

## What's on your mind?

In this issue, we introduce a new column designed to give you quick answers to topics in the news or any other questions you may have. As the world becomes more connected, this is your opportunity to reconnect with faculty experts, who are more than happy to share their knowledge.

For example, what are the safest and most effective ways to stay healthy? Dr. Jean Burge, chair of the Department of Foods and Nutrition, sets the record straight on a variety of issues, including high fructose corn syrup, omega-3 fatty acids and mercury contamination in fish.

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On another front, Dr. Mary Chayko, chair of the Department of Sociology and author of two books on modern communications and the Internet, discusses how social networking, cell phones and other technological advances affect our relationships and privacy.

Lastly, for those who are curious about theology, Dr. Catherine Martin, chair of the Department of Philosophy and Theology, delves into some fundamental concerns about the Bible, the Gospels and Jesus.

So, once again, what's on your mind? We'd love to hear from you.

Please submit questions and comments to Debra Martin, Editor, the Saint Elizabeth Alumna to [alumni@cse.edu](mailto:alumni@cse.edu) or fax 973-290-4224