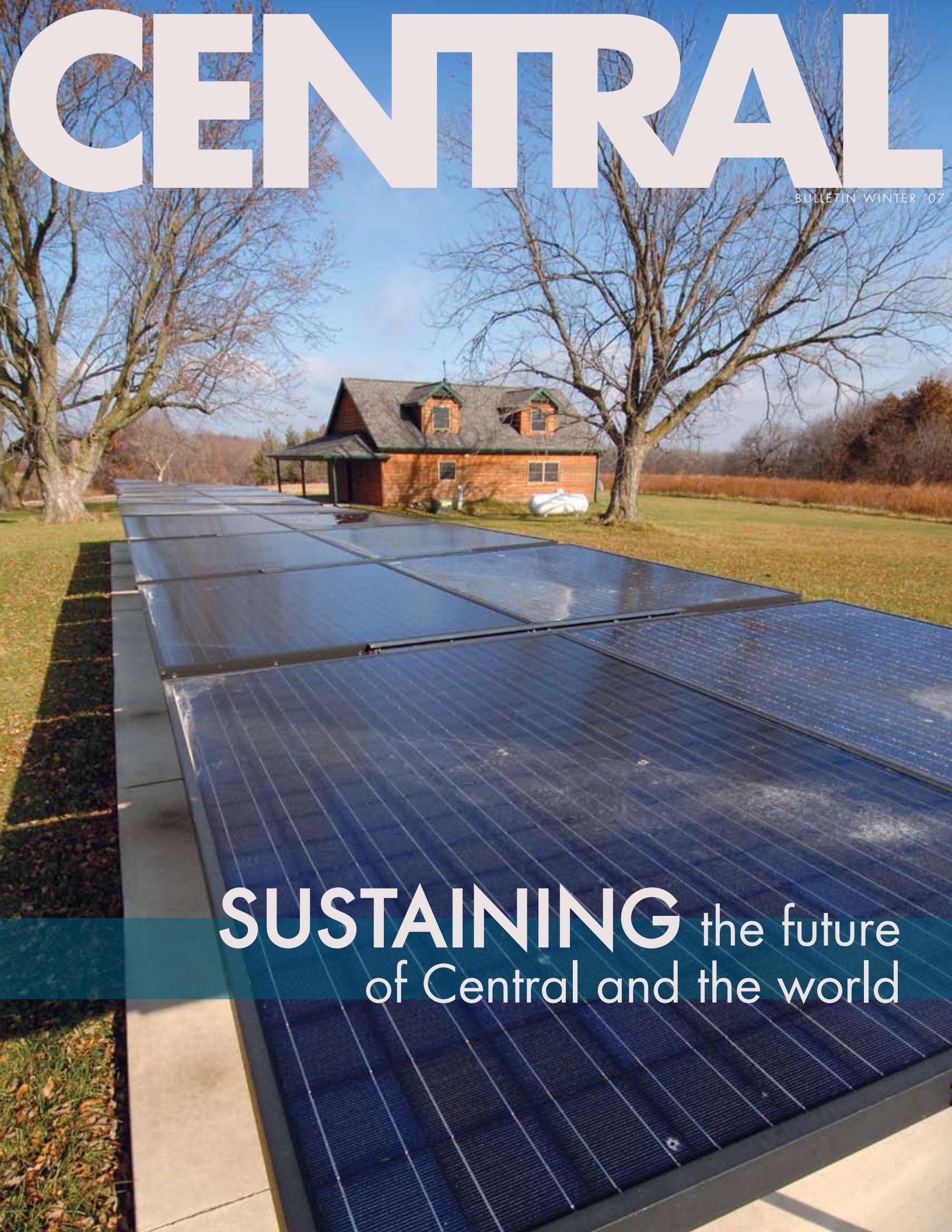


CENTRAL

BULLETIN WINTER '07



SUSTAINING the future
of Central and the world

When I became president of Central College, I considered myself to be a moderate environmentalist — someone who cared about treating our natural resources responsibly, participating in recycling programs while monitoring energy and gasoline usage. However, as I more fully processed one of the key college goals in our strategic plan, I came to appreciate Central College and realized I needed to do much more.

The goal I refer to is “to promote and model appreciation of our natural environment and stewardship of its limited resources.” In 1998, we were talking a good game but were not even suited up to play. Now, we are aggressive players in moving toward a sustainable campus and building a community that understands environmental stewardship.

With the construction of the Weller Center for Business and International Studies in 1999 and the Carlson-Kuyper Field Station at Lake Red Rock in 2000, we initiated use of green construction techniques and materials. When it came time to expand and renovate the Vermeer Science Center, the U.S. Green Building Council had established the Leadership in Energy and Environmental Design (LEED) criteria, and we chose to pursue a LEED rating. In that pursuit, Mike Lubberden, director of facilities planning and management, became the first LEED-certified professional in the state of Iowa. In turn, Central’s Vermeer Science Center became the first LEED-certified building in Iowa, receiving a silver certificate in 2003. Since then, the second phase of our “Pods” student housing garnered a gold LEED rating, the first LEED-certified residential facility in Iowa.

On the education front, we adopted “The Human Place in the Global Environment” as the theme for Intersections, a course required for all entering first-year students each fall. At this point, Central’s senior, junior and sophomore classes have completed the course and many have become environmental activists. Since a new theme is adopted every three years for Intersections, the faculty is considering incorporating global sustainability as part of the renewal of Central’s core curriculum.



President David Roe drives a hybrid, a vehicle that is fueled by gasoline and electricity.

A large red trailer for recyclables is moved each day of the week to be close to the various residential areas and there are recycle receptacles in all campus buildings. The college car I drive for business use is a hybrid. We also have added all electric vehicles to our fleet and will replace old vehicles with E-85 vehicles or hybrids at the scheduled replacement mileage. We actually export electricity into the local grid from the solar array, which powers our Carlson-Kuyper Field Station. We are working with agronomists at Iowa State University to find more environmentally friendly herbicides, pesticides, and fertilizers to maintain the beauty of campus green areas. We are seeking gifts or grants to build a wind turbine to provide some of the campus’ electric power, and we also are seeking grants to build a fuel cell to store energy and power vehicles.

Finally, we are partnering with the U.S. Corps of Engineers on a project to build an environmental learning center at Lake Red Rock, and our faculty is assisting the architects of the new Earthpark, which is planned for land near Bos Landen Golf Resort. When these structures are complete, there will be numerous internship and research opportunities for our students and faculty.

Central College is striving to be a leader and a role model in the environmental movement because it is consistent with our mission and the stewardship charge that comes with our Christian heritage. If we and other colleges do not assume this leadership, humankind may be too late in changing behaviors to ensure our spaceship home called Earth can sustain a living environment for future generations of humans and all other living things on which we are dependent.

A handwritten signature of David H. Roe.

David H. Roe

CENTRAL BULLETIN

Winter 2007
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10 THE NEED TO BE GREEN

Sustainability is a hot issue not only at Central, but also around the globe.

20 A LESSON WITH A STREET ADDRESS

Vermeer Science Center, the state's first LEED-rated building, serves as a teaching tool.

▲ The Central recycling program expanded with the purchase of the big red trailer.



4

Departments

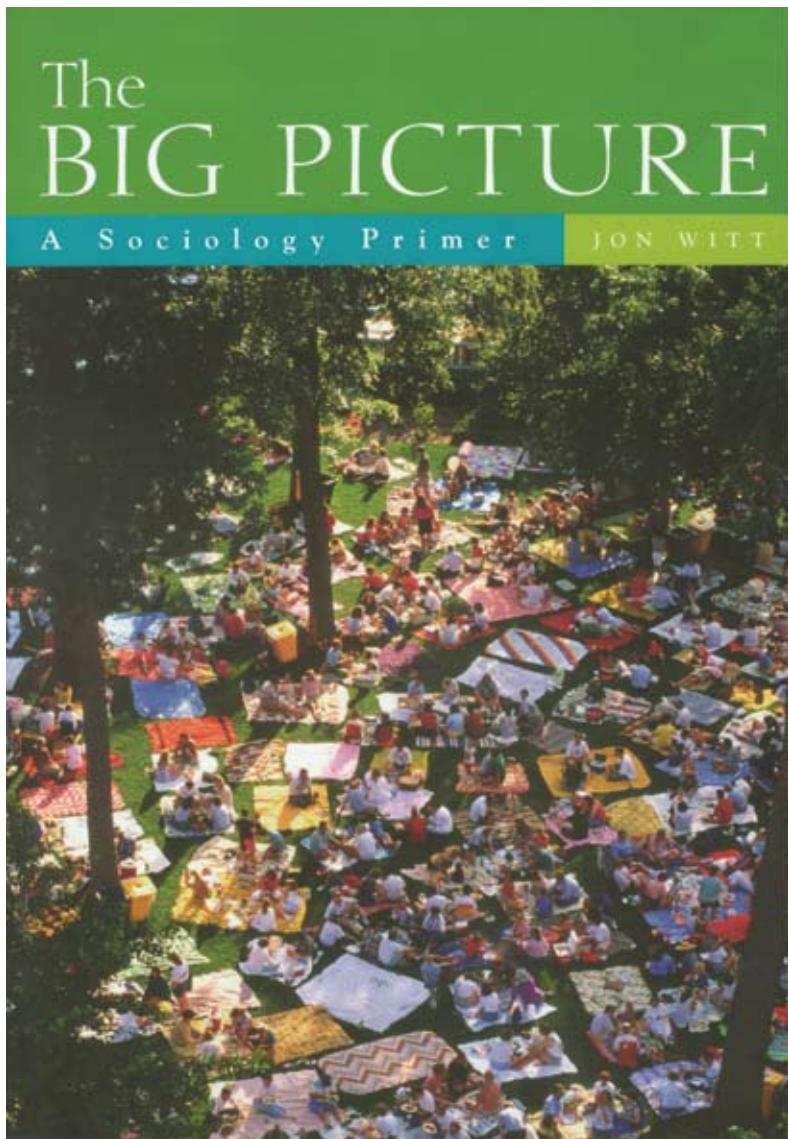
- 2 Around the Pond
- 4 Alumni Happenings
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▲ The first-ever combined Homecoming/ Family Weekend was Sept. 29-Oct. 1 with over 2,000 alumni, parents and friends participating in the festivities.

IN THIS ISSUE

On the cover: Photovoltaic solar panels at Carlson-Kuyper Field Station

Central's Jon Witt has sociology textbook published



Jon Witt, associate professor of sociology, completed a textbook, *The Big Picture: A Sociology Primer*, released Aug. 1, and published by McGraw-Hill of Dubuque, Iowa.

Witt wanted a textbook that was "more of a narrative and applicable to everyday life." Borrowing from his approach to teaching sociology on a more personal level, he made outlines of his lectures and transformed them into a book after 12 revisions and three-and-a-half years.

Students and professors are benefiting from Witt's innovative approach to teaching sociology as a chapter from the book was used for Intersections, a first-year experience course, during fall semester. Dawn Reece, associate professor of sociology, is teaching from the textbook this spring.

CENTRAL RECOGNIZED FOR COMMUNITY SERVICE

Central College was named to the first President's Higher Education Community Service Honor Roll for distinguished general community service by the school and its students, for serving area neighborhoods and communities.

Central, along with 99 other institutions of higher education, was recognized for distinguished service among

the nearly 500 schools named to the President's Honor Roll at the Campus Compact 20th Anniversary in October. Schools receiving distinguished service recognition provided exceptional community service over the past year, contributing their time, resources, energy, skills — and intellect — to serve America.

DENEKAS ENDOWED CHAIR

Central College received \$1 million to establish the Denekas Endowed Chair in Science and Humanities, which recognizes a Central College faculty member who has demonstrated exemplary teaching, scholarship and the ability to cross disciplinary boundaries.

Mark Johnson, professor of mathematics and computer science, was named the first recipient in October. Johnson has earned several awards for outstanding teaching and scholarship. His important contributions to the development of Intersections, a required first-year experience course, were essential to its current success and represents his commitment to interdisciplinary liberal arts education. He shifted his disciplinary focus from mathematics to computer science to help advance the development of the computational science major.

CENTRAL NAMED BEST BUY

Central College was named in Barron's ninth edition of *Best Buys in College Education*. Barron's Best Buys in College Education is a tool for students and parents seeking a first-rate education at an affordable price. Schools in the book range from publicly supported to moderately-priced institutions that provide high-quality education at reasonable prices.

Selected colleges are based on various criteria, including tuition rates, as well as the results of a questionnaire filled out by the dean of students and by

students. The final 247 colleges chosen represent the best combination of sound data and student satisfaction.

PRESIDENTIAL MEDAL WINNERS

John Skinner '42, John Timmer '54 and Verle Ver Dught '33 each received a Presidential Medal at Heritage Day Sept. 29.

The Presidential Medal recognizes individual achievements or lifelong contributions. This medal has been approved by the board of trustees with authority given to the president to determine worthy candidates. This medal was established in 2004 with the first recipients being named this year.

THIES RECEIVES PRESIDENTIAL SERVICE AWARD

Rudy Thies of Pella received a Presidential Service Award. The award, determined by the president, is not given annually. It is awarded to a recipient who has given selflessly to Central College.



Originally hired in 1966 to establish the student financial aid office and work in the admission office as a counselor, Thies served 28 years at Central. He taught mathematics, coached, worked in admission, was financial aid director, registrar, computer center director, and institutional research director.

Thies and wife Glenys Nederhoff '58 attend many Central athletic events. He is a member of the Central Club, the Heritage Club and Roll of Honor, Cornerstone Society, and is involved with Friends of the Central Arts, and the Campaign for Central. ■

A graphic for the "NEW Yucatan TRAVEL AWARD". The word "NEW" is in a bold, sans-serif font. "Yucatan" is written in a large, flowing cursive script. "TRAVEL AWARD" is in a smaller, all-caps sans-serif font. Below the text is a photograph of the Kukulkan Pyramid at Chichen Itza, showing its stone steps and the surrounding landscape under a blue sky with white clouds.

The Smiddy Family Yucatan Travel Award, established by Shirley Smiddy, is available each fall semester for Central students desiring to study on the Yucatan program. Students who need assistance in order to study in Mexico have the opportunity to receive a \$500 award for travel expenses starting the fall semester of 2007.

Smiddy's son Roger '84 studied in Merida, Mexico, while at Central.

Homecoming/Family Weekend rewind

Our first-ever combined Homecoming/Family Weekend, held Sept. 29-Oct. 1, was a success. Highlights of the weekend included That was Then, This is Now, where alumni and Central's student body president Steph Turner, shared stories of their days at Central; a first-ever pancake breakfast with special square pancakes created by Ed Willis, professor of psychology; campus, Pella and Carlson-Kuyper Field Station tours; life-long learning classes taught by Jann Freed '77, Jon Witt, Paul Weihe and John Roslien; a family carnival with games, prizes and balloons; recognition of the 1981 women's cross country national championship team; a Central victory over Wartburg; a music department showcase; and reunion gatherings. Over 2,000 alumni, parents and friends attended Homecoming/Family Weekend with more than 1,300 people served at the tailgate lunch.

Homecoming reunions were spearheaded by a phenomenal group of volunteers: 1956 — Bob and Arlys VanZee Verdoorn, Don and Ruth Howard Howard, Darlene Van Zomeren Wallinga, Marlys Korver DeWild and Peggy Kuyper Pierson; 1961 — Norm Kolenbrander and Bob DeSmidt; 1966 — Rich Luccarelli; 1971 — Penny Harris Reynen; 1976 — Gordon and Beth Lunan Lauterbach; 1981 — Mary Lubbers Montgomery; 1986 — Debbie Cahoon Schraeder and Brett Miller; 1991 — Kari Ringgenberg Pingel and Lisa Jaarsma Zylstra; 1996 — Rachel Gruenwald Agans; and 2001 — Melissa Vink Gentry.



▲ 2006 Athletics Hall of Honor inductees: Lori Nolte '82, Scott Lindell '87, Joe Jaspers '88 and Laurie Sutton Flynn '88.

ALUMNI AWARD NOMINATIONS DUE

Please submit nominations for the 2007 alumni awards by Thursday, March 1. Awards may be submitted online in the alumni community. Awards will be presented at Homecoming/Family Weekend, Friday-Sunday, Sept. 28-30, 2007.

Alumni Achievement Award Criterion: Presented to an alumna/us who has demonstrated exceptional achievements in a professional career.

Alumni Stewardship and Service Award Criterion: Presented to an alumna/us who has either provided exceptional stewardship and/or service to the college or demonstrated the spirit of the mission of Cen-

tral College in stewardship and/or service in their environment.

Mr. and Mrs. Alumni Award Criterion: Presented to couples who are Central College alumni and who enthusiastically have supported the mission of the college.

Fellowship of Service Award Criterion: Presented to Pella area non-alumni (friends or organizations not connected to the college) who/that have provided significant support to the college to enhance its educational mission.

Young Alumni Achievement Award Criterion: Presented to an alumna/us who has graduated from Central College in the last 15 years and has demonstrated significant professional and/or personal accomplishments since graduation.



▲ LIVING HISTORY FARMS RACE

Current Central College students, parents, employees and alumni competed in the annual Living History Farms cross country race in Urbandale, Iowa, Nov. 18. This year's distance was 6.8 miles.

Honorary Alumni Designation Criterion:

Presented to persons who are not alumni of Central College.

To be considered for this designation, the following criteria will be evaluated: attendance at a variety of college activities; involvement with the college's programs; financial support; and expressed interest in and dedication to the college's well being. To keep the designation special, it will only be awarded to those individuals who seem to most people to already be alumni of the college by virtue of their loyalty. ■

Did you know?

- 9,067 e-mail addresses on file
- 548 mentors/resource people in Central Connections
- 21 alumni events since July 1
- 4,266 alumni registered in online community
- 17 percent — A 17 percent increase in gifts to the Central Fund before July 1, 2007, will help make our goal of \$1.7 million. For example, if you pledged \$25 last year, please consider a gift of \$29.25 this year to help us reach our goal! Every gift counts.
- 32 and 28 percent — goals of alumni participation. 3,631 gifts from all graduates with mailable addresses translates into 32 percent and 4,212 gifts from graduates and non-graduates equates to 28 percent
- 1,442 people attended 30 alumni events last year; 868 were alumni
- More than 2,000 birthday cards and gifts were mailed to children of alumni last year

2007 UPCOMING ALUMNI EVENTS

Alumni, parents, friends and guests are welcome at all alumni events. Join us at one of our many events across the country. Visit www.central.edu/alumni/events.html for more information or to see who is attending. RSVP to the alumni office. Call 800-447-0287 or e-mail alumni@central.edu.

Sunday, Jan. 28

Merida, Yucatan, Mexico

Saturday, Feb. 3

Parents' Council, Pella

Saturday, Feb. 10

Alumni Day at Kuyper Gym, Pella

Tuesday, Feb. 13

Phoenix, Ariz.

February

Dallas, Texas

March

Los Angeles, Calif.

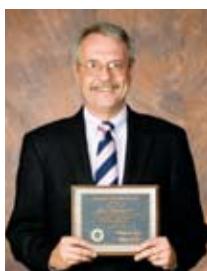
Friday-Saturday, March 30-31

Alumni Advisory Council, Pella

Alumni awards



Ralph '59 and Elaine
Nagel Jaarsma '58



Bruce Janousek '75



Thelma Klimstra



Chief Mike Marcinkowski
Pella Police Department

Annual alumni awards were presented at dinner Sept. 30 as part of Homecoming/Family Weekend festivities. Mr. and Mrs. Alumni are Ralph '59 and Elaine Nagel Jaarsma '58. This year's Alumni Achievement winner is Bruce Janousek '75. Thelma Klimstra and the Pella Police Department both received the Fellowship of Service Award. Tony Tysseling '30 was given the Alumni Stewardship and Service Award, while the Young Alumni Achievement Award went to Kari Ringgenberg Pingel '91. Larry and Cathy Pacha became honorary alumni of the college.

MR. AND MRS. ALUMNI

Ralph '59 and Elaine Nagel Jaarsma '58 of Pella

Ralph began his college education at Central College and finished at the University of Iowa, where he graduated in 1959. Ralph worked for his father as a baker at Jaarsma Bakery in Pella. He and his brother bought the bakery and continued working until he retired in 2003. Ralph also owned and operated De Pelikaan Gift Shop and currently owns and operates The Red Ribbon Antique Mall.

Elaine graduated from Central College in 1958. She taught elementary students in Iowa Falls, Newton and Pella and later assisted Ralph in the ownership and opera-

tion of De Pelikaan Gift Shop.

Ralph and Elaine have given extensively to the community over the years. The Jaarsmas are members of the Central Club, Heritage Roll of Honor, Friends of the Central Arts and the Cornerstone Society.

Their three daughters are graduates of Central: Carolyn '86 and husband Randy Lubbers, Kristi '88 and husband Dave Balk '88, and Lisa '91 and husband Brian Zylstra '92.

ALUMNI ACHIEVEMENT

Bruce Janousek '75 of Pacific Palisades, Calif.

Janousek graduated with a bachelor's degree in chemistry. After receiving a National Science Foundation fellowship award, he enrolled in the doctoral program at Stanford University receiving a doctorate in physical chemistry in 1979.

He has spent his entire professional career at The Aerospace Corporation in Los Angeles, a non-profit company that carries out scientific research and engineering studies in support of the U.S. military, civil and commercial space programs. Currently, he is a principal scientist responsible for expanding the company's scientific expertise into new civil and commercial business arenas.

A few years ago, Janousek cut back office hours. Working part-time gave him the

opportunity to spend more time with his family and allowed his wife Korby to pursue her television writing career, which resulted in two Emmy awards for her work on "Murphy Brown."

Janousek is on the *Campaign for Central* campaign cabinet, the National Advisory Council, a member of the Heritage Roll of Honor and the Cornerstone Society and helps recruit for the admission office.

FELLOWSHIP OF SERVICE

*Thelma Klimstra of Pella;
Pella Police Department*

Thelma Klimstra has been active in the Central College Auxiliary and made crafts and baked hundreds of items to sell at its annual bazaar. She also makes the famous birthday cakes for Central students. She and husband Marlyn, a 1950 graduate, are active in the community as well.

Her husband served 35 years on the Central College board of trustees and is now trustee emeritus. The Klimstras are members of the Central Club, Heritage Roll of Honor, Cornerstone Society and participants in the *Campaign for Central*.

A second Fellowship of Service Award winner also was selected this year. The Pella Police Department, headed by Chief Mike Marcinkowski, received this award.

The Pella Police Department is instrumental in helping provide safety on campus, supporting officers on-duty at athletic events, helping with violations and violators, driving through campus on crime watch and having overall exceptional communication with the college.

ALUMNI STEWARDSHIP AND SERVICE

Tony Tysseling '30 of Pella

Tysseling began at Central College, but after three-and-a-half years, the Great Depression caused him to withdraw. In 1930, he married his wife Florence, and they were happily married for over 70 years until she passed away. Tony has two children, Linda White '62 and son Tony.

He owned Tysseling's Shoes for many

years. After selling the store, he became a partner in the T & D Department Store in the late 1950s. He later worked for the Iowa Department of Agriculture.

Tysseling actively has been involved in the Pella community, volunteering with Tulip Time, the chamber of commerce, and is a lifelong member of Second Reformed Church. A Central College athletics enthusiast, Tysseling is a member of the Central Club and Heritage Roll of Honor.

YOUNG ALUMNI ACHIEVEMENT AWARD

Kari Ringgenberg Pingel '91 of Pella

Pingel, an elementary education major, completed a master's in educational administration from Drake University and is a Nationally Board Certified teacher. In 1999, she and husband Eric '92 accepted teaching and coaching positions at Pella Community Schools.

Pingel has received numerous awards including the Iowa FINE award from Gov. Terry Branstad for initiating the Student Achievement in Reading with Technology (S.T.A.R.) program at Harris-Lake Park schools where she taught for five years. She was selected by the National Science Teachers Association (NSTA) and NASA as a NASA Educator Workshop finalist with other winners across the nation.

In 2000 and 2001, she was the Milken Award Winner for Iowa and was an Iowa Star Schools Grant Technology winner. Pingel was selected as Iowa's K-6 Presidential Award Winner in Science in 2004, the nation's highest honor for teachers of mathematics and science, given by the president of the United States.

HONORARY ALUMNI

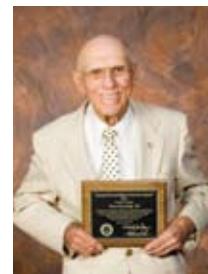
Larry and Cathy Pacha of Oxford, Iowa

Larry and Cathy both grew up in the Iowa City area and have spent the last 33 years in Oxford, Iowa. Larry is retired from his position as owner/president of JM Swank Co., a subsidiary of ConAgra Foods, and Cathy from her work as a registered nurse.

Both have served on local school boards, are involved in their community and were inducted into the Hall of Fame at Clear Creek Amana. They also were honored as Iowa City's Outstanding Individual Philanthropists for lead gifts to schools, communities, churches and volunteer organizations.

They've been very instrumental in the recent life of Central College. They served on parents' council and are members of the *Campaign for Central* campaign cabinet, the Central Club, Cornerstone Society and Heritage Roll of Honor.

Their two sons are Central graduates — Nathan '94 and Nick '99. ■



Tony Tysseling '30



Kari Ringgenberg Pingel '91



Larry and Cathy Pacha

Record 28th football title for Dutch

It hasn't taken Jeff McMartin '90 long to get the Central football program in familiar territory.

In three years under McMartin, Central climbed from 5-5 in 2003 to 10-0 in the regular season in 2006. It was the school's 15th 10-win campaign and its 14th undefeated regular season. Central will carry a 17-game regular-season win streak into 2007.

For a record-tying 18th time, the Dutch received an NCAA Division III playoff berth, falling in the opening round to St. John's University (Minn.) 21-13.

Dull moments were few. Central had to pull out a record three overtime victories.

McMartin was named the league's coach of the year for a second time while running back Vance Schuring became the third player in league history to win conference MVP honors twice. He rushed for 1,119 yards on 252 carries with 12 touchdowns. His total ranks eighth on the school season rushing list and with 2,458 yards in two seasons, he already ranks sixth in career rushing yards.

All-conference punter Brandon VerMeer pinned the opponent inside the 20-yard line on a record 21 kicks while averaging 41.2 yards, less than a yard shy of the school mark. His career average of 40.5 yards is a record.

Other first team picks included offensive lineman Nick Reed, defensive back Ben Bollard, defensive lineman Taylor Vanden Wynboom and linebackers Andrew Lehn and Colby Myers.

Quarterback Tim Connell was a second-team selection along with defensive back Dustyn Baethke, punt/kick returner Brett Doud and defensive lineman Nick Mulder.

Bollard also was named to the Division III all-star team that played in the Aztec Bowl in Mexico in December.

11 STRAIGHT TITLES FOR VOLLEYBALL SQUAD

Central captured a share of its 11th straight Iowa Conference volleyball crown and its 16th title overall.

The Dutch posted a 24-10 mark that included victories over two squads that reached the NCAA Division III final four, Wittenberg (Ohio) and Wis.-Whitewater.

Senior right-side hitter Tessa Prati received honorable mention all-America recognition. Prati also was named to the all-conference squad for the third time, earning first-team honors along with junior setter Terri Berger. Junior middle hitter Katie Johnson was a second team pick.



▲ The Dutch football team was crowned conference champions and earned a record-tying 18th playoff berth.

A loss in the finals of the league tournament cost Central an NCAA tourney berth for just the second time since 1994.

HOEKSTRA EARN ALL-CONFERENCE GOLF HONORS

Central senior Sharilyne Hoekstra earned all-Iowa Conference distinction for the second straight year, placing fifth at the league tourney.

Hoekstra opened with a career-best 74, following with 82-88-86 for 330. The Dutch repeated last season's fifth-place

finish but fared better during much of the season, winning the Central Invitational, taking second in the 13-team Loras Invitational and fourth in the 15-team Luther Invitational.

Junior Emily Bensink was 16th at the conference tourney with senior Brooke Bachelder 17th, freshman Eva Downes 22nd and senior Jessica Monical 26th.



STURSMA ENDS 14-YEAR CAREER WITH FLOURISH

Men's and women's head tennis coach Doug Stursma closed a successful 14-year run with a strong finish to the women's campaign in the fall.

Stursma announced after the season he and wife Sandy are moving to Arkansas.

The Dutch made steady improvement throughout the year, highlighted by senior Kristin Kovar's upset victory at No. 1 singles at the Iowa Conference individual tournament, a first in school history.

Central was tied for the top spot after the individual tourney before settling for fourth in the team semifinals/finals in a dual-meet format.

Kovar, sophomore Hillary Baehr and freshman Faith Bliss earned all-conference honors at No. 1, 2 and 5 singles, respectively, with Kovar and junior Jennifer Knobbe cited at No. 2 doubles. Kovar was a four-year all-conference honoree.

Central closed with a 10-5 dual mark. Stursma posted a combined men's-women's record of 283-171. He piloted the Dutch to Iowa Conference men's titles in 1996, 1999 and 2000 and to the program's first NCAA Division III team tourney berth in 2001. He received men's or women's coach of the year recognition five times.

CENTRAL CLOSING IN ON NCAA MEN'S SOCCER BERTH

The gap between Central College and the region's top NCAA Division III programs continues to narrow.

The Dutch, who endured a schedule with 14 of 21 games played away from home, emerged with a 13-5-3 record, including a 6-1-1 Iowa Conference mark that left them just a half game out of first place. Central missed a berth in the league tourney title game only after the eighth shot of an overtime shootout following a 1-1 tie with Loras College.

For the second consecutive year, the Dutch handed champion Wartburg its only league defeat. Senior defender Eric Bentzinger and sophomore midfielder Cruz Herr were first-team all-conference selections while freshman defender Erik Lundgren, sophomore forward Clint Schreiber and junior forward Cody Stoermer were second-team picks. Bentzinger was the team's captain and the only senior starter.

WOMEN'S SOCCER SQUAD SHOWING PROMISE

A 4-3 season-ending upset of Wartburg College was an encouraging sign for the Central women's soccer team.

After going winless in league play a year ago, the Dutch were 8-9-1 overall and 2-6 in conference games.

Senior defender Megan Augustin was a second-team all-conference pick while senior goalkeeper Ashley Veigelt departs with school career records for saves (390) and shutouts (17).

However, much of the team's firepower returns, including the leading scorers, junior Tori Rittman (12 goals) and freshman Kelli Hancock (8).

BERRY, WOLF GAIN NCAA CROSS COUNTRY BERTHS

For the first time ever, Central College had qualifiers in both the men's and women's NCAA Division III cross coun-



▲ Freshman Angie Berry and senior Adam Wolf qualified for the NCAA Division III cross country meet.

try championship meet.

Angie Berry was the nation's top freshman finisher on a soggy, mud-drenched 6,000-meter course in West Chester, Ohio, placing 37th in 23:59. She was the first Central freshman to compete in the national meet since 1981.

Adam Wolf, a senior, capped a prolific Central career with his first NCAA berth, but struggled with the unusual course conditions and placed 207th in 29:40 over 8,000 meters, more than 4 minutes off his career-best effort.

The Dutch men were third at the league meet while the young women's squad was sixth, as Berry was slowed by illness. Wolf was eighth with seniors Joe Jefferson, Brian Respeliers and Brett Jones following in 17th, 19th and 25th, respectively, and sophomore Jaron Byrum in 28th.

Sophomore Jess Clark was 17th for the women with freshmen Amber Mayer, Amy Ledvina, Rachelle Tipton and Berry following in 30th, 34th, 36th and 37th, respectively.

Both programs appear to be on the rise as a new coach arrives. Coach Jeff Bovee resigned early in the season to accept a position at Illinois State University. David Paulsen was hired as head cross country coach and assistant track coach. ■

THE NEED TO BE

Central works toward becoming sustainable

Sustainability. It's the new buzz word on college campuses across the nation. And, it isn't all that easy to define.

The broad definition of sustainability is an attempt to provide the best outcomes for humans and the natural environments both now and into the indefinite future.

The idea is even more complex when put into practice. In order to be sustainable, the process must preserve the environment, stimulate economic growth and improve society by helping people. Sustainability relates to economic, social and institutional aspects of human society as well as the non-human environment. It affects every aspect of organization from one person to the entire planet.

What does Central mean when talking about sustainability?

"I think sustainability means doing everything you can today to make sure actions don't impede other generations," said Mike Lubberden, director of facilities planning and management at Central.

Lubberden has spearheaded Central's advancement in the world of sustainability.

"The excitement of sustainability at Central started as a drip, moved to a trickle, to a steady flow," said Lubberden. "Now it's a stream turning into a river. And that river will be raging before you know it."

Green



finding a
greener way

Mike Lubberden, director of facilities planning and management, on the roof of the Vermeer Science Center with a photovoltaic array donated by Alliant Energy.



Students, faculty and staff are proud to be a part of a broad push for sustainability.

"Making a commitment to sustainability has a lot to do with the values of the college," said Jim Zaffiro, professor of political science. "As an institution of higher learning, we have a real responsibility to students and our communities to work on the big picture."

Most people may not understand sustainability or the ways their day-to-day activities affect environmental, social or economic issues. It's not just an environmental issue, but rather, an issue of recognizing the negative consequences of society on the environment from a political, social, economic and technological standpoint.

What is a sustainable university?

Campuses across the nation are jumping on the "green" bandwagon. It's not a fad, but the start of a cultural lifestyle change for the better.

By transforming campuses, colleges and universities are changing operations, policies and teachings to show a commitment to sustainability.

With all the different takes on what sustainability truly means, there remains confusion about the kinds of actions higher education needs to take to become sustainable.

However, that is changing with the Talloires Decla-

ration, a document colleges and universities sign to work toward a common goal. Since 1990, more than 300 college leaders in over 40 countries have signed the Talloires Declaration, which commits them to the pursuit of a sustainable future. Central is in the process of examining the document.

Amid all the pledges colleges are making, skeptics wonder how far efforts are really going and if they'll produce lasting changes. Few institutions have made major commitments to actually alter their campuses and even fewer have incorporated sustainability into their teaching and research.

"How do you sustain the college into the next generation?" asked Vivian Rippentrop, assistant vice president for institutional planning. "You look at what other colleges and universities are doing and figure out what works, what doesn't, what's possible and what isn't for your college. That could be anything from planning, fund raising, making a change in curriculum, to good stewardship."

Higher education has a unique role with responsibility for educating for the future. It puts higher education in a position to send civic-minded people into the workforce. It means sustainability must be the context and goal of all learning and practice throughout the entire educational experience. Despite all that has been

Timeline

1998	1999	2000	2001-06
President David Roe hired			
			
		Weller Center for Business and International Education built with environmentally responsible features, incorporating sustainable concepts into its design	Executed a performance contract with several energy conservation measures including construction of a highly efficient central chilled water plant, a new campus-owned electrical distribution system, campus-wide high efficiency lighting upgrade, HVAC improvements in most major buildings, and water conservation measures

done in order to save the environment, there remains a decline in living systems at an alarming rate. And with energy prices at all-time highs, the college sustainability movement could play a larger role than just within higher education.

 If higher education took a leadership role preparing students and providing the information and knowledge to attain a sustainable society, professionals in a variety of areas would reflect a new approach to learning and practice.

Central's environmental studies major, one of the first in Iowa and started in 1992, is designed as a campus-wide program to prepare knowledgeable, well-rounded graduates with valuable experiences and skills in the context of the overall liberal arts experience. A broad range of courses gives students an understanding of global and local environmental issues including hands-on laboratory, fieldwork and research.

Helping students understand the global environment and international issues is more important than ever. Environmental issues involve multiple disciplines. This is one of the reasons Central is looking at renewing the core curriculum. A proposal on the table by Zaffiro would incorporate sustainability in the core curriculum.

"Our vision statement in the 2006-09 strategic plan

invokes a concept of sustainability stating 'Central will be a sustainable bridge to the future through leadership, stewardship and service to the world,'" said Zaffiro. "We need to take this beyond the classroom experience putting the whole institution in the process of teaching and learning about sustainability."

But progression for higher education as a whole is slow going at best.

How Central adopted sustainability

Central's sustainability efforts became a major priority after Lubberden attended a conference where architect Bill McDonough was the keynote speaker. In a large day-lit atrium of a grand hotel, McDonough spoke about society being a cyclic process. Waste of one is food for another. Another concept rang true for Lubberden.

"Americans think we have to 'own' stuff, but in reality, we don't want to 'own' a TV," he said. "We don't want to own a box with wires, bulbs, etc. We just want it for entertainment purposes. After a while, what do you do with it? Why not give it back to the manufacturer? Maybe they can do something with it."

"I always heard the doom and gloom. It was nice to hear some positive inspiration. It inspired me to find a way to make things better at Central."

"Historically, we may not have been using the term 'sustainability,' but we've been using the term environ-



Vermeer Science Center renovation completed; first Leadership in Energy and Environmental Design (LEED)-rated building in Iowa, receiving silver rating



1203 Independence residence hall (the Pods) becomes the first residence hall to receive a gold LEED rating

2003



Strategy 15 of the strategic plan states Central actively will pursue the Central College community goal to "promote and model appreciation of our natural environment and stewardship of its limited resources"

2005



2006



In November, Central identified environmental stewardship as a distinctive feature in the AQIP systems portfolio

What is the Talloires Declaration?

(pronounced Tal-Whar)

The first official statement made by university administrators of a commitment to environmental sustainability in higher education at an international conference in Talloires, France. The Talloires Declaration is a 10-point action plan for incorporating sustainability and environmental literacy in teaching, research, operations and outreach at colleges and universities. The declaration is designed to be interpreted and shaped for each individual institution.

mental stewardship,” said Zaffiro. “The fact [President David] Roe is excited about this topic is significant. He’s the type of person who can really make things happen.”

When Roe was hired at Central in 1998, he knew the importance of guiding Central toward the sustainability movement. By 2000, Roe commissioned a task force on environmental stewardship. The task force made all kinds of recommendations, which were used as a springboard to jump into a new, uncharted territory of sustainability.

“We want to get students and everyone to embrace the idea in all its forms,” said Lubberden. “We want to ignite the fire.”

Central goes green

The college has placed itself in a position to deal with record high energy prices. Forward thinking led to the college reducing its dependence on fossil fuels.

When Lubberden returned from the conference, he wanted to make the Weller Center for Business and International Education the flagship of the college for taking care of the environment. Because the Weller Center was built during the pilot stages of the U.S. Green Building Council’s Leadership in Energy and Environmental Design rating system, Central wasn’t able to pursue a rating.

“We were just getting our feet wet,” said Lubberden.

The building encompasses green features including many windows for natural light as well as photovoltaic panels on the roof that convert solar energy to electricity. White sunscreens are installed to reflect more light into the building. Along the south edge of the building and in the center of the international plaza of the

Weller Center are a series of wildflower beds. Natural landscaping cut the need for fertilizing and reduced chemicals, water usage and labor.

“It was a starting point because things began to snowball after that,” Lubberden said.

The Carlson-Kuyper Field Station near Lake Red Rock, dedicated Sept. 1, 2000, was the first wetland septic system in the county and is solar/thermal ready. Photovoltaic solar panels, donated by Alliant Energy, generate enough electrical power for the building. They also produce excess that is sold back to the local utility.

The 62-acre nature preserve and outdoor laboratory features “smart building” technology, which minimizes energy use with motion detectors to turn off lights when not needed. The hot water heater is on the same circuit, heating water only when people are using the building.

The property includes approximately equal areas of wooded valleys (ravines), restored prairie and mowed lawn with planted trees. Near the center of the property is a large pond. The classic technology of the old farm windmill still works pumping water from the well to keep the pond full.

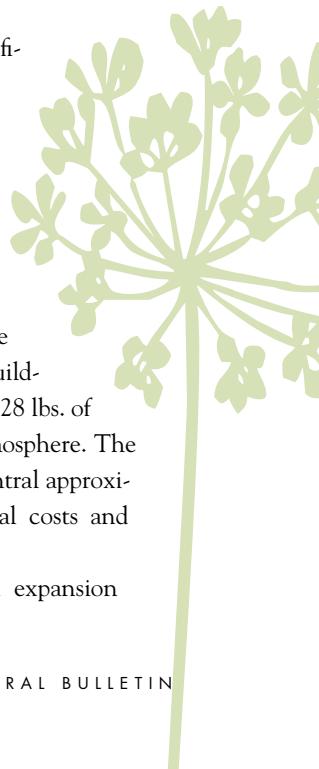


In 2003, the Vermeer Science Center (VSC) received a facelift and became the first Leadership in Energy and Environmental Design-rated building in the state of Iowa, earning a silver rating.

“We almost missed the boat on going for a LEED rating,” said Lubberden, who became the first LEED-certified professional in Iowa. “When we decided to go for it, it was almost too late in the planning stages for it to be achievable.”

VSC earned a LEED silver certification because of its sustainable site development, water and energy efficiency, low atmospheric emissions, materials and resources used in construction, indoor environmental quality, and its unique innovative design features. It promotes renewable energy through the purchase of wind energy credits to power the building for each year. That prevents 542,728 lbs. of carbon dioxide from entering the atmosphere. The energy conservation features save Central approximately \$87,798 per year in electrical costs and \$73,108 per year in natural gas.

The \$20-million renovation and expansion





BUILDING A *Green* HOME

by Jenny Huck '07

Russ Benedict, associate professor of biology, and wife Mary, advancement database coordinator, are in the process of building an energy efficient home.

"I've been an environmentalist since sixth grade," said Russ. "Deciding to build an energy efficient home was a no-brainer."

The couple attended a renewable energy fair in Wisconsin last summer. They were planning on building a new home, and wanted to get some ideas about how they could make their home as energy efficient as possible.

"After we attended the fair, I became really excited about doing this," said Mary. "There were so many good ideas, and being energy efficient is not that difficult to do."

Attended by 150,000 people, the fair demonstrated how energy efficient homes are becoming mainstream. The rest of the country, especially the East and West coasts, and Minnesota and Wisconsin, are much further ahead in energy efficiency than Iowa.

"We want to show others that regular people can do these things in Iowa," said Mary. "It's not that much more expensive; the designs are improving. Why would you build any other way?"

The Benedicts' plans have been in the works for the last year and a half and they've spent the last nine months looking in-depth at products from flooring and shingles to countertops and appliances, which will produce the maximum energy efficiency in their home. Some products are more difficult to find than others, but most building supply stores carry environmentally friendly and energy efficient products.

While the initial cost is higher, the energy efficient products will end up paying for themselves in the end. By the time it's completely done, their house will cost about 25 percent more than a non-energy efficient home. The long-term goal for the house is to produce all of its own energy.

Their home will be located next to the Carlson-Kuyper Field Station, which will allow the Benedicts to tie in with the energy efficient goals of the college.

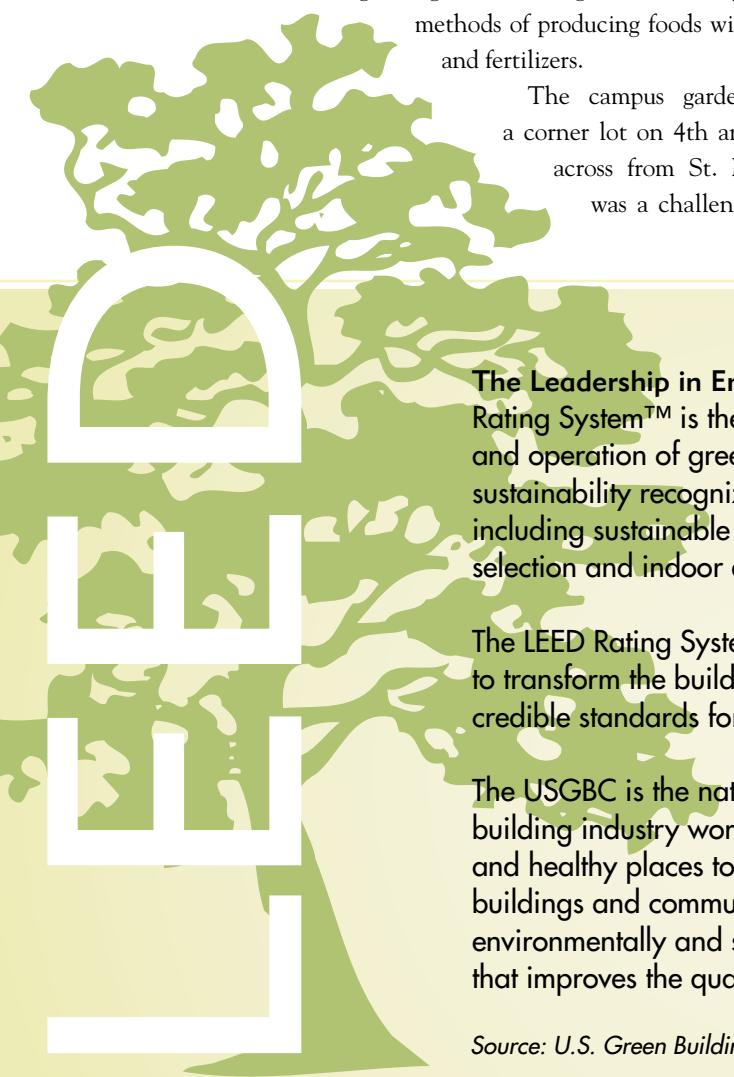
"We're building a house, but it's going to be an educational resource as well," said Russ.

The couple plans on opening their home to the public so people can see this is something everyone can do to help the environment.

"I've been preaching to students for the last 20 years we need to do something to help the environment. This is really my first opportunity to demonstrate what I've been teaching in a way that hopefully will have a big impact on others," said Russ.

Central's Russ and Mary Benedict are building an energy-efficient house by Enertia Building Systems near Carlson-Kuyper Field Station. Construction is expected to be completed this fall.





houses biology, chemistry and physics departments as well as mathematics and computer science. With 13 high-tech classrooms and state-of-the-art labs, VSC helps students learn about a variety subjects including their environment. Inside the main entrance is a touch screen kiosk that shows special features of the building, including information about renewable energy.

Lessons learned in building VSC carried over to Central's next project, the residential hall 1203 Independence known on campus as "the Pods." When plans for the Pods were being constructed, the U.S. Green Building Council didn't have a set of LEED guidelines for residential buildings three stories or less. But by the time Central built the Pod addition, LEED ratings existed, and Central was awarded a gold rating, the first gold rating for a residential building in Iowa.

Central's progression doesn't stop at construction of buildings. In 1999, Louise Zaffiro, professor of chemistry, and others started an organic garden on campus in order to have a learning lab for students to explore organic agriculture and genetic diversity of the different methods of producing foods without pesticides and fertilizers.

The campus garden, located on a corner lot on 4th and Peace Street across from St. Mary's Church, was a challenge. The ground

was dismal, full of sand, clay and rocks. After a summer of tilling and improving the soil quality, raised beds were put in and planting started the next year. Seeds were purchased from Seed Savers in Decorah, Iowa, a nonprofit organization dedicated to saving heirloom seeds.

Another opportunity presented itself when Intersections, a first-year experience course, picked its first topic as "The Human Place in the Global Environment." Intersections classes learned about Central's garden, not only as an environmental and agricultural resource, but also as connected to arts and humanities.

This past summer and fall, food was taken to the food shelter at Peace Lutheran Church in Pella. Herbs and vegetables also are used by Central's dining services on a small-quantity basis.

"It hasn't done everything we hoped but it has done a lot," said Jim Zaffiro. "The potential is there to do so much more."

Central's green efforts even expand off campus. A few years ago, the Army Corps of Engineers and Marion County Conservation approached Roe to become a partner with Cordova Center on the Rock. Roe sees "great synergies between the project and our distinctive liberal arts campus in the focus on our environment and education regarding the environmental stewardship obligations we all share."

The Leadership in Energy and Environmental Design (LEED) Green Building Rating System™ is the nationally accepted benchmark for design, construction and operation of green buildings. LEED promotes a complete approach to sustainability recognizing five key areas of human and environmental health including sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality.

The LEED Rating System was created by the U.S. Green Building Council (USGBC) to transform the building industry to sustainability, providing it with consistent and credible standards for what constitutes a green building.

The USGBC is the nation's foremost coalition of leaders from sectors of the building industry working to promote environmentally responsible, profitable and healthy places to live and work. Its main objective is to transform the way buildings and communities are designed, built and operated, enabling an environmentally and socially responsible, healthy and prosperous environment that improves the quality of life.

Source: U.S. Green Building Council

The project at Lake Red Rock will include an environmental learning center, extension of the Volksweg trail, an additional seven cabins at Cordova Park and a performing arts amphitheater.

A main goal of the project is to educate about the environment and sustainability. Each year, over 9,000 children and adults participate in environmental education programs at Lake Red Rock including Central students.



"President David Roe 'gets it,'" said Cheri Doane '98, director of community-based learning. "We're proud of the leadership we're taking in regard to sustainability. Of course, colleges should be involved in sustainability, but we're ahead of the game and in front of most."

"All the things we're doing are intermediate steps," said Roe. "Sustainability doesn't just happen overnight but Central is definitely moving in the right direction."

"Central already has a lot to tell the world," said Jim Zaffiro. "This is just the tip of the iceberg."

Looking to the future

"We're really committed to do the right thing for the environment," said Lubberden.

Central's ultimate goal is to be less-dependent on fossil fuels.

"It's great for the college," said Doane. "And, it's even better if everyone at the college takes something away from all this and becomes more environmentally conscious."

Central is aiming to:

- have an all-electric facilities planning and management fleet of vehicles;
- expand green cleaning and the recycling program to be campus-wide;
- integrate a pest management system;
- become much less dependent on chemicals, herbicides and pesticides.

Along with these goals, Central and others will have to change their ideas of beauty.

"Right now, society thinks a lawn that is well manicured with no dandelions or weeds is the way it should be," said Lubberden. "Planting natural grasses and native wildflowers decreases the use of chemicals."

Numerous U.S. universities successfully have operated waste management and recycling programs for more than 10



years. Colleges and universities participating in RecycleMania, a recycling contest for schools across the country, boast some of the highest recycling and waste diversion rates in the nation.

Central participates in this contest "to promote model appreciation of our natural environment and stewardship of its limited resources," according to the goal of the school's recycling program and part of the college mission statement.

Central's recycling efforts are ongoing. In August 2005, Central purchased the "Big Red Recycling Trailer," which moves to various spots on campus during the week making it easier for students to recycle. Materials able to be recycled include colored and white paper, newspaper, metal, plastic, glass and cardboard. In just the first year, Central averaged over 1,000 lbs. of recyclable material per week!



WHAT *you*CAN DO TO HELP THE ENVIRONMENT:

BUY ENERGY-EFFICIENT PRODUCTS.

The most energy-efficient models carry the Energy Star label, which identifies products that use 20-40 percent less energy, saving households \$400 per year in energy bills.

RECYCLE MATERIALS YOU USE, AND BUY RECYCLED PRODUCTS.

Recycling saves resources, decreases the use of toxic chemicals, cuts energy use, curbs global warming, stems the flow of water and air pollution and reduces the need for landfills and incinerators.

INSTALL LOW-FLOW SHOWERHEADS AND ULTRA LOW-FLUSH TOILETS.

Showers account for 32 percent of home water use, while another 40 percent of the water you use in your home gets flushed down the toilet. Low-flow showerheads deliver no more than 2.5 gallons per minute compared to 4.5 gallons per minute for standard showerheads. Conventional toilets use 3.5-5 gallons of water per flush, while low-flush toilets use 1.6 gallons of water or less.

CUT DOWN ON PESTICIDE USE.

Innovative and successful farmers around the country are switching from pesticides to profitable alternative pest management practices.

CHECK FOR ENERGY-EFFICIENCY INCENTIVES.

Some utility companies have programs that encourage energy efficiency such as free home energy audits, cash rebates for using energy-efficient lighting and appliances, and lower electric rates for households meeting certain energy-efficiency criteria.

CHOOSE RENEWABLE ENERGY.

Many consumers can choose their energy supplier. Choose an electric utility that uses renewable power resources such as solar, wind, low impact hydroelectric or geothermal.

Every new Central building must reflect some type of green construction/design standards.

"Everything Central does will be with environmental stewardship and the best life cycle choice in mind," said Lubberden. "We want to be a leader and make sustainability mainstream."



Not just one person can handle the responsibility. It's going to take teamwork and effort from the campus community.

"Can we do it? Yes. Will it take work and time? Yes," said Lubberden. "We're getting there. Passion set on fire will create more passion."

Nationally, where are we headed?

The green movement today is similar to the environmental movement led by students during the 1960s. Student demand for environmental education greatly has increased. Because of the push from students, colleges and universities are starting new academic programs in environmental studies with initiatives devoted to energy conservation.

The movement isn't only apparent in higher education. The Organic Trade Association says sales of organic foods are expected to expand by 20 percent annually over the next few years. Green building is projected to grow from a \$7.4 billion a year market to \$38 billion in 2010, according to the National Association of Home Builders.

"Not only has there been increased interest in green building but also there's been more follow through with actual plans and actions," said Jennifer Reutzel '02, who works in the energy and waste management bureau in the environmental services division for the Iowa Department of Natural Resources.

A great deal of the change has to do with lifestyle choice. As consumers' interest increases, so does the green market.

Many homeowners are realizing they can do less damage to the environment, improve their health and lower energy bills if they use certain green techniques. Consumers seem to be willing to cover initial higher costs. While the majority talking about sustainable development are younger, those with a more disposable income tend to utilize the principles.

"By and large, the choices will pay off in the long run," said Reutzel. "It's the little things like choosing an energy efficient light bulb that burns cooler that make

Source: Natural Resource Defense Council



1203 Independence residence building, known on campus as "the Pods," received a gold LEED rating from the U.S. Green Building Council. The eco-dorm contains information on the building's green features as well as recycling and green-cleaning requirements.

big differences later, not only to the environment, but also to your savings."



Sustainable design is a feasible, long-term practice that could make a huge contribution to energy savings and environmental health around the world if we embrace its principles.

"The issue of sustainability is important because a lot of people see the environment as just another problem," said Lubberden. "But it's THE problem. If we don't do something now, we won't have other problems to worry about. We won't be here." ■

Source: *The Chronicle of Higher Education*

Paper manufactured with Green-e certified renewable energy



www.green-e.org



Contains 30%
Post-Consumer Waste
Recycled Fiber.



MOHAWK

manufactured with windpower

This bulletin is printed on Mohawk Via Satin which is manufactured with windpower.

CENTRAL IS Greener BULLETIN WINTER '07

Producing the *Central Bulletin* is a resource-intensive process. From the wood used to create the paper to the petroleum solvents that clean the ink from the presses, we must find ways to use our resources carefully.

For this issue, we are printing on Mohawk Via paper. Created with 30 percent, Green Seal-certified, post-consumer waste, Mohawk Via also is made with wind-generated electricity.

FACT: Virgin paper uses between 2 and 4.4 tons of trees to produce 1 ton of pulp. Using recycled fiber takes about 1.4 tons out of the landfill to produce 1 ton of recycled paper.

The post-consumer waste in this paper is process chlorine free (PCF), and the virgin fiber is elemental chlorine free (EFC).

Taking it a step further, we are using a soybean-based ink supporting Iowa's agricultural industry as well as the environment.

There is a price to environmental sustainability, it's about \$5,000 more for this issue, and that's a significant amount. For future issues, we will continue to incorporate eco-friendly papers and inks as we make adjustments to be more cost effective as well.

We've learned a lot through this process and think it's important to share our efforts with you. In the table of contents of this issue and future issues, you'll find production notes detailing our environmental efforts.

A lesson with a street address: Central's "green" science building is a teaching tool in itself

by Paul Weihe, associate professor of biology and environmental studies

Renovated three years ago, the Vermeer Science Center (VSC) is beautiful, comfortable, roomy and well-equipped for teaching and doing hands-on science. Professors of science and other subjects choose to schedule classes here, and students hang out in the inviting spaces. However, as an educator, I find VSC most intriguing as a teaching tool: an object lesson in sustainable ("green") building design. The building can, and should, teach its occupants about how to better care for the Earth.

But can a building really be a teaching tool? Indeed, and the lessons began before the first swing of a sledgehammer, even before the first blueprints were drawn. The design of VSC was a true collaboration, with building occupants, lab consultants, architects and facilities planning and management personnel all learning from each other and the process.

And, the learning continues. Dignitaries, architects, professors and students from other institutions have visited VSC to understand how this remarkable structure was made and how we use it. The U.S. Green Building Council's Leadership in Energy and Environmental Design (LEED) certification process provides guidelines for those who want to create demonstrably "green" buildings. Mike Lubberden, of



▲ A recycled building, the Vermeer Science Center underwent a \$20-million renovation to earn the state's first LEED-certified award in 2003.

facilities planning and management, became a LEED-certified professional during the VSC renovation. Central achieved not only certification but also a silver rating, no mean feat, especially for a science building. With lessons learned in building VSC, Central achieved a LEED gold rating on the Pods. With two LEED-certified buildings, Central is poised to become a leader in sustainable design on the college campus scene.

How does one know a building is safe and soundly-built? Employ a certified professional engineer. How does one know a building project is financially viable? The certified accountant checks the books. And, how does one know a building is truly "green?" That's where LEED certification is important. Since it demonstrates objectively, using external auditing and a clear accounting process, VSC uses energy efficiently and even generates solar

▼ Paul Weihe hangs out in VSC's pump room for the solar-powered fountain, which pumps 365 gallons per minute. The solar panels were donated by Alliant Energy in 1999.



power, reduces waste sent to landfills and conserves water. Knowing this encourages users to reduce air pollution by biking to work or carpooling. By renovating the existing VSC rather than knocking it down, Central College earned LEED points by the ultimate in recycling — a recycled building!

What does a “green” building look like? The first word to come to mind is “normal.” In fact, VSC positively is sublime in its environmental advocacy. Attractive carpet is leased and remanufactured when it’s worn out. Stunning wood paneling, doors and cabinetry made in Central Iowa from local cherry trees add to the decor. Clean, quiet fume hoods keep chemicals or smelly specimens pleasant and have a special buzzer reminder when left alone venting room air needlessly. Clear, white lights illuminate the spaces, except when numerous windows render them unnecessary. The LEED checklist details the points earned, but doesn’t reflect Central’s commitment to build and furnish spaces people across campus choose to use and enjoy.

However, being green is not enough. In my environmental science class, I teach

an activity in which we dissect VSC. I start with the obvious, “What is the business of Central College?” It seems a trick question, so I elaborate. GM makes cars, Microsoft makes software, and what do we make? We educate; we make knowledgeable graduates. So, how does a “green building” help us meet that primary objective? (My students learn on day one I refuse to be a “tree hugger” — I deal in hard facts.) If VSC, or any green building, doesn’t help an organization meet its goals, then it represents a design failure.

PROFILE: AT A GLANCE

- Paul Weihe grew up in metropolitan Detroit, Mich.
- Earned a bachelor’s degree from the Dearborn campus of the University of Michigan
- Earned a master’s from Eastern Michigan University and a doctorate from The Ohio State University
- Taught for two years at Davis and Elkins College in West Virginia before coming to Central in 1998
- Taught in Central’s Kenya and Mexico programs
- Received grants from government agencies and private foundations and was listed in “Who’s Who in Science and Engineering”
- Lives in Pella with wife Carol and two sons

Students start to ask questions, too. How can we better relate the indoor to the outdoor environment, perhaps even meeting for class outdoors? How can we incorporate developing technologies into the building and how it’s used? How can we generate more of the power we use in a way that doesn’t harm the environment (such as with a wind turbine)? Can we build other structures on campus with similar features? I hope students soon ask these questions at their workplaces and residences. Students already show off VSC to their visiting friends and family, and incorporate sustainability into class work in other areas of campus such as economic analyses. I believe this bodes well for our future.

After a couple hours of exploration, most students agree we learn a lot from a “green building.” As it turns out, any building is an object embodying great significance. It tells much about our values and priorities, our technology, and how we spend our time. It tells about our history and our vision for the future. (There’s a reason there’s a time capsule under a slab of granite at the main entrance). And, VSC tells us we can preserve environmental quality for future generations, while still achieving our design objectives ... if we use good design principles, that is. That’s a lesson worth learning. ■

Environmental living firsthand

by Cassie Druhl '07

I always have been moderately concerned about the environment, but I never realized how much could be done to preserve our earth and reuse our resources until living in the Pods, Central's new "eco-dorm." The 1203 Independence Pod addition is the first LEED (Leadership in Energy and Environmental Design)-certified residence hall in the state of Iowa, and is bound to be the beginning of many environmentally conscious choices in building materials. Built in 2003, the state-of-the-art Pods are the nicest residential choice on Central's campus, offering great features like heated bathroom floors, "double-flush" toilets, washers and dryers, microwaves, many lighting options and huge showers.

As a junior, I took a class in environmental communication. It really made me think about what I could do to help the environment and also made me aware of how many environmental problems exist in the United States and the world. I helped make an educational video for Pod residents to learn about the great features of the building. Because I want to help the environment any way I can, I decided to live there.

I've always recycled plastics and aluminum, but living in the Pods taught me the importance of recycling glass, cardboard and paper as well. At the beginning of the year, my Podmates and I discussed the steps we could take to help our environment. We started by watching everything we recycled. Now we take every piece of garbage and carefully think about whether we can recycle it or should throw it in the

trash. Every week, our recycling closet is full!

What really excited us about living in the Pods was the energy-monitoring chart on Central's Web site. The site contains green features, energy monitoring and resident info tabs so people can educate themselves on the environmentally friendly features of the Pods. The energy monitoring page shows the total energy consumed by the Pod addition currently, for the week and entire year. The chart also keeps up-to-date information about energy use in each of the Pods. There is always a "LEEDer of the Week" (the Pod that uses the least amount of energy). By cutting down a little on the amount of electricity we used, we could be the LEEDers of the week!

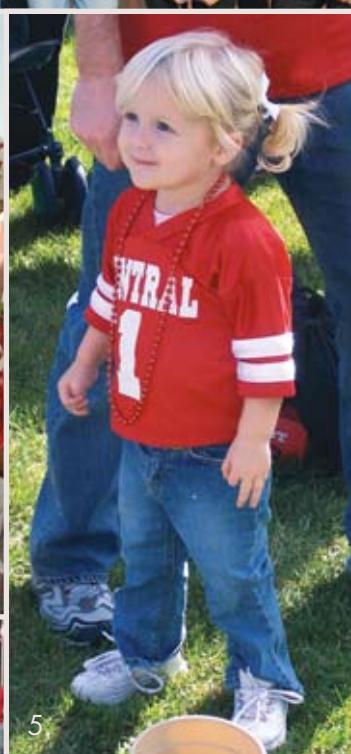
Although no prize is involved, we like to challenge ourselves to see how far we can take our energy saving. We turn off lights in any room we aren't in (and tattle on those who don't) and use only one of the light switch combinations provided. We only do laundry if there's a full load. We have "homework parties" in our common area, as well as watch the majority of our television shows on one TV. We also make sure to turn off computers if we plan to go away for the weekend. Everyone



is really getting into it. We even made a little game out of saving energy, saying our competition is the rest of the Pods, and we have to beat them by any means necessary. All of this effort makes our Pod one of the most energy-efficient, and it feels really good! Not only have our efforts saved energy, but also they have brought my Podmates closer together because we are always hanging out together in the common area.

I really enjoy living in the new Pods. I think it has made all of its residents more environmentally responsible and aware of the big difference that can be made by only a few lifestyle changes. I know that my Podmates and I will carry the valuable skills with us beyond our college careers and pass these good habits along to anyone with whom we interact. ■

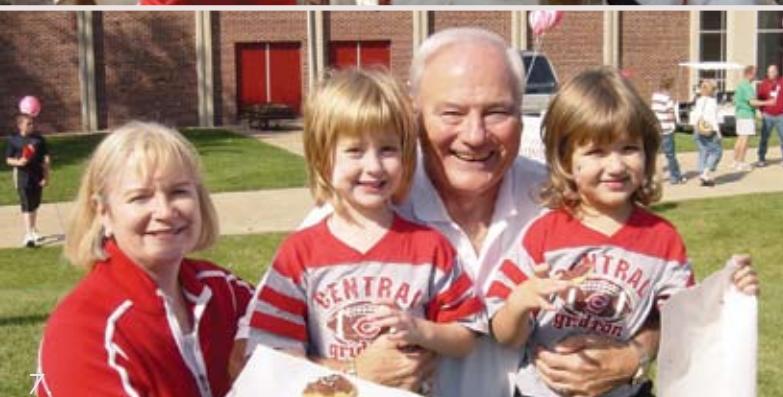
Cassie Druhl is from Blue Grass, Iowa.



5



6



HOMECOMING/FAMILY WEEKEND 2006

1. Caroline McMartin gets her face painted.
2. The 1981 national championship cross country team.
3. Rick Johnson '71 leads his class in the parade of classes.
4. The Dutch defeated Wartburg 13-7 in OT.
5. Calla Kerndt, a future Central grad.
6. Picnicking at the tailgater.
7. Betsy, Caleigh, David and Caitlin Roe at the family carnival.



812 University Street
Pella, Iowa 50219

