



In Marquette, snow is just another excuse to get outside and get active (and romantic).

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Winter 2012

ON THE COVER: Wildcat Willy in an Upper Body Blast! fitness class at NMU's PEIF, working out with students Jillian Collins and Lexi Eagle. Photo by Tim Rosslund for NMU.

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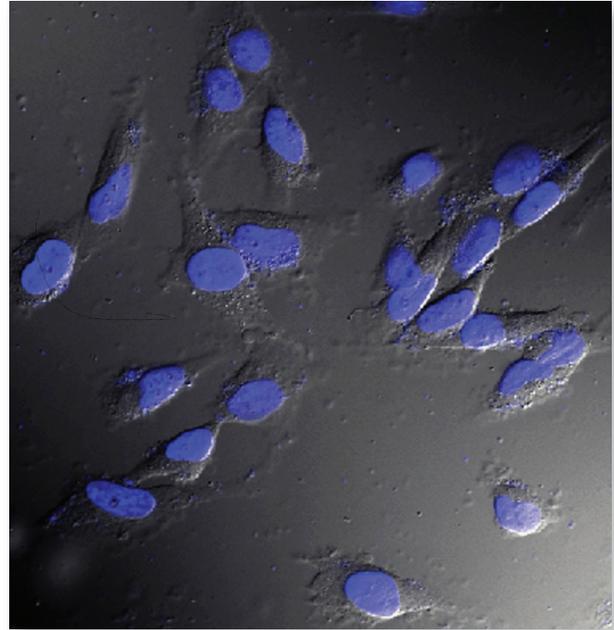
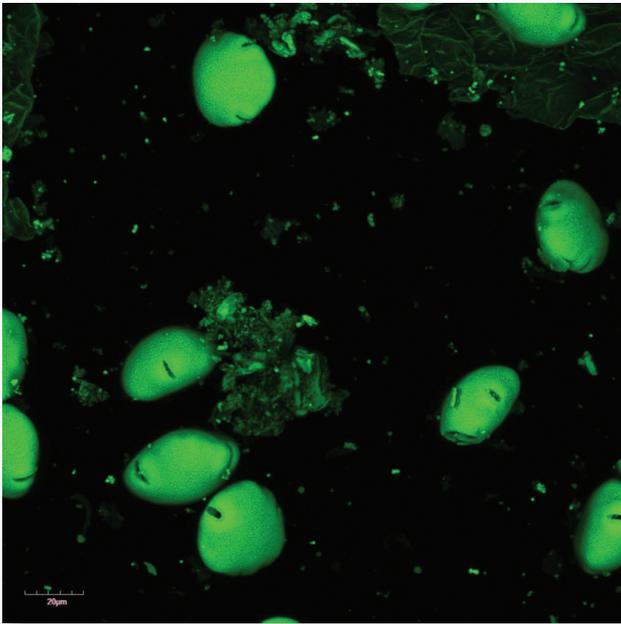


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Northern Horizons, Winter 2012, Vol. 101, No. 2. Publishers Cindy Paavola '84 BS, Director of Communications and Marketing, Martha Haynes, Executive Director of Advancement **Editor** Rebecca Tavernini '11 MA **News Director** Kristi Evans **Contributing Alumni Association and NMU Foundation Staff** Maria Coursey, Vincent Grout, Brad Hamel '99 BS, '11 MCert., Deanna Hemmila '88 BS, Amy Hubinger.

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On campus today



A three-dimensional confocal scan of pollen grains from *Tilia americana*, or the basswood tree, is shown on the left. Notice the surface detail and the slit-like pores, or colpi, from which the reproductive gametes emerge. Glioblastoma cells cultured from a tumor removed from a patient at Marquette General Hospital are on the right. The cells were stained to illuminate nuclei. Imaging of tumor cells with this high resolution will allow NMU's Upper Michigan Brain Tumor Center to explore new strategies to combat the growth and spread of malignant brain tumors.

New scope captures the tiny world as it is

A **new microscope** in the Biology Department enables faculty and students to section thin layers of cells, tissues and their components to capture multi-color 3D, rotatable images and real-time video. Lasers excite the fluorescent probes in a sample, which can be optically sectioned by a built-in scanner in the microscope.

The \$200,000 Olympus Fluoview confocal, laser-scanning microscope is the kind that's typically reserved for major research universities. "It was a coup that NMU was able to obtain this," says biology professor Erich Ottem. "It increases our imaging capabilities so that we can begin to see and determine the specific cellular compartments a protein or other macromolecule may be localized in. That's leaps and bounds above a traditional microscope, which offers a top-down, two-dimensional view of the surface of a cell. This expands our research capabilities immensely. Its applications also extend beyond physiology to ecology research."

Ottem is quick to credit Michael Broadway, dean of the College of Arts and Sciences, for supporting the confocal microscope purchase and working out the financial arrangements.

"One of my goals as dean of the college is to

promote scholarship and research," says Broadway.

"We've got some young faculty in the sciences engaged in some impressive research. What better way to support that than to give them the equipment they need to do their work effectively? This will allow them to publish in prestigious journals."

In a nice show of interdisciplinary cooperation, English Department head Ray Ventre supported Broadway's request to apply some sequestered funds from English toward the investment. Ventre says, "My only two questions were, 'Will it enhance faculty research? And will it create valuable opportunities for students?' The answer to both was yes, so I was all for it." As a sign of appreciation, the name Ray is affixed to the laser array system.

The confocal microscope arrived in November and an Olympus representative spent a few days on campus to supervise hands-on training. At least one student who watched a demonstration was overheard describing its capabilities as "awesome."

Video captures can be viewed on YouTube by searching for Northern Michigan University Confocal Microscope.

WNMU-TV has a new, all-digital production room in the lower level of the Learning Resources Center. The state-of-the-art facility was designed by **Grant Guston '96 BFA** from Learning Resources, pictured standing behind **Mike Lakenen '92 BS, '99 BS, '04 MPA** from WNMU-TV. The new production facility has enhanced the quality of local programs originating at the station and is being used for the studio component of a television production class, providing hands-on experience with equipment in use at many TV stations and large venues such as Lambeau Field.



“Northern students can familiarize themselves with the latest digital technology and in high definition (HD), which will help them learn the 16x9 widescreen format versus the traditional 4x3 format,” says **Eric Smith '95 MA**, NMU director of Broadcast and Audio Visual Services. “There are so many variants, and it’s important students become fluent in digital language so they can start a career knowing what concepts such as letterbox and windowbox mean. For years, I thought it would be cool if some classes were taught in WNMU’s great studio facilities. Working with Communications and Performance Studies we can offer students learning opportunities on equipment that would be expensive for that department to replicate.”

The audio board offers 5.1 surround sound, Pro

WNMU-TV broadcasts and teaches in truly brand new control room

Tools software that handles editing/mixing and an interconnected audio/video server accessible from multiple points, which provides program storage and file transfer capabilities.

The room is completed with a high-end graphics unit and a Ross Carbonite switcher, which mixes all video sources, facilitates transitions such as cuts, dissolves and wipes and creates digital effects.

“When we installed the switcher, we noticed signatures on the bottom, including company president Doug Ross,” says Smith. “They typically sign the first one off the line, which means we have serial number 1.”

Theater winners



Pictured at the Kennedy Center American College Theater Festival, from left to right in back row are Stephanie Baugher, Charlie Jauquet, Ansley Valentine, Andrea Knoll and Tyler Welden; in front row: Jalina Olgren, Abby Ropp, Jacob Barbot.

NMU theater program alumni, students and faculty won multiple awards competing in the Kennedy Center American College Theater Festival, Region III, at the University of Illinois at Urbana-Champaign in January. The festival featured both team and individual events and included a “Tech Olympics” competition.

Recent graduate **Stephanie Baugher** won the Design Storm Award for scenic design. Professor **Paul Truckey '87 BS** won one of four faculty service awards, and professor Shelley Russell received a certificate of merit for directing. Students won awards for most improved directing and dramaturgy and in addition to awards, the technician teams won more than \$500 of lighting equipment for Forest Roberts Theatre. Student Abby Ropp will go on to participate in the KCACTF National Festival in Washington, D.C., in April.

On campus today

National Park App



Professor Craig Rademacher recently published a new iPad application about Anza-Borrego Desert State Park in Southern California. Anza-Borrego is the largest state park in California.

The Borrego app is a re-conceptualization of the traditional park brochure for the mobile media era. It is entirely digital and contains original photographs, slide shows, artist profiles and seven original essays by Rademacher. In addition it contains a touch interactive park map and discoverable information about wildlife and park safety. It's available for sale on iTunes.

The project is the outgrowth of Rademacher's ongoing study and research into the growing presence of mobile media in interpreting the value and meaning of recreation resources and public lands. This winter he is teaching a course at Northern titled New and Portable Media in Interpretation.

Exhibit of alumnus architect draws national attention, state award

NMU's DeVos Art Museum was recently featured on NPR's "Morning Edition" for a story on architect John Lautner. Museum Director Melissa Matuscak was interviewed by Edward Lifson about Lautner's connections to growing up in Marquette. You can read or listen to the entire story, "Nature and Design Meet in Lautner's Modern Homes," on NPR's website.

Matuscak and Kaye Hiebel, executive director of the Marquette Regional History Center, were also spotlighted by the Michigan Museums Association, with a Quest for Excellence award. The duo and their complementary exhibits won the Most Awesome Experience award for their work on the *John Lautner: A Life in Architecture* exhibits. **Lautner, '33 AB, LC** studied with Frank Lloyd Wright at Taliesin then settled in Los Angeles where he became well known for designing innovative structures, particularly residential buildings that demonstrated a true sensitivity to location, space and structure. He received the Gold Medal of the American Institutes of Architects in 1993.

Korean talks

NMU is among the first 17 U.S. universities to partner with the Teach and Learn in Korea (TaLK) program, which offers paid internships to undergraduates who teach English in rural elementary schools in South Korea. The program is sponsored by the National Institute for International Education under the direction of the South Korean Ministry of Education, Science and Technology. NMU International Programs screens and recommends candidates, then forwards their applications to the TaLK offices in Seoul. Those selected receive paid airfare, housing, health insurance and a monthly stipend. No Korean language skill is required. Students admitted to the program complete a four-week orientation addressing Korean culture, education and basic teaching methods.

On a related note, Northern has signed a memorandum of understanding with Myong Ji University in Seoul and is working on a bilateral exchange agreement with Hallym University, also in South Korea. Students pay tuition to their home universities and can study at any of the other consortium universities.



Joshua White



Artwork acquired by The Great China Museum

Ceramicist Brian Kakas in his studio that was located in a brick and tile factory in Fuping, China.

Art and design professor Brian Kakas was selected to exhibit recent works from a residency in China at the 2011 Kaolin Grand Prix for International Ceramic Arts. His ceramic sculptures were juried into the exhibition along with works of other professional artists from 25 countries in conjunction with the largest ceramics festival held annually in China, showcasing innovative ceramic designers and artists.

Kakas received an award of excellence and one of his works has been acquired by the permanent collection of The Great China Museum.

Jurors included internationally acclaimed artists such as Fumio Shimada, Tokyo University of the Arts in Japan; In Chin Lee, Hong-ik University, South Korea; Nancy Selvage, Harvard University; and Tapio Yli-Viikari, Aalto University School of Art and Design, Finland.

Study-abroad programs are currently being developed for a greater exposure to the ceramic art and design field throughout Europe and Asia.

To see Kakas' sculptural ceramic vessels, visit www.briankakus.com.

Building health care opportunities with U-M

NMU has joined forces with the University of Michigan to allow our students to complete a certificate in the foundations of public health online from the University of Michigan and apply it toward their master in public administration degree at NMU. The partnership permits NMU students to transfer credits from the University of Michigan into the MPA program, enhancing their professional skills and expanding the potential number of graduate students in this area. For more information, contact NMU's Political Science and Public Administration Department at 906-227-2019 or polisci@nmu.edu.

Can you help?

In the spring/summer issue of *Horizons* we'd like to journey back through time to look at how social mores and traditions have changed on campus over the years.

What rules or unusual traditions do you remember from your days at NMU? Also, we hope to highlight our unique residence hall structure of "houses" and get in touch with roommates who have kept in touch or have a special story. Please send a note to horizons@nmu.edu if you have a memory, tale or suggestion to share.

LPN lives on

NMU **ended** the licensed practical nursing (LPN) program last year, but its legacy lives on. As part of the pinning ceremony for spring 2011 graduates, the Central Upper Peninsula and Northern Michigan University Archives produced a short documentary on the history of the program at NMU, which began in 1948. Former archives student assistants **Megan Warnos '11 BFA, Maggie Newberry '11 BA** and current student Christopher Kern produced the documentary. It can be viewed on the archives' website or at www.nmu.edu/LPNhistory.



NMU and Central U.P. Archives

On campus today

SPORTS AT NMU

By Cindy Paavola '84 BS

Chris Ostrowsky was promoted to head coach of the Northern Michigan University football team in late November after the contract of six-year coach **Bernie Anderson 79 BS, '89 MAE** was not renewed. Ostrowsky had been the Wildcats' offensive coordinator for the past two seasons. He came to NMU with 15 years of coaching experience, which included three seasons (2007-10) as an assistant at NCAA Division I Northeastern University in Boston, where he was the quarterbacks coach and passing game coordinator, as well as the program's recruiting coordinator. His other coaching stops included Widener University (2005-07), Washington and Lee University (2002-04) and at Newark, N.J.'s East Side High School (1997-01). He played quarterback at Roselle Park High School and Jersey City State College, graduating with a history degree in 1993.

What does it mean to you to be named NMU's head football coach?

It means so much to me and my family on so many different levels. We've sacrificed a lot, as all coaches and their families do, to be in the football coaching business, and this is certainly the realization of a goal. I think there is so much potential for Northern football and I'm honored and thrilled to be given the chance to bring the program back to the same level of national prominence it enjoyed in the past.

Since being named head coach, what have been your primary activities?

The remaining NMU coaches and I have been concentrating on three



Tim Rossland

Passion and consistency

Five questions for NMU's new football coach

phases. Phase one is recruiting. We want to physically be in as many schools talking to the best talent and their coaches as is humanly possible. I want to go where Northern hasn't gone before, and I think there is a lot of potential to do that. For instance, I already have very strong relationships with the high school programs in New Jersey, a state where there are no Division II programs. So, that area could be very fertile ground for us. Phase two: recruiting visits. January through to signing day is all about providing the best recruiting visits for prospective players and their parents so that they really get to know what a great university Northern is, and get to know Wildcat football. Phase three is to finish hiring the rest of the coaching staff, which I think I'll have done by

middle to late February. All three phases are moving along very successfully.

What are you looking for in an NMU football player? What makes a great Wildcat recruit?

I want guys who were their high school team captains. I want guys who know how to sacrifice, know how to lead, who take the privilege and responsibility of being part of a team seriously. Obviously, we're looking for talented football players, and I'm confident we can find them and bring them to Northern. Players joining our program need to be academically as sound as possible. It's counterproductive to bring in strong football players who are poor students because they won't be here long. We're going to look at each young man and ask the

questions, “What kind of character does he have? How has he lived his life?” We’ll check his background diligently to find out things like school attendance. If he didn’t bother to go to class in high school, he simply doesn’t have the right stuff to be a part of the NMU football program. We want leaders who are work horses, who believe that winning takes sacrifice—because it does. It will never just happen.

Who is Chris Ostrowsky, especially away from football?

First and most important, I’m a father. My kids—Jackson (11), Joseph (9) and Hope (2)—are everything to me. No matter what happens during the day or at a game, when I go home and see my three great kids, that’s my world. I’m a husband. I treasure the love of my life, my wife Jennifer. I’m a son. I was very close to my late father and still consider him one of my best friends. And my mom’s my mom—nobody tops Mom. I’m a brother who can’t say enough

about the support of his brother and sister. I’m a friend and I feel so lucky to have amazing friends who keep me grounded. I guess if I had to describe myself, whether you’re talking about me on the field or off, I’d use three words: energy, passion and intensity. On the field, I might be a little more intense than off, but I’m pretty much the same guy when I’m at work or home. I don’t do things halfway. I love my family and friends. I love coaching football—I love every stage of the game. I’m just the kind of guy who is really passionate and doesn’t take one day for granted.

What are your long-term goals for NMU football?

I want Northern Michigan University football to re-establish itself as a nationally recognized brand. We’re going to be a program that is in the hunt for conference championships and NCAA playoff berths consistently. I truly believe that. The NMU athletic

facilities are amazing, first-class and comparable to many Division I programs. We have a great university with great academic programs. We have community support. The alumni base here is extraordinary, not just with former players who have stayed in different areas of the game, but successful alumni in all kinds of professional fields.

So, the ultimate goal is success on a consistent and national level. To get to that point, we’re going to attack each part of the season with passion, energy and commitment—that’s winter conditioning, spring ball, pre-season training and then every game of the season and playoffs. Our work ethic will be consistent and it will be intense. We’re also going to have an expectation of playing together as a team—nothing else will be acceptable. The goal is to have a football program that makes everyone extremely proud to be Wildcats.



Godfrey steps down as athletic director

Ken Godfrey '87 MAE, Northern Michigan University’s special assistant to the president/athletic director, is stepping down from the athletic director portion of his position.

Godfrey, who came to NMU in 1979 as a member of the recreational sports staff and who has been the Wildcat AD since June 2003, was diagnosed with acute myeloid leukemia in the fall of 2010 and has been on medical leave since that time.

A search for a new athletic director is now under way. The tentative timeline is to have a new AD announced by May 1 with a start date soon after.

“My hope is to return to NMU when I am once again healthy, but not as AD. It is in the best interest of the department and the university at this time to get a permanent athletic director in place who can continue to move Wildcat athletics forward,” Godfrey says.

Hockey and Track in National Ratings

Although bouncing around the middle of the pack in the Central Collegiate Hockey Association standings this year, Northern’s hockey team has consistently stayed in the top 15 in the national pairwise ratings that will determine the NCAA Tournament participants. In fact, at press time, the Wildcats were tied for sixth in the ratings.

The Wildcat indoor track and field team has enjoyed a Top 25 spot in each of the U.S. Track & Field and Cross Country Coaches Association national team computer rankings this season. As of press time, the ‘Cats were No. 21.

Wildcat fans can get all the latest results, rankings, news, live Internet radio and video broadcasts and the upcoming schedule at www.nmu.edu/athletics.

Toward A Healthy NMMU

BY CINDY PAAVOLA '84 BS

Health
Integrating
Wellness

HEALTH CENTER

CLINICAL SCIENCES

HEALTH PROMOTION

COUNSELING CENTER

PSYCHOLOGY

ATHLETIC TRAINING

PHYSICAL EDUCATION

NURSING

DINING SERVICES

HUMAN RESOURCES

HPER

NMU President Les Wong wants to help create a healthier student body. He wants faculty and staff to be healthier. And to the extent that the university can help the alumni and the local community members improve their health, he'd like to see that happen, too.

He has a big idea on how to realize these goals. Now the details of that vision are being massaged into a plan of action currently known as NMU's health alliance initiative. Twenty-five members of the health alliance committee, representing more than a dozen campus units, have been meeting since early in the fall semester to discuss

ways in which Northern can strengthen its many health-related academic programs and services and, subsequently, make NMU a healthier campus.

“There’s a financial, psychological and productivity cost when the members of your organization or community are not as healthy as they could or should be,” says Wong. “Striving to make NMU a healthier campus could have so many positive benefits it’s mind-boggling. For instance, think how much better students might do on their exams if their immune systems are at optimal levels when the stress of finals hits them. And since Northern is self-insured, there is obviously a major financial plus to having our faculty and staff be as healthy as possible in that it lowers the university’s and employees’ health-care costs.”

Those familiar with Wong’s tenure at NMU know the question of whether Northern should become a smoke-free campus has been a discussion point since he posed the question shortly after arriving in Marquette. The conversations that have taken place around that issue brought up many other health-related discussions and opportunities to explore.

“The conversations we’ve had about being smoke-free generated so many ideas that would also have health benefits to the campus. One of my eight goals for the academic year was to have the campus stop talking about all these ideas in a general sense and to start talking about what might actually be possible to implement, both in the short-term and long-term,” he says.

Wong adds that when he convened the members of the health alliance committee together for the first discussion the most striking points were: 1) just how many health-related programs, services and activities are currently taking place on the NMU campus; 2) how little each area knew about what the other areas were offering; and 3) how great was the opportunity to “streamline, consolidate and strengthen programs and services through strategic collaboration.”

Some of the ideas being explored by the committee include consolidating all health-related academic programs, and possibly student service programs too, into one unit that could be named the School or College of

Allied Health; creating both electronic and physical portals that help direct NMU community members through the process of getting to the correct health program or service provider; expanding the use of NMU’s technology to create a “better your health” toolbox that would include websites, web-based programs and assessment tools, campus kiosks and mobile apps.

“Right now, we’re still in the auditing phase to learn about what each area does that is related to health and wellness. We are trying to assess where there is overlap of services, what programs and services are greatly needed but lacking, and exploring what models other colleges, universities and private industries are using to improve the health of their organizations,” says Wong.

A subcommittee is researching the logistics of physically moving most or all health-related programs and services into one facility, “which may or may not be possible. But what is possible in the near future is an electronic portal,” Wong explains.

“When a student doesn’t know if he should go to the Health Center, the Counseling Center or the Athletic Training Clinic for what ails him, if we had a physical space where all of these units were housed together, he’d enter into the facility, explain his situation and be directed to the appropriate area. It may take us a while to realize such a physical space, but we don’t have to wait to have an electronic portal where our NMU community members can enter, provide limited information and be assisted in getting the appropriate help they need. We’re starting the process to create this and hope to have it done by next year.”

The units that are represented on the health alliance committee include: ASNMU student government; athletic training; clinical sciences; communications and marketing; counseling and consultation; dining services; health center; health promotions; health, physical education and recreation; housing and residential life; human resources; intercollegiate athletics and recreation; nursing; psychology; NMU retirees; student enrichment; and the wellness committee. ■



A subcommittee is researching the logistics of physically moving most or all health-related programs and services into one facility.



Northern's Health Center: From sniffles to malaria

By Cindy Paavola '84 BS

Northern alumni share many common experiences—the stress of final exam week, navigating to class on a blustery winter morning, and beach activities with roommates and friends along the shore of Lake Superior. Another common one is a trip to Northern's Health Center at some point between the first day of freshman classes and commencement.

According to *A Sense of Time: The Encyclopedia of Northern Michigan University*, there were only limited on-campus health services in Northern's first 30 years of existence, which included city health officials periodically performing physical examinations for the purpose of determining if students were fit to participate in physical fitness.

In 1927, Dr. W.L. Casler was appointed the school physician for women and Dr. H.B. Markham held a similar position for the men. Health examinations were given to students at the beginning of the school year.

In 1944, Northern hired Martha Hatch as its first nurse, who treated basic ailments such as colds from her tiny office in Kaye Hall. More serious illnesses and injuries were treated at

St. Luke's Hospital (now Marquette General Hospital). Throughout Northern's early existence, coaches treated minor athletic injuries. In 1948, Hatch resigned to become an instructor in Northern's nursing program and Ada Vielmetti of Ishpeming was hired to replace her.

With the increased enrollment following the end of the war, a Health Center was opened in Carey Hall in 1949. It housed examination rooms, a nurse's office and emergency beds. Then in late 1961, a new health center was completed on campus at the cost of \$131,650. It was located on the ground floor of Gries Hall and featured a larger waiting room, a private room, five double rooms, two double isolation rooms, an ambulance entrance and a full-time doctor. A decade later, it grew to include the second floor of Gries Hall and had 18 beds, 12 examination rooms and a new pharmacy.

Vielmetti retired from nursing in 1968, and in October 1975, NMU's governing board voted to name the health center in her honor.

Still located on the ground level of Gries Hall, today it handles an array of services, from examinations, testing, and preventative health education, to primary care and referrals. Immunizations and pre-

scriptions are also given. The staff consists of two full-time physicians, one physician's assistant, two nurses, a pharmacist, a pharmacy technician and four office and custodial support staff, as well as several student employees. Dr. David Luoma became the center's 10th director in July 2011.

On average, the center treats 40 patients a day during the school year and 25-30 during summer and breaks. The fee structure for services are set to be less than other providers with student fees significantly discounted.

While the location of the center has remained the same for the past 50 years, Luoma says technology has brought about considerable changes to the facility's daily operations.

"One of the biggest current changes is adopting electronic medical records this year. Communication, scheduling and patient access to information will be even better. Other upcoming changes include our working with the counseling center, athletic training, health promotions and nurse practitioners



The Health Center's new director
Dr. David Luoma

even more closely than we do in hopes of streamlining the care of our campus family,” says Luoma.

Longtime director Dr. Thomas Schacht (1990-2010) says having a health center on campus is a great benefit to the university community.

“I was new to college health when I arrived and spent a year or two learning the characteristics and medical needs of the campus community. It seemed that what was needed was an accessible and affordable family practice office and that was what we set out to become—a place where a student could quickly get an appointment, usually with the same doctor, and without regard for ability to pay. With an on-site laboratory and pharmacy, we could take care of most problems at our facility, but we also referred students to the many medical specialists available in Marquette, and hospitalized sicker patients at MGH,” says Schacht.

“In 1992 we extended our services to NMU staff and families. The Health Center was a valuable resource and it made sense to make full use of it. NMU is self-insured for employee medical costs and recognized significant cost savings with this model. I think students found it reassuring when they realized that they were using the same facility that their professors and administrators used. It also made sense from a public health perspective to see both students and staff as they inhabit the same environment, sharing the same epidemics and even some of the same stresses.”

Schacht says during his tenure the most common ailments that promoted a visit to the Health Center were upper respiratory infections, headaches, rashes, injuries and back pain, which are similar to most family practices. But he points out there are illnesses that are more frequent in the student population.

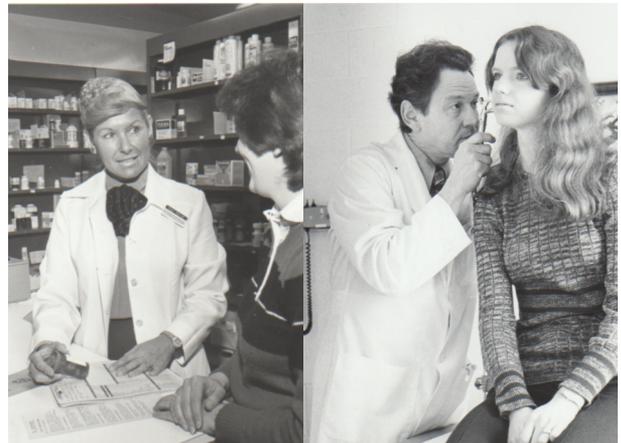
“Compared to a typical family practice, university health centers see more patients with sports injuries, STD and contraceptive needs, and mental health concerns. Some students also have chronic health problems like diabetes, seizure disorders, depression and psoriasis to name a few,” says Schacht. “We also diagnose cancer or some other life-threatening health concern in one to two students each year.

“I diagnosed students with cardiomyopathy, leukemia, lymphoma, sarcoma, and testicular cancer. There was great satisfaction in diagnosing many cancers at treatable phases, including cases of melanoma, colon, breast and prostate cancer. Some of the more memorable medical diagnoses during my years were patients with Cushing's disease, sarcoidosis, hemochromatosis, Lyme disease, malaria, endocarditis and SLE. During my tenure

at the Health Center, we also dealt with the emergence of HIV, periodic meningitis cases, the SARS scare, and most recently pandemic influenza.”

Schacht adds that a sense of humor was required for some less serious ailments. “Some of the more humorous situations I encountered were calls from roommates about smelly feet, snoring, various insect infestations and excessive masturbation.”

Both Luoma and Schacht say some significant issues facing university health centers nationwide include adapting to the rapidly changing technology requirements, maintaining physician staffing despite the national on-going shortage of primary care physicians, coping with the myriad insurance plans presented by students from many different states, and of course, balancing the budget.



Through the ages many student ailments have remained the same. Campus physicians tend to see more sports injuries, sexually transmitted diseases, contraceptive needs and mental health concerns compared to a typical family practice. Pictured from the past are longtime pharmacist Peggy Frazier (left) and Dr. Robert White.

“Health care costs and regulations are rising while aid from states is falling and that presents a challenge,” says Luoma. “But it also actually creates great opportunity for us, as I believe we can become even more cost-effective here.”

When asked what the one piece of medical advice is that he prescribes most often to his NMU Health Center patients, especially students, Luoma says it's medical wisdom that probably has not changed much from what might have been offered decades ago. “You need balance in life—your friends, family and faith are important components of health. And you need good basic health habits, including sleep and approaching most things in life with moderation.” ■



By Kristi Evans

Campus counseling centers expand focus

University counseling centers nationwide have reported an increase over the past few years in the number of students coming in for services. Their focus has also expanded from addressing problems adjusting to college life to also dealing with more complex and severe mental health issues. Marie Aho, head of NMU's Counseling and Consultation Services, explains, "Traditionally, students sought campus-based counseling services for issues associated with the new college environment, living with strangers, stress related to academic or financial demands, developmental and separation concerns and relationship conflicts or breakups. But now we're seeing more students come to campus with clinical depression or serious mental illnesses such as bipolar disorder. An estimated 25 percent are taking psychoactive medications. Others are struggling with negative coping such as cutting or eating disorders. It's not clear if troubled students make up an increasing proportion of the campus population

or if more are seeking help because of outreach efforts and growing awareness of mental health needs. Most of what we're seeing here is in line with the national trends."

NMU's counseling center, located in Hedgcock, does not charge students for its confidential services. It provided 2,940 individual counseling sessions to nearly 600 people last year, an increase of six percent. The number of mandated assessments requested by the Dean of Students Office for self-destructive behavior and the requests for same-day emergency appointments are up as well. The center also offers group therapy and provides consultations for faculty, staff, parents and the community.

Aho says most counseling centers lack the resources to handle the growing workload. Some ration care, limiting the number of sessions available

to students over the course of their college careers. "That's not the way you work," she says of NMU. Still, Aho says she and her staff of three full-time clinicians anticipate a waiting list to develop early each semester.

"There were 178 students on the waiting list last year. We got them all in, but the average wait was about eight business days. This year, it's 11 business days. That worries me. When they're on the waiting list, we screen for obvious risk factors and triage them through a rating system based on severity. We do the best we can, but it's inexact. We also reserve two openings per day for possible crisis appointments."

Aho reports that last year NMU counselors rated the severity of intake concerns as about 36 percent considered severe, 51 percent moderate and the remaining 12 percent mild or situational.

The Associated Press has reported that in the wake of the Virginia Tech tragedy in 2007, administrators are proactively encouraging students to get help, looking more aggressively for signs of trouble and urging faculty to speak up when they have concerns. Aho says these changes, along with the "Oprah effect" that has reduced the stigma of seeking professional help, have combined to send more students to campus counselors. She describes it as both a welcome development and a challenge.

"It would be nice to move ourselves from serving essentially as a MASH unit of counseling to focusing on wellness and prevention. That would fulfill our complete role. But we haven't been able to do that as much as we'd like because we're so busy. We try to fit in some outreach...to get the word out that we're here as a resource, regardless of whether students are at risk." ■



Dr. Marie Aho



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Spinning the wellness wheel

By Lucy Hough
Graphic by Dana Kim

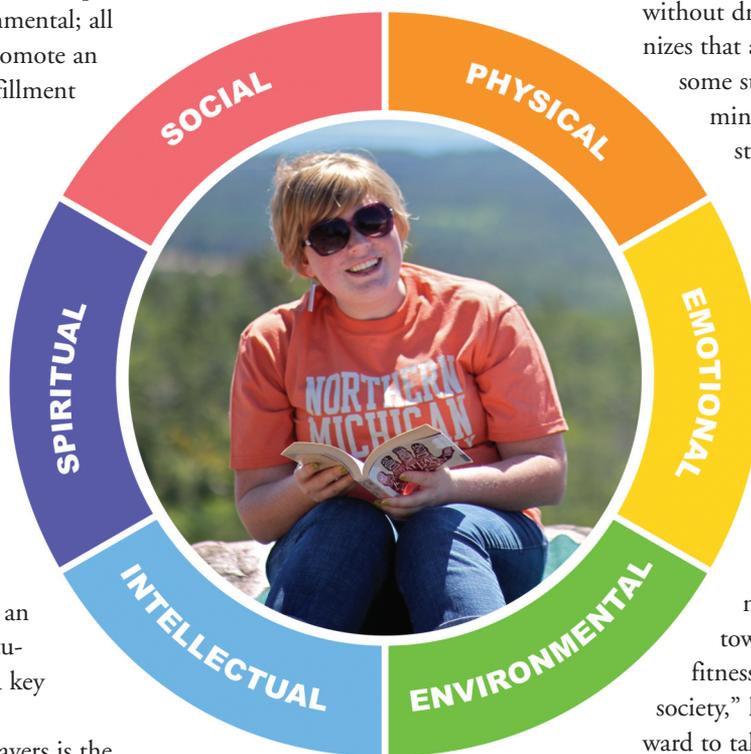
When Northern students take the mandatory health promotion class (HP 200), they learn about the six dimensions of wellness that contribute to a person's well being—often known as the Wellness Wheel. Those dimensions include physical, emotional, intellectual, interpersonal, spiritual and environmental; all interconnected to promote an overall feeling of fulfillment in an individual.

This idea of bringing together various aspects of wellness is being used on a larger scale at Northern to create a healthier campus population, and a new model that brings together various campus resources and community partners. It's an initiative in which students will also play a key role.

One of those players is the Health Promotion Office, which has worked for years to promote the social aspects of the wellness wheel among students.

Health Promotion Specialist Lenny Shible explains that the office strives to provide the tools and resources students need to make smarter decisions in whatever situation they might find themselves. Those decisions often involve alcohol and/or other drugs, sexual health,

and issues of boundaries and respect. The staff and students give presentations in residence halls and classrooms, offer Skill Builder workshops and provide non-judgmental support and referrals to equip students to make more informed decisions and actions—for themselves or for a friend who might need help.



“When and if students come to the realization that they're ready to take action or think about change or even be supportive of a family member or friend who experiences these things, we want them to know that we're available to assist them,” Shible says.

One of the other ways the Health Promotion Office promotes healthy choices is by co-sponsoring

Late Night at the PEIF with the Greek Council, a huge party attended by as many as 1,000 students that takes place the first weekend of the school year. With ice skating, laser tag, inflatables, games, prizes, entertainment and sometimes even a “dive-in” movie in the pool, this event helps to show students that they can have fun and meet people without drinking. The office recognizes that alcohol is a choice that

some students do make, so to minimize harm to NMU

students they also have distributed “designated driver cards” at local establishments that serve or sell alcohol, as well as on campus. The cards list phone numbers for area cab services.

Shible sees his office's role expanding even more. “One of the most important aspects of the new campus wellness initiative is moving toward better nutrition and fitness, as a campus but also as a society,” he says. “We're looking forward to taking on those things while we also continue to do what we do so well.”

Among the many nutritional and fitness efforts already taking place on campus—that directly address some of the other components of the wheel such as physical and environmental—are 26 different club and intramural sports teams, such as rugby, sailing, ultimate Frisbee and inner tube water polo; an “Adventure Series” offered by the Outdoor Recreation Center

with activities like a snowshoe trip to the Eben ice caves or star skiing at the Blueberry trails, in addition to equipment and camping rentals; and efforts by Dining Services to offer more vegan/vegetarian options and make nutrition information readily available for all meals served.

There's also the annual Wildcat Wellness Health Fair, hosted by the Health Promotion Society student organization, with healthy food samples, take-home information from local resources and wellness-related student organizations, and health screenings, such as blood pressure readings performed by the Student Nurses Association.



Taylor Syring

Hunt Hall students enjoy some healthy fun during a recent snow day building a statue of Old Man Winter.

“A big part of wellness is primary prevention and making sure people check their blood pressure before it's too late because there are so many complications that go with high blood pressure,” says Erin Schafer, senior nursing student and association president.

The group also holds charity balls for homeless shelters, participates in the Medicine Wheel Academy introducing Native American high school students to the health sciences, and holds an event for Girl Scouts to learn about hygiene, nutrition and fitness.

“Sometimes people underestimate what students can do,” Schafer says. “But we can make a difference within the community and for individuals. It's important to be proactive and not just wait around for someone else to do it.” ■

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Prometheus Tree



A new era for health care

By Rebecca Tavernini '11 MA

At a critical turning point for medical education in America, **Marc Raslich '91 BS** is helping to chart its future. Last fall he was one of a select few invited to attend “New Horizons in Medical Education: A Second Century of Achievement,” a major national conference in Washington, D.C. marking the 100th anniversary of the landmark Flexner Report, which revolutionized medical training and has been the standard most medical schools and residency programs have followed for the past century. The conference was not so much to look back, as it was to assess the current state of medical education and outline its direction for the next 100 years. Among the discussions were how to integrate impacts of health care reform, rapid scientific and health technology

advances, the need to increase minorities as faculty and students, improving K-12 education and medical school curriculum changes. Emphasis was placed on education in the context of today’s complex, real-life medical practice.

As an M.D., associate professor and program director of the Internal Medicine-Pediatrics Residency Program in the Boonshoft School of Medicine at Wright State University in Dayton, Ohio, Raslich brings an in-the-trenches perspective to the discussion. He’s responsible for teaching approximately 100 second-year medical school students and 16 residents.

“After medical school, residency is like an apprenticeship,” he says. “The residents are with me for four years. I see them come in fresh from medical school until they’re ready to practice independently. I hope to be

able to make an influence on their careers.”

One of the ways he does that, which ties closely with the techniques the New Horizons group is considering, is to create what he terms “significant learning experiences,” integrating course work with active learning in order to make the educational process more productive. It’s structured around team-based learning; moving the lecture material out of the lecture hall; inspiring more student response and input; giving immediate and continued feedback; and staging more simulation activities with patient scenarios, some involving real patients. “It’s about getting students to enjoy and learn without being bored to death,” he jokes. But he reports seeing serious results in increased grades and better maintenance of knowledge.

He also concentrates on evidence-based learning, which is a relatively new movement in medical education and practice, where results and methods from scientific studies, statistics, medical literature and other research-based materials are incorporated into the physicians' clinical decision-making process with the end goal being improved patient care outcomes. This is in contrast to relying on less strictly empirical methods.

"Because medical school is time-limited, everyone's expected to be an M.D. after four years. But it's different for each person," Raslich says, noting that he supports the idea of varying the period of time in which a student is required to complete medical school and

Raslich supports the idea of varying the period of time in which a student is required to complete medical school and residency and the move to a system based more on specific learning objectives and competency-based outcomes.



Dr. Marc Raslich with wife, Toby, and children

residency and the move to a system based more on specific learning objectives and competency-based outcomes to meet societal trends and needs. He also supports the notion of increased continuity throughout

training—where a student works with a mentor through his or her medical education and continues to have that support perhaps even in the first years in practice.

As an undergraduate and graduate biology major at Northern, Raslich was undecided about what he wanted to do for a career until his last year at Northern, so he understands the importance of support and time to get it right. When he was named chief resident at the University of Rochester out of 32 residents, it was obvious he had chosen the right path. He was named the Outstanding Young Alumnus in 1999 by the NMU Alumni Association.

Today he also appreciates the

years. Just as he feels pride in hearing from his former "apprentices" who have successfully established their own practices, or go on to educate and inspire the doctors of the future. ■



Tips for healthy living

From Dr. Raslich

1. Eat smarter. Be aware of portion size and processed food. Read food nutrition labels and keep a dietary log over a week; it may surprise you what sneaks in. But don't let yourself get overly hungry, because that's when we tend to overeat.

2. Increase exercise. Shoot for cardio-rich exercises 3-4 times per week for at least 15 minutes

3. Drink more water! The body relies on water for nearly every essential process. Increased water intake may also help curb your appetite.

4. Keep up on your preventative care. See your primary care physician yearly to discuss appropriate health screenings for your age and gender.

5. Relax. Negative stress has several adverse effects on our health.

Nature and Needles



By Rebecca Tavernini '11 MA

If the thought of acupuncture makes you queasy, you're not alone.

"Some people are terrified by needles," admits **Bonnie Cronin '94 BS**, a licensed acupuncturist. "But once people experience acupuncture they are blown away that it's not painful and that they can relax with needles in them."

She describes the needles as being very thin, like a strand of hair. "Most people don't even feel them going in. Once the needles are inserted people can sometimes feel a brief dull ache or tingly sensation, as *qi* (pronounced chee), or energy, moves around," she says.

Cronin treats a variety of maladies, such as back pain, headaches, digestive problems, menstrual problems, fibromyalgia symptoms, insomnia, and many others. For the majority of her patients, acupuncture provides relief from their symptoms and makes many feel more energetic and relaxed. The World Health Organization recognizes the ability of acupuncture to treat more than 200 common conditions.

Cronin's website explains acupuncture as a form of Traditional Chinese Medicine that focuses on

balancing the *qi* in the body. This energy naturally flows through the body, but when disharmony and illness occur, the flow is disturbed. Through the insertion of fine needles at specific points the energy can be redirected to restore harmony and balance. Cronin explains that acupuncture usually has a cumulative effect over several sessions, but often creates immediate positive results.

Cronin is also trained in generally needle-free natural medicine as a naturopathic physician.

Here she mixes ancient healing methods with modern science. Naturopathic medicine focuses on finding the underlying causes of illness and uses natural therapies to help the body heal. She most often works with diet, lifestyle, nutrients, homeopathy, herbs and patient education.

"Before pharmaceuticals, many M.D.s were naturopaths," she says. "They used diet and exercise therapy, herbs and homeopathy. In addition, there used to be homeopathic

colleges all over the country."

Homeopathy is an energy medicine based on the philosophy of "like cures like." Today, the naturopathic specialty is recognized by the U.S. government and by several states, which offer licensure.

It was at NMU where her interest in natural medicine started.

"People in Marquette had a great influence on me. A good friend invited me to join a homeopathy study group. I didn't even know this field existed. It really opened my eyes and spoke to me." Cronin was always intrigued by how the body functioned and received her bachelor's degree in biology at NMU and went on to get a master's in acupuncture and doctorate in naturopathic medicine from Bastyr University in Seattle, the nation's largest accredited university for science-based natural medicine. Today she and her husband, **Michael Wenz '92 BS**, run her practice, North Shore Naturopathic & Acupuncture, in Rochester and Canandaigua, N.Y.

She says many of her patients come to see her after they've been to an M.D. "They're frustrated. They don't want to go on medications, and sometimes when they do they aren't experiencing results. That's because they haven't been focusing on the underlying causes."

Listening is a large part of her methodology. A patient's first visit with Cronin is scheduled for two hours so they can go through their whole medical history, diet and lifestyle and how each body system is working.

She gives an example of one patient who was on heavy medications for rheumatoid arthritis and in a lot of pain. Cronin suspected that she was very sensitive to preservatives and wheat so they modified her diet, also adding fish oils and other natural supplements to help decrease inflammation. The



Dr. Bonnie Cronin

patient was able to stop taking her medications and is pain-free.

“I’m not opposed to pharmaceuticals,” Cronin says, “but a lot of conditions can be healed with diet changes, nutrients and by reducing stress.” She also cites the importance of energy and balance—energy movement that doesn’t necessarily require acupuncture. “When you don’t move, energy doesn’t move, it stagnates and results in pain and imbalances in the body.”

Most of all, she says, we need to take the time to take care of ourselves. ■

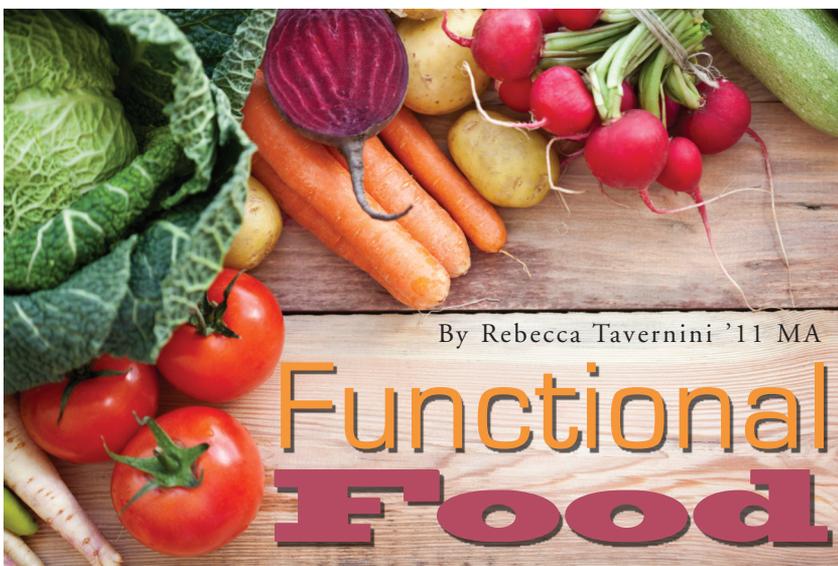
For more information go to www.drbonniecronin.com or www.naturopathic.org.



Tips for healthy living

From Dr. Cronin

- 1. Eat a lot of vegetables and fruits.**
- 2. Drink plenty of water.** (8 cups/day). Cut out sodas and sugary drinks. “Water is important for a lot of chemical reactions in the body. It’s needed to make energy at the cellular level,” says Cronin.
- 3. Get regular exercise.**
- 4. Eat foods grown locally and organically.**
- 5. Be aware of chemicals** in household cleaning products. If you wouldn’t use it on your body, don’t use it in your house. Visit ewg.org.



Kerrie (Pridemore) Saunders ’85 BS has multiple facets to her personality. Some might think that’s fitting for a psychologist.

As “Dr. Food,” she is author of the book *The Vegan Diet as Chronic Disease Prevention*, an advice columnist for *VegNews* magazine, host of “Nutrition Intermission” on Michigan radio stations, guest chef and food demonstrator at Henry Ford Hospital Health System, teacher of classes such as “Using Food and Fitness to Fight Pain,” “Cancer Prevention and Survival” and “Nutrition for Athletes” and has released a new series of food demonstration DVDs with John Pierre, Ellen DeGeneres’ “fitness guru.”

With a doctorate in natural health, Saunders provides consultation to patients and professionals at Pierce Integrated Medicine in West Bloomfield, using food and fitness to help prevent and reverse disease processes.

She is a member of the Physicians Committee for Responsible Medicine (PCRM), and one of four global moderators seeking to help prevent and reverse diabetes through diet. Saunders is also a master’s level psychologist.

There is a common thread, though. “Everything I do deals with how food functions in the body and brain,” Saunders says.

Early in her career as a psychologist she observed the “equal importance of physical health to the social health in the quality of life of my clients.” She believes a proper diet can often prevent or reverse many ailments and diseases, including obesity, cancer, diabetes, osteoporosis, cardiovascular disease and arthritis—and lead to feeling emotionally healthy as well.

As she spells out in *The Vegan Diet*, such a diet should be tailored to an individual’s needs, but generally be based on the PCRM food groups: fruits, grains, vegetables and legumes. “When you eliminate or reduce meat and dairy you make a direct impact on fat and cholesterol,” she says, which in turn reduces risk for many major diseases and chronic conditions.

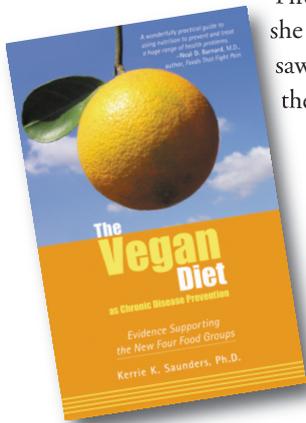


Dr. Kerri Saunders

Of all her professional activities, though, being coordinator of the Michigan Firefighter Challenge is one of her favorites. The challenge is based on *The Engine 2 Diet*, and had been done twice in Texas by the author of the book, Rip Esselstyn. Saunders has coordinated two 8-week challenges here in Michigan, involving seven cities and about 45 firefighters. “As a group, firefighters have huge rates of diabetes and heart disease, because they’re always on alert, and a fight or flight response kicks in every time the fire bell rings. This response also involves a surge in adrenaline, cortisol and clotting factor, which can be harmful over time.”

She provides workshops, food demonstrations and boot camps to teach healthy lifestyle factors, based on the book written by Texas firefighter Esselstyn.

“Firefighters saved my life in 1997,” she explains. “When I read this book I saw a way I could give back and help them rescue themselves.”



“When you eliminate or reduce meat and dairy you make a direct impact on fat and cholesterol,” Saunders says, which in turn reduces risk for many major diseases and chronic conditions.

In her training for these many specialties, Saunders has had a colorful diet of educational experiences. “I’ve studied at five different colleges and universities, including Eastern, University of Michigan and Miami, but NMU was my favorite. I was most influenced and have the fondest memories there. As a founding member of Northern Arts and Entertainment, a member of the swim team and a resident adviser, my years at NMU were some of the best times in my life. When I went away to do my master’s degree, I was far better prepared than others because my classes had been taught by full professors with experience in their field, who genuinely cared about me as a person, and my understanding of the material. I remember Dr. Steve Platt would constantly engage me in critical debate. I later realized he was teaching me to defend my conclusions.”

She has taken that to heart. A *Publishers Weekly* review of *The Vegan Diet* reads, “While foods are recommended to improve specific conditions, this is not a recipe or meal plan source, but rather a series of essays arguing for the vegan lifestyle. Ample citations are provided to support the theories.” ■

Learn more at www.drfood.org

HEALTHY Recipe

From Dr. Saunders

Almond Rice Roast with Almond Butter Sauce

Preheat the oven to 350° F.

Combine all of the ingredients below *except* the ground almonds. Mix well until the ingredients are all moistened and stick together. Press into a non-stick loaf pan. Sprinkle the ground almonds on the top, and bake for approximately 45 minutes.

- 10 cups well-cooked brown and/or wild rice
- 1 cup grated carrots
- 1 cup grated onions
- 1 tablespoon toasted sesame oil
- ¼ cup almond butter
- ¼ cup soy sauce or miso
- ½ cup almonds, coarsely ground

While the almond rice roast is baking, make the almond butter sauce. Combine all of the ingredients below in a blender or food processor until smooth. Thin with a few drops of water if desired.

- 1 1/3 cups almond butter
- 4 teaspoons toasted sesame oil
- ½ cup soy sauce
- 2 tablespoons birch xylitol (variation: 2 tablespoons Sucanat™ or agave nectar)
- 2 tablespoons apple cider vinegar (variation: 2 tablespoons Shanxi vinegar or 2 tablespoons rice vinegar)
- 2 tablespoons fresh ginger, minced
- 4 teaspoons garlic, minced
- ½ cup dark brewed tea

Slice and serve the roast with the sauce drizzled over the top.

How *sweet* it isn't



By Rebecca Tavernini '11 MA

If you're like most people in the U.S., you eat and drink approximately 140 pounds of sugar each year—and don't even know it.

Much of it is “hidden” sugar, in places you wouldn't suspect, such as low-fat salad dressing, yogurt and “good for you” cereals. Although a teaspoon of sugar is only 16 calories, “When digested, sugar is stored as body fat,” explains **James Surrell '63 BS** in his book, *The SOS (Stop Only Sugar) Diet*. “The ingestion of refined sugar is the primary cause of a person's excess weight and has a significant impact leading to elevated cholesterol.” He explains it's also the primary cause of Type 2 diabetes and high blood pressure. Plus, new research points to a link between high sugar consumption and dementia and Alzheimer's Disease.

While the trend for those who want to lose weight and lower cholesterol has been to focus on saturated fats, calories and carbohydrates, Surrell takes aim at sugar.

Hence, his SOS Program Rx for

weight loss is to limit refined sugar intake to about 20 grams per day (which he says his thousands of book readers now find easy to do). “I cannot emphasize enough how you must become a ‘label reading detective’... and just check the label for low sugar and high fiber, because that's all you really need to know.” Further, he recommends the dietary fiber for a healthy digestive system. A bonus is that you will eat less because fiber gives you a full feeling as well. Surrell calls the intake of dietary fiber his “painless portion control.”

Surrell is a board certified colorectal surgeon and director of the Digestive Health Institute in Marquette. He was honored as a Distinguished Alumnus by the NMU

Alumni Association in 1996. His personality belies his belief in laughter being a great medicine, as demonstrated in his three rules for the SOS Diet:

1. Low sugar
2. High fiber
3. No more rules
(everybody's favorite rule)

“For any weight loss program to be successful, it must be short, simple and easy to understand,” he says.

The idea for the diet came to him when he gave up sugar for Lent one year. After six weeks he had lost nine pounds and his cholesterol went down 40 points. “I started suggesting this approach to patients who were struggling to lose weight or lower their cholesterol. I made some hand-outs and people started telling me I had to write a book.”

The book, now in its third printing, and website (www.sosdietbook.com), includes dozens of success stories, many noting that it's “a simple lifestyle change that I continue to easily and successfully follow,” or “I don't ever feel like I am ‘on a diet.’”

Even small changes can make a difference, he says, noting one patient who

lost 72 pounds

in one year

simply by

switching

from drinking

three bottles of

regular soda to

diet soda and

eating whole

grain bread

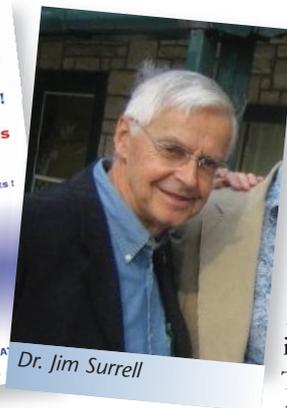
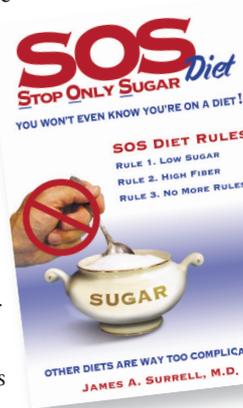
instead of white.

Those on the

diet typically lose

five to eight pounds per month and significantly lower their cholesterol levels.

As for the high fiber component, he recommends 30 grams of dietary fiber and six to eight glasses of water every day to normalize digestion, provide valuable nutrients and decrease appetite.



Dr. Jim Surrell

He includes a “no-no list” of foods to avoid or minimize. Some are surprising, such as ketchup, raisins, corn and potatoes. And there’s a shopping list of foods to enjoy, including dry roasted peanuts, cheese and crackers, fish, chicken, meats, eggs, and most fruits, with raspberries being the lowest sugar and highest fiber.

For those of you getting worried at this point—rest assured, chocolate, the sugar-free variety, is on the good list, and Surrell usually has a pocketful of miniature Hershey darks, and a joke or two, to share. ■



“S’s” of Healthy Lifestyle Choices

From Dr. Surrell

1. Sugar. (Stop Only Sugar.) Refined sugar is very unhealthy and sugar is stored as body fat. Decrease your sugar intake and your body will burn body fat for energy.

2. Smoking. (Stop Smoking.) Tobacco abuse is the worst health choice you can make. When you quit you add 14 years to your life.

3. Screening. (Save Your Life.) Follow the screening guidelines for breast, prostate and colorectal cancer. Talk to your doctor.

4. Stepping. (Start Walking.) One of the best exercises you can do.

5. Sleeping. (Seven Hours.) We need sleep to keep ourselves and our immune system healthy.

Keeping in *motion*



By Kristi Evans

Whether he’s launching a morning exercise program for K-8 students, motivating mid-lifers to shed their excess baggage or helping a 100-year-old woman improve her mobility, **Mike Koskiniemi ’02 BS, ’04 MS** is in the business of promoting fitness through the ages. He and his wife, Sarah, are certified personal trainers and owners of Motions Fitness in Marquette. The center recently celebrated its 10th anniversary.

“There’s no better profession than to help people improve their daily quality of life,” he says. “And the benefits carry over into everything they do, from work to family to recreation. We’ve recorded 100,000 pounds of weight loss over that decade. I’m proud of our clients who have helped us achieve those results.”

Many point to the lure of electronic devices—TVs, computers and video gaming systems—as contributing to inactivity and obesity, particularly among adolescents. But Koskiniemi is using technology in a way that actually facilitates exercise. Once it became possible to effectively sync the speed of audio, voice and music, he was able to fulfill his six-year dream of stream-



Mike Koskiniemi

ing workouts live over the Internet and making them available to schools.

Koskiniemi started a pilot program in fall 2010 at North Star Academy in Marquette (one of Northern’s five charter schools). It’s called SOAR, or Student



The Motions “tribe,” with the interactive video screens in the background.

Optimization and Readiness. More than 150 students in kindergarten through 8th grade, along with staff members, participate. The Motions studio is equipped with a state-of-the-art video camera and two large monitors. Sarah, who is also a certified teacher, leads the session and is able to enjoy two-way interaction with the students.

“During that first half hour of the morning, we’re helping students become more alert and we’re readying their brains for the material they’ll be digesting all day,” says Mike Koskiniemi. “Studies back up the fact that students perform better academically, even in their toughest subjects, after their brains are optimized through activity. This hasn’t been done over the Internet before, so we couldn’t ask anyone how to do it or use another program as a model.”

Once he overcame the technological challenge of how to pull it off, Koskiniemi began to think globally. In March, he will use the Internet to stream group classes, along with interactive one-on-one personal training and nutritional counseling sessions, to individuals worldwide. All will be accessible through online daily or monthly subscriptions and available on mobile devices.

Age does not have to be a limitation when it comes to fitness. Koskiniemi has helped senior citizens improve their strength and flexibility. He said the human body is not fragile. “We all have the same hardware (bones and muscles) and software (brain), so how come older people lose so much of their functionality and see their posture and joints deteriorate? It’s all about the patterning of movement. Muscles need to be stressed to become stronger, but the elderly require a progressive approach to avoid injury.”

One of his biggest achievements was the late Grace Magnaghi, who died in March at the age of 100. She was recovering from a bout with pneumonia about six years ago. She couldn’t walk and needed nursing home staff to help her to the bathroom. Her son (and NMU historian) Russ Magnaghi, a regular Motions client, approached Koskiniemi about helping his mother.

“Grace was in a wheelchair the first time Russ brought her to us,” Koskiniemi said. “We knew we had to wake up her brain, just like the kids. The first thing I did was put her wheelchair behind the pedals of a stationary bike and had her use that. After 30 minutes at Motions,

she was more alert and upright. A hundred days later, she took 44 steps by herself. Grace danced with Russ for the first time in 13 years at my wedding and even saved three dances for me.”

Russ said Grace reaped both physical and psychological rewards from her newfound mobility: “It restored a certain amount of independence and humanity. It also broke up the tedium at her nursing home. She could walk into church on her own or into the Northland Pub at the Landmark for a burger and beer, which she dearly loved.

“Mike also helped me with flexibility,” says Russ Magnaghi. “I pulled something in one arm and couldn’t extend it straight up. Now I can. When you go to a trainer, they’re so knowledgeable about the body and how it moves. You think the problem is in one place, but it might be somewhere else. I come from an era when people didn’t go to the gym, so I’m a late bloomer

as far as exercise. But it has opened up a whole new world for me. I started running in my 60s and have done some half-marathons with my daughter.”

Koskiniemi traces his interest in overall health back to his 12th birthday. He started a full-body workout regimen and soon began delving into physiology and nutrition books. He carried that interest to NMU, earning two degrees in exercise science. Even after opening his own business at 24, Koskiniemi was determined to keep learning. “I read from 3-5 a.m. every day.

There aren’t a lot of mysteries left about the human body, so I’m not necessarily gathering new information as much as I’m going through the old and seeing what might have been missed. Some of the ancient Europeans were dead-on, but they were so forward thinking that people thought they were crazy. It’s important to make sure you keep educating yourself and stay on the cutting edge in this business.”

The Marquette native also gives back to his alma mater by hiring only NMU students. Koskiniemi was recently named one of the top 10 trainers to watch for 2012 by the American Council on Exercise (ACE) and Life Fitness.

No matter how much things change, especially now that he’s harnessed the power of the Internet to reach people remotely, Koskiniemi says he will never forget the foundation of his business: individual relationships. ■



The late Grace Magnaghi training with Koskiniemi



Tips for healthy living

From Mike Koskiniemi

1. Personal trainer. Work with a professional to develop a road map to better health. Because it's possible to get a \$50 certification over the Internet, make sure your trainer has a higher level of education and proven results.

2. Group exercise. We're a tribal people by nature, so it's fun and beneficial to participate in a community environment and draw motivation and inspiration from others doing the same thing.

3. Heart rate monitor. You need to quantify your workout results by knowing your heart rate and how many calories you're burning.

4. Express workout. We're all short on time, but you don't have to spend hours at a gym. You can complete a full-body workout with an emphasis on cardio that burns hundreds of calories in only 30 minutes.

5. Nutrition. This is the last thing people are going to work on, but it should be the first. Nutrition is 80 percent of any goal that you have, whether it's losing weight, gaining weight or running a marathon.

From *massage* to **muscle**

By Kristi Evans

Another fitness center owner and personal trainer is **Troy Huggett '92 BS**. He is also certified in bodywork and massage therapy and was able to study traditional Chinese manual medicine, or Tui Na, with the Chinese Olympic team physicians and trainers in Beijing. Based in Battle Creek, he was the only Michigan representative in the U.S. group who participated in the 1997 educational exchange.

"We were all under the impression we were going over there to work on their athletes," he says. "That was pretty naive of us. Once we got there, we realized there's no way they were going to let us treat their elite athletes. The same would be true here. So we worked on the translators and other staff to show them what we could do."

By the end of the week, however, Huggett says the group became the first in the history of the program to receive permission to treat the athletes. He gave a massage to a male gymnast who was the national rings champion and to a female who competed in rhythmic gymnastics.

One day, the head physician invited him to a part of the training facility few Westerners, if any, had ever been in. He watched them perform acupuncture and "they also did cupping therapy, where they lit a fire in a jar, put it out and then immediately put the jar over the injury to create suction that would draw out the bad

stuff. It was awesome," he recalls.

Huggett also learned the Chinese do not use any oil for massages, and he adopted the same practice upon his return to the states.

A 2004 recipient of the NMU Outstanding Young Alumni Award, Huggett continues to give back to his alma mater. He hosts alumni gatherings and has endowed a scholarship fund that supports one award for an incoming freshman and one for a transfer student.

Huggett has also found time to write three fitness books, produce fitness audio and video programs, serve as an adjunct instructor at Kellogg Community College, train the local Independent Basketball Association franchise and become a licensed emergency medical technician. He was named one of three finalists for 2005 Trainer of the Year by the IDEA

Fitness and Health Association. Not bad for someone diagnosed with Type I diabetes at the age of four.

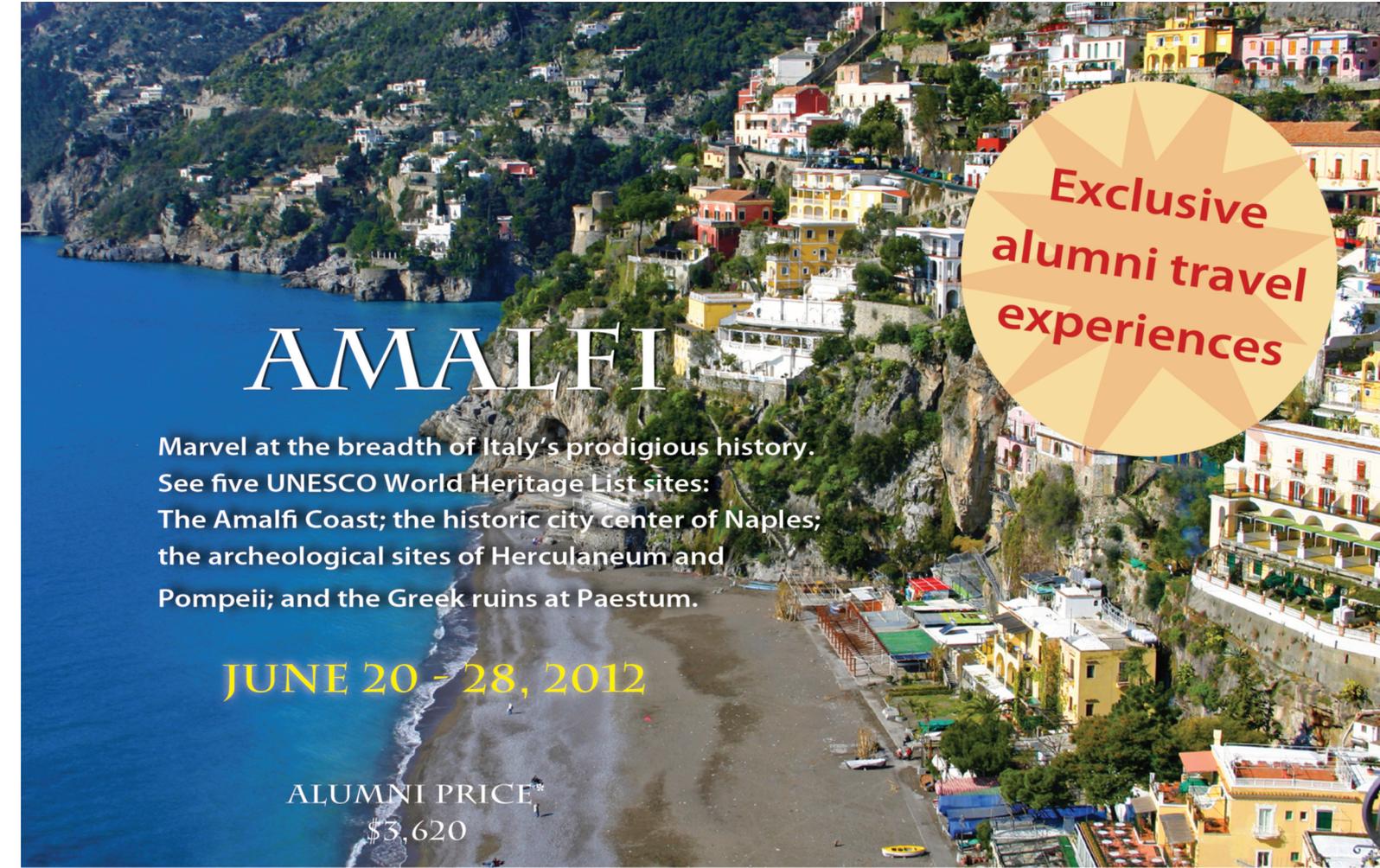
"I've been on an insulin pump for about a decade," he says. "They used to be so big and bulky, but the one I use is about the size of a beeper. I've done what

you're supposed to do with Type I diabetes—followed the plan as prescribed and incorporated exercise.

"The doctors told my mom I wouldn't make it through my teen years, but I did, and I was able to play sports and turn physical activity into a career. I didn't want anything to limit me or interfere with my passion for helping people." ■



Huggett explains his diverse skills: "The bigger your toolbox of knowledge and techniques, the better you'll be able to help people."



AMALFI

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Treating the troops

By Kristi Evans

Trauma is something most people try to avoid, but **Capt. Meghan Roberts '04 BSN** thrives on toiling in the thick of it as a critical care registered nurse in the U.S. Army. She treated shrapnel wounds and amputations caused by improvised explosive devices at a combat support hospital in Iraq. She served with a medical company deployed to Haiti in the wake of 2010's devastating earthquake. And she was prepared for both tours of duty after spending nearly four years in the medical and pediatric intensive care units at Walter Reed Army Medical Center in Washington, D.C.

"It may sound strange, but I love that rush of adrenaline you get dealing with very sick patients or serious injuries," Roberts says. "Their lives depend on you and your team. You have to swallow a lot and see many unpleasant things. You just have to let everything roll off your back when you go home. I know it's not for everyone, but I love being a critical care nurse."

Despite her obvious passion, this was not the profession Roberts originally envisioned. After she enrolled at NMU "undecided," she got interested in nursing and to earn money for school and travel, joined Northern's ROTC Wildcat Battalion. Roberts completed officer basic training in San Antonio, Texas, after graduation and requested to be stationed at Walter Reed Hospital, "the mecca of military medicine."

A deployment to Tikrit, Iraq, followed. Roberts described "the Army's mini version of a field hospital" as a half-building, half-tent facility. It housed emergency and operating rooms, an ICU, radiology, a ward for less severe conditions, a laboratory, pharmacy and mental health services. Frequent mortar attacks landed close enough to rattle the doors, but not Roberts' focus or nerves in the ICU and ER. When air evacuations were required, she helped to transport patients in Black Hawk helicopters.

"We never knew when we'd get mass casualty bigger

than what we could handle. It was much different than at Walter Reed, where everything was by the book and followed the rules of accreditation. We had to rough it with paper charting instead of computer charting and we had to make do or improvise when the cabinet was low on supplies. With the sandstorms, you couldn't keep everything sterile and clean.

"Sometimes we took care of locals or detainees. That was frustrating and interesting at the same time. You struggle because, as a nurse, you take an oath to take care of someone no matter what you think about them or their situation. At the same time, you recognize you're treating those trying to blow up your soldiers. It was a challenging six months, but it was one of the neatest things I've ever done and one of the most life-changing. You realize how short life is and that you could lose anything in an instant."

She was deployed to Haiti after moving to Ft. Bragg, N.C., where she works part time in the ER at Womack Army Medical Center and part time as a nurse for the 602nd Area Support Medical Company. "We treated some post-earthquake injuries, but most of what we saw and were taking care of was chronic issues. It's a very poverty-stricken country. Even before the earthquake, the rivers and streets were flooded with trash and feces and the water was contaminated. We were treating young children for viral issues, bacterial infections and parasites. We helped to deliver babies. It was hard knowing they would be malnourished and probably wouldn't get the vaccines and health care they need.

"Before we left, we donated a lot of our supplies and also donated to a local orphanage we visited. Those kids pulled at your heartstrings."

Roberts is charged with tending to the medical needs of men and women serving their country, but she says all Americans can support the troops and their work in military and humanitarian efforts.

"Supporting the Red Cross is one way to do that because the organization does wonderful things for the military. Care packages are also great," she says.

"I wish I could take people over for a month to see the sacrifices the troops are making. It drives home how valuable family is, how important medicine is and how it's lacking in places like Iraq, Afghanistan and Haiti. We are fortunate with the quality of care we have in the United States." ■

Dental work

By Kristi Evans

February is National Children's Dental Health Month, when many elementary schools invite local dental professionals to visit classrooms and demonstrate proper brushing and flossing techniques. **Juliet Hoffman '94 BS** clearly remembers sitting through such a presentation in 3rd grade. Unlike most kids, she left with much more than a free toothbrush and helpful tips for good oral health: "I can't really explain it, but something about watching and listening to the dentist that day really clicked with me," she recalls. "I knew that's what I wanted to be when I grew up."

Hoffman fulfilled her childhood goal when she became a commissioned officer in the U.S. Navy Dental Corps. After earning a degree at NMU and graduating from the University of Michigan School of Dentistry, she wanted to complete an advanced education in general dentistry (AEGD) program. She decided the Navy offered the best of those she researched. Hoffman later went on to complete a comprehensive dentistry residency and is a diplomat with the American Board of General Dentistry. She has since practiced or held administrative positions at shore-based military clinics in the Carolinas, Texas, California and Illinois. She also worked in the western Pacific aboard the *USS Kitty Hawk*, an aircraft carrier deployed from Yokosuka Naval Base in Japan.

"That was an amazing two-year tour," Hoffman says. "I was able to travel all over—places like Japan, Korea, Guam and Australia. Some people might be surprised to know we have almost every resource available that you would find at a land-based clinic. We even had our own dental labs where we could make crowns and other appliances. The patient population was close to 5,000, so it truly was like a floating city."

Hoffman's first administrative role was clinic director at Camp Pendleton, Calif. She transferred to Naval Station Great Lakes in Chicago to teach and run the AEGD residency program, but will return to Camp Pendleton in June to direct the 10 clinics on base and three elsewhere.

"I like being a mentor and teacher to residents just coming out of school. That's the majority of folks we're working with. At times I miss practicing and treating patients. When I sit down to do part of a procedure for



Juliet Hoffman, second from right, teaching some of the 10 residents in the advanced education in general dentistry program at Naval Station Great Lakes.

residents to observe, I'll joke that I'm having too much fun so I need to stop and let them back in the driver's seat. It makes you a better administrator if you're a clinician at heart. You know where they're coming from, so you can help them do their job."

After researching her own educational options in high school, Hoffman selected Northern's pre-dental program. "The pre-professional programs are well-respected. An uncle who was a physician strongly encouraged me to look at Northern because of its strong biology and chemistry departments." She also notes Northern has a reputation for recommending good students to dental school admissions boards.

"I actually got my bachelor's degree in political science. The dean of admissions at Michigan advised me that I would be well-prepared in the sciences, so I should take classes I won't have a chance to pick up once my education progressed. It was great advice. You can take courses you need for dental school without necessarily majoring in biology or chemistry."

The NMU Student Leader Fellowship Program was also valuable in expanding Hoffman's leadership skills for both career and community. She was a red block in the first year of the program.

Except for two years of private practice in Marquette, Hoffman has been with the Navy since 1998. She plans to remain in the service until she retires.

"There are a number of opportunities available to me," she says. "I'm pretty fortunate. Every time I get a new assignment, I always find myself saying, 'I've got the best job in the Navy.'" ■

Two Investments in One:

'41 grad helps fund future of the College of Professional Studies

Mary (Williams) Miller and her husband, Bruce, were born and raised in the Upper Peninsula. Mary graduated from NMU in 1941 with a degree in early elementary education. Bruce graduated from Michigan Technological University. They moved to the east coast where Bruce worked for Pratt & Whitney. After Bruce retired, they returned to the U.P. and built a house on the lakeshore. Seven years ago Bruce passed away and, at the age of 90, Mary established a legacy of support for the College of Professional Studies. At the same time she made a smart investment that is providing her with a fixed income and tax advantages.

Mary was dissatisfied with her traditional cash assets and was interested in an alternative that would also provide an opportunity to support her alma mater. The NMU Foundation helped Mary invest her underperforming cash assets in a charitable gift annuity.

A gift annuity is a lifetime contract with fixed payments. Unlike a CD or money market, for instance, when you fund a gift annuity you know what your payment rate is this year, next year and for as long as you live. And unlike cash assets, gift annuities offer you other benefits. When you fund a gift annuity you'll receive an income tax deduction this year for part of the funding amount.

Or, if you are tired of watching the market's ups and downs or have a stock that needs to find a higher calling, then your stock can be used to fund a gift annuity, too. It is important that you *transfer* the stock to the NMU Foundation; never sell it. When you do, you will find that some of your capital gains are eliminated on your gift and the remaining gain is spread over your lifetime.

Mary is receiving fixed quarterly payments over her lifetime, some of which are tax free through 2014. She also received a substantial tax deduction for the year in



Mary Miller's gift annuity will fund a scholarship for NMU students in our varied professional studies programs.

which she established the annuity.

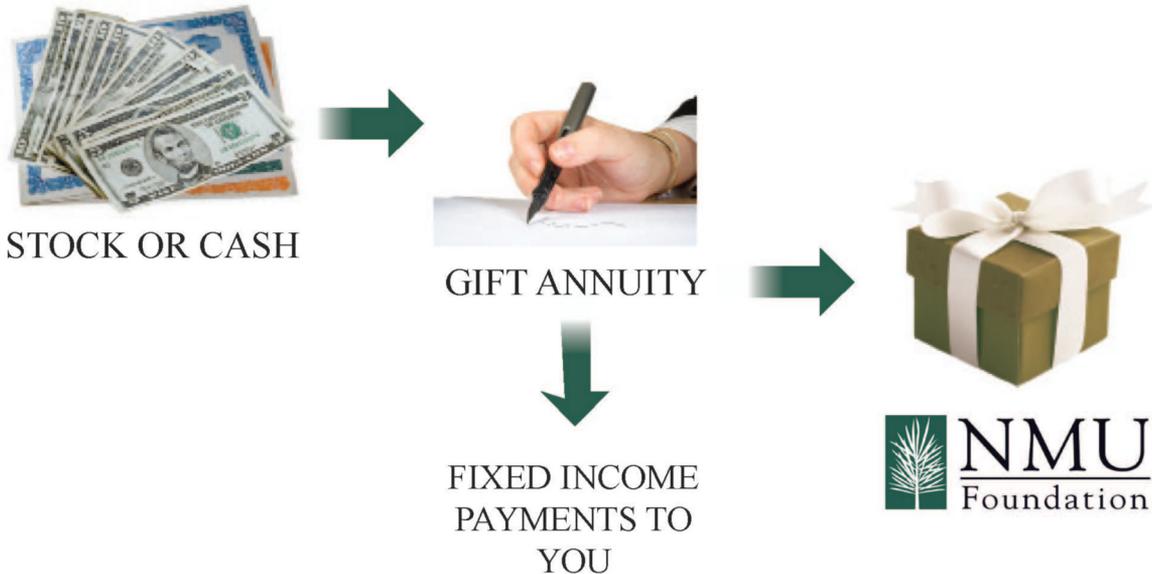
Just as the decision to fund a gift annuity brings a lifetime of benefits, you can take comfort, too, that the assets that you use to fund a gift annuity will have lasting benefits. Any funds left in the gift annuity after a lifetime of payments to you will be used to help NMU and its students.

In Mary's case, she has made a bequest of the remainder of her annuity to fund a scholarship benefitting students enrolled in a College of Professional Studies program.

If you would like to learn about charitable gift annuities, the NMU Foundation planned giving website has more information. The site also has easy-to-use calculators that will help you get a better picture of how the investment might be able to help. As always, before you take any action, please call the NMU Foundation and your financial adviser to see if a gift annuity is right for you.

You can visit the NMU Foundation planned giving website at www.nmu.giftlegacy.com or contact us at foundtn@nmu.edu or 906-227-2627.

Charitable Gift Annuity



Are you Making Plans for the Future?

There are many ways to plan for the future through your will or trust. A good plan will help you care for your loved ones after you are gone, plan for your own care or even make a gift to charity.

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Keeping track

Share your news.

Just get married? Get hired? Have a baby? Retire? Receive an award? Tell us, so we can share with fellow alumni in Keeping Track. Submit your story, and photo, to www.nmu.edu/update, horizons@nmu.edu or NMU Horizons, 1401 Presque Isle Ave., Marquette, MI 49855.

Socialize!

Links at www.nmu.edu/alumni

Connect on NMU's alumni networking sites, too



'60s

Helen St. Aubin '64 BS has been named senator to the Embry-Riddle Aeronautical University Faculty Senate Governing Board. She is an adjunct associate professor at the university.



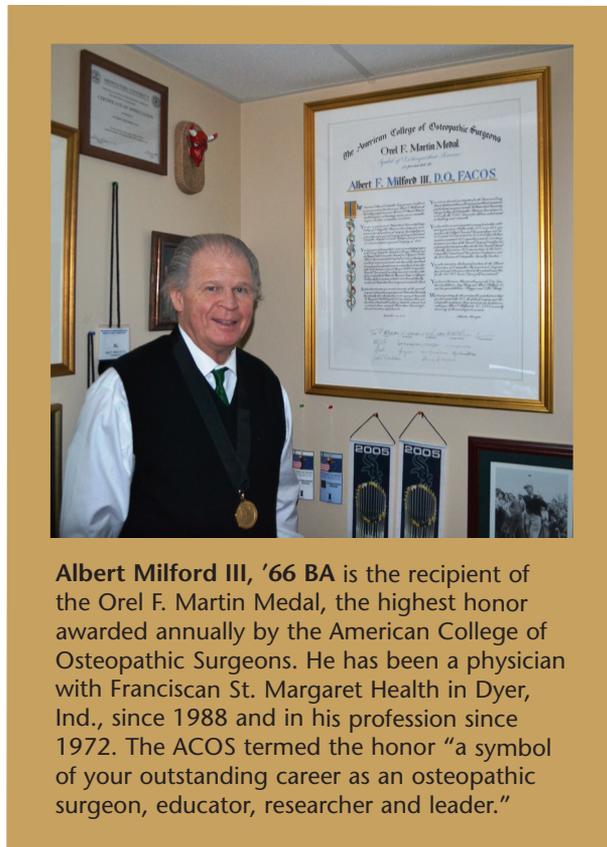
Michael Kauppi, '67 BA, '69 MA has retired from the State of Florida, Department of Children and Families, Port Charlotte Location, after 22 years. He has enrolled in art classes and enjoys riding his bike between pool time and yard sales. mkauppi1@hotmail.com

'70s

Dale Hemmila '73 BS has been named director of public affairs in North America for Cliffs Natural Resources. He will be responsible for supervision of public affairs activity at Cliffs' Michigan, Minnesota and eastern Canada iron ore properties and coal operations in West Virginia and Alabama.

Doris Holmstrom '75 BS, '91 MA has launched WriteUP Editorial Services LLC in Gladstone, offering business, news and feature writing, proofreading, copyediting, newsletters and print production management. www.writeupeditorialservices.com.

Beverly (Becky) Beauchamp '78 BS, '83 MA was recently named vice president of marketing and development at St. Gregory's University in Shawnee,



Albert Milford III, '66 BA is the recipient of the Orel F. Martin Medal, the highest honor awarded annually by the American College of Osteopathic Surgeons. He has been a physician with Franciscan St. Margaret Health in Dyer, Ind., since 1988 and in his profession since 1972. The ACOS termed the honor "a symbol of your outstanding career as an osteopathic surgeon, educator, researcher and leader."

Okla. She received the NMU Outstanding Alumnus Award in 1985.

Linda Hayden '79 BSN is a professor of nursing at Davenport University in Warren. She recently earned a master's degree in nursing to add to her master's in health care administration.

Gail (Bowe) Ives '79 BS has retired after 32 years with Mott Community College, having served most recently as director of institutional research. She continues to work part time as a higher education consultant with various state organizations. She and her husband, **David**, who was an NCAA Wildcat swimming champion from '74-'76, have two children, one who will graduate from NMU in May.



Thomas Zavitz '79 BS, associate dean for administration and finance at the Kalamazoo Center for Medical Studies, has been appointed to lead in the development of the new Western Michigan University School of Medicine. He will continue his role with KCMS and also be in charge of all financial and administrative functions of the new school.

'80s

Peter Helein '81 BS was named chief of police for the city of Appleton, Wis.



James Skibo '82 BS has been named Illinois State University Distinguished Professor of 2012. He has built an international reputation as a leader in the fields of ethnoarchaeology, archaeology

of the Great Lakes and Southwest and archaeological theory. He has authored and contributed to eight books and is co-editor of the *Journal of Archaeological Method and Theory*. He was honored as an Out-standing Young Alumnus by NMU in 1996.

Will Andresen '83 BS is coaching the men's and women's cross-country running and Nordic ski teams at Gogebic Community College in Ironwood. Will competed on Northern's Nordic ski team from 1979 to 1983, serving as team captain his senior year, and was a member of the Wildcats National Collegiate Ski Association national champion relay team in 1983. willa@gogebic.edu

Brian House '83 BS retired as a manager from the Utah Department of Natural Resources, law enforcement. He worked in many areas of public safety, DNR management, wildlife, OHV and boating enforcement. He is now on his second term with the Garden City Town Council and is the town's part-time administrative court judge. He is looking forward to



"When in Rome... do as the Wildcats do." **Joseph '70 BS, '79 MAE and Nancy '70 BS, '74 MAE Prinzi** of Grand Haven, showed their NMU pride on the tour of Italy they enjoyed last fall.



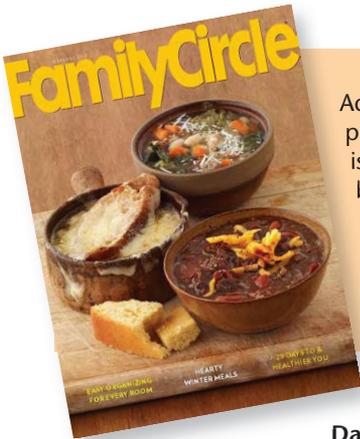
Congratulations to **Howard Schultz '75 BS**, Fortune magazine's 2011 Business Person of the Year.

spending more time with family, as well as hunting, fishing and recreating.

Diane Duguay '84 Voc. has been named to the board of directors of the Metro North Chamber of Commerce in Minneapolis/St. Paul. She is the director of employee relations and diversity for Kraus-Anderson Construction Company.



James Paterson '86 BS (left) is an organization development consultant with Butzel Long Law Firm and just earned a master's degree in human resources and organizational development from Eastern Michigan University.



Advice from **Andrew Mellen '84 BS** is prominently featured in the February 2012 issue of *Family Circle* magazine. Tips from his book, *Unstuff Your Life*, appeared over several pages of the lead article on "Stylish Storage Solutions for Every Room." Check out www.andrewmellen.com.

Darren Petschar '86 BS, '95 MAE has been named a 2011 National Distinguished Principal by the National Association of Elementary School Principals. He is principal of Woodland Elementary in Kingsford. One of only 61 elementary and middle school principals honored, he was invited to attend the awards banquet in Washington, D.C. where U.S. Secretary of Education Arne Duncan provided congratulatory remarks.

Steven Brisson '89 BS has been named deputy director for Mackinac State Historic Parks, where he will manage the newly created museum programs and marketing unit. He has worked with the organization since 1996.



'90s

Edward Vopal '91 BS was elected president of the Wisconsin Association for Justice. The group is the largest voluntary statewide bar organization in Wisconsin. He will serve as primary spokesperson and work to protect the personal and civil rights of Wisconsin citizens and the group's goal of preserving a fair and effective justice system. He is an attorney with Habush, Habush & Rottier, S.C. of Green Bay.

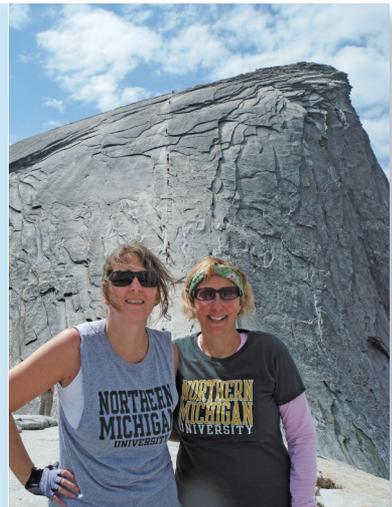
Bob Case '93 BS of Wisconsin Rapids, Wis., has been promoted to vice president of technical services at Renaissance Learning.

Bart Lawrence '93 BS recently moved to San Diego, Calif., to take the lead on the Army ROTC program at San Diego State University.

Eric Bolduc '94 BS of Scottsdale, Ariz., has opened up a property-casualty office for Holmes Murphy & Associates.

Cynthia Schnell '94 BSW is a special education teacher in Tucson, Ariz. Her husband, **Robert '94 BS**, is a math instructor at Southern Arizona Community Academy.

Elizabeth G. Johnson '83 BS of Lafayette, Calif., and **Maribeth A. Bushey '84 BS** of San Rafael, Calif., ascended the Yosemite National Park Half Dome via the cable route. The two grads, along with their families and dogs, trained on Bay Area trails for the nearly 5,000 feet elevation gain from the floor of Yosemite Valley to the top of Half Dome at 8,800 feet. They agreed that it was a "great day to be a Wildcat."



Their daughter Delaney won the USA junior national diving title on platform and a silver medal with the USA Junior Pan Am Team last year.

Kristen Kroger '95 BS of Geneva, Switzerland is working remotely as an attorney for IAA and Affiliated Companies (Country Financial).

Robin Brooks '97 BS, '01 BS of Seattle had her screenplay, *Val & Tootie*, selected as a second-round pick

in the PAGE International Screenwriting Awards Competition. She was also named to the board of directors for the Northwest Screenwriters Guild and promoted to volunteer services manager at Girl Scouts of Western Washington.

Kristina Balzarini '99 BS, '09 MPA was recently hired by the University of Michigan as development administrative assistant for the School of Social Work and now lives in Livonia.

'00s

Jodie Filpus '00 BS moved to Tapiola from Schaumburg, Ill., where she had been director of residence and housing at The Illinois Institute of Art-Schaumburg, to take a job as recruiter and outreach coordinator for the Michigan Technological University School of Business and Economics.

Jennifer Huetter '01 BS is district manager of public affairs in Michigan for Cliffs Natural Resources in Ishpeming.

Erin (Vostad) McCormick '01 BS and husband, Kalin, recently had twin girls, Evelyn and Teagan. Erin is a financial reporting analyst at AgriBank.

Katrina Gallagher '02 BS is an office assistant with ANR communications in East Lansing and gave birth to Caleb Lucas Conley in October.

Stacey (Miller) MacDonald '02 BS, '07 MAE of Sugar Island is a behavior specialist/coordinator of planning, monitoring and data collection and works with the Eastern Upper Peninsula Intermediate School District.

Kristi (Arlt) Stemen '02 BA and her husband, Eric, of Marquette, welcomed their first child, Madelyn Mae, in March.

Marci (Nader) Zaunick '04 BS of Lawrence, Pa., is a stay-at-home mom.

Patty (Egeler) Dowd '05 BS of Toledo, Ohio, is a middle school math teacher at Horizon Science Academy-Springfield.

Matthew Ciancio '06 BS of Downingtown, Pa., is a strategic consulting associate with Siemens Healthcare Solutions. His efforts have been focused on health care reform initiatives such as new medical coding standards.

Chena Filizetti-Beaudry '06 BS of Clawson is a neurologist resident at St. John Macomb-Oakland Hospital.

Heather Hendrickson '06 BS of Greenville, Wis., is a planner for Kimberly-Clark, where she recently developed and launched two new Kleenex brand products.

Dayna Keranen '06 BS recently moved to Appleton, Wis., to become Brown County's community relations representative for the American Cancer Society.



- **Cassandra Sturos '09 BS**, and former *North Wind* staffer, is on this season's "The Biggest Loser," which began airing on Jan. 3. Her biography on NBC.com says she wants to "lose weight because she wants to move to New York City and pursue a writing career, but she doesn't feel like she has the confidence and self-esteem to be successful there." When not in front of the camera, Cassandra lives in Fowlerville and works as an in-home senior caregiver.
- **Zach Nichols '10 BS** was on the cast of MTV's "The Real World – San Diego," which wrapped up in December. With a degree in sports science and exercise physiology, Zach plays semi-pro arena football and works at a physical therapy clinic.



Mark VandenBosch '07 BFA of Marquette completed an art commission for the Hannahville Indian Community Band of Potawatomi's new convention center at the Island Casino in Harris—a series of portraits of their tribal chiefs, done as pencil drawings. Mark is currently working on creating landscapes of Marquette. www.markvandenbosch.com.

Leanna Ketola '06 BA of Greenville, Wis., works in the commercial construction industry as a buyer and contract sales specialist for wood doors.

Adria (Danis) Laplander '06 BS of Hubbell is a 6th grade language arts teacher at Houghton-Portage Township Schools. She is also a varsity cheerleading coach, waitress and Zumba instructor.

Amy Mercure '06 BS recently accepted a position with Bay Valley Foods, a private label manufacturer publicly traded under Treehouse Foods, Inc. She previously worked for Schenck & Associates CPA firm as a senior auditor.

Jason Pilarski '06 BS, '10 MA and his wife are teaching with EPIK (English Program in Korea) at a public school.

Annika Stewart '06 BS was recently hired to teach 11th grade English and remedial reading at Mission High School in Phoenix, Ariz.

Brianne Rogers '07 BS of Naperville, Ill., is assistant director of student involvement at North Central College.

Darcie Cook '08 BA of Anchorage, Alaska, is a kindergarten teacher at the Alaska Native Cultural Charter School. She got married last summer to Joe Brodsky.

Melissa Natter '08 BS is the middle school severe/multiple disabilities special education teacher for the Williamsburg-James City County School Division in Virginia.

Skyla Vandervest '08 BS is a professional education and community relations coordinator for Schwab-North America and assistant coach for the Green Bay Preble High School dance team.

Joshua Biron '09 BS, '11 MA is teaching in Toyooka, Japan, with JET (Japanese Exchange and Teaching Programme). mondaybiron@yahoo.com

Amber Chiapuzio '09 BSN of Kaneohe, Hawaii, is a nurse and first lieutenant in the U.S. Army.

Alyssa DeFrancesco '09 BS and **Nathan Sigmund '09 BS** are living in Spain where Nathan is playing roller hockey for a Spanish team and Alyssa is teaching English.

Meredith Neuman '09 BS, '11 MA is teaching writing and literature at Concordia University in St. Paul, Minn. mereneuman@gmail.com

Amanda (Staley) Paulus '09 BS, '11 MA is an English teacher at Sault Area High School in Sault Ste. Marie. amandasue.paulus@gmail.com

Tom Rich '09 BS, '11 MA teaches composition at the University of Wisconsin-Barron County campus in Rice Lake, Wis. rich.thomas.e@gmail.com

'10s

Robert Ransom Cole '10 MFA is a full-time composition instructor at Auburn University in Montgomery, Ala. r.ransom.cole@gmail.com.

Cynthia Brandon Slocum '10 MFA is teaching at Northern Idaho College on the beautiful shores of Lake Coeur d'Alene in northern Idaho.

Derek Bush '11 BA is regional economical development liaison for the Lake Superior Community Partnership in Marquette.

Becky Rasmussen '11 BS received a graduate assistantship position in campus recreation at St. Cloud State University in St. Cloud, Minn. She plans to get her master's degree in exercise science.



Erin Spencer '03 BS and Michael Berkowitz '04 BS got married in Sept. The happy couple met during a Van Antwerp Hall government meeting in 2000. They felt very fortunate to celebrate their special day with family, friends and several fellow Wildcats. Pictured in top row, from left to right: Michael Lewicki '05 BS, Mark Cotton '04 BS, Michael O'Sullivan '04 BS, Brad Balesky '03 BS; bottom row: Jerry Borths '04, Adam Kleinow '04 BS, the newlyweds Michael and Erin, and Katie Balesky '04 BS.

Marriages

John Gustafson '02 BS, '03 Cert. to Linnea R. Olson '05 BFA.

Bo Rowan '03 BS to Nicole Lofquist '07 BSN.

Amy Wiseley '06 BS to Daniel Pruner. Amy is working as a 3rd grade teacher for Marquette Area Public Schools.

Michele Hirsch '09 BS to Timothy Ebendick '09 BS.

Deaths

Dominic Ghiardi, '42 BS, '66 MA, May 2, 2011, Negaunee.

Leroy "Mike" Quilliam '42 BS, June 30, 2011, Iron Mountain.

Gwendolyn M. Bagley '44 BS, Dec. 17, 2011, Midland.

Rosemary DeLoach '44 BS and NMU professor emeritus, Oct. 22, 2011, Marquette.

Robert Money '53 BA, Dec. 13, 2011, Sault Ste. Marie.

Sanfred E. Olson '53 BA, '67 MA, Sept. 17, 2011, Marquette.

Ralph O. Rundman '53 BS, Sept. 12, 2011, Ishpeming.

Ann (Sword) Beaudoin '54 BA, July 6, 2011, Seneca, S.C.

Terrence M. Tibor '56 BS, Nov. 4, 2011, Long Beach, Calif.

Marina Jacka '57 BS, Oct. 18, 2011, Troy.

Peter G. Rozich '61 BA, Oct. 30, 2011, Grand Ledge.

Kathleen (Wilson) Goss '65 BS, Sept. 25, 2011, Munising.

Pauline E. Miller '68 BS, May 15, 2011, Manistique.

Gordon A. Latva '72 BS, Dec. 8, 2011, Marquette.

Donald D. Pavloski '72 BS and former NMU university photographer, Oct. 16, 2011, Marquette.

Michael G. Altmann '73 BS, Sept. 29, 2011, Marquette.

Joseph Priante '73 BS, Sept. 3, 2011, Marquette.

Theodore R. Haara '74 AS, '75 BS, Oct. 12, 2011, Marquette.

Friends

Margaret Britton, retired NMU food service worker, Oct. 2, 2011, Marquette.

Beverly R. Burch, retired NMU coffee shop attendant, Jan. 5, 2012, Marquette.

Robert C. Burdick, retired NMU building and grounds attendant, Sept. 18, 2011, Marquette.

H. Robert Constance, retired NMU custodial supervisor, Dec. 2, 2011, Marquette.

Phillip Pezzuto, retired NMU heavy equipment operator/landscaping specialist, Sept. 16, 2011, Marquette.

R. Donald Trost, professor emeritus, retired NMU head swimming and diving coach and NMU Sports Hall of Famer, Oct. 24, 2011, Marquette.

Jeanette K. Yelland, retired NMU principal secretary, Jan. 6, 2011, Munising.

Missing Alumni

We know they're out there. Can you help us locate these people?

Mary Zavodnic Brotherton '44

Wallace Korby '47

Robert Freeman '52

Jacqueline Williams Brady '58

Dale Cuculi '61

Frederick Anutta '65

Pamela Heming Gowin '70

Dale Salo '73

Janet Mosteller '76

Peg Dilworth-Hunt '81

Ina Corradino '82

Bradley Tangen '86

Shirley Swanson Stapleton '88

Michelle Tahtinen '89

Stuart Foster '90

Terry Jones '97

Melanie Brown '04

Luisa Miliani '06

Christopher Leffler '07

Katrina Goodrich '10

Lifetime Members

We'd like to thank the following people who have recently joined as lifetime members of the NMU Alumni Association.

Carla Blizzard '86

Nancylee Carlson '74

Jean Marie Cisler '67

Margaret Helwig '01, '05

Daniel Przybylski '02

David Stewart Simon '69

William Stewart '95

Carol Anne VanRemortel '68

Phillip Weaver '97

Tee off for scholarships.
Last year, \$16,000 was raised!

Blueberry Classic

Northern Michigan University

4-person scramble • 18 holes of outrageous fun

Noon, Friday, July 27
NMU Golf Course

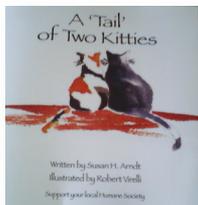
 **NMU**
Foundation

Register by July 13 at www.nmu.edu/BlueberryClassic
Questions? Email bclassic@nmu.edu

More Blueberry Festival events at www.downtownmarquette.org

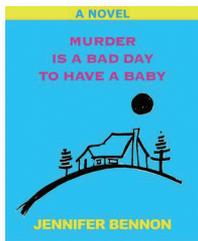
Alumni in print

Edited by Mackenzie Myers



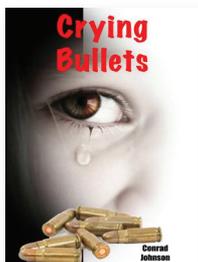
A 'Tail' of Two Kitties
2010, suearndt1@att.net

In her first children's book, author **Sue Arndt '70 BS** crafts the tale of a little girl who gives up newly born kittens to a local shelter, and the retired couple who adopts two of the kittens to give them a home forever. All of the book's proceeds will be donated to the Humane Society.



Murder is a Bad Day to Have a Baby
Crystal Night Books, 2011

Pregnant cop Freddie Nutter finds a murder scene in her mother's home—but the body is nowhere in sight. She struggles with grief and her relationship with her family while trying to solve the mystery of her mother's murder. This novel is the first by **Jennifer Bennon, '03 BS, '08 MFA**, and is available in eBook format at amazon.com and barnesandnoble.com.



Crying Bullets
John H. Byk, Publisher, 2011,
www.lulu.com

A war veteran and retired police officer uncovers a plan for a multiple-school shooting and has to work alone to stop it from happening. However, these are not your typical Detroit crime suspects. This book by Conrad Johnson (pen name **John H. Byk '84 BA, '86 MA**) is also available as an eBook at Byk's Amazon store, Brass Knuckle Books.



Miracle Beach
NAL Trade, 2011

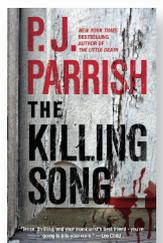
Macy Allen, an equestrienne who had a rough childhood, has depended on her husband, Nash, to help her through life. But when he dies in an accident, she finds herself drawn to his parents. Together they uncover secrets that shake Macy's faith in herself and her relationship. This novel by **Erin Celello '02 MA, '04 MFA**, is available in both paperback and Kindle edition at amazon.com.

In Memory of Man
RRK Publishing, 2011

In this novel by **Robert R. Kiesling '96 BS**, two brothers hold the last available DNA on earth. They both have



the secrets to human survival, but here's the catch: one brother wants to save us, while the other wants to destroy us. Available as an eBook. Watch a video trailer of the book at www.inmemoryofman.org.



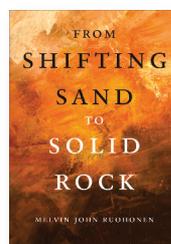
The Killing Song
Pocket Books, 2011

In this thriller novel by P.J. Parrish (pen name of sister act **Kelly Nichols '72** and Kristy Montee) journalist Matt Owens invites his younger sister to visit him in Miami Beach, but the getaway goes wrong when she comes up missing. The only clue to her disappearance is a macabre rock song downloaded to her iPod. Matt uses his skills as an investigative reporter to go after his sister's killer and prevent the murder of another victim.



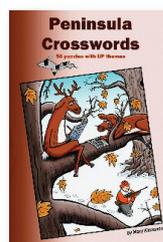
Deer Hunting, 4th Edition
Stackpole Books, 2011,
available at bookstores and at
www.richardpsmith.com

The first edition of this book by **Richard P. Smith '72 BS** was released in 1978. In the latest edition, new information has been added to keep hunters up to date on new trends and techniques of deer hunting. This is also the first book in the series to have color photos and to be offered as an eBook.



From Shifting Sand to Solid Rock
Tate Publishing & Enterprises, 2010
mjr.uhonen.tatepublishing.net

A compelling autobiography by **Melvin John Ruohonen, '70 BS**, who takes a "brutally honest approach" on choices made to create the details of a life that ranges from happiness to despair. He says that you, the reader, will see yourself in this book.



Peninsula Crosswords
Mary Kinnunen, Publisher, 2011

Inspired by the regional crosswords her mother, Sylvia Kinnunen, the late professor emeritus of education at Northern, published in *Marquette Monthly*, Mary has penned this collection of 50 crosswords with U.P. themes, including one featuring NMU.