

SPRING 2013

Civitas

Central College

CARING FOR ATHLETES

John Roslien's AT Program

A GOLDEN TIME

Central in the 1940s



Called to Serve

by Mark Putnam, Central College president



President Mark Putnam notes that the faith traditions at Central lead to student service.

The overall consensus regarding the core message of the Christian Scriptures is remarkably consistent, despite variations in both theology and practice among churches. The history of the church reveals twin impulses that have combined for centuries through the inward experience of spiritual devotion and the outward demonstration of service to others. We are reminded that divine grace is a gift but that faith in the absence of service is lifeless. Contemplation and action go together like a hand in a glove.

Since its founding 160 years ago, Central College has expressed its faith affiliation by fostering an environment in which a personal spiritual journey is nurtured and active engagement in service is encouraged. Each member of this diverse campus community can find a way to connect through collective reflection and shared service.

In the 2010 book *American Grace: How Religion Divides and Unites Us*, Robert D. Putnam (Harvard University) and David E. Campbell (University of Notre Dame) spend considerable time exploring extensive sociological research as it pertains to religion in America. In one section, they articulate the relationship between all types of religious affiliation and social phenomena such as neighborliness, service, philanthropy and civic engagement. They note that the effects of religious affiliation are pronounced in these areas of citizenship, when controlling for all other demographic variables. However, it turns out to be less a matter of theology or denominational affiliation. The effect appears to flow from the networks of relationships facilitated by religious organizations. To put it more simply, if you are a member of a religious community, you are more likely to give and to serve.

They note:

“...religiously based social networks lead people not just inward to the church but outward to that wider secular community in terms of giving, volunteering and participating in civic life.”

I think the same is true for an academic community, especially one that brings together many people from various faith traditions deeply rooted in an appreciation for divine grace and volunteer service. These are principles that can guide us. These principles teach us that we are the humble beneficiaries of a world rich with natural resources and beauty; that we are privileged to express ourselves through art and creativity; that we are given the strength needed to learn, to work and to perform; and that together we can lift those in need to higher ground. It is our calling to serve.

Read more of Mark Putnam's writings in President's Corner at civitas.central.edu.



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Athletic training students are thriving in a hands-on academic program that has grown tremendously over 27 years.

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JOHN ROSLIEN

Founder of the athletic training program

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Joy McCain Crelin '48 was elected Homecoming Queen during a tumultuous decade at Central.

New Leadership in Advancement

BILL NORTHUP '83



This spring, Central College celebrated a significant retirement and welcomed a major new member to the advancement office. Dave Sutphen '61, vice president for advancement, retired April 12 and transitioned into a new position as advisor to the president. Bill Northup '83 of Clive, Iowa, stepped into the vice president role April 15.

After 12 years of faithful service, Sutphen will devote his talents toward athletics facilities fundraising and serve as a Central ambassador, managing key relationships to the college in consultation with the president.

DAVE SUTPHEN '61



"It's important to the Central family that his long legacy and dedication to the college continues," said Mark Putnam, president. "Dave led by example in many ways and not only talked the talk, but also walked the walk—characteristics our donors valued."

Sutphen returned to campus in 2000 as director of planned giving after working at Wormhoudt and Kempkes in Pella upon graduation and later purchasing the clothing store in 1981. He moved into the vice president role at the college in 2005.

His leadership was key to Central's largest fundraising campaign in history as the college exceeded the phase one goal, raising more than \$52.5 million in the Campaign for Central, and later marched through the phase two goal. At the close of the campaign, Central raised more than \$89.4 million and attained a Kresge Foundation challenge grant.

Northup spent a successful 24-year career at Wells Fargo where he served as senior vice president and regional fiduciary manager of the greater Minnesota/Iowa region. He held a series of advancing leadership roles at Wells Fargo and worked in six senior vice president roles in the Quad Cities and Des Moines offices.

At Central, Northup was active in band, choir, football and the pre-law club. His brothers Norm '73, Phil '77 and Bo '84 each attended Central and their parents Bill and Wilma were named honorary alumni in 2011. He is also a member of the Central Club, Friends of the Central Arts and Cornerstone Society.

"Central College played a major role in making me who I am today," said Northup. "To have an opportunity like this to come back and help continue the legacy of what Central has meant to so many young men and women is a dream come true for me."

STUDENTS INVEST MONEY IN THEIR OWN BUSINESSES

Budding entrepreneurs at Central are enrolling in the Start-Up Semester course this spring, taught by Wade Steenhoek, director of the Martin Heerema Entrepreneurship Program. It's an innovative course with few lectures and no tests. There is no textbook, either. Instead, students invest \$100 of their own money in a start-up.

The students actually create start-ups, thereby testing their ideas before they spend a lot of money on implementation. "Their start-up costs less than a textbook," says Steenhoek, "but they will get more from the experience than a textbook could ever provide."

By the end of the semester, the students must actually create their product, sell it to customers, develop a website and make a final presentation and video on what they've learned. Students are paired with mentors from the central Iowa business community, including Tej Dhawan '91, co-founder of Startup City Des Moines, and Rick Ryan '70, CEO of Apertus Pharmaceuticals in Ballwin, Mo.

"All the answers are outside of the building," Steenhoek tells students. "It's up to you to go find them."

MUSIC DEPARTMENT PERFORMS FIRST FULL OPERA IN 26 YEARS

In February, a cast of 13 Central singers performed two showings of "Dido and Aeneas," an opera based loosely on Virgil's "Aeneid." The one-hour opera tells the ill-fated love story of Aeneas, a Trojan prince, and Dido, Queen of Carthage.

The show's stage director Anne Petrie, professor of music, says that the last time Central performed a full opera was in the fall of 1987, when the music department staged Menotti's "Amal and the Night Visitors." Since that time, the department has performed smaller operettas by Gilbert and Sullivan. Periodically, students have participated in

opera workshops, where they performed scenes from several operas.

"It is good for students to get their hands on opera," says Petrie. "Most operas are hard to do with a strictly undergraduate cast because they make pretty significant demands on the voice. The benefit of doing an entire opera is getting the sense of what the singing style is like but also the dramatic trajectory."

The students began preparing for the show in January, learning operatic techniques from Petrie and dance moves from Cynthia Prickett Beschel, a guest choreographer who has danced all over the world.

"Each of us contributed differently to the group, but together we form an epic opera team," said sophomore Grace Hove, who played the Sorceress. "I had fun dancing with everyone and singing together. This show is so rich, and the choreography added so much."

ANDREW GREEN ELECTED PRESIDENT OF IOWA POLITICAL SCIENTISTS

Andrew Green, associate professor of political science, was elected president-elect of the Iowa Association of Political Scientists for the 2013-14 year.

As president-elect, Green will serve as host to the annual meeting at Central on March 1, 2014. Green and the political science department will host political scientists from across the state. Green hopes to bring a prominent keynote speaker to campus as a part of next year's event.

"Hosting the meeting here will be great for our students who are interested in political science and public policy research," said Green. "Not only will they have the opportunity to attend the meeting and observe how scholars conduct research and present their findings, but they also will have the opportunity to present research they have been working on."



Junior Mackenzie Uhlenhopp (right) played the Queen of Carthage in the opera "Dido and Aeneas."



Central's Larson captures NCAA heptathlon crown



Sophomore Eric Larson capped another record-breaking Central indoor track and field season by claiming the NCAA Division III heptathlon crown March 8-9.

That propelled the Dutch to a ninth-place team finish, the program's eighth top-10 track and field finish. Larson racked up a school-record 5,277 points, the second-most in Division III history. It's Central's 30th individual national title.

Meanwhile sophomore Eli Horton shattered the school record in the mile, placing fourth in 4:10.01. And senior Felicia Coleman earned all-America distinction by finishing eighth in the women's 60-meter dash.

Earlier, in the unusual role of underdog, Central outraced the Iowa Conference field for its third indoor men's track crown in the past four years.

The Dutch edged Wartburg by two points. Larson racked up 34 points in two days. He won the 55-meter hurdles while senior Logan Danko won the 200. Horton took the mile and helped Central place second in the distance medley relay.

Central's women were third at the league meet.

Coleman won league track athlete of the year honors. She was first in the 55 and 200—setting a conference record in the latter event—and ran on the second-place 4x400 unit.

Joe Dunham earned league coach of the year honors for the seventh time in men's and women's indoor and outdoor competition. He was also the men's cross country coach of the year last fall after guiding the Dutch to their first title.

WINKLER, STUBBS EARN ALL-LEAGUE MEN'S BASKETBALL HONORS

Central forward Jacob Winkler received all-Iowa Conference men's basketball recognition for the second time, but his season had a disappointing end.

As Winkler and the Dutch were battling for the final spot in the six-team league tournament, he went down with an injury during practice and was forced to sit on the sidelines for the final two games of his collegiate career. Central finished a game out of sixth place and closed with a 10-14 record in coach Craig Douma's first season.

A second-team pick a year ago despite coming off the bench, Winkler was a first-team choice this season. An exceptional passer, particularly for a post player, Winkler was third in the league in scoring (14.9 points), fourth in field goal percentage (56.5) and fifth in rebounds (6.7), assists (3.2) and blocks (1.1).

Junior transfer point guard Branden Stubbs was a second-team honoree while junior forward Matt Greenfield received honorable mention. Stubbs led the league in assists with 5.4. Greenfield posted three 30-point games and averaged 14.5 points with 1.7 blocks and 8.3 rebounds. Greenfield and Stubbs each averaged 14.5 points.

WOMEN'S BASKETBALL SQUAD SLOWLY MAKING STRIDES

A 10-win season was another small step forward in second-year coach Mike Jacobsma's rebuilding efforts with the Central women's basketball squad.

Central was 10-15 overall and 3-11 in Iowa Conference play.

Senior forward Nicole Strasko and sophomore guard Kenzie Vander Molen received honorable mention for the all-conference squad. Strasko snared a school-record 22 rebounds to go with 27 points against North Central (Ill.) Nov. 27. She averaged 7.4 boards for the year, sixth in the league.

Vander Molen missed most of the first half of the season with injury before averaging 7.1 points and 2.8 assists.

PAGE EARNS NCAA WRESTLING BERTH

Central sent a wrestler to the NCAA Division III tournament for the third straight year as sophomore Daniel Page qualified at 125 pounds.

With all national qualifiers determined through a regional tournament, the Iowa Conference tournament was abolished. The top three finishers at each weight received NCAA berths. Page reached the finals of the regional meet in Dubuque. He knocked off nationally ranked opponents from Wartburg and Coe during the regular season.

Senior Joseph Atwell, an NCAA qualifier last year, placed fourth at 157 pounds, and junior TJ Peretti was fifth at 141.

Central finished sixth in the league title chase, now determined through dual competition. Central was 12-6 in duals, its highest winning percentage since 1991-92. Under coach Eric Van Kley, the Dutch also returned to the national rankings after a 20-year absence, closing the regular season at No. 28.

VAN KLEY NAMED ATHLETICS DIRECTOR



Finalizing a new athletics department leadership team, Central president Mark Putnam named Eric Van Kley as athletics director April 1.

Van Kley served as interim athletics director since July 1, following the retirement of Al Dorenkamp, who served for 14 years. Van Kley will continue as Central's head wrestling coach, a post he has held for the past six seasons. Previously he was athletics director at the University of Great Falls (Mont.) in 2006-07 and head wrestling coach there for three years.

The department structure changed last summer when senior woman administrator Alicia O'Brien's role was expanded to become associate athletics director and John Edwards was named associate athletics director for operations. Earlier, Mona Roozeboom was named associate athletics director for business affairs.

"The NCAA Division III athletics landscape has changed dramatically," Putnam said. "It's become increasingly clear that a change in our leadership structure is needed for the department to operate effectively in this transformed environment. And it's now even clearer that the structure that was put in place last summer is the right one for Central College moving forward.

"I've had discussions with the coaching staff. I've received feedback from all corners of the campus, as well as from alumni and community members. It's evident that the leadership being provided in this new framework is superb. Eric, Alicia, John and Mona have formed a cohesive team that has provided effective direction and support for the department."

Van Kley said he's found a dream position.

"I have a great love for Central College, the Central athletics tradition and for who we are as a program and as an institution," he said. "We're blessed with a tremendous staff and I'm unbelievably excited about the opportunity to serve some of the best student-athletes in the country."

Joy

FOR THE WORLD

Alida Droppert,
assistant
professor of
education,
finds joy in her
students, her
active lifestyle
and Pella—
settling in the
small town after
decades traveling
the globe.

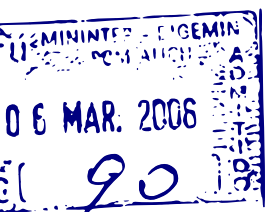


In addition to teaching future teachers, Alida Droppert is active in tennis, swimming, cycling, hiking, golf and scuba diving.





“CENTRAL HAS A WONDERFUL ETHOS, A VERY WELCOMING ATMOSPHERE. I KNEW I’D BE HAPPY HERE, AND THIS HAS BEEN THE CASE.”



It's a brisk day outside. And it's starting to get a little warm in the LEED platinum-rated Roe Center on campus. The students want to open the windows, and not just because they are a bit overheated. As they try to crack the windows, the giggling begins. “Conditions are such that the windows should remain closed,” says a soothing British voice. Assistant professor of education Alida Droppert knows the voice all too well—it's her own. The talking windows are integrated into the building's automated system, telling occupants the appropriate times for them to be open or shut. When Roe was being built, Droppert was asked to record a few phrases—unaware of their intended purpose—and found herself famous among her students, even if she is reticent to admit that it's her voice.

“I had no idea what the phrases were for,” she says with a laugh. “I think they chose me because I have a distinctive voice, and it might get noticed.”

Before coming to Central College and taking on the persona of the windows, Droppert traveled the world for her educational and career pursuits. A native of Chester, England, she attended Chester College and later Michigan State University for a master's in elementary education and Ph.D. in education administration. After obtaining her degrees, she taught for more than 20 years around the world, in countries including Taiwan, Zambia, Indonesia, Bulgaria and Hungary.

Droppert came to Central in 2007 after her husband passed away in a skiing accident the previous year. Since she had worked with her husband for many years in the same schools, Droppert needed a place to shape a new life. She looked at the Central website and found international flags, faculty photos and “The Dutch” mascot—it looked like home. Her father was from Holland and the people and places reminded Droppert of her international upbringing.

“It's a lovely place,” says Droppert. “Central has a wonderful ethos, a very welcoming atmosphere. I knew I'd be happy here, and this has been the case.”

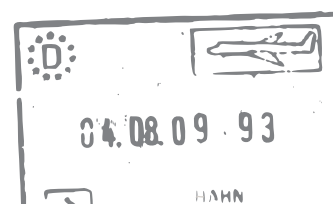
As an education professor, Droppert is enthusiastic about her students and about teaching class every day—and it shows in her work. In 2011, she received the Dr. John Wesselink Faculty Award for Outstanding Performance: Professional Development. Her bubbly attitude and optimism rub off on her students, but Droppert credits those same students for her upbeat personality.

“I think the students here are fantastic,” she says eagerly. “They're kind, caring and sincere. I like interacting with young people. I'm outgoing, and it's been a joy to me—every day and every student.”

When Droppert isn't in the Roe Center teaching, she enjoys her various hobbies, including reading, playing tennis, swimming, cycling, hiking, golf, scuba diving and supporting the arts. With so many interests, it seems impossible to indulge in every one, but she finds a way—playing indoor tennis year-round, exploring Pella's Red Rock area and attending arts events on campus and in Des Moines. She won a gold medal in mixed-doubles tennis with Sid De Haan '59 at the 2012 Iowa Games and was the Female Senior Grandmaster for the 2011 Capital Pursuit Iowa 5K Championship.

Although she loves staying active, Droppert's true passions are living a joyful life and education.

“I work hard to maintain a quality of life and find myself smiling every day,” Droppert says. “I enjoy learning and keeping an open mind to be receptive to new ideas. I work to inspire my students to be academically successful and live their lives to the fullest, reflecting the wonderful life I have had and my enthusiasm. I feel blessed every single day to have had an education and career that has afforded me so many opportunities and brought me to Central.”



SCORE ONE FOR THE ATHLETIC TRAINERS



Athletic training students are steeped in the sciences and get hands-on experience in multiple sports.

The athletic training program started off as a tiny classroom and a few students under the direction of John Roslien. Today it's one of the largest and most demanding academic programs on campus—and there aren't any signs of slowing.

It all started in a square closet-sized space attached to the men's locker room. Half the area was taken up by a Formica table top and an old desk. The other half was filled with two whirlpools and redwood benches. And it all smelled a little moldy.

Fast forward almost 30 years, and the Central College athletic training room boasts red-cushioned tables, ultrasound machines, heating pads, whirlpools, six certified athletic trainers and all the modalities to keep an athletic trainer occupied, including associate professor of exercise science John Roslien. There is also a large classroom in the new Exercise Science building dedicated just to education for majors.

Roslien, now director of the athletic training education program (ATEP), still remembers his beginning years in the original space as the first on-staff athletic trainer at Central. The year was 1986, and Roslien was fresh out of graduate school and working at Western Illinois University when he heard about the position at Central. He didn't plan on staying in Pella long, since he had come from Division I institutions.

He interviewed with athletics director Ron Schipper—and was offered the job in a matter of hours. Roslien started three days later and has never left. He found Pella to be comfortable, like his hometown of Decorah. And he got support from Schipper and President Ken Weller, as well as other faculty mentors.

But the first year on the job was a tough one. The supplies were limited, and the athletic training room was scorching, since it sat on top of the boiler room. But Roslien had seen the plans for the current A.N. Kuyper Athletics Complex and knew that the situation was going to improve—he just had to stick it out.

The new environment was an adjustment for the coaches and players, too, who had never been exposed to athletic trainers before and didn't understand how Roslien could treat injuries. He even caught a football player treating himself.

"One of the guys was sitting in the hallway with this old ultrasound machine plugged into the wall," Roslien says with a laugh. "I looked at him, and I asked what he was doing and he said that he was treating himself. I told him that I hadn't diagnosed him and

alumni spotlight

that's not how it was going to be. I was their first athletic trainer, and they had to learn, too."

At the time of his hiring, Roslien's job description included more than just athletic trainer. He taught classes, was the equipment manager, coached baseball and was a dorm director. Today, more than a dozen people do what Roslien did by himself in the '80s and '90s. It wasn't until Leslie Duinink '90, associate professor of exercise science, joined the staff 12 years later that some of the load was lifted from his shoulders.

As the first four-year student in the athletic training program and the first to become certified through Central, Duinink knows all of the ins and outs of the program, and she shares some insight on Roslien and his methodology.

"John provided me with exposure to a career I had never heard of prior to coming to Central as a freshman," says Duinink. "He played a huge role in my pursuing athletic training as a career when I made the decision that my first plan wasn't really for me. His positivity and a passion for athletic training are something I highly admire."

Although Duinink joining the staff saved Roslien a few weekends, the turning point didn't come until 2002 when the athletic training program began seeking accreditation for the academic program—a process of meeting standards and criteria set by an outside entity. Roslien had to take a sabbatical to accomplish the task.

He gathered and analyzed data to prove that Central was following the standards set by the Commission on Accreditation of Athletic Training Education (CAATE). During his sabbatical, Roslien pulled together more than 500 pages of evidence before CAATE came to campus to examine everything ATEP did. It took three days to complete the investigation, but the program achieved accreditation in 2004. With the certification under its belt, the program saw its numbers increase significantly.

Over the years, 87 alumni have become certified athletic trainers. With 15 athletic training degrees awarded just last year, Roslien still remembers when only a handful of students were interested. "I had five seniors who showed up the first day of football my first year and introduced themselves as athletic training students," Roslien says. "I thought it was awesome, but as soon as football was over, they had all disappeared. Today, we have 48 sophomores through seniors and 18 freshmen applying to be in the program."

Those early years required very little preparation for athletic training students. During Duinink's time in the



Sarah Newman '01 (right) with JR Celski, U.S. Short Track Speed Skating Olympian, at the 2010 Vancouver Olympics.

+Sarah Newman '01

From: **San Diego, Calif.**

Current position: **Director of Sports Medicine and Reconditioning for the United States Marine Corps Wounded Warrior Battalion**

Responsibilities: **Works with wounded and injured Marines and Sailors as they recover from injuries and illness and prepares them to return to their units or transition into civilian life**

Past positions: **Two-year fellow for the U.S. Olympic Committee, Head Athletic Trainer for the U.S. National Short Track Speed Skating Team, Athletic Trainer for Sports Medicine and Reconditioning for U.S. Navy, Summer/Winter & Global XGames, medical staff member for 2014 U.S. Paralympic Alpine Ski Team**

Favorite part of athletic training: **"Every once in a while, an athlete says 'Thank you,' and all those long hours and dedication are worth it!"**

How John Roslien helped: **"John cared way more about me as a person than if I was going to be an amazing athletic trainer. He taught me that you need to be happy and love what you do in order to be successful, and that it's even more important in your life outside of athletic training."**



program, students could major in anything (she chose history with secondary education) and needed just six classes and 1,500 hours of documented experience.

Today, the experience requirement is more challenging and more heavily supervised—with students gaining hands-on experience from nearly every sport at the college and multiple off-campus venues. It is a tough, demanding prequel for a future athletic trainer.

“The requirements for entry-level athletic trainers are constantly being changed to meet the needs of society and the profession and to reflect the health-care setting as it exists today,” says Duinink. “An athletic trainer is now a licensed health-care professional.”

Students have to be prepared for the rigors of athletic training, so experience in many venues gives Central students an edge. All athletic training students must work with football, as it is the only high-contact and equipment-intensive sport. Beyond that, future trainers

take arduous coursework, including anatomy, physiology and kinesiology. Athletic trainers deal with all aspects of prevention and health and wellness for those that are physically active. The job even overlaps with strength and conditioning, as well as personal training.

“It is a medical profession,” Roslien says adamantly. “We deal with initial evaluation and care, how to deal with it in the first 24 hours of injury and then with physical therapy to return the athlete to play.”

Junior athletic training major Julie Landrigan agrees—and says that the profession is the best of two worlds. “I love athletic training because I can be involved in the sports world and all the competition,” she says. “But I can also be a medical professional, someone who needs to figure out what type of injury is preventing an athlete from performing their best,” she says.

Looking back on how the program has grown physically and academically in 27 years, Roslien is fond

I love athletic training because I can be involved in the sports world and all the competition, but I can also be a medical professional, someone who needs to figure out what type of injury is preventing an athlete from performing their best.

JULIE LANDRIGAN, junior athletic training major

rotate every three weeks during their sophomore year to get as much contact with different sports as possible. As they become upperclassmen, they choose which sports they will be assigned to for the season. They also learn from the certified athletic trainers on staff, including head athletic trainer Frank Neu.

One student grateful for the varied experience is junior Katelyn Paul, who is spending the spring semester interning at Auburn University.

“Central’s Athletic Training Education Program has prepared me in every way for this internship!” she says. “The professors and athletic trainers have given me information I can apply here. I have also taught some of the other interns things that I learned from our ATEP. I feel very confident that our program is one of the best.”

On top of working with most of the teams and treating injuries, future athletic trainers are required to

of his years on campus. But he can’t help but smile at the memory of the moldy, humid athletic training room attached to the locker room. He traded the old desk for a corner office with a window in the new exercise science building—and his love of Central (and the Green Bay Packers) comes through in his shelves of memorabilia, his years of memories and the staff and students that respect his dedication.

“We work with amazing and dedicated health-care providers in the community that are committed to the students learning,” Duinink says. “Our students continue to amaze us with what they can and do pursue. The staff and faculty in this program are committed educators who strive to help students develop and grow as young professionals. And John is what I consider athletic training to be about—he is the cornerstone of this great program.”



student spotlight

+Katelyn Paul


Year: **Junior**

Internship: **Auburn University
Gymnastics Team**

Responsibilities: **Treating
gymnasts and other athletes in
softball, swimming, diving and
equestrian**

Her take on athletic training:
**"Nothing is better than someone
else finally healing and knowing
you have helped them get there."**

Next stop: **Interning at Kennedy
Space Center Rehab Works in Cape
Canaveral, Fla., and then MB Nike
Camp in Boston, Mass.**



The exercise science department, which houses the athletic training major, now boasts 24 faculty members, including Roslien (top) and Frank Neu, clinical instructor of exercise science (bottom).



Read more about Katelyn online
at civitas.central.edu.



The Greatest



at Central

Back in the 1940s, the students of Central College came and went by many modes of transportation. The hometown natives ran across Pella in time for compulsory chapel at 8 a.m. Wilma Damhof Hoekstra '45 carpooled down from Minnesota with upperclassmen, scrunched in the backseat with her older sister. Eldert Groenendyk '42 drove from the family farm in his Model A, shoveling his way through snow drifts when he got stuck. James Naccarato '43 hitchhiked back and forth from New York, once even hopping a freight train. Mary Du Bois Wright '41 took trains big and small from the mountainous East Coast to Pella, awed as they rolled through cornfields from horizon to horizon. And the Navy cadets of the War Training Center flew over campus in their biplanes before returning in their handsome blue uniforms.

Life in the United States—and on Central's campus—was transformed between 1940 and 1950 by the tail end of the Depression, World War II, the return of the GIs, the postwar boom, increasing enrollment and a burst of construction. For the students who lived through it, those years at Central were a “golden time,” as Ginny Carpenter Ver Ploeg '46 puts it, as they made friends and learned lessons they have yet to forget.

The Professors and Presidents

Many students coming to Central in the 1940s were the first in their families to attend college. The rigorous academics were a shock to those coming from small country schoolhouses or high schools where most girls didn't graduate.

“You thought in high school that you knew a lot,” says Orleath Vogelaar Ingle '47. “Then you got to Central amongst other people and found out you didn't know much.”

The faculty's high standards were a source of the initial consternation, but the freshmen soon grew to love their teachers and mentors. “They all wanted you

to do well and end up with a good education,” says Betty Brands Huitsing '48. “They were interested in your personal life. It was just a big family atmosphere.”

But it wasn't only faculty who had a direct impact on students. With enrollment hovering around 300 for most of the 1940s, President Irwin Lubbers knew every student's name—almost. Groenendyk tells the story of being called last at commencement because Lubbers only knew him as “the whiz,” rather than his given name.

Huitsing made a personal connection with President Gerrit Vander Lugt, who took over in 1946. Thinking of staying at Central despite having the credits to graduate, Vander Lugt urged her to save the money. Instead, he found her a teaching position in Chicago and took her along on a business trip there. Her meal with the president was the first time she had eaten in a train's dining car.

Both Vander Lugt and Lubbers did their best to make Central as affordable as possible for students. Tuition, at \$75, was a stretch for many families who had lost their savings during the Depression. Naccarato, considering attending Central, wrote to President Lubbers and asked for a scholarship. The \$25 award made the difference he needed.

The Campus

On their walks to class, students crossed a much smaller campus than they do now. Most classes were held in Central Hall, nicknamed New Central, or Jordan. Douwstra Chapel, now the auditorium, had been finished in the late 1930s. The men lived off-campus in private homes, and the women had claim on Graham Hall. In the early '40s, however, Navy cadets filled Graham, leaving the women to inhabit small cottages.

The dining hall—with assigned seating at long tables, waiters, good china and food passed in large

bowls—was located in Graham's basement, along with large tubs and washboards for laundry. Put off by this old-fashioned arrangement, many of the women mailed their clothes home to their mothers in special laundry boxes.

The rooms were small and clean, but the rules were strict in Graham. The women had to sign out after 7:30 p.m. and return by lights-out at 10—or midnight on the weekends. Genevieve Van Hattem Spiekhout '45 tells the story of a date with a senior—and his failure to return her to campus by curfew. He wasn't punished, but she was grounded for six weeks, meaning she couldn't leave campus.

Although the house mother could be rigid, she also cared for her charges. As the women filed out for church each Sunday morning, she would hand formal hats and gloves to any who had forgotten. Huitsing says the women hated these borrowed accessories and took them off once they were out of sight. But that was usually the extent of their infractions. "When I look back, I am amazed at all the rules we obeyed," says Huitsing. "It was hard to complain about them because it was just a part of life."

The Social Side

Despite the rules and seeming boredom, the students made their own entertainment. In the basement of Jordan Hall, a student center offered pool, ping pong and a snack bar. Intramurals were available for both women and men. And the whole campus turned out to cheer on the "Flying Dutchmen" at football games.

On the Saturdays without home games, students gathered in the gym for roller skating, a national craze. Glenn Meerdink '48 was a floor monitor—calling the different skates and keeping the peace. "I'm not sure how the basketball people felt about our using the gym," Meerdink says with a laugh, "but they tolerated it."

Meerdink was also president of the choir, a popular group even then. Others played in the orchestra, discussed philosophy in self-selected groups, joined literary societies (similar to fraternities and sororities) or went to small country churches to preach and provide special music.

Like students today, the 1940s Dutch were sure their Central friendships would last a lifetime. And many of them have. Eleanor Vos Short '47 was one of six women who ran around campus together, having slumber parties and going to Central Park Café every afternoon for cherry pie à la mode. The women and their husbands kept in touch their whole lives, and the surviving members still do.





Orleath Vogelaar Ingle '47, Ginny Carpenter Ver Ploeg '46 and Eleanor Vos Short '47 reminisce about their Central days during a lunch in West Des Moines. Short still meets her fellow classmates for lunch dates more than 65 years later.

Short was active in another aspect of the social scene, too—dating. She went out with a cadet with a red convertible, and the couple would drive to Des Moines for dinner. But the cadets were transitory, moving through their training fast. “They weren’t here for more than six weeks, and then they’d move on. You didn’t have time for a long relationship. Then you’d move on to the next one,” Short says with a laugh.

Couples would walk around town together, sample ice cream sundaes, study in the library and go to the small movie theater downtown. Some even made out in the parlor of Graham Hall. The students didn’t have much money, but they didn’t need it either.

Joy McCain Crelin '48 met her husband Ed at Central; he was the leader of a brass band that played in the Legion Hall on Friday nights. Dancing was forbidden on campus, so the students flocked downtown for Big Band music and a chance to connect with the opposite sex.

But, of course, for much of the 1940s, men were scarce on campus, filling the ranks of the military instead. During that time, the women stayed cheery and danced with each other.

The War

“The war affected everything,” Ver Ploeg recalls. Other than the Navy cadets on campus, the classrooms were nearly empty of men, many of whom either enlisted or were drafted between 1942 and 1946.

On December 7, 1941, Hoekstra remembers going to Second Reformed Church like any Sunday. When she returned, students were standing around Graham Hall with their mouths open and tears running down their faces. All they could say was, “The Japanese bombed Pearl Harbor.”

“Of course, we were very much aware of what was happening in the world around us, but we had no idea that was going to happen,” says Hoekstra. “I remember everything just went from high gear to low gear. Things had to keep going. But, boy, was it a shock to the whole community.”

After the attack on Pearl Harbor, Hoekstra says things were amiss on campus. Men began disappearing, heading to training and then overseas. Soon, reports of deaths were coming in. When that happened, Ver Ploeg says “the entire class gathered around. It was like a death in the family.”

After four years of fear and bad news and trying to carry on, the students on campus in 1946 witnessed a huge change. The soldiers began to return, many of them paying for tuition with the GI Bill. “There was a lot more activity when the veterans came back,” says Artis Vande Voort Leabo '48. “There seemed to be life on campus.”

Many of the GIs were older than the typical college students, returning after three or four years in the service. Huitsing says she was never quite sure who was in her class, because the age of freshmen ranged from 17 to 25.

"These people who came from all around the world were very determined to learn as much as they could," says Huitsing. "They really stimulated the discussions in class. I thought my classes got very difficult, but I got a really good education."

The Legacy

As the 1940s progressed, the decade left its mark on Central College. Increased enrollment of both veterans and women led to the construction of a men's dorm and a new wing on Graham Hall. Central became an accredited college and was admitted to the North Central Association of Colleges and Schools.

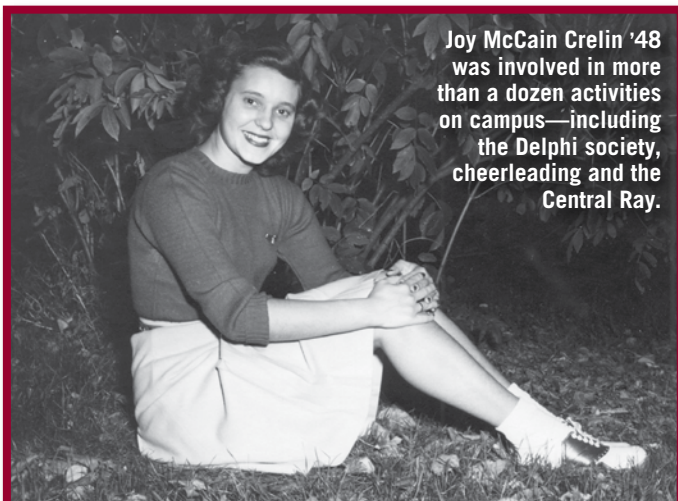
But the biggest impact was on the students themselves. Groenendyk credits the college with teaching him how to study and to think, which became the foundation of his life thereafter. Naccarato says his career in the Justice Department was due to Central's influence.

Hoekstra and her husband Tony began their lives together during the war—and then both returned to Central decades later to finish their degrees. Counting children, grandchildren and spouses, 22 of their family members are Central alumni.

In the 1940s, Hoekstra couldn't imagine what would come from her time at Central. And neither could most of the students. But they had hopes and dreams similar to students' today.

Carol Huibregtse Flikkema '46 wrote a poem in the 1944 issue of The Knickerbocker. It began: "I want to live a thousand lives, to see a thousand suns." It ended: "But then I want one sun to rise, To shine on me each day, For though I'd like to travel far, Home's where I want to stay!"

Home was Central College, as it has been for generations of students. "There's a special feel about Central," says Ver Ploeg. "It was there in the '40s, too. The faculty were interested in every student, and they had our best interests at heart. I think that is carried over to this day. Students at Central are more compassionate and think about people outside themselves. I think the tone was set long ago."



Joy McCain Crelin '48 was involved in more than a dozen activities on campus—including the Delphi society, cheerleading and the Central Ray.

The Faces of the '40s

These alumni still remember their days as Flying Dutchmen. Read more of their stories and see more photos from the 1940s online at **civitas.central.edu**.

Joy McCain Crelin '48

Branford, Conn.

Eldert Groenendyk '42

Des Moines, Iowa

Wilma Damhof Hoekstra '45

Pella, Iowa

Betty Brands Huitsing '49

Oro Valley, Ariz.

Orleath Vogelaar Ingle '47

Ankeny, Iowa

Artis Vande Voort Leabo '48

Seattle, Wash.

Glenn Meerdink '49

Toledo, Ohio

James Naccarato '43

Silver Springs, Md.

Eleanor Vos Short '47

West Des Moines, Iowa

Genevieve Van Hattem Spiekhout '45

Sun City, Ariz.

Ginny Carpenter Ver Ploeg '46

West Des Moines, Iowa

Carl Vogelaar '48

Santa Rosa, Calif.

Mary Du Bois Wright '41

Wallkill, N.Y.

DO UNTO OTHERS

The students of Campus Ministries follow the golden rule with a constant stream of service at Central, in Iowa and around the United States.

NOBODY KNOWS. AND IT DOESN'T MATTER.

Every Sunday afternoon, they still go to Des Moines to minister to the homeless in tent camps. They still carpool to nursing homes and tutoring centers and women's missions and dirty parks and soup kitchens. They invite women with addictions to campus for meals and travel hundreds of miles to spend time with kids from broken homes.

They are the students of Campus Ministries. And they number more than 300.

Campus Ministries organizes several service events a week for students across campus to participate in. Anyone can join any project—no matter their beliefs or their history with religion. Still, with so many students involved and Central's commitment to service so legendary, it's one of the best-kept secrets of the college that Campus Ministries does so much.

Their ranks have been growing, too. Chaplain Joe Brummel says the number of students completing service projects or taking mission trips has increased over the past few years, with more than 100 traveling to Texas and New York over winter break alone. This year, Campus Ministries added a second Justice Action Team, which organizes service events and decides which causes to support. Another team, the Justice Team, organized the "Buy a Smile" campaign this spring to pay for reconstructive facial and dental surgeries for children in developing countries.

"I think the church is really waking up to the whole missional service realm, giving young people a vehicle to jump on and be ushered into an area where they can love people well," says Brummel.

"Why wouldn't students feel blessed—when they are loving others in Jesus's name?"

WHERE IS THE LOVE?

Campus Ministries is a religious organization, and faith is central to what they do. Many of the students and alumni involved say faith was the defining aspect

of their college experience. In addition to service projects, Campus Ministries helps with weekly Chapel on Tuesday and runs "Food for Thought" twice a week, Monday Night Prayer and the Calm on Sunday nights—a more contemporary, interdenominational worship time. More than 150 students regularly attend the Calm.

For those Christians who choose to participate in Campus Ministries, service can't be extricated from Jesus's call to love others. "The New Testament call is that faith without works, without service, is a dead faith," says Brummel.

The chaplain believes that young people today are hearing a message from the culture that taking care of themselves is most important. But they still have an innate urge to love one another. Their first service project becomes an "aha" moment when they realize that the cultural messages are wrong.

"I don't think you can really show someone love without having a servant heart," says junior Elizabeth Ihnen, a member of a Justice Team who has gone on several mission trips. "You have to humble yourself, and you have to be willing to put everyone else before yourself. That is service. I think that is also Christianity."

Despite its religious underpinnings, Campus Ministries is open to all those who want to participate in service. Visiting Chinese scholars have gone on mission trips, as well as Muslim students. Brummel says he never requires anyone to participate in Bible study or other Christian activities, but he encourages discussion about the things that are common among them.

Sarah Vander Linden Zagami '04, who is now a missionary with her husband and son in Madagascar, says she chose Central College because she wanted to challenge her faith. As a religion major, she encountered classes and professors who had questions that broadened her perspective. But the close-knit community of Christians in Campus Ministries supported and nourished her faith.

Ultimately, Brummel knows that every student who comes through Central is on a journey—Christian

or otherwise. That has kept him working as chaplain for 12 years. “I like the energy of young people—the idealism, the dreams they have,” he says. “They haven’t lost the dream that they can change the world, that the world is a good place and getting better. They’re exploring and searching and they’re not afraid to admit it.”

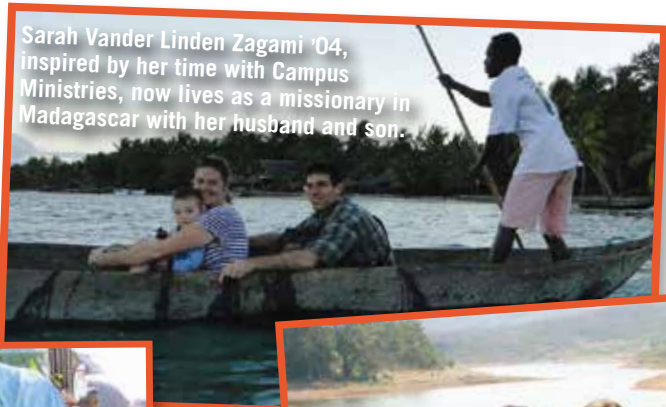
STUDENTS ON A MISSION

One of the first places students look when they’re searching is off-campus, so Campus Ministries channels that drive for exploration into a force for good. During fall, winter, spring and summer breaks, they plan several mission trips within the U.S. Recently, students have traveled to New York to clean up after hurricanes, southern Texas to address endemic poverty, New Orleans and Kentucky. For years, before the trip became too dangerous, they took students to Reynosa,

and these intentions to help people, but in actuality the people taught me so much,” says Zagami, who traveled to Mexico, Belize and Argentina during her time at Central.

As Brummel has watched his students carry lumber, wield sledgehammers and install faucets over the years, he has gained greater confidence in the abilities of 19- and 20-year-olds who have a little bit of skill and a lot of love. Over winter break this year, nearly 100 students in Texas completed three full-sized family houses with indoor plumbing. Jordan Tiarks ’09, who grew up working on a farm and helping with house repairs, says he learned on the mission trips that his skills can be put to use for the greater good.

Zagami grew up in Iowa, like many alumni, and the mission trips were her first glimpse of a different way of life. “At Central was really the first time my worldview was expanded,” she says. “I learned that the world is not really such a small place and that there are a lot of



Mexico. This summer, they are planning a trip to Haiti.

For many of the students who go to build or repair houses; organize children’s carnivals; pass out food, clothing and medical supplies; and connect with people in need, the mission trips are life-changing. A common refrain among the group is: “People come before projects.” As students talk with local people, hear about their lives and pray with them, the work becomes secondary to those relationships.

“I’ve found that I had all these things planned

different views and perspectives on things. I was challenged by that but also encouraged, too.”

SERVING SIDE BY SIDE

The mission trips are an instant bonding experience for students from all grade levels and majors. As sophomore Spencer Boeyink points out, when you’re nailing down a roof with someone in the burning Texas sun, you tend to come down at the end of the day as friends. “You notice immediately when you get back on campus from a trip that all of a sudden you have 20 or 30 more friends,” says Boeyink.

“You notice immediately when you get back on campus from a trip that all of a sudden you have 20 or 30

The students of Campus Ministries take their faith to the world through mission trips, including recent stints in New Orleans and Oklahoma over spring break.





“ I LEARNED THAT THE WORLD IS NOT REALLY SUCH A SMALL PLACE AND THAT THERE ARE A LOT OF DIFFERENT VIEWS AND PERSPECTIVES ON THINGS. I WAS CHALLENGED BY THAT BUT ALSO ENCOURAGED, TOO.”

SARAH VANDER LINDEN ZAGAMI '04

campus from a trip that all of a sudden you have 20 or 30 more friends,” says Boeyink.

Some of that comes from Bible study and conversations deep into night; some from goofing around on the bus. The students Boeyink has met through Campus Ministries have become his best friends—the people he sees every day and can be truly honest with.

“You need that foundation, that place you can go to get revived and picked up when you’re down,” says Ihnen. “It’s all about community, and Campus Ministries is my community on campus.”

Derek Groenendyk '09 knows all about that. He organized many service and social events for Campus Ministries while he was at Central. At one of them, he met his wife, Anna Lately Groenendyk '10. They both became very involved with service and went on several mission trips during their Central careers.

Although mission trips get the most attention, they don’t overshadow the service students do on campus—for each other. “Campus Ministries puts a lot of emphasis on local daily interactions,” says Ihnen. “You can serve people here on campus right now through little acts of kindness and love. And those are equally as important as the big service projects and trips.”

The students often repeat one of Brummel’s favorite phrases: “If we can’t love each other well here, how can we love each other well there?”

PASS IT ON

Once they walk across the stage and here becomes there, where does Campus Ministries leave their alumni? Many have continued with the service ethos instilled in them at Central. The Groenendyks mentor low-income children, taking them to the park and

the pool and special events in their community of Tucson, Ariz. They are also active in improving the local schools.

“At Central, there were obviously opportunities to serve and to get involved, but it wasn’t because you had to,” says Derek. “It’s an environment that works off the idea that it’s something you want to do, as part of your desire to improve yourself and the community around you. You can apply that to many different areas of your life—whether you’re at Central or abroad, have a career or a family. The biggest thing is finding where in your life you can serve—wherever you are.”

Both Ihnen and Boeyink plan to continue their service work after graduation. Ihnen, a sociology major and Spanish minor, wants to go on more mission trips, while doing social work or translation as a career. Boeyink, an elementary education major, plans to teach in inner-city schools. He is also considering the Peace Corps.

Tiarks says his life is ever-changing, but the one constant is service. Involved in his local church and food bank, he is currently earning a doctorate in mechanical engineering at Iowa State University and plans to become a professor and possibly join Engineers without Borders. The mission trips with Campus Ministries defined that passion and his time at Central.

“The college years are the most instrumental in forming who a person is,” he says. “And you can have either really good influences or really bad influences. The work that Campus Ministries does is life-changing in that it shows students what a life of service means. You will see things on those mission trips and even in your own backyard that perhaps you’ve never seen before. And it will change you.”

YOU ASKED, WE ANSWER!

Q: WHY DOES A CENTRAL COLLEGE EDUCATION COST SO MUCH?

96%

of grads are **employed** in a field of their choice, **enrolled** in graduate school or completing long-term service **WITHIN A YEAR OF GRADUATION**



Whether you graduated 50 years ago or five, you paid less for your Central degree than students are paying now. That's a fact. And you might be concerned by how much the current Dutch are shelling out for their educations.

We won't lie. The price of a Central education is rising. And tuition is a lot higher than it used to be, even considering inflation. But the cost for Central College to educate a student is increasing even faster than tuition.

Central College works hard to keep tuition down. Through fundraising and endowment support, all students receive an inherent subsidy—even those paying full price don't cover all the costs of their education.

Sure, there might be some sticker shock when you hear that tuition, room and board at Central College is now \$40,680. But remember that more than 99 percent of students receive financial assistance, including scholarships, grants, student loans and work study. The average student receives more than \$25,000 off the sticker price.

Not only are we in line with our competitors—and everyone knows you can't put a price tag on Dutch pride—but we recently announced the smallest price rate

increase in more than 40 years: just 3.95 percent higher than the current school year. That's well under the national average of 7.5 percent over the past 35 years.

"Central College is keenly aware of the need to create opportunity and affordability for students, without sacrificing quality," said Mark Putnam, president. "Our campus and board leaders have renewed our commitment to ensuring that many students can benefit from these unique educational experiences. As a campus community, we have rallied together to place every resource at our disposal to its highest and best use."

Despite the higher price tag, Central College is still a good investment. At Central, students receive faculty mentorships, the opportunity to study abroad, the chance to get involved with a myriad of clubs and organizations and people who support them and push them. Students don't have to choose a major right away—and recent studies find that changing your major elsewhere can add a year of school and \$1,000 of debt to your bill. Central is transforming our students—just as it did you.

The next time you doubt Central's commitment to affordability or the worth of a college degree, the next time you consider recommending Central College to a friend but then hesitate because of price, consider what students get from their investment:

96% of grads are employed in a field of their choice, enrolled in graduate school or completing long-term service within a year of graduation

96% of students who graduate do so in four years or less

76% of students complete at least one internship

50% study abroad

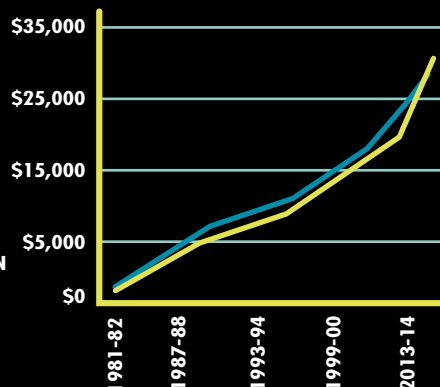
40% participate in athletics

HOW DOES CENTRAL COMPARE?

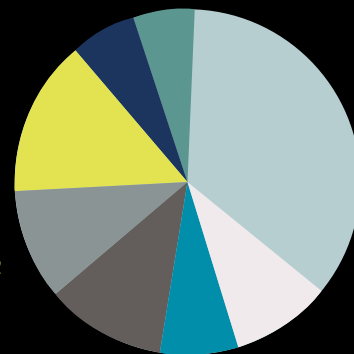
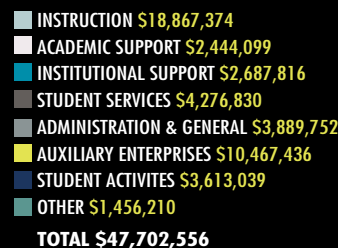
TUITION INCREASES OVER 30 YEARS

CENTRAL TUITION

PRIVATE 4-YEAR TUITION (NATIONAL AVERAGE)



HOW DOES CENTRAL SPEND ITS MONEY?



HOW CAN I HELP MAKE CENTRAL MORE AFFORDABLE?

CONSIDER DONATING TO THE JOURNEY SCHOLARSHIP FUND, WHICH IS DEVOTED EXCLUSIVELY TO STUDENT SCHOLARSHIPS. MANY WHO RECEIVE A JOURNEY SCHOLARSHIP COULDN'T AFFORD A CENTRAL EDUCATION OTHERWISE. VISIT WWW.CENTRAL.EDU/ALUMNI TO LEARN MORE ABOUT GIVING.

ALUMNI NEWSNOTES

THE '30S

Gysbert "Rozie" Rozenboom '38 of Grand Rapids, Mich., has the distinction of being the oldest living pastor in the Christian Reformed Church and credits the generosity and kindness he experienced at Central College for the good foundation he received for the pastorate. He came to Central College as a shy farm boy in the summer of 1934 to meet with President Lubbers. During the meeting Gy inquired about the possibility of attending Central, even though he didn't have money for tuition. After conversing a little while, President Lubbers said he had an idea: "New Central" was to open in September, and he needed a janitor for the third floor. Could he handle that and thus work off his tuition? Gy assured President Lubbers he could and thus began three enjoyable and profitable years with the likes of **Ralph Menning '38**, **Howard McKee '38** and **Henry Ten Clay '38**. Gy transferred to Calvin College for his senior year to fit the requirements of Calvin

Theological Seminary, where he graduated in 1938. He then entered the seminary and in 1941 completed his theological education and was ordained into the ministry. His life's work stretched over 40 years and four states. Since his retirement in 1981, Gy has served 15 churches as an interim pastor and spent 20 years as a winter chaplain in Florida.

THE '50S

Edna Scholten Frank '50 was widowed for the second time in 2010. The following year she moved to a facility for the elderly in Oak Park, Ill., to be near her son and his family. Although it was difficult to leave her home and friends of 30 years, she enjoys her new surroundings that have more activities planned than she has time for. Edna is blessed with many new friends and good health.

Bob Morley '57 and wife Carolyn of Loudon, Tenn., celebrated 50 years of marriage at a gathering of family and friends in Deep Creek, Md. Bob retired after 35 years in the Foreign Service, where he served at five

embassies abroad, the Department of State in Washington D.C., and on the staff of the National Security Council during the administrations of Bill Clinton and George W. Bush.

THE '60S

Lesley Diehl '65 of Morris, N.Y., is a mystery writer with several titles under her belt. She recently signed a three-book contract with Camel Press for the *Consignment Shop Murders* mystery series. The first in the series will appear on book shelves in October.

Brian Wesselink '69 has been named education manager at SAP, Inc. in Alpharetta, Ga. Brian and wife Nancy live in Canton.

THE '70S

Sarah Herrick Keegan '71 retired from her position as accounting, data processing, CSR at Home Mutual Insurance Association

Alumni are invited to submit Newsnotes online. We want to hear about recent promotions, degrees, honors, relocations, marriages and births to keep classmates and friends informed about important changes in your life. Update information online at civitas.central.edu or email alumni@central.edu. News items also are welcome by phone, 800-447-0287 or 641-628-5154. Or send a note to Central College Alumni Office, 812 University, Campus Box 5200, Pella, IA 50219.



in Manning, Iowa, in Nov. 2011. Sarah and husband Jim enjoy golfing and keeping up with friends and family. They spend half the year in Manning and the other half in Sun City, Ariz., with plans to travel more in the future.

Robert Froelich '75 and wife Judith live in Frankfort, Mich. Robert is a project manager - technical services at Stock Building Supply.

Jan Massie Boyd '76 is a substitute teacher in Washington, Iowa. She is planning a trip this June to Guatemala to build housing for single moms and widows, where she will distribute food, Bibles and wheelchairs. She is looking forward to RAGBRAI in July with two of her children, and she is adjusting to being a new grandmother.

Jeff Kooistra '76 was chosen from among five finalists to become the next city administrator of Gretna, Neb., where he lives with wife **Holly White Kooistra '75**.

Neal Schuerer '77 and wife **Melissa Crossett Schuerer '77** live in Colorado Springs. As district director for U.S. Rep. Doug Lamborn, Neal is responsible for all of the congressman's activities in Colorado.

THE '80S

Paula Cahill Harms '81 is a self-employed CPA in Wichita, Kan., where she lives with husband **Michael Harms '81**. Michael is a CPA at Gore Oil Company.

Mark Garth '82 of Salisbury, Md., was named senior vice president and chief financial officer at Perdue Farms.

Steve Scherf '87 is assistant vice



VOLUNTEERS IN LOUISIANA

Nancy Wilson Slykhuis '63 and husband **Bob Slykhuis '63** of Perrysburg, Ohio, were volunteering at UMCOR Sager Brown in Baldwin, La., when they recognized two Central grads working there, as well. The group reunited as they put together health, school, birthing and cleaning bucket kits to be distributed around the globe when disaster strikes. Pictured (left to right): **Sylvia Gunnink Poe '64** of Indianola, Iowa, **Marvin Van Wyk '67** of Indianola, **Bob Slykhuis '63** and **Nancy Wilson Slykhuis '63**.

president of commercial lines in the direct underwriting production division of Grinnell Mutual in Grinnell, Iowa, where he lives with wife Heidi.

John Miceli '89 is a systems specialist at Berkley Technology Services in Urbandale, Iowa. John and wife Christi-An live in Waukee with their three children.

THE '90S

Jeff McCombs '90 teaches science at Mormon Trail High School in Humeston, Iowa.

Carol Price Spurling '90 and husband/business partner Walter celebrated their first anniversary of buying, renovating and re-opening the now 40-year-old BookPeople of Moscow on Feb. 22. Carol is the store manager of this independent downtown bookstore located in Moscow, Idaho.

Nigel Simon '91 is an environmental protection specialist for the EPA in Washington, D.C. Nigel and partner Alvin Williams live in Upper Marlboro, Md., with their three children.

Kary Johnston de Kooker '93 is the director of community life at Cornerstone Church. She and husband Ed live in Robbinsdale, Minn., with their two boys. They returned to the United States in 1998 after living in The Netherlands for four years.

Jason Reynolds '93 is the director of curriculum and instruction for the Paradise Valley Unified School District in Phoenix, Ariz., where he lives with wife Mara and their two children.

Stephanie Waite Severson '93 teaches seventh through ninth grade language arts at DaVinci Academy in Blaine, Minn. DaVinci Academy was named one of the state's 126 highest performing schools for their quality education practices. Stephanie and husband Tom live in Lino Lakes with their three children.

Jana Van Der Kamp '93 of Ankeny is a controller at Creative Werks Inc. in Des Moines.

Dennis Markway '95 is president at Iron Horse Wealth Management, LLC in Johnston, Iowa. Dennis and wife Cherie live in Urbandale with their two daughters.



BRASKAMP FAMILY REUNION

All seven children of Allen and Grace Braskamp of Waupun, Wis., attended and graduated from Central: **Carolyn Braskamp Homan '62** of Hudsonville, Mich.; **Larry Braskamp '63** of Chicago, Ill.; **Ken Braskamp '65** of Los Angeles, Calif.; **Jan Welle '68** of Irving, Texas; **Marcia Braskamp Myers '72** of Jacksonville, N.C.; **Nancy Braskamp Eckert '74** of Carlsbad, Calif.; and **Linda Braskamp '81**. All seven families, including spouses, children and grandchildren, met this past summer in Green Bay, Wis., to celebrate. The photo also includes Central alumni: **Judith Kolenbrander Braskamp '64**, **Carl Welle '69** and **Mark Welle '92**.

Where are they now?



Steve Ybarrola, an anthropology professor in the '90s and '00s, served Central for 15 years before taking a position as professor of cultural anthropology at Asbury Theological Seminary in Kentucky. He remembers spending time working with colleagues across disciplines, even joining an interdisciplinary bowling team named "The Professors."

Ybarrola misses Central and all the people that made his experience in Pella so great. "Over the years, I developed many good friends at the school," Ybarrola recalls. "I owe whatever effective teaching techniques I use today to those interactions with my Central colleagues, and I am forever indebted to them for fostering my desire to teach in such a way that learning is based less on 'me' and more on 'us.'"

Read the full Q & A with Steve Ybarrola online at civitas.central.edu.



Karla Jurgemeyer '97 of Northfield, Minn., is a catalog librarian at St. Olaf College.

Jonathan Klaassen '98 was promoted to vice president, senior commercial loan officer at Manufacturer's Bank & Trust in Clear Lake, Iowa. Jonathan and wife **Allison Cooper Klaassen '00** live in Forest City with their three children. Allison teaches at Lake Mills Elementary School.

THE '00S

For information about **Allison Cooper Klaassen '00**, see the '90s. For information about **Ben Coulter '09**, **Brandon Donner '09** and **Derek Townsend '09**, see the '10s.

Jason Anderson '01 is an academic coach and literature teacher at Pella Middle School. Jason and wife **Melissa White Anderson '04** live in Pella with their four children.

Angela Stochl '02 of Chicago, Ill., is director of planned giving at Mercy Home for Boys and Girls.

Justin Van Wyk '02 was named regional manager at Reinhart Foodservice. Justin and wife Jolene live in West Des Moines with their two children.

Rebecca Brooker '03 and Matthew Vess of Madison, Wis., were married Oct. 6. Rebecca is a postdoctoral research fellow at the University of Wisconsin.

Nicholas Kuennen '03 and Sarah Abele of Pella were married June 2. Nicholas is employed at Pella Corp.

Michael Hotze '04 and Allyse Lainson of Carson, Iowa, were married Oct. 27. Michael is employed by Hotze Tree Service.

Jason Lihs '04 teaches fifth grade at Bondurant-Farrar Middle School in Bondurant, Iowa. Jason and wife Jenni live in Altoona with their daughter.

Aaron Eggers '05 of Seattle, Wash., is director of business development, west coast at Xconomy.

Jared Faidley '05 and **Kandace Hudson**

'05 of Egan, Minn., were married Sept. 12, 2009. Jared is a senior loan portfolio analyst at NorthMarq Capital in Bloomington.

Catherine Perkins O'Hea '05 is a retail banker at Premier Bank in Dubuque, Iowa. Catherine and husband Patrick live in Dyersville with their two children.

Amy Van Arsdale '05 and Joseph Candelaria of Arvada, Colo., were married Nov. 5, 2011. Amy is the director of college and young adults at Faith Bible Chapel International. Amy and Joe are house parents to several college-age young adults who live in a house affiliated with the church.

Justin From '06 is a litigation associate at Sidley Austin LLP in Chicago.

Eliza Hershey Lower '06 is a mental health therapist at Orchard Place Child Guidance Center in Des Moines, where she lives with husband Jon and their two children.

Lucas Meyer '06 of Aurora, Colo., went to work at Yellowbook in 2010 and has since been promoted to distribution manager for Idaho, Wyoming, Montana, Colorado and surrounding areas.

Jessica Rabe '06 of Des Moines teaches English at Van Meter High School in Van Meter.

Trista Leaming Raupp '06 is a substance abuse counselor at Sheridan Correctional Center Westcare Foundation in Sheridan, Ill. Trista and husband Chad live in La Grange Park with their son.

Jacob Rohde '06 is a customer success manager at WebFilings in Ames, Iowa, where he lives with wife **Elizabeth Heard Rohde '07**.

Rachel Wallace '06 of Waldron, Ark., has been appointed director of choirs at Waldron Public Schools.

McKenna Cornish Burke '07 teaches English at Cardinal Schools in Eldon, Iowa. McKenna and husband Sean live in Grinnell.

Lance Ibeling '07 and Lindy Kampman of Overland Park, Kan., were married Nov. 23. Lance is a service coordinator at Ascent Ministries in Kansas City, Mo.

Nicholas Reed '07 is the head strength coach and teaches biology at Oskaloosa High School in Oskaloosa, Iowa, where he lives with wife **Lyndi Beeman Reed '08**. Lyndi is a dental assistant at Oskaloosa Dental.

Aimee Schmidt '07 of Urbandale is director of athletic marketing at Drake University in Des Moines.

Jim Greene '08 of King of Prussia, Penn., is a computer programmer at AgencyPro Software.

Katie McBain '08 of New Iberia is an athletic trainer at Louisiana Athletic Care in Lafayette.

Sarah Oldsen Mervine '08 joined the John S. Peavey law firm as an associate attorney. Sarah and husband Justin live in De Witt, Iowa.

Matthew Miller '08 of West Des Moines is director of communication and marketing at Community Housing Initiatives, Inc. in Des Moines.

Mary Swanson Pedersen '08 is a school nurse for Greene County Community Schools in the East Greene Community School District. Mary and husband **Keith Pedersen '08** live in Jefferson, Iowa, with their daughter. Keith is an attorney at Mumma Pedersen Law Firm.

Marie Bruns '09 and **Jacob Brueck '10** of West Des Moines were married Dec. 28.

Danielle Jacobson Burmeister '09 is a marketing coordinator for the Iowa State Fair in Des Moines. Danielle and husband Brian live in DeWitt.

Joshua Cobie '09 is an associate attorney with Brubaker, Flynn & Darland, P.C. in Davenport, Iowa, where he lives with wife **Lindsey Epkes Cobie '09**.

Erin Kiefer '09 and Nicholas O'Halloran of Cedar Rapids, Iowa, were married Sept. 22.

Colin Van Kooten '09 is a fleet

administrator at Vermeer Corp. in Pella. Colin and wife Auburn live in Sully.

THE '10S

For information about **Jacob Brueck '10**, see the '00s.

Christian Houser '10 of Cedar Falls, Iowa, is a 4-6 elementary para educator in the Cedar Falls School District. Christian is working toward a master's degree in counseling with school emphasis from the University of Northern Iowa.

Danielle Larimer '10 and **David Baker '10** of Des Moines were married Aug. 4. David is a settlement auditor at John Deere Financial.

Kathryn Mabey '10 of Johnston is an event consultant at Beyond Elegance in Des Moines.

Miguel Mendez '10 accepted a new position at Mercy Hospital in Des Moines as a bilingual patient advocate. Miguel and **Emily Miller '10** live in Norwalk with their two daughters. Emily is a program secretary at Catholic Charities.

Zach Van Arkel '10 is a product specialist at Vermeer Corp. in Pella and, when he is not traveling, he continues to help out on the family farm.

Tiffany Ahrenholtz '11 is an enrollment services specialist at Iowa State University in Ames.

Kyle Bales '11 of Jackson is a fisheries technician for the Missouri Department of Conservation.

Matthew Graber '11 of West Des Moines is an underwriting assistant at IMT Insurance.

Trinhe Le '11 and **Ben Coulter '09** of Des Moines were married Oct. 20. Trinh is a legal assistant at Rittgers Law Office, and Ben is a mortgage consultant at Military Family Home Loans.

Allison Moeller '11 is a paralegal at Morgan Lewis in Houston, Texas.

Shane Nelson '11 is an athletic trainer with the Chicago Cubs – Kane County Cougars in Geneva, Ill.

Kandi Neville '11 and Drew Stanford of Indianola, Iowa, were married Oct. 13. Kandi is the Warren County transportation coordinator for Red Rock Area Community Action.

Jennifer Nieland '11 of Tama, Iowa, is the water resources technician for the Meskwaki Natural Resources Department.

Adam Feenstra '12 and Lindsey Hoehn of Ames were married June 9. Adam is working toward a Ph.D. in analytical chemistry from Iowa State University.

Travis Havens '12 of Belmond, Iowa, is a health coach at Health Solutions in Des Moines.



LEDVINA AND TOWNSEND WED

Amy Ledvina '10 and **Derek Townsend '09** of Chelsea were married June 9. Amy is employed at Fareway in Toledo while working toward a degree in nursing from Marshalltown Community College in Marshalltown. Derek is in the doctor of pharmacy program at the University of Iowa while working at Medicap Pharmacy in Toledo and Target Pharmacy in Cedar Rapids. Pictured in the front row (left to right): **Kassie Holcomb Munoz '11**, **Leanne Townsend Vander Streek '07**, **Heather Shives '10**, **Amber Mayer Taylor '10**, **Amy Ledvina Townsend '10**, **Derek Townsend '09**, **Kate Callan '12**, **Jenna Broghamer '13**, **Meghann Burt Smith '11**, **Melony McDermott '13**, **Melanie Louis '12** and **Linda Linville Rosenberger '74**. Second row: **Brandon Clough '13**, **Andrew Hamer '12**, **Jessica Clark '09**, **Mandie Barkley Jordison '10**, **Kelsey Tompkins '10**, **Jaron Byrum '09**, **Austin Munoz '09**, **Sonja Squiers '90**, **Liz Arentsen '10**, **Kelly Ryan '14**, **Jamie Baumer '13**. Third row: **Tyler Husak '10**, **Ben Schornack '13**, **Kenny Kemp '12**, **Hannah Anderson '10**, **Carissa Bentz '10**, **Adam Ledvina '13**, **Kurtis Brondyke '11**, **Cory Fitzsimmons '10** and **Lars Larson '13**.

Christopher Lehmann '12 of Champaign, Ill., is a sales representative at Hobbico.

Hilary Loeschen '12 and **Brady Wilson '12** of Britt, Iowa, were married July 14.

Emily Phillips '12 is an assistant teacher for 2-year-olds at Community United Child Care Centers in Cedar Falls.

Kayla Donner Ramirez '12 teaches at Clark Community School in Osceola and at the Mormon Trail School District in Humeston, where she teaches junior high math and high school Spanish. Kayla and husband **Brandon Donner '09** live in West Des Moines. Brandon is employed by Denco Highway Construction Corp. in Mingo.

Beau Williams '12 of Pella is an admission representative at Central College.

Jessica Rabe '06, master's degree, school guidance and counseling, Buena Vista University, May

Trista Leaming Raupp '06, master's degree, forensic psychology, The Chicago School of Professional Psychology, June 2008

Katie McBain '08, master's degree, athletic training, A.T. Still University, May 2010

Joshua Cobie '09, juris doctorate, Drake Law School, May

Jacob Brueck '10, doctorate, physical therapy, University of Iowa, Dec. 14

Zach Van Arkel '10, master's degree, agricultural engineering, Iowa State University, May

Allison Moeller '11, paralegal, Rice University, Jan. 28

ADVANCED DEGREES

Anne Rowe '84, Ph.D., Christian clinical psychology, South Florida Bible College

Jason Reynolds '93, Ph.D., education, Northern Arizona University, May

Brandi Shay '95, master's degree, University of Nebraska, Omaha, sociology, Dec. 2005

Karla Jurgemeyer '97, master's degree, library science, University of Wisconsin – Milwaukee, Aug. 20

Justin From '06, juris doctorate, Order of the Coif, University of Iowa College of Law, May

ARRIVALS

Kathy and **Kevin Sanger '93**, daughter Emily Rae, Dec. 3

Jason and **Melissa Feldt Gellings '97**, daughter Alicia Mae, Sept. 21

Johannes and **Erin Schroeder Arifin '99**, daughter Gabriella Rose, Nov. 14

Jacob and **Donell Hotze Kvaal '00**, daughter Casey J., Jan. 29

Luke and **Megan Halvorson Porisch '02**, son Samuel Luke Donal, July 28

Eric '02 and **Elizabeth Street Stursma '03**, son Cooper Ray and daughter Chloe Elizabeth, Dec. 19



Ask an alum: How do you put together a T. rex?

Allison Miller Schwanebeck '06, director of exhibits at the Science Center of Iowa in Des Moines, was a member of the team that assembled a cast of Sue, the largest, best-preserved and most complete *Tyrannosaurus rex* ever found. Measuring 42 feet from head to tail and 13 feet tall at the hip, the dinosaur is on exhibit in Des Moines February 2–May 12.

Schwanebeck says the dinosaur bones were fairly easy to put together—it took them less than eight hours. But she also had to help design the rest of the interactive exhibit, including a pit where you can dig up bone replicas. Recently promoted to director of exhibits, Schwanebeck loves the diversity of the work.

“I get to be creative and learn about many different topics,” she says. “A liberal arts education teaches you how to love learning.”

Read more about Schwanebeck's days with a dinosaur at civitas.central.edu.



Phillip and **Amanda Cox Struthers '03**, son Vincent Edward, Jan. 4

Jimmy and **Sara Dietrich Coggin '04**, daughter Erica Diem, Sept. 18

Jenni and **Jason Lihs '04**, son Myles Jack, Oct. 11

Travis '05 and **Ashley Toft Dillinger '04**, daughter Amelia Jean, Dec. 18

Jon and **Eliza Hershey Lower '06**, son Teegan Daniel, Dec. 21

Chad and **Trista Leaming Raupp '06**, son Derrick Nolan, Nov. 29, 2011

Travis '07 and **Angie Schnedler Appelgate '07**, son Elisha James, Dec. 22

Nick and **Tammy Courtney Clark '07**, daughter Suzi Joriann, Feb. 18

Mikki Hamdorf '07 and **Tiffany Decker '10**, son Landry Allen Ford, Feb. 12

Keith '08 and **Mary Swanson Pedersen '08**, daughter Delaney MaKenna, May 6

Clint and **Jacinda Davis Schipper '08**, daughter Paisley Grace, Nov. 25

Miguel Mendez '10 and **Emily Miller '10**, daughter Bianca Rose, Jan. 11

IN MEMORIAM

Viretta Van Zante Wisse '37 of Pella, Aug. 23

William DeJong '38 of Newton, Iowa, Feb. 1

Howard Vander Linden '44 of San Luis Obispo, Calif., Jan. 17

Ruth Dirks Allen '45 of Manchester, Wash., Jan. 30

Amy Kell Tschappler '45 of Glendale, Ariz., Jan. 17

Valda Halverson Vander Waal '48 of Pella, Jan. 1

Edith De Wit Lubach '49 of Sioux Center, Iowa, Jan. 22

Donald Covey '50 of Palm Harbor, Fla., Feb. 3

Fred Ferrigno '51 of Palermo, N.J., April 4, 2012

Henry Vander Ploeg '51 of Sheldon, Iowa, Dec. 29

Raymond Pugh '52 of Johnston, Iowa, Dec. 23

John Ruiter '52 of Grand Rapids, Mich., Oct. 20

Inez Koenen Ketchum '54 of Belmond, Iowa, Jan. 27

John Korver '55 of York, Pa., Dec. 12

Christina Vander Voort Broyles '57 of Dallas, Texas, April 16, 2012

John Bandt '59 of Aurora, Colo., Feb. 7

Mark Herrmann '70 of Orange, N.J., Dec. 4

Mary Griswold '72 of Cedar Rapids, Iowa, Nov. 19

Pamela Piekema Tolley '78 of Colo, Iowa, Dec. 28

James Stolte '89 of Waterloo, Iowa, Nov. 24



VAN HEMERT AND HOWARD WED

Kerry Van Hemert '10 and **Kelsey Howard '12** of Ottumwa, Iowa, were married July 14. Kelsey is a children's ministry leader at theBridge, and Kerry is systems administrator at theBridge and manager of The Vine Coffeehouse. Pictured first row (left to right): **Luke Boyd '10**, **Dena Christian Boyd '10**, **Jacquie Hauber Hale '13**, **Kelsey Howard Van Hemert '12**, **Kerry Van Hemert '10**, **Colyn Burbank '10**, **Kellie Van Hemert '08** and **Faithe Heusinkveld Timmer '59**. Second row: **Emily Swartz Bowser '12**, **Dan Bowser '11**, **LeRoy Timmer '59**, **Micah Seufferer '11** and **Nicholas Corbin '11**. Third row: **Kent Van Hemert '81**, **Heidi Timmer Van Hemert '83**, **Emily McPherson '10**, **Jessica Baker '12**, **Nathan Thiessen '15**, **Patrick Schacherer '10**, **Stuart Patterson '09** and **Aaron Jones '10**. Fourth row: **Ryan Van Maanen '03**, **Amy Kreamalmyer Van Maanen '03**, **Marla Seufferer '12**, **Yiding Duan '14**, **Megan Fry '12**, **Mallori Ghent '12**, **Britt Cooper '12** and **Sage Baugh**. Fifth row: **Terry Gregory Van Dusseldorp '81**, **Steve Van Dusseldorp '80**, **Kate Mabee '10**, **Justine Jackovich '13**, **Mandy Trusty '12** and **Amy Holcomb '13**. Sixth row: **Cy McMahon '99**, **Julie Balmer Tweedt '09**, **Gary Timmer '55**, **Bethany Bachman '12**, **Marty Schmidt '99**, **Heidi Jones '14**, **Kari Schmidt '12**, **Kodi Thompson-Moore**, **Tedra Jones '14**, **Lindsay Young '15**, **Jordan McDonald '15** and **Jen Lukes McMahon '97**.

Elva May Van Houweling Heerema '34

Elva May Van Houweling was born April 9, 1913 in Pella, Iowa. She enrolled at Central College in 1930, where she met her future husband, Martin Heerema '34. The couple eloped to Moberly, Mo., and married on June 30, 1933. Elva May went on to graduate from Central with a mathematics major and became a lifelong supporter of the college.

During her career, Elva May worked as payroll manager and bookkeeper for the Pella Canning Factory and manager of the clerical office and post office at Central College.

Elva May was extremely involved in her community. She played the saxophone in the Pella City Band, taught Sunday School, was the Junior Choir Director and was a member of many local organizations. She was the first woman to be elected as an administrative elder in a local church west of the Mississippi River. She and her husband enjoyed ballroom dancing, and Elva May loved swimming, aerobics and playing bridge.

Mart and Elva May enjoyed nearly 74 years of marriage together before he passed away in 2007. Elva May passed away in Pella on Dec. 27, 2012, just prior to her 100th birthday. Elva May is survived by her three children and their spouses, six grandchildren and 14 great-grandchildren, seven of whom are alumni of Central College.

CENTRAL'S 40 UNDER FORTY

* In the next issue of **Civitas**, we're choosing 40 alumni under the age of 40 with interesting careers, inspiring personal lives or compelling stories.

[NOMINATE YOURSELF OR A FRIEND FOR THE LIST AT WWW.CENTRAL.EDU/GO/40UNDER40]



2013 CENTRAL
HOMECOMING
& family weekend
SEPT. 27-29

FRIDAY, SEPT. 27

- | | |
|----------------------|--|
| 9:30 a.m. | 5th Annual Ron Schipper Memorial Golf Tournament
Bos Landen Golf Course. |
| 10 a.m. | Heritage Day Reception. |
| 6 p.m. | Lemming Race |
| 6 - 7:45 p.m. | Street Festival: Alumni & Family Barbecue, Pep Rally,
Coronation, street party |
| 7:45 p.m. | Alumni Social Gathering |

SATURDAY, SEPT. 28

- | | |
|--------------------|--|
| 8 - 10 a.m. | Pancake Breakfast |
| 10 a.m. | Athletics Hall of Honor induction ceremony |
| 10 - noon | Carnival |
| 11 a.m. | Tailgate Under the Big Tent |
| 1 p.m. | Football — Central vs. Albion |
| 3:45 p.m. | Class Reunion Pictures. Classes of 2013-1993 |
| 5 p.m. | Class reunion pictures. Classes of 1957-1988 |
| 5 p.m. | Party on the Plaza. |
| 7:30 p.m. | Class reunion gatherings* |

SUNDAY, SEPT. 29

- | | |
|----------------|--|
| 11 a.m. | Sunday Brunch Central Market |
| 1 p.m. | Seventh Annual Flying Pans Alumni Steel Band Concert. |
| 4 p.m. | Symphonic Wind Ensemble/A Cappella Choir Concert,
Douwstra Auditorium |

***We will celebrate reunions for the classes of 1958, 1963, 1968, 1973, 1978, 1983, 1988, 1993, 1998, 2003, 2008 and 2013 as well as all classes from 1928-1957. Plus a BKE, Sigma or Phi Delt reunion for those from 1970-1980.**

A History of Generosity



“Any success you have in your occupation goes back to Central.”



Tom '61 and Charlene Gaard just can't stop giving. They have included Central College in their wills, have done matching gifts through their former employer Principal Financial Group, completed two Charitable Gift Annuities with Central and given funds to support Civil War research efforts among students and faculty.

The couple is impressed with Central's good reputation, its focus on academics and its management. "When you are giving money," explains Tom, "you feel like Central is using it wisely, not wasting it."

Plus, Tom is grateful for his days at Central—which launched his career in administrative services and human resources at Principal. At Central, Tom was a business and economics major, and he played football as a lineman. A native of Pella, he would be awakened each day by his mother just in time to rush to campus for compulsory chapel at 8 a.m.

"Any success you have in your occupation goes back to Central," Tom reminds himself and other alumni. "So you feel like you are giving back to that."

Now living in Clive, Iowa, the couple chose a Charitable Gift Annuity because of the tax advantages. Tom says the interest rate is pretty good compared to other investments. "It looked like a way to contribute something significant and receive something back in terms of tax advantages and interest rate."

In their retirement, the Gaards enjoy traveling. Charlene paints as a hobby, and Tom is a Civil War buff. One of their gifts supported research into Central's involvement in the Civil War. Mark Barloon, senior lecturer of history, recently took history students on a research trip with some of those funds.

As a lover of history, Tom appreciates that Central has been around for 160 years. He believes that longstanding tradition of excellence translates into a stable future. "You are giving money to something you are interested in," he says, "something that has a future."



Like Tom and Charlene, you can take advantage of a Charitable Gift Annuity with Central. If you are at least 55, with a gift of \$10,000 or more, you can receive a charitable deduction if you itemize your taxes. In return, Central will provide you guaranteed income through a quarterly payment for the rest of your life, and you'll feel satisfied knowing you have helped build Central's future. To confidentially discuss how a Charitable Gift Annuity might work for you, contact the Advancement Office at 800-447-0287 or email morrisond@central.edu.

Water, Water Everywhere

Students in the Epidemiology course only had a few drops to drink and use as they carried jugs of water everywhere for a week—spreading awareness of inequality and waste.



The students in Epidemiology invited conversation about their minimal water use with decorated jugs.

The average American uses 80-100 gallons of water per day. For a week in March, the students in Ellen Du Pre's Epidemiology course used only 3 gallons a day.

Epidemiology is the study of the patterns and causes of diseases and other health issues. Du Pre, professor of biology, says that the worldwide lack of access to clean water and sanitation contributes to health issues. So she decided to open students' eyes. "Reading about water issues has much less of an impact on a person that walking a mile in someone's shoes," she says.

For four days in March, students carried around a 3-gallon jug of water everywhere they went. It was the only water they were allowed to use for the day—for drinking, washing hands, brushing teeth and bathing. In some parts of the world, Du Pre explains, people have only 5 gallons of water to use per day. She settled on 3 gallons

since the students wouldn't be using their water to flush toilets, do laundry or wash dishes in Central Market.

Rachel Frana, a sophomore environmental studies major, was initially excited for the project but later dreaded adding the water conservation to her busy schedule. Steeling herself for a stressful week, she found the project easy and satisfying. By the end, she had 5 gallons left, even after bathing twice.

Frana made it her goal that week to be as presentable as always, because her friends assumed her hygiene would take a hit. Instead, they found she was clean and odor-free. "In America, especially with this generation, we have a stigma that if you don't bathe every day or take a 30-minute shower to boil off your skin, then you won't be clean," she says. "And it's really not true."

Kyle Freischlag, a junior history and biology major, also found that students were prone to make sarcastic comments.

Lugging around the jug with the phrase "Ask me why I'm carrying this" posted on the side, Freischlag was subject to lots of questions and pity. But Freischlag says that wasn't the message they were trying to get across. They weren't looking for sympathy but understanding.

Frana explains the goals of the project. "On one side, it was to help bring awareness of how difficult it is for people living in situations with limited water," she says. "On the other side, we wanted to show that Americans are being overly wasteful and taking advantage of the water we have."

As the week progressed, the water-toting students did receive more positive responses. But the biggest change in perspective was their own. "They began to understand that to learn we often have to leave our comfort zones," says Du Pre. "Being uncomfortable makes us reflect on behavior, culture and decision-making."

By the end of the week, some students had made decisions to change their lifestyles. Freischlag modified his shaving habits, and Frana began turning off the water in the shower, using it only to get wet and then rinse.

Freischlag finds himself thinking about water all the time now. "Water becomes self-evident in your life," he says. "It is essential for life, but we use it recklessly in our society. You don't realize how recklessly until you don't have as much anymore."

The students also organized an Oxfam Hunger Banquet. Read more online at news.central.edu!





Alumni Spotlight



Desmond Breadon '03 coaches high school football and owns a fitness center in New Glarus, Wisconsin.

Dutch Strong

Being a certified strength and conditioning specialist and gym owner has its advantages—exercising all day, wearing gym clothes to work and making a daily impact on people's lives are just a few. Desmond Breadon '03 majored in exercise science at Central, planning to go on to medical school, but took a different path instead.

The Wisconsin native transferred to Central after his freshman year, finding

that it was a better fit, especially after his three older brothers, Gavin '96, Eoin '97 and Enda '00, all graduated from Central.

"I felt more at home at Central," Breadon says. "Also, I knew a lot of students and staff at Central before I transferred. I just knew then that Central was the right fit for me socially, athletically and academically."

The former Dutch wrestler has always been into athletics, and just two years after graduating, he became the head middle school wrestling coach at New Glarus-

Monticello in Wisconsin, as well as the head track, freshman football and strength and conditioning coaches at Monticello High School. In 2012, he was named the head football coach at New Glarus-Monticello High Schools.

As if coaching wasn't enough, Breadon decided to take his training to the next level and buy a gym, The New Glarus Fitness Center. He helps run the day-to-day activities of the gym, including meeting and training with clients, cleaning, equipment maintenance and recordkeeping. Until recently, Breadon trained in the gym daily to compete in mixed martial arts (MMA)—he competed in dozens of Brazilian Jiu-Jitsu tournaments and five professional MMA fights. But nowadays, he spends precious time with his wife Tara and 19-month old daughter Mia.

"Central helped get me where I am today by giving me the knowledge I need to perform my job in all the different areas through its world-class education," Breadon says. "And the friends I made at Central helped me through the bad times in life, and they were there to celebrate the good ones. I am a much better, stronger person because of Central."

Read more about Desmond online
at civitas.central.edu!

