

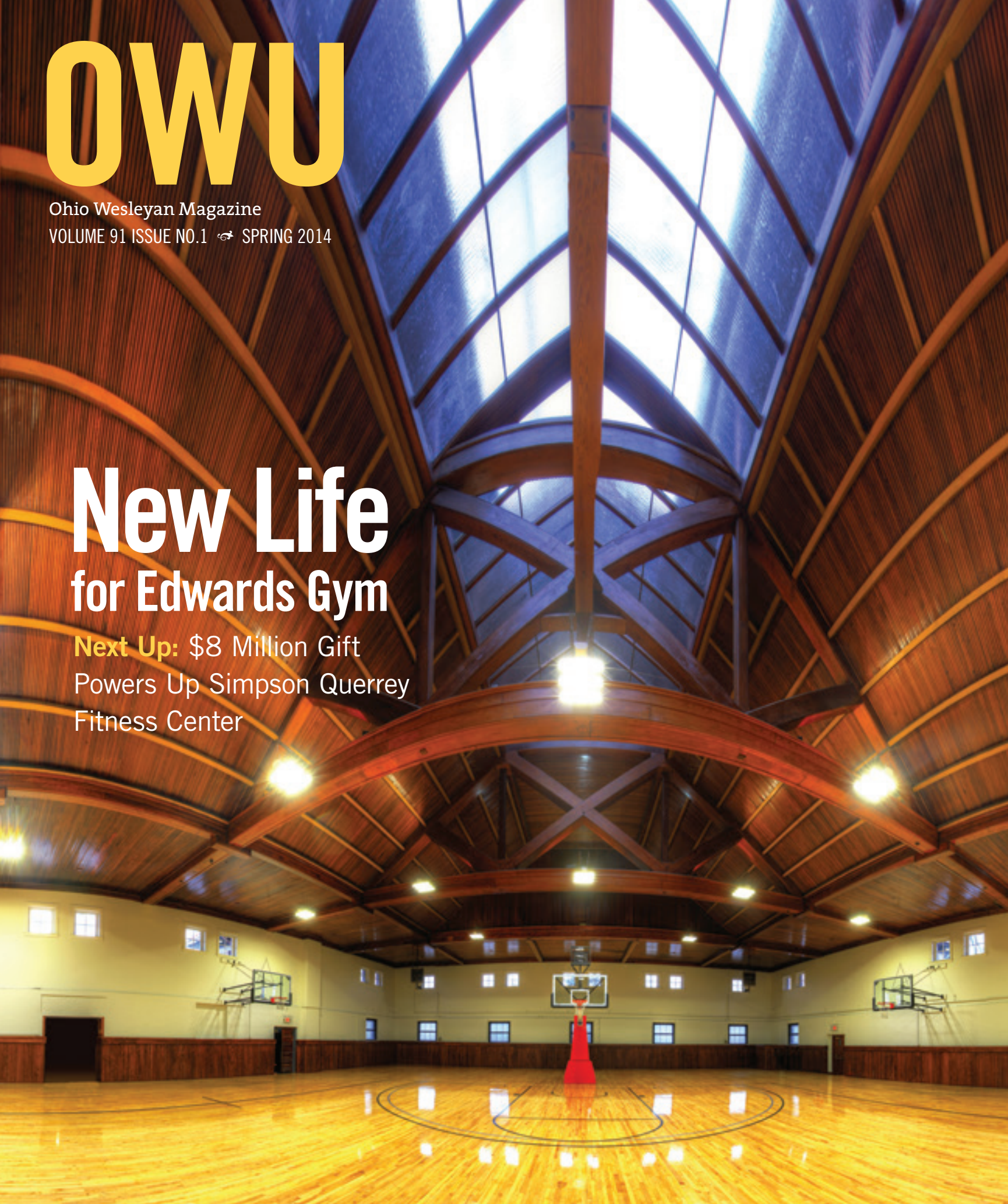
# OWU

Ohio Wesleyan Magazine

VOLUME 91 ISSUE NO.1 🐾 SPRING 2014

## New Life for Edwards Gym

**Next Up:** \$8 Million Gift  
Powers Up Simpson Querrey  
Fitness Center



# EXPERIENCE EXTRAORDINARY

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# OWU

Ohio Wesleyan Magazine

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How managing stress as students can result in healthier lives post-OWU.



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“Happy campers”—that’s the best way to describe those who have had the opportunity to spend a week at Camp Blue Skies, a camp for adults with cognitive and developmental disabilities. The camp was founded by OWU alumnus Richard Sesler '71. He and camp director Jon Holcomb '71 met as students at OWU in 1967, and they have remained good friends ever since.



### Healthy Alumni on the Move

Read about more OWU alumni for whom running is a way of life.

Go to: [magazine.owu.edu/spring2014](http://magazine.owu.edu/spring2014)

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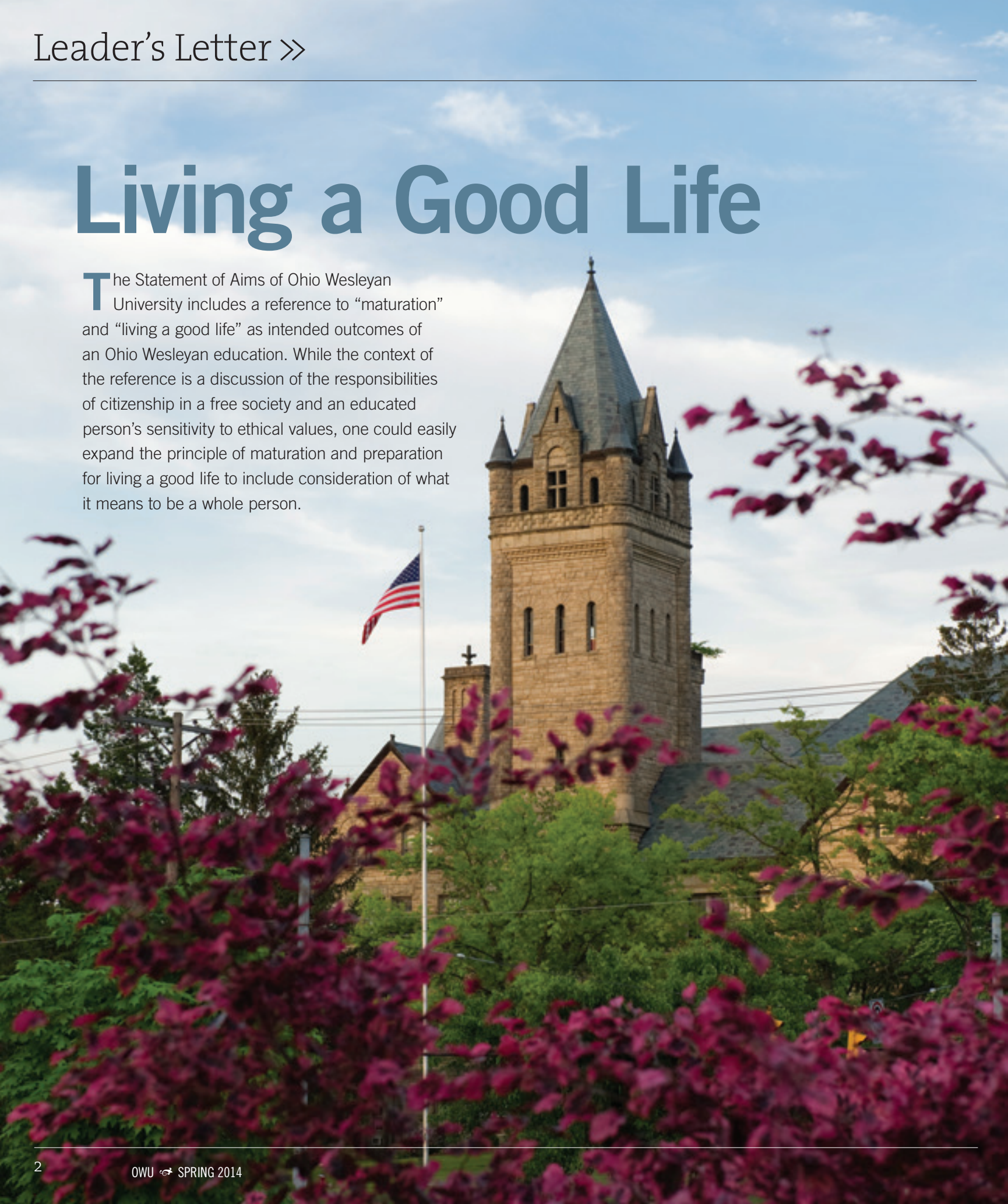
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**COVER:** 360-degree photo of restored Edwards Gymnasium, by Larry Hamill

# Living a Good Life

The Statement of Aims of Ohio Wesleyan University includes a reference to “maturation” and “living a good life” as intended outcomes of an Ohio Wesleyan education. While the context of the reference is a discussion of the responsibilities of citizenship in a free society and an educated person’s sensitivity to ethical values, one could easily expand the principle of maturation and preparation for living a good life to include consideration of what it means to be a whole person.



Liberal education has long sought to weave together an appreciation for the intellectual curiosity of the mind, the physical habits of the body, the inner disciplines of the heart, and the outer life of social relationships and social responsibility. All are integral components for a productive life and for a life well lived.

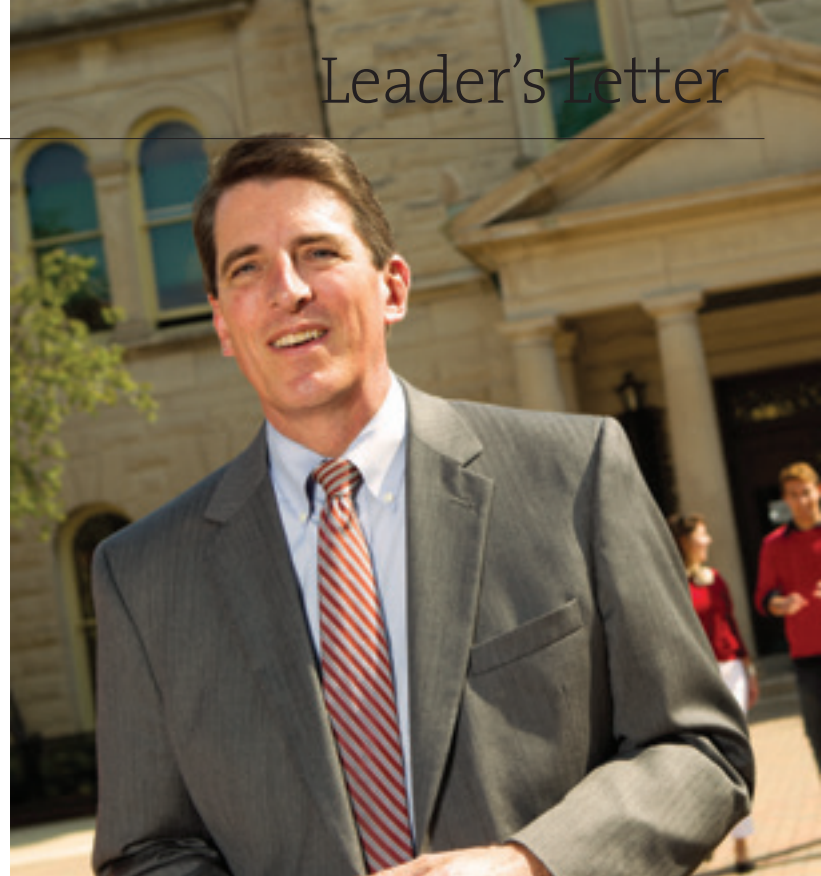
In recent years, our society has become increasingly concerned with matters of wellness, understanding that wellness includes the health of the mind, body, and spirit. Ohio Wesleyan is particularly concerned about wellness. We are interested in the health and wellness of our society, and we care about the health and wellness of individuals, including our students. Our mission of educating moral leaders for a global society requires us to include in that education, an introduction to habits and ways of living that promote health and wellness and that challenge students to develop disciplines of mind, body, and spirit. These habits and disciplines are essential to enhancing students' future productivity as citizens and leaders and to increasing the longevity and quality of their lives. This is a fundamental outcome of a liberal education.

Our curriculum invites students to explore health and wellness from a variety of perspectives, including public policy, health psychology, public health, preparation for health care professions, and global health, to name just a few. Our Department of Health and Human Kinetics (HHK) offers concentrations in General Health and Human Kinetics, Sports and Exercise Management, Exercise Science, and Health Promotion. Activity classes offered through HHK introduce students to recreational activities that can support lifelong health and fitness.

An extension of this curriculum is FITOWU, a program developed several years ago by Professor Nancy Knop of the Department of Health and Human Kinetics. This program prepares students to serve as class leaders and trainers in various fitness activity classes that are made available to members of the faculty and staff during the noon hour and at the end of the work day. This is a classic example of the connection of theory to practice as students translate classroom learning into real-world experience by serving as teachers in fitness classes, where their own faculty members may become their students.

Our students have become increasingly interested in matters of health and wellness and developed the Healthy Bishop Initiative three years ago. This student-led program challenges all of us to think about health services (both mental health and physical health) on campus, the types of food offered in our dining facilities, and the availability of programs and resources to support healthy physical activity. The Healthy Bishop Initiative led to expansion of intramural and club sports programs, the addition of a part-time dietician as a resource for students, and acceleration of plans for a new fitness center on campus.

The recent and wonderful news of an \$8-million gift from Lou Simpson '58 and Kimberly Querrey to create the Simpson Querrey Fitness Center and to renovate historic Edwards Gymnasium, allows Ohio Wesleyan to advance its commitment to health and wellness in a



dramatic way. The new Simpson Querrey Fitness Center, to be located in the old Pfeiffer Natatorium, will serve the entire student body. The gift also funds construction of a dance studio to support the growing program in Dance; renovation of classrooms, offices, and labs used by Health and Human Kinetics; and restoration of one of the oldest and most historic buildings—Edwards Gymnasium—including a new office complex for our athletics department, which serves one third of our student body. In addition, we will install entirely new equipment in the Belt Fitness Center in Welch Hall, continuing our commitment to a cardiovascular fitness space on the residential campus. I am profoundly grateful to Lou Simpson and Kimberly Querrey for their affirmation of the importance of connecting the education of mind, body, and spirit through the development of a campus fitness center and campus-wide programs that foster health and wellness among our students.

All of these initiatives reflect a campus that takes seriously liberal education's historic commitment to the whole person. In this issue of the *Magazine*, we explore some of the ways in which OWU fulfills its commitment to offering a holistic education that encompasses mind, body, and spirit. We give particular attention to programs that promote physical health and well-being and welcome your thoughts and comments, as we continue to offer an education designed to promote maturation and living a good life.

Rock Jones  
President of Ohio Wesleyan University

## Fitness First

### \$8-Million Gift Creates Center for Mind, Body, and Spirit

**FOR THE SECOND TIME IN LESS THAN EIGHT MONTHS, OHIO WESLEYAN UNIVERSITY HAS RECEIVED AN \$8-MILLION COMMITMENT TO FUND THE RENOVATION OF A CAMPUS BUILDING.**

The latest contribution comes from Louis A. Simpson '58, and his wife and business partner, Kimberly K. Querrey. Their contribution is the lead gift in the renovation of the former Pfeiffer Natatorium, which opened in 1954. Construction of the Simpson Querrey Fitness Center is expected to begin this fall. Simpson retired at the end of 2010 as President and CEO Capital Operations of GEICO Corporation, having managed investments for GEICO for 31 years.

The state-of-the-art fitness center will include space for cardiovascular equipment as well as multipurpose fitness and wellness education rooms. The center also will feature a spacious dance studio and renovated classroom and office space for the Department of Health and Human Kinetics.

"In talking with Lou and Kimberly about this gift, I was struck, not only by their obvious generosity, but also by the deliberation with which they chose to help Ohio Wesleyan build a new fitness center," says OWU President Rock Jones. "Lou and Kimberly were drawn to the opportunity to help students live longer, more productive, and more fulfilling lives."

Simpson says, "The education I received at Ohio Wesleyan—and the professors and people I met there—gave me a solid foundation for the rest of my life."

Querrey adds that she also was motivated by the fact that nearly 80 percent of OWU students participate in organized recreational activities, such as intramurals, club sports, and varsity athletics. As a former athlete, she said it is

important to learn the spirit of competition and to develop healthy lifelong habits to integrate mind, body, and spirit.

Creation of the Simpson Querrey Fitness Center also will enable Ohio Wesleyan to add a new south entrance to campus that provides a more visible gateway for visitors. Preliminary plans call for the former Pfeiffer Natatorium to be wrapped in brown brick to match the adjoining Edwards Gymnasium and to be topped with a new red clay tile roof that mimics the newly restored gymnasium roof. The renovation will open up the flow between the two buildings, creating a comprehensive, connected facility.

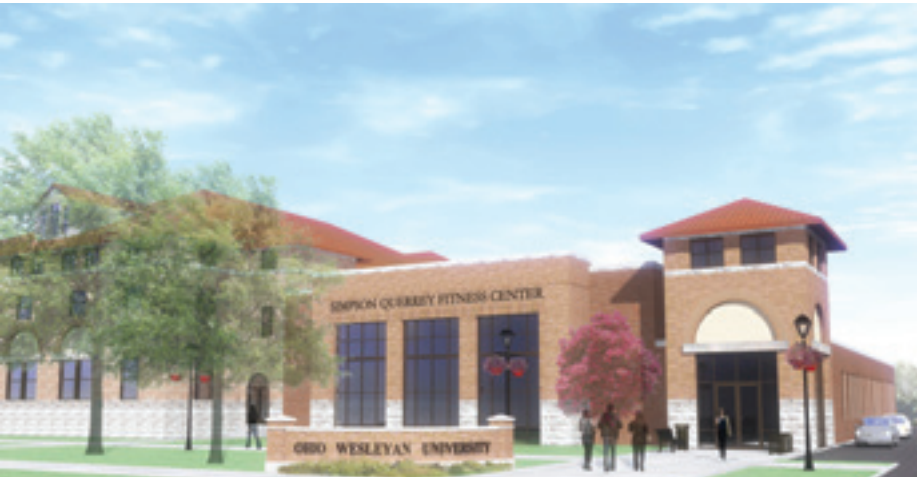
Work to refurbish Edwards Gymnasium began in 2012 and has included adding a modern weight room, restoring a second-floor basketball court, and refurbishing a skylight that previously had been boarded over. The gymnasium opened during the 1905-1906 academic year, and its restoration is considered Phase One of the larger effort that includes the soon-to-be-built fitness center.

"Ohio Wesleyan is going to be a noisy, busy, exciting, extraordinary place in the coming months," President Jones says. "Beginning in May, we will use our first \$8 million gift—from an anonymous alumni couple—to renovate Merrick Hall in support of the teaching and learning innovation provided by our OWU Connection curricular initiative. Soon after, we will begin work to realize Lou and Kimberly's vision of the Simpson Querrey Fitness Center." Simpson, who majored in economics and accounting at Ohio Wesleyan, was awarded an honorary degree—Doctorate of Laws—from the University in October 2013 in recognition of his significant achievements in the field of



economics.

He contributed an additional \$2 million to the University in 2013, creating The Louis A. Simpson '58 Endowed Faculty Director of The Woltemade Center for Economics, Business and Entrepreneurship. The center works to enhance teaching, learning, research, and community service at Ohio Wesleyan, focusing on the Department of Economics.



## True Grit

**Tanisha Murphy not only wished on a star—she grabbed hold of it.**

**TANISHA MURPHY '17 WISHED UPON A STAR MANY TIMES AS A CHILD GROWING UP IN DELAWARE, OHIO.** Sometimes, her wishes were for basic needs of life, like food and clothing. Other times, they were for family happiness. Then there were the times she wished to someday attend college at Ohio Wesleyan University. She was very aware of OWU, sometimes seeing students walking to and from classes. Murphy wondered what it would be like to be a student at the University one day.

As a speaker at OWU's 2014 Martin Luther King Jr. celebration breakfast in January, Murphy shared these childhood wishes, as well as other stories from her life. She spoke of challenges she faced growing up with no father

present ("I'm not really sure where he is now," she says) and an embattled mother who is still in Murphy's life. She also spoke of her triumphs.

"My mom often encouraged me to get good grades and go to college," says Murphy. So that's exactly what she did. As a student at Buckeye Valley High School, she took numerous honors and AP classes, finally graduating with a 4.23 grade point average. Then she set about making one of her wishes a reality.

"I got to know Ohio Wesleyan and applied for several scholarships to see if I would be able to afford college," Murphy recalls, mentioning her gratitude for help she received from the University's financial aid office and from mentor Rosalind Scott, the associate director of human resources. Murphy had decided, that when it came to funding her education, there was no room for timidity. So she went after and landed scholarships (including the 2013 Martin Luther King Scholarship), loans, and an off-campus job to help pay for her college expenses.

Now that Murphy is a full-time student, she may pursue a double major in fine arts and economics. Says her mentor Rosalind Scott, "I truly believe that Tanisha is destined for greatness. She exemplifies 'grace under fire,' especially when you hear her story and realize the journey she has had at such a young age. Tanisha has a tendency to view circumstances, whether good or bad, as opportunities. She has learned to follow her own personal star, grasping at her chance for greatness with passion, belief, commitment, courage, and perseverance—and we around her are awe-inspired and amazed."

Now an OWU freshman, Murphy's "personal star" is on the rise. Other childhood wishes, however, particularly those for her family's happiness, are still on her mind. These days, Murphy says, "things are better" with her mother. Though she never sees two of her four siblings, the two living with her stepfather, are under her watchful gaze.

"I take on the "mom" role with them because I want them to be on the right track, says Murphy. "No matter how bad things get, it's important to stay determined and keep a positive mindset."

—Pam Besel is Director of Internal Communications and Editor of the OWU Magazine.

## OWU Reaches \$1 Million Plus in Grant Funds

**Theory-to-Practice program proves popular with students and faculty.**

**A GOOD DOSE OF GRADUATE SCHOOL EXPERIENCE AWAITS OHIO WESLEYAN STUDENTS WHO PARTAKE IN THE THEORY-TO-PRACTICE GRANT PROGRAM AT OWU.**

Writing research proposals about topics of special interest and seeking University funding are the first steps, and once funded (thanks to President's Circle donors and others), the rest of the educational journey unfolds.

In the 2013-2014 academic year, OWU awarded 23 grants totaling \$169,000. Since 2009, the University has invested more than \$1 million in the grant program.

From studying the aging experience in Myanmar culture to the balance of human interests with conservation in Australia, to the effects of French colonialism on national identity and culture in the French West Indies, students and professors are continuing to link classroom theory with real-world experiences in what now are 12 world regions, 55 countries and 22 U.S. states.

"I think the Theory-to-Practice Grant program is one of the hallmarks of an OWU education," says Addison Miller '14, whose grant entitled "Dubai: Globalization and Geography" enabled him to travel abroad, which he had not done before. "Given my career goal, to work for the U.S. Department of State in some aspect of Middle Eastern affairs, my travel to that region to conduct research on this topic has afforded me an experience that will be useful professionally."

Learn more about the Theory-to-Practice Grant Program at <http://tpg.owu.edu>.







## “Theory-to-Fitness” Grant Helps Students Lead Healthy Campus Initiative

STUDENTS COME TO OHIO WESLEYAN TO LEARN, GROW, AND PREPARE THEMSELVES FOR THE REST OF THEIR LIVES, AND MUCH WORK IS DONE IN THE CLASSROOM TO HELP THEM REACH THESE GOALS. However, OWU junior Alexa Katrinchak believes that when it comes to health and fitness learning, it's also important to get hands-on experience. That's why she's a part of Health in Training (HIT OWU), where her work is funded by an Ohio Wesleyan Theory-to-Practice Grant.

Under the supervision of Dr. Nancy Knop, a professor in the department of health and human kinetics, that HIT OWU program focuses on creating a healthier campus community and teaching others about health. Katrinchak, a health and human kinetics major who plans to pursue physical therapy, is taking the project by the reins. “My Theory-to-Practice Grant allows me to get certifications and to attend conferences that prepare me to be a leader within HIT OWU,” she explains. “And that means a lot to me, because public health is a subject that I'm really passionate about.”

As with all Theory-to-Practice Grant projects, HIT OWU takes concepts learned in the classroom and applies them to the real world. The program is rooted in a “Sustainable Train-the-Trainer” model which Katrinchak says she learned about in

*continued on page 8*

## HEALTHY FACTS AND STATS

74

Percentage of OWU students who belong to student clubs and interest groups

68

Percentage of OWU students who participate in varsity and intramural sports

82

Percentage of OWU students who say they are satisfied or very satisfied with life

82

Percentage of OWU students who say they never use cigarettes

75

Percentage of OWU students who say they don't drink soda

*continued from page 7*

one of Dr. Knop's classes. "Basically, we want to teach people to exercise, develop programming to support their learning, and then take it to the next level by training students to be fitness instructors and health leaders on campus," she explains.

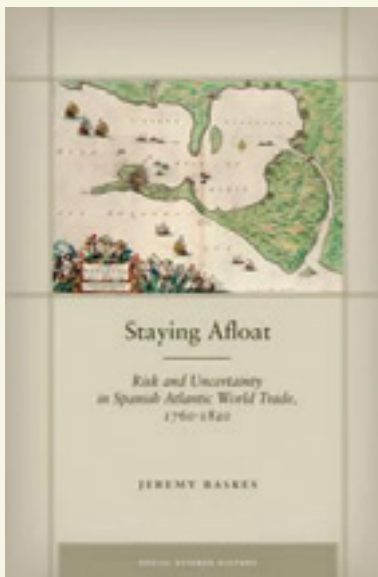
Because Katrinchak's focus within HIT OWU is "leadership," her key role is training the program's fitness instructors. "I'm 'training the trainers,' as eventually, these are the people who will take on my role—that's how the program is sustainable. We're hoping to engage undergrads as much as possible so that HIT OWU will continue to cycle through leadership and sustain itself on campus."

Participating in the HIT OWU programming is easy and flexible, Katrinchak says. Students can sign up for classes or personal training, and a variety of options will be available to fit different schedules. Spinning classes, yoga classes, and other targeted fitness sessions are slated to be among the offerings. "In the past, there has been programming like this for faculty through the FIT OWU program, and we want to spin off of that to make fitness classes easily accessible to all students."

Katrinchak plans to use her work with the program as her Honors Program project. "I'm going to tie in the HIT program with research on getting the college-aged population engaged in fitness and health. It will come together as a cohesive project in the end."

Katrinchak says she's thrilled to use a Theory-To-Practice Grant to fund her work with HIT OWU. "I just think it's awesome that the grant allows me to get more experience outside of OWU, but then apply what I've learned back on campus," she explains. "HIT OWU is all about putting theory into practice—and it's that kind of work that makes a difference in the lives of students and the OWU community in general."

—Amanda Zechiel '09 is Class Notes Editor of the Ohio Wesleyan Magazine and a freelance writer in Columbus, Ohio.



Jeremy Baskes

### *Staying Afloat: Risk and Uncertainty in Spanish Atlantic World Trade, 1790-1820*

It was 10 years in the making. A decade of research, carefully sifting through archives in Seville, Spain, and writing for Ohio Wesleyan history professor Jeremy Baskes. The fruit of his labor is the newly published, 408-page, *Staying Afloat: Risk and Uncertainty in Spanish Atlantic World Trade, 1790-1820*, by Stanford University Press.

Baskes says the idea for the book was born of research he did for his first book, *Indians, Merchants, and Markets: A Reinterpretation of the Repartimiento and Spanish-Indian Economic Relations in Late Colonial Oaxaca, 1750-1821*. (Stanford University Press, 2000).

While writing the first book, he was struck by the enormity of risk that Spanish creditors experienced, and this led him to explore the role that risk and uncertainty played in shaping trade at an imperial level.

"Long distance trade in the Early Modern Era was fraught with risk and uncertainty," Baskes says. "In order to engage in trade, merchants had to organize their business ventures to limit or reduce these factors. Past historians of the

Spanish Empire have characterized the great merchants of the Spanish Empire as pampered and privileged, arguing that they used political power to erect commercial monopolies, allowing them to garner large profits with little risk.

"I argue in this book that past historians have misunderstood the economic practices of the wealthy merchants, especially their dependence on the famous flotillas and galleons that crisscrossed the Atlantic," he says. "As I argue, these commercial institutions were critical in reducing uncertainty in this impossibly risky trade, and that without such institutions long distance trade would have been too risky and uncertain for rational merchants. Even with mechanisms to reduce uncertainty, traders took enormous and often ruinous risks."

Baskes's book also looks at other ways in which merchants managed risk, such as maritime insurance.

According to Stanford University Press, the role of risk is a topic that traditional historiography on Spanish colonial trade has largely ignored. In a review featured on their website, Noel Maurer of Harvard University says that Baskes's book "presents a thorough, interesting, and highly readable account of how Spanish traders managed risk during a period of intense institutional change. It reveals a great deal about the mercantile class, and is a substantial addition to the literature on the economics of Spanish colonialism."

Of this and other positive feedback, Baskes says, "I'm hopeful the book will continue to be well-received by my fellow colonial Latin American historians and that my arguments will help reshape our traditional understanding of trade in the Spanish Empire."

*Staying Afloat: Risk and Uncertainty in Spanish Atlantic World Trade, 1790-1820* can be purchased at the OWU Bookstore and through Stanford University Press (<http://www.sup.org/book.cgi?id=21989>), as well as through mainstream book retailers, such as Amazon.com and Barnes & Noble.

—Andrea Misko Strle '99 is a freelance writer living in Columbus, Ohio.

Thank you for capturing and commemorating the most recent Heritage Day in the winter edition of the *OWU Magazine*. A gentle reminder of our Greek ties and commitment as “Not Four Years, But for Life” is a wonderful message.

And a special congratulations to the David Hamilton Smith Award winner, Mark Shipps '70, for Outstanding Greek Alumni Contribution.

It's a great day to be a Greek Battling Bishop!

Dan Sharpe '06  
*Alumni Interfraternity Council President*  
*Columbus, Ohio*

Thanks very much for featuring the contentious topics of the cost and value of liberal arts education in the winter 2013 *OWU Magazine*. These are certainly important issues that affect many people, often repeatedly at different points in their lives. Here, I'll just make a few brief comments from my own rather contrarian view, but one nonetheless based on a lifetime of experience with colleges and universities that has left intact a profound respect for learning and its value for individuals and society.

Both Rock Jones and David Warren pay their respects to models of higher education rooted in the past. You see this in statements like the following from Rock Jones: “Ohio Wesleyan is deeply concerned about the cost of higher education and about preserving the value of the residential liberal arts experience.” Or in the following from David Warren: “Today we're much more focused on protecting private institutions from legislative and regulatory intrusion and hostile media attacks, defending existing teaching/learning models and innovating new ones, raising more money for our institutions, exploring more efficient business models, and getting more involved in advocacy matters.” Despite their naturalness and legitimacy, both responses start from a

defensive posture of conservation that may limit the abilities of higher educational institutions to respond to challenges during turbulent times.

This worries me some. Of course, a degree of conservation is good; it provides stability to experiment with change. But it is also a possible trap that invites a hunkering down into the tried-and-true and the blinkering of the bewildering array of novelty possible in education and learning today. I don't have any recommendations to offer, but I will sketch an example that may help make the point more clearly.

Ultimately, the crux of the issue is digital and the transformative effects all-things-digital have on society and its organization. In higher education, one current hot topic is “massively-open online courses” (MOOCs). These are college-level courses offered online through places like Udacity, CourseA, and edX to all-comers (hence the “open” and the “massive”). Dropout rates tend to be high, but then the price is minimal and it's an opportunity to learn at a place (e.g. your kitchen table), time, and pace of one's choosing. I myself am currently enrolled in such a course on complexity science offered through the Santa Fe Institute. I've found it really quite satisfying.

It's easy to see that MOOCs offer an alternative to traditional higher education, but that the kinks are not yet worked out. Will that happen? I don't know, but traditional post-secondary institutions caught in a defensive preservationist stance are least likely to adapt gracefully if some variation of MOOCs becomes common [parenthetically, the Canadian cMOOCs offer some distinctive advantages over the ones I mentioned above].

Extrapolated, the MOOC model, or some evolution of it, disassembles many aspects of current higher education. For example, presumably the time is not too distant when the certificates earned in online courses can be combined into programs of study, majors, and even degrees—not from an individual learning provider, but from a consortium of them. Then, students and parents are faced with some tough

decisions. Do you get that bachelor's degree in history or economics online at very modest cost, but give up a residential living/learning model at considerably greater cost? My guess is that many will choose based on cost and improved opportunities for interaction online. This may be particularly disturbing for liberal arts institutions such as OWU, because the people who now tend to persist in online courses have many of the personal characteristics, study habits, and natural talents of those who also succeed in small residential programs.

As I said, I don't have any recommendations. My crystal ball is cloudy, just like those of other folks. But I am uneasy about institutions like OWU. The question of the cost of a residential liberal arts education, arrayed against its current and future value is certainly important. But I would caution that another question is equally valid: “what does your Plan B look like?”

Gary M. Lewis '67  
*Wayland, Massachusetts*

Andrea Strle wrote a beautiful article about scholarships and their supporters in the “All in the Family” story appearing in the winter edition of the *OWU Magazine*! Specifically, the part highlighting my grandparents' endowment truly made my family proud. It is an honor to be a part of Katie Butt's educational experience at OWU. Ms. Strle highlighted so many fine points of our discussion and of Katie's successes. It certainly served as a reminder to me about the importance of giving to my wonderful alma mater, and I hope my friends and classmates in the class of '99 keep students' successes and needs in mind when they give in honor of our 15th reunion happening in May.

Elizabeth (Zibby) Palmer Wentz '99  
*New Albany, Ohio*

## MY OWU

Andrew Morrison '85



### What are your favorite OWU memories?

Fall was always my favorite season on campus.

I always enjoyed the morning walk from to the academic campus in the crisp fall air, clutching a cup of Saga instant coffee. This was way before the “speciality coffee” age and although the sludge was undrinkable, I felt it made me feel as if I was “more adult” if I was seen drinking it. President David Warren’s “Live in Presidency” also comes to mind. However, my one truly stand-out memory occurred in my international politics class during my junior year (fall '83). This was during the Grenada invasion and someone from the class arranged for one of the evacuated medical students to speak to our class. There was a news crew recording this event and while I thought it was a local news crew, it turned out to be CNN! Friends of my parents told me they saw me on television! (I was praying they didn't see me doze off, as I had pulled an all nighter typing up a term paper that was due that day!)

### How has OWU helped you to become the person you are today?

In my current role as a development officer for a non-profit, I am constantly engaging with and meeting new people. During my sophomore year, I was a campus tour guide, and I enjoyed the give-and-take of interacting with people on my tours, and this made me think in terms of career choices, where I'd have the opportunity to be interacting with people. In the “real world” one is faced with the challenges of dissenting points of view—and working together to achieve a common purpose. I recall my annual performance review a few years back. My manager at the time, highlighted two of my strengths: the ability to see the big picture and how well and easily I form partnerships between various groups. These are two of the many skill sets, molded and built upon during my four years at OWU.



*Commencement Day, 1985.*

### How do you stay fit and feel good about yourself and the world?

I was the part of the last freshman class in which physical conditioning was a required course. I definitely could and should do more as far as physical activity. I work out twice a week and enjoy swimming, tennis, and long distance walking. Boston is very conducive to these activities. Talking about a guy—like me—who loved the “all you can eat” option at Stuy Hall, I now try to make mindful food choices. The emphasis is on “try,” as I cannot and will not ever give up pizza! I feel good about myself when I feel I've accomplished something, either personally or professionally. I want my time to be constructive. I've come to accept there are life events that are beyond my control and I try to view the glass as “half full” whenever possible.

### Why do you stay connected to OWU?

I had so many great experiences during my four years at Ohio Wesleyan. When I get together with OWU friends, our trips down Memory Lane always seem to take the same path. However, we never get tired of reliving these memories. I remember attending the “Slice of Life Day” as a high school senior and making that intangible, internal connection, knowing that OWU was “it” for me. It's been almost 30 years since I received my diploma. I stay connected because I hope that by sharing my personal experiences, OWU will be “it” for others as well.

## Decade to Decade: Alumni Giving from the Heart



**ALUMNI GIVING COMES IN VARIOUS SHAPES AND SIZES AT OHIO WESLEYAN, BUT THE GIFTS ALWAYS COME WRAPPED WITH A BOW OF LOYALTY.** Wonderful memories are the common bonds that prompt alumni like Greg Lewis '10 and George Romine '67 to demonstrate their love for the University through philanthropy.

For Greg Lewis, now in his third year of dental school at New York University, favorite memories are of Sigma Chi and classes in his double major of biochemistry and pre-dentistry. Lewis says he gives to OWU for many reasons, but mostly because others before him gave to Ohio Wesleyan, helping him to receive a better education. He acknowledges that giving as a young alumnus can be challenging.

"I'm not in much of a position to support OWU financially, as I'm still in dental school and I'm relying entirely on student loans to cover my tuition and living expenses," says Lewis. "But I still manage to support OWU

each year with a small gift. I want to give because I feel my contributions mean more than just extra cash to go around at OWU. It means I support the school no matter how much I give."

Lewis's message for his fellow young alumni is that their support of OWU enhances the value of their degrees. "I think young alumni often feel that either their support isn't going to make a difference, or that they can't afford to give," he says. "But to be honest, the number of people giving back makes more of a difference than how much is given. Stronger alumni support builds a stronger institution."

George Romine also has a love for Ohio Wesleyan, which includes wonderful memories of Coach Richard Gordin '52 as well as his SAE brothers. "Many were role models and mentors," he says. "Many are among my best friends today. Sadly, some have passed on, but remain in my thoughts." As an economics major, Romine also recalls his professors with fondness. "They provided me with a great foundation upon which to build. During my career in the investment business, I



often wished I had kept my notes from their classes for a quick refresher when memory failed."

Following his time at OWU, Romine worked in the financial services industry where he spent most of his career in the institutional investment management business working with pension and endowment funds as a corporate investment officer. "With my work for endowments during my business career, I appreciate the perpetual nature of an endowed scholarship and its ongoing importance to Ohio Wesleyan," Romine says. "My wife and I decided to endow a scholarship to help future students who otherwise might not be able to afford OWU."

Romine continues to support Ohio Wesleyan because he is a firm believer in the value of a liberal arts degree. "My time there made me appreciate the special place that is OWU," he says. "Over the years, I have realized that my well-rounded liberal arts education provided me the critical thinking skills required to successfully deal with the many complex issues that I confronted."

*—Ericka Kurtz is a freelance writer living in Northwest Ohio. She worked in the OWU Office of Marketing & Communication from 2003-2010.*

### George '67 and June Romine Scholarship

The George and June Romine Scholarship is making an Ohio Wesleyan education possible for those academically talented students who otherwise might not be able to afford college. The Romines recently pledged an endowment of \$400,000, the interest from which is being used to offer scholarship aid.

## THE TOWER SOCIETY OPPORTUNITY

# Caring for OWU's Athletic Facilities

It takes someone who has been a student, athlete, and coach, to truly understand the importance of strengthening one's body, mind, and spirit. Imagine that special kind of person. Then, add to the mix, a philanthropist who cares deeply about OWU's athletic facilities, and now the image of Laura Pierce Bump '58 comes into focus.

Laura, an Ohio Wesleyan alumna who has been connected to the University for close to six decades, and her late husband, Richard '58, have understood well the need for OWU's beautiful campus buildings such as Edwards Hall, to be cared for and maintained. In 2000, they established the Stanley and Cornelia Pierce Endowment for Deferred Maintenance in memory of Laura's late parents who graduated from OWU in 1933 and 1932 respectively. Then, in 2007, Laura established the Richard L. and Laura Pierce Bump

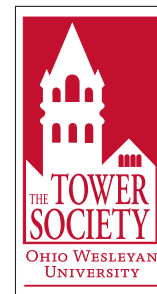
Endowed Fund for the Renovation and Renewal of OWU Athletic Facilities in honor of her late husband. A Tower Society member since 2007, Laura has planned an estate gift that benefits both of these endowed funds.

Says Laura of her financial contributions to OWU buildings, such as Edwards Hall, "These endowments can help assure that by renovating our athletic facilities, we will be able to better attract and retain students." Her own college days were filled with challenging learning and discoveries as a physical education and biological sciences double major. She competed in field hockey, basketball, and swimming, and was, in fact, hired as OWU's head coach in field hockey, basketball, and softball after graduating. Laura also played golf as a student, before women's sports had varsity status. Yet Laura also found time to be vice president of the student body and join such campus activities as the YWCA, Red

Cross, Panhellenic Council, and the Dolphin Club. Years later, Laura was inducted into the Ohio Wesleyan Athletic Hall of Fame in 1978 as part of the third class of inductees where women were included. Laura also received the Alumni Award in 2013.

Now, she even has an OWU women's golf tournament—The Laura Bump Invitational—named after her. Those experiences and connections have inspired Laura to help preserve OWU's buildings for future athletes, and she is grateful to be able to do so through her membership in the Tower Society. "The Tower Society is there for a worthy cause," she says. "If alumni keep donating to it, OWU can count on having those funds when they are needed."

—Pam Besel



**THE TOWER SOCIETY** <http://giftplanning.owu.edu> ✉ [giftplanning@owu.edu](mailto:giftplanning@owu.edu) ☎ (740) 368-3078

## SUCCESS FOR OWU'S CLASS OF 1964



The Class of 1964 will head back to campus this May to celebrate their 50th reunion. Fiftieth reunions at OWU have long been a significant milestone celebrated by alumni, and this year's committee has been hard at work connecting with classmates over the past few years in hopes they will return for the celebration. Their goal is to have the highest participation at a 50th reunion in recent history. The class has been very successful with their fundraising efforts to date and has surpassed their \$664,000 goal! Dollars raised will support the Class of 1964 Commons Garden, now under construction, and will extend the brick pavers defining the JAYwalk, enhance the existing English garden and other landscaping in the area, create additional lawn space, and serve as a tranquil oasis for students to gather, study, and enjoy the outdoors. In addition to funding the garden project, the Class of 1964 also is raising funds to support a \$500,000 contribution to the Ohio Wesleyan Fund, enabling the University to address areas of greatest need.

# Curbing Brain Drain

## Coping strategies for college and post-college life

By *Gretchen Hirsch*

Stress is part of daily life for nearly everyone, but students often are subjected to unique stressors—and parents and other family members often worry about what their students are going through, often at a distance from home for the first time. Students may be coping with homesickness while living with someone they don't know. They're discovering that college is not an extension of secondary school: academic pressures are more intense; reading assignments are heavier; and professors expect a high level of performance.



Sophomores, juniors, and seniors face other pressures: selecting the right major; making career choices; keeping grades high enough for consideration by competitive graduate and professional schools; worrying about employment and paying back their student loans, to name a few. Social stress—roommate hassles, bad break-ups, and major disagreements with friends or other members of the campus community—may add another layer of strain and pressure.

Says OWU President Rock Jones, the parent of two college graduates and one who is attending OWU, “Teaching students to manage stress is an important component of our work at Ohio Wesleyan, so that they can handle the stress that accompanies the rigors of the college experience and also be prepared to live healthy, happy, and productive lives beyond Ohio Wesleyan.”

Of course, all stress is not created equal. The type of stress that causes a student to excel on a test, give a great performance, or score a winning basket dissipates quickly with no lasting effects. Long-term stress, however, can result in physical or emotional issues, and if stress is protracted, students may develop serious health problems ranging from migraine headaches to high blood pressure to chronic anxiety to eating disorders to clinical depression.

Students react to stress differently, says Vicki DiLillo, professor of psychology. “Students who are dispositionally anxious may view stress differently from those who are more resilient,” she says. “More vulnerable students tend to appraise a potentially stressful event as overwhelming, while those who have better developed coping skills are more likely to see the event as a challenge and an opportunity for growth.”

## Lifetime Coping Strategies

Teaching young people to handle stress can begin long before they arrive on a university campus. “It’s better for students to have experienced stress in a low-stakes, supportive environment than to suddenly have it all piled on when they get to college,” says Jennifer Yates, assistant professor of psychology and director of Ohio Wesleyan’s neuroscience program. “Children who have never been given the chance to experience stress and failure that might be unpleasant, but not damaging, won’t develop very good coping strategies or be comfortable with reasonable risk-taking—and suddenly being thrust into an environment in which the stakes are high can be very stressful for them.”

Lifestyle habits have a profound impact on the management of stress, and stressed students may ignore habits that could help them manage their lives more effectively. “Most students are sleep-deprived,” DiLillo says, “and they don’t always eat well.”

“Students really need seven to eight hours of sleep a night,” says Yates. “Deep sleep occurs during the early part of the sleep cycle, while REM (Rapid Eye Movement) sleep occurs at the end of the night—and students need both types of sleep to be well-rested. It’s not just the number of hours students sleep, but the quality of the sleep they get that matters.”



*Professors Vicki DiLillo (left) and Jennifer Yates.*

Sleep experts say that chronic sleep deprivation can result in fatigue and reduced ability to think clearly, solve problems, recall information, and concentrate—for any of us. Since these functions are especially essential to college success, it’s no wonder sleep-deprived students may feel high levels of stress as they attempt to keep up with course work and campus activities.

## Managing Time Effectively

Among the most helpful stress reducers, say both professors, are strategies that enhance a student’s sense of control. Learning to manage time is one such way to control stress. “For many students, especially freshmen,” says Yates, “time management is a big issue because they don’t have much practice in it. In high school, the day is highly structured, and after school, they may be involved in sports or outside activities that have exacting time requirements. Someone else is always managing their time for them. When they get to college, class time is scheduled, but there are large blocks of unstructured time, and they may not use it very wisely. They may not study effectively and then comes the exam or the deadline for the paper—and they aren’t ready.”

“One thing they can do to avoid that situation,” DiLillo says, “is to make early, conscious decisions about how they will manage their studies, and they may need some help from an advisor or professor to do this. If they have a detailed study plan in place that includes such things as where and when they will study and how they will prepare for a



## Healthy Bodies, Healthy Minds: What Do You Do to Relax?

major test, they are likely to feel much more in control, and to follow through with their good intentions.

“We have to remember,” says DiLillo, “that all stress is not big stress, but the cumulative effects of daily hassles can cause psychological wear and tear. Things as simple as forgetting their key, misplacing the course syllabus, being late for class because they overslept, or a long spell of cold weather can add up, especially when a lot of little stressors occur at one time.”

“We help students learn to cope with stress by emphasizing good habits: exercise, which is a great stress-reliever and can even help a student think more clearly; making healthy food choices; time management; and sleep,” Yates says.

“Also,” DiLillo concludes, “students need to understand how their social network can help or hinder their coping skills; that is, which of their friends they can call on in specific situations. The ‘drive you to the airport’ friend might not be the best person to help a student navigate a personal problem. Students have to identify what they need and ask for it—from the right person. Sometimes they just need someone to listen and validate their worth, not give them a five-step solution to their problem.

“Sometimes, though, professional help is necessary. If a student feels that stress is interfering with his or her ability to function every day, or if a good friend says the student isn’t functioning well, it’s time to find a professional counselor.”

If students work on coping skills and balance of study, relaxation, and exercise required for emotional and physical health during their academic career, those habits will follow them long after Commencement.

— *Gretchen Hirsch is a freelance writer in Columbus, Ohio. She worked in the Office of Marketing and Communications from 2006-2013.*

Good health is about more than physical wellness; it’s about pathways we take, choices we make, and relationships we create—and nurture. It’s about what each of us brings to the world during our lives and about engaging with others, and knowing that around every corner are opportunities, but also challenge, and stressful situations. How we respond, greatly impacts both the health and longevity of our lives.

The *Magazine* polled several Ohio Wesleyan alumni, students, and faculty and staff members to see how they manage stress in their lives and advise others who need good information.

**Doug Bennett**, OWU’s new director of counseling, explains that what appears to be true for all stressful stimuli is our interpretation of these stimuli as unmanageable and challenging. “What is stressful for someone is very individualized, meaning that what I find stressful, another person may not feel in the same way.” He shares that he never advises students that they can prevent stress. Says Bennett, “In my opinion, to do so is a set-up for failure, when they are not able to completely eliminate stress from their lives, thus creating more distress. The good news is that in the majority of cases, stress can be managed.” While we cannot eliminate stress completely from our lives, “we can learn ways of approaching stressful events that are not debilitating,” he says. Bennett works to normalize stress for what it is—“a normal experience that we all feel.” He believes that some stress is healthy, normal, and activating in our lives. “Without some degree of stress, we would not be motivated to accomplish the big, important things in life once they become hard. Nor would we feel that sense of satisfaction and accomplishment once we’ve achieved that challenging task.”

**President Rock Jones** believes that teaching students to manage stress is an important component of our work at Ohio Wesleyan, both so that they can manage the stress that accompanies the rigors of the college experience and so they will

be prepared to live healthy, happy, and productive lives beyond Ohio Wesleyan. “I have found that there is no substitute for regular physical exercise and a healthy diet, along with carving out time for activities that are creative and take the mind off the stresses of life and work,” he says. “For me, those activities include cooking, reading, and spending time away with my family.”

**Karson Stevenson '16** is a young woman of many talents and interests. The Aurora, Colorado native divides her time on campus between membership in several clubs, a heavy academic work load, and sports (she is on the women’s field hockey team). Says Stevenson, “There are many days when I will have to leave one meeting and go straight to another before heading to practice. These days, though hectic, also offer a sense of fulfillment and intrinsic satisfaction.” By managing her time carefully and staying on top of her busy schedule, Stevenson is able to minimize the amount of unnecessary stress in her life. “I can instead, focus on the amazing opportunities I have here at OWU!”

**Robert Gitter**, professor of economics, takes a more philosophical view of stress. Says Gitter, “My wife tells me to ask myself if what is stressing me will really matter 10 years from now. It is amazing how often the answer is no. That thought, and riding my bike, keep me on an even keel.”

**Marsha Tilden '81**, director of student health services at OWU, enjoys reading—especially murder mysteries. “I also manage the stress in my life by exercising four days a week through FITOWU, and by cooking.”

**Ashley Taylor '13**, volunteer, Good Earth Farms and Volcanic Veggies, Bond, Oregon, works out regularly, mostly practicing yoga and increasing her meditation time. “I find that I don’t stop to breathe enough during the day, and our breath is what keeps us functioning and grounded,” says Taylor. “When I consciously connect my mind with my breath, it puts me in tune with the rest of my body. It’s a good way to start a healthier lifestyle—just breathe and go forth with greater movement.”



# The Art of Placemaking

By *Mary Cavanaugh Thompson '84*

## THE HEALTH OF A COMMUNITY RUNS DEEPER THAN THE PHYSICAL WELL-BEING OF ITS RESIDENTS.

One expert in urban studies says it's about tapping the stories, values, and concerns of individuals to create public places that reflect a community's collective vision.

"I believe that the arts have a huge role to play in the formation and sustainability of healthy communities," says Amy Tuttle '08, of Cincinnati. Tuttle has made a name for herself in an emerging social movement called placemaking. She divides her time between working at a Cincinnati nonprofit, and spreading the healing power of art worldwide.

Both a process and a philosophy, placemaking re-imagines public spaces, ultimately creating a common vision in the form of a healthy gathering place. Where does the compound word come from?

"A space may be defined by size and shape, but it doesn't serve a function for an individual, family, or community," says Tuttle. She adds that placemaking is the act of converting space into place, thereby creating useful meaning and structure. Urban parks, squares, and streets are among the spaces that have been transformed by placemaking.

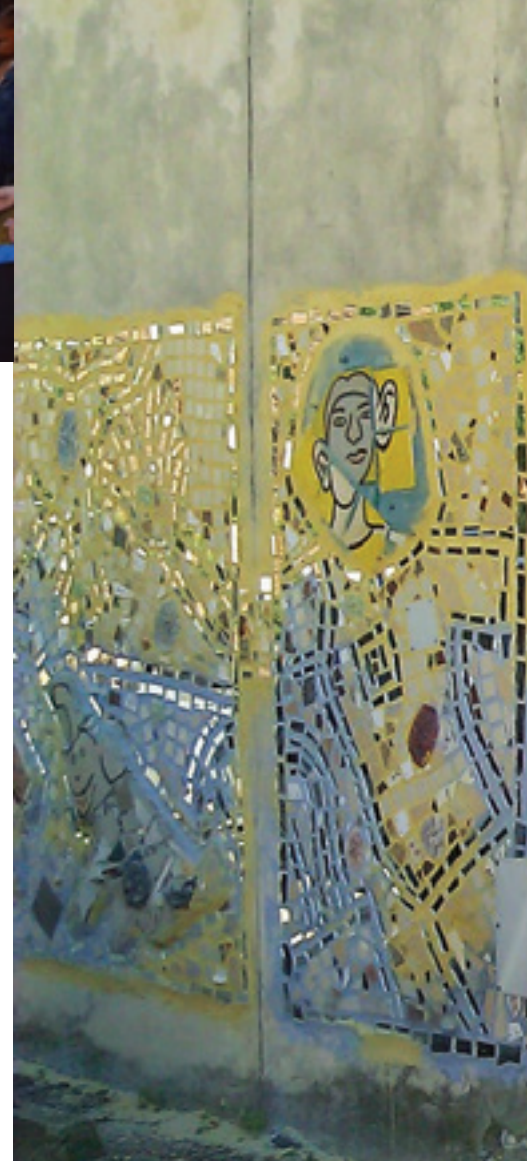
What is Tuttle's role in all of this? The notion can seem abstract to the non-urban planner. Tuttle's contribution to the placemaking field is through creating public art. She designs murals and mosaics based on what the community wants. Then she trains community volunteers to create the art.

Tuttle's work is considered arts-based or creative placemaking. Tapping the skill set from her OWU psychology major, Tuttle works as a facilitator of sorts, collecting the stories, hopes, and needs of a community. The outcome is a creative vision for a place in that community. "I often ask folks to consider their world as it could be," says Tuttle, who then compiles a narrative used to implement artistic techniques, such as murals or mosaics.

It was during her junior year at OWU when Tuttle caught the bug for creative placemaking; Tuttle and her service team were living in Northern Ireland. The experience affected her profoundly. "I learned about the role of mural art painting in establishing peace and justice in war-torn communities," she recalls. "In many cases, the mural-making process brought together people from both sides of the conflict."

The OWU trip to Ireland ignited a passion within Tuttle. Armed with a bachelor's degree and relevant experience, Tuttle put her skills to the test at a rural hospital in India. Together with three other OWU graduates, she worked with hospital staff, patients and people in the community to paint designs based on the Indian rupee. "I loved the way the simple act of painting drew so much interest and created a space for healthy communication," recounts Tuttle, who has since earned a master's degree in urban studies.

Tuttle has led projects in New Orleans, Chicago, Philadelphia, and several in Haiti. The outcome of her work depends on genuine engagement and genuine connection with individuals from the community. Tuttle's art installations would not come to fruition without a well-trained team of volunteers. Tuttle has built a reputation as an effective educator, training groups and leading workshops in mosaic and mural making. What's more, first



"I believe the arts have a huge role to play in the formation and sustainability of healthy communities."

— Amy Tuttle '08



*Amy Tuttle '08 and her placemaking art.*

responders working in disaster relief are getting lessons—thanks to a curriculum written by Tuttle—on restoring a sense of safety, rootedness, and connection to community.

In Haiti, Tuttle taught survivors of the earthquake how to create safe places through the arts. “We focused on safety and repurposed objects that reminded children of the trauma.” Earthquake rubble was painted and arranged to create the outline of a safe place. “Within

the boundaries, we created painted and mosaic murals,” recounts Tuttle. “Whenever the children stepped into that place, they felt safe to express, create, and grow.”

With each mission carried out by creative placemakers like Tuttle, the role of arts in developing healthy communities grows in stature. “Practicing various art forms allows people to experience health and healing,” says Tuttle. Experts in the field are confident that everyday

business people, from developers to retailers, are seeing the benefits of placemaking, both short and long term.

*Mary Cavanaugh Thompson '84 is a freelance writer in Columbus, Ohio.*

See Amy Tuttle’s website for her “Community Mosaic Model” and pictures from projects that she has created:

<http://tuttleamyj.wix.com/reimagearts>

A photograph of three people in a gymnasium performing kettlebell exercises. They are standing on a polished wooden floor, each holding a kettlebell with both hands above their heads. The person on the left is wearing a grey t-shirt with 'BATTLE' visible and black leggings. The person in the middle is wearing a grey hoodie and black pants with a red stripe. The person on the right is wearing a red t-shirt with 'Autow' visible and black leggings. In the background, there are basketball hoops, a red cone, and several large exercise balls (red, green, and blue) on the floor. The gymnasium has a high ceiling with exposed wooden beams and recessed lighting.

# HEALTHY BODIES, HEALTHY MINDS

BIRTH OF A FITNESS CENTER, REBIRTH OF EDWARDS GYMNASIUM

By Pam Besel



The mind and body connection was being discussed, debated, and declared intrinsically linked by many Ohio Wesleyan faculty members—and an even larger number of students—during post-Civil War times. The impetus for all this discussion and debate was the realization that students were leading far too sedentary lives, and more physical activity was needed. After all, the “educated” person should be able to live a long, healthy, and accomplished life. As stated in the May 1878 edition of *The Western Collegian*: “The physical must be kept strong and vigorous to sustain the draft made upon it by the intellectual.” Along with this first realization came another—that a new gymnasium was needed at OWU—and it permeated the campus. Finally, enough funds were raised to make the gymnasium a reality, thanks to a gift from Board of Trustees member

John Edwards and his family. Ohio Wesleyan’s Edwards Gymnasium was constructed in 1906. It housed several handball courts and later hosted OWU’s first intercollegiate basketball team.

Fast forward to 2014: Now, more than a century old, Edwards Gymnasium is seen as the gateway to campus for those arriving from Sandusky Street. This venerable building has undergone many renovations and enhancements. Even more exciting, it soon will be joined by the new Simpson Querrey Fitness Center, which will replace an aging Pfeiffer Natatorium—and stand as further assurance of Ohio Wesleyan’s dedication to educating the mind, body, and spirit of each OWU student.

The proof is in the progress we’ve made and the journey we continue.

## The Simpson Querrey Fitness Center...teaching about connections between mind, body, and spirit.

For Ohio Wesleyan junior Lauren Holler, who has been dancing since the age of three, the new Simpson Querrey Fitness Center means better opportunities and facilities, particularly for future OWU students. Holler double majors in dance theatre and politics and government, and she spends a lot of time in OWU's dance studio which she evaluates as "not very good." It's been exciting for Holler to see the growth of the dance department and she believes the new facility will make OWU even more competitive.

A most generous gift from Lou Simpson '58 and his wife Kimberly Querrey is making the \$8-million project possible. Renovated classrooms, new faculty offices, a dance studio with spectator seating, coaches offices, locker rooms, and an expanded lobby with conference and lounge areas are just a few highlights planned for the new fitness center. All of these special features will promote physical health for all students, while also helping OWU professors to teach about the connections between our minds, bodies, and spiritual selves.

Holler takes her dancing seriously; she belongs to a professional dance company in Columbus, and she has choreographed several campus pieces, including one that she will take to the American College of Dance festival in the spring. She praises Simpson and Querrey for their generosity and for understanding the importance of this center, both to students and the University.

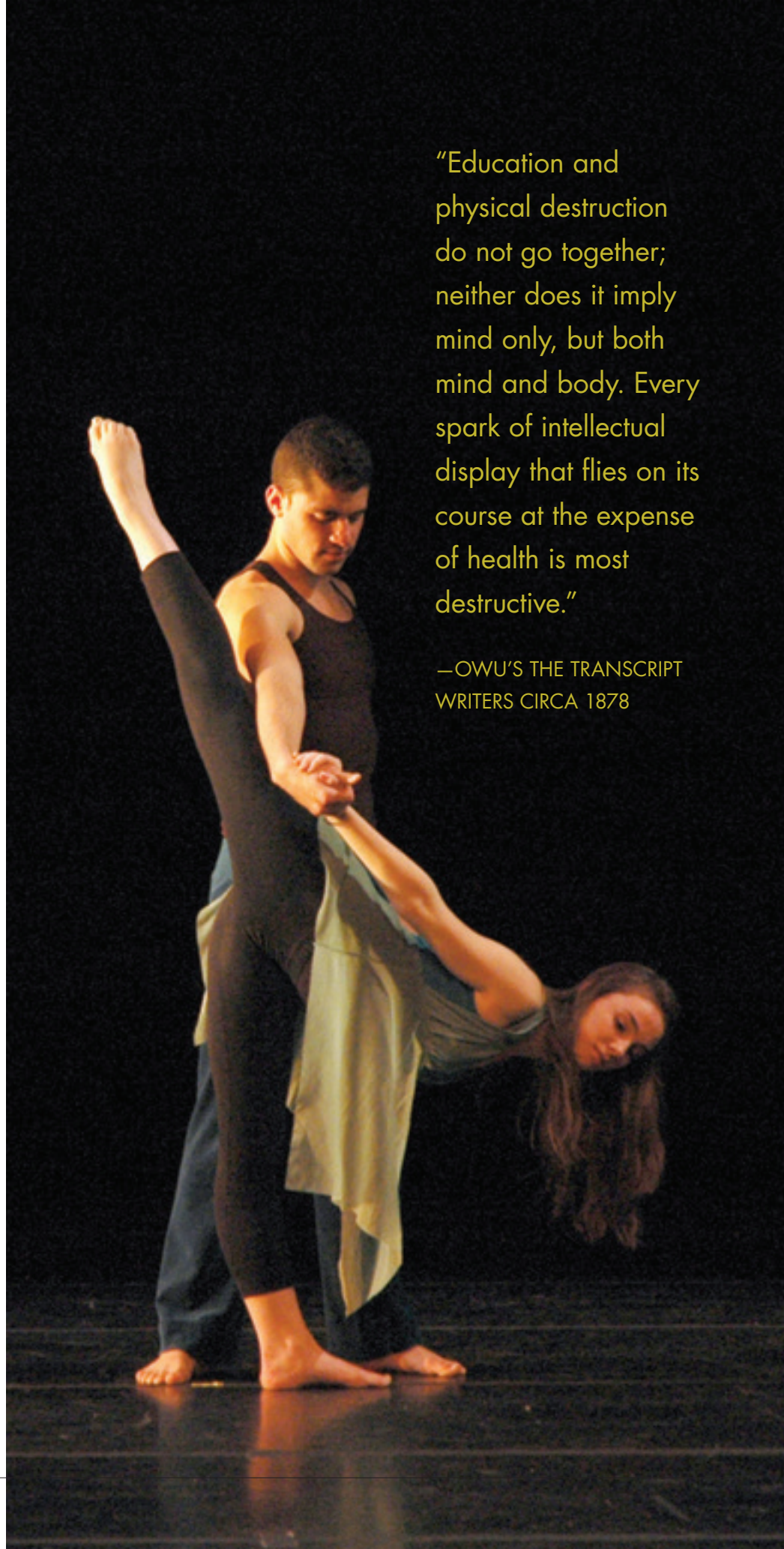
"The Simpson Querrey Fitness Center will be a great tool for students to connect learning and spiritual development, and an opportunity to better integrate health and human kinetics (HHK) and the dance department," she says.

Roger Ingles, OWU's athletics director, is also thinking ahead. "Improvements to our athletics and recreational programs will benefit our campus community," he says. "Fitness activities are proven to improve one's quality of life mentally, physically, and emotionally.

*continued on page 22*

"Education and physical destruction do not go together; neither does it imply mind only, but both mind and body. Every spark of intellectual display that flies on its course at the expense of health is most destructive."

—OWU'S THE TRANSCRIPT WRITERS CIRCA 1878



## Healthy Bishops Unite!

For OWU junior Landon Erb, being a Healthy Bishop means eating well, exercising (he runs between 50-60 miles weekly as a member of the track and cross country team), getting at least eight hours of sleep each night, and being a role model for others who want to improve their lifestyles. Erb is an economics management and German double major and chairperson of The Healthy Bishop Initiative (HBI). Not a club, but rather, a health savvy group partnering with OWU community members to pump up their fitness and quality of life regimens, HBI supports work that has been done this past year with OhioHealth to: upgrade fitness equipment on campus; bring physical therapy specialists to speak about treating and preventing injuries; and sponsor Wellness Open Houses in Welch Hall throughout the semester. Says Erb, “We’ve also worked with Gene Castelli and his Chartwells staff to offer healthy food options in the Schimmel-Conrades Science Center café and elsewhere.” Castelli proudly describes the all-vegetarian menu in the Healthy Bishops for Life station, located in the campus center’s Marketplace food area, and a similar dinner concept in Smith Hall. Chartwells also has helped to fund a student-run garden.

“We have a standing agreement to purchase all food from the garden and incorporate produce into the menus. “It is a great example of a true 360-degree food cycle where students eat the food; we take the scraps and compost them; the compost company sells compost back to students at a discount; and students use it to grow the garden,” says Castelli. A community coming together for a common purpose has accomplished all of this, and more.

“It is remarkable that from the early stages of The Healthy Bishop Initiative, we created a nimble and collaborative team that envisioned, planned, and implemented a variety of quality programs and interventions with minimal organizational structure,” says Craig Ullom, vice president of student life. Sharif Kronemer '12 and others were instrumental in getting HBI off the ground. Groups such as the Wesleyan Council on Student Affairs and faculty from the psychology and HHK departments helped students “weave learning into practical application of community health programs,” says Ullom, adding that “the foundation has been created for future collaborations to grow and flourish in the new Simpson Querrey Fitness Center that will be the hub of activity supporting multiple dimensions of being a Healthy Bishop.”



Working out in the new fitness center will help develop a greater sense of community for our students, staff, and faculty as they embark on their personal fitness regimens.”

Ed Kahn, chairperson of the theatre and dance department, joins in Ingles’s excitement about the facility. “We are greatly looking forward to moving into these new campus classrooms, workshops, project space, and of course, the dance studio, which will meet all requirements of the National Association of Schools of Dance facility standards.”

For Chris Fink, chairperson of the Department of Health and Human Kinetics (HHK), moving to the new fitness center will be “a noticeable upgrade to the physical space [in Pfeiffer Natatorium] where we now teach our classes.” Flexible classroom space will

accommodate more traditional classroom activities as well as the more active coursework found in an exercise science or fitness-focused class.

Fink discusses how the new space will improve movement-based experiences practiced and delivered by students and professors in the areas of fitness, exercise physiology, physical education, and coaching.

“The proximity to other fitness space and the renovated Edwards Gymnasium creates a great connection between content and space for us, hopefully allowing us to more efficiently and effectively use our equipment and resources and reach our learning objectives for students,” says Fink. “Being more closely aligned with dance is an advantage, as a growing number of students are interested in studying dance and

HHK concurrently.”

More than 80 percent of OWU students participate in organized recreational activities including intramurals, club sports, and varsity athletics. This, along with heightened awareness of the need to more strongly connect physical fitness and the study of physical health, shows that the new fitness center and Edwards Gymnasium’s enhancements could not be happening at a more appropriate time.

## Restoring the historic ambiance of Edwards Gymnasium

The renovations that have happened in Edwards Gymnasium to date, are no less than sensational. Work began there three years ago, following discussions about the need for a centrally located fitness center, a much improved dance studio—and a stronger partnership between HHK and the Department of Theatre and Dance.

Colleen Garland, vice president for University Advancement, has worked on this project since she arrived at Ohio Wesleyan in 2011. Says Garland, “After meeting with the architects, we determined that this would be a \$10-million project, [that included] restoration work on Edwards and the creation of the Simpson Querrey Fitness Center; replacing Pfeiffer Natatorium; and including a new dance studio. It’s thrilling to be involved with something of this scope, and to work with donors who say ‘We want to make this happen for today’s students.’”

About the recent \$8-million gift from Lou Simpson ’58 and his wife Kimberly Querrey for creation of the Simpson Querrey Fitness Center, Garland adds, “We have



*OWU students are learning about another component of good health: healthy foods.*



many alumni and parent donors to thank for contributions to this effort, but without Lou and Kimberly, the project would have been many years away from completion. They are making it happen.”

Changes taking place during the past couple of years, in and just above Edwards Gymnasium, began with an evaluation by Toledo-based architectural firm, The Collaborative. Peter Schantz, OWU’s director of physical planning and operations, agreed when they said that any renovation to Edwards Gymnasium and the natatorium must begin with the roof. The leaky roof was a main factor in the decision to replace 20 percent of the Spanish tiles with new ones. However, before all of the tiles were removed, a new roof deck was added, the



sagging roof frames were fixed, and new copper gutters, downspouts, and flashings were installed. Inside the building, water damaged floors were refinished and battered walls were repaired. Says Schantz, “Edwards is fabulous. It’s the entryway to campus. Improving it will add value to our students’ experiences.”

In 2012, the weight room on the lower level of Edwards, had been refurbished with state-of-the-art equipment thanks to a gift from Bob Morrill ’59 and his wife Barbara. But, more recently, the jewel of Edwards—the renovated gymnasium on the second floor—now shines under the new LED energy efficient light fixtures and newly exposed skylight that had been covered previously by insulation. This space now is

*continued on page 24*

shared by HHK students and professors as well as basketball team members and others wanting practice time.

“As a student in the HHK department, I am excited that classrooms in the new Simpson Querrey Fitness Center will be redone,” says Taylor Dickson ’17. “As a basketball player at OWU, I think the most exciting renovation is that of the second floor basketball court in Edwards,” he says. A blend of old and new, the area retains its historic ambiance with a

clean, newly polished floor that shines under the refurbished skylight and new lighting.

OWU parents Tim and Lisa Sloan recognize Edwards Gymnasium as a classic building that has served thousands of students and student athletes.

“Our son Andrew ’13 worked out in Edwards during the winter when he played on the baseball team; and our daughter Kathleen ’16 and Andrew’s fiancé, Samantha Simon ’14 have taken dance classes there,” says Tim. The Sloans emphasize that the generous gift from Lou

Simpson and Kimberly Querrey will transform Edwards into a state-of-the-art fitness, dance, and athletic facility which will likewise improve the health and well-being of the next generation of Battling Bishops.

“We are so thankful to them for giving all students a place that will encourage lifelong health and fitness habits,” says Lisa.

—Pam Besel is Director of Internal Communications and Editor of the OWU Magazine.

## FITOWU: Stomping Out Sedentary Living

FITOWU is Ohio Wesleyan’s best medicine for sedentary lifestyles and fitness practices that need revving up. Program director Nancy Knop, professor of Health and Human Kinetics (HHK), who also is part drill sergeant, coach, teacher, and energetic advocate for pursuing healthy and fit lifestyles, talks about the many benefits of FITOWU.

“Over the past 11 years, the FITOWU program has provided HHK students a rich opportunity to learn about holistic fitness needs across the lifespan, practice fitness assessment and program development and delivery, and examine the impact of this work,” she says. More than 100 faculty, staff, and emeriti faculty engage in the program yearly. Some graduate from FITOWU and continue their activities with independent exercise options, and others remain with the program.

“FITOWU has had an important impact on the health and wellness of the OWU campus while creating a deeply impacting learning experience for students,” says Knop. She describes the goals of this program to, (with help from a mentored fitness student leader): improve body composition, decrease or help manage risk of chronic diseases, improve posture and resistance to injury from unexpected movements, improve neuromuscular



function, decrease muscle imbalances; and support ongoing commitment to physical activity. Noon fitness training sessions, spinning, yoga, and small group training are available for people of varying fitness levels.

“About a dozen Chartwells employees are doing a FITOWU program designed by Dre White ’14,” says Gene Castelli, resident district manager of Chartwells at OWU. The program involves initial assessments followed by a couple of months of light exercise and a final assessment.

“Improved fitness levels and fewer

[work] absences are the results,” says Castelli. For Bonnie Milne Gardner ’77, professor of theatre and dance, FITOWU is her “lifeline.” She has been with the program since its inception, and first learned the yoga moves from a student trainer named Jesus. “He was so good and patient,” she says. “Yoga improves my quality of sleep and reduces the level of stress. Nancy does such a great job of prepping the trainers, who make sure our training is safe but effective.”

# Making the Best Even Better

By John Shimer '05

ACHIEVING THE HIGHEST LEVEL OF SPORT PERFORMANCE TAKES THE UTMOST PREPARATION IN THESE FOUR SPECIFIC AREAS: TECHNICAL, TACTICAL, PHYSICAL, AND MENTAL SKILLS. And while it's common for people to associate technical, tactical, and physical training with sport preparation, it's actually the last type of training—mental training—that is the frosting on the cake, and that often distinguishes the good athletes from the great ones, says Ohio Wesleyan alumnus, Professor Richard Gordin '73.

Son of longtime OWU athletic director and men's golf coach "Dick" Gordin '52, Richard is one of the most renowned sports psychologists and mental trainers in the country. A professor at Utah State University, he specializes in working with professional and Division I scholarship athletes, often traveling two hours up to Park City, Utah, to work with many of the U.S. Winter Olympians.

Gordin recently returned from the 2014 Sochi Olympic Games where he accompanied U.S. team flag-bearer and Nordic combined skier, Todd Lodwick, as his mental coach and trainer.

Gordin thinks that training one's mind for athletic competition is every bit as important as practicing technical skills and chiseling the body into well-defined lean muscle at the gym. There are repetitions one can do for mental toughness, exercises that teach the mind to be agile and to focus acutely, even when events take a turn for the worse.

When Gordin begins working with athletes, he first assesses where their mental games are. This helps him develop a plan for them to follow in their pursuit of excellence.

"These athletes need critical skills; they need the ability to relax, to focus, to self-talk, to visualize or imagine what they are going to do," Gordin explains. "As far as I'm concerned, you



Dr. Rich Gordin '73 at the 2014 Sochi Olympic Games. He will receive the OWU Distinguished Achievement Citation at Alumni Weekend 2014.

have to be able to perform *on demand*, not just when it's supposed to happen; you have to *make* it happen. These guys have been training for four years, so they have to *produce now* and peak *right now*."

Gordin says his sense of urgency comes from the fact that athletes who miss their chance to perform in the current Olympics won't get another shot for four years—if ever. "Most athletes are one Olympics and out," he says.

"I [also] work with professional golfers, but I had an Olympian tell me one time to tell the golfers they have four majors a year and I have one major every four years."

That type of intense pressure and scrutiny can make mincemeat of even the most elite athletes.

"You can't create performance; it just sort of comes," Gordin states. "But you can do certain things that increase the probability of excellence by working on mental skills. You have to treat them like *skills*. You have to work on them just

like working on dribbling and passing, or conditioning. 'Fatigue makes cowards of us all,' Vince Lombardi once said. A well-conditioned athlete will be better than an unconditioned one because he won't be tired, which could impede performance."

According to Gordin, the ability to focus or, more appropriately, *refocus* is the number-one skill that athletes must hone.

"In our society, our ability to focus is diminishing as we multitask more and more," Gordin points out. "We're not focusing on anything well; we're focusing on a lot of things poorly. Athletes are normal people doing incredible and extraordinary physical activities. Sport is not who you are, it's what you do; and you have to put that in perspective."

—John Shimer '05 is Head Men's and Women's Soccer coach at Pine Manor College, and a freelance writer living in Massachusetts.

# Mental Strategies of Sports

How Coach Jay Martin builds trust with student athletes

By *Brian Cook '14*



**WHILE MOST SPORTS HAVE NEARED THEIR MAXIMUM POTENTIAL IN TERMS OF EQUIPMENT AND TRAINING TECHNIQUES, ONE ASPECT OF SPORTS CAN STILL MAKE A HUGE DIFFERENCE BETWEEN WINNING AND LOSING.**

“I think the last frontier in competitive athletics is the mental side,” says Jay Martin, head men’s soccer coach and health and human kinetics professor.

Martin’s course dealing with mental training in sports—The Mental Aspects of Sports Performance—has been offered at Ohio Wesleyan for the last four decades. His predecessor, Dr. Richard Gordin ’52, former athletics director and golf coach, started the class

in the early 1970s. Gordin also worked as one of the first sports psychologists on the PGA Tour.

Martin, who started teaching the course 10 years ago, says he teaches all of his classes in as practical of a manner as possible.

“I teach as if everybody in the class is a coach,” says Martin.

Former students in Martin’s course often have often taken the information back to their respective coaches, which led to Martin working individually with several other sports teams on campus. He believes every athlete at Ohio Wesleyan can become a better athlete with the proper mental training.

In his coaching, Martin uses mental training by encouraging his athletes to come up with a mental goal for each day to keep them focused and motivated.

“I give them a ton of information... a relatively low percentage of that will stick,” says Martin.

One of the exercises Martin has his students do during the semester, is to take an inventory of their mental attributes. On the worksheet, Martin asks students to rate their strengths and weaknesses.

After they complete the worksheet, it gives Martin an understanding of what their specific needs are in terms of mental training, which helps make the class more useful for the student.

Martin believes that different sports require slightly different mental strategies to maximize performance.

“You don’t want a golfer with the same mentality going into a tournament that you do a football player.”

As a generality, Martin says sports with more

gross motor skills tend to involve more direct and “hyped” mental training, whereas sports with fine motor skills take a calmer and more measured mental approach.

However, Martin cautioned that the stress of the sport itself can be enough for an athlete to handle without all the external pressures.

“Sports can be really negative, so the coach should not add to the negativity,” says Martin.

“The coach has to build trust with the athletes first,” says Martin. After that, and after building a positive environment, the coach can give practically any kind of feedback and the athletes will be able to use it in a positive manner to better themselves. Martin points to John Wooden’s 1974 UCLA team as an example of how great coaches address their athletes.

“Seventy-four percent of the comments were informational,” says Martin. This kind of practicality rings true with his students.

“Jay’s mental aspects course teaches many of the things that we learn on the soccer team, but in a non-soccer specific setting,” says Colton Bloecher ’15, midfielder on the team. “In this way, the mental strategies that Jay teaches in class are useful far beyond sports; in work, school, and everyday life. He teaches in a unique open-forum setting in which students are encouraged to share their opinions, as well as their personal experiences in their own sports. This class is unlike any other I have taken during my college career.”

—Brian Cook ’14 is a student writer for the Office of Marketing and Communication.



## CoSida Recognizes OWU’s SID

**Mark Beckenbach ’81**, sports information director at Ohio Wesleyan, was selected to receive the 2014 Warren Berg Award presented by the College Sports Information Directors of America (CoSIDA). In its announcement, the organization states: “A dedicated member and leader of the Academic All-America Committee since 1990, Beckenbach’s distinguished career has been recognized by CoSIDA before as a Lester Jordan winner (for outstanding support and promotion of CoSida’s Academic All-America program) and as a member of the Hall of Fame class of 2011. Mark currently is co-chair of the Academic All-America Committee. He has been at the University since 1983.

# Running for Gold

By *Dave Wottle*

*Editor's Note: The Magazine asked Dave Wottle, OWU's Interim Vice President of Enrollment, to share his thoughts about winning a 1972 Olympic Gold Medal in the men's 800-meter race.*

## Magazine: When did you first decide you wanted to compete in the Olympics?

**DW:** I think many athletes dream of being on the big stage in their sport, and I did too. But I first felt that it might be a realistic possibility two years before the 1972 Games. I placed second in the NCAA mile to Marty Liquori, who at the time was a highly ranked miler in the world. Unfortunately, I had a number of injuries the following year (two stress fractures and bursitis) which kept me out of competing in indoor and outdoor track the year before the Olympics. Then, about four months before the Olympics I finished well in a couple of 800 meters and followed those races with a win in the 800 meters at the Olympic Trials, tying the world record in the 800 meters with a time of 1:44.3. At that point I started to believe I had a shot to do well in the Olympics.

## Magazine: How did you prepare physically and mentally?

**DW:** Physically, I ran anywhere from 70 to 110 miles per week, depending on the season (cross country or track), usually running two times

a day, five times per week with a long run on Sunday. In the mornings I would usually run five to seven miles and then have interval or fartlek workouts in the afternoon. This was a workout/mileage regimen followed by virtually all of my college teammates. It was called a modified marathon regimen. The only thing I may have done differently was to run the interval workouts at a faster pace. The bottom line was that I did not work any harder than my teammates, I was just blessed with a God-given talent to run, for which I have always been very thankful.

Mentally, I have always been a big supporter of prayer. I started praying before my races in the junior year in high school and always felt that it gave me an inner confidence and strength while allowing me to accept whatever outcome there was. But don't get me wrong. I hated to lose. I was not a runner who ran for fast times, I always ran against the competition. Competing was the aspect of running that I loved the most.

Once you have fine-tuned your body physically, the mental aspect becomes extremely important. You have to be confident in your own abilities. I never believed you had to be boastful; you simply had to believe in your heart. And I believe a person develops self-confidence by setting achievable goals. And every time you achieve one of those goals, that minor victory becomes motivating and moves you toward your next goal. Winning begets winning begets winning.

## Magazine: Who were your best supporters?

**DW:** I was fortunate to have many supporters along the way...people who believed in me and helped me to become a believer in myself. During my high school years, it was my high school coach at Canton Lincoln, Ev Daniels, and of course my parents, especially my father. During college it was my parents, my coach Mel Brodt and my teammates, and later my wife Jan, who accompanied me to the Olympics (we were married five weeks prior to the Games). Jan helped me to believe I could still do well in the Olympics even though I had come down with an injury shortly before the Games. She was my constant supporter and encourager.

I can remember a note Coach Brodt sent to my parents following the 1970 track season where he said, "Dave can be one of the best in the world if he wants to be." How's that for having confidence in a runner who, at the time, was not even the best in the country!

## Magazine: Did you have any "demons?"

**DW:** Most athletes have "demons" of some sort. For instance, I had a tendency to make tactical mistakes in races. I would get boxed in, or have a mental lapse and fall too far behind the leaders that my kick could not save me at the end. I will say though that I tried my best

*A successful finish for Dave Wottle in the 1972 Olympic Games.*



never to make the same mistake twice. Another “demon” I had was not working hard enough at times, especially with my morning workouts. It was a struggle at times to get up early in the morning on those cold winter days in Ohio and run five to seven miles. I owe a debt of gratitude to my teammates for making me get up and put in the miles.

**Magazine:** How do you utilize your success as a competitive athlete in the workplace or in your personal life?

**DW:** There are so many similarities between running and college admissions. They are both very goal oriented, whether you are striving for a national title or to enroll a record class. Both require that you work hard, that you go beyond a normal work day, and put in the hours necessary to be successful. Both require perseverance. When the year is not developing the way you expected and hoped, you must continue to think positive and keep your “eyes on the prize” and keep moving forward. I believe that is the biggest difference between those who achieve their goals and those who don’t. Winners keep going, they persevere. Let’s face it, we all get the wind knocked out of our sails at some time. But I’ve found the ones who achieve their dreams are the ones who keep moving forward even in the difficult times.

I have found it’s important to surround

“...I learned the importance of balance in one’s life.”

yourself with good people, whether it be your teammates or your staff. Good people who share a common goal and are working together to accomplish that goal, can achieve remarkable results.

Personally, I learned the importance of balance in one’s life. In my running career, it was important to balance my athletic life with my academic life, making sure neither one became overly consuming. Likewise, professionally, I found the importance in balancing my admissions career with my family life, again making sure one aspect was not suffering because of the other. I believe to be truly successful, you need to have a balanced life.

**Magazine:** Has being an Olympic Gold Medalist changed your life?

**DW:** That is an understatement. Winning the gold medal has meant everything to me. It made me the person I am today. While I like to believe that my personality would not have been any different, it changed my life by the opportunities it gave me; opportunities that would not have been available without winning the gold medal. One of the greatest gifts it gave me was confidence—confidence that I could get through tough times and setbacks, confidence in myself, and confidence that with the help of others, difficult goals could be achieved.

# Lifestyles of the Fit and Healthy

## OWU ALUMNI ON THE MOVE

By *Andrea Misko Strle '99*

IT'S ABOUT PUTTING ONE FOOT IN FRONT OF THE OTHER; ABOUT WHAT GETS YOU UP IN THE MORNING AND MOTIVATES YOU TO PUT ON YOUR RUNNING SHOES AND FACE THE SNOW, THE RAIN, OR THE BLAZING HOT SUN. It's about the conversations you have



Kate VanDerzee '96

in your head to keep going, past the pain, past the voices that tell you to quit. It's about the pride you feel when you are done, and the desire to get up and do it all again tomorrow.

For a collection of Ohio Wesleyan alumni, running is more than a hobby; it's about passion and a way of life. These alumni have logged hundreds, perhaps thousands of miles, and they have dozens of races under their belts. But the driving force behind all their running isn't as much the numbers as it is the desire for mental and physical healthiness. For them, running is a primary stress release. Besides the obvious physical health benefits, running helps clear their heads, provides an outlet for their emotions, and keeps their spirits lifted.

"I notice that when I don't run for a while, I get a bit anxious and irritable," says **Kate VanDerzee '96**. "Running consistently keeps me in a steady emotional state. I feel like I can handle the pressures of day-to-day life when I run regularly. I definitely need a physical outlet for my stress and emotions. Running, as well as other exercises like biking and lifting weights, helps keep me healthy in every sense of the word."

Vanderzee started running in the seventh grade and continued running through college where she ran on the OWU cross country and indoor/outdoor track team. Later she became an assistant track and cross country coach at Earlham College in Richmond, Indiana. Then she ran her first marathon at the age of

23, and has been hooked ever since. Now she has run 15 marathons in four states (including Massachusetts, where she ran in the Boston Marathon), and she also has run more than 15 half-marathons and countless 5K and 10K races. In addition, Vanderzee has participated in a handful of triathlons and obstacle course races.

"When I train for a marathon, I typically devote 16 weeks to training," says Vanderzee, a project manager for a law firm in Columbus, Ohio. "I run all year round though, taking a week or so off after a big race. I suppose it takes discipline, but, at this point in my life, running really is just part of my life. But to stay consistent, you can't come up with excuses. Sometimes you have to wake up at 5:30 a.m. and run. At times, you may be running a track workout in the dark. It's just what you need to do, if you want to become a better runner, complete a marathon, and stand fit."

Vanderzee says her great running partners, **Becky Tobias Hayward '94** and **Lauren Bowden Thomas '98** also help keep her motivated.

"At the moment, I'm simply proud of balancing full-time work, motherhood, and regular training," says Vanderzee, who, though pregnant with her second child, plans to continue running until it is uncomfortable. "Even though I'm not the best runner out there, by any means, I've realized over the years that most positive experiences in my life have resulted from running. I got my first job after college because I ran. I've





Anne Fullerman Pistone '99



Jori Bos Riegle '06



Karen Wilton Crane '77

fought depression through running. I met my husband because we are both runners. I have so many amazing friends and lasting friendships because we simply run together. It's so important in my life that my son is named Miles, and, of course, Miles loves running."

**Jori Bos Riegle '06**, of Chicago, can relate to the struggles of finding time to train, and she has learned to make the most of her time. Riegle is a graduate nursing student at DePaul University and she also operates the SMILES Oral Health Program at Ravenswood Community Center. "I literally use my running as my transportation," she says. "For example, on Tuesdays, Wednesdays, and Fridays, I run to and from class, which is about 3.2 miles each way. When I need more mileage, I literally open my front door when I return home, drop my bag in the doorway, and turn around and head out to the Lakefront Trail. On Thursdays, I am currently doing an ICU clinical rotation; and, because it is my cross-training day, I walk to and from the hospital, which is about 2.5 miles each way. But I continue to run, because those minutes and miles of quickening my feet is my time, my time out from a busy schedule that we all experience."

Riegle has run in dozens of races, and she averages at least three half-marathons a year.

She completed the Boston Marathon in 2013, crossing the finish line before the devastating explosions that killed three and injured more than 100 people. She intends to run the Boston Marathon again this year, making it her eighth marathon. She also has run one ultramarathon—a 50K. Riegle encourages people who are runners or who want to be runners to find their own motivation. She finds motivation in the fact that, by running, she gains both mental and physical well-being. "Running clears my head. I like to think of running on Chicago's Lakefront Trail as an opportunity to lay out all my problems and frustration." Riegle says she lays out her problems and frustrations during the first half of her run, and then, on her way back, she tramples them and lets them "wash out into the lake."

Marathon veteran **Karen Wilton Crane '77**, discovered running a little later in life. Two years after graduating from Ohio Wesleyan, Crane set out to lead a healthier life. She and her husband, Frank, quit smoking and started running at the suggestion of Karen's dad, a marathon runner. Crane, a paralegal in Cincinnati, Ohio, has since completed 25 marathons. Her last was the Indianapolis Monumental Marathon. She has run in all the major marathons, including those held in New York, Boston, and San Diego.

"I definitely feel a million times better than I did coming out of college," says Crane, who is now a mother of five. "I look at food as fuel for a workout. I think about my workouts and get them scheduled; it helps me mentally. I have surprised myself, and I am proud of what I have done. When I signed up for my first marathon, I said I was only going to do one, but I enjoy the sense of accomplishment, the challenge of continuing to do it. It helps to keep you young."

Crane says she enjoys both the "me time" she gets when training, and the social aspects of training with friends. She has been running with the same group, at 8 a.m. every Wednesday, since 1997. She also enjoys all the traveling that comes with doing races around the country. "If you are blessed with a body that can run, I believe it is the most efficient exercise for time and energy, and it's cheap. You don't have to belong to a gym. Anyone can do it. All shapes, all sizes, all ages. All you need is a goal. If I don't have a goal, I won't push myself. Pushing myself is an okay thing for me. I would always be doing something, but I'll do more if I have a goal."

Read about more OWU alumni marathoners at [magazine.owu.edu/spring2014](http://magazine.owu.edu/spring2014)

—Andrea Strle '99 is a freelance writer living in Columbus, Ohio.



All members of the King's Contrivance Discussion Group. Top row, left to right: Lowell R. Fleischer '59, Jack A. Hanson '58, John T. Batty III '59, Charles V. Brown '58, Richard W. Hottel '58, J. Laurance Hill '57, Robert E. Wilkinson '58. Bottom row, left to right: Verrick O. French '60, Ann G. Seiler '75, Robert B. Barnhouse '59.

## THE KING'S CONTRIVANCE DISCUSSION GROUP

by Charles V. Brown '58 and Verrick O. French '60

**THE TWO OF US BECAME GOOD FRIENDS IN A SWING BAND IN JUNIOR HIGH AND HIGH SCHOOL, JOINED THE DELTS AT OWU, PLAYED DIXIELAND JAZZ AT SEDATE AND DECOROUS FRATERNITY PARTIES ALL OVER CENTRAL OHIO, GOT A SUPER EDUCATION, AND CHOSE RADICALLY DIFFERENT CAREER PATHS AFTER WE GRADUATED.**

Fast forward about 45 years. Now retired, we began lunching together about once a month at King's Contrivance Restaurant in Columbia, Maryland.

One of us is a conservative Republican and the other a liberal Democrat, so mostly we talked

politics. But after we began repeating our opinions at each other, we decided to expand the colloquy. One by one, over the past several years, the circle has grown to our present ten, which we call the King's Contrivance Discussion Group (KCDG).

The KCDG is an informal society of graduates of OWU, nearly all retired and all but one from our era on campus, the mid-to-late fifties. We lunch at King's Contrivance eight or nine times a year and exchange frequent emails between meetings. We hold a wide range of political views, intensely. We believe that the polity is strengthened when citizens of diverse opinion meet, debate, parley, joke, razz, and—in our case, at least—

occasionally change minds. We temper candor with humor.

What do we talk about? Frequent topics include politics, past and present, elections, past and future, economics, tax reform, foreign policy, health care reform, national security, and federal budget priorities. We also take time to reminisce about undergraduate exploits, salute the OWU sports teams, and informally, every year or so, pitch contributions to the annual fund or the endowment.

Following are excerpts from recent postings by four KCDG members.

## ON THE FEDERAL DEBT

**Jack Batty '59** “The improving economy has taken the nation’s focus off the still dangerous debt bomb. President Obama and Congress continue to kick the can down the road. The president walked away from his own bipartisan Simpson-Bowles commission, headed by two elder statesmen with no political axes to grind. His reluctance to tackle entitlements and the Republicans’ refusal to consider new taxes leaves the country racing toward an eventual day of reckoning. The president needs to lead. Waiting for the next president and Congress is not acceptable.”

## ON SECURITY VERSUS LIBERTY

**Charlie Brown '58** “I recall a professor I had at American University while working on my Master of International Studies in 1970. He gave a lecture on the eternal balance—and struggle—between liberty and security. His bottom line was that if you had too much of one and not enough of the other, your system was destined to fail. Too much emphasis on security and you end up with a police state; too much ACLU and you invite stronger powers to take a whack at you. In today’s world, many of us are willing to surrender more autonomy, willing to sacrifice more privacy, willing to forego some of our civil liberties in hopes of securing the core of our lives and values.”

**Lowell Fleischer '59** “Yes. Balance is the key. Having said that, I am uneasy about the sweep of NSA’s current programs. That our intelligence community leaders have lied to Congress and to the American people does not make me very comfortable about their judgment. Yes, we have to trust the government to a certain extent or the wheels will come off. But I do think that Congress has been negligent in keeping tabs on the intelligence community. Balance, balance, balance—by all means. But we do not have it.”

## ON THE GOVERNMENT SHUTDOWN

**Vick French '60** “Like a bolt from Zeus, on the second day of the shutdown, members of the House majority suddenly see that the Senate won’t help them tweak a single hair from the head of Obamacare. Worse, a dozen polls tell them that the public, by a large margin, blames them for the shutdown.

Bumfuzzled, beating a retreat, they quit trying to hack at Obamacare and cast vote after vote to unshutter assorted and popular parts of the government featured on the TV news.

On day three, Tea Party Congressman Marlin Stutzman (Republican, Indiana) sums up the discombobulation of his mates by declaring, ‘We’re not going to be disrespected. We have to get something out of this. And I don’t know what that even is.’

So the crusade to cleanse the earth of Obamacare, which began with pennants flying, trumpets sounding, armor glinting in the sun, cavalry advancing at a decisive trot, maidens strewing flowers before the horses, collapses in half a week. Did the Speaker speak to this debacle? Nope. All we got was this shrug of the shoulders from an obscure backbencher.”

## FINAL THOUGHTS AND DELIBERATIONS

All ten regular members of the KCDG appear in the accompanying photo taken at King’s Contrivance Restaurant on December 12, 2013. Ten is a good number. It’s large enough to foster diversity of opinion but small enough to let everyone who wants to have a say, say it. Not depicted are three adjunct members who don’t live close enough to King’s Contrivance to attend the luncheons but who weigh in by email. They are Evan R. Corns '59, David L. Hobson '58, and Don E. Saliers '59.

Positions held or formerly held by members and adjunct members of the KCDG include officer in an intelligence agency, head of a government

relations firm, successful entrepreneur, corporate purchasing officer, corporate public relations officer, attorney in private practice, foreign service officer, corporate financial officer, pediatric surgeon, OWU development officer, member of Congress, and professor of theology.

Debating societies have a long pedigree. They were popular, for example, in the eighteenth century in London and the American colonies. As a young man, Benjamin Franklin founded one in Philadelphia called the Junto. It became famous, and he said of it, “Our debates were to be conducted in the sincere spirit of inquiry after truth, without fondness for dispute, or desire of victory.”

Does the KCDG measure up to Franklin’s standard? Not often. We’re all too fond of putting points on the board. But at a time when vituperation is the default mode of political discourse, we favor civility and we even resort to facts in our deliberations.

Is the KCDG a good model for like-minded alumni in other parts of the country? We hope so.

## WE WANT TO HEAR FROM YOU!

Please email your news to [classnotes@owu.edu](mailto:classnotes@owu.edu). You also can submit your news to: The *Ohio Wesleyan Magazine*, Ohio Wesleyan University, Mowry Alumni Center, 61 S. Sandusky St., Delaware, Ohio 43015, Attn: Class Notes Editor

Include your name (birth name too!) and class year as well as a daytime phone number, should we need to reach you. Submitted information may be edited for space. In addition, you also can send your *Magazine* class notes information to our alumni web site at [www.owualumni.com](http://www.owualumni.com) for posting online.

# Alumni Happenings >>





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**1 BOSTON HOLIDAY:** Sandy Bodine Demarest '80 and Melissa Demarest '09

**2 BOSTON HOLIDAY:** Cailee Smith '12, Sydney Parmis '11, Rachel Decker '09

**3 CHICAGO HOLIDAY:** Jim Mendenhall '73, Mary Beth Sommer '88, David Alexander '73

**4 SAN FRANCISCO:** Lorry Haycock Luikart '73, President Rock Jones, Jack Luikart '71



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**5 CLEVELAND HOLIDAY:** Dan Gliha '06, Jesika Keener '09, David Livingston '94

**6 CLEVELAND HOLIDAY:** Jim Cochran, Elizabeth Collins '10, Susan Vitaz White '07, Christopher White, Jillian Snyder '07

**7 COLUMBUS HOLIDAY:** Talia Brader Cromwell '02, Katie Buchert Kennedy '02, Pat Kennedy '03, Brian Cromwell '02

**8 COLUMBUS HOLIDAY:** Joanna Hartley '11, Jessica Kyler Brubaker '10, Rock, Lucy Schmitt '10



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**9 NYC HOLIDAY:** Jarod Korn '06, Eric Korn '04, Jonathan Noble '06, Joe Rosato '06, Anthony McGuire '13, Jared Shaner '12, Jenna Rodcay '13

**10 NYC HOLIDAY:** Brian Murphy '87, Robert Betcher '87, Tom Waldron '87 and Craig Hall '87

**11 PHILLY HOLIDAY:** Annie Seiler '75, Neil Bozentka '81, Margaret Hagenbuch '77

**12 PHILLY HOLIDAY:** John Krapf, Brooke Coale Krapf '05, Elizabeth Pease '12



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**13 WASHINGTON, D.C.:** Jennifer Dansie '09, Raquel Coale, William Coale '12, Robert Shane '12

**14 WASHINGTON, D.C.:** Yvonne Hendricks '12, Curry Wilson '10, Courtney Durham '12, Rebecca Simon '12, Mason Farr '12, Abigail Walsh '12, Michael McLean '13, Caiti Goodman '11, Ruthie Goodell '09

**15 NYC:** Tom Goodman '76 talks with Athletic Director **Roger Ingles** and Women's Lacrosse Head Coach **Chelsea Huguenard** at a reception for Tri-State Lacrosse Alumni on December 5

**16 NYC:** Mike Plantholt, Men's Lacrosse Head Coach, addresses Lacrosse Alumni in NYC on December 5, 2013



## Legacy Photos Commencement 2013



**Photo 1:** Row 1, left to right: Carl Dipman '76, Chelsea Dipman '13, Dana Middleton '57, Emily Middleton '13, Elizabeth Bennett '13, Kenneth Bennett '83, Molly Curry '13, Amy Curry '84, John Curry '83

Row 2, left to right: Swee-Kee Ng '75, Christian Ng '13, Sew Mee Ng, Alecia Mitchell '13, Steven Mitchell '92, Sean Harrigan '77, Devin Harrigan '10, Kyle Harrigan '13, Megan Bachelder '13

Row 3, left to right: Alyssa Giarrusso '17, Justin Giarrusso '13, Jim Giarrusso '79, Alex Swiecinski '13, Jill Wittke Swiecinski '74, Cindy Van Suetendael Vaurek '83, Jaime Vaurek '13, Bob Harrison '73, Mhaya Harrison '13

**Photo 2:** Row 1, left to right: Edward F. Morris '45, Edward J. Morris '83, Meagan Ferns '13, Tracey Williams Ferns '85, Lydia Mortensen '13 (Adele McClaren Mortensen '49), Ashley Brown '13, Anne Holm Brown '86, Madeline Shier '13, Leah Reilly '13, William Clint Saunders '13, Phyllis Waters Thomas '54, Laura Lown '13

Row 2, left to right: Marshall Morris '13, Christopher Morris '81, Herbert H. (Bill) Williams '58, Timothy J. Ferus '83, Mary Steele Holm '60, Bob Holm '60, Melanie Bleveans Holm '91, David Shier '81, Christine M. Mackie '77, Alexandra Crump '13

Row 3, left to right: David Walter '12, Gail Smith Walter '74, Sean Walter '13, Phyllis Walter, Bob Holm Jr. '91, David Holm '93, Jacob Bonnell '13, Georgia Cummings Bonnell '56, Thomas H. Bonnell

**Photo 3:** Row 1, left to right: John Whitaker '81, Clare Whitaker '13, Jim Murphey '74, Paul Murphey '13, Annie Rissell '79, John Rissell '13

**Photo 4:** Row 1, left to right: Edward Hintze '76, Patti Hintze Schlaudt '77, Tori Schlaudt '13, Katie Schlaudt '10, Stephen Schlaudt '77

## CALENDAR OF EVENTS

*The following is a listing of OWU alumni events around the country. These events offer alumni, families, and friends opportunities to network with fellow Bishops and to reconnect with OWU near your hometown. To RSVP for an event, please visit <http://community.owu.edu/events> or call (740) 368-3325.*

### APRIL

#### April 1 — San Francisco, CA

Leadership Board Recruitment Lunch and Dinner

#### April 2 — Denver, CO

Leadership Board Recruitment Reception and Dinner

#### April 5-6 — On Campus

Parents Leadership Council

#### April 8 — Austin, TX

Alumni/Parent Reception

#### April 10 — San Antonio, TX

Alumni/Parent Reception

#### April 11-12 — On Campus

10th Phi Delta Theta, Phi Union

#### April 12 — Columbus

Columbus Monnett Club at Scioto Country Club

#### April 13 — On Campus

Golden Bishops Brunch and Theater Matinee

#### April 16 — Boston, Chicago, New York, Washington D.C.

OWU vs. Denison LAX Viewing Parties

#### April 24 — Cleveland, OH

Young Alumni Happy Hour at Whole Foods Market

#### April 25-26 — On Campus

Alumni Board of Directors

#### April 29 — Williamsburg, VA

Red & Black Reception

### MAY

#### May 3 — Boston, MA

Young Alumni "Tres de Mayo" event

#### May 16-18 — On Campus

Alumni Weekend 2014

#### May 24 — On Campus

Alumni Track & Field and Cross Country Reunion honoring Marv Frye

### JUNE

#### June 10 — Columbus, OH

Central Ohio Breakfast Series at the Athletic Club of Columbus

#### June 19 — New York, NY

OWU Night at the Yankees

#### June 19 — Fairchester, CT

"Fairchester" Alumni Chapter, Shakespeare on the Sound

#### June 21 — Boston, MA

Boston Harbor River Cruise

### JULY

#### July 16 — Frankfurt, MI

Barbeque at Stratton Hill Farm

### SEPTEMBER

#### September 9 — Columbus, OH

Central Ohio Breakfast Series at the Athletic Club of Columbus

#### September 12 — Sunbury, OH,

11th Annual Team OWU and Alumni "W" Association Golf Outing

#### September 19-21 — On Campus

Family Weekend 2014

### OCTOBER

#### October 9 — Columbus, OH

Central Ohio Breakfast Series at the Athletic Club of Columbus

#### October 12 — Sunbury, OH

11th Annual Team OWU and Alumni "W" Association Golf Outing

If you are interested in coordinating an event in your city, contact the Alumni Relations Office at (740) 368-3325 or e-mail [alumni@owu.edu](mailto:alumni@owu.edu)

#### October 24-26 — On Campus

Homecoming Weekend 2014

### DECEMBER

#### December 16 — Columbus, OH

Central Ohio Breakfast Series at the Athletic Club of Columbus

## Come Home to Alumni Weekend

### May 16-18, 2014

Reunite with friends and loved ones for a weekend of fun and enlightenment, as you:

- Join Alumni College sessions with W. Joseph Campbell '74, Sahan Dissanayake '04, Ed Folsom '69, Maggie Smith-Beeghler '04, and Richard "Rich" Gordon '73
- Witness the re-enactment of the 1964 College Bowl Championship
- Proudly march in Saturday's Parade of Classes to the Celebrating Ohio Wesleyan Ceremony, where you can applaud for fellow alumni who are receiving recognition

We are celebrating reunion classes ending in "4" and "9" and encourage all alumni to attend! For further information and to register, visit [community.owu.edu/aw2014](http://community.owu.edu/aw2014)

# CLASS NOTES

Reunion class officers are listed below with classes—the 4's and 9's—celebrating May 16-18, 2014 during Alumni Weekend 2014.

## 1930s

**Steve Hering '34** was posthumously inducted into The Cleveland Football Officials Association Hall of Fame on November 7, 2013. This was Steve's 104th birthday. Steve grew up in Cleveland, Ohio, graduating from South High School, and his high school football coach was **Carl Brubaker '21**, a member of the CFOA Hall of Fame. Brubaker was instrumental in Steve attending OWU, where he lettered in varsity baseball. Following graduation, Steve coached at Ashtabula Harbor High School, and then for many years in the Cleveland Heights School System. For more than thirty years Steve officiated high school and college football and basketball in northeastern Ohio, and during that time was president and secretary of the Cleveland Football Officials Association. In addition to Steve and his wife, **Virginia Simon Hering '35**, other family members who attended OWU were their son, **Jim Hering '61**, daughter **Barbara Hering Liming '67**, grandsons **Bob Hering '90**, **Tom Hering '95**, **Steve Hering '99**, and granddaughter **Mary Beth Liming Alspaugh '94**.



## Alumna Honored by Salvation Army

**Marci Swindler Ingram '74** and Bill Ingram were honored by the Salvation Army on October 30, 2013. The Ingram-White Castle Foundation was given the 2013 Need Knows No Season Award. This award commemorates exceptional support and dedication to The Salvation Army in central Ohio, its mission and programs. The Columbus Foundation's **Doug Kridler '77** (left) presented the award to the Ingrams on stage at the recent event.

## 1950s

### CLASS OF 1954 Alumni Weekend 2014

#### REUNION OFFICERS

Charlotte Anderson Abell, Dan Butler, Nancy Champion Christy, Robert Corwin, Harry Ebeling, Marty Bowman Ebeling, Wendell Holloway, Dave Hunt, Robinson Lapp, Virginia Carter McClintock, John "Jack" McKinnie, Margaret Jones Neff, Patricia James Simpson, Gordon Smith, Ron Thie,

Richard "Sherry" Treis, Nancy White White

**Kenneth A. Massar '54** exhibited his paintings at Bangor Public Library in Maine during November of 2013. His exhibition, "Garden Party," demonstrated his style of biomorphic imagery.

**Shirley Winget Buehler '55** and her family opened the 14th family-owned Buehler's Fresh Foods Supermarket in Portage Lakes near Cleveland, Ohio on October 30, 2013.

**Roger W. Fromm '55** participated in the North Carolina Senior Games Finals September 26–27, 2013, in Raleigh, North Carolina. In his 80–84 age group he earned the gold medal in all three track events entered—the 100 meter, 200 meter, and 400 meter dashes. Roger remains the only person to receive gold medals in both swimming and track in the games' 40-plus year history.

**Paul E. Landis '57**, formerly a member of John F. Kennedy's secret service, was featured in the *Akron*





## CIMBALOM WORLD CONGRESS FEATURES OWU ALUM

**Mark Alan Wade '99** was invited to perform and lecture at the 2013 Cimbalom World Congress in Taipei, Taiwan, an event hosted by the Cimbalom World Association. Assistant professor of music at Denison University in Granville, Ohio, Mark's key instrument is the hammered dulcimer, known as the cimbalom in Hungary (where the association is based).

Mark and two of his colleagues at Denison, Professor Casey Cook and Dr. Andrew Carlson, performed at the event as The Mark Alan Wade Trio, playing several recitals and concerts to an audience that was excited to learn about and listen to American music. The three of them also presented lectures on American Bluegrass music.

The 2013 congress had conservatory professors and students from China, Taiwan, Singapore, Malaysia, Iran, Israel, Belgium, Hungary, England, Switzerland, Thailand, Slovakia, and the United States. There were also attendees who perform full-time. Mark says his invitation to perform and lecture was largely in response to the great reception of his new dulcimer CD, "Grass Roots," a project

that he also worked on with his colleagues Casey and Andrew.

"It was an honor to present our American musical heritage to my colleagues in Taiwan. Despite the dulcimer's 'classical' standing in most countries in attendance, there was an extremely profound appreciation for our traditional folk music. In fact, we felt like rock stars!" Mark says. "The Cimbalom World Association is the most prestigious professional organization in my field comprised of world-class orchestral musicians and conservatory professors. My invitation to perform and lecture at this international congress represents the highest level of peer review that is available in my performance area. I was extremely humbled to be surrounded by so many world-class performers and to share my expertise as well.

Mark directs the wind ensemble and teaches trumpet, dulcimer, and music theory at Denison. He also guest directed at OWU's President's High School Band Festival with his mentor, Dr. Larry Griffin.

*Beacon Journal Online* ([www.ohio.com](http://www.ohio.com)) on November 16, 2013. In the interview, Paul shares his experiences related to Kennedy's assassination in Dallas, Texas.

**Eleanor Moore Brown '58** received the Merit Award from the International Union of Leather Technologists and Chemists Societies on May 29, 2013. Eleanor works for the USDA Eastern Regional Research Institute.

## CLASS OF 1959 Alumni Weekend 2014

### REUNION OFFICERS

John "Jack" Batty III, Martha Leihgeber Becker, Al Cinelli, Evan Corns, Robert Davis, Sally Reiff Dickey, Lowell Fleischer, George Greenway, Jack Hammitt, Gay Martin Hendricks, James Kitson, Nancy La Porte Meek, Phil Meek, Paul Moore Jr., Bob Morrill, Joanne Hlavin Ritter, Don Saliers, Frank Taylor Sargent, Sherry Shepherd Sargent, Janice Patenaude Smith

## 1960s

**Richard Winger '60** was elected mayor of Vero Beach, Florida, in November of 2013.

**Daly Walker '62** recently published a new book, *Little Creek: Finding Elemental Life in Brown County*. Daly, a retired surgeon, has had his stories and essays published in many literary publications over the years.

**Thomas Shindledecker '63** is a city councilman-at large in Findlay, Ohio. After a 45-year career as news director of Findlay radio stations, WFIN and WKXA, Tom retired in 2011, but still broadcasts football and basketball games for the stations. While news director (using the name Tom Sheldon), he won dozens of Awards of Excellence from the Ohio Associated Press Broadcasters Association, and twice served as president. He currently serves as a member of the Board of the Hancock Historical Museum Association and is active in many other civic organizations. His wife, **Bonita Maury Shindledecker '65**, retired in 2012 after 47 years as an art teacher in public and private schools in

Alumni Weekend 2014 reunion volunteer names listed in this issue of the *Magazine* are a work in progress. If you would like to be a reunion volunteer or know your name was mistakenly not included, please contact Brenda DeWitt at (740) 368-3329 or by email at [bedewitt@owu.edu](mailto:bedewitt@owu.edu).



## A Ladies' Reunion

OWU friends got outdoors at a recent gathering. Pictured from left to right are: **Karen Hershner Dedo '78**, **Amy Wise '78** (back), **Emily Thayer Guziak '78**, **Margo Smyth Biringer '78**, and **Erica Robinson Mitchell '78**.



## West Coast Reunion

Four OWU roommates reunited in San Francisco in October of 2013. From left to right are **Nancy Keck Yamokoski '65**, **Margaret (Peg) Waggoner Wells '65**, **Rebecca (Becky) Duffett Stiles '65**, and **Edith (Edie) Hope Fine '65**. Together they toured the California Academy of Sciences in Golden Gate Park, visited Santa Rosa for a private tour of Luther Burbank Garden, enjoyed a picnic at a winery, and watched DVDs of "Miss Fisher Mysteries," thanks to Peg.

Pennsylvania and Findlay. They have one daughter (deceased), one son, and seven grandchildren, all living in the Findlay area.

## CLASS OF 1964 Alumni Weekend 2014

### REUNION OFFICERS

William Barton Jr., Reid Calcott III, Carolyn "Ann" Colson Cassell, Richard Cassell, Kathryn Newman Feld, Thomas Fenton, Sophie Harned Gibson, Virginia Pearsall Kirkwood, Grant Kurtz, Ed Miller Jr., Kay Zollar Miller, Richard Nault, Karen Massie Purves, Kathleen Law Rhinesmith, Sally Mahoney Ruggles, William Shaffer, Art Shilt, Roger Vermillion, Randy Wortmann, James "Jim" Locke III, Chuck Pitcock

**Robert J. Hargrove '64** was featured in *The Telegraph* newspaper in Macon, Georgia on November 22, 2013. He shared his recollections of the day that President John F. Kennedy was assassinated; Robert was a senior

at Ohio Wesleyan at the time of the tragedy.

**Edith Hope Fine '65** was featured on author Marcie Wessel's blog on February 4, 2014 for her recent children's book, *Sleepytime Me*.

**Jane Garnes-Flurini '65** was recently awarded "The Special 2 Governour of Kyoto Prize" for the understanding of traditional Japanese design at the Second International Kimono Motif Design Competition. Jane is an artist and former fine arts and crafts teacher who divides her time between Ramsey, New Jersey and Paris, France. She is a member of La Maison de la Culture de Japon à Paris.

**Gretchen Haas '65** retired in September of 2013 after 18 years of federal service including positions at the Naval Hospital, Groton, CT; National Naval Medical Center, Bethesda, MD; Walter Reed Army Medical Center, Washington, D.C.; ending at the Food and Drug Administration. At FDA, she worked at the Center for Devices

and Radiological Health, where she spent the last few years of her career as a nurse consultant in the Office of Device Evaluation/ Division of Surgical Devices/ Plastic and Reconstructive Surgery Branch. There she says she found challenging work and wonderful, bright, dedicated, colleagues. It was a perfect end to her work-life. Her two sons and their families live in Maryland and she gets to see her four grandchildren often. Gardening and her faithful dog Jasmine are filling her hours now and she plans more projects as the spring arrives.

**Branch B. Rickey III '67** was the keynote speaker at the 10th Annual Portsmouth Murals Baseball Banquet on January 15, 2014 in Portsmouth, Ohio.

## CLASS OF 1969 Alumni Weekend 2014

### REUNION OFFICERS

Sue Swan Bennington, Ed Haddock, Doug Hoover, Ann Gaither Russell, Allen L. Snyder III, Rick Subel, Sue Struna Subel

**David J. Bartholomae '69**, professor of English at the University of Pittsburgh, was named the 2013 Pennsylvania Professor of the Year. He was awarded the honor in Washington, D.C. on November 14, 2013. David has been a member of the faculty at the university since 1975.

**Eric D. Myers '69** recently announced his retirement from Bowling Green Schools in Bowling Green, Ohio after a 41 career with the district. At the end of December 2013, Eric ended his 12-year tenure on the school board. In 2000, he stepped down as assistant superintendent for the schools.

## 1970s

**John H. Sargent '70** recently had his series of paintings, "Visions of Light", displayed at the Niantic Community Church in Niantic, Connecticut. John taught for 24 years at The Williams School in New London, Connecticut.

**Barbara Tritton Masarky '72** was featured in the *Ridgewood Suburban News* on November 28, 2013 for her continued success as a realtor at Tarvin Realtors in New Jersey during 2013.

**Christopher J. Hardman '73** left his position as football and baseball coach and basketball assistant coach at Ottawa Hills High School in Ottawa Hills, Ohio after the fall 2013 season. Christopher has been in education for 38 years,

## CLASS OF 1974 Alumni Weekend 2014

### REUNION OFFICERS: MORE VOLUNTEERS ARE NEEDED.

Please contact Brenda DeWitt at (740) 368-3329 or email to [bedewitt@owu.edu](mailto:bedewitt@owu.edu)  
Kathy Butler, Wendy McCall Johnson, Margaret Weaver Krull, Janet de Michaelis, Karen Vincent, Andrea Waller

**Dan Allender '74** professor of counseling psychology at The Seattle School, as well as a well-known speaker, therapist, and author, inspired the launch of The Allender Center at The Seattle School in 2010. The Center is a nonprofit organization dedicated to training counselors under Allender's methodology.

**Juanita L. Stormes '76** received the 2013 Distinguished Alumni Award from the University Liggett School in Grosse Pointe Woods, Michigan. This is the highest honor that the school awards. In January 2000, Juanita has been a United States Magistrate Judge for the Southern District of California.

**Doug Kridler '77** and Monica Kridler were featured in the June 2013 issue of *Columbus Monthly Magazine* for their attendance at a dinner benefiting the Center for Family Safety and Healing on April 20, 2013 in Columbus, Ohio.

**Thomas L. Rosenberg '77** was recently named a 2014 Ohio Super Lawyer by *Ohio Super Lawyers Magazine*. Thomas is a partner at Roetzel & Andress, LPA in Columbus, Ohio.

## CLASS OF 1979 Alumni Weekend 2014

REUNION OFFICERS: **MORE VOLUNTEERS ARE NEEDED.**  
Please contact Brenda DeWitt at (740) 368-3329 or email to [bedewitt@owu.edu](mailto:bedewitt@owu.edu)  
Kate Asbeck, Chris Jones, Matt Palmer

**Michael E. Campolo, D.O. '79** was featured in the March 2013 issue of *Columbus C.E.O. Magazine*. Michael started Medical and Surgical Associates in Newark, Ohio in 1984, and he is the coroner for Licking County, Ohio.

## 1980s

**Bridget Donnell Newton '80** was elected mayor of Rockville, Maryland on November 5, 2013. She previously held office as a Rockville City Council member.

**Dan Dupee '81** has served as president and CEO of the Coalition for Christian Outreach (CCO) in Pittsburgh, Pennsylvania since 1999. CCO is a campus ministry that partners with churches, colleges, and other organizations.



## Winner of BGSU Graduate College Award

**Meghan Weaver '06** (right) recently received the Bowling Green State University Graduate College award for best thesis of 2013. She is now working for the Wisconsin DNR as a fish biologist/toxicologist in Madison, Wisconsin.



## R. MURPHY KNIFE COMPANY A PASSION FOR ALUM

**When Mimi Younkins '72** and her husband Mark Furman bought R. Murphy Knife Company in 2009, they never could have imagined the ways the business would grow and the passion they would develop for it. Their accountant and friend suggested the purchase as a simple business opportunity, but it quickly became so much more.

“We didn’t know anything about knives,” Mimi says, “but the next thing we knew, we had fallen in love with the business and our product.” At the time that they purchased the knife company, it had a solid customer base, but under their ownership, opportunity abounded. “The new things we’ve been diving into have been so much fun,” Mimi explains. “Repurposing old knives, inventing new knives, and rejuvenating the business—we’re always excited to try something new.”

R. Murphy Knife Company has especially come to fame for its unique oyster knives. The knives have become very popular within the industry, and as the company works with more and more oyster farms across the country, press coverage has soared. The company has been featured by the Food 52 blog (where the knives are available for purchase), “The Taste” (a reality show on ABC), *Cooks Illustrated Magazine*, *Martha Stewart’s* gift guide, *Playboy*, *Conde Naste*, and more. At this year’s Oscars, their knives were given as gifts in the swag bags!

“It’s been really incredible to learn and grow with the company,” Mimi reflects. “We’ve especially loved getting to know so many people—authors, butchers, restaurant owners, people interested in sustainable food. We never would’ve guessed where this company would take us, but we’re so glad that it has.”

# Alumni Happenings >>

**Dan Sheaffer '81** was named coordinator of the Northwest Ohio Manufacturing Extension Partnership by the Findlay-Hancock County Alliance in December of 2013. In this position, Dan will work to provide business and technical assistance to small and mid-sized manufacturers in northwestern Ohio.

**Samuel H. Adams '82** was recently named senior vice president of sales at Arcadia Healthcare Solutions. The company is headquartered in Boston, Massachusetts.

**Byron A. Pitts '82**, ABC News Chief National Correspondent, gave a lecture at the Community College of Baltimore County Essex for the 2014 President's Distinguished African-American Lecture Series on February 20, 2014.

**Scott Smith '83** was recently hired by Sheffield Haworth as executive director, business & professional service. Previously, Scott worked for Bridgewater Associates in Westport, Connecticut.

## CLASS OF 1984 Alumni Weekend 2014

REUNION OFFICERS: **MORE VOLUNTEERS ARE NEEDED.** Please contact Brenda DeWitt at (740) 368-3329 or email to [bedewitt@owu.edu](mailto:bedewitt@owu.edu) Tim Dill, Liz Dempsey Gilbert, Christine O'Hara, Sheila Fagan Plecha

**William Hardie, M.D. '85** is currently a professor of pediatrics in pulmonary medicine at Cincinnati Children's Hospital Medical Center. Following graduation from Vanderbilt School of Medicine, Dr. Hardie completed both his pediatric residency and pulmonary fellowship at Cincinnati Children's where he has remained on faculty. In addition to clinical, administrative, and educational duties, Dr. Hardie also conducts basic science research focused on lung fibrosis. In 2013, Dr. Hardie received an Innovation Award from Cincinnati Children's Hospital to

support his work studying compounds which may be effective in reversing progressive lung fibrosis in adults and children. Dr. Hardie was elected into the Society of Pediatric Research in 2006 and has been included on the yearly list of America's Best Physicians since 2008; he resides on a small farm with his wife and three children in Lebanon, Ohio.

**Mildred E. Probert '85** spoke at a "Coffee With The Author" event in Steubenville, Ohio in December of 2013. Mildred spoke about the inspiration for her children's book, *Esther's Miracle at the Manger*.

**Darrell T. Echols '86** was recently selected to be principal at Metea Valley High School in Aurora, Illinois. He will begin the position July 1, 2014.

**Steve M. Herron '89** was recently appointed as Vermillion City Council president in Vermillion, Ohio. Steve previously served two years a councilman at large for the City Council, and he works for the Ohio Public Defender Commission.

## 1990s

**John Burnside '91** was recently promoted to shareholder of the national law firm Polsinelli, where he is an attorney. John earned his law degree from the Arizona State University Sandra Day O'Connor College of Law.

**Christopher B. Kahler '91** recently had his collection of paintings, titled "Dialumens", displayed at the Bruno David Gallery in St. Louis, Missouri.

**Michael R. Moser '91** joined Armed Forces Benefit Association and 5Star Life Insurance Company in Alexandria, Virginia on September 11, 2013 as senior vice president, compliance; general council and corporate secretary. He has more than 15 years of experience in the financial industry. Michael received his law degree from Ohio Northern University and a Master of Business Administration from the University of Chicago.

**David A. Saylor '91** received a 5-year contract extension for his position as athletic director at Miami University in Oxford, Ohio in December of 2013.

**Amy L. MacDougall '92** joined Ian Black Real Estate in the fall of 2013 as a sales assistant. The company is based in Sarasota, Florida. Amy was a double major in economics and psychology at Ohio Wesleyan.

**Robert Scolaro '92**, who works at Wladis Law Firm, P.C. in East Syracuse, New York, was a featured speaker at the New York State Bar Association's program "Introduction to Estate Planning" on October 31, 2013. Robert attended the Suffolk University Law School.

**Katherine E. Prince '92**, senior director of strategic foresight at KnowledgeWorks in Cincinnati, Ohio, was elected to the Union Institute & University Board of Trustees in October of 2013.

**Mohammad I. Rahman '93** was featured in *The Plain Dealer* newspaper in Cleveland, Ohio on January 31, 2014 for his work as leader of the creative writing program at Cleveland State University. He earned his MFA at the University of Florida.

## CLASS OF 1994 Alumni Weekend 2014

REUNION OFFICERS: **MORE VOLUNTEERS ARE NEEDED.** Please contact Brenda DeWitt at (740) 368-3329 or email to [bedewitt@owu.edu](mailto:bedewitt@owu.edu) David Livingston, Kristin Papoi, Jennifer Gleason Shoults, Alison Martin Turner, Tracy Reid Uhl

**Christine E. Watchorn '94** was recently elected as partner at Ulmer & Berne law firm. Christine works in the firm's Columbus, Ohio office, where she focuses on business litigation. She earned her law degree from Capital University Law School.

**Kristen Law Sagafi '95** was chosen by *The San Francisco Business Times* as one of the top 40 professionals under 40 on January 9, 2014. Kristen works for Loeff Cabraser Heimann & Bernstein, LLP.

**Amze J. Emmons '96**, a multi-disciplinary artist, was featured in artNOW: Philadelphia, a seven-person exhibition that took place in February 2014 at the Kohl Gallery at Washington College in Chestertown, Maryland.

## Chicago Young Alumni "Winter Cocktail Party"



Row 1, L to R: **Cristina Intal '07, Ha Nguyen '07, Laura Saunders '07, Sam Duplessis '08**; Row 2, L to R: **Christina Trusty '12, Molly Mehl '09, Laura Finkler '13, Eissa Purnell '10**, Friend; Row 3, L to R: **Tess Halinan '07, Matt Schmitter '05, Kristen Cemate '07, Shan Song '09**; Row 4, L to R: **Will Pierce '12, Gus Steiner '09, Adam Claytor '09, Caroline Williams**, Friend, **Gretchen Ehrhart '11, Gretchen Croll '10, Jennifer Federer '12**; Row 5 L to Right: Friend, **Steven Brown '10, David Winnyk '13, Aisling Kerns '09, Swetha Naranaya '13, Murtaza Hussain '11.**



## 26.2 Mile Achievement

**Art Pringle '82** completed his first marathon on November 17, 2013 in Philadelphia. He has already registered for his second marathon and is considering competing in a triathlon.

**Mike J. Hendershot '97** joined the board of directors for Camp Fire Northwest Ohio, a nonprofit youth development organization. Mike is chief deputy solicitor in the Ohio Attorney General's office in Columbus, Ohio.

**Kgutlisi T. Moloi '98** took the stage as the Genie in a production of Aladdin at the Joburg Theatre in Johannesburg, South Africa at the end of 2013. The production was a traditional Joburg pantomime.

## CLASS OF 1999 Alumni Weekend 2014

REUNION OFFICERS: **MORE VOLUNTEERS ARE NEEDED.** Please contact Brenda DeWitt at (740) 368-3329 or email to [bedewitt@owu.edu](mailto:bedewitt@owu.edu) Keith Rozanski, Anmarie Sorrentino Shipp, David Shipp

## 2000s

**Denise Sabo Brenner '00** began her position as senior financial accountant at Kappa Kappa Gamma headquarters in Columbus, Ohio in November of 2013.

**Shaival B. Chandra '00** has recently been working as managing director of WTF Hospitality Pvt Ltd and its first brand, Simply Potatoes. Simply Potatoes is a chain of kiosks in India that sells baked potatoes with a variety of toppings. Shaival earned his MBA from the Wharton School of Business at the University of Pennsylvania. He lives in Mumbai, India.

**Matthew C. Bagley '01** was featured in *US Lacrosse Magazine* in December of 2013 for his position as head coach of the England National Lacrosse Team.

**Ed Canterbury '02**, an attorney at the law firm of Henderson, Franklin, Starnes & Holt, P.A. in Fort Myers, Florida, was recently appointed to the Habitat for Humanity of Lee and Hendry Counties Board of Directors. Ed received his law degree in 2005 from Ohio Northern University.

**Jeffrey L. Clapper '02** was named CEO of 8th & Walton, a retailer supplier education company, in November of 2013. The Bentonville, Arkansas company helps educate suppliers on how to do better business with Walmart and Sam's Club.

**Kimberly Hogan '02** recently won the Ohio Liberator Award for her work to raise awareness about and help put an end to human trafficking. Kimberly is a theology teacher and director of service learning at Trinity High School in Garfield Heights, Ohio.

**Martin R. McGann '02** was featured in *Crain's Cleveland Business* on January 13, 2014 for his position as vice president for state and local government affairs with the Greater Cleveland Partnership. Martin has his law degree from the Cleveland-Marshall College of Law.

**Kaitlin Picco '02** joined the law firm of Blank Rome in Philadelphia, Pennsylvania as an associate in the firm's Employment, Benefits, and Labor Group in October of 2013. Kaitlin earned her law degree from Temple University Beasley School of Law.

**Neha R. Sareen '02** recently co-founded Perchh, a Mumbai-based social media site that helps bring people together who have common interests. Neha has a decade of experience with major TV networks.

**Jill M. Schnipke '02** joined the National Environmental Health Association in 2012 as education coordinator. Jill studied biology and environmental studies at OWU.

**David C. Schaub '03** recently joined the coaching staff of the Kansas City T-Bones. David will coach third base for the team. David spent six years as an assistant varsity coach at Canton Central Catholic High School in Canton, Ohio.

## CLASS OF 2004 Alumni Weekend 2014

REUNION OFFICERS: **MORE VOLUNTEERS ARE NEEDED.** Please contact Brenda DeWitt at (740) 368-3329 or email to [bedewitt@owu.edu](mailto:bedewitt@owu.edu) Khadija Garrison Adams, Jenny Brodie, Elizabeth Dale, Ericka Greene, Chris Moore, Michael Pattison

**Josh Brown '04** recently received a fellowship from the Community Partnership for Arts and Culture (CPAP), a nonprofit service organization dedicated to strengthening, unifying, and connecting greater Cleveland's arts and culture sector. Josh is a company member at Inlet Dance Theatre in Cleveland, Ohio, where he studies, performs, teaches.

**Zachary L. Morris, CPA '04**, was promoted to principal at Rea & Associates in Wooster, Ohio. He earned in master's degree in Business Administration from Ashland University.



## Marketer of the Year Award

**Catherine (Katie) Spurlock '05** was awarded the Society for Marketing Professional Services San Francisco Bay Area Chapter Marketer of the Year Award, which recognizes her personal achievement, extraordinary leadership, and significant contributions to her firm's marketing success during the past year. She serves as the marketing manager for Charles M. Salter Associates, an acoustical and technology design firm, where she has worked for 7 years.

# Alumni Happenings >>

**John M. Shimer '05** was recently named head women's soccer coach and the inaugural head coach of the men's soccer program at Pine Manor College in Chestnut Hill, Massachusetts. He spent the 2013 season as first assistant men's soccer coach at Endicott College.

**Laura E. Sisson '05** recently joined Mid-Valley Medical Plaza in Oregon as a behavioral health specialist. She studied psychology at Ohio Wesleyan and earned her doctorate at the School of Professional Psychology at Forest Institute.

**Erin Eilbeck Sykes '05** was featured in the *Athens News* on December 11, 2013 for the Appalachia Ohio Zero Waste Initiative, which she has been coordinating for Rural Action, a group that works to revitalize Appalachian Ohio. Erin's initiative works with local communities, organizations, and governments to make progress toward a zero-waste economy.

**Sarah Kieta '06** was promoted to marketing analyst and product management at American Greetings in July of 2013. Sarah has been with the company since January of 2011. *The magazine apologizes for an error that appeared in this note in our winter magazine.*

**Driss Sekkat '06** recently won the 2013 CINE Golden Eagle Award, in the category of investigative documentary, for his TV show "Street Pulse." Driss is a Moroccan-American TV producer, and "Street Pulse" focuses on social and political issues in Egypt. The CINE Golden Eagle Award honors excellence in film, television, and digital media, is considered to be a symbol of the highest standards in media production.

**Hillary Su '06** has been living in London for the past seven years, where she has completed graduate school and is now working. She also recently set up a political interest

group which focuses on China, where guest speakers address current affairs in China to the group.

**Justin T. Linscott '07** was recently featured in *Wedgewood Life Magazine*. Justin is a CPA and the manager of Holbrook & Manter's office in Columbus, Ohio.

**Jerrold P. Newell '07** recently published a book titled *The Intermittent*. The book is available in paperback or hardcover at Amazon.com, at Barnes & Noble, and as an ebook. Jerrold is an adjunct professor of philosophy at Genesee Community College.

**Paul L. Janowicz '08** recently joined the Cleveland, Ohio law firm of Tucker Ellis LLP. He works in commercial litigation and white collar criminal matters. Paul received his law degree from Case Western Reserve University School of Law.

## CLASS OF 2009 Alumni Weekend 2014 REUNION OFFICERS

Hilary Holmes Cessna, Michael Cohen, Candace Griffith, Kelsey Guyselman, Sarah Hailey, Ryan Jordan, Jesika Keener, Kim Leary, Tory Lee, Anthony Rosato, Amanda Zechiel

**Max Seigal '09** took second place in the National Geographic 2013 Photo Contest for his image "Thunderstorm at False Kiva." There were over 15,000 image submissions to the contest.

## 2010s

**George Brown '10**, Phi Kappa Psi, received his Master of Arts in Teaching from Otterbein University in May 2013. He was inducted into Kappa Delta Pi, an international honor society in education, and teaches 8th grade math and social studies at Marburn Academy in Columbus, Ohio.

**Elizabeth E. Collins '10** joined the law firm of Brouse McDowell in northeastern Ohio as an associate in its

**Jennifer Blair '00** was married to Randy Hall on June 22, 2013, in Reynoldsburg, Ohio. A brass quintet for the outdoor ceremony was provided by professor of music and director of bands, **Dr. Larry Griffin**. The bride is a music educator for Westerville City Schools and the groom is a project manager at JPMorgan Chase.



Litigation Group in October of 2013. She is a 2013 graduate of Cleveland-Marshall College of Law.

**Mark A. Princehorn '10** was recently named head coach of the Souderton, Pennsylvania high school boys' lacrosse team.

**Haley M. Figlestahler '13** was recently featured in a publication from the Coalition for Christian Outreach for her new role as women's rugby coach at OWU.

**Bill Reilich '13**, assistant basketball coach at Indiana University South Bend, appeared on "The Ellen Show" in January 2014. Bill and three of his friends created a hip-hop tribute video to Ellen DeGeneres called "We Love You, Ellen," which led to an invitation to be on the show.

**David S. Reitan '13** was published in the *Green Bay Press Gazette* on December 5, 2013. He wrote a piece titled "Today's

take: Ask graduates the important questions."

**Andrew Tuchow '13** is opening a food truck called Kinetic in spring of 2014. Located in Columbus, Ohio, the food truck will focus on localism, nutrition, and modern health living. Andrew and his co-founder plan to use a Kickstarter campaign to help fund the start-up company; more information can be found at [www.kineticfoodtruck.com](http://www.kineticfoodtruck.com).

**Clare C. Whitaker '13** recently joined Cristofoli-Keeling in Cincinnati, Ohio as a marketing and public relations associate. Clare is also the author of the blog *Twirling Clare* and has written for *Matchbook Magazine*.

**Andrew Wilson '13** recently had his art featured in the "Incursion/ Recursion" group exhibition in the Room for Big Ideas at Yerba Buena Center for the Arts in San Francisco.



*Kelsey Countryman Tennesen '12 and Craig Tennesen were married on June 8, 2013 at Lalumondiere Mill and Rivergardens in House Springs, Missouri. Celebrating with the couple were, from top left to bottom right: Meredith Wholley '13, Natalie Fisher '12, Craig Tennesen, Kelsey Countryman Tennesen '12, Anne McComas '12, Mason Farr '12, Mark Schmitter '12, Maddie Mauk '12, Katie Sherman '12, Lex Kondas '12, Lauren Figy '12, Taurey Overturf '12, Sam Leeman '11, Yvonne Hendricks '12, Kate Raulin '12, Becky Simon '12, and Zandra Casto '12.*

## Births

### 1994 and 1996

**Carrie (Lippert) Reinhardt '94**, Director of Career Services '00-'04, and **Dave Reinhardt '96** celebrated the early arrival of their second daughter, Abigail Ceilidh, born January 25, 2013 (Burns Night) in Dundee, Scotland. Abigail joined older sister, Molly, at their home in St Andrews, Scotland, where Dave is pursuing his PhD in Theology, Imagination and the Arts at the University of St Andrews.

### 1997

**Justin Krueger** and his wife, Ann-Morgan Krueger, are proud to announce the birth of their fourth

child, a son. Ryan Keith Krueger was born on January 20, 2013 and joins siblings Katie (10), Paige (8), and Samuel (5). The Kruegers reside in Marysville, Ohio where Justin practices internal medicine and pediatrics.

### 1998

**Carrie E. Naranjo** welcomed a daughter, Carrie Paddock Naranjo, on January 24, 2014.

### 2000

**John Chilcote** welcomes a daughter, Quinn Roslyn Chilcote, born on November 11, 2013.

**Michael Jordan** announces the birth of a daughter, Zia Jordan, born on December 16, 2013.

**Lisa Fowler Ling** and her husband, Eric Ling, celebrated the birth of their son, Elijah Douglas Ling, on October 30, 2013 in Tampa, Florida. Elijah joins big brother Ethan.

**Christine M. Hall Riordan** welcomed a daughter, Sophia Grace, on October 13, 2013.

**Kelly McCarthy Sporer** announces the birth of a daughter, Meredith Michael Sporer, born on October 31, 2013.

### 2002

**Katie Rogers Colgan** and Bill Colgan celebrate the birth of their son, William Rogers Colgan, on November 16, 2013.

**Mark T. Hofelich** and Jenny Hofelich announce the birth of their son, Jasper Benjamin Hofelich, born on November 15, 2013. Also celebrating are great uncle **Donald Meek '57**, second cousin **Laurie Meek '92**, great aunt **Nancy La Porte Meek '59**, great uncle **Phillip Meek '59**, and great aunt **Marilyn Meek Webster '63**.

**Megan Maurer Hill** and her husband, Jim, are excited to announce the birth of their daughter, Madeline Suzanne, on September 20, 2013. She joins big brother Braeden, 4. The family lives in Bellville, Ohio.

### 2003

**Tara J. Svoboda-McKinnon** welcomed a son, Michael Mason McKinnon, on December 11, 2013.

**Jonathan Wilson** and Shelly Wilson announce the birth of Riley Ann Wilson on November 12, 2013.

### 2003 and 2004

**Erika Howland Long '04** and **Michael Long '03** are proud to announce the birth of their daughter, Alden Pearl, born on October 20, 2013. Also celebrating is **Carolyn Long '69**. The family resides in Edina, Minnesota.

**Jennifer Koch Bingham '04** and **Torrey A. Bingham '03** announce the birth of a daughter, Ada Charlotte, born on January 17, 2014.

### 2004

**Addy Burr Robarge** announces the birth of a daughter, Svea Louise, born on December 12, 2013.

### 2005

**Heather Baker** welcomes a daughter, Evely Mae Huling, born on January 17, 2014.

**Timothy J. Meaney** welcomed a daughter, Charlotte "Charlie" Grace Meaney, on February 5, 2014.

### 2007

**Mitchell Briant '07** and **Erica Bachelor Briant '07** welcomed a baby boy, Merrick, on January 24, 2014.

### 2008

**Mandi Rexroat** welcomed a baby girl, Adeline Rexroat, on January 4, 2014.

**Send Us Your News!**

Deadlines for receiving Class Notes submissions are May 1 for the Summer issue and June 30 for the Fall issue.

## In Memoriam

*OWU alumni may submit full obituary information for posting online on the myOWU Web site at <http://community.owu.edu>. Please continue to submit your information to our Class Notes Editor, Amanda Zecheil, at [arzechie@owu.edu](mailto:arzechie@owu.edu). This modification of In Memoriam will allow for more comprehensive information sharing.*

## Alumni

### 1938

**Elizabeth Cowen Holloway**, of Fayetteville, North Carolina, died on December 18, 2013, at the age of 97. She was preceded in death by her brother, **Robert Cowen '43**, and she was a member of Chi Omega sorority.

### 1939

**Evelyn Long Fay**, of Santa Barbara, California, died on December 6, 2013, at the age of 95. She was a member of Pi Beta Phi sorority.

### 1940

**Mary Jane Howe Flaith**, of Wyndmoor, Pennsylvania, died on December 8, 2013, at the age of 95.

**Judith Tennant Haines**, of Hanover, New Hampshire, died on November 27, 2013, at the age of 94. She was preceded in death by her sister, **Esther Anne Tennant Shaw '38**, and she was a member of Chi Omega sorority.

### 1943

**Judith Heinsohn Guinn**, of Eugene, Oregon, died on November 19, 2013, at the age of 91.

**Audrey Shellenberger Hamilton**, of Reno, Nevada, died on November 2, 2013, at the age of 92.

**Elizabeth J. (Weed) Johnson**, of Lexington, Massachusetts, died on January 5, 2014. She was a member of Kappa Kappa Gamma sorority.

### 1944

**Virginia Kostulski Bartlett**, of Hingham, Massachusetts, died on October 18, 2013, at the age of 90. A pioneer in the field of television, Virginia was the recipient of the

Distinguished Achievement Citation from OWU in 1982, the highest honor that the university awards. Virginia also served one term on the OWU Board of Trustees. She was preceded in death by her husband, **Irving H. Bartlett '44**.

**Perry L. Holsinger**, of Lebanon, Ohio, died on December 9, 2013, at the age of 91. He was preceded in death by his brother, **Ralph Holsinger '41**, and he was a member of Sigma Alpha Epsilon fraternity.

**Evelyn Garnett Lanzen**, of Rocky River, Ohio, died on December 18, 2013, at the age of 91. She was a member of Alpha Gamma Delta sorority.

**William Nunn**, of Cincinnati, Ohio, died on January 25, 2014, at the age of 91. William was preceded in death by his wife, **Gwendolyn Jones Nunn '44**. He is survived by two daughters, **Jenny A. Holland '74** and **Martha N. Lewis '83**, and two granddaughters, **Kim Lewis '15** and **Kathleen L. Lewis '12**. He was a member of Phi Gamma Delta fraternity. Please see longer version of this obituary online.

### 1945

**Charlotte Berry Christman**, of Sidney, Ohio, died on December 29, 2013, at the age of 89. She is survived by a son, **Douglas Christman '73**, and was a member of Gamma Phi Beta sorority.

**Helen Shearer Fitch**, of Kalamazoo, Michigan, died on December 5, 2013, at the age of 89. She is survived by her daughter, **Ruth A. White '67**, and she was a member of Delta Delta Delta sorority.

**Priscilla June (Smith) Olton**, of Kalamazoo, Michigan, died on January 24, 2014, at the age of 91. She is survived by her husband, **Roy Olton '44**, and she was a member of Kappa Alpha Theta sorority.

### 1946

**Sarah Boyd Smartt**, of Nashville, Tennessee, died on January 11, 2014, at the age of 89.

### 1947

**Grover C. McElyea**, of Dallas, Texas, died on January 1, 2014. He was a member of Delta Tau Delta fraternity.

**Richard Bruce Myers**, of Sewickley, Pennsylvania, died on December 27, 2013, at the age of 92. He was a member of Delta Tau Delta fraternity.

### 1948

**Dorothy Plaskett Boyd**, of Spartanburg, South Carolina, died on December 31, 2013, at the age of 87. She was preceded in death by her husband, **Howard N. Boyd '49**.

**Ann Arnold Weible**, of Dover, Ohio, died on January 21, 2014, at the age of 88. She was a member of Chi Omega sorority.

**William "Bill" John White Jr.**, of Toledo, Ohio, died on December 25, 2013, at the age of 87. He is survived by his wife, **Evelyn Turner White '51**. Bill was a member of Sigma Alpha Epsilon fraternity.

### 1949

**Mary Anne Zeller Stang Ensign**, of Lima, Ohio, died on January 18, 2014, at the age of 86. Mary Anne was preceded in death by her first husband, **Charles A. Stang '47**. She is survived by three children, **Stephanie A. Comiensi '71**, **Elizabeth A. Ryan '74**, and **Amy Osborne '78**. Mary Anne served on the OWU Alumni Board of Directors and was a member of Pi Beta Phi sorority.

**Emilie LaBarre Hune**, of Poland, Ohio, died on December 9, 2013, at the age of 86. She was a member of Pi Beta Phi sorority.

### 1950

**Doris Leyerle Burnett**, of Overland Park, Kansas, died on December 1, 2013, at the age of 84. Doris was a member of Alpha Xi Delta sorority.

### 1951

**Carl E. Green**, of Grove City, Ohio, died on November 13, 2013, at the age of 85. He is survived by his wife, **Carol Fox Green '51**, a brother, **Lawrence Green '52**, and a nephew, **John Green '79**. Carl was a member of Sigma Alpha Epsilon fraternity.

**Donna Eyssen Rosser**, of Ellensburg, Washington, died on October 14, 2013, at the age of 83. She was preceded in death her mother, **Imo Kilbury Eyssen '26**, her father, **Donald C. Eyssen '25**,

and by her husband **Richard Rosser '51**. She is survived by her son, **Eric F. Rosser '74**. Donna was a member of Kappa Alpha Theta sorority.

**Corinne Blackburn Ruby**, of Sebring, Ohio, died on December 31, 2013, at the age of 93. Corinne was preceded in death by her husband **C. Orland Ruby '49**.

**James R. Tull**, of Huntington Station, New York, died on January 11, 2014, at the age of 84. James is survived by two nephews, **Craig Tull '81** and **Stephen Tull '82**. He was a member of Alpha Tau Omega fraternity.

### 1952

**Rev. Robert A. Baker**, of Lexington, Ohio, died on November 18, 2013, at the age of 85.

**Alice Joan Flucke Kelly**, of Lake Forest Park, Washington, died on December 21, 2013, at the age of 83. She is survived by her husband, **William Kelly '50**, and was a member of Kappa Alpha Theta sorority.

### 1953

**Alice Cambern Gigliotti**, of Fairfax, Virginia, died on January 15, 2014, at the age of 82.

### 1954

**Barbara Glore Kauffman**, of Valparaiso, Indiana, died on December 9, 2013, at the age of 81. She was a member of Alpha Chi Omega sorority. Please see longer version of this obituary online.

**Helen Brainerd Newman**, of Chagrin Falls, Ohio, died on January 11, 2014, at the age of 81. She was a member of Delta Delta Delta sorority. She was survived by her husband, **H. Allan Newman '54**; two daughters, **Jennifer Newman Barrett '84** and **Kathleen Newman Burger '78**; a son, **James Newman '80**; and three grandsons, **Bennet Newman '09**, **Samuel Newman '12**, and **Thomas Newman '14**.

### 1955

**Robert D. Hagerman '55**, of Largo, Florida, died on January 14, 2014, at the age of 81.

**Suzanne (Suzie) Bair Zivic**, of Dover, Ohio, died on January 16, 2014, at the age of 80. She is survived by a son, **James W. Zivic '83**, and was a member of Delta Gamma sorority.



**1956**

**Sarah Jennings Hutchens '56**, of Boca Raton, Florida, died on January 23, 2014, at the age of 79. She was a member of Delta Delta Delta sorority.

**Jo-Anne Scotford Rice**, of West Tisbury, Massachusetts, died on December 25, 2013, at the age of 79. She was a member of the Ohio Wesleyan Tower Society, and was a member of Zeta Tau Alpha sorority. Please see longer version of this obituary online.

**1958**

**Ann Farley Rebillard**, of Concord, Massachusetts, died on January 7, 2013, at the age of 77. She is survived by a sister, **Jean Farley Bellows '61**, and she was a member of Delta Gamma sorority.

**Susann Menke Stover**, of Euless, Texas, died on December 19, 2013, at the age of 77. She was a member of Delta Delta Delta sorority.

**Thomas P. Stover**, of Euless, Texas, died on December 28, 2013, at the age of 79. Thomas was preceded in death by his wife, **Susann Menke Stover '58**. He was a member of Beta Theta Pi fraternity.

**1959**

**Penny Appleman**, of Rocklin, California, died on August 29, 2013, at the age of 76. She is survived by her husband, **Wayne Appleman '59**, and three cousins: **George Amick '51**, **William Amick '54**, and **Elizabeth Murtfeldt '65**. Penny was a member of Delta Gamma sorority. The magazine apologizes for an error that appeared in this note in our winter magazine.

**William T. Gibson**, of New Bern, North Carolina, died on October 25, 2013. William was preceded in death by his mother **Eleanor Tolerton Gibson '27**. He is survived by his daughter, **Elizabeth Richey '93**. William was a member of Sigma Alpha Epsilon fraternity.

**Sarah Starkey Gilliland**, of Berea, Ohio, died in June of 2013 at the age of 75. Sarah is survived by her brother **John G. Starkey '63** and was

a member of Kappa Kappa Gamma sorority.

**1960**

**Sandra R. Lawrence Leonetti '60**, of Lake County, Ohio, died on January 3, 2014, at the age of 75. Sandra is survived by her sister, **Cheryl Lawrence Pitcock '65**, and was a member of Gamma Phi Beta sorority.

**Carol I. Deetz Moore**, of North Royalton, Ohio, died on October 16, 2013. She is survived by her son, **Michael Moore '90**. Carol was a member of Gamma Phi Beta sorority.

**1961**

**Robert W. Coffman**, of Coshocton, Ohio, died on December 19, 2013, at the age of 74. Robert was preceded in death by his mother, **Grace Meinhart Coffman '30**. He is survived by a sister, **Annella Coffman Preble '57**, a niece, **Katherine Young '82**, and a nephew, **Lincoln Young '81**. Robert was a member of Sigma Alpha Epsilon fraternity.

**Charles T. Nevins**, of Rock Hall, Maryland, died on November 30, 2013, at the age of 75. He was a member of Phi Gamma Delta fraternity.

**Richard K. Rainier**, of Upper St. Clair, Pennsylvania, died on October 26, 2013, at the age of 75. He was a member of Phi Gamma Delta fraternity.

**1963**

**Peter A. Lekisch**, of Anchorage, Alaska and Fredericksburg, Texas, died on December 27, 2013, at the age of 72. Peter was a member of Phi Delta Theta fraternity.

**1964**

**Nicole Drossel**, of Woodville, Ohio, died on December 17, 2013, at the age of 71.

**Barry C. Fawcett '64**, of Findlay, Ohio, died on November 1, 2013, at the age of 71.

**1965**

**Linda J. Gilmore '65**, of Walpole, Massachusetts, died on November 5, 2013, at the age of 70.

**Gordon M. Ligocki**, of Winamac, Indiana, died on January 14, 2014, at the age of 70. He is survived by his siblings, **Llewellyn Ligocki '63**, **Martin Ligocki '68**, and **Sylvia Ligocki Wagner '71**. Gordon was a member of Tau Kappa Epsilon fraternity.

**1966**

**Martin B. Burman**, of Blue Bell, Pennsylvania, died on December 8, 2013, at the age of 69.

**1969**

**Reginald F. Smith**, of Orlando, Florida, died on December 12, 2013, at the age of 71.

**1972**

**Kenneth Earl Fulton, Jr.** died on July 8, 2013. He is survived by his sister, **Cynthia Fulton '75**.

**1978**

**David Nathan Klein**, of Prospect, Kentucky, died on December 29, 2013, at the age of 57.

**1982**

**Helen C. Eliopoulos**, of Birmingham, Alabama, died on December 14, 2013, at the age of 53. Helen is survived by a brother, **Christopher Eliopoulos '87**, and a cousin, **Tina Price '83**. She was a member of Pi Beta Phi sorority.

**1987**

**Mark E. O'Sullivan**, of Boulder, Colorado, died on October 30, 2013. Mark was a member of Sigma Chi fraternity.

**1989**

**Amy Wood Miles**, of Delaware, Ohio, died on December 16, 2013, at the age of 47.

**1990**

**John D. Digby** died on November 26, 2013, at the age of 45. John was a member of Chi Phi fraternity.

**Friends**

**Jerry Cornell**, a long-time, part-time assistant football coach at Ohio Wesleyan during the 1980s and 1990s died on February 2, 2014.

**Sympathy**

**Gladys Breen Howson '43** for the loss of her husband, Bob Howson, who died on January 26, 2014, at the age of 94.

**Joanne Jumper McGregor Ganus '49**, **Laurie McGregor Connor '77**, and **Andrew Connor '99** for the loss of Joanne's son, Laurie's brother, and Andrew's uncle, Andrew Laird McGregor, on December 27, 2013 in New Smyrna Beach, Florida.

**Nancy Gieryn Dworshak '65** for the death of her husband, Fred Dworshak, who died on August 31, 2010.

**Cynthia Dodge Williams '65** for the death of her husband, Arthur (Chip) Williams, on June 30, 2012.

**Virginia H. Miller '72** for the loss of her mother, Virginia B. Witmer, on December 16, 2013, at the age of 86.

**Sue Kanzenbach Bays '73** for the loss of her husband, Harry Wayne Bays, who died on February 24, 2013.

**David Crandall '75** for the loss of his brother, Mark, on January 12, 2014.

**Tom Goodman '76** and **Barbara Goodman Prince '82** for the loss of their father, Reynold H. Goodman, on July 16, 2013.

**Scott Druhot '77** for the death of his mother, Louise Kruse Druhot, on December 14, 2013, at the age of 88.

**Linda Gilhooly Quirk '77** for the loss of her father, Joseph R. Gilhooly, on December 26, 2013.

**Joan Scollay Dooley '85** for the loss of her father, John Scollay, who died on October 14, 2013.

**Christy Hurless Owens '90** for the death of her father, Tony Hurless, on November 8, 2013, at the age of 66.

**John Betts '08** for the death of his mother, Julie Anne Osborn Betts, on December 12, 2013, at the age of 58.

**Kirsten M. Pfund '08** for the death of her grandmother, Dorothy Goecks, on October 5, 2013, at the age of 93.

**Thomas Minkler '15** for the death of his grandmother, Donna Richards Minkler, on October 11, 2013, at the age of 85.

# How to Thrive and Not Just Survive at OWU

By Kelsey Ullom '14



*Kelsey with one of the many children she met during this year's Spring Break mission trip to the Pwoje Espwa orphanage in Haiti.*

OVER THE SUMMER, MEMBERS OF PRESIDENT'S CLUB READ THE BOOK *WELLBEING* BY TOM RATH AND JIM HARTER. RATH AND HARTER TAKE A VERY HOLISTIC APPROACH TO ATTAINING WELL-BEING, AND DIVIDE IT INTO "THE FIVE ESSENTIAL ELEMENTS" THAT PEOPLE OF ALL RACE, ETHNICITY, CULTURE, RELIGION, AND SOCIOECONOMIC BACKGROUND, VALUE.

When we came back to campus in January, the Club discussed what we learned from the book, and decided to share that knowledge with the OWU community in the OWU Summit Leadership Conference. Jenn Lloyd '15, Jill Auxter, Residential Life Coordinator, and I presented what it means to be living well according to Rath and Harter, and then provided ways in which OWU students can better their well-being right here on campus. Although I had already considered myself to be living a healthy life here at OWU, I was still amazed by all the resources we collected for the presentation. We learned that OWU provides students with the opportunity to not only achieve well-being in the five essential elements, but to truly thrive in them.

The first element is community well-being. People with high community well-being feel safe and secure in their community, take deep pride in the community they belong to, and usually enjoy getting involved in their community, as it promotes a sense of purpose, and "giving back." Within the OWU community, students can involve themselves in Greek life, SLU life, performing arts, as well as more than 100 (an

ever-growing figure) clubs on campus. Between all of the fundraisers, house projects, shows, and social gatherings, students have the opportunity to attend countless events, meet new members of their community, and come together in Ohio Wesleyan pride and spirit. This boosts community well-being tremendously. These aspects of community well-being also cross over to social well-being. When students get involved, they effortlessly create strong bonds with their peers, and these events help to foster friendships that last a lifetime. OWU students can even go beyond the campus community, and find well-being in the larger area by supporting local businesses through our off-campus food point program, or tutoring elementary students in inner-city Columbus through The Columbus Initiative. These options also increase OWU students' financial well-being, as nearly all of these options are free for them to be a part of.

When presenting this material, we equated career well-being to academic well-being, since our "career" at OWU is focused on being students. Academic/career well-being does not necessarily mean getting good grades, but rather, enjoying waking up for class every day, feeling challenged and engaged, and using personal strengths daily to succeed. A big factor of career well-being is a positive relationship with your boss, or in our case, our professors and advisors. This is an aspect of well-being at OWU that we found speaks for itself. The outstanding faculty and staff at Ohio Wesleyan express an overwhelming passion for teaching their subjects. Whether it's working

around a student's busy schedule to clarify a lesson outside of class, having an advisee over for dinner, or enabling students to lead their peers through leadership positions, OWU faculty and staff are constantly encouraging us to grow and learn. These kinds of relationships with our "bosses" are easily fostered at a place like OWU, where we are always reminded of our value, and prompted to invest in our studies, as well as extra-curricular activities.

I could go on and on about all of the elements of well-being at Ohio Wesleyan—career well-being is furthered even more by preparing for post-grad life through our Career Services, Bishop Externships, and semi-annual job and internship fairs. Physical well-being is enhanced through our Healthy Bishop Initiative, financial well-being through our Student Assistantship Programs. These are just a few examples from a long list of ways students have access to enhancing their experiences at Ohio Wesleyan, and in turn, their overall happiness and well-being. Students who take advantage of these opportunities are the students who enter the work force with confidence and a strong sense of their values and purpose. Well-being is something that is constantly evolving throughout our lives, but it sure is nice to know that Ohio Wesleyan provides us a kickstart to a healthy lifestyle that will grow beyond our time as students here.

*Kelsey Ullom is a senior at Ohio Wesleyan, majoring in International Studies with a minor in English.*

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Orlando Chaffee '79

William L. McFadden '58

### FROM THE OHIO WEST CONFERENCE

Jeffrey Benton

Lisa Schweitzer Courtice HON. '04

David E. Papoi '65

Robert M. Roach '68

2013-2014

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The logo for Ohio Wesleyan University, featuring the university's name in a white serif font on a red rectangular background. A thin white vertical line is positioned to the right of the text.

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