'Twas the Season

The Carroll University community celebrated the holiday season during the second annual CU Merry and Bright event on Tuesday, Nov. 27, with performances by Carroll singers and musicians, a tree lighting ceremony, a visit from Santa Claus and other festive activities.
Albert Einstein said time is relative. He may not have been directly referring to life at a university, but he could have been.

At Carroll, the past, present and future mingle easily, and the passage of time itself aligns with the ebb and flow of every new semester. We wait, expectantly, for the arrival of a new class and then watch as the weeks move into months and the students we observed hesitantly finding their way around campus break into a confident gallop toward finals week.

Then we herald a new year under icy cold skies and pause in the midwinter still. We breathe in the history that surrounds us—the 100-year-old buildings, the centuries-old mounds, the towering trees and wait for the next migration of returning students, who will light up the classrooms and gathering spaces with their bright spirits.

These four, life-changing years will go by in a blink. They will be packed with learning about oneself and the world, filled with adventures, opportunities, challenges and success. These years will zip past as our students speed into their futures and take their places in the grand community of Carroll alumni.

But that blink in time represents the collaborative and ongoing work of our dedicated Carroll employees, who create the experiences that will transform, illuminate and shape our students. You’ll find them in every corner of campus—busy at conferences, research projects and grading, up-before-dawn in the morning to crack the first eggs in the kitchen of the dining room, midnight patrolling the parking lots and buildings, spending caffeinated nights in the Learning Commons and playing laughter-filled pick-up volleyball games.

It takes a 24/7 effort to create our pioneering educational experience. Photographer Kyle Zehr spent some late nights documenting the after-hours life of our university for this issue of FIRST. His photos are but the tip of the iceberg. It literally takes a village.

So does teaching. When editor Malcolm McDowell Woods set out to explore the importance of play in a child’s development, he found experts from multiple departments across campus. It’s a great example of how many real-life subjects require a multi-disciplinary educational approach—and why we encourage cross-department collaboration at Carroll.

Elsewhere in this issue, you’ll meet more of the exceptional individuals who work, teach, study and compete at Carroll. Of course, the students are just passing through, the arc of their lives moving quickly higher, taking them who knows where, in a blink.

If we’ve all done our jobs well, they will flourish wherever they may land and join you all in living lives of purpose and meaning.

It’s another year. And so we go forth...

Cindy Goodfellow
President
DOUG AND NANCY HASTAD HALL

Doug and Nancy Hastad Hall, Carroll University’s nursing, exercise science and physics/engineering facility which opened in January 2018, is more than just shiny and new. Following Carroll’s long history of pioneering success, Hastad Hall has become the first campus building to be LEED certified. The LEED Silver certification, otherwise known as Leadership in Energy and Environmental Design, is a popular worldwide rating system that embodies achievement in sustainability. Designed by BWBR, Hastad Hall stands as a testament to the university’s commitment to an enriched academic experience through state-of-the-art laboratories, simulation labs, classroom, and collaboration spaces—all within the 38,224 square-foot building.

Carroll President Cindy Gnadinger spoke on the design and innovative success of the building, stating, “We worked closely with our partners at BWBR to create a facility that is cutting edge in terms of both academic excellence and sustainability. We are proud that Doug and Nancy Hastad Hall has been certified LEED Silver in recognition of those efforts.”

THE FOCUS OF THE HCOP ACADEMY ALIGNS WITH THE INNOVATIVE, STUDENT-CENTERED APPROACH CARROLL IS TAKING WITH EDUCATIONALLY AND ECONOMICALLY-DISADVANTAGED STUDENTS. WE ARE LEVERAGE THE RELATIONSHIPS AND PARTNERSHIPS WITH OUR COMMUNITY TO DEVELOP PIPELINE PROGRAMS TO TRAIN HEALTH CARE PROFESSIONALS WHO WILL SERVE IN MEDICALLY-UNDERSERVED COMMUNITIES.” SAID JANE HOPP, ASSOCIATE VICE PRESIDENT FOR PARTNERSHIPS AND INNOVATION. “OUR COMMITMENT TO PROVIDING INDIVIDUALIZED SUPPORT TO FIRST GENERATION STUDENTS AND UNDERREPRESENTED POPULATIONS IN OUR PROGRAMS IS SOMETHING WE ARE PASSIONATE ABOUT AS WE LOOK TO THE IMPORTANT MATTER OF DIVERSIFICATION OF THE WORKFORCE.”

THE HCOOP ACADEMY WILL ASSIST CARROLL IN EXPANDING ITS DEVELOPMENT OF HEALTH CARE PROFESSIONALS SKILLED IN HOLISTIC AND CULTURALLY-SENSITIVE CARE. IT WILL ALSO COMPLEMENT EXISTING PROGRAMS, SUCH AS PASOS AND SALUD, DESIGNED TO ADDRESS CHANGING DEMOGRAPHICS THAT INCLUDE THE NEED FOR MORE HIGH QUALITY HEALTH CARE PROVIDERS TO SERVE THE GROWING HISPANIC POPULATION. THE HCOOP ACADEMY ALIGNS WITH CARROLL’S NEW STRATEGIC PLAN INITIATIVES TO DIVERSIFY THE CAMPUS COMMUNITY THROUGH PROGRAMMING AND FUNDING SUPPORT, INCLUDING THE NEW OPPORTUNITY SCHOLARSHIP FUND CREATED BY PRESIDENT CINDY GNADINGER IN 2018.

THE LEED SUSTAINABILITY MARK FOR HASTAD HALL

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The five-year, $2,871,222 grant from the Health Resources and Services Administration (HRSA) will help Carroll to develop the National Health Careers Opportunity Program (HCOP) Academy. This five-year grant supports systems and development opportunities for high school students in underrepresented populations, which will prepare them for acceptance into collegiate allied health programs. The goal is to increase the number of individuals serving in integrated health care professions in medically-underserved communities.

In partnership with the United Community Center and the School District of Waukesha, Carroll will identify, recruit and prepare high school juniors and seniors for pre-allied health programs such as physical therapy, physician assistant studies, occupational therapy, exercise physiology, exercise science, athletic training and public health. As part of the HCOP Academy, these students will receive individualized academic support, as well as personal and professional development services and training, continuing through their enrollment at Carroll. This holistic, integrated approach mirrors the existing structure of Carroll University’s allied health programs. These programs prioritize the preparation of health care professionals familiar with patient care delivered through a collaborative team environment.

“The focus of the HCOP Academy aligns with the innovative, student-centered approach Carroll is taking with educationally and economically-disadvantaged students. We are leveraging relationships and partnerships with our community to develop pipeline programs to train health care providers who will serve in medically-underserved communities,” said Jane Hopp, associate vice president for partnerships and innovation. “Our commitment to providing individualized support to first generation students and underrepresented populations in our programs is something we are passionate about as we look to the important matter of diversification of the workforce.”

The HCOP Academy will assist Carroll in expanding its development of health care professionals skilled in holistic and culturally-sensitive care. It will also complement existing programs, such as PASOS and SALUD, designed to address changing demographics that include the need for more high quality health care providers to serve the growing Hispanic population. The HCOP Academy aligns with Carroll’s new strategic plan initiatives to diversify the campus community through programming and funding support, including the new Opportunity Scholarship Fund created by President Cindy Gnadinger in 2018.

TAKING THE LEED SUSTAINABILITY MARK FOR HASTAD HALL

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Not many people arrive at Carroll University in January looking forward to the weather. But Wisconsin’s Dr. Mark Blegen, Carroll’s provost and vice president for academic affairs, is hoping his new home will be a couple degrees warmer. He’s already been struck by the warmth of the campus community.

Blegen, who began his new post in January, said he was struck by the hospitality he received during a campus visit while interviewing for the position. “It felt incredibly comfortable to me, and it seems very important to Carroll,” he said.

Blegen previously served as the dean of health sciences and as the director of the medical liberal arts critical to higher education. “Just look at health care, or any health science for that matter,” he pointed out. “The content is changing at such a fast rate. If I were teaching the same content I was teaching just a few years ago, I’d be way behind. With such rapidly evolving disciplines, the ability to think, learn and adjust is vitally important. “The liberal arts and humanities give us a keen awareness of understanding of how to think and synthesize information. We need to know how to learn and be curious. That’s one of the big benefits of the liberal arts,” he said.

Blegen graduated from St. Olaf College with a B.A. in psychology, from St. Cloud State University with an M.S. in exercise science, and from Kent State with a Ph.D. in exercise physiology. He is a fellow of the American College of Sports Medicine and is a former senior editor of the Journal of Strength and Conditioning Research. Blegen has been active at the national level, serving on numerous committees for both the American College of Sports Medicine and the National Strength and Conditioning Association. He and his wife, Kristin, are the parents of two young daughters, Kira and Liv.

His mother was the nationalaviour of the year in 1995.

Big fan of all kinds of music

Huge supporter of plel athletic 5k Run

Love to travel, all over the world

#TIP-OFF

5 PTs. CARROLL emotional in first five games in the event's history

19 CARROLL FELL IN THE SAME PLACE AGAIN

87-44 LOSS FOR THE COMETS

1916-17 FIRST SEASON WITH A CARROLL vs. Marquette

FINISH | SPRING 2019

His mother was the nationalavers of the year in 1995.
School of Business Launches New Consortium

Carroll Offering Expertise to Regional Businesses

Collecting and analyzing data can be an important tool for many businesses, but oftentimes they lack either the personnel or time to effectively analyze the information they collect.

The new Analytics and Business Intelligence Consortium (ABIC) at the Carroll University School of Business aims to tackle that issue and become the region’s leading source for applied analytics and business intelligence. Carroll is seeking businesses from a variety of fields, including manufacturing, finance, healthcare, insurance, and more, to become members of the consortium. This forward-thinking, multidisciplinary alliance of industry and academia is poised to become a leader in applied analytics, data interpretation and strategic action.

According to the founding ABC Director John Gnadinger, the consortium will hold monthly workshops, networking events and yearly conferences. Additionally, it will create educational opportunities, including degree programs and analytic microcredentials.

“The Analytics and Business Intelligence Consortium is first and foremost a solutions provider,” said Dr. Steven Bialek, dean of the Carroll University School of Business. “This innovative approach provides organizations with access to the expertise and tools they need to make effective decisions in regard to data management and analytics. Our goal is to become the region’s leading source of data analysis intelligence. The need is out there across all industries, from manufacturing and health care to finance, retail and more.”

Already, one local business is seeing the benefits this partnership can offer. Carroll students and faculty are helping officials with Pewaukee’s Trico Corporation on a project that could increase the company’s efficiency. Trico is in the business of analyzing lubricants for industry. “Our job is really helping to prevent machinery failures and production downtime for our customers,” said Trico CEO Bob Jung.

Trico’s customers include manufacturers and other heavy machinery users, all of whom rely upon smooth-running equipment. They need lubricants to reduce and/or prevent friction between moving parts, because that friction could lead to catastrophic failures that could cost them thousands of dollars.

The lubricant analysis that Trico performs is likened by Jung to the blood tests your doctor would recommend steps to prevent a future catastrophic tragedy. Similarly, by indicating high cholesterol levels, your doctor would recommend steps to prevent a future cardiovascular tragedy. Similarly, by indicating high cholesterol levels, your doctor would recommend steps to prevent a future cardiovascular tragedy. Similarly, by indicating high cholesterol levels, your doctor would recommend steps to prevent a future cardiovascular tragedy. Similarly, by indicating high cholesterol levels, your doctor would recommend steps to prevent a future cardiovascular tragedy.

According to Gnadinger, the partnership is the first of many. “If your business has unmet, applied analytics needs, then Carroll University is where to start your journey,” said Gnadinger. “Carroll University is uniquely positioned to provide your business with recommendations, student and faculty partnerships and employee onboarding to meet your changing needs in this fast-moving field.”

Masters’ Program: Providing Nurses with the Tools to Teach

A new program at Carroll will provide a convenient pathway to a high-demand career in the nursing profession. The university is now accepting applications for a Master of Science in Nursing degree with a Clinical Nurse Educator focus (MSN-CNE).

A nationwide shortage of nurses has increased demands for individuals able to train and educate nurses in a variety of settings. Carroll’s program is designed to provide students with the knowledge and skills to inspire the next generation of nurses, whether they are an educator in an academic or clinical setting. This advanced degree offers tools necessary to develop, implement and evaluate nursing curricula and to ensure individuals are ready to mentor practicing nurses.

“The program was created to fit into working nurses’ busy schedules and offers flexibility via: • Eight-week courses that meet once a week. • A combination of online and in-person courses. • Clinical education that may be completed in the student’s current work setting. • An educational practice that may be completed with the nursing faculty at the university. “Students will have the advantage of learning in two, state-of-the-art nursing lab facilities and will be well-equipped to meet the high demand for nurse educators, which will continue as the nationwide nursing shortage grows,” said Dr. Teresa Knud, APRN-CNP, chair of the department of nursing and clinical associate professor of nursing.

Student Athlete: A Fast Learner

According to senior Kailein Squire, the secret to succeeding as a two-sport, student-athlete in college is time management.

Of course, her idea of time is a bit sped up, compared to the rest of us. Squire describes herself as driven. The record books (she holds three Carroll’s women swimming records) describe her as fast.

Squire was a student-athlete in high school struggling with an achilles injury when she first received physical therapy. The experience not only relieved the pain, it ignited an interest in physical therapy for a career. At Carroll, she shadowed staff in the burn unit at a Milwaukee hospital and was elated to see how physical therapy helps patients, even severely injured ones. Squire’s own mantra will no doubt help motivate future patients.

“Don’t let someone tell you that you won’t be able to do something,” she said. “Don’t ever give up.”

Women’s Basketball: New Record

Freshman Teresa Wicbers’s natural ability to hit long-range, high-pressure shots from the perimeter has made her ascent to collegiate basketball an impressive one. Wicbers, a two-year starter, was a senior in the Southwest Aquatic Team and at Wesleyan on Dec. 15. According to senior Kaitlin Squier, the secret to succeeding as a two-sport, student-athlete in college is time management.

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**The Longing for Interconnectedness**

I recently heard a fascinating interview with Dr. James Doty, a Stanford neurosurgeon who among other things studies compassion. Doty spoke about the ways in which the human brain is wired for connection—one human to another. The joy we find in shared laughter, our capacity to be empathetic and our longing for relationships have all helped us survive and thrive as a species. The science of compassion journey is quite literally written on our brains and revised by our daily functioning.

Sitting within a completely different academic discipline, I love hearing a scientific perspective on something I view with a theological lens. I have long believed that being truly human means intentionally cultivating our interdependence with others. The Hebrew and Christian scriptures convey this relational framework in the stories of God’s covenant, in the commandments to care for the vulnerable, and in that most central teaching—to love one another. Giving and receiving loving-kindness is at the heart of our human existence and our common purpose. This belief, and perhaps some inbred wiring in my brain, are what get me up on Sunday mornings. Now, I know that, statistically speaking, fewer and fewer Americans participate in any kind of worshipping community. Church attendance has been dropping for decades. Across religion and across generations, America is becoming less “religious.” I will also say I have sat through many bad sermons, painful music and empty ritual, and I am well aware that leaders and laity alike can turn religion into something quite ugly or even abusive. But over and over again in my life, when I have needed others for support, for prayer, for celebration or for wisdom, church has been the place where I’ve found it. A church family is where those well-worn relational tracks in my brain have found their home.

We have a little worshipping community at Carroll. We call it Gather. Long gone are the days of required chapel services; instead, of their own free will, students come to Gather on Sunday afternoons for music, prayer, scripture and reflection. But over and over again in my life, when I have needed others for support, for prayer, for celebration or for wisdom, church has been the place where I’ve found it. A church family is where those well-worn relational tracks in my brain have found their home.

There is so much loneliness in the world today. We each need a place where we can savor authenticity and practice mutuality. We need a community that will reach out with loving-kindness and foster greater compassion in us. We need companions who will remind us what our brains were made for and embolden us to use them. The culture may be shifting and the venues of worship may be changing, but we are all in this together. And we need each other to be truly human.

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**FOR CHRIST AND LEARNING**

For Christ and Learning is the English translation of “Christo et Litteris,” Carroll University’s motto. The Longing for Interconnectedness is a part of the University’s mission statement, which reads: “Carroll University is committed to the development of the whole person. We seek to help students grow in knowledge and character, and to be able to contribute to the common good of society. We strive to create a community of learning where knowledge is shared and applied with integrity and compassion.”
Pioneers across the country came back to Carroll for Homecoming & Reunion Weekend, Oct. 18-21. We marched, tailgated, cheered on the football team and reconnected with one another.

2018 HOMECOMING & REUNION WEEKEND
Oct. 10-13, 2019
SAVE THE DATE
We can’t wait to see you at Homecoming & Reunion Weekend 2019

MEN’S BASKETBALL
Driven to Succeed

Sometimes, it’s not how many points you score, or how many rebounds you grab. Sometimes, our focus on stats in sports misses the stories. At Carroll, student-athletes are students first, young men and women who are so much more than the numbers on their uniforms and whose college years mean so much more than their win-loss records.

Take Ray Pierce, for example. The fourth-year guard may not be in the top five in scoring, rebounds or assists for the Pioneers. But he’s a leader in the eyes of coach Paul Combs. “He’s a big piece of this team, the backbone,” said Combs. “He’s faced adversity and he’s had to earn everything in his life, and maybe because of that, he is very mature. He’s hardworking and selfless. He embodies everything our program is about.” Combs named Pierce one of the team’s captains this year.

Pierce is from Milwaukee and played basketball at Milwaukee Mariner. He was a multisport student-athlete, playing baseball and football as well as hoops, but basketball is his love. He chose Carroll because the coaching staff he met seemed to genuinely care about him as a person. Four years later, he is certain they do. “We’re family,” he said. “The guys on this team, we’re brothers.”

Pierce is the first member of his family to attend college, and he is thankful for the chance. He credits his mother, his two older brothers and his grandfather for helping him succeed. “My grandpa has always pushed me to be better.”

Combs said Pierce is a leader off the court as well and has become a great ambassador for Carroll, working with children in the community through the Reading with Pios literacy project. Pierce enjoys the experience and says he understands the value of education. He’ll graduate in December 2019 with a marketing major and a communication minor and look to begin his career where sports and marketing intersect. Until then? “I’m just trying to get better. At everything.” Don’t doubt him.

SOLAR STATUS
POWERED UP

The 52 newly-installed solar panels on the roof of Kilgour Hall came online in mid-September. Purchased by the president’s Green Task Force, the array’s up-to-the-minute power generation and carbon offset statistics can be monitored at any time online at carrollu.edu/about/sustainability

ONE OF TWO
MUSIC THERAPY ACCREDITED

Carroll’s music therapy program received full accreditation by the National Association of Schools of Music (NASM) in July. Over 300 university-level music programs applied for accreditation in 2018, and Carroll was one of only two programs approved.

More Photos at bit.ly/CarrollHomecoming2018

REFER A FUTURE PIONEER TODAY

Carroll graduates know firsthand the benefits of a Carroll education and the Pioneer experience. Why not help to refer a student to your alma mater?

As a Carroll graduate, your referral will automatically result in the Hilger Tradition Award (a $500/year renewable scholarship for four years) for all undergraduates prospective students who you refer. Students are limited to one scholarship per person, but as a graduate, there is no limit to sharing your Carroll pride.

Visit carrollu.edu/alumni/stay-connected/refer-a-student today to refer a future Pioneer!
For many students, college life is a 24/7 affair. For Pioneers, it’s no different. It is an around-the-clock existence, with late nights in the Learning Commons followed by early morning breakfasts in the Campus Center, or Friday night bingo games and crack-of-dawn practices on Schneider Stadium’s damp turf.

Classrooms may sit empty overnight, but a university never really closes. Everywhere, there are people toiling to keep the place moving, to ready it for the next day of learning. There are parking lots to patrol, lights to replace, breakfasts to prepare, books to shelve—numerous tasks, large and small, that have to happen so that the next morning’s Pioneers can get down to the work of transforming themselves. Photographer Kyle Zehr spent a few late nights and early mornings to document Carroll after dark.
"Today, we know more about what works in education and that learning is a collaborative process. We wanted to ensure...that we created spaces where students could collaborate with one another or faculty."

— Dr. Cindy Gnadinger

**Space to Grow**

Across campus, students and faculty are finding vibrant, comfortable and efficient spaces to study, collaborate or just hang out. Here is a look at some of the more recent social spaces created or renovated.

1. Rankin Hall Study Space
2. Campus Center Student Lounge
3. Pioneer Indoor Terrace (PIT)
4. Van Male Field House Lobby
5. Swarthout Hall Student Lounge
6. Michael and Mary Jaharis Science Laboratories Study Spaces
7. Rankin Hall Study Space
8. Campus Center Student Lounge
9. Doug and Nancy Hstad Hall Study Space
10. Steele Hall Study Lounge

**Office Hours**

Dr. Susan Lewis has moved up in the world. Lewis, a professor of biology and marine biology, is settling into a new office in renovated Rankin Hall, a floor up from her old quarters. The new space is a bright corner office, with two tall windows and a high ceiling. While Lewis says she loved her big old office, she’s enjoying the modern conveniences in the reborn Rankin. She’s also happy to be back in the building and mere steps from her classrooms and labs, after a short detour while the building was undergoing its transformation.

- **Antique Chair**
  - Lewis actually has two ancient wooden chairs in her office, having refused the modern seats that came with the new office. At least one of the scuffed and worn chairs, she has been told, was part of Rankin’s original furnishings.

- **Horned Owl**
  - The stuffed owl is a relic of Rankin Hall’s past. Lewis found it in Rankin’s basement years ago, only to learn it had belonged to a former psychology professor at the school. He gifted it to her when he left.

- **Carved Elephant Bookends**
  - Carroll students have long been tracking the globe on what we now call Cross-Cultural Experiences. Years ago, a student brought Lewis back a pair of carved elephant bookends from a study trip to Kenya.
Unstructured, imaginative play is critical to a child’s development. Why, then, are kids getting so little play?

THE PLAY’S THE THING

It was the middle of July. A shorts and T-shirt day. A flip-flop day. At a park in metropolitan Milwaukee, red-winged blackbirds trilled and buzzed, flitting from tree branch to tall flower stalks. Families of ducks drifted slowly in a pond. Frogs peeked from the water’s edge. Turtles sunned themselves on rocks and logs in the water. A light northerly wind pulled at the leaves in the trees and left the wildflowers nodding gently.

But aside from the birds and the wind, the park was quiet. Aside from a sole adult walking a dog, the space was empty. No other people on this afternoon.

No kids.

No clatter and shouts from bike riders careening along the trails. No splashes and no giggles from little game hunters on the lookout for those frogs and turtles. Not a one.
This was a near perfect day, mind you. 78 degrees. No rain. No snow. No boiling heat pushed up from the southern states. Just snow-white clouds and a cooling breeze and blue skies and the natural world humming along, uninterrupted.

What happened to the kids?

Back in the day, in the ’70s, I lived in a small town in the Pacific Northwest. On summer days like this, my friends and I headed outdoors after polishing off our cereal and went straight to the woods behind our homes. We’d spend the day outside, coming home exhausted after dark.

What happened to study?

— The End of Play —

According to a slew of recent studies, my experience wasn’t unique: many children are spending less time outdoors and less time playing on their own than they did several decades ago. Enter “children’s play deficit” in the search bar of Google and 27,000,000 results turn up.

There are really a couple of trends at work. One is a reduction in the amount of time children spend outdoors. In a study conducted by the Gallup Organization in the United States, parents reported that their children spent an average of 10.6 hours in unstructured outdoor play each week, but 18.6 hours per week glued to a screen. Other studies found similar results. In 20 years, the amount of time a typical American child spent in front of a screen has more than doubled, from three hours daily to six and a half. In a study reported on by the National Wildlife Federation, children in the states spend an average of 30 minutes in unstructured outdoor play compared to more than seven hours a day sitting in front of a digital screen. And a study commissioned by the National Trust in the United Kingdom reported that children there play outdoors an average of just over four hours a week, compared to more than eight hours for their parents when they were children.

Forty years ago, parents tut-tutted about television as the great distraction; today it’s video games and cyber-reality that seem to hold our children’s attention. But the factors contributing to the lack of kids in the park that summer day are many (and it should be noted my experience was distinctly middle-class—not all children have verdant landscapes like the one I described in their backyards).

And it’s not just time spent outside that has dropped; it’s time spent at unstructured, unsupervised play in general. When I describe my lonely park experience to Dr. Jessica Lahner, a lecturer of clinical/counseling psychology at Carroll, she is not surprised. “I would really shock me if it wasn’t the case that many children today have a play deficit,” she said. Where were the children? That’s easy, she said. If they weren’t playing video games, “they were at dance class, or soccer, or some other organized activity. Now, those rule-oriented, parent-directed activities are good, but they’re not play.” So, what is play? When we talk about play, just what sort of activity do we mean? According to Lahner, “Real play doesn’t have adult-imposed rules. Instead, children make the rules up as they go. Play is not so much about the outcome, but about the process. The goal is not the point of it is,” she said. Her short and sweet description of play: child-focused, child-centered and child-directed.

It turns out that play is serious work. Researchers are realizing that children need play. It occupies an important role in human development.

— (Some) Birds Do It —

Actually, humans aren’t the only creatures which rely on play. Dr. Susan Lewis, a professor of biology at Carroll, said for a long time, biologists hadn’t thought much about the role of play in the animal world. It seemed less serious than other things to study and, Lewis noted, play is one of those things that’s hard to define—you know it when you see it. But modern researchers have begun to pay attention to what appears to be an important role occupied by play in the animal world. Anyone with a dog or cat has observed their pet seemingly at play—chasing a ball or scratching after a laser dot. As a matter of fact, according to Lewis, that’s one of several types of play researchers have differentiated—object, active and social.

In object play, animals will bat around an item, swiping at it, possibly picking it up by mouth, even shaking or tossing it. Scientists hypothesize that by doing this, animals are developing the motor skills needed as adult predators to catch and disable their prey. In active play, seen more often among prey animals, running and jumping occupy center stage as animals develop the muscle memory that will aid them in escaping predators. And in social play, young animals test themselves and one another, learning limits to their behaviors.

Play appears more often in species of higher intelligence and most often in mammals, according to Lewis, who notes that such play rarely extends into adulthood. But that’s not to say it’s exclusive to more advanced mammals. Some birds exhibit play-like behaviors as do octopuses and even some reptiles, though these have mostly been observed while held in captivity.

Regardless of the species involved, play appears to perform important functions in the development of the individual, said Lewis. Through play, the young learn how to hunt or avoid capture, how to act around others, even how to make. Should it surprise us, then, that play is important to humans? Lahner argues that by doing this, animals are developing the motor skills needed as adult predators to catch and disable their prey. In active play, seen more often among prey animals, running and jumping occupy center stage as animals develop the muscle memory that will aid them in escaping predators. And in social play, young animals test themselves and one another, learning limits to their behaviors.

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And even when kids are outdoors, we pretty much make outside just like the indoors, with rules and boundaries…The parks are almost like shopping malls, with paths and play areas. Everything is so structured. I know my own children, in a way, have sort of been trained to look for boundaries.” He wonders if one result is a generation of children less willing to venture out on their own.

Video screens of all sizes are prime culprits in the play deficit, but parents themselves might have to share the blame. “As parents, we’re afraid of our kids being bored,” Lahner noted. She recalled her own childhood. The growing number of households where both parents worked coupled with more single parent households gave rise to the latchkey generation. “Our moms worked, we ate processed foods, we were left to fend for ourselves, so we did.”

But by the time those latchkey kids became parents themselves, the pendulum had swung in the other direction. “We are helicopter parenting way more than ever before,” she noted, micro-managing the minutes in our children’s days. “Kids are busy, we don’t have time to be creative. We trained to look for boundaries.” He wonders if one result is a generation of children less willing to venture out on their own.

Setting the Stage for Play

By Dr. Jessica Lahner

Provide the Tools

- Simple, three-dimensional toys
  - Blocks, plastic cups for stacking, blankets for fort building
  - Decoart paints, plastic animals, dolls
  - Cardboard boxes like shoe boxes, shipping boxes, etc.
  - Craft items like crayons, markers, scissors, construction paper, glue, children and parents
  - Play food and recycled food boxes like cereal boxes, milk cartons, etc.

- Outdoor play with balls of multiple sizes, hula hoops, small safety cones and wooden sticks

Pretend play

- Costumes and accessories like store-bought costumes, clothes from a second-hand store and/or grown-up clothes. Pile your child’s pile of plates, belts, hats, gloves, toys, shoes and jewelry you no longer wear yourself.

- An inexpensive wall mirror: children love to see themselves dressed as someone else.

Elaborate Isn’t Always Better

- Kids will make do with what they have

- Simple is often best

- Children improvise opportunities to explore social conventions and roles (e.g. teacher/students)

Don’t Meddle

- Participate in your child’s play if invited and follow the child’s lead. Don’t direct the play unless your child is directly involved.

- Resist the urge to correct. You might have a great idea for that block tower or the doll’s clothes might be on backwards. Let it be. Corrections or doing it for them will prompt self-doubt and stifle their creativity.

Let Go of Control and Need for Clean

- Creative play likely means a mess

- If kids continually hear “don’t make a mess, clean that up” we are communicate that doing what they want to do and using their imagination makes us frustrated

Be Patient

- If your children aren’t used to unstructured time for free play, they may legitimately need help getting started

- Together, make a list of things they can do by themselves when they have free time; when they complete of being bored, have them choose from the list

The Role of Recess

“Twenty to 30 years ago, Pre-K and 4-K classes have been swept up in that as well. Even kindergarten and early childhood education where there is intense pressure to be able to measure and quantify everything kids are doing and the reality is that play isn’t easily quantifiable,” Kretchmar noted. Even kindergarten and early childhood classes have been swept up in that as well. “As a result, we see a far as exposure to play,” noted Kretchmar.

“Some see play as just messing around, some see play as building things for themselves, they will become independent and critical thinkers.”

Research shows that, in the long term, play has positive impacts on literacy and math achievement. Kids that have that time and space to play become better readers, writers and problem solvers. A lack of play also hinders the development of the social/ emotional skills that are so important, not only to the day-to-day classroom, but to the child’s ultimate health.

Kids need that time to play, and when they don’t have it, it can impact their ability to engage and build relationships with others. Sarah Norgord is a Carroll senior majoring in elementary education and special education, with a minor in early childhood education. She explored the importance of play in early childhood education for Kretchmar’s class in educational advocacy this past fall. She combined research with onsite observations of each classroom to investigate the various types of play and how they might be facilitated in educational settings.

“I really didn’t know all the benefits play could offer, and I didn’t realize all the different forms of play,” Norgord said. “Play allows children to learn lifelong skills, but also allows kids to be kids and use their imagination and creativity.”

Norgord wrote: “If children are given the chance to work together and collaborate with their peers, think outside of the box and discover things for themselves, they will become independent and critical thinkers.”

“Some see play as just messing around, but nothing is further from the truth.”

Elaborate Isn’t Always Better

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“Twenty to 30 years ago, Pre-K and 4-K still had a playtime focus and that’s no longer true in most school districts at this point. Now, that’s not to say there aren’t exceptional teachers who find creative ways to bring play into the curriculum, but they have to work to do that.”

That race to meet academic expectations might have a harsher impact in disadvantaged schools. There are a host of benefits to play, but that research has been ignored by most districts and especially by disadvantaged districts, where the answer has been to place a greater emphasis on academics (for example, extra reading time instead of increased playtime). “As a result, we see a real inequity in early childhood education as far as exposure to play,” noted Kretchmar.
It was a seemingly random question asked by Everett Stevens '68 within this fall's Class of 1968 Reunion memory book. A question like that certainly raises a few eyebrows, but even more intriguing was a remark found only a few pages earlier. Another alumnus, not only mentioned the cow, he specifically claimed to have helped heave the animal up the stairs after "feeding it a heavy dinner." Despite these strange musings in the memory book, Carroll's hooved guest does not make its mark in the Freeman. The only ones who can really know the truth are the president's office, it really cut loose.” One was a single sentence report on the incident in the Waukesha Freeman in 1969, simply noting that a senior prank involving a cow had occurred around the time of Spring Fling. The other was a photo, placed last-minute in the index of the 1969 Minakina. It was an image of the infamous cow. The creature was captured in black-and-white, standing apprehensively on the landing of Main's staircase. It was the only irrefutable evidence of this silly tale.

No other details could be found. The existing evidence only created more burning questions. What seemed to be a rather innocuous question snowballed into an investigation when the Office of Communications and Marketing reached out to two of the alleged pranksters, to see what all this cow business was about. The first was, ironically, Stevens himself. His question was simply not so innocent after all. The second alumnus was David Opitz '68, who had been called the “mastermind” behind this entire scheme. Both generously agreed to share their perspective on what went down that fateful night so many years ago. Before their stories are told, it's important to consider this: 50 years have passed since that unsuspecting cow stepped onto campus and into legend. Time enough for memories to fade. Certain details differ within each man's version of the story. The cow of prankssters, the location within Main where our spotted visitor spent its night and other small bits of information vary in everyone's mind: Why?

"It started off with the idea to raise money for a senior class gift," Stevens recalled. "We collected money in the PT, during coffee breaks. When only $300 was raised, we realized our option was to start running articles in the campus newspaper." Running articles about the current milk surplus and photos appeared of farmers dumping out milk to decrease supply and encourage government milk subsidies. What better gift than to take one milk cow off the market? We decided to purchase one cow and give it to Carroll College.”

There were probably better gifts to give to a rapidly growing college, but none would be quite as memorable as what Stevens had planned. He detailed his excursion to pick up the cow, which entailed borrowing a horse trailer from a fellow Carroll senior and going to the Milwaukee stockyards to pick up his barnyard accomplice. Unfortunately, the vehicle was used to transport the cow broke down and he and his new bovine friend spent the evening hours alone on an industrial street.

"I had given a short rope, so I walked the cow down the street to a really seedy bar and asked to use their phone. I called a mutual friend and Bill showed up the dark, two hours later.” They waited until Sunday for the perfect time to strike. Stevens didn’t discuss the giddy details that pertained to bringing the cow up Main’s notoriously steep stairs, but he did mention what the cow did upon arriving at its final destination.

"We had fed the cow a lot... and the cow chose to not soil its trailer. When the cow arrived in the president’s office, it really cut loose.” One was a single sentence report on the incident in the Waukesha Freeman in 1969, simply noting that a senior prank involving a cow had occurred around the time of Spring Fling. The other was a photo, placed last-minute in the index of the 1969 Minakina. It was an image of the infamous cow. The creature was captured in black-and-white, standing apprehensively on the landing of Main's staircase. It was the only irrefutable evidence of this silly tale.

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Aaron Blackshear ’03, Justin Jacobs ’03 and Mason Yahrl ’16 score jobs in the NBA.

By Linda Spice ’89

It was the spring of his senior year at Carroll inside of Lowry Room 103 when Mason Yahrl ’16 listened to a presentation titled “Mathematics of Gambling: Using Nonstandard Signals.” Dr. John Symms, a former student, now Dr. Justin Jacobs ’03, as a guest lecturer at this senior analyzing data for professional NBA teams. Mason Yahrl ’16 listened to a presentation and working to lower potential injuries to athletes. And, outside of this work day, just like Jacobs did for him, Yahrl has made time to come back to campus to talk with students about the field and to share advice. In the true spirit of Carroll’s mission of service, he said, “You’ll never become fulfilled until you prioritize someone before yourself, not until you help someone to achieve their dreams or establish a legacy. That’s when it becomes fulfilling.”

When Jacobs came to speak to Yahrl’s class, he was a research statistician in the data science and cyber analytics division at Sandia National Laboratories in California. He had come to campus to receive the 2016 Distinguished Alumnus Award for Professional Achievement from the university’s alumni association. Jacobs took classes together as undergrads at Carroll and later re-connected through a mutual friend via Twitter posts, when Jacobs, @jaeblackkahn, AKKA “NBA data nerd,” was in fact his former classmate.

Looking back, Blackshear credits a partnership between Carroll and Assurant Health with helping to launch his career as an actuary. He called himself a “gimmie guy for an internship program between the two organizations that has become a successful pipeline of Carroll actuarial science students going to work for Assurant. He worked for Assurant for more than nine years and with two additional firms for nearly six more years before joining the Detroit Pistons in 2016. After his time as an insurance actuary, he said file in the NBA is “quite different.” He explained his team’s data to assist the front office and coaches in areas that include identification of strong players, potential draft picks and strategic moves inside the game.

There are times when it’s more of a 9-to-5 job, but very much you’re basically almost 24/7. Things can pop up at any time. There could be late nights when there’s a potential trade that’s going to happen, he said, so you are called on to do an analysis of potential players,” he said. “We do get input into decisions that are made.”

Joanne C. (Johnson) Adams ’92 has been recognized by the U.S. Department of Education. Johnson, who attended the University of Wisconsin-Eau Claire and the University of Northern Iowa, is an assistant professor of mathematics at Assumption College in Worcester, Mass. She was selected as a national winner in the 2018 Mark of Excellence contest.

In his role with the Bucks, Yahrl focuses on analytics for professional peers through the National Basketball Association’s “Inside the League with Persistence and their analytical know-how instead. Each of the ways we were hired were so vastly different,” Jacobs said. “It bucked the trend of how the league works. The league works on relationships and networking opportunities.”

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Jeff Redonno ’91 has accepted a position as the high school theater teacher at the International School of Beijing in China. Jeff and his family will be moving to Beijing after four years at the American International School in Jakarta, Indonesia, and three years in Dhaka, Bangladesh.

2004
Stephan Pfeiffer ’04 has been named one of Inside Business’ Top Forty Under 40 for his work in managing and marketing the Whisket River Games’ criminal defense department.

2005
Stov Koskinen ’05 and wife Stacie Koskinen welcomed a baby boy, Robert Donald Koskinen, on May 30, 2018.

2010
David Cornell ’10 accepted a tenure-track assistant professor faculty position in the Department of Physical Therapy & Kinesiology at the University of Massachusetts-Lowell.

2013
Kelsay (Pfeiffer) Baileberger ’09 is a fifth-grade teacher at the Alcona Westfield Community School in Iowa.

2014
Stew Koskinen ’05 and wife Stacie Koskinen welcomed a baby boy, Raymond Philip Wells, on Sept. 24, 2018.

2016
Brea Patterson ’14 is an associate for the Pino Bach law firm in Madison within its litigation practice group.

2001
Nicole (Robinson) Hanan ’01 and her husband, David, welcomed a baby girl, Nora, on July 25, 2018.

2009
Melissa Kalber, coordinator of arts and sciences administration, and her husband, Tim, welcomed their beautiful baby girl, Lily Elizabeth Ann Kalber, on July 23, 2018.

2010
Val (Porras) Spangler ’05 and her husband, Steve, welcomed a baby boy, Silas King and Titus Kash, on Sept. 10, 2018.

2016
Sara (Bartos) O’Connor ’06 and her husband, Sean, welcomed a baby girl, Piper Grace, on June 27, 2018.

2018
Paul Rempe was married to Kristin (Fischer) Schneider ’06 on June 23, 2018, at Carroll University. He welcomed twin baby boys, Silas and Titus, on Sept. 6, 2018.

1997
Cheri Stardvarten ’97 has authored a book, “Cold War Wisconsin,” about the role of the Badger state during the Cold War era. Stardvarten works at the Wisconsin Public Library.

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Allison (Cherry) Cook ’99 welcomed a baby boy, Mason Cook, in December 2017.

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Alumni Award Nominations Sought
Do you know a Carroll graduate who has excelled in his or her profession, in their community or service to Carroll? If so, please consider nominating Carroll graduates for the following awards for 2020:

- Distinguished Alumni Award for Professional Achievement
- Distinguished Alumni Award for Community Service
- F.E. MacAllister Distinguished Alumni Award for Service to Carroll
- Graduate of the Last Decade Award

Visit carrollu.edu/alumni/nominations to nominate a校友 today! The deadline for 2020 nominations is May 31, 2019.

Longtime Religious Studies Prof ‘Red’ Sinclair ’52 Passes

The Rev. Lawrence Sinclair ’52—better known to his Carroll colleagues as “Red”—retired as a full-time professor with nearly four decades inside a college classroom, but never really stopped teaching. Even after declaring himself retired as a professor of religious studies, he continued for several years to tackle part-time, evening classes at Carroll.

“Lawrence was an intellectual,” said his wife, Mary Ann Sinclair, who met him during his “retirement” years and married in 2001. “He loved students. He loved being in the classroom. I would ask him a question and I’d get a lecture on a topic. I used to say to him, ‘You just can’t not teach.’”

Sinclair lived as an educator before he passed away at the age of 88 on his 30-lot Linder Groes in Mukwonago, Wis., after struggling with failing health. His death came just 18 days after his only sibling, his brother Dr. James Sinclair, a former botanist at the University of Illinois at Urbana–Champaign, also passed away.

Sinclair graduated from Carroll College in 1952 with majors in philosophy and psychology. He went on to study at McCormick Seminary and Johns Hopkins University. He was a professor of religious studies at Carroll College for 39 years but also had an academic background and interest in archaeology.

He had his doctoral dissertation research on the excavation of Shechem, facilitated by the city’s historical and biblical significance in Israel, said Dr. Lamar Cope, a professor emeritus of religious studies who worked with Sinclair at Carroll for 25 years. He used his interest in archaeology to take students to Carroll’s every other year to local farms to dig on the grounds. Cope recalled how Sinclair led an ecumenical study tour to Europe during Carroll’s January term, taking groups of students on a “trip that focused on going to the places where theology was happening.” He enjoyed it so much that he looked to Europe even without the students.

Under Sinclair’s leadership as chair of the religious studies program and in cooperation with his colleagues, Carroll’s religious studies was formed from a single course that Cope said was a survey of the Bible in one semester to more offerings in a spiritual journey in understanding religion.

“I think that was not exactly a planned program he had in mind but step-by-step he led us through it,” Cope said. “The religious studies program when he retired was nowhere near different than the one now.”

He is survived by his loving wife Mary Ann (nee: Koening) and his children Steve Sinclair of Waukesha, Susan (Kurt) Guenther of Waukesha, and Elizabeth Sinclair and grandchild Dr. (Ami) Scrima, Avalia Scrima, and Elizabeth Scrima. He was preceded by his death by his son Andrew and his brother Dr. James.

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Alumni living outside of the United States — We need your input!

In an effort to engage alumni living abroad of the United States, we’d like to know more about you, your Carroll experience and what you are doing now. Please take a couple of minutes to complete the survey at carrollu.edu/alumni/international-survey. We are hoping to engage alumni living abroad for possible collaborations in recruiting, cross-cultural experiences, alumni trips and sharing your Carroll stories. Thank you for your time and continued support!
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

Saturday, Feb. 23, 2019
Florida Alumni & Friends Gathering
Hosted by Joe Zvesper ’76

Friday, March 1, 2019
Arizona Alumni & Friends Gathering
Hosted by Dan ‘69 and Ann (Leighton) ’70 Von Hoff

Thursday, March 7, 2019
Downtown Milwaukee Alumni & Friends Gathering
5:30–8:30 p.m.
Motor at the Harley-Davidson Museum

March 11–15, 2019
Washington, D.C. Alumni & Friends Gathering and Volunteering

Thursday, March 21, 2019
Chicagoland Alumni & Friends Gathering
5:30–8:30 p.m.
King’s Dining & Entertainment

April 1–30, 2019
National Service Project

Tuesday, April 9, 2019
Cheers to Our Years Alumni/Graduating Seniors Wine Tasting
6–8 p.m.
President’s Home

Tuesday, April 16, 2019
Celebrate Success Event
Honoring 2019 Distinguished Alumni Award recipients
5 p.m.
Stackner Ballroom

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

Campus Bookstore Goes Digital

Remember walking through aisle after aisle at the college bookstore, scanning shelf after shelf, trying to locate books for the semester, hoping there would be some used copies to pick from? Things have changed. This past year, Carroll selected Barnes & Noble College to manage the university’s bookstore operations and the operation has gone digital.

Barnes & Noble College, powered by MBS Direct, will operate a virtual bookstore where students can browse and purchase their course materials in a convenient and accessible manner. This online portal stresses affordability and accessibility for Carroll students, letting them view all available formats, including new, used, digital and rental, as well as open educational resources (OER) content and courseware from OpenStax, LoudCloud Courseware™ and other major OER providers.

“We are delighted to work with Barnes & Noble College to provide an innovative option for our students,” said Carroll President Dr. Cindy Gnadinger. “Having the necessary materials to succeed in the classroom is extremely important and we are confident that Barnes & Noble College will support our campus community in the best possible way.”

Barnes & Noble College will also operate the on-campus Pioneer Shop, which offers a vast assortment of awesome new general merchandise items (see above), including clothing and gifts that reflect the Pioneer spirit, as well as school supplies, technology and more. Additionally, the Pioneer Shop will serve as a convenient on-campus hub for the pick-up and return of course materials ordered through the virtual bookstore.

Visit the digital bookstore and Pioneer Shop at carrollu.bncollege.com

THEY WILL CHERISH THESE DAYS.

A college education at Carroll is marked with unforgettable experiences of friendships formed, challenges surmounted and memories made.

When you give to Carroll, you help us make this transformative education more accessible. You help make memories.
carrollu.edu/give
Yes, that’s a cow.
In Main Hall.

A bovine pioneer of sorts. The first of its kind to set foot on campus. Hoofing it to class? You’ll have to read the story on Page 22 to find out.