SLU LIFE
LIVE IT FULLY EVERYDAY
February 2011 | Volume 1, Issue 2

SLU Celebrates February!

St. Valentine, Man of Mystery

By: Eleanor Humphrey (2014) and Chris Murphy (2011), students, and Ann Tettambe, Campus Ministry

Valentine’s Day is celebrated with paper hearts, special cards, chocolates and roses. For many, it’s an extra reason to wear a smile and tell your loved ones how much they mean to you. To any keen observer, love seems to fill the air on the fourteenth of February. But have you ever wondered where this tradition came from?

In the Catholic Church, this day of love is the official Feast Day of St. Valentine. It’s easy to forget in the frenzy of the holiday that Valentine was not only a person but a saint. His origins are in ancient Rome; archeologists have discovered a Roman catacomb and ancient church dedicated to the saint. Few people know, however, that there is more than one “St. Valentine.” Valentine is a name shared by fourteen martyred saints of ancient Rome, and this feast day may celebrate all of them. Nevertheless, we know most about the one Valentine linked to romantic love.

This particular St. Valentine is described and first depicted in a woodcut portrait in the Nuremberg Chronicle, an illustrated world history dating to 1493. The text states that Valentine was a Roman priest martyred during the reign of Claudius II. Claudius ordered his execution because Valentine would not deny his faith after being caught in the illegal practices of marrying and aiding Christian couples. Thus, Valentine had a strong connection to romantic love.

His connection to love is also supported by legend. It is said that just before his death, Claudius ordered his execution because Valentine sent a note to a girl he had healed, signing it “From your Valentine” – and, from that day forward, Hallmark is forever grateful.

References and picture credit: Catholic Online, “St. Valentine,” available at www.catholic.org/saints

Did you know...
- Most commonly stolen library books, in order: Bible, Koran, Police Entrance Examination Guide
- Every state has had an earthquake except North Dakota
- Carnivorous animals will not eat animals struck by lightning
- The electric chair was invented by a dentist
- It’s physically impossible to lick your own elbow

PAGING MR. AND MRS. VALENTINE

HR’s Donna Valentine enjoys her sunny surname (maiden name: Grimm), but says making dinner reservations for February 14th can be difficult.

“One year, I decided to make reservations in person while my husband and I were having dinner,” says Valentine. “Later on, I told him that his name isn’t really Valentine, it’s Mud for not cleaning out the garage like he promised. ‘Change the reservation then,’ he says.

So I did, without him knowing it! I went back to the hostel and changed our reservation to Mud. Sure enough, when we came back on Valentine’s Day: ‘Mud? Party of two?’ I said, ‘That’s us!’ The look on his face was priceless.

Valentine’s Get-Away

“The married couples in my family traveled to the Lake of the Ozarks and stayed in a cabin with other couples, including my oldest daughter and her husband. This left my youngest daughter, Diamond, and me at home babysitting the grands, both under two.

Not to be out done, we decided to take a get-away of our own and got a room at the Homewood Suites Hotel across the street from the Galleria. Needless to say, my daughter and I enjoyed the company of the two ‘little people.’ We cooked, ate, watched TV, played with the little ones, ate again, and slept. There’s no time like family time!”

~Sherry Wright-Gully, AAS, Medical Center

Valentales

Ken Fleischmann, J.D. Vice President for Human Resources

In this issue:
recipes from Madrid, an advice column, sweet Valentine stories, trivia, grammar tips, wedding pictures, baby pictures, and more!

The Billken helps HR spread love and candy on Valentine’s Day!

LOVE It Fully Everyday.

SLULife celebrates YOU, the faculty and staff of Saint Louis University. Please join us in sharing our work and personal lives, through photos, recipes, tips and the like to celebrate and contribute to our community.

References and picture credit: Catholic Online, “St. Valentine,” available at www.catholic.org/saints
is the annual celebration in February of achievements by black Americans and a time for recognizing the central role of African Americans in U.S. history. I’m reminded of this quote from Nelson Mandela:

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won’t feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It’s not just in some of us; it’s in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.”

Nelson Mandela reminds us that each one of us is created for greatness and that we can achieve anything our heart desire. Be encouraged that you can overcome every hardship, obstacle, and test that comes in your life. Nelson paints a clear picture for us to follow after our dreams and inner goals for life. As Black History Month comes to an end, remember to achieve to win, win to dream, and dream to make change.

A warm welcome and congratulations to Beth Glauber, Dept. of Psychology, from her SLU alumni brothers and sisters! Glauber graduated December 2010 with her Bachelor of Science, Business Administration in Leadership and Change Management and a minor in Theology.

Inspired by her three daughters who together have completed six degrees, Glauber decided it was her turn. Beginning in 2002, she has attended part-time and worked full-time, first at the Aquinas Institute and then in her current position as an administrative assistant in the Department of Psychology.

“I have accomplished two goals: completing my degree in 9 years and graduating before the age of 50,” says Glauber. Of her department, “They supported my efforts every step of the way.”

Congratulations once again to Ms. Glauber for her accomplishments, and for proving that through hard work and dedication, dreams come true!

Even when it’s freezing cold out and all you want to do is hibernate, find a way to stay active! Exercise is one of the best ways to reduce the risk of heart disease.

The American Heart Association (AHA) recommends 30 to 60 minutes of exercise, five days a week. It sounds like a lot, but any physical activity counts: just cleaning your house burns calories and gets your heart pumping!

But if you’re looking for the best workout for your heart, the AHA recommends running or jogging. Second on the list is biking, followed by swimming laps at a vigorous pace.

These optimal cardio workouts increase the amount of capillaries in the bloodstream and improve circulation, which manages cholesterol levels and blood pressure. They also increase oxygen volume so are great for your lungs.

And of course, you can always run, swim and bike at Simon Rec, whatever the weather! Winter can’t take a hint, but you can stay heart healthy with exercise.
Dear SLUsie, How do I become a SLU Star? signed, Little Dipper

Dear LD, What a wonderful goal you have set for yourself! You can shine even brighter by volunteering at SLU, organizing a fundraiser or pitching in to help a coworker. Giving the best of yourself even when no one is looking is the greatest personal “star” award you can give yourself. Keep shining!

Dear SLUsie, I found a lost kitten but can’t take her in. What do I do? -Kitten’s Friend

Thank you for caring for this little kitten! First, call local vets to see if anyone has reported a lost pet. If not, put up signs or place a notice in the paper. In the meantime, many wonderful people love animals and can find temporary foster homes. Call the Cat Network at 636-386-PURR. This is also a great resource for people to find a stray to adopt!

Our prayers go out to Dr. Stone and his family.

By: Judy Feldworth 
Sr. Word Processor 
Dept. of Surgery

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Retina Disease Research Project Has Special Meaning for SLU Family

For over eight years, Dr. Kenneth Parker of the Department of Psychology and his family have been struggling with the possibility that his two sons, Geoffrey (14) and Luke (10) suffer from a degenerative visual disorder (retinitis pigmentosa) and would eventually become blind. The family recently received the wonderful news that the boys instead have a stable congenital visual impairment known as Leber's Congenital Amaurosis (LCA).

LCA is a genetic retinal disease appearing at birth or soon afterward that causes severe vision loss and blindness. Vision is often stable, however, during a young adult’s life. Thankfully, there are treatments available to those with LCA that can help restore vision. A cure for similar retinal diseases in animals was developed in 2009, and the first clinical trials have shown some success in humans as well. In fact, Dr. Parker’s sons have worked with Dr. Edward Stone at the University of Iowa in researching a cure. Dr. Stone used some of Geoffrey’s skin tissue to cultivate stem cells with the hope of repopulating ‘dead zones’ on Geoffrey’s retinas.

Dr. Stone is also part of an initiative called Project 3000 which seeks out those who struggle with LCA to offer them state-of-the-art genetic testing at no cost through the University of Iowa. Find out more about Project 3000 at https://www.carverlab.org/project3000/ and more about LCA at http://www.blindness.org/index.php?view=article&catid=38%3Aother-retinal-diseases&id=253%3Alebers-congenital-amaurosis&option=com_content&Itemid=88#top. KSDK aired a story on the Parkers and LCA the week of February 21st.

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These ones? Those ones? I don’t think so!

Last week I heard two national anchors say “these ones” and “those ones” during their broadcasts. These and those are demonstrative pronouns that should never be followed by ones. “These” already refers to the objects (the “ones”) that are near, and “those” already refers to the objects (the “ones”) that are farther away, so it is redundant and very poor English to say “these ones” or “those ones” unless the these or those ones to which you are referring are, in fact, one dollar bills!

By: Carol Stengel, Dept. of Gastroenterology

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Ask SLUsie!

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I hope your kitten finds her home soon.

By: Carol Stengel, Dept. of Gastroenterology

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Need advice? Have something to rant about? Ask SLUsie @ stengelc@slu.edu. I address all issues and concerns about work or life.
WEDDING

BEACH WEDDING Amanda Lutjen, Program Coordinator at the Student Involvement Center, and Ravi Ramakrishna Pillai were married February 1st, 2011. The wedding was held on Coronado Beach in San Diego, and the happy couple honeymooned in Hawaii.

ENGAGEMENTS

SHE SAID YES! WAS THERE ANY DOUBT? Tracy Merton, Risk Management Administrator, and his wife Nancy are pleased to announce the engagement of their son Sean, a 2009 SLU graduate, to Alisha Barnhart, who graduated from Central Methodist University in 2008.

The couple met while attending school in the Rockwood District, and Alisha now works for a Rockwood early childhood center. Sean works in consumer affairs at Schnucks Corporate Headquarters. A Fall 2011 wedding is planned.

WE LOVE SLU ALMOST AS MUCH AS WE LOVE EACH OTHER!” says Jessica Flier, SLU Law Editorial Assistant and alumnus, about herself and new fiancé Dino Svraka, a registration rep for SLUCare. Svraka is also pursuing his bachelor’s degree in criminal justice and wants to attend law school here.

Former high school sweethearts, the couple were engaged January 6th while on vacation in Australia. The happy day is memorialized in this picture, taken at the Great Ocean Road.

BIRTHS

Heather Brock, Program Coordinator, Office of Admission, and her husband Travion welcomed their first child, born at 6:30am, 12/11/10. Reported to be a little firecracker, the baby girl was 6lbs, 1oz 19.5in at birth.

Dr. Tricia Austin, Professor of Physical Therapy, her husband Mike and daughter Emery welcomed Elin Elizabeth Austin to their family, born at 6:36pm on 1/20/11 and 6lbs, 3oz and 20in. The Austin family is doing well.

Congratulations to Gloria Skelton, Administrative Assistant, Division of Cardiology, who became a grandmother with birth of Mason Alexander Skelton, 8lb, 4oz, 20in, on 1/30/11 at 9:54pm.

Tiffani Fornis, Protective Services Officer, announces the birth of her baby boy Sean Howard on 02/20/11 and weighing in at 8lbs, 7oz.

RETIREMENT

Nancy Wilkaitis, RN, CCRC retired from the Department of Internal Medicine this January after working for the University for 20 years. Wilkaitis and her coworkers are pictured here at her January 19th retirement party in the Salus Center.

From left to right: Dr. Bernard Chaitman; Joyce Hoffman; Debra King, RN; Nancy Wilkaitis; Dr. Jillon Vander Wal; Mary Dever; Missy Loyet, RN

HAPPY ANNIVERSARY to Mark Chambers, Investigator, DPSSS, and his wife Vicki who celebrated 40 years of marriage on February 20th. He presented his wife with a ruby in celebration of the occasion!