

SPRING 2016

Civitas

CENTRAL COLLEGE ALUMNI MAGAZINE

50 YEARS OF UPWARD
BOUND AT CENTRAL

Celebrating a half-century
of achievement and
friendship on campus

BARD OF
CENTRAL COLLEGE

A legacy of Shakespeare
enriches students
throughout the years



WHAT IS CREATIVITY?



Alumni offer their takes
on the source of inspiration.

Shared Success

by Mark Putnam, Central College president



We spend a lot of time listening to students, parents and alumni. As a campus community we take these voices quite seriously in understanding our shared work as learners. This is demonstrated in small, but significant ways. Each year our board of trustees welcomes five students who serve as representatives to our board, along with five members of our faculty. Student and faculty voices are important to the board in both plenary sessions, as well as in various committees.

Our established faculty committees include student representatives, as do search committees for any open faculty and senior administrative positions we are seeking to fill. The administrators who serve on our senior leadership team

meet with members of the Student Senate both individually and collectively. Our parent council meets regularly and provides advice and counsel to the administration on programs, services and activities of the campus. Our alumni are heavily represented on our national advisory council, which serves as a think tank and sounding board for new ideas and opportunities. There are countless examples.

Taken together, these varied opportunities for interaction have illustrated for me the reason Central College has enjoyed success, despite periodic headwinds, for more than 160 years. Everyone associated with Central wants to be engaged with a community that fosters a strong sense of belonging.

We want to know we are accepted and can actively participate in the life of the campus. We don't want to pretend to be someone we are not. At the core of our community is a deeply held value that everyone matters and all voices are respected.

We value exploration and discovery. For students, the benefits are obvious. So many come with an intended major in mind that evolves as they experience the richness of curricular and co-curricular life. An inspiring course, an internship, a study abroad opportunity or a service-learning project will often lead to a new self-awareness and sense of possibility. For all of us the constant call is to embrace creativity and innovation as we seek to be students of our own practice. Getting better at what we do is a direct result of having the courage to try new things.

Those associated with Central want to be the very best they can be given their individual talents and abilities. This is not a one-size-fits-all approach. Success is defined by each member of the campus community as he or she strives for personal excellence, while accepting responsibility for collective well-being. Ours is a campus culture that encourages individual expression.

In the end, it's about living in community and realizing that our individual achievements are rooted in shared success.



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Civitas is published quarterly by the Central communications office for alumni, parents and friends of Central College. For information on the Civitas mission, visit civitas.central.edu.

Civitas (USPS 096-840) is published by Central College, 812 University, Pella, IA 50219-1999. Periodicals postage paid at Pella, Iowa, and additional offices.

Postmaster: send address changes (PS 3579) to Civitas, 812 University, Pella, IA 50219-1999. Address changes also may be sent to alumni@central.edu.

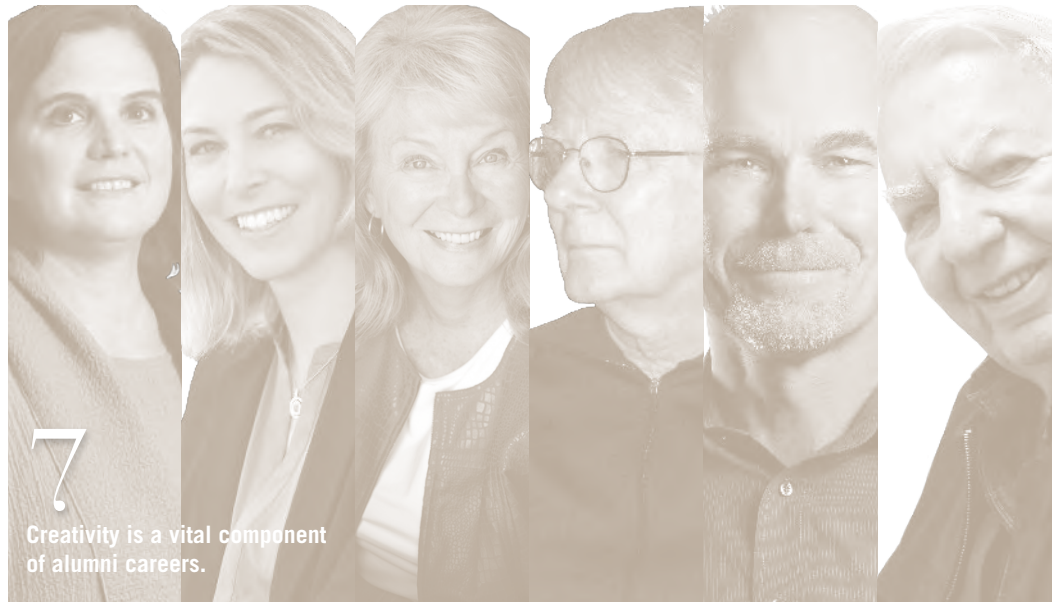


Production notes:

Civitas is printed with a soybean-based ink by Town Crier, Pella, Iowa.

CIVITAS.CENTRAL.EDU

641.628.9000



spring 2016

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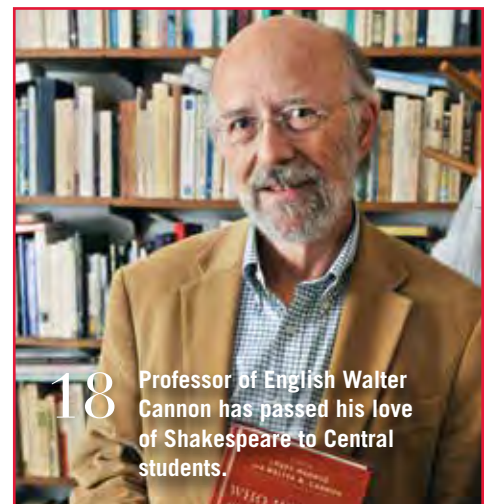
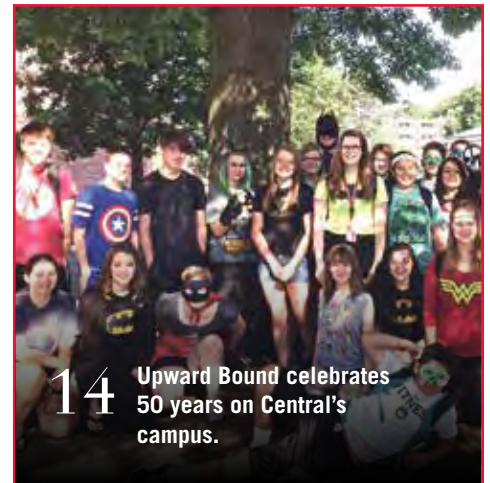
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CANDIDATES ON CAMPUS



Presidential candidates making the rounds in Iowa for caucus season often stopped at Central.



Marco Rubio



Martin O'Malley

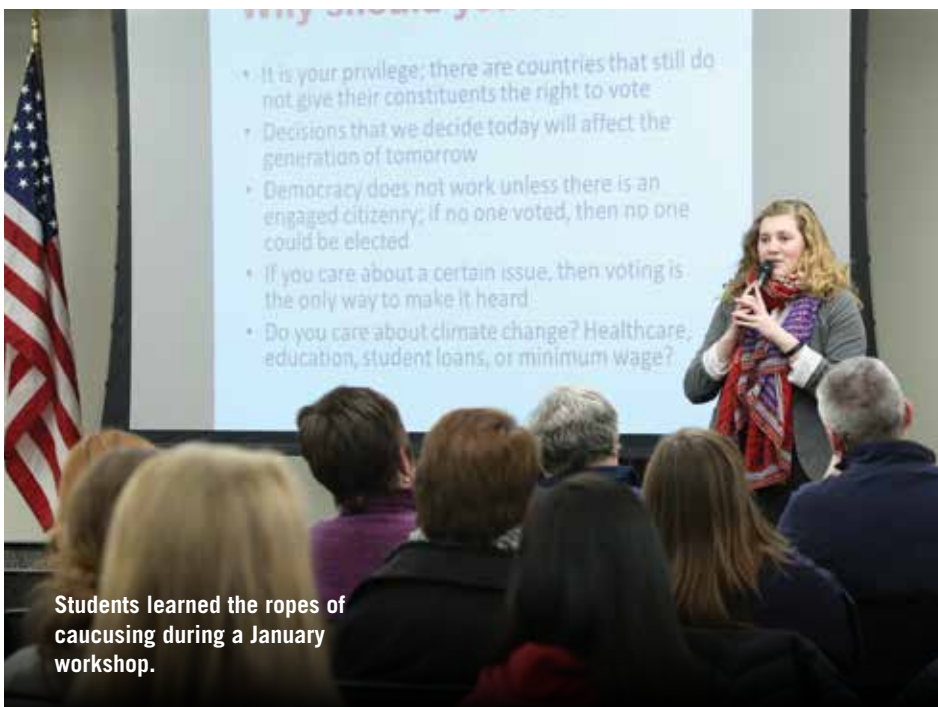
Central was a popular stop for presidential candidates representing both Democrats and Republicans during the lead up to the Iowa caucuses. Five candidates held events on campus, giving students and community members the chance to hear their messages, ask

questions and, in some cases, meet the candidates in person.

Ben Carson visited campus Jan. 6, holding a townhall meeting in Graham Conference Center. Donald Trump spoke to a packed house in Douwstra Auditorium Jan. 23. Martin O'Malley arrived on

campus Jan. 25 for a tour of Central's LEED-certified buildings, and he held meetings in Maytag Student Center.

Marco Rubio held a rally on Central's campus Jan. 26 in Graham Conference Center. Chris Christie held a rally in Maytag Student Center Jan. 29.



Students learned the ropes of caucusing during a January workshop.

MOCK CAUCUS PREPARES COMMUNITY

Students and community members had the opportunity to learn how to caucus during a non-partisan presentation of a mock caucus in Maytag Student Center Jan. 26. The event was an opportunity for Democratic and Republican parties to provide educational materials for interested students as they learned how to navigate the process of registering to vote and participating in their local caucus. Students started out together in one group for a brief introduction and orientation session before breaking into smaller groups based on party affiliation.



Parachute played older hits and new material during the band's March concert.

CAB BRINGS ROCKERS PARACHUTE TO CAMPUS

Central students ask the Campus Activity Board (CAB) every year to bring notable artists to campus, and this spring CAB engaged pop-rock band Parachute for a performance March 1. Parachute electrified the crowd at P.H. Kuyper Gymnasium. The concert was open to students and the public.

Parachute has released four albums since their debut in 2006. Their most recent album release was "Wide Awake," released March 11. The band has toured with recognized artists such as Kelly Clarkson, Hot Chelle Rae, Plain White T's, Goo Goo Dolls, Gavin DeGraw and Andy Grammer.

PROFESSORS ANNOUNCE RETIREMENT



Debela Birru, associate professor of business management, retired this spring. Birru taught at Central for 27 years, during which

time he was selected as the recipient of the Outstanding Teaching Award three times (May 1996, 2007 and 2013). Birru served as economics, accounting and management department chair from 2000-05, 2009-12 and 2013-15. He also advocated for revisions to the business management and international management programs at Central when he arrived at the college. The department created four new focus areas in business management: marketing, finance, business administration and international business.



Walter Cannon, professor of English, retired this spring. Cannon started his journey at Central in 1979 as a professor and director of the

Writing Across the Curriculum program. He also served as London program director, instructed K-12 teachers in the Iowa Writing Project and pursued his own creative writing. His poetry chapbook, "The Possible World," was published in 2013. Cannon also started teaching the Non-Profit Writing course as part of a pilot project with the Council of Independent Colleges. Cannon has been recognized with campus awards and also for national and international workshops and institutes. He was awarded research and development grants for work at the

Shakespeare Centre and the Shakespeare Institute in Stratford upon Avon, England.



Richard McGrath, associate professor of communication studies, retired this spring after dedicating 22 years to the field of communication

studies. McGrath taught courses in communication theory, public speaking, persuasion, argumentation, rhetorical and narrative theory and criticism. He also developed courses in environmental communication and communicating spiritual ecology, drawing on his passion for the environment. The development of these courses contributed to sustainability efforts at Central. McGrath also served as an associate editor of the Iowa Journal of Communication.



David Purnell, associate professor of English, retired in 2015. Purnell spent 13 years teaching the value of linguistics and English-as-a-Second

Language. He helped rebuild the ESL curriculum for the education department to teach English to refugees in public schools. Purnell also taught beginning and intermediate Chinese at points during his time at Central. Purnell served as an interim director for Central's study abroad program in Hangzhou, China.

Read full profiles of retiring professors and access additional content on faculty milestones at civitas.central.edu.

by Larry Happel '81

DUTCH PULL MEN'S INDOOR TRACK UPSET FOR LEAGUE CROWN; FINISH 11TH IN U.S.



Sophomore Reese Iversen and senior Dan Roerman competed in hurdles at the Iowa Conference meet.

A spectacular opening day propelled a surprising title run as the Central College men's indoor track and field squad captured its fifth Iowa Conference crown in the past seven years.

After suffering heavy graduation losses, the Dutch were pegged for third place prior to the meet but outdistanced second-place Wartburg 147-128.5. Meanwhile, the Central women took third place.

Senior Cole Decker was named the league's most valuable performer, winning the 3,000 and 5,000 meters while placing second in the mile. Senior Dan Roerman claimed the 60-meter hurdles, was second in the 60-meter dash and eighth in the 200. And junior Logan Mulford leaped a meet record 6 feet, 11.75 inches to take the high jump.

Coach Joe Dunham and his assistants shared league coaching staff of the year honors.

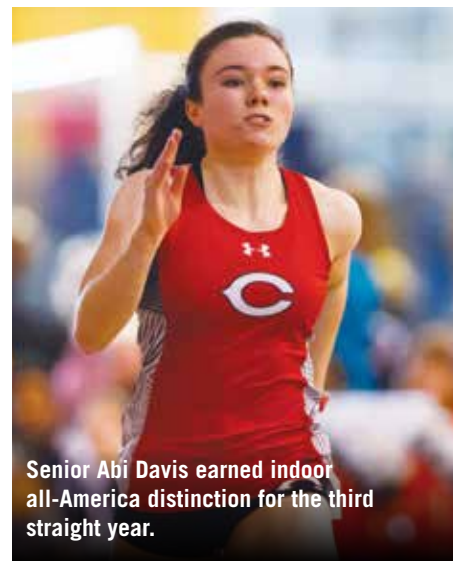
Mulford was second in the high jump at the national meet in Grinnell, while Roerman was third in the hurdles, lifting Central to 11th in the NCAA team standings.

Meanwhile, senior sprinter Abi Davis was the league women's most valuable track performer after a monster weekend. She won the 60, 200 and 400 meters as well as lead the 4x200-meter relay squad to first and the 4x400 unit to second. Junior Lorell Stuht was first in the weight throw.

Davis was fifth in the 200 at the NCAA meet, earning indoor all-America distinction for the third straight year. Stuht was seventh in the weight throw. The Dutch women tied for 35th overall.

SURPRISE MEN'S BASKETBALL TOURNAMENT RUN

Central College transformed a fifth-place Iowa Conference finish into the



Senior Abi Davis earned indoor all-America distinction for the third straight year.

school's second men's basketball league tournament title and NCAA Division III berth in the past three seasons.

Without a senior on the roster, the Dutch, 19-10, became the first squad in league tournament history to win three consecutive road games and capture the tourney crown. It was Central's 11th NCAA tournament berth overall, the most of any conference school, and the second under fourth-year coach Craig Douma.

Central, which made two trips to Dubuque in the final four days of the regular season, made two more the following week, getting an 84-79 win at fourth-seeded Loras, then knocking off regular-season champion Dubuque 72-61. Central captured the crown with a 92-80 triumph at second-seeded Wartburg.

The Dutch got the short straw in the NCAA tournament draw, traveling to St. Paul, Minnesota to tackle eventual



national champion St. Thomas. After battling to a 30-30 halftime tie, foul trouble and a lack of size hurt Central in the second half of a 78-66 loss.

Junior forward Colby Taylor earned all-conference and all-region honors for the second time. He posted 12 double-doubles, averaging 20.2 points and 9.5 rebounds. He already ranks eighth on Central's career scoring charts with 1,296 points. Junior guard Pete Walker was a second-team all-league pick.

PESTANO SECOND, CENTRAL WRESTLERS 20TH IN NCAA

Sophomore C.J. Pestano became the first Central College wrestler since 1994 to reach the NCAA Division III national finals.

Unseeded, Pestano knocked off three of the top seven seeds before taking second place at 125 pounds in the national meet in Cedar Rapids, closing with a 25-3 record. Top seed Lucas Malmberg of Messiah (Pa.) took the title match, 14-6. Pestano became the 46th Central wrestler to earn all-America distinction.

Pestano was among four Central NCAA qualifiers—also a program high in the past 20 years as the Dutch took a huge leap forward in their steady return to national prominence under coach Eric Van Kley. All four are underclassmen. Junior Ryan Vandall qualified at 165 pounds, junior A.J. McBroom competed at 184 and junior Matt Seabold made the trip at 197.

All four won at least one match as Central climbed to 20th in the team standings, its best showing since 1994.

"It's just more positive steps forward," Van Kley said. "We're keeping the momentum of the program going."

Central was 9-3 in dual action and 4-3 in Iowa Conference matches, finishing fourth, yet another 20-year high-water mark.

SADDORIS TO FINAL FOUR FOR GOOD WORKS TEAM

A passion for basketball and service to others led Central College sophomore Jordan Saddoris to multiple trips to Africa and, in April, to the NCAA Division I men's basketball Final Four as a member of the elite All-State National Association of Basketball Coaches Good Works Team.

Saddoris was among 10 players cited from all levels of college basketball and was honored at NRG Stadium in Houston, Texas April 2-4. The selection committee was led by former NBA all-star Grant Hill along with former coaches, athletes and media members, including former Ohio State standout and CBS analyst Clark Kellogg.

Saddoris is the only Iowan chosen for the men's honor squad. It's the second time this year that a Central student-athlete has received Good Works Team recognition and an impressive fifth time overall. Senior Jake Wassenaar was cited in football this past fall and was honored at the Allstate

Sugar Bowl in New Orleans on New Year's Day. Other previous Central football honorees are Marc Poortinga (1997), Stephen Barnes (2005) and Cory Nikkel (2011). The Good Works football team was launched in 1997 and the basketball team debuted in 2013.

Saddoris made his fifth trip to Africa in March and will return this summer. Saddoris partnered with former Iowa State University player Jake Sullivan and Kingdom Hoops to work in Chad and Ghana last year, and now raises money to directly assist some children and families he met.

Saddoris is the youngest member of the board of directors for Acts 2 Collective, a combination of four charitable organizations that do work in Africa.

Central is among only 16 U.S. colleges and universities to receive the finalist designation on the President's Higher Education Community Service Honor Roll. Central students completed 71,850 community service hours in the past year.

MARBURGER SHATTERS CENTRAL WOMEN'S BASKETBALL ROOKIE MARK

Forward Claire Marburger shattered Central's freshman season scoring record as the Dutch women's basketball team built a solid foundation for the future.

The Dutch lineup was comprised almost entirely of freshmen and sophomores as the squad endured a 4-21 campaign. Injuries again took a toll but coach Chelsea Petersen saw reasons for optimism.

Marburger, a 5-foot-9 wing, is certainly one. She poured in 443 points, topping Diane Shogren's 1978-79 mark of 408. She averaged 17.7 points and 8.6 rebounds and was the Iowa Conference scoring leader. Marburger was a second-team all-league honoree.

Meanwhile, sophomore point guard Emily Dine averaged 9.2 points, with a team-high 2.1 3-point goals per game. Sophomore forward Jackie Kriegel pulled down 7.8 rebounds.

HOW TO TALK ABOUT CENTRAL

WE KNOW CENTRAL IS A SPECIAL PLACE. BUT HOW DO WE BEST EXPRESS THE IDENTITY OF THE COLLEGE? WHO, EXACTLY, IS CENTRAL?

In asking the question, we do not seek to create a new image for Central, but to uncover and best express the character and heart that has always been unique to the college. We've developed key points to help convey the characteristics of this place we all know and value.

As a member of the Central family, you share in the opportunity to bring our story to the world. When talking about the college, these are key ideas to keep in mind:

Central is not just a place to get a degree and Central students aren't focused on gaining a narrow skill set to train for a particular job. Rather they're being broadly educated for careers in which it's likely that jobs will often change, as will their duties and the traits required to perform them. The wide-ranging experiences they gain at Central and the critical thinking skills they develop, as well as their commitment to serving others, leave them well-equipped to succeed in a rapidly changing world while leading lives of meaning and purpose.

Central students aren't spectators. They're immersed in activities, research, leadership positions, internships and service work. They're gaining off-campus experiences in metropolitan study centers or through the college's international programs. They're forging life-long relationships with classmates, professors and alumni that will provide them with valuable connections in the job market and graduate schools. And they're seeking out opportunities to serve others through Central's nationally recognized service-learning program as they prepare for lives as global citizens.

WHAT DOES CENTRAL STAND FOR?

COMMITTED TO THE
TRADITIONAL-AGE STUDENT

PERSONAL EXPLORATION
& DISCOVERY

NETWORK OF CARING
RELATIONSHIPS

SUPPORTED & CHALLENGED
TO BE "YOUR BEST"

Living out the Central identity is something we strive for every day, focusing on actions such as:

- + Supporting and participating in campus activities.
- + Helping students explore their passions through service, internships, research and work study.
- + Being open to sharing our positive Central experiences with others.
- + Showing our pride by wearing Central apparel.

Remember, you are Central College! Your neighbors, friends, church families, colleagues, acquaintances and social media connections learn about Central from you. Word of mouth and personal experiences are powerful ways to inform the way people think about Central. We promise to deliver on those high expectations and your praises when we encounter prospective students, families, employees and visitors on our campus.

PEOPLE *of* VISION

Creative thinking helps alumni
make an impact in their fields.

by Laura Billingsley '04



What is creativity? Perhaps it might be described as original thinking, or looking at a problem from a different angle. For six Central alumni, thinking about things from different perspectives has allowed them to find success in their various fields, careers as varied as a composer and an architect, or a consultant and a mystery author. For all six, their visions of what is possible are rooted in the ability to have an open mind and an openness to the world.

Ann Sobiech Munson '91

Architect, Specifier at Substance Architecture



As an architect, Ann Munson often works within fixed parameters. They may be imposed by a client or a building site, or they may simply be imposed by physics and what is possible. But she doesn't believe those parameters are a damper on creativity.

"The more rigid frameworks that some people might see as limitations or restraints, those actually give us a lot of opportunity to be creative in the way we respond to them," she says. "They're more helpful than limiting."

Munson's successful career in architecture wasn't something she planned on while at Central. She majored in English and Spanish and participated in three international programs while a student, including a trip to the Yucatan for a course called Politics of World Hunger taught by Jim and Louise Zaffiro. Munson loved the interdisciplinary nature of the trip, and the fact that "you have a collection of people from all different areas going to Mexico to study world hunger."

This commitment to interdisciplinary work could be the hallmark of her pursuits through the years. After Central, she headed to Emory University and a Ph.D. program in English, thinking she would eventually teach. But after two years she felt the need to do something different, something more "hands-on." She still loved teaching, and she took a job in admission with Central to stay involved with higher education and to consider what she wanted to pursue.

During this time she met the dean of architecture for Washington University in St. Louis who was speaking at Central, and hearing her speak "set off a lightbulb," Munson says. She discovered there were graduate programs in architecture designed for people with backgrounds in other areas, and she graduated from Iowa State University in 2000 with a master's in architecture. She then taught in the ISU College of Design for seven years, before taking a job with substance architecture in Des Moines.

Bringing together information from various disciplines is something Munson sees as valuable for creativity. She views the liberal arts environment as a place where that sort of learning is more accessible. "The way students can work between disciplines and programs is something that can be easily taken for granted," she says.

How would you describe your job in one sentence?

I produce and coordinate technical documents and project delivery process that translate design concepts into built environments.

What aspect of your job gives you the most satisfaction?

I love translating complex ideas into forms that are easily accessible and understood by non-architects. I also enjoy working through issues to develop discernible and consistent logics, expressed through physical space and materiality.

How is creativity important in being an architect?

A colleague of mine has said while most of the world might ask "Why?" it is the architect's job to ask "Why not?" In the face of multiple necessary constraints, architects imagine what might be possible, using the constraints as generative tools rather than limiting requirements.

Jennifer Osteen Voss '00

Corporate Language Communications Trainer and Intercultural Consultant

"I train and coach foreign-born business professionals and vocational employees to communicate more effectively in their workplace," – that's how Jennifer Voss describes her job in a nutshell. But the work requires an open mind that's able to look past cultural barriers and misconceptions and assist people in communicating, no matter their differences.

Creativity is important for this work because it allows for new ways of looking at problems. Voss says in general, humans are "quick to make assumptions." Helping people to succeed at work in a culture that isn't their own involves flexibility and a willingness to try out new ideas.

"In the work I do I'm always trying to find new ways to help my trainees overcome language and cultural barriers," she says. "How can we be better communicators? What are the best strategies to learn a language?"

The employees she works with may speak English fluently and have graduated from a top university, but they still often have difficulties when entering the workforce in the U.S. "Not only is there a language interference, there's also a cultural interference. I put together a communication training plan to help them succeed," she says.

Voss first decided she wanted to work in an international capacity while on a summer trip to Australia during high school. A native of the San Francisco Bay Area, she learned about Central through her mother's family, which lives in Mason City. While earning her degrees in German and international management, Voss studied abroad in Germany and Austria. She says her Central experiences helped to instill a global perspective, which allowed for a quick transition to working internationally after college.

"Having an internship in Austria opened my eyes to what it's like to work in a different environment," she says. "My international management degree equipped me with the necessary skills to successfully work in a global economy: we were required to do an internship overseas and minor or major in a second language. Additionally, all classes in our program had a global component, so we were constantly working with different case studies and completing projects which helped us to build cultural awareness, leverage ambiguous situations and adopt a global mindset."

How is creativity important for intercultural work?

Creativity is very important in my work. Neuroscience studies have shown that our brains are wired differently with respect to our cultural values and cultural environment. Therefore, as I work with trainees with different cultural values from my own, I need to be cognizant of how they learn (i.e., how they process information; how they prefer to receive feedback; and, what a conducive learning environment looks like for them).

How does your liberal arts background give you an edge?

My different classes in humanities, arts and sciences have allowed me to have a broader and deeper understanding of the world around me. Going to a liberal arts college has given me an edge because, as we become more globally connected, I am able to not only develop business relationships more easily and quickly, but also able to glean new insights and generate ideas.

Lesley Diehl '65

Author, retired Psychology Professor



“A mystery novel is like a puzzle,” says Lesley Diehl. “You have to make all the pieces fit.” As an author of murder mysteries, Diehl has an advantage when working out the logical puzzle at the heart of the book’s plot—she formerly worked as a psychology professor at the State University of New York College at Oneonta for nearly 30 years.

Her background in the social sciences not only taught Diehl to think logically, it helped her to understand people — how they think and their motivations. Today she has published multiple novels and short stories, and she’s having “more fun writing than I think I ever had being a psychologist.”

Diehl’s interest in psychology began at Central, where she had the chance to work as a research assistant for a visiting professor studying animals. Originally interested in biology, she found psychology allowed her to combine animal research with behavioral research. Diehl also dabbled in creative writing at Central, and English professor Jim Graham encouraged her to continue.

But during graduate school to obtain her Ph.D. degree, and subsequently as a professor and researcher, the demands placed on Diehl’s writing were somewhat constraining. “That type of academic writing is so restrictive, so rule-bound, that my creative endeavors fell to the wayside. I sort of forgot about the creative writing,” she says.

Retirement offered Diehl and her husband a chance to branch out. They moved to New Mexico and both decided to take up writing. She started a mystery novel – always her favorite type of book to read – and “the first draft was really, really dreadful,” she says. “But I learned the craft.”

Success followed quickly. Diehl entered and won a short-story contest for a mystery-writing conference, and soon after her first manuscript was accepted by a small press in Connecticut. Those events “spurred me on and gave me the confidence that I could do what I wanted to do,” she says. She is currently completing a six-book contract.

Where do you get your ideas?

I’m always watching people, often eavesdropping on their conversations when out to dinner and making up stories about who they are. I do a lot of research. I didn’t know anything about microbrewing, which was the setting for my first series. I did research where I interviewed microbrewers and visited breweries.

Do you use creative thinking differently in your role as a writer than you did as a psychologist?

I think much of what a psychologist, a professor and a university administrator does uses the logical side of the brain, while writing requires both the ability to create characters and plots, setting, the flow of the work and also the logic to take the reader from one point to another to solve the murder.

Rick Brown '69

Composer and Arranger

In music composition, as with so much in life, you have to learn the rules before you can break them. Rick Brown began his composing studies at Central, and he says eventually composers reach a place where “all the rules you learn in freshman theory, you can choose to follow them or throw them out the window. You don’t have to be too strict. As long as it sounds like what you’re hearing in your mind, it’s fine.”

A native of upstate New York, Brown was recruited to come to Central by a friend of a friend who worked as a Central admission counselor. Always a creative person, Brown also tried his hand at writing and painting before settling on music composition as a career path. He knew he wanted to study music, but as the major music schools in New York (such as Julliard and Eastman) were out of reach financially, he decided his best option would be attending a college that offered a music major. Additionally, he thought “it would be interesting to see a totally different part of the country,” he says.

At Central, Brown’s adviser Robert Rittenhouse was “incredibly supportive of my aspirations to be a composer,” even offering individual lessons in composition. After graduation, Brown attended graduate school at Florida State University, earning a doctorate in music composition. He then worked in Texas as an arranger of music for marching bands and stage productions, and also spent many years as a band director and music teacher, all the while working on his own compositions.

Now retired from teaching, Brown devotes his attention to composing and arranging, as well as publishing and promoting his music through his imprint, Dacker Music (dackermusic.com). In 1983 he was named a Distinguished Alumnus of Central College. Brown considers his liberal arts experience beneficial to his overall creative viewpoint. “It gave me a more rounded outlook than if I had gone to a conservatory or a music school,” he says.

How is creativity important in being a composer and arranger?

You have to have a creative nature in order to come up with themes and ideas that are original and not hackneyed. Then you have to have an education and years of experience to know what to do with them ... unless you are exceptionally gifted (think Mozart), which I am not. I really needed the education and experience.

What do people not understand about composing?

Many people think inspiration hits in the middle of the night and the music comes in one long gush, perfect the first time. But that’s not the way it works; most of us have to work it out as we write it down on paper. Nowadays, that’s usually in digital fashion, but it’s still the same process.

What aspect of your job gives you the most satisfaction?

Hearing the music that I have worked so long and hard to create come to life in the hands of gifted performers gives me the greatest satisfaction.



Kevin Cool '82

Editor, Stanford Magazine



As editor of Stanford Magazine, Kevin Cool gets to learn about some pretty amazing subjects and talk with some very talented people. But he says the most profound learning experience in his life was spending a semester in Carmarthen, Wales, during his junior year at Central. The Centerville, Iowa, native had never been on an airplane before, and when he awoke the first morning in Carmarthen, “I might as well have been on a different planet,” he says.

Cool learned much during that semester abroad. He also credits another college learning experience as essential to his career path. As a senior, he interned with Senator Charles Grassley in Washington, D.C., and sent dispatches back to *The Ray* about his experience. Cool had originally planned to become a teacher, but classes in communications, as well as his experiences abroad and in Washington, led him to broaden his career options. “It began to solidify for me that what I really wanted to do was be a writer or an editor,” he says. “I had wonderful professors who inspired me and validated my career choice.”

Cool has edited Stanford Magazine for 17 years, following stints as an editor at Colby College and Central. He says, “Publishing anything is an act of audacity. Essentially you are saying to a potential reader ‘here is something that we think you will value.’ So if that’s the case, you had better deliver.”

This is where creativity is essential. As an editor, he asks how a story can be told in a way that engages people, as well as what type of writing will present the proper style, tone and mood. “Part of what an editor does is harvest the creativity of his or her team,” Cool says, “which in itself requires a certain amount of creative thinking — how can I get the best work out of these people and produce something that is better than any one of us could do on our own?”

What do you consider creativity?

Creativity is not something that is only expressed artistically. Creativity to me has much more to do with how you approach a task: whether you’re trying to solve a problem or develop a new way of making something. There’s no plan you can make that is going to run perfectly smoothly. Creativity comes in when trying to navigate all of the rocky parts along the way.

What do people misunderstand about creativity?

The major thing people get wrong about creativity is thinking they aren’t creative. I think that’s baloney. I think creativity is innate in all of us. Over time we are a little bit worn down, and we become blocked because we start to learn that to satisfy certain expectations, there are rules and maps. Over time you become conditioned to be less creative than you naturally were at six years old. Creativity requires practice, being intentional and applying it in your life on a regular basis.

What would you be if not an editor?

I would be a broadcaster for a major league baseball team. I always wanted to play baseball when I was younger. I thought it would be fun to be a broadcaster since I enjoy audio storytelling as well.

Leonard Kalkwarf '50

Author and Lecturer, retired Minister

Leonard Kalkwarf doesn't necessarily think of himself as being creative. But his career tells a different story. After a lifetime spent tending to his flock, the retired minister is now indulging his passion for history and writing.

Kalkwarf intended to study history in college, but the summer after high school graduation he felt a call to the ministry. He decided to study philosophy at Central, with the intention of becoming a theologian and pastor. After two years, he had second thoughts and switched to business administration, but returned to the ministry path, graduating with a major in philosophy and a minor in business, "both of which have served me well over the years," he says.

A rewarding career as a minister followed, included a graduate education capped with a Doctor of Ministry degree from Princeton Theological Seminary in 1980. Kalkwarf pastored churches across the East Coast, and he served as president of the General Synod of the Reformed Church in America. But his interest in history remained.

In 2015 he published "Exploring the Libraries of the U.S. Presidents," which takes readers along on the road trip he shared with wife Beverly while visiting all 13 presidential libraries in the U.S. He also previously published "Dear Craig," a series of 15 letters written to his grandson in which he shared his faith.

Kalkwarf also produces a quarterly television program for the in-house TV station at his retirement community of more than 2,000 people. The program grew out of his interest in presidential history, and each episode focuses on a different president.

Looking back on his Central education, Kalkwarf views it as "the starting point for my whole life. I really appreciated the education I got there."

How has creativity been important throughout your career?

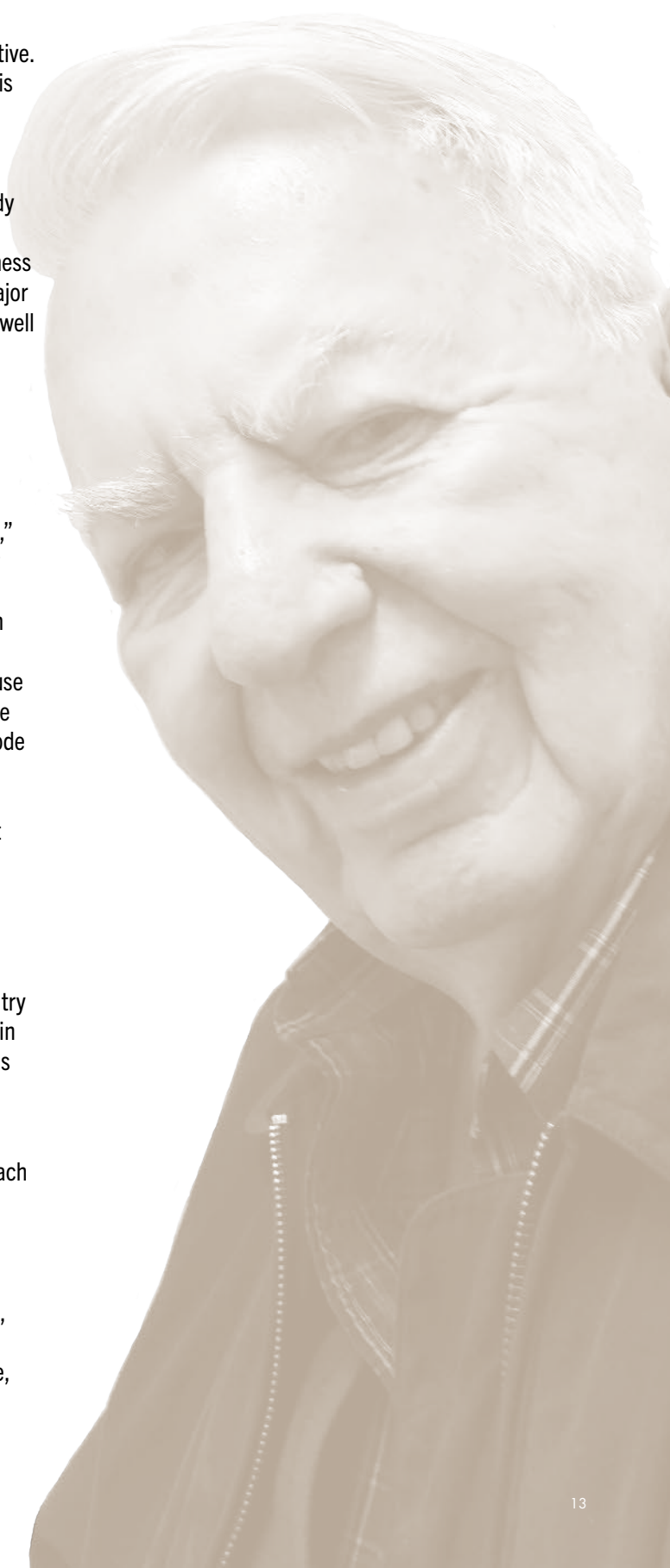
A lot of my creativity came out when I was in the ministry in terms of trying a different approach when I was preaching. Instead of a regular narrative sermon, I've done many of what I call first-person sermons. I try to put myself into the shoes of the person I'm speaking about. I speak in the persona of someone else, for example Biblical personalities such as Pontius Pilate, Joseph of Arimathea or Barabbas.

What do you still want to accomplish?

I'm currently writing a daily devotional book, with one devotional for each day in the year. I hope to have that published in about a year.

What is your goal when writing about history?

In all my work, I find it helpful to come at things from a different perspective. I try to give people a different perspective on the libraries, and I try to provide an indication of what my perspective is on visiting the libraries. For all of the presidents who were alive during my lifetime, starting with Herbert Hoover, I try to indicate some of my reaction to things I remember about them.



WE WILL TEACH YOU TO

50 Years of Upward Bound at Central  by Jenni Hodges

Every five years, Central competes with colleges and universities across America for a federal grant to help high school students dream big about education. And for five decades, Central has won a grant in every competition and hosted more than 2,000 south central Iowa students for Upward Bound. This year marks the program's 50th anniversary at Central.

"Central has always had a commitment to community engagement and being part of the bigger picture in south central Iowa," says Louise Esveld '74, director of pre-college programs. "And the people who work in Upward Bound are extraordinarily committed." The program has adapted constantly over its long history at Central — and preserved many beloved traditions. Student learning is now more rigorous than ever, says Esveld, and Central's goals for the program are ambitious. "We've built on the program foundation, and we've taken it into the 21st century," Esveld says.

Established by the Educational Opportunity Act of 1964, Upward Bound was the nation's first college access and retention program. A successful experiment, it became the first of seven federal programs grown from President Lyndon B. Johnson's War on Poverty.

Former dean of students Marjorie Giles helped bring Upward Bound to Central in 1966. Ed Banfield became program director in 1967 and remained more than 30 years. His wife, Mary Jane, joined him as assistant director in 1979. "Ed and Mary Jane are the king and queen of Upward Bound," says Matt Diehl '87, Student Support Services program coordinator. "They really built the program."

In 1998, Central hired Esveld to direct Upward Bound. She was completing her Ph.D. at the same time and expected to spend just a few years in the position. Now, 18 years later, Esveld continues to lead the program and says Upward Bound offers more than anyone can ask from a career. "We are in the business of creating dreams," she says.

Upward Bound invites disadvantaged high school students to explore their possibilities for higher education. Participants prepare for college — and learn to dream about that future — through classes, relationships and fun opportunities to build on their strengths.

Many students become the first in their families to attend college. The program helps break the cycle of poverty, Esveld says, because when one student goes to college, brothers, sisters, cousins — even parents — often follow. These students go on to higher-paying jobs and contribute more to their communities.

Central's participating schools include East, North and Lincoln high schools in Des Moines, Eddyville-Blakesburg-Fremont High School, Oskaloosa High School and Pella High School. Upward Bound students meet throughout the year to learn study skills, financial literacy and more for their future. And each summer, students spend two weeks in community-based activities with Central coordinators, then live on campus for four weeks of study and fun.

The program is designed to provide a rich, college-like experience on Central's campus. "If students can't see themselves in college, if they



Many Central grads have helped support Upward Bound students as tutor-counselors. In summer 1983, Kathy Sikkema '84 loved building relationships with fellow TCs (left) and a group of high school girls (right). "It is hard to describe how much fun we had," she says, "and how much we meant to each other."

can't imagine that future, they're not going there," Esveld says.

Central's Upward Bound team cannot recruit for the college, but they help students explore the best possible options for their interests. Many Upward Bound graduates have chosen Central through the decades. "We certainly love it when we have students come here," Esveld says, "and we do have some amazing students. Many of them do very well here."

Joe Sample '92 studied psychology at Central after participating in Upward Bound — and took his education further than he ever expected. "My experience in Central's Upward Bound program basically changed my future," he says. "Without that exposure, I never would have believed it was possible."

After graduating from Central, Sample went on to earn a Master of Public Administration degree from Drake University and an M.A. in bioethics and health policy from Loyola Chicago. "Like so many other people, I took these tests about what jobs fit you," Sample says, "and mine came back with factory, maintenance worker. Not that there's anything wrong with that work, but I didn't think it was a good fit. Without Upward Bound, I would have underestimated my abilities."

Sample is now executive director of Heritage Area Agency on Aging. In addition to his full-time work, he's completing a Ph.D. in human development and family studies from Iowa State. "It all goes back to Upward Bound," he says. "I'm pushing myself, and I'm open to wherever this path takes me."

Heather Burr Isaacson '97 says Upward Bound shaped her life significantly, too. "I think Upward Bound was just as influential on me as my parents," she says. "It showed me I had the potential to graduate from college, to be successful and have the life I wanted. That developing time in your life can be tough, and Upward Bound at Central gives you a place to feel loved, to feel believed in."

The program's success depends on relationships,

Esveld says, especially through Central coordinators' efforts to build connections. "I can't give enough credit for the work they do with students," says Esveld of her team. "They work really hard and forge amazing, supportive relationships with these kids."

Those relationships made Central feel like home, says Isaacson. "I had some amazing mentors who led to me attending Central College," she says. "I knew there were people there who cared about me, and I already had a relationship with them. It felt like home already before I even started as a student."

Upward Bound also forges powerful connections between students. "The way it connects you, it's visceral, emotional," says Sample. "So many of my lifelong friends are people I only knew through those summers, but I've kept a relationship with them for many years."

For Central students, Upward Bound also provides special leadership opportunities. Students can serve as tutor-counselors (TCs) during Upward Bound's four weeks on campus. "We have a lot of TCs say it's the single most important experience of their college career," Esveld says.

During the summer program, TCs lead groups of 12 students in fun and focused activities. Their role is part counseling, part motivating, part big brother/big sister relationships that give students a safe place to open up.

Serving as a TC helped Kathy Sikkema '84 decide what to do after graduating from Central — and helped prepare her for future roles: researcher, teacher and psychologist. Sikkema is now professor of clinical psychology and global health at Duke University and says serving with Upward Bound was key to her career trajectory.

"Looking back, Upward Bound was one of my first exposures to diversity," says Sikkema. "I grew up on a small Midwestern farm. Now I work all over the world. At Upward Bound, those 'low income,



Ed Banfield and Matt Diehl during the years Diehl served as summer assistant director of Upward Bound.



Ed and Mary Jane Banfield, former director and assistant director of the Upward Bound program, respectively, served Central for a combined 54 years.



Top: Upward Bound students gather on campus. Bottom row: An Upward Bound reunion featured former students from various years.

high potential' kids brought a wide range of interesting issues and experiences."

Billy Kirby '00 also relished his time as a TC. "That was my favorite job I've ever had in my life," he says. Kirby participated in Upward Bound as a high school student and TC, then became program coordinator at Central 2002-05.

"I got to walk in the footsteps of some greats," Kirby says. "Years later, I'm still learning how important some of those lessons were. I always say, 'It's the Upward Bound in me' — those little things you do to show a genuine desire to connect with people. I do that with everybody I see, and I picked that up at Upward Bound."

Isaacson also counts herself privileged to have experienced both sides of the program. After participating in Upward Bound, she found more great friends and mentors during summers as a TC. "If I could do that job for the rest of my life, that's what I wanted to do," she says. "And I managed to find work very similar to that in my career — to work with kids who need caring adults to help propel them to the next level."

Isaacson now directs Dreamer Academy with I Have a Dream Foundation in Des Moines. She and Kirby, Dreamer Academy program manager, are helping inspire Findley Elementary School students to pursue higher education.

Kirby and Isaacson are also community partners for Central now. Invited by Dreamer Academy, the college recently adopted Findley third graders to help create a college- and career-going culture.

"I have never been prouder to be a Central College graduate," Isaacson says. "I'm grateful for the experience I got to have, and I'm really happy to help provide that for future college students through the work we're doing right now."

Kirby believes programs like Upward Bound and Dreamer Academy prevent an attitude that asks, "Why do I have to learn this?" "If you can get to kids early enough and show them that education really opens doors, hopefully they never ask the question," says Kirby. "Even if it's not your best subject or favorite class, you're learning something and it'll give you access to the next opportunity."

Many of Central's other Upward Bound alumni are also inspired to give back. Joel Schutte '92, assistant principal at Southeast Polk High School, says he is grateful for the program's influence on his life.

"Like many Upward Bound students, I did not have very good role models in my life for positive life choices, particularly in regards to post-secondary goals," says Schutte. "I have dedicated my entire career to helping students from challenging backgrounds. I absolutely would not be where I am today without the great folks of Upward Bound. I'll never be able to thank them enough."

Were you involved in Upward Bound?

Join us for an alumni reunion
this year at Homecoming!
Sept. 30 - Oct. 2

Central students and alumni celebrate memories of Upward Bound.

"Upward Bound was a life-changing opportunity. I was introduced to the Central community and fell in love!"

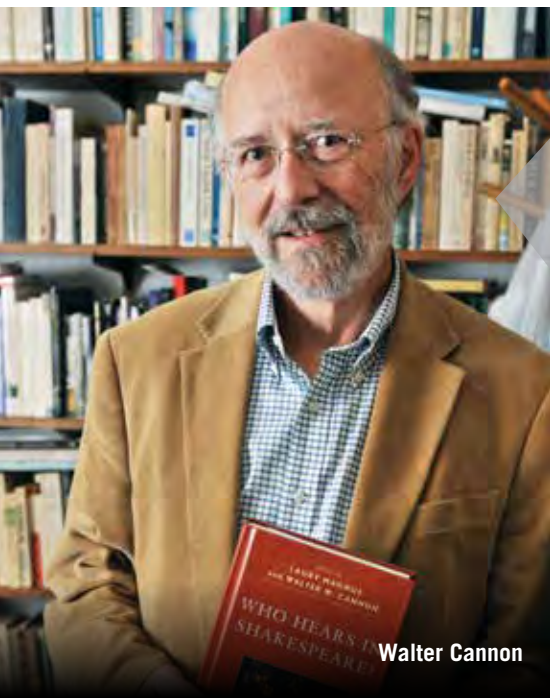
— Izak Yaw '19

"If it weren't for Upward Bound, I would not have come to Central. It is a second family. Upward Bound has helped me prepare for Central and gave me connections for help."

— Scottie Yang '18

"I will never forget our tutor-counselors; they were role models for everyone and were always there for us."

— Amina Lovan '13



Walter Cannon

A Rewarding Career

Shakespeare connections are a hallmark of English professor's 36 years at Central.

by Cindy Deppe

When the American Shakespeare Center came to campus in March, it was the renowned touring group's 13th appearance at Central in 20 years. The campus connections established more than 20 years ago and the ongoing efforts to expose students to professional theater were the work of Central's resident Shakespeare expert Walter Cannon, professor of English, who will retire at the end of the academic year.

Formerly known as Shenandoah Shakespeare Express, the touring company's Dangerous Dreams tour performed "Julius Caesar," "The Life of King Henry V" and "The Importance of Being Earnest" for campus and public audiences and conducted workshops for students on costume design and staging, special effects, voice and music in early theater.

American Shakespeare Center's residency was made possible through the Thomas J. and Charlene P. Gaard Endowed Residency in the Liberal Arts, and Vice President for Academic Affairs Mary E.M. Strey terms the Gaard residency and Cannon's tenure each as "a signature legacy."

"Just as the Thomas J. and Charlene P. Gaard Endowed Residency in the Liberal Arts is a signature residency at Central College, designed to provide faculty and students a meaningful opportunity to reflect on the liberal arts, Professor Cannon's 36-year residency at Central is a signature legacy that has challenged thousands of students and hundreds of colleagues to reflect on and be attentive to the liberal arts," Strey said.

For Cannon, the campus residency was the continuation of a lifelong fascination with Shakespeare and his personal friendship with the center's founding director Ralph Cohen.

"I found Shakespeare fascinating from the beginning. His work plays fast to the audience and delivers lots of ideas in a short time. I loved the way the theater brought the plays to life as living things through interaction with the audience," Cannon says. "His ideas are so resonating and abidingly relevant."

CANNON'S CENTRAL CAREER

Walter Cannon's steady contributions to college initiatives and classroom teaching have been part of Central education for nearly four decades. The Central bard has worked to move college initiatives forward, such as Writing Across the Curriculum, service-learning and civic engagement, and international studies, to name a few.

Cannon came to Central in 1979 to direct the Writing Across the Curriculum program funded by the National Endowment for the Humanities. Based on

his experiences in a summer fellowship in the Department of Rhetoric at Berkeley and his observations of the Bay Area Writing Project, his role then was to conduct faculty development workshops at Central.

It was, Cannon says, "the impetus to make broader curricular changes which began in something we called Central Foundations and developed over time into the current Intersections Seminar for first-year students, a capstone course and writing intensive courses throughout the curriculum. Faculty were encouraged to consider writing as a pedagogical tool in all their courses, and they took it seriously."

That led to Cannon's next administrative role as London program director for three years in the mid-80s. Cannon recalls, "I got to know Shakespearean actors and made connections at The Guardian that benefitted Central students."

When he returned to campus, Cannon wrote a grant that funded another faculty development program to further drive the Writing Across Curriculum effort, and this one included an outreach effort to support a Young Writer's Conference that brought hundreds of elementary and secondary students and their teachers to Central's campus. During summers, he was involved in the Iowa Writing Project, instructing K-12 teachers in "helping people feel like writers."

Cannon also started teaching a Non-Profit Writing course as part of a pilot project funded by the Council of Independent Colleges, a grant he helped to write.

"... and one man in his time plays many parts ..."

Cheri Doane '98, director of Community-Based Learning, was one of Cannon's early Non-Profit Writing students, and last year the pair co-authored a chapter for "Service-Learning and Civic Engagement: A Sourcebook," which is intended for teachers, service-learning practitioners and professionals in the field.

Cannon's 2011 book, "Who Hears in Shakespeare? Auditory Worlds on Stage and Screen," co-edited with Laury Magnus, grew out of his long-time membership in the Shakespeare Association of America. "The book endeavor came out of connections I'd made through Shakespeare Association seminars," Cannon says. "Co-editor Laury Magnus and I invited others to submit chapters after a successful seminar that she directed. I'm really happy with the way it turned out."

Cannon is also proud of his chapbook, a short collection of poetry, "The Impossible World." "Writing poetry was something I enjoyed as an undergraduate and have continued as a necessary response to what's around me" he says. "I've enjoyed doing readings of my work over time too."

RECOGNITION AND REFLECTION

Cannon's efforts have been recognized with both campus awards and invited participation in national and international workshops and institutes. At Central, he has received the Outstanding Performance Award for Professional Development, Outstanding Performance Award for Teaching, and the Huffman Award for Outstanding Support of International Education.

Iowa Campus Compact recognized Cannon with the Excellence in Community Engagement Faculty Award for his commitment to service learning and civic engagement. He was named twice to Who's Who Among College Teachers. He was awarded faculty research and development grants for work at the Shakespeare Centre and the Shakespeare



Actors with the American Shakespeare Center led theater workshops during a residency March 21-23. Workshops included stage fighting, makeup and costumes.

Institute, Stratford-upon-Avon, England; the British and Folger Shakespeare Libraries; and Yeats Summer School in Ireland. He has also received four NEH-funded fellowships for college teachers to study at the University of California—Berkeley, James Madison University, and two at the Folger Shakespeare Library in Washington, D.C.

If that all sounds like a lot of work, Cannon says, "It's been a lot of fun. It's never felt like work. I've had a lot of interesting students who have kept me engaged with new ideas. And faculty too; I've been lucky to have had such intellectually stimulating and supportive colleagues."

With the usual full plate of semester commitments, Cannon hasn't had much time to consider his next chapter but hints that there may be another writing collaboration in the offing. He says, "I have a boutique interest in Irish literature and have been invited to give lectures on

Yeats and Shakespeare. I have a collection of essays on Shakespeare I may pursue. I'll remain active in the Shakespeare association, and I'll continue my creative writing."

Throughout Cannon's career, Shakespeare has remained a constant. "Shakespeare has been good to me," Cannon says. "As a result of my work with him, I've had a rewarding career."

Students often ask Cannon which is his favorite among Shakespeare's great works. "I tell them it's whatever play we're working on at the time. 'Twelfth Night' is a favorite. It plays well on stage — its absurdity and complexity — there's something you can learn each time you see it. That's what I like about teaching literature. Not everyone gets to read great literature over and over again."

You can bet Cannon will continue to crack open the great plays, even though the bust of Shakespeare that adorned his office will soon have a new home.



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Center Point, Iowa
Studying in Budapest, Hungary

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ALUMNI NEWSNOTES



▲ Alumni enjoyed a reception before a performance of “A Gentleman’s Guide to Love and Murder” at the Des Moines Performing Arts Civic Center in February. For a full listing of alumni events visit www.central.edu/alumni/events. Pictured left to right: **Dody Boat '05H**, **Tim Hoekstra '95**, **Paul Kuyper '65**, **Phyllis Danks**, **Jim Danks '64** and **Mary Van Mantgem Kuyper '67**.

THE '50s

Bernice Reynen Ferwerda '51 considers her book of poetry, “Scribblings by Bernice,” a pseudo-biography of her life. The book is available for purchase online at Schuler Books and Music. Bernice and husband Martin live in Grand Rapids, Mich.

THE '60s

For information about **Davis Folkerts '60**, see the '00s.

Rosemarie Anderson '69 of southern Oregon is professor emerita at Sofia University in Palo Alto, Calif. Rosemarie works as a transpersonal research consultant.

Gerald Schleier '69 completed 39 years practicing dentistry in Keokuk, where he lives

with wife Dian. Gerald is trustee of the Iowa Dental Association and president of Dental Alumni Association for College of Dentistry at University of Iowa.

THE '70s

For information about **Liz Tucci Calisesi '77**, see the '00s. For information about **Nancy Vanhuizen Kapusinski '75**, **Linda Bielema Merema '76** and **Ron Merema '76**, see the '10s.

Kathy Brown Gervasi '75 is in her third year as family/student coordinator for STEM Tech Trek AAUW Camp for eighth grade girls held in Tillamook, Ore. Kathy was elected to the Tillamook Bay Community College Board of Directors.

Dave Unger '76 of Lynnwood, Wash., is police sergeant with Seattle Police Department.

Earl Cater '77 is doctoral advisor in the school of advanced studies at University of Phoenix. Earl and wife Erma live in Glendale, Ariz.

THE '80s

For information about **Kathy Cashen Thompson '87** and **Tony Braidia '89**, see the '00s.

Curt Gunnink '84 is the mortgage loan originator at Avenue Mortgage in Naperville, Ill. Curt and wife Abbe live in St. Charles with their two daughters.

Joe DiBernardo '85 of Chicago is a regional marketing and sales manager at Ophthalmic Mutual Insurance Co.

Andrea VanGelder '87 is the international director at JLL in Chicago.



▲ **Tom Leroy Gegenheimer '63** enjoyed a Class of '63 lunch in Casa Grande, Ariz., with wife **Janice Kooiker Gegenheimer '63**, **Marilyn Walraven Cummings '63** and husband Phil, **Leroy Sankey '63** and **Sandy Kersbergen Sankey '63**. They spent several hours reliving their time at Central, life after Central and activities during retirement. They are pictured left to right, **Tom Leroy Gegenheimer '63**, **Janice Kooiker Gegenheimer '63**, **Phil Cummings**, **Marilyn Walraven Cummings '63**, **Leroy Sankey '63** and **Sandy Kersbergen Sankey '63**.



▲ On May 10, 2014 two former classmates and fellow biology majors had an unexpected reunion in the delivery room at Genesis East Hospital in Davenport. **Jessica Martin Ragsdale '07** and husband Nick were awaiting the imminent arrival of their firstborn when they discovered the resident doctor in charge of delivering their baby was **Kari Schledewitz Dodds '07**. From that point on, Jessica knew she and her baby were in good hands. Jessica and husband Nick live in Bettendorf with their son. She is an occupational therapist at Genesis in the Quad Cities. Kari and husband Phil live in Davenport with their son. Kari is a physician at Muscatine Family Practice. Pictured front row (left to right) Samuel Ragsdale and Camden Dodds. Back row: **Jessica Martin Ragsdale '07** and **Kari Schledewitz Dodds '07**.



▲ **Chrissy Buitenwerf '08** and **Matt Clawson '08** of Urbandale were married Sept. 12, 2014. Chrissy is claims support supervisor at Nationwide Insurance in Des Moines, and Matt is claims specialist with State Farm Insurance in West Des Moines. Pictured front row (left to right): **Jacob Brueck '10**, **Marie Bruns Brueck '09**, **Kara Neuman Mertz '08**, **Kristin Clague '08**, **Janna Hammes '08**, **Chrissy Buitenwerf Clawson '08**, **Matt Clawson '08**, **Lindee Russell Jeneary '08**, **Phil Jeneary '07** and **Matt Miller '08**. Second row: **John Roloff '10**, **Amanda Scott '10**, **Sarah Koebrick Nelson '07**, **Kiley Masters '08**, **Nichole Foxhoven '08**, **Allison Fegley '08**, **Samantha Winebrenner '08**, **Trevor Jones '08**, **April Ziskovsky Bartelt '08**, **Eddie Elkin '08** and **Stephanie Ellwanger Elkin '08**. Back row: **Scott Buitenwerf '05**, **Derek Klopfenstein '07**, **Seth Sojka '07**, **Sheila Beiermann Tweeton '06**, **Mike Tweeton '07**, **Hayley Hunt Newlon '07**, **Mike Hammond '08**, **Trent Johnson '07**, **Melanie Revell Kroese '08**, **Christian Grindberg '08** and **Ashley Lang Grindberg '08**.

Chris Hyland '88 has served as an officer in his local Knights of Columbus Council for the past two years. He is a volunteer for Columbia River Recreational Advisory Group, where anglers from Oregon and Washington give feedback to state fish and wildlife departments on salmon fisheries for stocks on the Columbia River. Chris is executive director at Walla Walla Watershed Management in Walla Walla, Wash., where he lives with wife Lisa.

Julie Brown Anderson '89 is corporate controller at LeanLogistics in Holland, Mich., where she lives with husband Aaron. They are parents of four children.

Kara Glendening Busker '89 is a speech language pathologist for Paterson Public Schools. Kara and husband **Nathan Busker '89** live in Oakland, N.J., where Nathan is the senior pastor of Ponds Reformed Church.

Terri Snyders Crumley '89 is assistant vice president for enrollment and dean of admissions at Mount Mercy University. Terri and husband Tim live in Marion with their two children.

THE '90s

Alicia Kuper '91 and Joseph Frericks were married July 21, 2012. They live in Hilliard, Ohio, with their four children. Alicia practices pediatric medicine at Northwest Pediatrics in Columbus.

Matt Scotton '91 is clinic manager at Kinetic Edge Physical Therapy in Newton, where he lives with wife **Sandy Koon Scotton '91**. Their two daughters are students at Central.

Carmen Whetstine Madigan '93 teaches reading in Freeport School District in Freeport, Ill. Carmen and husband **Andy Madigan '93** live in Lena with their daughter. Andy is an insurance agent at Royal & Sunalliance in Freeport.

John McKinney '94 is senior vice president and general counsel at West Bank in Des Moines, where he lives with wife **Julie Hansen McKinney '95** and their two daughters. Julie is a nurse at Iowa Methodist Medical Center in Des Moines.

Chad Garrels '95 of Saint Paul, Minn., is high school choir director in Mahtomedi School District.

Aaron Roerdink '97 was promoted to associate professor of chemistry with tenure at Heidelberg University in Tiffin, Ohio, where wife **Andrea Westra Roerdink '97** was named lecturer of accounting. Aaron and Andrea live in Tiffin with their three children.

Brian Rowe '97 passed the Society for Human Resource Management-Senior Certified Professional exam. Brian is total rewards specialist with Vermeer Corp. in Pella, where he lives with wife Sara and their two children.



▲ **Jared McCarty '09** and Chris Fritz of Chicago, Ill., were married July 10. Jared is director of graduate enrollment at Roosevelt University. Pictured in front row (L-R): **Shannon Regan Hickman '07** and **Mark Babcock '91**. Second row: **Liz Tucci Calisesi '77**, **Carrie Jo Calisesi Pearson '06**, **Davis Folkerts '60**, Pam Richards, **Jared Fritz-McCarty '09**, Christopher Fritz-McCarty, **Tony Braida '89**, **Liza Calisesi Maidens '10** and **Caitlin O'Connor Sulentic '10**. Third row: **Debbie Abel**, **John Roloff '10**, **Kathy Cashen Thompson '87**, **Ashley Lang Grindberg '08**, **Christian Grindberg '08** and **Joel Maidens '10**.

Ryan Anderson '98 is the senior manager of pharmacy at Mayo Clinic in Rochester, Minn., where he lives with wife Claudia and their two sons.

Spencer Cox '98 sold his vending business and returned to the financial services industry. He is financial advisor with Morgan Stanley

in West Des Moines, where he lives with wife **Stephanie Allison Cox '99** and their four children.

Jamie Hiscocks Cash '99 is business intelligence analyst at MediRev in Coralville. Jamie lives in Solon with husband Rob and their two sons.



▲ **Ashley Wiersema '12** and **Spencer Beekman '14** of Pella were married Oct. 3. Ashley is athletic trainer and occupational therapy assistant at Kinetic Edge Physical Therapy in Pella, where Spencer is contractor laborer at South Falls Construction. Pictured first row (left to right): **Katie Merema Roquet '08**, **Carlos Hernandez '15**, **Zach Beekman '12**, **Ashley Tapper Beekman '11**, **Ashley Wiersema Beekman '12**, **Spencer Beekman '15** and **Taylor Schuelke '12**. Second row: **Eric Roquet '08**, **Cyndi Johnson O'Rourke '11**, **Bobby Vineis '12**, **Jessica Baker '12** and **Megan Stoullil '12**. Third row: **Brady Hill '12**, **Jess Wineland '12**, **Joe Rosauer '12**, **Bracken Smith '15** and **Amanda Gezel Merema '03**. Back row: **Brody Janssen '15**, **Levi Ross '15**, **Nick Henry '15**, **Nancy Vanhuizen Kapusinski '75**, **Mike Merema '03**, **Linda Bielema Merema '76** and **Ron Merema '76**.



▲ **Rachel Purdy '13** and **Zac Eash '13** of Ames were married Oct. 3. Rachel teaches preschool at Bright Horizons Child Care Center in Ames, and Zac teaches fifth grade in West Marshall Community School District in State Center. Pictured row one (left to right): **Melony McDermott '13**, **Jill Hite Schuring '13**, **Tia Dupont '14**, **Rachel Purdy Eash '13**, **Zac Eash '13**, **Anna Higgins '13** and **Kelsey Moes '13**. Second row: **Crystal Spoor Seier '14**, **Sarah Purdy '16**, **Jamie Soderstrum '13**, **Jacqui Hauber Hale '13**, **Deanna Chaplin '12**, **Logan Danko '13**, **Garrett Simpson '13**, **Megan Overton Bouska '13** and **David Bouska '13**. Third row: **John Seier '14**, **Kelsie Evans Zegers '13**, **Kelli Ziskovsky Holan '12**, **Elisabeth Gerst Beckman '13**, **Felicia Coleman '13**, **Miranda Wehde '14**, **Caitlyn Meyer '13**, **Seth Eash '18**, **Anthony Wolf '13**, **Ben Simpson '13**, **Jeana Newendorp '13** and **Collin Tjepkes '13**. Back row: **Dan Zegers '13**, **Mark Holan '10**, **Jake Stein '14**, **Aric Klyn '13**, **Jason Mauer '14**, **Derek Beckman '13**, **Daniel Lohman '13**, **Matt Schulte '13**, **Corey McPherson '13**, **Mitch Foster '13**, **Collin Robinson '13**, **Emily Arrendell '16** and **Sam Parker '13**.



▲ **Kaitlyn Connealy '14** and **Adam Shell '14** of Davenport were married July 25. Kaitlyn teaches special education at North Scott Community Schools and Adam is an accountant at John Deere. Pictured front row (left to right): **Dana Gordon '15**, **Katie Tokle '14**, **Rachel Lehr '14**, **Meghan Freme '14**, **Leah Farrington Stearns '11**, **Mitch Stearns '14**, **Adam Shell '14**, **Kait Connealy Shell '14**, **Hannah Owens '14**, **Molly Ammerman Mollman '14**, **Jake Mollman '14** and **Hanna Wilson '14**. Second row: **Libby Elmitt '14**, **Crystal Spoor Seier '14**, **Jesse Beringer '14**, **Cameron Macdonald '14**, **Laura Draheim '15**, **BJ Cunningham '14**, **Spencer Bakerink '14**, **Elisha Wyckoff '14**, **Darin Schultz '13**, **Makaye Smith '15**, **Brett Carroll '14**, **JJ Kotz '14**, **Tim Wilson '14**, **Brian Fyfe '15**, **Katie Canney Fyfe '15**, **Austin Roose**, **Lauren Meyer '16** and **Ricky Boyle '14**.

Kevin Johnson '99, middle school teacher for Lynnville-Sully Community School District, gave his students an assignment to help them understand 9/11. His efforts caught attention from the Tribute Committee, which selected Kevin to receive Tribute Center's Teacher Award. The ceremony was held Feb. 26. Kevin and wife **Sara Cerwinski Johnson '00** live in Sully with their two children. Sara teaches at Diamond Trail Children's Center in Lynnville.

Colleen Rogers '99 was named director of advancement for Greater Des Moines Habitat for Humanity. Colleen and fiancé Brian Messenger live in the Union Park neighborhood of Des Moines, where they are restoring woodwork and researching the history of their turn-of-the-century home.

THE '00s

For information about **Sara Cerwinski Johnson '00**, see the '90s decade. For information about **Amanda Gezel Merema '03**, **Mike Merema '03**, **Brooke Nederhoff O'Kane '07**, **Katie Merema Roquet '08** and **Eric Roquet '08**, see the '10s.

Benjamin Armitage '00 is managing partner at Billion & Armitage in Minneapolis. Ben and wife Jamie live in Prior Lake with their three children.

Melissa Voigt Starr '02 is communication specialist at The Social Starr in Ankeny, where she lives with husband Jeremiah and their five children.

Glen Fuhrmeister '03 of Washington, D.C., is account coordinator at District Experience, a Global DMC Partner.

Jody Rindels Smith '03 is principal marketing manager at Rockwell Collins in Cedar Rapids. Jody and husband Chuck live in Marion with their two sons.

Rebecca Hedges Pospisal '04 is chief compliance officer at Easter Seals Iowa. Rebecca and husband Andrew live in Clive with their two children.

Jon Sexton '04 is the chief culture officer at Vibrant Credit Union in Grinnell, where he lives with wife Nicole and their son.

Angela Grey Klein '05 is a security engineer at Federated Mutual Insurance in Owatonna, Minn., where she lives with husband Brad and their son.

Chris Thilges '05 is commercial property claim manager at Grinnell Mutual Reinsurance in Grinnell.

Analee Porteous Gray '06 is a scheduling and marketing representative for two financial representatives at Northwestern Mutual in Urbandale, where she lives with husband **Rex Gray '08** and their two children. Rex is a financial advisor at Northwestern Mutual in West Des Moines.



Mock Trial Invitational Named

Through a lead gift from **John '87** and **Julie Pothoven Fisher '90**, the Central Mock Trial Invitational has been named the Dr. Donald P. Racheter Mock Trial Invitational in recognition of Racheter's role in co-founding the American Mock Trial Association and 21 years of leadership as Central's mock trial coach and pre-law program director. Racheter is currently COO of the Public Interest Institute in Mount Pleasant, Iowa. He taught at Central from 1976 to 2005. The naming ceremony was held Jan. 23 during the event. Pictured left to right: Andrew Green, professor of political science and coordinator of mock trial; **Steven Cooper '06**, mock trial attorney coach; **John Fisher '87**; **Julie Fisher '90**; Donald Racheter; Mark Putnam, president.

Kyle Seufferer '06 is senior compliance analyst at IMT Insurance Company. Kyle and wife **Meredith Farland Seufferer '06** live in Ankeny. Meredith teaches pre-school at Brubaker Elementary in Des Moines.

Dana Wilkerson Sheehan '06 is assistant manager, custom QC at Integrated DNA Technologies in Coralville. Dana and husband **Thomas Sheehan '07** live in Tiffin with their daughter. Thomas is account manager at Level 10 in Hiawatha.

Caleb Cochran '07 and wife Christin were married Jan. 21, 2012. Caleb and Christin live in St. Charles with their two sons. Caleb is petty officer first class in the United States Navy.

Emily Faidley Linacre '07 is library clerk and cataloging tech at Altoona Public Library in Altoona, where she lives with husband **Jeffrey Linacre '06** and their three children. Jeff is web developer at Businessolver in West Des Moines.

Michelle Sorenson '07 of Mason City is a recreation specialist at Mankato Area Public School District in Mankato, Minn.

Trenton Blythe '08 was named associate director of major gifts at Northwestern University, Feinberg School of Medicine in Chicago, where he lives with wife **Molly Lehr Blythe '08**. Molly is the music education teacher at St. John Berchman's School in Chicago.

Amanda Hadley '08 and Michael Ross of Emmetsburg were married June 28, 2014. Amanda teaches high school history in Webster City.

James Arnett '09 of Des Moines is an accountant with U.S. Department of Education.

Derek Knutson '09 and Kate Knutson of Benton City, Wash., were married Sept. 21, 2014. Derek is a firefighter/AEMT for City of Pasco.

Evan Olson '09 is a web/science writer at Rice University in Houston, Texas, where he lives with wife **Jana Stallman Olson '10**.

Melissa Dentlinger Snyder '09 is administrative and human resource coordinator at DuPont Pioneer in Johnston. Melissa and husband **Robert Snyder '09** live in Des Moines. Robert is research associate at DuPont Pioneer.

THE '10s

For information about **Jacob Brueck '10**, **John Roloff '10**, **Amanda Scott '10**, **Liza Calisesi Maidens '10** and **Caitlin O'Connor Sulentic '10**, **John Roloff '10** and **Joel Maidens '10**, see the '00s. For information about **Jana Stallman Olson '10**, see the '00s.

Luke Bolander '10 is a collection supervisor at Wells Fargo in Midvale, Utah, where he lives with wife **Kelsey Peterson Bolander '11**.

Melissa Mount McLaughlin '10 is dietary aide at Saint Joseph Hospital in Littleton, Colo., and working toward becoming a dietitian. Melissa and husband **Derek McLaughlin '10** live in Littleton, where Derek is partner relationship manager at Zen Planner.

Sara Mouw O'Brien '10 is a marketing campaign specialist at AgencyBloc in Cedar

Falls. Sara and husband Greg live in Waverly.

Paul O'Kane '10 owns and practices dentistry at Ackley Family Dental in Ackley, where he lives with wife **Brooke Nederhoff O'Kane '07** and their two children. Brooke is project call manager at Wells Fargo Bank.

Chantel Babcock Boyd '11 is director of community partnerships with Sylvan Learning Iowa in Pleasant Hill. Chantel and husband Andrew live in Johnston with their daughter.

Tara Prime Kelly '11 is human resource manager at Greater Minneapolis Crisis Nursery in Minneapolis. Tara and husband Sean live in Crystal, Minn., with their daughter.

Michelle Rosenberg '11 of Grimes teaches first grade at South Prairie Elementary in Dallas Center-Grimes Community School District.

Joseph Shoemaker '11 is a trader at CarCo Technologies in Chicago.

Ashley Kinkade '12 is 4-H Youth and outreach educator with Poweshiek County Extension and Outreach in Montezuma.

Abigail Sparks Rock '12 is financial analyst at Rockwell Collins. Abigail and husband **Kirby Rock '12** live in Cedar Rapids, where Kirby is warehouseman at Fleck Sales.

Chelsea Tyler '12 is park ranger and natural resource specialist with United States Army Corps of Engineers in Boydton, Va.

Rhiley Huntington Binns '13 is programs presenter at Science Center of Iowa in Des Moines. Rhiley and husband **Joseph Binns '13** live in Norwalk. Joe is an actuary at Principal Financial Group.

Brandon Clough '13 of Marshalltown is Pheasants Forever wildlife management specialist at Iowa Department of Natural Resources.

Shelby Damman Elscott '13 was promoted to residential service coordinator at Optima LifeServices, Inc. Shelby and husband Landon live in Newton.

Jordan Foreman '13 of West Des Moines is the lead developer at Men's Style Lab.

Morgan Sharp Forsythe '13 teaches fifth grade special education at Aurora Heights in Newton. Morgan and husband **Blaine Forsythe '15** live in Pella, where Blaine teaches sixth grade math at Pella Middle School.

Nicholas Hafner '13 of Tiffin is retirement plan record keeper at Hills Bank and Trust Co., in North Liberty.

Samuel Parker '13 of Baltimore, Md., accepted a position as global strategic marketing manager with defense contractor Air Techniques International in Owing Mills.

Shannon Skalla '13 and **Devin Abel '13** of Grenada, Miss., were married Sept. 26. Shannon is a substitute teacher in Grenada School District, and Devin is athletic trainer at Grenada High School.

Thomas Kacmarynski '14 of Prairie City is multiple line representative with State Farm in Pella.

Kathryn Manternach '14 of Tiffin teaches mathematics in the Williamsburg Community School District.

Mercedes Rutherford '14 of Atascadero, Calif., is manager at Blackhorse Espresso and Bakery in San Luis Obispo.

Hillary Stintsman '14 of Des Moines is an administrative assistant at Hy-Vee, Inc., in West Des Moines.

Mackenzie Uhlenhopp '14 of Iowa City is online course administrator at Deborah Henson-Conant HipHarp Academy while working toward her certification in music therapy from the University of Iowa.

Brian Hadley '15 is associate technical analyst at Pella Corp.

Hillary Hotz '15 of West Des Moines is a recruiter at Aerotek.

Caleb Lynch '15 and Dani Davis of Olathe, Kan., were married Dec. 18. Caleb is lab scientist at Honeywell in Kansas City.

Sarah Montgomery '15 of Bettendorf is head girls tennis coach at Davenport Assumption High School.

Lyndi Van Maaren '15 and **Ethan Brandt '15** of Slater were married Oct. 10.

ADVANCED DEGREES

Earl Cater '77, Doctor of Education, curriculum and instruction, University of Phoenix, Dec. 23.

Carmen Whetstine Madigan '93, master's degree, American College of Education, educational technology, Sept. 2014.

Mark Sabala '95, master's education degree, physical education, Azusa Pacific University, July 2001.

Aaron Roerdink '97, doctorate, analytical chemistry, University of Wisconsin-Milwaukee, 2004.

Dayna Turner Sarver '01, master's degree, urban and regional planning, University of Wisconsin-Madison, May 2015.

Melissa Voigt Starr '02, associate's degree, nursing, Mercy College of Health Sciences, 2004.

Kari Schledewitz Dodds '07, doctorate, osteopathic medicine, Des Moines University, May 2012.

Emily Faidley Linacre '07, master's degree, library science, University of Wisconsin-Milwaukee, May 2013.

Jessica Martin Ragsdale '07, master's degree, occupational therapy, Washington University at St. Louis, 2009.

Amanda Hadley Ross '08 master's degree, history, Queen Mary, University of London, 2012.

James Arnett '09, juris doctorate, Drake University Law School, December.

Jana Stallman Olson '10, doctor of chemistry, Rice University, Aug. 2015.

Michelle Rosenberg '11, master's degree, professional educator, Morningside College, July.

Chelsea Tyler '12, master's degree, forensic science, Virginia Commonwealth University, May 2015.

Samuel Parker '13, master's degree, corporate communication, Northeastern University, April.

NEW ARRIVALS

Jason Hinners '96 and **Mindy Graham-Hinners '00**, son Jenkin Allen, Jan. 26, 2015

Ashley and **Patrick Sawyer '02**, son Callum Rex, Dec. 17

Jeremiah and **Melissa Voigt Starr '02**, daughter Maysen Paige, May 7

Jacob '06 and **Elizabeth Heard Rohde '07**, daughter Rebekah Joy, Dec. 26

Caleb '07 and **Christina Evans Cochran '07**, son Channing Nolan, July 27, 2014

Phil and **Kari Schledewitz Dodds '07**, son Camden William, Feb. 12, 2015

Nick and **Jessica Martin Ragsdale '07**, son Samuel James, May 10, 2014

Nathaniel and **Stephanie Bahr Super '07**, son Logan Robert, Dec. 6

Dan '08 and **Abby Schwenen Sherman '08**, son Truman John, June 24, 2014

Joe and **Jen Schooley Ries '09**, daughter Mabelynn Marie, Jan. 23

Alan and **Katherine Mills Kent '10**, daughter Lily Beth, Oct. 27

Matt '10 and **Katie Williamson Ness '11**, son Elijah Andrew, Dec. 31

Brad and **Danielle De Haan Schippers '11**, son Korbin Jay, Nov. 30

Holden '12 and **Kelly Schafbuch Blythe '11**, son Rowan Matthew, Nov. 11

IN MEMORIAM

Doris Key Jones '42 of Austin, Texas, Dec. 31

Evelyn Ver Steegh Dunnick '43 of Grandbury, Texas, Dec. 21

John Martens '43 of Helena, Ala., July 7

Vivian Van Wely Nielsen '44 of Bella Vista, Ark., Feb. 12

JEFFREY YUNAN MAO

Jeffrey YunAn Mao passed away Feb. 2. Born in Shanghai, China, in 1916, Mao served as an associate professor of political science at Central College for seven years during the 1960s and later taught for 22 years at Wittenberg University in Springfield, Ohio. He lived in Mishawaka, Ind., and is survived by his son, Richard, and daughter-in-law, Helen.

Using IRA Charitable Rollover Gift to Fund Endowed Scholarship



Last fall, Paul '58 and Faye Tambrino expressed interest in creating an endowed scholarship at Central. Paul, whose Central and Reformed Church family roots go back generations, and Faye, whose son is a graduate and Central trustee, wanted to fund the scholarship now rather than through an estate gift. And they wanted to do so in a tax-efficient way.

In 2015, when Congress passed the law to allow direct transfer charitable gifts from an IRA, they jumped at the chance and accomplished their goals. They began funding the scholarship with current dollars from their IRA and didn't have to receive the distribution as taxable income. And they could count the gift as their annual Required Minimum Distribution. The legislation was made permanent, which makes it possible to plan an IRA Charitable Rollover gift on an annual basis. Now the Dr. Paul and Fay Tambrino Foundation Scholarship will soon be a reality.

To find out if you qualify to make an IRA Charitable Rollover gift to Central, call or email Don Morrison at (800) 447-0287 or morrisond@central.edu. For more information go to <http://plannedgiving.central.edu/rollover-now-permanent>.

Georgia Van Gorkom Van Berkum '49 of Marion, Oct. 18
June Allen Wilson '49 of Clive, June 22
Jeanne Jewell Anderson '50 of Van Meter, March 4
William Schultze '50 of Grand Rapids, Mich., Nov. 17
John Smeltzer '50 of Milford, Jan. 9
Robert Vander Wagen '50 of Downers Grove, Ill., Oct. 13
Robert Vander Ploeg '51 of Ada, Mich., Jan. 25

Richard "Dick" Buck '53 of Clifton Park, N.Y., Feb. 3
John Martens '57 of Helena, Ala., July 7
Virgil Dykstra '67 of Pella, Jan. 23
Julie Schlenker '63 of Alba, Mo., March 3
Wayne Hugen '65 of Des Moines, Nov. 23
Dennis Karnstedt '67 of Darien, Ill., Dec. 14
Betty Schmidt Barrick '68 of Sun City, Ariz., June 7
Alanna Hug-McAnnally '69 of Punta Gorda, Fla., Jan. 1

Don Meinsma '71 of Fulton, Ill., Feb. 7
Michael McDonald '76 of Des Moines, Feb. 24
Melanie Ollendieck Luu '87 of Humboldt, Dec. 28
Marvin Van Wyk '93 of Boiling Springs, S.C., Dec. 19
Jeff Kloster '03 of Overland Park, Kan. Jan. 13



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.

2016 HOMECOMING SCHEDULE

JOIN
US

September 30 – October 2

Join alumni, families and friends at homecoming to enjoy a variety of events for all ages. For a full schedule, visit www.central.edu/alumni/homecoming.



HIGHLIGHTS INCLUDE:

Friday, Sept. 30

- 10 a.m. Heritage Day Reception**, worship and luncheon (by invitation only). Lower Chapel Courtyard.
- 6 p.m. Lemming Race**. Peace Mall.
- 6-7:30 p.m. Friday Night Barbecue**: barbecue, pep rally, coronation and street party. Graham Hall Lawn by Broadway St.
- 7:30 p.m. Central theatre production**: "Boeing Boeing." Kruidenier Center.
- 8 p.m. Central College Vocal Combos** directed by Gabriel Espinosa '79. Douwstra Auditorium.

Saturday, Oct. 1

- 8-10 a.m. Pancake Breakfast**. Maytag Patio.
- 10:30 a.m. Alumni Award Presentation and Lunch**. Maytag Student Center, Boat, Moore, Weller Rooms. Alumni and friends are invited to attend the 2016 Alumni Award presentations followed by luncheon. Reservations are required.
- 11 a.m. Tailgate under the big tent**. Corner of Independence and W. 3rd.
- 1 p.m. Football**: Central vs. Dubuque. Schipper Stadium.
- 5 p.m. Post-game party and class pictures**. Harry and Bernice Vermeer Banquet Hall in Graham Conference Center.
- 7:30 p.m. Class gatherings** at Bos Landen Golf Club. Cash bar and light snacks available.

Sunday, Oct. 2

- 9 a.m. A Cappella Choir assisting in worship**. A Cappella Choir alumni are invited to sing with the choir during 9:45 a.m. worship at Second Reformed Church.
- 11 a.m. Sunday brunch at Central Market**.
- 12 p.m. 10th Annual Flying Pans Alumni Steel Band Concert**. Douwstra Auditorium. All past Pan members are invited to participate in the annual Homecoming alumni concert.

CHANGE OF DATE:

The 8th Annual Schipper Memorial Golf Outing will be September 16 this year.

If you are interested in playing, contact Travis Thompson at travis@heartlandtiresandauto.com or Chad Klein at chad@verdught.com.

**CELEBRATE THE 50TH ANNIVERSARY
OF UPWARD BOUND
AT CENTRAL COLLEGE
DURING HOMECOMING!**

Train Your Brain, Train Your Body

Bryan Mejia '16 helped athletes with disabilities take on physical and mental challenges during his Chicago internship.

by Jenni Hodges



In downtown Chicago, Bryan Mejia '16 found the perfect internship to put sports psychology into action. Mejia, a psychology major from Miami, Fla., interned with Rehabilitation Institute of Chicago while participating in Chicago Semester. The program allows juniors and seniors to explore opportunities related to their unique interests through seminars, internships and urban life. Central has been part of Chicago Semester since its founding in 1974.

The program has placed students with Rehabilitation Institute of Chicago for over 20 years, but because Bryan had

specific interests related to his major, program leaders created a brand-new opportunity by working with the top-ranked hospital's Adaptive Sports and Fitness Program for the first time.

For 16 weeks, Mejia took on the role of sports manager. "I was put in charge of organizing team travel plans, moving sporting equipment, helping set up and run tournaments," says Mejia. "It was a perfect opportunity to explore my career interests and gain experience in the professional world."

The best part, Mejia says, was leading hand-cycling practices each week for

adults and youth with physical disabilities. Mejia helped train athletes for RIC's SkyRise race and fundraiser.

Nearly 3,000 participants climbed the Willis Tower stairs to Skydeck Chicago in this seventh annual race. Meanwhile, 40 athletes used their upper-body strength to hand-cycle the equivalent distance and elevation on machines calibrated to match the stair-climbing challenge.

"My supervisor allowed me the flexibility to incorporate mental skills training into the practices," Mejia says. "Most of the athletes beat their scores from the previous year, so that training may have helped them dig deeper into their motivation."

A former football player, Mejia says he knows the importance of mental stamina. "I've always loved how influential the mind is on an everyday basis," he says. "Half the battle in overcoming challenges is knowing your mental resources."

At Central, Mejia also found opportunities related to his interests — like pursuing his own psychology research. "Last year, I conducted a study which revealed social support may affect your performance more than self-talk," he says. "As a psych major, conducting studies in my interests definitely helps."

After graduating from Central, Mejia hopes to continue his education and specialize in sport and performance psychology.

"I'm forever a fan of the underdog, so I love how many people underestimate the power of the mind," says Mejia. "I would like to help others achieve their goals through mental skills training."



Spring 2016

Vol. 21 No. 4

USPS096-840



Alumni Spotlight



Taylor Schuelke '12 is putting her video skills to work on documentary films.

A View of Her Own

D.C. internship sets Taylor Schuelke on path to National Geographic.

by Cindy Deppe

When Taylor Schuelke '12 scripts her life's documentary, she will devote a significant segment to Washington, D.C., and the role connections there have played in her career. A senior-year internship in Central's The Washington Center program, followed by corporate video assignments, led quickly to a job offer from National Geographic, where she is an associate producer for "The Incredible Dr. Pol," a reality series about a veterinarian's daily challenges.

"The D.C. internship made all the difference to form connections that I'm

still using today," Schuelke says. "I moved to D.C. after graduation without a plan. Connections I made during my internship led first to a job producing multimedia videos for live corporate events across the country. Two years later, I was offered the job at National Geographic, also through contacts made during my time interning."

Schuelke, an art and French double-major from Rosemount, Minnesota, chose Central for its study-abroad programs, specifically Paris. But she wanted a second off-campus experience and opted for the Washington program and an internship at Ventana Productions.

"Had I not done that," Schuelke says, "There's a good chance I wouldn't be at National Geographic today."

Her work on "Dr. Pol" involves "researching and assembling footage to tell stories that flow together in a comprehensive segment.

"This is where my artistic and liberal arts background comes in," Schuelke explains. "There's lots of editorial work done for narration. I do the research for my episodes and teach my team about it. I know more about veterinary medicine than I had ever planned! It's fantastic work learning about science every day."

Her first video production projects for the National Geographic Network were documentaries — "Inside the Mega Twister," "The Secrets of the Giant Manta" (about manta rays in Indonesia) and "Growing Up Grizzly" (about Alaskan grizzly bears).

Her greatest experience thus far, she says, was 10-months' work on "Mega Twister," about the largest tornado in history.

"Approximately 300 storm chasers shot video, so my job was to piece together the story of the storm in a cohesive and comprehensive way, working with the scientist, Anton Seimon, who was constantly making new discoveries impacting the field of meteorology," she says.

Schuelke urges students to "talk to everybody you can. Get deeper into conversations. Be creative. Creativity exists in every field and will truly enhance your life."