

LANTERN

UNIVERSITY OF WISCONSIN-LA CROSSE ALUMNI MAGAZINE

Trailblazing
Wisconsin's
Economy



FEATURES

On the cover: Chris Jackson, '92, owner of Borah Teamwear in Coon Valley, is one of UWLA's alumni fueling the Badger State's vast economic engine. He's one of the many alums fulfilling the core UW cluster campus mission to promote the state's economic development. See page 16.



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LANTERN

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CLASS NOTES ONLINE

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

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— **Jenny Kuderer Radcliffe, '03**
*Economic Development Representative
Dairyland Power Cooperative*

BUSINESS BELIEFS

Small businesses offer the 'heart and soul' of a community

Entrepreneurship is alive and well in Wisconsin and it is exciting to see many UW-La Crosse graduates bringing their dreams of owning a small business to fruition!

While it seems cliché, small businesses truly are the heart and soul of our communities and drivers of our local economies.

What are the things you love about the community you call home? If asked, you'd likely boast the sense of belonging, the sense of place, the unique experiences and shared history that make your hometown great. The small, locally-owned main street businesses that offer a great place to sip coffee,

enjoy a delicious meal or find that one-of-a-kind gift are all integral elements in bringing visitors to our communities. These unique local establishments are also essential as communities compete to attract and retain talent to fill jobs at our small and large employers alike.

When asked about your community, you may also brag about the cool products made in your community, the great new small business or the now not-so-small business that started with just one person. Small businesses employ our friends and neighbors.

These businesses support our communities with their

payroll, real estate and sales taxes and give back to the communities through civic involvement. When products are exported from our region (or tourist spending brought in), dollars are imported back into the community, creating a positive economic impact that extends far beyond the doors of that small business.

And, given the right nurturing and support, some of those small businesses in your communities today will grow into the large employers of tomorrow.

Shop Local! Support small businesses and if you too have an entrepreneurial dream you'd like to pursue, seize the day!



Spreading its wings: **REC EXPANSION**

Education of the whole person — mind and body — is so ingrained in UWL's culture it's even depicted on the university's seal. That commitment became even more apparent when a new addition to the Recreational Eagle Center opened in October. The \$8.6 million addition — REC 2.0 — is a 35,200-square-foot, two-story expansion off the southwest corner of the original building built in 1997. The expansion includes a large multi-purpose room on the second floor and a fitness center on the ground floor, three times the size of the original training space. "The biggest goal with this space is to empower more people and to expand their scope of what training is," says Nick Berg, REC fitness coordinator. Director of Recreational Sports Sue White says student leaders in 1985 recognized the need for a stand-alone recreation facility and started collecting fees. That foresight was right on. Today more than 90 percent of students use the REC at least once annually.

WELL-DESERVED HONORS

Professor Emeritus Tom Claflin was among the former College of Science and Health faculty and staff honored in the new Prairie Springs Science Center. Longtime La Crosse educators and generous UWL supporters Ron and Jan Rada recognized those making significant contributions to UWL by naming labs in the new building. Claflin, a biology professor from 1966-2001 and director of the River Studies Center when it was created in 1972, had the center named in his honor. The Prairie Springs Science Center was formally dedicated in November.



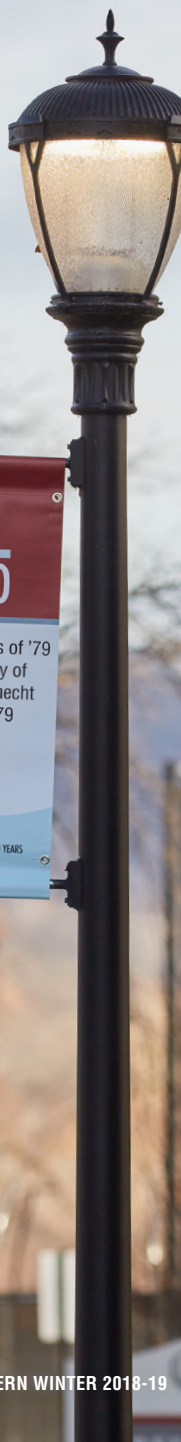


NEW ERA FOR WITTICH HALL



One of the gyms in Wittich is being stripped of its athletic gear, but the skylights will be kept for the remodeled office interior.

The second oldest building on campus is getting a re-do. A \$26.7 million renovation got underway in July for a complete interior renovation of Wittich Hall to create an iconic, modern new home for the College of Business Administration. The project is funded through university program revenue, with no state tax money. Doors should reopen in May 2020. Wittich was built in 1916 as the original physical education building and was listed in the National Register of Historic Places in 1985. Most recently, Wittich had departmental offices, along with women's gymnastics and adaptive physical activity programming.



IT'S TIME TO
CELEBRATE YOU:
A UWL ALUM!

Soaring for 50 years, join us for another 50!

In fall 2019, the UWL Alumni Association will celebrate its 50th birthday. The festivities will begin with the Distinguished Alumni Awards activities on Friday, Sept. 20, and run through Reunion Weekend, Oct. 26.

Watch your email and the summer issue of the Lantern for complete details. Keep in the know by updating your email at: www.uwlax.edu/alumni/contact/whats-new-with-you.

Mark your calendars now – you won't want to miss returning to this celebration in La Crosse!

UWL Alumni Association.

For you. For La Crosse. For a lifetime.

Campus is decked out with pride for the UWL Alumni Association's upcoming 50th birthday. Alums and friends have shared their UWL pride by sponsoring banners throughout campus.



HOME, SWEET HOME



Reunion weekend brought alums back from across the country

Alumni from more than a half century returned in October to visit campus and the lifelong friends they gained during college.

Members of the Beta Sigma Chi fraternity gathered for their 84th reunion breakfast at the Cleary Alumni & Friends Center. Small but mighty, the group of loyal alums is committed to at least one more reunion in 2019 to celebrate 85 years.

Their proudest accomplishment is two endowed scholarships they have established for deserving students.

Football players, former coaches, parents and friends returned to celebrate the strong tradition of UWL football. They also honored the university's winningest coach, Roger Harring, '56.

The Late '60s reunion group enjoyed reminiscing at the new Student Union. Some even sported their old fraternity jackets! (See photo.) In addition, they toured campus, met with current students, attended the football game and told lots of stories on Saturday evening. Alumni came from California, Colorado, Florida and many parts in between.

The common theme: the love of UW-La Crosse!

Above: Pat Young, '67, left, proud member of Phi Sigma Epsilon, and Jim Geissner, '66, proud member of Alpha Kappa Lambda, donned their old, college jackets at the Late '60s reunion in October.

Teaching

how to learn — not what



Wisconsin Middle School Teacher of the Year challenges students to answer their own questions, create a small business

Maggie McHugh's sixth grade students don't take tests. They don't wait for her to provide answers. Instead, they are starting a small business, presenting to teachers and searching for answers to questions they want to know — like the best diet for a beloved betta fish.

The UWL alumna's teaching method of how to learn — not what to learn — has attracted state recognition. State Superintendent and Governor-Elect Tony Evers came to McHugh's school in May to announce that she was the 2018

Wisconsin Middle School Teacher of the year. McHugh received \$9,000 from the Herb Kohl Educational Foundation for the award and a fellowship.

McHugh's workplace, the La Crosse Design Institute (LDI) in the School District of La Crosse, is project-based where teachers focus on helping students develop skills to become productive, contributing members of society.

This fall, McHugh's 23 sixth grade students worked on 23 individualized projects from betta fish food investigation to minimizing

pollution of filtration systems on luxury line cruisers. As they pursue the projects, they look for answers.

"As an educator, you are traditionally looked at as the answer giver. That is not my role at all. It is exactly the opposite," explains McHugh. "My role is helping students become problem solvers and analysts who can come up with the answers to the questions they generate."

That approach is particularly important when information is only a fingertip touch away. "We don't need people who can just find answers," notes

Maggie (Lee) McHugh, '06 & '11, works with her middle school students to create prints for clothing and bags using city manhole covers and grates. The project challenged students to build their own business creating and selling the goods. McHugh earned her bachelor's degree in English and secondary education with a minor in mathematics. She also earned a Masters in Education- Professional Development degree before continuing on to earn a doctorate in curriculum and instruction from New Mexico State University in 2015.

McHugh. "We need people who can think about issues in society whether they are local, national or global."

Longfellow Principal Penny Reedy, '84, who originally hired McHugh, describes her as someone always bringing new and electric ideas, as well as pushing the edge to teach.

"She works hard at it," Reedy notes. "She has the talent and work ethic combined."

One of McHugh's most recent class projects challenged students to develop a small business with help from UWL's art education students.

The students formed the business, LDInk, based on a Facebook video

McHugh had found where people used city manhole covers and grates to create prints for clothing and totes. Students built the entire business, including budgeting and finance, market research, media relations, advertising, website and more. UWL students taught the printmaking skills necessary to create the products. In the end, the middle school students sold \$1,500 in goods.

"They couldn't have done it individually. It took finding ways to work together and communicate," says McHugh. "Problem solving, innovation and risk taking were beautiful qualities they gained."

McHugh also finds authentic learning opportunities by regularly engaging her students in public speaking.

McHugh, who previously worked in UWL's Mathematics Department and continues to teach two courses in Educational Studies, collaborates with UWL regularly. In addition to printmaking, her students partner with math education students to learn concepts while sharing the best ways they learn.

McHugh wants school preparation to truly reflect society and what students will eventually experience. "When was the last time you were asked to take a test at work?" she asks rhetorically.



Award has UWL connections

Maggie McHugh gives a lot of credit for her state teaching award to her "amazing" team: UWL alums, Katy (Gallenberg) Weber, '14, and Garrett Zimmerman, '14.

"UWL prepared us to be change agents in the field of education," notes McHugh. "We are three educators promoting these ideas and taking risks and being leaders in our community in education. We continue to have that strong connection to UWL, and that is an important piece for us as educators who stay in this area."

Maggie McHugh with then Wisconsin State Superintendent Tony Evers presenting her with the 2018 Middle School Teacher of the Year at her school, La Crosse Design Institute, in May.

Four earn conference honors

Four student-athlete greats were inducted into the Wisconsin Intercollegiate Athletic Conference (WIAC) Hall of Fame in July.



(L-R) Barbara Gibson, Jim Drews, Jennifer Tischaefler-Ignacio and Jason Church.

Jason Church, '11

- two-way player and four-year letter winner in football.
- upon graduation, commissioned as a U.S. Army Second Lieutenant;
- awarded a purple heart at a UWL home football game Nov. 10, 2012, at his request and less than three months after he sustained his injuries.
- recipient of the NCAA Inspiration Award, 2014.
- earned a master's in international relations from Georgetown University, enrolled in law school at UW-Madison.

Jim Drews, '74

- on cross country and track & field teams, 1970-74.
- won four individual conference cross country titles; three-time NAIA All-American, placing sixth at nationals in 1971, ninth in 1972 and 13th in 1973.
- 14-time conference champion in track & field.
- inducted into the UWL Wall of Fame, 1985.
- UWL's annual cross country meet named in his honor: The Jim Drews Invitational.

Barb Gibson, '78

- on the gymnastics team from 1974-78.
- won the 1975 conference title on the balance beam; 1978 championship on the floor exercise.
- served as UWL's women's gymnastics coach, 1986-2016; led the squad to 17 National Collegiate Gymnastics Association (NCGA) championships and 20 conference titles.
- inducted into UWL's Wall of Fame, 2007.

Jennifer Tischaefler Ignacio, '01

- on the soccer team from 1996-99.
- earned All-WIAC First Team honors all four seasons.
- school records: 68 career goals, 19 single-season goals, 172 career points, 50 season points.
- inducted into the UWL Wall of Fame, 2012.

TEAM	RECORD	WIAC FINISH	NATIONALS
MEN'S CROSS COUNTRY	---	1ST	3RD
WOMEN'S CROSS COUNTRY	---	2ND	9TH
FOOTBALL	7-3	2ND	DNQ
GOLF	---	7TH	NCAA III IN SPRING
SOCCER	18-3-3	1ST	3RD ROUND
VOLLEYBALL	16-13	TIED 3RD	DNQ
WOMEN'S TENNIS	7-2	2ND	NCAA III IN SPRING



Inducted into the UWL Wall of Fame in October were, from left, Josh Chelf, '08 & '10; Amanda Medendorp, '09; Kristen Nokleby, '96; Angela Muenkel, '00; and Sally Wenzel, '05.

Five enter Wall of Fame

Student-athletes from the '90s and early 2000s were inducted into the UWL Wall of Fame in October. The Wall tributes former athletes and coaches for exceptional athletic ability and enhancing school tradition.

Josh Chelf **Wrestling, 2005-08**

- WIAC All-Time Team
- Four NCAA III All-America honors
- Two-time NCAA III champion at 174 pounds in 2007, 2008
- Three-time WIAC champion at 174 pounds
- 2007-08 WIAC Wrestler of the Meet
- Two-time WIAC Wrestler of the Year in 2006-07, 2007-08
- On four conference championship teams
- Bachelor's (2008) and master's (2010) in physical education teaching.

Amanda Medendorp **Swimming & Diving, 2005-08**

- WIAC All-Time Team
- WIAC Diver of the Meet in 2006, 2007 and 2008
- Seven NCAA III All-America accolades
- Ninth (2006, 2007) and 10th (2005) in the three-meter at nationals
- On two WIAC championship teams (2005, 2008)
- Bachelor's in physical education teaching, 2009.

Angela Muenkel **Volleyball, 1997-99**

- 1999 WIAC Player of the Year
- 1999 American Volleyball Coaches Association All-America First Team
- Three-time All-WIAC
- First in school history in kills at 1,684
- Single-season school record for attempts — 1,619 (1998)
- Bachelor's in fitness, 2000.

Kristen Nokleby **Soccer, 1992-95**

- WIAC All-Time Team
- One of two in school history to earn four All-WIAC honors
- All-conference selection all four years
- Fourth in school history in goals and career points, 10th in career shots
- Member of first collegiate soccer team in school history
- Associates degree, 1996.

Sally Wenzel **Softball, 2000-03**

- Four-time All-WIAC selection
- WIAC Pitcher of the Year, 2003
- School records: career wins (49), innings (527.0), strikeouts (432)
- Only player in school history with two no-hitters
- Bachelor's in early childhood-middle childhood education, 2005.

WANT MORE UWL
ATHLETICS STATS?

NO PROBLEM! GO TO

WWW.UWLATHLETICS.COM

Two distinguished decades

Dean's fellows utilize summer undergrad research to foster inquisitive, career-ready projects

In summer 2005 Kristen Bouska was hiking the Beartooth Mountains of Montana. In awe of the snowy white peaks and alpine lakes, Bouska was traveling to the remote location to study the effects of UV radiation on a microscopic plant called phytoplankton.

The UWL undergraduate didn't know that as she marched deeper into those mountains, she was also heading further into an ecological science career. Today, more than a decade

later, Bouska is an ecologist with USGS, Upper Midwest Environmental Sciences Center, where she studies the long-term health and resilience of the Upper Mississippi River ecosystem.

She is one of more than 300 alumni of UWL's College of Science and Health Dean's Distinguished Fellowship Program, celebrating its 20th anniversary this year. The long-term fellowship program provides resources for both a student and faculty

member to have a 10-week, in-depth research experience during summer. Faculty select students who write an independent research proposal based on questions developed with a faculty mentor.

The program's success is best marked by its graduates now working in science, medicine,

At USGS, Ecologist Kristen Bouska, '06, a former UWL Dean's Distinguished Fellow, uses 20 years of data related to fish, water quality and more to ask questions about the long-term health and resilience of the Upper Mississippi River Ecosystem and inform decision makers about restoration. After earning her environmental biology degree, Bouska completed a master's in biology from Kansas State University in 2008 and a doctorate in environmental resources and policy from Southern Illinois University in 2014.



“ We love working with students... We love finding diamonds in the rough and polishing them.”

— Roger Haro

technology and more. A total of 130 have gone on to earn advanced degrees; 59 have received medical or doctoral degrees.

“We love working with students... We love finding diamonds in the rough and polishing them. This is the best way to do that,” explains Roger Haro, interim associate dean of UWL’s College of Science and Health. “When you look at the people in this program and what they’ve gone on to do — from a faculty point of view, it makes you well up with pride.”

The program has allowed undergraduates in a variety of fields to have a strong and career-shaping research experience. That’s not typical at comprehensive, four-year universities like UWL where faculty’s primary focus is teaching, not research.

The Dean’s Distinguished Fellowship founder Mike Nelson, former CSH dean, had the foresight to realize the value of undergraduate research. He recalls a conversation with then UWL Chancellor Judith Kuipers about investing in a more formal research

scholarship program for students more than 20 years ago.

“I said, if you hook your wagon to the undergraduate research star, I’m going to make you and the university famous,” he recalls telling her. “We’ll be the best in the nation.”

Indeed, over the past two decades, UWL has earned a national reputation for undergraduate research, hosting the National Conference on Undergraduate Research twice and ranking among the top 23 colleges nationwide in U.S. News & World Report’s Best Colleges 2016 list of stellar undergraduate research and creative programs.

Nelson understood the quality of learning that happens through undergraduate research that is incomparable to learning by reading textbooks, listening to a lecture or conducting a cook-book style lab experiment.


“I always thought that hands-on was the best way to learn, but it also taught students something about real life,” notes Nelson.



Mike Nelson, former dean of UWL’s College of Science and Health, came to campus with a vision for promoting undergraduate research when it wasn’t typical at comprehensive campuses like UWL. He saw the opportunity to move UWL forward in this direction by creating The Dean’s Distinguished Fellowship Program. Today UWL celebrates 20 years of this successful program.

20-FOR-20 FUND DRIVE

As the Dean’s Distinguished Fellowship program celebrates 20 years, the College of Science and Health hopes to secure 20 Dean’s Distinguished Fellowship opportunities for UWL students annually. To invest in the program visit www.uwlax.edu/foundation.



ADRIENNE'S FAVES | ADRIENNE LOH, PH.D.

Professor, Chemistry & Biochemistry; Chair, Department of Educational Studies; Interim Associate Dean, School of Education, Professional and Continuing Education. At UWL since: January 1996 | College majors: math and chemistry

- **Favorite class in college:** Kinetics. It combined math and chemistry (my two favorites.) My professor was funny, personable and approachable. He saw something in me and pushed me to apply to graduate school. I wouldn't have gotten my doctorate or be where I am without his support and encouragement.
- **Favorite spot on campus:** The University Art Gallery in the Center for the Arts. It's a beautiful space, and it's inspiring to see the work of students, faculty and outside artists.
- **Favorite pastime when not working:** My family jokes that not working is rare for me. But when it happens, I love hanging out with my daughter. She is a screative and funny person.
- **Favorite place to visit:** Paris. My family lived there for six months while I was on sabbatical and we return as often as we can. The language, art, food and culture worked its way into my psyche.
- **Hobbies:** Photography, tennis, ballet and baking.

NOSTALGIC NOOK



2018



1969

Library continues to transform

The campus library has undergone much growth and change over UWL's 110 years. Originally housed in Graff Main Hall, the library moved in 1957, opening the Florence Wing Library named for UWL's first librarian. In just over a decade, Eugene W. Murphy Library replaced the outgrown Wing Library in 1969. Re-tooled in 1995, Murphy has refocused on collaborative learning, rather than quiet, alone time. You can now even buy coffee in the library at Murphy's Mug!

SHHH... SPEAK UP!

That was then...

- Built in 1969
- 100,000+ sq. ft.
- 183,132 volumes; 2,105 current periodicals; 95,000 microform items
- Seating for 1,600

This is now...

- Addition and remodeled in 1995
- 153,545 sq. ft.
- 422,070 volumes; 230 databases; 670,354 e-books; 41,676 audiovisual materials
- Seating for 2,329

A photograph of a person sitting on a corduroy sofa in a room with a brick wall. A circular wooden light fixture is visible on the right. The text "Building a better Wisconsin" is overlaid in white.

Building a better Wisconsin



Justin Garvey, '08, didn't initially aim to become a business owner, but when the opportunity for co-owning presented itself, he went for it. He's co-owner of Metre, a marketing firm that serves regional and national businesses headquartered in the Midwest. Find out more about Garvey on page 20.

They're sending athletic gear across the globe. They're helping locals and tourists relax with an evening out in an old, river town. And, they're prepping the state's youngest citizens for future successful, lifelong learning.



Alumni living in Wisconsin are fueling the Badger State's vast economic engine. They arrive on campus from small and large cities from throughout the state and Midwest, even internationally, and acquire knowledge needed for the 21st century.

Then, they head out to champion the university's mission as a regional academic and cultural center that prepares students to take their place in a constantly changing world. They also fulfill the core UW cluster campus mission to promote the state's economic development.

No matter what their major, UWL alums make a difference. Here we introduce you to four.



Lynda Kohler, '82

Major: Recreation Leadership
President & CEO,
SHARP Literacy Inc.
Milwaukee, Wisconsin

On the UWL track team, Lynda Kohler developed a variety of time-management practices that help her lead a team of 10 full-time and eight part-time employees at SHARP Literacy.

"I learned to push myself as an individual track participant to exceed my previous accomplishments, strive to do even better, and take pride in those accomplishments," she notes. "But I also took pride when the team excelled and did well."

Those experiences taught her the importance of pushing to succeed and appreciate team success. That's the basis for SHARP, which works to energize Milwaukee and Waukesha at-risk children by motivating them to become confident, capable scholars and lifelong learners. Their programs build a foundation for strong reading through an evidence-backed literacy model using interactive and visual arts projects to develop strong reading,

writing and researching skills.

Kohler's impetus for starting at SHARP was a passion and drive for helping at-risk children become lifelong learners.

"Too many Milwaukee area students fail to read proficiently and this negatively affects their lives, future employment, and society in general," she notes.

By collaborating and partnering with teachers, educators, parents and the community, Kohler strives for the children's lifelong learning.

"Our goal is to provide the experience and opportunities urban students need to discover a lifelong love of reading and learning," she says.

www.sharpliteracy.org

Chris Jackson, '92, owner of Borah Teamwear in Coon Valley, says his college experience helped prepare him for owning a successful business. "Just like in college, you will get back what you put into it," he says.

Chris Jackson, '92

Major: Psychology
Owner, Borah Teamwear
Coon Valley, Wisconsin

Persistence is the most important thing to running his business, says Chris Jackson. "You run into many brick walls," he explains. "You just have to figure out a way to get around them."

Jackson's company manufactures custom sports apparel for cycling, triathlon, running and Nordic/alpine skiing. He and about 30 employees sell throughout the U.S. and Canada, where Nordic ski apparel is popular.

College was a great experience, both academically and socially, he says. It helped prepare him to own a business, which requires commitment and action. "Just like in college, you will get back what you put into it," he notes.

Jackson says it's gratifying. "It is ultimately very rewarding to own a business and see the positive impact it can have in your own life, in the community, and on the folks you employ."

www.borahteamwear.com





Justin Garvey, '08

Major: Marketing
Director of Brand Strategy, co-owner Metre
La Crosse, Wisconsin

Resilience is the key for finding success in business, says Justin Garvey.

“Business ownership is a challenge and pushing a business to the next level takes patience and determination,” he explains.

Garvey looks back to classes in college as key in helping him lead Metre’s 10 employees.

“The opportunities I had in college to work as a team have served as a foundation for how I manage,” he explains. “Understanding how everyone can contribute and work toward a common goal has been invaluable.”

Garvey didn’t initially seek to own a business. Rather, an opportunity for co-owning presented itself and he went for it.

“It wasn’t something I necessarily planned on,” he says. “But when the opportunity arose, I dove in.”

Metre serves regional and national businesses headquartered in the Midwest. Among those are: Organic Valley, LHI and Ecolab. Metre specializes in education, healthcare, finance and retail.

www.metreagency.com

Amy Werner, '98

Major: Marketing with
International concentration
Owner/Operator Trempealeau Hotel/
Eat Your Peas
Trempealeau, Wisconsin

Business has always fascinated Amy Werner. As a kid, she searched for ways to make money. Heading out corporately, she ventured with an entrepreneurial attitude. “Tweaking concepts, trying to do it better and smarter, and making myself learn from the times I didn’t get it right were key,” she notes.

Werner attributes her college experiences for helping her find success — everything from structured classes to group projects where team members didn’t carry their load.

“That does happen in the work place,” Werner explains. “What defines you is how you handle it. Managing schedules, making project plans and bringing them to fruition are absolutely priceless in your success or failure too.”

Werner took over ownership of the Trempealeau Hotel via London where she headed after graduation and rode the tech wave. Once that lost its luster, she and her partner started working on a cookbook before coming upon the established, old hotel on the Mississippi River.

“A positive attitude, being open to new experiences and maybe a bit of naïveté can prove to be a decent combination,” Werner says. “I know my philosophy isn’t for everyone, but if you can, roll with it.”

With experience, Werner has mapped out her path. “Clearly we can all do better and achieve more if we want, but we have to decide if the Benz in the driveway is more important than time on the river or relaxing with friends,” she says.

www.trempealeauhotel.com

Amy Werner, '98, took over ownership of the Trempealeau Hotel via London where she headed after graduation. The old hotel on the Mississippi River is also a bar/restaurant and music venue. "We make food from scratch using responsibly sourced and local ingredients," says Werner. "The music here is all over the map. You may find a classical pianist here Thursday, punk-grass on Friday, Reggae on Saturday and folk singer/songwriters on a Sunday. You just never know." She says the key is providing guests with an experience they aren't likely to get elsewhere.



Family pays it forward

Mother turns to college-aged daughters to help craft family scholarship



When Tammy Becker, '89, was ready to set up a scholarship for UW-La Crosse students, she turned to two students she knew really well: her daughters.

Becker, an accountancy alumna and mother of four, says Kathleen and Meghan, UWL May graduate and UWL sophomore, respectively, played a large roll in setting the amount and criteria for their family scholarship.

The daughters provided insight on their college financing, which

included working part-time and applying for scholarships through the UWL Foundation. Their input ultimately encouraged Tammy and the entire family to increase the award to \$1,000 annually and include specific criteria.

The Allen & Tammy Becker Family Pay it Forward La Crosse Area Endowed Scholarship goes to UWL sophomores and juniors majoring in accountancy. One of the most important qualities for recipients is in the scholarship's name. They must be "the type of person who will eventually 'pay it forward' by helping others within the La Crosse community."



Tammy says her education served her well in providing the skills to launch her own business, Becker Tax & Bookkeeping, in Onalaska. With support from her husband, Allen, a retired factory worker, the business has grown. It has also thrived largely because of community customers.

“We serve the La Crosse area and this is something we wanted to do to pay our success forward,” explains Tammy.

Tammy and Allen’s successful careers also meant their daughters received no federal financial aid. Their parents covered half of the cost of their college education as they felt it important that their daughters experience paying for their own tuition. Tammy paid her own way through college and noticed how it made her take the experience more seriously.

Because of their parents’ income, it was harder for the daughters to find scholarships they qualified for through the UWL Foundation. Both did end up eventually earning scholarships. That recognition felt

“awesome and motivating ... like my hard work paid off,” notes Meghan, who has maintained part-time work to save for college since she was 16.

Considering their own experiences, the daughters encouraged their family to increase the amount of the scholarship. They also wanted the family award to include students who, like them, are paying for their education, but may not appear to have financial need.

Today, Tammy can rest assured that her daughters have taken college seriously. Kathleen graduated in May with a degree in chemistry and is enrolled in a doctoral program at University of California, Davis. Meghan is successfully balancing her part-time job and sophomore year majoring in Spanish education. She is considering a future in education.

“I’m happy my mom could take the money she worked hard for with the skills she learned at UWL and pay it forward to other people who are now attending,” Meghan says.

Left: Tammy Becker, '89, with daughter, Meghan, a UWL sophomore, who helped decide the amount and criteria of their family scholarship. Tammy is grateful for her accountancy skills, which helped her start her own small business, Becker Tax & Bookkeeping.

The Becker family. From left, Kathleen, Allen, Andrew, Aaron, Tammy and Meghan.



A DAY IN A LIFE

When an E. coli breakout hit types of lettuce in November 2018, Floating Gardens found their products in stronger demand. Restaurants, grocery stores and other food providers called and asked for more greens because lettuce grown at the Mindoro, Wisconsin, farm wasn't tainted.

That's because Bonny Goodenough, '93, and her family grow their produce through aquaponics.

Aquaponics is a mix of growing plants on water and growing aquatic animals such as fish. Bacteria breaks down the aquatic waste into



Bonny Goodenough, '93, looks over lettuce being grown through aquaponics, a process of growing plants on water and growing fish.

minerals and nutrients the plants need to grow naturally and sustainably. The fish grow in the environment until they are large enough to be sold for food.

The Goodenough family transitioned their farm in 2016, after nearly two

decades of grain farming. "We feel it's the way of the future for agriculture," she says. Plus, it allowed Goodenough to use her knowledge from past careers in quality assurance and process creation, as well as her microbiology degree.



A day in the life of an aquaponic farm



Pre-made salads

Goodenough and her team, largely family volunteers, chop their produce to create pre-made salads they sell from their store. Floating Gardens also sells varieties of kale, chard and herbs, along with pickled tilapia.



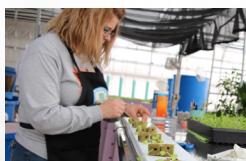
Harvesting

The lettuce has grown and is ready to be eaten. Goodenough takes one of the “rafts” out and removes the lettuce to be delivered to their clients or sold at their store.



Fish feeding

The greenhouse is home to hundreds of tilapia to provide nutrients for the plants. Goodenough takes a break from preparing salads to feed the specific variety of food, which happens multiple times a day.



Transplanting

Once the plants grow large enough, they are taken out of the small planters and moved into the larger “rafts” that float in the nutrient-filled water for several days until it’s ready for harvest. Like other farms, there are needs to be taken care of 365 days a year.

www.floatinggardens.farm



Fishy foliage

Aquaponics serving up the right taste

FEATURE CLASS NOTES



Kyah Steiner is able to keep playing basketball thanks to a scholarship from an anonymous donor. Steiner aspires to be a physical therapist, which will require her to go to grad school — an expense she now has four more years to prepare for.

A GENEROUS GESTURE

NEW SCHOLARSHIP
IS THE LARGEST
OFFERED TO
EXERCISE AND SPORT
SCIENCE MAJORS

Jessica Schwenger has always been a planner. Four years ago, she knew she wanted to come to UWL to eventually be an athletic trainer. Now here, she has her classes planned through her junior year.

“I’ve been super organized as long as I can remember,” she says.

One part of the plan that she didn’t expect: she no longer has to worry about how she’s paying for her education. Schwenger is one of two recipients of a needs-based scholarship at UWL that pays four years of tuition. “Getting that call was unbelievable,” says Schwenger.

Now instead of going to a job on nights and weekends, Schwenger picked up an unpaid internship with UWL’s athletic trainers for 10 hours a week — an opportunity she wouldn’t

have otherwise had time for. “I talk to a lot of my high school friends who are at other schools and they don’t have opportunities like this,” says the Racine native.

It’s the exact same mindset for Kyah Steiner, the other recipient of the scholarship.

Steiner and her two siblings were raised by a single mother. “She’s always worked so hard and has given us more than she should have financially,” Steiner says about her mother. “She was crying right away when I told her the news. She didn’t believe it at first.”

Steiner was a standout basketball player at Aquinas High School in La Crosse and is now able to keep playing in college. “I’ve been playing basketball since first grade,” she says. “UWL and D3 competition is perfect for me because I can have time to do other

things and get to play the sport I love.”

One of those other things is the work as she aspires to be a physical therapist. That will require her to go to grad school, an expense she now has four more years to prepare for.

“She’s made such an impact on my life and I don’t even know her, I still can’t believe it to this day.”

— Kyah Steiner

One day, both students hope to give back to UWL as a way to say thanks to their donor and all of those other donors whose contributions generate more than \$1 million to UWL students annually. “This really influenced my life and is giving me all the opportunities to reach my goals,” says Schwenger.

A FIGHT FOR COMPLETE HEALTH

Alumna uses personal experience to inspire hope, awareness for those with mental illness

In November 2018, Shailja Tiku, '13, presented her doctoral research at the American Public Health Association annual meeting. As she stood in the spotlight in front of 13,000 people, she felt comfortable and natural.

This feeling was a stark contrast to five years earlier when Tiku was a graduate student in UWL's Master of Public Health program. Despite strong academics and "extremely supportive" classmates, Tiku was consumed by anxiety in graduate school — so much so that she took a semester off.

Today, Tiku is very open about sharing her struggle with anxiety in hopes that she will help others find hope.

Tiku was crowned Mrs. Wisconsin International in August. In this public health promotion role, she shares her story and broader platform of mental health promotion and illness prevention.

"There is so much stigma attached to it that people don't want to talk about it, which is too bad," she says. "My platform is to raise awareness about that and assure people who are struggling with mental illness that they are not alone and should seek help."

Nearly 20 percent of American adults suffer from anxiety disorders, according to the Anxiety and Depression Association of America.

Tiku's stress in college started with the regular requirement of giving presentations in her public health class. "My reaction was to flee or freeze absolutely," she recalls.

Adding to that stress, Tiku was also learning to be a new mother while her husband was working long hours as a doctor. Her support system was limited with extended family in India. In fall 2011 the tensions were building so much that Tiku took a semester off.

After speaking with her advisor, Professor Gary Gilmore, Tiku realized if she let her fears control her, she would limit herself — particularly in the field of public health where public dissemination of information is key.

Tiku faced her fears by taking things slowly — gradually coming back to take one class at UWL and learning to push through her fears. "On the inside I was nervous and terrified, but on the outside I appeared to be this strong, confident woman who knew what she was doing."

She says one of her best decisions was taking a UWL mindfulness workshop that got her thinking more deeply about the root of her fears. Her public speaking fear was rooted in the premise that people were judging her. She came to acknowledge that it was an irrational fear.

Today, Tiku is earning a doctorate in behavioral health sciences at UW-Milwaukee's Zilber School of Public Health. She is presenting, researching and studying — all while raising her 8-year old son.

Her story of overcoming anxiety is needed in a world where triggers for mental health issues are everywhere, she says. For one, increased screen time means fewer opportunities for personal connections and conversations.

She knows from experience that those conversations can go a long way. Tiku recalls her own interactions with her advisor and his message that helped change her path.

"Dr. Gilmore is my mentor — for life," she says.

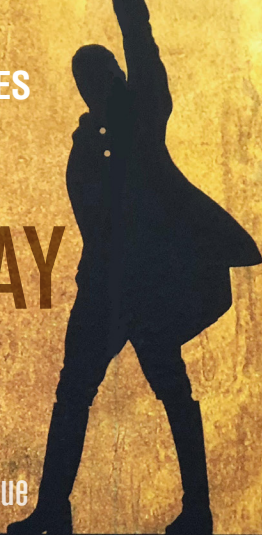
Alumna Shailja Tiku, '13, is Mrs. Wisconsin International, a role nationally aligned with the American Heart Association (AHA) to help fight the No. 1 cause of death in women: heart disease. Throughout the year, Tiku will also share her personal platform of mental health promotion and illness prevention, leading up to the Mrs. International pageant in July 2019.



FEATURE CLASS NOTES

A BROADWAY DREAM

Alumna finds place in the world's biggest theatre venue



HAMILTON

Kim Krumm Sorenson, '85, credits the support and encouragement from the UWL theatre department, as well as going to graduate school at Southern Methodist University, for helping her make it on Broadway. "And keep your connections because networking is important," she explains. "Don't hesitate to reach out to get help. It's how we all got started and how we can give back."

Kim Krumm Sorenson is living every theatre arts major's dream. She found her way to the lights and glamor of Broadway in the Big Apple. On top of that, she's now working as an assistant costume designer with the biggest show on the fabled street – "Hamilton."

"I feel fortunate to have made a living in theatre, but it's not easy," she says.

The 1985 graduate originally planned to go to L.A. and work in the film industry. However, her husband, Scott, also a 1985 graduate, was sent to New York for work. Because of his work, she had insurance and stability allowing her to follow her passion.

Krumm Sorenson's primary focus over the recent weeks has been for a new tour of the show that will start in Puerto Rico for three weeks, then move to

San Francisco. It's a tight deadline for her and her colleagues as they create new costumes for 31 people in the cast.

The Puerto Rico tour, which will feature "Hamilton" creator Lin Manuel Miranda in the lead role, is more than just entertainment. The production is helping renovate a theatre damaged by recent hurricanes. A portion of the ticket sale proceeds will support arts programs in Puerto Rico.

Outside of Hamilton, Krumm Sorenson is the resident costume designer at the Idaho Shakespeare Fest and the Great Lakes Theatre Fest in Cleveland.

"The upside [of working on Hamilton] is it's a really great show and super successful," she says. "But I always enjoy designing my own shows. It's more creative and challenging."

Taylor family alums stretch three generations

His dad a university professor and basketball coach, Todd Taylor grew up at UWL. There was no question where he was going to college. "I had such a deep-seated loyalty to UW-La Crosse that going elsewhere never entered my mind," says the '80 management major, computer science minor.

Six years retired from Kraft Foods in Northfield, Illinois, Taylor's ties remain strong — along with the rest of his family.

The alumni legacy runs deep for the Taylors. Along with Todd, it includes parents, Rollo, '56, and Kay (Bertelsen) '57 & '68; sisters, Terri (Taylor) Johnson, '83 & '89, and Tracy Taylor Johnson, '88 & '95; and daughter Kerstin, '14.

Todd's parents created a scholarship for elementary and

physical education teachers when they retired. He added to the fund over the years, leveraging his company's matching gift program. After Rollo's death in 2013, memorials boosted the endowment. Todd and his sisters try to attend the scholarship ceremony with their mom each year.

"It has been gratifying to meet our scholarship recipients each year and hear their stories," he says.

Getting reconnected as a UWL Foundation Board member rekindled Todd's desire to thank UWL. He recently established the Todd A. and Linda S. Taylor Family Business Scholarship.

Todd hopes the award does more than help students with costs of attending UWL. "Our dream would be that Taylor scholarship recipients become benefactors to UWL after they graduate and get established in their careers," he says.

YOUR LEGACY

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

The Taylor legacy runs deep. From left, Tracy Taylor Johnson, '88 & '95; Todd Taylor, '80; Terri (Taylor) Johnson, '83 & '89; and Kay (Bertelsen) Taylor, '57 & '68. Here they are with 2017 scholarship recipient Gabrielle McNaughton.



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