



Students Advised to 'Seek the Truth Honestly and Relentlessly' during Annual Aquinas Mass

"The life of the mind is meant to be the cathedral of God, giving him praise through ardent zeal in the pursuit of the truth..."

— Rev. Thomas Joseph White, O.P.



In a world that is "characterized by conflict, restlessness, profound discontent, and violence, be it spiritual or physical," students should thrive to "be gentle in the truth, and fervently alive with the zeal of divine charity."

This was the message delivered to members of the Catholic University community by Rev. Thomas Joseph White, O.P., celebrant of the University's annual Mass in honor of St. Thomas Aquinas on Jan. 31. The Mass was celebrated in the Great Upper Church of the Basilica of the National Shrine of the Immaculate Conception.

Father White is an associate professor of systematic theology at the Dominican House of Studies and director of the Thomistic Institute. During his homily, he spoke of the value of a university as "a church of the mind, where we are invited to worship at the altar of truth."

Because God is "the author of all that is created," students should never fear any kind of scientific or cosmic knowledge, Father White said. Rather, he told them to "beware all temptations to anti-intellectualism, whether religious or profane."

"The Church today has need, no doubt as much as ever, of academic excellence, and of a vibrant intellectual life present at the heart of the Church, and for the sake of the larger culture of humanity as a whole," he said. "The life of the mind is meant to be the cathedral of God, giving him praise through ardent zeal in the pursuit of the truth, not resignation — or, even worse, anti-intellectual resentment."

The Mass was cosponsored by Catholic University and the Dominican House of Studies in association with the National Catholic Educational Association, in celebration of National Catholic Schools Week. It was broadcast live on EWTN and CatholicTV. — K.B.

More than
400
Catholic University students
marched for life.



Students March as Witnesses to Life

Dressed in winter coats and knit caps, more than 400 Catholic University students paused for a moment of prayer in Caldwell Auditorium the morning of Friday, Jan. 27, before departing en masse to attend the 44th annual March for Life demonstration against *Roe v. Wade*, the Supreme Court decision that legalized abortion nationwide in 1973.

The students were joined by University President John Garvey, who spoke about the estimated 57 million abortions that have taken place in the United States since that court decision 44 years ago. By marching in solidarity with other pro-life supporters, Garvey said, students can gain experience defending their own beliefs about the sanctity of life.

"We need to speak up, we need to show with our actions that we care about each other," he said. "You show by what you do that we are all God's children and that we care about each other and that we are all equal in the eyes of God."

Senior Stephanie Schmitt, president of Cardinals for Life, said the march was "a day of unity for the pro-life movement" and a moment to "restore a belief that stands at the very core of our human rights: the right to be alive."

The morning rally was just one of several events held on campus before the march to support the pro-life movement. On Jan. 24, Cardinals for Life held a pro-life pep rally featuring Christian activist Rev. Pat Mahoney and speakers from World Youth Alliance and Students for Life of America.

On the night before the march, Catholic University students served as ushers at the National Prayer Vigil for Life, a Mass held every year in the Great Upper Church of the Basilica of the National Shrine of the Immaculate Conception. The University also provided overnight lodging for teen marchers from out of town. More than 200 students volunteered to serve as hosts the night before the march, helping to register visitors, serve meals, and lay out sleeping bags. — K.B.



“The students get it, they get the connection to humanity and the need and desire to serve.”

— Rev. Jude De Angelo, O.F.M. Conv.

Largest Day of Service in University History

A record number of volunteers from the University community participated in this year's day of service honoring Martin Luther King Jr. The largest service day in University history with 866 participants, the event marked the 12th year that volunteers have served at various locations across Washington, D.C., including Rock Creek Park, the Little Sisters of the Poor Jeanne Jugan Residence, and the Franciscan Monastery of the Holy Land in America.

University President John Garvey and his wife, Jeanne, both dedicated their morning to service at the Jeanne Jugan Residence. He noted that on the University's first day of service, far fewer than 100 students participated. Now, while many students individually volunteer, student organizations often join as a group. President Garvey said that athletic teams at the University are “our backbone of the day of service.”

“The students are inspired to serve due to the work [that takes place] in the classrooms,” said Rev. Jude De Angelo, O.F.M. Conv., University chaplain and director of Campus Ministry. “The students get it, they get the connection to humanity and the need and desire to serve.”



Catholic University Honored by Special Olympics D.C.

University President John Garvey was honored on behalf of Catholic University on Dec. 2, at Special Olympics D.C.'s 32nd annual Night of Trees Gala. The award was given in appreciation for the University's “long history of friendship and support” shown to Special Olympics D.C.

Special Olympics D.C. provides free sports training and Olympic-style competition to nearly 1,600 D.C. residents with intellectual disabilities every year. In addition to hosting the Special Olympics Summer Games for more than a decade, members of the Catholic University community also have partnered with the organization for fundraisers and volunteer events.

In February, student athletes raised \$31,199 in one night for the organization during the University's annual Polar Bear Plunge.

“President Garvey has been a supporter of Special Olympics for many years, through his family as well as with the University,” said Nicole Preston, Special Olympics president and CEO. “Many Special Olympics programs and events take place at Catholic University facilities, and we couldn't ask for a more welcoming and supportive host.”

“I am so honored to receive this award on behalf of the Catholic University community,” said Garvey. “Working with Special Olympics and getting to know these talented and happy athletes has been a real joy for me, and I hope that it is one that can continue for years to come.”

Visit cuamagazine.cua.edu for videos of the Martin Luther King Jr. Day of Service and the Polar Bear Plunge.

“Are we willing to be the country we were meant to be?”

NAACP President Reminds Students: Law is a Tool for Social Justice

“We are in a moment in our nation’s history where we are asking ourselves, ‘Are we the same country our grandparents left for us?’ We are at a moment in our nation’s history where we are being asked, ‘Are we willing to step up? Are we willing to be the country we were meant to be?’”

These were the powerful questions posed to students at the Columbus School of Law during a Feb. 8 address by NAACP President Cornell William Brooks. Speaking before a crowded Slowinski Courtroom as part of the Brendan F. Brown Lecture Series, Brooks discussed voting rights and the NAACP’s history of struggle for social justice.

“The times are crying out to attorneys, to law students, to faculty, to step forward and address the social justice challenges of the moment,” he said.

Among the greatest justice challenges being faced today, Brooks said, is the current mass incarceration epidemic and the need for sentencing reform.

“Our humanity cannot be reduced to our mug shot numbers, to our criminal record numbers,” he said. “Our humanity cannot be stripped away by the dehumanizing treatment of our criminal justice system.”

Brooks reminded the audience of the incredible sacrifices of civil rights leaders who have come before in the fight for voting rights. “This is a moment for us to believe in our power as change agents based on the performance of civil rights leaders in the past and the success of the NAACP in securing court victories against voter suppression.”

He also echoed Martin Luther King Jr.’s words, saying, “Dr. King taught us that we are interdependent. This notion that we need each other, that we are dependent on each other, and that we rely on each other. This is a moment where we have to come together. We are, in fact, interdependent: generationally, racially, ethnically. ...”

To watch a full video of Cornell Brooks’s discussion, visit cuamagazine.cua.edu.

President Garvey Weighs in on Immigration

University President John Garvey published an op-ed in *America Magazine* in January, which considered whether immigration policy should be guided by self-interest or charity.

“Putting to one side the concerns of political prudence, it seems plain that an immigration policy rooted in charity and hospitality is worthy of our admiration,” he wrote.

In the fall, Garvey was among more than 100 Catholic higher education leaders who signed a statement of solidarity with students in their communities who have qualified for the DACA (Deferred Action for Childhood Arrivals) program. The statement urges protection for those students who arrived in the U.S. as children and pledges support for them through “campus counseling and ministry support, through legal resources from those campuses with law schools and legal clinics, and through whatever other services we may have at our disposal.”

Garvey’s op-ed from *America Magazine* and the statement of solidarity, which was released Nov. 30 by the Association of Catholic Colleges and Universities, can both be found at cuamagazine.cua.edu.



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100

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“Coming to You from the Campus of The Catholic University of America”



Cardinal Timothy Dolan, M.A. 1981, Ph.D. 1985, archbishop of New York, recorded his Sirius XM Catholic Channel radio show, *Conversation with Cardinal Dolan*, in the studio of the University’s radio station, WCUA, this past December. During the show, Dolan interviewed special guests and experts from the Catholic University community.

At the top of the program, Cardinal Dolan noted his fondness for the University, where he “spent three happy years as a grad student in Church history.” He then spoke with University President John Garvey and Cardinal Daniel DiNardo, B.A. 1971, M.A. 1974, archbishop of Galveston-Houston, who was recently elected president of the United States Conference of Catholic Bishops.

Other guests included Maria Mazzenga, education archivist at the American Catholic History Research Center and University Archives, and Catholic University seniors Rachel Meyer and Joe Longo. Meyer is an international business major from Westford, Mass., and Longo is a civil engineering major from Brooklyn, N.Y.

The show aired on Sirius XM Satellite Radio’s Channel 129. To listen to a podcast of the program, visit cuamagazine.cua.edu.



Conference Explores Catholic Social Doctrine and the Economy

Speaking at Catholic University in January, Cardinal Seán O’Malley, O.F.M. Cap., M.A. 1972, Ph.D. 1978, emphasized the importance of a global economy that serves the needs of humanity rather than dominates it.

“In the midst of the forces of technology and globalization, people cannot be reduced to arguments for greater efficiency,” said Cardinal O’Malley, who is chairman of the University’s Board of Trustees. “The Pope has stressed the need for equity, for fairness in our understanding of what constitutes a just economy and the role of workers.”

The cardinal spoke at a special conference, “Erroneous Autonomy: The Dignity of Work,” hosted by the Institute for Policy Research & Catholic Studies (IPR) with support from the American Federation of Labor and Congress of Industrial Organizations (AFL-CIO). The conference was intended to explore capitalism, governance, and the dignity of work through the lens of Catholic social doctrine.

Other speakers included Bishop Robert McElroy of San Diego; author and social critic Thomas Frank; Richard Trumka, president of the AFL-CIO; Sister Carol Keehan, D.C., president of the Catholic Health Association; Joan Rosenhauer, executive vice president of Catholic Relief Services; David Cloutier, author and associate professor of theology at Catholic University; and Holly Taylor Coolman, professor of theology at Providence College.

Physicist Ian Pegg Receives \$5.07 Million for Nuclear Waste Research

Catholic University's Vitreous State Laboratory (VSL) has been named the recipient of an impressive 11 sponsored research contracts since October, totaling \$5.07 million. The contracts will support the Department of Energy's Office of River Protection program to treat and safely store nuclear waste currently in danger of leaking into Washington state's ground water.

Established in 1968 and housed in Hannan Hall, VSL is a research and development facility focused on the study of glass and its many uses. Much of the lab's work has centered on nuclear waste management through a process called vitrification, in which radioactive waste is transformed into glass using a 2,000-degree Fahrenheit melter. Though the resulting glass remains radioactive, it is unable to leach into the surrounding environment.

According to VSL director and physics professor Ian Pegg, who is also the principal investigator for all of the new awards, the research projects will support a \$16.8 billion nuclear waste vitrification plant currently under construction in Hanford, Wash. A former Manhattan Project site, Hanford is now home to 177 underground tanks of nuclear waste holding 56 million gallons of radioactive liquid and sludge.

"These new awards affirm the leading role VSL has played in the Department of Energy's vitrification program over many years and our world-class capabilities in this field," said Pegg.

VSL, which employs about 70 people, has ongoing projects with nuclear programs in Japan and the United Kingdom. Though it is rare to get so many contracts so early in the government's fiscal year (which begins in October), Pegg said VSL routinely earns nearly \$8 million in research funding annually.

"We enjoy being able to contribute to solving environmental issues that are so important to all of us and to good stewardship of the planet," said Pegg. "These problems were created in times of crisis going back to the Second World War. It's way past time to deal with them and set things right again." — K.B.

39 Years @ Catholic University

Jean E. Toth

Associate Professor of Nursing

Coming to Catholic University

I came to Catholic University in 1976 as a student because it was the only master's program in nursing in the Washington, D.C., area. I was offered the job [of professor] three times before I accepted it — I thought, for one semester. That was 38 years ago. When I stood in front of the class the first time, I said, "Oh, they're going to pay me to play!" That's when I knew I was a teacher.

A Favorite Part of Her Job

My favorite place is the classroom. I just have a love for the students. I have taught at the graduate and undergraduate level, but now a major need is professors for our undergraduate classes. I especially appreciate the enthusiasm of the freshmen for nursing.

What has Kept Her Here

Flexible summer schedules. It gave me time to devote to missionary work and to spend time with my family. In Ghana, West Africa, I founded a two-year community health nursing program in 2001. In developing countries, health care is nursing. In Ghana there's one nurse per 1,225 people, but only one physician per 14,000 people. Those months also provide time for international research, theory and test development, and publishing.

Biggest Change She Has Witnessed

The academic rigor of the program has really skyrocketed. This reflects what has taken place in nursing [as a profession]. It's no longer solely learning and repeating information. Now it's also about the application of that knowledge in nursing practice. I started teaching right after earning a master's degree, but today, most new teachers are coming in with a Ph.D. [Toth earned her Ph.D. while teaching at Catholic University.]

On Retirement

When do I get to retire?

That's a good question!

— M.M.H.

Psychology Professor Receives Science Fellowship

The American Association for the Advancement of Science named James H. Howard Jr., Wylma R. and James R. Curtin Professor Emeritus of psychology, a fellow for his study of the effects of aging on learning in older adults.

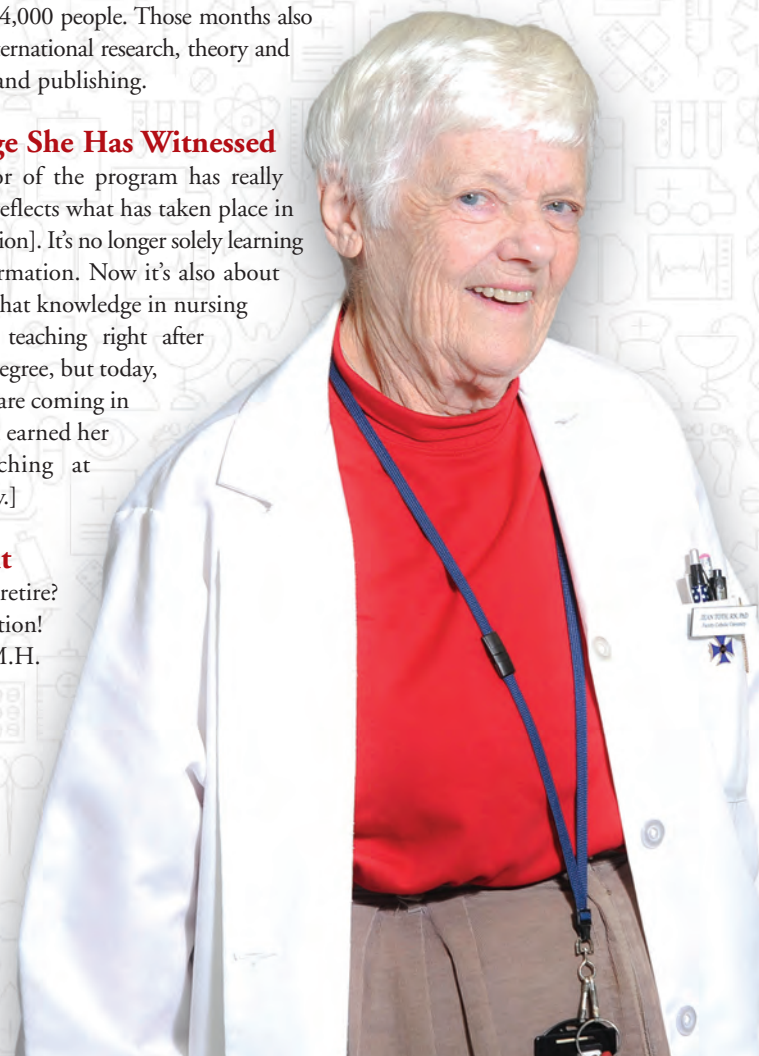
Howard directs the Cognitive Aging Laboratory at Catholic University. His research, which examines cognitive function in healthy aging and age-related pathology, has been supported by the National Institute on Aging and other government and private agencies for more than 25 years.

"Our focus has been on understanding the brain basis of changes that occur in skill learning with aging," Howard said. "We hope that our work contributes in some small way to our understanding of successful aging as we confront the challenges of an aging population."

New Dean Appointed for Canon Law

Monsignor Ronny Jenkins was appointed by University President John Garvey to the role of dean of the School of Canon Law, beginning in January.

A former associate professor of canon law, Monsignor Jenkins, J.C.D. 1999, joined the faculty of the school in 2001. He is the co-author (with Klaus Ludicke) of the book *Dignitas Connubii: Norms and Commentary*, on the process of annulment in the Catholic Church, and he has written numerous scholarly articles on other topics including the canonical obligation to observe confidentiality and clerical sexual abuse of minors. Since 2001, he has served as the associate editor of *The Jurist*. He is also a member of the board of editors of the *Gratianus Series* in canon law.



"For theatre to flourish you need to have chaos; you need to take chances..."

Discovery Through **DRAMA**

Eleanor Holdridge, Department of Drama

Eleanor Holdridge joined the Catholic University Department of Drama in 2008. Head of the M.F.A. directing program, she balances teaching with a thriving freelance career, directing dozens of regional and local productions. This spring, she is directing the Catholic University production of *Macbeth*, with performances April 20 to 23 in Hartke Theatre. (For more information, visit drama.cua.edu.) Holdridge earned an M.F.A. from the Yale School of Drama.

Q: *What are some challenges and rewards of teaching theatre at Catholic University?*

A: Students here are respectful and conscientious. But theatre isn't where you need to respect things. For theatre to flourish you need to have chaos; you need to take chances; and you need to, sometimes, do what seems like the wrong thing. In some students, respect and conscientiousness lead to a lack of risk-taking. My favorite part of rehearsal is when I see younger actors discover things for the first time. There's a lot of growth. Because we're in D.C., students can see a lot of theatre and then we can talk about it. And there are alumni of all ages who can be an inspiration to current students.

Q: *Your mother founded Caedmon Records, pioneering audio recordings of literature. Did that nurture your love of theatre?*

A: I would listen to recordings of Shakespeare, and imagine what the world might be like. Much of that is what I think it is to be a director — you read a play and imagine a world around it.

Q: *Does your freelance directing nourish your teaching?*

A: Working with professional actors, who take risks, who make strong choices in the rehearsal room, who engage in collaboration and dialogue, constantly makes me realize what a rehearsal room should be. That's what I can bring to students. I can have students see the plays I direct and then we can talk about it. I can be self-critical of my work, and they can see how positive self-criticism can make us better. That's an incredibly positive thing for the students, even if they're not necessarily going to direct, or stay in theatre.

Q: *Are there particular challenges for women in your field?*

A: In regional theatre, women still represent less than 20% of all directors; it's usually closer to 17 or 18%. I've done 23 Shakespeare plays. One was a history, and two or three have been tragedies, but people are always asking me to do the comedies. I want to be offered the big, meaty tragedies. People are always trying to pair me up with a woman playwright, and I love it, but I do feel like it's important to realize that women don't have to just direct plays by women, or about women. An artistic director once asked if I could direct a play with five men in it. My response was, "Well, I just directed a production of *Julius Caesar* that had 18 guys who all happened to be carrying Uzis."

Q: *Do you have a favorite play?*

A: Whatever I happen to be directing at the moment. I really love Shakespeare. I love *The Tempest*. It's about revenge and expediency, and then finding humanity and forgiveness and acceptance. I love plays where the characters change through the action of the play and become better people. The best thing theatre can do is show us that bettering ourselves is possible. — G.V.

"I have students who blow my mind, who are the most incredible human beings."

Fostering **NEW VOICES**

Rachelle Fleming, Benjamin T. Rome School of Music

Rachelle Fleming teaches on the musical theatre faculty. She earned her doctorate in vocal pedagogy and performance at the University of Miami; through connections she made there, she recorded "After the Love Has Gone" with the vocal ensemble Tiempo Libre. She sang on several tracks from *Dark Hope*, an album of contemporary songs by her sister, Renée Fleming. The sisters also collaborated on the American Voices festival at the Kennedy Center, a series of concerts, master classes, and symposia "celebrating the past, present, and future of singing in America."

Q: *Did you come from a musical background?*

A: Both my parents were vocal music teachers. We performed all kinds of music growing up, so I have a diverse musical background. My dad always conducted a church choir, so that was part of my musical upbringing — lots of sacred music — and then contemporary music on our own, and lots of choral singing, musicals. And we always had to play an instrument.

Q: *You've taught at various schools. What distinguishes students at Catholic University?*

A: I have students who blow my mind, who are the most incredible human beings. They're so mature, have such full lives, and do so much service, they put me to shame. I feel like I'm not doing enough. Catholic or not, they get caught up in this wonderful environment where they can work really hard, do service, and have a wonderful social life as well.

Q: *What's the best part of teaching?*

A: By far, my students. When I teach music history, I can take an older, less familiar song from a musical and play a clip of it as it was traditionally sung, and then play clips of Ella Fitzgerald and a contemporary artist performing it, and it is fantastic to see students' brains going, "Oh, I can make this my own!"

I have the best job in the whole world. I said I would never teach, and then I was invited to teach and it was like falling off a log. It just made sense. Yes, I perform, but my day job is being a teacher. I push myself to do cabarets here and there because it informs my teaching. All of my varied experience informs my teaching.

Q: *Apart from teaching, do you have new projects in the works?*

A: My sister, Renée, and I are putting together a Foundations of Singing course. We're very like-minded. I get on the phone with my mother and my sister, and one of us says, "I've got this student, and they're doing this, and what would you do?" Renée's an incredible technician, and she's such a wonderful artist. We want this course to be in a video format, so people can stream it. We'll present material, but then we'll actually work with students. They'll videotape us working with someone in person.

Q: *What are your favorite things to sing?*

A: I love the American songbook. The melodies and the lyrics don't get any better. I also like to incorporate music theatre and pop songs into my programs. I love a good torch song like "Angel Eyes," "You've Changed," or "The Man That Got Away." The body of literature is endless. I will be learning songs that speak to me until I die. — G.V.



“...you are no good as a caregiver, if you can't even breathe yourself.”

Ask the Experts



Tips on Self Care for Caregivers

At some point in their lives, most people will find themselves in the role of caregiver — whether it's for their own child, an aging parent, or even a sick or elderly neighbor. Below are tips on how to care for oneself and avoid burnout while serving others.

Eileen Dombo, assistant professor of social work, is a licensed independent clinical social worker.

Monroe Rayburn is director of the Counseling Center. He works as a therapist for Catholic University student clients, and supervisor for advanced graduate students in psychology and social work.

Rev. Raymond Studzinski, O.S.B., associate professor of theology, teaches the course Psychology and Religion.



- **Set aside time for yourself**

Set aside time for yourself when you don't have to be the caregiver, however briefly that may be. If you have difficulty giving yourself permission for this, think of the safety instructions on an airplane: Be sure to adjust your own oxygen mask before helping others. The point is, you are no good as a caregiver, if you can't even breathe yourself. — *Rayburn*

- **Love yourself**

We often forget that the commandment to love our neighbor specifies that we should love others as we love ourselves. We love ourselves when we take time to notice how in the midst of difficulty we are gifted by people and the world that surrounds us. To savor that goodness in us and around us requires a contemplative gaze, a focused attention on the beauty of nature, or music, or art, or whatever touches our souls. As Psalm 139:14 expresses it: “I praise you because I am wonderfully made; wonderful are your works.” — *Father Studzinski*

- **Find a community**

Isolation is a common byproduct of caregiving, particularly if you care for someone who is confined to home for the most part. Seek comfort and community and humor with others in the same or similar situations. — *Rayburn*



Many churches have coordinated ministry efforts for caregivers and families who need support. Community groups and neighborhood gatherings are also great places to stay connected. — *Dombo*

- **Rest in God**

So often prayer can seem like just another thing to do, but it also can be a letting go of ourselves in God's presence. “Be still and know that I am God!” Psalm 46:11 reminds us. Quieting oneself and breathing deeply in God's presence for several minutes can be a silent moment of connection that reminds us God is in charge. It can help us let go of the excessive demands we may place on ourselves and learn to trust in God and relax. — *Father Studzinski*

- **Keep it in perspective**

Avoid seeing crises as insurmountable problems. You can't change the fact that highly stressful events happen, but you can control how you react and respond to these events. Try looking beyond the present to how the future can be different. Even when facing very difficult and emotionally painful current circumstances, try to consider what's happening in a broader, longer-term perspective. Avoid magnifying the event beyond the context. — *Dombo*

IRISH WEEK 2017

Members of the Celtic Cardinals, the University's Irish step dancing team, are seen dancing in McMahon Hall. The team performed as part of this year's Irish Week. Intended to celebrate and promote Irish culture, the week included an opening ceremony, talent competition, bake sale, music workshop, a dance, and a closing ceremony.

