

VOL. 5, NO. 2
FALL/WINTER 2018

Viewpoint

magazine

A Publication of Cottey College:
CREATORS OF INCREDIBLE FUTURES

highlights

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Letters to the Editor

Better make that "Photos to the Editor." No letters or emails for this issue, but we did have a couple of alumnae send in reunion photos.



August gathering of friends from the Class of 1964:
Front (left to right) Liz Doyle Carty, Beth Morgan Bowens, De Black French

Back (left to right) AB Smith Bohannon, Harriet Anderson Maser, Nancy Tarrant Schauerte, Cynthia Rosacker Glimpse

Missing: Ronnie Fjetland Nelson



Five of the eight Byler suitemates from 1974-75 met together in Prescott, Arizona, the first weekend in June for a reunion of sorts, organized and hosted by Jan Sievwright Feltz. Present were (from left): Carole DeWald, Cynthia Clark, Jan, Teresa Hill, and Diana Wagner Clarke. We passed the time singing Cottey songs, laughing over shared memories and photographs, and in general caught up on everything that has happened in the 43 years since we were last together. Unable to attend but present in heart and spirit were Gigi Gohrke Stalcup, Tye Kroush



Slater and Nancy Pfaff Kessler. Fun fact: Byler Suite in Robertson Hall existed for only two years, and Diana and Cynthia are the only two Cottey alumnae to have resided there for both. Left are the 74-75 Byler Ribbits: (front with frog) Nancy, (seated) Cynthia, Teresa, Tye, (back) Carole, Gigi, Diana, Jan.



A Message from the EDITOR

In a World Full of "No," Cottey is a College Full of "Yes!"

In 2008, Jim Carrey starred in a movie titled "Yes Man." In it, his character, Carl, was challenged by a motivational speaker to say "Yes" to every opportunity presented to him.

This movie is a comedy, so Carl is obligated to say yes to EVERYTHING. As you can imagine, the writers made sure that premise led to several ridiculous situations where the hero was constantly saying yes to things when he desperately wanted to say no.

Carl took guitar lessons, began learning Korean, met a Pakistani mail order bride, and was constantly picking up the bar tab for his friends. On the plus side, he also got a promotion at work and met the love of his life.

The movie is funny because none of us would say yes to everything on the chance we would end up in those crazy situations illustrated in the movie.

It's hard to say yes sometimes, especially when there are things to which we desperately want to say yes, but the opportunities just aren't available or in reach.

When I was in college, I wanted to travel internationally, but at my alma mater (at that time), the travel opportunities were limited to those who could afford it. At Cottey, however, there are free international travel opportunities.

I've always been a little envious of my friends who can play a musical instrument. I never found the time or money for

private lessons when I was in college. At Cottey, students can take private music lessons for free.

I think you can see where I'm going with this note. Oftentimes when the world told you no, Cottey said "Yes!" What an amazing gift to be given that kind of agency in your life.

This issue of the *Viewpoint* features stories of alumnae, students, and friends who have continued to embrace the opportunity to say yes. They inspire me, and I hope you as well. Carpe diem, Cottey!

As always you are encouraged to write me at sreed@cottey.edu.

Sincerely,
Steve Reed, editor



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On the cover:

Opportunities are everywhere. Are you saying "Yes" to them? This issue of the *Viewpoint* features alumnae, students, and donors who have said "Yes" when life asked them if they were ready to grow. Here's to their inspiring stories.



Authors Wanted!

Have you ever wanted to write for the *Viewpoint*? We had several contributors in previous issues and would love to have others add to the conversation in future issues. If you have some expertise in a particular area and would be willing to write an article, email sreed@cottey.edu and use the subject line "Author." In the body of your email tell us who you are and in what subject areas you have expertise to share with our readers. Maybe your byline will be in the next issue!

Yes to Learning About Cottey



On October 13, 2018, Cottey College welcomed special guests on campus for P.E.O. Visit Day. The opening was followed by a presidential welcome and student panel in the Missouri Recital Hall. Moderated by Denise Carrick-Hedges, director of leadership development, three students, Miranda Owens, Darlina Rose, and Yustinah Ndambakuwa, presented short speeches that highlighted the themes of the Serenbetz Institute: women's leadership, social responsibility, and global awareness. Members of the audience followed up with a time of questions and comments.

The opening session was followed by campus tours led by members of Golden Key (photo left), an honorary society of selected students whose purpose is to serve as official ambassadors of Cottey College. These women are the student volunteers who give tours to prospective students, guests, alumnae, P.E.O.s, and friends of the College. They love to share their story and their college!

Several optional activities were available for the guests to enjoy in the afternoon. A reception at the President's House and an information fair followed by the all-campus open house allowed guests a chance to learn more about Cottey programs and departments, visit residence hall suites, stop by the Bookstore, and see classrooms and instructional facilities.

The next P.E.O. Visit Day is scheduled for October 26, 2019.



You'll be singing the blues if you miss this! Vacation College registration will be opening up soon. Combine a Cottey experience with personal enrichment and have some fun along the way. Participants experience Cottey from the inside out as they stay in one of the residence halls, eat in Raney Dining Room, and attend classes taught by Cottey College faculty and staff – all without the pressure of mid-term exams or finals! Nightly entertainment, recreational activities, and extraordinary chances for fellowship are all a part of this exciting week.

Mark your calendars for Vacation College, May 14-19, 2019. Online registration will open in mid-January; information is online at cottey.edu/peo/grow/. You are encouraged to register early as classes fill up quickly.

Pictured above: Vacation College 2018 class members from Lady Sings the Blues



message from the PRESIDENT

Say Yes to Women's Education- Again!

As alumnae of Cottey College, you know the value of women's education. You recognize that your experience at a women's college afforded you opportunities then, as now, to be supported by a network of strong, intelligent peers and taught and mentored by women and men who chose to dedicate their careers to women's education.

Do you know a woman who also desires and deserves this support?

You understand that your education empowered you; your education prepared you for life after college; your education offered you a safe environment in which to learn and to grow. You know that your Cottey experience offered you opportunities to interact with women from around the country and from around the world; to find and develop new interests in the arts, academics, and athletics; to learn from talented professors who know both their subject matter and how to impart those topics to you, to prepare you for your next educational experience and for your career.

Who do you know who desires a safe environment in which to grow and learn, to have new experiences and to delve into topics of interest to them in a collaborative, hands-on environment?

As a Cottey student, you quickly realized the importance of having a powerful voice and an ability to share your views and to have others truly listen to your thoughts. You experienced diversity and developed appreciation for ideas and cultures different from your own. You understood, from the day you stepped up and signed the Cottey Book, that your educational experience would be based in personal and institutional honor and integrity.

As an alumna of Cottey, you appreciate that your educational experience offered excellence, relevance, and affordability. You were given opportunities to discover or further develop your leadership skills, to contribute through community service, and to learn job skills through internships.

Which women in your world have voices that want and need to be heard, would welcome a diversity

of experiences, desire to learn in an environment centered on ethical beliefs and behaviors, and aspire to give back to their communities?

Today's Cottey may differ in some ways from your Cottey: the campus may look a bit different, classrooms may be based in technology, and the dining services may provide additional vegan and gluten-free options; however, now, just as then, Cottey's mission is to educate women to be contributing members of today's society. Today's Cottey listens to today's students, offering them the majors in which they are interested, the clubs and organizations they believe are important, the living and learning spaces that they expect and deserve.

As alumnae, you chose Cottey. You chose to be educated at a women's college. Now it is your turn to choose women's education again... to choose to

- Say **YES** to telling middle school and high school girls about your college, that attending Cottey will prepare them for life after college,
- Say **YES** to sharing your own experiences and also sharing who Cottey is today,
- Say **YES** to revealing to a student the value of finding her voice and developing her leadership,
- Say **YES** to sharing the powerful message that Cottey will demand that she be an active learner,
- Say **YES** to helping a student visit Cottey for a "C" for Yourself! event or for the Summer Workshop,
- Say **YES** to helping women receive a Cottey education by financially supporting the annual fund and remembering Cottey in your estate plans, and
- Say **YES** to encouraging a student to visit the website and to take the virtual tour (debuting January 2019).

Say **YES** again to women's education; say **YES** so that she can say **YES!**

Jann R. Weitzel

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Cottey College

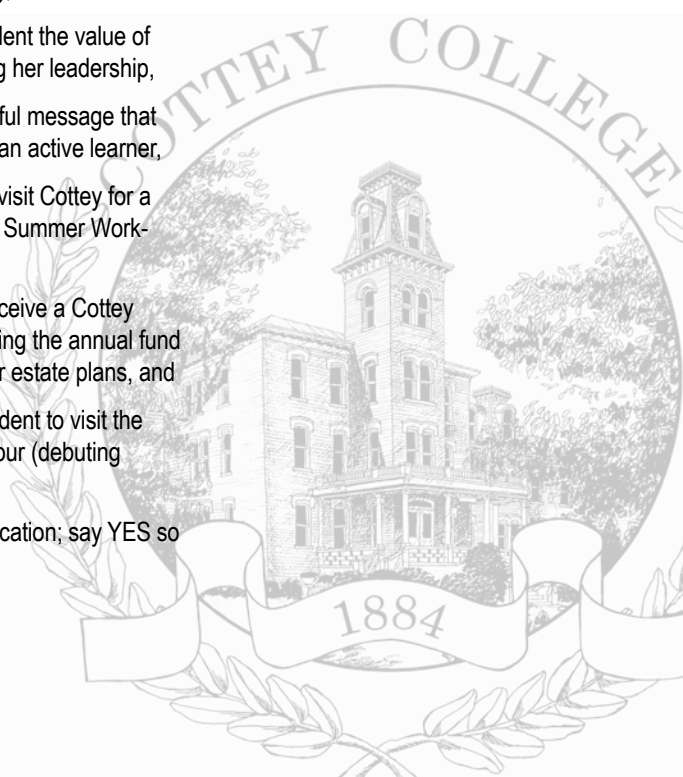
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ADVISORY GROUP
Members of the *Viewpoint Advisory Group* include Steve Reed, Dr. Jill Compton, Dr. Mari Anne Phillips '76, Christi Fulton Ellis '96, Kristine Anderson Fulton '89, Nancy Kerbs '79, and Dr. Kathy Pivak.



The CCAA Executive Board Says “Yes!” to Action

The Cottey College Alumnae Association Board members are a chorus of yeses of late. Since the start of our fiscal year in July we have proclaimed “YES” to becoming an active board, “YES” to defining our core values, and “YES” to ensuring our work is aligned with the College.



As a group we are saying “YES” to

- Promoting purposeful collaboration with alumnae, Cottey College, and community
- Fostering loyalty, engagement, and connection among alumnae through fiscal means and student referrals
- Championing inclusivity of our diverse alumnae
- Celebrating “Cotteyhood,” the special world inhabited by Cottey alumnae

These yeses have culminated into the development of a two-year strategic focus with the following goals:

“Stay Connected”		“Give Support”		“Get Involved”
Goal 1. Identify those alumnae with whom contact has been broken	Goal 2. Increase CCAA visibility/ awareness among key constituents	Goal 3. Encourage greater alumnae participation in financial support	Goal 4. Update CCAA committee duties and guidelines	Goal 5. Encourage student referral by alumnae

The CCAA Board encourages you to say “YES” to

Staying Connected by...

- Ensuring that Cottey has your current contact information, including email address, mailing address, and phone number. Send updates to alumnae@cottey.edu.
- Working with your class agent to find your “lost” classmates

Giving Support by...

- Making a financial gift (in an amount significant to you) every fiscal year to increase our alumnae giving rate at cottey.edu/giving

Getting Involved by...

- Referring a potential student by submitting her name to cottey.edu/referstudent
- Starting or joining a Cottey Club near you. Contact Christi Ellis '96, Director of Alumnae Relations, at 417-667-8181, ext. 1492, or by email at cellis@cottey.edu for more information.
- Attending Founder's Day Weekend. Upcoming dates include:
 - Founder's Day 2019: March 29-31
 - Founder's Day 2020: April 3-5
 - Founder's Day 2021: March 26-28
- Volunteering for a CCAA Board committee. Contact the CCAA President, **Aimee Starlin Meyer '02**, at aimeermeyer@gmail.com for more information.

We invite you to pick your part and join our chorus of yeses and say “YES” to staying connected, giving support, and getting involved for a bright future for our dear old Cottey C—a place to create incredible futures for women, by women, about women. To what will you say “YES”?

Save the Date(s) Founder's Day Weekend

- March 29-31, 2019 - For classes ending in “4” or “9”
- April 3-5, 2020 - For classes ending in “0” or “5”
- March 26-28, 2021 - For classes ending in “1” or “6”

Cottey Again Ranked Highly by *U.S. News & World Report*

U.S. News & World Report announced that Cottey College is nationally ranked #9 among its 2019 Best Regional Colleges placing it in the top ten of regional Midwest colleges. In total, 79 colleges were ranked from 12 states comprising the Midwest region. The rankings are available online at www.usnews.com/colleges.

Cottey was again ranked in three additional categories in the Midwest region from *U.S. News & World Report*. Cottey is ranked #1 among Best Value Schools, moving up from #2 last year, and is ranked #3 in both Lowest Student Debt Load at Graduation and Schools with Largest Proportion of International Students.

Rankings by respected organizations such as *U.S. News & World Report* can provide college-bound students and their parents valuable information to compare merits of different education programs. *U.S. News & World Report* uses 50 different types of numerical rankings and lists to help students narrow their college search, according to their website.

Colleges ranked in the Best Regional College category focus almost entirely on the undergraduate experience and offer a broad range of programs in the liberal arts in fields such as business, nursing and education.

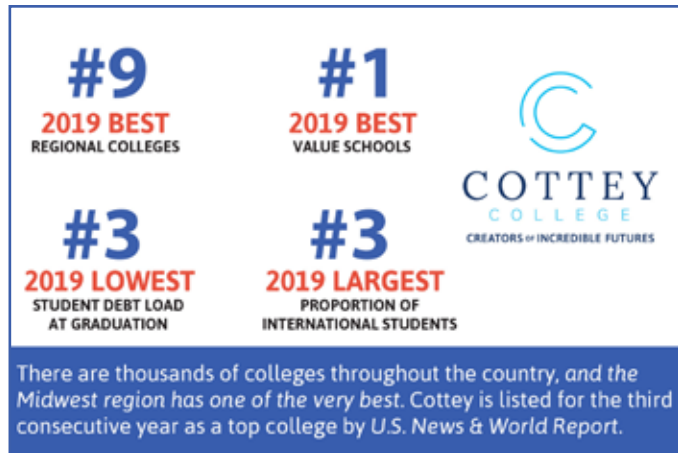
Colleges ranked in the Best Value College category take into account a college's academic quality based on its U.S. News Best Colleges ranking and the 2017-18 net cost of attendance for a student who received the average level of need-based financial aid.

The Lowest Student Debt Load at Graduation ranking indicates that 73% of Cottey baccalaureate graduates had no debt at graduation while the average amount of debt for the remaining graduates was \$23,533. According to Student Loan Hero, this is almost \$16,000 less than the average debt of \$39,400.

Finally, Cottey's proportion of international students (15%) earned the college a #3 ranking as College with the Largest Proportion of International Students.

"We are again pleased to receive these rankings from such a trusted organization as *U.S. News & World Report*. We find it especially noteworthy that Cottey is a top ten school in the Midwest for the second consecutive year," said Dr. Jann Weitzel, president of Cottey College.

"Rankings fulfill a demand prospective students and their families have for information about institutional quality.



Statistics reflecting high retention and graduation rates, small class sizes, a low student/faculty ratio, and the percentage of full-time faculty are tangible measurements of the effort an institution puts into helping students succeed. These are critical markers in the decision process for a student and her family in choosing a college that will be a good fit," added Dr. Weitzel. "In addition, the rankings help with name recognition. There are people who will see these rankings who might not have heard of Cottey otherwise."

Cottey is one of four schools in Missouri to be ranked as a Best Regional College and the only women's college included in the Midwest rankings.

Among the criteria on which *U.S. News & World Report* bases its rankings are the following: retention, assessment by peers and counselors, faculty resources, student selectivity, financial resources, graduation rate performance, and alumni giving rate.

"While rankings are helpful to prospective students and parents, the best way to make that final decision is to visit campus and see if that college or university is the right fit. We hope these rankings will encourage more young women to visit Cottey and see for themselves what we have to offer as they make their post-secondary educational choices," said Dr. Weitzel.

Dedication of P.E.O. Hall's Redesigned Parlor



In October, Cottey College officially dedicated the newly renovated parlor in P.E.O. Hall. Donor Sophia Zetmeir was in attendance to see all the beautiful work that had been done to bring the parlor in the oldest residence hall on campus into the 21st Century. Among the most appreciated renovations was the addition of airconditioning to the common spaces in P.E.O. The spaces are open, airy, and light and feature comfortable furnishings that are compatible with technology, such as chairs with charging stations.

Above left, two students enjoy a comfy chair that features a slide out table/desktop and charging stations. Above right, donor Sophia Zetmeir receives thanks from (left to right) Sherri Taylor, vice president for institutional advancement; Dr. Jann Weitzel, President of the College; and Hannalyn Ohlsen, president of P.E.O. Hall. Hannalyn presented Sophia with a scrapbook of thank-you notes from the residents of P.E.O. Hall. Below, students, faculty and staff checked out the new furnishings at the dedication of the parlor.



Pass It Down – Sharing Cottey with Future Sisters

by **Stephanie Grgurich '03**
Enrollment Outreach Coordinator

How did you learn about Cottey? Was it from a friend or relative? Did you stop by your high school guidance office and pick up a brochure? Maybe it was from a college fair or an Internet search. For me, I noticed a post card the College sent as a search mailer. No matter how you discovered Dear Old Cottey C, you knew it was the right fit, and it was a discovery that helped form the foundations of an incredible future for you and your classmates.

own nieces and cousins are well aware of Cottey College), have you considered the potential Cottey women in your community?

Who do you know currently considering college? Look around you – perhaps she works at that restaurant you frequent. Maybe you cross paths with her often at the library, or community center, or gym? Perhaps you know her through a connection with your family or through work?

Remember that feeling when a professor here took interest

in your educational journey, when he or she encouraged you to find your best self, do your best work, and equipped you for your incredible future? It doesn't happen just at Cottey. That inspiration can happen with you when you take an interest in the educational futures of the women around you. Referring that student to Cottey College can help her say yes to the same challenging, academically focused future you chose for yourself.

It's easy to let us know about these women in your community. There's a simple form you can complete on our website: cottey.edu/referstudent; you can email Enrollment Management and

let us know about her, admit@cottey.edu; or you can give us a call: 1-888-5-COTTEY.

Once you've submitted your referral, we will reach out to her with letters, and emails, and by phone. As someone who knows the value of a women's education, we encourage you to stay in touch with her as she goes through this process. Be that someone in her life who believes in her, encourages her, and supports her. Help her say yes to an incredible future at Cottey College!



Sharing Cottey with the next generation

Cottey moms Mellisa Coombs Miller '88 (left) and Margaret Birsa Egerton '85 (second from left) not only shared information about the College with their daughters, Madeleine Egerton (second from right) and Lily Miller (right), they enrolled them this fall.

As you consider your own journey to Cottey, think about how you can pass down the academic excellence, friendships and the sisterhood, and wonderful experiences to someone. Have you shared Cottey College with a potential future Cottey woman?

Referring a student to Cottey is an easy way to say yes to sharing our traditions, our songs, and our Cottey family. While daughters, granddaughters, cousins, and nieces are an absolute go-to when talking about our Alma Mater (my

Visit Opportunities for Prospective Students

"C" For Yourself! Weekend **Summer Workshops**
April 27, 2019 **June 16-21, 2019**

More information is online at cottey.edu/visit

Alumnae Share Times When They Said Yes

Editor's Note: About a month ago, I posted to my Facebook account asking alumnae to tell the Viewpoint their "Say Yes" story. Some responses have been edited for space.

I have many instances of saying yes to things that have enriched my life, but the one that stands out the most to me is when I decided to self-publish my book series. I wasn't sure I ever wanted to share the story with anyone else; I wanted it to stay safe and hidden in my brain, just for me. When I finally began writing it down and released my first book, the response I got was overwhelming. It was then that I learned that I could actually be a writer. Since then I've finished the series with the final book being released any day now, and I am going to start sending it to publishers as soon as I can. Sharing my stories has been the best thing I've ever said Yes to.

Ann Woods '02

Two years ago I said yes to moving my family from Michigan to Maryland for a faculty position at a women's college -- Notre Dame of Maryland University. Best decision! So happy to influence and inspire the next generation of women leaders. This fall I said yes to chairing the Business and Economics Department! So excited for many more yeses to come!

Heather Thaxter Carpenter '99

I said yes to love and my heart, but not in the way most people think. My heart was called not to a "who" but to a "what"—Germany! I realized the states isn't where I belonged anymore. My degree was no longer my passion and it took a while for me to accept that fact. Once that obstacle was overcome, I leaned into the yearning I constantly had to return to Europe, Germany, and being close to my host family. I got TEFL/TESOL certified and started networking.

I packed up my whole life into two suitcases, a backpack, and a carry on, and I moved to Munich. I was establishing my independence for the first time by entering a foreign country halfway around the world on a tourist visa that I was determined to turn into a freelance visa. And I did it! There has been a lot of blood, sweat, and tears poured into my life here and I'm currently on my third (and most comfortable) visa.

Two years later, I proudly call Munich home. I'm employed full time and am so happy I took this huge leap and trusted myself to know what I needed. I certainly don't have everything or my life figured out, but I don't need to and I'm very happy.

Besides Cottey, this was the best decision I've ever made. Cottey taught me to have a strong voice and to believe in myself and my abilities.

Kaylen Snow '10

I was living in paradise—Fort Myers, Florida—I had a great job and had been looking for a house. Life felt settled.

I went on vacation to Seattle, Washington, and Portland, Oregon, to see a high school friend (as well as **Jessica Duff**

'93, Mary Johnston '93, Christina-Marie Wright '94, and Titia Thorpe '95) in May 2010.

While on vacation, I was relaxing in my high school friend's house, gazing out at Mount Rainier, considering my life - taking stock of where I had been, where I was, and where I planned to be in the future.

Suddenly I realized that the one thing I always thought I might do was something I **MUST** do - damn the consequences.

I sat up, called my real estate agent, cancelled my pending house offers, and started researching graduate schools for my Ph.D. in public administration.

A year and three months later, I was relocated to the Chicago area, in my Ph.D. program, and pursuing a completely different life.

Saying **Yes** to my long-held dream was just what I needed to do. Eight years later, I am in my third year of teaching, two years past the completion of my Ph.D., and relocated to Western Pennsylvania. My partner John and I bought a house together earlier this year and are working together to renovate it.

Best decision of my life - all because I said yes to the possibility of the unknown.

Aleea Perry '94

It took a few years for us to conceive and meet our first born. [After losing a baby], the next two years were spent trying to adopt. Our social worker said she was going to close our case. Because of the late term miscarriage we were given the opportunity to participate in an ivf [in vitro fertilization] study. It was our first attempt at ivf. We said yes in February.

Sometime that spring our social worker called to say she would just leave our case open but the closure paperwork was in the mail.

In June they called to say the ivf was successful at 10 a.m. on a Monday. That same afternoon at 4 p.m. our social worker called to tell us about a baby boy seeking a family. Would we consider a young infant? On Wednesday we met with our social worker and his social worker for a meeting called Disclosure. On Thursday morning we said yes. On Friday morning we brought home our son.

Just before our son's first birthday our third child was born. A few months later we finalized our adoption - almost exactly a year after we had met our middle child.

In the span of nine months we went from parents of one to parents of three and we couldn't be more grateful that we said yes. Yes to ivf. Yes to adoption. Yes to chance. Yes to life together.

Heather (Cole) Kraft '98

Turning Maybes Into Yeses

By Steve Reed

There are some things to which I find it easy to say yes. Bike rides, mountain hikes, St. Louis Cardinals baseball games, chocolate chip cookies, cupcakes, and Cottey baked potato soup come to mind. However, I already know I like these things, so it's an easy yes. Those things that are outside my comfort zone, well, I struggle with those yeses.

Five years ago, a good friend wanted me to meet a woman she thought I might like. I never have liked blind dates and said no. Several times. Finally I agreed to meet her at a cookout and pool party even though it was way outside my comfort zone. I ended up marrying that delightful woman about three years later. (Thank you for saying "Yes," Angie!)

Although that yes turned out better than I could have imagined, I still have to talk myself into trying things that push me outside of my comfort zone. I have to remind myself that I want to be a bold and adventurous person, so I need to do things that I believe bold, adventurous people do. What may be bold and adventurous to me may be pretty tame to you, dear reader, or perhaps vice versa. We all have different comfort zones. I do find that my life is happier and more satisfying when I push into that discomfort level and try new things. But I don't find it any easier now to push into that zone. For me, the majority of those "discomfort" yeses start with maybe.

I recently read an article on heleo.com titled "How to Get Better at Predicting the Future."¹ Steven Johnson, author of 11 books and host of the American Innovations podcast, was interviewed about making better choices. His most recent book is titled *Farsighted: How We Make the Decisions that Matter Most*. That's exactly what I want to do – make sure that "yes" is the right choice for me.

To be fair, in the interview Johnson is talking about businesses, not individuals. He says

**IF SOMEBODY OFFERS
YOU AN AMAZING
OPPORTUNITY BUT
YOU ARE NOT SURE IF
YOU CAN DO IT,
SAY YES - THEN
LEARN HOW
TO DO IT LATER.
-RICHARD BRANSON**

that once a business has selected a particular decision path, they should do a "premortem," the opposite of the postmortem we're more familiar with. Johnson says business leaders should look at a decision and imagine the worst possible outcome from it. From there, the leadership team finds potential flaws in the choice and works on creative ways to avoid them.

For an allegedly bold and adventurous guy, I have to talk myself into many of my yeses. Recently I was in Palm Springs, California, with two days of free time. As an outdoorsy person, I thought it would be fun to go hiking in Joshua Tree National Park. I brought a small backpack to California with me and had snacks and water bottles. (It is the desert, after all.) I had appropriate clothing and my good hiking boots. But still I had to mentally talk myself into the journey. "What if I get lost finding the park?" I downloaded the route into my phone app. "What if it's really hot?" I made sure I took plenty of water. And on it went until an hour later I was on my way to a great day of hiking.

For some of you, that first risky yes might have been your decision to attend a small, women's college in the Midwest. Maybe (for



Turning a strong maybe into a successful "Yes" on Ryan Mountain in Joshua Tree National Park.

those of you who graduated in the last 20 years) it was traveling with your classmates overseas and staying an extra week on your own. Maybe it was transferring after your associate degree to a college or university you would not have considered before. Whatever it was, I would guess most of you found that decision added richness and depth to your life and steered you in new directions you may not have initially selected.

This issue of the *Viewpoint* honors those of you who took that leap of faith and said yes to things outside of your comfort zone. Whether it's starting a new school, donating a kidney, fighting wildfires, or donating to your College, we celebrate **you**. Here's hoping we all find our best yes!

¹ https://heleo.com/conversation-how-to-get-better-at-predicting-the-future/19420/?utm_source=newsletter_the_lift&utm_campaign=11_05_18

Cottey Alumna Fights Wildfires Out West



by Steve Reed

Meagan Duffee-Yates '07, a private land conservationist for Barton and Jasper counties with the Missouri Department of Conservation, answered the call when the wildfires began in California and Oregon. Her answer was, "Yes!"

"I got the call to go out to Oregon in mid-July," said Duffee-Yates. "At the beginning of fire season, which is late May-November, we provide to our employer dates that we are available to be gone for up to 21 days. Since this is through my employer [Department of Conservation] they are very understanding and very supportive."

What made her say yes to the opportunity to go fight wildfires?

"I knew that I would be gaining experience by going to a different state and being involved with large scale wildfires," Duffee-Yates explained. "With my job we are asked to help fight local wildfire but our environment is much different than out west. Being able to go fight fires in a different environment, with different weather patterns, different habitat and through a much larger Incident Command System is what made me say yes. Plus, I had the opportunity to see new states and be out west."

What was a typical day like fighting wildfires?

"Our days always start at 5:30 a.m. We are up, dressed and have our camp broken down by 6 a.m. We eat as a crew (which is 20 of us) together. After breakfast we break off into four squads, which are made up of five people each. We gather all necessary supplies that we will need for the day, including our packed lunches (which are gross) and all water bottles that we may need. Each day is different," she added. "We could be cutting in line all day, which is basically taking our tools and making a bare dirt path that is three feet wide and at least a foot and a half deep. We can typically cut in about five miles of line in a day. Or we could be brushing out a road, which is basically cutting all brush, trees and shrubs about 100 feet in, tossing all cut brush to the other side of the road to reduce fire loads. Or we could be holding a line while they do a burn out or as the wildfire itself is approaching our line. We worked 16-hour days, had just enough time to catch a little sleep (maybe, we are in a camp with over 500 people sometimes) before waking up and doing it all over again."

Were she ever frightened or worried for her safety?

"Every day," Duffee-Yates said. "You always have to be on alert; trees can fall on you; the fire could jump the line



and make a run up the hill to you, or you could be directly fighting the fire. Situational awareness is always the most important thing. I combat this fear by having trust in my fellow crew members and always making sure to keep an eye on everything that is around me. I have to remind myself that there are people on my crew that have been doing this for over 20 years and they have valuable experience that I must trust."

Would Duffee-Yates say yes to this opportunity again if called?

"Of course I would! This is my second trip out west to fight wildfires. Last year I was called to Libby, Montana, and loved it! This year was Oregon. I plan on doing this for the rest of my career for as long as I am allowed to do so!"

What has she learned from this experience?

"Teamwork is the most important thing" said Duffee-Yates. "You must have trust in your teammates and in your crew! Hard work is the name of the game, but if you embrace the knowledge that you will be doing a ton of hard work then you can learn to enjoy the experience and gain valuable knowledge!"

Meagan Duffee-Yates described the equipment, clothing, and safety gear she carried each day to fight wildfires.

Equipment:

Line Pack: We carry all necessary gear in this pack, which is on us at all times. Inside of this pack is our lunches, water for the day, fuses (which are used to light a line), sharpeners for our hand tools, and our most important item for any wildland firefighter, our fire shelter. This item is what we use if we get compromised on the fire line. This single item can be the difference between life and death.

Clothing:

All of our clothing on the fire line is made out of Nomex, which is a fire resistant material. It is NOT fire proof, but highly fire resistant. It is designed so that if it did catch on fire it would burn off and not melt to our skin, though it does have properties that help protect us from high heat. We have a yellow Nomex shirt, Nomex fire pants, a helmet, leather gloves, 8" high cuff boots, and safety glasses, all of which are required while on the fire line. Some people have extra stuff, like I have a face mask that is designed to withstand high heat and has a particulate filter in it to help reduce the inhalation of fine particles into my lungs. I also carry a Nomex jacket called "Dragon Fur" that is used if the temps get cold while we are on the line.

We also have a red bag, which is large bag that is used to carry all of our clothing and camping gear that is needed. We are allowed to carry a max of 60 pounds when traveling, so everything that we need (including our tents, sleeping bags and pillows) must weight 60 pounds or less. I use a lightweight back country tent that weighs 3 pounds; my sleeping bag is also lightweight as are my pillow and sleeping pad. I also carry necessary sleeping clothing and a undershirt to change into each day. Our socks are an every other day clothing item, which seems gross, but when you are on the fire line weight is an issue.

Cottey Student Says Yes to Create Her Own Incredible Internship

by Deserina Boskovich Frew

Landing a top-notch internship is never an easy feat, and for international students, residency restrictions can pose an extra hurdle. But Blessing Gandawa, a business administration and management major at Cottey and an international student, was determined to make it happen. Her persistence finally paid off with a summer internship at the Federal Reserve Bank of St. Louis and a horizon-expanding, career-building experience more than worth writing home about.

Gandawa's quest to find the right internship began in August 2017, her junior year, when she started applying for positions in Nevada and Kansas City. Throughout the fall, she continued to apply at relevant firms — but no one was hiring. "By December, I'd almost given up hope," she says.

Then she decided to visit a friend in St. Louis for winter break. The Federal Reserve Bank's website said it was closed to applications, but Gandawa's friend suggested she give it a shot anyway and apply in person. Gandawa made an appointment, met with Human Resources, and met the internship recruiters. Afterwards, she kept in touch.

In February 2018, there was an opening. They set up a video chat interview with the supervisor of the department, but technical difficulties put up yet another obstacle; the video chat malfunctioned and the interview did not go smoothly.

In May, the director reached out with another position. This time, leaving nothing to chance, Gandawa planned a face-to-face interview. She told the hiring managers about her focus as a business administration major; her background and her family in Zimbabwe; and her experiences at Cottey, particularly the school's emphasis on leadership.

"At the Federal Reserve, the main objective is to broaden employees' leadership skills, as well as diversity and inclusion," she says. "They really liked how I portrayed what I'd learned, my journey coming here, and how I adapted to a different culture."

She landed the position — and just in time, because summer had arrived. Gandawa worked closely with her Cottey support team to finish all the necessary paperwork and get everything in place to spend a summer in St. Louis.

From June to August she worked 40-hour weeks in the Federal Reserve's financial management department, focusing mainly on procurement. "That means different business areas in the Federal Bank would send in requests — if they wanted to buy software, or furniture, or anything else — and we'd make sure the requests were entered into the right accounts."



Blessing Gandawa

Gandawa helped with tasks such as risk assessment, vetting potential vendors to ensure they are reputable and reliable. She got to meet with different departments to help them figure out what, exactly, they needed to purchase, and which vendors offered the best options. She checked orders to make sure they were correct and within budget.

"I had a lot of autonomy," she says. "They would give me a task for the day, or project to work on for the week, with an understanding of exactly what was needed. But how to go about it, I had to figure that out myself, and find my own way of working."

In addition to the day-to-day duties, she participated in the internship program, which offered special events and career building opportunities. "Every week we'd do networking events," she explains. "People from different areas of the bank would come and talk to the interns. They'd tell us about how they got to where they are. We could ask them anything and they would answer."

And, she says, they even got to meet with Jim Bullet, the President of the Federal Reserve of St. Louis.

These "popcorn sessions" — where popcorn was typically made and served — inspired Gandawa to revisit some of her own career goals. There, she heard from the IT team, who detailed their work in business analytics, combining data

please see Gandawa, page 21

How Saying No Helps You Get to Yes

This issue of the *Viewpoint* is filled with stories of alumnae, students, and donors who said “Yes.” The number of movies and books filled with heroic characters who said “Yes” is almost limitless. Katniss Everdeen said “Yes” to take her sister’s place in *The Hunger Games*. Luke Skywalker said “Yes” when the rebels needed someone to try and blow up the death star in *Star Wars*. Po said “Yes” to defending the Valley of Peace against the evil Tai Lung in *Kung Fu Panda*.

In the book *Year of Yes* by Shonda Rhimes, the author came to an epiphany that she always said “No” to anything outside of her career and family. After getting called on this by her sister, Rhimes texted a friend “Am going to say yes to anything and everything that scares me. For a whole year. Or until I get scared to death and you have to bury me.”¹

The *Viewpoint* visited with Dr. Julie Tietz, Cottey professor of psychology, and asked her a few questions about the value, or hazards, of saying yes more often.

Why are many of us afraid to say “Yes” to opportunities in our lives?

“I think that in America we are afraid of failure and taught that it is a very bad thing,” said Tietz. “And there is a risk that we will fail. I think we’d be better off to adopt the growth mindset of Carol Dweck and realize that failure is a part of the journey to success.” [Dweck is a professor of psychology at Stanford University and wrote *Mindset: The New Psychology of Success*.]

“Part of the problem is not just the fear of failure,” Tietz added. “We don’t allow ourselves the space to say, ‘Yes.’ As women we often take on so many things we may or may not care about that we don’t have the space to say ‘Yes’ to a new opportunity or challenge. We aren’t really judicious in the things we say ‘Yes’ or ‘No’ to.

“Before saying yes, we should ask ourselves, ‘What are my goals or my values, and what I should or should not say yes or no to.’ We need to clear off those things that keep us from putting time, money, and effort into the things that are meaningful in our lives. We often say yes to so many things we can only do them halfway.

What are the advantages of saying “Yes” more often?

“Research shows having engaging activities is a part of being happy. Sometimes we have to stretch ourselves to find what is engaging. Trying something new requires some effort, and experiencing that challenge can bring happiness in our lives.”

Are saying more yeses transforming or terrifying?

“In order to get in the flow of the moment, you need something moderately challenging. If the activity, event, or group is moderately challenging, you are more likely to enjoy it.”

What are the downsides to saying “Yes” too frequently?

“The downside is that you will fill up your time and energy with things that are not relevant to your goals and values and lead to burnout,” Tietz explained. “When I took my sabbatical a few years ago, I literally made it my year of ‘No.’ I started saying ‘No’ to more things so I could get down to those items that were a fit with my goals and values. Then I could say ‘Yes’ to those things that fit with my goals and what I wanted to achieve.”

How should a person choose when and how often to say yes? (Sometimes it has to be out of one’s comfort zone, right?)

“I’m thinking about what are my personal aspirations,” she said. “Right now my primary goal is to raise my children. Whenever I have opportunities to do things, I’m going to weigh that against my goals to raise my kids. I also have goals at work, and I will weigh those against whether it will contribute to my growth or the development of the college. Another way to consider that is asking, ‘Is it a good use of my time?’”

When it is out of your comfort zone to say “Yes” how should someone get past that barrier?

“Getting back to growth mindset, remember that failure is not the end of the world. If kids fall down learning to walk, they do not give up. We should not be afraid to fail. We can make use of mindfulness techniques to deal with anxiety. It’s also good to seek social support. Early in my career, Dr. Anne Bunton [retired Cottey business professor] was someone I considered a mentor. I have asked her for advice and reassurance and found it helped me. Seeking out advice can be very helpful.”

Are there habits we can develop that will help us choose the appropriate yeses in our lives?

“Yes, not always making an on-the-spot decision. It’s OK to say, ‘Let me get back to you.’ This helps us make an informed thoughtful choice. It’s also helpful to regularly reflect on our goals and values. ‘What am I doing with my life and time,’ so we can clear out space. If we think about those more often, we can be more cognizant of those decisions when they need to be made.”

¹ *Year of Yes*, Shonda Rhimes, Simon & Schuster, 2016



Dr. Julie Tietz

Cottey Alumna Says “Yes” to Life-Giving Donation



Raquel (Alvarez) Carmona '00 had the opportunity to say “yes” to many things at Cottey. She said yes when asked to play for the first Comets basketball team. She said “yes” to the first international trip to London. But there was one time when she desperately wanted to say “yes” but was told “no.” The “yes” that was a “no” involved both Raquel and her husband Frank.

Almost immediately after her graduation from Cottey, Raquel met her future husband Frank her first weekend back home in Santa Barbara, California.

“My mom always told me I would find the right one when I stopped looking,” joked Carmona. “Guess she was right!”

Frank and Raquel have been together ever since and celebrated their fifteenth wedding anniversary this past August.

Traditional wedding vows include phrases like “for richer, for poorer; for better, for worse; in sickness, and in health.” The Carmonas had no idea they would be tested on that last one when Frank was diagnosed with kidney disease back in 2015.

“Frank was diagnosed with Stage 4 kidney failure,” said Carmona. “It was a big shock to us. He didn’t know he was that sick until then. So we found out he was in stage 4 kid-

ney failure, would need a transplant and just a few months after he would have to start Peritoneal Dialysis while he waited for a transplant. This was all so unexpected and to make it worse, we had relocated to Florida for work about a year before all this. We were so far away from all our family while going through this! It was so stressful!”

As most of us would when a spouse faced a medical need, Carmona immediately offered to be tested as an organ donor, only to be told no – twice.

“I immediately said yes to being tested to see if I was a match. However, Frank was not so willing for me to be tested from the start,” Carmona explained. “I never had any concerns with the possibility of being Frank’s donor. From the beginning I just felt this need to help my husband get better! I never had time to have concerns or get scared of what I would go through, I was more focused on Frank. I was on a different survival mode...save my husband! To me the pain or recovery didn’t scare me one bit as long as Frank got better!”

“Frank, on the other hand, it was very different. He tried to talk me out of being screened to see if I was a match for him. He was very hesitant from the beginning. Once I started the screening process, which was over the course

of nine months, he finally opened up to me why he didn't want me to be his donor. He was afraid of what my recovery would be like because the kidney donor has a much more painful recovery. He read a lot on it and was scared how much it would hurt me and how it would make him feel bad seeing me in so much pain. He was also afraid that his body would reject my kidney and then he would have to face me every day with guilt that I went through all that for nothing. A kidney recipient always has a risk of their body rejecting a new kidney, which is just one of the risks no matter how perfect of a match that person was. So I told him it was worth the try!"

Frank's reticence was the first "no" that Carmona had to overcome. The second was the hospital. Staff in the transplant program did not want to test Carmona to be a donor for her husband.

"For two years we were going through another hospital's transplant program and they wouldn't even start the screening process with me because of how short I am and Frank is six feet two inches," she explained. "Big size difference, so they said my kidneys would be too small. However, Tampa General Hospital had no issue starting the screening process on me back in November. They said 'You never know.' Those words still stick with me because that was the day I regained hope that things would be okay! Something deep inside me told me this would all work out now!"

The "no" turned into a "yes" for Raquel and Frank in 24 hours.

"I got the call from the hospital at work the next day in the late afternoon that I was medically cleared by the transplant medical board to be Frank's direct kidney donor!" said Carmona. Turns out not only was I a perfect match in great health, but my kidneys were much bigger than they expected for someone my size! I cried when I heard the news yet I was questioning myself if I heard them correctly. It was more than just one miracle; it was several miracles I was experiencing! My kidney donor team nicknamed me 'Super Kidneys' after they saw how big my kidneys were."

The surgeries were scheduled for July 26, and the family had a lot to complete before then. Raquel's parents flew into Florida to look after the Carmona's son, Aiden. Both Raquel and Frank completed living wills and living trusts, and they both needed to arrange time off of work. Taking care of all of those details left no time for the Carmonas to feel scared or nervous.

Carmona knew she made the right choice the next morning when she saw how Frank was recovering.

"Recovery for Frank was a pure miracle! His body immediately reacted to his transplant and he started to feel better that same night of surgery, the next day even better and so on. The color in his face came back by the next morning and he was up and moving. Frank literally bounced back so fast it was amazing to see."

Recovery for Carmona was much slower, though. Generally, it is much more uncomfortable for the donor, and recovery time is often slower for the donor than the recipient.

"I was prepared and it was worth every bit of pain and discomfort I felt," she added.

Becoming a living organ donor is a big decision and not one to be made lightly. Despite the risks, Carmona says that anyone considering making a donation should "think of the gift they could be giving to someone and their family. I remember at one point I said that if I couldn't be Frank's donor, then after he got his transplant I still wanted to be a donor to a stranger. I didn't want anyone to have to go through years of constant stress and worry for their loved one especially if they were a parent. Just think how you would be impacting someone's life if you said yes to become a donor. If you put things into perspective, the recovery is minimal compared to the gift you are giving."

By saying "yes" to becoming Frank's kidney donor, the Carmonas are able to say "yes" to many more years together.



Raquel Carmona gives the thumbs up from her hospital room prior to her kidney donation to her husband Frank.

How College Works: Cottey Professors' Podcast

by **Dr. Peter Hyland**
Assistant Professor of Physics and Astronomy



Dr. Peter Hyland and Dr. Melody Denny

"The administration should make all the professors do it that way." That sentiment was expressed by a student talking with me and a few other faculty. While I understood her desire, it illustrated disconnect between what we, as faculty, understand our position to be and how students

understand it. That makes sense; students shouldn't know all the details of what my job entails. They should be busy being a student. I found myself thinking that it might help them to know more about what the job "professor" means and who I am accountable to. Most importantly they should probably know how my job is different from my brother's: high school teacher. That is the idea behind our podcast: How College Works. I, my brother, and a colleague, Dr. Melody Denny, explore different aspects of how colleges are run and how those change how a student should interact with professors and administrators.

We've spoken to representatives of different areas of a college, Vice President of Academic Affairs, Financial Aid, Registrar, and College President, to name a few. We also talk about different aspects of our jobs and how those affect students, like academic dishonesty/plagiarism, travel around breaks, and requesting letters of recommendation. We've also reached out to faculty at different types of

institutions like big state schools and community/vocational colleges to see how their jobs differ from ours and what students should know about them.

We have a good time. We, as faculty, are still surprised at what high school teachers do during their day, while my brother is sometimes amazed at the latitude we have as college educators. I think his perspective as a high school teacher is important so that we can go beyond telling listeners how they should approach a professor in the wild and delve into why my job is so different from my brother's.

We want students to see some of the processes that go on in the background and understand how they shape our interactions with them. That way when they walk into a faculty, college vice president, or administrator's office they have perspective on what is reasonable to ask for and the constraints of our different roles.

If there were one thing we'd like students to know it is the pacing is much faster. You will cover twice as much material, either going broad or deep, depending on the subject. That means you need to work twice as hard.

The toughest transition we see for students is being in complete charge of their own education. That includes getting up in the morning and going to class, but also dealing with the business office and scheduling breaks appropriately, both while studying and when going home. That also includes having to bear the consequences since there are fewer safety nets.

We also hope that by sharing how we make decisions about our classes and how we navigate our jobs at a college, listeners can work with their faculty to advocate for what they need effectively and not find themselves in an adversarial relationship with college faculty or staff.

How College Works is available through Apple iTunes.

Have you answered your annual appeal letter? Your gift can make a difference in the life of a Cottey student. All gifts, no matter the size, have the power to help create incredible futures. Cottey thanks you for your generosity.



Points of Pride: Marty Bilek

by Staci Keys

Director of Development

Marty Bilek is a third-generation P.E.O. from Sugar Land, Texas, and a member of chapter GE, TX. She earned a Bachelor of Science degree in computer engineering from Iowa State University and a master's in business administration from University of Texas - Austin. It was the opportunity of going to college that later inspired her to say yes to philanthropy. Marty's grandmother, Alice Donels, made it possible for Marty and her two brothers to attend college. Marty said, "I don't know where I would be without my education." Marty works for Texas Instruments as a quality manager.

Marty first said yes to philanthropic support of Cottey as a collaborative endeavor with her mother Cherie Donels and brothers Tom Bilek and John Bilek. Cherie brought the idea of being a part of giving to Cottey during the campaign that funded the Judy and Glenn Rogers Fine Arts Building. Cherie and her children were very generous and if you are ever on campus you can swing by the first floor fine arts department and take a peek in the ceramics room that they sponsored! The family also attended the Dallas area awareness event where Marty gave a speech on education at Cottey and how important this project was for the campus. While president of the Houston P.E.O. Council, Marty says she "saw firsthand the power of the chapters working together with a goal." That spark inspired Marty and her mother to encourage the Houston and Dallas council chapters to give gifts specifically for the building with the promise that Marty would match their gifts and her employer, Texas Instruments, would match her gifts. The efforts of this challenge that would turn \$1 into \$3 were well received and ultimately lead to a room sponsorship that was named the Texas P.E.O. faculty workroom. In 2011, the Bilek-Donels' Scholarship was established by Marty in honor of Alice Donels and Cherie Donels, in appreciation of their dedication to helping women achieve their educational goals. With continued gift support from both Cherie and Marty this scholarship has been awarded for 13 semesters. Marty has also established a cultural fund and supports undesignated giving.

Marty and her mother Cherie are regular participants at Vacation College; Marty has been four times and Cherie has been six times. In 2017 Marty was able to fulfill a wish list request for several pieces of science equipment. When Cottey knew that Marty was going to be on campus for Vacation College 2018, personnel made sure she was able to see the equipment her gift brought to Cottey's science department. Marty mentioned during Vacation College, "It's always great to give to Cottey because I get to see the results such as the equipment and students who are using it to learn."



Marty Bilek (right) and her sister-in-law

At that same visit, Marty was able to view a science lab and also meet with a student doing summer research. This led to two different funds being established. The Cottey WiSE (Women in Science and Engineering) Equipment Fund, a fund that allows for equipment to be purchased, and the Cottey WiSE (Women in Science and Engineering) Summer Research Program, which will provide the financial support for student summer research. Although these two funds were established by Marty, she would encourage other interested parties to support them because they are so important. Dr. Catherine Volle, assistant professor of microbiology and biochemistry, had this to say: "These gifts will make the difference between providing a good science education and a great one. By providing our students with the opportunity to participate in summer research and facilitate their presentations at national conferences, we are better preparing them for a successful life beyond the Cottey campus."

Marty believes, "Everyone can make a significant difference giving to Cottey; I choose Cottey because I can make an impact!"

Just prior to publication, Marty requested Cottey help her issue her latest Cottey challenge:

Marty says: "Join me in making a difference for Women in Science and Engineering. Your \$1 can become \$3!"

"In honor of the successful first year of the funds, I will match any donation dedicated to either of the two WiSE funds through March 1, 2020, up to a total of \$20,000. Plus I will use my Texas Instruments Foundation matching account dollars. That means if all your donations total \$20,000, Cottey really receives \$60,000!"

Alumna Begins “Say Yes to Education” Project in Malawi

Editor's Note: Lizzie Muyawa Dube '07 contacted the College with her story of trying to establish a school in her home country of Malawi. Her article was titled “Say Yes to Education!” That title inspired the theme of this issue. We have printed her story below. It has been edited for space.

Dear Reader,

My name is Lizzie Muyawa Dube. I am from Karonga, in the northern part of Malawi [a country the size of Pennsylvania]

It is a long held belief in Malawi that education is not important for girls. As long as they can eat and have clothes, these are enough reasons for them to stay at home and help on the farm. Gradually, things are changing for the better thanks to international Non-Government Organizations, human rights activists and Malawians like me from the diaspora.

I started secondary school in 1997 and often started

school very late because of lack of school fees. In the same year, my school received a Peace Corps Volunteer. This lady became my support. She paid my school fees and supported me throughout all my secondary school education. She selected me to attain a Life Skills workshop. I learned that life skills were skills that help people to stay strong, overcome the difficulties they face, and lead a healthy and positive life. I learned the skills of decision-making, communication, and relationship, thinking, emotional management, assertive behavior and abstinence. All these skills helped me to create a bright future. I became highly motivated and enterprising, willing to learn and be able to take responsibility by starting a girls club at my school. We named the club “Gon-jetsani,” which means “overcome” because we wanted to overcome

all the problems we were facing. I composed songs that we sang and are still sung today in different girls clubs in secondary schools where Peace Corps Volunteers are teaching in Malawi. I traveled up and down in Malawi to teach Life Skills and open girls clubs.

I was lucky enough to meet a Peace Corps Volunteer who taught at one of the schools in Malawi and her grandmother was a P.E.O. During a Christmas break in the United States, her grandmother asked her if she could bring a Malawian student to study at Cottey College. When I was told of this news to study in the United States, I was very excited. I began my studies in fall 2005. I studied sociology at Cottey and earned my Associate in Arts degree in 2007.

I transferred to Hollins University in Roanoke, Virginia, and received a Bachelor of Arts in sociology in 2009. I then earned a master's degree in cultural foundations of education at Syracuse University in 2011. I got married to my secondary school sweetheart in 2011 and returned to Malawi in 2012.

Since my return, I have advocated for special needs education to the Malawian government through research that I carried in the lower shire of Malawi in 2014. I have taught for two years at a private secondary school from 2015 to 2017 in the southern part of Malawi. In July 2017, I accepted a job offer at World University Service of Canada where I support refugee students from a refugee camp to go to Canada and attain higher education at colleges and universities as permanent residents.

Despite all the positive contributions I have made, I still believe I can do more for the nation of Malawi. This is why I am reaching out to you! I have a vision. I would like to open a school by the name of “Say Yes to Education” school project. As the name entails, we want to reach out to parents and all concerned parties to advocate for both girls and boys education in Malawi. Say Yes to Education project will be an elementary and secondary school for both girls and boys here in Malawi. It will be based in Lilongwe District.

Say Yes to Education mission in Malawi will deliver quality education to young men and women with active and creative minds, a mind of understanding that values respect, honesty, transparency, openness and inquisitive search of knowledge for intellectual, moral, emotional, spiritual and physical wellbeing of scholars.

Vision

Our vision at Say Yes to Education Schools in Malawi is to empower students to attain, establish, articulate and value educational knowledge and skills that will support them





Lizzie Muyawa Dube '07

as life-long learners, contribute to the global world and practice the core values of the school.

Need for Opening a School

There are many challenges that people face in Malawi, especially the youth. Many do not have access to education because of lack of school fees, poverty, widespread HIV/AIDS (which has led many young people to become orphans), early marriages, and corruption by government, which has led to plunder of resources that could have been allocated to students. Our school will be integrated with orphans and vulnerable children (OVC).

Goals and Objectives of Say Yes to Education Schools in Malawi

- Be a key role player in delivering quality primary and secondary education that will prepare young people to be responsible citizens of Malawi and the world in Lilongwe district

- Bridge the gap of poverty and illiteracy to education and lead to independent lives of many Malawian women and men in the future.

- To provide value-based educational opportunities for youth ages 5 to 18 in Lilongwe district through a school that teaches basic values of honesty and respect in addition to reading, writing, mathematics, geography and other basic skills.

- Work with international partners at Cottey College, Hollins University, and Syracuse University to develop a curriculum for youth that will help young Malawians share their cultures with other students from around the world during the summer.

- Through the administration of an aptitude test, recruit 10 girls and boys each year to the education centre who are unable to pay for their education.

The Say Yes to Education Malawi School Project dream, I hope, will be an opportunity for this great project to be accessible to students and individuals while they strive to work hand-in-hand with faculty that in the long run will produce candidates that are intellectually and broadly diverse. Growing up in Malawi as an orphan and a young girl with less support [my future] was obscure and uncertain. I thank Peace Corps Volunteers and their parents for their support in order for me to attain an education in the USA! In order to understand this concept and the need for education in Malawi, one has to understand the importance of education in the society that we live in.

Making a difference is something that I passionately and precisely care about as an educator. However, in Malawi, not many students have access to education because of many limiting factors that are hindrances to students. In Malawi, there are a number of teachers who are not qualified to teach and prepare students well for higher education. Hence, Say Yes to Education Malawi School Project will among others prepare young people with a bright future through teachers who are highly qualified and equip young people with the right skills for secondary school education as a leeway to higher education. I am sure it will be an honor also for many Malawian parents to see their students and children grow as independent intellectuals.

I strongly believe that Say Yes to Education Malawi School Project would prepare students in bridging the gap for young adults who need educational services and support to lead healthy, positive, and independent lives in the future.

As of this writing, Dube does not have a mechanism in place for accepting international donations.

Campus Welcomes New Vice President

Cottey College is pleased to announce the hiring of Dr. Joann Bangs to fill the position of Vice President for Academic Affairs and Dean of the Faculty.

Dr. Bangs earned a Ph.D. and an M.A. in Economics from the University of Minnesota and a B.S. in Economics from the University of Wisconsin-Madison. Prior to accepting the position at Cottey, she served as the Associate Provost of the College of Women and the Dean for the School of Business and Professional Studies at St. Catherine University, a women's institution, in St. Paul, Minnesota. Dr. Bangs brings with her experience as a professor, a chair, a dean, and an associate provost.

"We are fortunate to find someone of Dr. Bangs' caliber to serve as our next Vice President for Academic Affairs," said Dr. Jann Weitzel, President of the College. "Dr. Bangs noted in her cover letter that Cottey's focus on women's leadership is an excellent fit with her background, and I would agree. She served a variety of roles at a women's college over the last 14 years, and also focused her scholarship on women's leadership."

Dr. Bangs began her tenure on November 1.



New Faculty say "Yes" to Cottey

Cottey College is pleased to welcome five new full-time faculty members to its ranks for the 2018-2019 academic year, as well as to the larger Nevada community. Dr. Jann Weitzel, President of Cottey College, stated "We are pleased to welcome these new faculty members to an already outstanding team. Together with our returning faculty, they will help Cottey students create incredible futures."

Dr. Kristina Adams has been hired as assistant professor and coordinator of secondary education. Dr. Adams holds a B.S.Ed., a M.Ed., and a Ph.D. in instructional leadership and academic curriculum from the University of Oklahoma. Before coming to Cottey, Dr. Adams served as program coordinator of secondary education and science/math instructor for the natural sciences department at St. Gregory's University in Shawnee, Oklahoma.



Dr. Kristina Adams

Prof. Tara Booth accepted the position of visiting assistant professor of art, replacing Brianne Fulton Miller. Prof. Booth holds a B.F.A. from Michigan State University and an M.F.A. in ceramics from the University of Delaware. She comes to Cottey from Kansas State University where she served as an Artist in Residence and adjunct professor.



Prof. Tara Booth

Gandawa, continued from page 12

analysis and high-tech tools. “I could see myself doing this in the future,” she says.

Gandawa set up a meeting with one of the professionals who spoke that evening and asked to learn more about her story — and what a typical day-in-the-life looks like for a business analyst. Now the woman has become her mentor.

The internship program culminated in a one-week competition where interns put their newly acquired knowledge and skills to work. The interns were assigned to seven teams of five members each and assigned real-life problems to solve, all from the daily challenges of the Federal Reserve.

Gandawa’s team’s challenge came from the Human Resources Department. HR was searching for a more effective and accessible way to distribute resources and information for employees with marginalized identities, including women, veterans, LGBTQ colleagues, and others. Gandawa’s team came up with a plan to rebrand the Fed’s library.

“The library was mainly viewed as a hangout for economists,” Gandawa said. But making it a friendlier space for everyone — not just “economics nerds” and “policy wonks” — would

put the information and resources in a more visible spot. Her team brainstormed events and activities that could increase traffic and bring more people into the library all the time.

The results? “The bank liked it so much that it’s being implemented as we speak!” Gandawa said. “It makes me feel really proud.”

Now a Cottey senior, Gandawa plans to stay in the U.S. for a while after she graduates. “I want to start my career here and develop more skills, experiences, and relationships. But eventually, I hope to go back home and use the different experiences attained here to better my country.”

One idea she has is a center where underprivileged children in Zimbabwe can explore the arts and learn more about the educational and artistic resources available to them around the world.

Her biggest lesson from the summer at the Fed? “My main takeaway was to not be afraid to just take that leap because you never know what might happen. Nothing comes easily. You really have to put yourself out there.”

Wise advice for any aspiring leader!

Dr. Nancy Kohn accepted the position of assistant professor of biology, replacing Dr. Chris Peterson. Dr. Kohn holds a B.S. from Albright College in Pennsylvania, an M.S. from Saint Louis University in Missouri, and a Ph.D. in biology from the University of Louisiana at Lafayette. Prior to Cottey, she was a visiting assistant professor at Lyon College in Arkansas.



Dr. Nancy Kohn

Dr. Amber Morczek accepted the position of assistant professor of criminology. Dr. Morczek holds a B.A. from State University of New York Institute, an M.S. from State University of New York College at Buffalo, and a Ph.D. in criminal justice and criminology from Washington State University. Since 2011, Dr. Morczek has taught a wide variety of classes ranging from those specifically relating to the intersection of race, class, and gender to foundational criminal justice coursework at Washington State University.



Dr. Amber Morczek

Dr. Diya Paul accepted the position of visiting assistant professor of environmental studies. Dr. Paul holds a B.A. from the University of Pune, India; and M.A. from Delhi University, India, an M.S. from Oklahoma State University, and a Ph.D. in geography from Rutgers University.



Dr. Diya Paul

Class Notes

1970s

After 40 plus years of practicing law with her own firm, **Janet Brown '71** retired from the active practice of law at the beginning of this year. She finished winding down the law firm and is currently doing only some limited consulting and mediations. She was elected this past May to the P.E.O. Florida State Chapter Executive Board and looks forward to the ability to participate more actively in the Sisterhood.

1990s

Paula Clinedinst '90 recently published a children's book titled *Fetch!* It is available online at Amazon, Barnes & Noble, and online book-selling sites. The description of the book on Amazon reads, "Dogs love to play fetch. Crandall the farm dog thinks everything is a ball. Watch what happens when Crandall tries to play fetch with everything he sees!" The book was released in April.

2000s

Elisa Danner Couture '06 and husband Matthew Couture welcomed son William Maverick on January 30. They are enjoying being first time parents, and lots of baby snuggles and planning a vacation to Colorado this summer to introduce William to family and friends.

Beth Poortinga '07 married fellow Cottey classmate **Megan Greenway '07** on July 3, 2018, in San Diego, California. They met at Cottey in 2005, stayed friends over the years, and started dating in November of 2013.

Stephanie Tucker VanStaden '09 married Damien Van Staden in June 2016. They have three children. (Shane 9, Tucker 5, and Adeline 18 months) After teaching in special education for a few years while advocating for her own special needs child, she moved to Vermont to attend law school. She graduated in May from Vermont Law School and is starting her own practice focusing on Juvenile and Education Law in hopes of dismantling the School to Prison Pipeline.

2010s

Shauna Schmitt '13 graduated in May 2018 from University of Dubuque with her master's in business administration. She worked while getting her degree by taking advantage of Dubuque's adult learning program where students could take classes at night. It took Shauna a year and half to complete her degree. She is still working at the university as an admission counselor. In attendance at Shauna's graduation was her Cottey senior, **Kelly Spong '12**.

More Class Notes, Please

This issue of the *Viewpoint* is a little light on Class Notes. We know that Cottey alumnae are up to amazing things such as changing careers, going to graduate school, retiring, moving, getting married, and having children. We see you sharing your lives on social media. Share it with your classmates in the pages of the *Viewpoint* as well. Send your Class Notes to sreed@cottey.edu, and send your address changes to alumnae@cottey.edu.

Obituaries

The College was notified of the deaths of the following alumnae:

Elizabeth Jameson Walsh 1932	Jane Davidson Olson 1956
Esther Connett Woodward 1939	Barbara Brown Riddle 1957
Doris Droegemueller Middaugh 1942	Lizz Fish Schilt 1958
Doris Hayenga Knecht 1942	Sharon Laughlin King 1958
Helen Paris Landers 1943	LaJune Goss 1960
Betsy Hayward Swenson 1944	Alice Selch Stephenson 1961
Mary Putnam Tuttle 1946	Sammie Hoggard Mills 1962
Mary Adaline Caton Allen 1946	Jeanette Kritner Franklin 1963
Billie Ground Crockett 1947	Barbara Scougall Roberts 1963
Winifred Mutch Gudenrath 1947	Pamela Smith Markley 1963
Mary Pennington Nehring 1948	Vickie Williams Karns 1967
Lois Turner Janssen 1949	Suzanne Wright-Thompson 1968
Charlotte Dunham Wells 1951	Guena Carter Gray 1969
Patricia Minnier Kuckes 1953	Sara Moore 1971
Jacqueline Northrup Johnston 1955	Judith Anderson 1975
	Carolyn Crowley Richard 1978
	Megan Shea 1991

In Memoriam

Emily Kiekhofer and Judith Anderson

Cottey lost two dear friends this past year: Emily Kiekhofer and Judith Anderson. Emily was a former member of the Cottey College Board of Trustees. Judith was not only a Cottey alumna and very active in P.E.O., she was also the one who nominated Dr. Helen Washburn to become president of Cottey College. They will be missed.

Emily Graham Kiekhofer, 95, formerly of Tulsa, died February 27, 2018, at Tockwotton on the Waterfront, East Providence, surrounded by her loving family. She was the beloved wife of the late William H.O. Kiekhofer, M.D.

Born in Madison, Wisconsin, a daughter of the late Alexander and Molly (Grinde) Graham, she had lived in Madison, Wisconsin; East Lansing, Michigan; and Tulsa, before moving to Rhode Island 11 years ago.

Mrs. Kiekhofer came from a family of educators and philanthropists. She was a graduate of the University of Wisconsin-Madison, where she earned her M.S. in botany, and was a Phi Beta Kappa. She worked as an instructor at the Wellesley College Department of Botany and as a registered representative for Waddell & Reed Mutual Funds, Tulsa.

She was a former member of the Kappa Alpha Theta Alumnae Chapter, the Wisconsin Alumni Association, the Attic Angels Association, and the Luther Memorial Church, all of Madison; and a former member of the P.E.O. Sisterhood, Tulsa, where she also served on the Executive Board and as State Chapter President, as well as serving on the Board of Trustees of Cottey College.

She enjoyed botany, travelling, antiques, and cooking, and will be remembered by all as a loving, kind and generous person.



She is survived by three daughters, Emily Jane Lockrem, and her husband Peter, of San Jose, California; Susan Graham Belshe, and her partner Jud Van Wyk, of Providence; and Margaret Anne Gray, and her husband Duncan, of

Swansea, Massachusetts; one son, William Kiekhofer III, and his wife Cindy, of Los Angeles; seven grandchildren, Sarah Lockrem; Alex Belshe; Caroline Bergeron, and her husband Gabe; Allison Kiekhofer, Rachel Kiekhofer; Phoebe Kiekhofer and Owen Gray; and her beloved nieces and nephews. She was the sister of the late Elizabeth Harvey.

Special thanks to her devoted caregiver, Nelly, for her kindness and loving assistance during her final years..

Judith Jan Anderson, 63 passed away Friday, July 13, 2018, at St. Alphonsus Hospital in Boise.

Judith was born June 15, 1955, in Cascade, Idaho, to Dale and Audrey Anderson. She was a 1973 graduate of Capital High School. She received her associate degree from Cottey College in 1975, a Bachelor of Science from the University of Idaho in 1977, and a Master of Arts with added program from the College of Idaho in 1986. Highlights of her career include teaching Home Economics at Meridian Junior High for five years. Following the completion of her master's degree, she worked for Morrison Knudsen in employee relations for four years. After relocating to Salt Lake City, Utah, she joined Holy Cross

Health Systems for five years until their sale. Following another relocation to Sun Valley, Idaho, she spent one year at Wood River High School as a guidance counselor. In addition, she owned and operated a diet center and was also an employment recruiter.

She is survived by her father, Dale Anderson; a brother, Phillip (Janell) Anderson; and a sister, Laurie Anderson (Vincent Cosolito). She has two nieces, one nephew and a great niece and great nephew. She was preceded in death by her mother Audrey Anderson.

Published in *Idaho Statesman* on July 18, 2018.

Faculty/Staff Notes

Visiting assistant professor of art **Tara Booth** had a solo exhibition, *Inward*, at Vulpes Bastille, an artist-run gallery in Kansas City's Crossroads District.

Professor Jo Byrnes, associate professor of dance, taught a master class at Karen's Dance Studio in Joplin, Missouri, where Cottey alumna Rebecca Whitsett teaches.

Dr. Sandra Chaney, associate professor of history, attended the annual German Studies Association meeting in Pittsburgh, Pennsylvania, where she presented a paper on her summer research in the German federal archives that examines the Third Reich's use of nearly three million horses in its war against the Soviet Red Army in World War II. She attended panels on post WWII trials by the Soviet Union and East and West Germany of former Nazis; the increased popularity of right-wing nationalist parties in Europe today; German protests of nuclear power, 1970s-present; and East/West German interactions through legislation, the media, and pop rock diplomacy.

Dr. Chaney and three students visited Archer Daniels Midland Company in Deerfield, Missouri, for their American Environmental History course. Students saw how soybeans were unloaded, inspected, cleaned and stored and learned about their transformation into products such as biodiesel, animal feed, and glycerin (for soaps).

Dr. Ganga Fernando, associate professor of chemistry, took students to Pittsburg State University, Kansas, to join thousands of chemists from around the country to celebrate National Chemistry Week. This year's theme was "Chemistry is out of this world." Students learned about Mars Exploration research from NASA chemistry researchers. The event was organized by American Chemical Society.

Dr. Fernando and students attended a research presentation, "From Drones to Flying Cars: New Frontiers in Human-Technology Interaction" by Dr. Missy Cummings, a professor of the Duke University Pratt School of Engineering, the Duke Institute of Brain Sciences, and Director of the Humans and Autonomy Laboratory and Duke Robotics. The symposium was organized by Linda Hall Library in Kansas City as the opening event for their exhibition "Flying Machines: A History of Early Aviation." Dr. Cummings was one of the U.S. Navy's first female fighter pilots. The presentation focused on human interaction with artificial intelligence, future directions of research in robotics, and how artificial intelligence (AI) is changing transportation systems including drones, driverless cars, and flying cars.

Professor Morgan Frew, assistant professor of art, had a painting in an exhibition at CityArts in Wichita.

Dr. Mary Mba, associate professor of French, with student Allison Tavarez, presented at the 23rd Annual Meeting of Mid-America Alliance for African Studies (MAAAS) at Iowa

State University. The theme of the conference was "Africa and the Diaspora: Intersectionality & Interconnections." Allison's paper is titled, "Afrofuturism: Redefining Feminism in the African Diaspora" and Dr. Mba's is titled, "The Black Panther, Bridging the Gaps that Separate Us."

Dr. Amber Morczek, assistant professor of criminology, was invited by the Latino Coalition Against Domestic & Sexual Violence to give the keynote address at the Coalition's annual conference in Indianapolis, Indiana, in October. Dr. Morczek also gave a lecture on her research on pornography and violence against women after her keynote.

Dr. Kathy Pivak, associate professor of English, and her excursions class visited the National World War I Museum and Memorial in Kansas City. Students prepared for the trip by reading poetry, novels, and nonfiction accounts from the time and completing class presentations. The group also had the opportunity to experience authentic culinary delights such as trench stew, army goulash, and chipped beef on toast.

Rev. Erica Sigauke, coordinator of spiritual life and diversity, took students to several international festivals this semester. They included

- The Japanese Festival at Johnson County Community College, Kansas, where students learned about Japanese culture.
- The 37th annual celebration of Hispanic Heritage Month in Kansas City, Missouri. Students tasted Hispanic ethnic foods and participated in some Hispanic games and dances.
- The Baobab People Biennial Conference in St. Louis, Missouri. There were panel discussions and keynote presentations covering: -What is Diversity, and Is Embracing Difference Possible? -How to Build Sustainable Communities in the Age of Diversity. -Interrupting Bias Diversity Suffers as Politics and Religion Intertwine-But We Can Recover.

Dr. Julie Tietz, professor of psychology, attended the Annual Conference on the Teaching of Psychology (ACT) in Phoenix, Arizona. ACT is the flagship conference of Division 2 of the American Psychological Association (The Society for the Teaching of Psychology [STP]). One of the keynote speakers, textbook author and professor Dr. David Myers, presented a talk titled, "Teaching Psychological Science in a Post-Truth Age" while STP president Dr. Sue Frantz gave a talk titled "Changing the World--One Psychology Class at a Time" with a focus on what teachers need to convey about psychology to students who do not pursue a degree in psychology.

New Members of the Board of Trustees



Dr. Kathryn Bayne is executive director for the Association for Assessment and Accreditation of Laboratory Animal Care (AAALAC) International. In this role she directs an accreditation program worldwide that seeks to improve the welfare of research animals and to enhance the quality of animal-based research. To that end, she travels worldwide to advance AAALAC's accreditation program and laboratory animal welfare. Prior to this position she worked at the National Institutes of Health leading a research program on nonhuman primate psychological well-being and environmental enrichment programs for primates, dogs, cats, and swine. She is internationally renowned for her work in laboratory animal behavior and welfare and is a prolific published author on these subjects.

Kathryn is the 2009 recipient of the Animal Welfare Award from the American Veterinary Medical Association, an organization of 85,000 members, and the 2009 Excellence in Research and Teaching Award from Washington State University. Most recently, she is the 2012 recipient of the Charles River Prize, which recognizes distinguished contributions to laboratory animal science, for her global efforts to improve animal welfare.

Kathryn was initiated into P.E.O. as a sophomore in college. She now belongs to Chapter X in Frederick, Maryland. Kathryn served on the P.E.O. Scholar Awards Committee.

With the appointment to the Cottey College Board of Trustees, she completes her service on the International Chapter Nominating Committee.



Tamara Kenworthy founded On Point Strategies in 2007 to bring focus to her clients by leveraging her passion for 'voice of the customer' with her methodical approach to building a strategic marketing program. Her firm provides strategic planning, marketing planning, marketing communications, and market research services. With over 30 years of experience, Tamara is an accomplished marketing strategist with research expertise and a researcher who thinks like a marketer – a unique niche in the industry.

Tamara received her MBA from the University of Cincinnati, a B.A. degree from the University of Northern Iowa, and an A.A. degree from Des Moines Area Community College. She is a member of The Insights Association (certified with the Professional Researcher Certification), Qualitative Research Consultants Association and a Features Editor for its *VIEW*S magazine, and the American Marketing Association (certified as a Professional Certified Marketer). She is a past president of the American Marketing Association – Iowa Chapter, where she initiated and launched its annual awards program 12 years ago.

Tamara is a member of P.E.O. Chapter KT, Iowa, and Rotary DMAM (Past President). Current board commitments include Des Moines Area Community College Foundation; West Des Moines Community Foundation; West Des Moines Public Arts Advisory Commission (Immediate Past Chair); and NAWBO-Iowa Chapter, in which she is co-chair in the development for a new women's Leadership Institute. Tamara's personal passion is the arts and she has served on a number of arts organization boards over the years. She grew up as a dancer and still puts on those tap and ballroom dancing shoes!



Dr. Hope Zoeller is Founder and President of HOPE (Helping Other People Excel), LLC, a firm that specializes in facilitating leader success at every level of an organization. For over 13 years of her professional career, Dr. Zoeller worked at UPS in various roles including Customer Service, Training and Development, and Employee Relations. For the past 13 years, she has been consulting with organizations on leadership development.

Dr. Zoeller is also a professor at Spalding University instructing in the Master of Science in Business Communication program. She has a Doctorate in Leadership Education from Spalding University, a Master of Education in Training and Development from the University of Louisville, and a Bachelor of Arts in communications and psychology from Bellarmine University. Dr. Zoeller co-authored with her husband, Dr. Joe DeSensi, *HOPE for Leaders Unabridged*.

In her spare time, she enjoys international travel with her husband, mentoring youth, and doing yoga with her adorable four-year old niece Hazel. They reside in Louisville, Kentucky.



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Happy Holidays from Cottey College!

View holiday greetings from Dr. Weitzel at cottey.edu/holiday2018