

BRADLEY

THE MAGAZINE OF BRADLEY UNIVERSITY
FALL 2021

STRESS, ANXIETY AND THE NEW ABNORMAL



HOW ARE WE COPING?

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POWER RANGER

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HUSTLE AND BUSTLE

An integral part of Welcome Week, this fall's Activity Fair saw hundreds of students gathered on the Quad, eager to discover how to be involved on campus.

Photo by Evan Temchin.



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Taiwo Ninalowo '12 knows all too well about power outages. She's working to power the world and people's lives in the process.

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feedback

Our question about favorite food brought lots of happy memories, not all related to eating.

FOOD FAVES

My favorite food when I was a student at Bradley was on Wednesdays in the Student Center Cafeteria. It was always Stuffed Baked Potato Day. I never knew you could put so many toppings on a potato and it was delicious!

**Heidi Maurer Rottier '98, MBA '01,
Instructor of Marketing**

When I attended Bradley, the homemade donuts were by far and away my most anticipated food in the dorm cafeterias. They were delicious — hot out of the oil with cinnamon sugar or dripping frosting. I don't think they were available every morning, which is probably a good thing! Off campus, we frequented Avanti's for gondolas and all-you-can-eat spaghetti one night a week. We always make a stop at Avanti's when we're in Peoria.

Laurinda Cooker '87

As a member of the dorm staff my junior and senior year, I lived on campus all four years. Hands down my favorite food was our weekly steak night. Every Saturday night, the cafeteria would serve steak and baked potatoes. We would line up early and enjoy a great meal with our friends.

Sharon Bull Bresnahan '74

My favorite food was five-alarm chili at Chili Villa. I think it was free if you could finish an entire bowl. I usually got the three-alarm version.

Paul Mellican '63



A favorite for me was the avocado toast at Zion Coffee Bar. My friends and I would go there every Friday to study and or have club meetings. The perfect swanky hangout spot!

Olivia Schoenfeldt '19

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online

bradley.edu/magazine

Hip to the Task: Wrestling Announcer Wants to Grab Your Ear
Christian hip-hop artist **Josiah Williams '14** is all about the wrestle and flow.

Jeff Ledford '21 Gets Up to Speed with His Plans

New grad driven to win in tight-knit world of dirt-track stock car racing.

Asiakai Dang '19 Combines Her Education and Identity to Combat Hate

Drive and persistence led the digital activist to her dream job, helping uplift minority communities.

Calling All Actors: Joe Fulton '07 Could Become Your New Best Friend

Emmy-nominated TV editor develops the final look for an episode.

Unlocking New Ways to Prevent and Treat Illness

From medical research to training others, **Feras Altwal M.S. '14** hopes to find answers and help healing.

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campus news

SCORECARD

Staying on Top of the Rankings

Bradley continues to make strong showings in recent national rankings from various publications and groups.



U.S. NEWS & WORLD REPORT
Ranked since 1995



U.S. NEWS & WORLD REPORT



U.S. NEWS & WORLD REPORT
*For schools not offering a doctorate



WALL STREET JOURNAL/TIMES HIGHER EDUCATION



U.S. NEWS & WORLD REPORT



U.S. NEWS & WORLD REPORT



THE PRINCETON REVIEW



THE PRINCETON REVIEW



THE PRINCETON REVIEW
The highest ranking in Illinois



THE PRINCETON REVIEW



ANIMATION CAREER REVIEW

REAL-WORLD EXPERIENCE

New Office Goes for the Globe

Bradley is taking another step to boost its global presence by establishing the Office of Global Studies and Initiatives (OGSI) this summer.

While there currently are numerous global learning opportunities at the university, including Global Scholars programs and study abroad, the OGSI will collaborate with units and programs across campus to

support and expand those opportunities, giving students greater access to and options for global and cross-cultural education.

Interim director **Jeanie Bukowski '86**, associate professor of international studies and a Fulbright Award winner, sees the office as a hub or umbrella for global education efforts and information, adding it's not designed to replace existing offices.

"We would like the new office to become the one-stop shop for Global Bradley, serving students and faculty across campus. We envision the OGSI as a vibrant and welcoming space for everyone in the Bradley community who wants to be engaged with the world."

New Strategic Plan Defines Vision and Goals

In August, Bradley's Board of Trustees approved a new strategic plan to meet the hypercompetitive landscape of higher education, with a focus on current and prospective students.

Some of the new initiatives include:

- Hire a vice president for diversity, equity and inclusion to improve the campus climate.
- Establish a Center for Interdisciplinary Studies to develop programs and activities.
- Identify and develop flexible academic programs on campus and online.
- Develop a formalized mentoring program for students.

VISION STATEMENT

We deliver an engaging education that transcends traditional boundaries through scholarly and practical experiences in a diverse, caring and inclusive environment to prepare purpose-driven leaders who achieve success and build a better world. Bradley University: An investment in the life you want.

"The vision statement isn't a brand or tagline, it's a statement that reflects who we are and outlines how we want to impact our students, our community and our world," said Vice President for Strategy and Innovation Chris Jones. "Bradley is focused on moving forward and being responsive to the changes in higher education and the changes in student needs and interests."

Coupled with the vision statement are five strategic imperatives that outline the university's priorities:

Welcoming, Caring, Diverse and Inclusive

We are committed to understanding and creating a community within and beyond campus that allows you to feel welcome and included in your ability to participate in the learning experience.

Personalized Life Path

We provide clear, supportive and flexible paths with an array of enriching opportunities to realize the life you want.

Return on Educational Investment

As one of our graduates, you can expect short-term benefits through career outcomes and long-term happiness from your investment.

Boundary-Breaking Innovations

We will help you realize a purposeful plan to create the career and life you want by delivering engaged learning beyond your major and beyond the classroom.

Financial Strength and Operational Excellence

Execution of the plan requires a strong foundation of financial strength and operational excellence.

"This strategic plan is about doing the necessary things to launch Bradley in the right direction," added Jones. "It will build a solid foundation to position the university for truly boundary-breaking success."

Recognizing Achievement Among Alumni, Faculty, Staff

The Bradley community excels whether in a public office, private industry or on campus. Joining approximately 200 members of the

Centurion Society this year are the governor of Kansas and a top executive at business giant Amazon.



Laura Kelly '71

The first Bradley graduate elected governor of a state, Kelly has served as governor of Kansas since 2019 after spending many years in the state Senate.



David Bozeman '91

Vice president of Amazon Transportation Services since 2017 and a current Bradley trustee, Bozeman had executive roles with Caterpillar Inc. and Harley-Davidson Motor Company and was the 2007 Outstanding Young Graduate.

"As it turned out, what I had done is make the best decision of my life. It was because of my time at Bradley that I decided I wanted to devote my life to public service."

"I came down to Bradley sight unseen ... But that started my story. I learned I had to mature and Bradley shaped that. This mid-major school punches above its weight."

alumni awards

DISTINGUISHED ALUMNA Laura Kelly '71

OUTSTANDING YOUNG GRADUATE Skyy Calice '11

LYDIA MOSS BRADLEY AWARD David Fahrenkamp '75

faculty awards

CATERPILLAR FACULTY ACHIEVEMENT AWARDS FOR SCHOLARSHIP

Udo Schnupf, assistant professor, Mund-Lagowski Department of Chemistry and Biochemistry

SAMUEL ROTHBERG PROFESSIONAL EXCELLENCE AWARD

Devin Murphy, associate professor of English

CHARLES M. PUTNAM AWARD FOR EXCELLENCE IN TEACHING

Anthony Hermann, professor of psychology

FRANCES C. MERGEN AWARD FOR PUBLIC SERVICE

Brad McMillan, executive director, Institute for Principled Leadership in Public Service



Questions with ... Juan Rios Vega

Juan Rios Vega, who serves as an associate professor for the Department of Education, Counseling and Leadership, is the author of a new children's book, "Carlos, The Fairy Boy." He is also an avid puppeteer. Joining him is his friend and book namesake, Carlos.

1. WHAT INSPIRED YOU TO BECOME INVOLVED WITH PUPPETEERING? HOW LONG DID IT/DOES IT TAKE YOU TO MAKE ONE?

Ever since I was younger, I wanted to do something for children. Since most of my students at Bradley are going to be elementary school teachers and I love to craft, I thought, "Why don't I make some puppets that can talk about issues of social justice?" There was a lot of trial and error — Carlos probably took me a week and (another puppet) Lolita about four days — but I keep learning and making changes.

2. WHAT IS THE MESSAGE OF "CARLOS, THE FAIRY BOY" AND WHY DID YOU WANT TO WRITE IT?

Carlos is a story of a Latino boy who doesn't fit in within gender expectations. When he first experiences Carnaval in Panama, he wants to dress up as a fairy and ride on a float like his girl cousins, but he doesn't understand why boys cannot do this. It's a book that tells kids, "Boys don't always have to do what boys are supposed to be doing. They can also do things that girls do and they're fine."

3. WHAT'S THE BEST THING ABOUT WORKING WITH BRADLEY STUDENTS?

Working with students who want to become teachers, it's exciting. It's empowering. Teaching is about caring and it's about love. And that's something I tell my students every semester. When I ask them, why they want to be a teacher, it's beautiful to hear there was a teacher who impacted their lives.

4. HOW DOES CARLOS HELP IN THE CLASSROOM?

Last semester when I was teaching online, I brought Carlos online to the classroom, and he talked to the students. Some were laughing. Later, one of my students said he thought about me when he went to his practicum because the teacher was using puppets. And I said, "There you go. See, I'm not the crazy one. Teachers use puppets in the classroom."

5. WILL THERE BE MORE BOOKS IN THE FUTURE?

Absolutely. I'm working on two manuscripts right now. One is about a birthday party and the character is a boy named Luis who has a best friend and talks about issues of class. The other book, which I wrote in Spanish, is called "Little Boy" and is about a boy who's anxious about going to school. I created a transnational mariposa (butterfly) as an epistemology to unpack issues of social justice.



RUNNING MAN

Cross Country Coach Stays on the Run

Over the past seven years since he arrived at Bradley, Scottish-born track and cross country coach Darren Gauson has seen his share of success. In 2018, the team hosted the NCAA regionals and placed second, earning the school's first trip to the national championship.

The team went on to finish 24th in the nation.

"It was something I'll never forget," said Gauson. "It was the first time I've ever coached a team to a national championship. I didn't think we'd do as well as we did. It was a lot of work, a number of years. I really thought about that when I was out there on the course and had a small moment in myself."

"I don't think anyone saw it, that it was pretty emotional there for a minute. As a coach, I just remember the results coming in. I was standing on the course, where everything sort of hit me of what we did." Gauson's success at Bradley include eight Missouri Valley Conference cross country titles as well as individual men's and women's titles.



"I just really enjoy seeing people fulfill their potential and growing athletically, academically."

Several champions and program benchmarks in track, as well as numerous academic honors for team members round out his accomplishments.

"I'm a very competitive person, really competitive as an athlete, very competitive in everything I do," he said. "I think there's a lot of teaching, a lot of leadership (in coaching). I just really enjoy seeing people fulfill their potential and growing athletically, academically."

SHE CAN DIG IT!

Volleyball Star Born into the Game



"There's always a way to do something better or do an attack in a different way. It's always different every time you play."

Although senior Hannah Thompson accompanied her mother, a longtime volleyball coach and former college player, to practices and matches as a child, there was a time she thought her love for the sport would have to end.

Thompson was in grade school.

"They had a new rule where the coaches couldn't bring their kids," she said. "I can vividly remember in my head, once they told me that, I just started crying and I was like, 'My volleyball career's over, I'm never going to be able to get better.'"

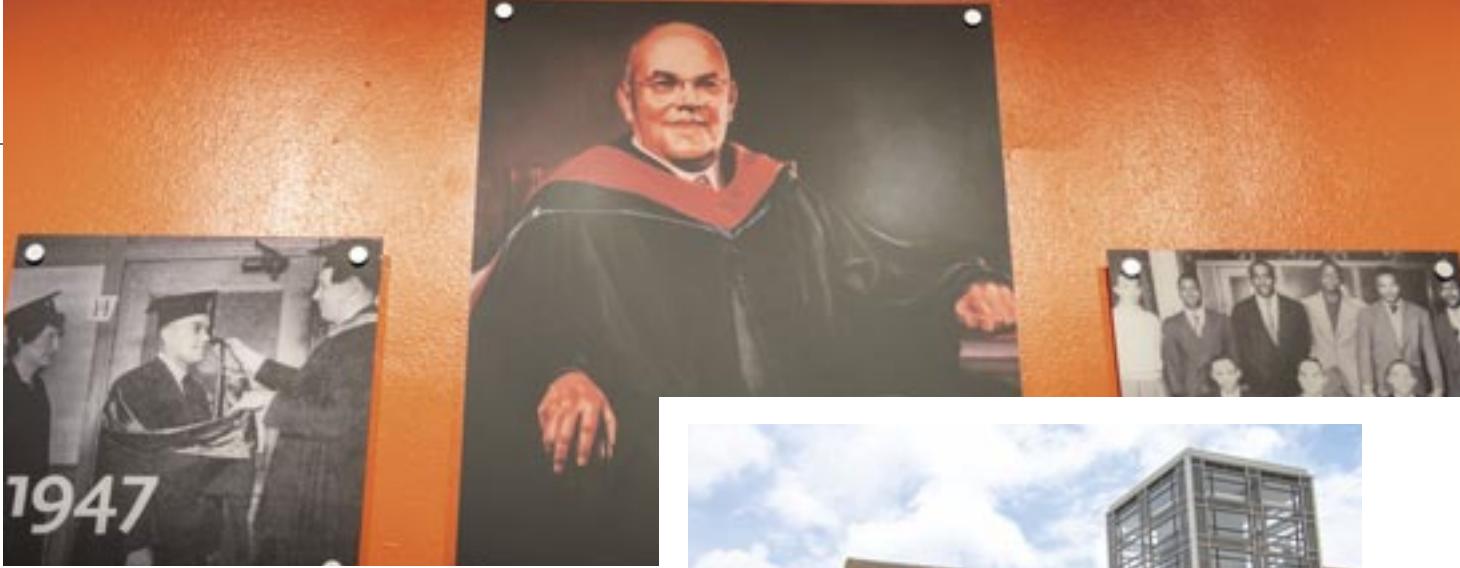
But the outside hitter stayed with the sport, even playing with an elite club team. Her star turn came in her first year at Bradley, when the Missouri Valley Conference named her

Freshman of the Year and placed Thompson on the all-conference teams.

Currently, she's the career leader in digs along with holding several other spots in the Bradley record book. The health sciences major also excelled academically, earning a spot as a first-team MVC Scholar-Athlete and the conference's Commissioner's Academic Excellence Award.

She describes herself as competitive and likes the emotion and intensity involved in a match.

"I love that feeling, and you don't really get that until you're playing. There's so much strategy to it ... There's always a way to do something better or do an attack in a different way. It's always different every time you play."



GARRETT CENTER UPDATES COMPLETE

"I want to see the brotherhood of man. I am a man who loves all people; white, black, young, and old. We must be patient and we must love all people regardless of race."

Romeo B. Garrett M.A. '47



SCHOLARSHIPS

Helping Hometown Students Achieve a Dream

Eight Peoria Public Schools students moved closer to their dream of higher education as they received full-tuition scholarships from the university through the Hometown Scholars program in March.

Announced in 2020, this is the second group from the four public high schools in the city to receive the award. The program aims to strengthen the partnership between Bradley and Peoria schools and help local students succeed.

Students must have been admitted to Bradley, have financial need, graduate from one of the city's public schools and be part of an underrepresented population at the university. This year's recipients will major in art, journalism, engineering, education and business management and leadership, among others.

President Stephen Standifird and Kaboom! handed out the awards to the unsuspecting students at their schools.



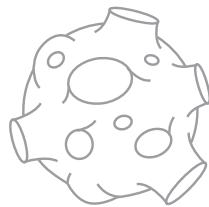
ALUMNI HONORS

Lawrence Recognized for Contributions to Space Program



Taking his place among the stars, the late **Maj. Robert Lawrence Jr. '56** now has an asteroid named for him. The chemistry graduate and first African American astronaut is among 27 people who gained the honor earlier this year for expanding and inspiring the next generation of space explorers. Lawrence was the only Manned Orbiting Laboratory (MOL) astronaut with a doctorate — which he earned from The Ohio State University in physical chemistry in three years — all while serving in the Air Force.

Located in the asteroid belt between Mars and Jupiter, the asteroid now named 92892 Robertlawrence was discovered in 2000.





Taiwo Ninalowo '12 recalls the darkness, the anxious moments awaiting light's return, and the 90-degree nights that made sleeping a task of its own.

She remembers completing schoolwork next to a kerosene lantern and the symphonic grumbling of diesel generators.

That was life for Ninalowo growing up in Lagos, Nigeria, as one of nine children that neighbors referred to as "the soccer team."

Though her 11-member family inhabited an economic reality better than most – Ninalowo's father owned a car dealership while her mother plied numerous entrepreneurial skills, a seamstress and hairdresser among

them – reliable electricity remained elusive. Nigeria has extensive energy resources, but electricity remains in short supply for the nation's 200 million residents, even for those in the comparatively modern city of Lagos. The family captured power on a rotating schedule – two days on and one day off.

"But that didn't mean consistent power for 48 hours," explained Ninalowo. "It simply meant you could expect to see light come on for a few hours within the 48-hour window."

They learned to be in sync with the system. When the power came on, the family hustled to complete

schoolwork, cook, charge devices and tackle any other electricity-demanding activities. When the power paused, life resembled something more primitive than the 21st century calendar would suggest.

Recognizing how the lack of reliable electricity could rattle daily life and even stifle human potential, Ninalowo pursued a career in the power sector, though her ambitious quest to impact lives would come to extend far beyond enlivening the electrical grid.

"I wanted to learn not only how to power the world, but how to power lives as well."



HOW DO YOU POWER A LIFE?

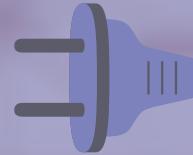
SHINING LIGHT

BY DANIEL P. SMITH

PHOTOGRAPHY COURTESY OF COMMONWEALTH EDISON CO.

① 5 MIN.

AFTER A CHILDHOOD SPENT WITH LIMITED ACCESS TO THE POWER GRID, THIS ALUMNA WORKS TO ENSURE A STEADY SUPPLY FOR OTHERS.



Today, the Bradley University-trained mechanical engineer is working to create a more robust, modern grid at Chicago-based Commonwealth Edison (ComEd), the largest electric utility in Illinois, while aiming her out-of-the-office pursuits at helping individuals — particularly young women interested in STEM careers — craft richer, more productive lives.

A CAREER IN POWER

When Ninalowo and her twin sister, Kehinde, graduated from high school in 2007 at age 15, they followed the same pre-determined path of their five older brothers and ventured to the U.S. After years of

watching the Disney Channel and American-made films, the move seemed an invitation to a wild dream.

“The progression for literally everyone in my family was you graduate (from) high school, you come to the United States, you go to college and you get successful,” said Ninalowo, who settled with her older brothers, Hassan and Hammed, in central Illinois.

While she first targeted a career in law, a seemingly natural pursuit given her love of conversation and reading, her interest in legal studies withered amid early political science classes that failed to spark any passionate connection. Feeling lost,

Ninalowo phoned her father. When he suggested she consider engineering, she agreed to give the sensible path a try.

Captivated by classes like organic chemistry and physics, Ninalowo felt at home in science and gravitated to mechanical engineering given its abundant possibilities. Hunting for an internship at a Bradley career fair, she encountered ComEd.

“When they said they were the power company in Chicago. I thought, ‘Oh my God, power.’ It just rung a bell in my head.”

While completing her undergraduate studies in mechanical engineering, she nabbed two internships with ComEd, one with the

**“I THINK THAT THE FUTURE IS
REALLY DEPENDENT ON ALL
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INDIVIDUAL ACTIONS
TOWARD CHANGE.”**



utility's original engineering group in Joliet, Ill., and a second with the company's transmission group. Both experiences cemented her interest in the power industry and building a sustainable, modern grid.

"This is something that I can learn and give back to the world," she said.

After graduating from Bradley, Ninalowo returned to ComEd's Chicago headquarters in a full-time capacity. Over the next eight years, she interacted with customers and built emotional intelligence as a member of the new business engineering group.

She also performed research on the community of the future and the smart grid as a member of the smart grid group. Ninalowo further executed design and load studies for the grid with capacity planning groups. If that weren't enough, she added an MBA from DePaul University in 2019.

Her ability to navigate different roles at ComEd successfully, and her commitment to learning fails to surprise Bradley mechanical engineering professor David Zietlow, who called his former pupil "competent, enthusiastic and teachable."

"Who wouldn't want someone with her qualities on their team?" he asked.

Last December, Ninalowo settled into her current role in the asset data quality group, a collective tasked to improve the quality of asset data — physical products ranging from transformers to the poles lining Chicago's alleys — to drive business decisions. It's meaningful work that will help ComEd build the utility of the future and construct the modern grid, a particularly important reality as so much of daily life gravitates online.

"To know that I'm part of a group that's taken the utility into that state where we can start to use machine learning after field investigations to make recommendations for our system is very exciting," said Ninalowo.

Notably, it's also work that can inform the efforts of utilities around the globe, advancing innovation and ushering in a more reliable plan for energy-starved nations like Nigeria.

"When I take a step back and think, 'I flip a switch and the light comes on.' Well, somebody committed to electricity and there is light. That's a privilege, and a privilege that's not known to people in other parts of

the world. That's why the work I do is dear to my heart."

EMPOWERING OTHERS

While traversing her early professional life in the power industry, Ninalowo discovered something else about herself: she held an earnest passion to meet other people and support their development.

Recently, she served as chair of IEEE PES Women in Power (WiP), a global organization creating a movement to promote more diverse leadership in the power industry. She's also an active member of the Chicago chapter of the Society of Women Engineers.

Through these efforts, Ninalowo has designed organizational programming to help other young women break through barriers of entry, discover new scientific paths, unlock professional opportunities and overturn stereotypes in STEM fields.

She confesses she never much considered her presence as a woman of color in the male-dominated world of engineering. Ninalowo believes these are uplifting and necessary efforts that position society

“WHEN I TAKE A STEP BACK AND THINK, ‘I FLIP A SWITCH AND THE LIGHT COMES ON.’ WELL, SOMEBODY COMMITTED TO ELECTRICITY AND THERE IS LIGHT. THAT’S A PRIVILEGE, AND A PRIVILEGE THAT’S NOT KNOWN TO PEOPLE IN OTHER PARTS OF THE WORLD. THAT’S WHY THE WORK I DO IS DEAR TO MY HEART.”



to tackle global challenges in a more well-rounded and human-centered way.

“The qualitative factors that women bring to STEM are remarkable, focusing on technical revolutions powered by empathy and a determination to fuel thriving economies,” she said, acknowledging a continued uphill climb despite women around the world capturing success in various STEM dimensions. “I’m profoundly moved and inspired by how far we’ve come, (but) there’s still a disparity in the number of women in STEM.”

Juan Carlos Montero Quirós, who has worked alongside Ninalowo with WiP, called her “an amazing person” who regularly organizes projects that inspire people.

“Her good heart is always visible ... and she is only looking to do good,” Quirós said. “Whoever speaks with her knows that her voice reflects a calm and noble leader.”

Ninalowo’s passion for cultivating personal growth has also prompted wide-ranging volunteer work. She has traveled to Kenya to educate families impacted by HIV, taught English and electricity basics to residents in Peru and helped rebuild two earthquake-

ravaged schools in Oaxaca, Mexico. With the COVID-19 pandemic halting those globetrotting pursuits, Ninalowo has more recently dedicated time to online crisis counseling with Crisis Text Line.

“When you come from a place where you see how little people have or how other people live and you feel privileged and fortunate to be living in this almost dream world ... you want to give back,” she said. “You want to bring support to the world and ensure that we’re moving forward together as a community.”

And though the 30-year-old Ninalowo gave birth to her first child in June, she has no interest in slowing down. She remains committed to an industry that “powers economies and communities to grow” as well as volunteer activities around poverty, gender equality, education and environmental sustainability.

“Empowerment begins with some kind of individual commitment,” said Ninalowo, who became a U.S. citizen in 2014. “I am super passionate about exploring my full potential, and the only way to explore my

full human potential is to commit myself to that, to educate myself and meaningfully strengthen my brainpower to know what I’m talking about.

“I think that the future is really dependent on all of us accumulating enough knowledge that it empowers us to take individual actions toward change.” **B**



“ WHEN YOU COME FROM A PLACE WHERE YOU SEE HOW LITTLE PEOPLE HAVE OR HOW OTHER PEOPLE LIVE AND YOU FEEL PRIVILEGED AND FORTUNATE TO BE LIVING IN THIS ALMOST DREAM WORLD ... YOU WANT TO GIVE BACK.”

STRESS, ANXIETY AND THE NEW ABNORMAL



TRENDING

By Chris Quirk

ILLUSTRATIONS BY MARK HUFFMAN

① 5 MIN.

Concern about the ongoing pandemic is just one of the ways stress and anxiety have become a fixture in our everyday lives.

Marisa Keever, a senior with a double major in Spanish and psychology, was swamped trying to keep up with the demands of her classes last year, as the COVID-19 pandemic forced classes online.

"I was constantly checking course websites, and always felt like I was missing assignments, or that I was missing an announcement that was posted," she said. "I was very burned out and tired, and I also had a really hard time staying motivated and positive. I did it, but it was tough to keep my stamina up during those times."

Keever spent the summer away from Bradley, in her rural hometown, working in an arts center and recharging. “I’m really excited to go back to in-person classes. With remote classes I had to study twice as hard to do well. But with the COVID pandemic still going on that is inflicting another kind of stress.

“It’s exciting to have some normalcy, but it’s a post-but-not post-pandemic period, and I’m feeling very conflicted.”

Dana Rawoens ’21, who earned her bachelor’s degree in psychology in the spring and returned to start her master’s in clinical mental health counseling this semester, also reported skyrocketing stress levels during the peak of the pandemic.

“If I had to rate it on a scale of one to 10, it would be an eight,” she said.

Besides Rawoens’ demanding academic schedule as she worked toward graduation, her brother had become seriously ill with COVID-19. Her brother recovered, but Rawoens said it was an extremely difficult time. While preparing to return to Bradley, she cast a wary eye on the Delta variant.

“I WAS CONSTANTLY CHECKING COURSE WEBSITES, AND ALWAYS FELT LIKE I WAS MISSING ASSIGNMENTS, OR THAT I WAS MISSING AN ANNOUNCEMENT THAT WAS POSTED.”

— Marisa Keever



THE NEW ABNORMAL

It wasn't supposed to be this way. As vaccination rates steadily increased, and infections, hospitalizations and deaths from COVID-19 declined, it appeared for a time the country was finally getting the upper hand over the disease. A return to normal seemed imminent.

Now, with COVID infections resurging and the more dangerous Delta variant becoming prominent, uncertainty reigns in a moment when we were supposed to be clear of the worst of the ravages of the pandemic. It's a new abnormal, with its own kinds of stresses and anxieties.

The American Psychological Association called the rates of stress in the U.S. a national mental health crisis in its 2020 survey, warning the exacerbating effect of the pandemic could have serious long-term social and health consequences. The report found 78% of those surveyed noted increased stress due to the current health crisis.

In particular, Generation Z (adults from 18-23 years of age) reported the highest stress levels of all generations, more than 20% higher than average for all adults, with turmoil and unrest as major factors.

The national political situation was another driver for increased stress overall, as well as racial tensions and fears of climate change. In short, stress has become an all too familiar part of everyday life for many, and the APA issued a call to action to curb the potential damage of escalating stress in the coming years.

THE STEALTH FACTOR

Understanding stress and anxiety and how they manifest is an important part of dealing with them. Stress is a natural part of life and can be triggered by events from the trivial to the traumatic, according to psychology professor Amy Bacon.

"Stress can come from something as small as running late for an appointment and hitting red lights on the way, and of course it can be as significant as experiencing a trauma or a threat to your physical health," she said. "There's a lot of range of stress and it obviously affects us differently across that range."

Bacon said many COVID-linked stresses come under the category of anxiety, stresses that may not have external triggers, often having to do with worries about the future and things we can't control.

"Whenever we have something like COVID, there's a lot of uncertainty and unpredictability of, am I going to catch COVID? Are my children going to catch COVID? What's going to happen in my workplace? Will I be able to have holidays with my family at Thanksgiving and Christmas?"

"Whenever you have that unpredictability and uncertainty, your mind is trying to solve that problem, and there's just no solution."

One of the more insidious aspects of stress can be its stealth. Those suffering stress may think they're fine or be loath to admit it.

"When folks say that they don't feel stress or anxiousness, I tell them, well, you actually do but it's a matter of degrees," said counseling professor George Armitage, who also has a clinical practice. "Some folks just simply do not know how anxiety manifests within the body, and the degree to which folks experience stress and cope with stress is different."

"If someone thinks they don't have stress, they're probably not trying to cope with it effectively. That itself can lead to more problems and it can become very cyclical."

"STRESS CAN COME FROM SOMETHING AS SMALL AS RUNNING LATE FOR AN APPOINTMENT AND HITTING RED LIGHTS ON THE WAY, AND OF COURSE IT CAN BE AS SIGNIFICANT AS EXPERIENCING A TRAUMA OR A THREAT TO YOUR PHYSICAL HEALTH."

— Amy Bacon



"SOME FOLKS JUST SIMPLY DO NOT KNOW HOW ANXIETY MANIFESTS WITHIN THE BODY, AND THE DEGREE TO WHICH FOLKS EXPERIENCE STRESS AND COPE WITH STRESS IS DIFFERENT."

— George Armitage

Another factor in identifying stress that goes beyond the everyday to the problematic is there are no clear signs indicating it's time to address it.

"Think about Maslow's hierarchy of needs," said Bacon. "At the very foundation is just keeping your body alive. And so we want to do things that keep our bodies safe and healthy and functioning the way they should."

Persistent sleep or appetite issues, or problems concentrating that affect your work or study, are indications it's time to address stress, but there are many individual variances.

"My stressors are not necessarily going to be your stressors, and that's one of the big issues that we've noticed in COVID. We're all in the same storm, but we all have different ships."

Beyond the harmful psychological impact of stress, Armitage believes it's important to remember the deleterious physical and interpersonal ramifications.

"Stress is psychosomatic," he said. "It's a psychological phenomenon, but it has somatic underpinnings, and many times these things can manifest physically or externally more than mentally, with things like muscle aches, headaches, conflicts in interpersonal relationships with parents, family, significant others and so forth."

Bacon noted the neurochemical effects can be extremely powerful. "Stress can cause the release of hormones, like cortisol, that are going to impact our entire physical system," she said. "That can mean issues with your heart, eating and digestion, and more."

According to the Mayo Clinic, high cortisol levels can also put people at risk for high blood pressure, stroke, and memory loss.

TAKING TIME OUT, SETTING BOUNDARIES

Dealing with stress can involve simple steps like taking a five-minute time out or reaching out to a health professional for assistance. In the clinical field, the concept is called stepped care, which refers to escalating measures by degrees, depending on the severity of the issue.

"With stress or anxiety, most people are going to experience a relatively mild level, a small number of people are going to experience a moderate level, and a smaller number still are going to experience at a severe level," said Bacon. "So whenever we're making these kinds of recommendations, we want to make the fastest, cheapest and least invasive suggestions first. If those people need more help, we pull out some additional kinds of therapeutic interventions."

The Centers for Disease Control and Prevention recommends talking about your feelings with trusted friends or family, maintaining connections with others, establishing a routine for rest, eating and exercise, and contacting a professional if you believe your stress isn't manageable.

"A lot of the best advice for stress is simply what an MD would tell you to improve your physical health," said Armitage. And while the advice sounds simple, putting it into practice under adverse conditions can be a challenge.

"I think as a society, we have probably the worst sleep patterns, the worst dietary patterns, and just the worst overall boundaries with regard to social media and devices that we've ever had."

Bacon concurred. "Things like exercise and sleep and eating well — those may seem like small things but they're not simple."

During the pandemic, Keever and Rawoens fashioned their own self-care and scheduling strategies to help keep them on track.

"I would just break down my days and create time slots for everything," said Rawoens. "If a paper was stressing me out, I'd dedicate two hours to focus on it and write, and do that for all my tasks. Sometimes though you have to just turn everything off and take time for yourself, and not feel so overwhelmed."

Keever landed on meditation as an effective self-care technique. By giving herself 10 minutes to rest and focus on her breathing, she was able to lower her stress.

"Between that and positive affirmation, I was surprised to see the result," she said.

"IT'S OK NOT TO FEEL OK"

With the increased attention paid to stress because of the pandemic, Bacon hopes stress and psychological issues generally become destigmatized.

"It's important to normalize stress and its negative effects," she said. "It's OK to be fearful and sad and frustrated about some of these experiences. But whenever emotions like anger and sadness and frustration start to have negative impacts on your life that may be the point where you might want to seek out additional care, and know that it's OK to feel not OK in these times."

"I've been encouraged to see some of these conversations surrounding mental health in the sports industry recently, with people like Naomi Osaka, Simone Biles and Michael Phelps acknowledging they're experiencing significant stress as part of their careers, and making the choice to step back for a bit. And it seems like those choices have been fairly well accepted."

On campus and among her friends and peers, Keever noted more conversations about anxiety, stress and mental health, and the actions of premiere athletes haven't gone unnoticed.

"I've seen people sharing posts congratulating these athletes on taking care of their mental health," she said. "Society's

"IF A PAPER WAS STRESSING ME OUT, I'D DEDICATE TWO HOURS TO FOCUS ON IT AND WRITE, AND DO THAT FOR ALL MY TASKS. SOMETIMES THOUGH YOU HAVE TO JUST TURN EVERYTHING OFF AND TAKE TIME FOR YOURSELF, AND NOT FEEL SO OVERWHELMED."

— Dana Rawoens



view of them is sometimes that since these athletes are so determined they should tough it out, but taking care of yourself isn't selfish, and they are setting a great example, especially for the younger generation."

The unpredictability of the current moment — beyond any more tangible factors such as health or changes in the workplace — is in itself contributing to greater stress.

"As a term it's the new fad, but there are a lot of folks in therapy and counseling right now thinking about how are they going to deal with the new normal, and how to transition to that," said Armitage. "Clients will say something like, 'We used to do that in the before times. We don't do that in current times. Maybe we can do that at a later time.'

"We're all dealing with the situational trauma of the pandemic. We're all dealing with isolation and depression from lockdowns and not having the freedom to do all the things that we want to do, and there's also the grief for the loss of a former life."

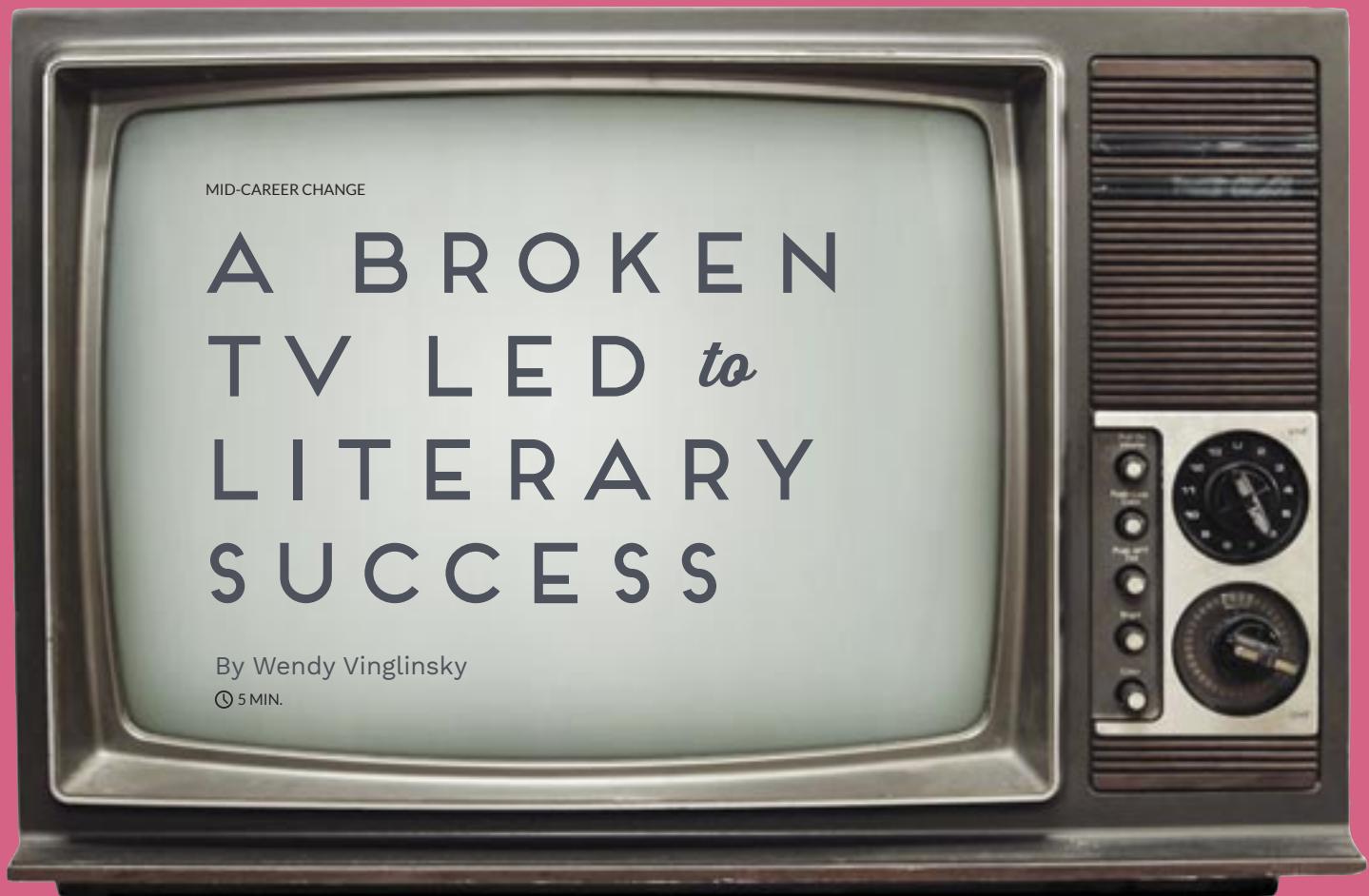
While psychologists typically focus on the individual, Bacon has found herself stepping back to look at the bigger picture and thinking about the foundations of society that can impact mental health.

"Self-care is important, but we can't self-care our way out of some of these broader problems in society," she said. "If you're not able to get childcare or if you're not able to keep your job, you're not going to self-care your way out of those situations. We do what we can for the individual, but to go back to

Maslow's hierarchy of needs, people need to be fed and they need to be housed. So we have to be thinking about expectations at work, childcare opportunities, job training and all of these bigger societal factors that can make a significant impact." **B**

"THINGS LIKE EXERCISE AND SLEEP AND EATING WELL — THOSE MAY SEEM LIKE SMALL THINGS BUT THEY'RE NOT SIMPLE."

— Amy Bacon



MID-CAREER CHANGE

A BROKEN TV LED *to* LITERARY SUCCESS

By Wendy Vinglinsky

© 5 MIN.

In a roundabout way, a failed childhood pact led this tech expert to fulfill his dream of becoming a novelist.

When Jeff Hoffmann '91 was seven years old, the family television broke beyond repair. His parents wouldn't replace the unit until he and his two older siblings simultaneously made the honor roll. The trio tried hard, but it would be a few years before they'd have the opportunity. In the interim, Hoffmann had nothing to do but read.

Forty-three years later, all that hard work and reading paid off. He sold his debut novel, "Other People's Children," to publishing giant Simon & Schuster in a major deal, uncommon for a first-time author.

ART IMITATES LIFE

Released in April under the pseudonym R.J. Hoffmann — "My initials are J.R., but when I said that everybody said 'Ewing,' (a reference to the popular '80s nighttime soap "Dallas") so we decided that it needed the swap" — the book takes on love, family and the expectations we carry into adulthood. Life doesn't always turn out as planned, and dealing with those disappointments can be heart-wrenching.

We meet Gail and Jon Durbin, a Chicago-area couple longing for a baby after suffering several miscarriages. Carli, a pregnant 18-year-old who dreams of finishing school, becoming a nurse and getting out of her small town, chooses the couple as prospective adoptive parents for her child.

When the Durbins bring home baby Maya, their family feels complete, but Carli second-guesses her decision — encouraged by her brash and conniving mother — during the mandatory 72-hour wait before signing the final adoption consent. What results is a

“ALTHOUGH MEN AND WOMEN TALK ABOUT THEIR EMOTIONAL EXPERIENCES VERY DIFFERENTLY, WE ALL FEEL THOSE SAME EMOTIONS. THE CONCLUSION I’VE DRAWN IS THAT IT CAN BE JUST AS DIFFICULT AND WONDERFUL TO BE A FATHER AS IT IS TO BE A MOTHER.”

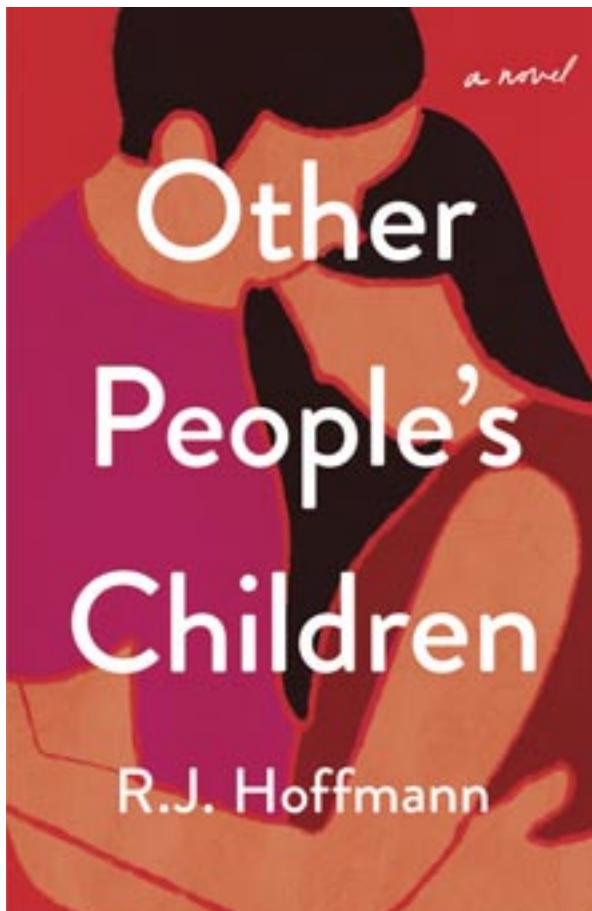
page-turning read that leaves the reader questioning who to root for and where little Maya will have the best life.

While the novel is a bit of a thriller, many of the themes are personal for Hoffmann. He and his wife, *Sara Cummings* '92, experienced the longing, waiting and uncertainty firsthand when they adopted their two children internationally. They also know what it means to fall instantly in love with their adoptive children.

Their daughter struggled during her teens and lived in a residential treatment center for a period. Hoffmann was pursuing a master of fine arts degree in fiction writing at Columbia College Chicago during that time — more on that later — and her difficulty greatly influenced the novel's serious tone.

“I wrote a number of short stories during my first semester. Pretty much all of them had distance between a parent and a child,” he said. “Some of the heaviness in the book is informed by what my daughter went through and by what my family went through with her. When we adopted Grace, we expected things to be easier for her, but, of course, sometimes life doesn't cooperate.”

Learning to deal with reality not matching his hopes and expectations weighed on Hoffmann. He also wanted to make sure the characters came across as empathetic, regardless of their beliefs or backgrounds.



What results is a multilayered story told from several viewpoints, with characters of different ages and socioeconomic backgrounds, fighting for what they think is best for their families.

Although the novel's start centers on miscarriage and birth, Hoffmann chose not to research those topics. Instead, he relied on empathy and advice from an interview with one of his favorite authors, Ian McEwan. The

British novelist sometimes avoids describing experiences that are completely foreign, but imagines them instead.

“If I had described it, I worried I might write a story that was disrespectful to women who have gone through those meaningful and traumatic experiences,” said Hoffmann. “I stayed away from concrete details and wrote in metaphor.

“Reading a couple thousand novels in my life — many of them from a woman's point of view — helps me to imagine a lot of things, but I try to be humble about what I'm able to describe accurately.”

Cummings also lent a hand. “My wife was always my first and most frequent reader, so she helped shape the work as well. She certainly helped me avoid some mistakes when it came to writing from the point of view of women.”

“*Other People's Children*” may be female-centric, but to Hoffmann, it isn't a book about motherhood; it's about parenthood.

“Although men and women talk about their emotional experiences very differently, we all feel those same emotions. The conclusion I've drawn is that it can be just as difficult and wonderful to be a father as it is to be a mother.”

TECH SUCCESS

Born and raised in St. Louis to a high school teacher father and a dental hygienist mother who were big readers, trips to the local library were commonplace.

"I was a regular kid that played soccer, and threw rocks, and shot bottle rockets, but there was this always an undercurrent of books and stories. I raced through the Hardy Boys, and Nancy Drew, and Encyclopedia Brown, but after that, the YA shelf was pretty thin back then."

Hoffmann started plucking books off his father's shelves. "I understood some of it, and other parts, not so much," he said. "But I was exposed to some high-quality writing early on."

In addition to the love of words, the elder Hoffmanns instilled a significant work ethic into their children. Hoffmann's father fixed up houses during his summer break and paid his youngest child minimum wage to help spackle, drywall and paint.

As teens, the siblings gave 10% of any earned income to their parents for college savings. The practice taught them the value of hard work and the importance of pursuing higher education. For a middle-class family in the 80s, however, college was not a time to pursue your passions. It was the place to learn a trade and start your career.

"If I told my parents that I wanted to go to college to be a writer, they would have said, 'That's nice. How are you going to make your living, though?' So it never even occurred to me to consider something like that."

His sister followed in their father's footsteps and became a teacher, while his brother became an accountant. Hoffmann pursued a finance degree, but stumbled into IT. Choosing Bradley set the trajectory for Hoffmann's business and literary success.

Hoffmann's first post-graduation job was at Andersen Consulting, the business and technology division of accounting mega-firm Arthur Andersen (now Accenture). Despite taking only one programming course in college, Hoffmann expanded those skills during his eight months with the company.

In March of 1992, he and his Sigma Nu fraternity brother **Bob Knott '91** quit their respective jobs to start their own technology consulting company.

"We didn't know what the hell we were doing; we were teaching ourselves programming as we went," Hoffmann said. "It was right when Windows was becoming mainstream. We were writing in one of the first languages built for Windows, so we were lucky enough to hit one of those inflection points where long hours can make up for ignorance."

The duo grew the company to about 35 people and sold it in 1998.

With some success under his belt, Hoffmann and Cummings — who'd been working with nonprofit organizations — were able to take time off. The couple sold everything and traveled around the world for 15 months before moving to Elmhurst, Ill., and adopting their two children. They shared parenting duty for the next few years, allowing Hoffmann time to finally focus on his writing passion.

"WE DIDN'T KNOW WHAT THE HELL WE WERE DOING; WE WERE TEACHING OURSELVES PROGRAMMING AS WE WENT."

“THAT PARTNERSHIP WITH BOB, SOMEONE I MET AT BRADLEY, ALLOWED ME TO DEVOTE A BIG CHUNK OF TIME IN THE MIDDLE OF MY LIFE TO SCRATCH THIS ITCH.”

“I wrote one really bad novel that’ll never see the light of day and a pile of short stories, a few of which were published. Then my COBRA (insurance) ran out, and I had to get a job again.”

Knott surfaced again, bringing in Hoffmann and a few other colleagues to buy a consulting company from its retiring founders. The friends retained a stake when they sold the company to a private equity firm in 2014, then sold it again to an accounting firm in 2018 — one year after Hoffmann left the company to pursue his MFA.

“That partnership with Bob, someone I met at Bradley, allowed me to devote a big chunk of time in the middle of my life to scratch this itch.”

FROM PROGRAMMER TO PUBLISHED

In September 2017, a then-48-year-old Hoffmann left his VP job to chase his dream of writing a novel. He enrolled in the MFA fiction program at Columbia College Chicago, using that instilled work ethic to make writing his full-time job. By Thanksgiving of his first semester, he had a 15-page short story that became the basis for “Other People’s Children.”

Hoffmann’s thesis advisor, program cohort, family, and friends read and gave notes over the next two years as he expanded that initial idea to the 374 pages in the completed novel. He sent the manuscript to more than 40 agents and was ignored or rejected by everyone except Harvey Klinger. The literary agent loved the book but suggested Hoffmann rip out a storyline, add a main character, alter the ending and more.



Just as he was graduating with his writing degree in December of 2019, he sent the recommended changes to Klinger. At the age of 50, his goal of publishing a novel was about to come true.

“Harvey signed me the first week of January and sent it out to a bunch of people the following week. By the next weekend, we had our deal with Simon & Schuster.”

“Other People’s Children” released in April of 2021 to rave reviews, but Hoffmann didn’t let the accomplishment shift his focus. He’s already completed a second novel and has started on a third. Finally finding success from his life’s passion, Hoffmann and his family’s broken TV prove you never know what might spark the inspiration that forms someone’s future.

“My love of books fueled my desire to write one,” he said. “Some people say you should read a lot if you want to write; I feel like that’s backwards. Don’t write unless you can’t help but read.” **B**

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Policies
NOTES Submissions are included as space permits. They may be edited for length or clarity and may be published in any medium.
PHOTOS Send us your high resolution photos: minimum 1,200 pixels on the shortest side.

class notes

1953

A presidential appointee, **Pete Velde** served as administrator for the Law Enforcement Assistance Administration in the Department of Justice. He gave the greenlight and provided funding to produce the first Kevlar suits.

1961

Sid Fey founded the nonprofit LovelsARose.com, which distributes roses with inspirational messages to caregivers, first responders, teachers and others. His company, Sid Fey Designs, has been in business for more than 50 years.

1967

Morton Green is a retired facial trauma surgeon. He earned advanced degrees at UCLA and Howard University; Morton taught at several institutions, including Bradley, and at elementary and high schools. Active in sports, he served as a volunteer trainer and team physician for high school squads and other groups. He lives in Calabasas, Calif.

1968

Ahadi White was named to the board of Art Encounter in Evanston, Ill.



“In the first week, two lives were saved, including a vest loaned by me to a DoJ sister agency for an agent’s special mission in Mexico. The agent was shot at least six times with a Colt .45”

— Pete Velde '53

1970

Robert and Verna Hammerlund Bergstrom '71, were high school sweethearts and best friends while at Bradley. They have three children and three grandchildren. A registered dietitian, she was food service and housekeeping director at Trinity Medical Center in the Quad Cities for 30 years. Avanti's was her favorite hangout and she enjoys knitting, quilting and reading.

Paul Gollnitz has three children.

Robyn Reid Mannix and her husband, Danny, have two children and a grandchild. She enjoyed Avanti's and fraternity parties. Her background in physical education led her "to run a tennis center for life." Robyn also enjoys volunteering for Special Olympics.

Gary McMahill and his wife, Joan, have three children and two grandchildren. He enjoys international travel.

Sue Mehrings remembered speech professor George Armstrong and the great team of Bradley debaters. She taught high school special education for more than 30 years and was the school's department chair for more than 15 years. She enjoys camping, cooking, gardening and reading.

Lee Montgomery has four children and three grandchildren.

Roger Quin and his wife, Linda, have two children and two grandchildren. He remembered "roaming the halls on crutches" and Steak 'n Shake was a popular hangout. He enjoys golf, cars and grandchildren after retiring as assistant controller at Keystone Steel and Wire.

1971

Janet Proffer Aldrich is an avid gardener who enjoys spending time with family and friends, attending theater productions and reading. She also officiated a same-sex wedding for friends. "Prof" has three children and four grandchildren.

Bob and Kathy Blair Benson have two children. Bob spent 45 years in retail and Kathy taught elementary school. They remembered basketball games and concerts in the Field House.

Douglas Bloomfield remembered his best friend driving from Long Island, N.Y., to Peoria to visit him, and the bar down the hill from campus. He won the Chairman's Award four times as a store manager for J.C. Penney and now enjoys auto racing, car club and bocce ball. Doug and his wife, Barbara, have two children and four grandchildren.

Karen "Mickey" Watson Bussone and her husband, **Frank '64**, have one child and three grandchildren. Avanti's was Mickey's top hangout and she recalled the "lovely bathing suits" for swimming class and walking across campus in the snow to attend basketball games. She worked as an educator for about 10 years before switching to nursing and became the first adult nurse practitioner at OSF Healthcare. She now works in critical care services. She took up golf, learned to play the guitar and likes traveling and being with family.

Bob Cluskey Jr. remembered accounting professor John Ruble and sitting on the steps of Holmes Hall with some AFROTC members anticipating an anti-war protest. He likes to travel and volunteer. Bob said the "USAF sent me around the world."

Larry Coffman enjoys taking vacations with his wife, Belen, and writing books about the history of rock 'n' roll. They have three children and seven grandchildren. He remembers journalism professor Paul Snider, the Hitching Post and Avanti's. Larry covered two NCAA basketball finals as a sportswriter.

Ralph Dellar is active in Toastmasters International and was once Toastmaster of the Year for his district. He's also involved with family history and genealogy and is writing a crime book. He remembered spending time at Cullom-Davis Library and the math study group with friends and classmates. He is married to Frances.

Ken Eichorn and his wife, Priscilla, have two children and three grandchildren.

Rick Frederics remembered economics professor Kal Goldberg, hanging out at the Student Center and Avanti's. He enjoyed basketball games at the Field House and being a part of Alpha Phi Omega and ushering at concerts. Rick became a CPA and professor at Lasell University. He enjoys spending time with family, visiting aquariums, classical music and reading, especially historical fiction. He and his wife, Sarah, celebrated their 50th anniversary. They have two children and three grandchildren.

Ed "Gabe" Gabrielsen and Su Canaday Gabrielsen have two children and five grandchildren.

John Gaida enjoys car collecting and biking. He has two children and five grandchildren and was senior vice president of Texas Health Resources.

Bill Hach has one child and three grandchildren.

Richard Heneberry married **Joyce Murphy '73**; they have four children and seven grandchildren. He recalled Vice President of Student Affairs, Emeritus, Alan Galsky and Maroon's Hitching Post near campus, along with Bradley basketball and baseball. He enjoys golf, exercise and being with grandchildren after spending 38 years at Allstate, including leading the company into the internet era as vice president of marketing.

Kathleen Esser Hesse liked Bradley Park in the fall and spring, gondolas from Avanti's, SI's Hitching Post and attending basketball games and concerts. "Working in a preschool speech and language classroom brought frequent surprises, much laughter and new challenges every day," she said. Kathy and her husband, John, have four children and six grandchildren. She enjoys kayaking, pickleball, hiking, traveling, reading, cribbage, volunteering, watching old movies and "sleepovers with the grandkiddos."

class notes

Marsha Green Hoffman and her husband, **Jim '64**, have one child. She enjoys people and retired after 36 years as an educator. She earned a master's degree in special education and took additional classes in school administration, becoming the principal of a junior high school in Oregon.

Jeff Kahn remembered Avanti's and German professor William Weiersheuser. He served 20 years in the Army, 13 of those in Europe, including at the U.S. embassies in Vienna, Paris and Budapest, Hungary. Jeff helped the first democratically elected Hungarian government (post-Communism) and organized the 40th and 50th anniversary ceremonies for D-Day. His last day on active duty was spent at the White House and Arlington National Cemetery attending Memorial Day events with former President Clinton.

Dave Kirkel and his wife, Jean, have two children and six grandchildren. He holds two U.S. patents and was the creator of Yucca Dew Shampoo. A classic car fan, he recalled "just hanging out with the guys in U-Hall freshman year," Avanti's and chemistry professor Donald Glover.

Gary '71 and Diane Reporto Kumpf '70 celebrated their 50th anniversary in October. They have two children and five grandchildren. He remembered Romeo B. Garrett, the Hitching Post and College Inn, as well as Theta Xi parties and IFC football games. Gary enjoys golf and works as a handyman for his local historical society.

Robert Miller and his wife, Ann, have two children and six grandchildren. A co-op student, his hangouts were the Student Center and Chicken A Go-Go. Robert also started his own company.

Fran Levy Sachs and her husband, **Bobby**, have two children and three grandchildren.

Howard Solomon remembered hanging out at Chi Rho. He holds a doctorate from Florida State University. Howard also enjoys playing and demonstrating the autoharp.

John Storrier worked as a television executive and enjoys motorcycles and bocce ball.

Harold Symmonds remembered watching concerts at the Field House and hanging out at the Student Center. He enjoys investing, technology, and he and his wife, Melissa, like movies and travel.

Pat Hanson Thompson and her husband, **Al '69**, dated for two years before getting married. They have three children and three grandchildren. They moved to four different states for Al's job with Sears before ending up in Decatur, Ill., for 37 years. She worked part-time as an accountant and home-schooled her children. The couple is active in their church, with their grandchildren's school and enjoy the local park district and nature center.

Janet Putz Vogler and her late husband, Lawrence, have one child and two grandchildren. She was advertising manager for Barclays US, a Fortune 500 company.

Bill Wagner and his wife, Barbara, have one child. Bill remembers LaHood's restaurant and July 4th parties at the Kappa Delta Rho house. He now enjoys travel and craft beers. Bill's highlights from his Bradley years are "too many to enumerate."

Marcia Jaffee Westreich and her husband, Randy, have one child.

1973

Annette Alsace Eckert is a retired judge and 2021 St. Louis Woman of Achievement for her work as a teen advocate. She earned a law degree at DePaul University's School of Law.

1974

Tony Colletti is on the board of directors for International Battery Metals Ltd. He serves as chief operating officer of private investment firm 3867 Partners, LLC and leads Colletti & Associates. He earned a juris doctor at the University of Notre Dame Law School.

"I was a member of the St. Clair County Juvenile Justice Council and recommended we start a pilot program. Six years later we are still here and have over 200 graduates and an 8.6 (percent) recidivism rate."

— **Annette Alsace Eckert '73**

Larry Richman joined the board of Avison Young, a commercial real estate adviser. During a 40-year banking career, he worked for LaSalle Bank, The PrivateBank and CIBC Bank USA. He earned advanced certification from Stanford University and an MBA from the Kelley School of Business at Indiana University, where he is on the dean's advisory council. He served as a Bradley trustee. A Centurion, he also is the first outside member of the board of directors for Mesirow Financial Holdings, Inc., an independent, employee-owned financial services company.

1977

Steve Weller, an official scorer for Major League Baseball's Texas Rangers for 27 years, finally worked his first no-hitter in April, when the San Diego Padres beat the Rangers. Weeks later, he worked his second when the New York Yankees beat Texas.

1978

Robin Kelly M.A. '82 HON '14, a member of the Bradley Board of Trustees, is a U.S. representative and the new chairman of the Illinois Democratic Party, serving through the 2022 elections.

1982

Timothy Brooks accepted a position as an instructor of electrical engineering at Hanover College in Indiana.

Nuria Fernandez became the 15th administrator of the Federal Transit Administration in June. She was CEO and general manager of the Valley Transportation Authority in California and also oversaw O'Hare and Midway airports as commissioner for the Chicago Department of Aviation.

Holly Mueller Kaplan retired from the University of Georgia after 22 years as clinical professor of the College of Education's speech and hearing clinic.

Patti Cicciarelli-Patrick is vice president and chief strategy and growth officer for Jupiter Medical Center. She is responsible for identifying, assessing and implementing strategic initiatives for physician partnerships, business development, physician relations, and marketing and communications.

1983

Maggie Bosley is deputy village manager for Glenview, Ill. She has been their finance director since 2012.

Ken Gray M.S. '89 is vice president of business development at RISE Robotics. He worked more than 25 years for Caterpillar Inc. and was its first global director of innovation.

Mark Wojcik, a law professor at John Marshall Law School at the University of Illinois at Chicago, won the 2021 Civil Justice Scholarship Award from the Roscoe Pound Civil Justice Institute. He earned his juris doctorate at John Marshall Law School, now the University of Illinois Chicago School of Law.

1984

David Lefton, a Cincinnati attorney, is president of the Ohio State Bar Association. He has served in other bar association positions at the state and national levels. David earned his law degree at the University of Dayton Law School and has been named an Ohio Super Lawyer.

Donald Moore is senior vice president of real estate, facilities and operations for Children's Hospital of Philadelphia. Previously, he was vice president of real estate and facilities at Drexel University and earned an MBA at Stockton University.

1985

Fraser Engerman joined Walgreens as senior director of external relations. He will oversee media relations for the retail pharmacy leader. Prior to joining Walgreens, he led global media relations for Johnson Controls. Engerman is also a former television journalist.

John Kasner is vice president of finance at Four Winds Casinos in Indiana and Michigan.

1987

Sarah Lehrke Gonzales received the AMP CHAMP research award from the Illinois CancerCare Foundation. She serves as grants manager/research coordinator for the Bleeding and Clotting Disorders Institute in Peoria.

1989

Bruce Jennings is vice president at STV, where he had been an engineering director. He has been at the company since 2005, serving as project director for work throughout the Chicago area.

Amy Read is principal at Spring Avenue Elementary School in LaGrange, Ill. She was a principal in Downers Grove and Oak Brook in the Chicago suburbs. She earned master's degrees from Northeastern Illinois University and Simmons College.

1990

Joseph Christensen is the new dean of the College of Natural & Health Sciences at Thomas More University in Kentucky. He is a tenured associate professor of physics and served as chair of the math and physics department. He earned a doctorate at the University of Kentucky.

Gov. JB Pritzker named **Michelle Ishmael** to the Illinois Educational Labor Relations Board. She is a lobbyist and consultant for the Illinois Education Association.

Ellen Spitalli serves as a Spanish language instructor at Jefferson High School in Wisconsin. She earned her master's degree from Northern Illinois University and a second master's from Benedictine University. Ellen previously taught at Naperville Central High School in Illinois for more than 20 years.

class notes

1991

Calvin Butler, CEO of Exelon Utilities, is vice chair of the Institute of International Education, a nonpartisan group focused on educational exchanges and administrator of the Fulbright Scholarships and other educational programs. He also was listed in the 2020 list of Most Influential Black Executives in Corporate America by Black Enterprise Magazine. He earned a J.D. degree at Washington University in St. Louis.

Scott Byrd is on the board of directors for AlgoTherapeutix. He is board chair at Acacia Pharma Group Plc and entrepreneur in residence with Frazier Life Sciences. He earned an MBA at Harvard Business School.

Tamara Mika Carlton is director of social determinants of health and product development at MTM, Inc., responsible for developing and implementing strategies to address health disparities and healthcare access. She earned an MBA at Saint Louis University.

Vince Leon is director, continuous improvement for Matalco. He also serves as president of the Arlington Heights Lions and as zone chairman for District 1-F.

Continental Who's Who named **William Mikita** a Top Attorney. A certified civil trial attorney, he received his juris doctorate from Seton Hall University School of Law.

1992

Tim Darter is executive assistant for the town of Pownal, Vt., overseeing municipal operations and administration.

Jeff Hill was promoted to regional president–Wisconsin, overseeing three campuses in the state for Herzing University. He earned an MBA at Westwood College and a doctorate from Benedictine University.

“What I love about the renovation process is it’s about renewal and you can apply that to basically anything in your life ... There’s always potential there for improvement.”

— Elizabeth Hartter '93

1993

Elizabeth Hartter '93, known professionally as Elizabeth Hart, worked in TV news and weather for several years and started Ready, Set, Renovate, a syndicated home remodeling show seen in Florida and nearby states. It recently was syndicated in 60 additional national markets, including Peoria. She also hosts another syndicated lifestyle show, Daily Flash.

Kristin Smith Ladewig retired after almost 26 years with financial services firm Edward Jones.

1994

LaTonya Davis is an assistant principal at Thompson Junior High School in Oswego, Ill. She holds a master's degree from Concordia University and a doctorate from Aurora University.

Trinity Health named **Daniel Isacken Jr. M.A. '17** as executive vice president and chief financial officer. Previously, he worked for Loyola Medicine.

Peter Jones joined Tucker Ellis LLP in Columbus, Ohio, as a specialist in ESOPs (Employee Stock Ownership Plans). He earned his law degree at Capital University Law School.

Mona Stone is listed among the 2021 Most Influential Women in Arizona by AZ Business and AZRE magazines. She is senior vice president, general counsel, chief compliance officer and corporate secretary for Goodwill of Central Arizona. She earned a juris doctor from Tulane University Law School. Her husband, **Scott '93**, also graduated from Tulane Law.

1995

Brigitte Sadowsky Mutter is director of assessment and evaluation for the Thompson School District. She has a master's degree from the University of Northern Colorado.

Omar Osman M.S., acting secretary for the Illinois Department of Transportation, received the 2021 Honorable Ray LaHood Award from WTS (Women in Transportation International). The national award, named for former U.S. representative and transportation secretary Ray LaHood '71, honors Osman's efforts to promote diversity.

1996

Abdullah Konak MSIE is distinguished professor of information sciences and technology at Penn State Berks. Author of more than 50 scholarly articles, he has been visiting professor at Cornell and Lehigh universities and the Chinese University of Hong Kong. He earned a doctorate at the University of Pittsburgh.

Rachel Newcomb is principal at Chelsea Intermediate School in Frankfort, Ill., where she had been assistant principal. She earned master's degrees at St. Xavier and Lewis universities.

Billy Wright is the new boys' basketball coach at his alma mater, Richmond High School (Ind.). He also will serve as director of student support for Richmond schools.

1997

Mike Reik is retiring in 2022 after 13 years as superintendent of the Platte County R-III School District in Missouri. He earned master's and doctorate degrees from Northwest Missouri State University.

1998

Lee Bloome marked 15 years with Hanson Professional Services Inc.'s Springfield (Ill.) office, where he works on water and wastewater infrastructure projects.

Adam Delevitt serves as director of broadcast and streaming media for Rush Street Interactive, a Chicago-based online casino and sports betting company. He worked at WMVP 1000-AM, an ESPN station for 21 years, recently as senior program director.

Robert LaGrant is vice president and wealth adviser at RMB Capital in the firm's Milwaukee office. A certified financial planner, he also worked for JP Morgan, Fidelity Investments and Charles Schwab.

Jonathan Sweet is editorial director for the Industrial Fabrics Association International, managing the organization's six magazines. He also recently published his sixth book and first fiction work, "Enter the Jackal."

"With the decline of pensions and the erosion of social services, it's imperative to develop a personal plan of action. The creation, building, and ability to sustain and effectively transition wealth has never been more timely."

— **Robert La Grant '98**

class notes

1999

Dana Liberton is principal at North Kirkwood Middle School in Missouri, where she also served as assistant principal. She has been with the district for 22 years and earned a master's degree at Lindenwood University and a doctorate from Maryville University.

Nicholas Thirkettle is co-producer and voice performer in the independent feature film "A Ghost Waits," a horror-romance hybrid that has been honored at several film festivals.

Palo Alto University has appointed **Erika Cameron Nash** to serve as provost and vice president for academic affairs.

2000

Sarah Meinen Jedd teaches rhetoric, politics and culture at the University of Wisconsin-Madison. Her husband, **Ben '01**, is director of marketing and communications at the University of Wisconsin-Platteville. He was a member of the Bradley speech team and was inducted recently into the National Forensic Hall of Fame. *See bells & rattles.*

2001

David Braun MBA was appointed general manager of Connect Transit, the public transportation system in Bloomington-Normal, Ill. Previously, he was director of transit operations for the Southwest Ohio Regional Transit Authority in Cincinnati.

Courtney Yonke DeMent is principal at Downers Grove North High School in the Chicago suburbs. She earned a master's degree at the Illinois at Urbana-Champaign and is completing a doctorate at Aurora University.

2003

Kristen Fox Lampert is managing director of the talent consulting and coaching practice at TalentRise, an executive search and consulting firm where she had been a senior talent and leadership consultant.

Lyz Liddell is the editing manager for Magic: The Gathering at Wizards of the Coast

The National Forensic Hall of Fame inducted **Vance Pierce M.A. '05**. He is associate director of student organizations and director of forensics at the University of Illinois at Chicago.

2004

Justin Malohn is engineering manager for Noise Barriers, a maker of noise control products for industrial and architectural uses.

2005

Jeff Loster is the new director of public works and development services for River Forest, Ill. He had been village engineer since 2013.

2006

Jacob Bland is the president/CEO of Youth for Christ. He had been chief of the staff to the group's CEO and has been involved with YFC for 23 years. Jacob earned a master's degree at Huntington University.

Brian Groth is public utilities director-electric in Naperville, Ill. He joined the utility company in 2006 and had been deputy director for engineering and operations. He earned a master's degree at Northwestern University.

Gabe Grzeskiewicz MSA is a partner at Porte Brown LLC in Elgin, Ill.

Dana Scotti Packer is an equal employment opportunity specialist with the Social Security Administration.

Nick Passini is a leader of a tax consulting group at tax and consulting firm RSM US LLP in Davenport, Iowa.

2007

Abigail Peters McMurray has her artwork decorating the set of the TV show "Making It." She is an artist in Arlington, Mass.

Ariel VanCleave is senior editor/audio news at WBEZ FM in Chicago. Previously, she was news director for Aspen Public Radio in Colorado.

2009

Carey Bertram Belcher joined Samaritan Palliative Care as a nurse practitioner. She earned a master's degree at Indiana Wesleyan University.

Keith Mundrick is on the board of directors for the Defense Trial Counsel of Indiana. He is a partner with Smith Amundsen in Indianapolis and a graduate of the Robert H. McKinney School of Law at Indiana University.

Jennifer Reed is an internal medicine physician at Memorial Medical Clinic in LaHarpe, Ill. She earned her medical degree at the Southern Illinois University School of Medicine-Springfield and completed her residency at Indiana University's School of Medicine.

Stacy Belha Wille is ICU supervisor at Genesis Medical Center's East Campus in Davenport, Iowa.

2010

Jacob Cohen is public relations/marketing director for the Highland Park Players theatre company in Highland Park, Ill. Two other alums — **Sarah Tilford-Rodriguez** '14 and **Abigail Rakocy** '05 — are involved in the company's first post-COVID live show, "Matilda The Musical" this fall.

2011

Ashlee Pierson De Nooy DPT founded Body Works Women's Health and Wellness in Greer, S.C.

Ashley Edlund is a reporter for WFTV Eyewitness News in Orlando, Fla. She previously worked at stations in Alabama, Georgia and New York.

Kelsey Smith earned her senior reactor operator license in December 2020. Issued by the U.S. Nuclear Regulatory Commission, this license allows her to supervise the operation of controls of both nuclear reactors at the LaSalle County Generating Station in Marseilles, Ill. She joined Exelon in 2015 and worked as an Environmental Chemist prior to beginning her license training.

2012

Alan Fuehring, a broadcaster for the Bridgeport Sound Tigers, did the radio call for his first NHL game in April, featuring the New York Islanders. He also called a second game for the Stanley Cup semifinalists later in the month. Fuehring also worked for the Peoria Rivermen hockey team.

Jesse Reynolds is executive director of the Leadership Academy of Madison County in Indiana. He earned an MBA at Indiana Wesleyan University.

2013

The New York Yankees traded **Mike Tauchman** to the San Francisco Giants in April. He led NCAA Division 1 players in hitting with a .425 average while at Bradley and also played for the major league Colorado Rockies.

Jeff Utsinger M.A. is the assistant superintendent of schools for Canton, Ill., District 66. He was middle and high school principal in Stark County, Illinois, and is a doctoral student at Western Illinois University.

2014

Samantha Babb is director of the St. Louis Coro Fellows Program. She also holds a master's degree from Clemson University. Previously, she worked at Duke University.

Derek Cantù was a public affairs reporting intern for NPR Illinois during the spring 2021 legislative session. He earned a master's degree at Kansas State University.

Jordan Garcia won the United Way of Central Indiana's Elevate Award for Community Ambassador of the Year. She currently serves as community outreach manager in Indianapolis.



(l-r) Abby Rakocy '05, Jacob Cohen '10,
Sarah Jean Tilford '12

"What a joy it was to reconnect with fellow Bradley alum and create art together!"

— Sarah Jean Tilford '12

class notes

2016

Ford Motor Co. has promoted **Caleb Aeschliman** to export manager within their Global Customs department in Dearborn, Mich. Caleb has oversight to Ford's export processes pertaining to customs requirements and regulations across the U.S., Canada and Mexico.

Kristen Busch DPT '19, a former Bradley cross country star, is a physical therapist at the Injury Free Running Clinic at St. Elizabeth's Outpatient Therapy in O'Fallon, Ill.

Tarah Mundy joined Spooner Physical Therapy Fountain Hills in Arizona. She earned a DPT at the University of St. Augustine in Florida.

2017

Sean Cain, MBA is president of Illinois-based Morton Buildings. A 25-year veteran of the company, he initially was hired as a construction worker and most recently served as general manager of field operations.

Matthew Crusen joined the Minneapolis law firm Sieben Carey. He joined the firm while attending law school at the University of St. Thomas.

Quincy Keck is general manager of the Yard in the Johnston, Iowa, Town Center, a central greenspace and recreational venue.

Logan Ketterer signed with the Portland Timbers of Major League Soccer. He was drafted as a goalkeeper by MLS' Columbus Crew SC in 2017 and also played for the El Paso Locomotive FC of the USL.

2018

Bryan Fouts joined Maranon Capital, L.P. as a structured product analyst after working at the financial firm Alter Domus.

2019

Andrea Jabson joined Crosby Marketing Communications' social media team. She previously served as a communications associate at PenFed Credit Union.

Luke Mangieri signed with the Southern Illinois Miners, an independent minor league team, for the 2021 season. He spent two years in the Pittsburgh Pirates organization.

Corinne Owen MSN-FNP joined Regional Health OB/GYN in Terre Haute, Ind.

2021

Brayden Huddleston, a former cross country and track runner, is a design engineer in the marina division of BRP Inc.

SPEAK UP!

bradley.edu/magazine/submit-a-class-note

We know you're out there, but we don't know how you're doing. Share what's going on in your life with your classmates and friends. And make sure we have your correct email or home address so we can always stay in touch.



feedback

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When I enrolled at Bradley in the fall of 1967, I was assigned to live in Williams Hall. Williams was a new dorm, complete with air-conditioning and a dining hall right on the premises. I loved living there. I thought the food was really good, but there was one entrée my friends and I especially liked called Russian Tomato Soup. It just was so delicious for lunch on a cold winter's day. Made up of ground beef and tomato sauce with chunks of tomatoes, diced onion, celery and chili spices, it wasn't the same as chili, but it was outstanding.

After several years at Williams Hall, I decided I wanted the recipe for Russian Tomato Soup to take with me when I graduated, so I asked the head cook in the cafeteria if she could write out the recipe for me. She laughed and said, "Well, I will have to cut it down somewhat, since we use fifty pounds of ground beef, ten gallons of crushed tomatoes, etc., but I will try." Not long after, she handed me a recipe that was proportioned just right to make a large pot of soup. I thanked her and told her this recipe would be a keeper for me.

Now, more than 50 years later, I still make Russian Tomato Soup for my husband and family in my 52-year-old electric saucepan given to us as a wedding present. I think of Bradley, Williams Hall and that great dorm cook every time I make it.

Claudie Glick Huey '70

Not including Avanti's, my favorite thing to eat at Bradley was the tuna fish in the cafeteria. While at Bradley, I learned Catholics don't eat meat on Fridays. Every Friday, they served tuna fish in the cafeteria for lunch and dinner. It was very creamy. I would eat it "religiously" each week for both meals.

Michelle Marcus '97



Russian Tomato Soup

Brown and cook together in a large pot or saucepan:

1 to 2 pounds ground round

2 cups chopped onion

2 cups chopped celery

When the meat is browned, drain the grease.

Then add these ingredients: 1 (12 oz.) can tomato paste

1 (28 oz.) can or diced or crushed tomatoes (cut up a bit)

1 or 2 (8 oz.) cans tomato sauce (optional)

1 large (46 oz.) can tomato juice

several tablespoons chili powder

10 shakes or more of Tabasco sauce

1/4 cup or more of Worcestershire sauce



Claudie Glick Huey '70

Use the seasonings to your taste. This makes a huge pot, so I really like a lot of the seasonings. Simmer for at least an hour — more time is better. This soup keeps well in the refrigerator for days and freezes well.

There were two restaurants my friends and I liked to go to most of the time. One was LaHood's Pizza and the other was Hunt's Restaurant. Hunt's had a breaded, fried sandwich that overflowed the bun. It was called something special but I forgot the name. My friend **Greg Florey '69** ate there EVERY day. It was a habit, just like buying a new Buick every year was for him. Greg was in Air Force ROTC just like I was. I retired as a Lt. Colonel in 1992 and I'm sure he did, too. Hunt's was across or up a short distance on a street at the bottom of the hill across from the College Inn where we used to sit and drink our Cokes (Ha Ha). However, when our parents came to town we ate at Vonacher's Junction or the Pere Marquette Hotel or Downtown Steak House where we used to see Richard Pryor! What great memories. I haven't been back since 1995. I'm sure the place has really changed. Who thought we'd be eating sushi?

Steve Comeau '75

Smokey Dog with cheese, Lardano's pizza and Phone a Feast.

Burt Raabe '69 M.A. '96 M.A. '10

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bells & rattles

- 1 Minnie Marigold Jedd, fifth child of Ben '01 and Sarah Meinen Jedd '01, born Aug. 13, 2020.
- 2 Skyler Ainslie Peplow, daughter of Michael '01 and Tera Lippert Peplow '07 MBA '09, born August 2020.
- 3 Eleanor Mae Roth, daughter of Rob '03 and Jen Friedman Roth '05, born Dec. 1, 2020.
- 4 Maeve Catherine Himes, daughter of Craig '04 and Kate Fombelle Himes '06, born Jan. 26.
- 5 Dana Scotti '06 married Brian Packer, July 2.
- 6 Abigail Cristine Costello, daughter of Joseph '09 MBA '13 and Christine Maliwanag Costello MBA '13, born Feb. 19.
- 7 Karrie Fulsang '11 and Kevin Schenke '12 married Dec. 8, 2020.
- 8 Crystal Spear '13 married John Stewart, Jan. 23.
- 9 Lisa Nootbaar '16 and Michael Holwey '16 married Sept. 12, 2020.
- 10 Maddox Bradley Dubs, son of Ryan '16 and Meghan Johnson Dubs '16, born Oct. 7, 2020.
- 11 Zachary Gibbs '16 and Lauren Sadorf '18 married Oct. 17, 2020.
- 12 Hannah Iglesias '18 and Robert Reichert '19 married Sept. 12, 2020.



8

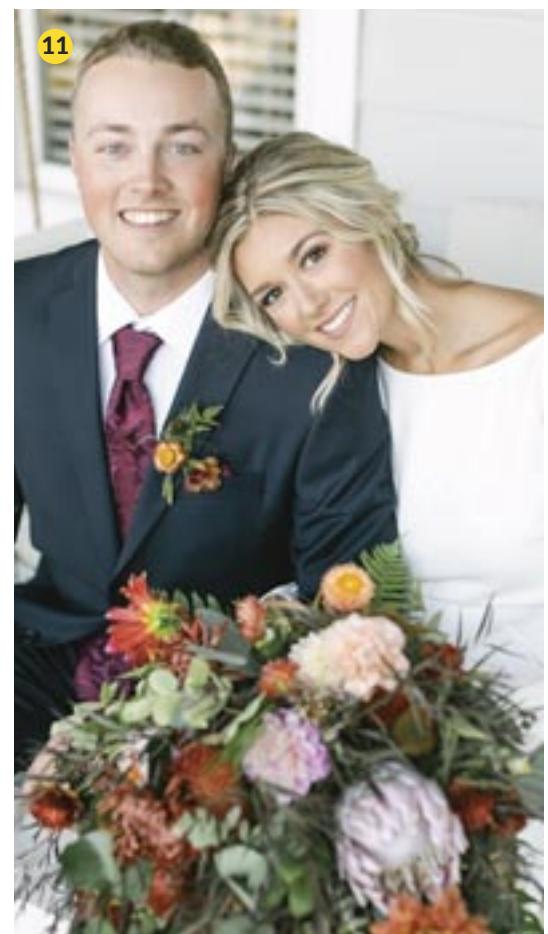


12



9





passages

Current and Emeriti Faculty

Christina McDaniel

Christina McDaniel, assistant professor of education and co-director of the Center for STEM Education, died Sept. 2 in Peoria. She was 53. At Bradley for more than four years, she earned her graduate degrees at Mississippi State University and was the 2020 winner of the College of Education and Health Sciences Faculty Achievement Award for Service. Surviving are her husband, Christopher, two daughters, her mother and two brothers.



Henry Hellenek

Henry Hellenek, associate professor of chemistry and biochemistry, emeritus, who taught at Bradley from 1967–2012, died March 7 at 80. While at Bradley, he was instrumental in founding the hockey club team. Surviving are one daughter and extended family.

Edward Kaizer

Edward Kaizer, professor of music, emeritus, who taught at Bradley from 1970–2016, died April 9 at 84. A winner of the Rothberg Professional Excellence Award, he performed nationally and internationally, often with his wife, Janet. He is survived by four children, including **Claire Kasamis '86** and **Laraine Kaizer-Viazovtsey '98**, and six grandchildren.



John Sathoff '53

John Sathoff '53, professor of physics, emeritus, who taught at Bradley from 1961–2000, died June 28 at 90. Prior to joining Bradley, John was an Air Force veteran. He served as physics department chair for 30 years and was active in community service. Surviving are a son, **J. Blake Sathoff '83**; a daughter, **Nadine Sathoff Muehlbauer '85**; numerous grandchildren and great-grandchildren; a sister, **Mary Mullinax '79**; and extended family.

Dick Hartman '54

Dick Hartman '54, professor of business administration, emeritus, died Aug. 9 at 89. He taught 40 years, winning the Putnam Award for Excellence in Teaching in 2000; Dick also served as acting dean of the Foster College of Business, director of the MBA program and chair of business management. Surviving are his wife, **Bobbi Parks Hartman '63**; one daughter, **Sue Brock '86**; a son, **Rick MBA '92**; and extended family.

Staff



Ron Ferguson

Ron Ferguson, athletic director from 1978-96 and executive director of special projects, died July 8 at 89. A member of the Bradley Athletic Hall of Fame and the Greater Peoria Sports Hall of Fame, among others, the men's basketball team won five conference championships and made eight postseason appearances during his time as AD, winning the 1982 NIT. Ron was also an Army veteran and longtime high school coach. Surviving are his wife and three children, including **Brad '86**; two stepchildren; and 12 grandchildren.



Stan Albeck '55

Stan Albeck '55, who led Bradley to the NCAA Tournament as a player and a coach, died March 25 at 89. Albeck coached four NBA teams and four collegiate teams, including Bradley, from 1986-91. Stan was the Missouri Valley Conference coach of the year in 1988 and a member of the Bradley and San Antonio sports halls of fame. Surviving are a brother, five children, and extended family.

Beth Kingdon Folkers '43, July 3, Wayzata, Minn.
William Curry '48, July 28, East Peoria, Ill.
Phyllis Schafer Tabor '48, April 17, La Jolla, Calif.
Harold Miller '49, April 14, Peoria
James Burley '50, June 19, Peoria
John Carlson '50, July 12, Batavia, Ill.
Nelson KJ Chang '50, Feb. 15, Honolulu
Thomas Fink '50, June 6, Anchorage, Alaska
Bernice "Bonnie" Malchow '50, March 28, Oregon City, Ore.
Conrad Pawlowski '50, April 28, Northbrook, Ill.
Robert Flanagan '51, June 21, Mascoutah, Ill.
Owen Henn '51, April 8, Benbrook, Texas
James Logsdon '51, April 13, Bartlett, Ill.
Phyllis Hunt Fabry '52, July 12, Wyoming, Ill.
Robert Pusch '52, March 14, Menifee, Calif.
Martha Thomas Casselberry '53, May 20, Pompano, Fla.

Beverly Eisele Holmes '53, June 4, Brimfield, Ill.
Richard Pealstrom '53, March 30, North Huntingdon, Pa.
Lyman Riegel M.A. '53, March 14, Springfield, Ill.
Roger Anderson M.S. '54, March 19, Watseka, Ill.
Leo Davis '54, Dallas, Texas
John Deininger '54, July 21, Newport Beach, Calif.
Ernst Kellerstrass '54, March 19, Elmhurst, Ill.
James Oltman '54, April 7, Scottsdale, Ariz.
Les Podgorny '54, Feb. 28, Seattle
Stanley Togikawa '54 MBA '54, March 6, 2020, Honolulu
Robert Engelman '55, May 10, Bellevue, Iowa
Marilyn Flynn '55 M.A. '63, July 16, Stockbridge, Ga.
Barbara Brown Hutt '55, May 8, Peoria
Ron Konetsky '55, June 5, Thousand Palms, Calif.
Thomas Kromphardt '55, July 30, Peoria

Alan Lisle '55, April 2, Indianapolis
Jack McCurdy '55, April 25, Elmhurst, Ill.
Kenneth Blair '56, May 9, Peoria
Robert Reber '56, June 6, Crystal Lake, Ill.
Joseph Shryock '56 M.A. '71, May 10, Chillicothe, Ill.
John Spring '56, July 13, Empire, Mich.
Robert Denton '57, May 23, Peoria
G. Paul Gerdes '57, July 12, Peoria
Lois Ladley Powers '57 M.A. '78, Aug. 4, Charlotte, N.C.
David Anderson '58, March 4, Ellensburg, Wash.
Edwin Ehrhart '58, May 27, Peoria
Patricia Foster Frederick '58, May 26, Great Falls, Va.
Louis Larson '58, April 25, Darien, Ill.
Edward Markey '58, Feb. 23, Columbus, Ohio
Frank Vojta '58, April 5, Toulon, Ill.
Nancy Lahvic Borman '59, July 18, Montrose, Colo.
James Brentz '59, April 23, Sandy, Utah
Patricia Prazak Eldridge '59, June 24, Decatur, Ill.

passages

Ned Flesher '59, May 17, Galesburg, Ill.
Eileen Timboe Pelini '59, May 22, Ludlow, Ky.
George Tanaka '59, Jan. 26, Fairfield, Calif.
Quintin Damerell '60, April 30, East Peoria, Ill.
Darrell Fox '60, Nov. 18, 2020, Haines City, Fla.
Gerald Hoeft '60, May 13, Oro Valley, Ariz.
Judith Benthaus Ingersoll '60, March 15, Naples, Fla.
Harold "Lanny" Lamont '60, April 4, Lake St. Louis, Mo.
Joy Grabow Maier '60, April 10, Flossmoor, Ill.
William Powell '60, July 6, Topeka, Kan.
Janice Heinz Ruggerio '60, April 24, Champaign, Ill.
James Suffield '60, April 29, Rhinelander, Wis.
Richard Taylor Jr. '60, June 23, Johnson City, Tenn.
Harold Clasing '61, June 17, Colorado Springs, Colo.
Madeline "Jean" Phillips Gove '61, April 16, Peoria
Rosemarie "Rosie" Schneider Langfels '61, March 31, Peoria
Charles Murphy '61, March 17, Medford, N.J.
Charles Williams M.A. '61, July 18, Washington, Ill.
Florence "Betsy" Bliss Aldred '62, June 21, Elmhurst, Ill.
Richard Gardner MBA '62, May 11, Morton, Ill.
Richard Hawker '62, July 20, Bailey's Harbor, Wis.
William McLaughlin '62, April 16, Morton, Ill.
Peter Pasquel '62, July 30, Peoria
Robert Higgins '63, March 24, East Wenatchee, Wash.
Mary Shively Baker '64, May 27, Sun City Center, Fla.
Ron Coons '64, Aug. 10, Louisville, Ky.
James Pike Jr. '64, May 18, Morton, Ill.
Jeff Goetz '65, Jan. 12, 2019, Camas, Wash.
John Hickey '65, March 15, Lisle/Naperville, Ill.

Patricia Heeler Kozlevcar '65, June 7, Washington, Ill.
James Martin '65, March 18, Crestview, Fla.
James Newman '65 M.S.'76, March 23, Washington, Ill.
Roy Senffner '65, Jan. 17, Joliet, Ill.
Michael Stuart M.A. '65, June 7, Peoria
James Eilers '66, March 12, Edwardsville, Ill.
Donald Hughes '66, Sept. 20, 2020, Fox River Grove, Ill.
Carol Planck McDonald '66, April 16, Carmel, Ind.
Robyn Heinrich Michaelis '66, March 4, Tujunga, Calif.
James Walser '66, April 9, Cuyahoga Falls, Ohio
Jerry Wright M.S. '66, April 17, Trivoli, Ill.
Robert Mendelsohn '67, May 12, Manchester, Conn.
Wylvan Parker '67 M.A. '70, July 4, Knoxville, Tenn.
Alan Sporn '67, March 29, Flossmoor, Ill.
William "Bubba" Wessels '67, April 17, Ark Rapids, Minn.
Barbara Renfrew Armstrong '68, July 28, Las Cruces, N.M.
Kirk Giloth '68, Jan. 25, Mukilteo, Wash.
John Lucido '68, Sept. 13, 2020, Garland, Texas
Margi Bogner '69, April 15, Chicago
Nancy Zobel Koch '69, April 19, Morton, Ill.
John Matarelli '69, July 10, Peoria
Douglas Brush '70, March 6, Tulsa, Okla.
Daniel DeCremer '70, Oct. 5, 2020, Estero, Fla.
Roger Fry '70, Jan. 23, Hurst, Texas
Robert E. Gunter '70, June 4, Lakeland, Tenn.
Rolland Hannam '70, April 10, Galesburg, Ill.
Stanley Jacobs '70, March 14, Largo, Fla.
Peter Shea '70, May 18, Dunlap, Ill.
David Beutel M.A. '71, Aug. 7, Tremont, Ill.
Guy Bibbs Jr. '71, July 7, Chicago
V. Jeanne Galloway Cron M.A. '71, May 31, Morton, Ill.
James McFaul '71, April 7, Flowood, Miss.
Steven Points MBA '71, April 15, Clermont, Fla.
Paul Remack '71, Feb. 5, Walnut Creek, Calif.
Charles "Chip" Sincere III '71, May 9, Chicago

James Thomas M.A. '71, June 30, Peoria
Lew Flinn M.S. '72, May 5, Princeton, Ill.
Ronald Kapper '72, Nov. 23, 2020, Grass Valley, Calif.
Marvin Marquart '72, April 26, Lawrenceville, N.J.
David Cook MEA '73, May 4, Peoria
David Gillespie M.A. '73, April 5, Princeton, Ill.
Robert Bach '74, May 17, Peoria
Joseph Hoblick '74, Aug. 1, Peoria
Craig Kassabaum '74, April 27, Bellevue, Ill.
Margaret Heick Kohlhase M.A. '74, March 24, Peoria
Brian MacPhee '74, May 5, Peoria
Martin Meehan '74, March 27, Oswego, N.Y.
Joseph Glossick '76, April 24, Lakeland, Fla.
Terrell Jones '76, July 10, Columbus, Ohio
Priscilla McCarthy '76, July 3, East Peoria, Ill.
Roland Harms II '78, May 20, Peoria
Nancy McAtee Sedin '80, May 29, Huntley, Ill.
Bill Geyer '81, March 28, Morton, Ill.
Steve Lovell '83, May 23, Corydon, Ill.
Kirk Ford '84, April 9, Peoria
Vicki Wagner Aeschleman Bilsland '86, MBA '92, July 19, Saint Augustine, Fla.
Ronald Reisner '87, June 29, Charleston, S.C.
Stanton Cook '88 MSIE '94, Aug. 5, Washington, Ill.
Marta Darling '90, June 28, Peoria
Charles Pyle M.S.'91, July 19, Peoria
David Becktel MBA '95, May 21, Washington, Ill.
Ryan Madden '95, April 12, Peoria
Charlotte Miller Griminger M.A. '96, June 11, Peoria
Monica Neidorff '98, March 24, St. Louis
Kevin Graham '00, July 15, Pekin, Ill.
Michele Plaag Teske '00, July 15, Peoria
David Jerger M.S. '03, Feb. 13, Chesapeake, Va.
Lauren Ross '03, July 23, Evanston, Ill.
Ronald Hamm Jr. '07, March 16, Kickapoo, Ill.
Eric Weber MBA '11, April 5, Fletcher, N.C.
Melissa Hoerber '17, Oct. 15, 2020, Watertown, Mass.

feedback

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The cafeteria at University Hall often served a wedge of iceberg lettuce smothered in French dressing. It wasn't something I had at home; but I've seen it in salad bars lately. I don't remember any other cafeteria foods except maybe French toast. If the cafeteria was closed on the weekend, I usually had dinner at L-Sundry's, likely a hamburger.

I moved off campus and rented a bedroom on College Street near North Bourland Ave. My landlady worked the breakfast and lunch shifts in the Michel Student Center cafeteria, so I always ate lunch there. Sometimes, I ate dinner there before my night classes. My favorite meal was the chicken pot pie (a serving was four biscuits and everything underneath). I always had an Eskimo Pie for dessert rather than a healthier glass of milk (both 10 cents in 1966). I'd eat it while watching TV for 10 minutes in the student lounge before afternoon or evening classes.

Two blocks from campus, there used to be a Kentucky Roast Beef Restaurant, which was a copycat of Arby's that offered shaved roast beef sandwiches. It didn't do well financially, so several months later it changed to Kentucky Fried Chicken. Being thrifty, I'd stop there every Saturday night and buy a nine-piece bucket of Original Recipe; later I switched to Crispy. I'd eat the four largest pieces Saturday night hot, wrap the remainder in wax paper, place them in the refrigerator, then eat them for Sunday lunch before heading to the Cullom-Davis Library to study all day Sunday.

Kyle McEvilly '10 and his buddy Marlon Washington '10 at the Burger Barge.



In addition to an old movie theater on University Ave. and several restaurants, there were three other mainstays where I'd stop on the walk home: an A&P grocery store where I'd buy a weekly half-gallon carton of milk and sometimes cookies or canned soup; a laundromat that I'd visit, usually Saturday evening (when it was empty) and study between laundry loads; and Earl's Barber shop. During my first year, I had my haircuts at Bradley Barber right across from campus, but Earl's was a friendlier shop. During my first two years, he was the owner (first chair) and worked solo. During my last two years, he'd sold the shop and became second chair to the new owner. Earl always tipped me 25 cents for a candy bar since he liked students.

Beginning sophomore year, I spent time between classes in the study carrels in the library or in one of the small rooms with my study group after our Differential Equation class. When I got bored studying, I'd roam the shelves and read books. Two of my favorites included one by a former British artillery officer about his time in the French Foreign Legion; the other was about a man who joined a group of Romani before World War I. I would love to buy them if the library hasn't already sold them as used books.

Ralph Dellar '71

On Sunday evenings, there was no food service so we students had to find other offerings. My favorite was the Avanti's Italian Beef Gondola. Avanti's at that time was right across from my dorm, Williams hall. It was a perfect place to go for that sandwich. I think they also had an awesome frozen custard, but I might not be remembering that correctly.

Carolyn Isert Firestone '71

As I was flipping through the winter/spring 2021 issue of Bradley magazine, I couldn't help but notice your question asking us what was our favorite food at BU. For me, this was an easy answer: stir-fry! Let me elaborate.

During breaks from school when I would return home to Chicagoland, either my sister would take me out to BD's Mongolian Grill, or my college buddies and I would indulge in some Stir Crazy. Both restaurants heightened my appreciation for stir-fry and Asian-fusion cuisine. When Williams Hall converted their west kitchen into a food court in the fall of '99 — my first senior year! — a portion of the new food court was dedicated to daily specials. Some days, those specials would include stuff like chicken wraps. But whenever they had stir-fry, I made sure not to miss it. And what made the stir-fry at the Williams food court so great was the Szechuan sauce. I've always liked hot and spicy food, so Szechuan sauce was totally up my alley. And hot wings too, but we're talking about stir-fry here.

Other times on break, I was totally craving a Szechuan sauce flavored stir-fry just like what they served at school. I decided to take things into my own hands and try to replicate the Williams Hall recipe. Now, more than two decades and several ingredient modifications and omissions later, my interpretation of that stir-fry is part of my family's recipe collection.

Unfortunately, the aforementioned Stir Crazy chain recently went out of business due to the effects of COVID-19 on the restaurant business. But in another Bradley related footnote, I was able to have one final stir-fry dinner at their suburban St. Louis location during the 2020 Arch Madness weekend. So it was like things coming full circle. And I thank the Williams Hall chefs for that.

Joel Pasternak '01



feedback

More Roommate Stories

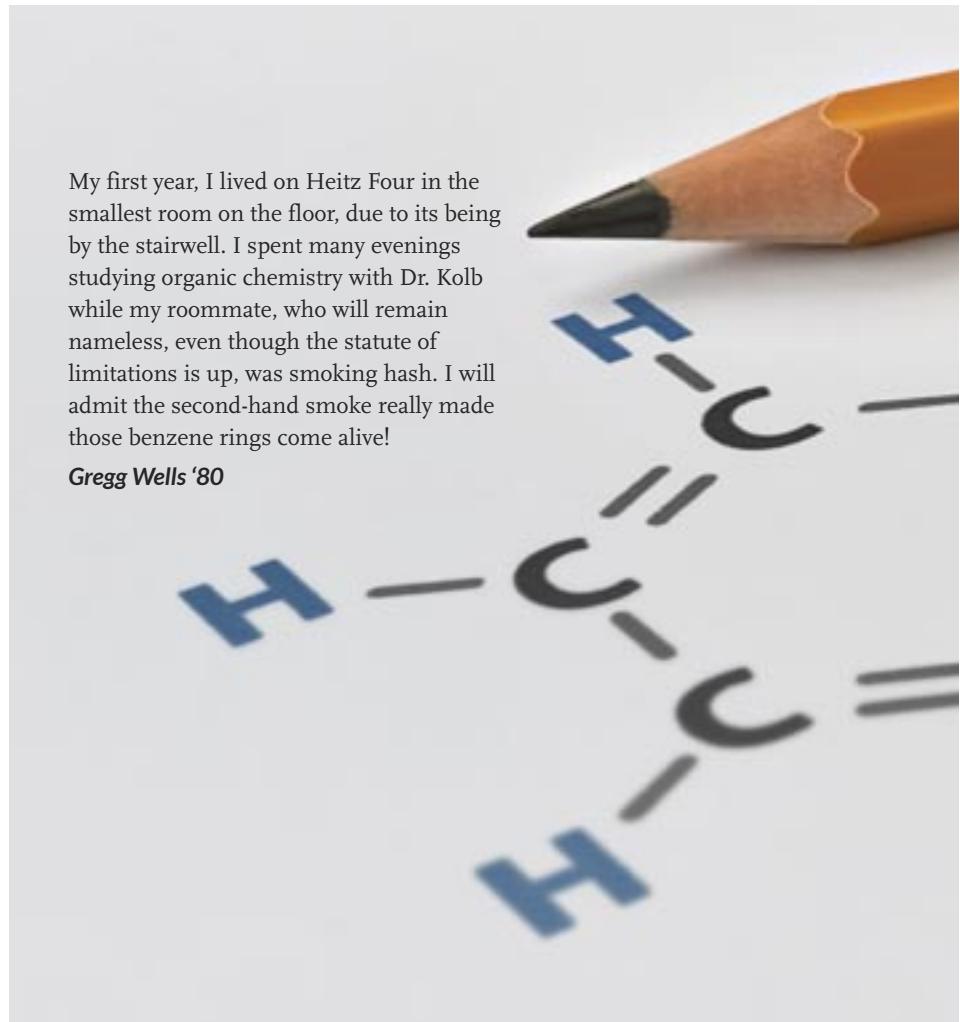
Most of the men on my floor at University Hall used to go home (or to each other's houses) every weekend. This left just me and Bobby Foster '69 on the floor. Bobby was a physical education major and Air Force ROTC student. He was always polishing his boots and practicing throwing his rifle for the drill team when I'd drop by; he talked about becoming an astronaut one day. I spent my weekend nights doing my drafting homework.

My second year, I moved off-campus, and my landlady announced she had been given a dog by her daughter. Over the next four years Korkie — a German Shepherd-miniature Collie mix — and I became fast friends.

Ralph Dellar '71

My first year, I lived on Heitz Four in the smallest room on the floor, due to its being by the stairwell. I spent many evenings studying organic chemistry with Dr. Kolb while my roommate, who will remain nameless, even though the statute of limitations is up, was smoking hash. I will admit the second-hand smoke really made those benzene rings come alive!

Gregg Wells '80



Significant Other and a Life Lesson

My wife, **Ellen Milnor Barron M.A. '81**, was in Angel Fight, a service sorority aligned with the Air Force ROTC. One of the ways the girls raised money was to polish our shoes, a big deal in the military, for one dollar. I got up the nerve to break the ice by asking her to polish my shoes, and the rest is history, as they say. Later, an AFROTC friend and I bumped into Ellen and one of her friends somewhere on campus. Afterward, she told me her friend wanted my friend to call her.

I dutifully passed along the request, but he didn't call her for several days. Ellen kept asking me to tell my friend to call her. Finally, as a favor to me, he did. Again, the rest is history. We all have been married for 50 years. By the way, that was the first, last and only time my soon-to-be wife polished my shoes. In fact, I have polished her shoes ever since. There's a lesson there that isn't taught in the classroom.

Patrick Barron '69



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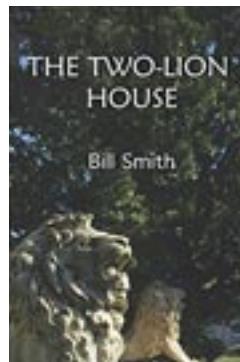
lasting connections

Homecoming 2021 was a great way to celebrate being back on campus. Whether it was the annual Lighting of the B, the fireworks, tailgating, ziplining or watching the Braves beat the SIUE Cougars in soccer, a great time was had by students and alumni sharing their love for alma mater.

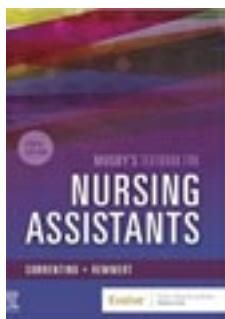




Bradley authors



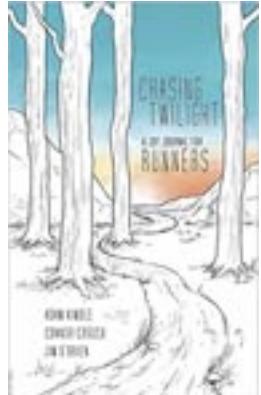
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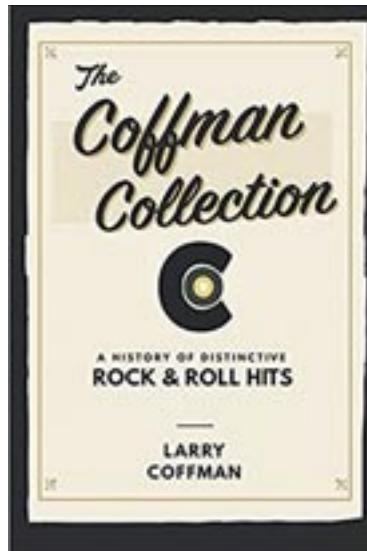
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GET READY FOR SOME WINTERTIME READING

As cooler temperatures arrive and the time for outdoor activities grows shorter, many people spend the longer, chilly nights wrapped up with a good book. Come along and gain new knowledge, uncover joy in running or travel on journeys of discovery through poetry with these books by talented Bradley graduates.

- 1 "The Coffman Collection: A History of Rock & Roll Hits"
Larry Coffman '71
- 2 "The Two-Lion House"
Bill Smith '74, edited by Cathy Weinrich Smith '75
- 3 "Matching Wits"
Todd Keene '84
- 4 "Send a Runner: A Navajo Honors the Long Walk"
Jim Kristofic and Edison Eskeets '86
- 5 "Mosby's Textbook for Nursing Assistants" (10th ed)
Sheila Sorrentino and Leighann Dennison Remmert MSN '04
- 6 "Chasing Twilight: A Joy Journal for Runners"
Adam Kimble '09
- 7 "Barefoot and Running"
Morgan Liphart '12
- 8 "Positioned to Fail: Financial Freedom Can Be Yours"
Norris Jackson '13

*Thanks to the efforts of a caring professor,
I turned failure into success.*

SECOND CHANCES

How Taking Ancient Greek History Proved Life Changing

I'm a Peoria boy, born and raised. I was always in awe of Bradley University ... especially Bradley Braves basketball. I would often get to see the Braves play at Robertson Memorial Field House. Walking into the Field House on game day was exciting. Seeing life size pictures posted along the entryway of the Famous Five — and others like Chet "The Jet" Walker '62 — and then seeing the raised floor? In my eyes, this was professional basketball!

As a kid from a working-class family with no great academic credentials, attending a college or university was not a realistic goal. Going to Bradley seemed unthinkable and unattainable. So, I enrolled at Illinois Central College, mainly to give college a try and because tuition was \$7.00 a semester hour.

Eventually, I was able to transfer to Bradley. It was a dream come true. But my first semester as a business major did not go well. I ended up with a 1.66 GPA and placed on academic probation. I began interviewing for jobs. At one interview, I was asked about why I wasn't going to finish school. I said I was on the verge of being expelled because of academic failure, and he told me to go back and do everything I could to succeed.

It just so happened during that last semester I took an Ancient Greek history course from Dr. Gregory Guzman. It was life changing. I went to meet with Dr. Guzman and he convinced me to change majors and transfer into the history department. He saw something in me I didn't see in myself. He taught me to think and read critically. He invested in me personally. He showed me grace.

On a final exam, I didn't read the directions clearly and left off an entire half of the exam, thinking it was pure essay. I realized what I

had done immediately after I had turned it in. Dr. Guzman told me to wait and allowed me to take the other half orally in his office.

"He saw something in me I didn't see in myself. He taught me to think and read critically. He invested in me personally. He showed me grace."

For my senior writing project, my initial draft came back with a sea of red ink marked all over it. Clearly, he had spent a lot of time on it. With that experience and others,

Dr. Guzman taught me how to research and write.

I took additional classes from Drs. Roach, Bowers and Fowler-Salamini. I ended up on the honor roll and became a member of Phi Alpha Theta, the history honor society. While lining up at graduation, when the class of 1978 was being lined up, Dr. Fowler-Salamini, who oversaw getting the students ready to process in, saw me and called out, "I want a history major to lead the class!" I was placed at the front of the line. It was a great day.

I went on to graduate from Dallas Theological Seminary in Texas with a master's in theology (Th.M) in Old Testament and Semitic languages. Afterward, I earned a doctorate in ministry from Trinity Evangelical Divinity School in Deerfield, Ill., and Dr. Guzman came to the graduation party my mother hosted in Peoria. Forty-three years later, Dr. Guzman and I (I still can't call him Greg) remain in touch.

Rick Pierson

RICK PIERSON '78
NAPERVILLE, ILL.





1501 West Bradley Avenue | Peoria, IL 61625

The Big Question

What made you choose Bradley?

Send your memories and photos to magazine@bradley.edu.

