



# UNIVERSITY CAPSULE

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## **Our 2007–08 Franciscan Value Focus: Serve one another, society and the Church.**

### **Alumni/Faculty Art Exhibition**

The School of Creative Arts has announced the opening of the Alumni/Faculty Art Exhibition on **Saturday, November 3 at 7 p.m. at the Weatherhead Gallery.**

This annual tradition showcases new work by alumni and faculty of the School of Creative Arts. A wide variety of media will be on display. The exhibition will run through Sunday, November 25.

There is no charge for admission. Gallery hours are Monday through Friday, 9 a.m. to 5 p.m.; Saturday, 10 a.m. to 5 p.m.; and Sunday, 1 to 5 p.m.

### **Cougars for Life**

Free fleece baby blankets for expectant parents are being made by USF “Cougars for Life” student members. Donations of one yard of baby print fleece material or funds to make blankets would be appreciated. For further information, please contact Pat Luckey in Nursing at 399-7700 ext. 8520.

### **Volunteer for Christmas in the Castle**

For a great way to get into the spirit of the season, consider volunteering during Christmas in the Castle. This year, the Bass Mansion will be decorated by nine florists and designers. Visitors will be able to tour additional areas on the first floor and see new decorations and designs.

The event will be open to the public during the first two weekends of December. On **Saturdays (December 1 and 8)**, hours are from **3 to 5 p.m.** On **Sundays (December 2 and 9)**, hours are from **noon to 6 p.m.**

We need at least two faculty or staff members for each two-hour shift. You will work with two student volunteers. One faculty/staff volunteer will be the greeter, handling admissions and serving as the “point person” for the shift. The other might handle some other duties, including assisting the church and school choirs which will be performing.

Many of last year’s volunteers already have signed up. As they will tell you, it’s wonderful to hear all the great

comments about the beauty of the Bass Mansion and the work the University of Saint Francis is doing.

Listed below is the current schedule. If you have any questions or are ready to sign up now, please contact Lynne McKenna Frazier, ext. 7768 or e-mail lfrazier@sf.edu. Thank you for helping make this event a success.

<b>Date</b>	<b>Time</b>	<b>Positions</b>
12/1	3-5 p.m.	Greeter, Host
	4-7 p.m.	Greeter, Host
12/2	12-2 p.m.	Greeter, Host
	2-4 p.m.	Greeter, Host
	4-6 p.m.	Greeter, Host
12/8	3-5 p.m.	Greeter, Host
	5-7 p.m.	Greeter
12/9	12-2 p.m.	Greeter
	2-4 p.m.	Greeter, Host
	4-6 p.m.	Greeter

### **Nutrition and Exercise Specialist Dr. William Evans to Give Two Talks**

The School of Arts and Sciences, the Athletic Department and Lilly Endowment Inc. are hosting Dr. William Evans in two seminars, on **Thursday, November 8 and Friday, November 9.**

The first seminar, “Energy In vs. Energy Out? Effects of Changing Exercise and Macronutrient Intake on Weight Loss,” will be held on **November 8 at 7 p.m. in the North Campus Auditorium** (formerly Abundant Life Tabernacle). The second, “Exercise and Aging: Turning Back the Clock,” is scheduled for **November 9 at noon** at the same location.

You may also meet Dr. Evans from **10:30 to 11:30 a.m.** in the **North Campus Foyer** on **Friday, November 9.**

Dr. Evans is a Professor of Geriatrics, Physiology and Nutrition and Director of the Nutrition, Metabolism and Exercise Laboratory in the Donald Reynolds Department of Geriatrics at the University of Arkansas for Medical Sciences. He is also a research scientist in the Geriatric Research, Education and Clinical Center (GRECC) at the Central Arkansas Veterans Healthcare System. His

laboratory examines the relationship between exercise, nutrition and aging. His landmark studies have demonstrated the ability of older men and women to improve strength, fitness and health through exercise, even into the 10th decade of life.

Dr. Evans is the author or co-author of over 160 publications in scientific journals and three books: *Biomarkers*, *The Ten Determinants of Aging You Can Control* and *AstroFit*. He is currently a member of the National Scientific Advisory Council, American Federation for Aging Research, the Human Research Facility Science Working Group for National Aeronautics and Space Administration and Universities Space Research Association, and the NIH *Epidemiology of Clinical Disorders and Aging Study Section*.

### **It's Halloweenie Roast Time Again!**

Campus Ministry will host its annual Halloweenie Roast from **11 a.m. to 1 p.m. on October 31 in Campus Ministry**. There will be lots of treats, including the ever-famous Halloweenies, eye of newt, ear of dog, apples, and cookies. Bring a fiend (and a friend, too) and have a bite with us!

### **Always Wanted a Career That Made a Difference?**

Have you ever thought about pursuing a career in the healthcare industry? Know a friend who has always wanted to make a difference in people's lives? If so, take your friend to the Health Careers Visit Day on **Saturday, November 10 from 9 a.m. to Noon** at the **Doermer Center**.

At Health Careers Visit Day, visitors will have the opportunity to explore a wide variety of career opportunities in healthcare, from nursing to radiologic technology to physician assistantship to healthcare administration. Attendees will also have the chance to speak with faculty and students, tour patient care laboratories and have transcripts evaluated for transfer credit.

To register for Health Careers Visit Day or for more information, please call the Office of Admissions at 434-3279.

### **Christmas Posters Are Available**

If you would like to take some Christmas posters to post around the community, please pick them up from Bill Slayton in Trinity 30B.

### **A Special Thank You To Blood Drive Donors and Workers**

"Thank you to all of you who helped with the blood drive or came out and donated. We had a great day and a great turnout. Many people will be helped because of your kindness and generosity. Thank you for your willingness to give." – Pam Zimmerman

### **Campus Ministry Schedule**

#### Mass in Saint Francis Chapel in Trinity Hall

Monday	12:05 p.m.
Tuesday	5:15 p.m.
Wednesday	12:05 p.m.
Thursday	5:15 p.m.
Friday	12:05 p.m.
Saturday	8:30 a.m. and 5 p.m.
Sunday (Student Liturgy)	7 p.m.

During the month of October there will be Eucharistic Adoration in the Chapel every **Wednesday from 12:30 to 4 p.m.**

Join your peers for student-led prayer every **Wednesday at 9 p.m.** in the USF Chapel and every **Thursday at 4 p.m.** in the Reflection Room on the second floor of the Vann Library.

Confession will be available 30 minutes before weekend liturgies or by appointment. Fr. John's office phone number is 434-7431.

### **Upcoming Events?**

Do you have an event or news item you want to see in *University Capsule*? Please send requests to [tyler@hpn-marketing.com](mailto:tyler@hpn-marketing.com).

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### **Reminder!**

In case you missed them, below are items from previous editions of *Capsule*. These announcements give you all the information you need about upcoming events—don't miss what's going on at USF.

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### **Drama *Playing With Fire* Coming Soon**

The School of Creative Arts has announced the fall production of Barbara Field's drama, *Playing With Fire*. The production is an adaptation of Mary Shelley's novel, *Frankenstein*, and features a cast of six outstanding

actors. Five showings of the drama will take place in the **North Campus Auditorium** off Spring Street:

**Saturday, October 27 at 8 p.m.; Sunday, October 28 at 2 p.m.; Thursday, November 1 at 8 p.m.; Friday,**

**November 2 at 8 p.m.; Saturday, November 3 at 8 p.m.; and Sunday, November 4 at 2 p.m.**

Admission is free for USF students, faculty and staff. Admission for the public is \$8. Doors will open 30 minutes before show time for general seating. For more information contact Amy Schreiber at 434-7591.

### **Dr. Rudy Kachmann Book Signing**

Dr. Rudy Kachmann, M.D., co-founder of the Kachmann Mind Body Institute in Fort Wayne, will have a book signing from **10:30 to 11:30 a.m. on Saturday, October 27** before the USF home football game against Urbana University. He will be signing his book, *Welcome to your MindBody*, under the bleachers at the stadium, across from the Campus Shoppe booth.

Dr. Kachmann has practiced neurosurgery for over 40 years, and his research and lectures have been broadcast locally on PBS. He is the author of *The Call of Life: Twenty Prescriptions for Living the Good Life* and producer of *Oh, My Aching Back*.

### **Vincent House Halloween Party**

The Physical Therapy Studies Club will sponsor the annual Vincent House Halloween Party on **Thursday night, October 25**. This annual event is a favorite for the families and staff at Vincent House as it is completely planned, staffed and funded by donations and service provided by university volunteers. The event includes face painting, games and food. Children have the opportunity to decorate and take home their own pumpkins and each child selects a Halloween costume that they may keep. Last year, over 80 children and their families participated in the event.

Donations of candy, stickers, pencils, wax teeth, plastic fangs, or other small items, prizes or cash donations are requested. Used costumes that you may have stored in a closet or attic at home will also be accepted. Donations can be dropped off in the boxes on the first and second floors of Doermer and in the main entry area on the second floor of the JPII building. Cash donations can be forwarded to Cindy Ruich, PTA program.

### **An Evening with Artist Sandy Skoglund**

The School of Creative Arts will host "An Evening with Sandy Skoglund" on **Friday, October 26 at 7:30 p.m. in the North Campus Auditorium**. Skoglund will discuss her installation, *Breathing Glass*, and her photographs in her *Truth Between Opposition Exhibition* at the Weatherhead Gallery as part of the free, Closer Look Lecture Series. Sales of limited edition, autographed posters of *Breathing Glass* will be sold before and after the lecture and the Weatherhead Galley will be open to the public until 9:30 p.m. For more

information, call 434-7591 or visit the website at [www.sf.edu/art](http://www.sf.edu/art).

### **Ecology Corner**

Did you know that 40 million computers and televisions are discarded in the U.S. annually? And of those numbers 1.2 million computers and TVs are discarded by Hoosiers alone? Millions of cell phones, printers, copiers, hand-held games, MP3 players, PDAs, remote control units, and other electronic devices are used daily.

That means Indiana is faced with tens of millions of electronic devices that break or become outdated each year.

In normal use, a computer, cell phone or other electronic device containing toxic materials is not dangerous. However, risks to the environment and to our health can occur when these electronic devices are dumped or improperly disposed of.

At least four pounds of lead is contained in each old computer monitor or television, and there are at least five toxic materials in today's electronic devices. There are at least eight serious health effects of these toxins. Toxic metals can accumulate in various organs, interfere with normal function of the body's cells, cause illness, and in severe cases, death. Lead, mercury, cadmium, and hexavalent chromium are all toxic metals. Exposure can occur through inhalation, ingestion of soil and food, and chromium, which can be absorbed through the skin.

Many health problems are associated with exposure to each of these toxic metals. For example, toxic metals can interfere with the immune system, heart function, the reproductive system, the development of fetuses and children, the central nervous system, kidney function, and the respiratory system.

When we reuse and recycle electronic devices, we save the valuable metals and plastics that were mined or extracted to make the device in the first place. We also reduce the amount of energy necessary to mine new raw materials from their source. In addition, we protect the environment by properly managing hazardous materials, such as lead, mercury and cadmium, and ensure those materials do not get into the environment or affect plant, animal or human life.

In addition, reuse is a way to keep an electronic device useful. Reuse often provides disadvantaged populations, such as low-income families, with needed technology, creates job training opportunities and more. Various organizations throughout Indiana provide recycling programs for computers and other electronic devices.

More information can be found at  
www.esrapindiana.org or www.recycleindy.com.

### **Spring 2008 Semester Registration Starts Next Month**

The spring semester course schedule is now available in hard copy form in all the classroom buildings, the library and at the Registrar's office. The most current version of the schedule is available electronically on the USF website. Students should make an appointment with their academic advisor before registering for courses.

Registration for spring semester is scheduled as follows: Graduate, senior and teacher licensure students may register beginning **Thursday, November 8**. Juniors may register beginning **November 9**, sophomores beginning **November 12**, and freshmen beginning **November 14**.

For more information, please contact the department of your major, or Academic Support Services in the Pope John Paul II Center, room 210 at 399-6008, or the Registrar's office in the Pope John Paul II Center, room 207 at 399-8061.

### **Living Healthier: Women's Heart Health**

The next event in the Living Healthier Series, *Shed Some Sunlight on Women's Heart Health* with Sue Chubinski, PhD, RN, Cheryl Erickson, MA, Family Nurse Practitioner and Carol Greulich, MSN, Family Nurse Practitioner will be held on **Wednesday, October 24 at 6:30 p.m. in room 115 of the Rolland Center**.

Admission is free, and healthy snacks and refreshments will be available. Doors open at 6 p.m. A donation of a non-perishable food item for Community Harvest Food Bank is appreciated. For more information, please phone 434-7602.

### **Student Representatives Named to Green Initiative Task Force**

Resident Hall Director David Stamile and junior student Claire Wiedman have been named to the Green Initiative Task Force. Students are encouraged to contact David or Claire with ideas to present at future task force meetings. Students' concern regarding more bike racks has already been presented to the group and is being addressed.

### **Instrumental Music at the Bass Mansion**

The Bach Collegium Fort Wayne, a musical group that specializes in early choral and instrumental music, will hold a "Taste of the Season" event at **Bass Mansion on Friday, October 26 at 7:00 p.m.** In addition to a preview of the 2007-2008 season performed by the Collegium, there will also be a performance by the Fort Wayne Soloists, an instrumental group from the Indiana University Early Music Program. A dessert buffet will be available. Purchase the \$15 tickets at the door.