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Historic season punctuated by 13 All-American honors and a best-ever showing in Wyoming.
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With this semester, Castleton University is enjoying three continual semesters of year-over-year growth.

We attribute this increase in students to new academic programs, expanded workforce learning opportunities, and rigorous and desirable modalities that have become a destination for many.

Our faculty and staff offer dedicated advisement and genuine and caring support services.

Last fall I traveled to Sweden to recruit students into many of our NCAA Division III sports, including hockey and alpine skiing. We saw an interest in a number of majors, including music, economics, and business. Coach Chris Eder followed my lead, traveling to northern Sweden towns and cities last month to talk with future Spartans. And, now, I am just returning from one final 2019 Scandinavian recruitment tour which was a profound experience spent talking with students interested in pursuing their studies in the United States—specifically, Castleton, Vermont.

Many blessings,

Dr. Karen M. Scolforo
President, Castleton University

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/KARENMSCOLFORO
Castleton University recently announced the addition of four new undergraduate programs.

**Early Childhood and Special Education**
The Bachelor of Arts in Early Childhood and Special Education will prepare students to facilitate high-quality learning experiences for children from infancy to grade three. Students will gain experience through a collaborative, experiential learning model, working directly with children in the University’s Early Childhood Lab, which will serve as both a childcare center and teacher preparation and professional development lab.

**Resort and Hospitality Management**
Castleton’s Bachelor of Science in Resort and Hospitality Management will be offered in a three-year, accelerated cooperative education model under the University’s newly formed Killington School of Resort Management. The program, which features 12-week courses delivered in a trimester format, will allow students to attend classes as traditional students while also receiving credit for working in paid positions at Killington and Pico Mountains. Students maximize their time and talents through the applied learning format while providing integral support and expertise to both Killington and Pico.

**Wildlife and Forest Conservation**
The Bachelor of Science in Wildlife and Forest Conservation will emphasize conservation and management of forests, wildlife, biodiversity, and soils, providing students with the ability to analyze and manage systems to promote long-term sustainability. Students in the program will also have the opportunity to examine diverse ecosystems through travel courses and research.

**Archaeology, Geography, and Applied Anthropology**
The Bachelor of Science in Archaeology, Geography, and Applied Anthropology will offer an interdisciplinary major and career-oriented certificates in Archaeological Methods, Applied Geographic Information Systems, Applied Anthropology, and Cultural Landscape Studies. This program is built around an ongoing research project investigating the history, culture, and geography of the South Lake Champlain Basin, and will offer place-based learning and fieldwork.

For more information, visit castleton.edu or contact the Castleton University office of admissions directly at 800-639-8521 or by email at info@castleton.edu.

Academic Affairs

**MBA LAUNCHES**

**ONLINE PROGRAM CAN BE COMPLETED IN ONE YEAR**

Castleton University is now accepting applications for its recently approved Master of Business Administration. This fully online program can be completed in just one calendar year and offers a variety of concentrations and meaningful micro-credentials which may also be taken separately to enhance career advancement.

“The faculty in the College of Business have created a flexible, career-focused program that students can complete in accelerated eight-week terms,” said Castleton University President Dr. Karen M. Scolforo. “We were told by area business leaders and young professionals that what they really wanted was to be able to continue working full-time, pursue a graduate certificate or a full MBA, and do so at their own pace. That challenge was met by the faculty and we are thrilled to have this program ready to go for this coming fall.”

Students can pursue micro-credentials such as a 12-credit graduate certificate, a 21-credit advanced graduate certificate, or the full 36-credit master’s degree in four content areas: Analytics, Healthcare Administration, Leading Organizational Change, and Media and Communication.

The program will be offered in convenient and flexible eight-week terms, which will allow students several different points of entry, while also providing them the opportunity to complete their chosen program at their own pace.

According to Scolforo, the hallmark of the Castleton MBA will be what the College of Business has dubbed the “Online-plus” approach. “What makes Castleton special is our relationship-based education. We feel strongly that this approach will give students all of the flexibility and convenience of an online program, without losing the personal touch. Faculty will be available for in-person or virtual office hours throughout each course, which is much different than online programs offered at other institutions.”

Applications are now being reviewed for the fall 2019 start. Applicants do not need to complete the GMAT or GRE to gain acceptance, and courses are priced at just $643 per credit.

“We want any new program that we launch to be affordable, accessible, and applicable to the needs of the workforce. We feel strongly that the MBA program at Castleton accomplishes these three things,” Scolforo concluded.
It took only seconds for little Laurelai to grab onto my heart. The 3-year-old and her mom were the first to arrive at the Christmas party the Castleton University Media Ethics class had organized for underprivileged kids at the Vermont Achievement Center.

Her blonde hair, blue eyes and sharp intellect reminded me of my oldest daughter about 18 years ago. She was mesmerized by the multi-flavored, multicolored cupcakes on the table and her intellect was evident as she recited the eight different flavors to the other kids arriving – despite being told just once.

For the next hour or so, she and her eight other friends, from a baby to an 11-year-old, were tearing through presents and munching on both healthy and unhealthy snacks.

They opened boxes that contained everything from sneakers, coats and a drone helicopter to art supplies, a car seat and jeans.

For four years now, students in the civic engagement Media Ethics class have raised over $4,500 before Christmas break to try to provide a better holiday season for area people in need.

The first two years, the class adopted families in Castleton and some students and I actually showed up at their homes on Christmas day, armed with piles of presents filling both their needs and wants.

A single mother of two left us a key to her apartment the first year, allowing a handful of students and I to go in, fill up the space under the tree and wait to surprise them upon their return.

It was magical to see the children light up, and to see my students crawling on the floor playing with the kids and their new toys as their mom soaked it all in. I drove home that Christmas Day perhaps more fulfilled than any other Christmas – ever.

Nicole Webster, now a Castleton alumna, was part of that initial effort and eagerly chatted about it recently.

"Just seeing the looks on their faces made my heart so happy," she said. "It was such a great feeling to see how happy we made that family, especially the mom. I think the kids were super excited, but the mom looked on the edge of tears the whole time because she was so happy."

Two years ago, the class provided a party for troubled teen mothers in Rutland who were part of the Poise Program. The children of the young mothers seemed to love it, but the moms and my students felt a little awkward and perhaps on display.

But this year’s event at VAC went flawlessly.

One student, senior Tiffany Saltis, said to her, the day was the culmination of weeks of fund-raising, an epic $1,000 Walmart shopping spree and the subsequent marathon wrapping session.

She talked about how Laurelai stole her heart too, especially when she opened a package containing a pink coat and beamed, telling her mother, "I love my new coat."

"To see her reaction. It just struck you," she said. "Seeing the process come to fruition. It’s more than you can anticipate," said Saltis, who is interning for Sen. Bernie Sanders this semester and was taking pictures the day of the party. "You know there’s going to be kids there, you go through the motions buying the gifts, but seeing them open the presents, it hits you hard."

Saltis said the event reminded her how privileged she and many college students are and that not all people are that fortunate and that it’s good to help those people.

Junior Max Tempel spoke a lot about how the event had this great “giving back” quality to it. He said it made him think how special Christmas was to him as a kid and how plentiful the presents were around the tree.

"It gives you such a great perspective on how giving back to your community is such a rewarding experience,” he said. “It motivated me to want to continue to reach out to those in need in my community.”

Fellow junior Austin Crosier called the party “one of the highlights of my 2018.” He said he loves helping others, perhaps because he comes from a family of volunteer first responders.

‘The expressions on every child’s face when they opened a carefully wrapped gift was of pure elation and surprise. I couldn’t tell if the smile on my face was bigger than the smile on my heart,” he said.

Crosier was very hands-on in the room, playing Santa and helping kids unwrap gifts if they needed it. Saltis said she was impressed by how the Castleton students found their niche at the party, with some jumping right in with the kids and others more content to deliver presents and help set up refreshments. Saltis and junior Greg Zullo also photographed the event.

“Just seeing the joy on their faces really touched me,” senior Armand Klisivitch said.
Castleton University students Ashley Sanders and Kate West spent their February break presenting a poster of their research involving carbon degradation in various landcovers during different hydrological events at the 2019 ASLO Aquatic Sciences Meeting in Puerto Rico.

At the conference, Sanders and West, who are both junior Environmental Science majors, were able to interact with professionals and researchers from institutions around the world, as well as participate in a forum addressing the water crisis in Puerto Rico following Hurricane Maria in 2017.

Sanders and West worked as paid research assistants in Professor Dr. Andrew Vermilyea’s research lab throughout the summer, studying the role of sunlight in nutrient transformation in Vermont rivers and streams as part of a collaborative grant with University of Vermont, titled Basin Resilience to Extreme Events.

“Our area of research combines both field and lab work throughout the summer. We dedicate a few days during the summer to collect our stream samples from northern Vermont. We conduct all of our experiments and analysis right at Castleton, which gives us critical hands-on experience with various instruments and laboratory protocols,” Sanders said.

According to Dr. Vermilyea, conducting research provides students with greater opportunities to learn, both in and out of the classroom.

“From the research itself, to traveling, to presenting their research to experts in their field, I think this has been an incredible experience for Kate and Ash. Castleton has allowed them to immerse themselves in their area of study, experience new places, and make connections for life beyond graduation,” he said.

Participating in the conference made West realize how fortunate she was to be able to conduct research as an undergraduate student.

“I didn’t realize how lucky I was to have an opportunity to conduct research as an undergrad. It wasn’t until we got to the conference and met other students in graduate programs that I realized it was fairly uncommon for undergrads to do such vigorous research,” West said. “In fact, a student in a master’s program we met was doing the same research we were. I feel as though this research gave me a step-up with experience, in general.”

Castleton University is pleased to welcome former Vermont Governor Jim Douglas as keynote speakers at the 2019 Commencement ceremony on Saturday, May 18 at 11 a.m. in the Castleton Pavilion.

Douglas was elected the 80th Governor of Vermont in 2002 and was re-elected for three terms with a majority of the vote. Prior to his time as governor, he served as Vermont State Treasurer, Secretary of State, and in the Vermont House of Representatives. Best known for the 2007 landmark civil rights bill that banned discrimination on the basis of gender identity by employers, financial institutions, housing, and public accommodations, the focus of Douglas’ time in office also included strengthening Vermont’s economy, reducing the cost of living, and protecting the environment.

In 2011, Douglas became an executive in residence at his alma mater, Middlebury College, and began teaching courses in politics and government. His memoir, titled “The Vermont Way: A Republican Governor Leads America’s Most Liberal State,” was released in 2012.

This year’s event will mark Castleton’s 232nd Commencement ceremony. More information is available at castleton.edu/commencement.
TALES FROM THE CARIBBEAN

A year after graduating from Castleton in 2013, Crystal Golding found herself at American University of the Caribbean, a leading medical school located on the island of St. Maarten.

After working as an Emergency Department Scribe, Golding was accepted into two medical schools, but ultimately decided on AUC because of the living conditions. Golding completed the basic sciences portion of medical school on the island in 2016 and traveled to England to complete her OB/GYN and surgery clinical rotations at Epsom Hospital in 2017. Golding finished her clinical rotations in New York City last summer.

Now, Golding is back on St. Maarten, working as an introduction to clinical medicine (ICM) teaching and research fellow at her alma mater, conducting breast cancer research on the Afro-Caribbean population of women. She also teaches medical students and prepares them for their U.S.-based clinical rotations.

“Over the last couple months, I’ve been bouncing back and forth to the U.S. completing residency physician interviews,” Golding said. “The goal is to match into a residency, and then begin as an intern in July.”

Looking back, Golding says that the people she met within Castleton and the relationships she formed paved the way to medical school.

“Not only did Castleton provide me with a strong educational background, but with a strong sense of character as well,” she said. “For such a cold state, the people of Vermont are truly warm, and I believe that especially holds true within the Castleton community. I am proud to be among them.”

Golding runs a blog, AUC Survival Guide, about her experiences in Med School.

ALUMNAE ENTREPRENEURS

Castleton University welcomed three successful alumni back to campus on Thursday, March 14 for an entrepreneur’s panel in honor of Women’s History Month.

Libby Duane Adams ’84 (Business), Christie Garofano ’98 (Exercise Science), and Jennifer Usher ’93 (Theater Arts) shared what inspired them to create their businesses, the roadblocks they’ve come up against along the way, and how their Castleton education influenced them as a leader. The panel was moderated by Castleton’s Director of Alumni and University Relations Courtney Widli ’13.

Duane Adams is the co-founder and chief customer office of Alteryx, Inc., a global leader in the data analytics industry headquartered in Irvine, California. She founded the company in 1997 when she was employed for another company that was struggling to grow. Today, Alteryx, Inc. conducts business in more than 70 countries around the world and employees 800 people. Duane Adams is known as the person at her company who knows all of their customers and she is most proud of the moments she hears about her company’s product making a difference in the lives of others. Another proud moment, she says, is when she was standing on the podium of the New York Stock Exchange when Alteryx, Inc. went public.

“You don’t ever have enough money or the best plan, but if you work at it, you can make it,” she said. “There’s two things I always tell people: Business ownership isn’t for the faint of heart and that it’s a labor of love.”

Usher can be found in the heart of Downtown Rutland at her shop, Make it Sew, where she does everything from alterations to creating custom wardrobe pieces. After working at a variety of jobs that took her from Ireland to Alaska and back to Vermont, Usher began to think about a career that would leave her feeling fulfilled. The day before Hurricane Irene ravaged the state in 2011, Usher opened the doors to her shop, and she has been a fundamental part of the revitalization of Rutland.

Usher gave advice for those who are thinking of starting their own business.

“Just trust yourself, that you have something to offer that no one else does,” she said. “For me, what I do is not just clothes; it’s something I made that didn’t exist before.”
Students Life

WINTER SPORTS Recap

Women's Basketball
This winter marked the Little East Conference debut for the Spartans, as the team played stifl defense en route to an LEC postseason berth with a 14-12 record overall and a 6-10 mark in conference play—marking the 17th straight season that a Tim Barrett-led team finished above .500. One of the team’s signature victories came at Glenbrook Gym when the Spartans used a stout defensive effort to overcome a 10-point deficit in the second half against a strong UMass Boston team, highlighted by holding the Beacons to 0-14 from the floor in the fourth quarter. Abbie Lesure hauled in team MVP honors after leading the team in minutes played and assists while ranking second and third in those same categories among all players in the LEC, and found her way onto the LEC All-Academic Team.

Men’s Basketball
The men’s basketball team got off to a quick start this year, downing River in the season-opener before beating Bridgewater State and NVU-Lyndon in the first two weeks of action before getting into Little East Conference play. The team played stiff defense en route to an 89-73 victory. Igor Almeida landed team MVP accolades after leading the team in defensive effort en route to an 89-73 victory. Igor Almeida

Women’s Ice Hockey
The women’s ice hockey team posted a 4-17-4 record, but saw many shining moments on the ice. The Spartans skated to a 1-1 tie against a tough New England College team that spent most of the season among the nation’s top teams before picking up a solid, 4-3, road win at Johnson & Wales where they erased a three-goal deficit in the third period to claim the victory from the sticks of four different goal scorers. Team MVP Wyatt Pickrell made 20 saves in the win and finished his career as one of the top netminders in Spartan history. He made over 1,000 saves in his career and graduates ranking fourth all-time in program history in that category.

Women’s Alpine Skiing
The women’s alpine ski team had its best season ever in 2018-19, sweeping the regular season and regional championships by winning its first 10 races of the season heading into the USCSA National Championships. The Spartans won the ECSC MacConnell Division title for the second year in a row and recorded their best-ever team finish at the USCSA National Championships, landing second on the podium after finishing second in both the giant slalom and slalom in Jackson Hole, Wyo. Team MVP Kirsten Kruk was a three-time All-American this year after finishing eighth in the giant slalom, 13th in the slalom and 10th in the combined standings. She finished her career with 23 top-10 finishes for the Spartans while being a part of three regional-championship teams and two podiums at the USCSA National Championships.

Men’s Alpine Skiing
The men’s alpine skiing program had one of its best seasons in recent history, claiming the ECSC MacConnell title with five team wins leading up to the USCSA National Championships. The Spartans finished second in the slalom and fourth in the giant slalom to earn a combined spot of third place, tying their best-ever finish at the National Championships. Cameron Heald earned team MVP accolades after helping the Spartans to the podium at the USCSA National Championships as he earned All-America honors in the giant slalom while landing six top-10 finishes on the season.

Women’s Nordic Skiing
The women’s nordic ski program had one of its best seasons in recent years, winning the ECSC MacConnell Division title for the second year in a row and recorded their best-ever team finish at the USCSA National Championships. After going unbeaten in the regular season, Castleton claimed the ECSC Regional Championship before winning national titles in the 75K Classic, Freestyle Sprint and 15K Freestyle. A third-place finish in the Classic Team Sprint lifted Castleton to the combined national title, the first in the program’s short history. John Paluszek earned team MVP honors following his four-time All-America performance at the USCSA National Championships, including an individual national title in the Freestyle Sprint.

Women’s Indoor Track & Field
The women’s indoor track and field program continued to make strides throughout the season, breaking numerous program-bests week in week out. The Spartans earned a seventh-place finish in their first appearance at the Little East Conference championships after seeing three program records broken at the Panther Invitational a week prior. One of those record-breaking performances came from team MVP Ally Stearns, who continued to improve upon her own record in the weight throw with a toss of 14.74 meters, nearly 4 meters further than her previous best and good enough to land her a spot at the NCAA DIII New England Regionals where she placed 13th in the region in the event.

Men’s Indoor Track & Field
The men’s indoor track and field program showed steady improvement throughout the year, finishing 10th at the Panther Invitational and eighth in their first appearance at the LEC Championships. Team MVP Tyler Larmie put on a show in field events, registering a season-best weight throw of 14.53 meters and a season-best shot put of 12.50 meters at Saint Lawrence to land a spot in the NCAA DIII New England Regionals for the weight throw. He finished 21st at the regional championships as Castleton’s lone qualifier on the men’s side.

Wrestling
The wrestling team had its best season in the program’s young history, qualifying two wrestlers for the NCAA National Championships in just its third year of existence. The Spartans wrestled a host of nationally-ranked teams on the season but managed to set a program record with 15 dual-meet victories while finishing second at both the Ithaca Invitational and the Ted Reese Invitational. Team MVP Jesse Webb was one of two Spartan qualifiers for the NCAA National Championships, placing second in the regional championships at the 285-pound class. He went 32-10 on the season, including an impressive 13-0 in matches that ended with a pin.
The morning of February 3 began as many others have this season for the Castleton University alpine ski team: a successful first run by the women had the Spartans sitting atop the team leaderboard with five racers among the top 10 individuals.

The men’s race got off to a quick start for the Spartans as well; Paul Rechberger and Logan Mackie each sat in the top five after strong opening runs. It wasn’t until Babson College’s Victor Wiacek took his first run that the day changed drastically for Wiacek and two Castleton women’s skiers.

Racing in the giant slalom down West Mountain Queensbury, N.Y., Wiacek was nearing the crest of a hill that would send him into the final half of the course when one of his skis came loose in a turn and slid across his thigh, causing a deep laceration in his left leg and severing an artery. Kylie Mackie and Linn Ljungemo “remained absolutely composed in the wake of the incident, each featuring the same few words: heroic, courageous and selfless. A day that could have ended in tragic fashion instead finished with positive news on all fronts thanks to swift action and composed demeanors by all parties involved.

According to Associate Dean for Athletics and Recreation, Deanna Tyson, Mackie and Ljungemo saved Wiacek’s life. “The young man’s father called me and told me that the doctors in Albany said ‘without the swift response on the mountain, Victor wouldn’t have made it.’ The actions that were taken by Kylie and Linn can be described as nothing but heroic. These two young women are not just incredible student-athletes but are a part of our Castleton community who were courageous and selfless in a time of desperate need. We are proud that they are part of our Spartan family.”

A SEASON TO REMEMBER
Spartan Ski Teams Make Leap at Nationals

- **MEN’S NORDIC SKIING** was undefeated in the regular season and won 12 total races before claiming the overall USCSA National Championship.
- **JOHN PALUSZEK** claimed the individual National Championship in the Men’s Nordic Freestyle Sprint.
- **WOMEN’S ALPINE SKIING** was unbeaten with 10 wins leading up to nationals, and finished second at the USCSA National Championships—it’s best-ever finish at the event.
- **MEN’S ALPINE SKIING** landed on the podium for the second year in a row with a third-place finish at the USCSA National Championships.
- **WOMEN’S NORDIC SKIING** set a new program-best mark with a fourth-place finish at the USCSA National Championships.
- **32 TOTAL ALL-AMERICA** accolades across the four teams at the event, led by 13 from Women’s Alpine.