



LANTERN

UNIVERSITY OF WISCONSIN-LA CROSSE ALUMNI MAGAZINE



**A CULTURE OF TEAMWORK
AND TRANSFORMATION**

FEATURES

On the cover: UWL senior Annie Panico with mentor, Anton Sanderfoot, associate professor of biology. Sanderfoot's lab students conduct experiments with green algae, a one-celled plant. Panico has expanded the research to pursue her environmental interests. She is using green algae to better understand the effects of nitrates in drinking water.



DISTINGUISHED ALUMNI



FACULTY FAVES



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LANTERN

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CLASS NOTES ONLINE

Go to uwlax.edu/alumni for complete class notes each quarter. Click on "News," then "Class Notes."

Class notes policy: The UWL Alumni Association publishes class notes and obituaries online in January, April, July and October. The deadline is the 15th of the month prior to the quarterly posting. See uwlax.edu/alumni for details.

A NATIONAL MODEL FOR RESEARCH

I often share with my own students the experiences I had as a UWL undergraduate. I initially struggled to find my place and passion, but through the encouragement from a professor, I applied for and received an undergraduate research grant. Little did I know that this encouragement and experience would open doors for intellectual exploration, mentorship and skill development that has brought me full circle to where I am now.

After returning to my alma mater, I now have the distinct pleasure of taking over as the Student Research and Experiential Learning Coordinator from Scott Cooper, who has worked tirelessly to build a nationally recognized model of student research.

Scott has been adamant that student involvement in undergraduate research is one of the most transformative and tangible experiences they can have. For faculty, this mentorship is one of the most rewarding aspects of our jobs.

The tireless work of Scott, along with many dedicated faculty and staff, has made UWL unique in the depth and diversity of student research programs available. It has also allowed UWL to influence lives outside campus boundaries by tailoring research projects to community needs. This campus and community connection is called the Wisconsin Idea, and I invite you to be part of it.

If you are an alum who, like me, would like to be part of your alma mater's research experience, I encourage you to reach out. Contact me directly or visit our UWL community engagement website at uwlax.edu/community. Click on "community partners" and you'll see we're looking for project partners to help our students take their academic training to higher levels for their own benefit and the benefit of all.



Nicholas Bakken, '04

*Professor, Sociology &
Criminal Justice Department
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IN MEMORY: FORMER CHANCELLOR KENNETH LINDNER

Former chancellor Kenneth Lindner has died. Lindner, 99, died Dec. 4, 2021.

Lindner joined the UWL Chemistry Department in 1956. He next served as head of Academic Affairs for the Wisconsin State University System in Madison.

Lindner returned to campus as president in 1971 and then chancellor. He was appointed Secretary of Administration under Gov. Lee Dreyfus in 1979. After four years he returned when the Board of Regents appointed him a Distinguished Professor.

After retirement from the UW System, Lindner was provost at Texas Chiropractic College, president of Post University in Waterbury, Connecticut and interim president of Marycrest University, Iowa.

New collaboration boosts La Crosse as river studies leader

A new partnership means full steam ahead for UWL River Studies and water research.

The Mississippi River holds answers to numerous questions about freshwater bodies, invasive species, even climate change. But a lack of funding has hindered scientists' abilities to research those answers. A community partnership funded through the La Crosse Community Foundation is changing that — and boosts La Crosse as a river studies hub.

The collaboration will produce academic, environmental and scientific benefits for years. Prairie Springs: The Paul Fleckenstein Trust has given nearly \$500,000 to construct a new research vessel. La Crosse's J.F. Brennan Co. will store, moor and maintain the vessel.

Be an advocate

The College of Science and Health needs help in landing more advocates to promote Prairie Springs Science Center Completion/Cowley Hall Demolition project. Become an advocate for the project at: uwlax.edu/pssc2crew



Read more at: uwlax.edu/news/posts/a-clearer-path

Eagle Battalion is region's best

A decade ago, UWL's ROTC Eagle Battalion was in danger of being ended.

On April 20, it was recognized as the best battalion in the Midwest's Third Brigade — 42 military science programs in all college sizes in Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, South Dakota and Wisconsin.

"This is a huge day for our program. This will be long remembered as the year we won the MacArthur Award," says Lt. Col. Erik Archer, Military Science Department chair. "I'm OK foot-stomping that and being proud of that, because it was earned. It's not a short-term thing. The power and the potency of this award is that it was earned through the long game. This award is for our cadets because they've done incredible things."

Archer attributes the Eagle Battalion's success to its 70-plus cadets who have strong GPAs and physical training scores, and excel in competitive summer training and community service.

 [Read more at: uwlax.edu/news/posts/a-huge-day-for-our-program](https://uwlax.edu/news/posts/a-huge-day-for-our-program)

New CBA Dean: Brooks takes the reins



TJ Brooks is dean of the College of Business Administration after filling the role on an interim basis for nearly two years. Brooks, selected after a national search, began April 1.

"As the interim dean, I was always careful when working with faculty and staff to make decisions for the organization that didn't handcuff the next dean of the CBA," Brooks says. "The thing I'm looking forward to the most is being able to take the handcuffs off and help the college make some important strategic decisions. Our future is bright, and I'm honored to be a part of it."

Brooks joined UWL in 1999 and was a professor and chair in the Economics and Finance departments. He became interim dean in August 2020, succeeding the retiring Laura Milner.

 [Read more at: uwlax.edu/news/posts/new-business-dean](https://uwlax.edu/news/posts/new-business-dean)



FIVE ARE DISTINGUISHED ALUMNI

The UWL Alumni Association is awarding graduates from the '70s through 2011 the top alumni awards for 2022.

The alumni, honored for distinguished service and successful careers, will return to be recognized on campus Sept. 16 and 17. They will speak with students and take part in a panel discussion. Some recipients from 2020 and 2021 will also be recognized.

Get details at www.uwlax.edu/alumni



Bryan Heiderscheit, '94

The Maurice O. Graff Distinguished Alumni Award

Outstanding achievement of alums who have brought honor and distinction to the university.

Bryan Heiderscheit, '94

- Recognized worldwide for integrity, passion, creativity and innovation in sports medicine.
- Frederick Gaenslen Professor in Orthopedics and Vice-Chair for Research, Department of Orthopedics and Rehabilitation, UW School of Medicine and Public Health.
- Bachelor's in physical therapy, 1994; master's, 1998, and doctorate, 2000, University of Massachusetts.



Jeremy Richter, '94

Jeremy Richter, '94

- Pioneer in digital cinema; outstanding professional mentor, coach, colleague and leader.
- Founder and chief executive officer of Richter Studios since 1997, Chicago; writer/director of "Discovering Deerpath" (Rated "G" by the MPAA, 2008); director of multimedia at McClier Corp., 1997-2000.
- Bachelor's in marketing, 1994.



Justin Schmitz, '11

Rada Distinguished Alumni Award

Graduates within the last 20 years who have achieved professional distinction and taken part in humanitarian activities.

Justin Schmitz, '11

- Innovator in theatrical sound design, valued partner and collaborator for Gallaudet University theatre and dance programs.
- Freelance sound designer and composer in the Washington, D.C. area and across the nation including the John F. Kennedy Center.
- Bachelor's in theatre design and technology, 2011; Master of Fine Arts, University of North Carolina School of the Arts, 2015.



Marquell Johnson, '04

Parker Distinguished Multicultural Alumni Award

Outstanding alums who have contributed significantly to improving multicultural understanding on campus and in their careers.

Marquell Johnson, '04

- Impactful instructor, author and researcher in disabilities, adapted physical education and activity.
- Professor, Department of Kinesiology, UW-Eau Claire.
- Master's in exercise and sport science, adapted physical education, 2004; bachelor's, Huntingdon College, 2001; doctorate, Oregon State University, 2008.



Mary Lee Vance, '79 & '83
2007 Parker Distinguished
Multicultural Alumni Award

Burt and Norma Altman Teacher Education Award

Outstanding educators and contributions they make to children, communities.

Mary Lee Vance, '79 & '83

- Transformational educator, leader, writer, presenter and editor of four books and numerous research articles, passion for removing educational barriers for people of color and individuals with disabilities.
- Office of Equal Opportunity Interim Director and Services for Students with Disabilities Director, California State University Sacramento; previous student services and adjunct faculty positions at Orange Coast College, University of California Berkeley, Purdue University-Calumet, University of Montana, UW-Superior, George Mason University and Iowa State University.
- Bachelor's in art, 1979; Master's of Education-Professional Development, 1983; doctorate, Michigan State University, 1993.

NOMINATE DESERVING ALUMNI

You can nominate deserving alumni for the distinguished alumni awards anytime. Nominations must be received by Oct. 1 to be considered for the following year.

Get details: www.uwlax.edu/alumni/about/awards/nomination.

STILL STRONG

Delta Sigs enjoy success as longest-running Greek group

Alumni.

They are one of the reasons Delta Sigma Phi is UWL's oldest continuously run social fraternity.

"I believe the alumni involvement is one of the main reasons that the chapter is still here after 55 years," says Pat "Jar" Stephens, '71, who pledged the fraternity in spring 1967.

Stephens will join nearly 250 brothers when the group celebrates 55 years Oct. 20-23. They hold reunions every five years, and there's a lot to celebrate.

Following two challenging pandemic years, the Delta Sigs remain the only fraternity on campus, along with two sororities. When Stephens joined in the late '60s, there were more than 100 in the fraternity. The Delta Sigs' current membership is about 35.

Delta Sigs maintain their involvement in community service. Stephens recalls the group's special Christmas socials for St. Michael's Orphanage in the '70s. Since 1994, the brothers have provided security for the

annual Rotary Lights in Riverside Park — eight hours nightly for 60 nights.

Scott M. Butler, '07, pledged the fraternity in fall 2004. He agrees that community service remains important.

"Today there is much more focus on volunteering and volunteerism than there was when I was active on campus," Butler says.

He adds that there is also more of an emphasis on academics and role modeling. During recruitment, good men and good brothers are emphasized.

"Delta Sigs' motto is 'Better Men Better Lives' and we truly live it," Butler notes.

Owning a house on Main Street has created a hub for Delta Sigs. While serving as a gathering place for meetings, socials and more, it's also where alums return two or three times a semester with current members to review policies, procedures and finances.

Reunion details are set. Get them at:
uwlax.edu/alumni/events/delta-sigma-phi.



Brian Gutekunst, '16, is entering his fifth season as general manager of the Green Bay Packers. His time at UWL, including a stint as a student assistant football coach, was crucial to his development as a talent evaluator. Photo credit: Evan Siegle, packers.com

LEADER OF THE PACK

UWL education continues to serve Packers GM Brian Gutekunst

Much has been written about the Green Bay Packers' success under General Manager Brian Gutekunst.

But few people know how UW-La Crosse helped prepare Gutekunst to thrive in the NFL.

Gutekunst was a defensive back on the UWL football team in 1994 when a shoulder injury ended his playing career. He considered transferring to be closer to family, but Coach Roger Harring had other ideas.

"Coach Harring told me I wasn't leaving, that I owed him," Gutekunst recalls. "So I came back to help him coach and recruit. It was the biggest turning point in my life."

Harring's encouragement and Gutekunst's loyalty paid major dividends.

Gutekunst thrived as a coach and recruiter, cultivating skills that led to a scouting internship with the Packers and, ultimately, his rise to G.M.

Since taking over in January 2018, Gutekunst has established himself as one of the sport's top talent evaluators. Under his leadership, the Packers have won 39 regular-season games over the past three seasons — most in the NFL.

This success comes as no surprise to those who knew Gutekunst at UWL.

"His greatest talent and love of the game was the evaluation of a player's skill level," says Mike Anderson, current associate



Brian Gutekunst (back row, center) was a student assistant coach during UWL's undefeated 1995 season, which culminated in a national championship.

head football coach. "He had a unique ability to evaluate the skill set of a prospective player and the level where this individual would succeed."

Gutekunst says lessons he learned at UWL continue to serve him well.

In 2016, nearly two decades after he left campus, Gutekunst returned to put the finishing touches on his bachelor's degree in exercise and sport science: sport management.

Bringing his education full circle, he says, was meaningful for several reasons.

"It was very important to my mother," Gutekunst says. "It meant a lot to me, too. The time I spent at UWL ... was very influential for me. To earn my degree and make that a more permanent thing, that was really special."

WIAC HALL OF FAME

THREE NABBED FOR CONFERENCE KUDOS

Two longtime coaches and a standout student athlete are among UWL's Wisconsin Intercollegiate Athletic Conference 2022 Hall of Fame class. The 27-member Class of '22 will be inducted July 23 in Stevens Point.

UWL INDUCTEES:



Pat Healy, coach

Healy coached women's track & field from 1992-2016 and women's cross country from 1991-2001. In track & field, he led the Eagles to 22 team (top four) trophies at the NCAA III championships, including sweeping the 2015 national titles. His teams placed in the top 10 in 41 of 50 national championships. He was the U.S. Track & Field and Cross Country Coaches Association (USTFCCA) NCAA III National Indoor Coach of the Year four times and Outdoor Coach of the Year twice. Healy led UWL to 16 indoor and 18 outdoor conference championships. He was selected Indoor Coach of the Year 13 times and Outdoor Coach of the Year 11 seasons. His teams earned 463 All-America honors. In cross country, Healy led the harriers to 13 top-10 NCAA III finishes and four conference titles. He was WIAC Coach of the Year four times.



Martha Stephens, coach

Stephens coached women's badminton from 1968-79 and tennis from 1968-76. None of her teams ever lost a conference championship. In NAIA tournaments, Stephens' teams tied for second place, fourth and fifth. She also had top 10 teams despite participating with one-half of a team complement. In 1984, she was tournament director for the conference women's basketball championship. In 2012, she was selected the WIAC Women's Badminton All-Time Coach in conjunction with the conference's centennial.



Patti (Franckowiak) Krautscheid, '99, Track & Field

Krautscheid was a member of the track & field team from 1996-99, winning three national titles – the 20-pound weight throw ('98 and '99 indoor) and discus throw ('98 outdoor.) She established an NCAA III record with a 56 feet, 6 1/2 inches throw of the 20-pound weight at the '99 championship. Krautscheid was a 13-time NCAA III All-America (four indoor, nine outdoor) and captured seven conference crowns. In 2012, she was named to the WIAC Women's Track & Field All-Time Team in the conference's centennial. Krautscheid was the 1998 WIAC Outdoor Field Performer of the Meet after capturing the discus and hammer throw. She also won the discus throw in 1996 and 1997. The 1999 WIAC Indoor Field Performer of the Meet won the shot put and weight throw at the league championships. She also won the '98 weight throw indoor title.

2021-22 TEAM FINISHES

TEAM	WIAC FINISH	NCAA III FINISH
WOMEN'S TENNIS	3RD	---
SOCCER	2ND	NCAA III QUARTERFINALS
VOLLEYBALL	TIED 3RD	---
WOMEN'S CROSS COUNTRY	1ST	11TH
MEN'S CROSS COUNTRY	1ST	10TH
FOOTBALL	2ND	NCAA III SECOND ROUND
WOMEN'S GOLF	2ND	---
WRESTLING	1ST	19TH
MEN'S SWIMMING & DIVING	3RD	---
WOMEN'S SWIMMING & DIVING	1ST	---
MEN'S BASKETBALL	3RD	NCAA III SECOND ROUND
WOMEN'S BASKETBALL	5TH	---
GYMNASTICS	3RD	3RD (NCGA)
MEN'S INDOOR TRACK & FIELD	2ND	TIED 17TH
WOMEN'S INDOOR TRACK & FIELD	1ST	2ND
MEN'S OUTDOOR TRACK & FIELD	2ND	4TH
WOMEN'S OUTDOOR TRACK & FIELD	1ST	2ND
SOFTBALL	1ST	---
MEN'S TENNIS	3RD (NJAC WEST)	---
LACROSSE	8-8 RECORD	---
BASEBALL	TIED 3RD	---



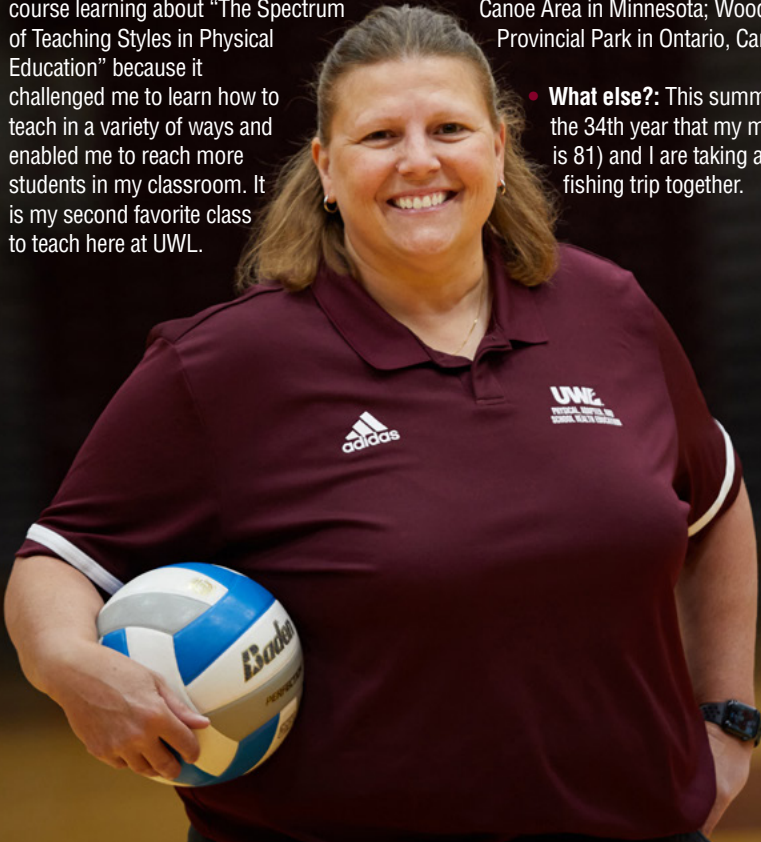
FACULTY FAVES | DEB SAZAMA

Assistant Professor, Exercise and Sport Science | Began at UWL: 2013

Degrees: Physical and Health Education, University of Wyoming;

EdD: Curriculum and Instruction, University of Northern Iowa

- Favorite class to teach:** Physical education, school health education, and Physical Activity Lab I and II. In the lab course children who are homeschooled come to Mitchell Hall and UWL students provide them with a physical education class. It is so fun to have 4- to 16-year-old children on campus and it is so rewarding to watch our pre-service teachers grow as future educators while the participants learn and have fun.
- Favorite class in college:** Graduate course learning about “The Spectrum of Teaching Styles in Physical Education” because it challenged me to learn how to teach in a variety of ways and enabled me to reach more students in my classroom. It is my second favorite class to teach here at UWL.
- Favorite pastime at UWL:** Volleyball because it is aggressive and the ultimate team sport.
- Favorite pastime when not working:** Spending time with family and fishing because I can completely unplug.
- Hobbies:** Spending time with family, woodworking, any type of sport, and being active outside.
- Favorite place to visit:** Boundary Waters Canoe Area in Minnesota; Woodland Caribou Provincial Park in Ontario, Canada.
- What else?:** This summer will be the 34th year that my mom (who is 81) and I are taking a canoe/fishing trip together.





A new UWL initiative provides three \$12,000 year-long fellowships for undergraduate and graduate students at WisCorps and the La Crosse Community Foundation. The initiative is funded by Professor Emeritus Ron Rada and his wife, Jane.

COMMUNITY ENGAGED FELLOWSHIPS

New initiative supports experiential learning at local nonprofits

A new fellowship initiative is providing UWL students with high-impact learning at two local nonprofit organizations.

The initiative, funded by Professor Emeritus Ron Rada and his wife, Jane, funds three \$12,000 year-long fellowships for undergraduate and graduate students at WisCorps and the La Crosse Community Foundation.

The Community Engaged Fellowships resemble closely mentored internships. They provide hands-on experience with the potential for students to take on independent projects related to their field of study.

“We established the Community Engaged Fellowships as a philanthropic pilot initiative to capitalize on the strengths of both UWL and organizations within the region,” the Radas explain. “This initiative aligns with UWL’s strategic focus to strengthen community engagement and supports the Wisconsin Idea, which are important to us as educators and longtime residents of the state.”

UWL’s community partners are excited about the possibilities created by the fellowships. Two fellowships will be with WisCorps, and one with the La Crosse Community Foundation.

“Being chosen as one of the hosts for a UWL Community Engaged Fellowship is an incredible opportunity for the La Crosse Community Foundation,” says Jamie Schloegel, executive director of the foundation. “Not only do we see the partnership as a tool to help entice quality talent to the nonprofit workforce, but it will

also help us increase our own capacity to support area nonprofits in addition to our grantmaking programs.”

Schloegel says the La Crosse Community Foundation’s fellow will be actively engaged in the services offered through its new nonprofit resource center.

“Advancing the success of our local nonprofits is a win not just for us, but for our whole community,” she notes.

Matt Brantner, ’05, executive director of WisCorps, is excited to grow the agency’s partnership with UWL.

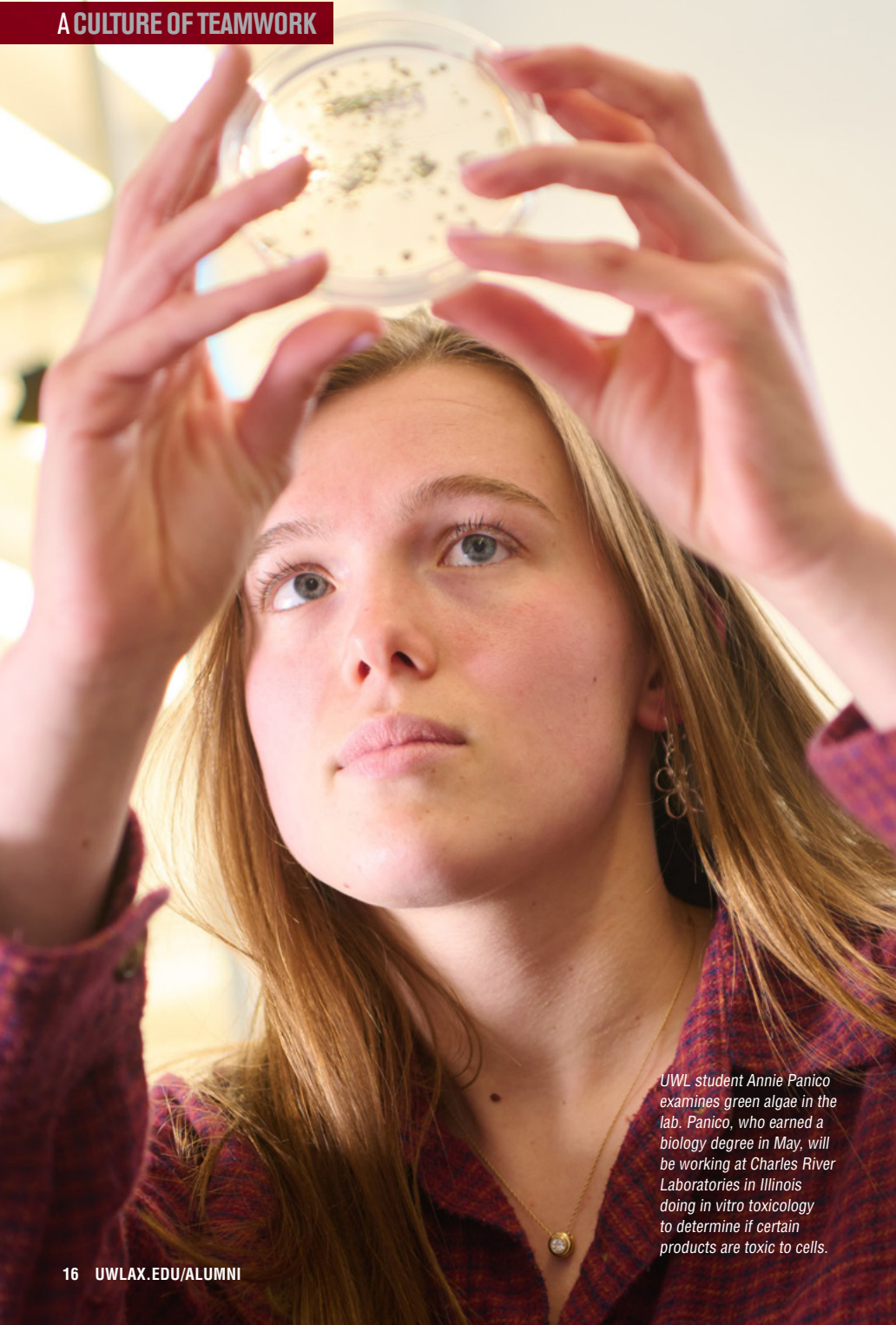
“We’ve had a great relationship with UWL over the years and have had students help us in various roles,” he says. “Having these fellowships allows us to build our departments and intentionally give those students skills that will help them in the next step of their careers. It’s a forward-thinking idea, and we hope this will be a catalyst for other Community Engaged Fellowship opportunities with other agencies in the community.”

The Radas have a similar hope in mind — that their donation will inspire others to support future Community Engaged Fellowships.

“Our goal,” they say, “is that this initiative will serve as a catalyst for greater philanthropic support of experiential learning and will expand to other public and private sectors going forward.”

Get information at: [www.uwlax.edu/
community/community-engaged-fellowship](http://www.uwlax.edu/community/community-engaged-fellowship)

A CULTURE OF TEAMWORK



UWL student Annie Panico examines green algae in the lab. Panico, who earned a biology degree in May, will be working at Charles River Laboratories in Illinois doing in vitro toxicology to determine if certain products are toxic to cells.

A culture of teamwork — and transformation

Student-mentor relationships are
the root of UWL's research prowess

Rewind more than 2,400 years ago to ancient Greece. Education was not yet institutionalized. Universities, as we know them, didn't exist.

Mentoring was how knowledge and inspiration were shared.

Everyday concepts of life today from ethics to science and mathematics began with the wisdom and experience of one great thinker passed to the next. Socrates mentored Plato. Plato built on those ideas, wrote famous works, founded what many consider to be the first Western university, and became a mentor to Aristotle.

Today, this tradition of passing and expanding knowledge through mentorship continues. We seek out mentors in business, arts, science, parenthood and personal

struggle. At UWL, mentorship is one of the cornerstones of the university, says Chancellor Joe Gow.

"Because we're not a huge university, our faculty and staff have the ability to devote personal attention to our students," notes Gow. "I've always felt our faculty and staff are great role models, and the fact that we've hired so many UWL alumni is a clear indication of how well our system works."

For student Annie Panico, mentorship started her first year on campus. She was awarded an Eagle Apprentice scholarship that allowed her to work with a faculty mentor as a new, incoming student.

Anton Sanderfoot ran a lab on the fourth floor of the Prairie Springs Science Center where a group of students was learning more

Continued on next page



"I love being able to work directly with students through hands-on research projects," says Amy Nicodemus, assistant professor of archaeology and anthropology.

about green algae, a one-celled plant often used in experimentation because how easy and inexpensive it is to grow. They learned how to grow green algae in a petri dish, nurture it in the right conditions, and break different parts of it at the molecular level to figure out how it worked. In other words, they learned how to be scientists.

But Panico wanted a little more than that. She was interested in the environment and had been reading about nitrates in drinking water. It was inconclusive if they were detrimental to human health. She wanted to know if they caused cancer.

It was a big question, and she shared it with Sanderfoot. It turns out, Sanderfoot explained, that what they had been doing in

all those petri dishes could potentially help answer her question. While they couldn't try the nitrate experiment on humans — moral philosophy reminds us of that — it could be tested out on the one-celled green organisms in the lab.

Panico received undergraduate research and creativity grants to keep investigating her questions about nitrates throughout her four years as a biology student. All the while Sanderfoot listened to her questions, provided some answers, but also got out of the way.

"Sometimes some of the best lessons are the ones learned the hard way — when the consequences are mild," explains Sanderfoot.

And while the university can't afford to have a one-to-one student-to-teacher ratio, professors like Sanderfoot are very conscious of the mentoring relationships they build with students. They keep their office doors open for questions and build classroom projects or labs that allow hands-on time with the academic material. The research culture on campus has grown to the point where any student who wants a research experience can have one.

In fact, UWL's diverse undergraduate research and creativity programs that give as many students as possible hands-on experiences are so strong that the university received a national award for it from the Council on Undergraduate Research in spring 2022.

The history of research on campus

UWL's undergraduate research focus started about 20 years ago when UWL initiated the first UW System Undergraduate Research Symposium and the Dean's Distinguished Fellowship program was founded by Mike Nelson, former College of Science and Health dean. The symposium allowed students across the system to showcase their research publicly. The fellowship program made research experiences with mentors possible for talented students with interest in science.

Undergraduate research experiences grew exponentially when Biology Professor Scott Cooper became UWL's first undergraduate research and creativity coordinator in 2011. Cooper believed that every student who wanted a research experience should have one. He believed it so firmly that at any given time he has anywhere from 15-30 students working in his biology lab, helping him better understand the blood and hearts of hibernating ground squirrels.

Continued on next page

NATIONAL HONORS

UWL received a national award for providing high-quality research experiences to undergraduates in April — the 2021 Campus-Wide Award for Undergraduate Research Accomplishments from the Council on Undergraduate Research.

“It recognizes the countless, unseen hours of faculty working with students across many disciplines,” says Provost Betsy Morgan. “For many years we have been able to celebrate the outcomes in terms of scholarly research, presentations, and the graduate school and career options our students have embraced.”

The award wouldn't have happened without faculty mentors stepping up to work with hundreds of students through the years, says Biology Professor Scott Cooper.

“It recognizes all the great things going on our campus with undergrad research,” he notes. “We hope it will attract more interest and attention in supporting this work.”

How can alumni support research and creative projects?

UWL continues to grow undergrad research by creating multiple revenue streams to support research and creative programs. One primary revenue stream is from alumni and donors who support research with funds or time.

- **Become a mentor to students.**
- **Show your support through the UWL Foundation.**
- **Support an Eagle Apprentice.**

Learn more at:

uwlax.edu/foundation

Right: "For me graduate school wasn't really in the picture until I went to an information session about McNair," says José Rubio-Zepeda, '14. "The program changed the trajectory of my life. It provided me access to a R1 institution. I had the opportunity to start seeing myself as a scholar and engage in the work that is important to me." Rubio-Zepeda, a former McNair Scholars Program participant, is currently the assistant director for retention at UWL.

Outside of class, students were working on the big goal of gathering more information that could translate to treating human heart conditions and bleeding disorders. All the while they were also learning about the scientific process, teamwork and mentoring one another.

"Working in Dr. Cooper's lab helped prepare me more for medical school than any high-level biology class. Dr. Cooper facilitated a gradual increase in responsibility while encouraging critical thinking," says UWL alum Michael J. Gyorfí, MD at University of Wisconsin School of Medicine. "Most importantly he demonstrated how to be a great mentor, educator, and friend."

The research experiences across campus don't all look like Cooper's lab. It may be a one-on-one, student-mentor relationship or a class all working together to solve a problem for a community client. Sometimes a program helps underrepresented students warm up to research, mentorship and eventually graduate school. And sometimes a student simply attends a research symposium for credit for class with the assignment of asking a peer about their research. The commonality is that they all of these experiences start with a simple relationship that shows students there is a doorway to higher learning, growth and possibility.

A natural exchange emerges

Panico recalls the first time she set foot in Sanderfoot's lab. She was nervous. She had never met someone with a Ph.D. Would he be mean? Would he think she wasn't smart enough? Should she ask a question or just keep quiet?

Sanderfoot has gotten this vibe from students before. A Ph.D. isn't a magical thing, he says. It means he's been studying the stuff he is interested in for a long time. One of his favorite things is getting new questions from curious students.

"That is part of what we do in science — you acknowledge the question, try to answer it, and science marches on," he says.

Panico says one of the ways she's grown the most over her four years on campus is learning how to problem solve on her own while also understanding when it is time to ask a question.

And then, somewhere along the way, the questions turn into more profound discussions between teacher and student. The assignments, grades and tests fade into the background, making room for genuine curiosity.

The mentor and the student begin a natural exchange about the world and the way things are — just like Socrates, Plato and Aristotle.



See why UWL is one of the nation's best research universities



 uwlax.edu/go/bestresearch

A culture where anyone who wants to do research — can

National Survey of Student Engagement data shows about 30% of UWL seniors report having participated in undergraduate research with faculty, significantly higher than similar universities.

Enter a student | Undergraduate research | Emerge a scholar

- Professor Scott Cooper, UWL's first undergraduate research and creativity coordinator



‘UPROOTED’

Podcast explores Wisconsin’s complicated history with Cuban refugees

Reuniting old friends. Uncovering forgotten stories. Helping people better understand a complicated chapter in Wisconsin history.

A new podcast by UWL Associate Professor Omar Granados and Wisconsin Public Radio host Maureen McCollum accomplishes that and more.

“Uprooted” examines the relocation of thousands of Cuban refugees to Fort McCoy in 1980, delving into refugees’ personal stories and establishing a clearer picture of their past, present and future.

The multi-part series was set to launch this summer at wpr.org.

“Maureen and I had an immediate connection, and I could tell she was approaching the work in hopes of making a statement about the lack of visibility and attention this community has received historically,” says Granados, who teaches in the Global Cultures & Languages Department and specializes in the 1980 Mariel boatlift, which brought nearly 15,000 Cuban refugees to western Wisconsin.

His traveling exhibit, “Uprooted: The Cuban Refugee Program at Fort McCoy,” helped inspire the podcast.

“We really wanted to prioritize these unheard voices and make this a podcast told by the migrants who were part of this

Granados and McCollum say the treatment of Cuban refugees in 1980 can serve as a lesson during future refugee resettlements in the Coulee Region. Photo courtesy Murphy Library Special Collections/ARC and the La Crosse Tribune

event,” Granados explains. “We were fortunate to find a lot of impactful stories and moments.”

The boatlift was a mass exodus of Cubans fleeing Fidel Castro’s failing economy and communist regime. Under President Jimmy Carter, the U.S. accepted more than 125,000 refugees. For months in 1980, the Coulee Region was a focal point of this international news story, as communities across the country absorbed the largest Cuban population influx in U.S. history.

Much was written about refugee arrival and their first few months in America. But less is known about their personal stories, including their lives since. That’s what the podcast explores.

“I’ve always been interested in the story of the Mariel boatlift and always wanted to talk to people about it,” says McCollum, ’07.

When many shared stories on Mariel’s 40th anniversary, McCollum approached the story more intimately. Granados, with connections and expertise gained from years of research, was the perfect partner.

“It’s amazing how few people know the story, or only know part of the story,” she notes. “Many Cubans left the area, but many chose to stay here instead of going to Florida, New York, Minneapolis or Chicago. They chose to stay, and that’s what we wanted to get to the heart of.”

Through interviews with experts, academics, journalists and refugees, the podcast tells a touching and definitive history of the Cuban refugees.

While many of the stories are unique and personal, Granados and McCollum also tackle overarching issues, such as how refugees — many Black, single, gay men — were viewed through a racialized and prejudiced lens. Their detention in military facilities also served to portray them as untrustworthy.



Professor Omar Granados

Maureen McCollum, '07

If there’s one thing Granados and McCollum hope listeners absorb, it’s that refugees don’t view themselves as outsiders for long.

“The most enjoyable part has been understanding the Cuban population as a Wisconsin population — these people are Wisconsinites,” Granados says. “There’s this iconic photo of Cuban guys playing music, and they’re all wearing Green Bay Packers gear. To me, that says everything. They’ve been here for 42 years. This is their home.”

STORIES FROM

Andi Cloud shares Ho-Chunk tradition in Madison

THE SOUL

To Andi Cloud, storytelling is more than a hobby, more than a way to communicate a series of events.

It is a way of life.

“I have found that, when I tell stories, there is a lot that is learned and inferred from them. And a bond between the teller and the told creates a relationship,” says Cloud, ’06 & ’12, artist and storyteller from the Ho-Chunk Nation. “We need more of that right now — we need more understanding and more love, and more relationships between all people, indigenous, nonindigenous. Everyone. Stories are the light; they are the olive branches.”

Cloud recently found a new way to share traditional Ho-Chunk stories.

As the Madison Public Library’s inaugural Storyteller in Residence, Cloud was tasked last

fall with designing and delivering programming to enhance appreciation for Ho-Chunk culture among Madison area residents of all ages.

One of her goals, she says, was to show that there is much more to indigenous people than what has been portrayed in films, books and mascot imagery.

“I feel it is my part in this world to create bridges to understand and appreciate Ho-Chunk culture,” Cloud explains. “Our stories are part of that journey and the bridgework.”

From October to December, to anyone who would listen, Cloud shared Ho-Chunk origin, clan, warrior and autobiographical stories.

She also organized interactive, hands-on learning opportunities, as well as a lecture series featuring Ho-Chunk tribal members.

The oral tradition is particularly important to Ho-Chunk and other indigenous people, Cloud says. It’s a way to pass on life lessons, connect with native ancestors and build understanding among non-indigenous communities.

In those efforts, the two-month residency went even better than expected.

“I am extremely elated with how everything turned out and the support I had from the Madison Public Library and Ho-Chunk Gaming-Madison,” Cloud says. “The thing I most enjoyed about the program were the people I got to work with and the people I got to meet through the programming. The audience was people from all walks of life, young and old. The program, in its entirety, was a success.”

While the residency is over, Cloud isn’t finished sharing her culture. The



Andi Cloud, '06 & '12, is an artist and storyteller from the Ho-Chunk Nation. She recently served as Madison Public Library's inaugural Storyteller in Residence. Photo by Ruthie Hauge, The Capital Times

Oneida resident sells beadwork and sewing projects at craft fairs and pow-wows throughout the Midwest.

She has written a children's book, "Migizii," which she is working to publish. Soon, she plans to film and produce a documentary, "Maanape," about Ho-Chunk veterans.


Cloud was embracing and sharing her culture at UWL too while earning a

bachelor's in political science and a master's in education-professional development.

She was a student senator and co-chair of the Native American Student Association.

She also built impactful relationships with her professors and within the Office of Multicultural Student Services.

"Everyone in that office, I love and cherish. If I didn't have them and the students I met through them, I don't think I'd be a bachelor's and master's degree alum," Cloud says. "My experiences at UWL are probably my favorite part of my young adulthood. I found my second family."



Chris Gleason, '02, recently named Arts and Creativity Consultant with the Wisconsin Department of Public Instruction, has been a semi-finalist twice for the Recording Academy and Grammy Museum Music Educator Award. He received the UWL Altman Teacher Education Award in 2017.

Kudos are crescendoing for two La Crosse-inspired musicians and alums.

The Gleason brothers, Tim, '93, and Chris, '02, have both been recognized as excelling music educators. They follow the footsteps of their father, Jerry, who taught music at various Wisconsin high schools.

“My father was a music educator, so I grew up in the band room,” explains Tim. “I had excellent teachers at UWL who helped me find my way to this vocation.”

Tim traveled upriver to Winona, where he's led the high school's band for 28 years. He's also head girls basketball coach and co-head coach for the Winhawks' boys and girls track and field team.

Tim, who leads the student motivational program “Breakfast for Champions” Thursday mornings before school, was selected by colleagues as the education association's teacher of the year in fall 2021. He says the honor was humbling.

“I am fortunate to be surrounded by many great educators in Winona,” he says. “To be recognized by these people is one of the most humbling moments of my professional career.”

Tim has also been named to a national organization of band directors.

DYNAMIC DUET

Gleason brothers hitting the right note



Tim Gleason, '93, teaches music and coaches at Winona (Minn.) High School. He was recently recognized by his peers.

Younger brother Chris has made a name for himself directing bands at Sun Prairie Middle and High schools for 18 years. He began working full time with the Wisconsin Department of Public Instruction in June. He also runs a non-profit, Beyond The Notes Music Festival Inc., that has inspired more than 40,000 young musicians and 70 future music educators.

Chris has been a semi-finalist twice for the Recording Academy and Grammy Museum Music Educator Award — one of the top 25 music educators nationwide nominated. He's also one of five to receive the National Education Association Foundation Horace Mann Award for Teaching Excellence. Chris, also recognized with other awards, is known for his passion of giving students the groundwork they need to become budding musicians.

“Every student is wonderfully unique and complex; their intelligence is diverse and distinct,” he notes. “As such, my curriculum and daily instruction mirrors this complexity and richness, allowing students to learn about and through music in many different ways.”

The brothers, both tuba enthusiasts, have fond memories of energetic, inspiring music educator mentors, along with camaraderie.

Tim remembers “the hours spent on the Coate Hall practice field with the marching band,” which led to a Holiday Bowl band trip, numerous NFL games and the national championship football game in Bradenton, Florida.

“I’m grateful for my family and all those who have supported me along my journey thus far,” adds Chris.

Tim Gleason, '93

Attended three high schools: Arcadia (9-10); Durand (11); La Crosse Logan (12)

Bachelor's in music education

Currently: Music educator and coach at Winona (Minn.) Public Schools, 28 years

Favorite instrument: “It has to be the tuba!”

Chris Gleason, '02

Attended La Crosse Logan Middle and High Schools

Grad degree: Master's of Education Professional Development

Currently: Sun Prairie Patrick Marsh Middle School band director through June 1, then Arts and Creativity Consultant with the Wisconsin Department of Public Instruction.

Favorite instrument: “Tuba!”

FIND YOUR FIERCE

Mother discovers five steps that transformed a history of abuse into success

The moment Carolyn Colleen knew she needed to leave was clear. It was as clear as those deep, dark brown eyes looking up at her.

Colleen was exhausted and “teetering on the edge of sanity” at 4:30 a.m. after her two-month-old baby had been crying all night. Both were on edge, nerves unsettled from the constant adrenalin buzz of a house filled with anger, badgering and bullying.

As the morning sun streamed through the window, Colleen said a prayer, “If anyone can hear me, please send me a sign.” The prayer was met with silence in the room and a widening of those eyes looking up at her.

“She was looking into my soul. My baby was saying to me, ‘I’m your sign,’” recalls Colleen. “I knew I had to do something. That lit a fire for me.”

At that time, Colleen could not think of what would be best for her. She was in autopilot mode, plugging away at life in a lifeless way, drained of her self-confidence, alienated from her circle of friends and family, and experiencing what she later learned was anxiety, depression and PTSD.

But, as she rocked with baby Eve by the window that morning, she was feeling something bubbling up inside. And she knew she needed to make changes or Eve would

have the same fate as her — a childhood of abuse and then a relationship with an abuser.

Colleen is often asked how she transformed from desperation to a dreamer and thinker. Soon to earn a doctorate, she has launched two successful non-profit organizations, including a local STEM school, wrote a book on her life-transforming steps, and has given presentations and workshops worldwide.

The UWL and Viterbo University alumna says the changes in her life didn’t happen overnight. It was a slow intentional evolution. She was able to heal through therapy, personal development and being away from a toxic environment and relationships.

A key to her evolution was a survival strategy she created — a series of steps that make up the acronym F.I.E.R.C.E.

- Focused breath
- Identify one goal
- Examine barriers to the goal
- Reflect and visualize your truths
- Courage
- Engage

At first getting through an entire day of anxiety, depression and paralyzing fear felt unimaginable. But Colleen knew she could use FIERCE as a roadmap, taking each struggle five minutes at a time.

ABOUT CAROLYN COLLEEN

Books

In her book, F.I.E.R.C.E., Colleen shares her personal model of resilience, and how to approach becoming resilient five minutes at a time. She also authored a chapter in the forthcoming book, "Educational and Academic Entrepreneurship: Foundations in Theory and Lessons from Practice."

Non-profit

Personalized one-on-one coaching and professional guidance, online and in-person motivational seminars, A FIERCE network of women. See: www.carolyncolleen.com

STEM school

Acton Midwest is an entrepreneurial school that started in September 2021. In fall 2022 it will be open in Onalaska for students ages 4K-high school. See: www.actonmidwest.org



See the complete story in the online Lantern: uwlax.edu/alumni/lantern

UWL alumna Carolyn Colleen says mentors were important in her journey, including retired UWL Management Professor John Betton. He noticed more in her than she had the ability to see. "Sometimes you have to borrow the light that another sees in you until your light ignites," Colleen says.





Thomas Allen Moore, who was adopted by a U.S. soldier in Vietnam, died in 2003. But his legacy lives on in a UWL Foundation Scholarship.

REMEMBERING THOMAS

War, in almost all cases, pulls families apart.

In the case of Robert Allen Moore, it brought a family together.

Robert was a Navy chaplain with the U.S. Marine Corps during the Vietnam War. In 1969, while stationed in the coastal city of Da Nang, he met a 10-year-old boy named Nuygen Duc Tam, who had been orphaned during the war.

Robert was tasked with finding a sponsor to support Tam, but the two quickly struck up a friendship of their own. They became so close, in fact, that Robert adopted Tam and brought him back to the United States.

Tam took the name “Thomas” and adjusted well to American life — even becoming an Eagle Scout.

Thomas went on to attend UWL, where he graduated with a degree in political science in 1982. He joined the U.S. Marine Corps, rising to the rank of major, before leaving the military to work for the State of California in San Diego.

Thomas’ life was cut tragically short in 2003, when he suffered a heart attack while visiting his father in Minnesota.

To honor his late son, Robert established the Thomas Allen Moore Scholarship to support outstanding international students at UWL with financial need.

Robert is glad his son’s memory continues to have an impact on campus — especially considering the pride Thomas took in his college education.

“He was very proud of having a degree from UW-La Crosse. In fact, it was one of the three main achievements he regarded in his life — the other two being an Eagle Scout and a major in the U.S. Marine Corps,” Robert says. “I miss him greatly and established the memorial scholarship so he would not be forgotten.”



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FALL FINESSE

As the days start to shorten and more frequent bursts of northwest winds prevail, thoughts turn to the coming beautiful color that surround simple campus walks.

Photo by Michael Lieurance, '02

EXTRA
CREDIT

