, it turned out, had many family members affected by the same type of cancer. His extensive background in genetics prompted a radical new theory at the time: cancer may, in fact, be a genetic condition rather than merely environmental.

"At that point, I was very surprised that physicians weren't picking up on this pattern in family histories and developing cancer screening programs. Patients were — and still are — dying needlessly because of the lack of attention to their genetic background," Lynch says.

In 1966, Lynch bucked conventional wisdom when he published a seminal paper on what he then called the "Cancer Family Syndrome." The paper described two large Midwestern families showing the same dismaying rates of colon cancer, as well as several other cancers. Nevertheless, when Lynch used this finding and additional data to apply for a National Institutes of Health grant four years later as a faculty member at Creighton University, the reviewing committee denied the application, continuing to outright reject the idea that cancer could be hereditary.

But Lynch persisted. For the next two decades, his unwavering commitment, an ability to make the most out of limited funding and his painstaking record-keeping led to the

“Dr. Lynch and his team at Creighton, along with a network of worldwide researchers, have set the stage for true cancer breakthroughs and prevention progress — saving many lives in the process.”

— Dave Karnes, former U.S. Senator from Nebraska and Founder of Liz's Legacy Fund

creation of a hereditary cancer registry entirely unique in its depth and breadth. He tracked individuals and families through multiple generations, collecting family histories, medical and pathology records and DNA samples when available.

“Giving up never crossed my mind,” he admits. “I knew I was right. My previous genetic, medical and oncology training left me with no doubt in my mind that I was right.”

Over the next 20 years, Lynch continued to compile data and statistics that demonstrated patterns of cancer syndromes through multiple generations of families. Through this work, he became the first to define the necessary criteria for a genetic cancer: early-age of onset of the disease, specific pattern of multiple primary cancers and Mendelian patterns of inheritance in hundreds of extended families worldwide.

Eventually Lynch's theory gained momentum and acceptance among his peers. He and collaborating researchers went on to definitively identify several genetic cancer syndromes and make invaluable connections between different types of cancers that weren't known to be related.

Lynch's family registry, for example, was instrumental in not only identifying the BRCA1 and BRCA2 mutations that cause a dramatic increase in risk for breast cancer, but also in making the integral connection between breast and ovarian cancers in what's now called hereditary breast-ovarian cancer syndrome.

His work also led to the discovery that hereditary nonpolyposis colorectal cancer, which was later named Lynch syndrome in his honor, increases a carrier's risk for about a dozen other cancers and carriers of familial atypical multiple mole melanoma (FAMMM) are at risk for developing pancreatic cancer.

“I spent 30 years with a lack of belief in my work and in my data, but the discovery of cancer-causing mutations changed everything, especially the BRCA mutations and mismatch repair gene mutations for the Lynch syndrome,” he says. “It was satisfying when that lack of belief was essentially abolished,

particularly because it meant that patients could start to benefit from the truth, as they should have all along.”

Lynch has since gone on to lecture to colleagues in medical oncology throughout North and South America, Europe, Israel and Asia. But perhaps most importantly, however, the past six decades of Lynch's work have led to the development of improved treatment and prevention options for carriers of identified genetic cancer syndromes:

- > Preventive surgeries to remove the uterus, fallopian tubes and ovaries can now be recommended for women diagnosed with Lynch syndrome.
- > Patients with an initial colon cancer in Lynch syndrome require removal of most of the colon, called subtotal colectomy when cancers occur in Lynch syndrome.
- > Prophylactic surgical removal of breast tissue, fallopian tubes and ovaries are options to decrease risk for patients with BRCA mutations of hereditary breast-ovarian cancer syndrome.
- > Individuals with FAMMM syndrome can screen for any atypical moles and have them removed if they appear melanoma-bound.
- > Those diagnosed with Lynch syndrome require colonoscopies, initiated at age 20 to 25 and repeated every other year to age 40 and annually thereafter, while those with hereditary breast ovarian cancer syndrome can start annual screening mammograms at age 25 to identify any developing tumors at the earliest possible stage.

As Lynch's registry expands well past 200,000 individuals from more than 3,000 families, his team is constantly updating and modifying strategies for management as well as recognition of new hereditary cancer syndromes in a never-ending attempt to achieve the best possible modes of cancer prevention.

“I believe there will certainly be enormous life-saving discoveries on the horizon,” Lynch says. “The science is going to advance significantly in the coming years, particularly in molecular genetics. That's what keeps me going.”

“Dr. Lynch and his team at Creighton, along with a network of worldwide researchers, have set the stage for true cancer breakthroughs and prevention progress — saving many lives in the process,” says Dave Karnes, former U.S. Senator from Nebraska, and founder of Liz's Legacy Fund, which he created in honor of his late wife, Elizabeth Karnes, Ed.D.

Liz, as she was affectionately known, discovered she had Lynch syndrome after being diagnosed with ovarian cancer at age 40. Liz's Legacy Fund and its associated Kicks for a Cure event have raised nearly \$1.5 million for Lynch and the Creighton University Hereditary Cancer Center and the University of Nebraska Medical Center over the past eight years. But, according to Karnes, the true power of Lynch's work is the knowledge it brings patients.

“Knowledge is power in the truest sense here,” he says. “As a result of Dr. Lynch's work, people can learn of their cancer profile and take steps accordingly. Also, by this knowledge and taking the steps for prevention and testing, cancer need not be the immediate ‘death sentence’ that many assume. His work brings hope through awareness and addresses fear scientifically and clinically.”

Just as the start of Lynch's life was less-than-conventional, so, too, have been his twilight years. Rather than hanging his hat on any one of his groundbreaking successes and retiring along with many of his contemporaries, the now 86-year-old Lynch has continued his work in the Hereditary Cancer Center — and he doesn't have plans of that ending anytime soon.

“I'm thirsty for knowledge and I think I have many, many ideas that need to be exploited,” Lynch says as a warm smile stretches across his face. “God willing, I think I'll keep going on it until I'm at least 105.”

Financial Hope Collaborative Strengthens Families, Communities

In a program where the mantra is “Cash is Queen,” low-income single mothers spend nine weeks in two-hour training sessions, receive ongoing financial coaching for a year and have access to dinner and childcare during the meetings.

Through hope and humor, participants in the **Financial Success Program**, part of Creighton’s Financial Hope Collaborative, are able to change their financial behaviors and, in turn, improve their health. More than 200 women have gone through the program since it began in 2009.

Research shows that 60 percent of Americans are living paycheck to paycheck, and a record number are living below poverty level, says program director Julie Kalkowski of Creighton’s Heider College of Business. For these people, managing monthly finances is difficult and can severely limit their social and professional mobility.

Taxes, banking procedures, avoiding predatory lenders, savings strategies, cash flow management and budgeting are among the topics covered in the program.

“The Financial Hope Collaborative directly improves the lives of individuals, families and our community,” said Anthony Hendrickson, Ph.D., dean of the Heider College of Business. “It is gratifying to be able to help families improve their health and general well-being by helping them develop better work habits and financial management skills.”

Kalkowski, former director of community outreach for the United Way of the Midlands, created the program at the United Way, and it was relocated to Creighton in 2010.

At Creighton, Kalkowski creates innovative programs and financial products that help low- and moderate-income families and individuals gain access to the financial mainstream. Her efforts are producing results.

Kalkowski found that while 37 percent of the single mothers in the Financial Success Program had used payday loan services three or more times in the year prior to starting the program, that dropped to 4 percent a year



Julie Kalkowski, of the Financial Hope Collaborative, reviews expenses and celebrates progress with program graduate Tamara Forte.

Photo by Jim Fackler

after graduating from the program. Graduates also had significantly fewer overdrafts and utility shut-off notices. Participants were able to sign up for level payment plans with utility companies and some obtained debt consolidation loans.

Kalkowski says the Financial Hope Collaborative is the first program to report the impact of financial education on the health and well-being of low-income single mothers. In addition to improved financial outcomes, participants demonstrated a significant reduction in fast-food consumption and improvements in hopefulness and their perceived quality of life. More than 30 percent of mothers experienced weight loss, a 52 percent reduction in body mass index (BMI) and a 41 percent reduction in their body fat percentage. Many of their children experienced reductions in BMI and BMI percentile as well.

“Financial stress should be addressed through education, and that’s what the Financial Success Program does,” Kalkowski says. “And when designing multifaceted community-based cardiovascular risk reduction programs, the impact of financial stress should certainly be taken into consideration.”

For her dedication to improving lives through financial empowerment, Kalkowski was awarded Creighton’s Martin Luther King Jr. Legacy Award in January 2014.