

first

THE MAGAZINE
OF CARROLL UNIVERSITY
WINTER 2023/24

PATHOLOGISTS' ASSISTANT

Carroll offers rare master's
for high-demand field

ALUMNA WORLD RECORD HOLDER

For owning the largest
Winnie the Pooh collection



PIONEER DRIVEN THE CAMPAIGN FOR CARROLL

Historic gift from Tim '75 and Vivian Sullivan kicks off
the public phase of the comprehensive campaign

POOHS OVER PIOS

Deb Hoffman '87 has held the record for the largest collection of Winnie the Pooh memorabilia for the last 15 years. What started out as a casual interest to find a Pooh phone, now stands at a whopping 23,632 unique items. *She owns more Pooh paraphernalia than Carroll has alumni.* Deb, a truly playful and generous soul, doesn't see an end to her Pooh collection and hopes that her story can be an inspiration to others to have fun in the journey while achieving big things.

“I SPY”

Can you find Pooh dressed...

- In a polka dot party hat?
- As Buzz Lightyear?
- In a pair of overalls?
- In a graduation cap?
- As a bumble bee?
- As a bundle of grapes?
- In blue bunny ears (4 times)?

first

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

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

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236

8 | Pioneer Driven

The Campaign for Carroll launches the public phase of a multi-million dollar endeavor to enhance facilities and the student experience.

17 | Acting Out

A new cutting-edge collaboration between the behavioral health psychology program and the theatre department allows Carroll's students to excel.

21 | Reading, Writing and Rhythmic Breathing

An honors course in mindfulness offered a practical benefit.

ON THE COVER Tim Sullivan '75 at the annual Old Main Society Dinner



Highlights

Foremost

- 4 | Major League Impact in Athletic Training
- 5 | Full of Life
- 6 | High Tech Higher Ed
- 15 | Pathologists' Assistant

Exploration

- 14 | REPLAY: Alumni Athletes Now Suit Up as Coaches
- 16 | CU @ Carroll
- 20 | Seven Days of Mindfulness
- 23 | RN Pathway

Pioneers

- 24 | In Service to Others
- 25 | New M.Ed. Program
- 32 | 2023 Hall of Fame Inductees

FIRST | Winter 2023/24

PRESIDENT'S MESSAGE

We often talk about how we were an institution of higher learning before Wisconsin was a state. We're quite proud of that fact! Over the course of 178 years, any institution would see a vast amount of change, which holds true for Carroll. We continue to dream about where we will be in another 178 years.

Carroll University has embarked on the public phase of a multi-year comprehensive campaign to significantly advance the university's mission through several initiatives, including capital projects, endowment growth and growth in general support to sustain Carroll's core health and well-being. It is our hope that in addition to providing support for a restricted Campaign objective, alumni, parents and friends will also give a portion of their Campaign commitments to support the work of The Carroll Fund.

Earlier this fall, an alumna and his wife did something that will change the course of this university forever. In fact, they did something that has not been done in the entire 178-year history of this amazing institution. They demonstrated an act of generosity so extraordinary that it provided the momentum to kick off the public phase of our comprehensive campaign. Long-time committed members of the Carroll community, Tim '75 and Vivian Sullivan, made the single largest gift in the university's history - \$10 million - by providing the funding to name The Sullivan School of Business and Technology. Standing as the cornerstone of the campaign, this new facility will support critical interdisciplinary collaboration, market driven programs and house a technology-infused auditorium. You can read more about the Sullivans' amazing act of generosity and the evolving plans for the campaign starting on page 8.

In this issue, you will also find highlights about our two new undergraduate majors (video game design and aviation science/drone technologies) as well as the latest master's programs that are making a splash: Master of Science in Pathologists' Assistant Studies, Master of Education in Organizational Development and Learning and Registered Nurse to Master of Science in Nursing. These programs are a glimpse at how we always bring innovative programs to our students and how we prepare the workforce for the future.

As we enter this season of thanks, I remain forever grateful that your story has been intertwined with the rich history and bright future of Carroll University. Whether you attended here part-time, have a legacy connection, are a parent or have remained connected through friends, we wouldn't be the amazing university we are without your dedication and commitment.

First, Foremost, Forward,

Cindy Gnadinger

Cindy Gnadinger
President



MAJOR LEAGUE (Baseball) IMPACT IN ATHLETIC TRAINING

By Tim Muma

You might not be able to call Carroll University a farm club for Major League Baseball (MLB) teams yet. Still, with seven students and graduates joining MLB organizations over the past few years, Carroll Pioneers are making their mark on the diamond. Most notably, four athletic trainers play critical roles in keeping players healthy and productive.

“Carroll professors did an amazing job preparing me for the countless things we’d encounter in the field because we did so much hands-on work,” said Bryce Hietpas ’20. “Working for a pro baseball team is a lot of work but very satisfying. And it’s cool to know so many other Carroll graduates are doing the same thing.”

Hietpas interned with the Houston Astros before landing a full-time position with the Detroit Tigers’ Dominican Summer League team. His internship was instrumental in learning about the daily grind of a baseball team and what is expected of their athletic trainers. It also gave Hietpas an advantage over his peers, a key component to Carroll’s success in placing graduates with MLB teams. Creating pipelines and relationships with pro baseball clubs is the best way to kickstart careers.

“I interned with the Wisconsin Woodchucks (now Wausau Woodchucks), a collegiate summer baseball team, but then Carroll provided me with the opportunity to intern with MLB’s Pittsburgh Pirates as my capstone experience,” said David Archer ’19.

Archer currently works as a minor league athletic trainer for the Kansas City Royals. While the Pirates’ internship was huge for his development, he says Carroll’s athletic training staff and professors made it easy to succeed immediately. “Every day at Carroll was a challenge for me but exactly what I needed to be in the position I am

today. I was able to observe and learn from elite talent,” Archer added.

“The most valuable tool was the combination of hands-on classroom learning and on-field coverage. It helped me

become more comfortable with skills I needed to perform at a high level.”

Before Archer and Hietpas took their talents to the pros, Brooke Boggs ’18 found her way to the Milwaukee Brewers organization. For Boggs, now with the Miami Marlins, the challenge was more significant, as few females worked as athletic trainers with pro baseball teams five years ago. It speaks volumes about the Carroll program and Boggs’ abilities that she is now a veteran of the industry.

All three students were products of Carroll’s former undergraduate athletic training program. In 2020, Carroll elevated it to a Master of Science of Athletic Training (MSAT) program to meet licensing and professional standards changes by the Commission on Accreditation of Athletic Training Education (CAATE). The strength of the undergraduate program and the success of its graduates helped make it a smooth transition.

“Our athletic training students were already learning advanced skills and an interdisciplinary approach to prepare them for any situation,” said Athletic Training Program Director Jamie Krzykowski, Ph.D., LAT, ATC. “They take courses with physical therapy, occupational therapy and physician assistant students, work with medical doctors and help run our free rehabilitation clinic. All of it to understand the various ways professionals and patients function.”

The integrated philosophy of Carroll’s MSAT program focuses on an intensive real-world experience from the beginning, giving students more than 800 hours of hands-on work. They get clinical practice in the first semester at Carroll, whereas most programs offer students that option starting in their third or fourth semester. It makes a difference when graduates need to step up to the plate. Kiley Brown ’23 earned his master’s in athletic training earlier this year and now works for the Texas Rangers organization.

“From the start, I felt confident in my rehabilitation strategies due to Carroll’s clinicals, which do a fabulous job of making you comfortable in your abilities,” said Brown. “One of the most impactful clinicals for me was the free Orthopedic Sports Medicine Clinic we hosted. This allowed me to perform evaluations and create a rehab protocol. With Clinical Education Coordinator Dr. Lacey Runyon’s supervision, I learned from my mistakes and developed my own style.”

Krzykowski stressed that “there’s a very high demand for athletic trainers, and we ensure Carroll students have a leg up on their competition.” The U.S. Bureau of Labor Statistics projects athletic trainer positions to grow by 23 percent by 2030. Job postings often describe signing bonuses, extra pay for overtime, tuition reimbursement and other perks to draw people in. While most athletic trainers will latch on with high school and college sports teams, they are also needed in physician practices and tactical fields such as military, police and fire.

Of course, if you’re at Carroll University, graduates are trending toward higher levels with MLB organizations. It’s no walk in the ballpark, but immense satisfaction comes from succeeding in a challenging environment and helping athletes live out their dreams.

“People are surprised by the time commitment. It’s six, sometimes seven days per week for 11-12 hours per day stretching, taping up players, massaging sore bodies and working through rehab. It can be a grind,” Hietpas said. “But I like the variety of the days and interacting with players and coaches. I’m very happy where I am.”

“I love the connections you make as an athletic trainer,” said Brown. “You have an opportunity to play a huge role in these athletes’ lives, both in the rehab setting and as human beings. Friends ask what the players are like. It’s funny because they are normal guys who watch the same shows and laugh at the same things everyone else does – they just happen to be elite athletes.”

The inaugural MSAT class graduated in May of 2022, and students have had 100 percent job placement, a testament to everyone involved. Krzykowski said she is proud of all the work Carroll graduates are putting in and how they have hit the ground running, but she also loves how current students are changing lives while they’re at Carroll.

“We help to run the Carroll University Rehabilitative Exercise (CURE) Clinic for cancer patients and survivors that was developed by our Clinical Exercise Physiology program,” said Krzykowski. “Serving others and seeing the appreciation from patients has a tremendous impact.”

That impact is felt by the Carroll athletic training students as well, first with the undergraduate program and now with the master’s route. “The faculty is fantastic, and the small classes really allow you to feel cared about as opposed to just being a number,” said Brown. “I would suggest Carroll’s athletic training program to anyone who is looking to get in the field.”

“Carroll prepared me for professional sports that have a great deal of pressure and stress that has forced me to adapt and put everything I have into my job,” Archer added. “It gives me a sense of purpose that really makes me feel great waking up every day.” And while none of them will be seen on highlight reels and baseball cards as they support MLB organizations behind the scenes, there are rewards if you love baseball.

“I walked into spring training each year and see guys like Framer Valdez (two-time MLB All-Star who threw a no-hitter on August 1 this year),” Hietpas said. “Oh my gosh! I’m having conversations with these guys. It’s things like that I never thought would happen to me, and I owe a lot of it to Carroll.”

MORE PATHS TO MLB

Shea Connell ’21 is one of several graduates and students in Carroll’s Sport Physiology and Performance Coaching program also involved with MLB teams. Connell, currently with the Houston Astros, will receive a championship ring from last year’s World Series winners. In addition, Conor Cantwell ’23 and Jack Chard ’23 worked or interned with MLB organizations the past few seasons.



FULL OF LIFE

VP of Student Life Barry Bids Adieu

As Dr. Theresa Barry put it, her responsibility as vice president of student life was pretty broad. “I tell parents that student life is all of the activities when your student isn’t in class or studying.”

Barry, who announced her retirement this summer, arrived at Carroll in 2009 as dean of student life and has been focused on making Carroll feel like home for students ever since.

“It’s really all of the things that we want the student to engage in,” she said, before listing off a partial overview, mentioning housing, rec sports, athletics, counseling, spiritual life, student organizations and more.

Barry said she has noticed that universities are taking the subject more seriously these days. “I think we used to be more ancillary” to a student’s academic experience, she said, “but now we are viewed as an important part of the student’s journey.” She credits current president Cindy Gnadinger and past president Doug Hastad as having recognized the importance of student life and devoting resources to it.

As she packed up her office, Barry struggled to pick just one single memory from her tenure as her favorite but Move-In Day will always make her smile.

“It’s the most exciting time of the year,” she said. “Students are nervous, the parents are nervous, and right away, the way we do move in, well, it just takes away all of the concerns and questions parents may have had, and they realize they are sending their student to a good place where they’re going to thrive.”

It’s a big day, perhaps second only to Commencement, for the students, but for Barry, it was just another day in student life.



Bryce Hietpas '20

HIGH-TECH HIGHER ED

Carroll Adds Undergrad Majors in Video Game Design and Aviation Science and Drone Technologies

Carroll University has unveiled new undergraduate majors that both provide innovative education in emerging fields: the bachelor's degree in aviation science and drone technologies and the bachelor's degree in video game design.

"Carroll is thrilled to be offering these two new academic programs," said President Cindy Gnadinger. "These programs demonstrate Carroll's longstanding commitment to developing majors that meet the needs of an ever-changing society. In keeping with our pioneering reputation, Carroll has a long history of innovation in education; Aviation Science/Drone Technologies and Video Game Design continue that proud tradition."

VIDEO GAME DESIGN

The video game design major prepares students for a career in game design and development, a booming field. The demand for video game designers is expected to reach near double-digit growth over the next several years, as the number of gamers is approaching three billion worldwide. The program will be led by B.J. Best, associate professor of English and interactive arts.

Best, a video game aficionado who has written and developed several games himself, said the major comes from student interest. Best taught a popular video game studies course, which gave rise to a video game design course, itself very popular among students.

Students in the major will learn design thinking as it applies to the game design process, developing skills in creating graphics and sound, writing for games, and basic coding principles.

"We're excited that we are one of the first schools in Wisconsin to offer this major," said Best.

The video game design major can be paired with a second major in a related field, allowing students to create their own personalized path and receive a double major in just four years. The double major, as well as the interdisciplinary nature of the major itself, is intentional. "It's impossible to make a video game without having some skills in some other sets, such as art skills or writing skills or programming skills or something like that," said Best.

By combining the second major and teaching a broad skillset, Best is hoping that program graduates will be able to set themselves apart in the job market or even pursue other creative opportunities.

"Carroll has brought together experts from our computer science, creative writing, design, business and music programs to create this unique undergraduate program in video game design," said Dr. Kareem Muhammad, dean of the College of Arts and Sciences. "Students in the program will be provided with the full set of skills needed to succeed in video game design, which has become one of the world's fastest-growing industries."

AVIATION SCIENCE AND DRONE TECHNOLOGIES

The aviation science and drone technologies major will provide students with the skills and knowledge needed to become industry leaders in a variety of drone-related fields, including small drone piloting, remote sensing system design and operations, mission planning and data analytics.

Carroll has been a pioneer in this emerging field, first offering a minor in aviation science and unmanned aircraft systems in 2021. Carroll is now one of the few universities nationally to offer a bachelor's degree in the field and the only university in the state offering this type of major and minor. The program was created under the direction of Mike Mortensen, director of Carroll's aviation science program and clinical associate professor of graphic design and interactive arts. It will offer students a broad understanding of drone operations, including law enforcement operations and surveillance, government and aviation regulations, data acquisition and visualization and counter-drone systems.

According to Mortensen, several factors played a role in the creation of the major. "First, the increasing demand for unmanned aerial vehicles (UAVs) in various industries, including construction, agriculture, forensics, environmental studies, real estate and law enforcement. Secondly, due to our success leading a high school drone

"We educate our students to define and solve problems through our design process."

Article continued on page 15



BACK TO SCHOOL

Dehne '95 Returns to Carroll as New VP of Student Life

Nathan Dehne '95, who began his career in higher education as an associate director of admissions at Carroll, has returned to campus as the university's new vice president of student life. His first day on the job was Aug. 11, 2023.

With nearly 30 years of experience in higher education, Dehne's results-driven, student-centered approach has made him a respected leader in the field. Dehne has thrived as a vice president at multiple colleges and universities within student development, enrollment services and admission throughout his career. His diverse experience, knowledge and collaborative expertise have fueled Dehne's consistent success in building bridges between students, departments and all areas of higher education.

"Nate has a real passion for raising others up and helping students and colleagues thrive in all aspects of university life," said President Cindy Gnadinger. "With all of his incredible accomplishments and love for Carroll, I'm excited to see how Nate will build on the outstanding work of his predecessor Theresa Barry and drive the university forward."

Dehne will oversee many areas, including Student Activities, Athletics, the Student Health Center, Student Conduct and Violence Prevention, Residence Life and Housing, the Walter Young Center Counseling Services and more. As vice president of student life, Dehne's goal will be to create a well-rounded, holistic educational experience for all students.

As a proud alumnus and former staff member at Carroll, Dehne holds the campus and community with great reverence, strengthening his desire to create an extraordinary environment. His wife, Melissa (Morton) Dehne '94, son Benjamin Dehne '20 and brother Carl Dehne '00 are all Carroll graduates. "Carroll gave me the gift of a wonderful education and student experience, my career, and my family. I now have the opportunity to give back and be a steward of Carroll's tremendous legacy," Dehne said. "I look forward to bringing the campus a high level of energy, passion and professional experience in everything I do. It feels great to be a Pioneer again, and I thank President Gnadinger, the search committee and the leadership team for the pathway home."



THE REVEREND ELIZABETH McCORD FOR CHRIST AND LEARNING

For Christ and Learning is the English translation of "Christo et Litteris," Carroll University's motto

The Utility of Prayer

"When you call upon me and pray to me, I will hear you. When you search for me, you will find me. If you seek me with all your heart, I will let you find me, says the Lord." – Jeremiah 29:12-14a



REV. McCORD

Prayer is not exactly a hot topic, and yet it is a foundational part of human existence. People have been praying since time immemorial, across traditions, cultures and belief systems. For some of us, it is a regular spiritual practice. Still, even those who do not identify as religious may experience prayerful moments when expressing awe or gratitude, longing or despair. In this, prayer is as much a way of being as an action. It is a leaning into mystery.

In the Christian tradition, prayer takes many forms. Those raised in liturgical traditions will know well the words repeated in worship or at set times of day. These scripted prayers represent the collective wisdom of the Church passed from generation to generation. They live in one's bones and become a pathway when minds are cluttered and distracted. By contrast, other churches primarily practice extemporaneous prayer, words that flow freely in whatever language one usually speaks. This form of prayer allows us to hear the unique way the Spirit speaks through our own voice. It empowers the faithful to pour out their hearts and to speak everything that we need to say. Contemplative prayer invites practitioners into a spiritual stillness, a posture of listening and attentiveness to God's presence. It may come through just listening to one's own breath, through the rhythm of walking, or through the observation of beauty.

In whatever form it takes, prayer resonates within our souls. It creates space within us where we can encounter something, or someone, who is wholly other than us, and whenever we seek the Divine, God reveals Godself to us in ways that we need. Thus, an ancient practice offers fresh wisdom for this moment. Today, in a world overwhelmed with violence and unpredictability, prayer provides shelter; it is a holy space where honesty is met with grace, brokenness with healing. In a culture of increasing divisiveness and reactivity, prayer is countercultural; it reminds us of our common humanity and cultivates compassion within our hearts. At a time of environmental devastation and unparalleled technological change, prayer invites us into timelessness, connecting us to the eternal and to the wisdom that is beyond our comprehension. And in a season when so many feel lost and hopeless, prayer is resistance, rekindling within us a fire for justice and wholeness.

What is it you seek, and what might you discover through prayer?



The announcement of the public phase of the campaign at the annual Old Main Society Dinner in October of 2023.

Carroll University has embarked on the public phase of a multi-year comprehensive campaign to significantly advance the mission of the University through several initiatives to include capital projects, endowment growth, and growth in general support to sustain the University's core health and well-being.

The main capital projects identified include a state-of-the-art physical space for The Sullivan School of Business and Technology, a significant renovation and addition to Van Male Field House, and the renovation and repurposing of several recently acquired buildings and previously owned facilities on or adjacent to the campus.

Endowment projects include garnering resources to support faculty-endowed positions and scholarship, student scholarships and growth in endowed funds to support key programmatic objectives.

Increased general support will serve to provide supplemental help to programs and services across campus. It will allow alumni, parents and friends to support the University in the areas that speak most deeply to their desire to provide philanthropic support to Carroll and its students.



Tim Sullivan '75 and President Cindy Gnadinger



THE SULLIVAN SCHOOL OF BUSINESS AND TECHNOLOGY

The Carroll University Sullivan School of Business and Technology is a seminal step forward in the development of a world-class business school on campus. The state-of-the-art facility will offer business and technology classrooms that will enhance current offerings and allow Carroll to explore expanding into new, in-demand areas such as Sales Engineering and Artificial Intelligence. The building will also feature a technology-infused auditorium to accommodate events and speakers. The facility provides the opportunity to co-locate The Sullivan School of Business and Technology with departments such as computer science and information technology--a dynamic union of disciplines that will set Carroll graduates apart. Finally, this facility is a critical requirement if the University is to achieve accreditation for The Sullivan School of Business and Technology by the Association to Advance Collegiate Schools of Business (AACSB), which would make Carroll one of only two private schools in Wisconsin with this distinction.

Within this project, there are a number of opportunities for support that will advance this project and help the University to complete the construction of this facility.

Pioneer Driven: The Campaign for Carroll

Funding Opportunities

Capital Projects\$55M

The Sullivan School of Business and Technology \$35M

Van Male Field House Renovation/Addition \$15M

Capital Renovations \$5M

Endowment.....\$20M

Student Scholarships \$16.5M

Faculty and Staff Positions \$2M

Program Support \$1M

Unrestricted Endowment Support \$500K

Operating Support\$25M

Current Unrestricted Support \$13M

Current Restricted Support \$12M

CAMPAIGN GOAL
\$100,000,000



ADDITION AND RENOVATION OF VAN MALE FIELD HOUSE

A much-needed addition and renovation of Van Male Field House is anticipated to accommodate a rise in the number of student-athletes on campus. Originally built when the number of students participating in

intercollegiate athletics at Carroll was approximately half of the 630 student-athletes who compete today, Van Male needs an expansion to meet our present training requirements. This addition will include two multipurpose courts consisting of netting that can be lowered from the ceiling to accommodate activities like batting and pitching practice for baseball and softball while allowing for indoor practice court space for men's and women's tennis, volleyball and basketball. In addition, a state-of-the-art weight training facility and aerobic exercise facility will be added. While all these spaces will be primarily designed for use by student-athletes, these facilities will also be open for intramural use and use by the general student population, faculty and staff. Additionally, some renovations of other spaces in the building are anticipated, including a new Alumni Suite that will be available for alumni gatherings during basketball and football games and for entertaining prospective students and their families.

There are several naming opportunities in this project that will help the University complete the renovation of this facility.

SCHOLARSHIP AND PROGRAM SUPPORT

Carroll University is known for its commitment to student financial aid and the highly experiential and personal educational programs it offers to students. In recognition of these commitments, the Campaign seeks to raise both endowed and non-endowed support to strengthen and further support our efforts in these areas. From scholarships, endowed professorships and staff positions, to support for Cross-Cultural Experiences (CCE) programs and providing student-faculty research funds, Carroll wishes to strengthen support for the very services and programs we believe make a Carroll experience unique. Student access through financial aid is one of the main goals of the Strategic Plan, providing the resources necessary for any qualified student to come to Carroll regardless of their financial circumstances. Individually named endowed scholarship funds and the Endowed Opportunity Scholarship Fund are both ways individuals hoping to make the dream of a college education possible can impact the lives of deserving students at Carroll.

Often referred to as "the secret sauce," the richness of the experiences our students have both in and out of the classroom are made possible by the generosity of alumni and parents who have experienced or witnessed the life-changing outcome of these opportunities. Ensuring that they continue as an ongoing feature of the Carroll experience for generations of students to come is a key objective of the Campaign.

There are many endowed and non-endowed opportunities to provide support for these critical areas.

THE CARROLL FUND

The Carroll Fund supports every facet of the life of Carroll University, and as such, the importance of gifts to The Carroll Fund cannot be overstated. Often described as the lifeblood of the organization, gifts to The Carroll Fund allow the University to provide for unfunded student financial aid; resources to provide support of all types to the academic and co-curricular programs; salaries to recruit and retain the highest quality faculty and staff; and maintenance of the physical assets of the University. Both completely unrestricted support is sought together with restricted support, intended to be used immediately by the department or area where that support is designated, which is vital to Carroll's daily work.

It is the University's hope that in addition to providing support for a restricted Campaign objective, alumni, parents, and friends will also give a portion of their Campaign commitments to support the work of The Carroll Fund.

OTHER CAPITAL SUPPORT

Wright Street, located off East Avenue between the Campus Center and Steele and Swarthout residence halls, is home to a row of historic homes owned by the University. Presently, they are used for everything from faculty offices to Human Resources and Public Safety offices. We intend to turn this street over to students through the establishment of affinity houses for student groups. We are committed to creating a vibrant and welcoming campus environment where every student feels a profound sense of belonging. The affinity houses are a testament to this and will be places for gathering, conversation, study and programming. Each house will be designated to an affinity group, and one of the homes has been designated as a coffee house. Thanks to donor support, the first two houses have already been identified as the Betty Lou Tikalsky International Student House and the CDR Dan F. Shanower '83, USN, Veterans House. We anticipate this will be a hub of student activity and is intended to fully demonstrate our commitment to a sense of community and belonging for all students who come to Carroll.

Randall Elementary School, recently purchased from the School District of Waukesha, located on College Avenue directly behind North and South Bergstrom, is slated to become home to the College of Health Sciences. This facility will serve both undergraduate and graduate students, allowing graduate students presently enrolled in programs being taught at the Center for Graduate Studies, two miles from campus, to continue their coursework on the main campus. The building will house faculty offices for our Physical and Occupational Therapy faculty, Clinical Exercise Physiology and Public Health faculty, and Exercise Science and Athletic Training faculty, together with lecture facilities, simulation and training labs and general-use classrooms. Most importantly, this facility will allow us the opportunity to grow existing programs and provide space for a new Pathologists' Assistant Studies graduate program.

Lindholm Administration Building, also recently purchased from the School District of Waukesha and located on Maple Avenue, will allow the University to relocate physical plant and facilities on campus instead of using the current off-site location. This will allow for much more efficient work and provide much-needed additional office space and storage for the University.

Fischer Creative Arts Center, formerly known as the Fox Head Brewery, also located on Maple Avenue, will be repurposed to house some of the most important and dynamic programs in the Arts and Sciences. The building will include office space for our Arts and Sciences faculty and will provide enlarged spaces for sculpture, photography, printmaking, ceramics, drawing and painting, in addition to an Art Museum, which will provide a permanent home for the Wisconsin Artists' Collection, and a Gallery Shop both curated and run by our students. The building will also house state-of-the-art space for our Aviation Science and Drone Technologies program and provide indoor and outdoor training and instructional space for our Animal Behavior program. These are two of the fastest-growing majors at Carroll and in the College of Arts and Sciences.





AT THE FORE *Barry to Helm Carroll Golf Programs*

Carroll's men's and women's golf programs have a new head coach. Carroll University's Director of Athletics Michael Schulist announced John Barry's selection this summer. Barry began his tenure in July.

"John's familiarity with the program and knowledge of the game made him the ideal fit," said Schulist. "I believe John has the tools to elevate the program to the next tier. I look forward to supporting John and the student-athletes in the years to come."

Barry takes over Carroll's golf program after serving as an assistant golf coach during the 2022-23 season when the Pios had their first CCIW All-Conference selection since 1990.

"I'm extremely excited and humbled to step into the role of head golf coach with the men's and women's golf teams this fall," said Barry. "After meeting with Mike Schulist, Mark Krzykowski, and various other coaches within Carroll's Athletic Department, it was clear that this was a welcoming, family-like environment. We're looking forward to building off some of the momentum we finished the spring with and helping these great student-athletes grow as individuals, competitors and scholars."

Barry has over seven years in the industry, working with multiple golf organizations throughout Wisconsin. He graduated with a bachelor's in golf enterprise management from UW-Stout in 2016.

BELLFORD TAKES OVER TRACK AND FIELD

Rick Bellford is the new head track and field coach for the men's and women's teams. He will fill the void left by Shawn Thielitz '98, who will remain at Carroll as the head cross country coach for the men's and women's teams, while also serving as an assistant track and field coach specializing in long-distance running.

"We are ecstatic with Rick's arrival to the Carroll family," Carroll University Athletic Director Michael Schulist said. "Rick brings a wealth of experience of coaching at the highest level that will no doubt help elevate our track and field programs."

Bellford joins Carroll after a one-year stint as the assistant track and field coach at UW-Parkside. Prior to that, he served as an assistant track and field coach at Marquette University from 2013 to 2021. During his time with the

Golden Eagles, Bellford helped lead the program to six Big East track and field championships, with the men's program winning the outdoor championships in 2016 and 2018 and the women taking home the indoor and outdoor championships in 2016 and 2017. Bellford has coached 18 school record holders, 18 freshman record holders, 68 Big East individual champions and six NCAA All-Americans while coaching at Marquette.

Bellford graduated from the University of Wisconsin in 2006. While there, he was an NCAA All-American in the triple jump in 2005, a member of the Big Ten 4x100m relay championship in 2006 and the team captain in 2005 and 2006.



2023 PIOS AWARDS *Ceremony Honors Student-Athletes*

Student-athletes, coaches, teams and even administrative staff and an alumnus were honored spring of 2023 at the fourth annual PIOS ceremony. Started in 2020, the PIOS celebrates the year-long success of Carroll University student-athletes. Student-athletes are nominated for these awards by their head coaches and then voted on by head coaches and athletic administrators. Nominations for the awards include the prior spring season and the current fall and winter seasons

Athlete of the Year in a Female Sport
Vanessa Uitenbroek,
Women's Track and Field

Athlete of the Year in a Male Sport
Steven Hermsen, Men's Track and Field

The Kilgour Award
Emily Uitenbroek, Women's Track and Field

The Buschkopf Award
Austin Eichstaedt, Football

Rookie of the Year in a Female Sport
Brielle Ingalsbee, Women's Soccer

Rookie of the Year in a Male Sport
Will Campbell, Football

Comeback Athlete of the Year
Mattie Pusateri, Women's Soccer

Coach of the Year
Peter Delzer,
Associate Head Track and Field Coach

Play/Performance of the Year
Emily Uitenbroek, Women's Track and Field

Game/Meet/Match of the Year
Football vs Augustana, 2022

Team of the Year
Women's Basketball

Distinguished Alumni Award
Tom Collopy '70

Staff/Faculty Member of the Year
Theresa Barry, former VP of Student Life



→ REPLAY

Alumni Athletes Now Suit Up as Coaches

By Linda Spice '89, M.Ed. '19

Mike Schulist did not strategize a specific plan as Carroll's athletic director to establish a coaching staff with a heavy alumni presence. That is, though, what has evolved under his leadership, with five of the school's 14 coaches bringing their own experiences as former student-athletes to mentor and guide a new generation.

Those five – Guy Gnietczyski '03, Taylor Janssen '11, Derek Marie '13, Craig Mours '05, and Shawn Thielitz '98 – lead the university's athletic programs for swimming and diving, men's basketball, men's soccer, tennis and cross country/track and field, respectively (Thielitz will continue his role as men's and women's cross country coach but transitioned to an assistant coach role in track and field in the fall of 2023, specializing in distance running.)

Now entering his 16th year at Carroll, Schulist started at Carroll as a graduate assistant for sports information and committed himself to the athletics program through sports analysis, event management, facility enhancement and fundraising. He took over as athletic director in 2019. While not an alumnus, he said he, too, has grown up at the institution.

"I am not an alumnus, but I consider myself an honorary alum because I love nothing more than this place," Schulist said. "The alumni that we have on our coaching staff have that love and they help lead, wanting nothing more than to see Carroll thrive in all aspects."

Marie recalls his own student-athlete days as he guides his soccer players today, remembering that he had "a lot of great mentors" at Carroll, graduating in 2013 with a degree in business marketing. He also went on to receive a master's in coaching athletic administration from Concordia University in 2015.

Marie said as coaches, Carroll alumni share their own undergraduate experiences in guiding student-athletes. He said, "I knew what Carroll had done for me, and it was just kind of something that I wanted to pass forward and do that for others," in the decision to return to his alma mater in 2013 as an assistant men's soccer coach. He became men's head soccer coach in 2018 and also recently took on another role as the athletics-student success director.

For Marie, though, there is a larger end goal beyond the athletic experience.

"Really, my favorite day for all of them is graduation day. That's my favorite piece because that's always the goal. I'm a big believer that success is one thing, but impact is another," he said.

Having former student-athletes who want to come back as alumni coaches shows "they had a great experience," Schulist said. "And that while they were here, we were doing something right as far as providing them the best experience at Carroll. And that's not just athletics. That's the academic side. That's the student life side. That's the all-encompassing student experience we talk about."

Mours said understanding the student aspect of being a former student-athlete at Carroll helps him to provide his tennis teams advice on how to manage academics with playing season, noting ideas like, "Maybe you should take this class in this semester because we're a little lighter and it's a little tougher." He graduated from Carroll in 2005 with a bachelor's degree in graphic communication with an emphasis in design and photography. He returned to his alma mater in 2008 to become head men's tennis coach. A year later, he also took over as the head women's tennis coach.

Mours said he wants to help balance athletics with academics to be able to "gear their class schedules in an appropriate way to make the experience the best it can be."

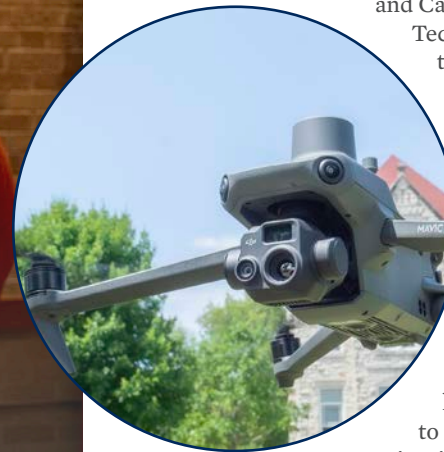
Gnietczyski said while he enjoyed his time as a Carroll swimmer, the experience provided challenges as a student-athlete because of coaching turnover. He had three coaches in four years on the swim team. Still, the experience was valuable because he strives as a coach to provide consistency in leading his teams since becoming the head men's and women's swimming and diving coach in July 2020.

"It's really great when I'm talking with recruits and parents, that the recruits more so (say), 'Wow. You came back,'" said Gnietczyski, who received a bachelor's degree in biology from Carroll in 2003. He also received a master's degree in education with a focus in guidance and counseling from Carthage College.

HIGH-TECH HIGHER ED CONTINUED

competition called Aerospace Jam, we are seeing an increased interest in our Aviation Science program at Carroll."

"Drones are quickly becoming a significant part of everyday life," said Dr. Kareem Muhammad, dean of the College of Arts and Sciences. "Companies that adopt drone technologies will need experts to guide those efforts, and Carroll's new major in Aviation Science and Drone Technologies will equip our students to be leaders in this new career field."



The major is not just about flying drones and learning the FAA rules and regulations, "Mortensen explained. "It is about designing missions around an industry problem and finding solutions through software applications and sensor technologies. We educate our students to define and solve problems through our design process, which includes research, design iterations, prototyping, flight testing, data acquisition, data analysis, and execution. Students learn to create 3D models for printing, write code to microcontrollers, learn about principles of physics, circuits, and electronics, and geographic information systems (GIS)."

He said student-athletes recognize the deep connection alumni coaches have to Carroll, and that connection for parents shows that "this seems like a good place to send my child."

Thielitz, who has built a strong sports legacy in Carroll's coaching ranks since 2003, said he likes to "let a parent know when they drop off their son or daughter in the fall that somebody is there to look out for them and to take care of them." He graduated in 1998 with a bachelor's degree in physical education with a health emphasis.

He said while running cross-country all four years, the program seemed more aimed at developing better athletes. He wanted the opportunity to come back to coach to show how special Carroll can be for all athletes, from the fastest runner to the slowest runner, that "they can all make it." He said he likes to think of himself as a "father of some 50 athletes every year."

"I try to take the time to get to know them, to let them know that I'm more than just a coach," said Thielitz, who has served as the head men's and women's cross country and men's and women's track and field coach. "I'm a mentor. I've been through the same struggles that they've been through," he said.

Alumni who are coaches can provide a vision for today's student-athletes as they share stories of their own undergraduate experiences at Carroll, said Janssen, who became the men's head basketball coach in 2023 after serving in an interim role starting in 2022. He graduated with a bachelor's degree in exercise science in 2011.

"I know what the program looks like when it's at its pinnacle, right? And I think that I can share that with student-athletes that I get to coach now," he said. "I can give them a vision of where I think we can go."

Janssen added that he wants to build the same connection to Carroll that he experienced as a student – and now an alumnus – for his student-athletes on the basketball team today.

"I think what I would want the impact to be is that during their time at Carroll playing men's basketball for our program, there is a connection that goes beyond the game of basketball," he said. "Basketball is the thing that connects us and brings us together. But I hope there are bonds and relationships that will last much longer than just our time at Carroll."

Editor's Note: At the time of print, Derek Marie '13 had announced his departure from Carroll. We wish him continued success in his future endeavors!

PATHOLOGISTS' ASSISTANT

Carroll to Offer Rare Master's Program in High-Demand Field

Carroll University has announced the creation of a new Master of Science in Pathologists' Assistant Studies program, designed to give students the skills, knowledge and real-world experience to get them into this fast-growing field in a two-year, 100-credit process. When the program begins in the fall of 2024, it will be one of just several programs in the Midwest.

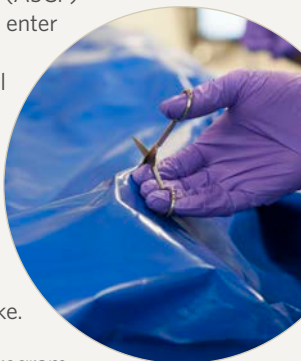
The U.S. Bureau of Labor Statistics forecasts a 30% growth in this field from 2020-2030, with a median starting salary of more than \$100,000. Pathologists' assistants are found in a wide variety of medical environments, most often in laboratories and research settings.

"It's vital we stay ahead of the curve by offering our students educational paths and invaluable experience into high-demand careers like this one," said Dr. Cindy Gnadinger. "This program adds to our focus on dynamic healthcare and the need to provide appropriate care to all populations."

Carroll's Master of Pathologists' Assistant Studies program will provide a superior education for students to acquire the skills and knowledge needed to become highly qualified Pathologists' Assistants. Graduates will have the content and experiences required to pass the American Society for Clinical Pathology (ASCP) certification examination and enter the workforce with medical knowledge to provide optimal patient care.

"This program blends comprehensive classroom and laboratory instruction with real-world application," noted College of Health Sciences Dean, Dr. Tom Pahnke.

In year one of the two-year program, students utilize next-level technology and state-of-the-art laboratory campus resources. To further prepare students, year two is dedicated to full-time internships through Carroll's broad network of partner institutions, including hospitals, medical centers, clinics and medical examiner offices, to best prepare them for future practice.



CU@CARROLL



Five Questions with Alex Smith '16 Assistant Director of Student Activities

Q: How long have you worked at Carroll?

A: I've worked at Carroll for six years. Initially, I started as a graduate assistant, coordinating various events and programs on campus. Later, after completing my master's degree, I became the community engagement coordinator and now the assistant director of student activities.

clothing, household essentials, food and personal care products to students, has been exceptionally rewarding. It began as an idea and has grown into an incredibly successful program, thanks to the contributions of faculty, staff and alumni who support our students' professional growth.

Q: How does being a Carroll grad help you in your role?

A: Being an alumna has given me a deep understanding of Carroll's values. There's something so special about this place. The faculty and staff here truly cared about my success, and it's such an honor to be a part of replicating that amazing experience for current students.

Q: If you could bring any celebrity to Carroll to inspire students, who would it be?

A: That's a tough one! If I had to choose, it would be Brené Brown. Her teachings on empathy, vulnerability and purpose align with the values we promote through volunteering efforts, and I believe her presence would have a profound impact on our students.

Q: Which work project has been the most rewarding and why?

A: I'm fortunate to work with various volunteer programs, and the Orange Thread, our new campus boutique offering free items like professional

Q: What do you enjoy doing in your free time?

A: In my free time, I love trying out new recipes and immersing myself in the cooking process. I also enjoy spending time outdoors with my toddler and husband.



ACTING OUT

Students Find Getting into Character is Good Therapy

By Malcolm McDowell Woods

A breakup with her boyfriend of four years rocked Phoebe Lansbury. An undiagnosed panic disorder and general anxiety about her own wellness paralyzed Anna Trenton. And Isabella LaFollette spiraled into a very dark situational depressive episode after an abrupt end to a relationship.

Concerns about their mental health and emotional well-being led each to seek out help. As the fall semester unfolded last year, each began online sessions, meeting with graduate students in Carroll's Behavioral Health Psychology (BHP) program. Nothing remarkable there, except that Phoebe, Anna and Isabella weren't real people.

The three were personas, created as part of a unique program that trains Carroll students as standardized patients – people who “act out” various health issues to aid in the training of healthcare students. The use of standardized – or simulated – patients began in the second half of the twentieth century to provide consistent and safe ways to train healthcare students as they communicate with, evaluate and diagnose patients. They are now used routinely to help train and evaluate medical students and healthcare providers, even in Carroll's health science programs, which sourced them from other institutions and organizations.

Phoebe, Anna and Isabella were characters portrayed by Una Fortier, a junior nursing major at Carroll who is also seeking a minor in theater. It was in a theatre class that she first heard about the standardized patient opportunity, a unique partnership that utilizes Carroll's liberal arts strengths.

“This is a new collaboration between the behavioral health psychology program and the theatre department,” explained Dr. Jessica Lahner, a clinical associate professor of psychology and director of the BHP program.

Discussions about training Carroll's own students to perform as standardized patients began several years ago, and conducted a

small trial in the summer of 2019 before being put aside during the pandemic. That effort saw two theatre students receive training so they could undergo patient assessments by students in Professor James Brandes' class in the physician assistant (PA) studies graduate program.

Laura Gray, an adjunct lecturer in Carroll's theatre program and an experienced professional actor, worked with those two students. They began with two case studies, each describing a patient, detailing medically valuable information such as lifestyles, past events and illnesses. “We approached it as a character study,” explained Gray, a task typically performed by actors and writers, who build up the background of a character so they can better inhabit the role of that character.

After some improvisation and further coaching by Gray, the students participated in simulated diagnostic sessions with the PA students. Brandis and other faculty reviewed recorded sessions and provided feedback on the PA student's information gathering and diagnostic skills. The recordings also allowed Gray to provide further mentoring to the theatre students.

Those sessions were productive, but the tumult of the pandemic paused the program until last year when students began taking classes in Carroll's new graduate program in behavioral health psychology. First-year students in that program take a course called Pre-Practicum: Advanced Interviewing. The semester-long class teaches practical skills in interviewing and consultation through active role-playing sessions.

“We really needed to find people our students can practice their

“This is a new collaboration between the behavioral health psychology program and the theatre department.”

counseling skills on,” said Lahner. “That usually starts with pairing our psychology students with their peers – who have to pretend to be patients.” Students take turns role-playing the two sides of the counselor/client relationship, but the fact the students in each cohort are usually familiar with one another makes the “pretend” more difficult, she added. “You just don’t have that authentic dynamic in the relationship. It minimizes the amount of data that the counselor has to work with.”

The first problem was finding a pool of students. A decision was made to make the standardized patient training and session work a part of Carroll’s work-study program, so the time students spent in training and acting would be a part of their campus employment. Next, they sought out interested students.

Theatrical training was step one, as students learned some basic acting preparation techniques, developing the ability to express another character with their own voice. They followed that up by working on character development, allowing the soon-to-be patients the chance to develop a more thorough picture of their characters.



experience – closer to what they’re going to encounter as they start their careers.

Sometimes, that experience felt very real, according to graduate student Brittany Drag. She, too, worked with standardized patients in her fall pre-practicum course and in simulated intake and diagnostic sessions in spring. “We each had two patients, and each of them had two different background stories,” she recalled. “The first student I worked with was amazing! If we would not have known they were standardized patients, we wouldn’t have been able to tell. It was very convincing.” So much so, she said, that it was nerve-racking at times.

“It’s a challenge, but it’s very beneficial in that you are able to effectively do telehealth, which is very prevalent in the real world today.”

The use of standardized patients continues in the graduate program’s second year, in courses on clinical psychological assessment and group psychotherapy. In the latter, a pair of psychology students lead a group session with five standardized patients.

The group psychotherapy experience was particularly intimidating, Ausloos recalled. “You know, it’s one thing to be one-on-one with a standardized patient online, but then to have five come into a room and sit there, and you’re expected to lead the group – it was intimidating and scary.” And that helped make it an amazing and beneficial experience, she said. “It mimics what we are going to experience, but it’s happening in a way that we can practice and take risks and learn from.” The group sessions, like the one-on-one meetings, are recorded so that both the psychology students and the standardized patients can receive feedback from professors.

“It’s definitely lessening my anxiety going into my practicum internship experience,” she said. “Now I’m more aware of what it’s going to be like walking into a session with somebody I’ve never met before.”

It’s the sort of unique and innovative offering that sets Carroll’s program apart, added Ausloos. “I have spoken about the standardized patient program with both of the (healthcare) providers that I work with in my day job, and they’re blown away by the program that Carroll has created.”

Lahner considers the program a success and would love to see it expand. “I love how effective this is, and I don’t know of any other counselor training program that does this,” she said. “It’s a differentiator for Carroll.”

And it might not be solely the graduate psychology students that benefit. Beyond the financial impact of the work-study employment, Fortier said she found the experience of being a standardized patient quite educational. “I think this program is helping a lot of people see the benefits of therapy and counseling. Because when you role-play as this character, you go on this journey with them. In the beginning, it is silly because you are this fake person with this fake problem, and they are only pretending to help me.” But then came the breakthroughs for her character, breakthroughs she said also taught her things about herself and other people.

“There were a lot of things that I learned about coping with my emotions, or procrastination and taking time for myself, stuff like that. I genuinely benefitted from this experience with the BHP students because they had a lot of great feedback.”

“This really is applied theater,” said Gray, “an opportunity to work on critical skills as a performer.”

Then the standardized patients were ready to deploy, attending virtual online counseling sessions with the BHP students.

For Oliver Ignazzitto ’23, who himself plans on attending graduate school to become a counselor, portraying a standardized patient served as a great opportunity to gain a broader understanding of the profession and to observe both sides of the counselor/client relationship.

“I know that I was able to be very helpful for some of the grad students,” he said. It also provided him with a glimpse of the innovative experiences Carroll offers its graduate students. “It was very nice and reassuring to see how prepared the students were.”

It’s the sort of career preparation for which Jolie Ausloos, a behavioral health psychology graduate student, is grateful. “(Prior to) standardized patients, we were interviewing one another in class,” she said. “We all did a kind of practice group therapy session in our class, but we’ve all known each other for two years now – we’ve already established a rapport that makes it easy to open up with one another. But working with the standardized patients really forces us to use the skills that we’re learning, in building that rapport with a patient and helping them see connections.” The standardized patients provide students with a more realistic



CU CONNECT IS CALLING!

Have you received a call from (262) 291-2733 recently? That’s a current Carroll student calling on behalf of CU Connect!

Comprised of highly motivated students who are eager to engage with you, CU Connect is a digital engagement center designed to assist in creating meaningful outreach with Carroll’s alumni and friends. CU Connect students are well trained and provided with innovative resources to not only make phone calls but also conduct personalized 1:1 text messaging, video messaging, and email communications – expanding the scope of a traditional call center in exciting new ways. Students also gain valuable professional experience in a welcoming environment.

So far this academic year, CU Connect students have enjoyed reaching out to say, “Thank you for making a gift,” “Happy Birthday,” or “Congratulations on celebrating your reunion this year!” They also call to make sure Carroll has your current contact information or to invite you to make a gift that will be put to immediate use to impact students just like them. “I want alumni to know that I am a student who benefits greatly from the generosity of alumni donors,” said CU Connect Supervisor Reid Foster ’26.

When you receive a call, feel free to ask questions about student life and all the latest happenings. CU Connect students appreciate chatting with alumni, hearing about your Carroll experiences, and hearing your words of wisdom:

“I enjoy being able to call alumni and wishing them a happy birthday. I also enjoy receiving advice from alumni.” – Lillie Andersen ’27



Front (L-R): Sarah Billman ’27, Hannah Severance ’27, Franceska Agno ’27, Alex Pedretti ’27
Back (L-R): Marianna Levanthal ’27, Clayton Huber ’26, Andi Kretz ’24

“I want Carroll alums to know that CU Connect is a great program that gives opportunities for students and alumni. You should also know that we learn a lot from the alumni we talk to. And the students who work at CU Connect get to make a difference by helping the school grow and evolve.” – Sarah Billman ’27

“I enjoy speaking with alumni about their past experiences at Carroll. I also enjoy working with a good team of coworkers who make the shifts go by much faster.” – Maddie Geurts ’27

“CU Connect has many new callers with a variety of interests, and it has been so much fun getting to know each other this year. I am very thankful for the Office of Institutional Advancement and proud of the accomplishments I have made as the Philanthropy Fellow and CU Connect Fellow.” – Andrea Kretz ’24

“I really appreciate the connections we make with alumni that not many current students are able to have.” – Marianna Levanthal ’27

“The thing I love the most about being a part of the CU Connect team is the awesome conversations we get to have with the Alumni. I’ve had some cool conversations during my shifts, and they make my day!” – Hannah Severance ’27

“My favorite part of CU Connect is the chance to get to know alumni and learn more about first-hand college experiences at Carroll! It’s so cool to learn the intricacies of everyone’s own unique college careers.” – Becca Whiteside ’27

Photo at top of article: L-R: Lillie Andersen ’27, Beth Liermann ’26, Maddie Foss ’27, Becca Whiteside ’27, Reid Foster ’26, Maddie Geurts ’27



Don’t ignore the call! Scan the QR Code to automatically add CU Connect to your contacts (click on the three dots and select Export contact).

INDUSTRY HONORS FOR SUCHOMEL

The National Strength and Conditioning Association (NSCA) selected Dr. Tim Suchomel, Ph.D., CSCS, *D, RSCC, to receive the 2023 National Strength and Conditioning Association’s (NSCA) Journal of Strength and Conditioning Research (JSCR) Editorial Excellence Award. The Carroll University associate professor of exercise science was presented this prestigious award at the 2023 NSCA National Conference Awards Banquet in Las Vegas on Friday, July 14.

“I am incredibly grateful to have been awarded the NSCA Journal of Strength and Conditioning Research Editorial Excellence Award this year,” said Suchomel, an associate professor of exercise science. “Providing service to an organization that does so much for me is an honor.”

The annual award is voted on by NSCA members, who are encouraged to nominate individuals who contribute greatly to the strength and conditioning industry. Suchomel has served the NSCA in various roles, including working as the Wisconsin State Director from 2017-2023, earning the 2019 NSCA State/Provincial Director of the Year Award.

Suchomel is the program director for Carroll’s sport physiology and performance coaching graduate program and the Sport Performance Institute, as well as working as a human performance coach with several athletic teams.

Suchomel continues to be extremely active in the sport performance industry, serving as a research committee member, chair of the sport science and performance technology special interest group, and a senior associate editor and associate editor for the Journal of Strength and Conditioning Research and Strength and Conditioning Journal, respectively. He also puts on an annual virtual conference with Carroll, which attracts several hundred registered attendees.



SEVEN DAYS OF MINDFULNESS

Dr. Pascale Engelmajer shares a week's worth of lessons from her new book, "365 Days of Mindfulness."

1 ACCEPT LIFE

The Buddha summarized his teachings with the succinct statement that he taught suffering and the end of suffering. Suffering is unavoidable. When we resist what is happening, we create additional suffering that is avoidable – what is sometimes called 'the suffering of suffering.'

When we live mindfully, we focus on the present moment, and we embrace it fully. When we embrace what is there fully, we avoid the suffering of suffering. To avoid the suffering of suffering, says Zen master Thich Nhat Hanh, we need to realize that the conditions for our happiness are already here right now.

What are the conditions of your happiness?

In a nutshell, if you are reading this, you are alive, and in this moment, all possibilities are present. All the possibilities to live your life as you want it are already present.

Recognize that your life is what it is now. Accept it. From this moment on, live the life you want to live. It may not always be easy, and you will not always succeed, but it's only by accepting life as it is now that you can live it fully.

2 ARE YOU WALKING YOUR TALK?

Our daily activities are an accurate reflection of our most deeply held values. I invite you to keep track of your daily activities for a day or a week or a month and to evaluate how truly they express your values.

For example, if you are concerned about the welfare of non-human animals, spending an hour checking your social media for cute videos of kittens may be consistent with your values but won't rate as high as volunteering your Saturdays at the local shelter for strays, donating to an animal welfare organization, or even just taking good care of your own pets.

Write down what you do on a day-to-day basis. The goal is not to be critical but to note where you can act to better match your actions with your values.

How do you feel about walking your talk?

3 SCAN YOUR BODY

Try this meditation. Sit on a cushion, chair or lie down, but make sure you don't fall asleep. Keep your body straight and comfortable, your chin slightly tucked in and your hands either on your lap if you're sitting or at your sides or on your stomach if

you're lying down. Close your eyes: This will help you to focus on the bodily sensations.

Start with three deep breaths, breathing in calm and relaxation and breathing out stress and worries. When you are ready, focus on the top of your head. Note any sensation at your scalp, your forehead, your cheeks, your mouth and the back of your head. Take your time as you do this and focus on experiencing the sensations as they are, without judgement.

Now observe your neck and your shoulders. Note any sensation. Is it tight or relaxed? Does it feel warm or cool? Any tingling or pulsing? Notice without judging. Continue the practice through your chest, stomach, arms, hands, legs and feet. For each, observe the sensations without judging them.

When you arrive at the feet, take a moment or two to enjoy being in your body. It is your body, and despite issues you think it might have, it does its best to serve you well. Thank it for that.

4 LOVING KINDNESS IS HARD WORK

A practice of loving kindness that has become very popular is the sitting meditation in which we extend good wishes to people we love dearly, to those we feel more neutral towards, and sometimes even include those we actively feel unfriendly towards.

But loving kindness must go beyond a meditation practice that engages only a little of us. Loving kindness is hard work. Loving kindness means that you treat people around you with kindness. You don't need to feel the loving part of it, but you need to act the kindness part.

What does it mean practically? See people you interact with as full human beings. Give them the benefit of the doubt: assume that their actions are motivated by seeking the goodness in life. As the 14th Dalai Lama reminds us, remember that all people, like you, want to be happy and to avoid suffering.

5 LET IT GO

Here is an exercise for the times when you feel overwhelmed by anxiety.

Breathe deeply into the anxiety, trying to feel it in your body – where do you feel it? In your throat? Chest? Stomach? Lower abdomen? How does it feel? Is it warm? Cool? Fuzzy? Solid? There is no judgement, just observation.

Then ask yourself: Do you have control over this thing that

READING, WRITING AND RHYTHMIC BREATHING

An Honors Course in Mindfulness Offered a Practical Benefit

It isn't hyperbole to say that college can be stressful. Deadlines, exams, presentations ... it's enough to leave anyone feeling a bit wrung out.

Well, students who signed up for an honors seminar this past spring taught by Dr. Pascale Engelmajer, an associate professor of religious studies, found a little extra help in dealing with that stress. The seminar is taught by rotating faculty each year, with a different topic. Engelmajer, who specializes in Buddhism, taught the spring semester, which focused on the historical and doctrinal development of the concept of mindfulness.

Talk about a timely subject. Engelmajer's new book, "365 Days of Mindfulness," went on sale this spring in the United States.

"I included a practical component that would give students an experiential (albeit very minimal) taste of the practices that we are reading about and discussing in class," said Engelmajer. "We read primary sources from a range of Buddhist traditions (ancient and contemporary sources). We also read scholarly analysis of these texts and historical accounts of the development of the concept of mindfulness. We also examine how mindfulness is now used as a tool in various therapeutic and professional contexts (for example, the Science of Happiness class at Yale, mindfulness at Google, the US military and many other organizations.) We 'practice' mindfulness through in-class written exercises and very brief meditative exercises such as body scans, breath work, etc., but it is not a meditation class – the practical exercises are there for students to get a sense of what we are discussing."

The idea for the course arose from a class Engelmajer has taught on health and religion, which examines the concept of health among

different religious traditions and includes a section on mindfulness, which routinely received a lot of positive feedback from students.

First-year honors student Elizabeth Newlin, who took Engelmajer's honors course this spring, echoed that response. As someone who had an ongoing interest in mindfulness, she said she appreciated learning more about the history of the practice, which helped her better understand it.

As for the practical component of the course? "I love this class!" she said. "It definitely changed my outlook on a lot of different things, such as how I react to things. All of the things we did in the class are things I can now use throughout my life. Now, I can take a step back and think about my reaction. This class is one of those things where if you take it, your view of things changes in such a positive way. It actually cultivates the coping tools and the skills to succeed."

Engelmajer noted that her students did appear more engaged and were reflecting on the course content from personal as well as academic perspectives. She hopes to refine the content and develop it as an ongoing class.

ABOUT THE HONORS PROGRAM

The Honors Program at Carroll is an exclusive program that offers motivated and talented students an interdisciplinary, integrated experience designed to foster their critical thinking skills and collaborative abilities. Smaller classes and seminars, exclusive to the Honors Program, allow for close interaction, debate and discussion among students and faculty. Only a limited number of students are selected for the program each year.

worries you? If you have control over it, what can you do about it? Thank the anxiety for bringing this to your attention, make a note of how and when to address the issue, and let it go.

If you don't have control over it, then you don't need to worry. Again, thank the anxiety for bringing this to your attention and resolve to let it go.

6 YOU DON'T SEE WHAT YOU SEE

Modern cognitive science agrees with Buddhist psychology that when we perceive a thing, we don't actually perceive it as it is. Our perception is shaped by experience, knowledge and preconceptions. And that's a good thing, too! We need to be able to recognize things immediately to be able to function on a daily basis.

But this can be (and often is) problematic when our preconceptions prevent us from seeing what is there. What we know and what we expect interfere with reality, and this can have disastrous consequences.

One example is implicit bias, our unconscious tendency to impose certain traits and attributes on people of different ethnic, racial and national groups instead of seeing them as individuals. This leads to discrimination, injustice and even severe harm or death.

When you expand your mindfulness, you become more aware of these tendencies and can address them in ways that are more consistent with your values.

7 LOOK AT A FLOWER

Take a flower. Look at it carefully. What do you see?

Zen teacher Thich Nhat Hanh tells us that all is contained in a simple flower. A flower contains the universe – the soil, the air, the sun and the water that made it grow and bloom. A flower does not exist independently of everything else. This is emptiness (*śūnyatā*).

The concept of emptiness is complex, and countless treatises have been written about it. At its core, the idea that all things are empty means that all things are interconnected and interdependent.

Just like a flower, a human being does not exist independently. You don't exist independently. Not only are you connected to your parents, friends and relatives, but anything you do at any time in your day is dependent on other people's existence.

When you turn on the light in the morning. When you get dressed. When you eat. When you drive. When you use your phone. When you work. When you throw away rubbish. All your daily activities bind you into a web of interconnectedness with the rest of the human and non-human world, past, present and future.

How amazing is that?

(From 365 Ways to Live Mindfully by Pascale F. Engelmajer, with permission (John Murray Press))

FAST TRACK FOR NURSING

New Nursing Program Turns Associate Degree into Master's in 20 Months

Nurses with an associate degree have a new way to quickly advance their careers through Carroll's new Registered Nurse to Master of Science in Nursing program, which allows associate degree holders to obtain a master's degree in under two years.

The 51-credit RN to MSN program is offered in 20 months or over five full-time semesters. Students can transform their ADN into a graduate degree in less than two years via this new program, bypassing the bachelor's degree.

Students in the program choose from either a nurse educator or nurse administrator track. In the nurse educator track, students will take select courses in coordination with Carroll's School of Education and Human Services. Nurse educators train and mentor health professionals in educational, clinical or business settings. In the nurse administrator track, students will take select courses offered in coordination with Carroll's School of Business. Nurse administrators manage care teams and plan and coordinate care.

The RN to MSN is open to anyone with an ADN wishing to continue their education at the graduate level. Eight-week hybrid courses mix online learning with labs and clinicals, designed around a consistent schedule for the students' convenience.

"The healthcare industry needs skilled nurses who can lead with confidence to provide exceptional care," said Tom Pahnke, dean of the College of Health Sciences. "We have created a program that offers unique concentrations in education and leadership so that program graduates can leverage their talents and make more impactful contributions to the nursing profession."

Carroll's nursing program is consistently top-rated. The Bachelor of Science in Nursing program was recently ranked the top BSN program in Wisconsin by Nursing Process as well as by Nursing Schools Almanac.

"Carroll University has educated pioneering graduates who have served our local and global community for 178 years, and our recent innovation in nursing programs continues that tradition," said President Cindy Gnadinger. "Our new RN to MSN program will provide our students the theoretical and technical knowledge needed to grow as dynamic nurses, as well as emphasize caring, compassion and purpose within their educational experience."

SUMMER SCHOOL

Eight Pio Scholars Research Projects Selected

Eight undergraduate students had a busy summer as Pio Scholars. The Honors program provides undergraduate students in any discipline with an opportunity to engage in an intensive scholarly/creative project one-on-one with a faculty member during the summer months. Selected students are awarded a Pioneer Scholars stipend to participate in the scholarly/creative project during the summer.

2023 Pioneer Scholar Teams

Paige Benedict and Scott Hendrix:
"The Intellectual and Artistic Impact of Medieval Women"

Madeline Hanson and Jennifer Huck '01:
"Comparing Perceptions of Negative Sexual Experiences."

Deklan O'Connor and Lee Lee:
"Testing Resource Aggression Repeatability and Accuracy: How a Plastic-hand has Impacted the Animal Shelter World."

Elizabeth Reynolds and Patrick Grayshaw:
"Establishing a Trauma-Informed Campus Community."

Sophia Ruppel and Susan Lewis:
"Piloting Innovative Methods for Monitoring Pollinator Biodiversity."

Ian Waldoch and Kevin Guilfoy:
"Stoic Vice or Aristotelian Virtue: Anger and Its Modern Applications to Politics, Relationships, and the Everyday."

Victoria Asuar Aznarez and Timothy Galow:
"Diversity in College and its Cinematographic Representation."

Kayla James, Janu Patel and Erin Taylor:
"Purification and Characterization of YfjP DNA Glycosylase"

Not Pictured: Paige Benedict and Ian Waldoch



Madeline Hanson



Deklan O'Connor



Elizabeth Reynolds



Sophia Ruppel



Victoria Asuar Aznarez



Kayla James



Pictured: Viviana Sanchez '24

RN PATHWAY PROGRAM Moves to St. Augustine Prep

A new partnership with St. Augustine Preparatory Academy (known as Aug Prep) will locate Carroll's Associate Degree in Nursing program at the high-performing K4-12 non-denominational Christian school located on Milwaukee's southside.

Carroll's ADN program was founded and initiated in 2021 at the United Community Center (UCC), also on Milwaukee's southside, but enrollment growth for both the UCC and ADN program left the current UCC space too small for the program. Operating after school hours at Aug Prep, Carroll's ADN program will serve 24 students per cohort aiming to become RNs in just two years. It is hoped Carroll's ADN program attracts traditionally underrepresented students who live and work in the community.

"Carroll University is committed to delivering our high-quality nursing program within the community, and we are excited to have found Aug Prep as a new partner in that endeavor," said President Cindy Gnadinger. "Aug Prep's mission and vision perfectly align with Carroll, making this partnership a great fit for both institutions. We are excited to work with Aug Prep to help more people on the southside of Milwaukee enter the high-demand field of nursing, and along the way, introduce Aug Prep students to this meaningful career."

Opened in 2017, Aug Prep serves more than 1,500 predominantly low-income students of color by focusing on the whole child through academics, faith, arts, athletics and family support. According to the Wisconsin Department of Public Instruction's most recent report card, Aug Prep is the top K4-12 school in the state and the highest-rated high

school in Milwaukee. As part of this program, Carroll will provide two school nurses to serve Aug Prep students during the academic year, as well as allow students interested in a career in nursing to participate in job shadowing and job skill development.

"As an active member of our community, we are happy to welcome Carroll University and its students to our campus as they work to achieve a family-sustaining career in health care," said Abby Andrietsch, chief executive officer of Aug Prep. "At Aug Prep, our vision is to graduate well-

rounded, academically prepared leaders of tomorrow. This is an exciting opportunity for our students and families to gain additional exposure to a future in health care through Carroll University's outstanding ADN program. We hope many of our students and their families will participate as well as they grow their future careers."

Carroll's ADN program is designed to address the nursing shortage while also increasing workforce diversity in the healthcare industry. The ADN is geared to help students quickly transition into the workforce to start a healthcare career as highly sought-after registered nurses.

100% of the initial cohort passed the NCLEX on their first attempt, which exceeds the national pass rate (77.9% in 2022)

IN SERVICE of OTHERS

CU Month of Service November 1-30, 2023

In celebration of our University Ethos and commitment to service, we encourage all alumni and friends of the university to give back to their communities every November. Pioneers are always at the forefront of addressing the needs of our communities through stewardship and in their places of worship, schools, non-profit organizations, community centers, and more. Read more about alumnus Bob Meddaugh '78 and his service through a local organization.

Bob Meddaugh '78

Leaving a legacy can come in many forms and for Bob Meddaugh '78 that is most conspicuously through his service with the West Allis-West Milwaukee Monogram Club. The service organization was founded in 1932 and has a long-standing history of supporting students through scholarships. Since joining the club in 1987, Meddaugh has had a front-row seat to the growth of the club and specifically that of the annual Chicken Dinner.

While he doesn't tout himself as an event planner, Meddaugh is largely responsible for growing the scholarship fund through the club's annual Chicken Dinner. He joined the ranks as a "pit guy," helping cook the then couple hundred chicken dinners. Meddaugh was later tasked with orchestrating the entirety of the event including coordination of food, volunteers, and other logistics. Since taking the reins eight years ago, chicken dinners have gone from hundreds to thousands. That's right, they cook over 1,500 chicken dinners for club supporters and local veterans in need of meal assistance. The monies raised during the event cover costs for future events and go toward student scholarships, which have totaled over \$260,000 in the last 16-17 years.

In 2004, they started seeing a decline in numbers, so Meddaugh dug in and enlisted the help of his Carroll network. He wrangled in the likes of Dave '77 and Magali Shaw, Steve '76 and Nancy Miller, Dave '76 and Katy (Crooks) '78 Vetta, Dave '73 and Belle (Graham) '75 Anschuetz, Tim '76 and Susan (Anderson) '75 Moncher, Robert Johnson '76, and Jim Schneider '74, who have all participated in

many ways, from cooking to bringing more people to the event. Meddaugh notes that the community support is what makes the event a success and it, "Would be impossible to put on without the volunteers." The friendship between Shaw and Meddaugh has driven Shaw into being a vocal advocate for the event and has, in Meddaugh's words, "Made the event what it is today."

From the gentleman who delivers 100 dinners to homebound vets to the "many hands make light work" mentality, the event is all about caring for others and the community. American European Foods, run by Goyo and Laurie Pelecaric, is an invaluable partner who provides food items at little to no cost to the club. The many months of work put in for the one day, benefit many veterans' groups including the Veterans Affairs (VA) facilities at Wood, WI, and Union Grove, WI; Veterans of Foreign Wars (VFW) and American Legion; the Healing Warrior Hearts group; and Dryhootch of Southeastern Wisconsin. These groups and many independent people distribute dinners to vets in need in their communities.

"Looking around at the world, we need more positive things. You can tell the volunteers feel good because they come back. [This event] makes people remember that there are things you can do that can help other people greatly," says Meddaugh about the event and its impact.

Meddaugh's words remind us, whether during the CU Month of Service or any other time of year, that there are things each of us can do to help others greatly.

AGENT FOR CHANGE New M.Ed. Program Aims to Build Transformational Leaders

A unique offering from the School of Education and Human Services is designed to empower students to be changemakers in business, in organizations and in their communities. The education degree includes select coursework from The Sullivan School of Business and Technology.

Carroll's new Master of Education in Organizational Development and Learning program provides students with the knowledge and skills to be responsive to and create positive change within organizations. Graduates of this program will be equipped to lead and manage organizational change, foster a culture of lifelong development and learning and facilitate collaboration within diverse organizational contexts.

"It is critical that today's professionals have the skillsets needed to make impactful change within their organizations," said President Dr. Cindy Gnadinger. "Students in this program will have the opportunity to broaden their understanding and grow as leaders in a wide range of fields."

"The content of the program includes leadership, marketing, program design, and administration, providing a far-ranging impact," said Dr. Kathy Kramer, dean of the School of Education and Human Services. "It also emphasizes authentic application through a capstone project, as students will research and propose a solution to a real-world issue in their organization or field."

Interdisciplinary courses from the School of Education and Human Services and the School of Business are delivered in a hybrid, in-person and online format through an eight-week delivery model.

This program is beneficial for leaders in business, such as healthcare management; human resource and organizational development; corporate training designers, managers and practitioners; and performance technologists, consultants and evaluators. Also benefitting are community-based positions, such as community development; justice and corrections, including police officers and parole agents; social welfare advocates; public health educators; government agencies; faith-based teachers and leaders; military leaders; consumer advocates, civic engagement developers, and community service professionals.





1846 Legacy Society Membership

Formerly the John Adams Savage Society

The 1846 Legacy Society recognizes and honors donors who have created personal legacies through an estate provision or planned gift to Carroll. The society pays homage to Eleazar Root, Carroll University's founder, and Carroll's first president, John Adams Savage. This group celebrates the spirit of exploration and discovery that began in 1846 when Carroll became Wisconsin's first four-year institution of higher learning. *Names appear in Class Year order then by last name. List is current as of Dec. 11, 2023.*

1930s and 1940s

Louise T. (Treder) Summers '39
George J. Socha '47
John G. Davies '48
Eilene J. (Dehling) Dybvad '49

1950s

Cherrill S. (Swart) Sneed '50
Marilyn J. (Thompson) Hill '51
Barbara L. (Otto) Koehler '51
Donald E. '52 & Beverly M. (Mann) '54 Chappie
Sharon G. (Grabow) McArthur '52
Elaine (Cheli) Drack '53
Nancy L. (Walsh) Wiese '55
Floyd L. Judd '56
Sue M. (Henning) Myers '56
Delores M. (Hoffmann) DuBois '57
Elaine M. (Mittelsteadt) Cerwin '58
Richard J. '58 & Marilyn Jaeger
Richard A. '58 & Barbara Natalizio
Evelyn (Davies) Otto '58
Glenn L. Schilling '58
Chester F. '59 & Carol J. Clark
Alvin W. '59 & Maureen Keeley
Nancy K. Stewart '59

"My nearly 40-year career in human resources reinforced in me the value of a college education, so I created a scholarship for non-traditional students through a gift in my will."



Sue (Graaskamp) Martin '60

1960s

Anonymous (5)
Susan G. (Graaskamp) Martin '60

Ernest G. '61 & Michaellee J. (Moran) '60 Hopp
Karl E. Peters '61
Roy A. Welch '61
W. Craig Shappert '62
John A. '62 & Diane F. (Polzin) '64 Loppnow
Sandra E. (Brikowski) Arnold '63
Karen L. Bruinooge '63
Linda L. Duckworth Darr '63
Jane L. Hamman '63
Bruce A. '63 & Katherine A. (Couillard) '64 MacIntyre
David M. Molthen '63
Valerie L. Schneider '63
Clive A. Frazier '64
William C. Perry '64
Judith Towle '64
Sylvia A. (Bliss) '64 & Robert Wheeler
John C. '65 & Susan A. (Torhorst) '67 Breitung
John B. Schrock '65 & Mary Berube
James R. Starling '65
Arvid W. Hoffman '36 & Virginia Hoffman Corwin '66
Guy G. Mikkelsen '67
Dale A. (Strickland) Morgan '67
E. John '67 & Nancy M. (Nixon) '66 Raasch
Norman W. Schley '68
David E. Wisner '68
Gary S. '69 & Cheryl A. (Kolloge) '71 Bosak
Guy J. '69 & Gisela R. Di Spigno
James H. Didier '69
P. Scott Hausmann '69
Theodore B. Hertel Jr. '69 & Margaret M. Ley
Thomas P. Marks '69
Gregg M. '69 & Joy Miller
Phil M. Runkel '69
Richard E. '69 & Kathryn Voigt
Daniel D. '69 & Ann L. (Leighton) '70 Von Hoff
Cathleen S. (Starck) '69 & Arthur Wille
Ann M. Zibell '69

1970s

Anonymous (5)
V. Stewart '70 & Connie Jose
Mary R. Baer '71 & John Kramp
Alan R. '71 & Mary E. (Marten) '71 Jackson
James R. Staude '71
Gary R. Chiaverotti '72 & Debbie Miller
Jeff T. '73 & Lynn T. (Tonjes) '73 Cummisford
Deborah S. (Stuart) '73 & Christopher J. Everett



Jeff '73 and Lynn (Tonjes) '73 Cummisford

"We have decided to include Carroll University in our will. We believe it's important to support the institution that helped shape who we are today"

Marilyn S. Hair '73
Suzanne Keely '73 and Gregory O'Hearn
J. Scott Kohl '73
Lynn L. Manecke '73
Jeffrey '73 and Patricia Trader
Janet K. Grant '74
Christine C. (Cook) '75 & Randall Applegate
Michael J. '75 & Carol Osenga
Stephen J. '75 & Caroline G. (Fenner) '76 Polster
Margaret L. (Piper) Royseck '75
Diane R. (Huelsbeck) '76 & Dick Adams
Lawrence C. Henze '76
John E. Leslie '76 & Jane E. McDonald '79
Steven C. '76 & Nancy Miller
Richard A. '76 & Jan A. (Steffen) '76 Whittow
Donald G. Gardner '77
John P. Macy '77
Charmaine L. (Fischer) '77 & Gary Ponkratz
Gregg W. '77 & Denise Steinhafel

Members of the 1846 Legacy Society receive multiple benefits:

- A special memento.
- Invitations to exclusive Carroll events.
- An opportunity to share personal experiences and inspire others.
- Recognition in an annual honor roll (unless anonymity is requested).
- Personalized access to campus news and updates from the gift planning team.

All members of the Carroll family who join between now and June 30, 2024 will be considered inaugural members.

Susan B. (Blink) Patrick '78
Kay D. Robinson-Schanke '78
Sanee M. (Brynildson) Bonnell '79
Mark F. Eul '79
Michael G. '79 and Paula K. '82 Wallace

1980s

Anonymous (1)
Randall R. Kunkel '80
Cheryl A. Sandrin '80
Allison M. '82 & Dale R. Smith
Jeffrey L. Olin '84
Kelly A. Natrop '85
Roberta K. (Julke) Block '86
Gregory P. '86 and Susan E. '87 Eggold
Timothy J. '86 & Greta A. Hando
Kristen J. (Conine) '89 & Thomas D. Czarnecki



"A planned gift is a different sort of gift—it's an answer to the question, what type of world do we hope it will be in the future."

Randy Kunkel '80

1990s and 2000s

Todd M. Liebergen '90
Thomas T. '90 & Terry Stevens
Heidi K. (Miller) Wadzinski '91
Julie A. Gapp '95
Stephanie A. Jessup '95
Sarah E. (Polster) Valencia '03
Marc R. '00 & Megan Barbeau

Friends

Anonymous (3)
Nancy Halloran Cuppage
Marian Ehrenberg
Joan J. Hardy
Philip L. Krejcarek & Kristine Gunther
Lillian Love
Kenneth Matchett
Charles Mead
Carolyn H. Oates
Corey E. Olsen
Edward & Reiko Schwab
Patricia Shanower
Joan Tegen
Virgilee Tsuda

3 Easy Ways to Remember Carroll and Join the 1846 Legacy Society

1. Beneficiary Designations

A beneficiary designation is an easy gift to make. It's also revocable, so you can add or remove charitable beneficiaries at any time. You can use:

- IRAs and retirement plans
- Donor advised funds
- Life insurance policies
- Commercial annuities

To name Carroll as the beneficiary of an IRA, 401(k) or other retirement account, simply complete and submit a beneficiary designation form provided by the company that administers the account. Here is the beneficiary designation language for Carroll University:

Carroll University, Inc., 100 N East Ave Waukesha WI
Tax ID #: 39-0806325

2. Charitable Gift Annuity

When you give to Carroll through a charitable gift annuity, you support generations of Carroll students and receive significant possible benefits:

- Fixed lifetime payments
- Partially tax-free payments
- Charitable income tax deduction
- Eliminate market risk by locking in your annuity rate and annual payment.

Calculate your rate at carrollu.edu/cga.

Single-Life \$25,000 Charitable Gift Annuity		
Age	Rate	Annual Payment
65	5.4%	\$1,350
70	5.9%	\$1,475
75	6.6%	\$1,650
80	7.6%	\$1,900
85	8.7%	\$2,175

3. Simply name Carroll in your will or trust

The most popular way to include Carroll in your plans is with a simple provision in your will or trust. Here's our suggested language to add to your will:

I hereby give, devise, and bequeath to Carroll University (Tax ID #39-0806325) a nonprofit, nonstock, Wisconsin corporation with its principal office in Waukesha, Wisconsin, [____ percent (%) of the rest, residue, and remainder of my estate; OR ____ dollars (\$); OR specific asset] to be used in an area of greatest need at Carroll University. If at the time the gift is received an amended document with another designation or use for the gift is noted with Carroll University, I request that Carroll University utilize my gift in accordance with the terms of the most recent document on file at the University.

Want to learn more? Visit carrollu.giftplans.org or scan the QR code to learn more. Contact the office of gift planning at giftplanning@carrollu.edu or 262-524-7241.

The information contained herein is offered for general informational and educational purposes. The figures cited are accurate at the time of writing. State law may affect the results illustrated. This is not legal advice. Any prospective donor should seek the advice of a qualified estate and/or tax attorney or professional to determine the consequences of their gift. Annuities are subject to regulation by the State of California. Payments under such agreements are not protected or otherwise guaranteed by any government agency or the California Life and Health Insurance Guarantee Association.



CLASS NOTES

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

The following updates were received between Jan. 27, 2023, and Oct. 20, 2023.

1970s

Frank Dobbs '70 is the new owner and CEO of the Emerald Group, a medical cannabis clinic in Sarasota, Fla.



Art Espinoza '70 and his wife, Vickie, marked their 50th wedding anniversary by renewing their vows in Maui, Hawaii in May 2023. The couple resides in Reading, Pa.

Dr. Gregory Meyer '71 has been appointed president of Blackburn College in Carlinville, Ill. Meyer had been associated with Blackburn for more than thirty years in faculty and administrative roles before retiring in 2014, though he returned to serve as interim provost and most recently as interim president.

On the 50th anniversary of her graduation from Carroll, **Marilyn Hair '73** graduated with a Post-Baccalaureate Bachelor of Arts in Biology degree from Seattle Pacific University in Seattle, Wash. Hair received a Master of Divinity from Yale Divinity School after graduating from Carroll, as well as a Master of Public Health from the University of Washington.

Cheryl (Humer) Livesay '77 debuted her first novel "Art from Darkness," published by The Wild Rose Press. The book is available on Amazon, and you can learn more about Livesay at www.CAHumerauthor.com or follow her on Facebook at CAHumer.



Dr. Cynthia Jones-Nosacek '77 was recently featured in Deacon Magazine for her medical missionary work in Uganda. When she is in the U.S., she is medical director for Milwaukee area crisis pregnancy centers and is a guest speaker on the need for conscience protection for medical professionals, social justice in medicine, and medical missions. In her free time, she can be found at a circus or rodeo with her husband, Deacon Gary Nosacek, who is part of the U.S. Catholic Bishops' Circus and Traveling Show Ministry.

1980s

Abby Jo (Foyer) Lorenz '84 (right) has been honored with a Lifetime Achievement Award from the Waukesha Civic Theater for her work directing the Civic Broadway Singers.



The volunteer group performs throughout southeastern Wisconsin in exchange for donations to the non-profit theatre and has raised more than \$100,000 since its inception in 1994.



Daniel Schwerin '85 (left) has been elected bishop of the United Methodist Church, Northern Illinois Conference. Schwerin spent more than thirty years as a pastor in the Wisconsin Conference.

Dr. Don Sipes '85 of Green Bay, Wis., was elected president of Green Bay Packers Hall of Fame Inc.

Composer and musician **Phil Smith '85** was inducted into the Menomonee Falls High School Fine Arts Hall of Fame during a ceremony on May 23, 2023.



Amy Truesdell '86 is delighted to share the news of the publication of her book, "From Binghamton to the Battlefield - The Civil War Letters of Rollin B. Truesdell." Using

the 100+ letters he penned to family as a guide, the book traces the experiences of her great-great-grandfather as one of the earliest enlistees fighting for the Union.

Debora (Hurda) Hoffman '87 has published a book, "How it all Began," about her experiences building



the world's largest collection of Winnie the Pooh memorabilia. Her collection has been listed as the world's largest by the Guinness Book of World Records since 2008.

Dr. Ronelle Moe '88 was named Chief Medical Director at Thrivent Financial, the first female to hold that position in the 100 year history of the Fortune 500 company. She joined Thrivent after practicing internal medicine for 20 years in the Green Bay and Wausau areas. In addition to her internal medicine board certification, she is also board certified in insurance medicine through the American Academy of Insurance Medicine. She currently lives in De Pere, Wis. with her husband and they have two sons.



1990s

Kyle Bedalov '91 has been elected as president elect of the National Interscholastic Swim Coaches Association. Bedalov, who coaches at Waukesha North High School, currently serves as president of the Wisconsin Interscholastic Swim Coaches Association.

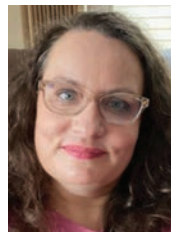
Bill Schroeder '92 marked his 29th year in the broadcast booth as the Milwaukee Brewers' television analyst. Schroeder's connection to the team began in the 1980s as a catcher.

Brenda Hughes '96 has completed "Woodland of Wonder," a documentary film about a nature preserve in Ripon, Wis. Flanigan works as a video production specialist at Moraine Park Technical College in Fond du Lac, Wisc.



Chris Bennett '97 (right) became the Village Administrator in the Village of Wind Point, Wis., effective Aug. 28 and recently joined Carroll's Alumni Council.

Gabrielle (Lueck) Zastrow '98 (right) has been named a 2023 Herb Kohl Educational Foundation Teacher Fellow. She teaches second grade in the Dodgeville School District.



The University of Virginia School of Medicine has named **Dr. Matt Gurka '99** (left), a national leader in child health research, to chair its Department of Public Health Sciences.

2000s

Kelly Drescher Johnson '00 was one of fifteen women working in veterinary medicine highlighted by the Women's Veterinary Leadership Development Initiative for their leadership in the profession. She is the founder of Veterinary Chaplaincy Services.

Maureen O'Leary Guth '04 was named the 2023 Outstanding Professional Advisor of the Year by the Greater Milwaukee Foundation.

Jenny (Fellman) Schultz '04 has completed a doctorate in leadership for the advancement of learning and service at Cardinal Stritch University.

Rena (Lettsome) Gosser '05 has been named a 2023 Fellow of the American Society of Health System Pharmacists for excellence in pharmacy practice. She is now an assistant director of specialty pharmacy services at University of Washington Medicine.



National Exchange Bank & Trust has promoted **Julie (Kottke) Stigler '06** (left) has been promoted to assistant vice president of eBanking. She is based in the company's Fond du Lac office.

Narberth, Pa., officials announced they selected a new borough manager, **Ken Cammilleri '08**, who has served for over 10 years in local government management and administration.

Melissa Pallin '08, M.Ed. '18 has been named the new principal of the Wauwatosa Montessori School by the Wauwatosa School District.

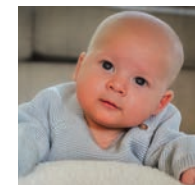
2010s

Dr. Chelsea Blackburn Cohen '10 is the executive fellow in the Office of the President at Carnegie Mellon University. She serves on the Advisory Board of Partners for Campus-Community Engagement and is active in the Pittsburgh community, where she resides with her spouse and daughter.

Daniel Heyen '11 has been promoted to manager - field claims at Acuity Insurance. Heyen holds the Certified Leadership Professional (CLP) and Certified Claims Professional (CCP) designations.



Anthony Pirolo '09, DPT '11 (left), a clinic director with ATI Physical Therapy, is a recipient of the firm's Clinical Excellence Award for 2022.



Seth '13 and Jenna (Scudder) '14 Dabson welcomed their first child, Riker Thomas Dabson, on June 22, 2023, in Beloit, Wis.

Jack Wells '13 was elected to a third term as alderman in the City of Waukesha.

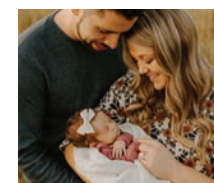


Jack Wells '13 is sworn in as City of Waukesha alderman. With him are his wife, Marissa Borchardt-Wells '13, MBA '18 and their two children.

Dr. Cassie Alderks '14, DPT '16 marked the first anniversary of her company, Kind PT & Wellness, in Rockford, Ill.



Luke Melms '14 and his wife, Pam, (left) welcomed Lucia into their family on April 25, 2023.



Ashley (White) '14 and Isaac '14, DPT '16 Pratzel (left) welcomed their first daughter, Emersyn, on Sept. 16, 2023.

"We're hoping she will also be a future pio!"

Mike Thoreson '15, DPT '17 wed Angela (Sondalle) Thoreson '15, DPT '17 on Sept. 17, 2022. Pictured right. The couple is expecting a baby boy in November, 2023.



Symone (Russell) Baldwin '16 with her husband Joshua, welcomed Camille Marie Celeste Baldwin to their family.

Left: Potential future pio, Camille!

Missy (Heschke) Barker '16 has joined the Wild Rose School District in Wild Rose, Wis., as a reading intervention teacher.

Ryan (Albrechtston) Rehak '16 is the co-artistic director of Outskirts Theatre Co. The coming season will mark the theatre's first as the permanent resident company of Waukesha Civic Theatre.

Andrew Joseph M.Ed. '17 was named principal of Stormonth Elementary School in the Fox Point-Bayside School District.

Patrick Barrett '18 has signed on for a second season as a Center for the Tulsa Oilers Football team.

Madelyn Chiello '19 wed Cameron Cassaro '19, DPT '21 on Aug. 6, 2022.

Pictured right: Madelyn Chiello '19 and Cameron Cassaro '21, DPT '21

Mason '19 and Lauren (Osborn) '21 Klapper were married on October 7, 2023. Pictured below.



Hannah (Bosman) Swedberg '19 and husband JD Swedberg welcomed baby Rowan James Swedberg into the world March 22, 2023.

Right: Hannah (Bosman) Swedberg '19 and husband JD Swedberg with son Rowan James Swedberg

2020s

Nolan Heck '20 received his Juris Doctor degree and graduated cum laude from the Marquette University Law School May 23, 2023. He has joined the law firm of Godfrey and Kahn, S.C.

Maria Acosta Pedroza '21, a local comedian, was profiled in Milwaukee's Shepherd Express. Acosta runs La Maria Comedy, producing shows featuring other comics.

Michael Cameron M.Ed. '23 is the new head boys' basketball coach at Jacksonville High School in Jacksonville, Ill.

Carroll Faculty and Staff



Brittany Liermann, clinical assistant professor of music therapy, and her husband, Zac, welcomed a baby boy, Blake Matthew Liermann, on June 28, 2023.

IN MEMORIAM

The following updates were received between Jan. 27, 2023, and Oct. 20, 2023.

1940s

Helen Williams Fisher '40 passed away May 20, 2023, at the age of 104 in Prairie Village, Kansas.

Barbara (Engler) Buskirk '47 passed away May 8, 2023, at the age of 97 in Winston-Salem, North Carolina.

Carol A. (Stimson) Bagley '48 passed away Oct. 6, 2023, at the age of 97. Carol met her husband, Elwyn "Al" Bagley '48, during her time at Carroll.

Alex D. Bolyanatz '49 passed away Aug. 31, 2023, in Sun City West, Arizona. Alex met his wife, Joy B. (Cowley) Bolyanatz '49 during his time at Carroll.

Beverly (Moore) Butterworth '49 passed away Dec. 30, 2022, at the age of 95 in Portland, Oregon.

Henry Theodore "Ted" Goeres '49 passed away July 24, 2023. Ted met his wife of 70 years, Mary Jean (Graney) Goeres '49 at Carroll College.

Lois (Kundert) Winchester '49 passed away May 20, 2023, at the age of 96 in Sarasota, Florida. She was preceded in death by her husband, George W. Winchester Jr. '50.

1950s

Louis J. Dellios '50 passed away in May of this year at the age of 95 in Rancho Bernardo, California. He was a beloved dentist in the Waukesha community for nearly four decades.

Richard K. Ledward '50 passed away Sept. 25, 2018 at the age of 93. Richard is preceded in death by his brother, Dr. F. A. Ledward '45.

Charles F. Potter '51 passed away Aug. 3, 2023. Charles is survived by his wife, Nancy J. (Otto) Potter '52, whom he met during his time at Carroll. Charles served in the United States Navy during the Korean War and later participated in the Stars and Stripes Honor Flight.

Walter "Walt" A. Thompson '52 passed away Mar. 3, 2023, at the age of 92.

George E. Cousin '53 passed away Feb. 26, 2023, at the age of 91 in Safety Harbor, Florida.

Mary E. (Goss) Beltman '54 passed away Sept. 10, 2023, at the age of 91. Mary is part of a legacy family; her sister, Jane (Goss) Shackelford '52, brother-in-law, Frank A. Shackelford '52, and nephew, Paul A. Shackelford '82 also attended Carroll.

James F. Caldwell '54 passed away June 5, 2022.

Carla (Schuster) Dineen '54 passed away Oct. 8, 2021 at the age of 89. Carla is survived by her brother, Jay Schuster '56.

John C. Paulson '54 passed away April 13, 2023, at the age of 90 in Minneapolis, Minnesota.

LeRoy H. Schaefer '54 passed away June 23, 2023, at the age of 92. LeRoy played football and hockey at Carroll.

Donald L. LeBeau '55 passed away March 5, 2023, at the age of 90 in Pewaukee, Wisconsin.

John "Jack" C. White Jr. '55 passed away Jan. 16, 2021, at the age of 87 in Tomah, Wisconsin.

Robert W. Hoffmann '56 passed away Feb. 4, 2023, at the age of 88 in Helenville, Wisconsin.

Walter C. Westhauser '57 passed away Nov. 1, 2022, at the age of 87.

Isaac Curtis "Curt" Brewer '58 passed away May 19, 2023, in Delafield, Wisconsin. His experiences at Carroll were filled with growth and joy: earning multiple varsity letters in baseball and basketball, building everlasting memories with his loyal brothers of Beta Pi Epsilon and most importantly, meeting the love of his life, and forever his bride, Anne "Nan" Brewer '60.

Gloria (Cook) Oak '58 passed away Feb. 12, 2023, at the age of 85 in Arlington Heights, Illinois. She is survived by her husband, Earl D. Oak '57.

Sandra (Huebner) Pearlman '58 passed away June 20, 2022, at the age of 85.

Kathryn (Zahn) Elliott '59 passed away Jan. 29, 2023, at the age of 85 in Black River Falls, Wisconsin.

1960s

Dale R. Johnson '60 passed away April 12, 2023, at the age of 84 in Tampa, Florida. Johnson played

basketball while at Carroll and set the school record of 25 rebounds in one game.

Felou (Sawyer) McElroy '60 passed away July 1, 2022, at the age of 84 in Oregon, Wisconsin.

Virginia "Ginny" L. (Pantton) Pliner '60 passed away May 14, 2023, at the age of 84 in Green Bay, Wisconsin. It was while attending Carroll that she joined Chi Omega Sorority and met the love of her life, Terry H. Pliner '60. They were married Nov. 26, 1960, and were able to spend more than fifty-two wonderful years together.

James P. Gochis '61 passed away Nov. 22, 2022, in Mundelein, Illinois.

Judith (Serr) Erickson '62 passed away July 8, 2023, at the age of 83 in Manitowish Waters, Wisconsin.

Paul E. Fischer '62 passed away Oct. 8, 2022, at the age of 86.

Karen E. Olsen '62 who worked in the medical technology field for over 30 years passed away Jan. 7, 2023.

Kathryn (Savides) Eilertson '63 passed away March, 14, 2023 in Merrimac, Wisconsin. She is survived by her husband, Orwin "Orie" Eilertson '64.

Christine (Sack) McCooley '63 passed away May 23, 2023, in Tucson, Arizona.

John R. Ziemann '63 passed away Aug. 31, 2022, at the age of 81 in Grand Rapids, Michigan.

Thomas McIlrath '64 passed away May 6, 2023, at the age of 81 in Manitowoc, Wisconsin. He is survived by his brother, Stewart McIlrath '59, and his wife, Karen (Berger) McIlrath '65.

Robert W. Richardson '65 passed away Jan. 11, 2023, at the age of 79 in Madison, Wisconsin.

Richard R. Wagner '65 passed away Feb. 9, 2023, at the age of 81 in Libertyville, Illinois. He is survived by his brother, David Wagner '66, and his wife, Jan (Rosenow) Wagner '67.

Jean (Vockroth) Schauer '66 passed away Feb. 23, 2022, at the age of 78.

Patricia (Lynn) Dawson '67 passed away March 24, 2023.

James H. Dreger '67 passed away Sept. 15, 2022, at the age of 77 in Waukesha, Wisconsin.

Karen (Kroenke) Eriksson '67 passed away April 6, 2023, in Madison, Wisconsin.

Timothy M. Wendt '67 passed away Aug. 23, 2022, at the age of 77 in Warsaw, Indiana.

Robin B. "Rob" Richter '69 passed away July 19, 2023 at the age of 75 in Green Valley, Arizona.

Katherine A. (Krell) Wilkiewicz '69 passed away Mar. 19, 2023, at the age of 76. Katherine is remembered by her Alpha Xi Delta sisters.

1970s

Gregory B. Hays '70 passed away July 29, 2023, at the age of 75. Greg attended Carroll College on a basketball scholarship where he made many lifelong friends.

Paul F. Schmidt '70 passed away Dec. 12, 2022, at the age of 74 in Colorado Springs, Colorado.

Larry G. Bartis '71 passed away Aug. 27, 2023.

David J. Krings '71 passed away June 26, 2023, at the age of 74.

Susan K. Schmitz '71 passed away May 14, 2023, at the age of 76 in Waukesha, Wisconsin.

Dr. Carolyn J. Keeler '72 passed away Dec. 3, 2022, at the age of 72.

Timothy P. Nieman '72 passed away July 23, 2023, at the age of 73. Tim was active in the Carroll College Choir, which involved a memorable tour through Europe. His academic experiences were enhanced by an additional art history trip through Italy and Greece. His most talked about memories were the regular ice cream socials on Friday nights and Carroll's freshman "initiation" of wearing a beanie. It was during his time at Carroll that he met Martha Eiler, his wife of 48 years.

Roland "Rollie" F. Probst '73 passed away Aug. 8, 2023, at the age of 73 in Appleton, Wisconsin. Rollie was a member of the Delta Rho Upsilon fraternity during his time at Carroll.

Gary G. Prochaska '73 passed away June 28, 2023, at the age of 71 in Oklahoma City, Oklahoma. Gary

received an athletic scholarship in wrestling to Carroll College, where he graduated with a Bachelor's of Science in Chemistry.

Lauren (Kluck) Irvin '73 passed away Sept. 17, 2022.

Kathy (Becker) Boswell '77 passed away June 2, 2023, at the age of 68, in her home in Georgia.

1980s

Carl Joseph Mistlebauer, III '80 passed away Sept. 26, 2023, at the age of 65 in Rochester, New York.

Christopher A. Gonwa '85 passed away June 28, 2023, at the age of 60 in Palatine, Illinois.

Dawn (Spaulding) Krueger '85 passed away Feb. 15, 2022.

1990s

Lisa Ann (Watkins) Liseno '92 passed away March 12, 2023, at the age of 54 in Crawfordville, Florida. Among her survivors is her brother, Steve Watkins '87.

Christine "Chris" L. (Dirnbauer) Blask '94 passed away Oct. 5, 2022 at the age of 74 in Oconomowoc, Wisconsin. She is survived by husband Dan and daughter, Romy (Blask) McCarthy '91.

Beth Ann Scanlon '95 passed away Jan. 22, 2023, at the age of 61.

Jennifer Lee (Flanner) Staver '97, DPT '99 passed away Jan. 22, 2023, at the age of 64 in Oconomowoc, Wisconsin.

2010s

Diane M. Tylinski '15 passed away June 27, 2023, in Oconomowoc, Wisconsin.

Avery (Heldt) Stark '15 passed away May 10, 2023, at the age of 29. She is survived by her partner, Sarah R. Stark '18.

2020s

Madison K. Kerber '22 passed away May 31, 2023, at the age of 22.

Faculty and Friends of Carroll

Dr. Reiko Schwab passed away on May 5, 2023 at the age of 91. Reiko was a friend of Carroll University, and is survived by her husband, Edward Schwab Jr.



Dr. Thomas R. Williams, professor emeritus of philosophy, passed away unexpectedly at his home on April 27, 2023. Williams spent the majority of his professional career at Carroll, serving from 1966-2000. He was also faculty advisor to the Delta Rho Upsilon fraternity, where he was affectionately given the nickname "Pa." Williams was well-known on the Carroll campus, not only as a professor of philosophy, but also as chairman of the department, acting chairman of the foreign language department and director of the Common Course. Common Course was a two-course sequence taken during January term that helped students examine essential questions and dilemmas common to the human experience. Williams was thoughtful but sharp-witted and was able to see the humor in every situation. He collected and smoked pipes, enjoyed traveling and sailing, listening to music, and bird watching. Williams once was asked what advice he would give to young people embarking on their time at Carroll and he responded, "Learn as much as you can, about as many different things you can, because you don't know what you'll need to know." He died in Garden, Michigan at the age 84.

DOUBLE DUTY Hermsen Earns Athletic and Academic Honors

History has repeated for Carroll University track and field former student-athlete Steven Hermsen '22. He was named the College Conference of Illinois & Wisconsin (CCIW) Men's Student-Athlete of the Year, the first time in league history a student-athlete has won the conference's Student-Athlete of the Year award multiple times. The award honors student-athletes who have distinguished themselves throughout their collegiate careers in the areas of academic achievement, athletics excellence, service and leadership. Hermsen collected the honor as an undergraduate in 2022.

The De Pere, Wisconsin native capped his collegiate career last month with his third consecutive national title in the discus at the NCAA Outdoor Track & Field Championships in Rochester, New York. He also earned All-American status in the shot put, becoming a six-time NCAA All-American and a nine-time national qualifier between his indoor and outdoor careers. Finally, he added to his decorated career with his third consecutive selection to the College Sports Communicators Academic All-America® men's track & field/cross country team, one of 13 repeat selections among the Division III honorees and the only male Division III student-athlete to be on the First Team in three consecutive academic years.

Hermsen carried a 4.0 grade point average in Carroll's Doctor of Physical Therapy graduate program. He has also been an NCAA Elite 90 award winner, a two-time U.S. Track & Field and Cross Country Coaches Association (USTFCCCA) Male Scholar Field Athlete of the Year, twice selected a College Sports Communicators (CSC) Academic All-American and the CSC Track and Field/Cross Country All-American of the Year in Division III.

Hermsen's community activities include service as a volunteer youth track and field coach and a six-year tenure as a volunteer at an animal shelter, aiding veterinarians in assistant tasks. He has also been a Carroll orientation mentor, assisting first-year students transition to college. Hermsen is expected to earn his Doctorate in Physical Therapy in May of 2024.



HALL OF FAME

PIONEERS

Athletic Hall of Fame 2023 Inductees

Five Carroll alumni were inducted in the 2023 Athletic Hall of Fame Class during Homecoming, Reunion & Family Weekend this October. The class of 2023 include Rebecca (Grafenauer) Custer '10, '12; John Hoch '12; John (Jack) Miller '73; Andy Prentice '11; and Amanda Trieloff '12. Established in 1973, the Athletic Hall of Fame recognizes and honors outstanding individuals who have made a significant contribution in athletic achievement while students at Carroll, as coaches, or as amateur or professional athletes.



Rebecca (Grafenauer) Custer '10, '12
Women's Track and Field

Two-time NCAA All-American in the pole vault with six NCAA National Championship qualifications. Three-time USTFCCA All-Academic Track and Field Team recipient. Three-time Midwest Conference Champion in the pole vault, and eight all-conference selections. 2009 Midwest Conference Field Performer of the Year, and still holds the MWC Indoor Meet record in pole vault with a height of 12' 0" (3.66m) set in 2009. Still holds Carroll's outdoor pole vault record at 13' ¼" set in 2009, and the indoor pole vault record of 12' 7" set in 2010.



John Hoch '12
Basketball

Second all-time in scoring at Carroll (1,629 career points) and third all-time in career field goals made (512). Also, second all-time in career assists (399) and third all-time in career points per game (17.0). Two-time First-Team All-Midwest Conference and was Midwest Conference Player of the Year. In his senior season, he averaged 24.8 points per game enroute to becoming an NABC DIII All-American and held a 65-35 career record while playing with Carroll.



John (Jack) Miller '73
Football

Set the record for most interceptions in a season with 9. Believed to be third all-time in team interceptions in career with 12. Was a first-team all-conference player in 1971 and set a conference record of seven interceptions in a season, along with recording four interceptions in one game (2nd all-time in CCIW history). One specific career highlight was intercepting Augustana's quarterback Kenny Anderson, who played in the NFL with the Cincinnati Bengals.



Andy Prentice '11
Men's Soccer/Men's Tennis

First all-time in goals and points in Carroll history (47 goals, 111 points), and sixth in career assists (17). Recorded the most goals and points in a season in 2009 with 17 goals and 40 points. In the Midwest Conference, he sits fourth in career points and sixth in career goals. Three-time All-Midwest Conference, 2009 Midwest Conference Player of the Year, and two-time All-Region. While with the team, Carroll appeared in two NCAA Tournaments, won two Midwest Conference Tournaments, and two Midwest Conference regular season titles. On the tennis squad, played with No. 1 doubles and No. 2 singles. Finished third in the Midwest Conference tournament in No. 3 singles in 2007.



Amanda Trieloff '12
Women's Track and Field/Women's Volleyball

NCAA National Champion in javelin, NCAA runner-up in javelin, and three-time All-American in javelin. She was a three-time NCAA qualifier in javelin and would have been a four-time qualifier but for an injury in 2011. She is among the top-25 all-time in Division III history with a distance of 150' 4" (45.82m). Four-time Midwest Conference Champion, five-time All-Midwest Conference, and held the MWC javelin record for four seasons. Was a four-time USTFCCA All-Academic Recipient, still holds the school record in the javelin, and won Carroll women's track and field's second ever Outdoor National Champion.

Categories for enshrinement include any former Carroll student-athlete, staff, administrator or supporter who made a significant mark in athletic achievement at Carroll.

THE CARROLL FUND

Supporting every person, every gift and every story.



Making a gift to The Carroll Fund will immediately impact our students' experience and ensure that their Pioneer journey will be filled with incredible moments! Thank you for supporting our mission!

← Scan to Give!



WE HEARD YOU!

To continue serving our expanding network of more than 23,000 alumni, the Office of Alumni Engagement administered an all-alumni online survey from March 21-April 30, 2023. The goal was to gather data and feedback on how we can continue engaging, supporting, and connecting alumni to Carroll and with their fellow Pioneers.

Thank you to everyone who completed the survey! Below is a glimpse of the survey results:

Who responded?

- We heard from approximately **4.39%** of our 23,000 alumni.
- Responses from alumni spanned 62 years (graduates who self-identified ranged from 1960 to 2022).

What did alumni say?

- 72% felt positive about their Carroll experience.
- 67% would recommend Carroll to a prospective student.
- 86% are very interested in staying connected with Carroll University as an alum.
- 22% are interested in alumni travel with another 43% choosing "maybe," dependent on destination and costs.
- 69% come to events to connect with their classmates or other alumni.
- 41% are interested in family events.
- 24% attend events to socialize with new people.
- 21% would like to tune into a webinar series featuring Carroll faculty and staff presenting on a variety of topics.

Stay Connected

Many alumni were unaware of the continued benefits they are eligible to receive from Carroll following graduation but were very interested in staying connected with the university through programming, supporting students and having their Carroll story told.

Focus On This

While most of the feedback was positive, alumni stressed:

- Being too busy to attend events.
- Preferring no phone calls. Email is the preferred form of communication.
- Wanting to know more about how Carroll utilizes gifts.
- Providing more events on weekends, not weeknights.

What are we doing?

- We have already implemented ideas from the survey into alumni engagement strategies and efforts, including the addition of the Pio Pathways series and are working on the expansion of these offerings.
- The Alumni Council will continue to collaborate with the Office of Alumni Engagement on how to best serve our alumni community and address ideas and concerns shared in the survey.
- We will continue follow up with alumni who offered contacts or services and will continue engaging alumni who volunteered for activities or want to be involved, specifically for reunion committees, hosting events, championing regional gatherings, and connecting with students on campus.



CARROLL UNIVERSITY
ALUMNI 4 LIFE

Thank you for sharing your feedback, Pioneers!

Your ideas and comments are always welcome at alumni@carrollu.edu or 262.524.7237.



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A scenic view of Santorini, Greece, showing white buildings with blue domes and a church with a bell tower, overlooking the blue sea and a sunset sky.

Opa!

Discover the rich culture of Greece!

Explore the history and beauty of Athens, Mykonos and Santorini
with your fellow Pioneers on this unforgettable journey.

June 4-14, 2024

To indicate your interest, please
contact the Office of Alumni Engagement
at alumni@carrollu.edu or 262.524.7237.



Visit carrollu.edu/alumni/travel
for more details.

Space is limited and will be on
a first come, first served basis!