

first

THE MAGAZINE
OF CARROLL UNIVERSITY
FALL 2019

Graduate Students
Eager for Challenge

Space to Learn

Unique program pairs teaching
students with middle schoolers
at Prairie Springs



Refreshed and Ready

Renovated residence halls
welcome students for fall semester



Snap to It

A number of student-athletes arrive on campus well in advance of the semester's start. Members of Carroll's men's football team took to the field of Schneider Stadium in late August to prepare for the upcoming season. The Pioneers' first home game is Sept. 28 against Elmhurst College.

first

FIRST Magazine tells the stories of pioneers, of Wisconsin's first university and of the resolute, creative and fearless men and women who push it forward—the alumni, students, faculty and staff of Carroll University—through truly pioneering content and design.

Carroll University is Wisconsin's first four-year institution of higher learning. This independent, co-educational comprehensive university is grounded in the Presbyterian heritage and liberal arts tradition. The Office of Communications and Marketing publishes **FIRST** for alumni, faculty, staff, students and friends of the university. The opinions expressed do not necessarily represent the opinions of the editors or the official policies of Carroll University. We welcome your comments to editor@carrollu.edu

EDITORIAL STAFF

Jeannine Sherman
Vice President
of Marketing and
Communications

Malcolm
McDowell Woods
Editor

ART DIRECTION AND DESIGN

Bryce M. Ulmer

PHOTOGRAPHY

Kyle Zehr

COMMENTS

editor@carrollu.edu

CLASS NOTES

alumni@carrollu.edu

MAIL

Office of
Marketing and
Communications
100 N. East Avenue
Waukesha, WI 53186

UNIVERSITY CONTACTS

General
1.800.CARROLL
carrollu.edu

Alumni Engagement
262.524.7237

Institutional
Advancement
262.524.7234

Undergraduate
Admission
262.524.7220

Graduate Admission
262.524.7220

Athletics
262.650.4847

Box Office
262.524.7633

Center for
Graduate Studies
262.951.3253

Todd Wehr
Memorial Library
262.524.7175



18



16

14 | Residences Refreshed

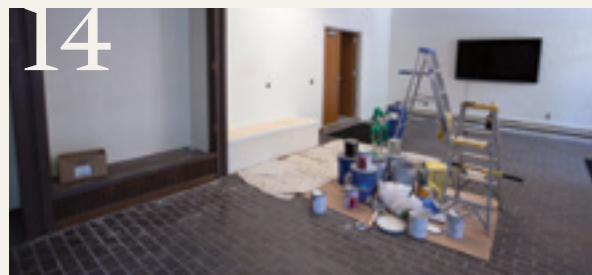
The Bergs get a makeover, and Charles Street Hall reverts to its roots as student housing.

16 | A Learning Space

The learning is exponential at a program pairing teaching students with middle schoolers at Prairie Springs.

18 | Masters of Motivation

Four students reveal how they cope with the demands of graduate school.



14

Highlights

Foremost

- 4 | AT Goes Graduate
- 6 | Schulist Named Interim AD
- 7 | Winds Wreak Havoc
- 10 | Strategic Plan Announced
- 12 | Clinic Purchased

Destination

- 15 | Office Hours

Pioneers

- 22 | Hats for Cancer Patients
- 24 | Prof Competes in Ironman
- 26 | Arts Leader Earns Honor
- 28 | Hilger Legacy Honored

PRESIDENT'S MESSAGE

Pioneer Driven. It's the name for our new strategic plan, but it's also a great description of the people associated with Carroll University.

We share a passion for academic excellence and a commitment to making this world a better place through service and leadership. We are bound by Carroll's 174-year-old legacy and we strive to honor that every day.

If you're eager to read more about Pioneer Driven: Carroll University's New Vision for Distinction, you can flip ahead to page 11 for a sneak preview. The plan is the culmination of a two-year planning process that engaged students, alumni, faculty, staff, trustees and community members. It honors our reputation for excellence but recognizes that we must step up to forge new ways forward or be left behind by this changing world. We're eyeing new facilities, new programs and new partnerships. It's an ambitious vision and I have all the confidence in the world we are up to the challenge.

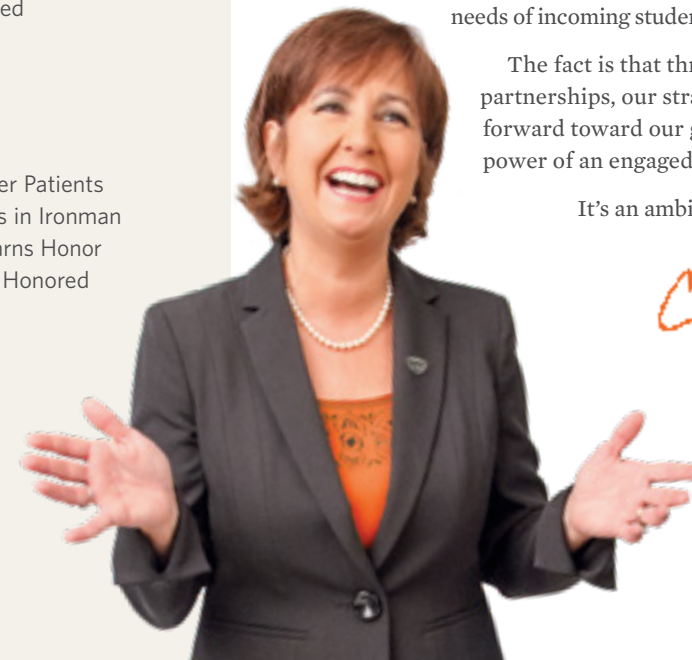
For proof, we introduce you to several students in our graduate programs, who answered our single question: why? Whether continuing on immediately with post-baccalaureate schooling or returning to college after time away, graduate students face unique challenges. Read why they consider pursuing graduate degrees at Carroll a worthwhile investment. With their ambition and discipline, they certainly embody the Pioneer spirit.

Elsewhere in this issue, you'll read about new community partnerships and innovative programs. These draw upon our rich tradition in the liberal arts and provide our students with the tools to serve and flourish in today's diverse world. Master of Arts in Teaching students spent a week this summer developing their skills as educators with eighth-graders from Milwaukee's United Community Center Acosta Middle School during a camp at Carroll's Prairie Springs Environmental Education Center. Earlier this summer, we purchased a building in downtown Waukesha to house a new health clinic. Carroll will operate the clinic in partnership with St. Joseph's Medical Clinic to provide healthcare services to uninsured and underserved patients in the area and to provide real-world experiences to our health science students. And we've added Master of Science of Athletic Training and Master of Science in Sport Physiology and Performance Coaching degree programs to better meet the needs of incoming students and the demands of the workforce.

The fact is that through innovative programming and progressive partnerships, our strategic plan is already making an impact, and moving us forward toward our goal: to transform the world for the better through the power of an engaged education.

It's an ambitious plan, but we're Pioneer Driven. Join us.

Cindy Gnadinger
President



FOREMOST

STUDY ABROAD

GILMAN SCHOLAR

Jasmine Palacios, a Carroll student double-majoring in nursing and Spanish, has been chosen as one of nearly 1,000 American undergraduate students nationwide to receive the Benjamin A. Gilman International Scholarship. The grant program enables students of limited financial means to study or intern abroad, providing experiences in diverse cultures and languages.

Palacios will study for a semester in Granada, Spain. "I am grateful for this scholarship, which is making my dream of studying abroad come true. I can't wait to call Granada my home," she said.

WELCOME

DIRECTOR OF FACILITIES NAMED

Thomas Heffernan is the university's director of facilities.

Previously director of construction



and sustainability at Lynn University in Boca Raton, Florida, he assumed his role at Carroll on June 24.

HEFFERNAN

Heffernan said he was motivated by fresh challenges at Carroll due to its rapid expansion and increased enrollment, and was impressed by its faculty, staff and leadership. "The people were so welcoming, and I was energized by President Gnadinger's vision as she addresses the new strategic direction of the university," he said.

Prior to joining Lynn University, Heffernan's higher education experience included Dartmouth College, in Hanover, New Hampshire, Fairleigh Dickinson University in Rutherford, New Jersey, and Ferrum College in Ferrum, Virginia.

Athletic Training Program Transitioning to Master's Level

MAJOR UPGRADE

Universities across the country are transitioning their athletic training programs to master's degree programs, but students enrolling at Carroll might find their path to this in-demand profession faster than many others.

The move comes in response to a decision by the AT Strategic Alliance to require a master's degree as the new entry level professional degree. The alliance is comprised of the Board of Certification, Inc. (BOC), the Commission on Accreditation of Athletic Training Education (CAATE), the National Athletic Trainers' Association (NATA) and the NATA Research & Education Foundation (NATA Foundation). Once the transition is complete, there will be no bachelor's degree offered in athletic training.

"We have our documentation in seeking accreditation to transition from a bachelor's to a master's degree," said Dr. Tom Pahnke, dean of the College of Health Sciences. "My hope is they'll give us our blessing this fall and then we'll recruit a class to begin in the fall of 2020."

The move to a master of science of

athletic training (MSAT) degree allows for an increase in the depth and breadth of the athletic training education, producing students better prepared to practice with a physically diverse population of patients.

Carroll's time-saving advantage comes from plans to offer the master's degree in an accelerated 3+2 format. That allows students to graduate with a master's degree in just five years. Incoming first-year students will be able to enroll in the 3+2 program and select from one of 10 approved majors for their undergraduate studies, and gaining direct admission to the MSAT program.

"We want to get students in an accelerated program where they are guaranteed direct admission," said Pahnke. "This gets them through the program a year sooner."

He noted that the 3+2 program allows students to diversify their education by selecting from the 10 approved majors, which range from biology to Spanish (though most are expected to select exercise science). "In many other schools, you'll be locked into a specific program. Here, you get to study what you want to study."

Approved majors for MSAT 3+2:

- Biology
- Business administration
- Communication
- Exercise science
- Healthcare administration
- History
- Psychology
- Public health
- Sociology
- Spanish

Master of Science in Sport Physiology and Performance Coaching Introduced

The first cohort in a new master's program in sport physiology and performance coaching began taking classes this summer.

Carroll's Master of Science in Sport Physiology and Performance Coaching is an intensive, accelerated 15-month program that prepares students for careers in high school, collegiate, and professional strength and conditioning settings.

The program includes two courses that send students to work directly with Carroll's Division III athletic department and concludes with a semester-long internship, with placements across the country. Students in the program will benefit from the opportunity to gain real world experience and build professional networks before graduation.

DECEMBER 3, 2019

Giving Tuesday at Carroll University



Carroll University will participate in our third annual Giving Tuesday on December 3. Giving Tuesday is held each year on the Tuesday following Thanksgiving and celebrates the joy of helping others. Thanks to the generosity of so many of our alumni and other members of the Carroll Community, we have raised more than \$140,000 in scholarship support through Giving Tuesday over the past two years. We hope you will consider making a gift this year. We are also seeking challenge gifts from individuals and companies to help us leverage more dollars in support of Carroll student scholarships. For more information, please contact James Rychner at 262.524.7240 or jrychner@carrollu.edu



If every alumni gave just \$10 on Dec. 3, 2019, #GivingTuesday, we'd raise over \$220,000 for student scholarships in one day!

SCHULIST NAMED INTERIM ATHLETIC DIRECTOR

Mike Schulist is Carroll's new interim director of athletics. Schulist, who has 12 years of experience at Carroll, most recently was senior associate athletic director for advancement, operations, media relations and marketing.

Schulist started as assistant events and facilities coordinator/sports information assistant in 2007 and, after moving up through the ranks, was named senior associate athletic director July 1.

He holds a master of sports science degree in sports administration from the U.S. Sports Academy in Daphne, Alabama, and a bachelor of science in sports administration from the University of Wisconsin-Parkside.

"I look forward to the opportunities this new role provides to work even more closely with our student-athletes in the

coming year," Schulist said.

"Mike has an extensive background in NCAA Division III sports operations, both at the conference and national levels, and partners with our Institutional Advancement team to fundraise for Pioneer Athletics," said Theresa Barry, who oversees athletics as vice president of student affairs. "He has been instrumental in creating and maintaining our GoPios website and has worked extensively with Carroll to plan and manage our Pioneer facilities."

Schulist is currently serving as regional chair of the NCAA Division III football championship committee for 2018-21.



Follow Carroll University Athletics at gopios.com and on social media



COMMUNITY RUN/WALK/ROLL RECOGNIZED

Carroll University has received the Mike Strong Award from the Bryon Riesch Paralysis Foundation (BRPF) for its work on the annual Bryon's Run/Walk/Roll to Cure Paralysis.

"Last year we raised \$60,000 from the run/walk/roll," said Janet Curtis, development director for the BRPF. "Over the past nine years, we raised close to \$400,000. That is a huge, huge accomplishment and a huge part of why Carroll got the award. We really pride ourselves on our partnership."

This year's event will take place Oct. 6, 2019, at Schneider Stadium.

RANKINGS ONE OF THE BEST AGAIN

Continuing our winning streak, Carroll University has once again made Money Magazine's Best Colleges in America list. The magazine weighed more than 19,000 data points, including tuition fees, family borrowing and career earnings to develop the rankings.

Year after year, Carroll appears on numerous lists of the best colleges and universities in the country. We also have made the grade in rankings that include Forbes Top Colleges and U.S. News & World Report's Best College lists. Read the full range of rankings, at carrollu.edu/about/rankings.

ON AIR

Over the summer, two Carroll staff members, Elizabeth Brzeski and Alli Rygh, appeared as subject matter experts on the Morning Blend and Real Milwaukee television programs respectively.

CAMPUS CENTER NEW MURAL CELEBRATES ETHOS



In July, a new environmental graphic was installed outside of the Gert Ullsperger Main Dining Room. The mural features a large image from Commencement—a celebration of student success—and two plaques that share the Carroll University mission and ethos statement.

ALL-AMERICANS OUTDOOR CHAMPIONS

Three Carroll student-athletes earned All-American honors at the NCAA Division III National Outdoor Championships May 23-25 in Geneva, Ohio.

Grant Marton finished second in the men's 800-meter run, junior Emily Uitenbroek earned third in the women's hammer throw and David Lembke placed fourth in the men's high jump.

This was Marton's first outdoor All-American award after three times as an All-American for indoor events. A senior from New Berlin, he finished his run with a time of 1:52.01 on the final day of the championships at the SPIRE Institute.

Lembke, who won the national title in the indoor high jump in Boston in March by jumping over 7 feet, earned his first outdoor All-American award with a height of 2.06 meters (6 feet, 9 inches). A junior from Pewaukee, he was selected as one of the College Conference of Illinois and Wisconsin (CCIW) Men's Outdoor Track and Field Athletes of the Week in early April.

Uitenbroek, a junior from Kaukauna, Wisconsin, threw a distance of 53.05 meters (174 feet), shattering her own prior school record of 52.81 meters (173 feet) to become Carroll's first All-American in the women's hammer.

Freshman Sarah Gomez rounded out the team's efforts by placing 10th in the women's high jump. It was the highest finish ever by a Carroll women's freshman high jumper. She is also the first freshman high jumper from Carroll to qualify for the both the indoor and outdoor national championships.

HELP OUT

Students always have a few needs for basic necessities—simple food items or other personal essentials.



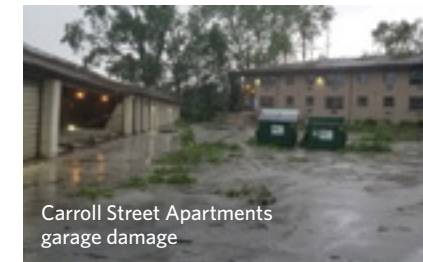
Starting this fall, we will be opening Carroll's Cupboard for our students who may need a few items throughout the year. Items needed include peanut butter, laundry detergent pods and granola bars.

If you would like to donate to Carroll's Cupboard, visit carrollu.edu/give and designate the effort in the drop down menu. Your monetary gift will be used to purchase needed items.

Thank you for your gift!

UPROOTED

Winds Wreak Havoc on Campus



Carroll Street Apartments garage damage



Roofing from Education Hall strewn across Barstow Street



Looking south down East Avenue

A severe, but concentrated, thunderstorm left the Carroll University neighborhood looking like the aftermath of a hurricane this summer, with downed trees and power lines and damaged buildings.

The June 27 storm was marked by strong, straight-line winds topping 70 miles per hour that snapped trunks and uprooted trees across campus and in surrounding yards. Debris left East Avenue impassable. While two facilities—Education Hall and the Physical Therapy building—received extensive damage, no injuries were reported.

INDUSTRY RECOGNITION

LEED-Certified Hastad Hall Collects More Sustainability Awards



Doug and Nancy Hastad Hall has won a U.S. Green Building Council (USGBC) Wisconsin Award of Excellence in the “Innovative Design, New Construction” category.

“We’re very proud that Hastad Hall has earned this award,” said President Cindy Gnadinger. “At Carroll University, we embrace our history as Wisconsin’s first four-year institution of higher learning while committing to creating cutting-edge facilities that contribute to an enriched academic experience.”

Hastad Hall was the first campus building to achieve LEED (Leadership in Energy and Environmental Design) certified status. LEED certification is a worldwide rating system recognizing sustainable practices.

The 38,224 square-foot, exercise science and physics/engineering facility includes state-of-the-art laboratories, simulation nursing labs, classrooms and collaboration spaces. Innovative features include demand control ventilation, LED lighting that is based on daylight harvesting, thermally efficient windows and a water-reduction strategy that has led to a 44.8 percent decrease in estimated water usage.

Hastad Hall also has a green roof, which helps manage storm-water runoff while minimizing the heat island effect of the roof. The roof’s greenery complements the rooftop patio, which offers people a space to host an event while admiring the campus below.

The building also won a People’s Choice award from USGBC Wisconsin. Votes were cast on Facebook and during the USGBC Wisconsin Transformation Awards Reception on June 6. Hastad Hall bested other nominees such as Fiserv Forum, Northwestern Mutual Tower and Commons, and IKEA Oak Creek.

BURNING ELECTRONS

GEM CARS COME TO CAMPUS

This spring, two all-electric Polaris GEM cars joined Carroll’s fleet of maintenance vehicles. The nearly-silent, road-worthy vehicles represent Carroll’s commitment to create and sustain a culture of environmental accountability. The university’s strategic plan, detailed on the following pages, calls for continued investment in eco-friendly transportation programs.



FAREWELL

CHEF MOE RETIRES

Longtime Chartwells executive chef Moe Hammad hung up his apron in June. “Chef Moe,” as he was known, followed former president Doug Hastad to Carroll from UW-La Crosse in 2007. During his 12-year tenure, Carroll’s dining services was twice named to the Daily Meal’s top colleges for food list. In a 2015 *Pioneer* interview, Hammad noted, “cooking for the kids here is awesome.” Best wishes in retirement, Moe!

CONGRATS

HOPP EARNS AWARD FROM UCC

Dr. Jane Hopp, associate vice president for partnerships and innovation, was named by the United



HOPP

Community Center as a recipient of the Friends of the Hispanic Community Award during the organization’s 49th anniversary celebration. The awards recognize individuals who have made immeasurable contributions to the community.

According to the UCC, the partnerships established at the center under Hopp’s guidance will have an impact for years to come.

Carroll’s tradition of educating first-generation and minority students and Hopp’s commitment to local community partnerships have created numerous collaborations with UCC, specifically in health sciences. Each year Carroll places at least 100 students from physical therapy, physician assistant, occupational therapy and exercise science disciplines in UCC programs to gain training as they work with clients.

THE REV. ELIZABETH McCORD
FOR CHRIST AND LEARNING

For Christ and Learning is the English translation of “Christo et Litteris,” Carroll University’s motto

The Lessons Left in a Tempest’s Wake

“Deep calls to deep at the thunder of your cataracts.”
—Psalm 42:7a, NRSV

“Deep calls to deep in the roar of your waterfalls.”
—Psalm 42:7a, NIV

“Deep unto deep calls out at the sound of your channels
All your breakers and waves have surged over me.”
—Psalm 42:7, Robert Alter

Storms make for riveting drama. From ancient Near Eastern flood stories to today’s 24-hour weather coverage, the terror of the tempest captures our attention and highlights our vulnerability. Waukesha’s summer storms certainly brought the drama of downed trees and damaged buildings to Carroll’s campus. They also sent my four-year-old diving under blankets and clinging for comfort.



THE REV. McCORD

Experiencing the threat of thunder through my child’s eyes reminded me why storms are a useful metaphor for life’s trials. Just as our modern structures can’t always shelter us from the hurricane, our human advancements can’t protect us from pain or loss. The wind blows where it will; suffering comes to the just and unjust alike. Sometimes you want to hide under the covers until the storm passes.

Psalm 42 speaks of human suffering with such stormy language. Chaos swirls up from below and rains down from above. The human heart submerges in sorrow. Such suffering can eclipse joy, douse signs of relief, and leave us isolated and adrift. Still the psalmist reminds us that hope has a way of resurfacing. The writer moves through three distinct spiritual postures: naming the pain, remembering joy and comfort, and finding reassurance through faith. These prayerful poses form a ritualized movement toward hope and healing. They give the psalmist courage to endure.

Various fields examine this movement through the study of resilience. Broadly, resilience theories address the capacity to face challenge, find resources for fortitude, and integrate learning and new self-knowledge. With each passing storm, we become better equipped to manage the next. It would be unfair to suggest all suffering can simply be overcome with a bit of grit, but wrestling with risk, failure, fear and grief can sometimes build our capacity to weather the wind and rain. This is particularly true when wise and caring guides help us navigate our inner chaos with candor and self-compassion.

In his own way, my son formed a similar pattern of resilience or ritualized response to the summer’s storms. For him, thunder means danger. Blankets must be employed for protection. Patience is required, as is a loved one’s embrace. Finally, courage comes and life moves on. When the tempest blows, may we all be brave enough to face fear with honesty, recall sources of support, and rediscover hope through God’s grace. And when the sun finally shines again, let us get joyfully messy splashing in life’s puddles.

THINKING GLOBALLY

WEBER HEADS TO KOREA FOR FULBRIGHT SEMINAR

International admission counselor Lezlie Weber was one of eight educators to be selected to attend



WEBER

the Fulbright International Education Administrators (IEA) seminar in South Korea this summer.

IEA seminars help international education professionals and senior higher education officials create connections with the societal, cultural and higher education systems in other countries. Individuals return with enhanced ability to serve and encourage international students and prospective study-abroad students.

“Carroll has a commitment to international programming, and to have further relationship-building in South Korea would be useful to the university. I know how important it is to have multiple cultural perspectives in a classroom or in an organization,” Weber said.

“When I served as the assistant director of cross-cultural experiences, the Institute of International Education (IIE) ranked Carroll University No. 5 of institutions for undergraduate participation in study abroad,” she said. “As we have significantly developed our CCEs, we need to create reciprocity among our international partners, and furthering our relationship with Fulbright could help reach our goals.”

The Fulbright program aims to increase mutual understanding between the people of the United States and the people of other countries.

FOREMOST

TRUSTEES

TWO ADDED TO BOARD

Mark D. Smith '83 and Kristi Czarnecki '89 have joined Carroll University's 25-member board. Smith recently retired from STRATTEC Security Corporation after 22 years, where he served as product business manager of the lock and key product group. He previously served 14 years in management positions at A.O. Smith Automotive Products Company, a division of the A.O. Smith Corporation. He was elected to the A.O. Smith Corporation board of directors in 2001 and is a member of its audit committee. A.O. Smith, headquartered in Milwaukee, was founded in 1874 by Smith's great-great grandfather. Smith holds an executive MBA from the University of Wisconsin-Milwaukee and a bachelor of science in business administration from Carroll.

Czarnecki earned a degree in nursing at Columbia Hospital School of Nursing in 1983 and graduated from Carroll University with a bachelor of science in nursing in 1989. She worked in orthopedics at Children's Hospital of Wisconsin from 1983 to 1994 before choosing to stay home with her three children. During that time, Czarnecki was active in volunteering and worked part-time at the Pewaukee School District. She now volunteers at AngelsGrace Hospice in Oconomowoc and James Place in Waukesha. She and her husband, Tom, also own and manage apartment buildings throughout Wisconsin. They have two sons, Jake, a 2015 Carroll University graduate who lives in Waukesha, and Dan, who lives in Minneapolis. Their daughter, Maggie, is an RN in St. Louis.

Two members departed the board: chairman José A. Olivieri '78 and Cindy Mayoras '09.

GRAPHIC COMMUNICATION

MOLINA PLACES SECOND IN FBLA-PBL COMPETITION

Danica Molina '19 snagged second place in desktop publishing in a national Future Business Leaders of America-Phi Beta Lambda competition.

During the competition, she had to design a logo for a food truck and create print materials such as a billboard, direct mail piece, menu and business card.

CARROLL STRONG

SUCHOMEL HONORED FOR LEADERSHIP

Dr. Timothy Suchomel has been named the National Strength and Conditioning Association's (NSCA)



SUCHOMEL

State and Provincial Director of the Year for 2019. The award recognizes individuals for their leadership, advocacy of strength and conditioning professionals and contributions to continuing education.

Suchomel is an assistant professor of exercise science at Carroll University, where he teaches strength and conditioning, performance assessment and research courses in both the undergraduate exercise science program and the sport physiology and performance coaching graduate program.

He also serves as a human performance coach with several of the athletic teams and leads the athlete monitoring program at Carroll University. Suchomel also maintains an active research agenda and has published more than 80 peer-reviewed publications. He currently serves as the NSCA state director for Wisconsin.

"In 2017, the university embarked upon a strategic planning process that engaged students, faculty, staff, trustees, alumni and community members. Holding more than 50 focus groups, these individuals helped craft a new strategic plan, Pioneer Driven, that will move Carroll University forward into the year 2025. The new plan builds upon our past success and positions Carroll for continued growth and innovation. Carroll enjoys a reputation for excellence in providing our region with business leaders, healthcare providers and educators. Our commitment to preparing students for continued work and service is obvious in the new strategic plan.

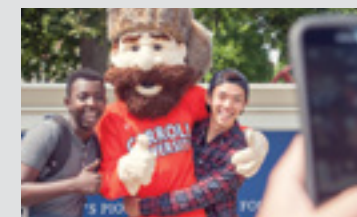
"Building on Carroll's deep foundation in the liberal arts, it calls us to strengthen our distinctive programs and expand in-demand professional programs. It envisions facilities needed for tomorrow's learners and student-athletes. Our plan identifies additional resources needed to attract top faculty. And it pursues more scholarships to ensure our students are defined by their potential, not their economic status."

— President Cindy Gnadinger

PIONEER DRIVEN: CARROLL UNIVERSITY'S NEW VISION FOR DISTINCTION

Seven Years. Four Goals.

Our new strategic plan charts an ambitious and dynamic course forward: one characterized by innovation and entrepreneurship—and fueled by the dedication and drive of today's Pioneers.



1 Enhancing Teaching and Learning

Carroll University will become a leader in educating students who are skillfully prepared for lifelong learning and vocational success.

- Intentionally infuse the liberal arts across all areas of study
- Support an academic culture of innovation, collaboration and entrepreneurship for faculty and staff
- Expand and develop academic programming to meet emerging societal needs
- Sustain excellence

2 Enriching the Carroll Experience

Carroll University will achieve academic excellence through inclusive excellence.

- Commit to a more diverse and inclusive community
- Commit to, and sustain, a culture of environmental accountability
- Celebrate our Presbyterian heritage
- Improve student support services
- Enhance our current facilities and infrastructure to better serve the needs of campus

3 Building and Leveraging Partnerships

Carroll University will maximize the impact of strategic partnerships that focus on innovation and entrepreneurial thinking.

- Develop partnerships that provide opportunities for experiential learning
- Partner with other educational institutions to increase opportunity and accessibility
- Create new opportunities for global and international study

4 Growing Strategically

Carroll University will build upon our past successes and continue our upward trajectory.

- Increase the quantity and quality of our educational team
- Increase the campus footprint to accommodate strategic academic growth and student development
- Grow enrollment
- Grow the reputation of Carroll University
- Increase endowment



Learn more online at
carrollu.edu/strategic-plan

PARTNERSHIP WILL PROVIDE HEALTHCARE SERVICES IN WAUKESHA

Carroll Buys Clinic

Carroll University is partnering with St. Joseph's Medical Clinic, the state's oldest free clinic, to provide healthcare services to uninsured and underserved patients in Waukesha. Carroll has purchased a 9,000-square-foot building on Wisconsin Avenue in downtown Waukesha to house the programs.

Carroll will occupy the main floor and lower level of the building, while St. Joseph's Free Medical Clinic will lease the top floor. Carroll's physician assistant faculty and students will help provide additional medical services through the free clinic to Waukesha's underserved communities. Carroll's Health Science programs will also offer new programming, with a focus on long-term health and wellness.

The nursing, occupational therapy and public health programs plan to add:

- Integrative health and health literacy services.
- Well-child visits, prenatal programming, handwriting clinics and community health education.
- A dementia-care training center.
- Health and wellness programs for people suffering with chronic conditions such as arthritis or diabetes.

"This ties in well with our Christian mission to prepare students for vocational success and to provide service in our diverse community," said Tom Pahnke, dean of the College of Health and Sciences. "It's a great opportunity to partner with St. Joseph's and have additional space for our academic programs. This endeavor allows our faculty and students to offer health and wellness services for Waukesha's underserved and underinsured populations, while also educating our future healthcare providers in a culturally sensitive manner."

Kathy Becker, executive director of St. Joseph's Free Medical Clinic, hopes the partnership will help the free clinic expand its hours. The clinic currently has more than 50 volunteers, ranging from physicians to nurses to receptionists, who provide care to 566 patients annually. "We serve a lot of people, but we'd like to increase that," Becker said. "Physician assistant students already have skills and could take patient histories, which could free up health providers to see more patients." Becker said Carroll students could provide support in other ways as well. "They come to the table with new and innovative ideas, and I think that is a good thing."

The building, located at 237 Wisconsin Ave., will undergo renovation before either organization moves in.

Carroll currently offers a twice-weekly free Therapeutic Abilities Clinic (TAC) at its Sentry Drive building for patients without insurance. It serves about 30 patients and is staffed by faculty-supervised physical therapy students who provide help and exercise guidance for individuals with chronic neurological conditions.



ATHLETICS

COMPLIANCE DIRECTOR ADDED

Bianca Smith is Carroll's new assistant athletic director for compliance and administration.



SMITH

She began in mid-August. Smith obtained a master's of business administration in sports management and an emphasis in organizational behavior from Weatherhead School of Management in Cleveland, Ohio. She also received a doctorate of jurisprudence with an emphasis in sport law from Case Western Reserve University (CWRU) School of Law in May 2017. During her education, Smith worked on research projects regarding NCAA antitrust laws, diversity in baseball, Major League Baseball salary caps and more. Smith also served as a graduate assistant with the Case Western Reserve baseball team.

Previously, Smith served as the athletics compliance assistant at Case Western Reserve University from July 2015 to May 2017.

MEN'S LACROSSE

NEW HEAD COACH

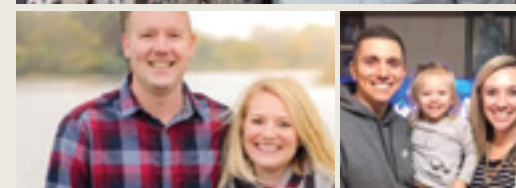
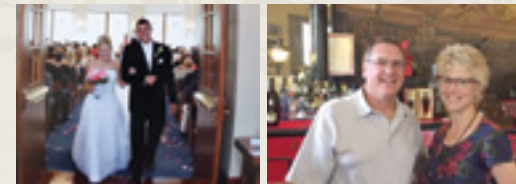
Zach Olsen has been named head coach of the men's lacrosse team.

Olsen, an Aurora University alumnus, was the Berry College assistant men's lacrosse coach from 2018-19. During his tenure, Berry College generated two winning seasons, including a No. 2 seed in the Southern Athletic Association men's tournament.

"I am thrilled to start this rebuilding journey with the Carroll community," said Olsen.

The Pioneers hope to improve on last year's winless season.

Carroll Couple Vow Renewal Ceremony



Carroll has a wonderful and rich history of bringing together couples. Whether you met on campus, or later in life, we look forward to celebrating all Carroll Couples and alumni partners in this celebration—a vow renewal ceremony with formal dinner reception to follow. We hope you join us, with your families, for a memorable Valentine's Day!

Friday, February 14, 2020

5 p.m. Reception | 6 p.m. Ceremony
Humphrey Memorial Chapel and Art Center

7 p.m. Buffet Dinner and Dancing
Stackner Ballroom, Campus Center

\$40 per person
\$15 per child (15 years and younger)

Register at carrollu.edu/alumni/events or call 262.524.7237.

Room block available at Holiday Inn Pewaukee.
214 W24120 Tower Place | Pewaukee, WI 53072 | 262.506.2250



If you have questions, please contact the Office of Alumni Engagement at alumni@carrollu.edu or 262.524.7237

When Carroll University embarked on its strategic planning process two years ago, one of its many commitments—meant to build upon past successes and position us for growth and innovation—included updates to the campus and its facilities. The learners and student-athletes of tomorrow deserve the best we have to offer.

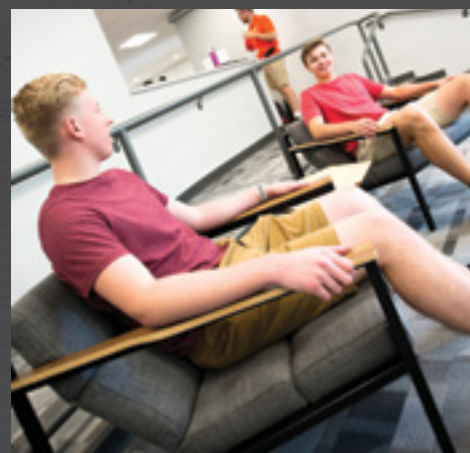
So, as campus cleared of students for the summer, construction crews moved in to check a few items off the facility updates checklist. As the 2019–20 academic year got underway, both returning and first-year students were welcomed by a few impressive updates to longstanding residence halls.

Neither South nor North Bergstrom halls have undergone significant renovations since being built in 1960 and 1966, respectively. The connected buildings feature single, double and triple occupancy rooms for male and female residents, and also house academic classrooms. But after work completed by Berghammer Construction this summer, both buildings have fully renovated lounges. Fresh paint, new floors, improved lighting and brand-new furniture have transformed the spaces, which now both include ADA accessibility. The lobbies also feature new, enclosed reception desks and Carroll-specific environmental graphics.



RESIDENCE HALLS GET A MAKEOVER | BY KRISTA RUEHMER

REFRESH



The Bergs, as the residence halls are affectionately known, house 377 residents, with 208 in North and 169 in South. The renovations bring the residence halls in line with the recently updated study lounges in Steele and Swarthout Halls.

While the Bergs received much-needed updates to their common areas, Charles Street Hall headed back to its roots—residence life. When ground broke for “Charles House” in 1967, it was built to serve as a dormitory. Over time, as the campus evolved and needs changed, the space in Charles Street became faculty offices, which it had remained since. Until the 2019–20 academic year.

Today, Charles Street Hall has been transformed back into student housing. As enrollment numbers rose heading into the new school year, it became evident that residence capacity had been surpassed. Converting the former residence hall back to its original form became the solution.

The residence hall has the capacity to house 46 returning students and received quite the makeover this summer. Contractors made some exterior repairs and added a fresh coat of paint to the outside of the building, but the real work happened inside. Fresh paint, Carroll University branding in the common areas, and bathroom upgrades rounded out the work to the building’s interior spaces.

“As we continue to embark on this time of growth and innovation, the updates to our residence halls may seem like a small piece of the pie, but we’re building a foundation for our students here at Carroll,” said Carroll University President Cindy Gnadinger. “We are home for them, and we want Carroll to feel like their home.”

Office Hours

This magazine right here? Donna Cook has already seen it. Heck, she might even have already touched this very issue. Cook is Carroll’s mailroom manager, and she’s in her 31st year of shepherding the mail that arrives at and departs from the university. All the mail. Every postcard, fundraising appeal, acceptance letter and birthday card. And, of course, the 25,000 copies of each issue of this magazine. It all passes through her “office”—an array of desks and assorted machines at the heart of the university’s mailroom.

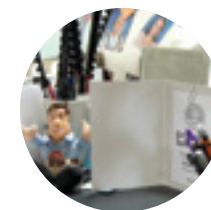


Sentry Building Mail Room
Donna Cook, mailroom manager



The bible

With a lower case b. A scribbled, crossed-out, sticky-note-affixed compendium of everyone at Carroll and where they can be found. Donna’s bible.



Personal space

Donna doesn’t sit at a desk all that often, so personal tchotchkes are kept to a minimum—just photos of her grandkids and a 30th anniversary certificate.



Postage meter

Donna’s domain includes numerous machines—counters, tabbers, sorters and stuffers—but the postage meter rules them all.

Space to Learn

One day after learning about deoxyribonucleic acid (DNA) from biology professor Dr. Christine Schneider, 18 students from Milwaukee's Acosta Middle School found themselves in the wilds of Waukesha County, hacking at branches and helping to clear an invasive shrub, buckthorn, from a wooded area.

The students were participating in a unique program that brought middle schoolers from Milwaukee's near southside together with graduate students in Carroll University's Master of Arts in Teaching (MAT) program for a week of learning and discovery. The program, called the Acosta Environmental Education Adventure and funded by a grant from the Greater Milwaukee Foundation, is a win-win: the Acosta students get some hands-on environmental education, and Carroll's education students receive an opportunity to practice the teaching skills they have been learning.

In late June of this summer, Ana Diaz '13, a Carroll alumna and science teacher at Acosta, led a group of 18 Acosta seventh- and eighth-graders to Carroll. The students spent time on Carroll's main campus, visiting labs in the Michael and Mary Jaharis Science Laboratories building, and toured the Waukesha wastewater treatment plant, among other sites, but the highlight of the week was the time out at Carroll's Prairie Springs Environmental Education Center.

"This is such a different environment for them all," said Diaz. "They've been really excited to come out here every day."

At Prairie Springs, the Acosta students experience a habitat quite removed from the near southside Milwaukee neighborhood surrounding their school—75 acres of woods, wetlands, springs and grassland.

"The kids are really loving it, being out here with the bugs and dirt and all," said Emilie Thomas, a Carroll education student. "Their favorite thing to do so far is catch frogs!"

Time spent outdoors experiencing nature is just one of the benefits of this program, however. Many of the middle schoolers are from families with little to no prior college exposure; this week spent at Carroll provides a warm and sunny introduction to college life.

"It's so cool for them to experience this," said Diaz. At Carroll, the campers visited with some first-generation college students. "Meeting college students like themselves was great – they can imagine themselves going to college," she said. "It's really great to see them become excited about this sort of future for themselves."

Haley, one of the Acosta students, said the visit to the labs and classrooms at Carroll were inspirational. "I asked if I could take notes, because I really want to go to college," she reported. She aspires to become a nurse.

On their days at Prairie Springs, the students shifted between a number of learning modules created by Carroll faculty member, Kim Hofkamp and her MAT students in the Science/Social Studies methods course. For many of the MAT students, the first cohort in the new program,

these modules were their first experiences leading a group of children. They planned a mix of activities that kept the students engaged and busy, with lessons ranging from habitat variety to environmental issues such as pollution and invasive species.

In leading the sessions, the Carroll MAT students are themselves learning. "I love this!" said Courtney Wade. "It's a learning process for all of us. I haven't really had many opportunities until now to actually lead a lesson." For Wade, who majored in social work as an undergrad, the MAT program offers a quick way to move into the classroom. "I had always thought about teaching," she said. "And about a week into the MAT program, I knew this was what I wanted to do." The speed and convenience of the Carroll program, which lasts just 17 months and includes the cost of books and other reference materials in the base tuition, appealed to her.



WHEN A PROGRAM PAIRS CARROLL TEACHING STUDENTS WITH MIDDLE SCHOOLERS, THE LEARNING IS EXPONENTIAL

Learn more about the MAT program at carrollu.edu/ma-in-teaching



Wade's classmate, Emilie Thomas, said she selected Carroll's program because of the university's reputation and its close relationship with area school districts, which means more opportunities for student teaching and potential jobs. Her undergrad major was in theatre arts from a school out east. In addition to working on teaching skills this week with a diverse student body, she is also using the opportunity to brush up on her Spanish.

"I'm learning alongside the Acosta students!"

And the most important thing she's learned, she said, is that the classroom is where she wants to be.

"I've just been falling more and more in love with teaching through this program," she reflected. "I know now: theater may be my passion, but teaching is my purpose." ■

GRAD NEW DAY

It's a lot to consider.

Heading back for another couple years of university, in pursuit of a graduate degree, is a big ask.

Even more challenging can be returning to the classroom

after years, or decades, away. The stress of exams?

The heavy weight of deadlines? All the things to remember—dates, facts, labels, routines? The hours?

Why in the world would anyone do that?

Well, we'll let these four tell you. F1RST magazine caught up with four students currently enrolled in graduate programs and asked them one question:

Why?

Nicole Berlowski

MASTER OF BUSINESS ADMINISTRATION

On a wall in Nicole Berlowski's office in the professional building at Waukesha Memorial Hospital, is a piece of art, created by one of her daughters. Eight large letters, written over blocks of color, spell out "I AM BRAVE."

Now, going back to school for a graduate degree after a decade-plus in the workforce might not exactly be running into a burning building sort of brave, but it does take some courage, some intestinal fortitude, to dive back into the world of exams and term papers after so many years away.

And, in spite of her general fearless attitude, Berlowski will admit she felt more than a little anxiety when she about thought pursuing a Master of Business Administration degree.

It would be a lot of work. And time. And money. And there was her family—a husband and two daughters, one embarking on a competitive volleyball path that would require a lot of back and forth to practices and games. And it wasn't exactly like her job depended on it. She had already become a human resources manager—her actual title is director of total rewards and HR business intelligence for ProHealth Care in Waukesha. Her life was full, personally and professionally.

But Berlowski likes to learn. Even back when she received her undergraduate degree from the University of Wisconsin in 2000, she had a feeling she wasn't done with school. And in the years since she has sought out numerous and frequent educational opportunities—that piece of art on her office wall is surrounded by certificates. Still, when it was time to register, she hesitated.

"It was a very last-minute decision," she recalled. The family was about to move, and home life was busy. "But my

husband made the point to me—there is never going to be a perfect time. You just have to pick the time."

She took the plunge.

"I had been so far away from college for so long. It was scary," she admitted. An introvert, she was apprehensive about speaking in class and nervous about, well, everything that college classes would mean. "As you get further away from undergrad, you just can't imagine taking another exam or writing another paper," she said. "The transition was a lot easier than I thought it was going to be. Texts, papers, it's all been doable. Manageable. It's been just fine."

She chose Carroll for a couple of reasons.

She had acquaintances who had taken online MBA programs and knew those weren't for her. "I needed an in-person MBA program," she said. "I know that about myself, I can't learn that way. I need that interaction, person to person."

The small class sizes and the flexibility of Carroll's program were big sells, too. Straight through, it's a 22-month process, but Berlowski was able to take a semester off during the family's move.

She's learned a lot already—about marketing, about statistics and about herself.

"The biggest challenge so far? Time management. I've learned that I'm a bit of a procrastinator."

She feels she has become a better communicator at work, and that she now fully comprehends the reports she gets at work from a data scientist on her team. But her biggest lesson may be that she is not the person she was all those years ago at UW. Her professional experiences have changed her. Her life has changed her.

"It's been a confidence booster," she

said. As an undergrad, she was a good student, happy to achieve GPAs above 3.0. "But now I have this thing where I have to get an A. The program has brought out my drive." The day before her first exam, she spent all day at the Center for Graduate Studies, studying. "I just have this strong desire to do well. I really want to feel like I'm getting something out of it."

"It's so personal for me. It's not about work. I love learning. I like being able to say I did it."

I think about when I get it, how much that will mean to me. I mean, my parents didn't have college degrees. It's just really personal to me."

It's about lifting herself higher, challenging herself and growing.

The lessons aren't lost on her daughters, she said. "My daughters are smart, they get it." ▀



451

GRADUATE STUDENTS ENROLLED AT CARROLL IN 2018-19

Bradley Johnson

MASTER OF SCIENCE IN SPORT PHYSIOLOGY AND PERFORMANCE COACHING

Bradley Johnson has worked for several years now as a personal trainer, where he helps clients achieve exercise or health goals. He knows that their success usually depends on some sacrifice, on pushing beyond their own limits to reach new heights.

Fortunately, Johnson knows a little something about motivation.

This summer, he began taking classes in Carroll's Master of Science in Sport Physiology and Performance Coaching program, directly following his graduation from UW-Parkside with a degree in psychology.

Parkside was his second go at college. He tried it straight after high school but left for what he thought would be his career at one of those parcel delivery firms. He stayed there for about eight years but he began to have second thoughts about the job. Working multiple shifts was taking a toll – he wasn't sleeping very well.

And then there was that nagging feeling he wasn't following his dreams. "I really wanted to do something exercise related," he recounted. ➔



He enrolled at UW-Parkside and majored in psychology, after an adviser at the school suggested that the major would position him well for a number of different grad programs. In his final year at Parkside, he began researching graduate programs in the area and met Dr. Timothy Suchomel, an assistant professor of exercise science at Carroll. "He was so excited about the program at Carroll," Johnson said, that it put Carroll on his radar.

This past April, Johnson attended the National Strength and Conditioning Association (NSCA) Wisconsin state clinic at Carroll (Suchomel is the clinic's state director and member of the NSCA's Great Lakes Regional advisory board). At the clinic, he met other Carroll faculty and students. "The enthusiasm and passion they exhibited really sold me on the program here," Johnson said.

This June, he took the plunge, and became a student in Carroll's sport physiology and performance coaching graduate program. At 34, he is older than many of his fellow students, but he considers that a benefit. "I feel like being older is an advantage," he said. "When I was 18 or 19 and taking classes, I just wasn't as knowledgeable about life in the outside world." Or as disciplined.

Working, particularly a job with multiple shifts, has taught him how to better manage time. And dealing with supervisors has helped give him a clearer understanding of expectations and what professors are looking for.

Johnson's wife is on board (the couple have a son, born earlier this spring). "I knew it was going to be tough, balancing everything," he said, "but she is very understanding and supportive." There are sacrifices—free time is at a minimum—but he reminds himself that Carroll's program is a whip-fast 15 months. It will be over before he knows it.

At this age and with a family, it's far easier to commit to than a two or three-year program, he said.

His ultimate goal would be a position as a strength and conditioning coach, particularly at a college, though he has also contemplated teaching.

Until then, there are classes to attend and clients to help. It's a hectic schedule, but Johnson finds that his job and his studies weave together well. Dealing with his clients provide real-world experiences that he can build upon in class. And the knowledge and skills he gains in the classroom deepen his self-confidence and add to his credibility with clients. ■



33
AVERAGE
AGE OF A
GRADUATE
STUDENT
NATIONALLY

Kelly Monroe

MASTER OF EDUCATION
IN ADULT, COMMUNITY
AND PROFESSIONAL EDUCATION

Kelly Monroe suspects she isn't done with education yet.

When she received a Master of Education in Adult, Community and Professional Education degree from Carroll in May of this year, it was the

10
MASTER'S
DEGREES
OFFERED
BY CARROLL

30th anniversary of her graduation from the UW-La Crosse with a BS in mathematics. Her path back to university, as you might suspect given the three decades-long absence, rambled a bit, included an associate degree and eventually found her in front of a class.

"After obtaining my undergraduate degree, I did not have a clear direction as to what I wanted to do for a career, and ended up as a software analyst for a medical clinic," she said. "In my early thirties, I began having children, and while I relished motherhood, I was feeling very unfulfilled in my career." While she started to look ahead at what might be next, she also looked back, at her family's business.

That business was a funeral home in Delafield. Both her father and brother were in the business. Monroe, a decade after her La Crosse graduation, headed back to school, this time to the Milwaukee Area Technical College (MATC) for an associate degree in applied science in funeral service and mortuary science. She became a licensed funeral home director and worked at the family business after her father's death.

She remained in the business for several years, eventually departing the family business and working as a funeral director and location manager for Krause Funeral Homes. But another career change would send Monroe back to school, this time to teach.

"When the coveted faculty position at MATC in the funeral service program—the only program of its kind in the state of Wisconsin—became available in 2014, I was honored to be offered the position," Monroe explained. But the move into the classroom came with a stipulation: that she eventually acquire a master's degree. She considered many programs and schools. She knew several people who enrolled in online programs.

"But something drew me to Carroll," she said. Her daughter had received a degree at Carroll and praised the school. "I purposely overlooked the online programs. The focus here just seemed more directed to adult, professional learners. I couldn't be more pleased. It was really a great experience.

"What I liked most were the open discussions in classes because we all brought our own perspectives from our own careers," she said. "Everyone brought their own expertise. I liked the format of the discussion-based learning when we met on Saturdays. What I found was that I had things of value to offer as well. I was contributing to others learning as well, which made it even more rewarding."

Monroe also found that what she was learning was immediately applicable to her work in the classroom. "We were each (she and her fellow students) talking about real things from our own professional positions. What I learned I was able to apply immediately and it gave me the language and theory behind good strategies I could employ right away."

Monroe is hoping her capstone project (a final project students undertake to address a real-world issue) will quickly benefit her employer. Her task was to create a program that would raise pass rates for the board exams taken by students in MATC's funeral service program. She's already begun implementing her program.

And, while she has no plans to head back for more schooling, she's not ruling it out. While this degree was borne of professional necessity, Monroe is a firm believer in the value of education for its own sake. She'd love to take more classes someday.

"No matter your age, you can still learn and still take on new endeavors," she maintained. ■



IF YOU'RE
CONTEMPLATING
GRADUATE SCHOOL,
LEARN MORE
ABOUT CARROLL'S
PROGRAMS AT
CARROLLU.EDU/
ADMISSIONS/
GRADUATE

Christina Nagle

MASTER OF SCIENCE
IN PHYSICIAN ASSISTANT STUDIES

Being told you have Type 1 diabetes can be frightening and bewildering for anyone, but especially for a child.

Christina Nagle was 15 when she received her diagnosis. Type 1 diabetes comes with a lifetime of treatment and management, a lifetime of doctor office visits and consults.

"It was in a meeting back then with all the doctors and other healthcare professionals, both good and bad, that I realized what I wanted to do," she recalled. She wants to go into pediatric endocrinology. She wants to work with children, particularly children dealing with the confusion and fear of a Type 1 diabetes diagnosis.

It's why she's at Carroll now, studying to be a physician assistant (PA).

She is several years removed from her undergraduate degree, in molecular and cellular biology, from a school in Michigan. After graduating, she took a job as an orthopedic surgery research engineer at a hospital in Michigan. All the time, she was thinking about her future, about her goal. It's also where several colleagues urged her to consider becoming a PA.

Researching PA programs during a visit with a cousin in Milwaukee, Nagle came across Carroll and decided to visit. She was impressed by the facilities, especially the Michael and

Mary Jaharis Science Laboratories with the new cadaver dissection lab.

"I researched all the PA programs in the area and interviewed at Carroll and I just loved it," she said. "During the interview process, the people here made me feel very comfortable. I just felt as though they weren't going to let me fail." Moving here from Michigan, an eight-hour drive from home, would be a big leap, but she felt reassured. "I knew I'd get a lot of support here."

"The first summer I was here was a big change. It took a couple of months to transition. But with the support of Carroll staff and my classmates, it worked out. Once you get past that first semester, it gets smoother."

In a way, she noted, it was almost helpful having her old social circle and family eight hours away. It removed temptation and forced her to rely more on classmates for her social life. "It does test your mental strength." Nagle found the first year of the program, which focused more on classroom learning, more challenging. The second year, which is packed with rotations at medical facilities and more hands-on experiences, fits her style of learning much better.

And after the eight rotations, on May 9, 2020, comes graduation. She has the date committed to memory. It's the culmination of a long dream, after all.

"Having Type 1 diabetes yourself gives you empathy as a caregiver," she said. "When I started seeing a clinician who actually had Type 1 himself, I knew he understood what I was feeling and experiencing." Diabetes, she knows all too well, has a mind of its own and can be unpredictable. Caregivers who didn't have diabetes themselves, well, they just didn't seem to understand.

"I want to be able to look at the parents and the kids and say trust me, I've been there, I've experienced that." ■

CLASS NOTES

Please send news of weddings, births, deaths; new jobs and promotions; academic and professional degrees; church and community service activities; awards and achievements; and changes of address to the Office of Alumni Engagement at alumni@carrollu.edu or via mail to Carroll University, 100 N. East Ave., Waukesha, WI 53186.

1971



A book by **Kent Gramm '71** has been published by Southern Illinois University Press. "Gettysburg: The Living and the Dead" is the third book authored by Gramm, whose previous works include "November," nominated for a Pulitzer Prize, and "Sharpsburg: A Civil War Narrative." Gramm is an adjunct professor of English and civil war era studies at Gettysburg College.

1974

Janet Grant '74 recently received advanced chaplaincy certification through the Association of Professional Chaplains as a board certified chaplain in palliative care and hospice certification (BCC-PCHAC).

1991

Dr. Bart Williams '91 has received the Excellence in Graduate School Education award from the Van Andel Institute Graduate School in Grand Rapids, Michigan. Williams serves as the director of the Center for Cancer and Cell Biology. In this role, he has mentored graduate students as well as junior faculty colleagues toward their goal of becoming effective biomedical research leaders. Following Carroll, he received a Ph.D. in biology from the Massachusetts Institute of Technology and served as a postdoctoral fellow with the National Cancer Institute. He began working at Van Andel Institute in 1999 and is now a world leader in the study of bone biology and the Wnt signaling pathway, a molecular communication channel that can play a role in cancer.

1994

Michelle (Acheson) Connet '94 has been appointed principal of Dewey School in Anna, Illinois.

2000

Hinds Community College in Raymond, Mississippi, has named **Stephanie (Messer) Hudson '00** its associate vice president of student services and district registrar.

2001

Shari (Stigler) Black '01 has been named chief programs officer with the Wisconsin State Fair. She serves on the International Association of Fairs (IAFE) Foundation Board of Trustees and the West Allis Business Improvement District Board. Prior to joining the team at State Fair Park, Black was the director of the Waukesha County Fair for 15 years.

2002

Becki (Emerson) Matteson '02, '03 has received Best in Patient Care honors and been named to the Industry Board of the American Health Council for her work as a physical therapist. She works for Total Rehab in Zion, Illinois.

By Sue Pierman

Alumna strives to make a difference in cancer patients' lives

Sometimes small gestures can have a huge impact.

That's the thought behind Operation Chemo Comfort, which supports cancer patients by providing knit



LEXOW

hats and "care kits" to make life a bit more comfortable. The organization was started in 2016 by Kelsey Lexow '04 and Carrie O'Connor. Both are Medical College of Wisconsin employees.

"It's important patients know that people care about them. We want them to know they're not alone during one of the most difficult problems they likely will encounter," said Lexow, a clinical research coordinator in radiation oncology.

Lexow learned that an item as simple as a hat can make a world of difference. "One patient received a hat and said they were glad because they were worried about losing their hair and having to ride a bus to treatment without one - and this was in the dead of winter. Being involved with this organization, you are providing very necessary services for people who can't afford something as basic as a nice warm hat. It's a very humbling experience."

The inspiration for Operation Chemo Comfort was Connie Seekins, a stage IV pancreatic cancer patient who was providing care kits to fellow patients. "When you see someone that critically ill taking care of people, as a healthy person you really don't have an excuse not to get involved," Lexow said.

That's when O'Connor told Lexow she wanted to create comfort-care kits with items like tissues and lip balm for patients. Lexow, who enjoys crafting, suggested they include hats for patients who had lost their hair due to treatments.

"I've been knitting for 30 years; we're a very artsy-craftsy family," Lexow said. "I've had family members and friends who've had cancer, and I've made things for them when they needed them. Working at the Medical College, you see a very definite need to support patients. It's the largest cancer center in southeast Wisconsin and serves a lot of underserved populations."

The group started with 42 kits, and now has donated more than 8,000 hats and headscarves to Froedtert and the Medical College of Wisconsin Clinical Cancer Center, Ascension, ABCD: After Breast Cancer Diagnosis and Sisters 4 Cure.



"It's very grass-roots, a word-of-mouth kind of thing," Lexow said. "It's just a very wonderful, caring community. You'd be hard-pressed to find someone who doesn't have a connection to cancer. It's something people can really get behind, but unfortunately the need exists. I'm thankful I have my job—I wouldn't trade it for the world, but wish I didn't have to have this job."

The group holds major drives every six to 12 months, depending on the need. There is usually a collection day for hats in the fall, with mini-drives to assemble care kits throughout the year.

Those who like to sew instead of knitting or crocheting may make head scarves, and the group sometimes holds "sew-a-thons" during which participants sew as many hats and scarves as they can in a few hours.

Asked if the group might expand nationally, Lexow said: "Right now, we're a very small organization, so we're trying to keep things as simple as we can. It's important to us to stay local so we can help the people right in our own community. There is a huge underserved population as far as access to healthcare right in our backyard. We need to take care of our neighbors before we decide to go national, although anything's possible. We just want to help as many people as we can."

People can find Operation Chemo Comfort on Facebook or at operationchemocomfort.org.

2006

Elaine (Wesner) Sellenheim '06 has been named the 2019 Wisconsin Mother of the Year. The award was given by the National American Mothers Organization. Sellenheim, her husband **Joseph '06**, and her family traveled to Washington D.C. in April to accept the award and attend the National American Mothers Convention. While there, Sellenheim also met with U.S. senators Ron Johnson and Tammy Baldwin to discuss topics important to Wisconsin mothers.

2007

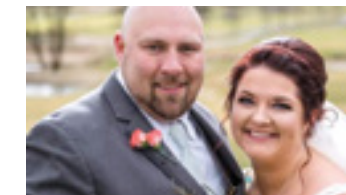


Ryan '07 and Megan (Lightfoot) '08 Bly welcomed a baby boy, Benjamin Thomas, on April 9, 2019. He joins big sister Emalyn.



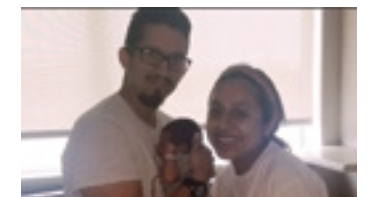
Lauren (Birch) '07 and Michael '09, '11 Roberts welcomed a son, Henry Michael Roberts, on Feb. 18, 2019.

2010



Kimberly (Staszewski) Schantz '10 married Derrick Schantz on April 13, 2019.

2012



Cindy (Felix) Flores '12, Carroll's HRSA HCOP grant project coordinator, and her husband, Andy, welcomed a beautiful baby boy, Aidan Jay Flores, on Sunday, May 26.

2018

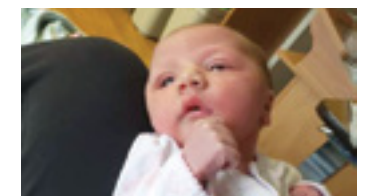
Jack Sherman '18 was recently published in the magazine, BEYOND, produced by ISI Florence and the Umbra Institute. The essay, titled "How to Unlearn Everything," explores some of the relationships Sherman cultivated and the "stupid things" he did to unlearn his cultural biases while studying abroad in 2016.



Benjamin Thorpe '18 has joined Lessiter Media in Brookfield, Wisconsin, as an associate research editor for the company's agricultural division editorial team.

Faculty and Staff

Rachel Aten, library business manager, and her husband, Eugene, welcomed a beautiful baby girl, Margaret Grace Aten, on Wednesday, May 15.



Colleen Susnik, senior payroll and accounting coordinator, and her husband, Jordan, welcomed a beautiful baby girl, Ashlynn Marie Susnik, on Friday, April 26.

PIONEERS

Determination. Consistency. Athletic ability. These are a few of the key characteristics necessary to become a pro-level triathlete. Lenny Ramsey possesses all of them.

IRONWOMAN

On May 25, Ramsey, an assistant professor of physical therapy, finished third with a time of 10:10:48 in what's been called the toughest Ironman race in the world: the Lanzarote in Spain. Ironman races consist of swimming, biking and running.



RAMSEY

"It's hilly and windy because it's on an island, and that was not easy. The first day I got on the bike, it was bit of a shocker. I had trained inside here, and it was gusty winds of up to 50 to 60 mph. It took a couple days to settle in, and it was pretty rough," she said.

Luckily, Ramsey was well-prepared. "For Spain, I was in maximum training for over 25 hours a week. I plan out my week; I get up at 5 a.m., seven days a week, to get training in before work." She maintains the same schedule on weekends to keep her sleep schedule consistent.

Ramsey, 33, began competing just five years ago, and this is her third season as a pro. A member of the #racelikeagirl pro team, she is coached by QT2 Systems. Transitioning from amateur to professional triathlete meant setting new expectations. ➔

HOW DO YOU TRAIN FOR AN IRONMAN?



Lenny Ramsey put in 25 hours a week leading up to her third-place finish in the Lanzarote Ironman in Spain. Here's her typical training regimen:

MON	TUE	WED	THR	FRI	SAT	SUN
<ul style="list-style-type: none"> <input type="checkbox"/> Swim 3,000-5,000 yards <input type="checkbox"/> Bike 25 miles <input type="checkbox"/> Run three miles 	<ul style="list-style-type: none"> <input type="checkbox"/> Swim 3,500 yards <input type="checkbox"/> Bike 40-60 miles <input type="checkbox"/> Run 6-10 miles 	<ul style="list-style-type: none"> <input type="checkbox"/> Swim 3,000-5,000 yards <input type="checkbox"/> Bike 25 miles <input type="checkbox"/> Run three miles 	<ul style="list-style-type: none"> <input type="checkbox"/> Swim 3,500 yards <input type="checkbox"/> Bike 40-60 miles <input type="checkbox"/> Run 6-10 miles 	<ul style="list-style-type: none"> <input type="checkbox"/> Swim 3,000-5,000 yards <input type="checkbox"/> Bike 25 miles <input type="checkbox"/> Run three miles 	<ul style="list-style-type: none"> <input type="checkbox"/> Swim 3,500 yards <input type="checkbox"/> Bike 100-140 miles <input type="checkbox"/> Run 6-8 miles 	<ul style="list-style-type: none"> <input type="checkbox"/> Swim 3,000 yards <input type="checkbox"/> Bike 25 miles <input type="checkbox"/> Run 13-20 miles

"A lot of people in the sport are fairly Type A, but if you want to make it in the pro field and compete there, you have to accept the fact that you're also going to lose," Ramsey said. "As an amateur, I won races. When I went pro, I was at the bottom of the pack. All of a sudden, you're not the fastest one out on the field, but I like the challenge. I try to stick in the top 10."

Ramsey traveled to Spain 10 days early so she could accustom herself to the course, which included a 2.4-mile ocean swim, an 112-mile bike ride and a 26.2-mile run.

Unfortunately, a hip injury has sidelined her for now, but she's still flying high. "Spain was an amazing experience because I was hoping for a good result, but I was not expecting a top three. I was very happy with that performance. It's the closest I've ever gotten to first place; I was only 10 minutes behind the winner."

What does the future hold for her after that success?

She hopes to qualify for the world championship Ironman World Championship in Kona, Hawaii, in 2020. But Ramsey, who grew up in the Netherlands and has a master's and a Ph.D. in neuroscience—has no illusions about becoming a full-time pro athlete.

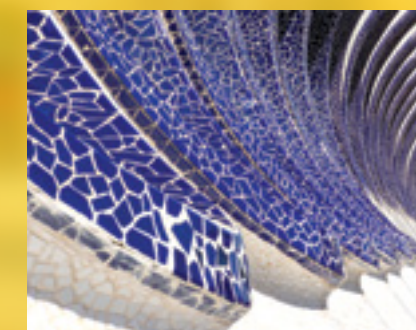
"It's never been a priority to make it my living; I'm not worried about sponsorship," she said. "I'm hoping if my hip holds together, to do this for another five years or so. One caveat is I need to enjoy it. It's a hobby. I'm not doing it to make money, I'm doing it because I love it. Once that goes away, I'll stop." ■



¡Española!

In May, President Cindy Gnadinger and more than 40 Carroll alumni and friends enjoyed the history, food and color of Spain, guided by Dr. Jessica Boll, assistant professor of modern languages and literature.

If interested in future alumni travel opportunities, please contact the Office of Alumni Engagement at alumni@carrollu.edu





Arts Leader Earns Honor

By Sue Pierman



George Tzougros '83 knows what it's like to be passionate about the arts.

Since 1996, he's served as the executive director of the Wisconsin Arts Board, which promotes the arts and supports arts in education. Tzougros' work recently earned him a Michael Newton award from Americans for the Arts, which is based in New York and Washington, D.C. The award recognizes an individual for innovation in developing arts and business partnerships for the arts and/or long-term achievement in effective and creative techniques to engage the private sector.



TZOUGROS

A theatre arts major who minored in business and organizational communications, Tzougros has many fond memories of Carroll.

"We were the first class in the Ottesen Theatre, so we felt like we owned the joint," he recalled.

His favorite production was "1776," in which he played Dr. Lyman Hall, a delegate from Georgia. "Because we were mixed in with alums of the program, we were able to act with some really wonderful people, and the show was good," Tzougros said.

Among the things he treasured most about Carroll was "its size and the ability of underclassmen to get right in, roll up their sleeves and get on the main stage. That doesn't happen in bigger schools. At Carroll, I was able to be in shows, design, build and house-manage shows and learn all aspects of the business, which is very cool."

Professors whom he remembers include David Molthen and Wayne Christensen, known as "Chris." "They had a profound impact on me," he said.

Tzougros loved theater long before he attended Carroll, however. "It started in eighth grade at Horning Middle School. Waukesha South needed two kids to play in the 'King and I,' and it started me on the path," he recalled. "What really sent me over the edge was the show 'Minnie's Boys.' I was in 10th grade, it was about the Marx brothers, and I played Groucho. That is where the bug bit, and bit hard."

But it's Carroll that merits a place in Tzougros' list of career highlights. "I had the honor of being the Carroll Players' president and was very proud of that," he said. "The Michael Newton Award now is a highlight, and right behind that is being asked to serve on the board of Arts Midwest, a nine-state regional arts organization."

His recommendation for students currently studying the arts: "Connect with alums in that particular business, whether it's theater, art or music, and talk to them about the path they took, because no two paths are the same. Get experience if you can. In our case, we started a theater company. Or you could intern. Chris used to say; you can always be an actor, but as an actor with technical skills, you're going to get hired. The more well-rounded you can be, it's important."

He said his role on the Wisconsin Arts Board has been extremely satisfying. "It's really interesting work. Over the years, we've produced a folklife festival celebrating the state's sesquicentennial and also brought organizations into being like Film Wisconsin, and we cofounded the Wisconsin Science Festival. I'm able to do that kind of work and chair the National Creativity Network," Tzougros said. "You can see that, from this little place, I have had the opportunity to do a lot of things that make a lot of difference."

Did you know? The Carroll Players, the brainchild of then-professor May Rankin, first hit the stage in 1896, establishing themselves as the first student theatre organization in Wisconsin.

IN MEMORIAM

1940s

Marie (Stanfield) McCabe '40 passed away June 28, 2019, in Madison, Wisconsin, at the age of 99. She was preceded in death by her husband, **Robert McCabe '39**; sister **Lucia Stanfield '34**; and brothers **Robert '36** and **James '39**. Marie was one of 12 Carroll alumnae who corresponded for more than 50 years in a Round Robin. A story about that appeared on page 28 of the Fall 2016, issue of **FIRST**. Find it at carrollu.edu/magazine.

Margaret (Hornbeck) Lhost '41 passed away April 24, 2019, at the age of 99 in Texas. She was preceded in death by her husband, **Harvey Lhost '40**, and survived by daughter **Linda (Lhost) Catal '69**, son **John Lhost '71** and daughter-in-law **Cynthia (Kocher) Lhost '70**.



Paul Davies '49 passed away Feb. 2, 2019, at the age of 95 in New Port Richey, Florida, several days following the death of his wife, **Patricia "Patti" (Kraus) Davies '48**. Davies was long active in the Waukesha community, serving in numerous civic and philanthropic capacities, including several terms as a Waukesha mayor and as chairman of the Trailblazer Scholarship Fund at Carroll. The family's ties to Carroll ran deep. Davies' father, **Zachariah Davies**, was a 1914 alumnus of Carroll College and served a long tenure as a professor of bible and religious studies at Carroll College. Paul's brother **John '48** and sister-in-law **Joan (Beer) '49 Davies** also attended Carroll.

Lillian (Schuette) Elswick '49 passed away Oct. 21, 2018.

Erna (Tandrup) Wareham '49 passed away May 19, 2019, at the age of 94 in Brookfield, Wisconsin. She is survived by several Carroll alumni: son **David Wareham '79**, daughter-in-law **Nancy (Nelson) Wareham '79** and granddaughter **Amy (Wareham) Waldoch '13**.

1950s

Mary Jean (Hillary) Huelsbeck '50 passed away July 16, 2019, at the age of 91 in Waukesha. At Carroll, she was a charter member of the Theta Delta chapter of Chi Omega, and belonged to Sigma Epsilon Sigma and Sigma Tau Delta. She was later president of the Carroll alumni council and a charter member of the Friends of Carroll. Daughter **Diane (Huelsbeck) Adams '76** and son **Steven Huelsbeck '81** are also Carroll alumni.

Ellis R. Peterson '51 passed away in April, 2019, at the age of 92 in Wausau, Wisconsin.

Edward J. Slegler, Jr., '51 passed away May 28, 2019, at the age of 92 in Kewaskum, Wisconsin.

Jean (Sizer) Caldwell '52 passed away May 7, 2019, at the age of 88 in Baraboo, Wisconsin. She was preceded in death by her husband, **Roger Caldwell '53**.

Hugh O. Last '52 passed away April 17, 2019, at the age of 89 in Racine, Wisconsin.

Gerald K. Radtke '53 of Schofield, Wisconsin, passed away June 4, 2019, at the age of 89.

Lawrence G. Pennewell '54 passed away April 10, 2019, at the age of 86 in Wild Rose, Wisconsin.

Wanda (Vogt) Simon '54 passed away May 30, 2019, and the age of 87 in Brookfield, Wisconsin. She was preceded in death by her husband, **Bob Simon '52**.

Helen (Harney) Schmude '55 passed away April 29, 2019, at the age of 87 in Wilmington, Delaware. She was preceded in death by her husband, **Keith Schmude '55**.

Carroll University Memorial Worship Service

Sunday, Oct. 13, 2019
Homecoming & Reunion Weekend

9 a.m. service with fellowship gathering following

HUMPHREY MEMORIAL CHAPEL
238 N. EAST AVENUE, WAUKESHA

Contact Katherine Bingham with questions or to RSVP
at kbingham@carrollu.edu or 262.951.3015

Raymond Strehlow '56 passed away July 17, 2019, at the age of 88. He had been a longtime resident of Wauwatosa, Wisconsin, and Scottsdale, Arizona. He is survived by daughter **Susan (Strehlow) Hoff '79** and son **Steven Strehlow '82**.

Carol (Butsch) Porubsky '57 passed away Jan. 28, 2019.

William C. Thiede '57 passed away December 18, 2018, at the age of 83 in Verona, Wisconsin. Among his survivors is brother **Robert Thiede '63**.

Jerold P. Johnson '59 passed away Dec. 8, 2018, in Indiana.

Janet (Fritz) Kivisto '59 passed away Jan. 17, 2019, at the age of 82 in Edina, Minnesota.

1960s

Roberta M. (Ohlsson) Gilson '60 of Sheboygan Falls, Wisconsin, passed away May 16, 2019, at the age of 80. She is survived by family, including son **Randall Gilson '83** and daughter-in-law **Mary (Frederick) Gilson '86**.

Myron G. Lange '60 passed away Aug. 13, 2018, at the age of 79 in Cedarburg, Wisconsin.

Judy (Panek) Vickers '61 passed away May 25, 2019, at the age of 79, in Oklahoma.

Bradley Westphal '61 passed away Sept. 26, 2018.

Carol (Balstrode) Mattes '63 passed away April 30, 2019, at the age of 80 in Hastings, Nebraska. She is survived by her husband, **Frederick Mattes '63**.

Dr. Paul F. Ries '63 passed away Feb. 16, 2019 at the age of 77 in Elmhurst, Illinois. He is survived by his wife, **Linda (Campbell) Ries '64**.

1970s

Gerald Larson Jr. '79 passed away April, 2018, in Pewaukee, Wisconsin. Among his survivors is daughter **Erica (Larson) Stalter '14**.

1980s

Mary (Greenheck) Turner '80 passed away April 9, 2019, at the age of 62 in Wausau, Wisconsin.

Donald J. Kopczynski '84 passed away April 16, 2019, in Webb City, Missouri, at the age of 57. Among his survivors are brother **Jeffrey Kopczynski '77** and sister-in-law **Laura (Scaffidi) Kopczynski '76**.

1990s

Kathleen A. Graf '94 passed away June 17, 2019, at the age of 73 in New Berlin, Wisconsin.

2010s

Brenda (Lane) LoPresti '15 passed away June 22, 2019, at the age of 49 in Burlington, Vermont. She had been recognized in 2018 by Carroll University's education program with an Early Educator award at its annual recognition ceremony.



UPCOMING EVENTS

We'd love to see you in the future at one or more of the following Carroll events. If you have questions or an event idea, reach out at alumni@carrollu.edu

Oct. 10-13, 2019
Homecoming & Reunion Weekend

Wednesday, Nov. 6, 2019
Indianapolis Alumni & Friends Gathering
Hosted by P.E. MacAllister '40

Tuesday, Nov. 19, 2019
Apps with Alumni
(Alumni/Student Event)
6-8 p.m.
Sneeden House

Wednesday, Dec. 18, 2019
Jingle Bus Young Alumni Event
7-9 p.m.
Downtown Milwaukee

Friday, Feb. 14, 2020
Carroll Couples Celebration
Vow Renewal Event
5-7 p.m. Reception and Ceremony
Humphrey Memorial Chapel
7-10 p.m. Dinner and Dancing
Stackner Ballroom, Campus Center

Saturday, Feb. 22, 2020
Florida Alumni & Friends Gathering
Hosted by Joe Zvesper '76

See all upcoming events
carrollu.edu/events

See alumni-specific events
carrollu.edu/alumni/events



Puerto Rico Event Marks Hilger's Legacy

An Alumni and Friends gathering this summer in Puerto Rico celebrated the lifework of Carroll's late admission counselor, Shirley Hilger '43.

Hilger spent 33 years at Carroll, first as a counselor and then director of admissions. After participating in a college week program in the Caribbean sometime around 1970, Hilger began targeting Puerto Rico in her efforts to recruit a more diverse student body. Her work created a regular flow of Puerto Rican students to Carroll, and this trip was an opportunity to reconnect with many of them.

Accompanying President Cindy Gnadinger on the trip was Bilingual Multicultural Enrollment Admission Counselor Miguel Rodriguez '12, who hopes to follow in Hilger's footsteps in recruiting a new wave of Puerto Rican students to Carroll.

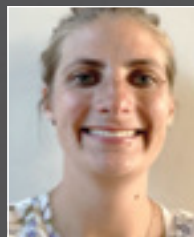


FIVE TO BE ENSHRINED

2019 Athletic Hall of Fame Inductees to be honored at banquet on Sunday, Oct. 13, 2019 | [Learn more at carrollu.edu/homecoming](http://carrollu.edu/homecoming)



Erin (Kelley) Andreski '08
Cross Country,
Track and Field



Crystal (Hoewisch) Guttman '08
Basketball



Julia (Bell) Hartig '06
Soccer



Leonard Jensen '84
Basketball,
Baseball
(posthumously)



Tony Logue '98
Football,
Baseball

❖ **May 2020** ❖

Discover the history, food and color of Greece with other Carroll University alumni and friends

Travel Greece



If interested, please contact the Office of Alumni Engagement at alumni@carrollu.edu or 262.524.7237



100 N. East Avenue
Waukesha, WI 53186

Change Service Requested

Non-Profit
Organization
U.S. POSTAGE
PAID
Waukesha, WI
Permit No. 376

FROM THE CARROLL ARCHIVES

Badger. Badger. Badger.

When the Carrier Memorial Library opened its doors on Carroll's campus in 1942, this little fellow sat outside, atop a stone column. New York artist William H. Gratwick III had been commissioned to create a sculpture of a badger in honor of the Wisconsin state animal. As you might imagine, the sculpture became a popular beacon on campus and painting it was a popular activity for each year's graduating class. Alas, the years of paint and the various efforts to clean off said paint have worn away at the marble and smoothed over many distinguishing marks, particularly those that might once have made the piece slightly more badger-like and less akin to a seal. Humbled and softened by the years, Carroll's badger now passes the time idly, surrounded by black-eyed susans in front of Main Hall.

