SHINING IN THE CITY

DESMOINES-AREA ALUMS HELP THE CITY RAISE ITS PROFILE
The Growth of the Region
by Mark Putnam, Central College president

Central has strong ties to the Greater Des Moines region.

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 that this area is less about lines on a map. Commerce and trade and technology; shared resources such as transportation, boundaries and are driven more by regions often cross state and national lines. The human capital we bring to 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 nonprofit 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 at President’s Corner at civitas.central.edu.
DEDICATION OF HELEN HISLOP CENTER HONORS YEARS OF SERVICE

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 in the field of physical therapy. During her career Hislop authored numerous studies and journal articles, and 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 Luys 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, 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 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 Tsyganov, 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.
CENTRAL 11TH IN NCAA MEN’S CROSS COUNTRY

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 66th 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 ties of first place. Junior Cole Decker won 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.

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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, Spain, 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. 

### CENTRAL COLLEGE AROUND THE WORLD

![Map of Central College study abroad locations]

#### 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 Archaeology: 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)
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.

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.
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 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 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.”

“Central provides students the skill set to be networkable here in Des Moines.”
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 a 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 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 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.”

“Education yields success.”

It’s powerful for me to see the cycle of poverty give way to the opportunities that an education provides.
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 Firstar Bank. Butler then went to work for U.S. Bank and started the company’s commercial banking platform in Iowa. One year later, Firstar 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.”
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. 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.”

“Get to know some chemistry majors who love the lab…”

CATHY HAUSTEIN, professor of chemistry

MORE CHEMISTRY MAJORS ARE DOING ORIGINAL RESEARCH THAN EVER BEFORE.

THE EXPLORER

ASHLEY CRUKSHANK ’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. “I wanted to see what research was like with each branch of chemistry 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.

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.”
always been fascinating," she says. "To me, it’s a problem we don’t work on. "Often times, we’re just flying by the seat of our pants." says. "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." Miller 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." 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. 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 LAB DWELLER 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." 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Kooymans, biography 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," Kooymans says. "It’s one of the top criteria for grad school." Through doing research together, Kooymans says he enjoys getting to know Wackerly better. "He comes off very professional at first," Kooymans says, "but he’s a really funny and entertaining guy." 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. 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 biochemistry and double-major and hopes to attend medical school after graduating from Central. Both Palms conduct original research related to macrocycles. "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 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 Palms conduct original research related to macrocycles. "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 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. 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After six weeks, students serve 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.” "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.” 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. 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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.

Caitlyn 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 after studying fitness after Fifty. Wiederin is now in graduate school for applied exercise science.

“Shed 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.”

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 light-hearted, 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.”

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 43% 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 on Aging • American College of Sports Medicine • National Council on Aging
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 Bottl ‘65 of Morris, N.Y., is a prolific author of murder mysteries. Out this year, the second book in the Eve Appeil 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. 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 Piano, 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 Dunmeston 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. Kammie Kale Reid ‘73 retired from Mayo Clinic in Rochester, Minn., as director of human resources and compensation. Kammie 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.

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 and art at Elgin Independent School District. Kimberly Ros ‘84 is a real estate agent with Weichert Realty in Bridgewater, N.J., where she lives with her two sons. Katherine Alyea Zinkovsky ‘87 is an engineering project specialist at Rockwell Collins in Cedar Rapids, where husband Alan ‘86 is employed by General Mills. They live in Sisler and are the parents of two children. Linda Schuatter ‘99 teaches Spanish and French at William Rainey Harper College in Palatine, Ill. Linda and husband Brian Medals live in Dundee.

THE ‘90S

Jeanne Backes Leveti ’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 office of Luther College, Jeanne has written or edited more than 500 grant proposals helping generate more than $23 million for the college. Jeanne and husband Paul Leveti ‘90, Co-owner of Crepe Bicycles, live in Des Moines. John Schrock ‘91 was ordained Menomonee Catholic pastor and chaplain at a local hospital in Wisconsin. John and wife Melissa live in Goshen with their two daughters.

Tom Hantz ‘94 of Fort Worth, Texas, is a client relations manager at Interstate Restoration.

Cory Springfield ‘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 Frankel-Davis ‘94 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 Der Berg ‘97 of Albuquerque, N.M., is a landscape designer at Sites Southwest.

THE ‘00S

For information about Sheila Beerheim Tweeten ‘06, Mike Tweeten ‘07 and Clint Brown ‘03, see the ‘10s.

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

THE ‘50S

Alumni are invited to submit Newsnotes online. We want to hear about recent promotions, degrees, honors, relaxations, marriages and births to classmates and friends. We also want to hear about important changes in your life. Update information online at 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.

ALUMNI NEWS NOTES

CIVITAS.CENTRAL.EDU WINTER 2015

Peggy Barnes Smith ‘74 of Minneapolis is a strategic accounts buyer at ITA ChampionsGate. Jennifer Braunner ’08 and Michael Lindsay of West Des Moines were married Nov. 3, 2012. Jennifer is a team head 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-Nickie Roshach ‘08 is the global learning program coordinator at Drake University. Maria and husband Matt Roshach ‘06 live in Urbandale, where Matt is a computer programmer at SourceHOU.

Jennifer Wouten 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 executive and exhibits manager at the Science Center of Iowa.

Allison Mooier ‘11 and Taylor McKibbon of Houston, Texas, were married July 5. Allison is a parishian at Morgan Lewis. Justin Van Ahon ‘11 teaches at Southwest Valley Community School District located in Coning and Villisca. Justin and wife Crystal Be茨 Van Ahon ‘12 live in Clarion. Crystal teaches music kindergarten through 12th grade at Orient-Macksburg High School in Orient.

Kathy Wusten ‘11 of Chicago, Ill., is a web content specialist at ComPsych while working toward a master’s degree in library and information science at the University of Illinois.

Kathryn Brunerous ‘12 of Bondurant is a Quality Assurance Analyst at Nationwide Insurance.

Alyssa Cobb-Nuss ’12 is a paraprofessional at Cedar Falls Community School District. Alyssa and husband Tracy live in West Union.

Kimberly Van Zee ‘11 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 Westworth ‘12 of Des Moines is senior social media specialist at The Integer Group.

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HOW TO MAKE YOUR GIFT LAST FOREVER!

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YEARLY GIVING

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GIFT TO CENTRAL LAST FOREVER?

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

BEIREMANN AND GOODNOW WED


CLASS OF 2014 WHERE ARE THEY NOW?

Jace Altvadders 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.

Roxie Art teaches sixth- and seventh-grade math at Hagen Preparatory Academy in Kansas City, Mo.

Alyssa Bailey is a fitness specialist at Mercy Hospital in Des Moines.

Daphne Baugartner is a rafting guide with Whitewater Connection Rafting Company in Coloma, Calif.

Morgan Baustian of Brooklyn is a recruiter at GPS Employment Group in Grinnell.

Hillary Beard of Burlington is an athletic trainer at Great River Health Systems.


Elizabeth Benson of Urbandale is an administrative assistant III at Ankeny Centennial Community School District in Urbandale.

Andrea Cameron of Urbandale is a personal trainer and group exercise instructor at Aspen Athletic Club in Urbandale.

Alexandra Ceasar is working toward a medical degree as a physician’s assistant at St. Ambrose University in Davenport.

Kaitlyn Connolly teaches special education for the Audubon Community School District in Audubon.

Rachel Connolly is a student at the Caregiver College of Medicine at University of Iowa.

Kimberly Corsan is a fellowship naturalist at Eagle Bluff Environmental Learning Center.

OVERTON AND BOUSKA WED


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.

Mariam Branner 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 Club in Urbandale.

Alexandra Ceasar is working toward a medical degree as a physician’s assistant at St. Ambrose University in Davenport.

Kaitlyn Connolly teaches special education for the Audubon Community School District in Audubon.

Rachel Connolly is a student at the Caregiver College of Medicine at University of Iowa.

Kimberly Corsan is a fellowship naturalist at Eagle Bluff Environmental Learning Center.

WHERE ARE THEY NOW?
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 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 the Campus College of Graduate 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. Crystallography impacted day-to-day life in many ways, though, through the creation of new materials. 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 will be necessary’.”

One of Hackert’s major accomplishments was that he helped organize workshops for K-12 teachers and created new crystallography programs. Hackert says, “In the United States we need more crystallography programs to ensure that our K-12 teachers know about this fascinating subject.”

“Hackert was one of just three chemistry majors 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 be able to manipulate it, 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 of new materials—is like being part of a team with an international perspective.’”

In the celebration of 2014 as the International Year of Crystallography, the College celebrates the inclusion of any event related to the subject, including an exhibit and public lecture. The title of the public lecture is ‘One Cool Thing about Crystallography: The Superhero Connection.’

Central College Study Abroad. Come to Paris! Celebrate 50 years of newsnotes 26

Central College Study Abroad. Come to Paris! Celebrate 50 years of newsnotes 26
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.

Katie Tekle teaches kindergarten at Sully Christian School in Sully.

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

Michael Tolle teaches English in Marshalltown Community School District.

Christopher Wedomeyer is a program analyst at Caseys General Stores, Inc. in Arnolds Park.

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

Melissa Williams of Oakalosa is employed by Hy-Wee, Inc.

Samarra Williams is a production scientist 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 is a program developer with Alliance Technologies in Des Moines.

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

Elisio Wyckoff is a research and development intern at Kemin Industries.

Deborah Yong teaches English in the Marshalltown Community School District.

Ty Dengler ’00, master of education, Jean Babinsky Variga ’42 of Grand Island, Nebr., Aug. 26

Andie Tolle ’06, son Avik Thapa, March 28, 2013

Ashley Verdinez-Ramirez ’09, daughter Clara Fay, Sept. 10

Christopher Wedemeyer, son Richard Thomas, Sept. 7

Joyce Flikkema Prins ’51 of Broadview, Ill., March 6

Samantha Wilt of Des Moines is an international tax analyst at MidAmerican Energy.

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


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

Stacey Whipple Hughey ’06, master’s degree, English, Southern New Hampshire University.

Colleen Sheiffer ’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 Mueller McKillop ’11, paralegal certificate, Rice University.

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

Brian and Ronalina Hays Aleman ’91, adopted son Eli Nowell, Aug. 26

Jameh Heikel ’06 and Moksheda Thapa ’07, daughter Clara Mae, Feb. 7

Brianna and Michael Jones ’09, daughter Ingrid Katherine, Sept. 7

Josh ’10 and Abby Sigg Beckman ’10, son Mason Joseph, Dec. 4, 2013

John Scaglione ’99 of Des Moines, Oct. 16

DERYL D. SMITH


Smith completed a B.A. and M.A. at Kansas State Teachers College, 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.

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, Kemri 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.”

While Coulson ’15 is doing it all.

IN MEMORIAM

Carlos Bryan ’38 of Aurelia, May 11

Jean Joegues Redeker ’42 of Littiton, Colo., Jan. 24

John W. Ter Low ’42 of Tidalahouse, Flav., Nov. 10

Jean Babinsky Variga ’42 of Grand Island, N.Y., Oct. 2

Lucille Grosveld Troup ’47 of Roseville, Minn., May 18

Ruth Van Ee Saatoh ’48 of Whitefish, Mont., Nov. 8

Patricia De Koster Eschelberger ’49 of Grand Prairie, Texas, Sept., 17

Herald De Bruin ’50 of Dakota, March 6

Lenny Prins ’50 of Broadview, Ill., April 23

Earl Heidtken ’51 of Little Rock, Ark., Oct. 2

Kenneth Klanderman ’51 of Baldwin, Wis., March 6

Jean Van Daele Norman ’52 of New Ulm, Minn., Oct. 1

Gerdine DeGrift Stanton ’52 of Tulsa, Okla., April 27

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

Jare Langrak Meier ’62 of Prescott, Ariz., Nov. 25

Tara Vancevert ’64 of Pella, Nov. 24

Gary Brezberg ’72 of Beloit, Wis., Oct. 31

Joy Matt ’81 of Luton, Minn., Dec. 1

Joan Cook Otten ’83 of Ponca, Ill., Oct. 24

John Scaglione ’99 of Des Moines, Oct. 16

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 SRO 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 Watts ’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,
Moving to the Beat

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.”