



**Enter to Learn. Leave to Serve.** At CBU, we cherish our Lasallian values, which are reflected in everything we do. In each edition of **Living Lasallian** we will share the latest stories of how our students, staff, faculty and alumni continue to embody and live by these principles.

We want to hear from you. [Submit story ideas here.](#)

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## A New Year, A New Semester

“The spirit of this Institute is a spirit of faith which leads us to look upon everything with the eyes of faith, to do everything in view of God and to attribute all to God.” - The Rule (Article 5) \*

Let us pray ...

As we begin another semester, may we be filled with grace to do God’s work with the young people who

have been entrusted to us. May we see God in our students, hear God in their voices, and feel the presence of God in our hearts. Let us search for the lost, comfort the suffering, and lift up the fallen. Let us bring God's love and joy to all whom we encounter, and may the students hear God in our voice.



*\* First published in 1705, The Rule of the Brothers of the Christian Schools is a small book that guides the daily life of a Brother. The Rule has held firm for the Brothers, even today, as it has only been “edited” 8 times -- 2015 being the most recent update.*

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## Save the Date

Ahoy, Bucs! **CBU Homecoming 2025** is coming! Get ready for a week of non-stop spirit where Buc pride takes center stage. Mark your calendar for February 2-8 and stay tuned for more details about our exciting lineup.



CBU alumni are invited to set sail back to campus on February 8 and reconnect with your fellow Buccaneers. Reserve your spot now for our **Alumni Reception** for a memorable reunion in Canale Arena! // [bit.ly/CBUAlumHomecoming2025](https://bit.ly/CBUAlumHomecoming2025)

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**We want to hear from you.** CBU students, faculty and staff are invited to complete a brief 2-minute [survey](#) designed to gather your valuable insights on our university's strengths, areas of improvement, and your likelihood to recommend us to others. Your feedback is crucial in helping us improve and enhance the experience for current and future students and employees.

Participate in the brief survey.



# SPOTLIGHTS



## Our Lasallian Values:

### Faith

After a season-ending injury, CBU student and men's basketball team shooting guard **Nmesomachi Nnebedum** found himself between a rock and a hard place.

Far away from his support system in his home state of Michigan, "Nmeso" turned to God and found a spiritual home through his involvement with CBU Campus Ministry.

"I locked in with God on my faith, and He created so many opportunities," said Nmeso, who showed up to his first Praise & Worship service on crutches.

Nmeso, a [Class of 2025 Lasallian](#)

[Fellow](#), is scheduled to graduate this spring with a bachelor's degree in business management.

[Read more about Nmeso here.](#)

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## A Campus Treasure

For the past 15 years, librarian **Kay Cunningham** has served as the director of the Plough Library and the archivist of the Brother I. Leo O'Donnell Archives.

In May, Cunningham received the 2024 Distinguished Lasallian Educator Award. She has announced her plans to retire in March after 35 years of being a librarian.

"Kay chose to spend a large portion of her library career here at CBU, and we are lucky she did ... I know I am a much better librarian and Lasallian as a result of her influence," said William Brandon, Plough Library's public services and acquisitions librarian.



[Read more about Kay here.](#)



## First-Place Finishers

CBU alumna, graduate student and assistant cross country coach

**Johanna Wistokat** won the women's division of the full St. Jude Memphis Marathon on Dec. 7, 2024, with a time of 2:54:45.

Johanna earned a bachelor's in business at CBU and is currently pursuing a master's degree in data science. She is one of CBU's most decorated athletes in school history, a two-time All-American who finished the 2022 season as the Gulf South Conference and NCAA South Region champion. She is a native of Wennigsen, Germany.

*"Big shoutout to Coach Hoffman for creating such a family-like environment on the XC team and always supporting us on and off the track," said Wistokat of CBU's longtime men's and women's cross country head coach Bill Hoffman.*

CBU alumnus, graduate student and track and field team athlete **Berket Mesele** also had an inspired run at the St. Jude Memphis Marathon, finishing as top male half-marathoner with a time of 1:11:14.



A native of Nashville, Tennessee, Berket completed his bachelor's degree in chemical engineering at CBU in May 2024 and is on track to complete his master's in engineering and industrial management this spring.

"CBU has an incredible support group. Without Coach Hoffman and the others, I know I would not have made it as far as I have in this sport," Berket said. "Their support had never diminished regardless of the hills and valleys of my journey."

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We want to hear from you. Submit your feedback and contributions to [connection@cbu.edu](mailto:connection@cbu.edu).

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