



# The Cavendish Chronicle

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and her father

## Living the Good Life

*Pharmacist Mixes Long Hours  
with Plenty of Down Time*

By Alex Messner  
with Donovan Inniss

The phrase “work hard, play hard” could not be any truer for **Kara VonderHaar, Chem ‘06**. Every other week, she is free from work to travel, go bike riding, and enjoy the outdoors. But on her working weeks, she makes up for that time off through late nights and long hours. And she couldn’t be happier about it.

VonderHaar is currently in her fourth year as a full time pharmacist at Bethesda

Hospital, a Long Term Acute Care Hospital (LTACH) located in St. Paul. As an LTACH, Bethesda provides specialized medical care to patients over a longer period of time, usually between 20 and 30 days. Many of the patients are the victims of a life-changing illness or injury, such as stroke, multiple organ failures, spinal cord accidents, or brain injuries.

As a pharmacist at Bethesda, VonderHaar is primarily responsible for taking care of the new patient admissions

each day, many of whom come from other hospitals. When a patient is removed from a previous hospital and sent to Bethesda, they are accompanied by a discharge medication order sent by the discharging physician. VonderHaar reviews these orders, looking for any duplicate therapies, dose discrepancies, or unfavorable drug interactions; she brings any problems to the attention of the admitting physician. This can often be an extensive

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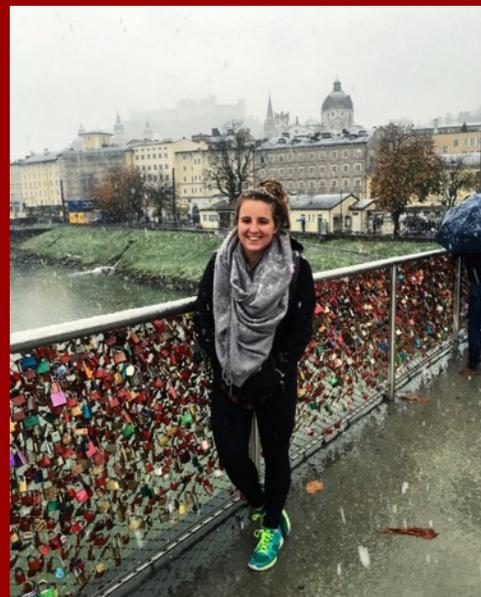
## Postcards from Abroad



"This is a picture of several CSB/SJU students working in a medical clinic in rural Honduras May 2016. It was part of the CSB/SJU Global Brigades trip through the Global Health Affairs club on campus." **Annette Klomp, Bchm '18** (left, with **Bridget Ebert, Chem '18**)

"This picture was taken during an amazing day exploring Hohe Tauern National Park, the first national park in Austria."

**RoseMarina Armstrong, Chem '18**



"I'm studying abroad in Austria this semester. The photo is me in the center of the City of Salzburg on the lock bridge during the first snowfall of the season." **Ellie Brewers, Bchm '18** (Front page: Brewers and roommate Abby Genereau pose in the Alps.)

## Ardolf Gets Additional Instructors for AY 2016-17

The chemistry department has two additions to the faculty this semester: **Stuart Winikoff** and **Lisa (Ortgiesen) Engstrom, Chem '05**.

Winikoff is originally from Denver, Iowa, but graduated with a B.A. in both biochemistry and chemistry and minors in math and physics from the University of Minnesota, Morris. He completed a Ph. D. in physical chemistry at the University of Minnesota, Twin Cities, where he also conducted a post-doc in chemical engineering. He specializes in using quantum mechanical theory to determine novel chemical structures and reaction pathways.

In his spare time, Winikoff likes hiking, snowshoeing, cooking, and reading.

Engstrom completed graduate school at the University of California, Davis with Prof. Sheila David. That was followed by postdoctoral work at University of Minnesota with Prof. Lawrence Que, Jr. Her area of expertise, loosely, is in chemical biology and bioinorganic chemistry.

She enjoys hiking, biking, and canoeing, or just generally being outside with her family. On rainy days, she likes knitting and spinning wool.

Both enjoy working with students. "One of my favorite things is the lightbulb moment," Engstrom explained. "The look every student gets when things click."



Engstrom

Winikoff

# VonderHaar Balances Work and Play

*Continued from page 1*

process, as many patients are on up to 30 medications at a time. The remainder of her night often consists of double- and triple-checking the medications to ensure that the correct medicines are being dispensed to the correct patients. She also fields questions from physicians and nurses regarding optimal treatment recommendations. Occasionally, she revises medication dosage by using patient specific information such as cultures, kidney function, age, weight, or dosing histories.

VonderHaar works seventy hours every other week, leaving her free to enjoy life outside of pharmacy on her weeks off. She has managed to travel to her family's cabin in Canada four times this year, where she has been able to do some of her favorite activities such as fishing, boating, hiking, and enjoying family time. She has had time to pick up extra work, which has provided her with more income, experience, and job satisfaction, as well as a chance to pay off student loans. She is also able to make more use of her creative side through helping out at her parents' enameling business.

Despite her long hours, VonderHaar could not be more pleased with her job. She takes pride in knowing that she is helping patients get better by ensuring their safety. She enjoys Bethesda in particular because of the longer stays of the patients, as this allows her to see the effects of the medication therapies over the course of weeks or months. Unfortunately, she does not have much patient interaction, which she misses from her days in a regular pharmacy. But she makes up for this when she works as an extra in other

pharmacies such as in the surgery center at St. John's Hospital, where she has the chance to speak with patients from time to time.

"I love new challenges and learning new things," she explained, "so I'm always looking for that next casual job to try something new. Even though I'm working more, it makes me happier at my full time job because I'm getting some variety in what I do."

For current students, VonderHaar had some very important advice. She encouraged exploring as many professions as possible through research or shadowing, and considering the importance of things such as flexibility, hours, salary, or advancement. She recommended making a list of pros and cons of possible careers, considering how each possible profession could fit to your strengths and weaknesses.

VonderHaar looks fondly on her time at CSB/SJU. To current Johnnies and Bennies, she had some wise words: "Enjoy your time in college. Work hard to get where you want to be, but try to make sure you let yourself enjoy it while you're there."

## Students Participate in Dow-MIT ACCESS Program

Three CSB/SJU students applied successfully to take part in a graduate school preparation program at the Massachusetts Institute of Technology in September. **Emma Bonglack, Bchm '17, Raymond Twumasi, Chem '17, and Jherian Mitchell-Jones, Chem '19**



VonderHaar in the pharmacy

Loving the stimulation of new challenges on the job

participated in the Dow-MIT ACCESS program in Cambridge, MA. The weekend program provided orientation to graduate school life, the admissions process, and skills needed to succeed in research.

# A Year in Rome

*Gabe Amon '15 Serves in the Benedictine Volunteer Corps at Sant Anselmo*



Saint Peter's Across the Tiber River



The Colosseum



Gabe Amon, Chem '15, has just started medical school at the University of Minnesota, Duluth. His return to study follows an unusual gap year. In the time since he graduated, he took advantage of the global presence of the Order of St. Benedict to live in Rome, where he served with the Benedictine Volunteer Corps (BVC).

“I had done two previous international volunteer trips through CSB/SJU, one to Nicaragua and the other to the Dominican Republic,” explained Amon. “Those two service trips left a large positive impact on me and helped solidify my desire to do an international year of service after graduation.”

While staying in the monastery at Sant Anselmo, Amon followed a similar work schedule each day. He served as a handyman of sorts, performing lawn and garden care, painting, and other maintenance tasks. He also worked to keep up the monastery guest house. Perhaps most challenging was a daily shift at the monastery welcome desk, where he got to practice his Italian -- answering the phone, greeting tourists, and “dealing with lots of unpredictable situations.”

In addition, much of Amon’s time was spent helping to organize the International Conference on Benedictine Education hosted by Sant Anselmo. That work included organizing registrations, flights,

lodging accommodations, and programs for the conference.

Despite all these responsibilities, Amon found the daily living at Sant Anselmo to be very laid back. There was ample time to get work done, attend prayer in the monastery, and still be able to relax, both at Sant Anselmo and around Rome.

Sant Anselmo is not a typical monastery as there are no monks claiming stability to it. It is the site of a graduate school established by the Vatican, and the only monks living there are sent from their respective monasteries around the world to teach or study. As a result, it has a very cosmopolitan feel. Amon developed friendships with monks from Sri Lanka, Kenya, Germany, Guatemala, and many other places.

When he wasn’t working, Amon was fortunate enough to explore the city of Rome, the Italian countryside, and other parts of Europe. “My favorite thing to do while traveling was to go hiking,” he said, “whether it was a quick train ride out of Rome or in the Austrian Alps.”

Amon urges other students to take advantage of the BVC. “You will learn a ton about yourself as well as gain more of an understanding of the world we live in.”

# Finding the Right Summer Internship For You

*Augie Witkowski*

With summer having already faded away into fall, and the inevitable winter approaching, it's never too early to start thinking about warmer weather and how to spend your next summer. Many chemistry and biochemistry students choose to spend their summers participating in various research programs or internships. These programs offer the opportunity to gain valuable career experience.

It's important to ask yourself what you would like to get out of a summer internship. Factors like the research topic, the location of the program, and the stipend offered all should be considered when looking for a summer program.

Choosing a research program that aligns with your interests, passions, and hobbies can lead to a more rewarding summer experience. **Faith Kersey-Bronec, Chem '17** has participated in two REU programs, and found that when she applied to programs specific to her interests she found a better match.

There are many online resources available that allow you to base your search upon one of these factors. **Sarah Clark, Bchm '17** wanted a research program within driving distance of home, so she searched the NSF REU website for programs within the area, and checked local universities websites for other

listings. The NSF REU website is a good place to start the search for a summer research program, and many students mentioned using it when asked how they found the programs they have participated in. Other online resources like the ACS website, individual university websites, and Scitechspierience were also cited as effective places to search for summer programs. **Jenny Paul, Chem '17** found her internship at the Minnesota Zoo through Scitechspierience, and said using this program to apply to many summer internships proved to be a much simpler process than filling out many separate applications.

Besides using online search engines to find a way to spend your next summer, face-to-face interactions, on-campus resources, and networking can generate research opportunities. "Take advantage of career services on campus. They have so many great resources," **Brandon Thauwald, Chem '18** advised. Career services can connect you to an alumni network, and they also



Ebert

offer assistance with applications. They can help you write a personal statement, a cover letter, or draft a resume. Simply talking to people, and showing genuine interest can generate opportunities, **Bridget Ebert, Chem '18** found her summer research project through a connection she had made while volunteering. It never hurts to stay in touch.

There is not one correct way to find a summer research opportunity, but whatever your method, there are many resources available to help you find a good match.

## Grad Launch 2016

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and surgical nurse's assistant at CHI St. Alexius Health in Bismarck, ND. **Jane Keohan** is working as a medical scribe at Children's Hospital in St. Paul. **Asha Kopp** is working as the stockroom fellow at CSB/SJU. **Yuan Chen** **Vincent Lai** is in law school at The Chinese University of Hong Kong. **Caleb LeClaire** is

leading sport fishing expeditions in Alaska.

**Leslie Ramirez** is working as a research lab technician at University of Minnesota.

**Kyle Spengler** is a scribe at Littleton Adventist Hospital in Colorado. **Hieu Van** is in graduate school in biomedical sciences at the University of Houston.

**John Wells** is working as a medical scribe.



## The Cavendish Chronicle

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## Alum Notes

**Jean Lown, Chem '70** is working as a patent attorney at 3M. Lown has a Ph.D. in analytical chemistry from Iowa State and a JD from University of Minnesota.

**Lukman Sanusi, Bchm '12** is a senior programmer with Foreflight in Austin, TX.

**Melissa Quintanilla, Bchm '15** is in medical school at Medical College of Wisconsin; she recently finished a year of biomedical research at Yale.

**Ari Roane, Bchm '15** has enrolled in the MS program in bioinformatics at Georgetown.

# Grad Launch

## What the Class of 2016 is Doing Now

Chemistry graduates in the Class of 2016 have moved on to a range of new activities involving science, health, service, and nature. **Nathan Anderson** is taking a gap period to do some traveling in the western and Pacific US. **Zach Brown** is teaching chemistry at Sauk Rapids-Rice High School, MN. **Hailey Chatelaine** is going to the Ohio State University for graduate school in food science. **Adrian Demeritte** is working as a lab manager at Minneapolis Technical & Community College. **Matt Devery** is serving with the Benedictine Volunteer Corps in Rome. **Tyler Dick** is working at Procore Technology, a software development company. **Becca Flynn** has begun pharmacy school at University of Minnesota. **Joe Freemark** is working as a scribe in pediatrics at Fairview Clinic in Rosemount. **Megan Glasgow** is working as a Lab Analyst I in the Drug Delivery Systems Department at 3M. St. Paul. **Forrest Hyler** is in the Ph.D. program in chemistry at the University of California – Davis. **Emma Johnson** is teaching science at Kennedy High School in Richmond, CA. **Ben Kollaja** is pursuing a master's in biomedical engineering at University of Minnesota. **Nate Kor** is in medical school at Eastern Virginia University. **Paul Kress** has started graduate

Check out the archive!  
<http://employees.csbsju.edu/cschaller/cavendish/Cavendish.htm>

school at Tufts University. **Matt Lerick** is starting with the Centers for Disease Control as a Public Health Associate, working at the Chicago Department of Health. **Lorien Rusch** has started in the Ph.D. program in chemistry at University of Iowa. **Alex Schlangen** works as a scribe at St. Cloud Hospital. **Kirsten Sewall** is working in the laboratory of the St. Cloud Water Treatment Plant. **Frantz Soiro** is serving in the Benedictine Volunteer Corps in Tanzania. **Annastacia Stubbs** is starting graduate school in chemistry at Syracuse University. **Stephen Thomas** is an Associate Chemistry Specialist, performing analytical work using DLS at WuXi Apptec. **Jasmine Tutol** is in the Ph.D. program in chemistry at University of Texas – Dallas.

Graduates with a biochemistry major, a joint program between the chemistry and biology departments, have also found a variety of new occupations. **Kyle Blackley** is a Medical Device Reporting Specialist at Medtronic. **Logan Connor** is working in an oral surgeon's office. **Scott Echnernacht** is in medical school at University of Rochester. **Sam Hager** is working as an orthopedics

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