

Fontbonne University's

tableaux

September 2008



CONTENTS

Teachers at Top of Game 2

Revealing features on two of Fontbonne's best

Distance Learning 4

Outreach effort reaches the youngest, most needy

Heavy Metal, Light Heart 6

Future engineer has many sides

On the Way Up 8

OPTIONS student displays perseverance, ambition

Miracle Grow 10

New theatre company sprouts successful debut

The Golden Jubilee 14

A CSJ celebrates a monumental milestone

Holding Our Breath 16

Alum soars in fickle television industry

Tastes Good? Who Cares. 18

It's all about looks for this food wizard

Down & Dirty 20

Staff & faculty roll up their sleeves to help

Word from On High 22

A message to educators from Pope Benedict XVI

As the Griffin Goes 24

A Q & A with the newest sensation on campus

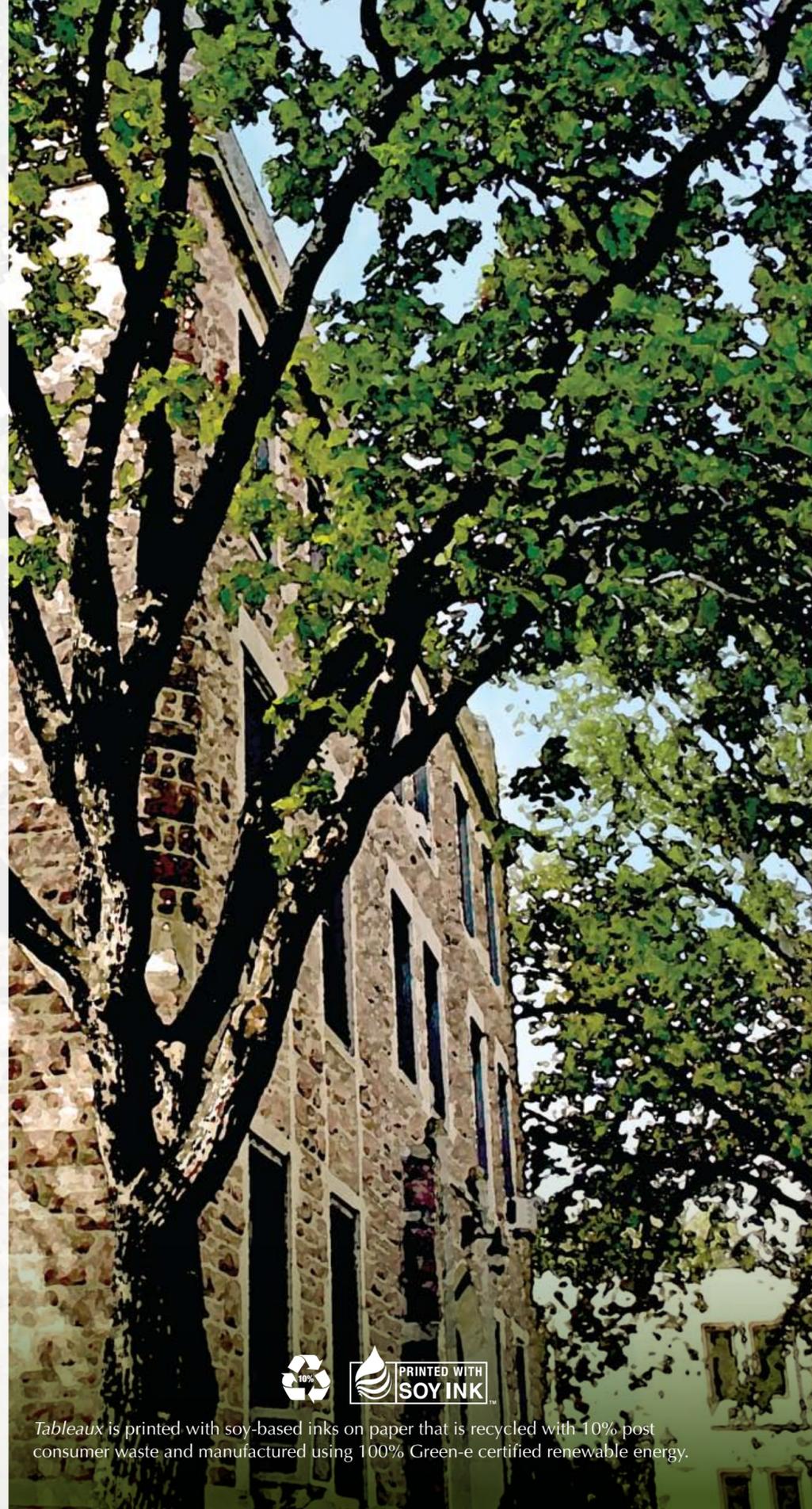
CREDITS

Tableaux is published by the
Office of Communications and Marketing, Fontbonne University

Editor: Mark E. Johnson
Staff Writers: Kylie Shafferkoetter, Kit Breshears
Graphic Design: Helen Seitz
Photography: James Visser, cover photo,
pages 3, 6-9, 11, 14, 19, 22 (inset), 24-25
Salem Krieger, page 16
Tony Fiorini, pages 22-23

Please address correspondence to:
Fontbonne University
Communications and Marketing Department
Attn: *Tableaux*, 6800 Wydown Blvd., St. Louis, MO 63105
phone: (314) 889-1467
e-mail: mjohnson@fontbonne.edu
fax: (314) 719-3655

On the cover: Staff and faculty help community members at local garden. Check out page 20 for details.



WHAT MAKES YOU GO?

Michael Phelps stood on the starting block for the 100-meter butterfly, flapping his arms fiercely in a pre-race ritual, loosening up that 6-foot-7 wingspan. The toes of his size-14 feet wrapped oddly around the starting platform like talons steadying him for takeoff.

Phelps would win this final in breathtaking fashion, by a mere one-hundredth of a second, a fingertip — maybe a fingernail — finish. And now the world knew, with Phelps anything was possible. He would finish with the most golds ever in one Olympics and as the most decorated Olympian of all time.

Next door, as the U.S. women gymnasts entered the final round of team competition in a head-to-head battle with host nation China, 4-foot-8 fireball Shawn Johnson did her best to save her team's chances. The Americans would fall just short, nabbing the silver, after Alicia Sacramone's costly errors on the beam and the floor exercises. The 16-year-old Johnson showed her true mettle as she comforted her devastated teammate. And she would again display amazing poise and grace in congratulating her friend and teammate Nastia Liukin, who would barely edge out the younger Johnson for the all-round title.

Indeed, inspiration comes in all forms.

And that became crystal clear as I looked over the story menu for this issue of *Tableaux* — in between peeks at the Summer Olympics, of course.

For instance, teacher of the year Ben Moore gets inspiration from dumpsters, or, more accurately, what's inside the alley-dwelling containers. You'll have to read more to find out how this teacher of the year turns one man's trash into another's (his) intellectual treasure.

And while we're talking about top teachers, check out our feature on Linda Buhr, an assistant professor who traveled the world in her business career and now is making her mark at Fontbonne.

OPTIONS student Sheldon Jackson found inspiration in his decision to go back to school to create a better future for himself and his family. And while Jackson is striving to become an alum, Jane Olson has been putting her Fontbonne degree to use in the Big Apple for some time. You'll be impressed with the heights this 1987 graduate has achieved in the world of cable TV.

Longevity and dedication are attributes we can all aspire to, and Sister Mary Carol Anth possesses both. We delved into the life of Fontbonne's associate dean of academic affairs as she celebrates her golden jubilee as a Sister of St. Joseph.

On the other hand, student Matt Beckett has a long way to go to match the staying power of Sister Mary Carol, but he's a motivated young man who seems to have his feet planted solidly on the ground. In many respects, he epitomizes the Fontbonne mantra "learn more, be more."

Alumna Mary Sutkus finds her inspiration in food — all kinds of food — used in some surprising ways. Mashed potatoes in cherry pie? In Mary's world, you bet.

If you're looking for a thought-provoking theatre experience, you won't want to miss the second season of Fontbonne's in-residence company Mustard Seed Theatre. In the meantime, you can read our feature on the cultivation and nurturing of this unique thespian venture.

Our university president, Dr. Dennis Golden, found professional and personal inspiration while attending Pope Benedict XVI's address to U.S. educators earlier this year. Dr. Golden shares his perspectives on the Holy Father's hopeful message.

Perhaps one of our most encouraging stories finds its heart thousands of miles away in the tiny Central American country of Belize. Find out how Fontbonne professors — and students — are offering their expertise to help children with disabilities.

Back here at home, faculty and staff — en masse — embarked on Fontbonne's first-ever, all-day, close-the-campus volunteer project. Our photo feature captures some folks clearly motivated with a sense of mission.

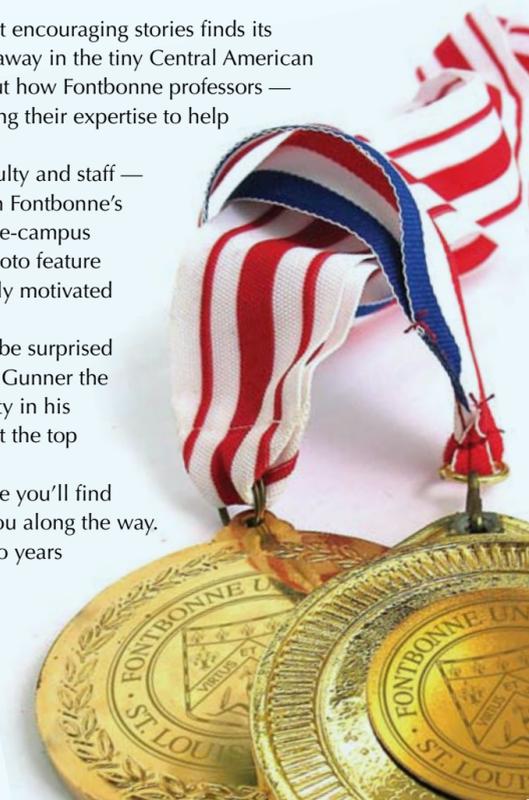
And, finally, you might be surprised to learn how our mascot, Gunner the Griffin, overcame adversity in his earlier years and is now at the top of his game.

Enjoy the read. We hope you'll find something that inspires you along the way.

After all, it's another two years for the next Olympics.

Mark E. Johnson

Mark E. Johnson
Editor



Tableaux is printed with soy-based inks on paper that is recycled with 10% post consumer waste and manufactured using 100% Green-e certified renewable energy.

ALWAYS A STUDENT

by Kylie Shafferkoetter

The 12-foot-high dumpster filled with discarded items from an old house under renovation catches Ben Moore's eye as he jogs near his home in Soulard, a historic neighborhood in St. Louis City. A collector of all things old, with a penchant for a good story, Moore immediately notices some antique books. He discovers yellowed pages filled with children's lessons — handwritten with a fountain pen. He grabs a discarded wash basin, fills it with the books and begins a journey into one man's short life and a history of St. Louis' Hungarian German immigrant community at the turn of the 20th century.

Moore, 46, chair of Fontbonne University's English and communication department, discovered the books were from 1917 and belonged to 9-year-old John Gergen, who dutifully practiced English penmanship, figured out multiplication problems and wrote brief essays on history and health. The Fontbonne professor became engrossed in finding out more about Gergen, who died at the age of 26 from tuberculosis, as well as the Eastern European immigrants who were concentrated in the Soulard neighborhood.

"It was one of the most interesting projects I've ever done," Moore says. "Researching census, immigration and parish records was fascinating, and actually tracking down living relatives who remembered John was amazing." His research culminated in a

spring 2006 article in "Gateway," the magazine of the Missouri Historical Society. What was at the time the only known photo of Gergen, taken when he was approximately 20, was published with Moore's article. The following year, the piece won the Missouri Historical Society's best article award.

Extracurricular exploration is what Moore says makes him a better teacher. "Outside projects like this keep me engaged and fuel my enthusiasm for learning, which I think is passed along to the students," he says.

It must be working. He was honored this spring with the Joan

Goostree Stevens Excellence in Teaching Award — Fontbonne's equivalent of "teacher of the year." He also received the honor in 1996.

"This award means a tremendous amount to me. I've worn a number of different hats in my career, and that of teacher is by far the most important," Moore says. "I'm really aware of the fact that anything I do is dependent on others in the academic community — most of all the students."

The past year has been especially eventful for Moore. In spring 2007, he and colleague Jack Luzkow, chair of the history, philosophy, and religion department, co-taught an honors class on the Bosnian genocide. The class culminated in a student-produced documentary that was featured as part of a larger project titled "Prijeedor: Lives from the Bosnian Genocide," a multimedia exhibit that debuted last fall at the Holocaust Museum and Learning Center in St. Louis.

Moore remains involved with the Bosnia Memory Project, an ongoing effort to establish a record of Bosnians in St. Louis. He, Luzkow and fellow Fontbonne professor Corinne Taff are also working to establish by 2011 the Center for Migration, Memory and Identity at Fontbonne. The center will promote studies about movements of peoples and cultures around the world.

"The Bosnia projects and my research into young Gergen are like reading a novel for me," Moore says. "There is beauty in being within works of art. I always find that I am a student of what I'm in the presence of, not a master. At the end of the day, education is not about control; it's about giving yourself over to what's bigger than you."



above: Only known photograph of John Gergen. (Gruss Studio, St. Louis – no date. Photograph courtesy of Anna Cattaneo.)

BEN MOORE at-a-glance

born: Greenville, S.C. - 1961

interests as a kid: rock and shell collections; reading

high school years: played the clarinet; considered playing with a symphony

college: bachelor's in English, Furman University, S.C.; master's and doctorate in English, University of Iowa

odd photo superstition:

For his current teacher of the year photo, Moore insisted on wearing the same sweater he wore 12 years ago when he won his first award.

favorite food: "All of them."

best dumpster finds (aside from Gergen books): antique wooden bench, assorted shovels, gold pocket watch from late 1800s



Experience is a Great Teacher

by Kylie Shafferkoetter

Dr. Linda Buhr is a former businesswoman who has seen the world. And it's her career experience, combined with her love of teaching, that have helped this Fontbonne assistant professor of business administration earn the 2008 Excellence in Teaching Award for Part-Time Faculty.



"It was a thrill to get this award and a definite surprise," says Buhr, who teaches a variety of courses in the OPTIONS and international MBA programs, as well as traditional day classes. "The reward I get on a daily basis comes from being able to help students achieve their own goals and objectives," says Buhr, who also received Outstanding OPTIONS Faculty of the Year honors in 2006.

While raising her two children, Buhr worked her way up at Emerson Electric in St. Louis, where she started as an assistant to the chief financial officer. There she focused on international business, helping establish Emerson's relationship with China, as well as ongoing relationships with South America and countries in the Middle East. She later became assistant treasurer at the company. "My experience with Emerson was the highlight of my corporate career," Buhr says.

After leaving Emerson, she worked independently setting up strategic planning programs and training top executives. Buhr then served as director of Royal Copenhagen in Sydney, which owns ice cream franchises throughout Australia and Asia. During her working career, Buhr continued her education by earning her bachelor's and MBA from Lindenwood University and her doctorate in education from Saint Louis University.

"I always knew I wanted to complete my career teaching," she says. "I love Fontbonne because I believe it really does live its mission, and that works perfectly for me and how I want to teach."

BEYOND BORDERS

helping the children of Belize

by Kylie Shafferkoetter



The preschool boys and girls line up excitedly outside their classroom. Although it's a 96-degree January day in Belize, the youngsters patiently wait to meet two American professors. Drs. Gale Rice and Gene Schwarting of Fontbonne University are inside a tiny room with only one fan. Brightly colored walls hint at the children's creativity, but the absence of crayons, books and other basic supplies speaks to their intense poverty.

One by one, each child happily enters the room. As part of the Fontbonne University/Belize Collaborative Project, Rice and Schwarting screen them for hearing, speech, vision and motor skills, among other things. It is the beginning of a compelling outreach effort.

Historically, there has been minimal early intervention for young children with disabilities in this developing Central American country, sandwiched between Mexico and Guatemala. Populated by some 315,000 people, a mostly rural Belize does not employ a single speech-language pathologist.

"This is starting at ground zero," says Rice, professor and chair of the communication disorders and deaf education department at Fontbonne. "Currently, kids with disabilities are assessed very late, and because of that, the outcomes are not very good."

Only one diagnostic team, made up of three volunteers from around the world — including two from the Peace Corps — is serving the entire country. Fontbonne is aligning its efforts with them. "They are running a couple of years behind. They just can't reach everyone,"

says Schwarting, associate professor of education and special education.

The project began through a connection between Fontbonne board member, Joe Lipic, and St. John's College in Belize, where Lipic's Catholic retreat group had traveled. "The (St. John's) president discussed how many of the young people go off to college in the United States and never return to impart what they learned," Lipic says. "I know Fontbonne's mission is about reaching out. I brought the idea back and am thrilled by how this project has taken shape."

Fontbonne administrators made an initial visit to Belize City in March 2007. The university, along with St. John's College and the Belizean Ministry of Education, formed a plan to educate Belizean teachers how to screen and assess preschool-age children for speech-language issues and other disabilities. Rice and Schwarting were tabbed for that first working visit in January, and then returned in May, accompanied by Kathy Schwarting, a senior lecturer in the education/special education department, as well as four Fontbonne students. Along with

training Belizean teachers, the group screened about 280 children at six locations over a four-day period. They will follow up with those children during subsequent trips.

"Our role is to empower the teachers to take over this national early childhood screening process," Rice explains. "Belize's ministry of education is very supportive, and we make it very clear that we are not there to 'fix' them. The teachers are great and do what they can with their limited resources." Belizean teachers typically only receive two years of college before entering the classroom, according to Rice.

The professors were scheduled to return to Belize in August and then again in January 2009 to further train teachers and paraprofessionals to use screening methods, as well as develop classroom strategies to support children with speech-language needs. A final phase of the plan involves Belize sending graduate students to Fontbonne's speech-language pathology program.

"This makes me feel so positive. Fontbonne is putting in the effort and the money where it is really needed. This is what our mission is

all about," Schwarting says. "And the kids are so much fun!"

Belize is an English-speaking country, but there have been some challenges with the local dialect. "I was pointing to different parts of the body and when I'd get to hand, they'd say 'arm.' After the third child, I realized their dialect doesn't include a word for hand," Rice laughs. "We had to make a lot of adjustments to fit the language, but the kids are darling and very smart."

It was an eye-opening experience for the accompanying Fontbonne students as well. "The schools were crowded, noisy, blistering hot and sometimes just a metal shack filled with old and broken toys," says Terri O'Donohue, a speech-language pathology graduate student. "I was amazed at how many of the teachers were still able to serve the children under these conditions and how they worked so hard to make a difference in their students' lives."

Becky Williams, a senior majoring in elementary education, says it was easy to get overwhelmed. "Experiencing the classroom for the first time and being excited to meet the children was a lot to take on prior to the first

screening," Williams says. "Before I officially began, I took the opportunity to observe Dr. Schwarting, which helped me re-focus my attention." The other two students making the trek were Stephanie Zehnle, also a senior in elementary education, and Katie Martin, who's in the speech-language pathology graduate program.

Despite the lengthy plane rides and hot, sticky weather — "We were drenched by 9 a.m. everyday," says Rice — it's been a rewarding experience for the two professors. "Of course we wish we could do more," Rice says, "but we're so pleased that this project will improve Belize's future generations."

Indeed, one child at a time.



1950s-era hearing booth is the only one in the entire country. (Photo by Racquel Pennil)



left: King Jesus Preschool, one of several small schools where Fontbonne professors and students visited. (Photo by Becky Williams)
above: Students at the Kiddies Campus Preschool waiting for screenings. (Photo by Becky Williams)

above left: Dr. Gale Rice assesses a student's hearing abilities. (Photo by Racquel Pennil)
above right: Dr. Gene Schwarting works with a youngster on a "matching" test. (Photo by Racquel Pennil)
right: Fontbonne students Becky Williams (left) and Katie Martin ham it up with students. (Photo by Kathy Schwarting)



METAL MEETS MATH

by Mark E. Johnson

His long blonde rock star hair flying furiously from side to side, Matt Beckett is working the elliptical trainer like he's pumping for oil. Fueled by Metallica blasting from his earphones, this 21-year-old Fontbonne University student is in the midst of an hour-long cardio workout before getting cleaned up and heading to Dr. Theresa Jeevanjee's discrete mathematical structures class — part of a 21-credit load and what Jeevanjee calls "our most challenging math class."

Later in the day, he's ringing up groceries at Johnny's Super Market in Sappington and then it's off to his brother's 4th grade basketball game where he's the coach. If he has a little time before cracking the books, he might practice the drums or get in a pickup game of flag football, roller hockey, baseball or basketball ... unless he's pulled into babysitting his younger siblings — something he says he's happy to do.

Matt Beckett is one busy — and driven — young man.

And life is not going to ease up anytime soon. This mathematics major and heavy metal fan has just completed three years at Fontbonne and is now headed across the street to the engineering program at Washington University in St. Louis — part of a special arrangement between the two schools.

"This program is why I came to Fontbonne," Beckett says. "My math and science courses here were really challenging — more so than what some of my friends are doing at other schools. I feel totally prepared for the next step."

As part of what's called a "dual degree" program, participants complete three (or sometimes four) years of study at Fontbonne and then another two at Washington University, culminating in bachelor's degrees from each institution.

"Our mathematics and computer science faculty here know every student individually, what their strengths and weaknesses are, what their other responsibilities are, and how we can best present the curriculum in order to reach each student," says Dr. Beth Newton, chair of the mathematics and computer science department. "We have faculty who are highly qualified in both areas, and very good teachers besides. That, combined with the good reputation of both universities, makes this (dual degree) a very attractive program." And, with just another year of study, students also can earn a master's degree in engineering from Washington University — something Beckett plans to pursue.

Beckett was able to take advantage of this unique opportunity, in part, because of the scholarships he earned. He was a recipient of a Founders Scholarship, Math and Computer Science Scholarship, National Science Foundation Scholarship, as well as the Kathleen Cordell Sloan Endowed Scholarship.

Coming from a self-described "middle class family," the support was clearly helpful. "I appreciate the scholarship assistance a lot," Beckett says. "I hope the people who donate toward these scholarships know that it makes a big difference in students' lives."

Beckett has made a difference, too, during his time at Fontbonne.

"Matt is a rare gem. He easily understands concepts and makes connections one usually finds true of only graduate students," says Jeevanjee, whom Matt cites as his favorite teacher at Fontbonne, though he says a close second is Dr. Dave Thomasson, chair of the biological and physical sciences department.

"It was a joy to teach him," Jeevanjee adds, "but I probably learned more from him than he did from me."

She recalls about a year ago Beckett showing up for class suddenly with short-cropped hair. He and several of his siblings had shorn their hair for Locks of Love, a charity that creates hairpieces for children who have lost their hair due to medical diagnosis.

"Cutting off all my hair was a bit of a drastic step," Beckett recalls, "but doing it with my entire family made it easy and rewarding."

And family is something Beckett knows well. Along with his two younger brothers and two younger sisters, he also has two older brothers. He lives with his parents and siblings in Affton, a southwest suburb of St. Louis.

"I think it's kind of cool to watch my younger brothers and sisters grow up," Beckett says. "We're a pretty close



mailroom to MANAGEMENT and beyond

by Kylie Shafferkoetter

At 19, college wasn't an option for Sheldon Jackson. Already a father of two young children from a teen relationship, he needed an income and went to work stuffing envelopes for the Frick Company, now TALX Corporation, a human resources outsourcing firm in St. Louis.

"As the company grew, they needed people to answer the phone and talk to customers. I always volunteered and eventually it turned into a career," says Jackson, 36, now a regional manager overseeing more than 30 employees.

However, moving up from the mailroom wasn't an automatic process. After TALX acquired the company in 2003, Jackson noticed he was missing out on opportunities within the new organization. "Prior to the acquisition, I worked directly with about 50 clients," Jackson says.

"After we became TALX, due to duplication of positions, I lost out. I also didn't get selected for a management position. I think it was because I didn't have a degree."

In the meantime, Jackson got married and, over the years, his family grew. His wife, LaToya, already had a daughter, and together they had two more children — bringing the family to five.

Jackson discussed college with his mentor at work, Ed Chaffin, a vice-president of sales, who attended Fontbonne. "He said I should think about going back to school," Jackson recalls. "He mentioned Fontbonne, and I'd heard the OPTIONS commercials on the radio. Plus, my sister was already in the OPTIONS program. I liked the accelerated program and it seemed like a good fit."

In May 2007, Jackson enrolled in the OPTIONS bachelor's degree program in business administration. "It's great. I've met people I'll be friends with the rest of my life," Jackson says. And he feels the time is right. "I am definitely more

"... without an education, I was afraid to think of pursuing an entrepreneurial path. Fontbonne ... is making my dreams seem more tangible."

engaged than I would have been at 18. I'm able to apply what I learn. I just didn't have the life experience when I was younger."

For Jackson, it's important to celebrate the small victories along the way.

"Anyone embarking on this journey as an adult should take time to rejoice in good grades, successful projects and milestones," he says. "It gives you a sense of accomplishment and keeps your goal of getting a degree in focus."

Jackson believes his choice to pursue an education is not only broadening his career, but is positively affecting his kids. His 17-year-old daughter, She'Ara, is headed to college and is already a certified nursing assistant. "She is excited

and motivated about her future," he says. "I tell my older girls to get their educations now because it could impact the opportunities they have. I was blessed to have someone take notice of me and my abilities early on, but that doesn't always happen. Having a degree will open doors for them." Additionally, he says, the support of his wife and her willingness to take on the responsibilities of the

children while he is at school or doing homework has made his journey a little less difficult.

Jackson believes going to college has given him more confidence. Although his immediate goal is to pursue a director's position at work, his ultimate dream is to strike out on his own in the commercial real estate market. "Real estate is a passion of mine and without an education, I was afraid to think of pursuing an entrepreneurial path," says Jackson, who has his real estate broker's license. "Fontbonne is helping me close the gaps. My education is making my dreams seem more tangible."



Despite being a full-time manager and OPTIONS student, Sheldon Jackson always makes time for family. At home, clockwise, Reisen, 11, LaToya, Jackson's wife, Sheldon Jr., 2, Treazure, 3, and Jackson. Not pictured are She'Ara, 18, and Sharnae, 19.

a seed planted *an idea nurtured*

by Kylie Shafferkoetter

What started out as an idea that Dr. Deanna Jent casually discussed with her colleagues has sprouted into an award-winning venture, bringing opportunity and recognition to Fontbonne University. That conversational germ is now Mustard Seed Theatre, an in-house professional theatre group that explores questions of faith and social justice.

"I was seeing a number of scripts that dealt with questions of faith," says Jent, 45, director of theatre and performing arts at Fontbonne and artistic director of Mustard Seed. "No one was really interested in producing these plays in St. Louis, but I saw a need."

Now on the cusp of its second season, Mustard Seed has already produced two plays and two staged readings, all performed in Fontbonne's Black Box Theatre. The early reviews have been promising.

Paul Friswold, a reviewer for the *Riverfront Times*, wrote this in November 2007 about "Remnant," the first performance of the inaugural season: "... clearly of another world from the moment you step through the theater door ... set designer Dunsai Dai and sound designer Kareem Deanes (a Fontbonne graduate student) have crafted a full-sensory simulacrum of a post-apocalyptic world ... Director Deanna Jent has assembled a fantastic cast to go with this gorgeous set ... you can't help but be moved by the performance."

"Remnant" was nominated for six Kevin Kline Awards this spring, snagging honors for best set design and best lighting.

Fontbonne junior Valleri Dillard, 21, says she had an amazing time at the awards. "I don't even know how to describe it. To be there with all those professionals was fabulous," says the

performing arts major. "Mustard Seed opens up so many great opportunities for students. I can be in shows and learn a lot from the professionals behind the scenes."

One advantage of an in-house professional theatre company is that Fontbonne students graduate with professional credits on their resumés already. "Mustard Seed provides a good general education in theatre work and production. It's basically a guaranteed professional internship for our students," says Jent, who has been teaching and directing since 1995 and always dreamed of starting a theatre company at Fontbonne. "I want our students to have that experience and guidance right here at school."

The veterans are happy to help the up-and-comers. Robert A. Mitchell has been acting for 33 years and teaches theatre throughout St. Louis. "It's a real joy to watch students start to own their profession," Mitchell says. "And Mustard Seed is a blast. I've never seen such an incredible debut performance. Everything was exactly right."

Mustard Seed is collaborative by nature and is run by six resident artists, including Jent, Michael Sullivan, associate professor of performing arts and technical director at Fontbonne, and Adam Flores, a 2007 Fontbonne performing arts graduate. Although Jent is on point, she never envisioned the company to be a one-person show. "We all meet monthly to discuss what plays we want. We have a terrific dynamic," she says.

The resident artists seek plays that fit the company's mission of exploring a "relationship with God" and an "ethical responsibility to the world." For instance, "Remnant" examined faith traditions and what they mean, "The As if Body Loop" questioned people's responsibilities to others and "The Unseen" deconstructed two men's belief systems. The final show of the first season, Shakespeare's "Measure for Measure," explored the concepts of good and evil, and sin and redemption.

"I like raising questions in the audience," says Dillard, an actress who — since working with Mustard Seed — also has an interest in the technical side of theatre. "I think theatre is about making people think." She also enjoys the staged readings and discussions held afterwards. "And if you didn't get to talk at the theatre, you can go on our Web site and blog about it," she says.

The public seems to like what it sees in Mustard Seed. "We sold out eight of the 12 performances of 'Measure for Measure,'" Jent says. "I think people are excited to have a theatre that examines these issues."

And just how did that name come about? "It's biblical. It represents a question that is planted, something that can grow," Jent explains.

As the second season looms on the horizon, Jent is ready to watch her mustard seed mature — and flourish.



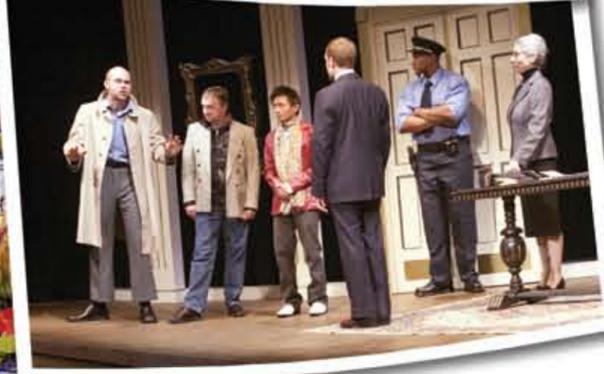
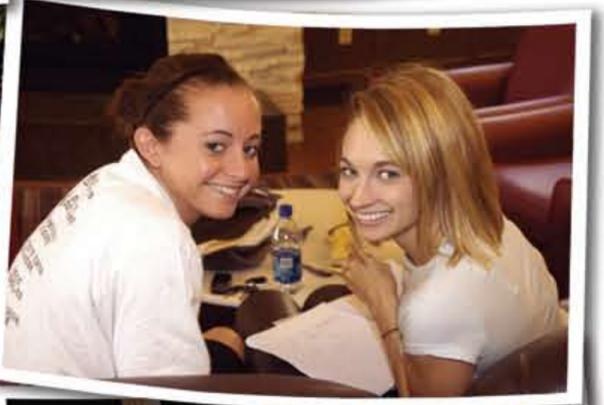
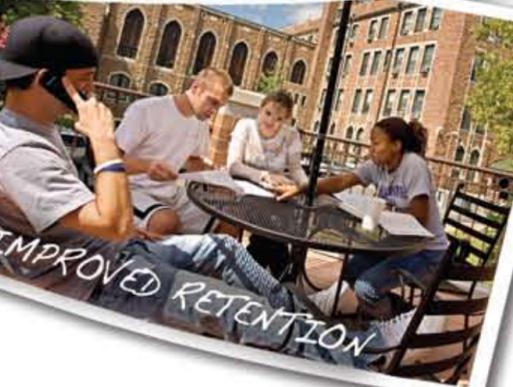
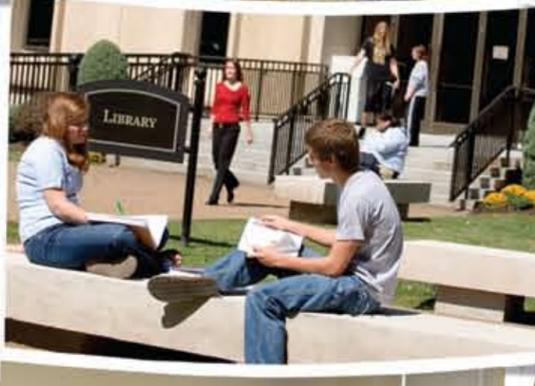
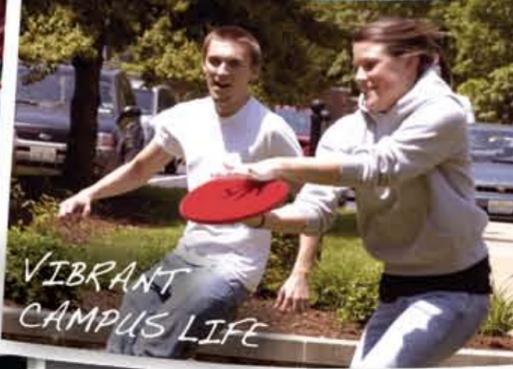
As artistic director, Deanna Jent is at the center of Mustard Seed Theatre. The theatre company brings together seasoned actors, such as Robert Mitchell, right, and students, such as Andrea Smith, left, and Valleri Dillard, center.

Find out more about Mustard Seed Theatre and its upcoming productions: www.mustardseedtheatre.com

Fontbonne University's current comprehensive fundraising campaign, "Now ... More than Ever," will set the groundwork for generations of future students.

WILL YOU BE PART OF ~~OUR~~^{their} FUTURE?

From scholarships and new academic programs to improvements across the campus, this campaign will fund critical needs, ensuring that Fontbonne remains a strong, high-quality university educating leaders to serve a world in need.



They
~~WE~~¹ NEED YOUR SUPPORT —
NOW ... MORE THAN EVER.

Learn more at www.fontbonne.edu/nowmorethanevery.
Or call 314-889-1469 to request our campaign brochure.

Now
more than ever

a Calling Not Denied

by Kylie Shafferkoetter

Her father gave her six months. Her older brother thought it was funny.

But as Sister Mary Carol Anth, CSJ, celebrates her 50th Jubilee year as a Sister of St. Joseph of Carondelet, she proves her calling to religious life was more than temporary.

Growing up mostly in St. Louis near the Botanical Gardens and Tower Grove Park, Sister Mary Carol was educated, grade school through college, by the Sisters of St. Joseph.

"The CSJs in my life were always wonderful examples of religious women. They lived their vows," says Sister Mary Carol, who graduated from St. Anthony's High School in 1953 and from Fontbonne University in 1957 with a degree in dietetics. "I always loved the chapel here at Fontbonne. I prayed there frequently about what I was going to do (after college). Entering the community was something I felt I was called to do, something I had to do."

A bright student who loved to read and played on Fontbonne's volleyball and basketball teams, she wasn't sure she'd be a CSJ for life. "I thought I would go through the first stage of formation (the postulate) and then come home. I was probably being influenced by my father's and brother's first reaction, even though my mother was certain I would stay. At the time I believe I was thinking more of what I wanted than of what God wanted" admits Sister Mary Carol, currently Fontbonne's associate dean of academic affairs.

Even though she was slightly older than most of the other women in her group — most entered out of high school — and initially found the rules and regulations at the Motherhouse a bit "difficult," Sister Mary Carol found herself in a community



of women in which she could thrive and actively serve God by "serving a world in need," a key component of the CSJs' mission statement. She took her final vows in 1965, less than two weeks before beginning her ministry at Fontbonne.

SIGNS

The daughter of an accountant and a full-time homemaker, Sister Mary Carol was a self-proclaimed "tomboy" who played kick-the-can, rode her bike and swam in the summers. A shy girl and a ferocious reader, who especially enjoyed mysteries, she never gave much thought to what she'd be when she grew up. "As a child I was focused on having fun. In high school I thought a lot about being a nurse," Sister Mary Carol says.

Yet there were always small signs of her future life. In fourth grade, she recalls being asked to help out with a class of younger students. "Sister called us her '12 disciples,'" Sister Mary Carol says. "I enjoyed 'teaching' and was honored to be called one of her disciples."

In her sophomore year of high school, Sister Mary Carol played the role of a CSJ in a vocation play. "I was the first one dressed in my habit and was told to go wait in the hall while everyone else got ready," she says. "Someone came up to me and thought I was a real sister. Others thought I looked really



left to right:
Fontbonne graduation, June 1957;
leaving home to enter the Sisters
of St. Joseph of Carondelet,
September 15, 1957;
Sister Mary Carol in a modified
habit, early 1970s.

comfortable and relaxed in the habit. I think a light bulb went on!" That same year, she also participated in a retreat during which a Franciscan priest discussed the call to religious life. "These were definitely 'aha' moments! But I didn't make a decision until my senior year of college," she says.

FONTBONNE AND DIETETICS

As she graduated from high school, Sister Mary Carol still considered nursing, but found Fontbonne's scholarship package too good to pass up. "I started out in business/journalism because my dad was an accountant, and I liked numbers and solving problems," she says. "But during Parents Weekend the first semester, my mother told one of the sisters that I loved to experiment with food. The sister suggested dietetics. I explored it and switched majors."

Sister Mary Carol went on to earn a master's degree in nutrition from the University of Minnesota in 1962. This was immediately followed by a full-year dietetic internship at Good Samaritan Hospital in Cincinnati. The following two years she served as the chief clinical and assistant administrative dietitian at St. Joseph Hospital in Kansas City, while at the same time teaching nutrition to nursing students at Avila University, serving as assistant to the dean of residential life, and living in the St. Joseph Hospital resident hall with Avila students while the new campus and dormitories were being completed.

"Everyone said nursing students were not interested in nutrition. I enjoyed the challenge of making it interesting and lively for them," Sister Mary Carol explains. By 1965, she was back at Fontbonne teaching in the human environmental sciences department (formerly home economics). A year later she became department chair, a position she held until transitioning to academic affairs in January 1992.

"It was a totally different work environment (back then). If you needed money for your department, you'd go to the business office and ask for it. They'd say 'Bring a receipt if you think of it,'" Sister Mary Carol recalls with a laugh.

In the early 1970s, she started a four-hour class in wine tasting and purchasing. "At that time hospitals included wine on some menus, so I thought our students should know how to choose the correct wine," Sister Mary Carol says. "Students would learn the main types of wine, how it was produced and then enjoy a tasting session, using all of the proper techniques for taste testing, especially for those under 21," she assures with a smile.

Sister Mary Carol has experienced, up close and personal, Fontbonne's evolution from 1953 on, and she believes the university has stayed on course as it has grown.

"The many changes and additions that Fontbonne has experienced over the years have been in keeping with the original mission of service — service based on the needs of the times and service, especially, through education. We have stayed true to our mission and heritage," she says.

During her 43 years at Fontbonne, Sister Mary Carol has studied at seven universities across the U.S. and traveled extensively throughout the U.S. and Canada and to places such as Hawaii, the Bahamas, Italy, Switzerland, Ireland, South Africa and France. She has served on numerous local, state and national professional and religious councils, as well as on many committees and boards. She has also been a consultant and accreditation site visitor in the fields of dietetics and family and consumer sciences. She is the recipient of the 1987 Outstanding Dietitian of the Year Award for the state of Missouri, the 1987 Fontbonne University Founder's Day Award, the 1999 Fontbonne/Carondelet Heritage Award and the 2005 Fontbonne Alumni Service to the University Award.

"I've thoroughly enjoyed my ministry as a Sister of St. Joseph of Carondelet and as faculty, department chair and administrator at Fontbonne," Sister Mary Carol says. "It was a delight to be able to celebrate my 50th Jubilee with the current Fontbonne Community. I am so very grateful to all who have walked this journey with me and who participated in helping me celebrate this memorable occasion."



Jane Olson. Fontbonne alumna.
Native of Mexico, Mo. And now,
after 16 years in the rough
and tumble cable television
business, senior vice president
for marketing and brand
strategy at the Oxygen Network.



Oxygen is aimed at a female demographic and touts itself as the place to find “larger-than-life personalities, modern-day ‘sheroes.’” Olson’s new charge is to make sure the network’s shows are attracting new viewers and keeping existing ones. She’ll do that by heading up efforts in marketing, brand development, creative services and on-air promotions.

“I’m thrilled to take over this new challenge,” says Olson, 43, a 1987 Fontbonne communications graduate. “I’ve always been attracted to the strategic part of the job — making sure everything is designed for a reason and with a specific goal. This marketing role allows me to take that to the next level.”

The next level includes a network that attracts the youngest audience of any of the female-focused networks, with a median age of 42. It boasts popular shows such as “Tori and Dean” and “Janice Dickinson Modeling,” as well as old favorites “Roseanne” and “Grace Under Fire.”

Olson says she likes the television industry because it connects people in relevant, current ways. “To make it compelling, you have to understand what matters to your audience and what they’re interested in right now,” Olson says. “People come into work the day after their favorite show and spend their first 15 minutes talking about it — that’s entertainment.”

The small screen and the Big Apple were not always part of Olson’s long-term vision. Growing up in Mexico, a small town in the middle of the Show-Me state, she was admittedly “shy and reluctantly scholarly.” She attended Mexico High School where her mother taught English and sociology. Her father was a chemical engineer. “Back then, I either wanted to be an actress or go into some math-related field,” she recalls.

rarified Air

by Kylie Shafferkoetter

After earning a scholarship to Fontbonne, Olson enrolled as a computer science major. She soon realized programming was not for her and looked for something “fun and interesting.” She found communications and focused on broadcast journalism.

“My goal was to pick something I could see myself wanting to do for the rest of my life and get as much education around it as possible,” Olson says. “I had a great time at Fontbonne. I met lifelong friends and the faculty helped find opportunities I never knew existed.”

Olson began her career as a writer and producer at KDNL-TV (Channel 30) in St. Louis.

But she realized that she needed to be in a market that offered more opportunities in her field — either Los Angeles or New York. AMC/Bravo in New York offered her a job as a writer/producer, so the small-town girl moved to the big city in 1992.

“I was so excited to move there, but it was a bit intimidating,” says Olson, who had to quickly learn the ways of New York, including pizza etiquette. “The first few times I ordered pizza, I asked for ‘one piece with cheese, please.’ I got lots of snickers. I quickly learned the correct way is ‘one slice, please.’”

She soon worked her way up to senior writer/producer for AMC and Romance Classics before becoming the creative director of on-air promotion and branding for AMC and WE: Women’s Entertainment. After that, she was the creative director at the cable network TRIO, where she was integral in the development of an award-winning channel redesign. Just prior to her appointment at Oxygen, Olson was vice president of brand strategy and creative director for Bravo, where she was closely involved in re-branding efforts and in the development of creative strategy. She launched numerous consumer campaigns that defined the cable TV brand, contributing to several ratings records, including two consecutive best-ever years.

This senior-level executive now oversees 28 people in her department and is thrilled to remain under NBC Universal, which acquired Bravo in 2002. “They are forward thinkers in the industry, and I’m excited to see what the talent at Oxygen can do with the support of a company like NBC U,” she says. “I have access to so many smart people in all different areas.”

Olson believes keeping an open mind and hard work are keys to success. “You have to be rigorous about holding your work to the goals that have been set for it. You can’t be seduced by funny or cool if doesn’t get the job done,” she says. “And you have to be able to get your ideas across to people. That’s important in any job — otherwise you are sunk.”

It seems Olson’s perseverance and instincts have been right on target. Her ratings are high, and we’ll be anxiously tuning in to see what happens next.



THE FOOD ILLUSIONIST by Kit Breshears

INSIDE A FLAKY, GOLDEN BROWN PIE CRUST LIES AN UNEXPECTED FILLING — NOT GOOEY CHERRIES, SUGARY STRAWBERRIES OR SPICED APPLES, BUT THICK, WARM MASHED POTATOES. FOOD STYLIST MARY SUTKUS HAS BEGUN THE DELICATE PROCESS OF BUILDING THE VISUALLY PERFECT SLICE OF PIE.

"Sometimes I back the inside of a pie with mashed potatoes and put each, individual cherry into the sides of the pie to make it look full," says Sutkus, 63, a 1966 Fontbonne economics graduate. "It is incredibly detailed work."

Hook-nosed tweezers, syringes and even a paint stripper are just a few of the decidedly unconventional tools Sutkus uses to ensure her creations appear mouth-watering. After all, styling food and drink for industry heavyweights like Sara Lee and Anheuser-Busch requires not only detail, but also creativity.

"Sara Lee asked me to explore new ideas for promoting pound cakes," she says. "This was near Mother's Day, and I thought that perhaps the small cakes could be shaped into garden-party hats. Their marketing department loved the

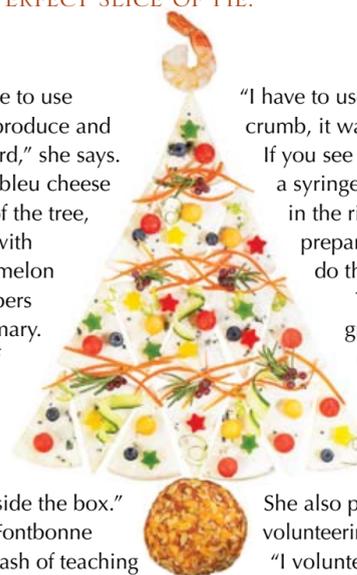


idea, and the hats appeared in their magazine and newspaper advertising around the country."

Sutkus, a native of Ottawa, Ill., also fashions tantalizing fare that appears in newspaper ads and recipe book cards for Schnucks, a St. Louis grocery store chain. Her most interesting

challenge from Schnucks was to design a Christmas tree made out of food that would appear on the cover of the company's corporate holiday catalog.

"They wanted me to use nothing but fresh produce and cheese for their card," she says. "I used wedges of bleu cheese to form the body of the tree, then decorated it with blueberries, watermelon balls, carrots, peppers and sprigs of rosemary. I then topped it off with a shrimp and used a cheese ball for its base. That project involved a lot of thinking outside the box."



Combining her Fontbonne education with a dash of teaching experience and a pinch of recipe development at Ralston Purina, Sutkus learned to blend practical knowledge with personal creativity. This mixture has served her well during challenging assignments such as producing a perfectly browned turkey in less than two hours ("It looked beautiful, but was definitely not edible," she says), forming bread into the shape of a heart for a Sara Lee billboard campaign and examining racks of sesame seed buns to discover the perfect swirl pattern.

"There is nothing done with the photography to make the food look perfect," she says.



"I have to use perfect food. If you see a crumb, it was placed there on purpose. If you see a drip on a plate, I've used a syringe to ensure that the drip is in the right spot. You have to be prepared for anything when you do this job."

This mother of three and grandmother of six is a member of the St. Louis Culinary Society and the International Association of Culinary Professionals.

She also pours her zest for food into volunteering and community activism. "I volunteer in my parish — Sacred Heart in Florissant — with a great amount of joy," she says. "I'm planning a dinner for the diocese priests. These dinners are quite exciting to plan and tend to be very gourmet. I do, however, enjoy spicy food, so I'll have to tone it down a bit for some of the older priests."

Spicy or not, Sutkus has captured the perfect blend of personal and professional achievement — and that's a winning recipe that anyone could follow.

from Mary's Kitchen

GRILLED TROPICAL SANDWICH



- | | |
|---|---|
| 4 tsp light mayonnaise | 3 slices prepared roasted red pepper, each about 1½ inches wide |
| 1 tsp Dijon-style mustard | |
| ½ tsp prepared horseradish | |
| 2 slices whole wheat bread | 2 slices cooked bacon |
| 15 baby spinach leaves | 3 thin slices roasted turkey |
| 3 thin slices smoked ham | 1 slice provolone cheese |
| 4 tsp hickory smoke barbecue sauce, divided | 2 slices avocado |
| | 2 slices mango |
| | 1 tsp melted butter |

Preheat grill or grill pan.

Combine mayonnaise, mustard and horseradish in a small bowl. Spread mayonnaise mixture on each slice of bread.

Place spinach leaves on one slice of bread. Top with ham, 2 teaspoons barbecue sauce, red pepper, bacon, turkey, remaining 2 teaspoons barbecue sauce, cheese, avocado, mango and remaining bread slice. Brush top of bread with melted butter. Place buttered-side down on grill pan. Butter topside of bread and cook 2 to 3 minutes or until bread is toasted. Turn and cook 2 to 3 minutes longer or until warm and bread is toasted.

Makes 1 sandwich



Mirroring the Mission

by Mark E. Johnson

An overcast spring afternoon didn't dampen the enthusiasm of nearly 300 Fontbonne University faculty and staff as they deployed to various parts of the St. Louis metropolitan area to lend a helping hand.

In an effort to embrace and symbolize part of Fontbonne's mission to "educate students to assume responsibility as citizens and leaders," all full-time faculty and staff participated in a day of discussion, reflection and community service. Fontbonne board members, regents and members of the university's sponsoring body, the Sisters of St. Joseph of Carondelet (CSJ), also joined the activities. Volunteer sites included Operation Food Search, Gateway Greening, St. Patrick's Center, Mathews-Dickey Boys' & Girls' Club and the Center for Women in Transition, to name a few. In all, more than 20 organizations were served.

"Our university community is proud and excited to come together in this way," says Tony Mravle, Fontbonne's director of campus ministry. "We're looking forward to making this an annual opportunity for dialogue and service founded on our mission, CSJ heritage and Catholic identity."

The activity was also meant to serve as an example for the student body. "Our students have many opportunities to volunteer throughout the year," Mravle says. "This was an opportunity for faculty and staff, many who volunteer on their own time as well, to demonstrate the importance of serving."

Margaret Wheeler, an assistant in the school's physical plant department, agrees.

Find out more at www.fontbonne.edu/dayofservice.

"I felt it was very important for Fontbonne to take action as an organization," says Wheeler, who was on a team doing work for Mideast Area for the Aging. "I like the idea that the staff and faculty are helping show students part of our mission."

As Wheeler painted a porch at a house in University City, the elderly homeowner arrived after spending the morning at a local senior center. She was clearly moved.

"Oh you don't know how much I appreciate this," said Laura White, observing Fontbonne staffers help fix up her home of 29 years. "There's so much around the house I can't get to anymore. It's just a blessing to have this kind of help."

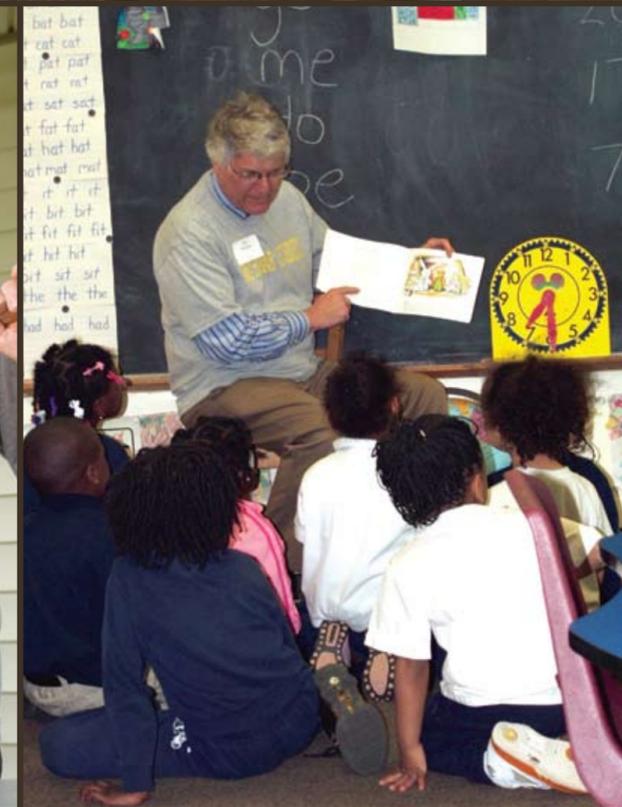
The day began with a discussion on the principles of Catholic "social teaching" led by Sister Amata Miller, a member of the Servants of Immaculate Heart of Mary. Sister Amata, a professor of economics, is the director of the Myser Initiative on Catholic Identity at

the College of St. Catherine.

"Sister Amata's message to the Fontbonne community reminded each of us that Catholic social teaching principles are part of our Catholic identity and parallel the charism of the CSJs, both focusing on assisting the 'dear neighbor in need,'" said Dr. Nancy Blattner, Fontbonne's vice president and dean for academic affairs. "Her presentation set the context for the service we performed during the afternoon."

For many participants, the activity helped bring to life Fontbonne's mission. "What we're doing here today is really living the mission of our school and of the CSJs," says Cindy Bushue, OPTIONS marketing director, who was volunteering at ReStore, a facility with affordable housing products. "It was very uplifting getting away from our day-to-day routine to come out and help the community."

The university plans to make this an annual event, as well as look at other service opportunities throughout the year.



top left: Gary Zack puts his back into it at a community garden. (Photo by James Visser)

top right: Taking a quick breather are: (left to right) Rebecca Foushee, Julie Loyet (both standing), Cindy Bushue, Amy Lahew, Glenda Nalls, Helen Seitz, Janine Duncan and Vlad Bernatskiy. (Photo by James Visser)

middle left: Anthony Robinson spruces up a home with a fresh coat of paint. (Photo by Kay Graves)

middle center: Homeowner Laura White (left) admires the handiwork of Margaret Wheeler. (Photo by James Visser)

middle right: Bill Freeman has a rapt audience at a local school. (Photo by Rick Gwydir)

bottom left: Genevieve Robinson (left) and Carrie Wenberg sort clothes at a resale shop. (Photo by Jennifer Self)

bottom right: Vickie Logston (left), Rogene Nelsen (center) and Sister Mary Carol Anth organize books for a YMCA book fair. (Photo by Sarah Baker)

POPE'S ADDRESS

sparks hope, encouragement

by Mark E. Johnson



DURING HIS VISIT TO THE U.S. THIS SPRING, POPE BENEDICT XVI

addressed some 400 Catholic educators April 17, delivering a wide-ranging talk in which he both praised and encouraged the school leaders. Speaking from the Catholic University of America in Washington, D.C., the pope expressed his “profound gratitude” for the “selfless contributions” of educators at Catholic schools across the country.

Prior to the papal visit, that also included stops at the White House, New York’s 9/11 “ground zero,” as well as Mass at both Yankee Stadium

and the new Nationals Park in Washington, some speculated on what the tone and content of the Pope’s address might be. For Fontbonne University President Dr. Dennis Golden, the tenor of the address was summed up best in the pope’s closing comments: “*To all of you I say: bear witness to hope.*”

“The Holy Father’s talk was, indeed, one of sincerity, substance, encouragement and, yes, hope,” Dr. Golden said, shortly after returning from the historic event. “Interestingly, the title of Pope John Paul II’s biography is ‘Witness to Hope.’ The synergy of these messages, I believe, was not accidental.”



Dr. Dennis Golden



Very Reverend David M. O'Connell, C.M., president of The Catholic University of America welcomes Pope Benedict XVI.

Following are selected excerpts from the pope’s address followed by Dr. Golden’s reflections:

“How beautiful are the footsteps of those who bring good news” (Rom 10:15-17). With these words of Isaiah quoted by Saint Paul, I warmly greet each of you ...”

“From the outset it was very clear that the Pope was being inclusive, addressing our Judaeo-Christian roots,” Dr. Golden said. “It was heartening to hear this, and it was a strong affirmation of the positive energy we have received from our ‘dedicated semester’ this past fall that focused on Judaism and Its Cultures.”

“Education is integral to the mission of the Church to proclaim the Good News.”

“If you are a Catholic college or university, it is not enough to be a good *academic* institution,” Dr. Golden said. “To be a great Catholic institution of higher education requires a balance — an integration — of faith and reason. I believe *that* is the ‘good news’ of which the Pontiff speaks.”

“It (Catholic education) is an outstanding apostolate of hope, seeking to address the material, intellectual and spiritual needs of over three million children and students. It also provides a highly commendable opportunity for the entire Catholic community to contribute generously to the financial needs of our institutions. Their long-term sustainability must be assured.”

“Our university community is a spiritual destination as well as an intellectual one. True to our current motto, Fontbonne is a community where we can all ‘learn more and be more,’” Dr. Golden commented. “The Pope is recognizing the importance of Catholic education and calling for the faithful to support and enhance our mission. To paraphrase an insightful comment made recently by Sister Mary Ann Eckhoff, SSND, at the Today and Tomorrow Educational Foundation Choirs of Angels Dinner, our Catholic institutions must be available, accessible and affordable. But we cannot do that alone. It is only with the commitment of many who share our vision to ‘educate leaders to serve a world in need’ that we can continue to benefit our community.”

If you would like to read Pope Benedict’s address in its entirety, visit our Web site: www.fontbonne.edu/papaladdress.

“... one can recognize that the contemporary ‘crisis of truth’ is rooted in a ‘crisis of faith.’ ... It is important therefore to recall that the truths of faith and of reason never contradicted one another. ... Truth means more than knowledge; knowing the truth leads us to discover the good.”

“The Holy Father made it clear that the church’s primary mission is evangelization. The university mission is one of education, which has an important connection to the church’s mission,” Dr. Golden said. “Catholic educational institutions are excellent examples of settings where both faith and reason can thrive and flourish in a mutually supportive and respectful environment.”

“It comes as no surprise, then, that not just our own ecclesial communities, but society in general has high expectations of Catholic educators. This places upon you a responsibility and offers an opportunity. Your selfless contributions — from outstanding research to the dedication of those working in inner-city schools — serve both your country and the Church.”

“We have an obligation to do our very best with the students who come to Fontbonne to enrich their lives. It is not ‘business as usual’ for those of us dedicated to Catholic higher education,” Dr. Golden reflected. “We live our mission every day through our commitment to a values-based learning environment, through our service to the community, through our Sisters of St. Joseph of Carondelet Endowed Chair in Catholic Thought and through many other academic and spiritual endeavors.”

“In regard to faculty members at Catholic colleges and universities, I wish to reaffirm the great value of academic freedom. In virtue of this freedom you are called to search for the truth wherever careful analysis of evidence leads you. Yet it is also the case that any appeal to the principle of academic freedom in order to justify positions that contradict the faith and teaching of the Church would obstruct or even betray the university’s identity and mission ...”

“This is obviously a topic of great interest to all of us in academia,” Dr. Golden said. “I believe many in attendance felt that the Pope’s thoughts regarding academic freedom were consistent with his prior convictions. As a former distinguished university professor, the Pope undoubtedly values academic freedom with a responsible and reasonable appreciation for our Catholic educational mission. I believe the tenor of his remarks were supportive and encouraging.”



FLYIN' HIGH

A year ago this fall, Gunner the Griffin made his debut as Fontbonne University's first-ever live-action mascot. Since then, the popular figure has developed quite a following — and a reputation as an energetic, fun-loving advocate for all things Fontbonne. He can be found cheering on athletic teams, making the rounds at reunion or welcoming new students to campus.

Gunner keeps to himself when not busy wowing crowds or posing for paparazzi, but *Tableaux* editor Mark Johnson managed to catch up with the elusive mascot in his on-campus office during summer break.

Tableaux: What drew you to the mascot position at Fontbonne?

Gunner: Well, as you probably know, there are limited opportunities for Griffins. Vianney High School, here in St. Louis, already had a mascot, so I was ready to start looking out of state when Fontbonne called. The interview and tryout process were nerve-racking, but I guess I did ok. I got good feedback, and now I'm thrilled to be at Fontbonne — it's a fine school.

Tableaux: What has your first year on the job been like?

Gunner: My first gig was Late Night with Lee McKinney (exhibition basketball game to open the season), and I admit I was pretty nervous. But the crowd was so amazing, so supportive, that I quickly forgot about the jitters. I just went out and slammed my routine! Since then, I've rocked a lot of different events and each one is different. It's been an amazing ride so far.

"There were times in my life when I thought I didn't really fit in."

Tableaux: What is your training regimen like?

Gunner: During the basketball season, I'm in full workout mode. I usually put in two to three hours of cardio a day, plus a couple hours of weights. Then I train on floor exercises with my choreographer — that's another couple hours. I usually round out the day with some yoga and meditation.

Tableaux: And your diet?

Gunner: I'm pretty much high protein all the time. I'm not really into fruits or vegetables. Once in a while I splurge on Ted Drewes, though — the concretes are great. Before an event, one of my secrets is downing three to four Red Bulls — that really amps up my energy level.



Tableaux: Can you tell us a little bit about your family?

Gunner: I don't know how many people know that my pop is a lion and my mom is an eagle. I think you can see the resemblance. I have one brother ... you may know him ... his name is Screech and he's the mascot for the Washington Nationals. He took more after my mom.

Tableaux: What was it like growing up as a Griffin?

Gunner: It's ... complicated. There were times in my life when I thought I really didn't fit in. But, you know, with perseverance, I was able to do quite a bit. I was on my high school debate team, and I did enjoy gymnastics ... well, until that day when my wings got tangled while I was doing rings. That was not pretty. After that, I decided that maybe tennis was a better sport for me.

Tableaux: What do you see as your future at Fontbonne?

Gunner: Well, my current contract with Fontbonne runs through the 2012 season. Honestly, I would hope to spend my whole career here. And I'd like to further my education. I've got my bachelor's in mascotology, but I would definitely like to get a master's degree while I'm here — maybe the MBA. I think I could do a lot with that when I hang up my wings.



FONTBONNE
UNIVERSITY

ALUMNI REUNION WEEKEND 2008

Put on your fanny packs and grab
your cameras for Fontbonne's
**"Around the World"
Reunion Weekend!**

Have fun with fellow alums exploring the
diversity of various cultures and nations.

SEPT. 26-28 MARK YOUR CALENDARS AND
MAKE RESERVATIONS NOW!

www.fontbonne.edu/reunion

For more information call: 314-889-1403 or e-mail: alumni@fontbonne.edu



Fontbonne University
Learn more. Be more.®

Office of Advancement
6800 Wydown Boulevard
St. Louis, MO 63105-3098

Address Service Requested

NONPROFIT ORG
U.S. POSTAGE
PAID
ST. LOUIS, MO
PERMIT NO. 1768

Sponsored by the Sisters of St. Joseph of Carondelet.