

CORD *magazine*

The background of the cover is a photograph of a sunset over a body of water. A large, dark silhouette of a tree stands on the left side. In the foreground, two people are sitting on the shore, looking out at the water. The sun is a bright yellow circle on the horizon, with its light reflecting in a shimmering path down the water. The sky is a mix of orange, pink, and blue.

News from Union College

spring 2009

WAYS TO WELLNESS

STUDENTS AND ALUMNI SEEK BALANCE IN AN UNBALANCED WORLD

Also ...

- *Leadership Symposium hosts Freedom Writer*
- *Employee cook-off winning recipes*
- *New Web site opens new doors*



Growth

can take time...

...but a little

ForeSight

goes a long way.

The charitable gift annuity is like a fruit tree in at least three respects. First, a tree yields fruit year after year. When you obtain a gift annuity, each year it provides fruit in the form of payments. These payments can be monthly, quarterly or once each year depending on your needs. Second, just as fruit trees weather the elements, gift annuity trees are resistant to the changing financial scene. Economic storms may come and go, but the health and strength of charitable gift annuities remain in place. Third, just as a ripe apple or peach is refreshing to eat, gift annuities provide enjoyment as a source of dependable payments and also provide philanthropic satisfaction both for the donor and the college.

To get the full picture, contact Todd Mekelburg, director of leadership giving, at 402.486.2503 or visit www.ucollege.edu/advancement/plannedgiving.

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It takes
ForeSight

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✎ Indicates more information is available on
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www.ucollege.edu/cordmagazine.

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About the cover:

Wellness can be described as a balance of physical, mental and spiritual health leading to an overall feeling of wellbeing. While not every topic in this issue may be useful to every reader, the CORDmagazine staff hopes the concepts add a bit of extra peace and perspective to our readers' lives.

Photo: Stock photography

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CORDmagazine

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Spring 2009

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*A no nonsense
approach to diet*

Dr. Franklin House '58



photo: courtesy of Dr. Franklin House

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*A lifetime of medical
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photo: Eugene Lambert

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leadership research*

Sharon McDowell-Larsen '84



photo: courtesy of Sharon McDowell-Larsen

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Introduction by Jacque L. Smith, Editor

I didn't grow up with Garrison Keillor wit and musings in my life. When I decided to move to a place many of my Tennessee friends were convinced was a wide-open prairie, I was introduced to Keillor world as a parting gift from a Minnesotan friend.

Now, immersed in Midwestern culture, my favorite Keillor encounter is "The Writer's Almanac" broadcast daily on the local public radio station. Even though the segments always seem too short as he quickly pulls me deep into a well-researched mus-ing about literary greats, his signoff-line never disappoints: "Be well, do good work and keep in touch."

While preparing this wellness-themed issue of *CORDmagazine*, Keillor counsel rang in my ears, and now when I hear his mantra, I relate it to the passionate people in the Union College family.

Be well—It's no surprise that Union College students, past and present, have a healthy focus on living well. With the Adventist heritage of an inspired health message, many Unionites should (and do) pay attention to wellness—physi-

cal, mental, spiritual and even fiscal. The college emphasizes healthy living for employees and offers coursework toward making wellness a career (see p.11).

Do good work—Union emphasizes service in campus life and the curriculum. Many Union graduates seek careers and personal pursuits in service regardless of their field of study.

Keep in touch—As the college measures its health for now and the future, one of the best indications is how often we hear from Union's alumni and friends. Beyond looking for you at Homecoming Weekend in April and chapter meetings year-round, we are grateful to continue having one of the highest levels of alumni giving participation in the country. This commitment to Union is crucial to the college's wellbeing.

In this issue of *CORDmagazine*, I invite you to explore ways Union alumni, employees and students are applying the principles of wellness in their lives and work. I have been motivated by their stories, and I hope this issue will inspire you as it has me. So please, as you read this issue, take a break from stress, put your feet up and be well.

Spiritual Journey program promotes practical faith by Stan '68 and Angie '67 Hardt

The Spiritual Journey program focuses on relationships: with God, with others and with ourselves. Underwritten by Drs. Ron '62 and Alexa Jensen, Stan '68 and Angie '67 Hardt are the co-directors of the program at Union. This small group ministry teaches biblical principles that bring about individual growth and healing. Established in 1995, the program continues to play a vital part in the spiritual life of Union College.

As the leader of a small group of college men here at Union College, I asked this question: "How have you grown spiritually this year?" There were a variety of responses, with some men being very positive and others voicing their struggles. One young man, referring to a previous group meeting, stated that he had come to see that he was believing the lies of Satan concerning his lack of personal worth. He shared how believing God's truth was giving him freedom from years of low self-worth. In these groups it is rewarding to see the struggles, the victories, and the honest sharing of how God is working in each life.

Unique to Union College, the Spiritual Journey program is a small group ministry



Stan and Angie Hardt

given to the campus 14 years ago by Drs. Ron and Alexa Jensen. Based on their workbook series, *Soul Renovation*, the program helps bring men and women into a dynamic relationship with God, helping them develop healthy relationships with others and with themselves. In short, the goal is for the spiritual transformation of young people for now and for eternity.

In this voluntary program, students join a small group of five to 10 participants who meet for one hour per week. As a group, they learn the principles of the program and how to apply them to their everyday lives.

The subject matter and the sharing float to the level of need for the group members. The topics range from our identity in Christ to resentments, anger, control, fears, sexuality and criticism. It could be defined as "church casual" with a goal of making salvation practical. The rubber meets the road as the groups address issues that confront young people as they step into the real world—a world with plenty of destructive values, goals, and lifestyles.

When we ask the group members what they like about being in a small group their responses reveal the comfort, the encouragement, and the growth that result from

making “church” small and practical:

- “It’s the one time during the week I can relax and just be myself.”
- “I can share how my life is going, and people will listen.”
- “I’m so busy with studies and work that it’s one of the few times I can concentrate on God and the things that matter.”
- “It’s nice to know that I’m not the only one with problems.”

The Spiritual Journey group members encourage each other to apply the biblical principles of confession, forgiveness and repentance in our daily lives. Wonderful testimonies come as young people practice these truths. As they develop healthy relationships with others and themselves, more joy fits into their lives.

As leaders and members of the student groups, we always begin the sharing time with experiences from our own personal lives, realizing that you can’t lead students any further than you yourself have journeyed. Too often young people just listen to sermons and worship talks. These have value, but the principles presented need to be put into action. In contrast, the Spiritual Journey program is applied and practical. There is no use talking about love unless we encourage people to actually practice love and service. Through the power of God and personal choice, these disciplines produce fruit in student lives and in our own lives.

We continue to learn alongside our student groups. One of the biggest lessons for us personally has been the destructive power of criticism. We believe criticism is never the best message

for friends, family, church members or even strangers, and we are learning to replace this negative habit with affirmation. This shift in sharing with others has been a freeing experience for both of us. Christ’s command to love one another as He has loved us is the goal of our own lives and is the life principle that we strive to model for our group members.

You don’t have to be a student at Union College to experience the transformative power of a small group ministry. We encourage anyone looking for healthier relationships and a more balanced life to seek out or form a Spiritual Journey group of your own.

➤ To learn more, contact Stan at sthardt@ucollege.edu or explore the Soul Renovation program for yourself: www.soulrenovation.com.

Engaged Encounter

For 11 years, Stan and Angie Hardt have helped couples maximize the health of their future marriage through Engaged Encounter weekends. To date, the Hardts have led 285 couples through a weekend of activities that help improve communication skills and establish realistic expectations and goals for marriage. Most of the participants have been current or former Union College students, but the Engaged Encounter weekends have also helped couples from all over the Midwest.

Good Morning Union

Union College’s devotional spiritual food—by e-mail

by David Skau

While running on his treadmill and memorizing scripture, Rich Carlson, Union College’s vice president for spiritual life, was struck by the verse: “How can a young man keep his way pure? By meditating on your word” (Psalm 119:9).

“I was impressed that students at Union needed something to help encourage them to become spiritual leaders,” he said. Starting the next morning, he jotted down the thoughts that came to him while running, then typed and sent out an e-mail devotional thought titled Good Morning Union based on the scriptures he read each day.

Carlson, Union College’s campus chaplain for more than 27 years, has written and sent out an e-mail each school morning since 1999. He has made only very rare exceptions when travel made sending e-mail impossible—when he wrote ahead of time and enlisted his

wife’s help to send the message out on time. He has never repeated an e-mail.

At first the e-mail went out only to the men on campus. The next year, all Union College students, faculty and staff were included. The number of recipients has continued to rise; former students decide to keep getting the e-mail, parents ask to be included, and others so appreciate the daily message that they regularly forward it on to their own lists of contacts.

“The e-mails are evidence of my faithfulness to God and His faithfulness in return,” Carlson said. “Almost every day I get at least one e-mail from someone saying how God has used the thought for that day.”

Linda Skinner, Union’s director of donor relations and a regular reader of the e-mails, said Good Morning Union has blessed her immeasurably. “So many times the message appeared to have been

written expressly for me; it fit my situation nearly perfectly,” Skinner said. “I have also shared the e-mails with others who have benefited from the sage and down-to-earth musings that help make scripture easy to understand.”

Carlson’s e-mail ministry is likely to continue. “I really look forward to writing Good Morning Union,” he said. “I miss the time when I don’t write over break. Sharing the thoughts God brings me each morning gives my personal experience with God a purpose beyond just me, for others too.”

➤ To receive daily Good Morning Union e-mails, contact Rich Carlson at ricarls@ucollege.edu and ask to be added to the list, or view the content online by visiting www.ucollege.edu and clicking on the Daily Devotional button.

CAMPUS NEWS

Union introduces a new front door

Regular visitors to ucollege.edu received a surprise on the morning of Jan. 20: an entirely new Web site, with a new look, organization structure and powered by a new content management system. What visitors may not have realized is they were looking at the culmination of a two-year project. Coordinated by Scott Cushman '03, assistant director of public relations, the transition began with research, planning and dreaming in 2007 and was implemented throughout the summer and fall of 2008.

According to Rob Weaver, vice president for Enrollment and Student Financial Services, the new Web site plays a key strategic role for the college. "Increasingly, the first contact a student or parent has with a college is through a Web site," Weaver said. "Our homepage is our front door, and we need a site that showcases what's great about Union College."

Creating that online front door goes far beyond window dressing. "Our main goal was to make the site easier for content managers from across campus to keep up-to-date," Cushman said. "As we configured the system, I kept asking myself how easily I could explain the navigation and editor's interface to my mother."

After developing a list of priorities and comparing content management systems, Cushman and his student workers chose Drupal. Started by Dries Buytaert for drops.nl, Drupal is a free, community written and supported system used by sites such as Warner Bros. Records, Recovery.gov, Washington University and many more.

"I've talked to colleagues at other schools who spent hundreds of thousands of dollars on a project like this and still didn't get exactly what they wanted," Cushman said. "With Drupal we get a flexible and secure system that addressed the shortcomings of the old software while giving us the freedom to add the specialized features we rely on—all with only the cost of human resources."

A huge step forward when launched in 2004, the previous content management system had many limitations that impeded content managers, few of

whom consider themselves technologically skilled. For example, the software did not allow embedding videos, required photos to be resized manually before being uploaded, and only the site administrator could add or update menus and personnel directory entries.

"Working on the new Web site has been a breeze in comparison to the former content management system," said Ashley Barber, office manager for the Division of Humanities and one of 35 content managers on campus. "I'm more productive, and I now feel confident enough to train a student worker and give them experience in online communication."

What's new at www.ucollege.edu

Audience-centric links

By clicking on the name of a group such as "Alumni and Friends," "Parents," or "Community" at the top of each page, visitors can find links to pages they are most likely to need.

Events calendar

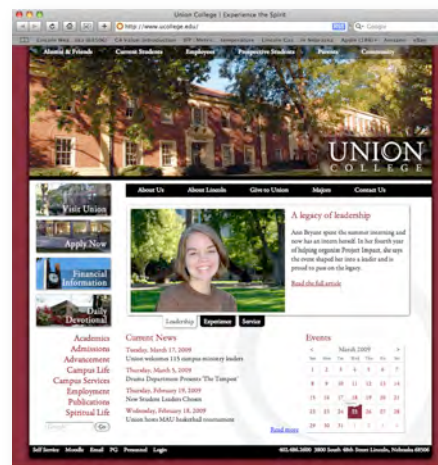
Calendars are now displayed as a calendar rather than plain pages and may be exported in RSS and iCal formats, allowing visitors to subscribe to the main campus calendar or the calendar of a specific area.

Streaming video

Union is now able to stream some on-campus events live. To view a list of upcoming events including the Sabbath music concert during Homecoming weekend (see p.10 for details) or watch video of previous events, visit <http://uclive.ucollege.edu>. While not live, video of church services at the College View church are also available online at <http://www.collegeview-church.org>.

News feeds for everyone

While campus-wide news from Union was already available via RSS feed, now all departments and divisions have the option of creating their own news section. Visitors can subscribe to news from the areas of campus they care about the most.



Even those who were adept at working within the constraints of the old system find the added flexibility of the new editor's interface a welcome change. "The new system gives us so much more control over the content on our division's pages, while keeping the look of the overall Web presence," said Sherri Gregory, office manager for the Division of Human Development. "It's so much easier to make quick changes as they happen."

Throughout the Web transition project, Cushman says Union's values of learning, mentorship and stewardship were integral to each decision, from the choice of open source software to giving responsibility to student workers. "Learning at Union isn't just in classrooms," Cushman said. "As staff, we know integrating learning experiences into student work assignments is part of our mission."

Todd Richardson '08, business administration and computer science major, was the first student to play a key role in the relaunch. While an intern in Union's Marketing Communications, Richardson assisted in the research and planning stages of the project and tested content management systems to find the right fit.

Another intern, graphic design major B.J. Tallman '08, created the new look for the site. "I believe God provided this opportunity for me because I did not have any Web design experience before," Tallman said. "It was definitely my most in-depth and challenging project during my college career. The knowledge I gained played a huge role in getting a job at a Web design company after graduation."

Alumnus Ben Barber '05, converted

Tallman's design to a PHP template for Drupal in the summer of 2008 while Jon Stacey, a junior computer science major, wrote a program during his summer internship to import pages on the old Web site to the new site. Stacey has also installed, customized and created modules to fine-tune the site for Union's use.

"This project has been blessed," Stacey said. "We've accomplished a lot in relatively little time. There are times I find myself pulling my hair out, but each time we overcome a hurdle brings a feeling of victory."

Many unavoidable formatting errors were introduced during the import of content from the old to new site. Local alumni Ashley Barber '05 and Zeb Meharry '03 helped sift through the thou-

sands of pages on Union's site to correct errors and check links during July and August. As the school year began, David Skau, a sophomore pre-med student and international rescue and relief major, took over the task of quality control and recreating content that could not be converted.

According to Skau, working on the site provides a welcome creative outlet and valuable experience. "I'd never realized how much design latitude is possible in Web layout and site structuring," Skau said. "Updating the Web site not only challenged me to learn new technical skills, but also abilities in planning and team problem solving."

The launch of the site in January was a keystone moment in building Union's

online front door, but not the end. Cushman, Skau and Stacey continue to add and refine the site's features, design and navigation while the content managers from across campus update and organize the pages for their areas.

"The possibilities of what we can do online and the expectations of what we should be doing keep expanding," Cushman said. "We now have a system that we can adapt as our target moves, and we're very fortunate to have a team on campus who are willing to continually learn and grow." ~JS

➤ For more about the process, people and timeline involved in launching the new Web site, visit *CORDmagazine* online at www.ucollege.edu/cord.

Grants enhance academic options

This year has yielded an increase in grants supporting a variety of academic areas on Union's campus.

"We have been blessed this year with grant outcomes," said LuAnn Davis, vice president for Advancement. "Adding grant funding to our ongoing fund-raising plans allows the campus to pursue projects that enhance the academic environment while benefitting students."

➤ **Human patient simulator**—Union College recently received a \$50,000 grant from the Abel Foundation to purchase a state-of-the-art human patient simulator. The simulator will be housed in the new Health Sciences Annex and will be used by students in the nursing, physician assistant and international rescue and relief programs. This virtual-reality medical simulator, used in combination with traditional training methods, will expand students' opportunities to apply their skills with increased flexibility and precision. The Abel Foundation, located in Lincoln, Neb., supports initiatives with an emphasis on health and human services, education, civic/community and environment.

➤ **TLC student mentoring**—For more than 30 years, the Teaching Learning Center (TLC) at Union College has been helping make college accessible. Since April of last year, the TLC staff has been working on a project aimed to help students with disabilities successfully transition into high school and college. The Woods Charitable

Fund, a private foundation that sponsors projects directly impacting the Lincoln community, has awarded a planning grant of \$6,500 to continue progress with the high school-to-college transition program.

Modeled after a Colorado program called LEAD, the program trains successful college students with learning challenges to inspire and work with students with similar challenges. Mentors and mentees both benefit; students entering high school or college learn strategies for success while the current college students improve their communication and leadership skills.

Union College is collaborating with five other agencies and organizations including Lincoln Public Schools (LPS) and LEAD. Eventually, Union students will work with students from LPS who are preparing to begin high school or college. Next fall, after most of the planning has been done, the proposal will be presented at the Nebraska Department of Education Transition Summit and may lead to a state-wide program.

➤ **Mathematics education**—Union's mathematics program received a grant to offer a summer workshop entitled "Math Connections" for K-12 teachers. The class will be offered to teachers in Seventh-day Adventist schools in the North American Division as well as teachers in private schools in Lincoln. The Brookhill Foundation awarded an \$8,000 grant to assist Union's contribution to the national effort

to improve mathematics education across the United States. For more information and registration go to:

www.ucollege.edu/NADworkshop

➤ **Library preservation**—The National Endowment for the Humanities awarded Union's Ella Johnson Crandall Memorial Library a \$6,000 grant to assess needs and purchase environmental monitoring equipment for the preservation of artifacts and documents housed in the Heritage Room. Junior communication major, Allyssa Gleason, wrote the grant application in the Technical Writing and Grant Proposals class taught by Mike Mennard, assistant professor of English and communication.

The grant requires an independent consultant to assess the Heritage Room and recommend which type of environmental monitoring equipment to purchase. The equipment addresses an urgent priority, which is to maintain the humidity and temperature so as to not accelerate the documents' deterioration. ~JS

Add to the Heritage Room

The Heritage Room, a resource for both the college and the Mid-America Union Conference of Seventh-day Adventists, is accepting photographs with documentation and old publications from the region's academies and conferences. For more information about donations or to arrange a time to visit the Heritage Room, contact Sabrina Riley at 402.486.2600 ext. 2154 or sariley@ucollege.edu.

CAMPUS NEWS

Acrofest promotes 'Rock Solid' teamwork

Union College hosted the 2008 Acrofest Nov. 12-15. Thirty-four schools from across the United States, Canada and Puerto Rico were represented in the annual acrobatic gymnastics clinic.

Union College pulled together to double the campus by hosting the 953 visitors. Gymnasium floors, the dormitories and college apartments all became temporary accommodations.

"We wanted to give all our schools and teams the option to stay on our campus," said Megan Ahrens, senior health and human performance major who co-

ordinated Acrofest as her internship.

Some of the departments most involved in supporting the guests were the international rescue and relief program, Union Market and Enrollment Services, which provided 52 Union ambassadors to help guide the gymnasts.

This year's Acrofest theme, Rock Solid, emphasized the need to have a solid faith in Christ. Seth Perkins, Union College Gymnares coach, said that by praying for each team individually, the gymnasts internalized the Rock Solid theme. Psalm 18:31 and 2 Timothy 2:19



Learning from example, the Acrofest participants enjoyed a clinician's show in Union's Thunderdome.



were texts used as the foundation to the weekend.

"We tried to set a tone about more than just gymnastics," Perkins said. "While sharpening skills and having a good time, the spiritual side was most important to us."

Thursday and Friday were filled with worships, meals, a concert featuring contemporary Christian artist Bethany Dillon and gymnastics clinics at the Bob Devaney Sports Center on the campus of the University of Nebraska-Lincoln.

The Saturday night performance included 27 of the 34 teams along with UNL men and women gymnasts and the Illinois State University Gamma Phi Circus.

After nearly a year of planning for the event, Perkins said he felt it was worth all the dedication. "Sunday when Kingsway [College] was leaving in vans, their coach said, 'We have been treated like royalty; we really appreciate it.' This kind of gratitude made all of our long hours rewarding," Perkins said. ~CS

➤ To view photo and video highlights from Acrofest, visit blogs.ucollege.edu/gymnastics.

event design: Steve Nazario

photos: Steve Nazario

Doctoral degrees celebrated



On Feb. 22, Union College celebrated academic milestones during a dinner honoring six "baby docs," faculty who have completed doctoral degrees in recent years. Pictured from left: Dr. Frank Restesan, music, doctoral degree completed in 2007; Dr. Mike Huckabee, physician assistant program, 2008; Dr. Ed Allen, religion, 2008; Dr. Mark Robison, English, 2008; Dr. Ryan Wells, music professor and presenter for signing of the scroll; Dr. Nicholas Madhiri, chemistry, 2006; and Dr. Salvador Moguel, biology, 2004.

Dr. Mark Robison, professor of English and the most recent addition to the group, graduated with a Ph.D. from the University of Nebraska-Lincoln in December. In his dissertation "Making



a Career of Play: Will Cather and the Recreation Movement," he explored how Cather's writing and personal practice intersected with the Recreation Movement of the late nineteenth and early twentieth centuries. Robison has taught at Union College since 1996. ~JS

First Nebraska IABC Student chapter at Union College

Students at Union College have committed to 'Be Heard' by the professional world. This year Union formed the first student International Association of Business Communicators (IABC) chapter in Nebraska. IABC is a resource for networking with colleagues and continuing to learn about trends in communication fields.

Michelle Velázquez Mesnard, the chapter's sponsor and associate professor of communication, said that IABC's brand and tag line, "Be Heard," emphasizes the importance of developing and delivering strategies of communication. With the commitment of each member in more than 100 chapters in 73 countries, IABC offers a global network to students.

"IABC provides a way for students to be involved in a professional organization in college," Mesnard said. "The biggest thing IABC does socially is to connect with the business professionals in Lincoln."

Kelly Knaubert, IABC/Union College president and senior business administration major, said that she is involved with IABC because she believes in the association and values the networking opportunities.

"When professionals come and talk to us, it provides the potential for practice and helps to build connections that can benefit both the individual and Union College," Knaubert said.

The chapter on campus currently has 18 members. This semester, Union is launching a mentorship program connecting members of the student chapter with the Lincoln members.

Knaubert said future meetings include a presentation from a White House intern



Officers: (left to right) Kay McCarthy, Ann Bryant, sponsor Michelle Mesnard, Chrissy Nicholson and Kelly Knaubert (center) are the first officers of the IABC/Union College student chapter.

and a panel of professionals sharing insights into their professions and answering questions from the members. In the future, IABC/Union College plans to invite students from neighboring colleges to join Union's group, making it an intercampus community. For now, the new chapter continues to establish themselves with much help from the Lincoln association.

"My fellow officers and the members of the larger Lincoln chapter have been so amazing in their willingness to help get this student chapter off the ground," said Knaubert. "With any luck, by the end of this school year we will have a voice within the Lincoln community in which Union College can 'Be Heard.'~CS

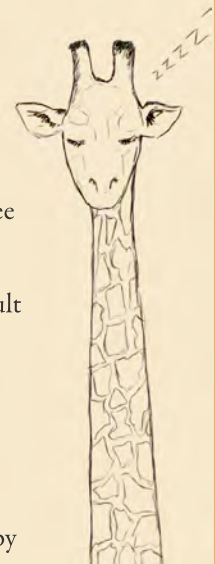
CORD for Kids

Sleep Scramble

Did you know everyone has a right amount of sleep? If you sleep much more or less than you should like most college students, you may feel more tired or get sick. A good night's rest allows your body to repair itself, reduces stress, improves memory, helps control body weight and reduces risk factors for heart disease.

How much sleep is the right for a kid? Is it more or less than a cat? How about a giraffe? Number these from 1-14 from the most sleep to the least. The first one has been done for you.

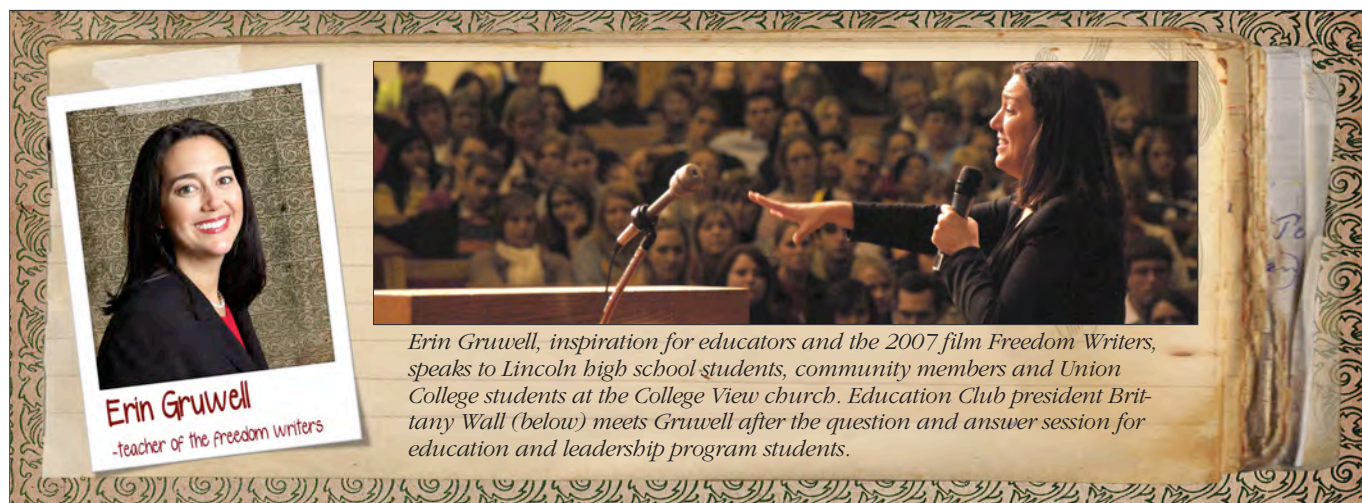
- ☐ African elephant
- ☐ Human child (age 7-12)
- ☐ Horse
- ☒ Brown bat
- ☐ Hamster
- ☐ Tiger
- ☐ Chimpanzee
- ☐ Cow
- ☐ Human adult
- ☐ Goat
- ☐ Duck
- ☐ House cat
- ☐ Giraffe
- ☐ Human baby



Answer key: (1) Brown bat 19.9 hrs., (2) Human child 10-12 hrs., (3) Tiger 15.8 hrs., (4) Hamster 14-16 hrs., (5) House cat 12.1 hrs., (6) Human adult 8 hrs., (7) Duck 10.8 hrs. but only half divided in 5-10 minute naps. (8) Chimpanzee 9.7 hrs., (9) Goat 5.3 hrs., (10) African elephant 3.3 hrs., (11) Cow 3.9 hrs., (12) Horse 2.9 hrs., (13) Giraffe 1.9 hrs.

CAMPUS NEWS

Freedom Writer teacher inspires leaders, educators



The inspirational teacher Erin Gruwell spoke at Union College's campus Nov. 13.

Linda Becker, vice president for Student Services, along with the Leadership Symposium Advisory Board, invited Gruwell to Union College to motivate future leaders, teachers and community members. Union College partnered with Lincoln Public Schools to invite Gruwell who spoke to the system's teachers in an afternoon professional enrichment session.

During her presentation, Gruwell told of her struggles to help 150 Los Angeles inner city high school students deemed unreachable by the school district realize their potential.

In her classroom, she linked world history with her students' daily experiences with violence by reading famous diaries. Inspired to help them understand the cause and effect to wars, Gruwell gave her students journals to write in like Anne Frank. "If you don't sit kids down and talk to them about history, they're just going to repeat it," Gruwell said.

Looking back, the experience was worth it to Gruwell. "I watched 150 kids realize that they could rewrite their endings," she said. Her students' journals were published as the book, *The Freedom Writers Diary*, and were later adapted into the 2007 film starring Hilary Swank.

Gruwell has sent ripples of encouragement throughout the education world. "Her visit was a shot in the arm," said Joe Allison, Division of Human Development



chair. "What she said reemphasized what we're doing here."

Emily Carlson, junior elementary education major, said that Gruwell's visit reenergized her. "I ended the day feeling motivated to finish my degree and be a catalyst for change in my classroom," Carlson said.

Gruwell admitted that teaching is a challenging career. "It's a very hard road," Gruwell said. "It's more like a ministry."

For Union College, Gruwell's visit inspired the campus to appreciate educators and value individuals. "She had a timely and inspiring message for those who work in education," Becker said. "We're here for a broader calling." ~CS

For more information visit: freedomwritersfoundation.org.

On Sept. 22, the Union College Leadership Symposium will feature Greg Mortenson, who inspired the book *Three Cups of Tea*. More details on p. 30.

Campus Calendar 2009

April 2-5 Homecoming Weekend

Honor years: 1939, 1949, 1954, 1959, 1969, 1979, 1984, 1989, 1999

Special reunions:

Unionaires from 1972 to 1986

(Dr. Lynn Wickham)

Concert Winds from 1968 to 1979

(Dr. Dan Shultz)

Check out live streaming of the reunion music concert, 4 p.m. (Central Time). This concert and other recorded weekend events will also be available for later viewing. Watch for details or view a complete weekend schedule at www.ucollege.edu/homecoming.

April 16-17 Home School Sneak Peek

April 17 Choral Vespers Concert

April 18 Spring Band Concert

April 19 Chamber Orchestra Spring Concert

April 25 Gymnastics Home Show

May 8-10 Graduation Weekend

May 12 Summer school begins

Aug. 13-16 New student orientation

Aug. 17 Fall registration

Aug. 18 Classes begin

Sept. 22 Leadership Symposium

(Greg Mortenson)

Oct. 1-2 Fall Preview Days

Nov. 1-3 Mid-America Union College Days

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NEW WELLNESS MAJOR PUTS THEORY INTO ACTION

by Michael D. Steingas

New Year's has come and gone. How are those resolutions coming? Losing weight? Exercising regularly? Eating better? Even if we didn't set specific goals, most of us aimed to be healthier.

As modern lifestyles have become increasingly unhealthy, businesses and corporations have begun encouraging wellness by offering incentives such as insurance discounts to employees willing to take extra steps to be healthy. Some even hire health professionals to coordinate these corporate wellness programs. To match this trend, Union College Division of Health Sciences has launched a new major in fitness and wellness.

When the division's academic review committee met, they realized most classes required for the fitness and wellness major were already being taught and only a few modifications and additions would be needed. Students take several business and graphics classes to help effectively market themselves to potential employers and create materials for use in corporate wellness programs. Also, two new classes taught by Nancy Petta, professor and health and human performance program director, focus on wellness: Introduction to Fitness/Wellness Management, and Wellness Methods, Materials and Management.

"Structuring the classes at first was difficult because there are very few wellness textbooks," Petta said. "Instead, much of the class is practical and hands-on."

Last semester on the first day of Introduction to Fitness/Wellness, class did not involve a syllabus and introductory lecture. Instead Petta and the four students attended a WorkWell meeting in Lincoln. The organization, sponsored by the Nebraska Health Department, networks companies and offers those lacking wellness professionals the tools to create and manage a wellness program.

"About 15-20 companies talked about how they organized and managed their wellness programs," said Rachel Welsh, junior fitness and wellness major. "It was helpful because it gave me ideas about where I could work after I graduate."

During the semester, the class took several more off-campus field trips. They toured Lincoln Industries and Duncan Aviation, both of which have full-time wellness personnel and award-winning wellness programs.

The students became involved with on-campus initiatives including giving input at Employee Wellness Committee meetings, updating the bulletin board in the administration building and analyzing ergonomics in staff offices. In addition to in-class lectures, they practiced writing mission statements and goals for individuals and corporations, focused on ways to improve total body wellness (mental, social, spiritual, and physical) and organized campus health events such as diabetes and blood pressure screenings.

In November, the class, in coordination with Union's Employee Wellness Committee, planned the "Be Thankful Cook-off," inviting Union College faculty and staff to enter dishes in a variety of categories.

The recipes were submitted before the cook-off to analyze the nutrient values, and the fitness and wellness majors were the judges for the event. The 18 recipes entered in the cook-off will be compiled in a wellness cookbook. (See three of the recipes starting on page 12.)

The fall semester also included several big projects. For the "Wellness Makes a Difference" assignment, the students were challenged to find an area on campus that they could improve. Nathan Warren, junior from Scottsdale, Ariz., taught an exercise

class. Grant Berthelsen, junior from Lincoln, Neb., took inventory of foods being sold in vending machines and made suggestions for healthier replacements. Brianna Knudson, freshman from Dodge Center, Minn., worked on providing nutrition information for Union Market recipes. Welsh, from Columbia, Md., sent weekly e-mail health tips to the entire campus.

For the second project, the wellness students presented a 45-minute "Lunch-n-Learn" session to sharpen their skills in educating and lecturing on health topics. The presentations highlighted fitness and exercise, diabetes awareness and the importance of humor. Welsh prepared a meal for her group to enjoy during her lecture on the vegan lifestyle.

"I really want to help others lead a healthy lifestyle," Welsh said. "Wellness is my passion and something I

enjoy helping others catch onto."

Welsh has taken her passion beyond the classroom projects. She became certified as a personal trainer and is working with faculty and community members as a part of an internship. During the fall semester she worked with eight people who all lost 2 to 3 percent body fat by the end of the year.

"I like changing people's attitude about exercise and seeing them progress," Welsh said. "It motivates me to stay healthy also."

Welsh plans to intern this summer with Adventist Health Systems in Rockville, Md., where she will be planning health fairs and helping with screenings and the follow-up counseling. She is considering a master's degree in public health or exercise science after she graduates from Union next year.

This semester wellness students are continuing to work with health projects including a walking awareness event in April in coordination with the American Heart Association.

"I'm really excited about everything we've done so far with this new major," Petta said. "I'm even more excited to see it continue to grow." **A**



Fitness and wellness major Rachel Welsh created a training program for Terri Schlegel Lair '85, Union's Campus Store manager.

WELLNESS: NOT JUST A PHYSICAL THING

Let's get...

Since 2003, Union College has been investing in employees through an organized wellness program with the theme "Every Body Matters." Each year, employees complete a wellness assessment that helps steer the emphasis of the program.

"While reviewing the information in our planning session this summer, stress ranked high for the campus," said Nancy Petta, health and human performance professor and Employee Wellness Committee chair. "Even with just a preview of where the economy was headed, we decided focusing on physical and fiscal topics would give employees the most relevant ways to combat stress."

Last semester, the Employee Wellness Committee began an eight-part wellness campaign. "Let's get physical" was the theme for the fall semester and featured fiber assessments, healthy breakfast ideas and exercise opportunities such as "Walk-tober." For the spring semester, the committee shifted focus to fiscal wellness.

Each week, employees receive an e-mail with an attachment relating to that month's focus, such as creating a budget, digging out of debt and saving at the grocery store. The following week, they receive a multiple-choice question based on the attachment and correct answers are saved for a drawing at the end of the semester.

"The first week we got 106 responses out of 186 employees," Petta said. "The participation was much more than I expected given that this was something they didn't have to read."

In January, Lisa L. Forbes, associate professor of accounting and finance, presented three meetings that helped employees better understand their options for retirement accounts and

by Michael D. Steingas


introduced them to basic rules of thumb for investing.

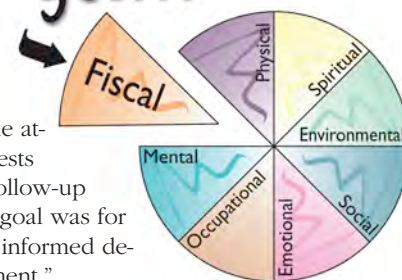
"Approximately 70 people attended and there were requests for several more extensive follow-up sessions," Forbes said. "The goal was for them to be able to make an informed decision regarding their retirement."

On Feb. 19, faculty and staff were encouraged to participate in "Buy Nothing Day" and take a break from consumerism to analyze spending habits.

"It's a day to question, 'What are the consequences of my purchases—on other humans, on the environment, on my own wallet and psyche?'" said Tanya Cochran, associate professor of English and Employee Wellness Committee member. "With the recent economic downturn, it's appropriate to think deliberately about some of these questions. When we are better informed and wiser consumers, we are also wiser stewards."

The topic of debt reduction is the March emphasis with another presentation planned by Forbes. Employees have also been encouraged to take advantage of Dave Ramsey's Financial Peace University seminar being held at the College View church. The upcoming months will focus on taxes and employee benefits, and next year the committee will focus on two new areas of wellness.

"Balance should always be the main goal," Cochran said. "If we hyperfocus on one area, we can lose perspective. Wellness is about being healthy in all areas, not just one." 



Refried Bean Soup

Sharon Russell

Conference and Guest Services Coordinator

- 1 onion chopped
- 2 cans refried beans
- 1 tsp minced garlic
- 1 Tbs olive oil (or less)
- 2 15 oz cans diced tomatoes, undrained
- 1 4 oz can of chopped diced green chilies
- 2 c water
- 1 Tbs McKay's chicken seasoning
- 1 Tbs chili powder
- 1-2 tsp cumin

Directions

Sauté onion and garlic in oil until tender. Add beans, tomatoes and water. Stir in seasonings. Bring soup to a boil, stirring constantly. Reduce heat to low and simmer for 20-30 minutes. Serve with the following garnishes: tortilla chips, shredded sharp cheddar cheese, and sour cream (low fat, of course).

Union College employee cook-off winning recipe

CORDmagazine

EMPLOYEE COOK-OFF WINNING RECIPES

Curried Kabocha Squash

Vener Cabana
Professor of Biology

- 1 large kabocha squash cut into bite-size pieces
- 2 garlic cloves, crushed
- 1 Tbs minced fresh ginger
- 1 tsp mushroom seasoning (from an Asian store), optional
- 2 tsp curry powder (the Thai kind is the best), add more or less depending on taste
- 2 c water
- 1 c unsweetened coconut cream
- salt to taste

Directions

Mix all ingredients together in a pot. Simmer until squash is cooked, stirring occasionally to avoid scorching in the bottom of the pot. Serve warm.

Note: Kabocha squash is the round, flat, dark green variety that can be bought from an Asian store. It has a natural sweetness and a firm texture that holds after cooking.

Union College employee cook-off winning recipe

CORDmagazine

Rice Stuffed Acorn Squash

Rennae Anderson
Health and Human Performance Office Assistant

- | | |
|---|----------------------------------|
| 4 acorn squash, halved lengthwise; seeds and membrane removed | |
| 1 c organic brown rice | 1 medium onion, chopped |
| 1/2 c wild rice | 3/4 c diced celery |
| 4 c vegetable broth or water | 1/2 tsp sea salt |
| 1/4 tsp sea salt | 1/8 tsp each ground black pepper |
| 1 Tbs olive oil | 1/2 c pecans, coarsely chopped |

Directions

Preheat oven to 370° F. Cook both types of rice together in broth or water with ¼ teaspoon of salt (omit salt if broth is already salted). Place squash halves, cut side down, into a large shallow baking dish or cookie sheet. Bake 30 minutes. In a skillet, sauté onion in olive oil until it becomes transparent. Add celery and sauté a couple of minutes. Remove from heat. Using a large mixing bowl, blend this mixture together with the cooked rice, nuts and remaining seasonings. Remove the partially baked squash from the oven. Press the rice mixture into each squash. (Depending on how large the squash are, you may end up with some leftover rice mixture, which makes a great side dish by itself). Cover with aluminum foil and bake for 30 minutes or until squash flesh is thoroughly tender. Garnish with fresh parsley.

Note: Don't discard the nutritious squash seeds. Instead, rinse the seeds and remove the membrane. Pat dry. Spray a baking sheet with olive oil and spread the seeds evenly on the sheet. Spray seeds lightly with olive oil or with mix with Earth Balance seasoning and sprinkle with sea salt or any other favorite seasoning (optional). Bake the seeds in a 375° F. oven for about 15 minutes, or until they are golden brown. Enjoy immediately as a warm snack, or store them in an airtight container for up to one week.

Union College employee cook-off winning recipe

CORDmagazine

STUDENT SHAPES UP TO HELP OTHERS FIND FITNESS

by Carolyn Scott

Nathan Warren, junior health and human performance major from Arizona, is immersed in a wellness culture. Gymnares, weight training class and intramurals are only some of the activities he's involved with. In his spare time he trains with his brother and father to compete against them in two triathlons this summer in Arizona.

Carolyn Scott: *What are you involved in this semester?*

Nathan Warren: I'm a captain of Union's gymnastics team. For Gymnares, I'm doing a lot more weight lifting than I would in my normal workout. My personal workout is pushups, sit-ups, stuff like that at night. And I'm on a high-protein, very little fat, high carb, no sugar diet. And it's strict. I'm being strict with myself. I am involved in a martial art class called Krav Maga, which is two hours every Sunday. It's a lot of fun. I'm also in the weight training class.

Along with my own personal workout routine, I am training for a triathlon. I'm running one in May and possibly another in June. It's a sprint triathlon, so the distances are shorter than in a full triathlon. The training takes up a lot of my time because I have to swim two to four miles a week, run a lot more than that and bike a lot more than that.

CS: *What's your next step after you graduate?*

NW: I'm going to get my masters in exercise science right after I graduate from Union. Probably at Arizona State University or University of Nebraska-Lincoln.

CS: *What's your dream job?*

NW: I want to be a strength and conditioning coach for either an athletic training facility or a professional team. Strength and conditioning coaching is not like athletic training. Athletic trainers are the ones who run out on the field whenever the athletes get hurt; strength and conditioning coaches are more behind the scenes.

CS: *How do you stay active and motivated in your personal life especially when it will also be your career?*

NW: I'm kind of a moody person; if I don't exercise a lot, I get really cranky and moody. That's a main drive.

CS: *Do you have a workout partner?*

NW: Nope. I'm pretty independent and self-motivated. I like working out with other people, but most of the time, other people don't want to work out when or as long as I do.

CS: *What role does diet play in your wellness?*

NW: I'm vegan, and that is mainly because it just makes me feel better. Food tastes better. Not necessarily the vegan food that people cook tastes better, it's just, food overall tastes better once you've been vegan for a while. It makes you feel better and it makes you healthier. I rarely get sick if I exercise and eat well.

CS: *As a vegan, do you find food options on campus?*

NW: It's usually pretty good at Union Market. There's always beans and rice. Always. And you can never have enough of that in a high-protein, high-carb diet, so I'm usually pretty full. There's also lots of vegetables, breads and juice choices. They do have vegan entrée options, but I don't eat a lot of them.

CS: *What is the one thing you can't cut out of your routine?*

NW: Something I couldn't give up is probably the exercise. Exercise gives you more energy. Believe it or not, you have to spend energy to get it. So, a regular exercise routine gives you more energy, improves your outlook on life, makes you feel more confident and fit and just improves life overall.

CS: *How does Union College compliment your lifestyle goals?*

NW: Union's really nice because Larson Lifestyle Center opens at 6 a.m. every day if I wanted to go that early, but it's also open until 10:45 every night. Larson is a really good place to work out with its huge

pool, decent cardio equipment and good weight room. As a Union College student, I'm eligible for a great rate at the Racquet Club,* and I love racquetball. Every Monday at 7 o'clock, I play in a racquetball league.

CS: *What advice do you have for CORD readers?*

NW: It's all about the willpower. Resist the things that should be resisted, and we all know what they are even though we sometimes lie to ourselves. Every one is different, but in general, just keep exercising.

*The Racquet Club is a local fitness facility owned and managed by Marlyn '58 and Sharon Ericson '66 Schwartz. **A**



As a health and human performance major, junior Nathan Warren knows control and technique ensure safety while handling heavy dumbbells and barbells.

photo: Steve Nazario

UNION EMPLOYEE CELEBRATES 50 YEARS OF MARATHONS

by Michael D. Steingas

DeForest Nesmith '63 has worked at Union College for 41 years. As one of the librarians, he will help you start a research paper, unjam the finicky copy machine or locate a misplaced magazine. But his expertise extends beyond the doors of the Ella J. Crandall Memorial Library; Nesmith is an avid marathon runner and mountain climber.

He doesn't just run the local marathons in Lincoln. Next August, after he finishes a run in Alaska, Nesmith will have completed his goal of running marathons in all 50 states.

"Every state has its distinctive, fun things to do," Nesmith said. "So even though I've had to drive as far as 1,000 miles, run a marathon, then turn around and drive home for Monday morning work, it's always worth the trip."

His next goals are to participate in a marathon on each continent, and, along with his wife, Dorothy, climb Colorado's 54 fourteeners (mountain peaks above 14,000 feet).

Nesmith has been running marathons for almost 50 years. During the summer of 1960, he helped build cabins in addition to his camp counseling duties. His crew would work from 4:30 a.m. to 1 p.m., and in the afternoon they made the five-mile trip into town for the mail. Running kept them in shape for the mountain climbs they made twice a week and for their goal of running the Pike's Peak marathon at the end of the summer. After climbing seven mountains and making countless mail runs, they were definitely ready.

"When I started running, the purpose was to keep me fit so I could climb mountains," Nesmith said. "After a few marathons running had taken on a life of its own that has led to many adventures."

Running did prepare him for a lifetime of climbing including reaching the summit of Mt. Kilimanjaro in Tanzania last year.

He enjoyed marathons so much he vowed to do them everywhere he could. Since then, his marathons have taken him through historic sites in Philadelphia and monuments in Washington D.C. He's run shoulder-to-shoulder with one million other participants in New York City. He's run marathons in Hell, Mich., and through White Sands, N.M., in a race named the Bataan Death March. Most of these marathons are fundraisers, and he has raised money for charity foundations fighting arthritis, childhood obesity and lymphoma.

But out of all of those races and places to test his endurance, Pike's Peak is by far his favorite. "Each time I've been back, the weather has been bad," Nesmith said. "I've run through rain, hail, sleet and snow. I'm hoping for some sunshine next time." He hopes to see clear skies when he returns to Colorado in 2010 to celebrate the 50th anniversary of his first marathon.

In the end it's the traveling and people he meets that keeps him running.

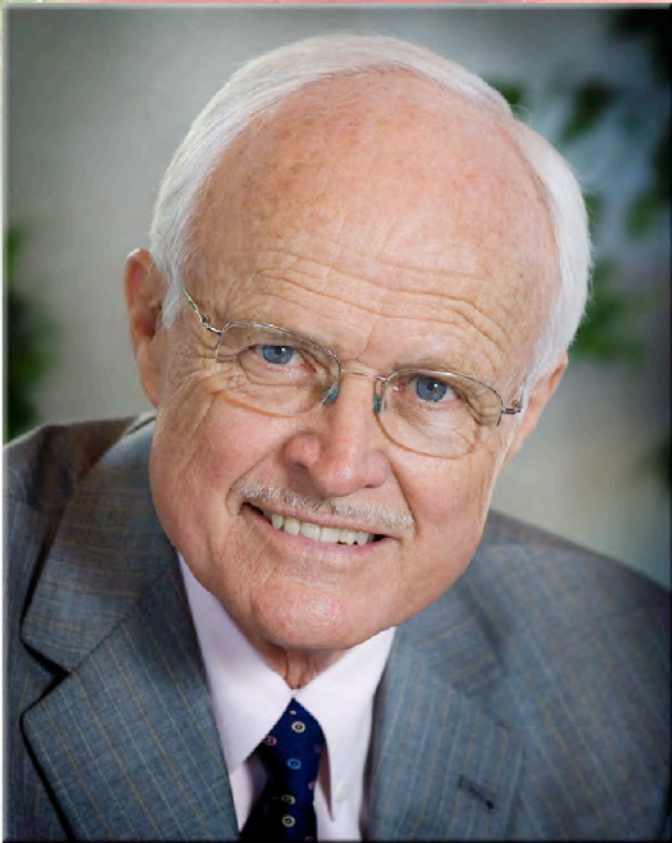
"Sometimes it's hard to remember the fun when I'm at the 20-mile 'wall' and still have 6 miles to go," Nesmith said. "But crossing the line with new friends is worth it." **A**



DeForest Nesmith's endurance training has allowed him to climb impressive peaks such as Mt. Kilimanjaro in 2008.

Focus on

*by Dr. Franklin House '58
with David Skau*



Dr. Franklin House '58

Nutritional advice can be confusing. Groups advocate everything from Atkins to raw food diets as the way to achieve long life and great health. Fortunately, keeping healthy does not have to be complicated. For many of us, eating more fiber-containing foods could be the single greatest step toward better health.

Fifty years ago, fiber was seen as nearly useless; it could be neither digested nor absorbed. Since then, medicine has discovered much more about fiber, especially concerning its value for both prevention and treatment of disease.

Both of fiber's two forms, soluble and insoluble, have important functions in the body. Soluble fiber controls the release of energy in foods, spreading the absorption over a longer period of time, a key factor in addressing obesity and diabetes. Insoluble fiber passes through the body intact, preventing constipation, and helping prevent diseases of the digestive tract, including colon cancers. Both contribute to the sense of fullness and satisfaction after a meal.

A high-fiber diet offers advantages far beyond those from fiber itself. Foods rich in fiber also have great vitamin and mineral contents, the most



balanced protein mixes, and the highest levels of phytochemicals and antioxidants. Choosing fiber from whole foods provides a broad range of nutritional benefits and eliminates need for fiber supplements.

Focusing on fiber-rich food choices also serves to balance the intake of less beneficial low-fiber foods such as highly refined flour, meat and dairy products. The average American eats 11g of fiber per day, a total that should increase to 40 to 50g a day. Reaching this goal with plenty of fruits, vegetables, legumes, whole grains, nuts and seeds simply leaves much less room for fiber-poor foods.

For many people, fiber conjures up images of dry, flavorless “horse-and-mule feed.”

While eating a handful of wheat bran does provide a large dose of fiber, that is not the only way to include fiber in a healthy diet. Wide ranges of whole foods contain significant amounts of fiber: a medium avocado has 11g, a cup of black beans 15g, and a cup of blackberries 5g of fiber.

With such a broad range of delightful options, there is no reason for high-fiber meals to be anything less than truly appealing—and life changing. Fiber is your friend!

For information on the fiber content of foods, visit www.nutrition.gov > What's In Food > See Lists of Foods with Specific Nutrients > Fiber.

• • •

Dr. Franklin House graduated from Union College in 1958 with a major in biology and earned his M.D. from Loma Linda University in 1962. He has since founded a multispecialty clinic and a community hospital and coauthored the book *The 30-Day Diabetes Miracle*.

Dr. House now lives in Ft. Davis, Texas, and serves as chairman of the board for Lifestyle Center of America (LCA), a non-profit organization with centers in Oklahoma and Arizona committed to stopping diabetes and obesity through diet, exercise and other lifestyle changes. He is active as a presenter dedicated to promoting lifestyle medicine through the example of his health and the success stories of his patients. **A**

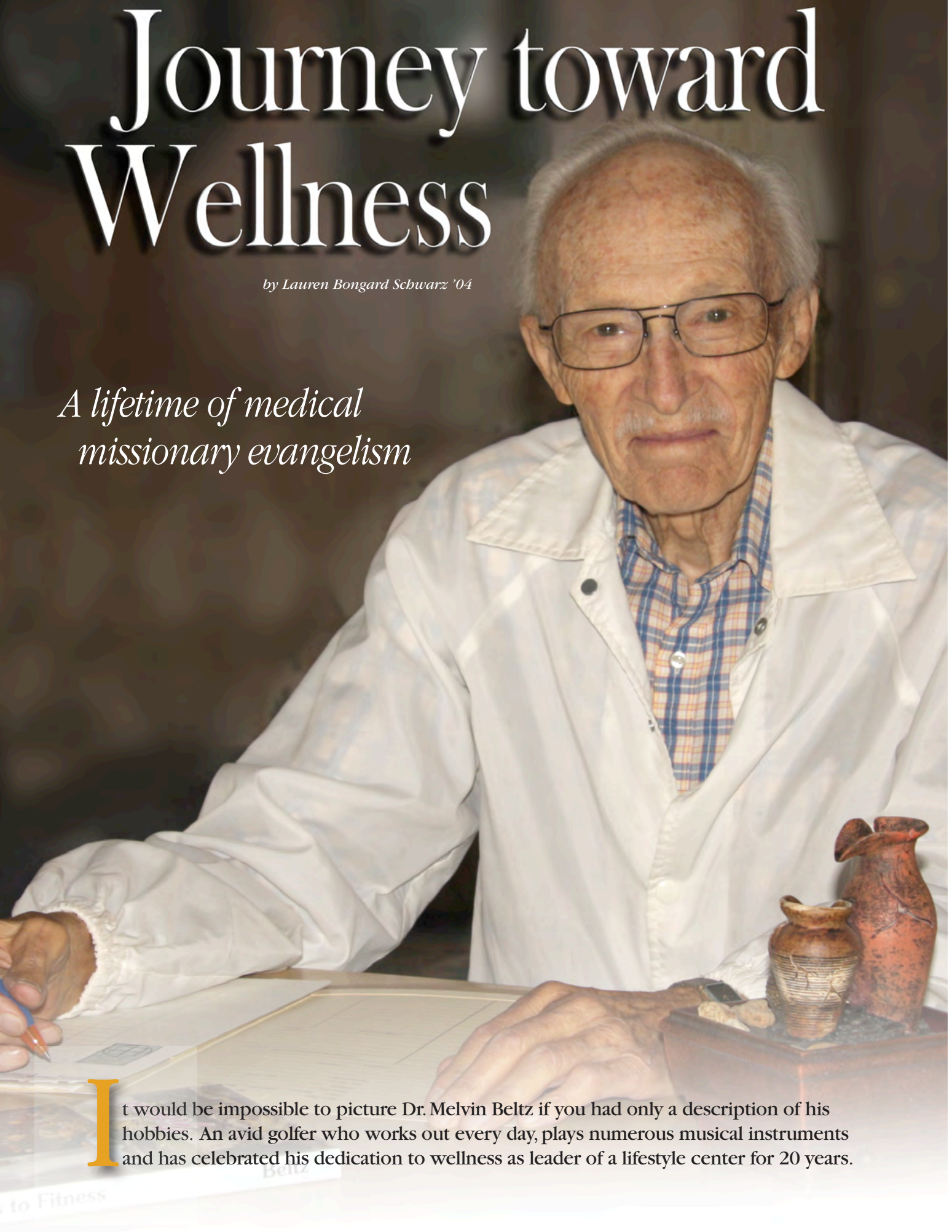
For more information on Lifestyle Center of America, visit www.stoppingdiabetes.org.

If you are confused about dietary advice but willing to do one thing, focus on increasing fiber.

Journey toward Wellness

by Lauren Bongard Schwarz '04

*A lifetime of medical
missionary evangelism*



It would be impossible to picture Dr. Melvin Beltz if you had only a description of his hobbies. An avid golfer who works out every day, plays numerous musical instruments and has celebrated his dedication to wellness as leader of a lifestyle center for 20 years.



From all this, you would never guess Dr. Beltz was in his 90s.

Witty and vibrant, he has traveled the world as a medical doctor. And Beltz has no intention of slowing down.

As a founder of California's Weimar Center of Health and Education and the Black Hills Health and Education Center, Beltz is the kind of doctor who lives his wellness message.

"We are called by God to do His work, and the only way we can do that is staying strong and healthy," Beltz said. "And it's not hard. It just takes some basic knowledge of human anatomy and a real dedication to being evangelists in everything we do."

Beltz's journey to health began when he was a boy. He was often ill, experiencing fainting spells and weakness. After consulting many doctors, his family found the remedy was better nutrition. As their diet changed, so did Melvin's health. Feeling the impact of a healthier approach to living encouraged Beltz to become a doctor so he could pass on the gift of wellness.

He enrolled at Union in 1935 as a premedical major, and moved to California in 1939 to finish his training at Loma Linda College of Medical Evangelists, now Loma Linda University. With the completion of his degree in 1943, he earned simultaneous diplomas from Union College and the College of Medical Evangelists.

Learning to fly

After his surgical residency, Beltz accepted a medical missionary job in Seldovia, Alaska, which at that time was still a U.S. territory.

Beltz had been in Alaska fewer than 48 hours when he was called to treat his first critical patient. "A lady had been shot in the abdomen," he remembered. "But our medical supplies hadn't arrived from the States yet. So we boiled cotton thread to use in place of sutures."

It was primitive, but the patient lived."

Beltz was the only doctor at the eight-bed Seldovia Mission. When he needed an extra pair of hands, he taught his wife, Muriel, who had trained at Union College to be a secretary, how to administer anesthesia.

The Seldovia Mission literally became the Beltz family home.

"The town was mostly fish canneries," he said. "There were no streets and no cars, so we lived in the hospital."

Seeing the desperate need for medical care, Beltz set up clinics in Homer and Kennai, tiny towns only serviceable by water. By then, Beltz realized he needed an airplane to reach his patients and bring medical supplies to the interior.

"The only trouble was, I didn't know how to fly one," he smiled. "There was no airport, so I built a little bitty air strip so I could learn to fly. I had taken a few lessons before moving to Alaska, so I at least knew how to keep the wings straight."

Undaunted by the details, Beltz bought an airplane and had it delivered to Alaska. "When it arrived, I taxied back and forth on the strip I'd built, getting to know the feeling of being in the plane. Then I said to my wife, 'I think I can take this plane up and land it again.' And I did."

Air travel started a new chapter for Beltz and his mission hospitals. He completed pilot training in Anchorage, 140 miles from Seldovia, and began a side career as a commercial bush pilot, transporting passengers in a land where planes were scarce.

Having access to a plane was also was a turning point in Beltz's professional life. In gratitude for his medical work in an Eskimo village, made possible because of his piloting skills, the Alaska Territorial Health Society awarded Beltz a surgical scholarship at New York Memorial Hospital for Cancer. It was here that Beltz dove into the connection between diet and cancer, forming the ideas that shaped the next 60 years of his career.

Spreading wellness across the world

In 1948, Beltz and his family moved back to the United States. He and three medical school classmates, Drs. E.R.



Air travel expanded medical mission work for Melvin Beltz during his service in Alaska in the mid-1940s.



Wasemiller '41, Glenn L. Wiltse '43 and Wendell H. Wall '48 opened a clinic in Wahpeton, North Dakota. All four Union alumni were committed to mission work, but each knew they needed to hold paying jobs to raise their growing families.

"We took medical evangelism seriously," Beltz said. "We wanted to do as much mission work as possible. We decided to always divide the revenue from the clinic in four equal parts, even when one of us was in the mission field. That way, we were supported from our home base so we could serve as short-term relief doctors."

With his team's support, Beltz was a relief surgeon for Adventist hospitals and clinics in Africa, the Solomon Islands, South America and New Guinea.

He also began spreading his preventative health message. In 1954, George Vandeman, founder of *It Is Written*, asked Beltz to lecture at the New Gallery Theatre in London, England. Then, after serving as doctor for an archaeological dig in Israel, Beltz embarked on a three-month trip around the world speaking about health and preventative medicine at Adventist institutions.

Today, Beltz tributes his lifetime of successful mission and health work to this unique and dedicated quartet of colleagues. "Our friendship and common goals afforded me the opportunity to be away from our practice and spread health and wellness to people across the world," he said.

Sixty years after they first partnered, Beltz and Drs. Wasemiller, Wiltse and Wall are still the best of friends. "We were the most unusual medical evangelism group," Beltz said. "Now we're all in our 80s and 90s, and we've maintained our friendship to this day."

Better health through nutrition

Beltz not only preaches preventative medicine—he is a living example of the power of good health. During his world travels in the 1950s, Beltz saw obvious links between diet and

disease in every people group he served.

"People who didn't eat well didn't feel well," Beltz said. "I first came upon the idea while working with cancer patients in New York, but I couldn't ignore it when I started seeing the same thing all over the world. I decided we needed to return to the original diet if we were really going to manage our health."

Because of his research findings, Beltz became vegan in the late 1950s. "God provided a vegan diet for our first parents," he said. "The more we can memorialize that original diet, the easier it will be for us to avoid the diseases and illnesses that come secondary to following diets based on animal products."

To help spread the word about better health through good nutrition, Beltz and Muriel published two vegan cookbooks, *Cooking with Natural Foods I* and *II*.

Looking back on his 50 years as a vegan, Beltz said the lifestyle is simple. "It's just a matter of eating natural foods," he said. "Fowl, fish and animals depend on that original healthful diet that God also planned for man. If we go straight to the source and eat those grains and natural foods ourselves, we gain all the benefits and none of the negative results of eating animal products."

Wellness to fitness

Knowing a supportive program could make all the difference to patients struggling to make a lifestyle change, Beltz and five other visionaries purchased a California sanitarium and built the Weimar Center of Health and Education in 1978. Soon after, he and two others founded the Black Hills Health and Education Center in Hermosa, South Dakota.

Now retired after 38 years as a surgeon, Beltz is still active with the Black Hills Center, where he was director for 21 years. He says the wellness retreat still draws record numbers of patients.

Beltz's medical and health evangelism has taken him around the world.



photos: courtesy of Dr. Melvin Beltz



"We feed them good food, help them start an exercise program and share wisdom through health lectures," Beltz explained. "We believe in the harmonious development of physical and spiritual health, and we help our patients get started on that path so they can follow it for life."

In 1991, Beltz published his book, *Wellness to Fitness*. He teamed up with doctors and health educators he had worked with throughout his career. Their essays comprise the manual describing how water, exercise, peace, oxygen, nutrition, sleep, sun and spirituality combine to create ultimate wellness.

"I chose experts in various fields of preventative medicine from Adventist health institutions," Beltz said. "Most of the ideas came straight from Ellen White's *Counsels on Diets and Foods*. She is our foremost authority on wellness, and it was important to me to share those ideas."

His second love

He is passionate about his career in health care, but if you ask Beltz about music, he lights up.

Born during World War I to a grade school teacher and a music teacher, Beltz's parents taught him to play the trumpet, violin and piano.

"I've always had an interest in music and through the years I've continued to play in churches and orchestras across the country," he said.

He still plays the saxophone and trumpet in his church orchestras, but there are two other instru-

ments Beltz loves to show off simultaneously—his unique combination of mouth organ and saw.

While at Union College, Beltz worked his way through school by driving delivery trucks. To occupy his time behind the wheel, he learned to play the harmonica. But he needed both hands to drive and the existing hands-free headpiece didn't allow him to turn his head to watch traffic. So he taught himself to play using only his mouth.

Now, Beltz entertains friends and guests with mouth organ-saw performances. He uses both hands to play a saw specially-crafted by a local inventor while he moves his harmonica from note to note using only his mouth.

Starting over again

Beltz and his second wife, Eva Dunn Rembolt ('41) Beltz married in 2005.

They met in 2004, when Eva was visiting friends in Desert Hot Springs, Calif. "Doc and I lost our spouses before we met,"

Eva said. "Up until him, I hadn't met anyone else who made me want to start over again. But Doc and I started spending Saturday nights with our group of friends, and pretty soon we were making plans."

Beltz laughs and shakes his head. "And now we have an assisted living situation. I assist her and she assists me."

Beltz taught Eva to golf last winter, and now they spend time most days on the course near their California home. He also works out every day with his home free weights and stretching machine.

The couple splits their time between their three homes, spending winters in Desert Hot

Springs, Calif., and vacations at Eva's property near Seattle, Wash.

During the summer, they live just steps from the Black Hills Heath and Education Center in Hermosa, S.D. He still uses the medical missionary training he learned at Union College more than six decades ago. Giving health lectures and advising patients, Beltz continues to take his medical mission work to heart.

"Ellen White said medical missionary work is the right arm of the Message," Beltz said. "As a doctor, I know the medical part is important, but from my early years of service, I've always found ways to present Christ to my patients. Christ did more healing than He did preaching, and that's the way I've found health ministry works best." **A**



Never too stressed to exercise.

by Sharon McDowell-Larsen '84



Sharon McDowell-Larsen puts her professional research into action as she competes in the Mountain States Cup series of bicycle races.



I started running while at Union College and haven't stopped since. I guess you could say I caught the running bug while participating in a Running Club organized by David Duran, one of my biology professors, and his wife, Darla. Their encouragement and the consistency of the club led me to compete in my first marathon, while still in college. This introduction to high-intensity exercise sparked my interest in human performance and propelled me towards both an M.A. and Ph.D. in the area of exercise physiology. Who knew running fever could last a lifetime and be so much fun?

Thankfully, my position as a senior associate and exercise physiologist at The Center for Creative Leadership (CCL), allows me to run for work instead of, like many people, away from work each day. The CCL is a top-ranked, global provider of executive education that develops better leaders through its exclusive focus on leadership education and research. I manage the Fitness for Leadership module of CCL's Leadership at the Peak program (see inset on page 24) and conduct research on the exercise habits and effectiveness of senior executives. The rationale for including a fitness track during leadership training is the belief that good health positively impacts leadership performance through increasing stress management skills, improving public and self image and preventing diseases.

Health and well-being in the workplace have become popular concepts, driven by evidence that indicates poor health as a factor in lower quality decision-making abilities, higher rates of absenteeism and consistently diminishing overall contributions to organizations. Stress alone costs organizations in the United States more than an estimated \$150 billion a year. Of course, this dollar amount does not illustrate the bottom line of the toll work-related stress takes on this country each year.

Stress produces a physiological response called the flight or fight syndrome, which is no longer an appropriate response in our society. This reaction leaves the stressed individual with free fatty acids, normally used for energy, being flushed into the blood stream and converted to cholesterol. With repeated exposure, the individual may experience deregulation of blood pressure, disruption of clotting factors and increased insulin sensitivity, which can all lead to a heart attack.

Some of the most exciting research I conduct focuses on the value of physical fitness in counteracting the negative health outcomes associated with stress. There is little question that a low level of physical activity is an independent risk factor for coronary heart disease. The most notable point of research, however, is that benefits of

exercise are measured independently of the impact they have on other traditional risk factors such as blood pressure, HDL cholesterol and body mass. The relationship of exercise and stress is less clearly defined, but I've found—and it is generally accepted among researchers in my field—that exercise can lead to reductions in stress by decreasing physiological tension, improving mental health and reducing anger, hostility and depression.

So where does all our stress come from? Any number of sources can contribute to a person's stress load, including relationships at work or home, career development, organizational and environmental climate, and balancing home, work and personal time. Because so many of our waking hours are spent at work, there is increasing recognition that a person's work and personal life are not separate entities, but, instead, have reciprocal effects on each other.

This reciprocity is reflected in the responses given by executives who attend the Leadership at the Peak program. More often than not when I ask executives what causes them the

most stress, their replies reference an intermingling of home and work-related issues. One executive stated his primary pressure as "balancing work demands with time for family and balancing family time with time for myself to recharge." Other commonly stated sources of stress include feeling pressured

to succeed at all costs, interpersonal relationships, health and burnout concerns and being overwhelmed.¹

The executives I work with are often overweight and tend to have low activity levels. Throughout my research I've seen the same results time and again—executives who exercise regularly receive significantly higher ratings for leadership effectiveness as compared to those who do not exercise at all or only sporadically. It is difficult, however, to imply cause and effect. Do executives lead better when they exercise because exercise leads to being less stressed, more energetic, and feeling better about themselves? Or do they exercise because they are less stressed, more energetic and feel better about themselves? Most likely the answer is found in a combination of both.

Exercise can lead to reductions in stress by decreasing physiological tension, improving mental health and reducing anger, hostility and depression.



One important conclusion can and should be made, however. In order to be effective, executives (and the rest of us too) should not give up exercise time in favor of work time. Studies have shown that exercise provides numerous psychological benefits and can serve as a stress reducer by acting as a mental diversion and a release for emotional or physical tension. Exercise can also provide a clear boundary between work and home, between worry and relaxation. Mood is enhanced and optimism scores rise following exercise. Testimonials from some executives also suggest that regular exercise can positively impact work performance. In fact, post-program interviews with attendees show those who have begun a consistent physical activity plan have higher energy levels, fewer illnesses, and overall lower stress levels than before the program.

While recognizing the importance of physical and mental well-being both in our regular lives and in the workplace may have recently regained popularity, the idea is not a new one. The lessons taught in ancient Greco-Roman culture are familiar to us today and include breathing fresh air, eating proper foods, drinking the right beverages, exercising regularly, getting a good amount of sleep and including the emotions when analyzing overall well-being. Attending to one's health now takes on a greater implication than personal preservation—as my research shows, the health of the individual impacts the lives of others as well as that of organizations.

I've spent my life studying the positive effects of exercising, and I have seen exercise enhance lives and careers. I encourage you to make room in your schedule for exercise and find ways to stick to a plan, such as finding a friend or group to keep you accountable. Even if you didn't catch the running bug in college like I did, it's not too late to adopt an exercise plan that will improve your health, increase your energy and diminish stress in your life. **A**

¹While my area of research focuses on leadership executives, I suggest every person, executive or not, faces obstacles that are difficult to overcome—from corporate managers confronting complex decisions to educators trying to lift students and nonprofit groups addressing social issues on shoestring budgets. If these feelings are familiar to you, the research is applicable too.

The Leadership at the Peak course, offered in Colorado Springs and CCL offices throughout Europe, gives executives the opportunity to join a small, powerful group of their peers (six to 12 people) in evaluating their leadership skills and potential. An important component of the course is the Fitness for Leadership module, which is interwoven throughout the week.

What can you do to better manage stress?

Learn from the research McDowell-Larsen has conducted with two colleagues at the CCL, Vidula Bal and Michael Campbell. Their guidebook, *Managing Leadership Stress*, offers the following eight tips:

1. Know the signals—pay attention to your body's response to stress.
2. Create a ritual—make it a habit to take stress breaks.
3. Get away—find effective ways to set boundaries between work and home.
4. Build a support system—assemble a network of people who can help reduce stress.
5. Regroup on the task—look for ways to organize and streamline your life.
6. Recover—build time into your routine to recharge.
7. Redefine balance—link balance to your values and choose activities that support those values.
8. Exercise—create a regular exercise regimen, which can help regulate emotions, induce relaxation and increase self-esteem.

Union graduate takes away students' chairs

Twenty-three third graders at Elliott Elementary can thank Union College graduate Katrina Donovan '08 for taking their chairs away. Donovan replaced them with exercise balls, paid for with a mini grant from Nebraska's Department of Health and Human Services Office of Minority Health and Health Equity.

Donovan got the idea last year while student teaching in Joan Rich's third grade classroom at Lincoln's Elliot Elementary School. Donovan learned about Mayo Clinic classroom studies on the benefits of exercise balls such as helping students concentrate better, expel nervous energy, reduce childhood obesity and enforce good behavior by confiscating the exercise ball for discipline.¹

Joann Herrington, Union College associate professor of education, directed Donovan to a grant offered through the Nebraska Health and Human Services department. "It is exciting to see a Union College graduate take initiative to help the education process," Herrington said.

"An exercise ball can help students focus better, get out nervous energy and also serve as a coping strategy where they can 'bounce it out,'" Donovan said. "Plus I'm a big exercise advocate, and I don't think most students exercise enough."

The grant proposal Donovan wrote earned Elliott Elementary \$500 for 25 exercise balls with plans to purchase more. The third graders switched to the bright yellow exercise balls in mid January.

As a substitute teacher for the Lincoln Public Schools, Donovan does not have her own classroom. When she does, she



hopes to use the exercise balls not only as chair replacements, but also as a method of exercise.

Donovan attributes part of her success with the grant to Union College. "Union's education program teaches you to look for ways to improve the classroom and to think outside the box."

¹Research reported in *Star Tribune* (Minneapolis), Oct. 27, 2007.

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'67 denotes graduation year
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1940s

Ed '46 and Jackie Faucher ('49) Beck from Walla Walla, Wash., celebrated their 60th wedding anniversary in August in College Place, Wash., with all their children, grandchildren and two great-grandchildren.



Ed and Jackie

1950s

Joan Leonhardt '52, from Berrien Springs, Mich., and **Joyce Leonhardt '52**, from Longmont, Colo., recently started a mission project in the memory of their older

sister, Fay. In lieu of flowers, the family requested gifts in Fay's memory to ADRA to buy a cow to help underprivileged families. The result was 10 goats, one cow, and one well—more than doubling the sisters' gift goal.

1960s

William '60 and Frances Votava ('58) Wilson celebrated their 50th wedding anniversary on June 8, 2008. Bill spent 43 years in pastoral and department work. He retired from the Minnesota Conference in 2004, and they moved to Punta Gorda, Fla., in 2006. Bill now volunteers as the administrative pastor of the Port Charlotte Church and Frances serves as administrative director for the church's preschool.

1970s

Carol Tompkins Armstrong '70 lives in Spokane Valley, Wash., and retired last year after working with the Washington State Department of Health for 27 years, serving as field representative for the Center for Health Statistics.

Melodie Thomas Mayberry-Stewart '70 was recognized as one of *Computerworld's* Premier 100 IT Leaders for 2009 for her exceptional technology leadership, ability to foster ideas and creative work environments, envisioning innovative solutions to business challenges, and effectively managing and executing IT strategies. Mayberry-Stewart will be honored at *Computerworld's* Premier 100 IT Leaders ceremony in March 2009.

Dennis Reinke '76 was honored as the first recipient of Pathologist Spotlight Service Award by the College of American Pathologists (CAP). He was presented with the

award at the CAP Council on Membership and Professional Development luncheon at the Omni Hotel in Austin, Texas, on Jan. 17. The award was established to recognize CAP members who exhibit transformative behavior and deliver exceptional patient care in their community.



Dennis Reinke

1980s

Tom Russell '80 has been named president and chief executive of the Portland Adventist Medical Center where he has worked for 15 years. He was formerly senior vice president of the 302-bed acute care facility located in East Portland. He was responsible for the concept design, development and construction of the hospital's 181,000-square-foot patient care pavilion, scheduled to open in May 2009. He is currently completing an M.B.A. degree.

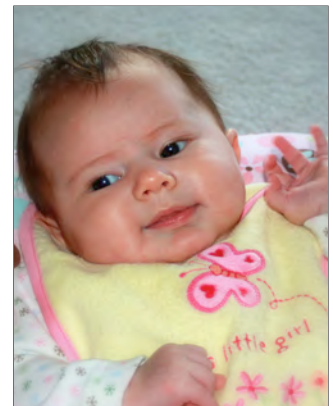
Marie Atkinson-Smeins '84 lives in Luverne, Minn., and has been an elementary school counselor for 20 years. Marie was selected as Elementary School Counselor of the Year by the Minnesota School Counselors Association (MSCA) in May of 2006. This award is the highest honor a school counselor can receive from the MSCA.

Selwyn Noel '87 recently joined the University of

Southern Caribbean and is the new chairperson of the Fine Arts Department. Selwyn earned a master's in ethnomusicology at Goldsmiths College, University of London UK in 1997. He is completing an M.B.A. at Devry University.

1990s

Aaron '98 and Jamie Kraus Fritz '99 live in Parker, Colo., and were blessed on Sept. 18, 2008, with a little girl, Colbie Ann. She weighed 6 lbs., 12 oz., and was 20 inches long. Colbie has two older siblings, Ethan and Natalie. Jamie works as a speech pathologist at Villa Manor and Aaron is executive director of the Parker Hospital Foundation.



Colbie Ann Fritz

Jennifer Hall Teh '98 and her husband, James, live in San Diego, Calif., and welcomed a daughter on Sept. 28, 2008, Mallory Paige. James is the deputy district attorney for the San Diego County District Attorney's Office and Jennifer



Mallory Paige Teh

CLASS-IFIEDS

works as senior student services assistant for the San Diego Community College.

Sam '99 and Melissa Hartman Huenergardt '98 from Calhoun, Ga., are the proud parents of Chloe Grace. She was born on Sept. 25, 2008. Melissa is a stay-at-home mom and Sam is senior vice president of Gordon Hospital.



Chloe and Christian Huenergardt

2000s

Greg '00 and Kimberly Childers Steiner '01 were blessed with a son, Carter Edmund Dale, on June 12, 2008. Kimberly is an assistant professor at Union College and Greg is director of intramural sports at Union College.



Carter Edmund Dale Steiner

Diana Jones Thomas '00 and her husband, Brent, from Liberty, Mo., are the proud parents of a baby girl, Elena Louise Thomas, born April 23, 2008. Diana is a stay-at-home mom and Brent works for Verizon wireless.



Elena Louise Thomas

Arthur Pangemanan '01 and his wife, Rebecca, are pleased to announce the birth of their daughter, Adrianna Lynn. The couple delivered Adrianna in the comfort of their home and pool on May 21, 2008. Both Arthur and Rebecca are pediatric chiropractors in Lawrenceburg, Ky.



Adrianna Lynn Pangemanan

Christopher ('02) and Aubrey Oliver Nelson '04 are the proud parents of Benjamin Eric, born on May 31, 2008. They live in Tigard, Ore., where Aubrey is a stay-at-home mom and Christopher is a structural engineer with Froelich Consulting Engineers.



Benjamin Eric Nelson

Jenny Fredregill Leonhardt '03 and her husband, Evan, live in Lincoln, Neb., and were blessed with a son, Ethan James, on Dec. 14, 2008. He was 7 lbs., 13 oz., and 21 inches long. Ethan is the grandson of **Dwain '72** and **Carol Testerman Leonhardt '72** and **Duane '75** and **Lou Ann Reile '73 Fredregill**.

Stephanie Barr Shreeve '03 and her husband, Daniel, live in Billings, Mont., and were blessed with a baby girl, Bailey Grace, on Oct. 16, 2007. She joined sister, Riley Madison. Stephanie is a nurse at St. Vincent Healthcare and Daniel is a welder with Montana Rail Link.



Bailey Grace Shreeve

Karen McArthur Seery '04 and her husband, Loren, from Rochester, Minn., were blessed with a daughter, Ashlyn Anna,

on Oct. 20, 2008. She was 8 lbs., 10.5 oz., and 20.5 inches long.



Ashlyn Anna Seery

Mikey '04 and Daniela Prieto Larson '02 from North Platte, Neb., are the proud parents of Matthew Cole. He was born Sun., Dec. 7, 2008, weighing 7 lbs., 7 oz., and measuring 21 inches long. Mikey is a pastor for the North Platte, Neb., district. "Dad was happy he came just in time for the beginning of the Cowboy's game," says Daniela.



Matthew Cole Larson

Daniel and Cara Christensen Greenfield '06 are pleased to announce the birth of Autumn Aleese on Jan. 20, 2009, in Lincoln, Neb. She weighed 7 lbs., 15 oz., and was 20 inches long. Big brother, Andrew, is adjusting well and is quite proud of his little sister. They thank the Lord for an uneventful delivery and will be returning to Cambodia shortly.



Autumn Aleese Greenfield

Jason Meyers '06 and **Abbie Krehbiel '07** were married on July 29, 2007. They live in St. Louis, Mo. Abbie works as a registered nurse in the Neonatal Intensive Care Unit at St. Louis Children's Hospital. Jason is a medical student at Washington University School of Medicine in St. Louis.



Jason and Abbie Meyers

Antonio and **Lillian Graft Lopez '07** are the proud parents of a baby girl, Corinthia Diella, born on April 17, 2008. They live in Columbia, Md. Antonio is a youth pastor for the Chesapeake Conference and Lillian is a stay-at-home mom and part-time math teacher.

People Placements

Lyndsi Rasmussen joined Student Financial Services as a student financial advisor, helping students and families navigate the complexities of loans, grants and scholarships and combine them into a feasible financial plan. A Nebraska native, Rasmussen graduated from the University of Nebraska-Lincoln with a Bachelor of Science in Education with a social sciences endorsement.

Monica Bosques de Lopez '01 transitioned from her role as an adjunct instructor to a full-time clinical instructor for the nursing program in the Division of Health Sciences, overseeing junior year OB-GYN clinical rotations. Bosques de Lopez has worked at St. Elizabeth Regional Medical Center since 2001 and continues to work in the hospital's postpartum unit. A graduate of Union's nursing program, she is now completing a Master of Science in Nursing degree from Nebraska Wesleyan University. Bosques de Lopez and her husband, Dimas, have two small children, Xiara and Daniel.

Carrie Wolfe '90 will begin the 2009-2010 academic year as the new chair of the Division of Science and Mathematics. Wolfe assumes the role from Don Abbey, professor of biology, who will resume his full teaching load. She holds a Ph.D. in chemistry from the University of Nebraska-Lincoln and has taught chemistry at Union College since returning to Lincoln from Columbia Union College in 1999.

Michelle Velázquez Mesnard will become the chair of the Division of Humanities next fall. George Gibson, the current division chair, will con-

tinue in his role as professor of economics and history. Currently an associate professor of communication, Mesnard came to Union in 2002 from California where she earned a master's in public relations at Golden Gate University and served as the director of public relations at Pacific Union College.

IN MEMORY

Death dates and/or obituaries have been received for the following individuals.

Ruth Leech Oliver ('15), Modesto Calif., died Nov. 6, 2008, at age 110. She was born Sept. 17, 1898 in Kingsville, Mo. She was the youngest of six siblings. Her mother died when she was three. Her father married a woman with three children making a family of 10 children. From Missouri, they moved to 320 acres of farmland in Colorado. Ruth attended Union College Academy and later taught grades one through eight. She married William Oliver in 1918, and they farmed in Wyoming. In 1924, they moved to California. From 1950 to 1964 Ruth ran the Redwood Valley School cafeteria. She was preceded in death by her husband, William.

Chester Wickwire '37, Cockeysville, Md., died Aug. 31, 2008, at age 94. He was born in Nebraska on Dec. 11, 1913. Following graduation from Union College, he earned two degrees from Yale Divinity School and was ordained in the United Church of Christ. He became chaplain at John's Hopkins University in 1953. Chester was very influential in the civil rights movement, working with black leaders to integrate a Baltimore County amusement park and recommended the first African Americans admitted to John's Hopkins University. He loved

poetry, world travel and championing for the underdog. He is survived by his wife of 71 years, **Mary Ann Herwick Wickwire ('41)**; sons, Jon, C. Lynn and Brian; brother, Bruce; four grandchildren and five great-grandchildren.

Ralph Combes '38, Greencastle, Ind., died Nov. 20, 2008, at age 96. He was born April 28, 1912, in Cole, S.D. He was a member of the Glendale, Ind., church. He is survived by his wife, **Vivian Ellison Combes ('35)**; daughters, Della Decooman and Deanna Pendleton; two granddaughters; one great-grandchild and two great-great-grandchildren.

Floyd Miracle '38, Riverside, Calif., died Feb. 14, 2008, at age 95. He was born Feb. 10, 1913 in Wewoka, Okla. He served as an Army captain during World War II and taught pediatrics at Loma Linda University Medical Center. He is survived by his sister, Gladys Thompson.

Eva Fletcher Brown ('39), Jackson, Calif., died Sept. 14, 2008, at age 90. She was born Dec. 24, 1917, in Bridgewater, Neb. She worked at Loma Linda University Medical Center. She was preceded in death by her husband, **Russell ('40)**. She is survived by her son, Kent; daughters, Janet Toppenberg and Jeanine Ask; six grandchildren and five great-grandchildren.

John Burleigh '39, Bartlesville, Okla., died Nov. 26, 2008, at age 91. He is survived by his wife of almost 65 years, Ethel; five children; eight grandchildren and one great-granddaughter.

Frank Rice '39, Ukiah, Calif., died Jan. 17, 2009, at age 91. He began his college years at Union prior to serving in the U.S. Army Air Force in World War II. In 1941, he married **Evelyn Roll Rice '41**. In the early 1950s, he

IN MEMORY

started Rice Equipment Company in St. Louis, Mo., a materials handling company. He was president and owner until he retired in 1980. Frank served on the Union College Board of Trustees from 1984 to 1995. He was active in his church, holding positions of Sabbath School teacher and elder. Frank enjoyed golf, sailing and photography. Frank and Evelyn lived in Cape Coral, Fla., from retirement in 1980 until 2001, when they moved to Ukiah to be closer to family. In 1987 the Rices established the Evelyn and Frank Rice Scholarship fund that is awarded annually to students with financial needs from Missouri. Memorial gifts may be directed to the college for this scholarship fund. Frank is survived by his wife of 67 years, **Evelyn '41**; daughter, Lillian Rice; and sons, Frank and **Geoff '78**; five grandchildren and two great-grandchildren.



Frank Rice

Ruby Bounds Christensen ('40), Sacramento Calif., died July 15, 2008. She was born Dec. 29, 1913, in Little Rock, Ark. She is survived by her son, **Bruce ('72)**; daughters, **Becky Carlisle '66**, **Beth Bernotas '66** and **Brenda Duerksen ('67)**; eight grandchildren and four great-grandchildren.

Florence Hash Ashley ('41), Loma Linda, Calif., died Sept. 24, 2008. She was born Feb. 18, 1914, in Black Hills, S.D. She is survived by her son, Dennis Pyle; daughter, Donna

Burress; stepdaughter, Betty Myer; five grandchildren and three great-grandchildren.

Claribel Babcock Clifford ('41), Jackson, Calif., died May 6, 2008. She was born June 27, 1917, in Chamberlain, S.D. Claribel taught in Adventist schools in Texas, Oklahoma and Arizona. She also served as a missionary to Chile, Argentina and Bolivia. Claribel is survived by her daughter, **Janet Scott ('66)**; sons, Dan and Jim; seven grandchildren and four great-grandchildren.

Walter Will '41, Loma Linda, Calif., died July 12, 2008. He was born Feb. 21, 1914 in Perry Okla. He is survived by his wife, **Gladys Cross Will ('37)**; son, Larry; and daughter, Nyla Kellar.

Ruth Wightman '43, Berrien Springs, Mich., died April 29, 2008. She was born in Pierre, S.D., on July 3, 1913. She is survived by her brother, **Roy ('59)**.

Richard Affolter ('44), Walla Walla, Wash., died Dec. 23, 2008. He entered the United States Army July 30, 1945, and served until Nov. 5, 1946. In December 1945, he married Bette Hircok in Des Moines, Iowa. Richard was a general contractor most of his life, later working as a hospital administrator and a missionary in Russia. He is survived by his wife, Bette; two daughters, **Karen Johnson '72** and **Jan Enders ('73)**; one son, **Gary '69**; eight grandchildren and 12 great-grandchildren.

Woodrow "Woody" Larson '45, Bonnerdale, Ark., died July 4, 2008. He was born Oct. 15, 1915, in Bayou Chene, La. He was a retired minister, having served the Seventh-day Adventist Church for 60 years. He is survived by his wife of 66 years, Edna Mae Larson; son, Milton; four grandchildren and four great-grandchildren.

Morton Juberg '48, Troutdale, Ore., died Dec. 30, 2008, at age 86. He was born Jan. 24, 1922, in Greybull, Wyo. He was an ordained minister for 47 years, communications director for Seventh-day Adventist churches and editor of the Gleaner, a regional Seventh-day Adventist publication, for 14 years. He married **Lorraine Davis ('47)**. He was preceded in death by his daughter, Lorelee Morre last September. He is survived by his wife, Lorraine; sons, Terry and Randall; sister, Irene Level; brother, Roy; and five grandchildren.

Agnes Marks Lambertson '48, Berrien Springs, Mich., died June 7, 2008. She was born on April 22, 1916, in Boon, Mich. She is survived by her son, Marvin; daughter, Dalys Nordvick; six grandchildren; three great-grandchildren and brother, **Howard Marks '48**.

Livingston Wills ('48), Omaha, Neb., died Aug. 22, 2008. He was born July 28, 1919, in Brownsville, Tenn. In his early years he attended a school for the blind in Nashville, where he learned to make brooms, and read and type in Braille. After attending Union College and studying English and history, he moved to Omaha where he felt called to the ministry. He was ordained and served for many years as the pastor at Tabernacle Church of Christ Holiness. He was promoted to bishop in 1975. He is survived by his brothers, James, Johnnie and Charles; sisters, Sophronia and Hancy; and grandson, Criswell. He was preceded in death by two wives, Ledressa in 1973 and Luvenia in 1986.

Harold Sample '49, Harrah, Okla., died June 15, 2008. He was born Oct. 18, 1916, in Kearney, Neb. Harold was a church school teacher for 32 years, teaching in Wisconsin, Kansas, Nebraska, Oklahoma and Colorado. He is survived by his wife of 67 years,

Nadine Stevens Sample ('46); two grandchildren and two great-grandchildren. His two sons, Delmer and **David '71**, preceded him in death.

Charles Davis '51, Riverside, Calif., died July 7, 2008. Charles retired in 1995 after 44 years of service as a teacher and librarian. He married Frances Anderson after graduating from Union College and earned a master's in history from Kansas State University and a second master's in library science. Before his retirement, he was head librarian at La Sierra University. He enjoyed traveling and family. He is survived by his wife, **Frances Anderson Davis ('51)**; son, Eric; two granddaughters and great-grandchildren. He was preceded in death by his daughter, Charman.

Lyle Jewell '51, Bemidji, Minn., died Sept. 28, 2008. He was born June 24, 1924. Lyle was an accomplished vocalist and choral director. He joined Faith For Today as a soloist and was a member of the FFT Quartet. He served in music departments at Atlantic Union College, Columbia Union College, Pacific Union College and Union College, as well as several public school systems and Bemidji State University. He was the soloist and manager of the Roger Wagner Chorale, and he founded the Bemidji Chorale in 1979. He was preceded in death by his son, John, and three brothers. He is survived by his



Lyle Jewell

IN MEMORY

wife, **Dorothy Marsh Jewell** ('50); sons, Douglas, Marshall and Randall; and eight grandchildren.

Ruth Johnson Ellis '55, Lincoln, Neb., died Aug. 18, 2008. She was born in Mitchell, S.D., on Aug. 10, 1933, to Ole and Harriet. Ruth earned a bachelor's in music and she earned teaching credentials from the University of Nebraska-Lincoln. She taught school for 30 years in Avoca, Syracuse and Dunbar schools. She supported Japanese nursing students at Union College. She is survived by her husband, **Winslow** '55; daughters, **Sara Thompson** ('80), **Janet Morgan** '83 and Ann Gouldie; sons, **Dana** '82, **Kevin** '85, Brent and Darin; and 14 grandchildren.



Ruth Johnson Ellis

Malcom (Mac) Johnson ('65), Bell Fourche, S.D., died Jan. 14, 2009, from a heart attack suffered on Jan. 5, 2009. Mac was born Oct. 31, 1945, in Hedinger, N.D., to Edwin and Jean Johnson. Mac attended Sheyenne River Academy in Harvey, N.D., and Plainview Academy in Redfield, S.D., his junior and senior years. He attended Union College for two years and then attended Black Hills State College for two years. He married Susan Miller on Jan. 5, 1969, and lived in Gregory, S.D., where he was a partner in a transport trucking company and a school bus company. Mac is survived by his wife,

Susan; daughter, Jennifer; sons, Jamie, Justin and Joshua; parents, Ed and Jean Johnson; sisters **Sherri Fandrich** ('69) and **Debra Herber** ('73); brother, Randy; his grandchildren, who were the love of his life, Tel, Jordan, Tyrell, Jaxson, Dalton, Casey Jo, Kelby, Devon and Brecken.

Kenneth Liggett '65, Bennet, Neb., died July 21, 2008. He was born Jan. 20, 1941, in Davenport, Iowa. He earned a master's and doctorate in psychology from the University of Nebraska-Lincoln. He established his private practice in clinical psychology in Lincoln, Neb., and maintained it for 30 years. He is survived by his wife, Charlotte; sister, **Sherry Ehrlich** '67; half-brother, Greg Liggett; and half-sister, Kandy Harrison.



Kenneth Liggett

Don Dana '66, Salem, Ore., died Sept. 22, 2008, at age 67. He was born Aug. 12, 1941. He is survived by son, Don; daughter, Denise Mathey; brother, Eugene; two sisters, Helen Arndt and Joyce Goff; and four grandchildren.

Gerald Hanson ('67), Las Vegas, Nev., died Jan. 28, 2009, at age 61, after a courageous battle against malignant melanoma. Gerry was a dentist and specialized in oral and maxillofacial surgery. He served on a number of dental boards, most recently as chairman of the board of the Oral

and Maxillofacial Surgery Foundation. He enjoyed restoring antique and classic airplanes and was a skilled pilot. He is survived by his father, Gerald; sister, Cleora Bently; and many extended family members.



Dr. Gerald Hanson

William Fitch ('79), Avon Park, Fla., died May 26, 2008. He was born Feb. 28, 1928, in Sioux City, Iowa. He taught and pastored throughout his career in Illinois, Venezuela, Broadview Academy and Platte Valley Academy. He is survived by his wife, **Jean Bogdon Fitch** ('74); son, Donald; daughter, **Karan Lincoln** ('76); three grandchildren and one great-grandchild.

Sara Sousa '08, Laurel, Md., died Dec. 19, 2008, at age 23, at Laurel Regional Hospital after a courageous and faithful battle with cancer. Born Jan. 23, 1985, in Brazil, she was the daughter



Sara Sousa

of Geraldo and Miriam De Sousa. She graduated from Union College in December 2008 with a degree in business administration. She was a member of the Triadelphia Seventh-day Adventist Church in Clarksville, Md., and the Brazilian Seventh-day Adventist Church in College Park, Md. In addition to her parents, she is survived by her sister, **Quesia Sousa** '08; brothers, Edvandro and Kleber; and cousins, Trisha and Ashley Furtado.

Notice of the following deaths has been received:

Fern Kinnison Chinburg '34, Dighton, Kan., died Oct. 17, 2008, at age 95.

Beulah Brebner Swisher '34, Lincoln, Neb., died Nov. 14, 2008, at age 93.

Adelyne Anderson Ammon ('37), Walla Walla, Wash., died March 15, 2008.

Dale Payne ('37), Redlands, Calif., died June 1, 2008.

Harry Young ('41), Portland, Ore., died Nov. 7, 2008.

Robert Halverson ('42), Santa Maria, Calif., died Feb. 18, 2008, at age 86.

Ruby Pfeifle Schlenker ('43), Edgeley, N.D., died Sept. 1, 2008.

Harold Roll '44, Ooltewah, Tenn., died Sept. 17, 2008, at age 86.

Valerie Ware Neubarth '46, Bakersfield, Calif., died Jan. 20, 2008, at age 85.

Hattie Briggs Thomas ('46), Selah, Wash., died Dec. 7, 2007.

MaryAlice Hansen Elder ('47), Lebanon, Ore., died Sept. 8, 2008.

Marcelaine Ulvick Rouse '47, Whittier, Calif., died Sept. 7, 2008.

IN MEMORY

Longtime math professor remembered

Born April 18, 1919, in Council Bluffs, Iowa, Earl Albert Leonhardt was the eldest of four children. He attended Abraham Lincoln High School in Council Bluffs and graduated in 1937. His first job was working in a candy factory making candy canes. He later worked at a foundry that manufactured window weights, manhole covers and cast iron fittings. Earl's family joined the Adventist church when he was a teenager, and it was there he met Vada Korgan at age 15. They began to date that same year and married on Jan. 19, 1941.

Earl enrolled at Union College in 1941, but was drafted into the Army after only one semester following Pearl Harbor. He spent three years in the Army, ending his military career as a dental technician. After the Army, they returned to College View to attend Union College.

After graduating with distinction as a math major in 1950, Earl taught math part-time at the college for two years while working toward a master's degree at the University of Nebraska. He then taught high school math in Fairbury, Neb., for one year before being called back to Union by Dr. Ed Ogden. He taught full-time in the math department from fall 1952 until his retirement in May 1987, earning a doctorate in 1962. After retirement, he continued to teach part time.

Earl loved teaching math and many students were enriched by his teaching. Often when alumni returned for events or when traveling through Lincoln, they visited him and thanked him for his teaching. Earl is also remem-



bered by many colleagues and students for his unique sense of humor and as being one of the marshals who led the faculty down the aisle at graduation time.

Besides teaching math, Earl enjoyed playing volleyball every Tuesday night at Union's gym, serving as a deacon at the College View church and woodworking. He built grandfather clocks, cabinets, and the house where he lived for 50 years. With help from his sons, he also built a 15-foot sailboat.

He is survived by his wife, **Vada Korgan Leonhardt '67**; sons, **Darrell '69** and **Dwain '72**; daughter, **Marcia Austin '75**; sister, **Maxine Leonhardt ('54)**; brother, Robert; and six grandchildren and one great-grandson.

Memorials may be given to the Earl and Vada Leonhardt Math Scholarship fund at Union College that was established by the family.

Ann Applegate Nolan ('49), Lincoln, Neb., died May 1, 2008.

Earl Vikingson '49, Edina, Minn., died Jan. 3, 2008, at age 93. He is survived by his wife, **Peggy Smith Vikingson '40**.

Virginia Winn Carpenter ('51), Cloverdale, Calif., died Sept. 10, 2008.

Gordon Mays '51, Crescent Valley, Nev., died Nov. 11, 2008.

Ralph Wendt '51, Fairfield, Wash., died Dec. 31, 2007.

Phyllis Stern Kinder ('52), Laurel, Md., died Dec. 2008. She is survived by her husband, **Clyde '55**.

Paul Dickinson '53, Aurora, Colo., died Nov. 13, 2008. He is survived by his wife, **Shirley Duren Dickinson '54**.

Milton Woodson '54, Riverside, Calif., died Nov. 13, 2008, at age 84.

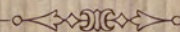
Williard Brown '55, Lincoln, Neb., died May 15, 2005.

Leon Stickney '56, Auburn, Wash., died Aug. 17, 2008, at age 82. He is survived by his wife, **Ruth Long Stickney ('50)**.

Joanna Usher Strudwick ('57), Greenville, Texas, died July 4, 2008.

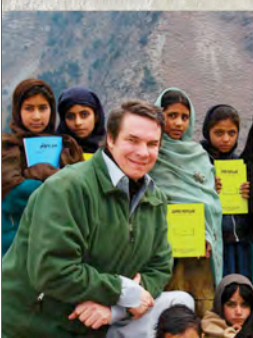
Sam Armstrong '58, Riverside, Calif., died Nov. 18, 2008, at age 80.

Egon Boettcher '62, Lakeland, Ga., died July 6, 2006.





Greg Mortenson

Inspiration for the *New York Times* Bestseller *Three Cups of Tea* and executive director of the Central Asia Institute



Images courtesy Central Asia Institute

September 22, 2009
7 p.m.
Doors open at 6 p.m.

College View Seventh-day Adventist Church
4801 Prescott Avenue

Ticket prices:
 General admission • \$15
 Groups of 20 or more • \$10
 Student price • \$10

Information online:
www.ucollege.edu/mortenson

Presented by: **UNION COLLEGE**

Finding a tool for retirement

Dan Peckham enjoys time with his grandson.



The colorful careers of Dan and Billie Peckham began with a strong education at Union College. When Dan graduated in 1949 with a theology degree he was committed to serving the Lord wherever that might lead. And from an elementary classroom in the Arkansas-Louisiana conference to the Union treasury offices of Korea and Hong Kong, he has remained committed to that pledge.

Billie, who graduated in '56, also gave many years of devoted service as an associate educational superintendent for both the Kansas-Nebraska Conference and the Texas Conference, where the couple has now retired.

As a result of his work as a treasurer and auditor, Dan is well aware of the trends in financial markets and the need to plan wisely for retirement. When his application for purchasing nursing home insurance was denied because of his arthritis, Dan explored other available options. "A charitable gift annuity proved to be the ideal way for us," Dan said. "It's the perfect tool for caring for future financial needs if you have available assets."

Because Union College was a blessing to their family (their two sons are also graduates), the Peckhams chose to return the blessing by establishing a charitable gift annuity with the college. "I'm a strong believer in charitable giving," Dan said. "As Christians we ought to work toward being full partners with God. That means sharing 50-50. Billie and I have been doing this for years, and God has blessed us abundantly."

Union College is grateful for the support of dedicated alumni such as Dan and Billie Peckham who have established charitable gift annuities.

For information about gift annuities please contact the Union College Advancement office:

Todd Mekelburg
Director of Leadership Giving
3800 South 48th Street
Lincoln, NE 68506
402.486.2503

tomekelb@ucollege.edu
www.ucollege.edu

*It takes
Foresight...*



Leading and serving

Union College Campus Ministries hosted the North American Division Campus Ministries Convention March 18-21. More than 100 chaplains and student leaders from 14 Adventist colleges and universities shared ideas and inspiration during the four-day event.

"I was asked many times, 'How did you pull this off using only student leaders for planning and coordinating?'" said Rich Carlson, Union's chaplain for more than 27 years. "Many of the chaplains said it was the best Campus Ministries Conference they could remember. This is just one more example of what Union students are capable of doing."