

SPRING | 2024

# ST. SCHOLASTICA

MAGAZINE



# CONTENT HIGHLIGHTS

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The Jubilee Medal flanks either side of the main entrance to the Student Center. For more, see pg. 17.

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St. Scholastica Magazine is published for alumni and friends of The College of St. Scholastica by the Department of College Communications in partnership with the College Advancement Office.

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Identification Statement  
Issue No. 71  
April 2024  
St. Scholastica Magazine

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## PRESIDENT'S MESSAGE

Dear Friends,

As we enter into the season of spring, we reflect on our past blessings and the many good things ahead, the time when creation reawakens, days get longer and warmth returns. Although it's been an unusually warm winter in northern Minnesota compared to last year's record-breaking snowfall, we still wait in anticipation for the magic moments when the earth greens and blooms. We are reminded that each day, we have the opportunity to renew ourselves, steward ourselves and find God's blessings in our lives.

This year, as we celebrate the Benedictine value of Stewardship, we focus on the world we are entrusted with and the care of those sacred resources — our natural surroundings, our neighborhoods and communities and the people we love and serve. We also focus on caring for ourselves physically, mentally and spiritually. Taking care of ourselves is a profoundly personal act, and I hope you have found special ways to renew, refresh and revitalize as spring unfolds!

Stewardship also requires us to find the balance between work and play and prayer, as St. Benedict calls us to do. And this is certainly a life-long pursuit! I am always so delighted and impressed to learn how our Saints live out this stewardship practice in so many impactful ways.

We celebrate our alumni all around the world who step up and live out their Benedictine values, from our military service members to our transitional doctorate-prepared international physical therapists. In these pages, you will learn how they steward their gifts and talents to impact positive change through their service.

Back in Minnesota, Tiffany Schleppegrell '15, executive director of the Project Care Free Clinics in Hibbing, Virginia and Grand Rapids, is making the most of the resources available to provide basic medical care to uninsured and underinsured patients.

And on the main Duluth campus later this spring, our Library Friends group will present the eleventh Bede Award to an undergraduate student who demonstrates excellence in research. Learn more about this unique award process and past recipients on page 4.

Finally, as the spring comes, we anticipate the opening of our new Student Center on the main Duluth campus: Less than a year since breaking ground on the Student Center, we're on target for the grand opening in late summer! We are thankful for our strong partnership with HGA Architecture and McGough Construction who have kept us on schedule. I can't wait for you all to see the fruits of this long-awaited addition, and I look forward to welcoming you to Duluth to see it for yourself. In the meantime, check out a few progress photos on page 17.

In closing, let me say how grateful I am for your support and all the ways you carry out our Catholic Benedictine mission. We are all stewards of the charism that helps us care for this place we call home and the greater world in which we live.

Blessings to you and your loved ones,

Barbara McDonald, Ed.D





# STRENGTH IN SERVICE

An institution with a rich Catholic Benedictine heritage, The College of St. Scholastica seeks to build and nurture a community that lives by its values. One common thread running through these values — community, respect, love of learning, hospitality and stewardship — is the sense of service, elevating others' needs and strengthening the College as a whole. Individuals actually bring the concepts to life.

St. Scholastica is proud to welcome and recognize military veterans, current and former military members, national guard and reserve members as an integral part of the College community. Their experiences in the military have equipped them with a unique set of skills and perspectives that enrich

classrooms, academic programs and entire communities in countless ways. From 1943, when many nursing students were called overseas through the Cadet Corp Program, to today, St. Scholastica has experienced firsthand the many strengths veterans bring to the College.

To celebrate and honor the service members in the community, four students — Jon Whaley '24 (Army), Macy Sunnarborg '24 (Air Force), Daryl Baumann '25 (Marines) and Nick Wink '25 (Navy) — have offered a glimpse of what it looks like from their perspectives as Saints with unique journeys to the start of their academic careers.



**JON WHALEY** 

Growing up near Fort Benning, GA, Jon Whaley '24 never pictured himself following in his father's military footsteps. That all changed after the events of Sept. 11, 2001. "It made the decision for me," Whaley said. "I was more sure than ever of my decision to serve the country." Whaley joined the

Army following his high school graduation and went on to spend 12 years on active duty as a medic before receiving medical retirement from wounds received. "I did my job and came home," he reflected.

Whaley also never pictured himself over 1,300 miles from home at St. Scholastica. However, after looking for a small college close to his wife's family that offered a graduate program in PA Medicine, it was a no-brainer. Whaley is receiving his second degree in Psychology and is hopeful to join the PA Medicine program following graduation.

Now, Whaley continues his service in another capacity as a Veteran Affairs Work Study student in the Veteran Resource Center (VRC). He works alongside fellow

staff members Jessica Johnston, director of Academic Access and Support, and Jack Lee, a military student support specialist, to support military-affiliated students. "The VRC staff deeply care and are there to support you in every way you need," he noted. "We serve students from the beginning stages of admissions to crossing the finish line at graduation."

In his role specifically, Whaley works with interested students to ensure they understand and maximize potential military benefits. As both a recipient of services and a student worker, it is clear that Whaley's call to service extends beyond the service to his country. "I do what I can to support other students," he shared.



**MACY SUNNARBORG** 

For Macy Sunnarborg '24, the journey to St. Scholastica started with a simple conversation at the 148th Fighter Wing Air National Guard Base. She was intrigued by the possibility of enlisting as a way to afford college but has since realized she has found so much more than that: a potential lifelong calling.

Since enlisting in March 2020 and completing basic training in July 2021, Sunnarborg has worked in the Aircraft Armament Systems unit. Her hard work is noticed by colleagues and Sunnarborg has built trust. She is one of the few women in her unit. "There has been an increase in females from basic training lately, but working in a male-dominated environment can be hard," she said. Even in such an environment, Sunnarborg has managed to find a sense of community at the base. "There's a true sense of camaraderie."

Sunnarborg looked for that same sense of community when searching for the right college where she could continue her education. She resonated with the Benedictine values of St. Scholastica because of her military background. "The military values are integrity first, service before self and excellence in all you do," she explained. "I think those values align well with the Benedictine values."

She also sought flexibility in her schedule, especially since she still travels with the Air National Guard. In combination with her hybrid schedule, Sunnarborg has built close relationships with professors who understand her accommodations. "When deployed, school sometimes needs to take a back seat," she shared.

A major in Business Management and a minor in Human Resource Management at the College gave her all that and more. As Sunnarborg continues her educational journey, as well as her years of service in the Air Force, she looks forward to making the most impact she can. "I always want to move forward and never be stagnant."



**DARYL BAUMANN** 

The son of a Marine, Daryl Baumann '25 grew up with the possibility of military service on his mind. "Even though 9/11 was surely a motivational force to enlist, joining the military had been on my back burner since early high school. This was merely an inflection point in the direction of inevitability for me," Baumann said.

Retiring from the Marines in 2013, Baumann slowly but surely re-entered civilian life, enjoying time with his wife and family. "It took a while to find a new 'normal,'" he shared. "I know there are things I experienced, things I saw, that will never leave me. The transition was hard, but I am thankful I was able to be with my kids and family during that time."

While searching for the right fit to complete his bachelor's degree, Baumann was drawn to St. Scholastica because of the combination of a small, close-knit community and the course offerings. As part of the new Global Sustainability and Justice Studies program, Baumann is also pursuing a minor in Native American Studies with a concentration on Indigenous Studies.

Participating in and supporting the revitalization of Ojibwe culture is one of Baumann's driving forces. "As an Anishinaabe, it's important to me to learn the language. There are only about 1,000 native Ojibwe speakers left, and most are more than 75 years old," Baumann shared. "I want to be part of keeping the language and culture alive."

Talking about his future plans, Baumann's heart for advocacy is clear: "I want to help folks how I can, and even though I know I'm not that close to it yet, I want to be prepared to be an elder in the community. There is important work to do now, and I want to be part of it."



**NICK WINK** 

Nick Wink '25 may have started on his path to military service later than the average recruit, but once he decided and signed on, he was at boot camp within two months. From there, Wink surprised himself with a 20-year Navy career that spanned the globe. Stationed in various locations around the Pacific and constantly on the move, he embraced opportunities to connect with people worldwide. "Living [abroad] opened my eyes to so many different things; it changed me in a positive way."

One of Wink's career highlights was finding a passion that would outlive his time in the service: teaching. His three-year role as a classroom instructor was the first time he had a job that did not feel like a job; even though it included hard work and long hours, the personal fulfillment he received made up for the tough parts. He explored teaching and found the BA in Educational Studies at St. Scholastica.

While initially planning to earn the degree and use his skills to teach adults, Wink is also considering working toward licensure for teaching K-12. "I've got to say, I am inspired by classmates," Wink said. "Teaching in schools is a hard job, and even though they know exactly what they will be walking into, they are going into it wholeheartedly. It makes me wonder if I should join them."

"One thing that's very different for me is that, not only am I back in the classroom, which I enjoy, but everyone in my cohort is going for the same degree. It feels like a team effort; we're all there for the same reason," Wink shared. "We know we're not alone because we're in this together."





# 10 YEARS OF THE BEDE - AWARD -

The College of St. Scholastica Library celebrates the 10th year of its annual Bede Award. Established in 2014, the award recognizes excellence in undergraduate research and the application of information literacy. It is currently the longest-standing all-college academic award for undergraduates at St. Scholastica.

At its annual reception last April, the Library presented the 10th Bede Award to Violet Tessier '23 for her essay about research, "Striving for Trauma Informed Healthcare Providers," a paper originally submitted for Dr. Kirk Allison's course ENG 3010 Trauma & Recovery: Medicine and Literature. Violet is from Lakeville, MN, and graduated with a double major in Biology and Health Humanities. Now enrolled in the graduate Physical Therapy program at St. Scholastica, she is the fourth Bede Award winner to pursue doctoral studies.



Ryan Vine, special guest at the 2022 award ceremony, reads his poetry to open the event.



ASHLEY ETTER '22

Dr. Paul Wojak '15, whose essay on the music of English composer Vaughan Williams clinched the second Bede Award in 2005, earned his MD at the Albert Einstein College of Medicine in 2019. Erin Burke '19, who won in 2018, will graduate in May with a doctoral degree from the University of Minnesota's College of Veterinary Medicine. Meanwhile, 2021 winner Ashley Etter '22 started her PhD in English Literature at Notre Dame last fall.

Other Bede winners have gone on to successful careers and studies in a variety of fields. Rose Carpenter '22, who is fondly remembered by the Library for her surprised remarks of gratitude when accepting the Bede in 2020 as a first-year, has gone on to serve as Donor Relations Manager at St. Scholastica while pursuing an MBA in Leadership and Change. 2017 winner Jamie Siemsen '17, who studied Philosophy and English at St. Scholastica, is now Program Specialist for the Division of International Services at the National Institutes of Health. She holds a master's degree in international education from George Washington University. Chelsea (Silvers) O'Connell '17, 2016's winner, taught high school English in Mankato, MN, for five years, earning a master's degree in education along the way. She and her husband, Sean, are now a realtor

team for Edina Realty. Allison Burleson '23, winner of the 2022 award, graduated magna cum laude with a bachelor's degree in psychology. She is now a cognitive skills clinician at Duluth Core Learning. 2019 winner DyAnna Grondahl '19 hit the ground running in politics after winning St. Scholastica's Senior Leadership Award and graduating the month after her Bede Award. Grondahl started her career doing field and electoral work for AFSCME Council 5, and since 2020, has served as a Lead Organizer for TakeAction Minnesota.

## OVER THE YEARS

The annual ceremonies for the Bede Award have had several venues over the years. The first two modest events took place in the Library classroom before the program moved to the Library's larger North Reading Room, now known as the Raven Room. The Library had virtual ceremonies in 2020 and 2021 before returning to the Raven Room which was beautifully renovated during the pandemic. During the past five years, the Library has shared the annual ceremony with the Art Department whose program director, Sarah Brokke, announces the winner of its annual Deans' Purchase Award. The winning work of art,





ERIN BURKE '19

selected by the school deans, becomes part of the College's permanent collection.

A recent development for the annual ceremonies has been the inclusion of a special guest who starts the program with a performance or reading. Amit Peled, an internationally known cellist, was the first of these guests during the virtual award program in 2020. Other guests have included Native poet Heid Erdrich, faculty member and poet Ryan Vine, and faculty emeritus and renowned early music specialist, Shelley Gruskin. The Library's guest this year will be Duluth-Superior Symphony Orchestra's concertmaster, Erin Aldridge.

The panel of judges for the Bede Award has typically included distinguished faculty emeriti from the College. Dr. John Schifsky, faculty emeritus in English, has the special distinction of being the only judge to have served on all ten panels. Other judges in 2023 included Dr. Steve Ostovich (Philosophy), Dr. Paul Stein (Chemistry) and Dr. Mary Tanner (Nursing). In 2023, the Library marked the passing of Sister Sarah Smedman, who served as judge from 2015 to 2021. Although Sister Sarah never taught at St. Scholastica, she was a distinguished scholar of children's literature. She was a great supporter of the Bede and always looked forward to



2016 participants including winner Chelsea (Silvers) O'Connell (far right).



SHELLEY GRUSKIN

reviewing and discussing the next round of student submissions with fellow judges.

Since the first year of the award, there has been a tradition of photographing the winner with the familiar copper frieze of the Venerable Bede which is seen by patrons and library staff as they descend the steps leading from the Library to the monastery cloister walk. Bede, after whom the Library's competition is named, is known as the father of English history. His frieze, which flanks the entrance to Our Lady Queen of Peace Chapel along with a companion piece depicting St. Gertrude, was created by the Hungarian artist, Sister Constantina Kakonyi, who lived in Minnesota from 1950 to 1994, and served as Professor and Artist-in-Residence during her time at the College.

## CATCHING UP WITH THE WINNERS

During the weeks leading up to the 10th annual Bede Award ceremony last April, the Library made contact with all of its previous recipients, including its first winner Marin Eckstrom '15. Marin Eckstrom has had a fascinating decade, teaching English in China, Russia, Finland

The 2024 award reception will be held on Thursday, April 25, at 3:30 p.m. in the Raven Room of the Library. For additional information on the Bede Undergraduate Library Research Award, visit [libguides.css.edu/bede](http://libguides.css.edu/bede).

and Japan. In 2020, she completed a Master of Arts degree in International Relations from Central European University in Vienna.

Eckstrom offered remarks about the Bede Award which, in many ways, exemplifies what the Library aspired to when it started its competition ten years ago. "The Bede Award marked an important milestone in my professional and personal development. It allowed me to view research as more than just homework and gave me a confidence boost in terms of identifying myself as a researcher. I have since published numerous short articles and academic pieces on international affairs, including in outlets like *The Diplomat* and *Modern Diplomacy*. I hope to continue writing and publishing such pieces in the future, as conducting research serves as a wonderful analytical and creative outlet to better understand our world."

## REFLECTING ON THE VALUE OF THE YEAR:

# STEWARDSHIP



Sister Kathleen Del Monte gifting an oil lamp to a 2023 graduate at Commencement Mass.

In the middle of the 2023-24 academic year, we take a moment to reflect on The College of St. Scholastica's values of community, respect, love of learning, hospitality and stewardship. "The College's core values are taken from the Rule of St. Benedict, which in itself is based in the Gospel of Jesus Christ," Associate Vice President for Mission Integration Sister Kathleen Del Monte, OSB, PhD, explains. "These are truly gospel values."

- Utilizing human resources responsibly;
- Providing the wise and respectful use of all material and monetary resources;
- Promoting the prudent use of natural resources and energy; and
- Finding time for work, play and prayer in daily life which will promote physical, mental and spiritual growth and well-being.

At St. Scholastica, the value of stewardship is integral to our identity and our mission of providing intellectual and moral preparation for responsible living and meaningful work.

**"In this way, we learn from one another and continually grow in our efforts to live out this particular value."**

Sister Kathleen noted that the College is committed to integrating its Benedictine Catholic identity into daily activity by choosing a core value for the year. "When we focus our attention on one value for the entire year, we have the opportunity to explore more facets of that value and to deepen our understanding and appreciation of it," she said. "In this way, we learn from one another and continually grow in our efforts to live out this particular value."

We take special consideration of our value of the year — stewardship — as the practice of caring for all that is entrusted to us. It is not only about taking care of our environment but also about taking care of our relationships and our communities. The value further underscores the importance of:

### Step 1

For example, you might ask yourself or discuss with those close to you:

- What am I passionate about? What matters to me?
- What skills and talents do I have that can be used to benefit others?
- How can I positively impact my community, even if it is just one step in the right direction?

### Step 2

Take a moment to reflect on your goals and progress from the academic year:

- What are some ways you have practiced stewardship so far this academic year?
- How have you observed others practicing some aspect of stewardship? What from that might you want to adopt or learn more about?
- What are some specific ways you would like to practice stewardship this semester? Name one or two that you are willing to commit to. What about these are important to you?

## STEWARDSHIP: AN ACTION PLAN

At the turn of the semester, we are reminded to recommit to practices that engage in stewardship. We encourage members of our community to discover their own practice of stewardship, considering what that may mean in work and in relationships with friends, family and colleagues.

### Step 3

Then, identify steps or actions you can take in the coming days and months to honor and practice the various aspects of stewardship in your life. A few examples might be:

- Reducing your carbon footprint by carpooling with colleagues or by using reusable bags at the grocery store.
- Volunteering in your local community. Consider engaging with those around you in group volunteering efforts.
- Taking care of your physical and mental health or checking in with a neighbor or a loved one.

Let's support one another as we strive to embrace the value of stewardship this year and recommit to practices that will create a more just and sustainable world for all God's people. "If I had to sum up Benedict's vision of stewardship," said Sister Kathleen, "I think I would say it is about being in right relationship with God, with self, with others and with all of creation."



## GLOBAL CLASSROOM, LOCAL IMPACT

# tDPT ALUMNI AROUND THE WORLD



Since 2007, the transitional Doctorate of Physical Therapy (tDPT) program at The College of St. Scholastica has provided a rich online experience for working clinicians to advance their knowledge and credentials from wherever in the world they happen to be. “The majority of students in our program are international and have earned their degrees in their home countries,” said Dr. Jena Ogston, professor and director of the tDPT program. “The Doctorate of Physical Therapy is the preferred credential to practice in the U.S. and it is now a requirement for some practices. This program is designed to provide relevant information in a dynamic and engaging way that still gives students the flexibility they need as working professionals.”

With an average class size of 18 and a completely asynchronous curriculum, students typically complete the program within two years. “The classroom stays interesting with a diversity of learners and perspectives on physical therapy (PT),” Ogston shared. “Seeing the discussion about practices in their home countries, their love of learning and the excitement to bring classroom work into their practice is frankly overwhelming.”

As a practitioner and an instructor, Ogston strives for excellence and can point to evidence of its existence. “In a program like this, it is crucial to provide an individualized education that prioritizes active learning and instructor involvement, all steeped in our Benedictine values. At the end of the program, we have students who tell us, without prompting, that they felt the Benedictine community. We care about our students and their professional growth; we

have high standards and work with them to ensure they are on track. I am proud of our active online program and the faculty, students and alumni who represent it.”

Not every student makes the journey to Duluth for commencement, but the Class of 2023 boasted graduates traveling from Europe, the Caribbean and American Samoa. Read on to hear from two intrepid travelers and alums — Duvaughn Dick (DPT '23) and Kim Watkins (DPT '23) — about their journey through the program to commencement.

### Duvaughn Dick (DPT '23)



Hailing from Jamaica, Duvaughn Dick earned his bachelor's degree in Physical Therapy at the University of the West Indies in 2012. He runs a private practice and outpatient clinic in Jamaica. He and his wife married in December 2022 and she lives in Florida, which means a move is likely in his future. “In 2015, I began traveling to Florida to take different weekend courses unavailable in Jamaica to advance my knowledge and clinical skill set. When COVID hit, all the options I was looking into were canceled, and that is when I decided to look into tDPT programs to take my education to the next level,” he explained.

Dick always knew he wanted to work in healthcare, and when he discovered that physical therapy focuses on exercise to

help people, everything clicked. “I was, and still am, obsessed with the gym and exercise, so this seemed like the perfect match for me,” he said. “Pursuing my tDPT was a combination of wanting to complete the doctorate I had been thinking about for years and continuing my professional education without needing to travel during the pandemic. Also, my family home in Jamaica has a wall with graduation photos for master's and doctoral degrees. In my family, I was the only one not on that wall — that was a motivating factor!”

Finding his way from in-person classes to St. Scholastica's fully online program was a simple matter of asking a friend from his undergrad days. Several years ago, the timing did not align to complete a program together. Still, when it came up again after his Florida courses were canceled, his friend shared her experience as a tDPT student at St. Scholastica. “On her recommendation, I looked into the courses of the program, and I found them to be very interesting; there were no ‘fluff courses,’ and since it was provided by an accredited institution, I was sold,” Dick said.

He decided to cap off his time at St. Scholastica with a trip to Duluth for several reasons: to visit a new place, to experience the sense of joy and fulfillment by walking across the stage to receive his diploma in person, to share it all with his family. “It was an amazing experience meeting my professors and classmates and seeing the beautiful campus in person after seeing pictures online. It was also the first time I saw snow in person, although it was just pushed up to the side of the road; I will never forget that,” Dick shared.



Members of the 2023 tDPT class pose with Dr. Jena Ogston (front, center).

### Kim Watkins (DPT '23)



Kim Watkins (DPT '23) had already circumnavigated the globe before she jumped into St. Scholastica's tDPT program. After finishing her undergraduate degree at home in the U.K., Watkins visited her brother in Hawaii and kicked off a long-term adventure. She completed a master's degree while working in New Zealand, then a year living and volunteering in Italy. While in Italy, she found an intriguing position at a local practice in Bermuda related to her area of interest (neurological rehabilitation). She applied and accepted the job. Looking for professional development opportunities, Watkins found St. Scholastica's online, asynchronous program to be an excellent fit.

“I was ready to take my career and my leadership to the next level, so a doctoral program made sense,” Watkins said. “The courses offered through the tDPT program were interesting, and what I learned was immediately useful and relevant to my practice. Even spread across multiple time zones, it was still possible to engage with my classmates, and it was fascinating to hear about the different healthcare systems we all worked in.”

Before choosing a career path, Watkins considered sports nutrition, but a chance meeting with a physical therapist changed her course. “When I was 17, I was working at a hotel's front desk in the States and got to talking with a physical therapist. After hearing more about what PT is like in practice — spending time getting to know patients and building rapport, helping support a healthy return to activities that make their lives meaningful and participating in community — convinced me to go that direction. I also saw that, in this field, you can work in different places and see the world in a really interesting way; I am grateful I have been able to experience work and travel from this perspective.”

Watkins was not initially sure about traveling to Duluth for commencement but convinced her parents to make the trek, too. She had no regrets. “It was such a fulfilling trip!” she shared. “I loved meeting some of my classmates and professors in person and I felt beyond welcomed and supported during my time in town. Some of my family watched online while my father and I attended in person. It was so special to be able to share that time with him and experience the Saints community and celebrations together. For any students on the fence about attending, I encourage you to seriously consider it — walking at commencement was more important to me than I thought it would be and I am glad I did.”

Now that she has her doctorate, Watkins is leveling up her leadership, too. She has found a passion in advocating for her patients and has become more involved with the physiotherapy association in Bermuda. “Sometimes you feel like you're doing a lot where you are, and that's great, but it's even better to dive in deeper and see what else you can contribute.

“I am part of a movement in Bermuda to help improve funding for rehabilitation, provide better care for patients and elevate the physiotherapy profession. I wouldn't have been motivated to participate in the ways I am before going through St. Scholastica's tDPT program. The research I completed as part of the final project has led to opportunities to present to various sectors in the community related to the current stroke rehabilitation lived experiences of survivors in Bermuda,” Watkins said. “I am inspired to push things forward, have discussions, and think outside the box. There are ongoing conversations about how to make rehabilitation universally funded in Bermuda because people deserve the right to get the care they need to return to meaningful lives.”



# COORDINATING COMPASSION THROUGH PROJECT CARE FREE CLINIC

Tiffany Schleppegrell '15 is a case study in optimistic inertia: "You can try to plan everything out, but you can't know how every little thing will go, so you just need to start. With every single thing that I've begun, I get going and then panic a bit. I'm glad I can't see the future because I would've never done anything."

Beginning her St. Scholastica journey as a transfer student, Schleppegrell earned her bachelor's degree in Organizational Behavior (now available as Organizational Leadership) through extended campus evening and online courses. "I was very nervous about going back to school," Schleppegrell reminisced. "I had already completed two years at a different institution and took a break to work and to save. I was impressed with the affordability of St. Scholastica's program, and it ended up being a great fit. The classes were small and the instructors were so helpful; I still use tips I learned in my speech class all the time, and writing grant proposals feels like writing a paper worth \$20,000 instead of a letter grade."

## Finding her expertise

After graduation, Schleppegrell made her way to Hibbing, MN, where she worked for a medical billing company. At the same time, she became involved with the board of Project Care Free Clinic, which operates three sites on Minnesota's Iron Range — Hibbing, Virginia and Grand Rapids — that provide basic medical care to uninsured and underinsured patients. Services, including lab/diagnostics, medication program assistance, diabetic education, mental health, physical therapy, immunizations and physicals (including sports physicals for students), are provided by local volunteer doctors and nurses. The top three diagnoses are diabetes, hypertension and mental health. The clinics are run by retired nurses and the volunteer list includes mental health professionals, chiropractors and more.



Tiffany Schleppegrell '15 outside the Project Care Free Clinic in Hibbing, MN.





**"...Before I went back to school, I would only focus on helping people, and I would wear myself out all the time. It's important to learn and practice how to keep yourself going at a sustainable pace."**

When the executive director stepped down in 2019, Schleppegrell, inspired by the mission and eager to do more, applied for the position and joined the organization full-time in June of that year. She credits the skills gained through her studies as excellent preparation for this leadership role. For a small-scale nonprofit like Project Care, the director's responsibilities include everything from managing the staff and volunteers, interacting in the community and promoting the clinic, to grant writing, public speaking and fundraising. Personal experience and her work in medical billing help fuel her passion for the work. Schleppegrell recognizes her expertise is behind a desk or in front of a crowd, not in the exam room.

"I am not trained in providing direct care, but I'm really good at writing about it and talking and fundraising and making the volunteers feel appreciated," she said. "Our volunteers are amazing. We have doctors and nurses, of course, who make the time to make this whole organization run. We have others in the community who want to volunteer and are willing to help make packets for us, help fundraise and get out into the community and represent us. There really is something for everyone to help with; you don't have to be a medical professional."

It is clear that the care provided is making a significant impact on the lives of those on the Iron Range. Schleppegrell shared story after story of life-changing appointments that met patients where they were, whether uncovering early cancer diagnoses and providing guidance for continued care or addressing diet and nutrition while providing fresh produce from the garden out back.

### **A sustainable approach**

In addition to her full-time work at Project Care, Schleppegrell co-owns a medical billing company, Hometown Billing, and manages 16 employees with her business partner. Especially in this work, sustainability and stewardship of her own resources are of utmost importance.

"I keep my three lists — my business, Project Care and personal — and I always do the things on Tiffany's list first because if I can't help myself, I can't help anyone else," she said. "I can't control who's coming through the door here. I can't control what's happening in my business with my employees. What I can control is that I can get up in the morning; I can have a quiet time to reflect on things and center myself. I can go to the gym and go for a walk, and I can get my dogs outside and taken care of. I can have clean clothes, I can have food. We're good. Previously in my life, before I went back to school, I would only focus on helping people and I would just wear myself out all the time. It's important to learn and practice how to keep yourself going at a sustainable pace."

Schleppegrell recognizes that taking the first step to finding care can be the most difficult, especially when the sense that "something just isn't right" can increase anxiety around the cost of care and the cost of ignoring it. Her advice? Just go in, especially if you have access to a clinic like Project Care. "If you haven't had a physical in over a year, start there. Get your blood work done, get checked out, and if nothing else, you will have updated data for a future baseline. A lot of people tough it out when they don't have to — you're worth it."

# FALL 2023 ALUMNI AWARD RECIPIENTS

## YOUNG ALUM AWARD: DANIEL UTECH '09

Beginning his career in Albuquerque, NM, Daniel Utech '09, MBA, RHIA, CHPS, FAHIMA, served in several leadership positions, including the co-chair of the AHIMA State Advocacy Council and president of his state association, NMHIMA. He later served as the president of DFWHIMA when he relocated to Fort Worth. As an active member of AHIMA, Utech enjoys giving back to the Health Information community. Continuing his history of service, he was elected to and served as the president of TxHIMA.

Currently, Utech is leading the AHIMA Membership Advisory Committee and serving on ACHE N.Tx's Networking Committee. He joined the AHIMA Board of Directors in January 2024.

After completing his MBA at the University of Texas at Dallas, Utech continues his advocacy for health information and informatics through his community and leadership role on the IT team at Parkland Health. Preceding his role in health IT, he held diverse HIM leadership roles for ten years. Utech is currently pursuing a PhD in Information Quality at the University of Arkansas at Little Rock.

When he's not in the office or class, Utech and his wife enjoy several outdoor activities, such as off-roading, hiking and camping. He also enjoys being a shade tree mechanic and carpenter, with his most recent project — a custom cedar pergola.



## FIRST-GEN ALUMNI AWARD: GABI (HERERRA) CALDECOTT '13

Gabriella (Herrera) Caldecott '13 received the 2023 First-Gen Alumni Award. Caldecott majored in Marketing and Management and minored in Spanish. She has worked for Wells Fargo for over ten years and is currently a family office senior trust associate. Caldecott served on the Alumni Board of Directors for six years and is currently serving in her third year as a Trustee for the College. She also serves on the Highland Groveland Recreation

Association's Board of Directors and coaches soccer for them in Saint Paul. she lives in White Bear Lake with her husband, Richard.

"When my dad was 18, he wanted to go to college but instead immigrated here from Mexico to make a better life for himself and, ultimately, me," she shared. "He believed in me, which made me believe in me. I always knew I could do it."







01

"This image dates from late January, 1974. Sister Mary Odile Cahoon stands in the doorway of one of our mobile sampling huts (known as a fish hut or ice house in Minnesota & Wisconsin!). It is in McMurdo Sound with the Ross Ice Shelf barely visible in the far left background."

*By Dennis Schenborn*



“

Here at the College, I direct the study abroad program in Ireland, and I always have far more women applicants than men. People around here say, 'Well, you know women are more adventuresome.' Maybe this says something about the heritage of the pioneer women in northern Minnesota!" - Sister Mary Odile Cahoon in "Women in the Antarctic," 1998

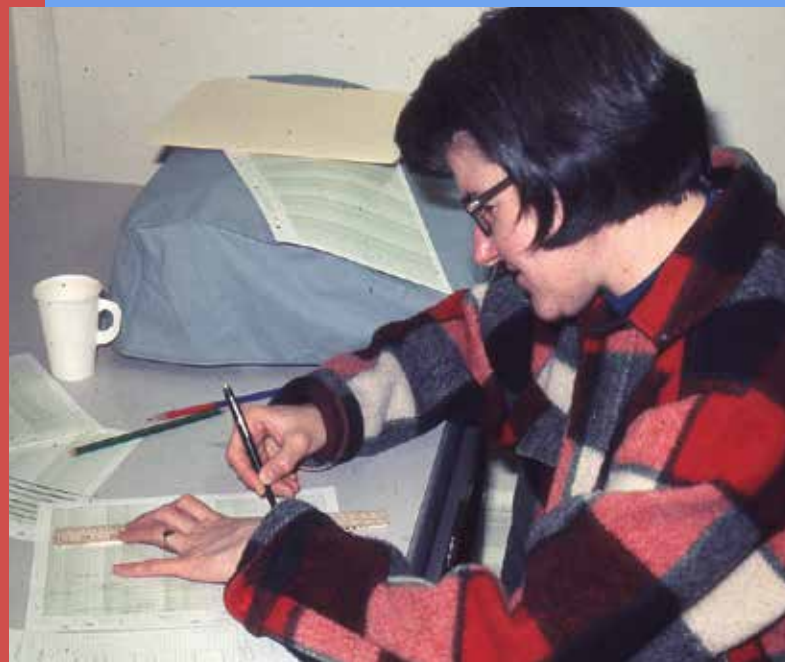
# THE ADVENTURE OF A LIFETIME

Fifty years ago, Sister Mary Odile Cahoon, OSB, PhD and Dr. Mary Alice McWhinnie of DePaul University traveled to Antarctica to conduct research for nine months. Starting their journey in January 1974, they became the first American women scientists to winter over on the world's southernmost continent. Part of the United States Antarctic Research Program, their research project, entitled "Metabolic Studies of Cold Resistance of Invertebrates and Fish in Antarctic Waters," studied temperature adaptation and the metabolism of Crustacea and was funded by the National Science Foundation. Working through 80-below Fahrenheit weather and 24 hours of darkness with a team of ten other scientists and 128 Navy men, Sister "Mary O." took to the isolation from the rest of the world well, keeping busy with research and exploring the area around McMurdo Base.

02

Sister Mary Odile Cahoon at her desk in the biolab at McMurdo Station, Antarctica

*By Dennis Schenborn*



Along with her historic winter in Antarctica, Sister Mary O. was a biology professor at the College. She researched and founded the Ireland in the Spring program in Louisburgh, County Mayo, in 1979, the College's first study abroad offering, serving as its director for 25 years. Over the course of her illustrious career, Sister Mary Odile ably filled many administrator roles, including chair of the biology department, academic dean, chair of the Natural Science Division, vice-president and academic dean and senior vice-president. Sister Mary Odile made her monastic profession as a Benedictine Sister at St. Scholastica Monastery in 1951 and passed away in 2011.

03

Sister Mary Odile and Dr. Mary Alice McWhinnie in an ice cave near the Ross Ice Shelf

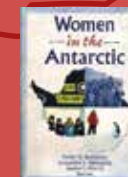
*By Bill Lokey*



McMurdo Base in 1974.



**FOR MORE OF THE STORY ABOUT SISTER MARY O. AND DR. MCWHINNIE, SEE:**



*Women in the Antarctic* edited by Esther D. Rothblum, Jacqueline S. Weinstock, and Jessica F. Morris

*The New Explorers: Women in Antarctica* by Barbara Land



A NEW FUTURE WITH A SHARED PAST:

# Essentia Health's Named Deanship



In October 2023, The College of St. Scholastica and Essentia Health announced a new partnership to establish the Essentia Health Dean of the School of Health Professions. This permanently endowed deanship position, made possible by a \$1.2 million commitment, will be a catalyst as both institutions strive to meet the evolving challenges in the healthcare industry. The deanship will allow St. Scholastica, Essentia Health leadership and the broader medical community to partner more closely on health and nursing practice.

"We are honored to establish the Essentia Health Dean of Health Professions here at The College of St. Scholastica," said Dr. David Herman, president and CEO of Essentia Health. "The shared values between Essentia and St. Scholastica have greatly accelerated our ability to partner and create a vision that benefits both organizations. With enhanced access to Essentia's facilities and clinicians, students are better equipped to provide expert care as they transition into their careers."

Dr. McDonald agreed: "We are deeply grateful to the Essentia Health organization for their support and very excited to see our partnership flourish for the good of the communities we serve in the rural northeast region. We are all acutely aware of the daunting shortages of healthcare workers, particularly in rural areas, and to that end, our collaboration is more critical than ever."

## A SHARED HISTORY OF INNOVATION

The Sisters of St. Scholastica Monastery founded both The College of St. Scholastica and St. Mary's Hospital (now St. Mary's Medical Center), which merged with the Duluth Clinic to form SMDC, St Mary's-Duluth Clinic health system. This partnership later became the base for what would become the multi-state Essentia Health System, which has



▲ Dr. Barbara McDonald, Dr. David Herman, and Dr. Ryan Sandefer sign the named deanship agreement in October 2023.

maintained a focus on training healthcare providers. Infused with Benedictine values, St. Scholastica's programs focus on educating the whole person through a liberal arts education, strengthening St. Scholastica's reputation for graduating compassionate and qualified professionals sought by the healthcare industry.

Today, St. Scholastica is a premier healthcare education institution with programs spanning many medical fields, including Occupational Therapy, Physical Therapy, Nursing, Physician Assistant, Health Information Systems and Management, Healthcare Administration, Pre-Med and more. Essentia Health employs more than 1,000 Saints alumni, including nearly 500 serving as nurses. "Meeting the future needs of the healthcare workforce will require unparalleled strategic thinking, partnerships and collaboration between healthcare employers and institutions of higher education," said Dr. Ryan Sandefer, St. Scholastica's Vice President

of Academic Affairs. "Some estimates place the healthcare workforce shortage at more than 3.2 million by 2026. This is a challenge, but it is also an opportunity for educators and practitioners to think creatively about how to recruit, educate, employ and retain individuals. That is why I am so excited about the newly endowed Essentia Health Dean of Health Professions. The position is grounded in the idea that we can only move our health systems forward through innovative programming and strategic partnerships and better serve our communities."

Dr. Michael Wendinger, who started his tenure as the first dean of the School of Health Professions in July 2023, is the first Essentia Health dean. "We are excited to have Dr. Wendinger serving in this role," said Dr. McDonald. "His creative and innovative thinking, along with our faculty expertise, is a sure formula for success as we partner with Essentia's medical community."

# A LITTLE HISTORY WHILE WE WAIT

On the main campus in Duluth, the Student Center building is settling into the landscape as crews continue their work on time and on budget. The next issue of St. Scholastica Magazine will include a celebration of the project completion, which will also close the comprehensive master plan that was approved in 2005. Previous projects include expanding Burns Wellness Commons and the Science Building, completed in 2008 and 2012, respectively.

While there are several architectural styles and materials used in buildings across campus, the architects and the internal design committee continued to develop a unifying theme to strengthen ties between Tower Hall, the Mitchell Auditorium and the Student Center. Look for the following characteristics throughout the various campus buildings:

- Verticality
- Grey stone
- Brick
- Recessed and framed openings
- Depth
- Texture
- Ornament
- Detail
- Symmetry

## MEANING BEHIND THE MEDAL

The entrance to the Student Center is flanked by the Jubilee Medal, which was first struck in 1880 to commemorate the 14th centenary of St. Benedict's birth. The front of the medal is this issue's cover image.

## FRONT

We see St. Benedict holding his Rule; next to him, on a pedestal, is the cup that once held poison, shattered after he made the Sign of the Cross over it. The other pedestal is topped by the raven, who is about to carry away the poisoned bread. In very small print above these pedestals are the words: *Crux s. patris Benedicti* (The Cross of our Holy Father Benedict). Underneath St. Benedict are the words: *ex SM Casino MDCCCLXXX* (from holy Monte Cassino, 1880). Surrounding the entire face of the medal are the words: *Eius in obitu nostro praesentia muniamur* (May we at our death be fortified by his presence).



Front

## BACK

In the arms of the Cross are the initials C S S M L - N D S M D, which stand for the rhyme: *Crux sacra sit mihi lux! Nunquam draco sit mihi dux!* (The Holy Cross be my light; Let not the dragon be my guide.). In the corners of the Cross are C S P B, which stand for the same words found on the front over the pedestals: *Crux s. Patris Benedicti* (The Cross of our Holy Father Benedict). Above the Cross is the word *Pax* (Peace), the Benedictine motto. Surrounding the entire back of the medal are the initials to the words of the exorcism: V R S N S M V - S M Q L I V B: *Vade retro Satana! Nunquam suade mihi vana! Sunt mala quae libas. Ipse venena bibas!* (Begone, Satan, do not suggest to me thy vanities! Evil are the things thou profferest, Drink thou thy own poison!)



Back





# THE POWER OF FINDING THE RIGHT FIT

Like many high school seniors, current Marine Corps Capt. Briana Allen '13 never would have accurately predicted her life ten years after earning her college degree. Allen grew up in West St. Paul, MN, graduated from Henry Sibley High School (now Two Rivers High School) and started her college search on the later side, deciding on St. Scholastica with the intention to study Occupational Therapy (OT) and play basketball. "I picked St. Scholastica after touring some colleges. I liked the school community, and I liked getting to be part of that team,"

she said. "The basketball players I met had this culture where their personalities just meshed better than some of the other schools that I visited."

As Allen worked her way through the OT program, she noticed her psychology courses ignited an interest and curiosity she could not ignore, so she ultimately switched majors to reflect her new direction. After earning her bachelor's degree in Psychology, she continued her studies in graduate school. Her surprising career pivot came while working to fulfill

hours as a school psychologist. Allen shared, "During that time, I actually ended up in a career counselor position while I shadowed the school psychologist. It was funny because, as I was doing the career counselor thing and helping students figure out what they wanted to do beyond high school, I took notes for myself about different opportunities. One of the things that the Marine Corps does is invite educators — whether teachers, coaches, counselors or others — to a workshop for a week to teach about opportunities within the Marines. And that fire I had when I

switched to psychology was the same as when I was at that workshop. I immediately dropped from my master's program and hopped on the Marine Corps train."

Joining the Marines, Allen was pleasantly surprised to connect past experiences, skills and interests with her new work as an officer. "I was so excited. I grew up with boy cousins, and I always felt I had to compete with them, so I pride myself on my athleticism and how I keep up with my physical fitness. I loved getting to have a job where this matters," she explained. "I worked as a mental health practitioner for five years before joining, and I just wasn't as excited about sitting behind a desk and the mental toll that it takes when you're trying to assist others with their mental health needs. So when this door opened to the Marine Corps, and I saw how great a fit it would be on several different levels, I was immediately excited. The fit ended up being even better than I had imagined; I use my psychology background all the time."

To help keep the vast amount of information and details she manages as a logistics officer from becoming too stressful, Allen taps into her love of learning and embraces the challenges head-on. As an officer, she is expected to know all the areas and functions of logistics even while recognizing the impossibility of grasping every detail. "Because I truly love learning, it just becomes fulfilling work. It's very, very, very busy. You have very limited resources and you have to find ways to be creative and make things work."

The best part of her job, though, is the people. Allen shared, "The thing I really love about the Marine Corps is the Marines. While a logistician has a lot to know, I rely heavily on the Marines in my charge and those who support me. They are the subject matter experts who allow me, as a logistics officer, to make sound decisions."

Allen also recognizes unique skills and strengths she can use to support her staff. "I think as an officer and leader, my specialty is noticing when a Marine is not behaving the same or is in a different mood because something may be going on in their personal life. I'm able to pay attention to their mental health needs and make adjustments where we can due to my background in psychology and previous jobs in mental health," she said.

Another pleasant surprise? A new opportunity to play basketball. Not long after joining the Marines, Allen learned about the basketball team but could not

participate for her first few years due to an injury. Fortunately, circumstances aligned this past fall, and Allen secured a spot on the roster of the Marine Corps Women's team.

Teams have two weeks to practice before playing in the Armed Forces tournament, where the four branches compete for the championship. When the Marine Corps women's team came in last place at the tournament, Allen expected her short but sweet reunion with basketball to come to a close, but instead, she was selected for the U.S. Armed Forces Women's Basketball Team, which competed in the SHAPE International Basketball Tournament held in Mons, Belgium November 26 to December 3, 2023.

Allen shared: "That tournament had its own challenges. It was easier on the Marine Corps team because, even though we hadn't met until we played together, we were all Marines and that bond formed almost immediately. On the U.S. team, it was a little harder to get that chemistry. In the end, we went undefeated in that tournament and won the gold medal. Overall, it was amazing. I was super grateful to have the opportunity to play against other countries and learn about their military branches and their styles of basketball. It was very, very cool."

**"Because I truly love learning, it just becomes fulfilling work."**

Hindsight often gives the illusion of an easy life path, but Allen harbored doubts along the way. Starting her basketball career late, her coaches told her she would not likely play at the collegiate level. After graduating with her psychology degree, she experienced some regret for changing course from OT. When she decided to join the Marines, her family was not initially on board, which made for a difficult transition. Additionally, she sustained an injury, setting her back two years and giving her ground to make up with her peers. Through it all, the knowledge she was pursuing something she was passionate about and had an affinity for helped her power through the bouts of uncertainty.



Another source of encouragement has come from practicing the Benedictine values within community. "Whether in the classroom or on the court, when we honed in on those core values and took the time to take them seriously, I really appreciated it," Allen said. "That experience transitioned me to the Marine Corps values, which made it easier; I had that foundation built at St. Scholastica and it matured me. I think it made me a better, more well-rounded person."

When she commissioned, Allen was initially planning for a 20-year military career; now, she is open to whichever path is the right fit. In the meantime, she takes her role as an officer seriously and is committed to her work, whether at her desk or with her colleagues and direct reports. For her next adventure, Allen was selected to become a Marine Officer Instructor at the University of South Carolina. She is excited to go "full circle" by returning to teach and mentor the next group of young Marine Officers.

"Knowing that, as an officer, I have an effect on so many Marines, it is very important to me to know where my moral compass is and to make sure that I am setting a good example," Allen said. "I like to remind them that these values are your moral compass and to keep them in the back of your mind when things are stressful, busy or chaotic. Let your values be your guide and your compass."





# BRIEFS



## Post-Secondary Employment Outcomes Earnings

New data released in August 2023 by the U.S. Census Bureau revealed the median earnings of St. Scholastica undergraduate alumni are \$49,673 one year after graduating. That is \$11,212 more than the median earnings of graduates of all Minnesota four-year colleges, public or private, one year after graduation. The earnings of St. Scholastica's alumni are also higher than the state average five years and ten years after graduation.

Dr. McDonald responded to the data: "Our alumni are incredible and the report shines a light on our phenomenal faculty and staff in preparing our students for meaningful lives. Our graduates are out in our communities quite literally transforming the world through their work and service. The statistics regarding their earnings demonstrate that employers seek out our graduates and value their impact. That is something we can most definitely celebrate."

For more data and to check out the U.S. Census Bureau's explorer tool, visit [css.edu/about/news](https://css.edu/about/news) and read the story from Oct. 12, 2023.



## School of Arts and Sciences Global Sustainability and Justice Studies Program Introduced

The new Global Sustainability and Justice program offers students an interdisciplinary approach to engaging with generation-shaping challenges. Four concentrations — environmental studies; sustainable management; peace, advocacy and justice; and global public health — provide fitting pathways for various careers and fields and include a solid foundation in the language and cultural fluency skills necessary to work within diverse communities and navigate complex global issues successfully.

Along with the new academic program, the College is pleased to have hosted the 2023-24 Alworth Peace and Justice Series: "Water: Sustaining Life in the 21st Century." The final event of the series welcomes pediatrician and author Dr. Mona Hanna-Attisha, who helped bring the Flint water crisis to broader public attention, on Thursday, April 11. More information is available at [css.edu/peace](https://css.edu/peace).



▲ Dr. Mona Hanna-Attisha



## CSS Holiday Hang... and a Sweet New Tradition?

This year's All-CSS Happy Holidays Hangout on Dec. 12 welcomed students, staff and faculty to enjoy a few hours together before the end of the semester. Co-hosted by the Student Government Association, the Faculty Steering Committee, the Staff Council and the President's Cabinet, the cozy get-together in Somers Lounge included live music from CSS community members and a new offering: The Great Holiday Bake-Off! This highly competitive event was new to the party, with 18 bakers submitting delectable treats for judging. Staff member Karen Mehle took home the traveling trophy for her entry of Chewy, Cherry, Almond Bars with a Touch of Choc.



## St. Scholastica Music Programs Ushered in the Holiday Season

The College ushered in the holiday season with a series of musical events that brought the Christmas spirit to life, including the 11th annual Christmas concert, O Holy Night. One hundred fifty student musicians and many additional guest instrumentalists put their hearts and hard work into the performances. More than 1,000 audience members were welcomed over the two nights, making it one of the largest turnouts in the event's history. The audience even included students of a local fourth-grade class who came to surprise their student-teacher participating in the concert. Thirty choir alumni joined to sing in the final piece, again adding their voices to the festive mix.



## School of Arts and Sciences Fall Student Project and Research Symposium

120+ students presented 80+ posters at the School of Arts and Sciences Fall Student Project and Research Symposium on Dec. 13.

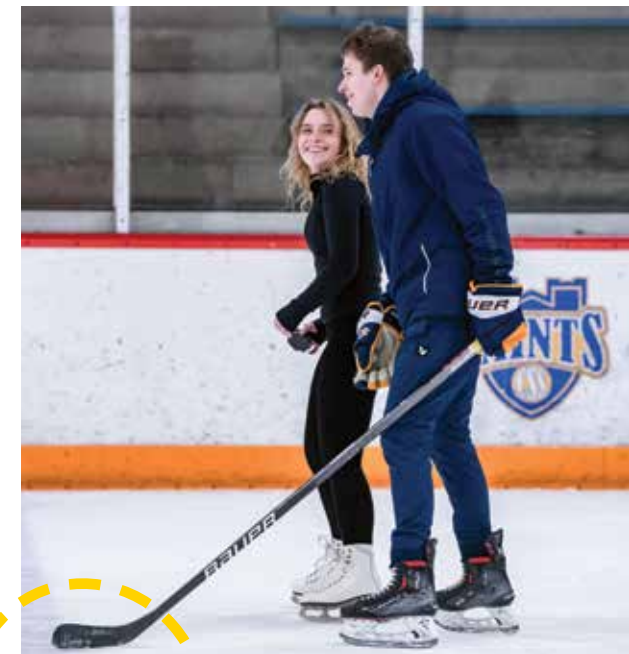
Students shared their work from various courses, including Super Physiology, Analytical Chemistry, Research Methods in Psychology, Novel Antimicrobial Discovery, and Current Environmental Topics and Global Challenges: Scientific Solutions.

Congratulations to these scholars!



## Comedy of Errors

The College's production of William Shakespeare's "The Comedy of Errors" hit the stages in November! Directed by Mary Jo Sodd, this twisted tale of confusion and slapstick comedy invited audience members to experience a whirlwind of mistaken identities and side-splitting chaos at the St. Scholastica Theatre on the main campus. The performance featured identical twin sons and their identical twin servants, once separated by a treacherous shipwreck, who unexpectedly cross paths in Syracuse. Without knowing the other pair's existence, the four men interacted in a constant flux of misunderstanding and mistaken identity.



## International Students at Home on the Rink

At the beginning of spring semester, St. Scholastica's Office of International Programs and Marshall House — the residence hall for international students attending Marshall School in Duluth — partnered for a joint skating event at Mars Arena. Members of the Saints and Hilltoppers hockey teams taught skating skills and even a bit of stick handling. Approximately 50 participants from the two schools joined at the rink and shared dinner at Marshall House, home to approximately 30 international high school students.







FALL 2023

# SAINTS

## SPORTS WRAP-UP

This fall, Saints teams were led by the cross country programs, which produced two All-Americans, sent three individuals to nationals, earned a Men's Coach of the Year award and Women's Rookie of the Year award, and had three all-conference and two honorable mention runners. Men's soccer's Keegan Chastey '23 and football's Anthony Vo '25 earned back-to-back All-Conference honors. Football's Ricky Weber '25, women's soccer Tenley Voth '23 and volleyball's Lindsey Baribeau '26 all earned a Minnesota Intercollegiate Athletic Conference (MIAC) honorable mention nod for the first time in their careers.







## TWELFTH ATHLETICS HALL OF FAME CLASS INDUCTED

The College of St. Scholastica inducted its 12th class into the Athletics Hall of Fame on Oct. 14 in the Mitchell Auditorium. The class includes (pictured, left to right): former Athletic Director Don Olson, longtime assistant baseball coach Tim Anderson '92 (the first Nordic skier to be inducted) Jeremy Hecker '13, All-American hockey goaltender Walt Aufderheide '81 and All-American women's basketball guard Stacy (Pelletier) Deadrick '91.

## TWO HISTORIC ALL-AMERICAN FINISHES FOR MEN'S CROSS COUNTRY

The duo of junior Calvin Boone and senior Lars Dewall (pictured left to right) made school history at the 2023 NCAA Division III Cross Country Championships in Newville, PA: Dewall became the first All-American for the men's program as he finished 34th, and Boone placed 36th out of 294 runners to become the second All-American for the program.



## CROSS COUNTRY PROGRAM COLLECTS CONFERENCE AWARDS

First-year runner Regan DeWitt '27 (pictured right) became the first woman in program history to win the MIAC Rookie of The Year accolade as she placed 17th and led all freshmen in the conference at the MIAC Championships, placing 17th. Head coach Chad Salmela was named the Men's MIAC Coach of the Year for the first time after leading the Saints men's team to their program-best third-place finish at the MIAC Championships. In addition, Lars Dewall '24 and Calvin Boone '25 earned all-conference for the men's program, Alli Hendrickson '24 made the all-conference list and Maj-Lis Helmer '23 and DeWitt earned honorable mentions for the women's program.



## FOOTBALL'S ANTHONY VO NAMED TO SECOND STRAIGHT ALL-CONFERENCE TEAM

Junior Anthony Vo gathered his third straight MIAC award, earning an honorable mention nod in 2021 and back-to-back All-Conference awards in the 2022 and 2023 seasons. In conference play, he was 12th in tackles for loss, 13th in total sacks and 18th in total tackles. Vo led the team with 9 tackles-for-loss, four sacks and was tied for first with two interceptions. He had 65 total tackles on the season, which was third on the team.





## MEN'S SOCCER KEEGAN CHASTEY EARNS BACK-TO-BACK ALL-CONFERENCE HONORS

Chastey earned his second consecutive MIAC All-Conference award, his third total (he was named UMAC All-Conference in 2021). He was the team leader in shots (36), points (17), goals (7) and assists (3). In his 16 games, he was ranked 13th overall in goals and 14th in total points from his MIAC competitors. In his 9 conference games only, he finished 11th in shots and 15th in shots on goal.



## SAINTS ATHLETICS ADDS THREE HEAD COACHES

During the offseason, the Athletics Department hired three new head coaches. St. Scholastica Alum Jason Kask '08 was selected to lead the men's and women's Nordic skiing teams. Brooks Repking from Crown College became baseball's fifth head coach of the program, and softball saw the hire of Kallee Wilkins from Sul Ross as the seventh head coach in program history.



▲ Jason Kask



▲ Brooks Repking



▲ Kallee Wilkins



# DEAR SAINTS,



I hope this message finds you in excellent health and high spirits.

Reflecting on the past year, we have much to celebrate and be grateful for. In May 2023, we joyfully welcomed over 600 new Saints into our Alumni Association. This significant growth reflects our esteemed alumni community's continued strength and expansion.

Alumni hold a pivotal role in shaping the life of our alma mater. Your contributions, expertise and support are invaluable in guiding current students and fellow graduates toward success. By fostering networking opportunities and engaging in various initiatives, new members enrich our collective experience, fostering pride and a deep sense of belonging within the extended Saints community.

In June, we joyously celebrated the successful conclusion of the Second Century of Saints Campaign. Over the span

of nine years, our collective efforts raised \$64,503,607 through the campaign, "A Second Century of Saints: Believe. Belong. Transform." This tremendous achievement has made possible the new Student Center, enhanced scholarship support, cutting-edge nursing facilities, the remarkable Health Science Center and more.

On May 12, 2023, we marked the commencement of the Student Center building project with a groundbreaking ceremony, marking another milestone in our journey.

These achievements were made possible by the unwavering support of the Saints alumni community. As we embark on another promising year, I call upon all of us to unite and rally behind our alma mater.

Together, as a unified Saints community, we can aid St. Scholastica in overcoming challenges and continue attracting students who resonate with the College's mission and

values rooted in the Catholic Benedictine heritage. How can you contribute? Share your experiences with prospective students, proudly wear your Saints gear and be an influencer by sharing your profound pride in St. Scholastica today.

Let us continue to stand strong as Saints, showcasing our commitment to our beloved alma mater.

Warm regards,

Jennifer Alaspa, '00 CLS (MBA '15)  
President, Alumni Association Board



# CLASS NOTES

1973

**Shizue Nishikawa**, a member of the Japan Tennis Association, assists players and staff who come to Japan for international tennis tournaments. Shizue has been playing for over 65 years, and wherever she has lived over the years — North America, Arab countries, Europe, and her home country of Japan — she has enjoyed playing tennis with people in these countries, which has helped her settle into her new home.

1974

**Greta (Blomquist) Armata** celebrated 57 years as a church musician.

**Roberta Davidson-Vowell** is happily retired and living in The Villages, FL.

1977

**Charmaine (Desjarlait) Branchaud**, school nurse for the Red Lake School District, has been named a 2023 Immunization Champion by the Association of Immunization Managers and Minnesota Department of Health. Branchaud was recognized for her extensive career promoting immunization and her recent outstanding efforts that increased the overall immunization rate from 84% to 94% for students in kindergarten through second grade in the Red Lake School District.

1983

**Michelle (Beaudry) Dick** received the Distinguished Member Award at the 2023 Annual MNHIMA Conference.

**Elizabeth (Plasschaert) Poppenhagen** is a support nurse leading educational groups for adult clients at Prairie St. John's Hospital, a UHS facility for people with mental health or addiction issues.

1988

**Pam (Jurasin) Oachs '88** (MA '98) received the AHIMA Triumph Educator Award. This is a national award designed to recognize those special individuals who have made a difference in the health information profession.

1995

**Tamra Trenary** (MS '96) received the Southern District Fieldwork Educator of the Year award from @motafunctionfirst.

1999

**Janelle (Anderson) Hale** is the director of Hospice, Home Care and Palliative Care at St. Luke's Hospital in Duluth.

2000

**Rita Bowen** (MA) received the AHIMA Triumph Advocacy Award. The Triumph Award is a national award designed to recognize those special individuals who have made a difference in the health information profession.

2001

**Elissa (Grossell) Dickey** is the director of communications and marketing for the Aberdeen Public School District in Aberdeen, SD.

2003

**Wendy Follis** (MA) is the director of information and technology at St. Luke's Hospital in Duluth.

**Brian Forcier** received the Business Champion of the Year award for Titanium Partners at the Duluth Chamber of Commerce Dinner in November 2023.

**Jame Tester Morfoot** received tenure and was promoted to associate professor of Social Work at the University of WI - Eau Claire.

2005

**Jennie (Backus) Hardman and Andy Hardman '11** celebrated 10 years of marriage in September 2022. Jennie owns a psychotherapy private practice, Jennie Hardman Therapy, in St. Paul and began teaching in the BSW program at UWRF in the Fall of 2023. Andrew is a licensed school nurse with St. Paul Public Schools and runs Andy Hardman Photography. Together they raise and wrangle their 9-year-old son, Fletcher Lee, named after his grandpa, Steven Lee Backus.



2008

**Nyssa (Larsen) Fuhreck** was elected to serve as delegate director of MNHIMA.

2009

**Christopher Bjerke** is a criminal defense attorney in Evansville, IN.

**Jason Kask** is the head coach of the Nordic skiing program here at The College of St. Scholastica.

**Heidi (Thrift) Schminski** is an advanced practice registered nurse and certified nurse practitioner specializing in family practice at Essentia Health-Duluth Clinic.

**Dan Utech** is on the Board of Directors for AHIMA. Additionally, Dan received the 2023 Young Alumni Achievement Award here at The College of St. Scholastica. This award honors alums under age 40 who support the College with their time, talent or treasure, exhibit high achievement levels early in their careers, and live out the Benedictine values through service to others.

**Cyri (Lillejord) Van Hecke** is a partner at Faegre Drinker.



2010

**Bailey Aro Hutchence** is the founder and CEO of White Spruce Market, specializing in curated gift boxes for businesses big and small. They curate on-brand and on-budget gifts for client appreciation, employee recognition, events, conferences, milestones, celebrations and more.

**Julie (Fletcher) Cannavino** (MS) is the director of the Nassau County Library in Fernandina Beach, FL.

**LaCora Bradford Kesti** was honored at the Minnesota Lynx game on Saturday, Aug. 26, 2023, by the Minnesota Lynx Inspiring Women Program, presented by Rasmussen College. This program celebrates women throughout the state of Minnesota who inspire, motivate and encourage others around them through personal and professional leadership.



**Will Limp** (MS) was elected to AHIMA's Council for Excellence in Education.

2011

**Christy May** has been elected as a delegate director of MNHIMA.

**Megan Munns Prunte** has received the AHIMA Triumph Mentor Award. The AHIMA Triumph Awards are national awards designed to recognize those special individuals who have made a difference in the health information profession.

**Alex Warren** (MS '15) is a regional operations supervisor with the Minnesota Department of Health.

2012

**Krysten Foster** (MBA) is a highway engineer for Otter Tail County.



**Vanessa Lofquist**, Cuyuna Regional Medical Center Care Center clinical care manager, recently completed the LeadingAge Nurse Leadership course, a program developed to shape confident and competent nurse leaders in long-term care.

2013

**Kelly Sweet** is an advanced practice registered nurse and certified nurse practitioner specializing in family medicine at Essentia Health-St. Mary's Superior clinic.

2018

**Christina Booth** is a veterinary assistant at Tropicana Animal Hospital in Las Vegas, NV.

**Gabriella (Herrera) Caldecott** is the recipient of the 2023 First-Gen Alumni Award. This award honors a first-generation alum whose strengths, resiliency and lived experiences positively contributed to the St. Scholastica community. As the recipient of this award, Gabi is inducted into Tri-Alpha, which is a national honor society for first-generation college students, established at St. Scholastica in 2019.



**Kyle Schwerman** is a senior headquarters program analyst with the Department of Defense managing major defense acquisition programs.

**Emily Valine** released an album of piano arrangements called "Be Still, My Soul." The album is available to stream on Apple Music, iTunes, Spotify, Pandora, YouTube and Amazon Music.



**Ashley (Carlson) Yager** is a nurse practitioner at Cuyuna Regional Medical Center's Cancer Care Center.

2014

**Tianna (Seeley) Hughes** is a nurse practitioner at St. Luke's Obstetrics & Gynecology Associates in Duluth.

**Ashley (Portillo) Rhoads** (MSW '18) is owner and practitioner at Birch & Pine Counseling in Cloquet.



2015

**Madeline Adamczak**, APRN, CRNA, has joined St. Luke's Anesthesiology Associates in Duluth.

**Lauren Peine** is a health technologist at the Learning Consultants in Reno, NV.

2016

**Holly (Peterson) Frischmon**, CRNA, has joined Riverwood Healthcare Center's surgical services provider team in Aitkin, MN.

**Dr. Jordan Lindholm** has joined St. Luke's Mount Royal Medical Clinic in Duluth.



# CLASS NOTES CONTINUED >>>

**Glenn Maloney** (MSW) recently published his first book of poems, "Twelve Poems," available on Amazon.

**Claire Moldenhauer** (DNP '23) is an advanced practice registered nurse and certified nurse practitioner specializing in stroke neurology at Essentia Health-Duluth Clinic.

## 2017

**Emily Hanson, MA, PsyD,** is a post-doctoral fellow in Clinical Psychology at Marla Vannucci, PhD & Associates in Chicago.



**Lucas Scherer** (MSW) is a behavioral health specialist at Essentia Health St. Mary's Clinic in Superior, WI.

## 2018

**Steven Broker** (DNP '23) is an advanced practice registered nurse and certified nurse practitioner specializing in psychiatry at Essentia Health-Duluth Clinic.

**Carissa Nelson** (DNP '23) is an advanced practice registered nurse and certified nurse practitioner specializing in family medicine at Essentia Health St. Joseph's-Brainerd Clinic.

**Melanie (Reese) Maldonado** graduated from the University of Minnesota Masters of Public Health-Coordinated Masters Program and is a registered dietitian at Gillette Children's Hospital in St. Paul.

## 2019

**Edith Ballard** (MS) is a healthcare support worker at the University of Texas, MD Anderson Cancer Center.



**Cole Martin** as a finance technician at The Duluth Airport Authority.

**Ashley Radtke** (DNP '23), APRN, is working at St. Luke's Internal Medicine Associates in Duluth.

## 2020

**Alyvia Dobs** (DPT '23) is a physical therapist at St. Luke's Hospital.

**Megan Zerfas** (MS '22) is a certified physician assistant who specializes in weight management at Essentia Health-Grand Rapids, MN.

## 2022

**Kaela (Huber) Swanson** (MS) is a social science teacher for the Ashland School District.



## 2023

**Ken Pryde** has moved to the Philippines and signed a professional contract with Stallion Laguna Football Club in the Philippines Football League.



## MARRIAGES

**Christopher Bjerke '09** and **Olivia Robinson**, Nov. 11, 2023.



**Betty (Suihkonen) '12** and **Kyle Parker**, Sept. 17, 2022.



**Sarah (Seitz) '13** and **John Anderson**, July 16, 2022.



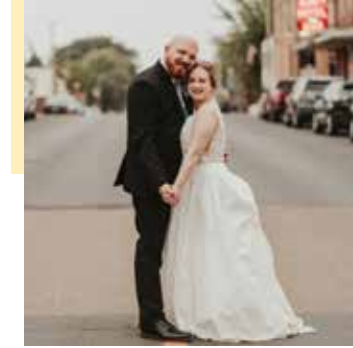
**Emily (Glomski) '15** and **Kevin Von Ruden '17**, (DPT '23) July 1, 2023.



**Greta (Jenkins) '19** (MED '22) and **Jacob Link**, Sept. 24, 2023.



**Kalley (Seeger) and Caleb Gresetz '19**, Sept. 9, 2023.



**Miranda (Overland) '20** and **Andy Lakeman '21**, June 1, 2023.



**Kaela (Huber) (MS '22)** and **Travis Swanson**, June 11, 2022.



## BIRTHS AND ADOPTIONS

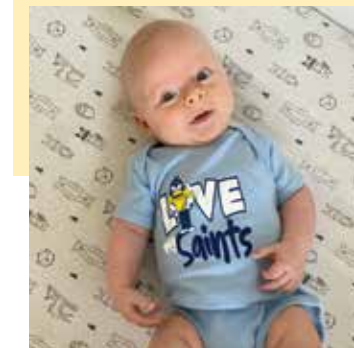
**Lacy (Olesiak) '07** and **Sid Basu '07**, a boy, Rohnan, Oct. 26, 2022.



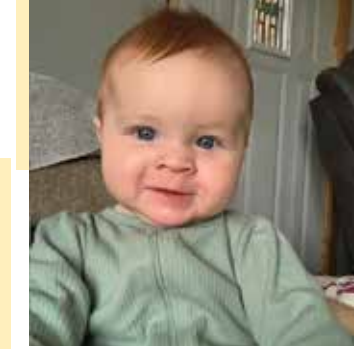
**Kadian (Hofstad) '08** and **Dragomir Mijic '08, D.O.**, a girl, Elinn Lemta, July 24, 2023.



**Hannah (Barr) '10** and **Jonathan Puryear**, a boy, Finn Cullen James, May 5, 2023.



**Betty (Suihkonen) '12** and **Kyle Parker**, Sept. 17, 2022.



**Breanna (Adams) '14** and **Chris Lambach '14**, a girl, Amelia, June 1, 2023.



**Melanie (Reese) '18** and **Noah Maldonado**, a boy, Augustine, Apr. 25, 2023.



## DEATHS

**Maureen (Karpen) Fasbender '46** died on June 19, 2023. She is survived by her children Mary (Dennis) Deane, John (Therese), Cheryl (Nick) Conzemius, James (Clarisse), Victoria (Shawn) Coonrod, Lisa (Matt) Haviland, Herman (Andrea), Kathryn (Peter) Bos, Peter (Kim), and Julie (Jesse Krook) Lacroix; 28 grandchildren; 21 great-grandchildren with more coming; and many other relatives and friends.

**Regina (Kochevar) O'Donnell '48** died on Oct. 24, 2023. She is survived by her sister Florence Kochevar; numerous nieces and nephews; and many treasured friends.

**Wanda "Delores" (Meizo) Ginsberg '50** died on Sept. 5, 2023. She is survived by children, Abbi Ginsberg and Daniel (Susan), and many nieces, nephews, and cousins.

**Barbara (Kobe) Tourville '50** died on Sept. 26, 2023. She is survived by children, Mark (René) Munger, David (Diane) Munger, Anne (David) Sarvela; ten grandchildren; thirteen great-grandchildren; nieces, Julie (Brad), and Heidi (Nick); numerous Kobe/Barber cousins; and many friends from the Rat Pack, the Ski Hut group, DAR, and the Episcopal church.

**Martha (Kasowski) Seppi '51** died on May 23, 2022. She is survived by children, Bruno, Howard, Timothy, Martino, Perry, Gary, Marilyn; 25 grandchildren; and 11 great-grandchildren.





Please submit Class Notes of recent news within the past 12 months, including weddings, graduations, new jobs, promotions, awards, honors, major life events, achievements, and death announcements due to space constraints. Submission does not guarantee publication; editorial discretion will be exercised. The items in this issue were submitted between **June 22, 2023, and Jan. 12, 2024.**

If your note isn't featured, contact Alumni Engagement at [alumni@css.edu](mailto:alumni@css.edu) or 218-723-6071 / 866-935-3731.

**Kathleen (Olson) Dillan '52** died on July 6, 2023. She is survived by children, Deb (Tom), Dan (Mindy), Dave (Stef), and DeAnne (Paul); grandchildren, Elizabeth, Ben, Max, Haley, John, Annie, Luke, and Duygu; great-grandchildren, Brinley, Mark, Alice, and two babies arriving in the coming months; Brazilian daughter, Selma Belluzzi; cousin, Chuck and his family; many nieces, nephews, and cousins; and many, many friends.

**Elizabeth (McAuliffe) Miller '52** died on Nov. 18, 2023. She is survived by children, Mark, Maureen (Jeff) Kupczyk, Denise Malach and Lisa (Wally) Allen; grandchildren, Dan (Jennifer), Larissa (Kevin), Meredith (Ben), Alex, Merrick, Mara, and Mallory; and great-grandsons, Landon, Ethan, and Jayce, Brayden and Nathan.

**Patricia (Maier) Schroeder '52** died on June 6, 2023. She is survived by children, David (Ramona), Elizabeth (Paul) Blume, Michael (Mary Dougherty), Katherine (Scott) Papke, Peter (Leslie), and Ann (Kenneth) Gross; 14 grandchildren; and 10 great-grandchildren.

**Adele (Ramsey) McDonnell '53** died on Jan. 5, 2023. She is survived by brother, Everett Ramsey, Jr.; children, Tom (Rosemary), Mary McDonnell, Liz (Jeff) Boyer, Dave (Cheryl), Claire Nelson, Bob (Brenda), and Kate (Steve) Cronen; 20 grandchildren; 27 great-grandchildren; and numerous nieces and nephews.

**Donna (Kelly) Andresen '54**, died Oct. 22, 2022. She is survived by children, Ron, Marcia (Jim), Stephen (Danielle), and Lori; grandchildren, Corey, Madeline, and Isabella; sister, Mary Anne Obluda; brother, Thomas Kelly, Jr.; and many nieces and nephews.

**Ann (Johnson) Kolscher '55** died on Aug. 15, 2023. She is survived by daughter, Mary Beth (Michael) Klipstein; two grandchildren; and four great-grandchildren.

**Patricia (Sheehy) MacInnis '55** died on Aug. 19, 2023. She is survived by children, John, Mary Ann (Damon) Orlando, and Kathleen MacInnis Johnson; six grandchildren; three great-grandsons; sisters-in-law, Joyce Sheehy, Marilee Culliton, and Virginia MacInnis; brother-in-law, David (Helen) MacInnis; and many beloved nieces and nephews.

**Mary (Peterson) Maney '55** died on June 14, 2023. She is survived by sister, Phyllis Peterson Webb; sons, John (Deborah), Michael (Rebecca), James (Diane), Edward, and Patrick (Sarah); and grandchildren, Jack, Aidan, Wyatt, and Catalina.

**Dorothy (Clark) Collette '56** died on July 21, 2023. She is survived by children, Susan Cartie, Steven (Nancy) Cartie, and Sandra Cartie; stepson, Chris (Ellen) Collette; five grandchildren; five great-grandchildren; and her cat, Emma.

**Joan Murray '56** died on Nov. 13, 2023. She is survived by brothers, Justin (Janet), and Jim; and many nieces, nephews, great- and great-great nieces and nephews.

**Linnea "Cecile" (Hilding) Swenson '56** died on May 30, 2023. She is survived by husband, Richard; daughters, Linnea (Jon) Tellekson, Deborah Swenson, Kristin (Craig) Swenson; and grandchildren, Leland and Tallulah.

**Joanne (DeRiemaker) Gidley '57** died on Nov. 15, 2023. She is survived by sons, Matthew (Donna), Paul (Cathleen), John (Heidi), and Michael (Anessa); daughter-in-law, Pamela (Lou DeGraef) Gidley; eight granddaughters; four grandsons; four great-grandchildren; brother-in-law Ronald Smet; nephews Steven, Craig (Maggie), Scott (Jeanette), and their families.

**Corrine Windus-Howard '57** died on Aug. 19, 2023. She is survived by children, Robin "Bobbie", Cathy, Chris (Judith), and Nick (Dori); granddaughters, Cassie (Sean) and Allison; grandsons, Matt (Tessa), Nick, Chris Jr. (Shannon), Charlie (Stephenie), John (Julie), Sam (Shelby), Dan, Jason (Shannon), Tony (Ashley), and Nate (Laura); 9 great-granddaughters and 6 great-grandsons; son-in-law Darin Erickson; many sisters and brothers-in-law, nieces, nephews, cousins; and her special friend, Jim "Sweetie Pie" from Orchard Hills Assisted Living.

**Sister Helen Carey '59**, OSB, died on June 21, 2023. She is survived by sister, Patricia (Joseph) Morris and half-sister, Colleen (Richard) Barrett; sister-in-law, Zelma Carey; and her Benedictine Sisters.

**Carol (Bethune) Hahn '59** died on March 15, 2023. She is survived by son, David; daughter, Kathy; son-in-law, Chris; and grandson, Joshua, who brought a special joy to her life.

**Nancy (Novotny) Dorshak '60** died on Dec. 13, 2023. She is survived by children, Deborah (Douglas) Enrooth, Ron (Julie), Mark, Michael (Sandra), and Catherine (Scott) Fischer; grandchildren, Brittany (Grant), Joshua, Ronald, Rebecca, Brandon, Kayla, and Michael; and sisters, Yvonne (Dave) Swanson, Carole Hiniker, Kathleen (Greg) Malecha, and Peggy (Bob) Heuer.

**Rita (Barnak) Kontny '62** died on Nov. 27, 2023. She is survived by husband, David; son, Nathan (Lynette); daughter, Natasha (Jon); granddaughters, Madeline and Addison; sister, Paula (Evelyn); and many cousins and dear friends.

**Anna (Killalea) Lindner '62** died on April 17, 2023. She is survived by children, Jilliene Isaacs and Shauna Goulder; grandchildren, Aidan, Charlie, Eva, and Tanner; sister, Mary; and nephew, William.

**Mary (Foris) Gregor '65** died on Nov. 30, 2023. She is survived by sons, John (Kathleen) and Matthew (Gretchen); grandchildren, Paige and Ryan; sister, Patricia Hansen; brother-in-law, Raymond Gregor, Sr.; sister-in-law, Eleanor (James) Giyan; and many relatives and friends.

**Veronica (Bernard) Kilpela '66** died on Oct. 25, 2023. She is survived by husband, Paul; children, Annette (Brian) Raab and Darrin (Pam) Cross; stepdaughters Corrine (Del) Boyer and Tina (Chuck) Rosenbush; brothers, Paul Bernard and Francis Bernard; and many nieces, nephews, and step-grandchildren.

**Arllys Bourdage '72** died on Oct. 12, 2023. She is survived by husband, Richard Johnson; daughters, Alycia Rae Johnson and Lauren (Ryan) Whalen; granddaughter, Haddie Rae; step-granddaughter, Taylor; brothers, Normand (Geri), Armand (Diane), and Roland (Sharon); and sister-in-law, Sharon Bourdage.

**Virginia (DeRoche) Mattson '72** died on Oct. 27, 2023. She is survived by husband, Daniel; sisters, Mary C. DeRoche and Christine DeRoche; nieces, Kate and Krista; nephew, Josh; great-nieces and nephews, Keegan, Riley, Zachary, and Kirklyn; extended family, the Jim and Michelle Stevens family, Taylor, Maddy, and Jace.

**Vicki (Brown) Boyer '73** died on Nov. 20, 2023. She is survived by mother, E. Darlene Brown; sisters, Patti Villars and Darci (Richard) Wutz; brother, William Brown; niece, Serena; and nephew, Michael Brown.

**Linda Schlecht-Domek '75** died on Oct. 31, 2023. She is survived by sisters, Minda (Jim) Portz, Mary (Jon) Knorr, and Marilyn Carey; step-sister, Susan (George) Witt; step-brother, Joseph Parisi; cousins, Deb and Alli (Cody); and many nieces and nephews.

**Anne (Roehl) Gaffney '77** died on Oct. 24, 2023. She is survived by husband, Brian; children, Dylan (Cristy) and Caitlin; grandchildren, Jedidiah and Adeline; and siblings, Dori (Bruce Molitor) Squiers, Tim (Chris) Roehl, Terry (Debbie) Hanson) Roehl, Joe (Connie) Roehl, Greg (Debbie) Roehl, Jeff (Natchana) Roehl, Becky (Terry) Killian, Pam (Todd) Delano, Suzanne (Chris) Raab, Marianne (Jeff) Straughsbough, Doug Fullmer, Jim (Sally) Fullmer, and Jeff Fullmer.

**Russell Nieland '77** died on July 16, 2023. He is survived by wife, Peggy; children, Chelsea (Christine Danahy) Nieland and Jakob (Samantha Goette) Nieland; and grandchild, Berkley.

**Karen (Forbort) Brown '82** died on June 25, 2023. She is survived by husband, Ray; children, Charley (Sally) and Kathryn Brown; siblings, Myrna (Jack) Lehigh, Peter (Joyce) Forbort, Cynthia (Ronald) Abernethy, Paul Forbort; sisters-in-law, Arlene Erickson, and Lois Olson; grandchildren, David, Wayne (Maddy), Holly (Adam), and Jesse (Riley); ten great-grandchildren; numerous nieces, nephews and great-nieces and nephews; extended family; and dear friends.

**Ann (Adkins) Loeffler '83** died on Nov. 13, 2023. She is survived by husband, Steve; daughters, Katelyn (Gabriel) Mooney and Abby Loeffler; sister, Mary Adkins; brother, Mike (Sue) Adkins; grandchildren, Cecilia, Joseph, Damien, and Therese; and grandpups Sadie and Sophie.

**Judith Rian '85** died on Jan. 31, 2023. She is survived by husband, Francis; children, Ann (Jim) Hutchison, Tom (Nisa), Pat, and Jim (Erin); grandchildren, Katie (Mac), Rian (Kayla), Talia, Shana, Tia, Drew, Mackenzie, and Keegan; 4 great-grandchildren; and many other extended family members and friends.

**Leonor Zambrano '88** died on June 6, 2023. She is survived by sister, Nancy; brother, Ciro; children, Luis, Maria (Lawrence), Silvia (Michael), Joe, and Peter (Carol); grandchildren, Tev, Mara, Hannah, Nico, Elli Sol, Silas, and Ava; and many other family members in the U.S. and Colombia.

**Linda (Fasbender) Liebl '91** died on Aug. 11, 2023. She is survived by husband, Scott; sons, Mack (Naomi) and Benjamin; siblings, Patti Fasbender and Joe (Christina) Fasbender; and many nieces and nephews.

**Ann Burke '92** died on June 12, 2023. She is survived by mother, Joan; siblings, Megan Burke, David Nyquist, Melinda (Cameron Miller) Hallman, Christopher (Kim), Alan (Shauna), and Daniel (Anita); sisters, Amy Burke and Melissa (Rusty) Griffin; nephews, Ryan, Brandon, Daniel, and Jackson; nieces, Karen, Amanda, Aria, Ali, Maddy, Gabby, and Sophie; and her loved dog.

**Todd Stein '92** died on Aug. 1, 2023. He is survived by wife, Mary Grace; parents, Timothy and Janet; brothers, Terry (Lynn), Troy (Deborah

Bohmann), and Travis (Kristy); nieces, nephews, and great nephews; and extended family of aunts, uncles, and cousins.

**Tom Korich '93** died on Dec. 11, 2023. He is survived by wife, Charlene; daughters, Gail and Adrianna (Jake); siblings, Lauren (Henry), Micky, Terry, and David; uncle, Loren; grandchildren, Andrew (Devon), Jaclyn, Tyler, and Danielle; stepchildren Michael (Angie), Billie Jo, and Timothy; great-grandchildren Arabella and Harlow.

**Mitchell Luckow '93** died on Nov. 1, 2023. He is survived by wife, Allie; daughters, Delaney, Daphne, and Dottie; son, Nicholas; father-in-law, Larry Severin; man's best friend, his dog Lucy; and many relatives and cherished life-long friends.

**Therese (Beaulier) Sundberg '93** (MA '05) died on Oct. 22, 2023. She is survived by husband, Michael; children, Alissa Sundberg Horan and John (Vanessa); sister, Joanne (Billy Joe) Cox; brothers, Timothy (Theresa) Beaulier, James Beaulier, and Lawrence (Cindy) Beaulier; nieces, Crystal (Travis), Claire, Brianna, and Patti Rose; nephews, Zach (Lauren), Anton, Christopher, Jacques (Ann Marie), and Alex; in-laws Barbara Sargent, Lisa Smothers, and Lisa Sundberg; and her beloved red poodle Bella Rose.

**Geraldine "Donna" (Fort) Fortroy '97** died on July 22, 2023. She is survived by husband, John; children, Mitchal, Mandy, Marcus, and Shane; sister, Karen; brother, David, and many grandchildren.

**Deanna Brekke '99** died on July 22, 2023. She is survived by children, Angie (Jason) Fisher, Briana (Andy) Boswell, Abby (Jeremy) Blair; sisters, Dawn McIntyre, Linda (Bob) Clark, Luann (Danny) Urquhart Lindberg, and Deb Tveit;

grandchildren, Kellen, Reese, Julien, Anders, Isaac, Kal, Vanessa, Sam, and Will.

**Matthew Schiller '05** died on Sept. 15, 2023. He is survived by wife, Claire; children, Madeleine and Adam; mother, Diane Schiller Anderson; mother-in-law, Julie (Bruce Milton) Fradette; uncle and aunt, Larry Schiller and Mary Beth Nehl; siblings, Tonya (Tom) Land, Phil (Gina) Schiller, and Michael (Ashley) Taylor; and a loving extended family of numerous nieces, nephews, aunts, uncles, cousins, and friends.

**Mary Duerstock-Windsor '08** died on Aug. 13, 2023. She is survived by son, Darin; daughter, Marissa Windsor; mother, Mary Duerstock; sister, Constance Duerstock; nieces, Emily, Nicole, Gina, Jade, and Justine; and nephews, Zachary, Shane, and Duke.

**Julie Halom (MA '09)** died on Nov. 30, 2023. She is survived by husband, Gary; children, Erik (Regan), Kaitlyn Halom, and Kyle (Abby); siblings, Russell Ames, Roy (Mary) Ames, Janice (Brad) Lamers, and Ellen (Dan) Hintz; sister-in-law, Stacy Meyers Ames; and numerous nieces and nephews.

**Sarah (Buchholz) Carda '16** died on Oct. 6, 2023. She is survived by parents, Lynn and Tami Buchholz; sister, Melissa (Brad) Stockness; grandparents, James Buchholz, Loreen Richnofsky, and Richard (Linda) Richnofsky; nephews, Colton, Elliott, Theodore, Austin, and Dalton; in-laws, Larry (Lorraine) Carda and Judy Carda; sister and brother-in-law, Angie (Dave) Gillette; loving dog, Stella; many aunts, uncles, cousins, and friends.



# We'll be seeing you!

Our events and programming may have changed, but the mission of the Alumni Association remains the same: to meaningfully connect our alumni with one another and the College. We hope you will join us and our global community of Saints, as we continue to embark on a journey of events together!

## Yoga twice monthly

Check [css.edu/alumni](http://css.edu/alumni) for dates and times

## Virtual

### May 11, 2024

Commencement

### Duluth Entertainment & Convention Center

### June 28-30, 2024

All Alumni Reunion

### Main Campus Duluth

### Sept. 12-20, 2024

Alumni Travel Program

### Vancouver to Toronto by Rail

### Oct. 4-6, 2024

Homecoming  
Student Talent Show  
Young Alumni Award Presentation

### Main Campus Duluth

For more information regarding the events noted above, please visit [css.edu/alumni](http://css.edu/alumni).

If you are interested in hosting a virtual event with fellow Saints, please let us know! We will send out the invitations, help to promote and facilitate setting up the technology. Email us at [alumni@css.edu](mailto:alumni@css.edu) if you would like to plan a gathering.

For more information, contact Lisa Roseth '04, director of alumni engagement at [lroseth@css.edu](mailto:lroseth@css.edu) or 218-723-6016.

## TELL YOUR FRIENDS WHAT YOU'RE UP TO

We need your personal and professional updates for Class Notes. Pictures also are welcome. (Please identify all subjects by name and by class year if applicable.) If your name has changed, please include your name while at St. Scholastica. You can send in your news via the Internet. It's easy! Go to: [css.edu/update](http://css.edu/update). You may also e-mail your news to [alumni@css.edu](mailto:alumni@css.edu)

Class Notes, including pictures, are now available online.

Name (first name/maiden or birth/current last name) Class year

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Address

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City State ZIP code Phone

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e-mail

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Spouse's name (first name/maiden or birth/current last name) Class year

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News • Birth/Adoption • Marriage Announcement • Death Announcement (attach additional sheets as necessary)

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# Bachelor of Computer Science

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# what is your legacy?



## Your perpetual gift to St. Scholastica

If you make annual gifts to the College, did you know there is a way to continue making an impact after those gifts end? Please consider endowing a fund at the College, as the earnings will support St. Scholastica and our students well into the future. Funds can be established for scholarships or to support a school or program.

Contact us to learn how you can leave a legacy to The College of St. Scholastica: Karen Finseth, (218) 723-6104, [advancement@css.edu](mailto:advancement@css.edu). You may also visit: [css.giftlegacy.com](http://css.giftlegacy.com).







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The College of St. Scholastica  
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