

HANOVERIAN

THE HANOVER COLLEGE

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Shining a light
on wellness



THE HANOVERIAN

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equal opportunity in
education and employment.

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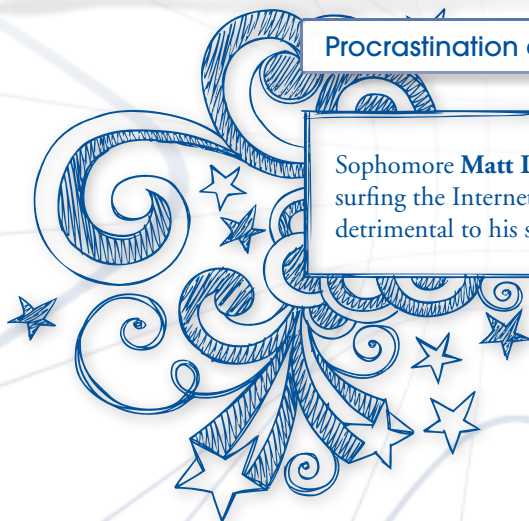
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END PIECE

Procrastination can sometimes be a good thing



Sophomore **Matt Loria '15** finds surfing the Internet isn't always detrimental to his schoolwork.



A measure

To our Hanover Alumni:

We measure wellness in different ways. We monitor personal health with regular checks of blood pressure, cholesterol levels and weight. As communities, we assess key metrics like the number of low-birth-weight babies and the percentage of people who smoke. We evaluate this information with the aim of making changes that will improve how we feel and operate.

At Hanover College, our wellness depends on and is measured by our relationship with our alumni. When we meet an alum for the first time, we are always interested in hearing about his or her student experience and current perceptions of the College. We always come away from these encounters feeling renewed and energized by the evident devotion alumni feel toward their alma mater.

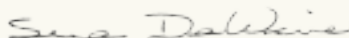
Recently, President DeWine received an email from an alum who believed his true appreciation for Hanover didn't develop until much later in life. It would be interesting to see how he, as a young alum, would have reflected on Hanover then, as opposed to now. How has his opinion changed, and what has remained constant?

Do you have a similar story to tell? Have your feelings about your alma mater changed over the years or stayed the same? Or have your experiences as an alum — possibly along with a little more age and maturity — altered them in some way?

There's a resurgence happening at Hanover, and we believe the College is stronger than ever. Along with multiple capital improvements, our enrollment continues to climb as does the quality of applicant we attract.

In this issue, you will find something a little different. We're giving you an opportunity to tell us how we're doing through our first Alumni Census. Why? Because alumni are the backbone of any institution and your feedback is important to us. In the case of Hanover alumni in particular, I find your input, advice, suggestions, comments and creative thinking to be some of the best guidance for Hanover's future.

The above message is from our Office of Alumni Relations. I ask that you take a few minutes to respond to the survey we have developed. I promise to personally read any written statements you make.



Sue DeWine, President

of wellness

Our retention rates have also improved, and we've made significant progress in our goals for diversity. Hanover students — and the entire campus community — continue to awe and inspire every day.

As part of this renaissance, we want to hear from our alumni how they feel about their relationship to Hanover; to find out what works well and what needs improvement. What stories capture your interest? Do you receive information the way you want it? Are you pleased with our alumni offerings, and do you still consider Hanover an integral part of your life?

We encourage you to be absolutely candid with your feedback. Not only will it provide a valuable service to your alma mater, it will help us create an alumni experience that suits your needs as well.

The celebrated American poet and author Maya Angelou once said, "I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." We hope that Hanover has remained close to your heart.

This issue is devoted to how our alumni are working to improve all different kinds of wellness, all around the world. We hope you're as proud to be a Hanoverian as we are of you.

Note: To our readers who are not alumni, your copy of The Hanoverian will not include a survey. However, we still want to hear what you think about the magazine or anything else related to the College. Send your comments to Sandra Guthrie at guthrie@hanover.edu or call 812-866-7008.





Hanover welcomes five new faculty

Laurie Bauer joins Hanover as assistant professor of education. Previously, she served as assistant academic director of literacy and second language studies in the School of Education at the University of Cincinnati. Bauer taught at the university for seven years and has three years of teaching experience in the Cincinnati public schools. Bauer's expertise is in teacher education and literacy pedagogy, as well as program management and development. She earned her bachelor's degree from Ohio University, and her master's and doctoral degrees from the University of Cincinnati.

Brian Gall served as an instructor and teaching assistant at Utah State University, and taught laboratory sessions at Missouri State University before joining Hanover as assistant professor of biology. His research interests include the interactions between predators and prey, communication and signaling in aquatic communities, and the effects of egg predation on the coevolution between rough-skinned newts and garter snakes. Gall earned his bachelor's degree

at Quincy University (Ill.), his master's at Missouri State University and his doctorate at Utah State University.

Associate Professor of Sociology Kathryn Hadley comes to Hanover from California State University where she served as associate and assistant professor of sociology from 2003-12. Her teaching and research interests include social psychology, childhood and adolescence; race, gender and class; Asians and Asian-Americans, ethnographic research methods and sociology of education. Hadley attended Grinnell College (Iowa) as an undergraduate, and earned her master's and doctoral degrees from Indiana University-Bloomington.

Angus Lamar joins Hanover as assistant professor of chemistry, having recently held a postdoctoral fellowship in organic/organometallic chemistry at Emory University (Ga.) from 2010-12. Previously, Lamar served both as a graduate research assistant/teaching assistant at the University of Oklahoma

from 2003-10. His research interests lie in transition-metal and non-metal catalysis, pharmaceutically relevant heterocycle synthesis and environmentally sustainable methodology development. Lamar earned his bachelor's from University of Science and Arts of Oklahoma and his doctorate from the University of Oklahoma.

Before joining Hanover as assistant professor of kinesiology and integrative physiology, Molly Winke served as assistant professor of exercise science at East Stroudsburg University of Pennsylvania for two years. For the previous three years, she served as visiting assistant professor at Skidmore College (N.Y.). Winke's research has included investigating heat stress during simulated firefighting activities, various combinations of precooling, warm-up, 5K run performance, ice slurry ingestion and run performance in simulated race conditions. She earned her bachelor's at Bradley University (Ill.), and her master's and doctorate from the University of Kentucky.

Molly Winke

Laurie Bauer

Kathryn Hadley

Brian Gall

Angus Lamar





Luedeke, Gable join board of trustees

Rider University (N.J.) President Emeritus **J. Barton Luedeke '64** and the Rev. **L. John Gable '78**, senior pastor of Tabernacle Presbyterian Church have joined Hanover's Board of Trustees. Luedeke began his term at the October 2012 meeting, while Gable started his tenure at the February 2013 meeting.



Luedeke served as president at Rider from 1990 until his retirement in 2003. Prior to 1990, he served as assistant to the president, dean of continuing studies, and vice president for academic affairs and provost.

A number of achievements occurred during his tenure as president. The renowned Westminster Choir College (N.J.) was merged into Rider in 1992, and the College of Business Administration achieved AACSB accreditation in 1993.

In 1993, Rider successfully completed a \$56 million capital campaign — a first for

the institution — followed by its earning university status a year later.

From 2002 to 2005, Luedeke chaired the Boards of the New Jersey Manufacturers Insurance Group and the 23,000-member New Jersey Business and Industry Association; he remains a member of both organizations. Additionally, Luedeke serves as a director of the New Jersey Manufacturers Bank and a trustee of the Charlotte W. Newcombe Foundation.

He is a former director of the National Association of Independent Colleges and Universities, and served on the Presidents' Commission of the NCAA. Luedeke was a leader in regional accreditation, chairing 16 Middle States and New England accreditation teams, among other civic engagements.

Luedeke earned a doctorate from the University of Illinois in 1971 and a master's in education from Xavier University (Ohio) in 1967. Hanover awarded him an honorary doctor of laws in 2002. He and his wife, **Linda Patton Luedeke '64**, reside in Pennington, N.J., and have two sons and five grandchildren.

Gable has been at the Indianapolis-based church since 2007. Previously, he was the senior pastor at Crossroads Presbyterian Church in Mequon, Wis., for 13 years, the senior pastor at First Presbyterian Church in Waterloo, Ia., from 1988-94 and the associate pastor at First Presbyterian Church in Mansfield, Ohio from 1982-88.

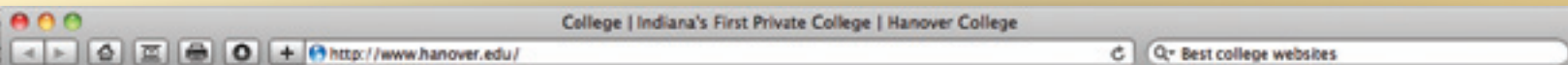
He also served as guest chaplain for the U. S. House of Representatives in Washington, an honorary position, in September 2004.

In community service, Gable serves on the board of directors for Chattanooga, Tenn.-based Youth Conference Ministries, is a coordinating council member for the Presbytery of White Water Valley and a mentor to new pastors for the Company of New Pastors for the Presbyterian Church USA.



From 2006-09, he was a member of the board of trustees for Carroll University (Wis.); from 2001-06, Gable served as board member and vice president of Advocates of Ozaukee County (Wis.); from 1995-2001 he served in the same capacities for Friendship Living Centers (Wis.); and from 1994-98, Gable was on the board of directors of Presbyterians for Renewal (Ky.).

A theology/English major at Hanover, Gable earned his master of divinity degree from Princeton Theological Seminary in 1982. He and his wife, **Kristin Winterroth Gable '77**, reside in Indianapolis, and have a daughter, son-in-law and one grandson.



Hanover website earns top national ranking

My College Options Enrollment Power Index (EPI), a division of the National Research Center for College and University Admissions (NRCUA), has ranked Hanover College's website among the best in the nation. The College placed 44th of nearly 3,000 college and university websites profiled in the organization's 14th annual study.

Launched in 2010, year over year visits to the site have increased 46 percent, while the number of online applications between the 2011-12 and 2012-13 academic years has risen by almost 75 percent.

MyCollegeOptions.org, based in Lee's Summit, Mo., is the nation's largest online college planning program. The

study grades institutions on a 100-point scale, including functionality, design and technology components.

Additional information on the EPI study is available at www.nrcua.org/eipi-report.

Princeton Review, Kiplinger's cite Hanover as a top-value school

Two top publications, the Princeton Review and Kiplinger's Personal Finance, have ranked Hanover College as one of the nation's best in private education.

For the eighth consecutive year, The Princeton Review, a New York-based education services company, features Hanover in its guide, "The Best 377 Colleges – 2013 Edition." The annual publication selected just 15 percent of four-year colleges in the U.S. for this distinction.

The publication features two-page profiles of the selected schools and the results of student-based surveys ranking the top 20 colleges in 62 categories. The varied areas included professors, campus food, financial aid and green initiatives, among others.

Hanover ranked 19th for most beautiful campus, and was cited for its academics, admission selectivity and financial aid packages. The College totaled 92 of a possible 99 points in its academic rating, 84 points in its admission rating and 84 points in financial aid.

Students in the survey hailed Hanover's friendly and safe campus, laboratory and athletic facilities, as well as its low cost of living.

The Princeton Review also included Hanover in its publication, "The Best Value Colleges: 2012 Edition." The College was one of 75 private institutions based on data collected from an initial list of 650 institutions identified as having excellent academics. The company assessed more than 30 data points across three primary areas: academics, cost of attendance and financial aid.

Kiplinger's named Hanover to its list of top 100 best-value private, liberal arts schools. The New York-based publication ranked the College 84th, up five points from last year. It was also the third consecutive year Hanover made the list.

In addition to a low average-student-debt after graduation, the College also excelled with its high four-year graduation rate, low student-to-faculty ratio and high first-year-to-second-year retention rate.

The annual Kiplinger top-100 rankings appeared in the magazine's December issue, and an expanded ranking with 200 private institutions appears on the publication's website at kiplinger.com/links/college.

Each year, Kiplinger's assesses quality according to measurable standards, including the percentage of admitted students versus those who applied, the test scores of incoming freshmen, the ratio of students to faculty members, and four- and five-year graduation rates.

Pence wins Indiana governor's seat

In January, **Mike Pence '81** took office as Indiana's governor. The Republican garnered 51 percent of the votes against Democrat John Gregg, who received 45 percent, and Libertarian Rupert Boneham, who took four percent.

"Tomorrow a season of service begins," Pence told supporters in declaring victory after the election. "I will work every day to earn your trust as we build a more prosperous future for all the people of our state."

Pence succeeds Republican Mitch Daniels, who left office after eight years to become the 12th president of Purdue University (Ind.).



Hanover faculty Steve Jobe (l) and Dan Murphy (r) with President DeWine at Pence's inauguration.

Previously, Pence served as the U.S. Representative for Indiana's 6th District. He began his congressional career in the state's 2nd District after two failed attempts.

A lifelong Hoosier who grew up in Columbus, Ind., Pence earned his J.D. from Indiana University School of Law in 1986. He majored in history at Hanover and was a member of Phi Gamma Delta.

Pence and his wife, Karen, have three children.





Brown Foundation grant will support minority, international students

The James Graham Brown Foundation has given the College a \$250,000 grant to promote student diversity on campus. Funds from the grant will go toward moving the Haq Center to a centralized location on campus.

This is the first time the College has received funding from the foundation since 1977, when it gave \$75,000 toward completion of a liberal arts instructional center.

During the interim, the foundation has awarded funds primarily in Louisville and the state of Kentucky, focusing on projects in the fields of civic affairs, economic development, education, and health and general welfare.

“We are very grateful to the James Graham Brown Foundation for their generous gift,” said President Sue DeWine. “Campus diversity is vital to our mission because our students graduate into an increasingly global and multicultural world. Having achieved more diversity on campus, we now need to serve and support this growing campus population better and productively incorporate our diversity into the curricular experience for all students.”

The Haq Center provides a variety of services to students of color and international students, including academic support services, education programs and social activities.

It also supports multicultural awareness with programs like Hispanic Heritage Week, the Kaleidoscope Formal, the International Banquet and the Religious Lecture Series.

Increasingly, students are leading events like “Breaking Down the Wall of Hate” and “Hands Across Hanover” to promote cross-cultural understanding.



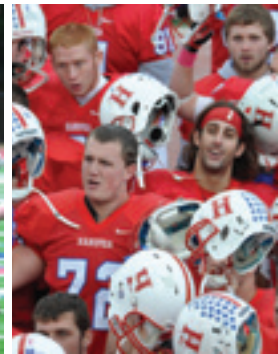
Taran McZee

Currently located in Lynn Gym along with various other student affairs offices, the Haq Center is in a space that is too small for the College’s growing student body. According to Taran McZee, director of multicultural affairs, the move will allow for enhanced collaboration between departments and provide services that continue to increase retention and graduation rates for students of color and international students.

In 2007, the total percentage of Hanover students with diverse racial, ethnic or international backgrounds was four percent; the strategic goal was to increase student diversity to ten percent. As of fall, 2011, the College had exceeded that target by five percent.

Hanover’s growing diversity has been one of the most transformative changes on the campus in recent times.







With a giant tent covering much of the tailgating area at this year's Homecoming celebration, President Sue DeWine announced that Hanover College had secured \$19,605,382 during the initial 18 months of its Live Our Loyalty campaign.

"The progress of the Live Our Loyalty campaign is unprecedented with regard to the extent to which it involved our entire community," said DeWine during a public unveiling of the \$34 million campaign. "The inspired vision of our volunteer leadership has been pivotal. As we move this campaign further toward our goals, we plan to connect with alumni across the nation so they can continue to make the student experience at Hanover special and unique."

"We believe that Hanover's time is now," said **Mark Levett '71**, who serves as vice

chair of Hanover's Board of Trustees and campaign co-chair. "By building on a near-record enrollment, with new facilities in the works and scholarship programs that support a growing student base, we believe we have the capability, the motivation and the capacity to move forward to achieve our ultimate \$34 million goal."

"My wonderful experiences here as a student prompted me to be a part of this campaign," added co-chair **Marabeth Ice Levett '71**. "Mark and I have such a great love for Hanover ... When we think back

LIVE OUR LOYALTY





to our days at Hanover, you almost wish you could relive them because we made great friends (and) we learned so much.”

Hundreds of Hanoverians — alumni, students, faculty and staff — packed the tent and enjoyed many different activities, including a quiz bowl, senior Guyu Ye performing on the Chinese erhu and an international student fashion show, among others.

In addition to great memories, **Misty Wick '02**, president-elect of the Alumni Association Board of Directors, spoke of her

professors and the things she learned. Wick still keeps in touch with them.

“It’s just a great experience and we want all of those students who are coming now and in the future to have the same experiences that we had as students,” she said.

“The thing my wife and I love about the campaign is it’s really focused on the student experience,” said parent Rob Bader, whose son is a junior. “The whole amount of money being raised is about getting them (opportunities to) study abroad, increasing the amount of scholarship money, the

athletic facility, so it’s all going back to the kids. Obviously college is a great time in your life, and anything we can do to enhance the experience of Robert while he’s here, we’re behind.”

Jo Ann Flubacher Withrow '63, however, summed it up best.

“Everyone is just excited and enthusiastic about where the College is going,” she said. “Everyone is catching on and catching the spirit, and I just know that we’re going to go great places with our campaign and make Hanover even better than it is.”

CAMPAIGN GOES PUBLIC



HANOVER ATHLETICS *Challenges*

THE WAYNE PERRY CHALLENGE

Anyone who played for Coach Wayne Perry can tell you about his proverb, "Good, better, best. Never let it rest until your good is better, and your better is best." That attitude led Perry to coach the most wins in Indiana collegiate football history.

Today, our players and coaches are just as passionate about the game, but need better facilities to display their talents. Make the current outdoor facilities at Hanover the best with a gift toward the construction of new outdoor athletic facilities in Coach Perry's honor.

THE DUTCH STRUCK CHALLENGE

During his 22 years at Hanover as a football and baseball coach, Dr. R. F. "Dutch" Struck became an athletic director, a father figure and a true ambassador for the College. With his magnetic personality, Struck encouraged his students and players to strive for the highest ideals, as illustrated in the following excerpt from one of his poems:

**LIFE is like a game of football,
But you play it every day;
And you don't win by
the breaks you get,
But how well the game you play.**

Coach Struck would be proud of how well our students still play the game. However, the facilities in which they compete fall short of our highest ideals. Continue the legacy of his vision by making a gift to the outdoor athletic complex in Coach Struck's honor.

THE BASEBALL CHALLENGE

Legendary coaches Dutch Struck and Dick Naylor will tell you it takes nine innings to win a game, and over the years Hanover baseball players have always shown drive and determination, winning multiple conference championships in the process. Their perseverance will continue every time they take the field, but they need your help.

Jim Gaunt '67 has pledged \$150,000 challenging all former baseball players to turn Hanover's facilities into the kind our student athletes deserve. Support their dedication with a gift to the baseball challenge. As Coach Naylor would say, "All together we can make it better."

THE WOMEN'S ATHLETE CHALLENGE

Our women athletes are champions. Their conference championships in soccer, volleyball, basketball, and track and field helped secure the 2011-12 Heartland Collegiate Athletic Conference All-Sports Trophy for the fourth time in Hanover history. Their dedication and achievement happened even though the outdoor facilities didn't always measure up to their talents.

Two alumnae athletes have challenged all other women athletes to ensure every sport at Hanover continues to thrive at a championship level. Help them meet this very worthwhile goal with a gift to the outdoor athletic facilities in honor of women's athletics.

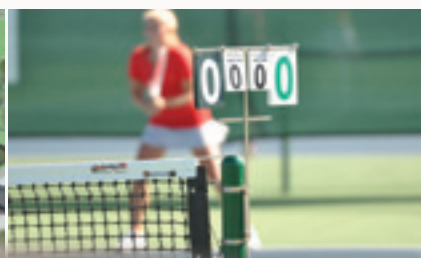
NAMING OPPORTUNITIES FOR ATHLETICS CHALLENGES:

Outdoor Athletic Center

Press Box	\$250,000	Lobby	\$50,000
President's Box	\$100,000	Football Scoreboard	\$50,000
Training Room	\$100,000	Visitors' Locker Room	\$25,000
Football Locker room	\$100,000	Men's Coaches' Locker room	\$25,000
Men's Locker Room #1	\$50,000	Coaches' Meeting Room	\$25,000
Men's Locker Room #2	\$50,000	Officials' Locker Room	\$25,000
Indoor Golf Practice Area	\$50,000	Challenge Recognition Plaque	\$3,000**
Stadium Tunnel	\$50,000	Individual Lockers	\$1,500**

**These naming opportunities are for individual gifts given over a maximum of three years. Other opportunities are for gifts over five years. Challenge plaques in honor of Perry, Struck, women's athletics and baseball will be placed in the lobby of the outdoor athletic facility.

For more information, please contact Abbe Ernstes, director of leadership giving, at ernstes@hanover.edu or 812-866-7015.





REGIONAL EVENTS BRING ALUMNI TOGETHER

In the coming months, Hanover President Sue DeWine, accompanied by students, will be at regional events around the country, sharing the impact the Live Our Loyalty campaign has had on the College so far. Already, alumni have gathered in Indianapolis, Chicago and Tampa, Fla.

In Indianapolis, **Brick '72** and Judy Warren hosted an opening rally party Oct. 6 prior to the public kickoff event at Homecoming. Planned around a racing theme, the event was complete with a Hanover-decorated Indy race car and nearly 100 guests wearing their Hanover red and blue.

After having their photo taken with the car and the Hanover Panther, guests enjoyed live music and a food buffet with Hanover memorabilia on display. The centerpiece of the buffet was an ice sculpture of the Hanover College athletic logo.

At various stations throughout the house and on the patio, videos and posters provided information about the five initiatives that make up the goals of the campaign: athletics, scholarships, energizing student social experiences, academics and the Hanover Fund.

As guests gathered on the wraparound patio overlooking the lake, DeWine and campaign co-chairs **Mark '71** and **Marabeth Ice Levett '71** addressed the crowd and spoke of the significance of this campaign to the future of Hanover. Special guests at the event were the honorary tri-chairs of the athletic fundraising component of the campaign: **John Collier '51**, Wayne Perry and Dick Naylor.

At a brunch in their home in Chicago on Dec. 9, **Greg '72** and **Kris Rector Gleason '73** and their 18 guests heard from current seniors Cody Osmon and Vaughn Crapser, who spoke about their student experience at Hanover.

Alex and **Sue Seifert Williams '65** hosted a regional Live Our Loyalty event in Clearwater Beach Jan. 26. In addition to enjoying the spectacular view from the Carlouel Yacht Club, guests for the brunch heard from seniors Allyson Craig and Mackenzie Pheifer, who shared what a Hanover education means to them.



UPCOMING REGIONAL EVENTS

At regional events around the country, President Sue DeWine and current-student presenters will share with alumni Hanover's resurgence in recent years and the vision for the future. The events are invitation only, so please email Darleen Connolly with the name/date of the event you'd like to attend at connolly@hanover.edu.



Feb. 23	Denver	March 10	Washington D.C.
Feb. 24	Austin, Texas	April 7	Dallas
March 2	Naples, Fla.	April 17	Dayton, Ohio
March 3	Ft. Lauderdale, Fla.	April 18	Cincinnati
March 6	Louisville, Ky.	May 16	New York
March 8	Baltimore		



Training and development

By Pam Windsor

Having a personal trainer help you with your health and fitness goals can often mean the difference between success and failure.

Amount Per Serving

Calories 0	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0mg	0%
Dietary Fiber 0g	0%
Sugars 0g	

*Percent Daily Values are based on a healthy lifestyle. Your daily values may be higher or lower depending on your fitness and wellness needs.

It was just a set of monkey bars, the kind of thing kids climbed all day long. No big deal, right?

There was just one problem. Tony Adams had never scaled a set of these towering tangles of metal in his life and as **Carrie Devine-Ransom '00** stood next to him, gently coaxing him out of his comfort zone, he contemplated whether or not he could do it. This was his personal trainer's idea of abdominal work.

"You know how you hop on the monkey bars, thread your legs through them and you dangle at the waist?" asked Adams. "I had never done it and I was terrified."

But Devine-Ransom wouldn't let him off the hook so easily. She kept encouraging him, saying if he'd try it at least once, he wouldn't have to do it again if he didn't like it.

"She would constantly push in the best possible way and push me toward things I didn't think I could do."

Adams eventually overcame his fear and mastered the exercise, feeling pretty proud of the accomplishment.

In fact, the monkey bars marked just the latest in a steady stream of challenges Devine-Ransom had helped Adams and his wife overcome. Even though he had lost 50 pounds right before he began his program with her at age 35, Adams

didn't get any exercise in his job at an art gallery, and he wasn't inclined to do it on his own.

That was until he met with Devine-Ransom. She helped him realize exercise could not only change his body, but his life. Getting clients to see those benefits is one the more demanding aspects of her job as a corporate wellness coach, but it can also be one of the most rewarding.

"It's a really challenging job if you're a good and effective personal trainer because you have to build a rapport," she said. "You have to talk to your clients, and you have to find out the why behind the exercise (their reluctance to do it) and focus on that."

Since he started Strong Foundations not long after graduating from Hanover, **David Blount '07** has had his share of successes as a personal trainer. But like anyone who has ever tried to stick with an exercise plan and failed knows, even with a personal trainer helping and encouraging them, clients don't always stick with the plan.

"You have those people that, you know, swear to you 'I'm doing everything you tell me to do, I'm eating good, I'm doing all this,' and you put them on the scale and they're up five pounds," he said. "Even though they're paying you, after five or six months that gets old."

"So, we have those conversations, and once a month we get on the scale, we do measurements. They know when it's coming, they know the exact date and you'd be surprised that people want to impress you and they want to impress themselves so they kind of stay on top of it."



When a client doesn't make any progress for a few months or starts to backslide, Blount said he discusses it with them to see what needs changing. If he thinks it will help, he reminds them that he has a waiting list and could move on to someone more motivated.

"(I tell them) we can continue this if you shape up 'cause it's not rocket science," said Blount. "It's kind of a calories in, calories out exercise. We both know that something's not right, so we talk about it and from there, some stay and some go. It's just kind of that open communication and not doing it just for the money. You're actually doing it to help the people around you."

For those unable to use Blount's services, he has written the book, "Strong Foundations," (also the name of his business) which includes a series of 52 fitness articles, as well as space for a workout journal allowing the reader to mark their progress over a year. It's another way to encourage his clients and others to set goals and follow through to make positive, long-lasting changes.



A few years shy of his 37th birthday, **Craig Spinner '95** realized he was in a rut. He had joined and quit three different gyms, tried the intense home-exercise regime P90X and ran a few half marathons. Although he had lost 79 lbs. at age 30, Spinner was back up to 265 lbs. on his six-foot-two inch frame six years later.

"I just could not find something to keep me going," he said.

Turning to CrossFit, a strength and conditioning program of varied and high intensity movement, Spinner said he found a community of like-minded people who cared about being healthy and who enjoyed pushing themselves.



"Every time I finish a CrossFit workout, I feel like I did when I crossed the finish line in a half marathon. CrossFit makes me think I can do anything. Because the application is to improve functional movement, it transfers to life outside of the gym every day."

Wanting to help others experience the same sense of well-being, Spinner earned his holistic health and nutrition certification with the Institute for Integrative Nutrition. When not working full-time as a middle school counselor, he teaches CrossFit classes and sees clients from his health-coaching business.

He connects with them one-on-one, learning about their lifestyles, their habits, their personal challenges and their goals, and checks in with them frequently.

"Calling them, letting them know I'm thinking of them," he said. "(He'll tell them) 'I know this weekend is going to be tough, you're going to that party. Hang in there. Text me if you need me, give me a shout.'"

By the time **Emily Butler '95** was 14, she was very sick and had undergone multiple tests before learning she suffered from the auto-immune disorder Crohn's disease. There were years of doctors, surgeries and prescription drugs, and an indication for more of that in her future.

"I started exploring health more on my own," she said. "I wanted more answers, I was having more questions and (the doctors) weren't satisfying me."

She decided to study alternative health approaches and made some lifestyle changes, such as eliminating soda and fast food, eating more vegetables and going for power walks.

When Butler started feeling better, she knew she was on to something and wanted to help others feel better, too. She attended the Institute for Integrative Nutrition to become a certified Health Coach, earning her accreditation from the American

Association of Drugless Practitioners (AADP). In 2011, Butler continued her training and became a certified Gut and Psychology (GAPS) Practitioner.

Her business, Core Wisdom Wellness, offers health and nutritional counseling, and has clients all over the world.

"I really get to know them on a personal level, simple things like age, gender, their ethnic background, maybe their blood type, their activity level; all of these different things about their spirit that makes them who they are help us find their unique path to better health."

Butler's own experience has given her a heightened level of empathy for their health issues, which has made their victories so much richer. One client, who also battled Crohn's disease, wanted to get off prescription drugs so she could have a baby.

"We worked consistently together for over a year," said Butler. "She got the diet down, she started feeling better. She got strong enough to where she told her doctor she wanted to get off her medications, and she wanted to start trying to have a baby and she did it! She did it all. And she had a beautiful baby boy."

Butler said it meant so much to realize that not only had been able to help her client achieve her goals, but that she had been able to help her grow as a person and share her gifts with others.

For those in the health and wellness business, that's the whole idea. ♥

Our top 5 well

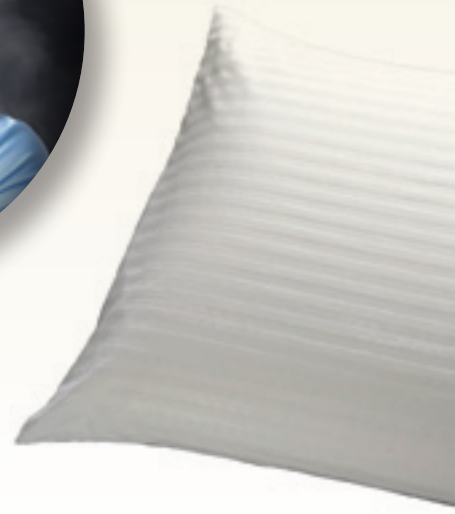
We asked our wellness experts to give us their top five tips for living a healthier life. Here are their best recommendations:

Craig Spinner '95

- 1 Eat whole foods**, such as lots of veggies and good sources of protein with small portions of healthy fats.
- 2 Reduce your weight** (if necessary) and try to eliminate processed sugar from your diet.
- 3 Get moving and keep moving.** It doesn't matter what it is!
- 4 Never skip meals.** Eat breakfast, lunch, and dinner with small snacks from whole foods in between.
- 5 Seek accountability in different forms.** Being healthy means creating habits, and creating habits requires help no matter who you are. Find a partner, start a blog or use an app on your phone, but never assume you can do it alone.

David Blount '07

- 1 You need goals.** Set your grand dreams, your yearly goals, your midterm goals and your immediate goals.
- 2 Have a plan.** Where are you now? Why? Write a blueprint of your future! Include details of when, how, where and what.
- 3 Have patience.** Set goals for each day, one day at a time. Not long and difficult projects, but chores that will take you to the ultimate goal, one step at a time.
- 4 Start a tradition.** Find a friend and sign up to walk, run, bike or hike, something you can mark on your calendar every single year. You will be surprised at how much fun it will be to keep this tradition and how well it will keep you in shape every single year.
- 5 Don't count calories.** Simply stop eating fast food, junk food and fried food. Counting points/calories can be cumbersome. You will be amazed at the results you can achieve by not eating those three types of foods.



ness tips

With reporting from Pam Windsor

Emily Butler '95


- 1 Eat real food.** Real food comes from the earth, not a factory, a box or a drive-up window. Vegetables, fruits, beans, lean meats, eggs and nuts — real food is one single ingredient that involves little to no processing. It provides the highest levels of nutrition that our body recognizes and uses, which promotes health and strength.
- 2 Hydrate by drinking quality water.** Our health is truly dependent on the quality and the amount of water we drink. Your muscles, blood, lungs, brain and bones are nearly all comprised of more than 75 percent water. Next time you have a headache or stomach ache, reach for a couple of tall glasses of spring-sourced or filtered water for an instant cure.
- 3 Sleep.** Quality sleep and rest is essential for building and maintaining a healthy immune system, keeping stress at bay and having the energy to focus and feel good throughout the day. Signs of fatigue can often come across through cravings for stimulants like sugar and caffeine, which weaken the body further. Next time you need an energy boost, try taking a 15-minute cat nap to feel recharged.
- 4 Cultivate Joy.** We all have what I call an inner GPS or “gut positioning system.” It guides us toward what feels good and brings us more happiness and health. Choose activities and exercise that makes your body feel good like walking in nature, gardening, yoga, swimming or running. Look at the hobbies and interests in your life that bring you the most pleasure and do more of them.
- 5 Enjoy connection and community.** In today’s modern world we are connected through technology, yet rates of loneliness and depression are higher than ever. Having personal interaction with others is essential to our physical, emotional and mental well-being. Have you ever noticed how good it feels to help someone in need or do something that made a difference in someone’s life? Or have you ever been part of a community where you felt like you belonged and were recognized for your unique gifts? More than needing to be loved, we need to give love. It makes us feel truly powerful and alive.



Carrie Devine-Ransom '00

- 1 Drink Water.** Water also helps you eat less, gives you more energy, allows you to focus better and reduce the risk of cancer by up to 78 percent. Drink water before, during and after you exercise, since being hydrated can improve your workout by up to 30 percent.
- 2 Exercise in intervals.** To do this, work hard to the point of getting out of breath for a brief period of time, followed by catching your breath while still moving. Examples include power walking, running, swimming or spinning for 20 seconds to one minute, then slowing down that activity to a moderate pace until you can speak. Then repeat the pattern. Intervals are a great way to burn more calories as well as increase cardiovascular and respiratory fitness while improving speed and endurance. Be sure you warm up first.
- 3 Lift weights to fatigue.** To build new lean muscle you must fatigue the muscle. You must continue your reps until you cannot lift the weight again or perform the exercise again without compromising form. Don’t worry, you will not bulk up. My general rule is when you think you are truly done, try for four more.
- 4 Stretch.** Many of us have lost most of our flexibility, and that puts us at risk for pain and injuries. Also, when you stretch, you allow adequate blood flow to all the areas of the body, removing the bad stuff and delivering the good stuff for proper recovery.
- 5 Execute and maintain proper form.** It is always a good idea to get a trainer to at least evaluate your workout and your form. A trainer can make sure that you get the most from your workout and instill good form that will protect you from pain and injuries. Also, never hold your breath. Counting aloud is a great way to ensure that you are breathing on every rep.





Is your child cranky or doing poorly in school? The problem may be a lack of sleep.

A GOOD NIGHT'S sleep



A little boy, aged four or five, sat in the back of the room, seemingly at play with a toy, while his parents spoke with **Dr. Deb Givan** '73. Though he didn't understand any of the big words the adults used, he knew they were talking about him, and he didn't like what he heard.

"He would stay up and then he couldn't sleep," said Givan about her young patient who suffered from Delayed Sleep Phase Syndrome. "He would watch TV or come in to the parents' room, and they really wanted him to improve on these things."

Knowing full well that even if he pretended otherwise, the child was listening to every word she said, Givan counseled the parents to remove the TV from his bedroom, and tell their son he has to stay in bed at night because the doctor said so.

"(The boy) was sitting there and he was getting quieter and quieter, and I had on this bright pink jacket. He looked like he was getting really angry, and he blows up and says, 'YOU, YOU PINKIE, YOU!'" she said laughing.

The next time Givan saw the child, however, all his outrage had subsided. He even brought her a flower.

"He was feeling so much better because he was getting better sleep."

According to the American Academy of Sleep Medicine, more than 100 million Americans of all ages regularly fail to get a good night's sleep. At least 84 related disorders lead to a lower quality of life and reduced personal health.

Among the many related issues, sleep deprivation can cause delayed growth, behavioral problems, auto accidents, depression and suicide. Extreme cases can result in death.

Givan, a pediatric pulmonologist and one of the nation's foremost experts on the subject, heads the Riley Hospital for Children's Sleep Disorders Center in Indianapolis, considered the world's largest.

One of the most common physiological complaints she treats is sleep apnea, which affects one in three U.S. children, according to the National Sleep Foundation. Snoring is the primary symptom, along with problems breathing during the night, sleepiness during the day, difficulty paying attention and behavior issues.

"It's never normal for a kid to snore. It's not always pathologic — you can have what they call primary snoring — but it's never normal. Something causes the airway to be at least partially obstructed, depending on how frequently the symptoms are present."

Removing the tonsils and adenoids cures the problem about 85 percent of the time since these children often have larger or more of these tissues that can block the airway during sleep. Weight gain (both in children and adults) can also be a factor.

"Most people who gain weight have poor muscle tone," said Givan. "They don't exercise as much so the muscles lose their tone (and are) more likely to collapse and fall backwards. Also, until about 20 years ago we didn't see children who had obstructive sleep apnea because of obesity, but now it's very common."

Though more commonly used with adults, CPAP, or continuous positive airway pressure, is one of the treatment options Givan uses when other

methods prove ineffective. Patients wear a mask on their face that attaches to a machine generating air pressure in order to open up the airways.

Many times, however, the lack of sleep is due to a behavioral, rather than physical issue. In these instances, the child refuses to sleep either where, when or as much as necessary. Particularly with teenagers, electronics such as the iPad or video games are often the main culprits.

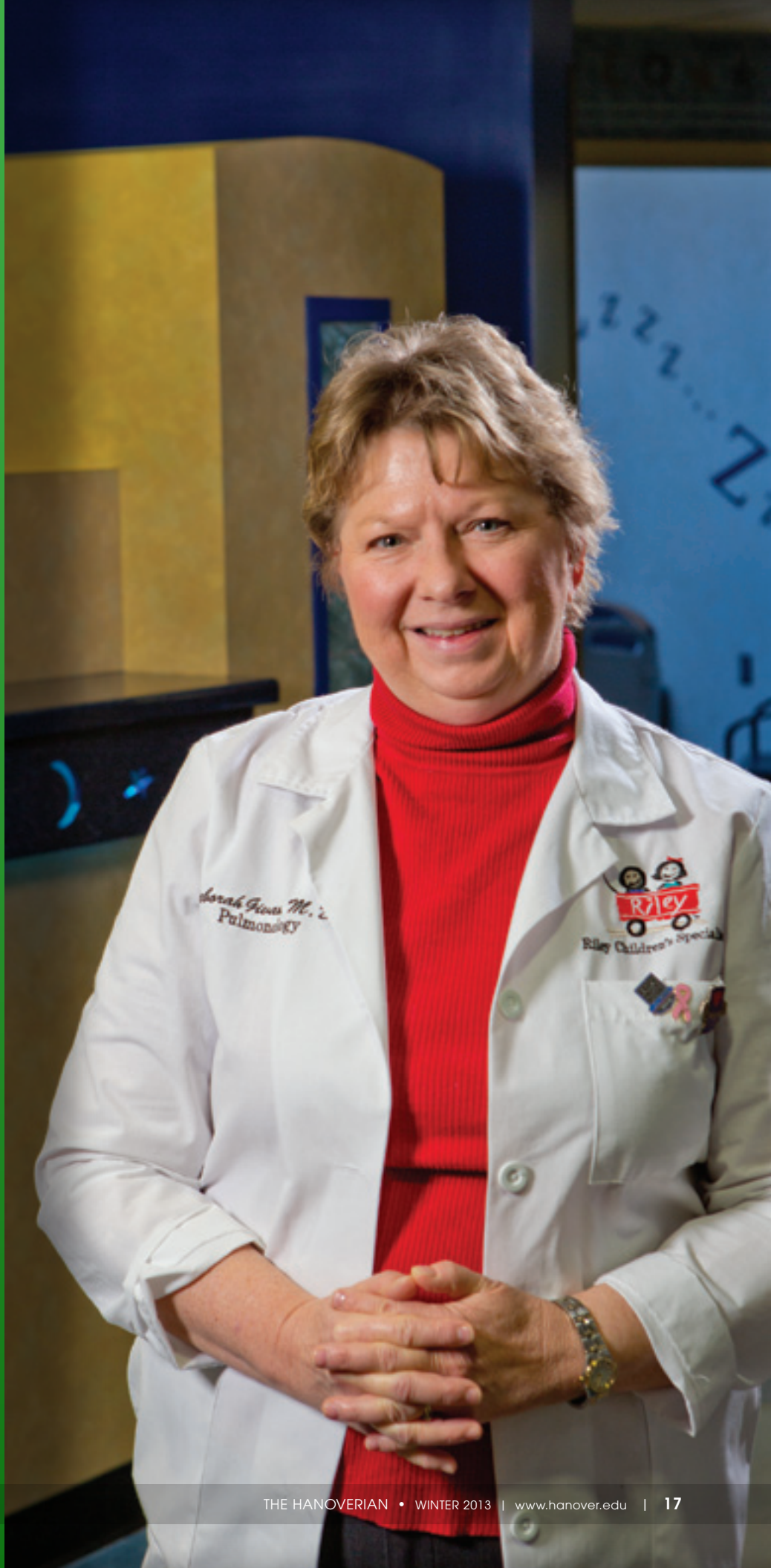
“At the turn of the century, sleep was not a problem,” said Givan. “People went to sleep when it was dark and got up when it was light and time to feed the animals. You didn’t have things to keep you up. When it got dark, you couldn’t see very well so you went to bed. Now you can stay awake 24 hours a day.”

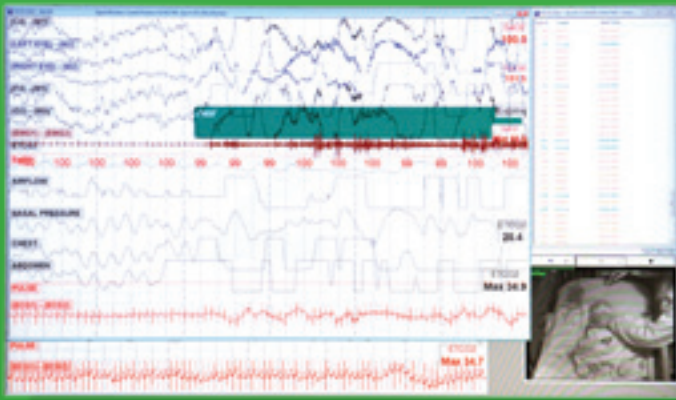
Built in 1984, the sleep lab features soft lighting and individual rooms where technicians monitor each child continuously. During a sleep study, a technician attaches electrodes to the scalp in order to read EEG signals or brain waves that determine the child’s sleep stage, as well as an oxygen monitor and a nasal cannula to measure how much air moves in and out. Belts around both the chest and abdomen measure any movements. Most studies last about eight hours.

While adults have trouble falling asleep attached to so much equipment, Givan admitted children, for the most part, do not. Having a parent in the room with them also makes it reassuring, as does the right kind of staff.

“It is very, very important to have people working with them who are kind and who know how to work with children because we (treat) children with lots of different problems,” she said. “We do normal kids, as well as those with autism, behavior problems; it can be very challenging ... it’s very rewarding, too.”

Other sleep conditions include parasomnias, such as sleepwalking, talking while asleep and night terrors; these are most common between the ages of four and 12. Givan also deals with narcolepsy, where the child may fall asleep suddenly





many times during the day. This can result in a self-esteem issue, since many people equate sleepiness with laziness. Studies take approximately 24 hours to complete.

No matter what the age or lifestyle, Givan insisted that people don't get sleepy unless they need the rest.

"You may sit in a boring situation where you fall asleep but all that does is reveal your sleepiness," she said. "You can be bored out of your mind but if you have adequate sleep, you will not sleep (more). I think that's a mistake people make."

Having enough time to have the kind of discussions with parents and their children is one of the challenges Givan faces in her work, as is making sure to approach the issue in a positive way.

"Things that deal with sleep can get people pretty much on edge," she said. "We don't want (parents) blaming the kids. It's important to re-focus on what the problem is and the strategy to improve it without appearing to blame anybody."

Growing up on a farm in the tiny town of Milan, Ind., Givan hadn't planned to become a doctor. Not only did her high school not have the necessary tools, like microscopes, to study science properly, having an interest in those subjects was neither popular nor the kind of field women often thought to pursue during that time.

"Actually, I think it (growing up in a small community) gives me a lot of insight into the care of patients, knowing where the teenagers are coming from and how their lives are very narrow," she said. "They don't see the way out of their situation because they just don't have the experience."

A first-year class with the late Professor Emeritus of Biology Enos Pray changed her outlook. Givan enjoyed the course so much it led to her pursuing the sciences further, and with some encouragement, it wasn't long before medical school became a realistic option.

She earned her medical degree from Indiana University in 1977 and married former Hanover trustee and neurologist **Bob Alonso** '74 the next year. After completing residencies in Houston and Philadelphia, the couple returned to Indiana. They have two daughters: Katie is in nursing school and Annie is a public defender for Marion County.

Looking back at her almost 30-year career, Givan said the rewards more than make up for the struggles. A talented staff allows her to keep reasonable hours so her own sleep is in good health. Positive feedback from parents and patients alike — especially getting Mom and Dad the sleep they need — makes it all worthwhile.

"You can change somebody's whole life." ♥

TIPS

to help your child get a good night's sleep

- Have your child sleep in the same room consistently and use the bed only for sleep. No reading, eating or watching TV.
- Do not use going to bed as a punishment.
- Keep your child's bedroom cool: avoid temperature extremes.
- Develop a regular bedtime and have your child get up at the same time each morning, even on weekends. This helps the body acquire a consistent sleep rhythm.
- Plan regular daily exercise for your child, preferably in the evenings, using the leg and arm muscles, but do not exercise for 30 minutes prior to bedtime.
- Avoid heavy meals within two hours of bedtime; a light snack such as milk or cheese or crackers at bedtime may be helpful. Do not give excessive fluids prior to bedtime.
- Don't give your child stimulants such as cola drinks, cocoa or chocolate within eight hours of bedtime.
- Avoid giving your child medications for sleep, especially those which contain alcohol.
- Accept occasional nights of sleeplessness as being normal.

A photograph of a park scene. In the foreground, a woman with dark hair, wearing a black jacket over a red top and blue jeans, is smiling and swinging a young child on a swing. The child is wearing a black patterned jacket, leopard print leggings, and black shoes, and is laughing with their head tilted back. In the background, a woman with short brown hair, wearing a blue medical scrub suit, is walking towards the camera. The setting is outdoors on a grassy area with a building in the background.

Saving babies

**This alumna helps ensure babies
get the healthy start they deserve.**



Bilyeu reads to two-year-old Araya Faith Kniffley during a home visit.

While there have been many achievements in public health over the past few decades, the U.S. has only made marginal gains in reducing the infant mortality rate. With the second highest rate among developed nations, even more troubling is the disparity in death rates between babies born to Caucasian women and those to minority women, especially African-Americans.



On the west side of Louisville, Ky., the infant mortality rate is one-and-a-half to two times greater than the remainder of the metro area, as is the rate of children who won't ever taste their first birthday cake.

One of the programs working to combat this issue is Healthy Start, part of the city's Department of Public Health and Wellness. Begun in 1998 with a grant from the U.S. Department of Health and Human Services, public health nurses like **Lindsay Clark Bilyeu '83**, regularly visit mothers who are either pregnant or have children younger than age two.

Between 2007-09, the infant mortality rate for Healthy Start participants was 5.4 percent versus 8.7 percent for non-participants within the program area. The percentage for the program's mothers was closer to the remainder of the Louisville Metro area, which is only 4.1 percent.

During almost the same time period (2006-09), the percentage of low-birth-weight babies born to African-American

women in the program decreased (16.2 to 10.8) versus non-participants (11.8 to 11.1). The percentage of premature infants (those born before 37 weeks) decreased from 19.3 to 10.2 versus 16.5 to 13.0.

Such significant success garnered two additional grants for Healthy Start, both from the Norton Healthcare Foundation, in 2009 and again in 2011.

Expectant mothers are eligible for the free and confidential service solely on the basis of zip code, rather than income.

"Where they live makes them high-risk," said Bilyeu, before noting approximately 80 percent are African-American, while the remainder are Caucasian or other races. While she has had as many as 90 clients on her roster, currently Bilyeu has 45 clients and averages 15 home visits per month.

Referrals can come from Medicaid, WIC (Women, Infants and Children), word of mouth and outreach methods, after which a letter goes out to the mother explaining how Healthy Start works.

Next, a program nurse calls to set up the first home visit, but sometimes the phones are disconnected, or the potential client's cell phone may have run out of minutes. If she's not able to connect with the mother, Bilyeu sends another note.

"If (I) have time, I'll do an unscheduled visit and drive by (the home). I'll leave a brochure about the program, but there's not much time for that."

During the initial home visit, she takes a brief medical history, asking how the pregnancy is progressing, or if the client has already given birth, what the delivery was like and any health information about the baby. Bilyeu also looks over the home environment, to see if there are any safety concerns or other issues for which the client might need help.

Expectant and new mothers are assigned one of four risk levels, which determines how often Bilyeu, another nurse or one of three Healthy Start resource workers will do a home visit where she checks to see if the client is keeping up with doctor appointments. Bilyeu also teaches the new mother about different stages of the child's development.

Safety issues, such as never shaking a baby nor allowing the infant to sleep anywhere but in a crib and on his/her back, is one of the most important topics.

"We go through all that during the pregnancy, but that doesn't mean they get it," she said.

"Their mothers and grandmothers will tell them (the baby) will choke lying on its back, but putting (a baby to sleep) on its stomach would make that more likely."

Bilyeu said typical clients are in their early twenties, single and the pregnancy is not their first. About half are unemployed



and those who work are likely in a low-wage job. Many live with their mother or grandmother; though they want to be on their own, the lack of affordable housing in the area prevents them from doing so.

One of Bilyeu's success stories is 35-year-old Andrea Kniffley, who suffered from infertility before becoming pregnant with her first child, a daughter, Araya Faith. Married with a nine-year-old stepson, she started seeing Bilyeu six months into the pregnancy.

"Healthy Start gave me information as a new mom that I didn't know about," said Kniffley. "It's totally different when you have your own (child) and you're coming home for the first time as opposed to taking care of someone else's child, because you don't know what to expect."

One thing she learned was how babies' eyes will sometimes slowly roll around as they start to fall asleep or as they wake up.

"I didn't know what was wrong with her. I thought, 'She's three weeks old and her eyes won't stay still!' But Lindsay told me that was normal. The helpful information (the program) provides makes a world of difference."

"I remember in one of my first visits after (Araya) was born, she was sleeping on the couch," said Bilyeu. "And I fussed at (Kniffley) and said, 'uh-uh, don't do it. Even if you're sitting right next to her, don't do it.'"

"I thought it was ok because she (couldn't) roll yet or go anywhere," said Kniffley. "(Bilyeu) told me she could suffocate under

the pillows. Healthy Start can turn a mom who doesn't know anything into a mom who is an expert."

The program also puts parents in touch with support services and finds ways for them to further their education or receive job training. Sometimes, it's simply offering a listening, non-judgmental ear. If needed, either Bilyeu or a resource worker will bring necessary items from the program's store.

"There were times when (my husband and I) would look at each other and say, 'oh no, we're down to our last (diaper), what are we going to do?'" said Kniffley. "(Luckily) they would call and ask if we needed anything."

Kniffley said having Bilyeu's diagnostic abilities as a nurse was an even bigger advantage, particularly in explaining postpartum depression, which the new mother developed after Araya's birth. Bilyeu was able to let her know not only what was going on, but also where she could seek treatment at no cost, because of Kniffley's affiliation with the program.

"It was a great help for me because I didn't have insurance," she said.

Though Kniffley started a new job as a case manager for RxCrossroads in their pharmaceutical division, she said the experience with Healthy Start has her thinking about future career options, such as possibly getting an R.N. degree.

"(Kniffley) was five steps ahead of the game when she started, because so many of our clients don't even have their GED," said Bilyeu, who added that she encourages clients to get their GED diploma, if they're able to do so.

As a little girl, Bilyeu knew she wanted to be a nurse; she even remembered her child-sized uniform with the navy cape and white cap. But another of the sociology major's dreams was to attend Hanover, having learned about it from her two older sisters, **Alicia Clark Bloos '74** and **Lauren Clark Alwes '81**.

"I started going to Hanover when I was nine years old. Every Parents' Day, every everything, we were up there, so all I wanted my whole life was to go to Hanover. I really wanted to go to nursing school, but I didn't want to leave Hanover. I just loved it."

She earned her nursing degree at Bellarmine University in 1990 and spent a few years in health care before choosing to stay home to raise her three sons: Steven, 24; Cullen, 17; and Spencer, 15.

Hired on a temporary contract in early 2009, a devastating blow hit Bilyeu when her husband, Steven, died unexpectedly from a heart attack at age 48 just a few months later.

"(The job) was a God-send," she said. "I'd already been working here for four months and they were going to hire me (permanently), so it was just perfect."

In addition to her client work, Bilyeu also teaches prenatal classes at Healthy Start and at Norton Hospital. She considers working with Healthy Start her dream job and hopes to stay in it till retirement. Even then, Bilyeu said she'd volunteer, possibly at a local hospital rocking babies in the neonatal intensive care unit.



"It's babies and pregnant women," she said. "I love 'em all." ♥





Shed a little light

After a lifetime of service, this alum has embarked on his greatest mission yet.

It all began with a conversation over breakfast.

In 2010, retired Cinergy exec **Joe Hale Jr. '71** and his friend, Duke Energy CEO Jim Rogers, discussed a newspaper article about a woman in Kenya with five children, who spent 14 hours traveling by foot and motorcycle taxi in a single day, four times a month, in order to get her cell phone charged.

The two were incredulous at the lengths she had to go in order to accomplish what was for them — and most of the world — as simple as plugging the phone into an outlet and waiting for a few hours.

With the sale of a couple of animals, the mother was able to buy a solar lantern fitted with a cellphone charger. Eventually, she started a business charging her neighbors \$.25 to charge their phones.

"A cell phone is not just communications anymore," said Hale during an interview at Homecoming. "In Africa, it is the virtual bank, because if I owe you a dollar and I have \$5 credit on my cell phone, I transfer a dollar to your cell phone and I've paid you back my debt. If my son has moved to Kigali from Bweyeye (both in Rwanda), I can call him; I can stay in touch with my family.

"If I want to know how much chickens are selling for in the market, I can get the report. If I want to know if it's going to rain and I'm planning on planting that day, I can get a weather report. So, the phone is so important to people."

Hale should know. For the past year and a half, he's worked tirelessly to get combination solar lantern/cellphone chargers into the hands of some of the world's poorest through the nonprofit organization he and Rogers started, Global BrightLight Foundation (GBF).

Currently, there are 1.3 billion people around the world who have no access to electricity and use the sun as their only source of light. More than 80 percent are in South Asia or sub-Saharan Africa — the world's 50 most impoverished countries.

Kerosene, candles, firewood and other biomass fuels make up 90 percent of their energy supply. The resultant indoor air pollution accounts for an estimated two million deaths per year, and the lack of reliable energy also hinders opportunities for economic progress.

Cellphones in use in these regions don't look anything like an iPhone 5. Signals come via satellite, and their old-school flip phones do little more than make calls and text. Still, it's enough to be a lifeline for all the people Hale and GBF would eventually encounter.

He and Rogers treated GBF with the same kind of business acumen that led both men to be leaders in the energy industry. Initially, they performed research to determine the best approach for their vision, as well as the feasibility and costs of distribution. The primary goal was to help those most in need.



50,000 points of light

The Global Sustainable Electricity Partnership (GSEP), comprised of the 15 largest utilities in the world, has challenged Global BrightLight to secure the funding to distribute 50,000 lanterns in the next 12 months.

Working closely with GSEP, GBF will deliver the lanterns to targeted project sites the two organizations will mutually select. Once complete, it will be the largest distribution ever of solar-powered lanterns by non-governmental organizations (NGOs).

"It's a wonderful opportunity for us to kind of catapult to the top of this space, because even organizations that have been around for a decade, they may have distributed at this point 30-35,000," said Hale. "If we're able to deliver 50,000 in the next 12 months, it really positions us as a true leader."

Completing the challenge would also draw more traffic to the organization and provide more funding.

"We see ourselves as the connector," he added. "We want to connect the donor with the people that need the product. In the middle are the partners, the suppliers, the manufacturers, but my job is increasingly going to be fundraising for this organization to provide light for people's homes."



"We really wanted to try and touch areas that were not on the grid, were probably not going to be on the grid in our children's lifetimes, (places) that were just not going to have access to power," said Hale. "We wanted to start small, and we (decided) to focus just on solar lanterns that had cell phone chargers integrated into them."

Through help from their onsite partner, Wildlife Conservation Society (WCS), Hale traveled in October 2011 from the capital city of Kigali, Rwanda, to the remote village of Gakenke, one of two locations in that country for the first GBF pilot. The trip was a six-hour journey by truck, climbing one mountain after the other along a mud and dirt path.

Located in the northern region, the area in and surrounding Gakenke features verdant, lush countryside, where coffee beans and pineapples are the main source of income. But soil erosion threatens the agrarian economy, and without access to electricity, there is little hope of improvement for the young population. One third of the villagers are between ages 14 and 25.

During Hale's visit, as the curious looked on, he demonstrated the lantern in a home of a woman named Fina. Made from mud bricks with a tin roof, they all crammed into a main room no larger than six-by-eight feet without any windows.

"When we turned on the (lantern), her smile turned on simultaneously," wrote Hale on the foundation's website, globalbrightlight.org. Other villagers started crowding in to see it work, and they immediately started stating every project objective we (had) discussed for months. I didn't have to say a word. The most obvious use was for education as they proudly showed me the new school being built in the village."

Returning to Rwanda almost a year later, he probably couldn't have imagined the reception that would await him. Walking into the school room used for community meetings, 50 families burst into applause. Once Hale got over his embarrassment, he was able to ask the villagers how the lantern had made a difference in their lives.

"My children can read at night," said a sheepish young man in his native Kinyarwanda. "We are not sick so often from breathing smoke. My son's asthma is better. My wife can see to cook at night. We have had fewer accidents in our village of children mistaking kerosene jugs for water jugs and drinking the kerosene."



"I sat there just beaming as he ran down this litany of benefits while his fellow villagers murmured their agreement," wrote Hale. "Once he'd broken the ice, several others got up to describe how their lives had changed because of BrightLight's solar lanterns. They'd saved money, which they now used to buy more farm animals. They'd saved time, which they now used for cultivation. Basically they were glad that they could do things after dark. In the past, when the sun went down and light was gone, productivity stopped and people went to bed."



The results in Rwanda are in keeping with GBF's mission, which Hale sees as five-pronged.



"Obviously, there's the educational component, where kids can study and read at night or do their homework. The second one is health, (so) they're not breathing kerosene fumes all the time. Even after six months, the decrease in the respiratory issues that we found in these people's homes is amazing. Especially in Rwanda, because the architecture changed after the genocide (to homes) with very small windows to prevent people from coming into them. There's very little ventilation."

Safety is another integral part of the GBF mission. During his travels to places as isolated as Rincón de los Sauces in Patagonia, Argentina, to meet with transhumant goat herders or Quixalito, Guatemala, where children are afraid to use the outhouse at night and are then

punished for wetting the bed, Hale saw far too many people with horrible burns on their bodies as a result of accidents from their current fuel sources.

Having access to light will help provide an economic development for the parents who have a micro-business, e.g., making bead necklaces or shoes from tires, since it will allow them to work after sundown, something which they've never been able to do.

"Typically, people would sit around a candle and talk (during that time)," said Hale.

The last benefit, which he doesn't think any of his customers understand or appreciate is an environmental one.

"They're not burning kerosene, they're not burning firewood as much, so it's cleaning up the air a little bit," he said, stressing the word little.

Global BrightLight now has five board members, including Hale, Rogers, R. Kerry Clark, retired chair and CEO of Cardinal Health, David Shane, CEO of LDI, Inc., an international distribution and logistics firm, and Jeanne Reisinger, retired global logistics manager for Procter & Gamble. They've also received help from the University of Michigan's Erb Institute for Global Sustainable Enterprise with a group of four graduate students who spent nine months refining the nonprofit's business plan.

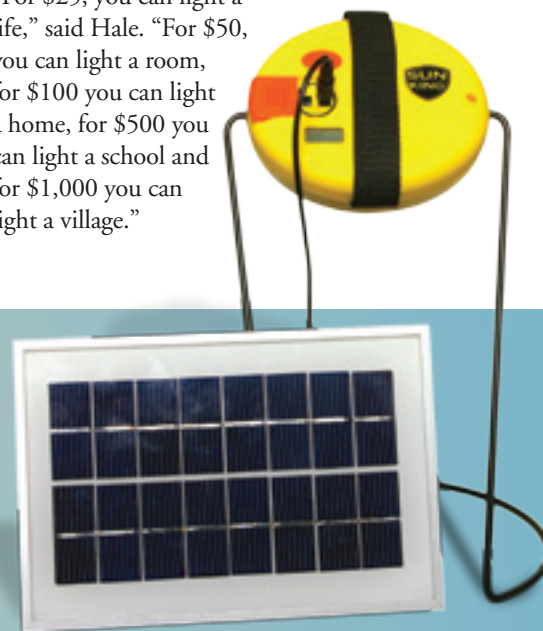
Across the top: The lanterns bring multiple benefits and smiles from the villagers who use them. At left: Hale in Rwanda. This page (inset): In Patagonia, Argentina.

Part of that model is in the pricing structure. Hale said he and Rogers decided early on that the worst thing they could do would be to create a giveaway program, so they based the price of the lanterns on what people already paid for fuel and other associated costs to charge their phones.

"There'd be no value if (the villagers) weren't personally invested in it. So we needed that skin in the game. That was real important to us."

Lanterns in Rwanda will cost villagers \$35, payable over three months; in Guatemala, the price is \$10. He said the units cost GBF \$25, with \$10 for shipping and a few dollars for management and storage. In some countries they'll break even, others will be a subsidy, which donations will help cover.

"For \$25, you can light a life," said Hale. "For \$50, you can light a room, for \$100 you can light a home, for \$500 you can light a school and for \$1,000 you can light a village."



Let the sunshine in

After the two pilot programs were complete, Hale and Rogers chose to work with Greenlight Planet Inc. of Riverside, Ill., manufacturer of the Sun King™ Pro solar-powered lantern. The units look like a camping lantern but their light emitting diode (LED) illumination is twice as bright as a typical kerosene-fueled, hurricane-type lantern.

A photovoltaic charging panel about the size of tablet computer converts sunlight to electricity; the lithium-ion battery pack fully charges in about four to six hours of daylight. With a full charge, the lantern will provide up to 16 hours of light, depending on use.

Hale's magnificent obsession

After accidentally spilling a clump of cigarette ash on his then-infant son in the 1970s, Hale was so horrified he quit smoking and took up running. Given that he doesn't appear to do anything by degrees, it should come as no surprise that his first slogging steps eventually turned into 26.2 miles. To date, he's logged 85 marathons.

"When I run, there is a purity and clarity of thought," he told *Forbes.com* in 2005. "I sort out issues at work, resolve (things), draft letters, consider new projects and ponder staff problems — it's my time to think and resolve."

That same year, Hale challenged himself to run around the world by completing seven marathons in seven months on seven different continents to raise \$100,000

for the March of Dimes. His lifetime association with the organization began almost before he was born, when his mother, Peggy, contracted polio only weeks before giving birth to Hale in an iron lung.

"I jokingly say I'm a charity case, but I really am, because early on they helped my family," he said. "I grew up pushing my mother's wheelchair down Scheller Lane in New Albany, Ind., raising money for (them) because you have to give back to people who help you."

The races took him to Tanzania, Argentina, Australia, the Netherlands, the Great Wall of China and Antarctica, and Hale's wife, **Linda Dayhuff Hale '71**, often joined him on the journey, as did their son, Grant. The couple has another son, Britten, and a daughter, Katherine.



Averaging about one a month, Hale eventually completed 12 races that year, running more than 300 miles and raising more than \$250,000. For his efforts, *Sports Illustrated* named him one of its "Faces in the Crowd" for 2005.

Sadly, a hip replacement put an end to his running career. He swims, skis and bikes instead, but it's obvious they're no substitute.

"I miss it, I really miss it," said Hale before adding yet again, "I miss it."



(Cont'd from previous page)

Ever on the move, Hale's next site will be Cambodia, helping rice farmers who can make more money by growing organic rice for sale in the high-end hotels of the capital city of Phnom Penh. There are also plans to be in Nepal as well as sell 5,000 units in a Congolese refugee camp. Developing relationships with other non-governmental organizations around the world has been key to getting the word out about Global BrightLight's mission.

Of all the causes Hale has lent his support to (see sidebar above), it's clear that being hands on and creating something from scratch is part of why he continues to give it so much time and attention.

"First of all, I think it's very selfish to retire in the traditional sense today, simply because we spend 30 or 40 years amassing all these wonderful skills and experiences, developing these relationships, and it seems to me that it's a huge waste to not take advantage of all that," he said. "I wanted to try and find a way to use (those things) ... It's really kind of rewarding to be involved from (the beginning), raising that first dollar, buying that first lantern, going to the factory and then seeing people's faces when you sell it to them."

While he doesn't believe Global BrightLight will change the world, Hale does acknowledge the foundation is

changing people's lives, one family at a time. Does that mean this is his life's work?

"Oh, for the next five years at least," he said, laughing. "Before I reinvent myself again." ♥





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#21



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Rachael Balakin '11
 Adam Clevenger '05 and Jessica Trimble*
 Andrew Cole '11
 Mera Corlett '10
 Sarah Goth '11
 Benjamin Gunning '08
 Kirk '10 and Cecilia Wiehe Herrmann '11
 Meghan Mulvaney '12
 Dan '09 and Ali Gantz O'Leary '09
 Angela Semrau '08*
 Chuck '10 and Shelly Sullivan Summers '01
 Nana Thompson '12
 Chris Webb '08

Note: Though membership in The James Blythe Presidents' Club begins with a gift of \$1,000 or more, Hanover offers graduating seniors and alumni from the last decade to become G.O.L.D. members for \$100, multiplied by the number of years since their respective graduation date.



FALL Sports wrap-up



Kaitlin
McCulloch

Women's Soccer

Senior defender **Kaitlin McCulloch** became the first player in Hanover soccer history to earn all-American honors and helped Hanover racked up double-digit victories for the fourth consecutive season. The Panthers posted a 13-4-2 overall record and were third in the Heartland Conference with a 6-2-1 mark.

The National Soccer Coaches Association of America (NSCAA) named McCulloch a third-team all-American as well as a second-team academic all-American. A four-time all-Heartland Collegiate Athletic Conference honoree, she was the league's defensive player of the year for the second season in a row after helping the Panthers' defense post 10 shutouts in 19 matches and also tie the 2009 squad's school record by allowing just 10 goals.

McCulloch and freshman midfielder **Rachel Alvis** garnered spots on the NSCAA's all-Great Lakes Region squad. McCulloch was a first-team honoree for the second consecutive season and is a four-time all-region selection. Alvis earned a slot on the region's third team.

Alvis, a second-team all-HCAC honoree, scored six goals and had two assists. She was second on the squad with 14 points.

The Heartland Conference named senior midfielder **Jennie Dumaine** to its all-sportsmanship team. She was also awarded academic all-region honors. She netted a career-high four goals and also had one assist.

Sophomore forward **Tricia Walsh** was a first-team all-HCAC selection. She led Hanover's offensive attack with 15 points, including a team-high seven goals and one assist.

Senior defender **Shannon Grueter**, a two-time all-HCAC selection, was a second-team all-league choice. She was a key member of Hanover's defensive unit and also scored one goal and added an assist.

Brooke
McKay



Women's Golf

Sophomore **Brooke McKay** captured medalist honors to lead Hanover to a second-place finish at the Heartland Conference championship.

McKay, who has 11 career top-five finishes, fired a 167 (83-84) to win by two strokes and become the second Hanover golfer to win medalist honors at the conference finale in the past three years. Former standout **Molly Burpo** captured first place at the HCAC championship in 2010.

In addition to McKay, freshman **Brittany Mosteller** and senior **Becky Roberts** each posted top-eight finishes to earn all-conference honors.

Mosteller was sixth overall with a two-day total of 178 (87-91) and Roberts, the HCAC's freshman of the year in 2009, posted a 183 (85-98) to finish eighth.

Junior **Sloane Hamilton** was 14th among 38 golfers and completed the Panthers' scoring with a 186 (92-94).

Hanover placed second in the chase for the team championship. The Panthers totaled 714 strokes (347-367) to finish 18 shots behind host Franklin College, which posted a 696 (336-360).

Daniel Passafiume



Andy Dalton

Football

Guided by first-year head coach Steve Baudendistel, Hanover finished the 2012 campaign with a 6-4 overall record and placed second in the Heartland Conference standings for the third consecutive season. The Panthers were 6-2 in the league, including a six-game winning streak.

Seniors **Daniel Passafiume** and **Andy Dalton** anchored Hanover's offensive and defensive units, respectively, and led the Panthers' post-season honorees.

Passafiume, a wide receiver, closed his career as the fifth-leading receiver in NCAA history (all divisions) with 344 catches and ranks as the Panthers' career leader with 3,485 receiving yards and 39 receiving touchdowns. In addition, he is second in school history with 257 career points.

Leading the Heartland Conference with 90 receptions, Passafiume ranked second in the league with 91.5 receiving yards per game. He scored a team-high 14 touchdowns.

Beyond Sports Network named Passafiume a third-team all-American selection. He is a four-time all-Heartland Conference selection and a three-time all-North Region honoree. Passafiume played in both the D3 Senior Classic in Salem, Va., and Tazon de Estrellas in Guadalajara, Mexico.

Dalton, a linebacker, is a four-time all-Heartland Conference selection. Just the third player in Hanover history to record more than 400 career tackles, Dalton led the league with 116 tackles and ranked 15th nationally with 11.6 tackles per game. He ranks third in school history with 423 stops.

Senior **Ajani Jones** and sophomore **Spencer Corrao** were each first-team all-Heartland Conference selections. Jones, a defensive tackle, claimed a spot on the all-HCAC team for the second year in a row. He registered career highs with 58 tackles, 13.5 tackles for loss, nine sacks and three forced fumbles.

Corrao, a running back, led the Panthers with 781 yards on 124 carries with a team-high eight rushing touchdowns. He also caught 26 passes for 230 yards and two touchdowns.



Spencer Corrao

Senior receivers **Colton Zeck** and **Dwayne Eubanks**, along with juniors **Dexter Britt** and Brandon Foster, sophomore **Ryan Hahn** and freshman **Jake Stilwell**, were each second-team honorees.

Zeck caught 41 passes for 442 yards and six touchdowns. He also rushed 11 times for 26 yards and three touchdowns. Eubanks, who earned all-HCAC honors for the second straight season, had 33 receptions for 476 yards and five touchdowns.

Britt, a two-time all-league choice, led the Heartland Conference in total offense with

282.4 yards per game and 260.4 passing yards per contest. He completed 236 of 354 passes for 2,604 yards and a career-high 31 touchdowns. He also rushed 105 times for 220 yards and six touchdowns. Hahn, a two-year starter at center, anchored an offensive line which helped Hanover generate 412.4 yards per game, including 272.9 through the air and nearly 140 yards on the ground.

Foster, a linebacker, was third on the Panthers' defense with 61 tackles. He had 7.5 tackles for loss, including one sack, and also blocked a point-after attempt.

Stilwell, a defensive tackle, ranked second among the unit's linemen with 46 tackles and posted 11.5 tackles for loss with 8.5 sacks.

Senior **Shawn Gibson** and junior **Tom Call** each received honorable-mention recognition.

Gibson, a wide receiver, earned the honor for the second time after posting 41 receptions for 495 yards and two touchdowns. Call, a defensive end, had 39 tackles with 8.5 tackles for loss and 2.5 sacks.

Senior **Brian Robertson** was named to the Heartland Conference's all-sportsmanship team. Robertson, a defensive end, had 16 tackles with one-half of a sack.



Ajani Jones



FALL Sports wrap-up



Kylie
Justus



Sarah
Quebe

Volleyball

Hanover finished the season with an 18-14 overall record to mark the program's third straight winning season. The Panthers placed fifth in the Heartland Conference standings with a 5-4 mark.

For the second consecutive season, the conference named junior **Kylie Justus** its defensive player of the year. She was one of four Panthers to earn post-season honors from the league.

Justus, a return specialist, led the conference, and ranked 14th in the nation, with 6.01 digs per set after totaling a career-best 691 digs during the 2012 campaign.

Joining her on the Heartland Conference's first team was senior outside hitter **Sarah Quebe**, who received all-league honors for the fourth season. Quebe led the Panthers with a career-best 337 kills.

She was seventh in the conference in attack percentage (.239) and ninth with 2.76 kills per set. She also led Hanover with 73 blocks.

Junior outside hitter **Megan Keller** and sophomore middle hitter **Sarah Hasewinkel** were honorable-mention all-HCAC selections. In addition, Keller earned a spot on the league's all-sportsmanship squad.

Keller, a first-time all-league honoree, logged time on the front and back rows for the Panthers. She set career highs with 136 kills and 37 blocks, while also adding 103 digs.

Hasewinkel, a member of the conference's all-freshman team last season, posted career highs with 127 kills and 62 blocks. She also had 15 aces.

Men's Soccer

Hanover finished 7-7-4 overall under first-year head coach Matt Wilkerson. The Panthers placed fifth in the Heartland Collegiate Athletic Conference standings with a 3-4-2 record.



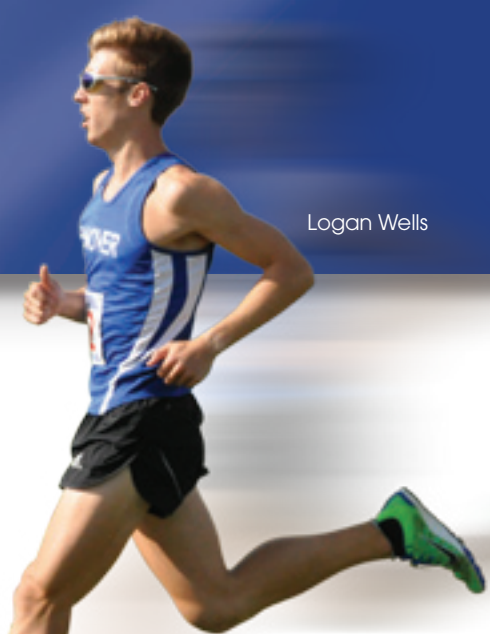
Mathew Grau

Sophomore **Mathew Grau**, junior forward **John Wittich** and freshman forward **Joaquin Acuna** earned post-season honors from the Heartland Conference. Grau earned first-team honors, while Wittich and Acuna were second-team selections.

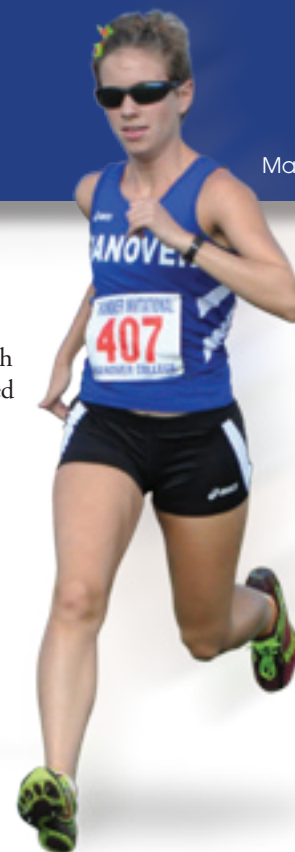
Grau, who was a second-team all-HCAC pick as a freshman, recorded two assists while directing the squad from his mid-field slot.

Wittich led the Panthers with 17 points, including a team-high eight goals and an assist. The eight goals were the most for a Hanover player since **Jeremy Owens** scored nine during the 2006 season.

Acuna was fourth on the squad with five points. He netted one goal and had a team-best three assists.



Logan Wells



Mackenzie Dye

Cross Country

Hanover's women's cross country team placed second and the men's squad was sixth at the Heartland Conference championships.

Hanover's women's team placed five runners in the top 19 spots to grab second place in the meet for the second time in three seasons. The Panthers totaled 62 points to finish behind only Manchester University (42).

Sophomores and former high-school teammates **Mackenzie Dye** and **Claire Hinshaw** each posted top-12 finishes to earn all-conference honors.

Dye was fifth overall with a time of 24:09.9, while Hinshaw was ninth in 24:33.1

Freshmen **Rachel Smith** and **Kaleigh DeBeck**, along with junior **Janelle**

Lantz, each finished within the top-20 to grab honorable mention all-conference recognition. Smith was 13th with a time of 24:52.2. DeBeck covered the six-kilometer course in 25:08.6 for a 16th-place finish. Lantz was 19th among 96 athletes in 25:25.6.

Hanover's men's team totaled 124 points to land sixth in the Heartland Conference meet.

Sophomore **Logan Wells** earned all-conference honors with a 10th-place finish in 26:58.8. Junior **Brendan Kelly** covered the eight-kilometer course in 27:34.5 to place 17th and earned honorable-mention all-HCAC recognition.

Hanover senior **Brock Hartness** and freshman **Nikki Lewis** were each named to the Heartland Conference's all-sportsmanship team.

Hanover's women's team placed 17th in the 33-team NCAA Division III Great Lakes Regional Championship.

Dye ran a personal-best 23:18.41 to place 49th. Hinshaw ran a season-best 24:21.43 to finish 99th overall, while DeBeck finished 109th in 24:32.36.

Hanover's men's team placed 34th in the regional meet.

Freshmen **Drew Elston** and **Ben Franke** led the effort. Elston placed 133rd, running 27:31.10, and Franke turned in a time of 28:21.33 to finish 183rd.

Women's Tennis

Under third-year head coach Rich Lord, Hanover posted a 5-6 overall record. The squad finished fourth in the Heartland Conference standings with a 4-4 mark.

Junior **Danielle Miller** was a first-team all-HCAC selection. A two-time all-Heartland Conference honoree, she posted a 6-3 singles record. She was 5-1 in the No. 1 position and 4-1 in conference matches.

Joining Miller on the all-league squad were sophomore **Kelsey Jones** and freshman **Alexis Taylor**, who received honorable mention recognition. The conference

named senior **Kim Fong** to its all-sportsmanship team.

Jones was 6-6 in singles action during her first season with the Panthers. She was 5-2 in conference matches. She also paired with three different partners for a 3-1 record in doubles matches.

Taylor posted a 7-5 mark in singles action, including a 5-2 record in league matches.

Fong, a four-year member of Hanover's squad, had two wins in singles matches and three as a doubles partner for the Panthers.



Danielle Miller

Hanover to host 2013 DIII Cross Country Nationals

The NCAA has selected Hanover College to host its 2013 Division III Cross Country National Championships. The event will take place Saturday, Nov. 23, at the L.S. Ayres Athletic Complex.

The 2013 event marks the third time the NCAA III has awarded Hanover the national championships. The College also hosted the men's and women's finales in 2003 and 2008.

The two championship races will each include 280 runners from colleges and universities across the U.S. The women's six-kilometer race will begin at 11 a.m. The men's eight-kilometer event will start at noon.

Each race will include 32 teams, with seven runners per squad. These 32 teams will feature two from each of the NCAA's eight regions — which automatically qualify in regional events — and 16 at-large teams selected by the NCAA national committee.

The top seven individual competitors in each regional race who are not associated with a qualifying team will earn a place in the championship field, as will 56 individuals from additional schools.



A mentor to many athletes

Hanover Athletic Hall of Fame member **Tom Bohlson '57**, of Greenwood, Ind., died Dec. 22, 2012 at age 77. At Hanover, he majored in physical education, ran track and cross country, was a member of Beta Theta Pi, earned the John Finley Crowe Citation for Scholarship and General Excellence, and an Alumni-Senior Award.

After earning a master's from Indiana University, he and his wife, **Beth Parent Bohlson '59**, spent a year teaching in a mission school in Tehran, Iran. Bohlson spent the next 32 years teaching and coaching at six Indiana high schools before retiring in 1992.

Among many accomplishments, he became the first commissioner of the Heartland Collegiate Athletic Conference (HCAC) in 1998, which he held for 10 years. Bohlson also co-founded the Midwest Meet of Champions and the Indy Mini-Marathon.

In 1955, he introduced the crew concept to high school and college football officiating; Bohlson also installed the first all-weather track in the Midwest in Franklin, Ind., and served as the NFL game clock keeper for the Indianapolis Colts from 1984-2009.

Surviving are his wife, two children and six grandchildren.



HALL OF FAME



Hanover held its 18th annual Athletic Hall of Fame induction, Saturday, Sept. 29, on campus. Former athletic standouts **Bill French '79**, **Kathy Hennegan '78** and **Jerry Fishel '63** joined the hall of fame during a morning ceremony and were also honored at halftime of the Panthers' football game.

Former football standout **Terry Peebles '96** was unable to attend the induction and will be honored in the spring.





IRA ROLLOVER

If you're 70 1/2 or older, the IRA Charitable Rollover allows you to transfer lifetime gifts to Hanover (up to \$100,000) using funds from your individual IRA account with no tax consequences. Some points to consider:

- You may transfer funds (up to \$100,000) directly from your IRA to Hanover. This opportunity applies only to IRAs and not other types of retirement plans.
- You must transfer the funds to Hanover outright, since the legislation does not permit direct transfers to charitable trusts, donor advised funds, charitable gift annuities or supporting organizations.
- You can take any minimum required distribution from an IRA and use it to make your gift anytime before Dec. 31, 2013.

Large or small, your gift will make a difference.

For more information or to discuss a planned gift, contact Kevin Berry '90 at 800-213-2179, xt. 6813 or email berry@hanover.edu.



ALUMNI NEWS

We remember

OPAL BROWN BAKER '35, of Salem, Ind., died Oct. 3, 2012 at age 100.

BETTY GABEL DRAKE '41, of Indianapolis, died July 12, 2012 at age 92.

MARYELLEN AMOS BAJDEK '43, of Miami, Fla., died Aug. 17, 2012 at age 91.

JEAN PAVY WORKMAN '44, of Tucson, Ariz., died Aug. 24, 2012 at age 89.

PATRICIA WRIGHT KIRKPATRICK '47, of Indianapolis, died July 6, 2012 at age 86.

MARIANNA DEMAREE MCLENDON '47, of Asheville, N.C., died Aug. 14, 2012 at age 86.

MARGIE SCHLAMP SHAW '44, of Evansville, Ind., died July 28, 2012 at age 89.

JEAN NESS HERSHEY '47, of York, Pa., died Oct. 18, 2012 at age 87.

HARRIET NAY WEATHERBEE '50, of Madison, Ind., died July 19 at age 83.

TOM HOUSER '51, of Fredericksburg, Va., died Oct. 11, 2012 at age 83.

DICK MOORE '51, of Greensburg, Ind., died Nov. 7, 2012 at age 83.

DICK KIRKPATRICK '53, of Fishers, Ind., died Aug. 12, 2012 at age 81.

BRUCE BOWDEN '54, of Connersville, Ind., died Nov. 27, 2012 at age 80.

CAROLINE HUFFMAN FELDMAN '54, of Indianapolis, died Sept. 23, 2012 at age 80.

ELLIE POE GRAMER '57, of Indianapolis, died Nov. 1, 2012, at age 77.

GLENN MITCHELL '58, of Sioux Falls, S.D., died Nov. 3, 2012 at age 76.

EVELYN IVANY PETERSEN '58, of Traverse City, Mich., died Oct. 18, 2012 at age 76.

JIM SMITH '58, of Urbana, Ill., died Oct. 17, 2012 at age 76.

JO DRESCHER HANSEN '59, of Boulder, Colo., died Sept. 17, 2012 at age 75.

PAUL STEUVER '60, of Versailles, Ind., died Aug. 21, 2012 at age 79.

BOB WEETMAN '61, of Indianapolis, died Oct. 4, 2012 at age 73.

FRANK HENZIE '62, of Greenfield, Ind., died July 13, 2012 at age 72.

REBECCA SHELBY KINGSLEY '68, of Richmond, Ky., died April 2, 2011 at age 65.

DEBRA FRALEY JENKINS '69, of Fort Wayne, Ind., died Oct. 15, 2012 at age 65.

GEORGE STILLABOWER '76, of Indianapolis, died Jan. 27, 2012 at age 57.

DIANE LEACH '77, of Springfield, Ohio, died Nov. 22, 2012 at age 57.

WAYNE SMITH '83, of Madison, Ind., died Oct. 27, 2012 at age 51.

GREGORY HEINEY '84, of Franklin, Ind., died Sept. 15, 2012 at age 50.

JEFFERY BARKES '94, of Columbus, Ind., died Oct. 25, 2012 at age 41.

KATIE MCBURNETT '14, of Hanover, Ind., died Sept. 18, 2012 at age 21.

LESLIE G. EISAN, Professor Emeritus of History, died Aug. 29, 2012. He came to Hanover in 1948 and taught in the History department for 34 years. Expressions of sympathy and memorial gifts may be sent to the Hanover Presbyterian Church or to Hanover College in support of the Duggan Library.

MARIA MURRAY, of Indianapolis, died July 7, 2012 at age 89. She taught in the art department during the 1953-54 academic year.



The Hanover College Memorial Garden and Wall

You can add a name to the Memorial Wall by making a charitable contribution of \$500. Such gifts will allow the name of a friend or loved one to be engraved on the limestone wall while also contributing to the fund for maintenance and expansion.

Contact Kevin Berry '90,
director of planned giving and
stewardship, at 800-213-2179,
ext. 6813, berry@hanover.edu

Class notes.....

Submissions: (may be edited for content, length and/or style)

Mail: The Hanoverian, P.O. Box 108, Hanover, IN 47243

Online: classnotes.hanover.edu

Change of Address to: Development Services,
P.O. Box 108, Hanover, IN 47243.

E-mail address changes to:

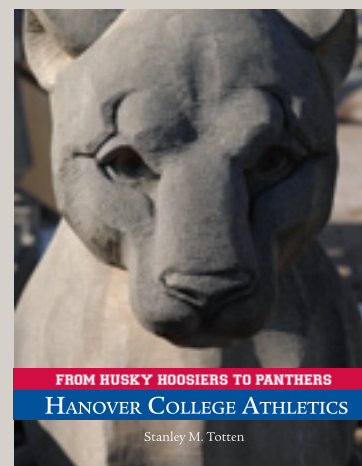
Kelly Hatton at hattonk@hanover.edu

To make a gift online: www.hanover.edu/give

To discuss a planned gift: Contact **Kevin Berry '90** at
800-213-2179, xt. 6813

**To order a copy of "From
Husky Hoosiers to
Panthers: Hanover College
Athletics," by Stanley
Totten:**

[www.hanover.edu/
hanoverbooks](http://www.hanover.edu/hanoverbooks)



1953

SHIRLEY HUNGATE WEERSING writes, "Clark and I have done a lot of traveling of late before our knees/hips give out. Our trip to Italy in 2011 was great, and in 2012 we followed up with a 16-day river cruise from Vienna to Amsterdam and another trip to Washington, D.C. Have missed seeing Hanover friends so we look forward to our 60th reunion this year." Contact Weersing at weersings2@gmail.com.

1972

CYNDIE STERRETT DEGNAN has published the book, "His Strength Made Perfect: Michael's Story," with Crossbook Publishers, a division of Lifeway, about her son's battle with Duchenne muscular dystrophy. It is available at local bookstores, on Amazon.com and other online retailers.

1973

In 2012, **PATRICIA O'HEARN RICHMOND** retired from her librarian position at Pepperdine University. Last August, she visited with **ANNE FIESELMANN WEHRLY** while she and her husband traveled in California. The classmates plan to attend their 40th reunion next year at Homecoming and hope that more of the Donner Annex Girls will join them.

1977

Best Lawyers has named **JOHN TRIMBLE** its 2013 Indianapolis Insurance Law Lawyer of the Year. The publication also included him in its 2013 edition of The Best Lawyers in America, along with **RICK SHOULTZ '87** and **RICH BLAICKLOCK '90**. Trimble has earned this distinction since 2004, Shoultz since 2010 and Blaiklock since 2009. ▼



1989

Attorney **NEIL FAIRWEATHER** has joined Reminger Co., LPA's Cincinnati office. His practice will focus on general business law with an emphasis on commercial real estate, corporate finance, creditors' rights and health care. ▼



DARRIN GRAY co-authored "The Jersey Effect: Beyond the World Championship," with Tony Dungy and Hunter Smith, Indianapolis Colts Super Bowl XLI champions, to help athletes, parents and coaches gain a proper perspective on sports. Learn more at www.JerseyEffect.org.

1991

SHANNON VEACH GIBBS joined Bell Techlogix as director, client services. She is responsible for overseeing client transitions and for ensuring client service objectives. Gibbs and her husband, Scott, still live in New Palestine, Ind.

1992

SANDRA CRASE and her husband, Patrick McKinney, celebrated their ninth wedding anniversary and became legal guardians of their 10-year old goddaughter, Carla Garten. In October 2012, they moved to Appleton, Wis., where Crase serves as pastor of the Freedom Moravian Church. Previously, she was the pastor of the Morongo Moravian Church in Southern California for 10 years.

1993

AIMEE HILL ELLER and her husband, Danny, announce the birth of Larsen James, May 26, 2012. He joins siblings Morgaine, 3, and Bailey, 8. Eller serves as senior counsel at Aurora Bank FSB.

G-J MEYER married Ed Darling July 21, 2012. **RAY BOWDEN '49** officiated the ceremony.

1995

TERRY and **CHRISTA KENDALL PAUSTENBAUGH** moved to Okinawa, Japan last May. The Marine Corps promoted Terry Paustenbaugh to lieutenant colonel, and he will serve as commander for the Combat Assault Battalion until 2014.

Christa Paustenbaugh has taken time off from school social work to explore the new surroundings and expand her photography skills. Their two girls, Maya, 10, and Ella, 8, love all the beaches and warm weather of Okinawa. Their home is always open to any Asia visitors.

Eli Lilly and Company has recognized **WENDY MARTIN RUIZ** as the 2012 Lilly Bio-medicine Market Research Rookie of the Year. She started with Lilly as a consultant on the men's health market research team in 2011.

1996

Kensington Books imprint, eKensington, published **MARY GAMMONS SERINE**'s debut novel, "Red," in 2012. Writing under the name Kate SeRine, the second in her "Transplanted Tales" series, "The Better to See You," released this month.

1998

On July 25, 2012, **LIZ ULLMAN ASHCRAFT** and her husband, Damon, welcomed home their son, Seth Lee, born Aug. 29, 2010 in Seoul, South Korea. She writes, "We had an amazing trip to Seoul last summer, and Seth is a joy to have in our lives."

Indiana University Northwest has appointed **JERI PAT GABBERT** as vice chancellor for university advancement and external affairs. With more than 15 years of experience in fundraising, communications, marketing, special events and alumni relations,

Gabbert will lead the Office of University Advancement and External Affairs.

1999

CURTIS PARKER will marry Elena Connell May 4, 2013. Hanoverians who plan to attend include **CODIE THOMAS '02**, **MERRET WAINWRIGHT '02** and **BRANDON COPELAND**. The couple met in 2010 and their engagement took place last July. Parker works in the scuba industry in South Florida.

ANDY and **CARRIE JENNINGS SOUTHWORTH** announce the birth of their son, Henry Thomas, July 19, 2012. He joins big twin brothers Marcus and Patrick, 2 1/2.

2000

Indiana Gov. Mitch Daniels has appointed **AMANDA ARNSPERGER BLACK** to the board of the Indiana School for the Blind and Visually Impaired.

SCOTT and **REBECCA SMITH RUDOLPH** currently live in Pittsburgh where he is an ordained minister serving the Unitarian Universalist Church of the North Hills. Rebecca Rudolph works in the Allegheny school system as an occupational therapist. The family, including their son Simon, welcomed Tessa Jane in 2011. Contact them at seventhchords@yahoo.com.



2000

Jeremy and **TORI INGRAM PLATT** announce the birth of their fourth child, Lily Mae, July 13, 2012, 1:25 p.m., 7.3 lbs. and 19 3/4 in. long. She joins siblings Zachary, 10, Lauren, 9, and Eli, 7. ◀

2002

CATHY BLOSE COPELAND and her husband, Adam, announce the birth of their son, Latham Patrick, April 8, 2012. She writes, "He is thriving, and we love every minute with him." The couple continues to teach at James Madison University. Contact them at 1966 Russell Drive, Harrisonburg, VA 22801. ▶





DIANA O'BRIEN '06 earned her doctorate in political science from Washington University in St. Louis. She has relocated to Los Angeles to serve as an assistant professor at the University of Southern California. Joining her there is her fiancé, Andrew Womack; the engagement took place in early 2012. ▲

2004

JENNY MCGUINNESS married Jay Gonatos, June 16, 2012, at the Holy Trinity Greek Orthodox Church in Clearwater, Fla. Hanoverians in attendance were **PRESTON** and **JENN RISCH LONG '05**, who served as matron of honor. McGuinness works as a therapist for Baycare Behavioral Health, and Gonatos serves as a healthcare consultant for PricewaterhouseCoopers. The couple resides in Largo, Fla.

2005

Sibling Rivalry Press released **STEPHEN MILLS'** first book of poems, "He Do the Gay Man in Different Voices," March 2012.

2006

LINDA BETTNER married Jonathan Bundick Oct. 1, 2011. Hanoverians in the wedding were **STEPHANIE JONES POORMAN** and **JESSICA MAUDLIN**. Bettner is program manager for Promoting Smokefree Pregnancies in Indiana and Bundick serves as director of student ministries at First United Methodist Church in Martinsville, Ind., where the couple resides.

KRISTEN OLIVE married Aaron Wickham at the Huntsville Botanical Gardens in Alabama Sept. 16, 2012. Olive is the owner and managing partner of K&S Gallien Heating and Cooling, LLC, and Wickham serves as the commercial fleet manager at Woody Anderson Ford. The couple resides in New Market, Ala.

2007

CASEY WALLACE graduated from the Catholic University Columbus School of Law in Washington, D.C., May 2012. The Department of Justice accepted her into the Attorney General's Honors Program, which includes a two year clerkship in the Executive Office for Immigration Review at the Immigration Court in Tacoma, Wash.

2008

MEGAN SMITH married Tony Schildknecht June 11, 2011 at St. Gabriel the Archangel Church in Louisville, Ky. Hanoverians who attended were **LAUREN DREW**, **MEGAN CLIFTON SPARKS**, **TAULBI SCHNETZER**, **JENNY BRAUN** and **KATIE FRAZIER BOYD**. Smith works as an insurance agent

and Schildknecht is the assistant manager of the Kroger Distribution Center. The couple resides in Louisville.

SARAH BLANTON TYO and her husband, Christopher, announce the birth of their first child, Ezra George, Oct. 6, 2011. The Tyo family recently celebrated Ezra's first birthday and live happily in Cincinnati.

2010

MEGAN DOWNEY married Jacob Schreag, June 30, 2012, in Kokomo, Ind. Hanoverians in the wedding were **CHELSEA HANNER '11**, **MORGAN MILLS**, **LAURA COONS** and **MICHELLE UHLENBROCK**. Hanoverians who attended were **ALESHA CHILTON**, **TORI HARMON '12** and **DYLAN BRENNER '12**. The newlyweds honeymooned in Santa Barbara, Calif., and now live in Raleigh, N.C.

ERICKA PICKETT married **BRIAN CARLSON '09** June 2, 2012 in Cincinnati, Ohio. Hanoverians in the wedding party were Pickett's sister, **ANDREA DINE-PICKETT GRANIERI '08** and **MARILEE YEAGER**. The couple lives in Lexington, Ky.

2011

ANNA COOLEY earned her master's degree in English from Brandeis University in 2012. She currently serves as an administrative specialist for the Dana-Farber Cancer Institute's Center for Cancer Genome Discovery.



2004

ANGIE FRENCH COSTELLO and her husband, Taylor, announce the birth of their daughter, Scarlett Patricia, Feb. 16, 2012, 8 lbs., 4 oz., 20 1/2 in. She writes, "We are smitten and overjoyed to be a family of three." ▲

2005

ADAM CLEVINGER and his wife, Jess, announce the birth of their daughter, Olive Ann, July 7, 2012, 7 lbs., 4oz., 19 in. He writes, "Olive is a strong little girl, but is cool and calm. She loves to be held and rocked and really enjoys exploring her new little world." ▲



Class notes •••••

EMILY RAMSEY married **BRAD ROBINSON '10** June 30, 2012 in Madison, Ind., followed by a reception at Hanover College. Hanoverians in the wedding party were **MARISSA WALKER**, **NATASHA GUFFEY**, **KELSEY RIDDLE**, **BRIAN LAWRENCE**, **ROBERT SPENCER** and **JASON TABER**. Ramsey is a 9th grade English teacher in Jeffersonville, Ind., and Robinson works at New Life International, a water purification ministry in Scottsburg, Ind.

2012
KRISTINA KEITH married **JAMES MADERE '11** Sept. 16, 2012 in Merrillville Ind. Hanoverians in the wedding party were **NEIL TOWNSEND '11**, **LAUREN KREINEST**, **JENNIFER HURST** and **ERIN KOLLMANN**, along with those who attended, including communication professor Bill Bettler. Keith serves as an adoptions counselor at South Suburban Humane Society in Chicago Heights, Ill. and Madere is an assistant protection manager at Walmart in Hammond, Ind.

JARED REVLETT made his ESPN debut in November when he covered the Atlantic Sun Conference Volleyball Tournament on ESPN3 and WatchESPN.com.



KEATON WORLAND married **TIFFANIE PATTON** June 16, 2012 in Kokomo, Ind. Having met on a LEAP day and dated all through college, Hanover played a huge part in their lives. Worland is a member of Lambda Chi Alpha and Patton is a member of Chi Omega. Hanoverians in the wedding party were **MARY PELFREY**, **CAROLINE MULHALL '13**, **KATHERINE MEADE '13**, **KYLE BOHNERT**, **JASON CRAWFORD '11**, **BRIAN BOWLING '09**, **TIM BOLDT** and **MARCUS EL '13**. ▲

Did you recently get into grad school? Get a promotion? Win an award? Get married or want to show off a new member of the family? Share it with your classmates by posting your news and photos online. Quick and easy, it's a great way for you to keep in touch with your Hanover friends and for us to keep in touch with you, too!



classnotes.
hanover.edu

DATES TO REMEMBER

Tuesday, March 5



**PARENTS
NIGHT
OUT**

Saturday, May 25



**COM
MENCE
MENT**

Sunday, June 9



**CHURCHILL
DOWNS**

Thursday, July 18



**INDY
GOLF**

Saturday, Oct. 19



**HOME
COMING**

Procrastination can sometimes be a good thing

By Matt Loria '15

I am thoroughly convinced there is a glitch in the time-space continuum at Hanover that results in 8 p.m. turning into midnight in 30 minutes or less. What other explanation is there for me spending that much time surfing the Web?

The truth is, I have a hard time starting things (e.g., homework, papers, jigsaw puzzles, this column). Once I start something, however, I immerse myself in it completely. I can't stop whatever it is until it's complete, and I am satisfied with my work.

Let me describe an average weekday afternoon. I start by checking my planner and getting out any materials I may need for the particular assignment (glue sticks, crayons, finger paint, the regular homework items). I sit down at my desk and I check my email, which is where my organization and planning all begins to unravel.

After reading my Hanover email, I decide I should probably check my other email addresses because that just wouldn't be fair to the other email accounts, right?

Afterward, I think to myself something along the lines of, "a quick Facebook check never hurt anyone." And lo and behold, I find myself on Facebook, but Facebook can only hold my attention for so long.

The real time destroyer comes from rottentomatoes.com, the movie critic and review website that serves as a middle man. Once on Rotten Tomatoes, I find myself reading about critically acclaimed films and actors.

What makes Rotten Tomatoes a middle-man website is my general lack of knowledge of actors/actresses. Hence, a quick Google search. And what is generally the top result after a broad Google search? Why, Wikipedia of course. But Wikipedia isn't a quick stop and leave kind of website, not for me.

I start out reading about the actor/actress I searched for, and then my eyes run across one of those blessed blue-underlined words. I click. I read a related Wikipedia page. I see another interesting link. I click again. Before long I am reading something separated by much more than six degrees (I still have no idea how I bumbled my way from Joseph Gordon-Levitt to the Chevrolet Volt).

However, this past semester, the Internet helped save my grade in a class for my computer science major. The required textbook was one of the most dense texts I have ever laid eyes on. While I knew it was the kind of book that held lots of valuable information, it just wouldn't let my brain glimpse any of it.

Not only was it big, it wasn't exactly a light read. I would read something and not be entirely sure what I had just read or what I was supposed to get out of it. But after reading a section I didn't understand, I would do a Google search on the main idea. From the results, I was able to get a better grasp on the subject.

With the newly found knowledge, I read the section in the book again, which proved to be a grueling, but necessary, process. This time around, I would actually understand those bits of information the book was trying (oh, so unsuccessfully) to impart to me.

I never thought the day would come when the Internet would be a supplementary tool to my schoolwork and not just a distraction. It's a beautiful thing, really. And all that time the Internet spent distracting me? Turns out, that wasn't the worst thing in the world because I learned the art of immersion. Now, hopefully, I can put my new skill together with my new tool and shoot to the top of the Hanover College grade books.

Search



Sophomore Matt Loria is a computer science major/communication minor from Noblesville, Ind. You can read more about his Hanover experiences at blogs.hanover.edu.



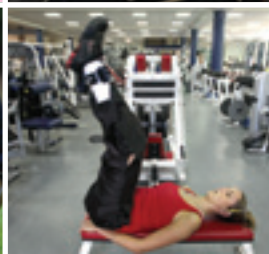
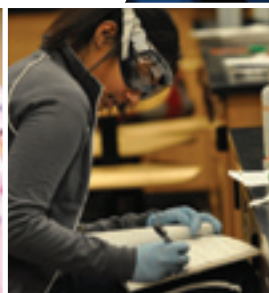
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TAKE A LOOK AT THE TOPICS FOR 2013:

- Acting and Playwriting Institute
- Civil War Institute
- Computer Science Institute
- Cinema Institute:
Films about Teens & High School
- Education Science Institute
- Environmental Institute
- Forensic Science Institute
- Health Science Institute
- Photography Institute
- Pre Law Institute
- Psychology of Media Institute