

GRAND VALLEY

SPRING 2010

MAGAZINE



Opera Theatre

**enchants audiences and
enlightens students**

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GRAND VALLEY MAGAZINE VOLUME 9, ISSUE 4, SPRING 2010

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GRAND VALLEY MAGAZINE


See the entire magazine online at
www.gvsu.edu/gvmagazine.

On the cover:

photo by Amanda Pitts
'Into the Woods' Opera Theatre participants
Sara Tryon as Sleeping Beauty and Kala
Bambard as Snow White are pictured.
Read more about the annual productions
on page 18.

On these pages:

photo by Elizabeth Lienau
Laker athletics welcomes women's lacrosse
as the university's 19th varsity sport. Read
when the season starts on page 12.

 The *Grand Valley Magazine* is printed on paper
manufactured with electricity in the form of
renewable energy (wind, hydro, and biogas), and includes a
minimum of 10% postconsumer recovered fiber. Trees used
to manufacture this paper are certified from sustainably
managed forests.

Dear Editor:

I read with great interest and pride your feature on rower and alumnae Sarah Zelenka, '09, the first Grand Valley woman to row for the U.S. national team ("Zelenka strokes closer to Olympics," Fall 2009).

Though never close to rowing on the U.S. national team, I did row for GVSU from 1992-1996.

Also, as a volunteer for head coach John Bancheri for the last five years, I have gotten to know Sarah and the rest of her classmates.

Rowing can be a cruel sport, but it is a fair sport. You can only expect to get the results you have earned. During the four years Sarah rowed for GVSU, the Laker women's team has developed into the best club rowing team in the United States. All of their success has been earned by grueling workouts and technical drills on the water, usually before most college students wake up. (As noted in the article, rowing practices start at 5:45 a.m.)

Again, there are no unearned successes in rowing. Sarah has proved that in her four years rowing for Grand Valley, and will prove it again rowing for all of us on the U.S. National Team.

Shane Paul Szalai, '95
Edwardsburg, Michigan

Editor's note: Zelenka continues to train with the U.S. National Rowing team in Princeton, New Jersey.

Letters to the Editor can be mailed to:

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1 Campus Drive, 133 LMH
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or sent via e-mail to:
gvmagazine@gvsu.edu.

Please include your name, class year (if applicable), hometown and phone number (not for publication). Letters are subject to editing.

Bookmarks

Looking for a good book? Check out these recommendations from Grand Valley staff members:



Three Cups of Tea: One Man's Mission to Promote Peace ... One School at a Time
(Paperback edition Penguin Group, 2007)
by Greg Mortenson

C. "Griff" Griffin, director of general education for the College of Interdisciplinary Studies, said she started reading this book because she is a hiker and had recently hiked to Everest Base Camp in Nepal. Mortenson's attempt to climb went awry and suddenly, by accident, he had a life-changing experience. "Having watched porters move everything on their backs over long distances in Nepal, I understood the tremendous challenges he faced and continues to face, in building schools in Pakistan and Afghanistan," she said. The book is Grand Valley's Community Reading Project.

Culinaria Greece
(Paperback h.f. Ullmann, 2010)
Edited by Marianthi Milona

Campus Dining Executive Chef Paul Mixa cherishes the entire Culinaria line of cookbooks from Greece, France, Germany, Spain and other countries. Each shows not only recipes from various regions of the country, but also the culture and history involved. Mixa said the pictures are amazing and really hit upon the specialties from different parts of the world and the people who master them.



Sentipensante (Sensing/Thinking) Pedagogy: Educating for Wholeness, Social Justice and Liberation
(Stylus Publishing, 2008)
by Laura I. Rendon

Chris Drewel, instructor in the Liberal Studies Department, said: "When reading Rendon, I truly felt energized and renewed in my values and reasons for pursuing teaching as a profession. It is a wonderful book for those who are feeling their lives scattered into categories and labels and who are seeking a deeper way to create meaningful and intentional work." Rendon is a Latina scholar and in her book she explores seven steps to reflect on how teacher-scholars can better connect with students, colleagues and a deeper level of integration.



The University Bookstore is offering a 20 percent discount on these titles.

College named in honor of Brooks family

An academic college at Grand Valley was named on March 30 in honor of Holland residents Jim and Donna Brooks and their family, recognizing their longtime commitment to Grand Valley and West Michigan.

Signage for the Brooks College of Interdisciplinary Studies was unveiled during the event. Donna Brooks, former member and chair of Grand Valley's Board of Trustees, said she and her family are deeply honored to have the college named for them.

"This is a college that embodies the values and ideals that we as a family embrace," she said. "There has been so much growth over the time we've been associated with Grand Valley but one thing is the same — the Grand Valley culture has remained and it still

holds that small-college feel."

Wendy Wenner, dean of COIS, said the college's mission of innovation and leadership fits well with its new namesake. "It's a perfect fit for the work that the Brooks family has done in our community," Wenner said. The College of Interdisciplinary Studies was established in 2004; it houses a variety of academic programs such as International Area Studies, Liberal Studies, Meijer Honors College, and Women and Gender Studies. It also offers university-wide programs such as the Padnos International Center, Continuing Education, Integrative Learning, and the Sustainable Community Development Initiative.

Jim Brooks said the college educates students who will be at the forefront of helping to improve the area's economy.

"For West Michigan to prosper in these challenging times, we need people from different disciplines and views to collaborate to innovate new solutions that meet the world's rapidly changing needs," he said.

Donna Brooks served as a member of the Grand Valley Board of Trustees from 1993-2009, and as board chair from 1997-2001 and 2006-2007. Jim Brooks is a managing partner of Brooks Capital Management and a partner in Investment Property Associates. He is the founding chair of the West Michigan Strategic Alliance.

The Brookses are current co-chairs of the university's comprehensive campaign, *Shaping Our Future*; and vice chairs of the Grand Valley University Foundation.



photos by Amanda Pitts

Donna Brooks stands in front of the sign at the Brooks College of Interdisciplinary Studies, which is housed in Lake Ontario Hall.



Jim Brooks walks with Wendy Wenner, dean of the college.

Golf outing will benefit Irwin Fund

The 38th Annual Irwin Athletic Fund Golf Outing and Social is scheduled for June 3 at the Meadows.

Registration times are 6:30 a.m. and noon. Teams of four can choose a morning (7:30 a.m.) or afternoon (1:30 p.m.) tee time.

Proceeds from the scramble benefit the Charles H. Irwin Athletic Fund.

Register online at www.gvsu.edu/athletics/irwingolf; the deadline to register is May 26. Questions can be directed to Janine Freeman at (616) 331-2330.

Faculty awarded Fulbrights

Three faculty members from Grand Valley are recent recipients of Fulbright Awards.

Scott Stabler, assistant professor of history, will use the grant to study and teach at the University of Cape Coast in Ghana during the winter semester, 2011, with a focus on how schools in Ghana teach the history of the African slave trade to the Americas.

Susan Carson, associate professor of education, will travel to the University of Lucknow in India to research principles and practices of caring communities with an emphasis on equity opportunities for young women and girls.

Hermann Kurthen, associate professor of sociology, will conduct research at the Stiftung Wissenschaft und Politik in Berlin, Germany, and interviews for his research on German-American transatlantic relations.

Board of Trustees approves new library construction

Grand Valley's Board of Trustees voted at its February 5 meeting to approve a new library project for the Allendale Campus using private and university funds.

The construction of the Mary Idema Pew Library Learning and Information Commons will have a positive economic impact on the region by creating 1,500 design and construction jobs. The project is estimated at \$70 million, which includes renovation of the existing Zumberge Library for new purposes.

"This new library has been our top priority for years and our students need us to get started with it," President Thomas J. Haas said.

Haas said that this project will not raise tuition. It will provide much-needed facilities to serve students. The current library on the Allendale Campus was built in 1969 for a projected student body of 5,000. Today, Grand Valley has 24,400 students.

The technology and learning design of the new library will serve as an incubator for 21st century skills, preparing

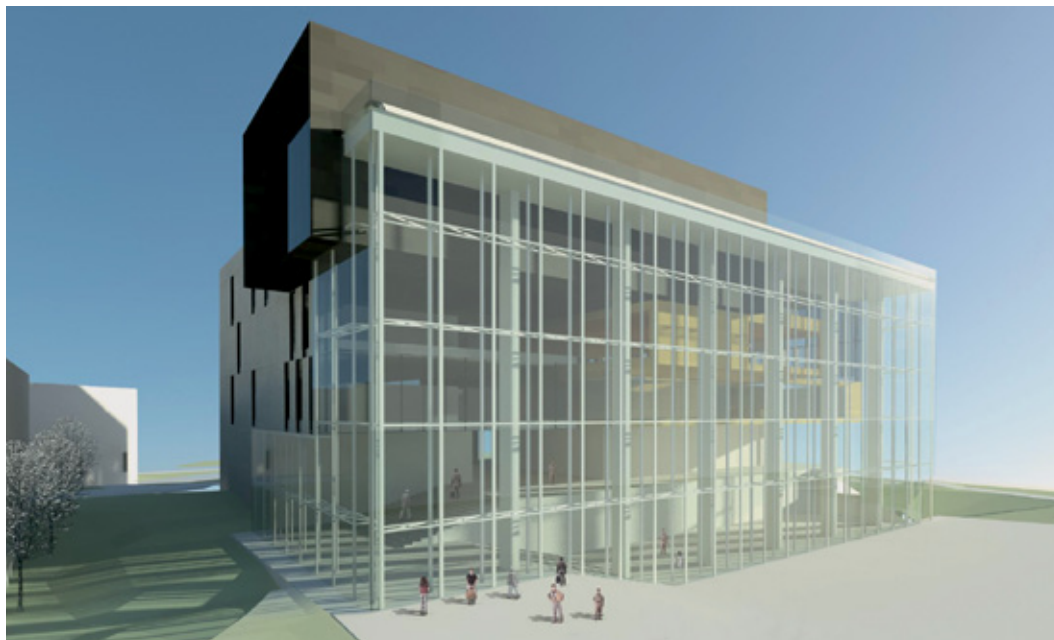


image courtesy of Facilities Planning

Pictured is a rendering for the Mary Idema Pew Library Learning and Information Commons. Construction is slated to begin next spring.

students to compete globally in the information age. The new library will provide approximately 1,500 seats for student study, 30 group study rooms, and offices and support areas for faculty and staff. There

will be room for 150,000 books on open shelves and 600,000 books in an automated storage/retrieval system.

The facility will be built to the U.S. Green Building Council's LEED Platinum specifications —

the highest possible standards in that sustainability rating system.

Construction on the Mary Idema Pew Library Learning and Information Commons is set to begin next spring and will be completed in 2013.

Student entrepreneurs pitch successful business plans

Top student entrepreneurs at Grand Valley put their innovative business ideas on display, competing for cash prizes in the third annual Business Plan Competition, held March 23 at the DeVos Center.

The competition was sponsored by the Seidman College of Business' Center for Entrepreneurship and Innovation. The top seven undergraduate students pitched their business plans to members of the West Michigan

business and entrepreneurship community in competition for cash prizes totaling \$10,000. The seven were selected from an original pool of 32 entries.

Joe Pohlen (JTP Management) was the top winner; he was awarded \$5,000 and an automatic berth in the West Michigan regional Business Plan Competition. The second place winner was Luke Richard (G.R. Greens) who received \$3,000, and the third place winner was Tyler Hering

(HopTent Brewpub) who received \$2,000.

Richard said he will use his prize money to explore starting a year-round produce company in the Grand Rapids area. "I can now start looking at acquiring a green house; that's the first step," he said.

Linda Chamberlain, executive director of the Center for Entrepreneurship and Innovation, said: "Grand Valley is full of talented entrepreneurial students with

great ideas, and the Business Plan Competition represents the best of the best. It is a fantastic opportunity for young entrepreneurs to get their ideas in front of the West Michigan business community, and begin the process of taking their innovative ideas to market."

(For more on Linda Chamberlain and the Center for Entrepreneurship and Innovation, see page 28.)



file photo

Students and others get aboard the Rapid at the Mackinac Hall stop. Bus ridership reached the 2 million mark in early March.

Bus ridership continues to increase

On March 2, at 4:38 p.m., Grand Valley recorded 2 million bus riders for the 2009-10 academic year. This is 20 days earlier than last year.

Grand Valley has experienced record bus ridership for the last 10 years. Ridership has increased each fall since a partnership between Grand Valley and The Rapid began in 2000. During the first month of classes for the 2009 fall semester, an average of 21,478 students rode the bus.

A total of 20 buses run about every 6-7 minutes. Grand Valley runs five separate routes, both within and around the Allendale and Pew Grand Rapids campuses seven days a week.

Bus ridership in 2008-09 saved students:

- \$18,183,696 in auto operating costs
- 1,567,560 gallons of gas
- \$3,651,197 in fuel costs



photo by Adam Bird

Students who won the top three prizes in the Business Plan Competition are pictured in Loosemore Auditorium. From left are Luke Richard, Joe Pohlen and Tyler Hering.

Haas named Michigan 'green leader'

President Thomas J. Haas was honored by the *Detroit Free Press* as one of 16 "green leaders" in Michigan.

The *Free Press* noted that Haas "has led environmental stewardship across the campus and in the region with conservation, emissions reduction, building practices, local food advocacy and other efforts."

Haas was selected from among 350 nominees. He was included in a special section of the *Free Press* on April 18, and was among the honorees at the first Michigan Green Leaders awards program breakfast on Belle Isle on April 22, Earth Day.

Grand Valley was one of the top 25 cutting-edge green and environmentally responsible colleges in the United States as listed in the 2009 *Kaplan College Guide*. It also received the highest "green" rating among Michigan's colleges and universities, according to an annual report by the Princeton Review.

The university offers some 200 individual sustainability-themed courses, as well as natural resource management, environmental studies, earth and environmental themes, a liberal studies sustainability major, and new courses like green chemistry.



file photo

President Thomas J. Haas speaks during the 2008 dedication of the Glenn A. Niemeyer Learning and Living Center, one of Grand Valley's LEED-certified buildings. Visit www.freep.com/green and click on 'Michigan Green Leaders' to read the story and see the photo gallery.

GVSU? There's an app for that!

Grand Valley has launched a new mobile application for the iPhone. The app — which features news, maps, multimedia content and a directory — was built by students and is the first product of the Mobile Applications and

Services Lab in the School of Computing and Information Systems.

That lab is led by professor Jonathan Engelsma, a Grand Valley alumnus who returned to his alma mater in August 2009 after 16 years working in

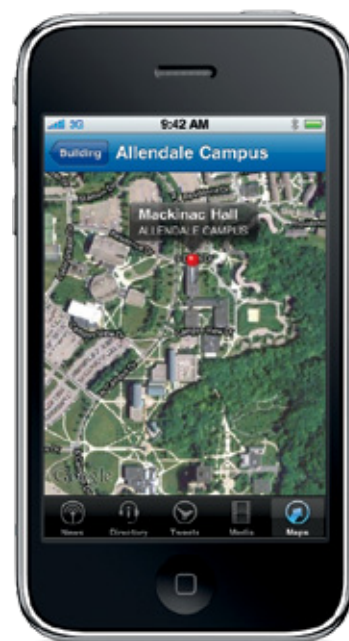
research for Motorola.

Engelsma said the idea for the app started last fall, when students were brainstorming potential projects for the lab to undertake. “This project provided an opportunity for students to get acquainted with the technology in a way that also serves the community,” Engelsma said.

A group of eight undergraduate and graduate students worked on the project.

The project has taken students through all phases of software development — conceptualization, building, deployment and feedback from users. “It’s a really nice experience for the students in my lab,” Engelsma said. “It’s like they’re working on a real consumer software development project.”

Engelsma graduated from Grand Valley with a computer science degree in 1987. He then enrolled at Michigan State University with the intent of becoming a college professor,



The Grand Valley app for the iPhone allows users to read the latest university news, see Twitter feeds and get to their locations via the map function.

but began working for Motorola by telecommuting from his West Michigan home.

The application has five sub-sections:

- News tab features headlines from GVNNow, the *Lanethorn* and Laker Sports;
- A directory links into Grand Valley’s People Finder to help users find students, faculty and staff members, and allows users to add the results directly to their iPhone address books;
- Twitter feed monitors traffic related to Grand Valley;
- Media section ties into multimedia content, including Grand Valley YouTube videos;
- GPS-enabled map function that will help people find their way around campus.

For more information about the app, visit www.gvsu.edu and click on the “Laker Mobile App” button.

LZ Michigan honors Vietnam War veterans

A “welcome home” celebration will be held at Fifth Third Ballpark to honor Vietnam War veterans for their sacrifice and service.

WGVU, Grand Valley and the West Michigan Whitecaps present LZ Michigan. LZ is an abbreviation for Landing Zone, military slang for a helicopter clearing where supplies or troops are landed. The event coincides with WGVU TV’s broadcast of a three-part documentary, “Vietnam War Stories.”

The community celebration takes place July 3 at 7 p.m. at Fifth Third Ballpark in Grand Rapids. Vietnam veterans will be honored, including those who were killed or declared

missing in action. The event will feature speakers, musical entertainment, displays and a video from the premiere of “Vietnam War Stories.” The celebration will close with fireworks.

“We are honored, privileged and humbled to be able to bring this event to West Michigan and recognize the service of Michigan’s Vietnam veterans,” said Michael Walenta, WGVU general manager.

For more information about the event, visit www.lzmichigan.org. Grand Valley’s Student Veterans organized a 5K Fun Run/Walk in late March as a precursor to the July event.



photo by Elizabeth Lienau

Participants in the Welcome Home Fun Run run through campus on March 28. The run was organized by the Student Veterans group and served as a precursor to a July 3 event at Fifth Third Ballpark.

Alumnus collaborates on latest 50 Cent film script

Brian Miller, a 1999 graduate of Grand Valley's School of Communications, co-wrote a movie script with Curtis "50 Cent" Jackson that was filmed in Grand Rapids and included a scene in Lubbers Stadium.

With the working title of "Love Me, Love Me Not," the film tells the story of an all-star running back at the height of his football career, who is faced with a sudden change-of-life event. Jackson plays the lead role and was in West Michigan filming scenes for a trailer to secure financial backing for the film. Other actors in the film include Lynn Whitfield and Mario Van Peebles. William Eubank is directing the film.

This is the third film collaboration between Miller and Jackson. Miller wrote and directed "Caught in the Crossfire," shot in Grand Rapids in 2009, and collaborated with

Jackson on the script for the action thriller "Gun," which completed filming in Grand Rapids in January. Grand Valley alumni were used in the production crews for both films.

For the "Love Me, Love Me Not" trailer, Grand Valley students volunteered for scenes at a college party, as extras in the stands at Lubbers Stadium and as general crew help.

Miller spoke with students in several classes, sharing his own road to Hollywood and encouraging them to take advantage of every production opportunity possible. Noting the Michigan film credit incentives and the new Hanger 42 studio in Walker, Miller told students they no longer need to move to Los Angeles to get started in the film industry. "You now have everything you need here and a growing number of opportunities," Miller said.



photo by Amanda Pitts

Brian Miller, '99, talks to a class about working in film production. Miller was in Grand Rapids, and Grand Valley, in February to work on a film trailer with Curtis '50 Cent' Jackson.

Governor promotes FastTrac at Grand Valley

Governor Jennifer Granholm held a roundtable discussion at Grand Valley to talk about the importance of expanded funding for FastTrac, a 10-week course designed to help entrepreneurs and displaced workers learn how to successfully launch and grow a small business.

Panelists at the roundtable, held February 24 at the Pew Grand Rapids Campus, consisted of several small business owners who shared stories of how the FastTrac program helped them launch a successful business. Other panelists included H. James Williams, dean of the Seidman College of Business; and Carol

Lopucki, state director of the Michigan Small Business and Technology Development Center.

"This is about changing the culture of Michigan," said Granholm. "We are completely focused, like a laser, to help people who want to venture out and start a business. Through tools like the FastTrac program, more Michigan citizens will be able to develop their entrepreneurial talents that will help continue the diversification of Michigan's economy."

The MI-SBTDC is located in the Seidman College of Business; it oversees the 12-region MI-SBTDC network.



photo by Bernadine Carey-Tucker

Governor Jennifer Granholm addresses participants at the FastTrac roundtable on February 24. Looking on is H. James Williams, dean of the Seidman College of Business.

Agreement with U-M establishes link to pharmacy program

Grand Valley and University of Michigan officials signed an agreement April 15 to establish a program offering preferred admission into the U-M doctoral pharmacy program to a small number of promising Grand Valley students.

The U-M College of Pharmacy will reserve up to eight positions annually in its four-year PharmD doctoral program for admittance of Grand Valley freshmen who complete a rigorous undergraduate program of pre-pharmacy coursework and other requirements.

The agreement was signed by U-M President Mary Sue

Coleman and Grand Valley President Thomas J. Haas at a meeting of the U-M Board of Regents in Grand Rapids. "This partnership further expands the breadth of health profession program offerings available to students by bringing together two premier institutions," said Jean Nagelkerk, Grand Valley's vice provost for health.

This is the second preferred-admission agreement between U-M and Grand Valley. A 2009 agreement enables selected U-M kinesiology students to enter Grand Valley's master's degree program in occupational therapy.



photo by Amanda Pitts

U-M President Mary Sue Coleman, President Thomas J. Haas and Provost Gayle R. Davis sign an agreement establishing a cooperative venture for the U-M PharmD program.

Liberal Studies faculty member earns service-learning award

Melissa Baker-Boosamra, Grand Valley affiliate professor of liberal studies, received a community service-learning award from the Michigan Campus Compact during a ceremony in Traverse City in early February.

Baker-Boosamra, who also serves as faculty internship/practicum supervisor, was nominated as the person on Grand Valley's campus who has made the most outstanding contributions in service-learning and community service. MCC presents Faculty/Staff Community Service-Learning Awards to individuals in higher education roles across the state.

Baker-Boosamra's course, "Sustainability in Practice," allows a group of students to deeply explore the idea of sustainability through readings and dialogue, while engaging in 120 hours of community service projects that support that investigation. Students have



Melissa Baker-Boosamra

worked with Blandford Nature Center's Mixed Greens Program, Grand Rapids Public Schools' C.A. Frost Environmental Science Academy and other organizations.

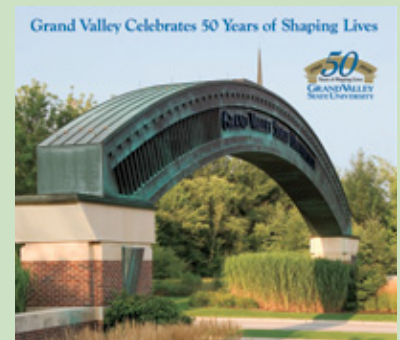
Steve Glass, associate dean of the College of Interdisciplinary Studies, said Baker-Boosamra's courses "represent high impact learning and engagement that is the hallmark of service learning."

MCC has 42 member campuses.

50th anniversary book on sale

Grand Valley Celebrates 50 Years of Shaping Lives, the university's commemorative 50th anniversary book, will be available for sale in August.

Rich with more than 300 historic and newer photographs, the book also includes images of 50 favorite works of art on campus, and stories of academic milestones, leaders, student life, athletics and successes. A timeline highlights Grand Valley's history from a small college, to five cluster colleges, to a thriving university and the academic home for more than 24,000 students and 74,000 alumni.



The hardcover book is \$19.95. Visit www.ubs.gvsu.edu to order a copy, or for more information. Credit cards will not be charged until the books are in stock, beginning in August. Shipping is \$8.50. Save on shipping by placing an order to hold a book at the Allendale or DeVos Center bookstores.

Authors are encouraged and celebrated

— by Mary Isca Pirkola

The annual Author Recognition Celebration, created four years ago by library staff members, was expressly designed to recognize and celebrate the significant scholarly and creative accomplishments of Grand Valley's faculty and staff members. This year's event celebrated more than 250 authors who created more than 300 works.

"This is yet another way that Grand Valley is becoming more intentional in its support for scholarship, which comes with a maturing of the university," said Lee Van Orsdel, dean of Libraries. "We are growing in size and reputation and, in turn, attracting more scholars."

The range of works created in the past year by campus authors include a history of the heavy metal band Judas Priest and observations of a unique hydrologic and glacial creation from 400 million years ago. While the wide scope of works runs from creative expression to research that improves the quality of life, the impressive number and caliber of publications highlights the vast expertise and output of faculty and staff members.

Scholars from anywhere in the world can access the completed works through Grand Valley Libraries' digital archive, Scholar Works. Closer to home, the research gives the community and the state a return on their investment in Grand Valley.

"Most people don't know how to put a value on really serious research — the kind that is hard to even pronounce,



photos by Amanda Pitts

President Thomas J. Haas and Dean of Libraries Lee Van Orsdel, fourth from right, celebrate some of Grand Valley's 250 authors who created more than 300 works last year.

let alone understand," said Van Orsdel. "We have some people here doing first-rate research in fields of human endeavor that really make a contribution to the advancement of world knowledge and the enrichment of the arts."

Research and publishing opportunities are also made available to students. Kaitlyn Ratkowiak, a Student Summer Scholar in applied statistics, has her analysis of residential foreclosures in Kent County and their associated consequences included in the Scholar Works repository. Also included is an abstract, "Identification of Lactic Acid Bacteria in Michigan Cherry Wines," by Terri Weese and Emily Henk, participants in the 2008 Student Summer Scholars program with associate professor of biology Margaret Dietrich.

Improvements in the quality of life also result from creative works, some drawing national attention, such as the *Annual Bibliography of Midwestern Literature*, by Robert Beasecker, Grand Valley Libraries' director of Special Collections. Works from the School of Communications have included films by Professor Deanna Morse, some of which are represented in the permanent collection of the Metropolitan Museum of Art; and photography by Associate Professor Victoria Veenstra, which has been included in the permanent collection at the Muskegon Museum of Art.

"Be it a book, a chapter, an academic journal article, or creative work, each creation of new knowledge benefits some segment of society," said Van Orsdel.



For more information about works created at Grand Valley, visit Scholar Works at scholarworks.gvsu.edu.

Laker women's lacrosse will begin play in 2012

Coach ready to recruit, introduce game to new fans

—by Michele Coffill

Alicia Groveston is a pioneer at Grand Valley; soon she'll be looking for others to follow her.

Groveston was hired in January as the university's first women's lacrosse coach. She'll spend this year recruiting student-athletes for a team that will begin playing games in the spring of 2012. Women's lacrosse is the first sport added to the athletic program since 1996 when women's soccer was established.

A few area high schools offer girls' lacrosse but Grand Valley will be the only college in West Michigan to house a team. That doesn't bother Groveston.

"The young women who play lacrosse here will be the first; they'll be leaders," said Groveston. "It's an exciting proposition to be the first to do something."

She also said the Midwest is on the verge of a lacrosse boom. The women's team at Northwestern University has won five NCAA Division I lacrosse championships; the metro Detroit area is also a hotbed for the sport. Athletic Director Tim Selgo said the popularity of lacrosse makes it a good fit.

"We have been considering adding a women's varsity sport for several years now to best meet the needs of our student body," Selgo said. "With the explosion of the popularity of lacrosse at the youth level in our state, we felt it was the best sport for Grand Valley to add."

Groveston most recently served as head women's lacrosse coach at Gannon University in Erie, Pennsylvania. Prior to that, she had been an assistant coach at Belmont Abbey College in North Carolina.

Before beginning her coaching career, Groveston worked in real

estate and mortgage lending. "I was not really having a great time, and it became clear that I needed to re-evaluate myself. I thought, 'When was I at my happiest?'" she said.

The answer, Groveston said, was during her career as a student-athlete. She played lacrosse and field hockey at Hartwick College in New York then transferred to Salisbury University in Maryland. Since her career revelation, Groveston said she's enjoyed making sure student-athletes on her team "have as good, if not better, of a time during their college career as I did."

Grand Valley lacrosse players will be eligible for athletic scholarships. Players who begin practicing next year will be redshirted and maintain four years of their college eligibility. There is a women's lacrosse club team on campus, and Groveston said some of its players have expressed interest in trying out for the varsity team. She plans to hold open tryouts on campus.

Along with coaching, Groveston understands she will play the role of educator. "We'll need to create excitement here and educate fans about the game," she said. As a former basketball player, Groveston said basketball and lacrosse have similar concepts and it's quite natural for a basketball player to learn lacrosse moves.

She will also tell Laker lacrosse fans not to expect the roughness of men's lacrosse. The only extra pieces of equipment women lacrosse players wear are goggles and a mouth guard; men are outfitted in helmets and pads. "The women's game is more a game of finesse. It's not brutal like some men's games can be," said Groveston. "The boundaries on the field are different, there's limited contact.



photo by Elizabeth Lienau

Alicia Groveston is the first women's lacrosse coach at Grand Valley. The team will begin play in 2012. Pictured behind her on the field at the Laker Turf Building are members of Grand Valley's club team.

It's definitely a skill game."

In 2012 when the Laker lacrosse team plays games, it will be an independent, not a GLIAC member. The only GLIAC institution to offer women's lacrosse is Tiffin University, although soon-to-be conference member Lake Erie College offers it.

It's been a whirlwind for Groveston since she arrived at Grand Valley in February. She expects a learning curve

for her student-athletes and fans, but already understands the reputation of the other athletic programs housed in the Fieldhouse.

"Laker lacrosse will be the newest sport in a long line of excellence," she said. "The young women who want to be a part of this program will know that this department and university supports them in every facet, from academics to athletics."

Students work to break the silence surrounding mental health

Peer education key part of university's plan — by Michele Coffill

They suffered from anxiety, depression, panic attacks and stress migraine headaches.

There were days when they stayed secluded in living center rooms or apartments, not responding to calls or text messages from friends and family members. They were afraid to seek help; some said they didn't know where to turn.

But the students who talked about their experiences during a panel discussion on mental health did reach out to someone. They received professional counseling, referrals and resources and, in some cases, medications.

They are now committed to spreading the word to other Grand Valley students who know someone who may be suffering in silence. Their outspoken efforts play a key role within the Counseling and Career Development Center's plan to assist students who are facing mental health crises.

Mary Pritchard, a senior anthropology major from Garden City, said when she was a freshman, she found the transition from high school to college difficult, and it wasn't the coursework that was problematic.

"I was getting all A's, and my parents thought it was awesome," Pritchard told an



photo by Amanda Pitts

Mary Pritchard talks about her struggle with mental health during a student presentation in February in the Kirkhof Center.



photo by Amanda Pitts

Graduate student Kim Waslawski has an office in the North C Living Center, where the Wellness Environment for Lifelong Learning is based. Waslawski said students there have embraced the program.

audience of about 100 at a panel discussion, "Bridging the Gap," in February. "I started having a lot of panic attacks and just stayed in my dorm room and studied. I was ashamed of how I was feeling."

Pritchard said it was difficult to watch other students from her floor combine good grades with active social lives. "I suffered in silence for a few months because I didn't want to admit that I couldn't do it," she said.

What helped bring Pritchard out of the isolation of her room was an Internet search for Grand Valley resources. She found a student organization, Active Minds on Campus (a chapter of a national organization) established to increase knowledge of mental health issues on college campuses by having students educate their peers. Pritchard now serves as its president. "Finding Active Minds was a catalyst for my change. The stigma of mental health issues had prevented me from getting help but now I'm dedicated to awareness," Pritchard said.

Sarah Balogh found help to overcome depression through

another student organization, To Write Love on Her Arms. It is a local chapter of a national nonprofit organization aimed at suicide and self-injury prevention. TWLOHA hosts numerous concerts and other music therapy events on campus throughout the year.

"For me, it was a lifelong battle with depression," Balogh said. "I started getting stress migraines in the sixth grade. No one in the sixth grade is supposed to get stress migraines."

Balogh graduated from Grand Valley in 2009 and now works with homeless and runaway teens as a counselor for Arbor Circle in Grand Rapids. At Grand Valley, Balogh found help by talking with Counseling Center staff members and joining TWLOHA, which she called "a light at the end of the tunnel."

For panel member David Barrett, it was concern from friends that helped bring him out of a deep depression. "My friends saved my life, literally," he said. He now advocates for other male friends and said it can be especially difficult for men who are facing mental health crises

to reach out to other men.

"I tell them it's not a weakness to ask for help, it's actually a strength because it takes courage to admit you need help," Barrett said.

These examples of peer counseling — students talking with and helping other students — are an integral part of the Counseling Center's wellness initiative. Sue Dilsworth, coordinator of aftercare and wellness for the Counseling Center, said the center offers resources and help to current students, and strives to teach them lifelong skills to stay physically and mentally healthy.

The Counseling Center has teamed with Housing and Residence Life, and Campus Recreation to focus wellness efforts in an undergraduate living center, North C. Nearly a decade ago, North A Living Center had been home to Grand Valley's Passport Program, a state-funded grant initiative geared toward curbing underage drinking and substance abuse. Dilsworth said when that three-year grant ended, Grand Valley continued funding the Passport program. When the

Niemeyer Learning and Living Center opened in 2008, staff members moved wellness efforts to North C and gave the program a new name: the Wellness Environment for Lifelong Learning (WELL).

The WELL Community Living Center provides a residential and social option for students who choose a wellness-based lifestyle. "The community intentionally offers programs that promote the use of making healthy choices," Dilsworth said. Yoga classes, programs on meditation, salsa dance lessons and other classes are offered throughout the year at North C. These programs are available to all students, and not limited to those who live in North C.

Kim Waslawski, a graduate student who works for the Counseling Center, has an office in North C. She said students there have embraced wellness. "They understand that being healthy means taking a proactive approach and not just a reactive approach," Waslawski said. "And they know that wellness is more than eating right and working out."

Many WELL residents have completed self-assessments based on the Wellness Wheel, a multi-dimensional approach to holistic wellness developed by Dr. John Travis, who began working in the 1970s to advance the wellness movement into the lives of mainstream Americans. The wheel assesses 12 areas: Self Responsibility and Love, Breathing, Sensing, Eating, Moving, Feeling, Thinking, Playing and Working, Communicating, Intimacy, Finding Meaning, and Transcending.

Peer educators, students who have an interest in wellness advocacy, are trained by Counseling Center staff members to facilitate student meetings based on the 12 areas of the Wellness Wheel. "There is an entire presentation based on breathing," Waslawski

said, citing an example. "When you sit in an office all day, do you know how you're breathing?" Focused breathing helps a person be calm and stimulated breathing can bring energy (see sidebar).

Waslawski learned these tips and others after overcoming her own mental health crisis. After graduating from Grand Valley in 2007, Waslawski took a job in Chicago with the American Civil Liberties Union as a grassroots organizer prepping for the 2008 presidential election. She enjoyed her job and life in Chicago, but the work ended after the November election. Waslawski took a job at a restaurant as a server and while she was never without money, her cash flow dwindled at the same time her living arrangement changed.

"I knew I needed more money, so soon I was working three or four jobs at a time, taking public transportation all around Chicago because I didn't have a car," Waslawski said. "I was shuffling between apartments of three or four of my friends."

Her breaking point came early one morning at a bus stop. "I was up at 4 a.m., waiting for the bus and thinking, 'How am I going to get to my 11 p.m. job tonight?'"

Waslawski said the

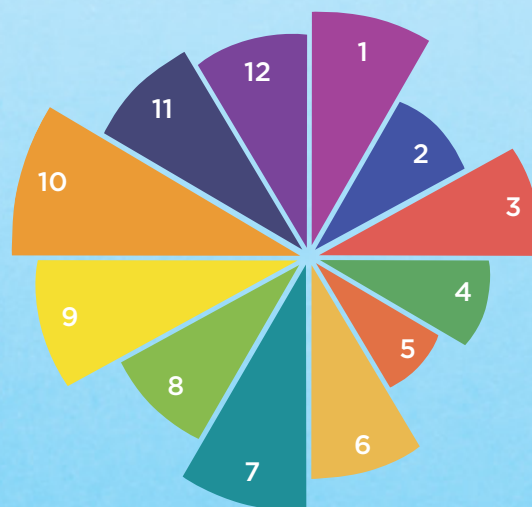
paycheck-to-paycheck lifestyle changed her by draining her energy and making her bitter and resentful. A change was needed, she said. In 2009, Waslawski applied to graduate schools and was accepted at Grand Valley. She is pursuing a master's degree in education, with an emphasis on college student affairs leadership.

"It was hard to leave Chicago, but there was hope knowing that the uncomfortable feeling of not having any money or a place of your own would not be forever," she said.

Waslawski said recognizing changes in herself, her actions and mannerisms, were enough to signal that she needed a change. "When you're not paying attention to nutrition and wellness, and when your chaotic lifestyle that's out of control seems normal, you have a problem," she said.

Part of Waslawski's role at the WELL office is to help spread the word of the office's services to students outside of North C. The panel discussion was a good start, she said.

"You have to know how to love yourself and be responsible for yourself before you can love others and lend help," she said. "If I don't like myself, how can I be a good friend to you?"



The Wellness Wheel

The Wellness Wheel, developed by Dr. John Travis, has 12 sections that each represent a slice of the whole wheel. When participants complete a wellness assessment they receive a simple representation of their personal energy systems, which allows them to see how balanced the wheel is and where improvements can be made.

- | | |
|-------------------------------|----------------------|
| 1. Self-Responsibility & Love | 7. Thinking |
| 2. Breathing | 8. Playing & Working |
| 3. Sensing | 9. Communicating |
| 4. Eating | 10. Intimacy |
| 5. Moving | 11. Finding Meaning |
| 6. Feeling | 12. Transcending |

— source: *The Wellspring*

Tips to stay well

- Establish healthy sleep habits. Go to bed and wake up at the same times each day.
- Eat healthy foods. Think fresh fruits and vegetables; avoid processed foods.
- Take a daily multivitamin.
- Exercise daily for 15-30 minutes, including cardio exercise and stretching.
- Take regular breaks from working on computers.
- Calm energy: breathe in through your nose for a count of four, and out through your nose for a count of six (do this 10-15 times at one sitting).
- Stimulate energy: breathe in through your nose for a count of six, and out through your nose for a count of four (do this 10-15 times at one sitting).

— source: *Grand Valley Counseling and Career Development Center*



photo by Amanda Pitts

Participants in the 'Bridging the Gap' panel discussion are pictured; from left are Kim Waslawski, Kristin Doorn, Sarah Balogh and David Barrett.

New alumni group making championship strides

While alumni take part in every Grand Valley activity from football games and Homecoming to community volunteering and alumni career roundtables, fundraising is growing as an avenue of involvement for Grand Valley graduates.

More than 100 graduates have become Alumni Champions, members of the committee leading alumni outreach and fundraising efforts on behalf of *Shaping Our Future*, the comprehensive campaign for Grand Valley.

Tim, '09, and Julie, '99 and '07, Bulson, and Matt, '01, and Toni, '03, Dhaseleer are among those Alumni Champions. As committed and involved Lakers, they give back in many ways; and as they volunteer, they are finding many benefits themselves.

Meet the Bulsons

The Bulsons can hardly imagine not being involved with Grand Valley. "It's a big part of us," Julie said. "We're always doing something with Grand Valley. If there isn't an event on our calendar, we think we're missing out on something."

Both Julie and Tim serve on the Alumni Association Board of Directors. Tim, who this year completed a master's degree

in communications at Grand Valley, has taught as an adjunct faculty member in the School of Communications, where he taught senior capstone courses.

Julie earned nursing and public administration degrees at Grand Valley and has taught as an adjunct faculty member in the Kirkhof College of Nursing. Julie now directs emergency preparedness at Spectrum Health, where Tim also works as a writer and grant developer.

For the Bulsons, involvement takes many forms. Joining the Alumni Association Board seemed the natural course for them, and that led to Tim and Julie becoming Alumni Champions. "We both want to support Grand Valley so that the institution continues into the future," said Tim. As one way of ensuring that happens, Tim is establishing an alumni chapter for the College of Liberal Arts and Sciences, the largest of Grand Valley's colleges.

"Sometimes the largest impact we have is by acting as ambassadors — just talking to people about the university. For the past three years, we have also handed out alumni pins to the new grads at commencement," said Julie.

Because they know the need is great, the Bulsons make an annual gift to Grand Valley and they're not shy about it. "It becomes important to keep talking to a lot of people so that we can help everyone understand that every gift matters," said Julie. Through personal visits and phone calls, they are encouraging fellow alumni to participate by giving to the *Shaping Our Future* campaign.

The Dhaseleers

Matt and Toni Dhaseleer did not graduate from Grand Valley thinking that they would stay so actively involved. They changed



photo by Adam Bird



file photo

Julie, '99 and '07, and Tim, '09, Bulson (top photo) are members of the Alumni Champions, a committee that leads alumni outreach efforts. They are pictured in the lobby of the Fred and Lena Meijer Heart Center at Spectrum Health, where they both work. Above, Tim Bulson visits with Distinguished Alumni Award recipients Dixie Anderson, '72 and '78, left, and Louisa Stark, '79, at an alumni awards dinner in April 2009.

their minds after attending the 2008 Enrichment Dinner.

When the Dhaseleers saw that the 1,200 guests at the event were also there in support

of Grand Valley, they quickly realized how much their gifts and involvement affect not just the university but the community as a whole.

"It becomes important to keep talking to a lot of people so that we can help everyone understand that every gift matters."

— Julie Bulson,
Alumni Champion

Giving Matters

Powering Education: DTE and Consumers Energy

Two longtime supporters of Grand Valley recently showed their commitment to Grand Valley's future with gifts for the Mary Idema Pew Library Learning and Information Commons.

Fred Shell, president of the DTE Energy Foundation, and fellow foundation executives presented a \$50,000 check for the library in November. Also that month, Dave Mengebier, senior vice president of CMS Energy, and officials from Consumers Energy presented a check for \$30,000 for the library, a central component of the *Shaping Our Future* campaign.

Inspired by friend, donor promotes philanthropy with scholarship

Valerie Eggert, a Spring Lake businesswoman, credits the vision of her friend, Dorothy Johnson, as her inspiration in establishing one of Grand Valley's newest scholarships.

The Valerie P. Eggert Distinguished Scholarship in Philanthropy will support graduate students who both aspire to study and promote philanthropy, and engage in nonprofit agency fundraising.

Johnson, a Grand Valley trustee since 1995, has been a philanthropic leader and advocate for the nonprofit sector in Michigan and nationally. The Johnson Center for Philanthropy at Grand Valley was named in her honor.

The Dhaseleers' involvement grew. Matt and Toni joined the Alumni Champions: it was then natural for Matt to join the Young Alumni Council to represent their busy family, because that group advocates for the needs of young alumni and fosters connections with the university. Matt and Toni continue to make an annual gift to the university.

Matt said his involvement in activities that promote Grand Valley is worth the effort. "It may be selfish," he said. "But the more prestige the university garners, the more impact a degree from the university holds. And with a strong university presence in West Michigan — and especially in Grand Rapids — thanks to Grand Valley, it's important for all to help, especially as alumni."

Giving back to Grand Valley is not always an easy time commitment to make, he said. Matt works full time as a mortgage broker at Bank of America, Toni works more than full time as a dance instructor at Dance Dimensions. With working, parenting two young children, and Matt training for marathons, the Dhaseleers have to work to make time for the university. But to them, staying involved is important.

For Toni, the involvement is almost inescapable. "I have students in my classes who dance at Grand Valley. One just graduated; one was just accepted into Grand Valley's dance program," she said. "Staying involved lets me advise young adults on getting their own college education. And we want to set examples for our own kids, that education and being involved are important."

Matt added: "Grand Valley really shaped my confidence and my personality. Eventually other Grand Valley alums will step back and see that it's an



photo courtesy of the Dhaseleer family

Matt, '01, and Toni, '03, Dhaseleer are pictured with their first child, Mason. Toni, who was nine months pregnant, delivered their second son Lucas shortly after this photo was taken. The Dhaseleers are active members of the Young Alumni Council and Matt is an Alumni Champion.

incredible opportunity when you reconnect. It can be a time, energy, and financial commitment, but it's worth it."

To the Dhaseleers, being active in the Grand Valley community can also inspire current students to give back. When they were students, both Matt and Toni were on their own financially, and they are now paying off student loans. They said they give because it's important for alumni to help current students get the degree needed to start a career.

"It's up to us," Matt said.

Champions for the future

Jill Dooley, '90 and '99,

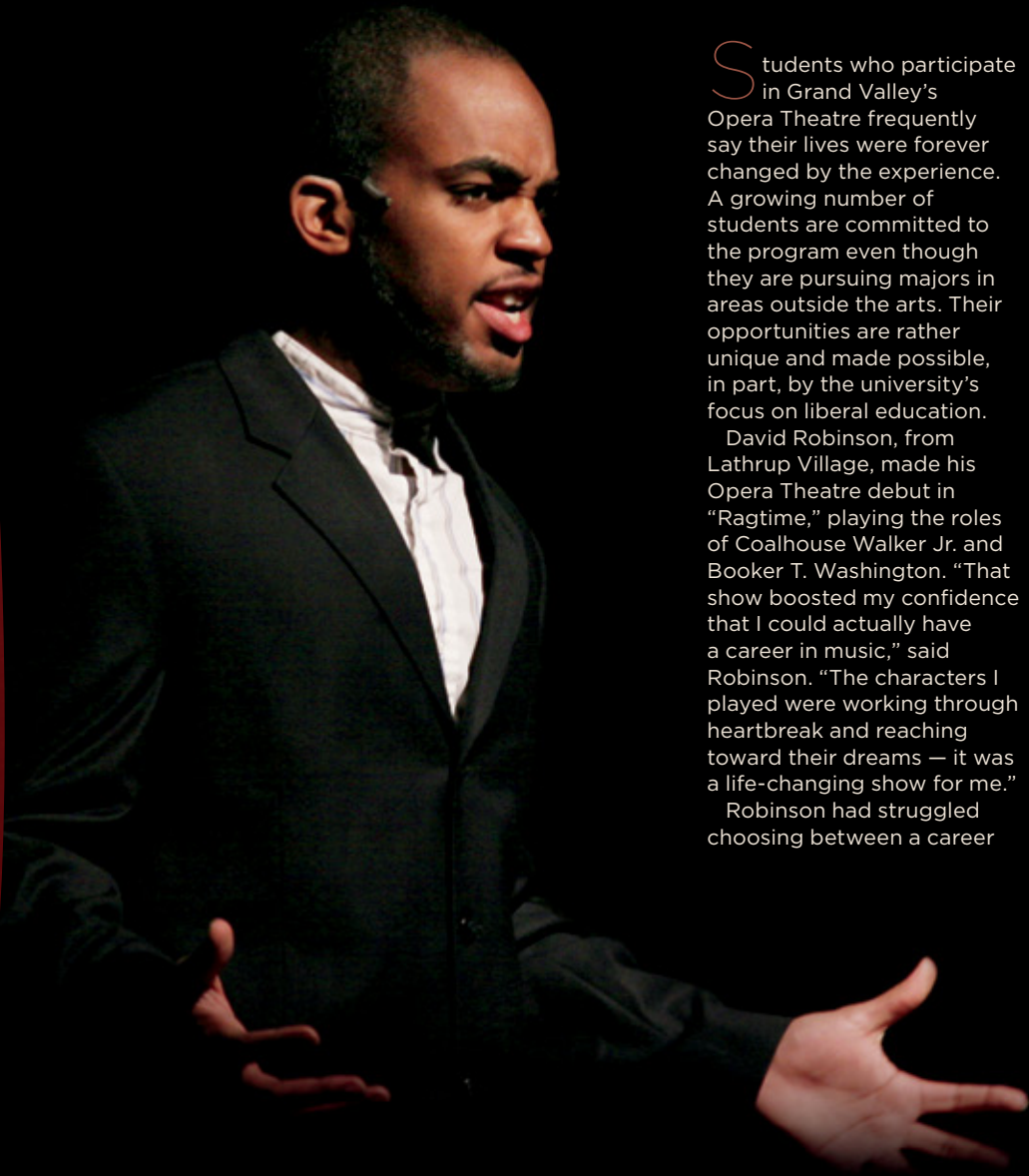
director of annual giving and coordinator for the committee, agreed with Matt. "Grand Valley's needs are growing. Today the state provides only between 18 and 19 percent of the total revenues needed to run Grand Valley," she said. "Fortunately, the Champions are doing more outreach to fellow alumni and encouraging financial support for the Mary Idema Pew Library Learning and Information Commons and other *Shaping Our Future* needs.

"They show how an annual tradition of giving is part of being a Laker. That tradition will grow."

Opera Theatre spotlights diversity and collaboration

— by Mary Isca Pirkola

Student performers call experience ‘life changing’



Students who participate in Grand Valley's Opera Theatre frequently say their lives were forever changed by the experience. A growing number of students are committed to the program even though they are pursuing majors in areas outside the arts. Their opportunities are rather unique and made possible, in part, by the university's focus on liberal education.

David Robinson, from Lathrup Village, made his Opera Theatre debut in "Ragtime," playing the roles of Coalhouse Walker Jr. and Booker T. Washington. "That show boosted my confidence that I could actually have a career in music," said Robinson. "The characters I played were working through heartbreak and reaching toward their dreams — it was a life-changing show for me."

Robinson had struggled choosing between a career

in the business world or on the stage. His experiences at Grand Valley helped him to realize he could do both. Though he chose to major in advertising and public relations, he continued to keep music performance a huge part of his life. He enjoyed a role in Opera Grand Rapids' 2010 production of "Porgy and Bess," and solo performances at key Grand Valley events, including his own commencement in May.

"So many of the characteristics of public relations and stage performance are the same," said Robinson. "Both place a lot of emphasis on your image, your reputation and the networking necessary to build opportunities."

Mathematics and computer science major Matt Kahl, from Clinton Township, performed in "Ragtime," his first Opera Theatre production, as the character Father. He performed his final role as the Baker in "Into the Woods" before graduating in May. He said his experience with Opera Theatre has been both a curse and a blessing in that he changed to a less demanding major to allow time for performances. "It has certainly caused me to

look at my future differently and find opportunities to still pursue these kind of fulfilling roles, no matter where my career takes me,” Kahl said.

“Into the Woods” also included the fairy tale character Jack (from “Jack and the Beanstalk”), played by Gregory Papas, of Grosse Pointe, who is pursuing a double major in pre-med and voice performance. Alison Haney, from Midland, played Red Riding Hood’s Granny and is an international relations major.

Opera Theatre was established in 1998 by Dale Schriemer, associate professor of music and director of vocal activities, for the purpose of providing stage experience for singers training in the music department. The annual productions alternate between contemporary operas and musicals, and are a hybrid of opera, theater, musical theater and literary elements.

“Because of the growth of interest in the Opera Theatre productions, we frequently double-cast roles to provide more students the opportunity to perform,” said Schriemer. “Each student must audition and earn their roles, but more importantly, selection is not necessarily based on major or class standing.”

Opera Theatre has frequent collaborations with the dance and theater programs, and each performance features live music performed by the GVSU Symphony Orchestra. Liaisons have also been forged with faculty members and students from other departments such as Art and Design, which provided 10 students to help paint the set for the musical

“Guys and Dolls” in 2004. For the production of “A Secret Garden” in 2006, history professor Yosay Wangdi, who has lived in India, helped to provide some genuine stage props and costume advice. Working with several cast members and costume designer Jill Hamilton, Wangdi taught them where to place a bindi forehead jewel, how far to extend eyeliner, and how to properly wrap a sari based on the wearer’s social standing.

“One of the goals in selecting a show for production is to broaden students’ world view,” Schriemer said. “We aim to put the spotlight on the diversity of the performers and the subject of performances.”

“Street Scene,” in 2005, enacted the stories of six immigrant families living in the tenements of New York during the Depression of the 1930s. The 2008 production of “Ragtime” wove its story through the lives of three groups, represented by a Harlem musician, the matriarch of a WASP family, and a Latvian Jewish immigrant. The musical depicted turn-of-the 20th century America in transition, constantly bending, blending and adapting, not unlike the students themselves.

“It was interesting to watch the social interactions during the production of ‘Ragtime,’” said Schriemer, who is artistic director of each show. “The students crossed racial lines to develop friendships — genuine attachments — that continued even after the show ended. Together, they are learning to be part of the larger world, to step outside their own little circle.”



photos by Robert Behnke

David Robinson, left, and Matt Kahl, above, have performed in several Opera Theatre productions though neither student is a music major.

Kahl recalled how that show affected the entire cast. “On stage, I had to maintain a segregationist attitude in the role of an old, white racist,” he said. “But off stage, we

cast members were bonding as a family, reaching out to each other in this shared experience. I made lasting friendships with people I probably would have never



photo by Amanda Pitts

Opera Theatre was established in 1998 by Dale Schriemer, associate professor of music and director of vocal activities.

encountered otherwise.”

Robinson agreed and said he’s also grateful for the many opportunities he had at Grand Valley and the doors that have been opened to him. As a member of the University Arts Chorale, under the direction of Ellen Pool, he performed with the Grand Rapids Symphony at DeVos Hall. There he met guest artist Leon Williams, who performed in the original Broadway production of “Ragtime.”

“He befriended me and coached me for my role,” said Robinson. “These types of opportunities were beyond anything in my imagination as a freshman.”

Schriemer, who consistently performs as a guest artist with Opera Grand Rapids and the Grand Rapids Symphony, brings a high level of expertise to each production. “Part of my idea with Opera Theatre is asking, ‘Who are we?’ in so many different ways — our ethnicities, who we are in terms of the campus population, but also as the artistic standard,” he said.

That standard is held high as each production brings

participation by professionals from Broadway and across the country. Karen Babcock, who was in the national tour of a New York production of “The Secret Garden,” was guest director of Grand Valley’s production of this and several other shows.

“Bringing in pros for these productions provides all of the students with links to the real world of opera and music theater, and they serve as mentors and advocates for students who transition from school productions to the professional stage,” said Schriemer. “The fact that they come back year after year to work with our students is a testament to the quality of the program.”

Other artistic staff has included Isabel Milenski, who did three shows here and now stages operas at the Juilliard School; vocal coach Mark Markham, the pianist for world-famous opera star Jessye Norman; and past music director Daniel Boico, who is now assistant conductor of the New York Philharmonic.

Kahl recalls that he had sung

for three semesters with the University Arts Chorale and Varsity Men, but had never had a solo role before Opera Theatre. His first campus audition was for “Ragtime.”

“I was incredibly nervous and self-conscious about treading into unknown territory, yet everyone from the guest director Karen Babcock, to the other students, were incredibly encouraging,” he said. During his senior year, Kahl felt his own sense of responsibility as an “older” student to give back by taking a leadership role and encouraging those just starting.

“This is a page in my life with a bookmark, pink highlighting, added lines, and stage notes,” said Kahl, in a post-show letter to cast and crew members. “It is a page I will always return to and never forget.”

“Part of my idea with Opera Theatre is asking, ‘Who are we?’ in so many different ways — our ethnicities, who we are in terms of the campus population, but also as the artistic standard.

— DALE SCHRIEMER
ASSOCIATE PROFESSOR OF MUSIC

Professor studies generational diversity — by Dottie Barnes

The changing demographics of the American population have forced businesses to re-evaluate historical recruiting, hiring and training practices, according to A. Scott Rood, assistant professor of hospitality and tourism management. Rood studied how resort owners and managers are handling generational diversity. “Generational differences do exist in the workplace,” said Rood. “In particular, we’ve learned that the Millennial generation’s motivation and

managerial style is different from that of previous groups.” Rood analyzed survey data he received from 343 managers from 43 resorts around the country. He said issues are certain to arise when there are four generations working side-by-side: Matures, Baby Boomers, Generation X, and Millennials (see table below). Rood said if the resort industry can make its unique contrast of employees work effectively, it will mean less turnover, less absenteeism and

increased morale. But, it means understanding the differences between the generations. “Often times we hear managers complain about how younger workers need praise or want to be thanked for work they are supposed to be doing,” said Rood. “That makes sense because Millennials grew up on a rewards-based system with parents who worked full time but still found time to attend every soccer game and dance recital.” Rood noted other findings:

- Millennials prefer employment-based rewards like better opportunities, while older workers prefer performance-based rewards like money.
 - Millennials seek instant gratification; they are not looking for long-term investment, while Baby Boomers and Matures prefer money and promotion.
 - Baby Boomers have a very good work ethic and are concerned about participation and spirit in the workplace. They live to work and respect authority.
 - Millennials thrive when given real responsibilities and when they feel connected and valued. They also expect to change jobs every few years and are less interested in climbing the corporate ladder.
- Rood presented his findings at the 29th annual Resort and Commercial Recreation Association Conference in South Carolina. He also wrote a paper on his research for the *Journal of Tourism Insights*.

Description of Generations

Generations	Birth Years	Core Values	Defining Moments
Matures	1922-1943	Dedication, hard work, respect for authority	The Great Depression, World War II, Lindbergh, FDR
Baby Boomers	1944-1960	Optimism, personal gratification and growth	JFK, civil rights and women's movements
Generation X	1961-1980	Diversity, technoliteracy, fun, informality	The Challenger explosion, AIDS, Rodney King
Millennials	1981-2000	Optimism, civic duty, confidence, achievement	Terrorism, Oklahoma City bombing, computers

— source: A. Scott Rood

Student launches Muskegon County medication collection — by Brian J. Bowe

Unused prescription drugs can pose problems for communities when they are disposed of improperly or misused by people. To combat that problem, Grand Valley student Carrie Uthe worked with community partners to create the first prescription drug take-back program in Muskegon County. More than 400 pounds of unused medications were collected from 170 people during the program’s first collection day, held February 20 at the Norton Shores Fire Station. The medications included more than 68,000 pills, tablets and capsules, and 46

pounds of controlled substances. The date of the oldest medication collected was 1979. Uthe is a senior in the liberal studies program, emphasizing business and health care administration courses. Her senior thesis focused on the affect prescription drugs have on water systems, and that work led to the creation of the program. She set up the program in collaboration with Lakeshore Health Network, Mercy Health Partners, Muskegon Community Health Project and Muskegon County Sheriff’s Office. “It is important that the residents of Muskegon County have a safer and cleaner

way to dispose of unused and expired medications, as opposed to flushing them, putting them down the drain or in the landfill,” Uthe said. “This type of program not only effects the environment, but it also effects patient safety and drug abuse diversion.” First, medications are separated. Controlled substances, along with evidence, are turned over to law enforcement agencies to be incinerated according to Drug Enforcement Agency regulations. The other medications are turned over to a certified waste hauler for incineration.

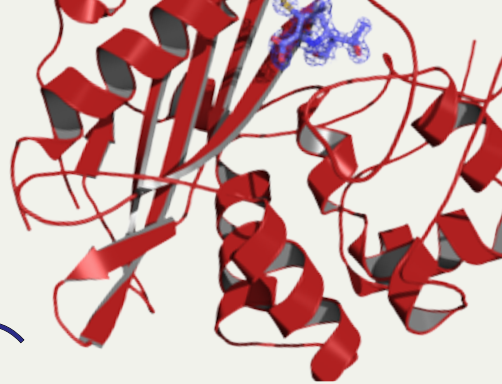


photo by Robert Neumann

Carrie Uthe wrote a thesis that launched a medication collection program in Muskegon. To learn more, visit www.mamdp.com or call Carrie Uthe at (231) 672-3882 or Laura Fitzpatrick at (231) 672-3201.

A scientific fairy tale

— by Dottie Barnes



Groundbreaking enzyme research by alumnus is journal cover story

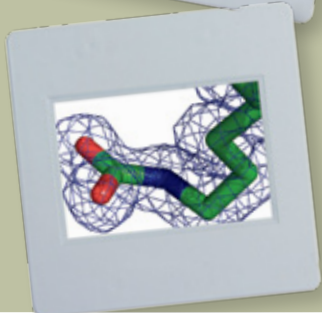
Schneider's research

Steps Schneider took to determine the structure of a protein

Step 1. The enzyme is purified and crystallized into highly ordered arrays.

Step 2. High energy X-rays are fired at the crystal and diffract to form the spots shown in the diffraction pattern.

Step 3. Computational work allows the diffraction pattern to be transformed into electron density (blue cages below). The enzyme's chemical structure is then fit into the density.



The colorful photo of an enzyme shown on the cover of the January-March 2010 issue of *Biochemistry* may spark memories of chemistry class for some. But the complex structure represents months of research by Grand Valley alumnus Kyle Schneider.

The Portland native spent his junior and senior years at Grand Valley conducting research on a fairly new antibiotic. The drug, called doripenem, was approved by the FDA in 2007, and is a more advanced form of penicillin. His findings are catching the attention of the scientific community and drug companies.

Schneider graduated from Grand Valley in April 2009, with a degree in chemistry and emphases in biochemistry and biotechnology. He is currently a graduate student at Yale University, working toward a doctorate in biochemistry.

"The goal of my research was to investigate the bacterial defenses toward doripenem," explained Schneider, "and to understand the mechanism by which bacteria are able to become resistant to antibiotics."

David Leonard, associate professor of chemistry who guided Schneider on the project, said the research is noteworthy because no one had studied how

doripenem and the bacterial enzyme interact with each other.

"Our goal is to understand how the enzyme destroys the drug," said Leonard. "In a medical sense, the enzyme is our enemy. We're trying to understand that enemy."

Leonard said scientists can possibly use the information to develop more effective drugs to help overcome antibiotic resistance, which represents a dangerous health challenge.

Schneider spent three summers conducting experiments in labs in Grand Valley's Cook-DeVos Center for Health Sciences. He credits his ability to work one-on-one with faculty members for the success of his research. "I could not have accomplished this without the help of my professors," said Schneider. "That is what sets Grand Valley apart from other universities. You can begin working alongside professors immediately as an undergraduate."

Leonard agreed, adding that Grand Valley offers the best of both worlds being a large university yet allowing undergraduates to function like graduate students. "Kyle is just one example of the many students we have doing great work in the lab," Leonard said. "A place like Grand Valley

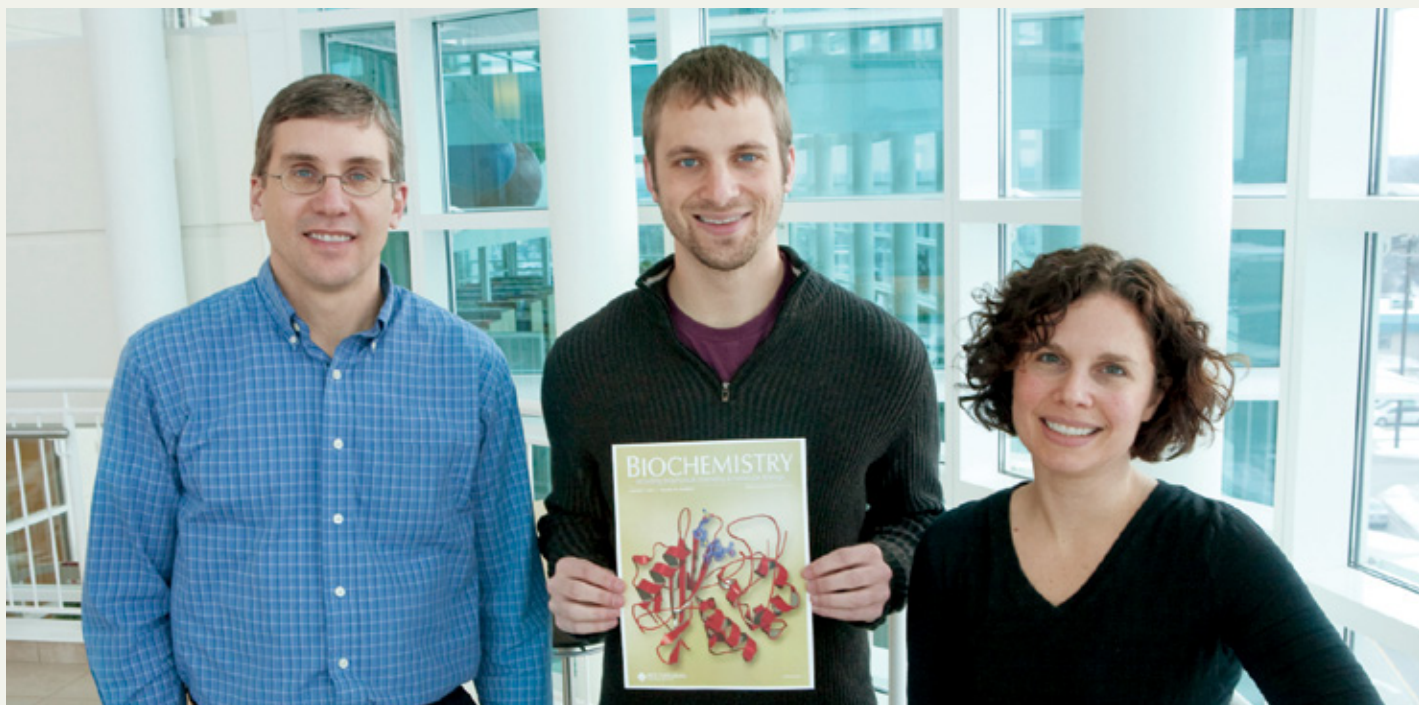


photo by Bernadine Carey-Tucker

Research by Kyle Schneider (center) made the cover of *Biochemistry*. Also pictured are David Leonard, associate professor of chemistry, and Rachel Powers, assistant professor of chemistry.

means someone like Kyle can make a world-class advance.”

Schneider also worked closely with Rachel Powers, assistant professor of chemistry and a protein X-ray crystallographer. Leonard said it is rare for a university like Grand Valley to have someone of her expertise who works with undergraduates.

“Dr. Powers helped me conduct a structural study of the antibiotic and enzyme,” Schneider said. “This meant several exciting trips to the Advanced Photon Source at Argonne National Laboratory near Chicago.”

Powers and Schneider made four trips to use the

high energy X-ray beam at the world-class facility for science and engineering research.

“Kyle and I began a collaboration because he wanted to crystallize the enzymes he was working on,” Powers explained. “Once that was completed in the lab at Grand Valley, we took the crystals to Argonne where we could shoot X-rays at them. From the data we collected there, we eventually calculated an electron density map, and used this to determine the positions of all of the atoms in the enzyme/drug complex. This picture allowed us to analyze how the enzyme and drug interact.”

Powers said Schneider’s

success was due to his initiative and desire to advance his project. She said he wasn’t afraid to learn a completely new technique that would benefit the study. Leonard called Schneider tenacious for spending long hours in the lab and driving the project forward.

Being a Laker is a family affair for the first-generation college student and his siblings. Schneider’s brother, Ben, is a sophomore at Grand Valley studying engineering; and his sister, Dana, graduated from the Kirkhof College of Nursing.

“My experience at Grand Valley is a bit of a science fairy tale,” he said. “I was able to do an intense structural study of

a bacterial enzyme that also happened to be very interesting from a medical standpoint. I’ve learned the best things in science are often what you learn from the side avenues you take during the project, not the main study. I wouldn’t have been able to accomplish what I did at another university.”

Schneider plans to be a research scientist. He has served as the lead author for two published papers and in 2008 was the recipient of the Barry M. Goldwater Scholarship, which provides up to \$7,500 to about 300 college sophomores and juniors nationwide who intend to pursue careers as scientists, mathematicians or engineers.

Other Grand Valley alumni continuing their research

Jenna Tomlinson, a 2009 graduate currently in graduate school at the University of Michigan, designed and tested novel inhibitors of AmpC beta-lactamase. Antibiotic resistance is caused by beta-lactamases.

Brandon Haines, a 2009 graduate currently in graduate school at Notre Dame, investigated new synthetic methods for chemically modifying biologically relevant molecules called nucleosides.

Rachel Kubiak, a 2008 graduate currently in graduate school at the University of Wisconsin-Madison, used a technique called X-ray crystallography to study an enzyme called AmpC, that is responsible for antibiotic resistance.

Brittany Albaugh, a 2006 graduate currently in graduate school at the University of Wisconsin-Madison, investigated regulation of mDia proteins involved in cell structure, or cytoskeleton dynamics.

PERSISTENCE PALS

HELP STUDENTS SUCCEED

INFORMAL MEETINGS

— by Brian J. Bowe

turn into VALUABLE NETWORK

When first-year student Rosa Lopez-Casillas started classes at Grand Valley in fall 2009, she embarked on a completely unfamiliar experience, not only for her but also for her family. A Grand Rapids native, Lopez-Casillas graduated from Wyoming's Lee High School in 2008. She's the oldest of three children born to immigrant parents and the first in her family to pursue higher education.

"My mom, she doesn't speak English. My dad has been here for 20 years, but he still works on a farm. He wanted a better education and better job for me," Lopez-Casillas said. "My parents were really proud and really excited that I got into Grand Valley."

Getting in was one thing. Figuring out how to succeed was another matter.

"I was pretty scared at first. I wished I had an older brother or sister to guide me through it," Lopez-Casillas said.

While she didn't have an older sibling to show her the ropes, she did have the help of a program at Grand Valley called Persistence Pals, which was established by Lynn "Chick" Blue, vice provost and dean of Academic Services. Within the program, groups

of faculty and staff members meet monthly with students who could be at risk of not finishing their degrees. These groups include students from select high schools, students who are first in their families to attend college, and first-year students who live off-campus. Persistence Pals serves as a way of "helping students feel welcome and find a place at the university," Blue said.

Lopez-Casillas said the meetings have been helpful. "I was struggling with psychology," she said. "I didn't know that we had tutors here for free. When I went to one of the meetings, and I was talking to a faculty member who told me, 'You know, you can get help.' That was really helpful."

She added that the meetings have also guided her to plan her program of study.

"At the last meeting, they told us to meet with our advisors to start preparing for registration for next fall," Lopez-Casillas said. "It's nice to have someone to tell you stuff you don't know. I probably would have waited until the last minute to do it."

Participating students are assigned to volunteer faculty and staff members from across the university who hold lunch meetings

with their students to discuss progress and offer advice. More than 100 Grand Valley staff members are involved in the program, including President Thomas J. Haas and Provost Gayle R. Davis.

Blue said the genesis for Persistence Pals started in fall 2008 when she realized there were more than 650 incoming freshmen who lived off-campus — a group that she said has specific issues.

"When students live on-campus, they're engaged by the professional housing staff and all of their student workers; and there's community. There are things happening and they're connecting with the university. That's critical to a student feeling part of this institution and persisting," Blue said, adding that she wanted to extend some of that support to students who live off-campus.

She dubbed that group Persistence Pals. "I labeled it because I have a habit of giving nicknames to everything. It's just something I do," Blue said.

The program started via an e-mail campaign to the students who lived off-campus, giving them some of the information that they

"THIS IS THE MOST
REWARDING WORK
I'VE DONE IN A
LONG TIME."

LYNN "CHICK" BLUE,
VICE PROVOST AND DEAN
OF ACADEMIC SERVICES

would get from housing staff if they lived on-campus. Most weeks, a core group would meet, including Dean of Students Bart Merkle, Admissions Director Jodi Chycinski and Housing Director Andy Beachnau, to decide what information to send. Soon, the list expanded to include new freshmen and sophomore transfer students as well as some student parents. Students were encouraged to visit Campus Life Night and the Majors Fair. They were given information about what happens at midterms, what to do if you think you're failing, and how to acquire study skills.

One of Grand Valley's charter schools, Detroit's University Preparatory Academy, provided the inspiration for an expanded version of Persistence Pals in 2008. A group of incoming students came for a meeting at Grand Valley that included University Prep alumni who were completing their first semester of college. Blue said she remembered that during the meeting, "A couple of our students said things like, 'You're really on your own.' Another girl said, 'I had to drop a class because I couldn't afford the textbook.' It was not a proud moment."

Blue wanted to get more information on the roadblocks those students encountered, so she and Chycinski hosted a pizza lunch and asked the students questions about how they were doing. "Just friend questions," Blue said. "After that first meeting, we decided maybe they do need to have some adult acquaintance who

photo by Amanda Pitts

First-generation college student Rosa Lopez-Casillas stands in the Student Services Building. She said participating in Persistence Pals has helped her plan and organize her homework.





photo by Elizabeth Lienau

Pictured are, from left, V'Lecea Hunter, Lynn 'Chick' Blue, Martez Williams and Micah Hood talking about college life.

is part of the university who can befriend them, who they could ask those questions — the jargon questions, what all the acronyms that we use mean, give some guidance. In general, be an adult friend who cares," Blue said.

University Prep graduate Micah Hood, 20, acknowledged that there were a lot of things she didn't know when she arrived at Grand Valley.

"When I first got here, I was under the radar. I knew I had an advisor, but I didn't know where his office was, I didn't know what his name was," Hood said. "I would go to classes, do my homework and go home, but I wasn't an active part of the school."

But when she started attending Persistence Pals meetings, she said, "It

opened doors to so many possibilities. I was like, 'Oh my goodness, I could have missed all of that had I just been here for four years going down the path I was on.'"

Another University Prep graduate, 19-year-old Martez Williams, said the program has helped him bolster the support systems he already had back in Detroit.

"I already have people at home who are counting on me and who are on my side, pushing me to be all I can be," Williams said. "I just needed that support from a different community. I really benefit from having these meetings, because now I don't just have support from back home, I have it here also. So I have both ends of the stick."

For 20-year-old University Prep graduate V'Lecea Hunter,

Persistence Pals created support that she lacked. "When I first started, I had no end of the stick," she said. "I couldn't call home and say, 'I don't know what to do.' There's nobody rooting for me to finish college. So my first semester, I had an 'I don't care' attitude.

"I was just here trying to better my life, but I wasn't sure that that's what I wanted to do."

But the Persistence Pals meetings helped change her vision. "Now I really care about my grades. It's good to know you've got somebody behind you. Coming to college without your family behind you is crazy. But having your Grand Valley family behind you is nice," Hunter said.

At the end of the first year, the University Prep students were asked what they thought of the program. "It was real quiet, and then finally one kid said, 'I like them, because you guys care,'" Blue said, still touched by the memory. "And it's true. That's what it says. And that's what being a Persistence Pal is. It is exercising care. Little things mean so much to a young woman or a young man in an environment that might not be exactly like

where they came from."

It's too early to tell how effective the program will be in the long term, but Blue reported that from fall 2008 to fall 2009, Persistence Pals participants had a 97 percent retention rate, compared to 83 percent university-wide. In March 2009, the program expanded to include 70 other high schools that fit the definition of largely first-generation; some were urban schools, some rural. The program runs without a budget — lunches have been sponsored by different campus departments.

"I do a lot of rewarding work, but this is the most rewarding work I've done in a long time," Blue said. "I've got more than 100 Grand Valley people who volunteered to be a pal to one of these schools."

Blue said the message has reached faculty and staff members that student retention is everybody's job. She said she tells colleagues across the university: "You too can be a Persistence Pal. Talk to a student. Give them guidance to get to a classroom. If they look forlorn and sad in the hallway, ask if there's something you can do. You can just do that because you can, and you should."

"IT'S GOOD TO KNOW YOU'VE GOT SOMEBODY BEHIND YOU. COMING TO COLLEGE WITHOUT YOUR FAMILY BEHIND YOU IS CRAZY. BUT HAVING YOUR GRAND VALLEY FAMILY BEHIND YOU IS NICE."

V'LECEA HUNTER, STUDENT AND PERSISTENCE PALS PARTICIPANT

David Ihrman

associate professor
of English

David Ihrman is passionate about both literature and big game hunting. He finds the opportunity for adventure in both, he said.

Holding the skull of the lion he shot in Tanzania in one hand and a copy of Herman Melville's *Moby Dick* in the other, Ihrman said both represent a mode of discovery that shapes how we understand our world. "Story telling and story making are an invitation to live in different places and historical periods, to see the world through the eyes and experiences of people vastly different from ourselves, and also to see ourselves in our time more richly," he said.

photography by Adam Bird



Q & A

LINDA CHAMBERLAIN

In March, Grand Valley named Linda Chamberlain its executive director of Seidman College of Business' new Center for Entrepreneurship and Innovation. The center will focus on supporting West Michigan's high-growth entrepreneurs through a range of new resources and support services. Chamberlain had served as executive director of the West Michigan Science & Technology Initiative since

2007. Her career includes leadership positions in research and product development, including her own company focused on creating and validating new business opportunities. She earned a doctorate in chemistry from Purdue University. Chamberlain spoke to *Grand Valley Magazine's* Brian J. Bowe about her new role.

GRAND VALLEY MAGAZINE: West Michigan has a long history

of entrepreneurship, with some of the area's biggest employers springing from homegrown roots. How has entrepreneurship changed over the years?

LINDA CHAMBERLAIN: If we go back 40 or 50 years in Grand Rapids, I think a lot of people were focused on starting businesses. We're coming full circle and beginning to see more people interested in starting a business, rather than simply being employed. And coming out

of college to start a business requires a very different approach than coming out of college looking for a job.

In this region, we have historically embraced the boot-strap entrepreneur — the entrepreneur who starts a business and builds it. That entrepreneur is self-sufficient, takes little or no investor funding and plans to own the majority of the business for generations. Contemporary entrepreneurship is more

fluid and operates differently. It is about building value and building wealth, but not necessarily building a company for a 40-year life span. It's based on taking investor funding and building value for the stakeholders, with the entrepreneur planning for an exit right from the start. The environment for this entrepreneurial mindset requires tolerance for failure, calculated risk-taking, seasoned talent, strong mentor relationships, and available capital. The region is starting to make a turn in support of this model, and we are seeing some very interesting businesses come forward.

GVM: Is increased entrepreneurship a way to help Michigan out of its economic slump?

CHAMBERLAIN: It may seem counterintuitive to think that there are more successful businesses started in a down economy, but that's actually one of the best times to introduce new services or products that fill a market need. On a national level, the harder the times get, the more people try to start businesses. Being successful in a down economy is partly based on the ability to be agile and responsive against seated competition that can't re-tool as quickly, as well as our very human nature to accept change in times of crisis.

That said, entrepreneurship isn't the only way to help Michigan regain economic sustainability. It takes available capital, tax structures that support early stage business growth, an educated workforce, and continuous networking. The good news for entrepreneurs in Michigan is that the state has worked hard to build infrastructure to drive business start-ups through accelerator

services, incubation, pre-seed funding, and incentives for venture capital groups to make investments in Michigan-based companies.

GVM: You were part of a group that compiled a report on West Michigan's entrepreneurial climate last year. One of the report's findings was that the region needs to do a better job with young adult retention. Why is that important?

CHAMBERLAIN: The fact is studies show younger adults, those between 20 and 30, can and will start more businesses than other age groups. It could be related to being more personally flexible to assume the demands of entrepreneurship, or maybe they're more comfortable taking calculated risks. So we absolutely need to have an environment that embraces, accepts, and accommodates younger adults. We need an environment that provides the support network to make them successful in their new business endeavors. And we especially need to make sure that if we're graduating them from colleges in the region that we're keeping them in the region.

GVM: What can Grand Valley do to help?

CHAMBERLAIN: Grand Valley has a leadership role to fulfill in providing the right educational experiences at the right time, as well as enabling the community of entrepreneurs with really great support systems and available resources. We need to help bring down the costs of doing business with tools such as incubation and we need to help bring up their skill levels as quickly as possible. We should also provide connections to investors, mentors, experienced faculty, and capable students to accelerate the building of the business.

Grand Valley has great community outreach programs for entrepreneurs. The resources available in places like the Michigan Small Business and Technology Development Center, the Van Andel Global Trade Center, the West Michigan Science and Technology Initiative, the Michigan Alternative and Renewable Energy Center and the DOER Center are there to help entrepreneurs be successful.

GVM: What are some initiatives you've been most proud of in your time at WMSTI?

CHAMBERLAIN: Without a doubt the Idea Cycle program is one. The premise was to build the innovation capability of the employees of health care providers and educators in the region. We developed unified policies for intellectual property and new product and technology collaboration, as well as processes to mine and assess ideas. To date we have looked at more than 400 different ideas and have filed more than 28 patents. We've licensed six of those patents, with revenue already being returned on one. And Idea Cycle participants have now built their own infrastructure and are talking about launching new businesses. I'm very, very proud of how WMSTI has facilitated this work. It's been a tremendous experience to be involved and watch how it has been embraced.

We also initiated and now facilitate the West Michigan Medical Device Consortium, which is about new business development. The consortium has the ultimate goal to have the region recognized as a cluster of great medical device companies.

The capabilities of these two programs are complementary; if you put them all together they're

a virtual product development company. So, through Idea Cycle we have idea generators and through the consortium we have the companies that can develop those ideas. Together, the two create an innovation and commercialization pipeline.

GVM: What are your biggest goals in your new role?

CHAMBERLAIN: In the big picture sense, we want to make sure that the Center for Entrepreneurship and Innovation is one of the leaders in the conversation for cultural transformation, rebuilding and energizing contemporary entrepreneurship.

Our most immediate mission is to make sure entrepreneurs in the region can find the resources they need to be successful. In many ways it's about outreach and challenging our community to synchronize our services and focus on the entrepreneur. We need to make sure it's clearly understood how to work with Grand Valley and be seamless in how Grand Valley works with the community. The most successful entrepreneurs are all about networking, collaboration and creatively solving problems. I want the center to follow this lead and be as entrepreneurial in its services, collaborations, and innovative thinking as the customer base it seeks to serve.

Longer term, we absolutely need to be driving the development of the next generation of entrepreneurs by making sure that students have training and the opportunities they need. That's the core of what we do.

photo by Elizabeth Lienau

Linda Chamberlain is the executive director of Seidman College of Business' new Center for Entrepreneurship and Innovation.

Career Connections

Alumni helping alumni, GVSU helping you

In today's difficult economy, finding a stable and rewarding career can be difficult. To get ahead in this highly competitive job market, job seekers need every advantage they can get. Earning a valued Grand Valley degree is just the first step. Grand Valley and its alumni network can provide help as alumni forge career paths.

The Alumni Association offers a host of comprehensive resources and tools aimed at leveraging the powerful GVSU alumni network. Services are available to help find a job, expand professional networks, hire interns or simply stay current with career trends.

LakerJobs

Discover hundreds of job

opportunities in various industries through LakerJobs. Receive free access to Web-based job listings, resume referrals and online registration for on-campus interviews at www.gvsu.edu/lakerjobs.

Emily Quinley, '08, said: "Thank you for making LakerJobs available to alumni. I was given notice that my entire department would be laid off. After exhausting all of the common channels for job searches, I remembered LakerJobs and began applying for listed positions. As a result, only two months later, I have accepted a new position. In these difficult economic times, it's good to know that Grand Valley grads have more opportunities with LakerJobs!"

Networking Opportunities

Stay connected to fellow alumni and the university through provided networking tools such as the official GVSU Alumni Association LinkedIn and Facebook groups. Post openings and browse jobs listed on the LinkedIn Job Board. Search for group members in a specific region who can help with relocation questions. These tools can also help alumni make valuable connections with prominent graduates in specific fields.

Alumni Hiring Alumni

A Grand Valley degree is a common bond shared by more than 75,000 alumni worldwide. By offering a job or internship

at your company to a fellow graduate or current student, you have expanded the alumni network, and ensured that your company is getting a proven and highly qualified candidate.

Scott Setlock, '04, said: "Mercantile Bank has been very fortunate to maintain a strong working relationship with GVSU's Seidman College of Business and its pool of talented students and graduates. A key component of this relationship is our ongoing credit internship program. During their time with Mercantile, our interns become important contributors to the daily operations of the bank.

"Mercantile has hired many Seidman students into full-time commercial credit analyst roles, currently employing 10 alumni in the department. I couldn't be more pleased with the talent

"In these difficult economic times, it's good to know that Grand Valley grads have more opportunities with LakerJobs!"

Emily Quinley, '08
Staff Accountant,
Knap & Vogt

"I couldn't be more pleased with the talent being developed at Grand Valley and I look forward to a close relationship moving ahead."

Scott Setlock, '04
Assistant Commercial Credit Manager,
Mercantile Bank

being developed at Grand Valley and I look forward to a close relationship moving ahead.”

Career and Networking Events

Grand Valley offers a host of events throughout the nation to help alumni throughout their career continuum. Visit www.gvsu.edu/alumni/events for a full calendar of upcoming events, including the following:

- Career fairs that attract hundreds of graduate-seeking employers;
- Professional alumni networking receptions;
- Resume and interview skill building workshops;
- Lectures featuring dynamic speakers and highlighting current industry trends.

Ruth VanHoven, '92, said

she enjoyed attending a networking event. VanHoven said: “Thanks for hosting the Job Search 101 event. I made several great connections, one of which was a job lead! [I am] looking forward to developing the relationships made and acting on new tips learned.”

Professional Career Services

From helping alumni members build their first resumes, to coaching them on how to evaluate job offers, to assisting with career changes, Career Services experts are available to assist at each step of the job search. Call (616) 331-6708 or visit www.gvsu.edu/careers to make an appointment.

Patrick Johnson, '09, added:

“Thanks for hosting the Job Search 101 event. I made several great connections, one of which was a job lead!”

Ruth VanHoven, '92
Sales and Marketing



“As an employer who recruits graduates for Chase Bank’s management development program, I highly encourage individuals to take advantage of the resources available through GVSU’s Office of Career Services. The tools they offer, like resume review

and mock interviews, really prepare candidates well to interact with employers in a professional setting.”

photos by Adam Bird



“I highly encourage individuals to take advantage of the resources available through GVSU’s Office of Career Services.”

Patrick Johnson, '09
Branch Manager and Assistant
Vice President, Chase Bank

Programs for Young Alumni popular, diverse

GVSU's Young Alumni Council continues to present popular and varied programming for recent graduates, offering activities that contribute to professional, educational, social and philanthropic growth.

On November 12, the council hosted NovemBEERfest at McFadden's Restaurant and Saloon in Grand Rapids. Seventy-five Young Alumni and friends gathered to network, taste and score specialty micro-brews from the Mount Pleasant Brewing Company, and sample selected food pairings.

On January 22, a sold-out crowd of nearly 70 Young Alumni and guests gathered in the private Griff's Nest at Van Andel Arena to cheer the Grand Rapids Griffins hockey team. Guests connected to network and sport their favorite vintage gear — it was '80s night at the arena.

The second "Life 101: What You Didn't Learn in College" program was held May 19. The event was an opportunity for Young Alumni to make connections, gather with friends and hear presentations

by talented alumni speakers on topics such as first-time home buying, budgeting, and work-life balance.

Next up, Young Alumni are invited to a "Big Hat and Bow Tie Party" on the lawn of

Mangiamo! in Grand Rapids' Eastown neighborhood. Visit www.gvsu.edu/alumni for more information about this and other upcoming events.



Young Alumni Council Member Travis Cree, '09, rates a sampled microbrew during the event at McFadden's Restaurant and Saloon in Grand Rapids.



Kelly McDonell, '05 and '10, Jonathan Gray, '10, and Kate Thom, '06, watch the Grand Rapids Griffins hockey team from the VIP loft at the January 22 Young Alumni outing.

Chapters, Clubs and Events



Charleston Reception

From left, Travis Earley, '01, Michael Dame, '07, and Andrea Dekraker, '06, were among the Charleston-area alumni who met December 3 at the Southend Brewery for a reception and to hear Grand Valley updates. Club leader Tammie Hoffman, '90, hosted the group to connect Lakers in the Charleston area.



Atlanta Reception

Chase Turner, '04, (pictured with L'Tanya Word, '03) hosted a reception for Atlanta-area alumni and friends on January 14. President Thomas J. Haas traveled to the area to give graduates the latest university news. Guests also celebrated another stellar Laker sports season with Athletic Director Tim Selgo.



Music Reception

Sarah, '00, and Mark, '99, Eldred, and John Martin, assistant director of bands, (pictured at center) were among more than 80 alumni, students, faculty and staff members of Grand Valley's Department of Music who attended an hors d'oeuvres and cocktail reception on January 22 during the Michigan Music Conference. It was the largest alumni crowd for this annual event.



Tampa Reception

On January 27, Tampa Alumni Club Leader Tara Crow, '97, (pictured at center) and Pioneer Class graduate Bob Monaghan, '67, welcomed 26 alumni and friends to the Quorum Hotel for an evening of networking and fun. Attendees heard about new GVSU programs and initiatives, including plans for the new Mary Idema Pew Library Learning and Information Commons. Also pictured are Brandon Avery, '05, and Gretchen Edison, '72.

All-Alumni Benefit Golf Outing set for July 10

The annual Sleep Inn and Suites All-Alumni Benefit Golf Outing is scheduled for Saturday, July 10, at the Meadows.

Registration begins at noon with a 1:30 p.m. shotgun start. Cost is \$95 per person and includes 18 holes of golf, Grand Valley merchandise, refreshments, and a post-event BBQ and awards ceremony. An instructional program for beginning golfers will also be offered for \$50; the

program will include two hours of hands-on instruction from a Meadows Golf Pro. Proceeds from the scramble and instructional program will help fund the Mary Idema Pew Library Learning and Information Commons, the flagship project of the *Shaping Our Future* campaign.

Contact Alumni Relations at 800-558-0541 or visit www.gvsu.edu/alumni for registration and sponsorship details.



The All-Alumni Benefit Golf Outing is slated for July 10 at the Meadows.



Katie, '09, and James, '10, Andres were among the alumni couples at the Classic Pairings Valentine's Day celebration.

Alumni couples return to campus for Valentine's celebration

Sixteen alumni couples were among the nearly 75 guests who returned to where their love began for Classic Pairings' "Me and My Baby Down Route 66," a special alumni Valentine's Day celebration held on the Allendale Campus February 11. Grand Valley's talented chefs

created a gourmet menu for the event, while a sommelier was available to provide information on wine pairings chosen for each of the courses. At the end of the evening, each alumni couple received a framed, commemorative photograph.



Chicago Reception

From left, Christian Goetz, '09, Cristopher Vishey, '08, and Young Kwak, '09, headed to a local Chicago hot spot for a regional alumni reception on January 28. Nearly 70 Chicago alumni gathered at Cafe Ba Ba Reeba! to enjoy tapas and drinks, and to connect other area Lakers. Alumni Champion Bill Padnos, '79, shared his passion for contributing to Grand Valley with participants.



Orlando Reception

Orlando-area alumni had the opportunity to talk with President Thomas J. Haas at a January 28 reception at the Gaylord Palms Hotel. Alumni hosts Jill Kincaid, '88, Diane, '87, and Larry, '90, Reed were among 25 alumni and friends who enjoyed an evening of networking, food and fun. Pictured are Amy Lein, left, and Diane Reed.



Public Administration Reception

Alumni Association Board Member Victor Cardenas, '00, (pictured on right with Martin Super, '09, and Meg Mullendore, '97 and '01) hosted a gathering of Public Administration alumni, students, and faculty members during the 2010 Michigan Local Government Management Association's Winter Institute on February 3. Attendees heard the latest university news from George Grant, dean of the College of Community and Public Service.



KCON Open House

More than 30 Kirkhof College of Nursing alumni and faculty members met for the annual KCON Alumni Open House on February 11. Guests, including Christina Juntunen, '04, professor Nicki Grinstead, Lee McCormick, '81, and adjunct faculty member Lori Houghton-Rahrig, '81 and '01, enjoyed networking and the opportunity to hear from KCON Dean Cynthia McCurren and special alumni guest speaker Diane Hanson, '84, executive vice president and general manager of the CPM Resource Center.

CAREERS

1960s

RICHARD J. MAREK, B.A., 1969, is chair of the joint committee on administrative rules in the Vermont House of Representatives.

1970s

LINDA A. JOYCE, B.S., 1972, received the 2010 Forest Service Deputy Chief's Distinguished Science Award for her contributions toward climate change research in the field of quantitative ecology.

DANTE J. JAMES, B.S., 1976, directed "Harlem in Montmartre: A Paris Jazz Story." The performance-documentary aired on PBS in February during Black History Month.

KEVIN R. O'NEILL, M.ED., 1976, received the Superintendent of the Year Award for Region 3 of the Michigan Association of School Administrators.

ALVIN L. WARD SR., B.S., 1977, is administrator of athletics for Detroit Public Schools.

MARGARET M. (LOHRER) KUCINSKI, B.S.N., 1978, was promoted to director of clinical services for Medical Network One in Rochester Hills. She had worked as a registered nurse.

MICHAEL E. RICCO, B.B.A., 1978, earned a Doctorate of Business Administration from the University of Phoenix School of Advanced Studies.

RICHARD J. WILLIAMS, B.B.A., 1979, wrote a book, *Buckle Your Chin Strap*.

1980s

CHERYL R. (ASKINS) FULLER, B.S., 1981, is chief executive officer for the Domestic Abuse Council in Daytona Beach, Florida.

GREG R. WHITE, B.S., 1983, M.P.A., 1997, was appointed to the Public Service Commission for the State of Michigan.

MICHAEL F. DENBROCK, B.S., 1987, is a tight ends coach at the University of Notre Dame. He had been associate head coach at Indiana State University.

DAVID M. TCHOZEWSKI, B.S., 1987, M.ED., 1996, is director of information technology at Jenison Public Schools, where he has taught mathematics for 18 years.

MICHAEL A. LAMFERS, B.B.A., 1988, is a partner at Plante and Moran PLLC in Grand Rapids.

GABRIELLE A. ROUGHT, B.S., 1988, was named the first female undersheriff for the Van Buren County Sheriff's Office. She has worked for the county since 1998.

JONI L. ERLEWEIN, B.S.N., 1989, M.S.N., 1998, works as a women's health navigator for Gulf Coast Medical Center in Panama City, Florida.

1990s

JOHN A. JANCEK, B.S., 1991, is the co-defensive coordinator and linebackers coach at the University of Cincinnati. He had worked as a defensive coach at the University of Georgia.

MICHAEL C. REMO, B.S., 1993, received the Walter Coe Public Service Award. He is the director of the Seidman Boys and Girls Club of Grand Rapids Youth Commonwealth.

GREGORY T. VANDERVEEN, B.S., 1994, is senior applications engineer at Hastings Manufacturing Company LLC in Hastings.

STEVEN W. NICOLET, B.S., 1995, is director of development for Community Action House in Holland. He had been director of the annual fund for the University of North Carolina at Chapel Hill.

Alumni invited to help celebrate Grand Valley's 50th anniversary

Numerous events are scheduled throughout the 2010-2011 academic year to celebrate Grand Valley's 50th Anniversary. As valued alumni, you are the living legacy of the university and your involvement in the celebration of this landmark year is critical. Visit www.gvsu.edu/anniversary for a full list of events and projects, including these special events:



Rockin' On the River
September 16, 2010
Detroit Renaissance
Center

Featuring a networking reception followed by live entertainment, bringing the 50th Anniversary celebration to alumni in the Metro Detroit area.

Homecoming 2010:
The Golden Ticket
October 8-9, 2010
Allendale

A sweet celebration honoring the 50th anniversary, with a host of events planned.

CHRIS A. RIGAN, B.B.A., 1995, is president of Tailored Management LLC in Grand Rapids.

SCOTT TURNBULL, M.B.A., 1995, is partner at Cray Buchanan law firm in Stuart, Florida.

DAVID S. BELL, M.S.T., 1996, M.B.A., 2008, is chief financial officer at Design Design Inc. in Grand Rapids.

DEAN J. FEENSTRA, B.B.A., 1997, is partner at Plante and Moran PLLC in Grand Rapids.

JASON C. MARVIN, B.B.A., 1997, is partner at Plante and Moran PLLC in Grand Rapids.

CORY K. KESTNER, B.S., 1998, wrote a law review article, "Subpar Subpoena Clauses: Why States Need to Legislatively Amend Their Zoning Subpoena Laws," published in the *Seton Hall Legislative Journal*.

PATRICK B. MOHNEY, B.B.A., 1998, is a mergers and acquisitions

advisor at Blue Rock Advisors Inc. in Grand Rapids.

SEAN V. BLACK, B.B.A., 1999, is an agent at Farm Bureau Insurance in Kentwood.

2000s

AMANDA M. (ROBLEDO) BANAS, B.S., 2000, earned a law degree from Thomas M. Cooley Law School. She had been director of executive affairs for the mayor of Taylor.

HENRY W. DUNGEY, M.P.A., 2000, received the Martha Reynolds Labor Award for his work with the Kent County Education Association.

REED SUTTON, B.S., 2000, coached the Westbury Christian High School girls' basketball team to its second straight state title. He is now the head women's basketball coach at Faulkner University in Montgomery, Alabama.

RACHEL M. MARIS, B.B.A., 2001, is a talent acquisition consultant for Randstad, a global staffing company in North Carolina.

BRYAN A. RUPAR, B.S., 2001, was promoted to chief of land acquisition and stewardship for the Arkansas Natural Heritage Commission.

DASHAWNA D. SLOAN, B.B.A., 2001, is a wage and investment accounts management representative for the U.S. Department of Treasury.

JENNIFER L. STERRETT, B.S., 2001, is client manager for International Insurance Brokerage LLC in Franklin, Tennessee.

ANNA M. (CHRISTENSEN) TYSZKIEWICZ, B.S., 2001, M.P.A., 2004, is the principal planner for the Indianapolis Metropolitan Planning Organization's multimodal department.

LAURI S. PARKS, M.P.A., 2002, received the William Glenn Trailblazer Award as the first African American to be elected Grand Rapids' city clerk.

MILINDA C. YSASI CASTANON, B.B.A., 2003, earned Senior Professional in Human Resources certification. She was also named a 2010 Leadership Grand Rapids fellow.

LINDSAY N. (MIRACLE) ANES, B.B.A., 2004, is director of business development for Owen Ames Kimball Co. in Grand Rapids. She is also public relations director for the Grand Valley Chapter of the American Institute of Architects.

ERIN K. (QUINN) EHLERS, B.S., 2004, is director of special events for the Cystic Fibrosis Foundation-Southern California Chapter.

NICOLE J. GORTON, B.S., 2004, is a finalist for the Kohl McCormick Early Childhood Teaching Awards. She is a preschool/ kindergarten teacher for children with autism at Ortiz de Dominguez Elementary in Chicago, Illinois.

BEN D. COOK, B.S., 2005, is a unified communication solutions architect at CDW.

LUCY D. FINKEL, B.A., 2005, is a vocalist for Toledo Opera in Ohio.

JACQUELINE S. VAN HALL, B.A., 2005, is marketing and membership manager for Youth Network Council in Chicago, Illinois.

MEGAN L. CARVER, B.S., 2006, is food and beverage manager for Sandestin Golf and Beach Resort in Destin, Florida.

ANTONELLA M. GAGLIO, B.S., 2007, M.S.W., 2009, is wraparound coordinator for the Children's Advocacy Center in Holland.

STEFFANY J. DUNKER, M.B.A., 2002, M.S.T., 2009, is an attorney for Mika Meyers Beckett and Jones PLLC in Grand Rapids. She received the Graduate Deans Citation for Academic Excellence from Grand Valley.

JENNIFER N. ENGSTROM, B.A., 2002, B.S.N., 2009, was commissioned into the U.S. Navy Nurse Corps.

JEFF P. SCHMITT, B.S., 2003, was promoted to safety well-being professional at IBM in Hopewell Junction, New York. He has worked for the company for six years.

JOHN R. HUEBLER, M.P.A., 2006, is director of development-major gifts for the University of Illinois at Chicago. He had been director of corporate and foundation relations for Grand Valley.

KELLI A. HARP, B.B.A., 2007, is a logistics analyst for BAE Systems in California.

NICOLE J. LAFAVE, B.F.A., 2007, is a graphic designer at Plenty Creative in Grand Rapids.

LESLIE A. PERALES, B.S., 2007, is the editor of the *Observer* in Herndon, Virginia. She had been assistant editor.

LAUREN K. AUTIO, B.B.A., 2009, is a human resources associate for Domino's Pizza Corporate World Resource Center in Ann Arbor.

STACEY A. BAISDEN, M.ED., 2009, is the college life program

coordinator for the University of North Carolina School of the Arts.

MARK D. BRYSON, B.S., 2009, is stationed in Jamaica as a U.S. Peace Corps community sanitation officer.

WILLIAM T. DIX, B.S., 2009, graduated from U.S. Navy Officer Candidate School in Newport, Rhode Island, where he ranked third in his class. He will be based on the U.S.S. Kidd in San Diego, California.

KELSEY L. DUDA, B.A., 2009, is the chief executive officer for Six Stone Jars, a Grand Rapids-based wine company.

LAUREN MAY PLUE, B.S., 2009, is corporate event producer for Blue Plate Catering in Chicago.

LINDSAY A. RAAP, B.B.A., 2009, is financial service associate for Prudential Insurance Co. in Grand Rapids.

RACHEL A. VANDERWIEL, B.S., 2009, is a sales representative for Cintas Corporation in Chicago, Illinois.

AMY E. WILLIAMS, B.S., 2009, is a special education teacher for the National Heritage Academies' Linden Campus in Flint.

MARRIAGES

1970s

LORENZO A. MONER JR., B.B.A., 1977, and Vernell L. Massey on February 27, 2009.

1980s

JAMES W. ASHLEY, B.S., 1987, and **MARY F. GRAFF, B.S., 1997**, on November 7, 2009.

1990s

SUZETTE P. (MUHAL) WOOD, B.B.A., 1991, and Harold Nelson on July 30, 2009.

DENISE A. VADEBONCOEUR, B.S.W., 1993, M.S.W., 1995, and Jeffrey Naeyaert on August 22, 2009.

MELISSA K. BAUMGARTNER, B.B.A., 1998, and Tom Sporney on November 14, 2009.

2000s

PATRICIA J. MALSKI, B.A., 2000, and **JOSEPH E. MORRIS, B.S., 2004**, on September 19, 2009.

SARA E. MOTT, B.S., 2000, B.S.N., 2005, and Andrew Baudo on November 7, 2009.

ELIZA C. BIVINS, B.A., 2002, and Howard M. Fink on September 13, 2009.

ANDREA B. FREUDE, B.B.A., 2002, M.B.A., 2008 and **ROBERT W. WESTDORP, B.B.A., 2004, M.S.A., 2005**, on October 30, 2009.

MEAGAN A. LUTTENTON, B.A., 2002, and Matthew Knoll on December 19, 2009.

SUSAN A. SHEPPARD, M.S.W., 2002, and Thomas Owens on September 6, 2009.

ALECIA J. PARKS, B.S., 2002, and Ryan Holland on October 12, 2007.

JILL M. ABDELKADER, B.S., 2003, M.S.P.T., 2005, and Shaun M. Howell on September 12, 2009.

MARK RIETBERG, B.S., 2003, and Mirsada Beganovic on February 14, 2009.

MILINDA C. YSASI, B.B.A., 2003, and Rafael Castanon on May 16, 2009.

MATTHEW M. ARNOLD, B.S., 2004, and **TAMARA L. FERRILL, B.B.A., 2005**, on September 12, 2009.

TIMOTHY R. HENGST, B.B.A., 2004, and **SARA A. RADEMACHER, B.A., 2006**, on September 25, 2009.

BOBBI J. PORTER, B.S., 2004, and Jerome Washington on July 19, 2009.

JOSEPH F. MAKI, B.S., 2006, and **LAURA K. ANDERSON, B.S.N., 2007**, on November 6, 2009.

MELISSA A. MULLEN, B.S.N., 2006, and PATRICK W. BURDS, B.B.A., 2008, on June 26, 2009.

HERMEN DIAZ III, B.A., 2005, and ERIN C. JANCEK, B.A., 2007, on November 7, 2009.

DAVID C. FAVOT, B.S.N., 2005, and MELISSA G. VANSLEMBROUCK, B.S.N., 2005, on July 11, 2009.

ELIZABETH A. DOCHOD, B.S., 2006, and Bryan Balwin on August 7, 2009.

CHRISTOPHER M. HOFF, B.A., 2006, and Justin Eldred on March 2, 2009.

SARAH JONES, B.S., 2006, and Benjamin Porter on October 4, 2008.

JULIE L. KREUZE, B.B.A., 2006, and Dominique Robert DeNooyer on June 13, 2009.

DENNIS K. LAGORIO JR., B.A., 2006, and Tiffany Manchester on December 12, 2009.

JOSEPH F. MAKI, B.S., 2006, and LAURA K. ANDERSON, B.S.N., 2007, on November 6, 2009.

MELISSA A. MULLEN, B.S.N., 2006, and PATRICK W. BURDS, B.B.A., 2008, on June 26, 2009.

JEFFREY D. ROWE, B.B.A., 2006, and KATHERINE M. ONDRUSEK, B.S., 2007, on October 17, 2009.

HEATHER M. WHITELEY, B.S., 2006, D.P.T., 2009, and Jonathon Streffling on September 11, 2009.

ADAM A. CLARK, B.S.N., 2007, and Taryn Van Rhee on July 17, 2009.

KYNDRA D. CLARK, B.S., 2007, and Steven Riggles on June 13, 2009.

JENNIFER L. FUNK, B.S.N., 2007, and Aaron Lemaire on September 19, 2009.

KATIE E. PETTS, B.B.A., 2007, and ADAM L. SPRINGSTEAD, B.S., 2008, on October 23, 2009.

ASHLEY M. PRINS, B.B.A., 2007, M.S.T., 2008, and Andrew Van Manen on December 18, 2009.

KATHERINE E. CHARDON, B.S., 2009, and Paul R. Merrill, B.S., 2009, on December 19, 2009.

KENDRA M. SUPER, B.S., 2007, and MARTIN J. SUPER, M.P.A., 2009, on June 27, 2009.

JOSHUA S. VANDENBERG, B.B.A., 2007, and Amanda Sibley on September 5, 2009.

LANDER C. BACHERT, B.A., 2008, and Frank Glenn on August 16, 2009.

PAUL R. BUNCE, B.B.A., 2008, and JOCELYN M. ROOT, B.S., 2008, on July 25, 2009.

HOLLY M. FAIRBAIRN, B.S., 2008, and Scott Engemann on August 8, 2009.

NICOLE C. LAUNIERE, B.S., 2008, and Kurt Bode on October 9, 2009.

MICHAEL L. LOTHSCUTZ, B.S., 2008, and BETH A. VANDERWAL, B.S.N., 2008, on October 10, 2009.

ERIN MURPHY, B.S., 2008, and Scott Hartman on October 9, 2009.

CHELSEA A. ROE, B.S., 2008, and Jonathan Selbig on July 11, 2009.

JENNA L. BROUWER, B.S.W., 2009, and Shawn L. Voss on August 15, 2009.

ELIZABETH L. HAMELINK, B.S.N., 2009, and Mark Gordon on October 10, 2009.

MARIA N. POLANIC, B.S.N., 2009, and ADAM D. RENICO, B.B.A., 2009, on September 5, 2009.

VANESSA A. REYNOLDS, B.S., 2009, and Nathan Umstead on August 20, 2009.

CRYSTAL D. RICHARDS, M.ED., 2009, and Wesley Kitten on May 23, 2009.

KATIE R. SHERMAN, B.B.A., 2009, and James Andres on September 5, 2009.

BIRTHS AND ADOPTIONS

1990s

AARON TODD REEVES, B.S., 1990, and wife Molly announce a daughter, Adrienne Claire, born August 3, 2009. The family resides in High Point, North Carolina.

BRENT L. ASHCROFT, B.A., 1991, and wife Lori announce a son, Brady James, born January 8, 2010. Brady is welcomed by sister Sydney. The family resides in Ada.

CAROLINE S. (KUETHER) GWALTNEY, B.S., 1995, M.S.P.T., 1998, and husband Geoffrey announce a daughter, Reese Elizabeth, born June 27, 2009. The family resides in Hancock.

DANA M. (GROSJEAN) HELENUS, B.S., 1996, and husband Kyle announce a daughter, Brielle Jolie, born September 15, 2009. Brielle was welcomed by brothers Bryce and Drew. The family resides in Allendale.

JENNIFER L. (BOERSEN) KROLL, B.S.N., 1996, and husband Terrance announce a son, Henry James, born on January 15, 2010. The family resides in Holland.

CHARLES T. SCOTT, B.F.A., 1994, and JULIE M. (SCHWALLIER) SCOTT, B.F.A., 1995, announce a daughter, Marley Marie, born October 20, 2009. Marley is welcomed by sister Olivia. The family resides in Phoenix, Arizona.

GREG F. MYERS, B.S., 1995, and wife Kara announce a daughter, Katherine Kiyomi, born December 18, 2009. Katherine is welcomed by brothers Blake and Owen. The family resides in Holland, Ohio.

Graduates root for Lakers at watch parties around the country

Hundreds of alumni and fans of Laker football gathered at one of 30 watch parties around the country to root for Grand Valley during the 2009 NCAA Division II National Championship game on December 12.

Thousands of fans were able to travel to Florence, Alabama, for the game, which was the Lakers' sixth trip to the championship game since 2001. Grand Valley lost to Northwest Missouri State, 30-23.



Raleigh/Durham Alumni Club members cheer the Laker football team in the national championship game.

SHANNON T. (TUMBLIN) BLAKEMAN, B.S., 1999, and BENJAMIN R. BLAKEMAN, B.S., 2001, announce a daughter, Katelyn Grace, born June 18, 2008. Katelyn was welcomed by brothers Jason and Lucas. The family resides in Niles.

STACY N. (WEISSENSTEIN) BYKER, B.S., 1999, and husband Todd announce a son, Owen Dale, born August 31, 2009. The family resides in Belmont.

JENNIFER L. (MIKOWSKI) LAMB, B.S., 1999, and husband Patrick announce a daughter, Campbell O'Brien, born August 5, 2009. Campbell was welcomed by sisters Emmerson and Payton. The family resides in Suttons Bay.

2000s

VICTOR CARDENAS, B.A., 2000, and wife Kathryn announce a son, Lewis Robert, born December 30, 2009. The family resides in Brooklyn.

NICOLE M. (HUNT) PIERSON, B.B.A., 2000, and husband Christopher announce a daughter, Reese Olivia, born December 26, 2009.

ELIZABETH A. (KARBER) BROGLIN, B.A., 2001, and husband Brian announce a daughter, Hannah Elizabeth, born July 20, 2009. Hannah was welcomed by sister Emma. The family resides in Waterford.

MARK C. LONDOT, B.S., 2001, and AMY (LARSON) LONDOT, B.S., 2002, announce a son, Levi Andrew, born on January 11, 2010. The family resides in Grand Haven.

TIMOTHY J. MCELWEE, B.S., 2001, and HEATHER M. BILL, B.S., 2002, announce a son, Carter Jennings, born August 14, 2009. Carter was welcomed by brother Owen Henry. The family resides in Philadelphia, Pennsylvania.

MARY F. (OSMOLSKI) OLSON, B.S., 2001, and husband Jim announce a son, Adam Joseph Lee, born August 7, 2009. Adam was welcomed by brother Luke. The family resides in Traverse City.

JULIE A. (WALORSKI) VISSER, B.A., 2001, M.ED., 2004, and ROBERT M. VISSER, B.A., 2002, M.P.A., 2004, announce a daughter, Ruthie Bimini. Ruthie was welcomed by sister Penny. The family resides in Winter Garden, Florida.

MELISSA A. (SMITH) BYKER, B.S., 2002, M.ED., 2008, and husband Barry announce a daughter, Eden Pearl, born May 5, 2009. The family resides in Jenison.

ERIN M. (EDDY) CARPENTER, B.S., 2003, and husband Edward announce a son, Jillian Grace, born on December 29, 2009. The family resides in Grand Rapids.

CATHERINE A. (BAIN) VEESER, B.S., 2003, M.S., 2005, and husband Chad announce a son, Nathan MacKay, born May 31, 2009. The family resides in Ferndale.

NATALIE J. (SELMON) JAMES, B.A., 2003, M.ED., 2006, and DEREK A. JAMES, B.S., 2006, announce a son, Micah, born January 18, 2010. The family resides in State College, Pennsylvania.

STEPHEN C. SCHULTE, JR., B.S., 2004, and wife Rachel announce a daughter, Brooklyn Kelly, born October 29, 2009. The family resides in Caledonia.

DOUGLAS M. FOX, B.B.A., 2005, and CHRISTEN E. (HERNANDEZ) FOX, B.A., 2007, announce a daughter, Gabriella Averie, born January 18, 2010. The family resides in Bedford, Texas.

ERIKA L. (BISSON) HOLLERAN, B.S., 2005, and KEVIN J. HOLLERAN, B.S., 2005, M.S., 2008, announce a daughter, Helena Grace, born October 16, 2009. The family resides in Walker.

CORY T. ROEPCKE, B.B.A., 2005, and EMILIE C. (SALATA) ROEPCKE, B.S., 2005, announce a daughter, Ainsley Ann, born October 3, 2009. The family resides in Grand Rapids.

JESSICA N. (NEAGU) MEYER, B.B.A., 2008, and CURTIS J. MEYER, B.B.A., 2008, announce a son, Braylon Bradley, born November 27, 2009. The family resides in Elkhart, Indiana.

SABRINA N. (HAWKINS) VANDER LUGT, B.A., 2008, and husband Kevin announce a daughter, Micaila Rae, born July 29, 2009. The family resides in Jenison.

IN MEMORIAM

DR. RICHARD H. LEFEBVRE, of Green Valley, Arizona, Professor Emeritus, on January 1, 2010.

1960s

BARBARA S. (SONNEGA) VANDERJAGT, of Jenison, Michigan, B.A., 1968, M.ED., 1981, on December 17, 2009.

1970s

DIANE E. HOSTETER, of Grand Haven, Michigan, B.Ph., 1978, on December 31, 2009.

1990s

MICHAEL A. MCLAUGHLIN, of Muskegon, Michigan, B.S., 1992, M.S.W., 1993, on December 29, 2009.

CONNIE L. (VANDE BUNTE) VANEERDEN, of Grand Rapids, Michigan, M.ED., 1994, on December 27, 2009.

MICHAEL R. LOPEZ, of Zeeland, Michigan, B.A., 1997, on November 22, 2009.

2000s

RICK D. POSTMA, of Zeeland, Michigan, B.S.N., 2000, on January 15, 2010.

RYAN D. ENDE, of Hamilton, Michigan, B.S., 2003, on December 27, 2009.

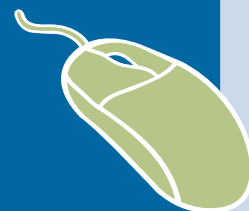
AARON HAYNES, of Grand Rapids, Michigan, B.S., 2003, on November 24, 2009.

JEFFREY S. DUWE, of Charlottesville, Virginia, B.S., 2004, on January 8, 2010.

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FEELING THE BURN

BODY BUILDING HELPS STAFF MEMBER FEEL EMPOWERED

— by Dottie Barnes



photo courtesy of Leah Thomas

Leah Thomas used to eat one meal a day, but she's in better shape now that she eats five or six healthy meals per day. That's because Thomas is an amateur body builder. "I don't know how I functioned on one meal," Thomas said. "My weight would go up and down like a yo-yo."

Thomas, a customer service associate at Grand Valley's Pew Grand Rapids Campus, said her previous weight of 145 pounds and a particular photograph made her want to change her body.

"It was the early '80s and I was 18," she recounted. "I saw a picture of Rachel McLish (a body builder credited with putting the sport on the map for

women). She was beautiful; she had muscles, yet she still looked feminine. I thought, 'I want to look like that. I want to do that.'"

Thomas was attending Wayne State University at the time and started to work out sporadically for several years. And while she looked better, she decided in 2000 to take her workouts to a new level and train to compete in body building competitions. It would take Thomas months to prepare.

"I was now living in Grand Rapids and got connected with a local trainer," she explained. "He told me I had to clean up my diet and he gave me an eating plan that I needed to follow for three or four months. I had to eat five or six meals a

day, but only certain foods — no sugar, no fat and no bread."

Thomas said the regiment was very difficult. "It was very hard because my body was trying to adjust to me eating every two-to-three hours. It was uncomfortable; I felt like was going to burst. I didn't think I could do it, but after about three days my body started to adjust."

The Detroit native's diet was restricted to the following foods: chicken breasts, baked potato or rice (preferably brown rice), and broccoli or other green vegetables. "I did give myself one day out of the week to eat whatever I wanted, a cheat day," she said.

Thomas said in the weeks leading up to a competition

“I WANT TO BE UP ON THAT STAGE WHEN I’M 50 — WHEN I’M 80!”

— LEAH THOMAS

she will drink one-to-two gallons of water each day and begin to modify her eating. “Around eight weeks before competition, I eliminate my cheat day and I modify my portions, cutting down to five meals a day. After 1 p.m., I only eat chicken and vegetables. The idea is to begin to get as lean as possible,” she explained.

The week before competition is known as “hell week.” Thomas said during that week she will cut her water intake each day so that by competition day, she’s only taking sips of water. “This is so your skin is tight and your muscles come out,” she said.

Most competitors will also tan to help give the body an even color and so muscles look more defined under the lights. “Being African-American, I didn’t think I needed to tan, until I read that some professional African-American body builders tan or get their bodies painted. I had my body painted for one competition and it made a big difference,” she said.

The physical training is just as intense as the dietary restrictions, according to Thomas. In the weeks and months before competition, she will spend at least two hours a day, five days a week, lifting weights in the gym and doing up to 60 minutes

of cardio exercises. Her workouts begin at 5:30 a.m. at the David D. Hunting YMCA in Grand Rapids.

“Besides weight training and diet changes, I also had to learn how to pose,” said Thomas. “There are ways to showcase various muscles, plus there are mandatory poses that must be done for the judges. My weakness is my legs. I have to work extra hard on that area.”

She said she also learned a lot about the unspoken rules of performing. “I wore a yellow suit for one competition and was marked down. You don’t want to distract attention from your muscles,” she said.

Thomas has competed three times, in 2000, 2001 and 2002, in the light- and middle-weight categories at local competitions in Grand Rapids. She placed third in her weight class during her first two competitions and won two trophies. In the third competition she was picked to compete for the “Best Poser” award.

She got down to 120 pounds for her first competition; 118 for the second and 115 for the third. At 5 feet 4 inches tall, she maintains a weight of 130 pounds when she’s not competing. “This is a realistic weight for me,” she explained. “I feel good and look good in

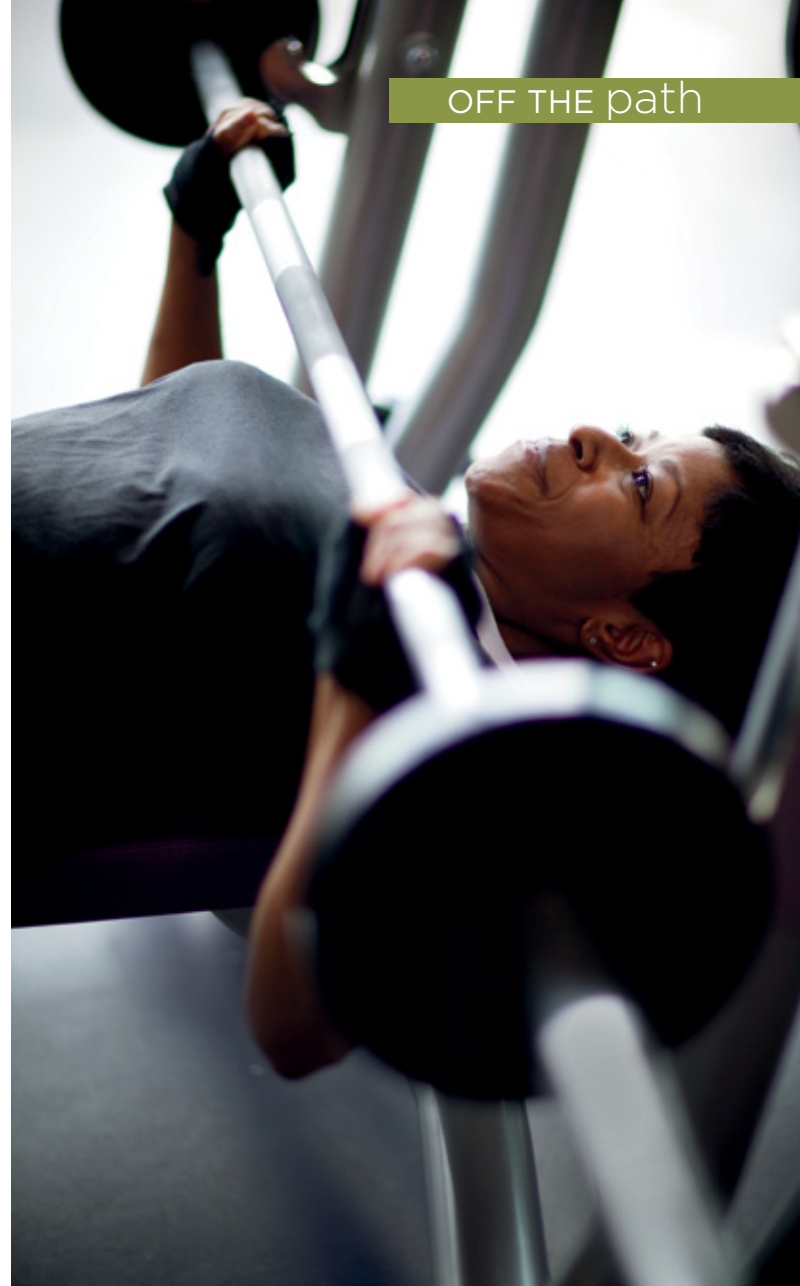


photo above and on page 38 by Adam Bird

my clothes. It’s a weight I can maintain. It’s perfect for me.”

Thomas started working at Grand Valley in 2004 and is now pursuing a bachelor’s degree in liberal studies with plans to earn a dual master’s degree in social work and public administration. She would like to become an advocate for those suffering from HIV. “It hurts my spirit that people afflicted with HIV/AIDS can be treated like lepers in our society,” she said.

Now, at 46, Thomas is in training to compete again in May at a competition in Grandville. “I did let life get in the way but I’m happy to be

training to compete again,” she said. “It makes me feel good, strong, empowered. I get an adrenaline rush as I watch my body transform and it makes me want to keep going. It’s good discipline. And if it wasn’t for my faith in God, I would not have been able to achieve anything.

“I want to be up on that stage when I’m 50 — when I’m 80!

Leah Thomas (above) trains two hours a day, five days a week for body building competitions. Thomas placed third in her weight class at a Grand Rapids body building competition in 2001, pictured on page 38.



**GRAND VALLEY
STATE UNIVERSITY**

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GRAND VALLEY
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Laker dance fever

More than 4,000

students and guests danced
the night away February 5 at
the 24th annual Presidents' Ball
at the DeVos Place Convention
Center in Grand Rapids.

photo by Amanda Pitts

