



JULY 2, 2009

## CALENDAR | JULY 2-8

- 2 • Auto Show
- Examination Day – no classes
- 3 • Independence Day Holiday – no classes
- 7 • Devotional, Eric Walz
- RixStix Percussion Group
- 8 • Summer Block Party

## ANNOUNCEMENTS

### Youth Summer Sports Camps

All kids ages 9-16 are encouraged to attend. All camps will be held from 3-6 p.m.

Monday, July 13:

- Basketball, Hart Auxiliary Gym (Room 208)
- Cheer/Stunt, Hart Dance Studio (Room 234)

Tuesday, July 14:

- Ultimate Frisbee, Stadium
- Dance, Hart Dance Studio (Room 234)

Wednesday, July 15:

- Flag Football, Stadium

For questions or more information regarding Summer Camps please contact the Competitive Sports Office at 496-2442.

### Planetarium Show for July

See "Dawn of the Space Age," the 40th anniversary of the moon landing and the race to space, Thursdays at 7 p.m. Tickets are \$2.

## Professors receive distinguished faculty award



Stephen Allen

William Brugger

President Kim B. Clark presented BYU-Idaho faculty members Stephen Allen and William Brugger with the Distinguished Faculty Award at the devotional luncheon on June 23.

"It's a pleasure to be associated with both of these brethren and have them on our faculty," said Phil Packer, associate academic vice president of instruction and member of the selection committee. "They represent the goodness of this faculty. They personally stand for what the university stands for."

Students, faculty and administration nominated faculty members for the award throughout the semester. A selection committee then assembled a list of faculty names for further consideration, and the administration made the final selection.

"These professors have done so much. They deserve the award," said Marie Parkinson, head of the selection committee.

Stephen Allen teaches piano pedagogy for the Department of Music. He has taught at BYU-Idaho for 23 years and has loved every minute of it, he said.

Allen's favorite part of BYU-Idaho is teaching and learning by the Spirit. Allen said he tries to seek for the Spirit in all he does, so he can maximize his influence for good on his students. "Feeling the Spirit is what makes the most difference in students' lives," he said.

William Brugger has similar goals to Allen. He feels that teaching at BYU-Idaho is a calling that needs to be magnified and it can only be done with the Spirit. Brugger is an English professor and has worked at BYU-Idaho for 16 years.

He loves many things about BYU-Idaho, but his favorite is the academic freedom to discuss religion. "I love the freedom we have to make religious, scriptural or theological connections to the things we teach," he said. "You just can't do that anywhere else."

# BYU–Idaho employee leaves legacy of healthy habits for university

Former BYU–Idaho employee Larry Wickham was an avid racquetball player and won many tournaments in the Utah Valley area. He loved sports of all kinds and most outdoor activities. Fixated with personal health, Wickham exercised daily and always kept tabs on what he ate. But one day, his active routine came to a screeching halt.

On a wintery Idaho day about 20 years ago, Wickham unlatched the back of his pickup in front of his mother’s house and began unloading. Reaching halfway into the storage area, he propped his right knee onto the bed and allowed his left leg to dangle. While he was unpacking, a truck slipped out of control on the icy road and skidded into Wickham’s exposed leg, pinning his ankle between the two vehicles.

“Most people would have stopped after that type of an accident—not Larry,” said Ron Campbell, Wickham’s supervisor for 30 years in the Department of Continuing Education. “He was probably the most determined person I’ve ever been around.”

Wickham’s ankle needed reconstructive surgery and would cause him pain for the rest of his life, but it motivated him to be a better person. Wickham continued to work at BYU–Idaho and began setting goals to rebuild his strength.

Wickham set a goal to run an entire mile on his accident’s one-year anniversary. In preparation, he began exercising everyday at lunch. At first, he walked. Then he started power walking. Exactly one year after the accident, Wickham met his goal. He ran a mile.

However, in the midst of reaching the new milestone, Wickham came to a rude awakening. The pain that shot through his ankle, told Wickham he would never seriously run again.

He refused to let it phase him. Instead of running, he continued to power walk daily, eventually becoming strong enough to win several power walking medals in the Utah Summer Games.

Wickham’s strong desire to exercise soon spread throughout campus. He invited

others to exercise with him, knowing the difference it had made in his life. Then, only a couple years after his accident, Wickham instigated the employee incentive program, encouraging everyone to exercise regularly.

“Larry Wickham was the reason I started exercising on campus 20 years ago,” said Delaina Scholes, who is still active in the Employee Incentive Program. “He is my inspiration.”

Wickham began offering name recognition in News & Notes or a t-shirt for the most active exercisers. As time went on, the number of participants grew. He ran the program until the university developed the Wellness Center in the John W. Hart Building about five years ago. Then, students took over the program, which now offers free camelbacks, watches, medicine balls and other prizes to participants.

The Wellness Center awards points for exercising, eating nutritious food, reading scriptures and taking part in fitness evaluations. Every week, participants log points onto a Google document to track their progress. At the end of the semester, all participants receive an award for their efforts at a breakfast ceremony in the John Taylor Building.

“I love to see what awards they are going to give out,” said Department of Accounting chair, Keith Patterson, who has been participating in the program since the Wellness Center opened. “It’s fun to see what the student workers pick out.” This semester, they will all receive a healthy recipe book.

Custodial supervisor, Vincent Duff, also enjoys the prizes but said his favorite part of the program is getting to know more people. He likes seeing familiar faces in the gym. Duff is first place in the program this semester and says he is seeing results.

After losing 10 pounds and feeling his energy level increase, Duff said, “I just needed some motivation to trim some weight and get in shape. This helps me reach for the orange instead of the candy bar.”

Scholes said it doesn’t really matter what a person’s motivation is. The program improves the health of all participants. She said that’s what Wickham wanted, everyone to be healthy. Larry Wickham died of cancer last April, but his legacy lives on in the Employee Incentive Program.

For more information about the Employee Incentive Program send an e-mail to [wellness@byui.edu](mailto:wellness@byui.edu) with “Attn: Employee Incentive” as the subject.

## NUTRITION TIPS

Brother Wickham, who dedicated his life to the wellness of others, passed away due to cancer in April 2008. These health tips from the Wellness Center are dedicated to the legacy he began.



Brother Wickham enjoys a canoe trip in 1991.

1. Try to eat five colorful fruits and vegetables everyday. Usually different colored foods mean they contain different nutrients.
2. Eat two or more servings of calcium-rich food each day.
3. Consume a variety of foods, but remember: everything in moderation.
4. Try to consume 20 grams of fiber a day.
5. Move more throughout the day. Walk rather than drive if possible.
6. Set aside time to exercise. Regular aerobic exercise can decrease your resting heart rate and preserve your heart. It also reduces harmful cancer-causing agents in the body.
7. Know your blood pressure rate, so you can act accordingly. Approximately one-third of Americans with high blood pressure are unaware of their condition.
8. Eat a good, balanced breakfast to jumpstart your day.
9. Stay away from food with trans-fat acids. Trans-fat lowers helpful cholesterol levels and increases harmful cholesterol.
10. Choose appropriate portion sizes. Listen to your body and stop eating when you are pleasantly satisfied, not overly stuffed.

# The Spirit that brought them here

Stories of how Ricks College alumni became BYU-Idaho faculty members



Left to right; Brother Atkinson teaches a photo student. Featured on the cover is Brother Meeker in the classroom.

Many faculty members, who were once students of Ricks College, had a feeling they would return as an employee for this school. For some, the notion came as a student; for others, after graduation. But what is it that brought them back?

“As a student, I said someday I would come back,” said Utah native Robyn Bergstrom, dean of the Department of Business and Communication. “I believe in the Spirit of Ricks and I could feel it when I came back here to teach,” Bergstrom said.

Many faculty members, like Bergstrom, fell in love with the strong spirit on campus, and the significant memories they made as students.

It was here that Brian Atkinson, Department of Art, realized he had to learn for himself what was important. He discovered a desire to serve a mission and later married in the temple. “Everything seemed to happen here for me,” Atkinson said.

## Dream Fulfilled

Atkinson, who was originally from California, explained that he had many life-altering experiences while at Ricks College. He even considered the idea of teaching photography here. However, that dream was left behind as he and his family settled in Cache Valley, where he went to Utah State University as an undergraduate and continued as a graduate student. While finishing his master’s, he began working at the Space Dynamics Laboratory at the university and later became a full-time employee.

During his time in Cache Valley, Atkinson received two phone calls from BYU-Idaho

asking if he would accept a job in the Department of Art as a photography teacher. Though this was a dream of his, Atkinson became hesitant about accepting the job. Besides moving troubles, his main concern was how his children would adjust to a new area. But as he began looking into the job, a chain of miracles diminished all of his concerns.

“The things that happened, made me think this is where the Lord wants me to be,” Atkinson said.

## A Change in Career

Nathan Meeker, with the Department of Sociology and Social Work, hadn’t thought about teaching while he was a student at Ricks College. The Washington native was one semester away from graduating in occupational therapy when he had an unexpected realization.

“Pursing occupational therapy just didn’t feel right anymore,” Meeker said. “Changing my major seemed like a crazy decision, and my wife thought I was insane.”

Shifting his focus to sociology, a study he felt suited his interests better, would add three to four years of schooling.

While attending Idaho State University for his master’s in sociology, he and his wife continued to live in Rexburg and managed a residence hall at BYU-Idaho. Often he would receive a feeling that someday he would work in the Spencer W. Kimball building. As soon as a part-time teaching position opened, he took the opportunity, beginning his teaching career at BYU-Idaho.

“This decision turned out better than ever,” Meeker said. “I’m living where I want to live and I have the career I want to have.”

Even though these faculty members have come from a variety of origins, many feel that Rexburg is where they belong.

“I love to visit Utah,” said Salina native, Jason Flora with the Department of Humanities and Philosophy, “but I can’t wait to come back to Idaho. It feels like home here. It is home.”

## NEXT WEEK’S DEVOTIONAL

ERIC WALZ



Brother Eric Walz currently serves as a faculty member in the Department of History, Geography and Political Science at BYU-Idaho.

Brother Walz graduated with an associate degree from Ricks College, a bachelor’s degree from Idaho State University, a master’s degree from Utah State University, and a PhD from Arizona State University.

Before coming to BYU-Idaho to teach history, Brother Walz farmed for 17 years. He enjoys hiking, cycling and working outdoors.

Brother Walz has served the Church in many capacities including as a bishop, counselor in a bishopric, High Priest group leader, teacher’s quorum advisor, varsity scout coach, and currently he serves as the first counselor in the BYU-Idaho 6th Stake.

Brother Walz and his wife, Lynne, are the parents of seven children and currently they have 10 grandchildren.



## EMPLOYEE PROFILE

**Kris Powell**  
Student Act/Peer  
Instruction  
*Talent Coordinator*

For Kris Powell, BYU-Idaho's talent coordinator, walking around campus is like walking down memory lane. The north side of campus reminds Powell of her childhood home, just a block away from the Jacob Spori Building. Memories flood back as she walks past the John L. Clark Building, named after her neighbor and Ricks College president for 27 years.

"I grew up surrounded by Ricks College," Powell said. "It's been a part of my life forever."

Powell said she's seen big changes at the university since she was a girl, but more important, she's seen students change while she's been working. Powell helps students plan and organize events like Guitars Unplugged, Acoustic Café and Nashville Nights. Many of Powell's students have no experience in front of audiences, so seeing their confidence grow through planning and conducting events is very fulfilling.

"I love to see students grow," Powell said. "When they come back to visit years later and I see how their lives have changed, it's fun to think that maybe I made a little difference."

Powell also loves spending time with her nine children and 20 grandchildren and especially enjoys taking them to the family cabin in Island Park.

## ANNOUNCEMENTS

### Temple-to-Temple Relay

Enter your team of runners for this two-, four- or eight-person relay race from the Idaho Falls Temple to the Rexburg Temple.

### Auto Show

Come witness or enter your car into the first-ever BYU-Idaho Auto Show. Visit the Social Activities page for more information.

## THANK YOU

We are grateful for all of the uplifting expressions of encouragement we received from our friends here at BYU-Idaho following the recent death of Nancy's father, Wes Wareham. Thank you for sharing your testimonies with us and taking time out of your busy schedules to bless our lives with words of comfort.  
*Ron and Nancy Kinville*

## FOR SALE

*Time Ownership.* Need to go somewhere different for the seven-week break? I have a time ownership week in Hawaii, July 26 to Aug. 2 (or later in August if needed). On the Island of Ohau, in Honolulu, three blocks off the beach. Sleeps four. Cost is \$65 a day for the week. Includes parking, swimming pool, grills, full kitchen, etc. Call 356-6046 or 313-6046, ask for Becky. ALOHA.

*Garbage can mailbox.* White mailbox mounted on pressure-treated post and inserted into garbage can filled with dirt. Very sturdy and in very good condition. \$25. Call 356-7204.

*55-gallon water storage barrels.* \$18 each. Used, food grade. You clean. Taking pre-orders now for delivery in July. This will be the last shipment with a limited number available; call early. 356-6641.

*2006 Buick Lucerne CXL.* 26,000 miles (16 months/24,000 miles still under warranty). Excellent condition, gorgeous metallic red, loaded, leather heated/cooled seats, memory seats etc.

We're on our way to Mexico...asking \$17,000 or best offer. Call 206-1159 or 206-1422 to see and drive.

*Home.* The Bidwell's have retired and are moving north and south! Their home in Burton is "2" good "2" miss! 3 bedrooms, "2" bath, "2" car garage, "2" acres. "2,"300 square feet. Asking \$222,222. Call 206-1159 or 206-1422 "2" view at your convenience.

## BIRTHDAYS | JULY 2-8

- 2 Karen Arritt, Accounting Services  
Karen Jacobson, Library  
Todd Nelson, Biology  
Jeffrey Smith, Academic Tech  
Samuel Tsukamoto, Infrastructure  
Brian Wright, Accounting Services
- 3 Daniel Lusk, Custodial  
Clyde Nelson, Exercise & Sports Sci  
Blake Willis, Ag. Bus, Plant & Animal Sci
- 4 John Dexter, Testing Center
- 5 Jon Burnham, Sociology and Social Work  
Kristine Ciesinski, Music  
Kera Day, Home & Family  
Tony Derricott, Tech Support  
Kevin Kelley, Physics  
Eva Sommer, Business & Comm
- 6 Robert Koller, Security & Safety  
Larry Rigby, Budget Office  
Lisa Robinson, Student Act  
Gregg Thorkelson, Art  
Jeremy Valentine, Grounds  
Benjamin Woodruff, Mathematics
- 7 Julann Blake, Home & Family  
Christopher Fox, Library  
Valerie Gutierrez, Financial Services  
Bradley Lawrence, Chemistry  
Susan Thurman, Home & Family
- 8 Chris Allison, Religious Ed  
Wendy McKinley, Executive Offices  
Nathan Shaw, Custodial  
Robert Spiel, Health Science  
David Taylor, Music



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### News & Notes

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