

NEBRASKA WESLEYAN UNIVERSITY MAGAZINE

ARCHWAYS

LOOK AHEAD | SPRING 2023 | VOLUME 23, ISSUE 1



**FORWARD
THINKERS**

*NWU experts
explore what's next.*

d.gardner

FROM THE PRESIDENT

Dear Alumni and Friends,

When Diana and I moved to Lincoln four years ago, we immediately fell in love with Nebraska Wesleyan University. We soon discovered the warm embrace we received on campus extended well beyond NWU's footprint.

Diana and I came to Lincoln from Los Angeles. We've now lived together in five states—and we agree: Lincoln and Nebraska are the most authentically friendly places we've ever called home. That's why we're deepening our roots here to make Lincoln our forever home.

When the Board of Governors renewed my contract last spring, I was offered the choice of remaining in Wesleyan House or finding a home of our own and receiving a housing allowance instead. We chose to follow our dream to buy a house here. Today, we're proud Lincoln homeowners.

For 25 years, 1010 Piedmont Road has hosted three presidents, myself included. I think I speak for all three of us when I say that opening Wesleyan House to welcome faculty, staff, alumni, friends and especially students has been one of the most joyful parts of our work.

It's where we came to know students more personally—and learned how NWU has shaped their lives. Moments like these remind us of the incredible privilege we have to work at a mission-centered university that does so much to

transform our students and prepare them for life beyond Nebraska Wesleyan.

We embrace our core value of community on many fronts, and Wesleyan House has served that purpose. Many of you remember when the president lived on campus in a ranch-style house on Madison Avenue. This house was built in 1955 to accommodate campus groups, meetings and yard gatherings. Today our residential suites and townhouse village fill the space where our presidents once lived.

It's much less common now for universities to provide houses for presidents. This shift parallels one we've seen in American churches, where today's pastors are far less likely to live in parsonages.

Together with our dogs, Sadie and Daisy, we'll lay out the welcome mat for all who visit us in our new home—just like the presidents and chancellors before us.

Wherever you live today, I hope you continue to think of Nebraska Wesleyan as home. Your roots remain here. You're a part of this community. Its doors are open to you always.

Sincerely,



Darrin Good
President



*Lincoln and Nebraska are
the most authentically
friendly places we've
ever called home.*





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Save the date for

WESLEYAN Weekend

September 28 - October 1, 2023

NWU's homecoming/parents' weekend

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Nebraska Wesleyan University is an academic community dedicated to intellectual and personal growth within the context of a liberal arts education and in an environment of Christian concern.

Archways is an examination—and, ideally, a conversation—of how Nebraska Wesleyan University and its people relate to the world around us. That examination is academically sound, socially conscious, and continuously curious.

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- > Nurse educator
- > Nurse business professional

Shannon George

(BSN '12, MSN '18)

director of critical care services
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Space is limited. **Apply now.**

Quick Takes

SOCIAL WORK



NWU honored a social work professor for uplifting her peers.

Who won?

Associate Professor of Social Work Toni Jensen won the university's Faculty Mentor of the Year Award in November.

What is Jensen known for?

Jensen helped develop NWU's Master of Social Work program around a trauma-conscious approach.

What's that?

Trauma consciousness is an understanding that social systems—like families or coworkers—can help or hinder people's resilience in hard times.

Has that consciousness shaped how she mentors NWU faculty?

You bet. Said one nominator, "She's fostered an environment where we celebrate each other's successes and care about each other's well-being."



Fawl Lecturer Tackles Toxic Masculinity

Nebraska Wesleyan University's Fullbright Scholar In-Residence Mpikelelo Maseko studied FBI data on U.S. crime in 2021. And he unlocked a single characteristic that connects 81% of violent criminals, 87% of murderers and 96% of rapists.

"They're men," Maseko said.

The visiting psychology professor from Gweru, Zimbabwe, and 2022 Clifford Fawl Lecturer pointed to a similar gender imbalance in suicide statistics. "While women are diagnosed with mental illness twice as often as men," he said, "men account for quadruple the suicides."

There is nothing genetically inherent in men that ensures these violent outcomes. Instead, Maseko said, our social constructs of masculinity have affected male well-being in ways that make violence more likely.

That's the bad news. The good news: Even deeply held social constructs can be reconstructed. When we understand the social norms that feed violent outcomes, we can work to change them.

In periods of stress, traditional masculine values of toughness, self-reliance, dominance and constrained emotionality can block boys and men from coping mechanisms deemed too feminine. (Maseko titled his lecture, "Boys Don't Cry. Man Up.")

Boys and men who experience chronic stress often conform to masculine norms, turn away from help and suffer quietly. "By trying to be that alpha male—by trying to perform our gender—we affect our well-being," Maseko said. "It does harm to the man, harm to those close to him, and harm to society."

He added, "We have to rewrite the script. And we have to talk about it. This culture of silence is what sustains the problem of violence in the first place."

Quick Takes

ENGLISH

NWU poet is this year's exemplary teacher.

Who is it?

Mary Hickman was an NWU visiting artist when she won the James Laughlin Award for poetry in 2016. She wanted to keep teaching in Old Main. "The collegiality and community I've found here is unlike anything I've ever seen," she said then. Today, Hickman is an assistant professor of English. She won NWU's Exemplary Teacher Award in December.

What makes her teaching stand out?

Her courses are quite popular with students. "When I asked ... English seniors about their favorite courses, the majority named one of Mary's," said one nominator. "I have asked our chair to please, please not schedule any of my classes for English majors in the same timeslot as Mary's, because I know I am going to lose that contest."

What's her poetry like?

Hickman shared an unpublished poem with us, which we're happy to debut for you here.



Hunter's Trail *for Koy*

white path weaving
a gravel web
round to meet
a foot and then a foot

repeats
an hour's sweat
soaked into another's
arms and the sun-
flower smell of hair

a twin to know
a twin whatever
they say about
heaven

wherever you're laid
and if there is rest
let it be a hunters'
trail sun-

flowers setting
on shoulders'
ridge

HEALTH

An alumnus is leading a major US study of post-COVID symptoms.

Who is involved?

Dr. **Andrew Vasey** ('01) is co-principle investigator in the UNMC study, which secured a \$450 million grant from the National Institutes of Health last summer.

What are they studying?

Post-COVID symptoms include brain fog, fatigue, shortness of breath, dizziness, chest pain, numbness in hands and feet, and loss of taste and smell. Said Vasey, "We want to find out: Are there certain factors that predict if people are going to have these issues?"

How many people experience post-COVID symptoms?

A quarter to a third of people who had COVID experience long-term effects. That equates to tens of millions of Americans.



HHMI Grant to Strengthen NWU's "Inclusive Excellence"

Most STEM graduates can name that class that pushed them to their limit.

"Organic Chem."

"Differential Equations."

"Thermal and Statistical Physics."

That one class they might not have made it through—if not for the support of their friends and fellow majors. In those make-or-break academic moments, a student's connection to community—their sense of engaged belonging on campus—can make all the difference in their perseverance.

Thanks to a \$529,500 grant from the Howard Hughes Medical Institute (HHMI), Nebraska Wesleyan University will soon do even more to ensure that STEM students of all backgrounds find the support they need to succeed.

NWU was among 104 U.S. colleges and universities to receive funding through HHMI's Inclusive Excellence 3

(IE3) initiative. IE3 engages schools "to substantially and sustainably build capacity for student belonging, especially for those who have been historically excluded from the sciences."

"The grant allows us to collaboratively make NWU a more inclusive and welcoming environment for all students," said Professor of Biology **Angela McKinney**. "The learning community that NWU is a part of is focusing on achievement-oriented thinking and practices in all aspects of the institution and student experiences."

By pursuing this partnership with HHMI, the nation's largest private biomedical research institution, Nebraska Wesleyan advances its aim to create a nurturing community that fosters academic excellence.



Photo by Geoff Johnson

University Honors Diversity Advocates

Nebraska Wesleyan University recognized diversity advocates on campus on January 20 as part of its Martin Luther King Jr. Day celebrations. This year's honorees included a student-group faculty sponsor, a DEI staff member, and students in biology and social work.

Assistant Professor of Spanish **Jaime Cano** was recognized for his role in supporting NWU Latinos, a newly established student organization. "He is among the most engaged student organization advisors, and he has worked very hard to make sure this new organization had support so that they could make an impact on our campus," said one nominator.

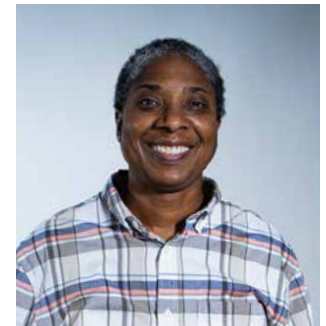
Wendy Hunt was honored for her work as NWU's former director of student diversity, equity and inclusion. "Her passion to see change is evident," said a nominator. "She is committed to everyone having the same opportunities."

Julisa Aburto Sanchez ('25) is a biology major from Lincoln. She was recognized for her instrumental role in establishing a student organization on campus for Latino and Latina students. "I know that her enthusiasm for enriching our campus community makes our university a more welcoming place for all," said her nominator.

NWU's 2023 Mary Butler Award went to senior social work major, **Ruth Ekka** ('23) of Lincoln. The Butler Award honors a junior or senior student of color for demonstrating the ability to enrich the campus through extracurricular involvement, leadership, responsibility and concern for others. "She has been an extremely responsible and strong leader, and never shies away from making a difference on our campus," said her nominator.



Jaime Cano



Wendy Hunt



Julisa Aburto Sanchez ('25)



Ruth Ekka ('23)

Photos by Owen Kimble ('26), Noah Deist and Madina Abduvohitova ('24)

Prairie Wolves in Action

All schoolyear long, Nebraska Wesleyan's campus is blanketed in activity. The action starts with Prairie Wolves Welcome in the fall and carries straight through spring finals.



Lend a Hand to Lincoln



Student Involvement Fair



Global Village



Intramural basketball



Sand volleyball at opening week



Wayne and Elizabeth Brugman Business Summit and Pitch Contest

Photos by Madina Abduvohitova (24), Owen Kimble (26), Peggy Hair and Noah Deist



New Latinos Organization



FORWARD THINKERS

The world is changing fast. We asked NWU experts: *What's next?*

RESIDENTIAL EDUCATION

Growing social isolation will lift the importance of campus communities.

—Erin Hoffman ('03)
vice president of student life

Americans of all ages are choosing to spend less time with friends, and more time alone, said Vice President of Student Life Erin Hoffman ('03). "You might guess that's because of the pandemic," she said, "but the change began before COVID."

Hoffman pointed to the U.S. Census Bureau's American Time Use Survey, which showed this decline in face-to-face social engagement started in 2014. The trend carries across age groups, but is especially sharp in teens. Economist Bryce Ward wrote for the *Washington Post* in November, "Relative to 2010-2013, the average American teenager spent approximately 11

fewer hours with friends each week in 2021 (a 64% decline) and 12 additional hours alone (a 48% increase)."

Put another way: The 18-year-olds who arrive on campus this fall will have spent roughly 2,300 fewer hours with high school friends than those NWU alumni from the 1960s through about 2013.

That's a significant change, Hoffman said, but not inherently a dire one.

"Today's students have lots of healthy relationships that they truly value. They've just grown up using technology and social media for some of their social connections. And they value their time alone differently."

But left unchallenged, an entrenched social reluctance could get in the way of students' personal, academic and professional success, Hoffman said. "Our concern as a university is: How do we help students who arrive with less interest or comfort in putting themselves out there in a new community? What are the best ways to challenge the tendencies some students have to stay inside their bubbles?"

It takes a balance of environment and culture, Hoffman said. "Our campus environments should warmly welcome students and help put them at ease. Then those same spaces can work with our culture to inspire engagement with others."

People used to think about campuses as containing separate circles for academics and residence life, Hoffman said. "You eat and sleep over here; you learn over there. But we see a residential university environment as a place to come together to build skills to succeed in life—both personally and professionally," Hoffman said.

Hoffman predicted a future where college students will tend to thrive best on those campuses where their ways of living and learning have the strongest overlap.

"I believe the value you get from a great education and a great campus experience are absolutely connected," Hoffman said. "Ask the biggest questions: What does it mean to be a good neighbor, a responsible citizen? What does it take to understand how our behavior influences other people—or to see how our actions can make a community weaker or stronger?"

Hoffman smiled. "Now ask yourself: Where do those questions belong on campus?"

These are fundamental questions students explore in sociology, political science, psychology, philosophy, religion and history courses. "It's also what you tackle in the residence halls—in Johnson, Plainsman, Pioneer and Centennial," she said. "That's the

thing that's so great about a residential liberal arts education like ours. It's all connected here."

When Hoffman thinks about Nebraska Wesleyan's future, she pictures herself walking inside a reimagined residence hall. More important than this facility's looks is its activity. And Hoffman's imagined residence hall is bustling.

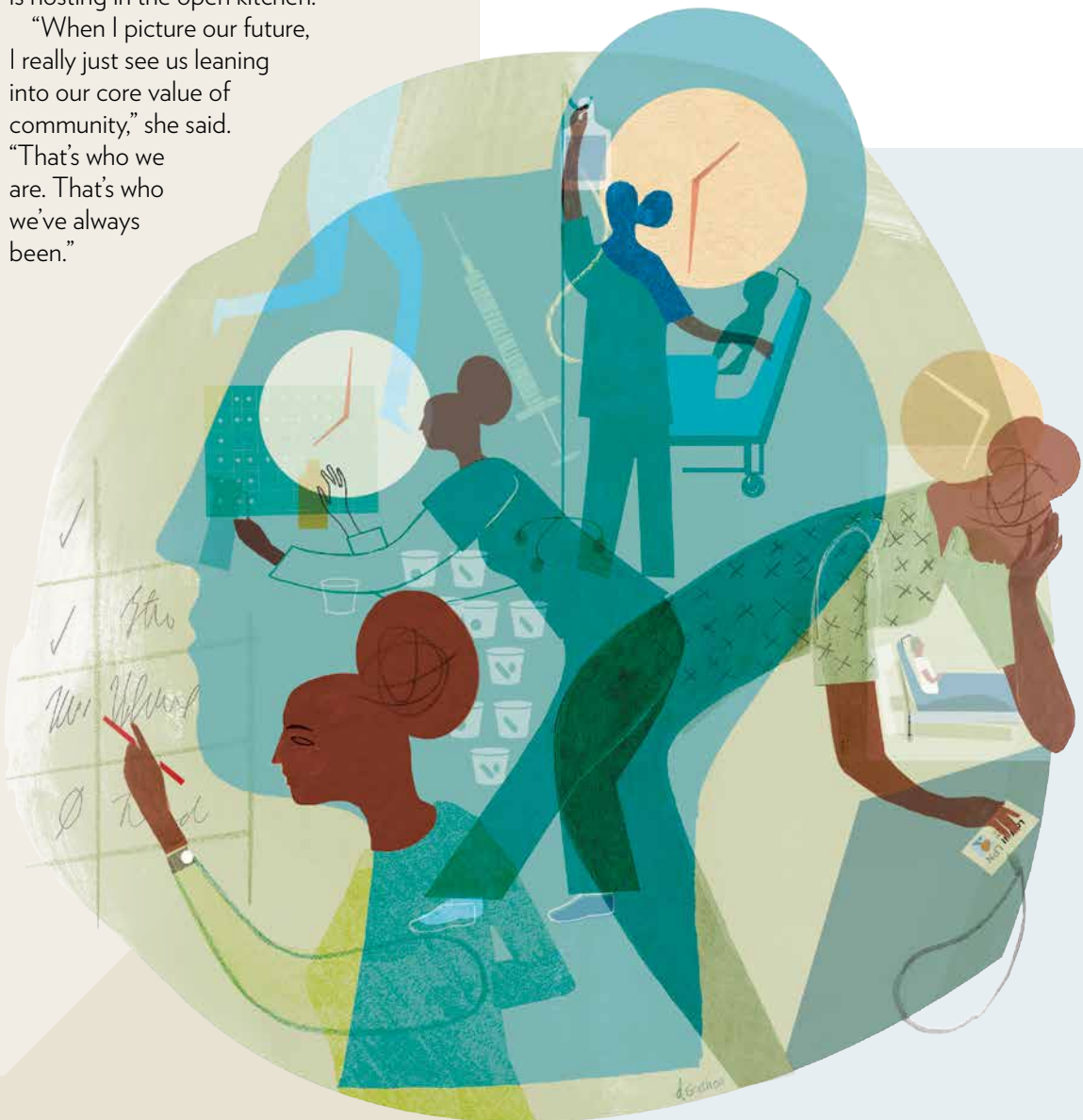
In a first-floor classroom, an Archway Seminar is just wrapping up. Behind her, a student trots downstairs in sneakers to fit in a quick workout. A commuter and residential student put their feet up together in the lounge to her left. There's laughter spilling down the hall, and the smell of onion and peppers from a cooking class the Spanish club is hosting in the open kitchen.

"When I picture our future, I really just see us leaning into our core value of community," she said. "That's who we are. That's who we've always been."

THE NURSING SHORTAGE

It will take multiple reforms—and tens of thousands of new nurses—to keep our health care system from cracking.

—L. Sue Gabriel (MFS '03, MSN '05)
associate professor of nursing



Associate Professor of Nursing L. Sue Gabriel (MFS '03, MSN '05) couldn't have imagined America's present nursing shortage when she began her nursing career 54 years ago.

Nursing was one of the few careers commonly open to women then. The scarcity of professional options channeled scores of women into nursing, which squeezed the demand for nurses so low, Gabriel said, "there were years grocery sackers made more."

Today, a crisis-level shortage of nurses has elevated demand—and wages—while straining health care systems to their core.

"Hospitals have been doing their ever-loving best just to stay afloat and staff their units," Gabriel said. However, she argued that some of these hospitals' efforts to address their shortages have sparked unintended consequences that have inadvertently deepened the problem.

"There are so many catch-22s across our system that make solutions harder," she said.

Take the shift in shifts.

To get by with fewer nurses, most hospitals have switched from three daily eight-hour shifts to a more efficient model of two 12-hour shifts.

Gabriel said, "Lots of nurses—especially younger ones—liked the change." Full-time status called for three weekly shifts, or 36 hours per week. "Not bad, right?" But those 12-hour shifts proved taxing.

"Working your 6:30 a to 6:30 p meant you'd get home in time to kiss your kids goodnight. Then you'd get up and do it again," she said. "That shift craziness affects bodies."

The result: Increased burnout, lower retention and shorter careers. "Ten years and a lot of them are gone," she said.

This reality of shortened careers has a sharp effect on one area with pronounced need: acute care.

"ICUs and acute care facilities are seeing sicker patients in higher numbers," Gabriel said. The complex care requires experience

that newer nurses lack. It likewise demands a physicality that many nurses "with more birthdays" can struggle to meet. Gabriel said the nurses who do best here are in their prime—old enough to have built the necessary experience, yet young enough to consistently answer the physical demands of caring for the sickest patients.

"These are exactly the nurses we lose to early burnout," Gabriel said.

Another catch-22 has to do with nursing salaries. High demand drives nursing wages up in many specialty areas. That's good for nurses. But rural hospitals and clinics aren't positioned to win the resulting bidding wars. And shortages have grown particularly acute in rural communities.

Pay for nursing educators likewise hasn't kept pace with wage growth in other specialties. The difficulty in attracting teachers makes it harder to produce an adequate supply of future nurses. And, almost systematically, the shortage worsens.

"It's hard to attract nurses into rural

Nebraska Needs Nurses

The need to educate more nurses in Nebraska is large—and growing larger. With a renowned BSN program and a fully online MSN program, NWU is positioned to be part of the solution.

Nursing workforce -9.5% since 2018

2018: 27,106

2022: 24,531

Nurses per 1,000 residents

2018: 14 per 1,000

2021: 12.5 per 1,000

It could get worse.

- > 6.9% of RNs and APRNs are "very likely" to leave within a year.
- > Two-thirds of these are between the ages of 24 and 55.

Rural shortages are stark.

12 counties: 0 working LPNs

9 counties: 0 working RN/APRNs



You could drive for more than 200 miles through seven counties, from Hyannis to Arthur to Stapleton to Thedford to Taylor, and never enter a county with a working LPN.

*Data, Nebraska Center for Nursing Biennial Report, 2022

CLIMATE CHANGE

In 50 years, we'll have an imperfect yet sustainable set of solutions that mitigates the worst effects of our changing climate.

—Steven Wills
professor of history

Professor of History **Steven Wills** has a strange message for students in his Archway Seminar on climate change: *Relax.*

That's not because Wills is a climate denier. He'll tell you: The climate is, in fact, changing. Its impacts are already enormous, and growing larger. But if our reeling climate is the defining problem of our age, the question for Wills becomes: What's the proper mindset for addressing it? (Hint: It's not panic.)

"We can't be fully strategic if we're stuck in fight-or-flight mode," Wills said. And on the first day of class, he often finds his seminar students in exactly that mindset.

"They're in anguish. They're distraught,"

settings, or into education, when they'll make half what they could earn in an urban or suburban hospital," Gabriel said.

A third dilemma that makes the nursing shortage a stubborn problem is tied to the old cliché about health care workers: They make the worst patients.

The same people and systems that provide excellent care for patients have often been poor at self-care. "Nurses continue to give and give and give until their bucket is empty. Then they insist they're fine and keep going," Gabriel said. "It's not sustainable over the long haul."

Gabriel supports regular, mandatory debriefings, where hospitals require teams to talk through what they're seeing and dealing with. Pandemics. Gun crime. Domestic violence. Addiction. Traumas of all kinds. Gabriel said these team meetings become the place where, "I'm fine," should meet, "No, let's unpack that."

"Debriefings with your teammates can be that venue where your bucket gets refilled," she said. This support can strengthen teams and sustain careers.

Gabriel said our system is past the point where one or two reforms in

isolation can fix the nursing crisis. "It's getting pretty scary," she admitted. "I mean, who's going to take care of me? Or you?"

The solutions, she said, must be multifaceted. They must address sustainable staffing, prevent burnout, fix pay inequities, lessen geographic disparities and prepare the next generation of nurses, nurse educators and nurse leaders to go where the needs are greatest.

This is where Nebraska Wesleyan University can make a meaningful difference, she said. "We need more hands on deck—especially in our rural clinics." This crisis touches the Nebraska Wesleyan community. These are our hometowns, our families, our quality of life. If Fairbury and Gering and Broken Bow and dozens of other Nebraska towns and villages need more of their young people to become great nurses, who better to prepare them than us?

Gabriel described a stable future with more nurses as "the best Christmas present ever. It would be better for patients. Better for hospitals. Better for rural communities. Better for everyone."



Wills said. “That makes perfect sense, because the message they’ve grown up hearing is, ‘Nobody’s doing anything about this.’ And it’s getting harder and harder for them to feel hope for their future.”

Our greatest innovations are often motivated by urgency, Wills said, but rarely by hopelessness. Neither journalism nor higher education does the world any favors when their work sparks despair rather than constructive action.

“A lot of teaching about climate has come from this position of, ‘If I shake them hard enough, the scales will fall off their eyes and they’ll see how important this really is,’” Wills said. “But my students don’t need convincing. They need tools.”

It’s a statement that mirrored Ukrainian President Volodymyr Zelensky’s famous quote at the outset of Russia’s 2022 invasion. Offered safe extraction to a NATO country, he responded: “I don’t need a ride. I need ammunition.”

Made aware of that echo, Wills responded, “The military parallel here is actually pretty appropriate. We’re talking about a mass mobilization effort similar to what we saw in the 1930s and 40s.”

Allied mobilization during World

War II was highly dynamic, Wills said, with countless ways for people to contribute. There were victory gardens and war bonds and material rations and industrial transformations and enlistments and more and more. Our climate response will continue to be at least as dynamic, with changes in transportation, industry, agriculture, global trade, urban planning and domestic life.

“That parallel is part of what makes me hopeful now, even with all the dysfunctions in our media and politics, because it’s not like there was no dissent during World War II. There were isolationists, denialists, people motivated only by profit. But those voices didn’t stop this enormous mobilization from happening.”

Wills believes the same can be true of our climate mobilization.

“It’s exciting to learn that our current moment is just as dynamic—that we’re also part of this collective effort, with so many positive ways to contribute.” His students studied many facets of this mobilization—

changes large and small

that we can make in our kitchens, our airlines and our energy consumption.

If climate action is a battle, there are countless ways to join the fight. But Wills cautioned against

taking this warfighting mindset too far.

“We often approach history purely as the story of human endeavor. And if the natural world plays any part, it’s an oppositional one.” Nature is conquered, or harnessed, or tamed. Oceans are crossed, resources exploited, frontiers won.

“I wonder if we wouldn’t have polluted ourselves into this crisis without this narrative of humans in opposition to nature,” Wills said.

Wills is a backpacker. And his wilderness experiences have helped him think about history as the story of humans acting within larger ecosystems. Each environment presents its own demands, which force adaptations. Our long history with natural disasters can inform how we approach our shared future within a changing climate.

“Disasters tear down this illusion that we’re somehow insulated from the natural world. They’re a slap in the face—a reminder that we’re part of something bigger that we’ve taken for granted for too long,” Wills said. And the part we play in our ecosystems can shape how disaster slaps.

Wills’ own study has focused on how urban fire reshaped premodern Japan. “To call fire natural is only partly true,” he said, “because how urban fires burn is directly connected to the ways we build.”

He called modern Tokyo the product of centuries of creative mitigating solutions to the problem of fire. “I guarantee you: There are fires in Tokyo every day,” Wills said. “Also: Tokyo is not burning down.”

Does knowledge of this history position Wills to make bold predictions about our climate future? Wills looked reluctant. “History is too full of surprises for me to have that kind of confidence.” But he sees reliable patterns.

Nature will slap us, he said. We’ll be powerless to slap back. Instead, we’ll slap together what he called “an imperfect series of creative, ingenious and partial climate solutions.”

In their total, those solutions will succeed and fail in the human fashion. Tokyo will burn; Tokyo will not burn down.



HEALTH AND HUMAN PERFORMANCE

Powerful open-source software will take advanced motion analysis out of elite sports labs and into your neighborhood PT clinic.

—Tamra (Trehearn) Llewellyn ('06)
associate professor of health and human performance

You've seen the making-of clips from big-budget action movies or videogames. Hammer-swinging superheroes or crossover-dribbling NBA stars shuffle for the computerized cameras, their bodies dotted with ping-pong-ball sensors.

Tamra (Trehearn) Llewellyn ('06) may or may not play this videogame or like that Marvel movie, but as a sports physiologist,

she's a fan of the tech.

Outside of these high-end special effects studios, Llewellyn said, "The only places you could find this level of biomechanical motion capture and analysis technology was at a few top graduate research laboratories."

Sure, Llewellyn would love to get her hands on similar tools for her courses in



biomechanics and sports performance. But that felt about as likely as brunch with Chris Hemsworth, or a shoot-around with Steph Curry. (Not happening anytime soon.)

Then, it did.

A team at Stanford University's Neuromuscular Biomechanics Laboratory recently released free software it calls OpenCap—as in open-source motion capture. Forget huge laboratories with expensive 360-degree camera arrays. For Llewellyn and her Nebraska Wesleyan students to conduct advanced biomechanical analysis of a pitcher's windup, a marathoner's gait or a middle blocker's leap, "All we need is this free software, a pair of iPads and two tripods."

She called OpenCap a big development in the democratization of biomechanical research. "It's an opportunity for faculty like me to apply new tools to student research and learning in ways that just weren't possible before,"

she said. "It used to be that only a handful of grad students in top programs could use these tools. Now, our undergraduates get to have that experience right away."

It works like this: Using recordings from two known positions, the free software can triangulate precise body positions and extrapolate motions with high precision. No ping-pong balls required.

"Instead of relying only on qualitative analysis—like a written description of a given movement," Llewellyn said, "we can add quantitative measurements that show us this joint's precise range of motion—or subtle asymmetries in this person's gait."

The sheer volume of data is impressive, Llewellyn said. "But it isn't inherently useful."

She said, "Biomechanists have a data problem now."

So you took your recording and now you have thousands and thousands of numbers on an Excel sheet. Good for you. Llewellyn asks her students, "What are you going to do with it? Which numbers on that spreadsheet actually mean something to you?" She said, "The crossover here with data analytics is just huge."

She counsels her students to go in with

a plan. "It's about beginning with clear and precise research questions." That focus helps students distinguish relevant data from noise.

When Stanford's research team released OpenCap, Llewellyn thought first about her students and what they could do with this powerful new tool. But she said the applications stretch far beyond HHP and athletic departments.

"You're going to see tools like these in more and more clinical settings very soon," Llewellyn predicted. The physical therapist helping your mother after her knee replacement; the specialist helping your uncle maintain mobility with Parkinson's; the sports medicine clinician helping your daughter rebound from an ACL tear. Each will soon have motion capture technology that used to be firmly in the realm of science fiction movies.

"It's going to change the way we understand and treat all kinds of people with mobility issues," she said.

Take the simple act of getting up from a chair. "Sit-to-stand is such a complex movement with huge implications on independence," Llewellyn said. Can an aging father get out of bed or stand up from the toilet? Living at home can hinge on the yes-or-no answer.

If that answer is no, or just barely, motion-capture analysis can help therapists understand where and why they're struggling. It can guide rehabilitation decisions and extend that person's independence.

"It's going to improve patient care," Llewellyn said. **n**

Team HHP Is Growing.

Today, nearly 20% of NWU graduates earn degrees in programs within the Department of Health and Human Performance.

Athletic training
Exercise science
Health and fitness studies
Health and physical education

Master of Athletic Training
Physical education
Sport management

Four Years Running

NWU track & field athletes take top conference honors four years in a row.



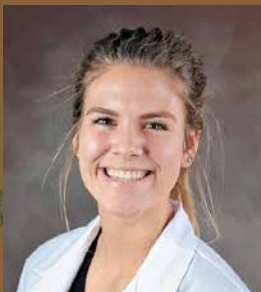
Elizabeth Jones ('19)



Andy Vasquez ('20)



Aspen Rolfes ('21)



Reagan Janzen ('22)

For the fourth straight year, Nebraska Wesleyan track & field has produced an American Rivers Conference Scholar-athlete of the Year—the conference's highest all-sport individual honor. Together, their four careers create one of the most impressive athletic and academic relay teams in NCAA III history.

Elizabeth Jones ('19) ran lead-off, winning the Johanna Olson Female Scholar-athlete of the Year Award in 2019. She was a seven-time NCAA III national champion in the indoor and outdoor 4x400 meter relay. The exercise science major from Omaha posted a 3.93 GPA.

Today, Jones is studying physical therapy at Creighton University in Omaha.

Jones handed the baton to distance runner **Andy Vasquez** ('20), who won the Duane Schroeder Male Scholar-athlete of the Year Award in 2020. Vasquez was an Academic All-American and a three-sport athlete on NWU's cross country, swimming and track & field teams. The accounting major from Omaha tallied a 3.98 GPA.


Vasquez is a bank examiner with the Federal Reserve Bank in Omaha.

Aspen Rolfes ('21) took the third leg, winning the A-R-C's Olson Award in 2021. Rolfes partnered with Jones on four NCAA III national championships in the 4x400 and set a variety of school records in the 200, 400, 4x100 and 4x200. The exercise science major from Lincoln earned a 3.9 GPA.

Rolfes is in the second year of the University of Nebraska Medical Center's physical therapy program in Omaha.

Reagan Janzen ('22) anchored this impressive relay, winning the Olson Award this winter. Janzen is a three-time All-American and 11-time A-R-C champion with school records in the indoor and outdoor 800. She won an NCAA Elite 90 Award in 2022 as the competitor with the highest GPA at an NCAA championship. The nursing major from Giltner, Neb., graduated with a perfect 4.0 GPA.

Today, Janzen is a nurse in the Neuroscience Intensive Care Unit at the Mayo Clinic in Rochester, Minn.

"What a blessing to have such talented young people make the choice to attend NWU and be a part of our track & field program—and then put in the work to excel at a very high level academically and athletically!" said **Ted Bulling** ('80), director of track & field/cross country. 

*This is one race where it's OK
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Gilman Scholarship Sends Visual Artist to England

A 2023 Benjamin A. Gilman International Scholarship will send **Kit Gonifas** (25) to the University of York in York, England, for the fall semester.

Studying abroad “is something I’ve been thinking about for a year and a half,” she said. “I look forward to the opportunity to experience York’s culture and people.”

The art major and art history minor from Lincoln will pack her camera and sketchbooks for the journey. “I want to incorporate my experiences into my senior thesis and my works going forward,” she said. She plans to create an exhibit of works from her time abroad when she returns to NWU.

Gonifas is NWU’s 62nd Gilman scholar since 2001. The nationally competitive Gilman Scholarship is designed to diversify the students who study abroad and the countries they visit. It’s sponsored by the U.S. State Department’s Bureau of Education and Cultural Affairs. [n](#)



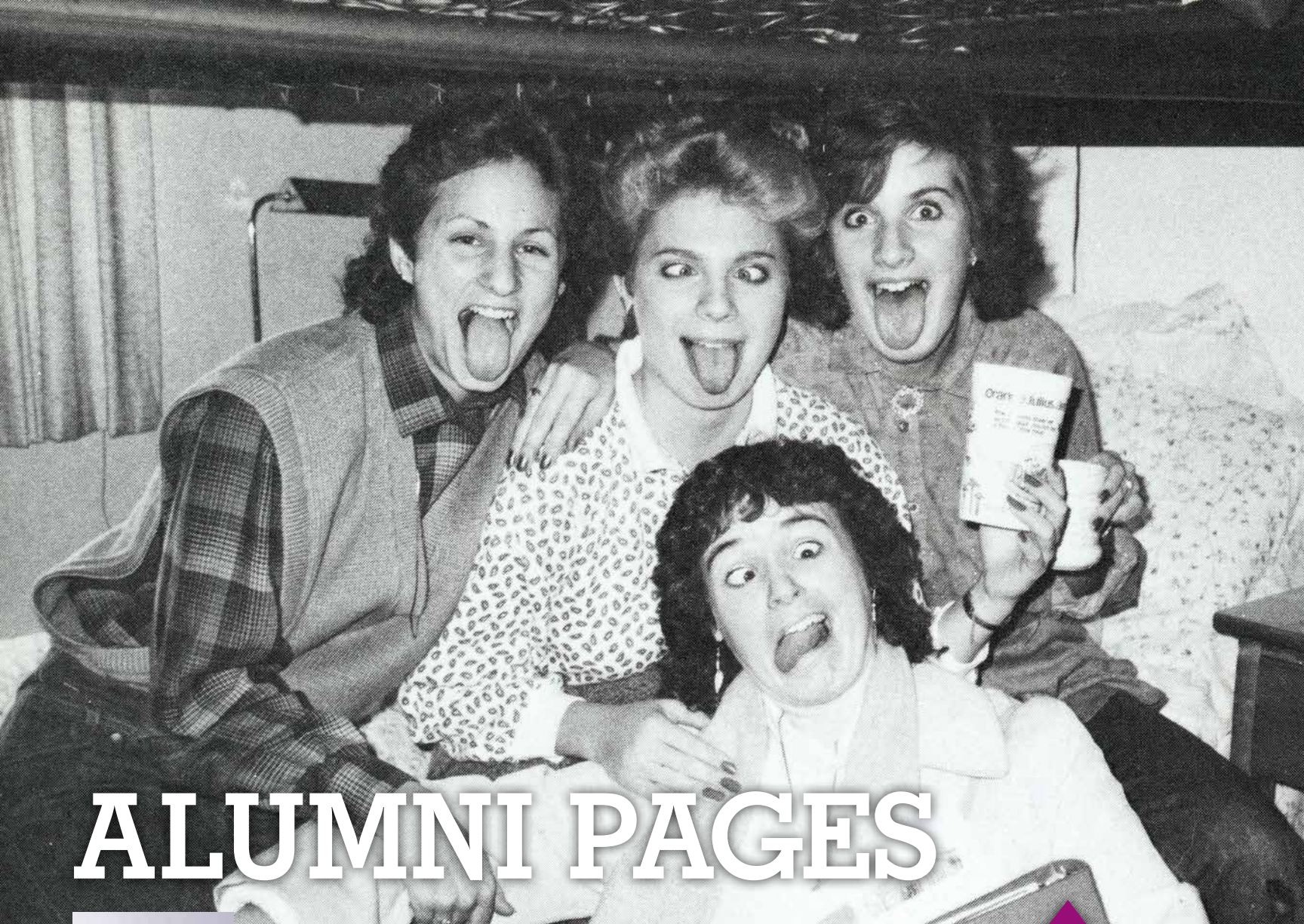
Photo by Madina Abdurkhotova (24)



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MYSTERY PHOTO REVEALED

Not so spooky



It's the wonderful Jonathan Judge ('00) on the far left!

—**Alyson Young** ('00)

We were on the long drive home to Nebraska for Christmas and catching up on our reading. I was driving when my husband, Anthony Bull ('91), opened *Archways* and showed me the Mystery Photo. I immediately recognized an IRO (International Relations Organization) outing.

We enjoyed introducing our international students to the many customs surrounding Halloween. I remember Jack-O-Lantern carving parties, having international students in our home handing out candy to trick-or-treaters, and many first-time visits to local haunted houses with hilarious results.

I am still proud of IRO for providing a social and cultural home for international students at NWU, and for the support IRO receives from faculty, staff, and the university. The outcomes reach beyond the time spent on campus to lifelong friendships.

—**Inger Bull**

Colorado Springs, Colo.

Bull is the former director of NWU's Office of Global Engagement.

Imagine my surprise flipping through the December *Archways* magazine and seeing my photo! I wish I remembered the international students' names with my classmate, Jonathan Judge. IRO was the best student group on campus, and I loved being a part of it.

—**Andrea McKinty Holland** ('00)

Where Are They Now?

Claire (Meyer) Linic ('11)

Funny you should ask. NWU's theatre major turned comic turns to writing and teaching.

Archways readers last heard from Claire (Meyer) Linic ('11) 10 years ago ("Improv Action Hero," summer 2013). The Second City graduate was following in Amy Poehler's footsteps in the Chicago improv comedy scene. And Linic's Tumblr blog, "The Awkward Phase," was gaining national traction.

A decade later, we checked back in. Here's what's new.

Linic turned from performing to writing.

"There's only so many years of your life that you can perform at a bar every night at like midnight," Linic, who goes by they, told their hometown newspaper, the *Aurora (Neb.) News-Register*. They've published two books (*The Awkward Phase* and *Our Perfect Marriage*), and are working on a novel—about breaking into comedy.

Linic married another comic in 2015.

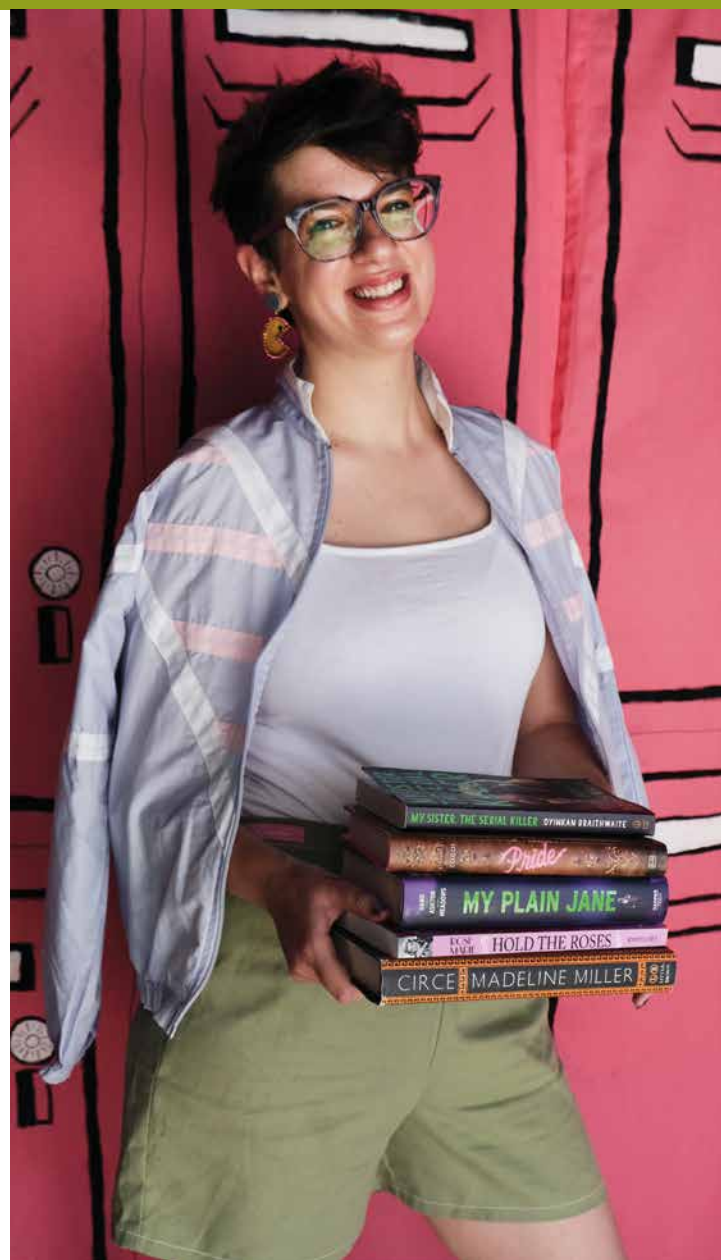
Alan Linic wrote for "Saturday Night Live" in 2018. For Claire, having a spouse at SNL meant, "You get to stand next to Steve Martin at a party or Amy Poehler, everyone you've kind of always wanted to see growing up."

Linic has even worked in comic research.

As a researcher for the podcast, "Work in Progress with Sophia Bush," Linic preps Bush for celebrity interviews by summarizing their work and writing (funny) interview questions.

Linic's respect for professors is the same as ever.

"All my life stories are going to be me saying a teacher gave me a push in the right direction," they said. They credited NWU theatre and communication professors for giving them the confidence to apply to Second City. Today, Linic serves as a teacher there. **π**



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Phi Kappa Tau Marks Its Centennial

By Kevin Boatright ('74)

Phi Kappa Tau Fraternity will celebrate its 100th birthday April 21-22, with the annual Founders Day Dinner and a series of other special events.

The “Phi Tau Century” observance marks the chartering of a local Nebraska Wesleyan fraternity—Phi Beta Sigma—as the 20th chapter of a national fraternity founded in Oxford, Ohio, in 1906. The local group originated with a men’s and women’s literary society formed on campus in 1888.

“We’re proud to be one of Phi Kappa Tau’s oldest chapters,” said **Mike Munro** ('84), chairman of the chapter’s board of governors. “We’re also proud of our heritage at Nebraska Wesleyan, going back to the very beginnings of the university.”

Munro noted that the vision of Phi Kappa Tau is “to be recognized as a leadership organization that binds men together and challenges them to improve their campuses and the world.” Its mission is “to champion a lifelong commitment to brotherhood, learning, ethical leadership and exemplary character.”

“As individuals and as a group, we strive to fulfill both those statements,” said Munro. His son, **John Munro** ('26) is a first-year student at Nebraska Wesleyan who joined the fraternity last fall. Another son, the late **David Munro** ('16), was initiated in 2012.


Phi Kappa Tau has received the fraternity’s outstanding chapter trophy a record eight times since the award was created in 1961. Five national presidents were Nebraska Wesleyan graduates: **Harry A. Taylor** (1905),



Warren Parker ('34), **Rodney Wilmoth** ('59), **Thomas Cunningham** ('63) and **John Green** ('63). Other prominent Phi Taus include **John Dunning** ('29), **Harry Huger** ('59), **John Sampson** ('63) and **John Gerrard** ('76).

The charter was signed in 1923 by 36 students and 32 alumni. Since then, about 1,900 Nebraska Wesleyan students have been initiated as members. The chapter house, built in 1928, is on the National Register of Historic Places. A designation plaque will be dedicated in April. A “Legacy Walk,” touching sites on campus and in University Place that relate to the fraternity’s origins, will also take place.

Planning for other events is still under way.

“We hope alumni will participate in April,” says Munro, “along with our current students and the entire university. It’s an opportunity for fellowship, and a time to reflect on our place at Nebraska Wesleyan—in the past, the present and the future.” 

Kevin Boatright is director emeritus of communication at the University of Kansas Office of Research and Graduate Studies. He is a Phi Kappa Tau alumnus and a member of Nebraska Wesleyan’s Board of Governors.

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