



President David Roe also serves as the kicking coach for the Dutch football team.

Athletics have always been an important dynamic at Central College. Nearly half of our students participate in some aspect of intercollegiate athletics during their time on campus and around an additional 275 participate in intramurals.

Central holds true to the NCAA Division III philosophy as articulated so well by our President Emeritus Ken Weller, and embraces the whole-person concept. A liberal arts education equips students for a lifetime of service, learning and achievement. Athletics competition can help provide tools necessary for that quest, such as discipline, dedication, determination, preparation, persistence and teamwork.

Like all Central students involved in co-curricular activities, student-athletes learn to maintain balance. Their days are filled with lectures, labs, practices, meetings and study sessions, yet standards are not compromised in any area.

Central's athletics accomplishments on the national stage are well-chronicled. At the same time, our student-athletes' academic achievements are no less remarkable. Central consistently ranks near the top in the number of academic all-conference honorees, and many of our teams are national academic leaders. The Dutch volleyball team is a shining example, winning title after title and setting a national standard with a 3.73 grade point average.

College is more than classes. Our challenge is to continue to provide the necessary support for our students in all aspects of campus life, both in terms of staffing and quality of facilities as we seek to further nurture our students' development in mind, body and spirit.

Dona Boc

David H. Roe President

C E N T R A L B U L L E T I N

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Central Bulletin is published quarterly by the college relations office for alumni, parents and friends of Central College. Its mission is to inform them about Central's programs and people, to strengthen their connections to the college and to develop Central's position as a nationally recognized liberal arts college in the Christian tradition.

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Nondiscrimination policy Central College is committed to being an inclusive community whose members act with consideration for the physical, intellectual and spiritual well-being of all persons. All members of the college community are responsible for creating an atmosphere that fosters opennes mutual respect and diversity. (Board of trustees, 4/26/03) The abov nondiscrimination policy includes, but is not limited to, persons of every ethnicity, race, national origin, creed, religion, philosophical belief, marital status, disability, physical appearance, sex, age, sexual orientation, gender expression and identity, and organizational affiliation. Read

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8 GROUP PROJECT

Athletics and education — how Central makes them work together

16 FACULTY VOICE

John Roslien, director of the athletic training education program, writes about Central's accredited program.

Departments

- 2 Around the Pond
- 4 Alumni Happenings
- 5 Sports Update
- 18 Alumni Newsnotes
- 25 Parting Shot

Student-athletes, like Dutch quarterback Mark Isaacson, remain successful on the field and in the classroom.



Central College freshmen formed 18,000 pieces of trash into art.

IN THIS ISSUE

AROUND THE POND

Seeing is Believing: Trash and Art invade Mills Gallery



A thousand mirrors reflect 18,000 pieces of trash in a unique art exhibit at the Mills Gallery this fall.

Central College unveiled a one-of-akind exhibit this fall, "Seeing is Believing: Trash and Art."

The exhibit formed one piece of art from 18,000 pieces of trash collected by 442 members of Central's freshman class. The project was completed for Intersections, a class that explores the human impact on the global environment. Exhibit visitors were encouraged to think about the impact of trash on the environment.

THE STARR FOUNDATION

Central College received its sixth gift of \$200,000 from The Starr Foundation in October. The first gift of \$200,000 was received in 1999 and created the C.V. Starr Endowed Scholarship. This scholarship is awarded to students based on need.

The Starr Foundation was established in 1955 by Cornelius Vander Starr, founder of what is now known as American International Group, Inc. (AIG). The foundation invests in the educational needs of Starr scholars as well as in other areas of education, medicine, healthcare, public policy, human needs, culture and the environment.

PROFESSOR NING CHIA CHOSEN FOR GOVERNOR'S COMMISSION

Gov. Tom Vilsack and Lt. Governor Sally Pederson selected Central College history professor Ning Chia to serve on the Commission on the Status of Iowans of Asian and Pacific Islander Heritage within the Department of Human Rights.

The duties include advising the governor and the general assembly on issues confronting Asians and Pacific Islanders in Iowa such as language barriers, employment and possible governmental changes that can alleviate such issues.

2 CENTRAL BULLETIN





In celebration of Geisler Library's 30th anniversary, architect Chick Herbert was reunited with the building at a special celebration this fall.

"To be part of this commission gives me an opportunity to learn much more about public service and to play a role on behalf of Iowans of Asian and Pacific heritage," Chia said. "I believe the mission of this commission works for building a better understanding and a better linkage between all of the Iowans from different cultural and ethnic origins."

Chia teaches courses in East Asian civilization, history of modern China and history of modern Japan.

ALUMNI CHOIR GIVES GIFT FOR ROMANIAN MUSIC COLLECTION

At the Homecoming A Cappella Alumni Choir concert in September, David Williams, director, was presented with a gift of \$1,815 from the group. The money will be used to purchase a collection of Romanian music to be housed in Geisler Library.

The collection will be named after Romanian composer, George Enescu (1881-1955), whose name has achieved iconic status in his native country. The collection will contain scores, books, recordings and other materials associated with Romania's rich musical culture.

The Romanian musical community has become involved intensely in this project since the announcement and many gifts have been offered by Romanian organizations. Two Romanian composer-pianists, George Balint and Livia Teodorescu-

Ciocănea, are writing new works to mark the official debut of the collection in March.

CORDOVA CENTER ON THE ROCK

Central College is a partner in the Cordova Center on the Rock project, an exciting new collaborative project at Lake Red Rock. The over \$28 million project includes an expansion of the Volksweg Trail, a new environmental learning center, a performing arts amphitheater, seven additional cabins, two new picnic sites, outdoor educational areas, plus road relocation and parking. Completion of the project tentatively is scheduled for 2009.

Other project partners include the Marion County Conservation Board, U.S. Army Corps of Engineers and the Iowa Department of Natural Resources.

THE CAMPAIGN FOR CENTRAL

In 2004, the advancement team held 14 campaign events at locations across the country including San Diego, Calif.; Denver, Colo.; Cedar Rapids, Iowa; Kansas City, Mo. and New York. The events were attended by 418 alumni and friends who took advantage of the opportunity to visit with President David and Betsy Roe, members of the advancement team, and other alumni and learn about all the great things taking place at Central. With a final estate gift from Bob and Marie Vance, the college

neared its campaign goal of \$50,000,000, and reached it with undocumented commitments. Central looks forward to additional campaign events in 2005 in locations such as Dallas, Texas; western Michigan; Fulton/Morrison, Ill.; Philadelphia, Pa.; and Wisconsin. Take advantage of this opportunity to enjoy good food, good fellowship and good news about Central College.



Alumni at six sites across the country participated in the third annual Central College Service Day Oct. 23.

WINTER 2005 3

A L U M HAPPENINGS

Help Us Help You (Stay Connected)

DO WE HAVE YOUR CURRENT E-MAIL ADDRESS?

Did you know we send a monthly e-newsletter to our Central College alumni? It is released the first Tuesday of every month to over 6,300 alums and provides short updates on what's happening on campus and in our alumni community. We also have links to our Web site and many Central events. If you would like to receive the alumni newsletter, e-mail alumni@central.edu with the subject line "newsletter." We'll add you to the list. We've also started sending some alumni event invitations via e-mail. Don't miss out on the action!

KEEPING YOU MORE CONNECTED WITH NEW FEATURES

The alumni community at https://www.central.edu/alumni/community/index.cfm is a way for you to stay in touch or reconnect with other Central alumni in a secure and password-protected environment. Currently, the community allows you to:

- Update your profile or submit information for the *Bulletin*.
- Search for alums in our online directory and catch up on life after Central.
- E-mail new and old friends. Check out our brand new features which

include:

- directory searches by city and state,
- Central Connections, a program where you can help a Central student or alum earn a competitive edge in today's job market.

Sign up now! Membership in the alumni community is exclusive to Central alumni and FREE. With 3,000 alumni signed up in the first year, you'll find it's a great way to stay connected.

HOMECOMING 2005

Mark your calendars for Central's Homecoming celebration Oct. 7-9, 2005.

We're honoring reunion classes including 1955, 1960, 1965, 1970, 1975, 1980, 1985, 1990 (clustered with 1989 and 1991), 1995 and 2000. All GOLD (graduates of the last decade) are invited to meet and socialize at the site of the 1995 and 2000 reunions. Anyone who graduated before 1955 is invited to join together at a special reunion site on campus.

If you want to serve as the chairperson for your reunion class, please contact the alumni office today!

LOOKING FOR ALUMNI EVENTS?

Visit www.central.edu/alumni for the latest information!

Central Connections is a computerized database of Central alumni willing to serve as contacts on career issues for Central students and alumni. This joint effort, by alumni relations and Career Services, recognizes alumni are great resources for current students and for each other.

Central Connections works because:

- Students benefit from alumni advice and professional stories.
- Alums can contact other alums when relocating or changing jobs/careers.
- It's an easy and rewarding way to give back to the college.

This is not a job service. Certainly, if alums know of internship or employment opportunities at their places of work and can advise about application, that's great! But the intent is to assist students and alums by offering information about occupations and career fields; give advice regarding the job market, organizations to join and graduate school programs; and offer tips for relocating to a certain city or region or improving résumés.

Ready to add your name to Central Connections? Contact us at alumni@central.edu for more information.

SIGN UP TODAY!

4 CENTRAL BULLETIN

S P O R T S

UPDATE

Volleyball Crown Highlights Fall Season



Sophomore right-side hitter Tessa Prati was among four Central players to receive all-lowa Conference volleyball honors. The Dutch have won 83 of their 84 league matches since 1996.

NINTH STRAIGHT VOLLEYBALL TITLE FOR DUTCH

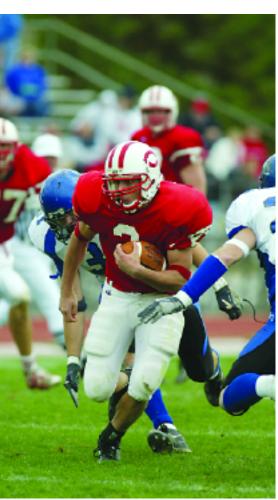
Even in winning a ninth straight Iowa Conference championship and the program's 14th overall, as well as gaining a ninth NCAA Division III tournament berth, the Central College volleyball season proved surprising.

The surprise was how a preseason poll of league coaches could predict the Dutch would finish third.

Regardless, Central extended its conference-match winning streak to 30 and swept the league tournament as well. The 14th-ranked Dutch finished at 28-9 overall after being sidelined by Elmhurst College (Ill.) in the second round of the NCAA Central Regional.

Senior middle hitter Jamie Stark was named the Iowa Conference MVP while junior middle hitter Katie Pederson and senior setter Jodi Taute joined her as firstteam picks. Sophomore right-side hitter Tessa Prati was a second-team selection.

The most impressive numbers the Dutch put up were in the classroom.



Running back Tyler Baethke was the Central football squad's leading rusher. The Dutch were just a game short of an Iowa Conference title under first-year coach Jeff McMartin.

Eleven varsity players carry cumulative grade point averages of 3.5 or above (4.0 scale), led by Stark at 3.98. She was a first-team academic all-America pick. Central has a combined team GPA of 3.73.

FOOTBALL TEAM BACK ON WINNING TRACK

First-year coach Jeff McMartin '90 brought his alma mater to within a few yards of a return to the Iowa Conference winner's circle.

The Dutch, still without a losing season since 1960, were 6-4 and posted a 5-3 Iowa Conference mark, just a game behind co-champions Coe and Wartburg. Central's three league losses were by less than a touchdown. The Dutch closed the year with an encouraging 82-23 two-game road spree which included spoiling Buena Vista's title hopes with a 35-16 rout.

McMartin unleashed the strong right arm of quarterback Mark Isaacson, who set school records for season passing yards (2,057) and pass completions (173).

Three-time first-team all-Iowa Conference linebacker Mark Sanger was an all-America pick. He played for former coach Ron Schipper and the Division III all-stars in the Aztec Bowl in Mexico Dec. 11. Sanger closed not just a season but an era. For 15 of the past 16 years, the Sanger name has filled a spot on the Dutch defense depth chart. Older brothers Rick '96 and Jeff '01 were all-America linebackers while Kevin '93 was an all-conference defensive end. Kevin and Jeff are now Central assistant coaches.

Mark racked up 333 career tackles and his 115 tackles in 2004 were just nine fewer than Rick's 1994 season record.

Second-team all-conference picks included junior offensive lineman Ryan Johnson, senior stinger Nick Cross, senior punter Keith Wasoba, senior defensive lineman Rodney Sundine, sophomore receiver Brad Ryals and Isaacson.

While excited about the promise displayed by the underclassmen as well as the early response he's getting from recruits, McMartin is appreciative of his first senior class as Central's head coach.

"I told our underclassmen they all need to thank our seniors for refusing to allow the team to ever get down, for playing with passion and for showing them what it means to be a senior football player at Central College," he said.

CUNNINGHAM GAINS CROSS COUNTRY ALL-AMERICA HONORS

Senior Beth Cunningham became Central College's first women's cross country all-America honoree in 23 years by placing 20th at the NCAA Division III championships at Colfax, Wis., Nov. 20.

Cunningham covered the 6,000-meter course in 22:15.4. It's an important milestone in the resurgence of Central's men's and women's cross country programs. The Dutch women climbed to third place at the Iowa Conference meet while the Central men — with an all-underclass roster — were a solid fourth.

Cunningham was third at the league meet while senior Lori Risser and junior Jill Rozendaal also received all-conference recognition, placing 10th and 11th, respectively. For the men, sophomore Adam Wolf was 16th, junior Bryan George was 18th and sophomore Joe Jefferson was 19th.

CENTRAL DEBUTS ON-CAMPUS COURSE

A unique new on-campus cross country course meanders over gently rolling terrain in the southwest corner of the Kuyper Athletic Complex.

The course, which can accommodate 4,000-, 5,000-, 6,000- and 8,000-meter races, served as the site of the Iowa Conference meet Oct. 30. It was constructed with funding provided by Verle '33 and Hilda Ver Dught, in honor of their grandsons, former Dutch runners Josh and Micah Puyear '01.

The course receives heavy use for team workouts throughout the year and quickly garnered rave reviews.

"This course will be a great recruiting tool," coach Jeff Bovee said. "It's a tremendous asset to our program and our campus."

HALFPOP HEADS TALENTED SENIOR MEN'S SOCCER CLASS

Central's 11-6-1 men's soccer record capped a three-year 39-15-2 run for a program that had previously never even approached the .500 mark.

Coach Garry Laidlaw has a challenge in replacing eight seniors — none more so than forward Kyle Halfpop, a three-time first-team all-conference performer. Halfpop set school season records for most goals (17), most assists (9), most points (43) and most shots (74). Seniors Andy Quigg and Jarin Schmidt shared the goalkeeping duties, yet each was able to break the season shutouts record, both compiling four. Quigg also set the career shutouts mark with eight.

"It's the biggest class we've recruited and I have a lot of fond memories of coaching them, starting with a trip to Canada at the start of their freshman year," Laidlaw said. "I knew back then that these players were something special. I'm proud to have coached them."

A pair of all-conference performers return as junior defender Conrad Vernon was a first-team selection for the second time and junior midfielder Tim Dobberfuhl repeated as a second-team pick.

SURPRISING YEAR FOR WOMEN'S SOCCER TEAM

Under the veteran leadership of new coach Rick Burns, a shorthanded Central College women's soccer team posted a winning record to earn a spot in the Iowa Conference tournament.

Burns, a head coach for 23 seasons, most recently at Gordon College (Mass.), guided an injury plagued 14-player squad to an 8-7-1 regular-season record.

"This team got more out of the talent it has than any team I've ever coached," Burns said. "They play the closest to their potential. They defend resolutely and tenaciously and hang on."

Senior midfielder Jami Wheelock and sophomore goalkeeper Ashley Veigelt were first-team all-conference picks. Wheelock was also a first-team academic all-district selection with a 3.92 GPA. Veigelt posted eight shutouts while freshman forward Tori Rittmann set a school freshman season record with 17 goals. Another rookie, defender Brenda Pavelka, was voted Central's team MVP.

JUERGENS LEADS YOUNG WOMEN'S GOLF SQUAD

Central senior Jenni Juergens earned all-league honors as the Dutch women's golf team finished fourth in the Iowa Conference tournament.

Juergens was eighth in the individual standings at 83-82-81-86 — 332. Sophomore Jessica Monical tied for 19th, sophomores Brooke Bachelder and Sharilyne Hoekstra shared 21st, sophomore Stephanie Stam was 29th and junior Amy Ugulini tied for 37th.

Following the fall season, first-year coach Jodee Schaben's club was ranked 14th in the NCCA Division III rankings.

TWO LEAGUE TITLES FOR WOMEN'S TENNIS TEAM

Central sophomore Kristin Kovar and the team of freshman Katie Moklestad and senior Lindsey Yuska captured titles at the Iowa Conference women's tennis tourney.

Kovar was a surprise winner at number two singles, while Moklestad and Yuska prevailed at number two doubles. Senior Tracy Van Zante joined the trio in receiving all-conference honors in singles while Kovar-Van Zante and Moklestad-Yuska were cited in doubles.

Central placed second in the tournament and qualified for the four-team league finale Oct. 16 at Cedar Rapids, finishing third.



Senior Beth Cunningham became Central's first women's cross country all-American since the school's 1981 national championship season and was the first national qualifier since Teresa Newcomb '91 ran at the national meet in 1989 and 1990.

GROUP by Larry Happel '81 Control of the second of the se

striving for an athletics experience that enhances a Central education amid a growing and often unhealthy emphasis on college athletics nationwide



It's 6 a.m. and Jake Anderson bounces into the Ron Schipper Fitness Center on a chilly, early winter morning.

Some 30 baseball players groggily trudge in as well. Most have been awake about 10 minutes. Their hair, appearing lifeless as strewn tree branches after a windstorm, apparently hit the snooze button.

The energetic Anderson didn't get home from work until 8 p.m. the night before, and he's looking at another 12 or so hours ahead in his day on the job as Central's highly regarded strength and conditioning coordinator.

Working in a building that didn't exist 10 years ago, Anderson is performing a job few could have even imagined at Central at that time, yet he's busier than a Toys 'R Us clerk on the day after Thanksgiving. In many ways, it's symbolic, not only of intercollegiate athletics growth within the NCAA Division III, but also of Central's progressive approach.

In the old days, a small-college coaching staff could be housed in three or four gymnasium offices, with coaching responsibilities shared by physical education faculty members. That was before the onslaught of what some term the Division III arms race, a dollars-swallowing mania mirroring that which consumes the win-now Division I brethren of small schools. As highend multisport event centers with indoor tracks and pricey digital athletics video suites pop up at the smallest of institutions, and as specialized coaching jobs are created for every football position short of placekick holder, coaches at many Division III schools are no longer viewed as instructors, and ties to the academic side of campuses have become tenuous.



Central has not been immune to these pressures. The school's athletics staff isn't as large as those at many Division III institutions, but the days when it could be housed in a single second-floor Kuyper Gym corridor are long over. The growing Kuyper Athletics Complex occupies a significant chunk of the campus' west side.



A new cross country course is the latest addition to the Kuyper Athletic Complex. Seeking to serve all students and not just stars, Central teams have a no-cut policy, which increases the need to expand facilities.

Yet the college remains steadfast to some core beliefs. Unlike most colleges, no Central employee lists coaching as his/her sole responsibility. Some have administrative tasks, and many have teaching duties. Even athletics director Al Dorenkamp '75 carves a slice out of his 70-hour workweek to assist Central's education department by going on the road to observe student teachers. Even if the hours spent outside of athletics by coaches are minimal, the message is clear: athletics at Central are part of the educational mission.

Conversely, at many Division III schools, serving as strength and conditioning coordinator is a part-time task that an offensive line coach takes on in the off season. But Anderson's full-time spot at Central wasn't created to simply enhance the physiques of the elite athletes. It's about serving students — not just football players — and that can't happen on a part-time basis. Anderson insists on providing the same kind of individualized attention that is the hallmark of Central's faculty. Doing so for more than 600 student-athletes barely leaves Anderson and his four interns enough time to even check their e-mail. But Anderson is building more than muscles.

"By helping with their off-season development, Jake Anderson helps every student-athlete feel he or she is valued," said Dorenkamp. "I think that's a big asset for parents. They recognize Central really does care about their son or daughter.

"Woody Hayes [former Ohio State football coach] used to have a saying, that 'The core of motivation is personal attention.' I think our professors would say that and in athletics, we have a chance to do that with Jake."

It's not just athletes who benefit. Anderson is available as a resource for all students and staff.

"They all have access to Jake, and he'll spend time with anyone who asks," Dorenkamp said. "That sends a message that he's not just an athletics tool. His position is a real community relationship builder."

STANDING OUT IN THE CROWD

Using athletics as a marketing tool propels Central to record-breaking enrollment

An even more competitive world than athletics is occupied by those whose job it is to fill the seats in college classrooms. Serving students is a noble pursuit. But even at a church-affiliated college in small-town Iowa, the bottom line is the bottom line. An individualized strength and conditioning program is invaluable for more reasons than just bigger-faster-stronger. Anderson's position gives Central's athletics program a real edge in the ever-escalating recruiting battles the college admission staff wages. The outcome of those battles can determine the state of the institutional budget in the year ahead.

So, while a dynamic athletics program does serve as a major pillar in maintaining the mind-body-spirit balance the college seeks to imbue upon its student body, it's also given Central an elusive marketing niche, something sought by hundreds of liberal arts colleges adrift in what prospective students view as a sea of sameness. For today's marketing-saturated high school seniors, athletics can give them a reason to choose Central over small college B or public university C. Central's enrollment is near an all-time high and few would argue that would be possible without the college's athletics tradition.

Roughly half of Central's students are involved in the intercollegiate athletics program during their four years. While competing for a nationally competitive football, volleyball or softball program may not be the reason they choose Central, for some it is. And for others, it is undeniably a contributing factor. A sig-



The 2000 NCAA Div. III volleyball championship is the 10th of Central's 11 national titles, more than the rest of the lowa Conference combined. That success distinguishes Central in a fiercely competitive field when high school students choose a college.

nificant percentage of those students rank with the school's best and brightest.

"There's no question that athletics is a key component of our enrollment success," said Carol Williamson, dean of admission. "Our athletics program attracts a high number of students and a high level of student."

Yet it's not simply Central's bulging Kuyper Gym trophy case that attracts them.

"Recruiting is hard work," Williamson said. "If you look at the number of contacts our coaches have with prospective students and the number of hours they put in, that's obviously a factor in our success.

"But more importantly, it's the level of integrity our coaches have. Athletes look at Central because our winning tradition is so strong, but what gets them in the door is our strong values structure. Our coaches really believe in the Division III philosophy. They believe that students' academic success is as important as their athletic success. That's huge with parents as well. Integrity is what seals the deal."

It's a team effort. The relationships between institutional admission and athletics departments nationwide are often contentious. Williamson was pleasantly surprised by what she found when she joined Central's staff.

"I've never worked with an athletics staff where I've had more support and positive interaction," Williamson said. "That's unique. Admission and athletics are usually butting heads at other schools. The admission office is made the fall guy for not having good teams because they're not letting their recruits into school with lower grades, or they're supposedly not helping them get the best athletes. We just don't hear that here."

In their tireless quest for top students, Central's coaches provide the same kind of individualized attention Anderson and the faculty do.

"Coaches like Kevin Sanger [men's and women's track and field coach] build relationships with recruits," Williamson said. "And it's very real. Students respond to that."

It's the same kind of relationships that fuel Anderson's 6 a.m. enthusiasm. Helping students realize dreams is his reward, whether those dreams involve the star athlete visualizing the winning shot, or the insecure freshman simply longing for a chance to someday slip on a Central uniform.

"You see when they come in here, they've got a passion for their sport and a vision of what they want to accomplish," Anderson said. "Seeing them succeed, that's the most rewarding thing. I love watching them compete."

Whether it's in a kinesiology exam or a league championship tennis match, that's the Central magic.

Anderson pauses, then laughs.

"You're giving me the chills just talking about it."

Name: Jill Rozendaal

Year: Junior

Hometown: Grinnell, Iowa

High school: Lynnville-Sully High School

Major: Spanish Minor: Religion and communication

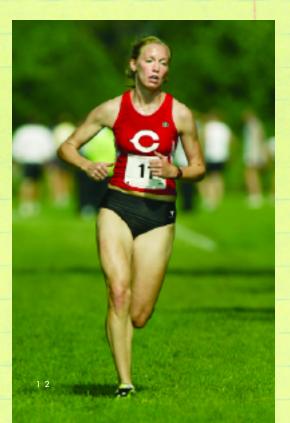
Sports: Cross country and track and field

Campus activities: Resident adviser in Gaass Hall, Student Support Services, Campus Ministries, service learning, academic tutor, Spanish Club, Phi Sigma Lota (language honors society), study abroad in Merida,

Mexico (fall 2003) and Granada, Spain (summer 2004)

A somewhat typical day in my life ...

5:45 a.m.	Wake up
6 a.m.	30-minute morning run
6:45 a.m.	Shower and take a nap
8:15 a.m.	Breakfast at the Café@Geisler
8:30 a.m.	Spanish conversation lab for senior seminar
9 a.m.	Get ready for the day, finish up homework
10 a.m.	Spanish novel reading class with Sam Mate-Kodjo
11 a.m.	Spend time at the chapel, work on RA things, etc.
Noon	Lunch at Central Market with friends
12:30 p.m.	Check mail (I'm usually disappointed), pack books
	and practice clothes
1 p.m.	Spanish conversation lab for civilization of
	Hispanic America
1:30 p.m.	French conversation lab for French 121
2 p.m.	Civilization of Hispanic America with Carol Wallace
3 p.m.	French 121 with Pat Westphal
4 p.m.	Cross country practice – warm-up, 60-minute run
5:45 p.m.	Lifting in the weight room
6:30 p.m.	Dinner at Central Market with some teammates
7 p.m.	Free time – check mail and e-mail, study, socialize
8:30 p.m.	RA meeting
9:30 p.m.	Homework, Wal-Mart runs, laundry, study groups,
	floor activities
11 p.m.	Finish up everything and get organized for the next day
Midnight	Lock corridor door, make sure everyone on my floor is



behaving and go to sleep!

Becoming one of the top runners on a steadily improving Central women's cross country team is only one facet of junior Jill Rozendaal's busy life.

Sophomore Ben Bollard (opposite page) competes in two sports and trains year-round, requiring the discipline he thinks helps him maintain a 3.76 grade point average.

DO THE MATH by Betsy Kane '05

Critics say athletes are students in name only, but Central athletes are putting up big numbers

Jami Wheelock '05, a four-year defender on Central's women's soccer team, pushes herself to make the grade.

A first-team all-conference selection and team captain, Wheelock carries a 3.92 grade point average.

"The year before I was a freshman at Central, the women's soccer team had the highest team GPA of any team in Division III," said Wheelock, a history and international studies major. "I recognize that is a huge honor and have always tried to live up to those standards in the classroom."

Central student-athletes compiled a 3.05 GPA during the 2003-04 academic year. They've received academic all-America honors 39 times, won 15 NCAA postgraduate scholarships, and typically rank near the top in academic all-conference citations.

"The numbers speak for themselves," said Ed Willis, professor of psychology and faculty representative to the Iowa Conference and NCAA. "Over the years, some of my brightest students have been very strong athletes."

A social science major aiming for graduate school, Iowa Conference volleyball MVP and academic all-American Jamie Stark '05 has learned to juggle practice and study time.

"My teammates tease me for reading in the van on the way to tournaments," she laughs.

Stark is not alone. Remarkably, 11 varsity volley-ball players on Central's league champion team carry a GPA above 3.50. Named to the AVCA Academic Team Honor Roll four consecutive years, the Dutch have an overall team GPA of 3.73.

"It's their nature to work hard and pursue excellence," said coach Kent Clayberg '90. "They don't characterize themselves as just volleyball players. These women are involved in A Cappella Choir, InterVarsity and study abroad programs. The Division III philosophy emphasizes the whole person, and that's what they're living."

That philosophy places the highest priority on the overall quality of the educational experience while maintaining athletics as part of that experience. Retired Central President Ken Weller (1969-90), who held numerous positions within the NCAA, played a key role in the creation of the Division III philosophy, emphasizing serving the needs of participants, rather than spectators. It reflects what he and many others felt represented the best in athletics.

Name: Ben Bollard Year: Sophomore Hometown: Pella, Iowa

High school: Pella High School Major: Computer science

Sports: Football and track and field

Campus activities: Student-Athlete Advisory Council (SAAC), Fellowship of Christian Athletes (FCA), InterVarsity, the Calm (church service on

Sunday evenings in the chapel)

A somewhat typical day in my life ...

7 a.m. Wake up

7:15 a.m. Swimming workout at pool,

laps, run in water, tread water

8 a.m. Get ready for the day
8:30 a.m. Breakfast at Central Market
9 a.m. Foundations of math with

Tom Linton

10 a.m. Meeting with Eric Pingel,

technology department at Pella High School, about internship

10:30 a.m. Relax, watch TV or take a nap

11 a.m. Lunch at Central Market

Noon Homework

1 p.m. Data structures with Mark Johnson

2 p.m. Computer organization and

architecture with Robert Franks

3:30 p.m. Lift weights, preseason training for

track and field, long run or build-

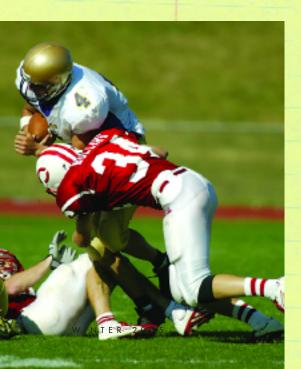
ups and intervals

6 p.m. Dinner at Central Market

8 p.m. SAAC meeting 9:30 p.m. Homework

10:30 p.m. Free time, hang out with friends

11:45 p.m. Get ready for bed Midnight Time to sleep





Central's athletic tradition was, in large part, built by hall of fame football coach and athletics director Ron Schipper who recruited players by talking about the value of a Central education.

"The college is still recognized widely as an excellent example of what Division III athletics are all about," said Weller. "Not only is Central well-known for success in particular sports, but also for the underlying philosophy it represents."

"Student-athlete" is an overused and often abused term, yet Central President David Roe continues to see the concept as an ideal to be pursued.

"Participation in athletics teaches us to take good care of our overall health, something all people should do," said Roe, who also serves as kicking coach for the football team. "Additionally, competition teaches us many lessons, such as the importance of preparation, focus, effort, persistence, teamwork, and being emotional, while retaining emotional control."

Senior quarterback Mark Isaacson '05 served as a team leader on and off the field. An all-conference pick, Isaacson was a team captain. As a chemistry major, he carries a 3.84 GPA and plans to attend medical school.

"Though it was stressful at times, I think the routine of practice, dinner and then homework helped me maintain a schedule and get all of my schoolwork done," said Isaacson. "All the coaches stressed the importance of academics as the number one priority."

Wheelock said the Division III concept has enhanced her Central experience. She wrapped up her time on campus in December, and is studying abroad in Carmarthen, Wales, for a second time, playing soccer on the Trinity College women's team in Carmarthen while considering attending graduate school in the United Kingdom.

"Central has had such an impact on me as a whole person," said Wheelock. "I could say I am a completely different person than I was even two years ago. The experiences I have had, and the manner in which I have adapted to the different situations I have been placed in, have only changed me for the better."

Current Alumni Coaches

Kevin Azinger '86 - assistant wrestling Denise Barnard '02 - assistant softball Eric Boeyink '87 – assistant men's soccer Jeff Bollard '89 - assistant football Dick Bowzer '66 - assistant football Darrell Brand '59 - assistant football Katie Brees Button '02 - assistant track and field Kent Clayberg '90 - head volleyball Don De Waard '82 - assistant football Matt Diehl '87 – assistant wrestling Andrea Envart '03 – head dance Kristin Stecker Enyart '02 – assistant dance Reid Evans '01 - assistant football Brent Fridley '03 - assistant baseball Steven Fyfe '87 - assistant cross country and track and field Rex Gray '04 - assistant wrestling Josh Harrington '00 – assistant women's basketball Jon Hietbrink '02 - assistant men's golf Jeff McMartin '90 - head football Shannon Merkle '95 – assistant softball Matt Paulsen '97 - assistant football Eric Pingel '92 - assistant track and field Kevin Sanger '93 - head track and field and assistant football Jeff Sanger '01 - assistant football Jamie Scott '01 - assistant wrestling Joe Steinkamp '03 - assistant men's basketball Travis Sterling '93 - assistant football, co-director of football LEAD program Teresa Thompson '96 – assistant softball Ann Van Hemert '00 - assistant volleyball George Wares '76 - head softball

MAY YOUR GLORY NEVER DIE

by Abby Gonzales '02

Central athletics philosophy, success lures many coaching grads to return

There's perhaps no higher testimony to the quality of the Central athletics experience than the fact that the Dutch coaching staff includes 30 alumni who have chosen to return to the programs they love.

"Very few schools boast as many alumni on the coaching staff as Central does," said head football coach Jeff McMartin '90. "I think it speaks volumes about the loyalty that Central football builds and the family aspect of our program. To continue to help build that tradition and give back to the program is special."

McMartin is among 10 Central grads on the 12-man football staff and is one of just two head football coaches in the Iowa Conference serving at his alma mater.

A former graduate assistant at Division I Wake Forest University,

McMartin was an assistant coach at four Division III schools but found none that compared to Central.

"Pella is a town I always wanted to live in, and Central was always a place I wanted to come back to," said McMartin. "So it was a delightful opportunity to come back, and I was excited to give back to the program that gave me so much."

Central coaches say Dutch teams foster a passion they don't find at other schools.

"The minute I left Central, I knew I wanted to come back someday and help in some way," said McMartin.

While at Central, McMartin served as a student coach under the legendary Ron Schipper for two seasons after a career-ending injury.

"As players, we see the time and effort the coaches put into the program to make it what it is, and we want to be a part of that as well," he said.

"Being an alum, I have a special bond with Central," said Reid Evans '01, assistant football coach. "I had such a good experience at Central as a player and a student. I want to help others have that same kind of positive experience."



Second-year head baseball coach Adam Stevens is a Morningside College graduate, but sees why coaches want to return to Central.

"The people make Central what it is," he said. "It has such a great atmosphere to work in, and I think as students, they see that and want to be a part of it.

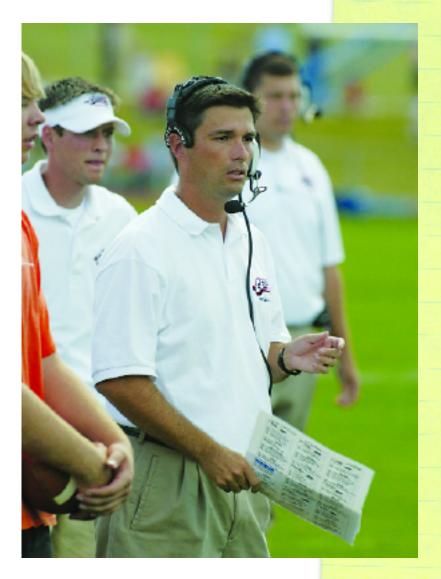
"It's pretty unusual for a college to have so many alums working and coaching," Stevens said. "I think it says a lot about Central if young coaches want to come back. They know what it's like here, and they can help relate to the student-athletes."

"I loved playing here and wanted to be able to be around the program and the tradition," said softball assistant Denise Barnard '02. "It's a continuous cycle of why Central's such a great place to coach. Because of the people, the programs have a strong tradition, and it's because of that tradition you want to come back. We [former players] understand what it's about, and we want to uphold those traditions that were around when we played."

All four of Central's softball coaches are alumni. George Wares '76 has headed the Central softball program for 20 seasons and coached his current assistants Barnard, Teresa Van Zee Thompson '96 and Shannon Merkle '95.

"Why would I not want to be a coach for the best softball program in the country?" Merkle said.

The Dutch have won four NCAA Division III softball championships and Thompson said the alumni connection is a big factor.



"...I WAS EXCITED TO GIVE BACK TO THE PROGRAM THAT GAVE ME SO MUCH."

"Part of the reason we have such a strong softball program is that several of our assistant coaches over the years have been alums," Thompson said. "Knowing the ins and outs of the program and its strengths really show when you step out on the field."

Dutch teams coached by Central graduates have won five national titles and some 50 Iowa Conference championships. "The sport is the sport no matter where you go," said head volleyball coach Kent Clayberg '90. "But, there's just a good perspective and a good purpose of what we are doing here at Central."

"There's an opportunity to grow at Central, as a student, as a coach and as a person," said Evans. "I just love Central College."

Central boasts 30 alumni on its coaching staff including volleyball coach Kent Clayburg '90 (opposite page) and football coach Jeff McMartin '90 (above).

FACULTY VOICE

The Best of Two Worlds

by John Roslien

- John Roslien graduates from the University of Iowa with a bachelor's in physical education and minors in health and athletic training, 1984
- Completes master's degree in athletic administration at Western Illinois University, joins the faculty and coaches baseball, 1986
- Starts at Central as athletic trainer, equipment room manager, assistant baseball coach and adjunct instructor in physical education, 1986
- Pietenpol Hall residence hall director, 1989 – 1993
- Marries Sheri Timmer '88 in the Central College chapel following a home football game, 1989
- Teaches at Tarsus American
 School in Tarsus, Turkey,
 1993 94
- Daughter Kylie Joy Roslien born, 1995
- Daughter Aanna Maurine Roslien born, 1997
- Receives tenure and promoted to assistant professor, 2002
- Commission on Accreditation of Allied Health Education Program grants athletic training education program accreditation to Central College, 2004

Central College's nationally prominent athletics program relies on a wide range of highly skilled and dedicated professionals. Countless individuals enjoy a Central victory with a little deeper sense of pride knowing they contributed to that triumph. Among those individuals, Central's athletic training students have a unique opportunity to blend an educational experience with their passion for athletics in the newly accredited athletic training education program.

Five years ago, with a very simple statement, the athletic training education program at Central College was directed toward its most ambitious goal. I was full of emotions that day as President David Roe proclaimed, "Central College will vigorously pursue Commission on Accreditation of Allied Health Education Programs (CAAHEP) accreditation."

I was extremely proud that the program started in 1986 was given the mandate to seek the ultimate academic recognition for an athletic training education program. I also was overwhelmed. In retrospect, even my perceptions of the task at hand were limited. In 1999, a small group of professionals dedicated a significant portion of their lives to a process that culminated Sept. 10, 2004, when Central gained accreditation. Few comprehend what a monumental accom-

plishment CAAHEP accreditation is for the athletic training education program.

Athletic training at Central has always existed in a tenuous environment balanced between the academic program and the athletics department. This duality is critical and necessary for the successful functioning of both programs. Neither would have attained national recognition without the other.

After spending seven years in schools with NCAA Division I athletic programs, I quickly became enamored by big-time athletics. Traveling around the country to some of the most famous locales in college sports was exciting. Big names, free shoes and gear, and huge budgets convinced me this was for me. However, in the fall of 1986, two legends in NCAA Division III athletics, Central President Ken Weller and athletics director Ron Schipper, changed my thinking.

In the 72 hours that passed between finding out about the position at Central College and saying goodbye to my life in Decorah, Iowa, I discovered the joys of Division III. I began to recognize the value of an experience possible only when there is a healthy balance between the challenges of academics and athletics in a liberal arts environment.

Athletic training at Central began as a small component of the physical edu-

DFILE: AT A GLANCE

16 CENTRAL BULLETIN

cation major. A few classes were added so students who were helping the athletes could do so more efficiently. Within four years, a Central graduate became a certified athletic trainer. Sweeping curriculum changes to the physical education program in the early 1990s resulted in an exercise science major with a common set of core courses and three specific areas of emphasis, including athletic training. This forward-thinking approach prepared students for graduate school opportunities in physical therapy, occupational therapy and medical school, athletic training and other allied health fields.

However, major educational reforms also were taking place at the national level within the National Athletic Trainers Association Educational Council. New academic standards adopted Jan. 1, 2004, required all athletic training graduates seeking certification to complete CAAHEP-accredited programs.

Five years later, in our CAAHEP-accredited program, a student who suc-

cessfully completes one of the most rigorous majors on campus, is eligible to sit for the certification exam with the Central degree.

CAAHEP recognition places Central among the best athletic training education programs in the country.

The work, however, is not done. Newly mandated CAAHEP standards and guidelines must be implemented into accredited programs by 2007. These will require extensive modifications within the program. As our athletic training students like to say, there is no off-season in athletic training.

I continue to be excited about opportunities Central offers. I cannot think of a more vibrant environment in which to work. We are presented new challenges that can only be met by professionals and students striving to be their best, while balancing the unique demands of two very different worlds.





What is CAAHEP accreditation?

Commission on Accreditation of Allied Health Education Programs (CAAHEP) is the largest programmatic/specialized accreditor in the health-sciences field. CAAHEP reviews and accredits more than 2,000 educational programs in 21 health-science occupations across the United States and Canada.

Accreditation is one step in a process that is meant to protect the public and ensure a supply of qualified health care professionals. Programs are accredited when it is determined they meet the educational standards and guidelines established by the profession.

Why is it important?

Accreditation is an effort to assess the quality of an institution's academic program and measure it against agreed-upon standards.

Entry-level athletic training education uses a competency-based approach in both the classroom and clinical settings with an emphasis on clinical reasoning skills. Educational content is based on cognitive (knowledge), psychomotor (skill), affective competencies (professional behaviors) and clinical proficiencies (professional, practice-oriented outcomes).

John Roslien heads Central's athletic training education program. Central received CAAHEP accreditation this fall.



Learning Comes When Least Expected by Rick Burns

When our women's soccer team lost a 1-0 match to Luther College this fall, it not only wasn't a victory, it also wasn't even a moral victory. No white-washed version – just a loss. The best loss you could ever have.

Central has never beaten Luther in women's soccer. We lost 6-0 last year. And now, in my first year at Central, comparative scores, records and rankings signaled to me a mismatch. I told the players our only hope was to defend well and somehow get a goal on a counterattack, or maybe hold for 110 minutes for a 0-0 draw. The premise was: They are clearly more talented, but if we follow this match plan, we have a chance. They bought into it.

Indeed, the Norse were more skillful, more athletic – and there were more of them. A flashy squad of 25 or so marched out crisply in pairs as our scruffy 14 shuffled out on a cold, windy day in Decorah. Our players defended tenaciously. They challenged for 50-50 balls, cleared the ball under pressure, showed patience in defense and got in some aggressive tackles, while urging each other on. Despite incessant pressure with the ball in our defensive half of the field 90 percent of the time, Luther didn't have many quality chances. We made it to halftime unscathed at 0-0.

At the interval, surprisingly, the players were subdued. As one, they locked their eyes on me as I spoke. I made a few

adjustments, but mostly I asked them to just stay the course. This would be a day in which effort and desire, not tactics, would separate the teams.

We held for 27 more minutes in the second half until Luther was justly awarded a penalty kick. Luther's all-American forward, held in check by our determined freshman defender the whole match, converted. I said to my assistant coach, "This is it; the dam will burst now." I lacked faith.

But the Dutch continued their spirited play. They were resolute, quiet, willful. Luther had only one more quality chance the rest of the match. It ended 1-0.

Our players learned effort alone, in spite of all the inspirational clichés, doesn't always give you the desired outcome. But more importantly, they learned there is intrinsic satisfaction and great honor in that effort

After the postgame handshakes, a wonderful thing happened. Our team gathered spontaneously near midfield, circled and held hands. No one said anything for a while. The players' expressions ranged from satisfied smiles to beaming grins. They were pleased with themselves. They were experiencing the joy of belonging to a caring community. I blubbered out how proud I was of them. But at this moment, words couldn't improve on silence.

I didn't want to lose what I was feeling at that moment. One of my players looked at me and said, "Coach, you look fatherly." These were my good and faithful players and I was well-pleased. I found myself after 23 years as a head college coach, finishing my sixth decade, wondering if God would give me a pass so I could come down and see where these wonderful young women would be in 30 or 40 years.

I took more satisfaction from this loss than any of our eight wins this season. We had trained hard, prepared well, given everything we could give, got the most out of what we had and played with passion and joy. These are the things that matter to me most.

In this society that glorifies only winners, we had found satisfaction and peace in the struggle. Who can know which touch will be the significant touch in your students' lives? Maybe when they are old and memories become their treasures this experience will lift them. This much I know: For my players, on this day, a valuable experience had popped up in an unexpected place.

RICK BURNS IS HEAD WOMEN'S SOCCER COACH AT CENTRAL. THIS ARTICLE FIRST APPEARED IN THE NOV. 8 NCAA News.

WINTER 2005 25

A CAPPELLA TRIP TO CHINA

The Central College A Cappella Choir, under the direction of David Williams, will tour China May 16-29. Alumni and friends are invited to join the choir on the trip, hosted by Tom '72 and Sue Brunscheen Cerwinske '74.

The group will fly from Des Moines and arrive in Shanghai. The next stop is Hangzhou where the choir will perform three concerts and there will be plenty of time for sightseeing. The group will then perform in Shoaoxing and Ningbo. Then it's on to Beijing where there will be three days of sightseeing. The return flight leaves from Beijing.

Limited space is available. Estimated cost of the all-inclusive trip (transportation within China, meals and lodging) is \$2,500. A \$300 deposit to secure a spot is due Feb. 15. Please have your passports updated by this time. When your deposit is received, additional details will follow in the mail.





WINTER 2005 VOL. 11 NO. 1 USPS 096-840