

LANTERN

UNIVERSITY OF WISCONSIN-LA CROSSE ALUMNI MAGAZINE

19 reasons we love La Crosse

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WINTER 2017-18



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What have the former UWL Olympic Gold Medal Winner Andrew Rock and his family been up to?



www.uwlax.edu

CLASS NOTES ONLINE

Go to www.uwlaxumni.org for complete class notes each quarter. Click on 'News,' then 'Class Notes.'

ON THE COVER:

No. 5 on our list of '19 Reasons We Love La Crosse,' Rotary Lights in La Crosse's Riverside Park is a true showstopper. Each year, thousands of folks drive and walk through to take in the holiday lights extravaganza. See all the other reasons we love La Crosse on page 16.

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CLASS NOTES POLICY: The UWL Alumni Association publishes class notes and obituaries online in January, April, July and October. The deadline is the 1st of the month prior to the quarterly postings. See www.uwlaxumni.org for details.



"I have been asked many times: why didn't you spread your wings and leave La Crosse?"

Terry Wirkus

LA CROSSE: Much more than a special place

My La Crosse story runs full circle — with UWL at the center.

Tom Wirkus brought my mother and me to La Crosse in 1959 when my dad joined the speech department. I remember entering then-President Rexford Mitchell's office and grabbing candy out of a bowl on his desk.

In 1962 I started kindergarten in the Campus School (Morris Hall), where I continued through eighth grade. In 1965 we bought a yellow house on State Street across from Florence Wing Library, today's Wing Technology Center.

I started as a freshman in fall '71 — 50 steps to mass

communication classes in Wing. Returning in 1986 for my educational media master's degree, I took classes in my sixth grade classroom.

In May 1996, I joined UWL's staff. Last August, I interviewed for a teaching position about 90 minutes before my dad passed away at the time of the eclipse. I accepted the Communication Studies Department position, completing the full circle.

I have been asked many times: why didn't you leave La Crosse? I did — for awhile. But there is something special about the bluffs, river and spirit of UWL that brought me back.

Is it the seven presidents and chancellors I've known? Or, the hundreds of faculty and staff I've met over 58 years? Perhaps, the tens of thousands of students who have had their lives changed here?

I'm very proud to be a part of UWL's past and present. I look forward to our bright future together as we put students first. We prepare graduates ready and able to navigate this challenging world, creating a happy and rewarding life full of promise.

That's a circle worth traveling.

*Terry Wirkus, '79 & '88,
UWL Foundation Board Member*

FINE-TUNED FACELIFT

Annett Recital Hall remodeled



Faculty, staff and students are singing high praises about the remodeling of the campus recital hall. The \$869,000 upgrade of Annett Recital Hall in the Center for the Arts was completed in September.

Professor Chris Frye, chair of the UWL Music Department, says it's key for the department. "This renovation of Annett includes the most extensive improvements to our department's premiere performance venue

since its creation in 1974," he says. The hall is named for Thomas Annett, the university's instrumental program leader from 1926-1962.

RANKINGS

STILL TOPS: UWL No. 4 in Midwest

Once again, UWL is the state's top-ranked public university on U.S. News & World Report's America's Best Colleges list. It's the No. 4 public university among its Best Regional Universities in the Midwest. It's the 17th year in a row UWL has remained the state's top-ranked in the UW System and among the top 4 regionally. The magazine also lists UWL among "A-Plus Schools for B Students" for "non-superstars" being accepted and thriving, and where spirit and hard work make a difference.

TOP 5: Student Affairs Administration academic program ranked high nationally

UWL's Student Affairs Administration program is one of the top five online master's in higher education programs in the country, according to bestcolleges.com. Programs were ranked on academic outcomes, affordability, and the breadth and depth of online learning opportunities. UWL offers master's and doctoral degrees in SAA — which prepares student affairs worker at colleges and universities.

HIGH-FLYING FIELDWORK

Researchers use drones to help combat invasive wetland plant



UWL senior Zachary Woodcock, left, earned a summer research grant to use drones to conduct aerial surveys of Brice Prairie searching for purple loosestrife, an aquatic invasive plant. He's helped by UWL faculty mentor and remote sensing scientist, Niti Mishra. INSET: Purple loosestrife

For more than a decade, Brice Prairie Conservation Association (BPCA) members have released beetles in hope of controlling purple loosestrife, an invasive flowering plant degrading regional wetlands and wildlife. Unfortunately, tracking their success is difficult without wading across marshland and lakes — until now. Student researcher Zach Woodcock received a summer research grant from the BPCA to use drones to conduct aerial surveys. He learned how to operate drones, along with processing data and creating maps for loosestrife identification and more. Woodcock received help from Geography and Earth Science Professor Niti Mishra, a drone expert for remote sensing. BPCA was impressed and will continue to partner with UWL for further monitoring. If there's progress with the beetles, BPCA will share information with other agencies on combating invasive species.



HEALTHY RESEARCH

\$338K to prevent heart attacks, strokes

Campus research probing a medical blood clotting breakthrough is also training the next generation of scientists and healthcare professionals. UWL Biology Professor Scott Cooper (pictured with student Tanner Tenpas) received a \$338,000 grant in July to continue his decade-long effort to discover how blood in ground squirrels doesn't clot when they hibernate. Answers could lead to preventing blood clotting in humans. The grant pays for nearly 30 undergraduates joining Cooper in his lab. They collaborate with Mayo Clinic in Rochester, Harvard University, Colorado School of Mines, University of Toronto and others to run samples. When results are in, the institutions will publish together.



Welch honored

Wayne W. Welch, '56, received the Burt and Norma Altman Teacher Education Award in September. The honor recognizes outstanding educators and their contributions to children and communities. It's named for Professor Emeritus Burt Altman and his wife, Norma, long-time teacher education supporters.

WAYNE WELCH HIGHLIGHTS

- » Distinguished educator, researcher and author in science education.
- » Professor at University of Minnesota, 1974-95.
- » Educational and evaluation consultant for international, national projects.
- » Fulbright Research Scholar; Fulbright-Hays Lecturer.
- » Master's in education, University of Pennsylvania, 1960; master's in physics, Purdue University, 1963; doctorate in science education, UW-Madison, 1966; bachelor's in secondary education, UWL, 1956.

'10 GRAD JOINS ALUMNI STAFF



Kelsey (Matula) Foss, a '10 communications major with an emphasis in public relations and organizational communications, is the new outreach coordinator for the Alumni Association. Foss has worked in fundraising, marketing, volunteer management, donor relations and social media — most recently at La Crosse's Family & Children's Center. She was on the UWL gymnastics team that won three consecutive national titles. She lives in La Crosse with her husband, Brad Foss, '11, and their dog, Theo.



DO WE HAVE YOUR EMAIL?

Visit www.uwlax.edu/alumni, click on 'Keep in Touch' to update your contact info to ensure you receive future news and event invitations.

All aboard!

Three trips available to UWL alumni in 2018. Details at www.uwlax.edu/alumni



GREAT TRAINS & GRAND CANYONS

MAY 6-11, 2018 | PRICES BEGIN AT \$2,399

Hop on two rail journeys: the Grand Canyon Railway and Verde Canyon Railroad. Based in Sedona, highlights include Chapel of the Holy Cross, Tlaquepaque, Uptown Sedona, Grand Canyon, Montezuma Castle, Jerome, Old Town Scottsdale, Oak Creek Canyon, Black Bart's Steakhouse, and Blazin' M Ranch.

CALIFORNIA RAIL DISCOVERY

SEPT. 19-25, 2018 | AIRFARE INCLUDED
STARTS AT \$2,965

Featuring San Francisco, Sierra Nevada Rail Journey and the Napa Valley Wine Train. Highlights include a city tour, bay cruise, Sausalito, wine tastings, Old Town Sacramento, Virginia City, and a Lake Tahoe cruise.



ALPINE COUNTRIES AND OKTOBERFEST

OCT. 1-9, 2018 | AIRFARE INCLUDED | STARTS AT \$4,195

Based in Innsbruck, you'll head to Oktoberfest, Neuschwanstein Castle, Wies Church, Salzburg, Mozart Square, Marabell Gardens, Munich city tour, traditional dining experiences, and more. The trip also offers two days of leisure or optional tours.



ATHLETIC WALL OF FAME

FOOTBALL - 1991-93

TENNIS - 1991-94 (ATHLETE)
1995-PRESENT (COACH)

TENNIS - 1994-97

CROSS COUNTRY/
TRACK & FIELD - 2002-06



Jason Gonnion, '95

- » All-WIAC First Team honors, 1992 and 1993.
- » WIAC Player of the Year, 1993.
- » starting quarterback for the 1992 NCAA III championship team; captain, 1993.
- » Football Gazette First Team and Champion U.S.A. Second Team All-American in 1992.
- » member of three WIAC championship teams — 1991, 1992 and 1993.



Bill Hehli, '95

- » six All-WIAC tennis honors.
- » NAIA tourney qualifier, 1991; nationally ranked, 1993-94.
- » career dual record of 640-281 as UWL men's and women's team coach entering 2017-18.
- » first in WIAC history with 345 career wins as women's head coach.
- » led women to a winning record in each of his first 22 seasons, three WIAC titles.



Bob Hehli, '99

- » one of 12 players selected to the WIAC Men's Tennis All-Time Team, 2011.
- » 72-23 career singles record, 64-31 career doubles record.
- » No. 2 WIAC doubles team with Dan Anderson, 1994.
- » competed in the 1997 NCAA III championships, earning Intercollegiate Tennis Association (ITA) All-American honors.



Julia Rudd Webb, '06

- » All-WIAC Women's Cross Country and Track & Field teams.
- » WIAC cross country title in 2002, 2005; second in 2003.
- » three-time NCAA III All-American in cross country; second place, 2005.
- » two-time NCAA III All-American indoor 5,000-meter run.
- » four WIAC indoor conference titles.
- » four-time All-American in the 3,000-meter steeplechase, national title in 2004, third in 2002, 2005 and 2006.

Seven former student-athletes were inducted into the UWL Wall of Fame in October 2017. The wall tributes former athletes and coaches for exceptional abilities and school tradition.

TRACK & FIELD - 1994-97



Mike Schnur, '97

- » WIAC All-Time Track & Field Team.
- » six-time conference and five-time NCAA III pole vault champion.
- » WIAC title: indoors — 1994, 1995 and 1996; outdoors — 1994, 1995 and 1997.
- » 1996 WIAC Indoor Field Performer of the Meet.
- » NCAA III indoor pole vault champion in 1994, 1996; second in 1995.
- » NCAA III outdoor pole vault champion in 1994, 1995 and 1997.

GYMNASTICS - 2003-06



Nina Schubert, '06

- » three National Collegiate Gymnastics Association (NCGA) championships on the uneven parallel bars — 2004, 2005 and 2006.
- » one of two gymnasts in NCGA history to capture three crowns.
- » second on the uneven parallel bars in 2003 national meet.
- » 2006 NCGA All-Academic Team; WIAC All-Time Team.
- » WIAC title on the uneven parallel bars, 2004.

BASKETBALL - 2004-07



Joe Werner, '06 & '08

- » WIAC All-Time Basketball Team; three All-America honors.
- » 2005-06 National Association of Basketball Coaches (NABC) Division III All-America Third Team and 2006-07 second team.
- » 2006-07 D3hoops.com All-America Fourth Team.
- » three-time (2004-05, 2005-06, 2006-07) WIAC first-team selection.
- » WIAC player of the year, 2006-07.

FOR PAST RECIPIENTS GO TO WWW.UWLAX.EDU/WALL-OF-FAME



The UWL women's soccer team celebrates a win over UW-Whitewater to take the conference title. The Eagles made it to the NCAA III quarterfinals — the best finish by a UWL women's soccer team ever.

Photo by Jim Lund

Fall 2017 Finishes

SPORT	RECORD	WIAC FINISH	NCAA
FOOTBALL	8-2	3 RD	DNQ
WOMEN'S VOLLEYBALL	22-7	1 ST	NCAA III 2ND ROUND
WOMEN'S TENNIS	7-2	2 ND	DECIDED IN SPRING
WOMEN'S SOCCER	20-2-3	1 ST	NCAA III QUARTERFINALS
WOMEN'S CROSS COUNTRY		2 ND	17TH NATIONALLY
MEN'S CROSS COUNTRY		1 ST	2ND NATIONALLY

A SMART BUNCH

Student-athletes post highest conference academic scores

UWL's student-athletes are performing when no one is watching — as they take notes, research with faculty and study for exams. UWL's student-athletes posted the highest combined grade point average among the eight WIAC institutions in 2016-17 at 3.230. It marks the 17th time in the last 18 years UWL has recorded the highest combined GPA in the WIAC.

Dunn leads volleyball to success



Amber Dunn

Amber Dunn, named volleyball head coach prior to the fall 2017 season, coached the team to a Wisconsin Intercollegiate Athletic Conference title. And, she's been named WIAC coach of the year.

Dunn, former head coach at The State University of New York at Geneseo, is also an associate lecturer in the Exercise

Sport Science Department. The native of Hancock earned a bachelor's from Viterbo University and a master's from UW-Stevens Point.

Along with the conference title, the Eagles advanced to the second round of the NCAA III tournament, with an overall 22-7 record.



Dernbach named interim men's basketball coach

Kent Dernbach is interim men's basketball head coach for 2017-18. Associate head coach at UW-Stevens Point since 2011, Dernbach was the interim head coach for the last 13 games of the 2016-17 season at Point. "I am confident we can continue to build a program our alumni, community and university will feel a strong sense of pride in for the foreseeable future," he says.



NEED MORE UWL ATHLETICS NEWS? NO PROBLEM!
GO TO WWW.UWLATHLETICS.COM
FOR MORE COVERAGE.

Disney sparks a dream

UWL senior, medievalist transforms childhood fascination into career path



Senior Melissa Troutt's love of history started with fiction. But it is becoming a reality.

Like some kids, Troutt's six-year-old self was fascinated with Disney princesses, their flowing gowns and quaint villages. She wondered, even then, when and where they were living. But, unlike most kids, she started researching it.

Her questions led to her first glimpse of medieval history, an interest she carried on throughout high school. She became an avid fiction reader — interested in anything set in the Middle Ages. “It was princesses or

hobbits ... depending on where I was in life,” she recalls.


In high school, she learned as much as she could about medieval times. She set a goal to become a professor and one day share her love of medieval history.

But a semester after starting at Madison Area Technical College, Troutt had to drop out when her father was deployed to Afghanistan. Her mother needed help with caring for siblings at home. Troutt didn't return to college until several years later. This time, she enrolled at UWL, commuting daily from Tomah

while maintaining full and part-time work, depending on the season.

CHILDHOOD LESSONS REVISITED

Troutt, who was an average high school student, didn't expect to excel at college. Growing up, her father trained soldiers at Ft. McCoy, and her mother took care of the kids at home. From age 16, Troutt began working, babysitting and bagging groceries. Into her teens and college years, she worked multiple jobs from managing a water park to serving as a bank teller.



“Engaging deeply with materials she finds interesting is a passion of hers, and I wanted to encourage her to continue to cultivate that passion and to keep digging deeply.”

*Professor Rebecca Fowler,
speaking about her student
Melissa Troutt*

Melissa Troutt, 28, who earned a certificate for outstanding achievement in the UWL history capstone program, graduated in December. For the 2017-18 school year, Troutt received the Ray George Scholarship, which she calls one more form of encouragement for pursuing her college degree.

Her work ethic transferred to classes — she has maintained a 4.0 G.P.A. and has been named to the dean’s list every semester while working, too. Troutt has been “blown away” by the mentorship she has received from professors who meet with her regularly.

UWL Associate Professor Rebekah Fowler, a medieval English literature scholar, and Troutt developed an independent study, “Medieval Women: Pre- and Post-Modern,” allowing Troutt to merge her love of medieval history and literature. Troutt presented her final research from that course at the National

Conference on Undergraduate Research.

“Troutt has the capacity for nuanced analytical thinking that makes her an excellent candidate for graduate school,” says Fowler. “Engaging deeply with materials she finds interesting is a passion of hers, and I wanted to encourage her to continue to cultivate that passion and to keep digging deeply.”

Despite her busy life, Troutt still appreciates a good Disney movie. “It crushes your childhood a bit when you begin to understand some of the complex things going on in movies

like ‘Beauty in the Beast,’” she adds, noting the story’s earliest version dates back to before the French Revolution, serving as a window into political upheaval in France.

But as she has grown older, Troutt has become more interested in reality than fiction. She is well on her way to making her own story come true.

ENILDA'S FAVORITES

ENILDA A. DELGADO, PH.D.

OCCUPATION: Professor of Sociology; Special Assistant to the Provost - Strategic Planning

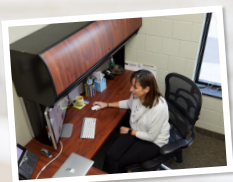
AT UWL SINCE: 2001

COLLEGE MAJOR: sociology



FAVORITE CLASS TO TEACH:

“Introduction to Sociology.” I enjoy teaching first-year students, helping them ease into the rigors of university learning. This may be the first and last time some will be exposed to sociology, so it gives me an opportunity to share my passion for the discipline.



FAVORITE SPOT AT UWL:

4th floor of Wimberly Hall — being in my office when I, and other faculty, have students for office hours. The energy from the conversations and exchange of ideas is powerful and reiterates why I love what I do for a living!



FAVORITE PASTIME:

Hanging out with my husband, Luis, and daughters Mónica (20, a senior at University of Minnesota-Twin Cities) and Claudia (14). They keep me grounded and remind me that, at the end of the day, they are what matter most in my life.



FAVORITE PLACE TO VISIT:

Puerto Rico, where I was raised until age 13, and where I feel like I fit in most.



FAVORITE HOBBIES:

Running and hiking.

Rising Stars

11 ALUMS MAKE THE LA CROSSE TRIBUNE'S "RISING STARS UNDER 40" LIST

A recycling company executive. An airport director. A cultural liaison for the School District of La Crosse. Nearly half of the 24 young professionals selected by The La Crosse Tribune and 7 Rivers Alliance as 2017 "Rising Stars Under 40" are UW-La Crosse alumni.

Described as "dynamic young entrepreneurs and leaders" who are making a positive difference in the three-state region of Iowa, Minnesota and Wisconsin, they were profiled in the La Crosse Tribune this fall. The group shares a passion for serving others.

"I look at what I do here as more of a personal endeavor than work," says La Crosse Regional Airport Director Clinton Torp, '11. "I enjoy the challenges that come up — taking ideas and concepts and turning them into tangible things that help the community and improve our region."

UWL "Stars"

RACHEL ALBRECHT, '13
Gundersen Health System

MATTHEW BRANTNER, '05
WisCorps

JUSTIN GARVEY, '08
Metre

CURT GREENO, '06
Dynamic Recycling

JUSTIN JEHN, '04
School District of
West Salem

GARRETT JERUE, '07
The Insurance Center

JENNIFER KUDERER, '03
Wisconsin Economic
Development Cooperation

NATHANIEL MELBY, '02
Dairyland Power

MICHAEL RICHARDS, '08
Gundersen Health System

SHAUNDEL SPIVEY, '12
School District of La Crosse

CLINTON TORP, '11
La Crosse Regional Airport

UWLPROUD?

A group of volunteer student ambassadors to UWL's Advancement Office, the Student Philanthropy Council, will launch spring semester. Alums looking to engage with these students or share their story of how philanthropy impacted their UWL experience can contact Taylor Wilmoth at twilmoth@uwlax.edu or 608.785.8795.

19 reasons we love La Crosse

Pointing to UW-La Crosse, The American Institute for Economic Research named La Crosse the No. 19 best college town in America — the only Wisconsin city on the list. That's no surprise to us! These La Crosse icons help explain why.





1



UWL

We have to start here. UWL has brought great faculty, staff and students to the city for more than 100 years — along with culture, and national athletic champions. What would the river city be without the halls of ivy?



2

GRANDAD BLUFF

The chunk of rock towering 590 feet above provides the best view in the Midwest. Three states from one spot — even better than the four corners out west!



3

OKTOBERFEST

E-I-E-I-O-I-Oh! Did you know what lederhosen and dirndls were before living in La Crosse? You do now. This is the city's homecoming. The next fest: Sept. 27-30, 2018.

4



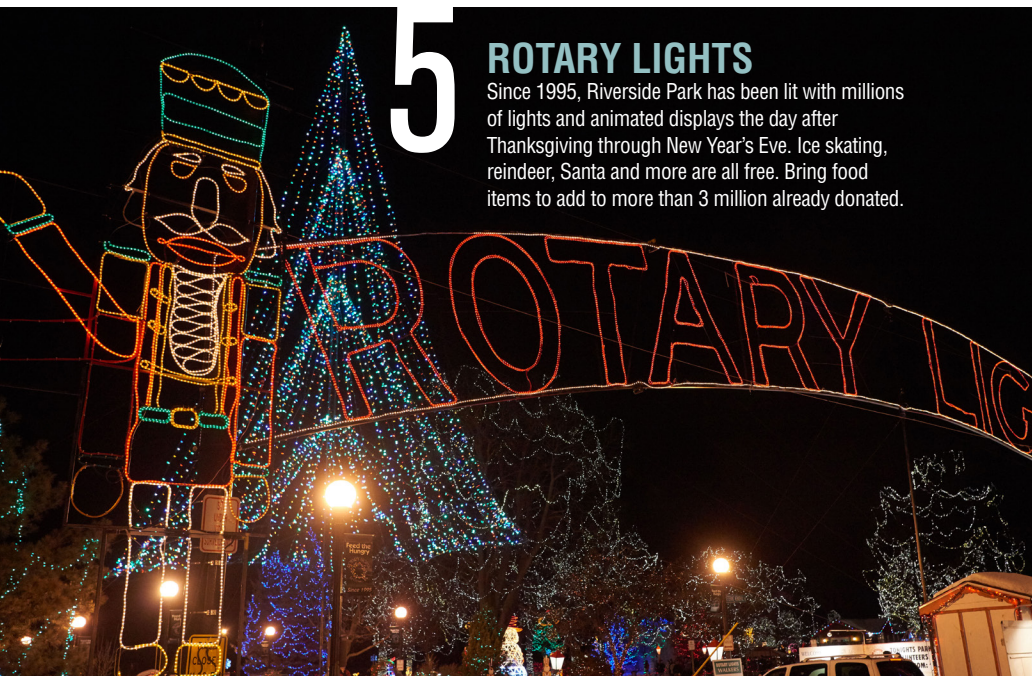
THE BIG BLUE BRIDGES

Until 2004 it was the big blue bridge. When the second bridge opened, La Crosse's Mississippi profile changed forever.

5

ROTARY LIGHTS

Since 1995, Riverside Park has been lit with millions of lights and animated displays the day after Thanksgiving through New Year's Eve. Ice skating, reindeer, Santa and more are all free. Bring food items to add to more than 3 million already donated.



WHERE THREE RIVERS MEET

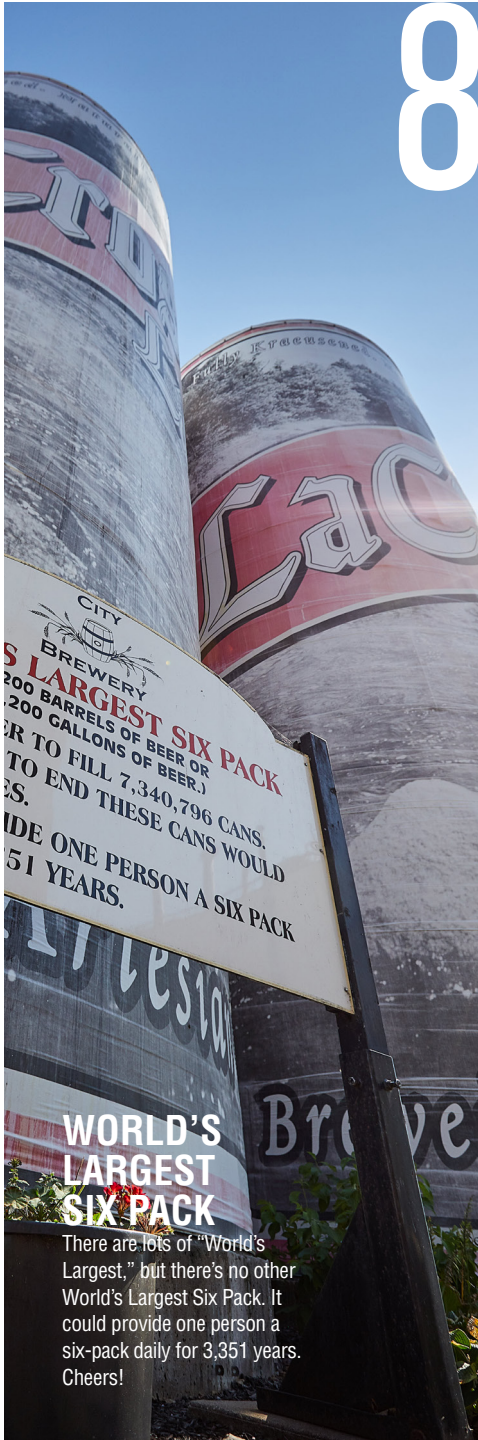
The north end of Riverside Park is where the La Crosse, Black and Mississippi meet. Cool!

7 THE MARSH

Walking, running, bird watching, biking, researching — all happen in the city's biggest, natural play yard.



8



WORLD'S LARGEST SIX PACK

There are lots of "World's Largest," but there's no other World's Largest Six Pack. It could provide one person a six-pack daily for 3,351 years. Cheers!



9

LOCAL JOBS

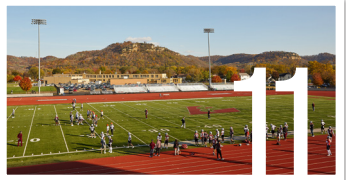
Whether it's the long-established Trane Co. or the growth of medical services and Logistics Health, job opportunities abound.



10

HEALTH SCIENCE CONSORTIUM

Bringing together the city's higher education and medical centers to offer services and learning opportunities to meet regional medical needs.



11

VETERANS MEMORIAL FIELD SPORTS COMPLEX

Grandad and Miller bluffs, with trees painted in autumnal hues, are the perfect backdrop for watching tennis, soccer, football and the Screaming Eagles. In June, it's the country's longest-running state high school track & field championships venue.

12



FOUR SEASONS

Sledding down a Myrick Park hill, driving up Grandad to see fall colors, spotting ducklings in the marsh each spring and sunbathing at Pettibone Beach. La Crosse's fickle weather offers something for everyone.



13

DOWNTOWN LA CROSSE

It's a vibrant place with excellent dining and accommodations, an arts district, and a great riverfront. Look for "Hear, Here" signs for unique history lessons.



14

LOCATION, LOCATION, LOCATION

Three hours from Milwaukee and the Twin Cities, and five from Chicago: La Crosse offers much itself — along with day trips to the Upper Midwest's cultural centers.

A CARING COMMUNITY

Did you volunteer during college? Probably. The Coulee Region is one of the most generous and caring areas in the country.



15



PARKS

Riverside, Myrick, Pettibone and more!
There are many perfect spots to enjoy Wisconsin's Driftless Region.



THE ARTS

Whether it's theatre, Pump House offerings, or the trompe l'oeil downtown, there's something for all art lovers.

18

RESTAURANTS

From getting served corn dogs by carhops at Rudy's to tasting steaks at the Freight House, you won't go hungry.



DECADENT DESSERTS

Dinner without dessert? The Pearl, Ranison and Sweet Shop won't let that happen with homemade ice cream and candy. Start the diet tomorrow.

GENEROUS JOE

Marketing alum gives back in multiple ways



Joe Laux, president of River States Truck & Trailer in La Crosse, hasn't always worked the most glamorous of jobs. The '89 graduate started down his career path with the New Orleans Saints who trained on campus during summer in the '90s. His responsibilities included taking players cut from the team to the airport and telling overweight players they couldn't eat.


Before that, Laux remembers paying for college by working long summers at a meat-packing plant. "I

was able to save up for the year and come out with little debt," he says. "But in today's world that doesn't exist."

Laux, who never received a scholarship as a student, is taking that mindset and giving back to his alma mater. He's funding a year's worth of tuition for a marketing student and a year of tuition for the top overall junior in the College of Business Administration — the two single largest scholarships available at UWL — and is doing it for as long as he can afford.

SUCCESSFUL BUSINESS SUCCESSION

Laux joined River States Truck & Trailer in 1993 and took ownership in the late '90s. For his work and that of his predecessor, the late Robert Frise, River States is on the Deloitte Wisconsin 75 for the third straight year. The list recognizes 75 of the state's largest and most successful private companies. It also honored Laux and Frise for the successful succession when Laux took over ownership.



“At some point in your life, you have to reflect on your legacy. UWL gave me a great basis for my future and a background to understand who I was. I’m so glad I’m able to provide that opportunity for others.”

Joe Laux, '89

THE \$92.14 CHALLENGE

Laux is hoping to inspire you to give. It only takes 100 marketing alumni to donate \$92.14 in order to fund another full year’s worth of tuition. To become a part of the challenge, go to www.uwlax.edu/foundation.

MORE THAN MONEY

Laux gives back to UWL more than just financially. During the fall 2017 semester, he returned as a guest speaker for the annual Silver Eagles Dinner. There he shared his story in hopes of helping as many students and others as he could with his experiences.

“At some point in your life, you have to reflect on your legacy,” explains Laux. “UWL gave me a great basis for my future and a background to understand who I was. I’m so glad I’m able to provide that opportunity for others.”

A young man with short brown hair, wearing a red, yellow, and black plaid shirt and blue jeans, stands with his arms crossed on a rocky bank. Behind him is a large concrete dam with water cascading over it. To the left, there is a brick building. The sky is overcast.

RIGHT ON TARGET

UWL senior, service member sets his sights on aquatic science research

UWL Senior Phoenix Rogers, an aquatic science major and chemistry minor, at the hydroelectric dam in Lake Neshonoc near West Salem. Rogers traveled to Iceland to research hydro dams there. The Wisconsin Army National Guard member received the World War II Leon Miller Scholarship.

To determine whether a round fired from a weapon will hit a target, one must account for the rotation of the Earth, the speed of the wind, the weight of the round, and more. It is a calculation that UWL senior Phoenix Rogers has mastered as the leader of a team of soldiers who coordinate artillery fire in the Wisconsin Army National Guard.

Rogers has also mastered how to target his career goals. He signed up for the Guard to afford college tuition, pushed himself beyond classroom learning through river

He is a lead researcher in UWL's River Studies Center where he transformed his childhood love of fishing into a career goal of better understanding and protecting aquatic ecosystems.

studies research, and is building leadership skills through campus involvement.

Rogers says while the guard does pay for his tuition, it comes with a cost — balancing service, school and life. In early September he missed a week of classes to get ready for a potential active duty assignment providing hurricane relief in Florida and Texas. He regularly must transition into his military role, traveling

to Ft. McCoy and his duty station in Oconomowoc for trainings.

“It’s a lot of responsibility that can be stressful at times, but I feel confident in my job as a fire direction chief,” he says. “I have a great section of guys to work with.”

BUILDING ON MILITARY EXPERIENCE

The leadership, communication and time management skills he has learned in the National Guard are all transferable to a future career, he says. He has also built

those skills at UWL. He is a lead researcher in UWL’s River Studies Center where he transformed his childhood love of fishing into a career goal of better understanding and protecting aquatic ecosystems.

“I’m more passionate about it the more I learn,” he says.

Rogers has developed his own independent research project studying streams. If streams can’t process

nutrients that build up, such as fertilizers, problems begin to occur — specifically dead zones — downstream. In these zones, oxygen levels become too low and aquatic life can’t survive. Rogers’ research aims to explain what impacts a stream’s ability to process nutrients. He has presented this research and other projects at seven conferences during his undergraduate years, including the National Conference on Undergraduate Research. He has also conducted grant-funded research on the topic in Iceland.

Involvement on campus, particularly leading hiking, biking and other tours through the Recreation Eagle Center’s Outdoor Connection, has been one more way to build his leadership and communication skills. He has also taken on volunteer roles on the REC’s Emergency Response Team and the Student Advisory Council.

Rogers received the World War II Leon Miller Scholarship in honor of longtime UWL coach and educator Leon Miller, who took exceptional interest in young men and women serving in the armed forces. Rogers says the financial assistance allows him to stay focused on his military training, student research and involvement on campus instead of college bills.

And that gets him even closer to his target of becoming an aquatic science researcher some day.

FOREVER LEARNING

Master's degree pursuit inspires self-growth for septuagenarian



Carrol Hunder returned to college to make sense of life. She wanted that piece of paper that proved what she learned the hard way — though life experiences — was real.

Witnessing alcoholism and loss of loved ones, Hunder says so much of life is about intangible emotions, behaviors and feelings — messy stuff that to her always seemed so disconnected from learning.

That is until Hunder came across a brochure for the community health education program at UWL. It was 1986 and she was 48. Her youngest

child had just graduated from high school and she decided it was her turn to start living — by learning.

Hunder, who left college as a teenager to start a family, wanted to dig beyond the self-help books. She believed her family's experience with alcohol addiction and subsequent problems were not only individual challenges, but connected with larger community health issues. She wanted to understand how so many of her life experiences could have been alleviated with more knowledge. And she wanted to pass that knowledge onto others.

When Hunder restarted college that fall of 1986, what followed was a life-long pursuit of learning. And after earning a master's degree at age 78, Hunder hasn't stopped. In fact, her capstone project provides tools to continue her own self-growth and aid others in their life-long learning pursuits.

Hunder earned her undergraduate degree in community health education in 1990 at age 52, and continued to earn her master's degree. She was just credits short of completing it when she took a full-time job as an alcohol, tobacco and other drug facilitator for CESA #4.

Carrol Hunder, '90 & '17, recently earned a master's degree after a 30-year hiatus.



From left, Ina Jo Brosinski, '90, Carrol Hunder, '90 & '17, Emma, '16, represent three generations that attended UWL, all earning bachelor's degrees in community health education. Hunder recently earned a master's. "I remember all of them well, particularly their dedication to learning," says Professor Gary Gilmore in the Department of Health Education and Health Promotion and director of Graduate Community Health and Public Health Programs.

But that nagging feeling to finish her studies never left.

Thirty years passed. Hunder's children had children and they grew up. Her daughter, Ina-Jo Brosinski, had a daughter, Emma, who also enrolled at UWL and declared a community health education major. It was 2016 when Emma mentioned to grandma Hunder the names of two of her professors: Dan Duquette and Gary Gilmore — both professors Hunder had decades earlier.

Hunder began thinking again that maybe she could finish her master's degree. She reached out to Gilmore, director of Graduate Community Health and Public Health Programs.

They went before the graduate council to make the case for her to return to complete her master's work, even though the requisite seven years for completing the degree had passed. After discussion, the council approved.

Fittingly, her capstone project was on the development,

implementation and evaluation of a self-assessment process for life-long learning. Hunder says the process of completing her master's work and exploring self-growth helped her to finally bridge the emotional, feeling and learning sides of her life.

Hunder officially earned a master's degree in community health education in summer 2017. Gilmore felt a sense of joy and pride in seeing Hunder complete what she started so many years ago. He calls her a role model.

Before she returned to school in her 40s, Hunder always thought of herself as a survivor. When she returned and began studying community health education, she was no longer surviving — she was living. But Gilmore helped her see that there was yet another layer to her life and that was "thriving."

"Even at my age, I move into the future feeling like, "Now I can thrive," she says. "How long will that last before there is another layer?"

"Even at my age, I move into the future feeling like, 'Now I can thrive.' How long will that last before there is another layer?"

Carrol Hunder, '90 & '17

ROCK SOLID

*Family is now in the running
for Olympic Gold Medal winner*



On the track, Andrew Rock, '04, and his wife, Missy Buttry-Rock, faced many hurdles while training for NCAA III track & field meets, and the Olympics. They reached many of their goals, but despite the long training and bumps on the road, it's nothing compared to what their daughters faced.

The couple adopted their daughters, Athulya from India and Tina from the Democratic Republic of Congo.

It wasn't easy for their daughters in their home countries, says Andrew. He and Missy say it's a true honor to see how resilient Athulya and Tina are in their lives. "Missy and I feel like the blessed ones to have them in our lives," he notes.

Their decision to provide homes for children from halfway around the world was a journey — just like their path to running success in college.

"We decided to adopt because we knew we wanted to build part of our family that way," explains Andrew. Missy comes from a family with 12 adopted siblings. "We just felt a strong connection with adoption and it has been an absolutely tremendous blessing for us," he continues. The couple also has two biological sons, Isaiah and Josiah.

Andrew and Missy were both inducted into the 2016 U.S. Track & Field and Cross Country Coaches Association Athlete Hall of Fame. Andrew won nine NCAA III titles and earned 17 All-America honors while also capturing 17 Wisconsin Intercollegiate Athletic Conference crowns.

"It is such a humbling thought of the sacrificial way my coaches, teammates, and professors poured into my life."

Andrew Rock, '04



Missy Buttry-Rock, left, and Andrew Rock, '04, center, with their children. The family includes two biological and two adopted kids. Andrew, UWL's only Olympic Gold Medal winner, and Missy were both inducted into the 2016 U.S. Track & Field and Cross Country Coaches Association Athlete Hall of Fame.

His success didn't end there as he earned a gold medal as part of the U.S. 4x400-meter relay team at the 2004 Olympic Games in Athens, Greece.

Missy's career at Wartburg College was just as impressive. She was a member of the Knights' cross-country and track & field teams while winning 14 national championships and earning 18 All-America accolades. Missy became the first woman in all NCAA history to win three straight cross-country titles. She placed eighth in the 5,000-meter run at the 2004 Olympic Trials.

Andrew says UWL shaped him in so many ways. "I'm most thankful for the people at UWL who invested in me as an athlete and person," he says. "It is such a humbling thought of the sacrificial way my coaches, teammates, and professors poured into my life. I am beyond grateful to all those people and UWL as a whole."

Bridging his life

*Lore Vang
advocates for more
understanding,
less stereotyping*



Lore Vang's father was a teacher in Laos before he served in the Laotian Royal Army and fought for the U.S. during the Vietnam War. He speaks five languages, yet still speaks English with a heavy Hmong accent. For this alone, he is sometimes not respected as the accomplished person he is, says Vang.

Vang returned to UWL in August to present an all-day training for University Police, as well as a general session for employees.

Implicit bias is subconscious, yet it affects people's ability to make decisions, from whom to hire to whom to trust, notes Vang. An officer and educator with the Madison Police Depart-

ment, Vang is helping law enforcement and others evaluate stereotypes that affect people's ability to make sound decisions. His insights are welcome, particularly when online video sharing has put police in the national spotlight.

Vang started his career at UWL, working in Residence

Life and Career Services. He switched careers and joined the department in 2014. Today, he travels the state instructing professionals on issues of diversity, implicit bias and cultural competency

as part of the department's educational team, Judgment Under the Radar.

During the UWL all-day training for University Police, Vang shared that as an officer, he has responded to reports of people of color walking in a neighborhood or visiting a business who "look suspicious." But, often when he arrived at the scene, he found no criminal activity.

Vang advocates for resisting the urge to categorize people based on stereotypes. Instead, he suggests spending more time learning people's stories and what makes them an individual.

Vang says communication skills and experience connecting with students has helped him apply this message on the job. "This career really bridges my life together," he says.

Leaving a Legacy

FUNDS HONOR PROFESSOR, LAB TECH

They left their impact on students and colleagues. Now their colleagues and students are impacting their legacy.

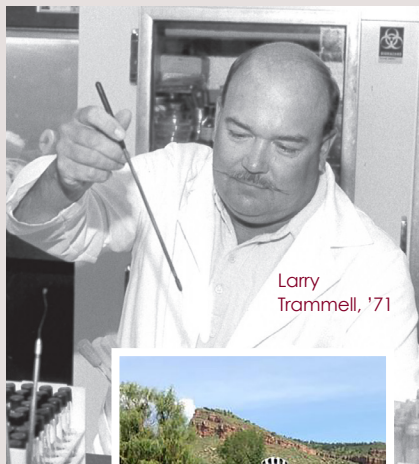
Professor Emeritus of Economics Barry Clark and Microbiology Lab Technician Emeritus Larry Trammell, '71, both died in December. But because of colleagues and students, their legacies will live on.

Colleagues of Clark, who taught economics courses in the College of Business Administration from 1978-2006, have established the Barry Clark Fund to support undergraduate research in economics.

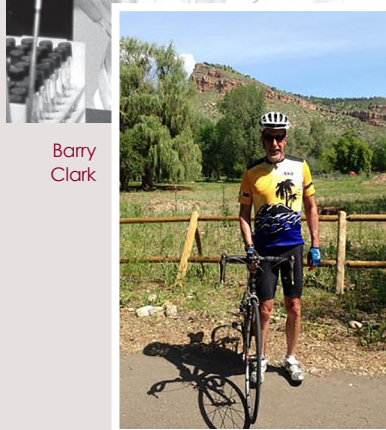
Trammell's colleagues have added to a scholarship already established in his name to create the Larry Trammell Microbiology Prep Room, to be located in the new Prairie Springs Science Center.

"These tributes recognize two long-time, dedicated faculty and staff members who greatly impacted their respective areas on campus," says Greg Reichert, vice chancellor of Advancement and president of the UWL Foundation. "It's truly appropriate to honor them this way."

Donations are still being accepted at www.uwlax.edu/foundation.



Larry
Trammell, '71



Barry
Clark

LEAVE YOUR OWN LEGACY

There are many ways to create a scholarship fund to help future generations of UWL students. Please contact Greg Reichert at 608.785.8672 or greichert@uwlax.edu



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An afternoon December snowfall provides a picturesque setting for students walking to class. | Photo by UWL photographer Michael Lieurance, '02.