



Alumni Awarded for Service and Dedication



Few of our alumni seek the spotlight; yet many deserve it! As the Director of Alumni Relations, I truly enjoy being a part of alumni achievement. The Alumni Council met in February to determine this year's three recognition awards given to alumni who have demonstrated professional success and significant service to others since graduating from SC. There were numerous worthy nominees,

and a vote was taken to determine the winner of the Alumni Award, the Alumni Citation and the Distinguished Service Award (DSA). The Alumni Award recipient, which is given to an alumnus who graduated fewer than 15 years ago, is 2003 graduate *Scott Stinemetz* of Great Bend, Kan. Scott is the founder and president of Healing Hearts Ranch, Inc. The purpose of Healing Hearts Ranch is to address the needs of families who face emotional and behavioral challenges. The Alumni Citation recipient, given to an alumnus who graduated 15 or more years ago, is 1988 graduate, *Lex Rhoadarmer*. Lex was an admissions counselor for SC from 1988 to 1996. He has since taught Theatre at Clearwater High School in Clearwater, Kan. There he has been recognized for outstanding contributions to musical theatre by the Music Theatre of Wichita's Jester Award program. He has also recruited many of his own students to attend Sterling. The DSA is given to an alumnus who has demonstrated a lifetime of professional success and servant leadership. The recipient is 1968 graduate, *Don Reed*. Don has exemplified servant leadership in his church, in his family and in his 35 years of dedication to Sterling College where he is now serving as director of gift planning.

- David Earle '88, Director of Alumni Relations

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Professor Dr. Arn Froese New President-Elect of the Southwestern Psychological Association

Dr. Arn Froese, chair of Sterling College's Behavioral Science Department, was named the new President-Elect of the Southwestern Psychological Association in late February. Dr. Froese has been affiliated with the SWPA since 1981, and has attended its national convention 23 times and presented papers at 13 of them. He has been elected as the SWPA Kansas state representative three times. Former SWPA president Dr. Ken Weaver, Dean at Emporia State University, comments, "How fitting it is to recognize Dr. Froese's many years of fine service to the SWPA. He has the respect of so many throughout the region because of his proved leadership. This organization is fortunate to have him as its next President."



Dr. Froese has been a professor at Sterling College since 1974. Dr. Troy Peters, SC Vice President of Academic Affairs, says, "This is a monumental accomplishment. As an institution we congratulate Dr. Froese on a well-deserved honor."

"Psychology is my professional passion," says Dr. Froese. "SWPA has been a significant vehicle for conveying that passion to others. I appreciate it for the opportunities it provides to maintain contact with my colleagues; to meet and hear speakers who broaden my understanding of the discipline; and to demonstrate to my students how professionals interact with each other." In the 18 years Dr. Froese has been affiliated with the SWPA, he has taken 134 Sterling College students to the annual SWPA convention.

The SWPA was formed in 1953 as a regional affiliate of the American Psychological Association. It covers nine states, although it has international members as well as members from outside the region. At its annual meetings, SWPA offers sessions, workshops, speakers, and symposia all aimed at promoting and strengthening psychology's scientific, professional, and educational facets. Year round it serves the psychological community by providing access to scientific advances and professional development.

Upcoming Events:

- April 10**
Good Friday, *offices closed*
- April 13**
Spring Instrumental Concert
- April 17**
Mississippi Valley Alumni Chapter in Galesburg, IL
- April 18**
Missouri Valley Alumni Chapter in Omaha, NE
- April 24**
Baccalaureate
- April 25**
117th Commencement
- April 29 - May 14**
India and Ghana Mission Teams Depart
- May 16**
Alumni Council Meeting
- May 20**
Topeka Alumni Gathering
- June 20**
Northern Colorado Alumni Chapter in Estes Park
- October 22-24:**
Homecoming Weekend
- October 23:**
Presidential Inauguration

SC Senior Experiences Life as Soldier, Student, Now Author

Sterling College student Kelli LaRosh may have started college a year and a half after she originally planned, but she hasn't let a late start hold her back. Three years after beginning her college career, she is now a published author, and her book is drawing attention.

After finishing high school, LaRosh planned to enter college right away. As an Army Reservist, she spent several weeks of that summer in active training, but in the fall of 2004, LaRosh was three days away from freshman orientation at Sterling College. Then she learned her Army Reserves unit had been declared active. LaRosh put college plans on hold, trained for two months at Fort Riley, Kansas, and headed to Kuwait for a one-year assignment.

In October of 2005, LaRosh returned home, and in January of 2006, she finally started college, declaring her major as math education and joining the track and cross-country teams. On the track roster for that spring, LaRosh listed Joshua 1:9 as her favorite verse: "Be strong and courageous...for the Lord your God is with you wherever you go." She says, "Kuwait was a challenging experience, but I came back more positive about things, about life. I'm a lot more patient and independent than I used to be."

Both her patience and independence served her well last spring when she took the Reading and Writing in the Content Area class that is required for all secondary education students. Her assignment? Write and illustrate a children's book that relates to the subject area you will be teaching.

LaRosh pursued ideas and eventually discovered a topic from her childhood, spent with her three siblings on their family's farm in Osborne County. Her older brother Kenton is now farming with their father. Kelli knew that even though Kenton hadn't liked math in school, he was using plenty of it as a farmer. She based the main character of her book, a small boy, on her brother, and created dialogue between him and his farmer father. By the end of the book, the small boy is convinced he does need to know math to succeed as a farmer.

Her professor Terri Gaeddert gave her an A on the assignment, and LaRosh's mother was convinced a publisher might be interested in the book. LaRosh contacted several before landing a deal with Ad Astra Publishing in Osborne. The paperback book, *What's Math Got to Do with Farming?*, available at www.adastrallc.com for \$15, came out in February '09, and is already attracting interest, both from educators and the Kansas Farm Bureau.

"I'd always wanted to write a book," LaRosh admits, "but it took a college class, with deadlines and due dates, to get it written."

LaRosh will complete her clinical teaching this fall. After that, she will pursue her next challenge, being a teacher. With the determination she has shown as a soldier, student, and author, there's no doubt she will succeed in the front of the classroom as well.



New author, Kelli LaRosh, signs an autographed copy of her book for President Paul Maurer during one of her area book signings.

Quiznos Opening Becomes a Reality for Business Department

On Monday, March 30, a new Quiznos restaurant opened in Sterling, and hundreds of Sterling College students lined up for lunch. Most students were happy simply to have a new food option so close to campus, but business students in the crowd—and behind the counter—were not just happy; they were proud. This Quiznos is a reality because of their efforts.

The new restaurant is a result of the Sterling College Business Department's desire to provide its students with hands-on business experience. Three years ago business students began researching franchise possibilities for the town of Sterling. Partnering with the DeBoer Family Foundation Quiznos was selected as the franchise of choice. Students then entered the lengthy process of building and opening the business.

Student Christy Carter says, "We had to wait so long for things to happen, especially with real estate, the franchise, the legalities. So, to see this now, it's fantastic!"

Now that the store is open, business students will have new responsibilities. They will manage and operate the restaurant according to Quiznos' corporate guidelines. That opportunity excites both the Quiznos' corporation and Sterling College. Quiznos Executive Vice President Bob Schmied comments, "To assist in providing a real-life work experience with the day-to-day trials and tribulations of running an actual business, is incredible." Sterling College President Dr. Paul Maurer says, "This is a tremendous combination, one that is offered by few colleges and universities, particularly few liberal arts colleges. This gives our students experience that will prepare them especially well for professional life after college."



Sophomore Jon Earle kept busy working the line during opening day. Quiznos is providing employment opportunities for Sterling students.



Hundreds of Sterling College students, faculty and staff were treated to a free sandwich on opening day, contributing to a very long line during lunch!

This unique partnership may also have impact on other educational institutions. This franchise is the only one that Quiznos has opened in conjunction with a college, and Sterling College Business Professor Tim Thorpe says it “has the potential to provide a new model of franchising that may be usable in other colleges and universities across the country.”

[Click here to see KSN New's coverage of Opening Day!](#)

Other Sterling College News:

- Over spring break a group of Sterling College students traveled to southeastern Minnesota to assist with the building of four homes as a part of **Habitat for Humanity's Collegiate Challenge**. SC's Habitat chapter, founded in 2000, has participated in the Collegiate Challenge since 2001, and is sponsored by Herb Albertson, Sterling's director of career services.
- The **Men's Basketball** team fell in the opening round of the NAIA Division II Tournament to Northwood University, Fla., 75-72. The KCAC regular season champions finished the year with a record of 21-10. Senior **Jonathan Woods** of San Antonio, Texas, was named NAIA All-American Honorable Mention.

- The **Lady Warriors** won their opening round game in the NAIA Division II Tournament, defeating Holy Names University, Calif., 93-72. Making their 11th appearance in the “Sweet Sixteen” of the tournament, the women were defeated 72-55 by Northwestern College, Iowa. Senior forward **Ashley Kraft** from Ransom, Kan., was named Second Team NAIA All-American with Senior **Jacci Tinkel** from Topeka being named honorable mention All-American.

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Be sure to check out and join the two Sterling College group pages on Facebook. If you haven't joined Facebook yet, join the thousands of SC alumni and friends who have found Facebook a great way to reconnect and stay in touch.



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[Join our Alumni Group!](#)

- Sterling's **Baseball** team was impressive in March, posting a 12-4 overall record, 7-1 in the conference. In back-to-back weeks, SC players were named KCAC Player of the Week, with sophomore centerfielder **Andrew Archbold** of Louisville, Ky., and sophomore catcher **Chad Johnson** of Tehachapi, Calif., receiving the honor.
- **Josh Svaty '02**, Kansas State Representative for the 108th District, is the featured speaker for Baccalaureate Service on April 24.
- **Mike Woodruff**, Senior Pastor at Christ Church in Lake Forest, Ill., will provide the Commencement address on April 25.
- Senior **Jana Miller** of Lyons, Kan., competed at the **Pi Kappa Delta National Forensics Tournament** and was named a First Team All-American, one of only ten competitors to receive this honor.

[Have some news to share with us? Let us know! Contact us at \[dearle@sterling.edu\]\(mailto:dearle@sterling.edu\)](#)

Sterling Magazine Available on our Website

The Fall *Sterling* Magazine is now posted on our website for your viewing pleasure. Click here to read the latest edition of *Sterling!* If you did not receive a copy, please contact the Advancement office to confirm your current address.

Join our Legacy Walk!



To purchase a personalized brick in the Sterling College Legacy Walk, please contact David Earle, Director of Alumni Relations, at dearle@sterling.edu or call 620-278-4228.

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