

Civitas

CENTRAL COLLEGE ALUMNI MAGAZINE

RECORD IN RESEARCH

Long hours in the lab?
Students say, "Yes, please!"

FITNESS AFTER FIFTY

Athletic training students
benefit from hands-on work

SHINING IN THE CITY

**DES MOINES-AREA
ALUMS HELP THE CITY
RAISE ITS PROFILE**



The Growth of the Region

by Mark Putnam, Central College president



For many years we have heard phrases like, “Think Globally, Act Locally.” The perspective is, of course, a good one as we keep in mind the needs and interests of the world surrounding us and do our part through our everyday actions within our communities. More recently, however, increasing attention has been paid to the inherent strength of a region. Such regions often cross state and national boundaries and are driven more by shared resources such as transportation, commerce and trade and technology; they are less about lines on a map.

The Greater Des Moines region is a good example. Many are surprised to learn the entire labor shed for this

region includes nearly one million people. In the past few years, Central has been building on very solid bases of engagement in the community of Pella and through our global programs by exploring the opportunities in our region. As a member of the Greater Des Moines Partnership*, the college has continued to develop relationships with partners for service learning and volunteer service, new and exciting internship experiences, and increasing relationships with business and industry. Together these regional activities enrich learning and create pathways for students both during and after college.

The human capital we bring to this region is also impressive. Throughout

the Greater Des Moines Partnership region, Central has more than 6,600 alumni who are connected by a shared experience and act across the region to support existing and emerging opportunities for all. We can be proud of our impact on central Iowa and always remain mindful of the many benefits we enjoy.

It doesn’t end there, however. Our Central alumni are spread around the world participating in regional activities that knit communities together and strengthen our civil society through many modes of involvement. Businesses, governments, churches, schools and non-profit organizations of all kinds are able to band together to support a shared vision that increases quality of life, nurtures more sustainable lifestyles and provides for economic success.

As we spread the reach of Central through regional involvement, our values of education and service support the needs of a very diverse and complicated world. Many of the solutions we seek as a society will surface as we embrace our regions and benefit from the partnerships that will make us strong.

**From its website, the Greater Des Moines Partnership is an economic and community development organization, united to drive economic growth with one voice, one mission, in one region. The Partnership works to grow opportunity, create jobs, and promote the best place to build a business, a career, and a future*

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



Civitas

Central College

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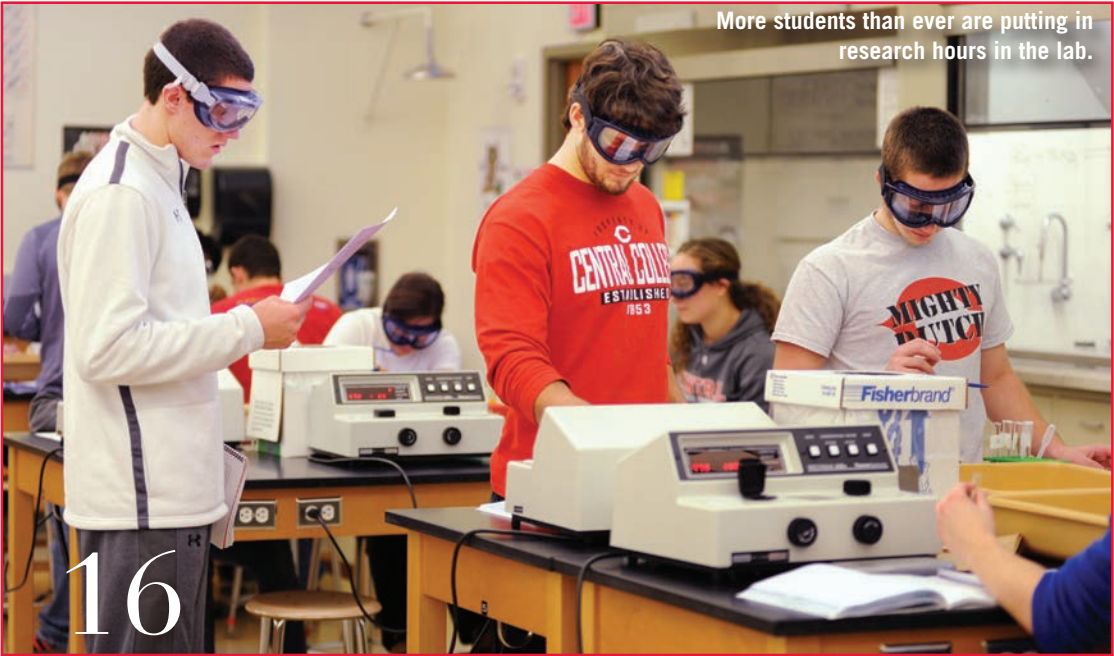


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DEDICATION OF HELEN HISLOP CENTER HONORS YEARS OF SERVICE



Photos by Dan Vanderbeek

Helen Jean Hislop '50 passed away in 2013 after a long career in physical therapy and years of service to Central College. Hislop graduated from Central with a major in biology, then went on to earn her certificate in physical therapy and master's and doctoral degrees in physiology from the University of Iowa, and she received an honorary degree from Central in 1978.

Throughout her career, Hislop worked to advance education programs for physical therapy. She developed the first doctoral program in physical therapy in the United States while working at the University of Southern California (USC). She chaired the department of

biokinesiology and physical therapy at USC until her retirement in 1998.

Hislop served on the Central Board of Trustees from 1981-98, and she received the Central Alumni Award in 1969. In 1999, she spoke at Central's commencement, where she said, "I have been challenged and it is my task to challenge you. Central College owes me nothing; I owe Central College everything."

In honor of Hislop's years of service, Central College held a dedication ceremony for the Helen Jean Hislop Center Nov. 1. The naming of the center, which is home to the discipline of exercise

science and athletic training on campus, commemorates Hislop's years of service in the field of physical therapy.

During her career Hislop authored numerous studies and journal articles, and she served as the editor of Journal of the American Physical Therapy Association. In 1991, the APTA established the Helen J. Hislop Award for Outstanding Contributions to Professional Literature. Other awards Hislop received during her career include the Golden Pen Award, the Lucy Blair Service Award and Mary McMillan Lecture Award.

LOCAL FOOD SHINES AT ALL IOWA DAY

Students got closer to their food during a special day in Central Market. Richard Phillips, director of campus dining, organized All Iowa Day to celebrate local foods. On Oct. 22, the lunch menu featured locally raised meat and produce, along with local breads, desserts and more.

The event is part of Phillips' goal to buy more ingredients locally. It also served to educate students, faculty and staff about the benefits of locally produced foods. During lunch, diners were invited to attend seminars in the dining hall side rooms to learn more about growing and enjoying organic produce. A nutritionist discussed some of the benefits of locally produced foods.

While Central has held All Iowa Day in the past, Phillips' goal this year was to include greater variety of foods and provide the opportunity for students to interact with local farmers and producers. Vendor offerings included a popcorn tasting and cheese from Frisian Farms.

Phillips said using more local ingredients aligns with the college's larger goals around sustainability, and he hopes to develop long-term partnerships with more local vendors.

BRIAN G. CAMPBELL NAMED DIRECTOR OF SUSTAINABILITY EDUCATION

Brian Campbell has joined Central College as the inaugural director of sustainability education. Campbell received a degree in religion from Davidson College and a Master of Divinity from the Pacific School of Religion. He is currently completing a Ph.D. in American religious history and culture at Emory University.

Previously, Campbell served for a year as a Lilly Fellow at the Center for Religion, Spirituality and Social Justice at Grinnell College. He developed partnerships between the college, local farmers and local food pantry to improve utilization of fresh,



Photos by Linda Steller

local produce. He also planned and led an environmental justice-focused student service trip to southeast Louisiana in the wake of Hurricane Katrina.

More recently, Campbell served as an adjunct professor of environmental studies at Emory University, as well as a sustainability fellow for the Sustainable Partnerships for Atlanta Neighborhoods Project at the Center for Community Partnerships at Emory University.

At Central, Campbell will play the lead role in the continued implementation of sustainability education initiatives, many of which are supported by Central's recent award from the Margaret A. Cargill Foundation.

GABRIEL ESPINOSA HONORED IN HALL OF FAME

It was a busy fall for Gabriel Espinosa '79, associate professor of music and acclaimed jazz musician. In October, Espinosa was inducted into the Iowa Jazz Hall of Fame during a ceremony in Altoona. He was unanimously selected

by the Greater Des Moines Community Jazz Center to receive the Iowa Jazz Hall of Fame award for his years of leadership in jazz music.

Espinosa also released a CD of new music, "Samba Little Samba." He collaborated on the CD with composer and musician Hendrik Meurkens and pianist Misha Tsiganov, both of whom joined him on stage during a CD release concert Nov. 21 in the Cox-Snow Recital Hall. The evening also included a performance by the Central College Jazz Band. Chris Spector, editor and publisher of Midwest Record, called the new music "smoking stuff that'll get the blood flowing." The sound features a heavy Brazilian influence, along with some jazz and bolero. The concert was part of a world jazz residency at Central, celebrating the college's yearlong theme of Global Citizenship. "Samba Little Samba" is available on iTunes and Amazon.com.

by Larry Happel '81

CENTRAL 11TH IN NCAA MEN'S CROSS COUNTRY



Junior Cole Decker raced to the Iowa Conference title. Decker and the Dutch earned their third straight trip to the NCAA Division III national meet.

Central secured its third straight national top-12 finish at the NCAA Division III men's cross country meet at Mason, Ohio Nov. 22.

Senior Eli Horton, who had to sit out the Iowa Conference meet due to injury, returned to become Central's first-ever three-time men's cross country all-America honoree, placing 28th. Senior Jamie Vander Veer made a huge leap, taking 56th and topping his career-best time by nearly 11 seconds. Junior Cole Decker was 62nd.

Decker, meanwhile, ran away with the conference title, finishing eight seconds faster than Vander Veer, the league runner-up. Freshman Mark Fairley was 10th, sophomore Isaac Steffensmeier was 11th and senior Tim Shepherd was 13th. All four gained all-conference distinction.

Central was without senior Drew Jackson—typically among the team's top three runners—in the conference and national meets. Without Jackson and Horton at the league meet, Central slipped to second in the team standings, but still came within four points of the top spot after claiming the league crown the past three years under coach Joe Dunham.

Central's women were fourth at the league meet. Senior Molly Bramble placed 16th, with senior Alyssa Eaves 20th, sophomore Kasey Wiedmaier 22nd and freshman Emily Linscheid 27th.

The Dutch placed 15th at the 27-team NCAA Central Regional, which was contested on Central's rugged on-campus course. It's the first time Central has played host to the regional meet since 1982.

CENTRAL RALLIES FOR 8-2 FOOTBALL CAMPAIGN

After early injuries and inexperience contributed to a shaky 2-2 start, the Dutch closed the season with a flourish, winning six straight in decisive fashion. Central scored 30 points or more in seven of its eight victories.

Defensive back Jacob Edleman racked up seven interceptions, giving him 16 for his career, matching the third-most in school history. He was the first Central player in 14 years to garner AFCA Division III all-America honors.

Three-time first-team all-Iowa Conference running back Josh Osborn topped the 100-yard rushing mark in nine games, including 254 yards on a school-record 45 carries in a 38-7 rout of Dubuque. He led the league in rushing yards (1,284) and touchdowns, and ranks fourth on Central's career rushing yardage list with 3,183.

And kicker Kevin Sheldon was a four-time all-league pick. He hit 7-of-11 field goals and, for his career, made 36 of 54 while nailing 141-of-144 extra points.

Edleman, Osborn and Sheldon were also D3football.com all-region honorees and Edleman was a consensus all-America pick.

DUTCH SECOND IN LEAGUE WOMEN'S GOLF

Senior Kelsey Van Tasell earned all-Iowa Conference recognition for the third time as the Central women's golf team finished second in the league tourney.

Van Tasell was second in the medalist standings, firing 79-72-84-78—313. Her 72 was a career best. Junior Chelsey Shuey was seventh and freshman Christine Ausman was ninth to also secure all-league honors.

Central's Tim Wilkinson was named the league coach of the year, guiding the Dutch to top-two team finishes in six of seven fall meets and winning the Buena Vista Sail Classic as well as the Central Fall Invitational.



1974 FOOTBALL TEAM REUNION

First row (left to right): Bruce Kempkes '77, Steve Rohach '77, Lola Vander Leest Kenworthy '78, Jann Freed '77, Julie Burling Kirk '77, Joyce Schipper, Mike Hodges '75, Dave Henion '75, Steve Janssen '76, Bruce Crane '77, Cliff Marlow '75. Second row: Gary Cutler '75, Larry Angove '72, John Wagner '77, Gary Vos '77, Tim Schipper '77, Jeff Anderson '77, John Furlong '76, John Hanna '76, Marc Humphrey '76, Jim Boeke '77. Third row: Al Dorenkamp '75, Mark Urbanek '77, Terry Peter '78, Mike Street '75, Dick Bowzer '65, Dale Wiersema '78, Al Paris '77, Don Knock '76, Ed Willis, John Edwards '72, Dan Wright '76, Ron Merema '76.

ALLGOOD SHINES AGAIN FOR WOMEN'S TENNIS SQUAD

For the third straight year, Central junior Angie Allgood received all-Iowa Conference women's tennis recognition in singles.

Allgood and junior Megan Davis gained the honor in doubles. Allgood posted a 6-4 mark at No. 1 singles while she and Davis were 10-4 in doubles. They took third place in the A flight of the tournament.

Central was 7-3 in dual action and placed fourth in the league standings under new coach Ryun Ferrell.

VOLLEYBALL TEAM ON THE UPSWING

The Central volleyball team showed signs of returning to contender status as a young club posted a 21-10 mark.

The Dutch were 4-3 in the Iowa Conference standings, good for fourth place. Senior Dzenita Bahtic received first-team all-league honors for the second time. Bahtic placed second in Division III with a school-record 6.85 digs per set.

Middle hitter Emily McDonald, cornerstone of a promising freshman class, received all-league honorable mention. She led the league in blocks with 0.96 per set.

CENTRAL MISSES NCAA WOMEN'S SOCCER BERTH

Central came within an overtime shootout of its first NCAA Division III women's soccer tourney berth.

Advancing to the Iowa Conference tourney title match for the first time, Central played to a 0-0 draw with Dubuque. The teams had to go to the ninth round of penalty kicks before Dubuque was able to advance.

Tabbed for fifth in the preseason, Central was second in the league at 5-1-1. The Dutch were 11-4-4 overall. It's the fourth straight 10-win season under coach Mike Kobylinski '03, who continues to transform the program into a conference and regional contender. He was named the league's coach of the year.

Defense was the story in 2014 as Central posted a record 12 shutouts. Senior defender Liz Daniels, senior forward Brittany Hinton and sophomore goalkeeper were first-team all-conference picks and Daniels was a third-team all-North Region honoree as well.

MEN'S SOCCER SQUAD EARNS TOURNEY SPOT

It was a young men's soccer team for Central this fall, but the Dutch still scrapped their way into the Iowa Conference tournament.

Finishing 5-13 overall, Central was 2-5 in league play to take sixth place. The Dutch were ousted by Luther 3-1 in the conference tourney.

Senior forward Aleksander Glavas, the Central point leader with four goals and four assists, received second-team all-conference recognition.

CENTRAL COLLEGE AROUND THE WORLD

During the past 50 years, Central students have never lacked opportunities to explore their world. From Pella to Peru, they have found rich opportunities to learn through experience. Central students continue to immerse themselves in new challenges and seize off-campus learning opportunities in Iowa and around the world.

Students have spread throughout the world, leaving campus for various study abroad sites. The Symphonic Wind Ensemble completed a January tour in Mexico, with stops in Merida, Playa del Carmen and Cancun. Meanwhile, 83 other students are pursuing academics abroad for the full spring semester, and many more are learning, working and serving in Iowa.

This summer, students will enroll in programs such as the new social justice internship in New York City, piloted last year with the Collegiate Churches of New York. Or, they can study Islam or biblical archaeology in Turkey, performing arts in Ghana, or accounting, language or global health in Merida.



Each major at Central allows space for students to study off campus for at least one semester, earning credits toward their degrees. Most locations offer various study tracks, and they can accommodate students at multiple levels of language proficiency. Students also gain valuable work experience through internships and service learning placements, while home stays, excursions, language partners and activities help them achieve cultural immersion.

On campus, Central is also working to enrich its international community. This fall, support from the Vermeer Charitable Foundation allowed the college to hire Frederik Schlingemann as director for international student recruitment and admission. Schlingemann's goal is to substantially increase the student population from other nations. Kat De Penning '11 was also recently hired to support current international students, helping them to feel welcome and succeed at Central.

SEMESTER-LONG PROGRAMS

- Chinese Language (intensive): China (Beijing, Nanjing or Shanghai)
- French Language Immersion: Paris, France
- German Language (accelerated): Schwäbisch Hall, Germany and Vienna, Austria
- German Language (intensive): Vienna, Austria
- Global Health: Merida, Mexico
- Humanities: Vienna, Austria
- Internships: London, England
- Islamic Studies: Granada, Spain
- Liberal Arts: Bangor, Wales
- Liberal Arts: Leiden, the Netherlands
- Liberal Arts: London, England
- Middle East Studies: Muscat, Oman
- Music, Arts, Theatre: Vienna, Austria
- Outdoor Pursuits: Bangor, Wales
- Sciences: Vienna, Austria
- Spanish Language (intensive): Granada, Spain
- Spanish Language Immersion: Merida, Mexico
- Urban Internships: Chicago
- Urban Internships: Washington, D.C.

SUMMER PROGRAMS

- Accounting: London, England
- Accounting: Merida, Mexico
- Biblical Archeology: Turkey
- Global Health: Merida, Mexico
- History and Performing Arts: Ghana
- Internships: London, England
- Islam: Turkey
- Outdoor Pursuits: Bangor, Wales
- Social Justice Internships: New York City
- Social Science: Merida, Mexico
- Spanish Language (intensive): Granada, Spain
- Spanish Language and Culture: Granada, Spain
- Spanish Language: Merida, Mexico

SHORT-TERM PROGRAMS

- Nature and Culture: Cusco, Peru
- Tropical Ecology: Belize and Costa Rica
- Music ensembles: Brazil, Mexico, Romania, Italy (recent countries)

DES MOINES: GREAT PLACE, GREAT PEOPLE

by Laura Billingsley '04

ALUMS MAKE THEIR MARK IN THE COMMUNITY.

Just up Hwy. 163 from Pella is Des Moines, a city that's been racking up the accolades as a great place to live and work. This thriving metro area is home to thousands of Central College alumni — many of whom are known as movers and shakers in the area. Central grads are leading in Des Moines — filling top roles in companies and serving with community organizations to make the area an even better place to live. **Turn the page for four examples of alumni who make the greater Des Moines metro their home.**

**#1 AMERICA'S
15 BEST CITIES
FOR YOUNG
PROFESSIONALS**

FORBES, 2014

**#1 CITY WITH AN UP-AND-
COMING DOWNTOWN -
FORTUNE, 2014**

**#2 AMERICA'S TOP 5 UNDER-THE-
RADAR TECH HUBS - SPAREFOOT, 2014**

**#2 BEST
PLACES FOR
BUSINESS
& CAREERS**

FORBES, 2014

**#1 STRONGEST
LOCAL ECONOMY**

-POLICOM CORP., 2014

**#1 BEST MEDIUM-SIZED
METRO AREA FOR
HOMEOWNERSHIP**

-NERDWALLET, 2014

DES MOINES SHINES

**THE DES MOINES METRO
AREA IS ENJOYING TIME IN
THE SPOTLIGHT**, taking the top
position on a variety of lists
and rankings. The proximity to
Central makes it convenient
for students and grads to take
advantage of the possibilities.



DANNY BEYER '04

KABEL BUSINESS SERVICES

“I love the liberal arts education because I can talk to just about anybody about anything. It prepares you to have those basic conversations with business owners.” //

NETWORKING GURU WITH A SENSE OF FASHION

Danny Beyer '04 is many things — father, husband, salesman, Young Professional of the Year, Forty Under 40 honoree. But he may be best known around Des Moines as the “bow tie guy.” Beyer is famous in the metro area for his neckwear, which began with a spur-of-the-moment shopping trip in 2012.

“I texted one of my close friends and asked her if she thought I could pull off a bow tie,” he says. “She texted back immediately, ‘yes you need to cancel your lunch plans we’re going shopping.’ I stood in Younkers for an hour watching a YouTube video on how to tie a bow tie.” Beyer started a Facebook page called Bow tie Wednesdays, and today he wears them Monday through Friday. “No one ever forgets the guy in the bow tie,” he says.

But Beyer is known in Des Moines for more than his penchant for bowties. He works for Kabel Business Services as a payroll sales executive, selling payroll outsourcing systems that help companies become more streamlined. In addition to his day job, Beyer is heavily involved with the West Des Moines Chamber of Commerce, serving as secretary on the executive board. It was joining the Chamber that helped him get started with another of his passions — networking. In 2012 he graduated from the West Des Moines Leadership Academy, and a featured speaker at graduation gave Beyer the push he needed to start speaking publicly about networking.

“I had always been interested in public speaking but didn’t have the confidence,” Beyer says. “That was in January of 2014, and since that time I’ve given between 35 and 40 presentations.”

Beyer speaks on the value of networking and building relationships. He is a networking fiend, regularly posting on Twitter and Facebook. He’s even written a book on the subject. “The Ties that Bind: Networking with Style” was released this winter. But he also recognizes the importance of face-to-face contact.

“Networking to me isn’t going to an event and collecting 50 business cards and talking to a bunch of stuffy guys in suits,” he says. “Networking for me is done almost every day whenever individuals talk, whenever they exchange ideas. Whether it’s at the grocery store or at the movies, that’s all networking to me.”

Beyer finds the Des Moines area a great place to meet people and practice his networking skills. “You’re not going to find a community as open as Des Moines. You can email or call the CEOs of major companies in this town, and they will meet you at Caribou

Coffee and tell you about themselves. They’ll introduce you to others,” he says.

While at Central, majoring in communication studies, Beyer didn’t have plans to make Des Moines his home. The Monroe native worked at Hy-Vee part time and completed the management training program after graduation. “I assumed I’d be a store director someday,” he says. But he eventually decided he wanted to move out of retail, so he and wife Kasey (Hays) '06, his college sweetheart, moved to West Des Moines.

Today, the couple has two children and Beyer says his top focus is making sure his family is happy and healthy. Des Moines provides a good place to raise his family — “the education system is incredible,” he says. He sees lots of potential in Des Moines for young people looking to leave their mark.

While at Central, Beyer learned many of the skills that have enabled him to succeed. Being part of the Theta Kappa Alpha fraternity showed him how to put on a good event, a skill he still uses today. “We did a bunch of social things, throwing parties, doing volunteer events, and it helped pave the way for a lot of the networking that I do now. Being in the fraternity got me out of my box and made it a lot easier for me to talk to people I don’t know,” he says.

In 2012, Beyer and a friend held the first Bow Tie Ball to raise money for Variety-the Children’s Charity of Iowa. Beyer envisions the possibility of spinning off the Bow Tie Charity to become an independent organization.

Last winter was a busy one for Beyer, as he was named to the 2014 Business Record Forty Under 40 and 2013 Amy Jennings Young Professional of the Year. He says the celebrity has been a good thing, opening doors for him to meet with people around town. He says, “The day after the announcement came out for YP of the Year I was meeting with CEOs of local companies because they wanted to get to know me.” In those meetings, Beyer’s liberal arts background made the difference in connecting with others. “I love the liberal arts education because I can talk to just about anybody about anything,” he says. “It prepares you to have those basic conversations with business owners.”

So keep an eye out around Des Moines for the guy in the bow tie. He’s worth getting to know.

BRINGING THE ENERGY

To say Jana Daberkow Rieker '94 is involved in Des Moines would provide only the smallest hint of what she accomplishes. Since 2010, she's held the position of vice president of sales and marketing at Bankers Trust. But she also has her hand in a variety of community organizations, including an initiative to promote STEM (science, technology, engineering and math) across the state.

After graduation from Central, Rieker went on to earn an M.B.A. degree at the University of Iowa Tippie College of Business. She's worked for some of Des Moines' marquee companies, such as The Des Moines Register, Meredith Corp. and now Bankers Trust. In addition, she has served on the boards of various organizations, including Kingdom Cares International, Employee and Family Resources and West Des Moines Girls Softball. In September, she was appointed co-chairperson of Million Women Mentors — Iowa, for STEM. The initiative, headed by Lt. Gov. Kim Reynolds, works to promote the mentoring of young women in STEM fields.

The cause is personal for Rieker, who first started coaching students in STEM through an experience at her own child's school. She helped to coach students in accelerated math for whom English was a second language. The experience led to her current work with Million Women Mentors.

Oh yeah, she also teaches kickboxing at the YMCA, attends the many school and sporting events of her children, ages 10 and 13, and finds time for the occasional quick getaway with her husband. Most days, Rieker's

runs through the veins of many of Des Moines' most prominent citizens, and it's something integral to the fiber of the city. It's a way of life she experienced at Central, where she was a double major in business and English.

"There are opportunities (in Des Moines) for people to get involved and volunteer and give of their time, and that is a great platform for networking from a business perspective," Rieker says. "I've met so many people outside of my career that are willing to give of their time and support others in career growth. That's something that's unique about Des Moines."

During her career, Rieker has seen firsthand the opportunities the Des Moines area provides, especially for recent graduates. She says it's a place where people come together to support each other.

"While working with Meredith Corp., I got to spend time in some of the major markets, Chicago, New York, L.A., and it always felt like you were a village of one in those big cities, and in Des Moines I never felt that," she says.

Rieker wasn't set on Des Moines during her college years, but an internship brought her to the city. She believes internships are a great way to learn about a career and get a foot in the door while in school, but she says students need to actively seek them out. She says that while "it's up to the individual student to take the initiative," she also believes "Central provides students the skill set to be networkable here in Des Moines."

Rieker completed two internships in Des Moines while at Central, one in retail and one

// Central provides students the skill set to be **networkable** here in Des Moines. //

morning begins at 4:30 a.m., and by 5 a.m. she's at the Y in front of a class.

Where does she find the energy?

"I've had people at the YMCA tell me I've literally changed their lives. Whether it's a kickboxing class, or muscle building or core, for people to give that kind of feedback inspires me to want to give more," she says.

Giving back is second nature to Rieker. The Harlan native is another example of a Des Moines-area professional who finds fulfillment in reaching out, in being connected, in doing more. Volunteering

in golf and business. She learned a lot about business through those experiences and through her classes at Central. "A business degree you can get anywhere. How to use the business degree to incorporate it into making good decisions is something that I learned at Central," she says. "I got to be part of clubs; I had leadership roles within a small campus that I don't think I would have gotten everywhere."

Today, Rieker is leading in many areas — business, service, family. By doing so, she fits in well in Des Moines, where she says "giving back is an expectation."

JANA
RIEKER '94

BANKERS TRUST



RYAN FICK '02

THE PRINCIPAL FINANCIAL GROUP

EMPLOYERS VALUE CENTRAL GRADS

Des Moines is a hotbed of Central connections. It's a convenient spot for students to intern, and many find jobs in the community. Alumni work for a variety of organizations, but it makes sense that some of Des Moines' top employers are also the largest employers of Central grads.

According to Pat Joachim Kitzman, Central's director of career and professional development, companies with the most grads employed include The Principal Financial Group, Nationwide Insurance, Wells Fargo, Wellmark Blue Cross/Blue Shield, Advanced Technologies, MidAmerican Energy and Alliance Technologies.

"Employers value the well-rounded education that Central students receive, the internship experience they bring to their jobs, and a strong work ethic that many of our students possess," says Kitzman. "Recruiters continue to return to campus for our networking fairs and to conduct on-campus interviews because they know Central students are prepared and eager to make contributions in the work world."

The Principal frequently recruits on campus and has consistently employed Central grads. Molly Cope Peterson is a campus relations manager with The Principal. She assists the company in networking with and selecting students for careers.

What keeps The Principal returning to Central's campus? "With over 130 Central College alums working at The Principal, it's clear we value the education they receive," Cope Peterson says. "Central's faculty and staff care about the students, and their investment in the students pays off for employers. We find Central College students to be a great match for our corporate culture."

EDUCATION YIELDS SUCCESS

While at Central, Ryan Fick '02 learned he is a finance guy. He likes digging into the data and crunching the numbers to find out what makes companies tick. As a freshman, the business management major wasn't sure what his career path should look like or what types of jobs would best suit him. But classes at Central sharpened the focus on what had been an indistinct image.

"At Central the classes that piqued my interest the most centered on finance and investing, and then through an internship I was able to learn more about what that looked like on a day-to-day basis," he says. Fick "just fell in love" with the professional opportunities he saw in the finance field.

Today, he is putting his talents to use with The Principal Financial Group in Des Moines, making decisions that impact millions of dollars. After college, Fick went to work for Aviva Investors as an analyst, and he also obtained an M.B.A. degree. He joined Principal Global Investors in 2012 as a senior high yield analyst. Fick works with the fixed-income arm of The Principal as an analyst with high yield bonds. "I research companies and work with the fund managers to allocate capital for the \$8 billion that we manage for various clients," he says. "I'll look at the financials of companies, meet with the management teams to learn more about their businesses, what their strategy is and how they want to run their business, and determine whether or not it's a good investment for our clients."

It can be a fast-paced environment, but Fick finds it fascinating. He especially values the opportunity to work with colleagues around the world. "I love working for a global organization. I have members of my team that are in New York, in Europe, so we have truly a global footprint," he says.

That's one of the things Fick loves about Des Moines — he's able to truly live as a global citizen and work for a high-powered company, while at the same time focusing on his family and volunteer work. Like so many of Des Moines' best and brightest, Fick is heavily involved with community organizations.

Fick believes this attitude has to do with "the roots that many of us were raised with for taking ownership of the lives of those around us and ensuring the community is the place we want it to be for our kids when they grow up."

He works with the United Way of Central Iowa, including the organization's Education Leadership Initiative, which focuses on serving middle school youth by impressing

on them the importance of education and making good life choices. Fick also spends time with another organization, Backyard Boyz, that targets middle school-age students. Backyard Boyz provides after-school programming and other events, again with a focus on education. Fick says volunteers partner with the boys through middle school, which can be an "impressionable time."

He calls it a blessing to be able to see boys he worked with in middle school now starting college, many as first-generation students. "It's powerful for me to see the cycle of poverty give way to the opportunities that an education provides," he says.

For his own education, Fick fell in love with Central while visiting from his hometown of Rock Rapids. "It felt like home from the time I set foot on campus," he says. He decided to major in business management with an emphasis in finance and a minor in accounting, and he credits Central professors with pushing him to excel.

"Central had professors that challenged me in the classroom and pointed me on the path to making a difference in the community, ensuring I wasn't just going through the motions in my career but that I was pushing myself to the highest levels possible," Fick says.

Even though his career is flourishing, Fick maintains a work-life balance, which is an

"It's powerful for me to see the cycle of poverty give way to the opportunities that an education provides."

aspect of Des Moines many professionals cherish. In addition to working and volunteering, he spends plenty of family time with his wife (Central grad Amber [Van Wyk] '02) and son. Overall, he counts himself blessed to combine a job he loves with a city that has a great way of life.

Fick says, "I think Des Moines just provides a great quality of living, and I think that's defined by the people and by the state itself. You have people who appreciate the value of community."

BANKING ON DES MOINES

Kim Huitink Butler '86 never meant to make banking her career. Nor did she plan on attending Central College. But sometimes things fall into place in ways that we can't imagine.

While in high school at West Sioux Community Schools in northwest Iowa, Butler planned to attend the University of Iowa. She scheduled a visit day to Iowa City, and her church's minister suggested she stop off for a visit to Central. His comment was serendipitous: "I had a great tour, fell in love with Central and ended up there," Butler says.

Today, Butler is managing director at The PrivateBank, where she focuses on commercial banking. She has worked in this space her entire career, starting with an internship after her junior year at Central. At the time, the business management major was a new mother and a full-time student, so the prospect of a paying internship held promise, though banking was "not on my radar" she says.

"It sounded like a good way to get some experience and generate a little income for my family, so I applied for this internship in banking and 30 years later, here I am," she says.

The internship was with Hawkeye Bancorporation in Des Moines, and the company offered Butler a job after graduation. She felt fortunate. After all, it was the '80s, the Farm Crisis was in full swing, and jobs weren't easy to come by. The position came with another perk: Butler was happy she wouldn't have to sell anything.

Today, she finds the memory of her fear of sales amusing. "I didn't have that frame of reference about banking," she says. Her job focuses on selling The PrivateBank's services, though she says it's very different from how most people think of sales.

"You become a trusted adviser for your clients, so it's more consultative selling," she says. "It's not bringing out the widget of the week."

Looking at Butler's resume, it seems she's worked for a variety of different banks in Des Moines, but in fact, due to banking mergers and acquisitions, it's really only been a few. Her first employer, Hawkeye Bank, was acquired by Mercantile Bank, which was acquired by Firststar Bank. Butler then went to work for U.S. Bank and started the company's commercial banking platform in Iowa. One year later, Firststar acquired U.S.

Bank, and she left to work for La Salle Bank. But the consolidation wasn't over, and seven years later La Salle was sold to Bank of America.

The PrivateBank, which was looking to start a commercial banking platform, hired Butler and her commercial banking team. Today Butler's work involves business development and acquiring new clients. She says the commercial banking industry typically doesn't have a lot of women in senior roles, but mentors in her life have helped provide the inspiration to succeed in the field.

She counts Jann Freed '77, professor emerita at Central, among her most important mentors. "I was a bit of a non-traditional student, having been a mom for at least two years of my college experience. Jann Freed in particular mentored me and guided me along to make sure I had the resources I needed," Butler says.

Today, Butler is passing along that help, working with kids through Boys and Girls Clubs of Central Iowa. She's been on the organization's board for 11 years and likes that it serves children "right in our own backyard."

"To the extent that it can lift any one of those children up and show them the opportunities that exist, we're all better for it. It raises all of us up," she says.

Growing up in rural Iowa, Butler's parents were very involved in the community, an example she still holds onto. She says, "I think it makes our community a better place to work and to live if everybody rolls up their sleeves and pitches in. It makes it a richer place for all of us."

Des Moines has afforded lots of opportunities to get involved, says Butler, especially in leadership roles. She has served on a number of boards, including Variety - the Children's Charity of Iowa, American Cancer Society, Youth Emergency Services and Shelter and the Greater Des Moines Leadership Institute. She was honored as one of the Des Moines Business Record's 2011 Women of Influence.

While living and working in the Des Moines area may not have been an intentional career path at first for Butler, she loves her job and her city. "I enjoy my clients and advocating for them to help them meet their financial objectives," she says. "Des Moines is a great place to live, raise a family and have a career."



KIM
BUTLER '86

THE PRIVATEBANK

"I think it makes our **community** a better place to work and to live if everybody rolls up their sleeves and pitches in. It makes it a richer place for all of us."

setting a RECORD

by Jenni Hodges

MORE CHEMISTRY MAJORS ARE DOING ORIGINAL RESEARCH THAN EVER BEFORE.

On late Friday afternoons, when empty classrooms and an even-quieter-than-usual library signal the start of a weekend, 22 Central students are setting a record. That's when labs are crowded with the largest-ever number of chemistry researchers, says professor of chemistry Cathy Haustein.

No student is required to do original research at Central. However, a growing number are taking advantage of opportunities to collaborate with their professors. "For professors, it keeps us mentally stimulated and involved in our fields," Haustein says. "For students, it shows them what it's really like to be a scientist. It's a hands-on part of education that every student needs."

Besides research experience for their resume, Haustein says students also encounter mystery, setbacks and excitement in the lab. "They can share their joys and frustrations," Haustein says. "They learn to understand it's all part of the process."

This is true for Karlee Rock '15, a biology major working with visiting assistant professor of chemistry James Dunne. "I've done countless new reactions trying to find something that will be useful,"

Rock says. "We haven't found the structure we want yet — there's always some impurity."

Rock still enjoys the challenge and opportunity to team up with faculty. "It's really cool to get that interaction with a professor," she says. "He's not watching over your shoulder making sure you're doing it right — you bounce ideas off each other."

More people in the lab also means more fun, Haustein says, especially when faculty and students are waiting on chemical reactions. "We play music and we dance around," says Ellie Miller '15. "The lab is a lot of fun."

Meanwhile, ongoing research provides an opportunity for Central professors to invest in students and explore topics they're curious about. "We do it because we like it, and it's just so good for our students," Haustein says. "It's fun to teach chemistry, but this is really doing. It makes you feel really alive as a department."

Plus, working in the lab helps students solidify classroom knowledge. "I've gained so many new lab skills that will be useful in my future," Rock says. "Everything you learn in class clicks."

"It's the hands-on part of education that every student needs."

CATHY HAUSTEIN, professor of chemistry



Chemistry students conduct original research. Front row: Carlin Michalek, Marissa Brandt, Nathaniel Holte, Shara Sosa, Ellie Miller. **Second row:** Andrew Johnson, Ben Palmer, Steven Kibby, Ashley Cruikshank, Alex Mandi, Hailey Benson, Taylor Sanders, Karlee Rock. **Back row:** Chase Kooyman, Zach Miller, Chris Askren, Austin Boldt, Brett Rozeboom, Joe Morrett, Sam Palmer, Aleksandar Glavas, Kevin Jack.



« THE EXPLORER

ASHLEY CRUIKSHANK '15 (known across campus as "Skittles") started doing research as an Upward Bound student and high school junior. Now she has done research for every chemistry professor Central professors specialize in," Cruikshank says, "and it also helped me find which branch of chemistry I like the most."

After graduating from Central, Cruikshank plans to get a Ph.D. degree in chemistry — specializing in organometallics, like visiting assistant professor of chemistry James Dunne — or chemical engineering. Either way, Cruikshank wants to keep doing research.

Get to know some chemistry majors who love the lab...

THE ATHLETE »

KARLEE ROCK '15 says independent research is the icing on her cake. Rock, a biology major from Wheatland, Iowa, will graduate with three semesters and one summer of research experience, plus her achievements as a varsity softball letter winner and semester in London. "When you're from a small school, it's cool to be able to say everything you've accomplished," Rock says. "You can do it all."





« THE PALMER BROS

SAM and BEN PALMER, both from Pella, work on research with assistant professor of chemistry Jay Wackerly. Ben '15 and Sam '17 are biology and biochemistry double-majors and hope to attend medical school after graduating from Central.

Both Palmers conduct original research related to macrocycles. "What we are studying has never been studied before," Ben says. He recently presented original work at the American Chemical Society National Meeting and Exposition in San Francisco.

Although the brothers work independently, they enjoy sharing much of their experience. "We also actually live together this year at Central," says Ben. "We shared a room up until about fifth grade and missed each other, so we thought we would go back to bunk beds at college."



THE LAB ≡ DWELLER

ELLIE MILLER '15 says research experience confirmed her goal to work in a lab after graduation. "My time in the lab is when I'm happiest," Miller says, "so I know I'm doing what I want to do."

Miller, a chemistry major from Glenwood, Iowa, has been helping visiting assistant professor of chemistry James Dunne develop metal catalysts for converting alcohols to produce hydrogen gas — an important component of bio-renewable fuel.

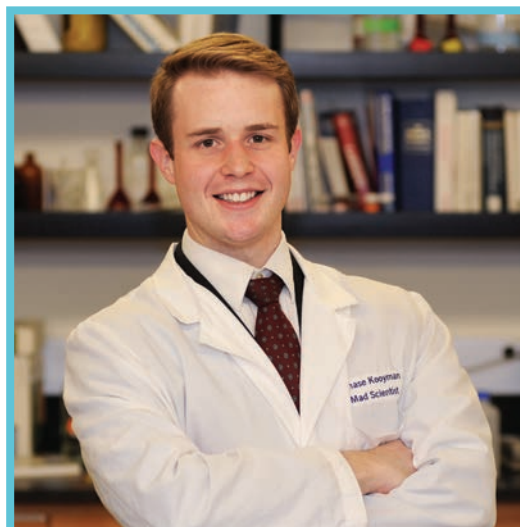
Miller says she loves seeing what happens in the lab, even when her strategy doesn't work. "To me, it's always been fascinating," she says.



THE PROBLEM SOLVER ≡

MARISSA BRANDT '16 says independent research lets her take ownership of a project. Brandt, a chemistry major from Center Point, Iowa, works with visiting assistant professor of chemistry James Dunne to use chromium lignins to create useful chemicals.

Brandt says she loves to work independently, then talk with Dunne to reimagine strategies that failed. "It hasn't been 100 percent figured out yet — we're not just validating someone else's research," Brandt says. "Often times, we're just flying by the seat of our pants."



THE DONUT ≡ GUY

CHASE KOOYMAN '14 has been helping Jay Wackerly, assistant professor of chemistry, create new macrocycles called oxacalixarenes, which look like molecular donuts.

Kooyman, a biochemistry and biology major from Pella, says this experience is vital to his career goal — becoming a clinical pharmacist at a research hospital. "You can't advance without research," Kooyman says. "It's one of the top criteria for grad school."

Through doing research together, Kooyman says he enjoys getting to know Wackerly better. "He comes off very professional at first," Kooyman says, "but he's a really funny and entertaining guy."



FITNESS AFTER

by Jenni Hodges



CENTRAL COLLEGE ISN'T LIKE THE REST OF THE WORLD. With 50 percent of students involved in sports, campus is packed with athletes training for speed, strength and endurance.

This environment presents a challenge for exercise science students. After they graduate from Central, many work with people across a far broader range of physical ability — especially many older adults, the fastest-growing age group in the nation.

IN THE CLASSROOM

That's why exercise science majors complete the Fitness after Fifty class. Taught by Katelin Gannon, this course gives students the knowledge they need to develop safe and effective exercise programs for older adults. Also, after eight weeks' instruction, students gain hands-on experience to be qualified and comfortable leading these programs.

Gannon, a lecturer of exercise science and assistant women's soccer coach, partners with Vriendschap Village and Hearthstone retirement communities, Marion County Senior Nutrition Center and Mahaska County YMCA to expand students' experiences. At each site, students take advantage of different opportunities — from water aerobics to fall prevention exercises — to meet community needs and apply what they learn in class.

"It's easier to get experience with young, able, athletic people," Gannon says. "This opens students' eyes to the opportunities and challenges of a population that is new and different to them."

IN THE COMMUNITY

The best part of Fitness after Fifty, Gannon says, is that it helps exercise science students pursue career goals while helping the community.

Vriendschap Village in Pella was the first partner for Gannon's class. There, students practice by helping residents exercise to avoid falls. After six Central students served at Vriendschap Village this year, community life director Sarah Crisp says she wants them all back for another round.

"They all did an amazing job," Crisp says. "The residents have all mentioned that they felt really blessed by them." Crisp says the Central students were eager to help and showed great respect for all residents — especially the memory care patients they helped.

In Knoxville, another group of students served at the Marion County Senior Nutrition Center this year. LJ Lipscomb '15, an exercise science major from Johnston, Iowa, says he was amazed how interested the participants were. "They wanted to learn to breathe better during exercises," Lipscomb says. "I love working with people who are interested."



THIS OPENS STUDENTS' EYES TO THE **OPPORTUNITIES** AND **CHALLENGES** OF A POPULATION THAT IS NEW AND DIFFERENT TO THEM."

KATELIN GANNON

Lipscomb says his class members had many reasons for exercising. Some wanted to feel better every day, while others wanted strength to help care for grandchildren. A few members surprised Lipscomb by how fit they were. “They could do the balance exercises better than we could,” he says.

IN THE WATER

In Oskaloosa, students joined older YMCA members in the pool for water aerobics. After learning the workouts, Central students took over the class as instructors.

Caitlynn Bruscher '16, an exercise science major from Des Moines, says she was amazed on her first service day. “This is a lot more intense than I thought it would be!” she says.

Bruscher was further surprised by teasing, splashing, nicknames and conversation that made her experience with the older adults so much fun. “They loved picking on us,” she says.

Ryan Harkema, the sports, fitness and aquatics director, says he loves having Central students at the YMCA, where a high percentage of members are over 50. Harkema says he also recruits Central students for internships because he knows relevant service experiences will help them succeed. “I was once a student myself,” Harkema says. “I know it’s really important to get good experience.”

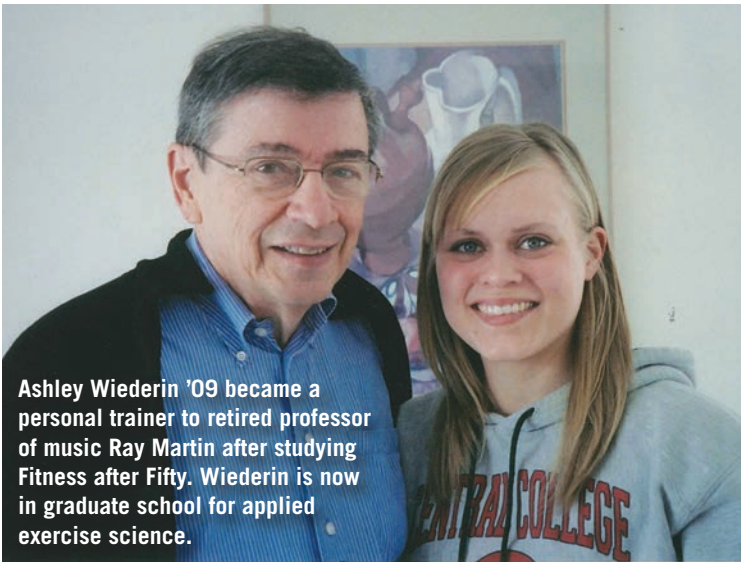
IN THE REAL WORLD

Every student in Fitness after Fifty gains new skills, Gannon says — and some also find a career path.

After serving at Vriendschap Village, Ashley Wiederin '09 became a personal trainer to retired professor of music Ray Martin, who has Alzheimer's. Robin Martin, Ray's wife and retired Geisler Library director, says Wiederin embraced Martin and the opportunity to work with him.

“Ray always enjoyed shooting baskets,” Robin says. “His goal was to shoot 10 baskets in a row. It probably took most of a year — Ashley was so wonderful.”

Wiederin also gave one-on-one training to director of community based learning Cheri Doane before and after Doane had both knees replaced.



Ashley Wiederin '09 became a personal trainer to retired professor of music Ray Martin after studying Fitness after Fifty. Wiederin is now in graduate school for applied exercise science.

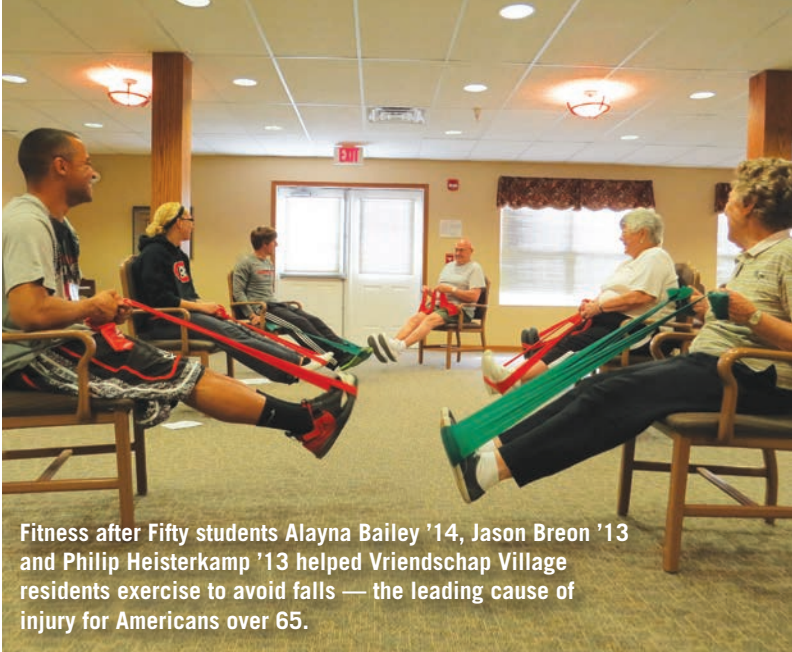
“She helped get me through it,” Doane says, “to the point that six months later, I rode a bicycle river to river.”

Before graduating from Central, Wiederin also completed an internship in a Kansas City corporate wellness center, where she taught fitness classes. Wiederin has since become a certified corrective exercise specialist and worked for Omaha WellBound Boomer & Senior Fitness and MediFit Corporate Services. This year, Wiederin will complete a master's degree in applied exercise science from Concordia University Chicago.

Wiederin says she grew tremendously from her service experiences because they related directly to her major. “The hands-on experience helped solidify what we learned in class,” Wiederin says. “I can explain anything in exercise science jargon, but I need to break it down for other people to understand. And if you can't explain it, you don't know it well.”

Next, Wiederin would like to complete a Ph.D. in kinesiology so she can teach exercise science and give other students opportunities like she had. “Having professors who cared what I learned is what got me where I am,” Wiederin says. “I got a lot out of what I learned at Central because I used it.”

Alayna Bailey '14, another exercise science graduate, also served at Vriendschap Village while studying Fitness after Fifty. Bailey was eager to fill this role. “Working with older adults has always been one of my biggest passions,” Bailey says, “so it was really great to jump-start that process and start working with them.”



Fitness after Fifty students Alayna Bailey '14, Jason Breon '13 and Philip Heisterkamp '13 helped Vriendschap Village residents exercise to avoid falls — the leading cause of injury for Americans over 65.

Even if students don't share Bailey's interest, she believes the experience is vital. Since graduation, Bailey has worked with older adults every day, sometimes instructing 30 at once. “The class directly applies to what I'm doing now,” Bailey says.

Bailey has worked as fitness specialist and community health advocate at Mercy Medical Center in Des Moines. She is now wellness coordinator for Park Centre, a retirement community in Newton, Iowa.

“It's always refreshing to go into a group of older adults,” Bailey says. “You never expect them to be so fun and lighthearted, but it is fun and exciting. They have a lot to offer the younger generation.”

IN THE REAL FUTURE

Next school year, new partnerships will help exercise science students grow professionally and serve their community. Gannon plans to expand her Adapted P.E. course to include service learning. This class teaches graduates to personalize training for each student in a P.E. class — a skill they will practice with new community partners.

Pam Richards, associate professor of exercise science, says these opportunities are important ways to show that any person — at any age — can use exercise for better health. “Age is not the source of disease — it's inactivity,” Richards says. “As exercise scientists, we believe exercise is the answer to the public health crisis.”

AMERICA'S FASTEST- GROWING AGE GROUP



Between **2000** and **2030**, the older adult population is expected to double, growing from **35 million** to **72 million**.



The baby boomer generation, which began reaching retirement age in **2008**, makes up **42%** of the U.S. adult population.



84% of baby boomers are already over age **50**.



52% report a sedentary lifestyle with no physical activity.



13% say they are in excellent health.



4 in 10 adults over **65** report difficulty completing a basic activity of daily living — like dressing, eating, walking and getting up from chairs.



Exercise leads to a **30-60%** drop in illness and disease, death and loss of independence.



Falls are the leading cause of injury for Americans over **65**.



Every **14 seconds**, an older adult is seen in an emergency department for a fall-related injury.



The Center for Disease Control and Prevention recommends **150 minutes** of moderate-intensity aerobic activity (like brisk walking) and muscle-strengthening activities at least two days per week.

Sources: Administration on Aging • Canadian Centre for Activity and Aging Center for Disease Control and Prevention • Federal Interagency Forum on Aging-Related Statistics • JAMA Internal Medicine • National Council on Aging

ALUMNI NEWSNOTES

THE '50S

Leonard Kalkwarf '50 participated in the Northern Virginia Senior Olympics. He competed in the horseshoe, bowling and other track and field events and won 11 gold and three silver medals. Leonard and wife Beverly live in Springfield, Va. Together they have visited all of the presidential libraries and several historic presidential sites. An avid history buff, Leonard gives lectures before the History Group each year and is currently writing a book on the presidential libraries. A member of the volunteer communications staff at The White House, Leonard answers emails sent to President Obama. Leonard served in the parish ministry for 50 years, was president of the General Synod of the RCA and continues to conduct worship services regularly.

THE '60S

Leslie Diehl '65 of Morris, N.Y., is a prolific author of murder mysteries. Out this year, the second book in the Eve Appel mystery series, *Dead in the Water*, and also in the Laura Murphy series, *Murder is Academic*. Check her blog each Sunday for information on cozy mysteries and mystery writers.

Frank Martin '69 retired Aug. 29.

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.



He served 20 years as a civil servant at Johnson Space Center in Houston, Texas, and at NASA Headquarters in Washington D.C. Frank and wife **Millie Perry Martin '72** relocated to Plano, Texas, to be near their family. Millie also retired Aug. 29. She was a research assistant in the Astrochemistry Lab at NASA Goddard Space Flight Center in Greenbelt, Md.

THE '70S

For information about **Millie Perry Martin '72**, see the '60s.

Gretchen Damsteegt Kirchner '70 retired from Keokuk Community Schools after 40 years. She continues to tutor two days a week at Midwest Academy in Keokuk. Gretchen and husband Gary live in Kahoka, Mo. In July they traveled to Minneapolis to reunite with a group of alumni who studied in the Yucatan during the fall of 1968.

Karmen Kale Reid '73 retired from Mayo Clinic in Rochester, Minn., as director of human resources and compensation. Karmen and husband George sold their household belongings and hit the road in an Airstream trailer. They are traveling the U.S. and Canada. You can follow their adventures on their journal blog, <http://reidsontheroad.blogspot.com>.

Peggy Barnes Smith '74 of Temecula,

Calif., retired from her career in teaching.

Debbie Baker Arett '77 of McDonough, Ga., is the regional travel manager with Avis Rent-A-Car. She serves on the board of Skal USA, an international hospitality and tourism management association, along with fellow alum **Tony Cosenza '76** of Chicago, Ill.

Nancy Beardslee '77 and Irving Verosloff of New Brunswick, N.J., were married Aug. 2. Nancy is the associate pastor at Second Reformed Church.

David Schellenberg '78 is president and CEO of LinguiSearch, Inc. in Philadelphia, Pa. David was appointed to the board of trustees of the Pennsylvania Ballet.

Lisa Juliano Contini '79 was fortunate to spend nine adventuresome months in Seoul, South Korea, teaching Spanish to the offspring of the military. Lisa discovered the country is an amazing mix of old and new and there is a great deal to be learned from the kind and strong Koreans. Lisa returned to the U.S. in time for the birth of her first grandchild.

THE '80S

Jaimie Brown Hicks '81 and husband Michael live in Elgin, Texas, where they are constructing a strawbale house. She has started a blog about their adventures. Jaimie teaches Spanish I and II at Elgin

Independent School District.

Kimberley Rus '84 is a real estate agent with Weichert Realty in Bridgewater, N.J., where she lives with her two sons.

Katherine Alepra Ziskovsky '87 is an engineering project specialist at Rockwell Collins in Cedar Rapids, where husband **Alan '88** is employed by General Mills. They live in Swisher and are the parents of two children.

Linda Schumacher '89 teaches Spanish and French at William Rainey Harper College in Palatine, Ill. Linda and husband Brian Medalis live in Dundee.

THE '90S

Jeanie Backes Lovell '91 was named Outstanding Professional Fundraiser on Nov. 14 at the Upper Mississippi Valley Chapter of the Association of Fundraising Professionals Awards Luncheon. During her 22-year career in the development office of Luther College, Jeanie has written or edited more than 500 grant proposals helping generate more than \$23 million for the college. Jeanie and husband **Paul Lovell '90**, Co-owner of Cresco Bicycles, live in Cresco.

John Schrock '91 was ordained Mennonite Church pastor and serves as a chaplain with Harbor Light Hospice in Mishawaka, Ind. John and wife Melissa live in Goshen with their two daughters.

Kim Hartz '94 of Fort Worth, Texas, is a client relations manager at Interstate Restoration.

Cory Springhorn '94 has been elected to a four-year term on the city council in Shoreview, Minn., where he lives with wife Cathy and their three children. Cory is a human resource manager at Cooperating Community Programs in Minneapolis.

Jennifer Foscett Disessa '97 is a college and career center assistant at Lyons Township High School in La Grange, Ill. Jennifer and husband Tom live in La Grange Park with their three children.

Kelly Van Den Berg '97 of Albuquerque, N.M., is a landscape designer at Sites Southwest.

THE '00S

For information about **Sheila Beiermann Tweeton '06**, **Mike Tweeton '07** and **Clint Brown '03**, see the '10s.

Ty Dengler '00 teaches biology and anatomy at Smokey Mountain High School

in Sylva, N.C., where he lives with wife Kaye and their two children.

Jason Masters '04 is the regional wholesaler at Voya Financial in Des Moines. Jason and wife Ann Swenson live in Urbandale with their son.

Aaron Eggers '05 is a global strategic partnerships manager at PitchBook in Seattle, Wash.

Kirstan Linder '06 of West Des Moines teaches preschool at United Community School District in Boone.

Justin Tiarks '06 is the assistant principal at St. Paul City School in St. Paul, Minn., where he lives with wife Brigitte and their son.

Brett Meyer '07 of Davenport, Fla., is a certified instructor and master club fitter at The Leadbetter Golf Academy in ChampionsGate.

Stephanie Turner Finnegan '07 of Des Moines is a strategic accounts buyer at ITA Group in West Des Moines.

Jennifer Brammer '08 and Michael Lindsay of West Des Moines were married Nov. 3, 2012. Jennifer is a team lead at Orchard Place – Integrated Health Program in Des Moines.

Trevor Jones '08 is a contracts associate at DuPont Pioneer. Trevor and wife **Samantha Winebrenner-Jones '08** live in West Des Moines with their two daughters. Samantha is a licensed realtor with Coldwell-Banker Realtors.

Maria Hickie Rohach '08 is the global learning program coordinator at Drake University. Maria and husband **Matt Rohach '06** live in Urbandale, where Matt is a computer programmer at SourceHOV.

Jennifer Wooten Jensen '09 is an associate

scientist at Eurofins Scientific, Inc. in Des Moines. Jennifer and husband **Shawn Jensen '08** live in Des Moines with their daughter. Shawn is a technology and exhibits manager at the Science Center of Iowa.

Allison Moeller '11 and Taylor McKibbin of Houston, Texas, were married July 5. Allison is a paralegal at Morgan Lewis.

Justin Von Ahsen '11 teaches at Southwest Valley Community School District located in Corning and Villisca. Justin and wife **Chrystal Belz Von Ahsen '12** live in Creston. Chrystal teaches music kindergarten through 12th grade at Orient-Macksburg High School in Orient.

Kelsey Westenberg '11 of Chicago, Ill., is a web content specialist at CompPsych while working toward a master's degree in library and information science at the University of Illinois.

Kathryn Bruxvoort '12 of Bondurant is a quality assurance analyst at Nationwide Insurance.

Alyssa Cobie-Nuss '12 is a paraeducator at Cedar Falls Community School District. Alyssa and husband Tracy live in West Union.

Kimberly Van Zee '12 of Pella is a loan assistant at Leighton State Bank in Leighton.

Maggie Snyder Wood '12 teaches Spanish and physical education for grades kindergarten through sixth in Alexandria, Minn. Maggie and her husband of one year live on a hobby farm outside of Alexandria.

Tyler Wentworth '12 of Des Moines is senior social media specialist at The Integer Group.



Eddy Fuentes '95 of Trussville, Fla., along with **Kim Hartz '94**, on his left and **Bridget Roll Penick '95** and **Ann Koster Schaffer '95** on his right, came together for a mini reunion on Pensacola Beach. They plan to celebrate their 20th reunion in Pella at Homecoming 2015.

HOW TO MAKE YOUR GIFT LAST FOREVER!

WOULD YOU LIKE TO MAKE YOUR YEARLY GIFT TO CENTRAL LAST FOREVER?

By endowing your yearly Journey Scholarship Fund gift you can continue to support Central forever, benefiting generations of students to come. Here's how it works. An outright current gift or simple estate gift from your will, charitable trust, retirement plan or life insurance policy is invested in the college's permanent endowment, and a percentage of the endowment earnings (usually around 5 percent) is added to the Journey Scholarship Fund each year—now and always.

YOUR CURRENT YEARLY GIVING	GIFT NEEDED TO ENDOW YOUR YEARLY SUPPORT FOREVER	YOUR FOREVER ADDITION TO THE JOURNEY SCHOLARSHIP
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BEIERMANN AND GOODENOW WED

Teresa Beiermann '11 and Brent Goodenow '12 of Ankeny, were married July 12. Teresa is an administrative assistant III at Principal Financial Group in Des Moines and Brent is a financial analyst at Renewable Energy Group. Pictured first row (left to right): Cassie Gerster '11, Juliana Dreyer '11, Meghan Cain '13, Teresa Beiermann Goodenow '11, Brent Goodenow '12, Travis Havens '12, Jeremy Jaacks '13, Drew Osier '13 and Justin Livingston '14. Second row: Amy Meyer '11, Jessica Williams '11, Melissa DeRuiter '11, Kaylee McElree '11, Justine Celoni '11, Tosha Kirchner '11, Natalie Hobt Vegter '11, Emily Teas Harvey '11 and Amanda Meacham '13. Third row: Sheila Beiermann Tweeton '06, Mike Tweeton '07, Clint Brown '03, Max Miller '11, Ben Bohlender '11, Jacob Peterson '11, Alex Huyser '11, Matt Vegter '12, Brent Messmore '12, Jason Harvey '11, Bo McBee '12 and Will Pawlowski '11.

CLASS OF 2014 WHERE ARE THEY NOW?

- Jace Ahrendsen teaches sixth-grade language and is a math interventionist in the Prairie City-Monroe Community School District in Prairie City.
- Sara Anderson is an AmeriCorps volunteer, working as a crew member with Conservation Corp. in Ames.
- Adam Ariola is working toward a degree in mechanical engineering at Bradley University in Peoria, Ill.
- Samuel Armstrong is studying chiropractic medicine at Palmer College in Davenport.
- Renee Art teaches sixth- and seventh-grade math at Hogan Preparatory Academy in Kansas City, Mo.
- Alayna Bailey is a fitness specialist at Mercy Hospital in Des Moines.
- Daphne Baumgartner is a rafting guide with Whitewater Connection Rafting Company in Coloma, Calif.
- Morgan Baustian of Brooklyn is a recruiter at QPS Employment Group in Grinnell.
- Hilary Beaird of Burlington is an athletic trainer at Great River Health Systems.
- Samuel Beernink teaches third-grade reading and fourth-grade math in the Estherville-Lincoln Central Community School District in Estherville.
- Elizabeth Benson of Urbandale is an

- accountant at Community Foundation of Greater Des Moines.
- Blair Berhow-Goll teaches English in Chiang Mai, Thailand.
- Jesse Beringer is a treatment counselor at



OVERTON AND BOUSKA WED

Megan Overton '13 and David Bouska '13 of Oskaloosa were married June 28. Megan is working online toward a master's degree from the Chicago School of Professional Psychology and David teaches Spanish at Keota High School in Keota. Pictured front row (left to right): Cara Soukup '13, Rachel Purdy '13, Daniel Lohman '13, Deanna Chaplin '12, Molly Nobiling, Emily Arrendell '16, Anna Higgins '13, Megan Overton Bouska '13, David Bouska '13, Caitlyn Meyer '13, Ben Simpson '13, Elizabeth Sanders '12, Candice Klyn, Ashley Albaugh '12, Amina Lovan '13, Dani Aldridge '13 and Whitney Halder '12. Second row: Anthony Wolf '15, Zac Eash '13, Derek Beckman '13, Logan Danko '13, Collin Tjepkes '13, Collin Robinson '13, Garrett Veldman '13, Corey McPherson '13, Mitch Foster '13, Brian Johnson '13, Garrett Simpson '13, Aric Klyn '13, Michael Lamos '12, Kahala Baguio '13 and Taylor Bryant '12.

- Tanager Place in Cedar Rapids.
- Elizabeth Blanchard is employed by Genesis Development in Adel.
- Nolan Blythe is working toward a doctoral degree in chemistry at the University of Wisconsin – Madison.
- Ricky Boyle is a technical services engineer at Epic Systems Corp. in Madison, Wis.
- Mariah Brammer is a work project coordinator with Youthworks in Minneapolis, Minn.
- Susan Buckley of Cedar Rapids teaches math at West Liberty High School in West Liberty.
- Ashley Buehler is a rehabilitation therapy technician with UnityPoint Health at St. Luke's Hospital in Cedar Rapids.
- Andrea Cameron of Urbandale is a personal trainer and group exercise instructor at Aspen Athletic Clubs in Urbandale.
- Alexandra Cessna is working toward a medical degree as a physician's assistant at St. Ambrose University in Davenport.
- Kaitlyn Connealy teaches special education for the Audubon Community School District in Audubon.
- Rachel Connelly is a student at the Carver College of Medicine at University of Iowa.
- Kimberly Corson is a fellowship naturalist at Eagle Bluff Environmental Learning

Center in Lanesboro, Minn.

Cydney Corwin is an AmeriCorps worker at NCCC Nonprofits and Community Service in Denver, Colo.

Ryan Davis is a manager trainee at Enterprise Holdings Foundation in Houston, Texas.

Hannah Davy is a pharmacy technician at Aeorotek in Edina, Minn.

Amanda Deerr teaches kindergarten through eighth-grade art in the Prairie City Monroe Community School District in Prairie City.

Vincent Derr is working toward a master of divinity degree from Western Theological Seminary in Holland, Mich.

Anne Dillon is the marketing manager at Pearson Education in Iowa City.

Madison Drees is working toward a physical, occupational and speech therapy degree from Bay Path University in Longmeadow, Mass.

Kelci Eakins is working toward an advanced degree in education from Buena Vista University in Ottumwa.

Elizabeth Elmitt teaches second grade at Lincoln Elementary in Pella.

Joe Flaherty is a sports information assistant in the Central Communications office at Central College.

Will Folkerts and **Sara Rankin Folkerts '13** of Chariton were married Aug. 2. Will teaches sixth-grade science at Chariton Middle School.

Madison Frehe teaches second grade at Leavenworth Unified School District in Leavenworth, Kan.

Kyle Freischlag is a student at Duke University School of Medicine in Durham, N.C.

Allen Fuller is working toward a degree in health sciences from Fort Hays State University in Hays, Kan.

Morgan Gray is working toward a juris doctorate from Creighton University School of Law in Omaha.

Chelsea Greiner is a personal trainer at Aspen Athletic Clubs in Des Moines.

Steven Grotzinger is an actuarial student at EquiTrust Life Insurance Company in West Des Moines.

Bailey Hackathorn is working toward a social sciences degree in social work and counseling from Buena Vista University in Storm Lake.

Griffin Hammel is a student at the University of Houston School of Theater in Houston, Texas.

Rebecca Hartman of Fayette, Mo., is a residence hall director at Central Methodist University.

Briana Haycraft teaches first grade for Pella Community Schools.

Keylene Johnson Henningsen is a technology/at risk teacher at BCIG Elementary School in Ida Grove.

Amanda Higgins is an assistant coach at West Hancock High School in Britt, while attending Iowa Central Community College in Fort Dodge, where she is studying to become a radiology technician.

Kayley Hirschman and **Christoffer Lobberecht** were married June 7. Christopher is working toward a degree in sports management at the University of Central Missouri in Warrensburg. Kayley is working toward an advanced degree from the University of Northern Iowa.

Shawn Jansen is an accountant at Brownells in Montezuma.

Jill Johnson is working toward a degree in physical, occupational and speech therapy at the University of Nebraska's Medical Center in Omaha.

Reba Jongeling and husband Jeremiah Landon of Parker, S.D., were married June 7.

Jason Karstens is in the doctorate physical therapy program at A.T. Still University in Mesa, Ariz.

Elizabeth Keeney is a stagehand with Peninsula Players in Fish Creek, Wis.

Courtney Kelderman of Pella teaches first and second grade at Sully Christian School.

Shivani Kharbanda is an internal audit co-op at Vermeer Corp. in Pella.

Tayler Kisley teaches seventh- through 12th-grade Spanish in the Lynnville-Sully Community School District.

Paden Kleinhesselink and **Andrea Johnson Kleinhesselink** of Fayette, Mo., were married June 21. Paden is a graduate assistant at Central Methodist University.

Freddy Koke is working toward a degree in industrial design at Iowa State University.

Megan Koolmees is working as a bartender in Dublin, Ireland, through BUNAC – Working Adventures Worldwide.

Jonathan Kotz of Indianola teaches sixth-grade English for Indianola Community Schools.

Julie Landrigan is working toward a degree in health sciences from Ithaca College in Ithaca, N.Y.

Lisa Langenberg of Central City is a media consultant-inside sales at Hibu in Cedar Rapids.

Nicole Lantz of West Des Moines is a pretester and optician at Eye Care of Iowa.

Clayton Larson is working toward a degree in engineering from University of Michigan in Ann Arbor.

Libby Larson teaches gifted and talented students in kindergarten through 12th grade in the West Marshall Community School District in State Center.

Justin Livingston is an assistant men's golf coach at Central College.

Jordon Ludwikowski teaches English in the Murray Community School District in Murray.

Cameron Macdonald is a technical consultant I at Alliance Technologies in Des Moines.

Michael Maller is a loan servicing specialist at Wells Fargo Home Mortgage in Des Moines.

Kathryn Manternach teaches high school math for the Williamsburg Community School District.

Kyle Maynard is a customer service representative at Graybar Electric Company in Des Moines.

Alan McCleary is a temporary worship and ministry team coordinator at Central College.

Samantha McDonald is a fitness and activities specialist at Seeland Park and St. Francis Manor.

Jakob McDowell is a management trainee at Enterprise Rent-A-Car in Seattle, Wash.

Catherine Moeller is an AmeriCorps worker for the Monterey County United Literacy Program at Monterey County United in Salinas, Calif.

Nikole Moeller and Jared Eichelberger of Washington were married June 28. Nikole teaches second grade at St. James Elementary School.

Jacob Mollman is a sales support specialist at ING U.S. Financial Services in Des Moines.

Amber Muntz teaches third grade at Harris Elementary in Phoenix, Ariz.

Paige Myers is a Title 1 kindergarten through fifth grade teacher in the Remsen-Union Community School District in Remsen.

Ali Neevel teaches first grade at Springfield Elementary School in Michigan City, Ind.

Daniel Nelson is attending postgraduate school at the University of Iowa College of Dentistry, where he is working toward a doctor of dental surgery degree.

Tate Offenburger is a campus missionary with InterVarsity Christian Fellowship in Pella.

Christian Oleson teaches science and math at Abundant Life Christian School in Gracias, Honduras.

Keeley Orvis is working toward a Bachelor of Science degree in nursing from Allen College.

Jordan Overland is working toward a degree in physical, occupational and speech therapy from Des Moines University.

Hannah Owens is a special education teacher at Council Bluffs Community



Ask an Alum:

WHAT IS CRYSTALLOGRAPHY?

One of the coolest things about Superman is his X-ray vision, allowing him to see through solid materials. But did you know there's a real-life version of "X-ray vision?" It's called crystallography, and Marvin Hackert '66 is one of the world's leading authorities on the subject.

Crystallography is all about looking inside things to determine their basic structure. "X-ray crystallography enables one to 'see' molecules — nature's building blocks," Hackert says. "It is because X-rays have short wavelengths that are similar in size to the spacing between atoms in molecules that we can see atomic detail."

Hackert explains how it works: "When an ordered array of a pure substance (a salt, drug, virus or protein) is made into a crystal and is then irradiated with X-rays, the atoms in the molecule interact with the X-rays. This interaction gives rise to diffraction and interference of those waves that become the data in the diffraction pattern that can be analyzed by the X-ray crystallographer to recreate the arrangement of atoms within the molecule. Unfortunately, we do not have a lens that works for X-rays, so it takes the skill of a trained crystallographer to determine or 'see' the resulting structures."

Hackert is the William Shive Centennial Professor of Biochemistry at the University of Texas at Austin, as well as associate dean of graduate studies and director of faculty development and fellowship programs. In August he was elected president of the International Union of Crystallography (IUCr), serving during an exciting

time for the organization — the celebration of 2014 as the International Year of Crystallography.

The celebration included a variety of events around the world, including outreach and educational programs. Hackert says, "In the United States we helped organize workshops for K-12 teachers and developed a 'Crystallography World of Wonder' kit to help school children learn about the properties of crystals and symmetry."

Crystallography impacts day-to-day life in many ways, though most people are unaware. One example is pharmaceuticals. "If the crystallographer can see how a lead drug compound binds to its target, that information can guide the changes needed by chemists to synthesize a modified drug that may be a thousand, or million, times more effective," Hackert says. "This in turn will mean that the drug will cost less and there will be fewer unwanted side effects, since far less of the drug is needed to be effective."

Hackert was one of just three chemistry majors the year he graduated from Central, but today it is a popular major. Hackert says the field is full of wonder and discovery.

"To be the first person ever to see one of nature's molecules, and then understand how it functions, in light of knowing its structure, is very rewarding," he says. "And to be part of a large, worldwide community of scientists who share this love of the beauty of nature — and a common interest in understanding the properties and function of all types of materials — is like being part of a team with an international perspective."

representative with Pella Corp. in Los Angeles, Calif.

Gregory Teets is teaching English in Malaysia through the Fulbright English Teaching Assistant program.

Dillon Thornbury is pursuing a juris doctorate at the University of Memphis Law School in Memphis, Tenn.

Katie Tokle teaches kindergarten at Sully Christian School in Sully.

Andie Tolle is working toward a nursing/surgical technician degree at Nebraska Methodist College in Omaha.

Kassie Tolle is working toward a nursing/surgical technician degree at Nebraska Methodist College in Omaha.

Amy Uhl of Des Moines is an international tax analyst at MidAmerican Energy.

Mackenzie Uhlenhopp is the receptionist at Pella Motors.

Blaize Van Rheenen of Pella works in cost analyst and management at Midwest Sanitation/KAL Services Inc.

Ashley Verdinez-Ramirez of Marshalltown teaches English in the Marshalltown Community School District.

Christopher Wedemeyer is a program analyst at Casey's General Stores, Inc. in Ankeny.

Miranda Wehde is an AmeriCorps worker in Boynton Beach, Fla.

Melissa Williams of Oskaloosa is employed by Hy-Vee, Inc.

Samanath Wills is a production scientist 1 at Integrated DNA Technologies in Coralville.

Hanna Wilson teaches seventh- and eighth-grade language arts at West Central Valley Community Schools in Redfield.

Timothy Wilson of Urbandale is a software developer with Alliance Technologies in Des Moines.

Julie Wunder of Muscatine is a certified athletic trainer at Eastern Iowa Physical Therapy in Wilton.

Elisha Wyckoff of Carlisle is a research and development intern at Kemin Industries in Des Moines.

Katie Zellmer is an AmeriCorps worker in the service learning department at Central College.

ADVANCED DEGREES

John Schrock '91, doctor of ministry degree, Western Theological Seminary, May 2014.

Kelly Van Den Berg '97, master's degree, landscape architecture, University of Arizona, May 2013.

Ty Dengler '00, master of education, teaching and learning, Liberty University, Aug. 2014.

Elizabeth "Betsy" Tremmel Gilebbi '00, doctor of philosophy, second language acquisition, University of Wisconsin – Madison, May, 2014.

Brooke Bielema '06, master of library and information science, University of Wisconsin – Milwaukee, May 2013.

Stacey Whittle Hogberg '06, master's degree, English, Southern New Hampshire University.

Colleen Sheriff '09, master's degree, educational administration, Iowa State University, May 2013.

Katherine Mills Kent '10, master's degree, international human rights law, Brunel University, Sept. 2012.

Allison Moeller McKibbin '11, paralegal certificate, Rice University.

Jessica Edler '12, master's degree, athletic training, Indiana State University.

ARRIVALS

Brian and **Ronalea Hays Alleman '91**, adopted son Eli Nowell, Aug. 11

Matt '05 and **Erika Hartung Weih '06**, son Owen Thomas, Aug. 26

James Hekel '06 and **Moksheda Thapa '07**, son Avik Thapa, March 28, 2013

James and **Jennifer Wailes Stanley '07**, daughter Clara Fay, Sept. 10

Micaela and **Jared Greenfield '08**, son Kellen Paul, Jan. 30, 2013

Shawn '08 and **Jennifer Wooten Jensen '09**, daughter Clara Mae, Feb. 7

Brian and **Rachel Jones Kampling '09**, daughter Ingrid Katherine, Sept. 7

Joseph and **Jennifer Schooley Ries '09**, daughter Evelyn Christina, Oct. 21

Auburn and **Colin Van Kooten '09**, son Blaine Nicholas, Aug. 24

Josh '10 and **Abby Siglin Beckman '10**, son Maxon Joseph, Dec. 4, 2013

Jackson and **Amanda Whittle Drost '10**, son Richard Thomas, Sept. 7

Matt '10 and **Katie Williamson Ness '11**, daughter Emalynn Anne, Aug. 22

Paige and **Bradley Soma '10**, daughter Mia Raquelle, Oct. 6

IN MEMORIAM

Carlos Bryan '38 of Aurelia, May 11

Jean Jongejan Redeker '42 of Littleton, Colo., Jan. 24

John W. Ter Louw '42 of Tallahassee, Fla., Nov. 10

Jean Babinsky Varga '42 of Grand Island, N.Y., Oct. 2

Lucille Grootveld Triplett '47 of Roseville, Minn., May 18

Ruth Van Ee Saholt '48 of Whitefish, Mont., Nov. 8

Patricia De Koster Echelberger '49 of Grand Prairie, Texas, Sept. 17

Harold De Bruin '50 of Oskaloosa, March 6

Leroy Prins '50 of Broadview, Ill., April 23

Earl Hietbrink '51 of Little Rock, Ark., Oct. 2

Kenneth Klanderma '51 of Baldwin, Wis., March 6

Joan Vandehaar Norman '52 of New Ulm, Minn., Oct. 1

Gerdine DeGraff Stanton '52 of Tulsa, Okla., April 14

Joyce Flikkema Prins '54 of Broadview, Ill., April 29

James Vincent '55 of Saratoga Springs, N.Y., Oct. 26

Paul Gregson '58 of Olympia, Wash., Oct. 5

Jane Langerak Meier '62 of Prescott, Ariz., Nov. 25

Tom Waechter '64 of Pella, Nov. 24

Garey Brusberg '72 of Beloit, Wis., Oct. 31

Jay Kieft '81 of Lutsen, Minn., Dec. 1

Joann Cook Otten '87 of Peoria, Ill., Oct. 24

John Scaglione '99 of Des Moines, Oct. 16



DERYL D. SMITH

Deryl D. Smith, a former assistant professor of physics at Central, passed away Oct. 14 at the age of 78. Smith worked at Central from 1968 – 1974. During his career, he also worked as a high school physics teacher and retired from Rampart High School in Colorado Springs in 1992.

Smith completed a B.A. and M.A. at Kansas State Teachers College in Emporia and three years of post-graduate work in science education at The University of Iowa. In 1974, Smith and his family moved to Colorado Springs. Smith's wife, Patricia Van Englehoven Smith, is a 1957 Central graduate.

Making the Most of College

Travel, study, athletics and more define a college experience.
by Elizabeth Carman '16

Shannon Coulson '15 is taking advantage of all Central has to offer. A biology and mathematics double major, Coulson's time at Central has been packed with activity. She's studied abroad in Wales, traveled to Belize and Costa Rica for a tropical ecology course and has been an SOS leader, softball player, sports information assistant and dance team member.

"Does it make it more difficult sometimes? Definitely. Are there nights when I don't get very much sleep? Definitely. But I don't regret it at all. It's been totally worth it," says Coulson.

While Coulson didn't expect to be so involved when she first arrived at Central, being a softball player was her plan from the beginning. Going to the Division III national championships was a highlight of her career, and she also made the Academic All-Iowa Conference team twice. However, being on a team with phenomenal coaches and players is what she'll miss most after leaving Central.

"Coach George Wares '76 is unbelievable in his ability to coach our team and his knowledge of the game," says Coulson. "I love being on a team that's so committed to working toward its end goals."

But one sport wasn't enough for Coulson. This year, she tried out for the dance team and made it. Although she has been a dancer since age three,



Shannon Coulson '15 is doing it all.

Coulson decided to give up dance in college to focus on softball and academics. That all changed after a semester abroad in Wales. Not only did she have the time of her life in Wales, but being abroad allowed her to participate in activities she didn't think she had time for at Central. It didn't take much to persuade Coulson to join the dance team, and she returned from Wales with a reignited passion for dance.

While she said she enjoys dance just as much as softball, being on the dance team has allowed Coulson to express herself in different ways.

"Dance has always been an outlet

for my creative side. I wouldn't consider myself a creative person, but dancing is how I express myself," she says.

Coulson hopes to pursue a career in genetics and evolutionary medicine. She may even return to Wales to work with the company where she has interned during the past three summers, Kemin Industries.

"I'm nervous," says Coulson. "I don't want to leave all of my friends here, but I'm really excited, too. I'm ready to move on and see what else is out there."



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Alumni Spotlight

Photo by Daniel Chae



Zach Benson '08 has made a career out of break dancing.

Moving to the Beat by Laura Billingsley '04

Since graduating from Central, Zach Benson '08 has been dancing his way around the world. A self-taught break dancer, Benson's talents have landed him on a TV show and allowed him to support himself as he travels the globe.

The Spanish and health promotion major first learned to dance in 10th grade when a friend gave him a breakdancing DVD. Benson studied it and taught himself the moves, then eventually met other kids who were into the dance style. Benson says he is motivated to dance by a need for self-expression, not a desire to be the best.

"I don't dance to be first, win a competition or to be famous. Dance to find

yourself. Dance against yourself. It's all about developing yourself and becoming the best you can possibly be," he says.

The Urbandale native's dancing has taken him far — including auditioning for the TV show "So You Think You Can Dance?" He auditioned three times from 2011-2013 in Los Angeles for the show. "The first experience was the craziest because it was my first time to audition for something like this," he says.

Benson was eventually cut from season eight of the show, but the judges invited him back for season nine. "I trained very hard and made it farther. Each season I learned something new and made it farther. The most important thing

is learning from your mistakes and then doing whatever it takes to improve yourself and grow," he says.

Meeting like-minded performers from around the world was his favorite part of the experience. He made it to the top 100 dancers.

In addition to dancing, Benson's life since college has included service work and personal training. Immediately after graduation he performed a year of service with an urban ministry program called Mission Year. He was placed in Atlanta, Georgia, and served more than 1,000 hours of community service while living on \$2 a day for food and "building genuine relationships with my neighbors," he says. When his year was up, Benson worked as a personal trainer in West Des Moines for two years.

Today, Benson is living in South Korea. "I found my birth mom four years ago and made a promise to her that I would be back some day. So I've just been studying Korean, spending time with her, dancing and teaching." His life includes a lot of traveling — last year Benson taught dance workshops in Malaysia, Singapore and China. He also flew back to Iowa three times.

Benson says he hopes to inspire others similarly to how he was inspired by people he met at Central. "During my time (at Central), I met so many inspiring friends and teachers that gave me the tools I needed to be a success," he says. He had many mentors on campus, and says, "The thing about Central is that the staff really cares. They go above and beyond to help you and serve you. Central took good care of me and helped shape me into the person I am today."

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

