



MOVE-IN DAY

Incoming freshman Michael Voss from Rehoboth Beach, DE with his grandma and poppy, Joseph and Georgina Del Po; his uncle, Christopher Del Po, his wife Danielle, and their son Andrew; another uncle, Fred "Michael" Del Po and his two kids, Kayla and Vincent; his mother Lori and siblings Kara, Timothy, Gina, and Lindsey Voss; and his cousin Marina Del Po.

What's Cooking?

Wonder what your son or daughter eats at school? While we can't tell you exactly, we can tell you what's cooking at the Mount.

Try 14 different entrees each meal for 20,000 people each week in Patriot Hall. More than 90 percent is made from scratch, with several items made to order. Everything from salads and wraps to pasta and pizza, from fresh veggies and grilled lean meat to comfort foods. Read on to sample some tasty tidbits.

IT'S A WRAP

New this year are stations with entrée salads and wraps (it seems that everything is better on a tortilla), plus an expanded coffee and smoothie bar. The Dining Services staff, led by Director Howard Williams, constantly adjusts offerings in response to student preferences. They observe what students eat (and don't eat), meet with Student Government Association representatives on the Food Committee, and conduct semiannual surveys of the entire Mount community.

HEALTHY CHOICES

Menus are posted at the food court entrance so students can quickly review the many choices offered at each meal. Menus will be online in 2007 at www.msmary.edu/dining, some with nutritional information. Low-fat, low-calorie, whole grain and vegetarian options are always available. Students can customize their meals at made-to-order pasta, wrap, deli, entrée salad and potato/taco stations.

SPECIAL NEEDS? JUST ASK!

If your son or daughter has a gluten allergy, is lactose intolerant or has other special dietary needs, please tell him or her not to be shy! Dining Services is happy to go over the menus with students to identify items they can eat and make alternatives available when necessary. Encourage your student to call ahead and request a special item. The staff prides itself on getting to know students and what they need.

WE'LL EVEN PACK THEIR LUNCH

Between Patriot Hall and the Mount Café, meals are available every day from 7 a.m. to midnight (some days until 2 a.m.). If those who are student teaching

or going on a bus trip notify Dining Services, they'll pack a lunch for them.

A LABOR OF LOVE

So what does it take to make all of this food? A staff of 90 full- and part-time employees, including students (it's a great way to earn extra money without having to commute). The first workers arrive at 5 a.m. and the last leave at 2:30 a.m. Executive Chef Jerry Howerin is a Culinary Institute of America graduate who left a Rockville country club to join the Mount. Several Dining Services workers have been here for decades, including Bessie Andrew, who tops the list with 44 years of service.

REMEMBERING SPECIAL DAYS

Dining Services fills many requests for gift baskets and birthday cakes delivered to students. A cake from pastry chef Anna Wessinger is a definite treat! Delivery confirmation includes a photo of the recipient with the gift. To place an order, call 301-447-5276.

Questions and comments are always welcomed. Call Dining Services Director Howard Williams at 301-447-5276.



Like branches on a tree, we grow in different directions, yet our roots remain as one.

In this Issue

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- New Housing Lottery
- Our Family: Frances Owusu '08
- Peru 2006
- Callings Conference
- What's Cooking?
- Fourth Credit Service Option

The Newsletter of the Mount Family Association | spring 2007

The Parental Shift

Which part of parenting did you like best? The screaming middle of the night caraches and fevers, the night-before request for poster board (for a project due in the morning) or last semester's calls home from a scared, lonely and/or broke child? Yet we know the ups and downs are worth it. Not many parents would trade those troublesome, irksome moments that are part of the formative years for a "do-over" without children.

Here we are now—parents of university students. In our language we have no new word, no way of naming this new change in our relationship. We are forever their parents, as they are forever our children. But they are not children. So we have to learn new behaviors and adjust our expectations of one another. It is not because the formative years are behind us; after all, everyone continues to be formed and reformed throughout life. But we evolve in our relationship with our children as they mature into adults. And one of those glorious moments can be when we realize, with pride, how great an influence our children are on us!

For years we have operated as the teacher dispensing life lessons, the solver of problems, and the grand schedule conductor. Now we need to learn to back off. At this stage we serve more as coach than teacher, more resource than solver, and as mentor rather than doer.

Have you come across the term "helicopter parent"? It is used to describe parents who continue to hover over their child. Some parents (and, of course, children, too!) have a hard time breaking the old relationship habits.

"Empty nesters" are often these days surprised to discover another shift that needs to be made in their relationships. During the school years many parents have been so focused on the lives of their children that they find themselves without friends of their own when the last child leaves home. Socializing with other adults took place routinely at recitals, in the bleachers, at practice and on the sidelines. Refreshments were organized, rides were shared and people got to know one another in the context of a shared schedule. With the hectic lives of children now a memory, some parents suddenly find a void—no independent friends!

What to do now? How have you weathered this life transition? Experienced empty nesters are welcome to share tips and suggestions for the benefit of all, whether about making new friends or simply adjusting successfully to a quieter household.

Letting go of our children and reinventing ourselves must involve a certain amount of self reflection, as well as changes in behavior and perspective. May we seek to gather strength and wisdom through prayer, and look for guidance and support from worthy role models.



Feel free to contact us with any suggestions, questions or concerns you might have.

Irene Q. Powell, Coordinator
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Free Extra Credit

In the spirit of community and service, a fourth credit can be added in any class at Mount St. Mary's. To receive one extra credit the student agrees to do 30 hours of volunteer work outside the academic classroom setting, at a site that is agreed upon by the professor, student and director of community service. Service must be linked to the particular curriculum covered in that course. At the end of the semester, an extra credit, designated as SL, is placed on the transcript. The student is able to earn a service learning fourth credit up to three times during his/her stay at Mount St. Mary's. This credit is FREE of charge, regardless of the credit load the student is taking.

Past community service projects include: St. Catherine's Nursing Home, Thorpewood Environmental Center, Adams County Christian Academy, Youth Offenders Program, and Women in Mentoring Program

For more information, please contact Melissa Main, director of community service and service learning, at 301-447-5223.



Students helping clean-up in Mississippi.



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- Peru 2006
- Callings Conference
- What's Cooking?

A TASTE OF HOME
Send in your home recipes and Dining Services may put them on the menu for the Mount to sample—credited to you, of course! Contact Brenda Davidson at bdavidson@msmary.edu or 301-447-5276. To find more dining tidbits, see "What's Cooking" on the back panel.

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Want to order a cake or care package for your son or daughter?

Contact Howard Williams in Dining Services at 301.447.5276

Want to add money to your son or daughter's MountCard?

Contact Josh Wiles in the MountCard Office at 301.447.5276

Transportation

Amtrak

717.232.3313

BWI Airport

800.435.9294

Greyhound

301.663.3311
717.255.6970

Medical

Frederick Hospital

240.566.3300

Gettysburg Hospital

717.334.2121

Poison Control

800.492.2414



www.msmary.edu/mla

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Mount St. Mary's University

Mount Family Association Newsletter

A New and Improved Housing Lottery!

Living on campus benefits students academically and socially and educates them in community living.

As the spring semester gets underway, the time is nearing once again when your student will begin choosing housing for fall. The Mount's on-campus housing selection process gives students the ultimate power to choose the exact room they will live in from those available. It also features a number of alternatives to the traditional lottery, including special housing in LOFT (Lifestyles of Fellowship, Opportunity and Temperance) or Women in Science communities.

This year, the Office of Residence Life worked to completely overhaul the Housing Lottery system to make it fairer and less stressful for students. Residence Life also developed a number of resources to assist your student with the lottery. In January several dedicated forums will take place in which staff will answer student questions and offer advice. Also in January, the lottery website will go live at www.msmary.edu/lottery.

Students must fill out a lottery application in February, and the actual lottery takes place in March and April.

There are some necessary evils of the lottery that we cannot fix (although we always welcome suggestions if you think we can!). There will still be periods during which your student will be uncertain as to what housing he or she will be able to select, and, of course, there is no guarantee students will get the housing of their choice. Some of the changes this year will allow students to know more information ahead of time in order to make better decisions.

The best way for your student to reduce the stress level of the lottery is to plan ahead. Ask your student to read the Residence Life website thoroughly, www.msmary.edu/reslife, and to talk about options with staff and other students.

Because the lottery lets students choose their own housing, they must make the most of the opportunity by knowing their options and making a realistic and flexible game plan. They should look into all of their choices carefully, and formulate a plan and several back-ups. For example, they should think of more than one option for where they want to live with their roommate(s).

And remember, often when it comes down to it, *with whom* students live will be of more importance to them than *where* they live.

QUESTIONS?

Just email the Office of Residence Life at residencelife@msmary.edu.

Our Family

PARENTS:
FRED AND MAUREEN OWUSU
STUDENT:
FRANCES OWUSU '08,
COMMUNICATION STUDIES MAJOR
HOMETOWN AND HIGH SCHOOL:
ST. PAUL, MINNESOTA; CRETIN-DERHAM HALL

FAMILY: Fred and Maureen (both C'86) met and married here at the Mount. Fred was a D.C. native recruited to run track, and Maureen had Virginia relatives who lured her to the Mount from Minnesota. Frances was easily convinced to follow in her parents' footsteps. Fred is director of human resources at University of Minnesota Academic Health Center. Maureen, a homemaker, is busy with Elliott (15), Ethan (12) and Graham (2).

CAMPUS ACTIVITIES: Habitat for Humanity; soup kitchen and nursing home visits through Campus Ministry's community service programs; Amnesty International; Campaign to End Modern Day Slavery; and Mount Ambassadors (our volunteer campus tour guides). Frances has a work study position in the president's office 11 hours a week and spends Christmas break back home earning extra spending money.

ON YOUR OWN, SO FAR FROM HOME: Home is 1,000 miles away. But sometimes it has been even farther. Imagine being tossed out of bed your first night in a foreign country by an earthquake. Imagine being lost in a subway system where you do not speak the language and cannot even read the signs. Frances had the opportunity after her first year at the Mount to spend the summer teaching English in Taipei, Taiwan. "We are so proud of our daughter for finishing the assignment and literally changing the lives of the students she taught."

TIPS FOR KEEPING IN TOUCH: Leaving home took courage. Communication and support are essential. "At 9 p.m., when the minutes on your cell phone are free, go sit outside and talk to your family and friends from home as much as you need," suggests Frances. That all-important first care package was "fabulous"—some new clothing, music CDs and all her favorite candy! Her parents rely on and recommend Skype, a free Internet service for audio or video phone calls. Check it out at www.skype.com. "All you need is an Internet connection, microphone and camera," according to Dad, and you can have the comfort of seeing each other while you talk—especially nice for them as Graham was only one month old when Frances started at the Mount. She knew her other brothers missed her when they complained about having to do the dishes!

ROOMMATES: "My roommate and I did not speak to each other when we first moved in. I think we both expected to be instant new best friends. After a couple of months we became very close. We still had our separate groups of friends, yet had another person to turn to at the end of the day. The Mount did a fantastic job pairing us, so good that this is our third year living together!"

ADVICE: After spending spring semester of 2006 studying in Florence, Italy, Frances urges, "Grab the opportunity to study abroad. It will transform your life!"

The Callings Conference at the Mount is sponsored annually by the Callings program, a Mount St. Mary's University and Lilly Endowment initiative fostering the theological exploration of vocation.

The 2007 conference will shed light on the very broad spectrum of healing under four categories: *Global Healing, Societal Healing, Spiritual/Personal Healing and Physical Healing/End of Life Care*. Student participants will receive an insightful panorama of possible ways in which they can invest their gifts in helping others. All participants will be inspired by the ways in which others exercise their call to be healers globally as well as locally.

Keynote speakers include international peaceworker Arthur Romano, Holocaust survivor Nesse Godin and film producer Martin Doblmeier. For details, visit www.msmary.edu/callings.

From Mary's Mountain to the Mountains of Peru

MOUNT FAMILIES REACH OUT TO THEIR BROTHERS AND SISTERS

Since 2003, the Mount's fall break service trip to Peru has grown from 23 to 39 students, parents, alumni, faculty and friends. This week spent in cultural immersion and service to the poor has changed the lives of all involved.

Families have been an integral part of the trip from the beginning. Explains trip organizer Dr. Diana Rodriguez-Lozano, associate professor in the Department of Foreign Languages and Literatures, "I've always believed that parents participating in such trips could have a profound and meaningful significance to our students, our own children."

Dr. Rodriguez-Lozano is grateful to the many families who have supported the trip with the gift of their time. She would also like to thank Peter O'Malley, C'60; Marvin and Donna Stocker, parents of three Mount alumnae; Maureen and Dennis Sullivan, parents of Michael, C'06; and the Sullivans' friends Sharon and Peter Connelier, who have funded scholarships to enable more students to participate.

DEADLINE EXTENDED TO JOIN THE FALL 2007 TRIP!

We have been able to reserve a few more seats on the plane for those who wish to join the service trip next October. Our original **deadline will be extended to Feb. 15**; please apply as soon as possible as these seats may fill quickly. A \$600 payment is due with your application. For details and paperwork, contact Dr. Rodriguez-Lozano at 301-447-5322 or lozano@msmary.edu.



This fall, the group painted and repaired the buildings. Next year, Dr. Rodriguez plans to extend their service into the surrounding town of San Juan de Yucay.



"So much of the culture in Peru opened my eyes to a new world of sincere love and passion that is so easily washed away by American society. The true culture shock hit me as we entered Houston Airport [on the trip home]. I realized then that if I had the choice, I might have turned around to fly back to Cusco."—Kathleen Weiblinger, who attended Peru '06 with her mother



"The faces of the children are the best evidence of our contributions. They had opportunities to enjoy therapeutic riding on the horse, new books and music in the classroom, an egg hunt on the playground, wonderful food prepared by our group members, and lots and lots of hugs from all of us as well as beautifully painted and decorated new buildings."—Maureen and Dennis Sullivan, who joined the Peru trip in 2005 with daughter Heather and son Michael, then a Mount senior. Michael and his parents returned in 2006.



"We have never been more proud to be associated with Mount St. Mary's than when we joined Dr. Diana Rodriguez-Lozano's cultural/service trips to Peru these past two years. Many students worked part-time jobs to earn the money to go; they gave up their fall break; they endured 12 hours of flying time each way; and they worked very hard at the Catholic orphanage. They were wonderful with the children and brought smiles to all of their faces. ... Diana's efforts combine all four Mount pillars in this 10-day trip: Faith, Discovery, Community and Leadership."

Marvin and Donna Stocker, parents of Deborah, C'95, Jennifer, C'98, and Anne, C'00



Participants serve at the Clínica San Juan de Dios, a school and orphanage for mentally and physically challenged children.

"It was a wonderful, educational experience for both of us and made us feel much more a part of the faith, love and service culture that makes the family so unique. ... It truly reaffirmed my faith in human nature to see the love and care of the orphanage and school staffs, and made me marvel at the noble and magnificent Inca culture that I had known so little about. ... If the students and recent alums on our trip from the Mount are representative of our youth, America has a very, very bright future indeed!"—Gemma Weiblinger, mother of Mount junior Kathleen



January 2007

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February 2007

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March 2007

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April 2007

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May 2007

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Spring 2007 Schedule

January 15
 March 3-11
 March 19-23
 April 5-10
 April 29
 May 7-11
 May 16
 May 19
 May 20

Classes begin
 Spring Break
 Advising Week
 Easter Break
 Honors Convocation
 Final Exams
 Graduate Commencement
 Baccalaureate
 Undergraduate
 Commencement

Important Dates

Easter Break is April 5-10
 For all students this is a good time to start bringing some things home in preparation for moving out of the residence halls in May. Residence Halls close at 6 p.m. on Wednesday, April 4.

Final Exams are May 7-11

The campus has a very different feel and tempo during finals week. The quiet hours for residence halls are in effect 24-hours-per-day beginning May 5. We strive to work with students to be respectful of the needs of the community in preparation for exams.

End of Year Hall Closing

All students are required to move out of the hall within 24 hours of completing their last exam and no later than 6 p.m. on Friday, May 11. That means students are expected to move out completely and leave the campus at this point. We do this for two reasons. First, and most importantly, we want to maintain quiet, living learning environments, with minimal distractions for those students who are still preparing for exams. Second, it facilitates a smoother process for checking all of the students out of their rooms/apartments, etc. Your cooperation with this process and timeline is greatly appreciated.

This policy also applies to seniors. Students and parents of graduating seniors will receive information about commencement and all related activities in a separate mailing. Please encourage your seniors to read their email, check their mailboxes and complete all forms in a timely manner. This will insure that commencement goes smoothly for everyone.

End of the Semester Activities

Honors Convocation, April 29, 1 p.m., Knott Auditorium
Graduate Commencement Ceremony, May 16, 7 p.m., Knott Arena
Class of 2007 Barbeque, May 18, 6 p.m., Patriot Hall
Senior Social in the Quad, May 18, 9 p.m.-2 a.m.
Baccalaureate Procession and Liturgy, May 19, 4:45 p.m., Knott Arena
Graduation Gala, May 19, 7 p.m., Patriot Hall
Commencement Ceremony, May 20, 11 a.m., Knott Arena



Inviting All Parents and Students!

The Callings Conference

MARCH 12-16, 2007

"Bearers of Hope & Healing"—Discovering Pathways for Service in the Healing Profession
A national conversation among professionals, scholars, students and the public

Mount HomeBus

For students heading to or from the **Greater NYC area** (incl. Connecticut, and L.I.), **SE Pennsylvania** and **New Jersey**. Sign up forms are available in the Student Life Office, McGowan Center. Questions: Mountbus@yahoo.com



Jennifer O'Neil and friends taking advantage of the Mount HomeBus.

PRICES

Round Trip:	\$140.00 to NYC	\$125.00 to NJ	\$75.00 to PA
One Way:	\$85.00 to NYC	\$70.00 to NJ	\$45.00 to PA

- DROP-OFF AND PICK-UP STOPS:**
- North Bound New Jersey Turnpike Woodrow Wilson, rest stop between exit 7 & 7A.
 - South Bound New Jersey Turnpike Richard Stockton, rest stop between exit 7 & 7A.
 - New York City Penn Station 31st Street between 7th and 8th Ave.
 - Philadelphia, near King of Prussia exit

Spring Break	Easter Break
To NJ/NYC/PA: Friday, March 2nd (depart MSM 4 p.m.)	To NJ/NYC/PA: Wednesday, April 4th (depart MSM 4 p.m.)
To the Mount: Sunday, March 11th (depart NYC 2 p.m.)	To the Mount: Tuesday, April 10th (depart NYC 2 p.m.)
<i>Deadline: February 23rd</i>	<i>Deadline: March 29th</i>