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Executive &  
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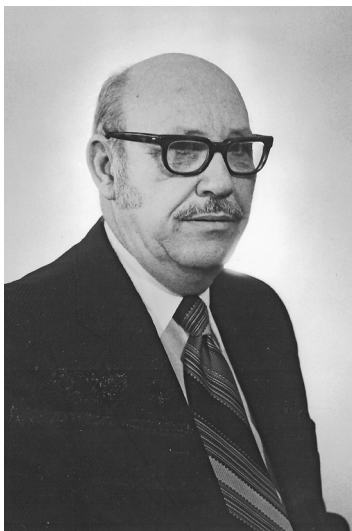
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Upcoming  
Events



# The Celebrating Saint

## Dr. Earl Fuhrmann Selected 'Favorite Instructor'



**D**uring 2010, as alumni sent their contributions to the alumni office, they also voted for their favorite instructor. Dr. Earl Fuhrmann received the most votes for that honor.

Other instructors receiving votes in 2010 were Norman Gienapp, Jerome Schwab, Larry Grothaus, Wilbert Rosin, Harold Rast, Alan Naus, Louis Spitz, LaVerne Baacke, Warren Rubel, Steve Fritzler, Oscar Walle, Jerome Ommen, Laverne Wallers, David Schmeil, and Lambert Mehl.

Dr. Fuhrmann was the science instructor for many SPC students between the mid 50's and mid 80's. In the early 80's a consensus of the student body agreed that Dr. Fuhrmann's outstanding characteristic was his teaching. While covering the subject matter with great clarity and depth, he simultaneously applied it to the student and stimulated curiosity.

As 2010 recipient, Dr. Fuhrmann takes his place alongside Lando Otto (selected in 2008) and Emil Weis (2009) as "favorite instructor." These men are featured in a display in the lobby of Biltz Hall.  
*Continued on page 6.*

# From the SPAA President...



**D**o YOU know what the Alumni Association does? Well, I sure didn't until I began serving on the Alumni Association Board five years ago. Now, as your new Alumni Association President, my goal is to provide you with the answer!

The Alumni Association works to accomplish the following:

- 1) **Support our School**
  - Prayer
  - This year, together with Servants of the Saints, provided a special lunch to congratulate and celebrate student accomplishments.
  - Always open for more ideas!
- 2) **Publish Alumni Newsletter**
  - Published on the splhs.org website
  - To request a paper copy, contact us!
- 3) **Provide Scholarships**
  - Given to two juniors to use their senior year at SPLHS

- 4) **Help with Class Reunions**
  - Lodging and meals are available on campus!
- 5) **Organize Alumni Contact Information**
  - Want to catch up with a classmate?
  - Need to update your information?
  - Contact us:  
Phone: 660-463-2238 ext. 317  
Email: splhsalumni@yahoo.com  
Facebook: Saint Paul Concordia
- 6) **Alumni Association Board**
  - Our Board meets three times each year
  - Interested in serving your alma mater in this way?

Let me know!

**Feature for next Newsletter:** W.D.W.D.?

In HIS Service,

Sara N. (Rotermund) Larsen (SPLHS '94)

## Can You Identify?



**C**an you identify the students in this photo, what they are posing for, and the year it was taken? The first person to correctly provide these answers to the alumni office by emailing [splhsalumni@yahoo.com](mailto:splhsalumni@yahoo.com) will receive a Saints hooded sweatshirt.

The first person to correctly identify the photo in the fall 2010 issue was Kendra Frerking Nolte of Higginsville. Kendra received a Baepler Christmas ornament. The photo pictured 1985 homecoming candidates: Nathan Frerking, Aaron Brandt, Tim Jank, Garth Kueck, Loretta Lloyd, Kendra Frerking, Sara Hoppmann, and Judy Fritsche.



# From the Executive Director...

## “I am a child of God”



**M**ilota Benuchova is a 16 year old junior from Slovakia. She came to SPLHS with good English skills and decent grades from Varsavska Gymnazium in Zilina, Slovakia. She has long, dark hair and a pleasant smile. She has two older brothers, one of whom is a nuclear engineer and the other a

theology student at a university in Europe. Her father is the organist for their local Lutheran church in Slovakia and her grandfather served as a Lutheran pastor during the Soviet era of Christian persecution.

During the youth Bible class on January 16 at St. Paul's Church, the question was asked, "Who are you?" Milota answered, "I am a child of God."

With all the things to choose from (daughter, sister, Slovakian, student, etc.) why did Milota choose to identify herself as a Christian? Was it because she was in a Bible class surrounded by like-minded people and that was the "right" answer?

Milota explained that when she came to the United States and to Saint Paul Lutheran High School, she didn't know anybody. She was sometimes lonely. Lots of things were different and she didn't necessarily fit into the comfortable niches that she was used to. What she discovered, however, was that she was still a child of God. What a great thing to discover.

So often I have parents tell me that they could never send their child "away" to a school such as ours. I do not doubt that some parents realize their child is too immature for

such an experience. In those cases, it would be best for everyone involved if the child would not be here. However, what a tremendous gift it is for a son or daughter to be told that they are trusted, and that the parents believe that their child will not only be able to manage without mom or dad, but they will thrive. They will be able to put to use the things learned in that Christian home, and they will be able to discover who and Whose they are.

It often is that when people are taken out of their comfortable environment they come to discover what is and what is not important. For many of us who have gone through the Halls of SPC, SPCH, and SPLHS, it is sometimes difficult to explain to others how the experience changed us. To be surrounded for the first time by people who are not necessarily your family members, and yet people of faith with goals as big as the kingdom of God, is a tremendous blessing. To discover that we are fellow citizens of God's kingdom is definitive.

Perhaps it is providential that our Scripture saturation verse this week is from Ephesians 2:19: "Consequently, you are no longer foreigners and strangers, but **fellow citizens with God's people** and also members of his household."

*Rev. Paul Mehl (SPCH '78, SPC '80)*



## Alumni Board of Directors

Sara Rotermund Larsen  
(SPLHS '94), President

Russell Kruse (SPCH '80,  
SPC '81), Vice President

Mark Nebel (SPCH '82,  
SPC '83), Secretary

Markus Reinke (SPCH '60),  
Treasurer

Leonard Goldammer  
(SPCH '56)

Alvin Lange (SPCH '55,  
SPC '57)

Peter Lange (SPLHS '87)

Judy Schreiman Marshall  
(SPC '72)

Curt Nierman (SPLHS '91)

Ed Nierman (SPCH '59)

Lambert Runge (SPCH '49)

Sam Ziegelbein (SPLHS '03)

**SAINT PAUL ...  
For Those Seeking More  
Than The Ordinary**

**Alumni Office E-mail:  
splhsalumni@yahoo.com**

**Alumni Office Phone Number:  
660.463.2238, Extension 317**

# Alumni Jottings

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(To share information about yourself in the next newsletter (mid-July), please use the lower half of the page recently sent to you announcing that this newsletter posted on the Web. Mail to Alumni Coordinator, P.O. Box 719, Concordia MO 64020, along with your financial support.)

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**SPCH '39, SPC '41, Leonard Sorge, Adkins, Texas,** writes, "I seem to have a real problem. Seem to be getting older all the time."

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**SPCH '47, Tyrus Frerking, Overland Park, Kan.,** writes, "On April 15, 2020 my wife, Sue, and I moved to Tallgrass Creek, 13810 Metcalf, Apt. 12018, Overland Park KS 66223, a retirement community. We're really enjoying it!"

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**SPCH '56, Herbert Harfst, Richmond, Va.,** on January 9, 2011, was commissioned and installed as Lay Minister at Bethlehem Lutheran Church in Richmond.

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**SPCH '56, SPC '58, Richard Hasz, West Peoria, Ill.,** is retired and relaxing. "Lots of woodworking projects for six kids and 18 grandchildren."

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**SPCH '56, SPC '58, Lee Schluckebier, Seward, Neb.,** is the project director/consultant to the Lutheran university of Papua New Guinea.

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**SPCH '57, SPC '59, Leroy Eckert, Red Bud, Ill.,** writes, "The pastoral and teaching ministry are out of the question for me now. I had a bleeding stroke in March 2007 shortly after I retired. My wife is doing a great job looking after me. I had been teaching at Christ Our Savior Lutheran High School in Evansville, Ill., but that is out now. God bless all at SPLHS and the ministry section."

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**SPC '62, Judy Mueller Kramer, Lake View, Iowa,** writes, "We had a difficult year (2010). My husband had colon cancer surgery that went well but then he spent five weeks in the hospital later from the results of chemo. Blessings this year include two new grandsons. We now have 11 grandchildren. I hope we can have a 50-year reunion in 2012."

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**SPCH '63, Royce Loesch, Pierre, S.D.,** writes, "I became District 10 Commander of the South Dakota American Legion in May 2010. I was recently appointed by the South Dakota Department Commander to be a member of the South Dakota American Legion Legislative Committee and to be a registered lobbyist for the South Dakota Department of the American Legion. I served as Post 8 Commander 2008-2009, was elected District 10 Legionnaire of the year, South Dakota Recruiter of the year 2009, and received the American Legion Gold Brigade Award 2009 by the National Commander."

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**SPC '63, Phyllis Bergsieker Boernke, Deming, Wash.,** writes, "After many years of working in a non-profit administration, I retired as Executive Director of Center for Restorative Justice, Rapid City, S.D., in January 2010. In May, moved to Deming, near daughter Christine, her husband Chuck and children (my grandchildren!) Isabel (13) and Xander (6). Youngest daughter Melissa is in Soldotna, Alaska. Friends and classmates always welcome in rural Washington."

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**Class of '68, John Hutchison, Sherman, Texas,** writes, "I completed my high school education in Jefferson City while continuing my membership at Trinity Lutheran Church. I then enlisted in the United States Navy and served in the Navy for many years. I took my undergraduate degrees (History, Sociology, English, and Computer Programming) through State University of New York, Regents' College. Later I attended Concordia Seminary, St. Louis, with a former classmate from SPCH, Rev. Allen Flynn. I am now retired and my wife and I are members of Grace Lutheran Church in Denison."

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**SPC '70, Thomas G. Heuer, Watertown Wis.,** writes, "I am currently curriculum Project Manager for the Bethesda Institute, overseeing development of religious curricula for people with intellectual disabilities. My wife Lillian and I are looking forward to our younger son, Preston, receiving his first call from Wisconsin Lutheran Seminary. Older son Ryan, who has Down Syndrome, recently was hired as part-time clerk for Bethesda's Community Life program."

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**SPC '71, Tom Kasten, Centralia, Ill.,** and his wife, Ruth, will celebrate in 2011 50 years of the Kasten family owning the Dairy Queen in Centralia.

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*Continued on page 5.*

# Alumni Jottings

## (continued)

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**SPCH '76, SPC '78, Marsha Nebel Scott, Bothell, Wash.**, writes, "My husband and I live near Seattle. We moved here from Texas last year (2009). I teach 2nd grade at a wonderful school in the Mukilteo School District. We enjoy living and traveling in the Pacific Northwest."

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**SPCH '80, Judy Brack Ray, Winfield, Kan.**, writes, "It was great to see the class of '80 alumni at our class reunion this past summer. Looking forward to seeing them again in 2015."

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**SPLHS '88, Gina Oetting Martens, Concordia**, writes, "This past October I achieved something that I have always wanted to do; I ran a marathon. It was held in Kansas City, and it was an awesome experience! I was able to run the whole thing with God's strength carrying me through and finished in 4:22:00. It was great to have my husband and two girls and other family members present cheering me on. Give to God the glory!"

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**SPLHS '91, Amy Beerman Gerdts, Concordia**, began working full-time for LCMS National Rural Small Town Mission in early January. RSTM, based in Biltz Hall, operates as a resource center for all rural congregations, sharing outreach strategies and ministry possibilities. Amy serves as the website and

communications coordinator, overseeing all website activity, newsletters, calendars, publicity, database management, emails and more.

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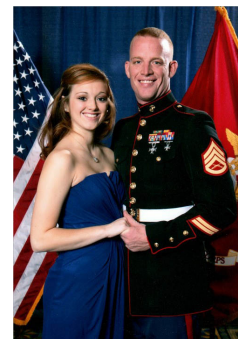
**SPLHS '98, Cory Pennington, Columbia**, and his wife, Kara, welcomed their first child, Gavin Layne, on Feb. 11 of this year. Cory is employed by the John Deere Company in Columbia.

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**SPLHS '98, Faith Craig Rattei, Marco Island, Fla.**, and her husband Andrew have accepted a call to serve Marco Lutheran Church as a director of Christian Outreach through Youth. They had served New Life Church – Lutheran in Hugo, Minn., for the past eight years as Director of Christian Outreach.

**SPLHS '01, Nick Virus, Concordia**, accompanied by **SPLHS '08, Shannon Vogelsmeier, Concordia**, attended the annual celebration in Jefferson City of the founding of the United States Marine Corps. Nick is an avionic electronic technician for Battle Space Flight Services at Whiteman Air Force Base and works with the MQ-1 Predator aircraft mission. Shannon is majoring in tourism at University of Central Missouri at Warrensburg, and works part time at Topsy's Café in Concordia.

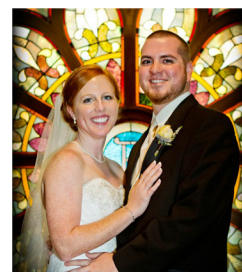
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**SPLHS '01, Blair Bishop Sayre, Concordia**, and her husband, Jeremy, welcomed their second child, Allie Elizabeth, on May 13, 2010. Allie joined big brother Gus Wayne, age 2.

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**SPLHS '04, Janna Virus, Houston, Texas**, married Christopher Hess at St. Paul's Lutheran Church in Concordia on September 25, 2010. Janna is the kindergarten teacher at Our Savior Lutheran School in Houston.



**SPLHS '05, Frederick Hertwig, Colorado Springs, Colo.**, graduated from University of Nebraska-Lincoln in the ROTC program with the rank of 2nd Lt, and is stationed at Peterson AFB in Colorado Springs.

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**SPLHS '08, Meaghann Maggert, Concordia**, was among the 900 youth delegates from 43 states and Puerto Rico attending the 2010 National 4-H Congress held Nov. 25-Dec. 1 in Atlanta, Ga. Selection as a delegate to the National 4-H Congress is one of the highest honors in Missouri 4-H. Meaghann performed community projects in Atlanta, which included raking leaves at city parks, cleaning an outdoor classroom that had been vandalized, and tutoring at a school.

## In Memoriam

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SPC '36, Carl Erich Mehl, Dearborn, Mich., died August 13, 2010. He served parishes in Oconto and Preble, Wis.; Denver, Colo.; Macon, Ga.; and Farmington Hills and Detroit, Mich.

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SPC '37, Lester Wolf, Winston-Salem, N.C., died July 1, 2010. He served parishes in Salem and Nashville, Ill.; and Hickory and Winston-Salem, N.C. He was chairman of the Southern Illinois District Mission Board, 1954-1965.

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SPCH '49, Marvin Rehkop, Henderson, Nev., died October 30, 2010. He has been described as a man of great character, integrity and optimism. An exemplary officer and gentleman, he retired from the U.S. Air Force, where he served throughout the entire Vietnam War. Later he worked for Holmes & Narver, Raytheon and Bechtel in Denver. Marvin has been characterized as a Christian man of unwavering faith who welcomed each day as God's gift. He was known to treat each person with dignity and respect. Marvin was a devotee of Don Quixote, who always believed the world could be a better place, and Snoopy, the quirky, unpretentious character who went about life on his own terms.

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SPCH '59, '63, Wilfred Flandermeyer, Evansville, Ind., died November 19, 2010. He was recently diagnosed of pancreatic cancer. He served schools in Wisner, Neb.; St. Louis; Glenview, Evansville, Country Club Hills, Ill.; and Guatemala.

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SPCH '56, SPC '58, Arno Meyer, Topeka, Kan., died Feb. 11, 2011. He served nine years as a missionary in Taiwan, then parishes in Alta Vista and Wichita, Kan. He moved to Topeka in 1987 to start a mission congregation that became Prince of Peace Lutheran Church.

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Class of 2011, Sara Lin, Taiwan, died Feb. 9, 2011 at her home in Taiwan. She spent her freshman year at SPLHS.

## Dr. Earl Fuhrmann Selected 'Favorite Instructor' (Continued from page 1)

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Dr. Fuhrmann came to SPC in the fall of 1952 after teaching at Potosi High School during the 1941-42 school year, serving in the U.S. Air Corps for three years, and teaching at

Martinsville, Ill., high school from 1946-52.

The 1981 yearbook was dedicated to Dr. Fuhrmann. Respect to and recognition for him were expressed in the words, "We have been truly blessed by the Lord with the work and dedication of Dr. Earl Fuhrmann. It is with heartfelt thanks that we now give this small token of appreciation of the dedication, wisdom, and service so willingly given and shared with us as we, for a time, travel together along this path which we have chosen."

He was known to spend evenings with students in his office at home patiently re-explaining his classroom lecture, and being sure the students understood and comprehended the subject at hand.

Every professor and instructor has a saying by which he is known, and Dr. Fuhrmann is no exception. If catching a student sleeping in class, Dr. Fuhrmann, while throwing a piece of chalk or an eraser at the sleeping student, said, "Wake up before you fall off your seat, break a leg and sue the school."

In addition to classroom teaching he was a member of the Research and Planning Commission of Synod's Board for Higher Education, assisted LaVerne Baacke while he was interim president, served two years as acting president, and was academic dean.

Dr. Fuhrmann was division chairman of natural science, mathematics and P.E. He was the science department head, and sponsor of the Science Club, Photo Club and Journalism Club.

Dr. Fuhrmann's wife, Dorothy, died in 2004. Now 91 years old (his birthday was Feb. 4), he lives with his daughter, Mrs. Joan Pennington, 4418 Centennial Dr., Martinsville, IN 46151.

# Four Alums Welcome New Life on November 23

Months of waiting turned into weeks, then into days. The waiting ended on November 23 when the Lord blessed four alumni families with a new life. Three babies were born into the Clayton family, and one into the Greiwe-Schultz family. These births occurred in Wisconsin, Illinois and Missouri.



Claira Lynn Martens was born to **Todd** (SPLHS '94) and **Rachel Clayton** (SPLHS '97) **Martens** of Concordia. She was born at 12:50 p.m., weighed 8 pounds, 11 ounces, and was 21 inches long. At home, Claira has a very proud big sister, Shilah, who loves to hold Claira and sing to her. Claira was received into God's family through Holy Baptism on Jan. 2 at St. Paul's Lutheran Church in Concordia. She was baptized by her grandfather, Gary Clayton, former pastor at St. Paul's. Rachel is the kindergarten teacher at St. Paul's Lutheran School and Todd works at Milbank in Concordia.



Jaxson Gage Clayton entered this world at 2:13 p.m. after his two cousins were born. His parents are **Richard Clayton** (SPLHS '95) and his wife Jennifer of Concordia. Jaxson weighed 6 pounds, 14 ounces and was 20 inches in length. Jaxson received the waters of Baptism at St. Paul's Lutheran Church also on Jan. 2, and also was baptized by his

grandfather, Gary Clayton. Richard is a police officer with the Concordia Police Department.

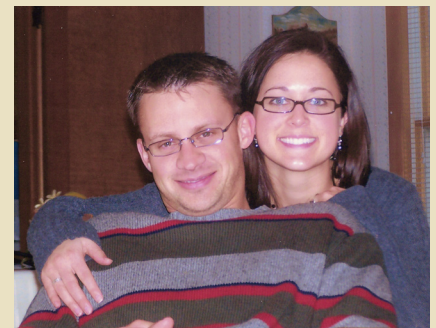


**Kirk Clayton** (SPLHS '91) and his wife, Lori, were blessed with the birth of Isiah Theodore Clayton, who was born at 10:08 a.m. He weighed 8 pounds, 4 ounces, and was 21 inches long. Isiah joins his older siblings Johnathan (10), Matthew (8), Nathaniel (5), and Abigail (2). Isiah was received into God's family through Holy Baptism on Dec. 3 at Zion Lutheran Church, Mascoutah, Ill., where his father serves as pastor.



**Nick and Heather Greiwe** (SPLHS '99) **Schultz**, New Berlin, Wis., welcomed their daughter, Olivia Nicole, into their lives. Olivia weighed 8 pounds, 4 ounces, and was 19 1/2 inches long. Olivia was received into God's family on Jan. 22,

2011, through Holy Baptism. Heather works as a physician assistant.



# Alums in Church Ministry...

## as Family Life Ministry Director



**G**ina Oetting Martens, SPLHS '88, has an office at St. Paul's Lutheran Church in Concordia. She is filling the staff position in family life ministry.

St. Paul's began a staff position in family life ministry in 2008. After having interns in this position, the congregation

chose to continue the position with a part-time staff person, Gina Martens.

After graduation from SPLHS, Gina attended Concordia University, Seward, where she graduated with a degree in elementary education. She taught at Trinity Lutheran School in Centralia, Ill., and Holy Cross Lutheran School, Emma, Mo. She has participated in Missouri District Family Life Institute training events. Gina has also served on various church boards and teams at St. Paul's.

Her responsibilities in this position include continuing a milestone ministry program, educating about family life ministry, planning and assisting with events (such as Journey to the Cross), and supporting families in teaching the faith in the home.

"I am very excited about my new position here at St. Paul's," Gina stated. "I have truly enjoyed serving on the Family Life Team for the past three years as well as learning from and sharing information with our previous family life interns. I believe that my teaching experience will benefit me in this new position as well as in my roles as a wife and mother.

"The family structure has changed so much over the past years. There are many activities that compete and steal away our time to be together as a family. How do we equip and encourage parents in this day and age to raise their children in the faith? I believe that this is a vital question and one that deserves attention. I pray that the Lord will continue to guide me in His ways so that I may use the talents and abilities that He has given me to serve this congregation well."

## as Church and High School Organist

**M**iriam Reith, SPCH '77, SPC '79, is now a part of the SPLHS family.

You won't find Miriam in the classroom, but on Wednesdays you will see and hear her at the organ in Kaepfel Hall for the chapel worship.



"Organ has always been a part of my life, and when asked to play for the Wednesday worship, I immediately answered, 'Yes,'" Miriam said.

After graduating from Concordia, Seward, in 1981, Miriam taught at Immanuel Lutheran School in Rosebud for two years. "I knew the classroom was not for me, so I concentrated on the organ. I have done some substitute teaching but none in recent years."

Since 1989, Miriam has been the organist at the Lutheran churches in Blackburn and Mount Leonard, Zion and Bethlehem. These congregations are a few miles northeast of Concordia.

Miriam has continued her education, receiving her Master's in reading from Central Missouri State, Warrensburg, in 1990.

## as Wassailer and High School Teacher

**D**uring the school year, Mike Flandermeier, (SPCH '71, SPC '73), St. Charles, is in the classroom at Lutheran High of St. Charles County.



But on the second weekend in December you will see and hear him in Immanuel Lutheran Church in St. Charles as a wassailer at the annual Boar's Head Festival performed six times each December in the church sanctuary.

"My wife Christine and I have participated in the production the last 17 years," Mike said. "I have played with the orchestra and Christine has sung with the choir for more than 80 services, and I have been a wassailer actor for more than 10 years." Mike and the other wassailers go up and down the aisles singing their song and looking for coins to be dropped into their cups. The money collected goes to missions.

When not wassailing, Mike is in the high school classroom teaching geography, civics and New Testament. He is also the coach of a new academic quiz bowl team. He taught choir for seven years and band 18 years.

Prior to serving in St. Charles he taught choir and band at Lutheran High School, Macomb, Mich.

# Treatment for Type 2 Diabetes Discovered by Alumnus

In the laboratory at Louisiana State University **Dr. Albert Meier**, SPCH '47, and his student Anthony Cincotta initiated studies on whether there was a treatment for Type 2 Diabetes. Their studies and experiments led them to a treatment.



## **Dr. Meier provides this description of his early years.**

“My life began in a Christian parsonage in the Missouri foothills of the Ozark Mountains. My father was a seminary graduate, the pastor of a rural congregation and my only teacher during eight years in a one-room elementary school. My mother converted the miracles expected by my father into ordinary reality. The most important lesson learned was love, love of family, friends, country and God. Other lessons included how to survive on bare subsistence wages with a family of eight living on a rocky few acres during the Great Depression of the 1930s.

“As the male progeny of a family supposed to be a cut above the average, my two brothers and I went to a preministerial boarding high school. There I took courses in Latin, Greek and German, the languages, in addition to Hebrew, supposedly favored by God. Mathematics was anchored by Business Arithmetic and the sciences were filtered through the assumed verities of a literal reading of Genesis.

“It was difficult leaving my wonderful friends who pursued the ministry but I was intrigued by the broader, albeit wicked, world. And so I left following high school to learn more about the craftiest “falsity” of all, the biological sciences so adored by Charles Darwin.

“After several years of work, work and school, and more work, God intervened to ease my labor. I joined the army, served in the Korean War and met my wonderful wife, Arlene, in an army hospital in Pennsylvania. Equipped with G.I. bills, we both continued our college educations. I received a PhD degree in Zoology and my life assumed a bimodal distribution: spiritually tethered to love of family and friends at one pole and scientific materialism anchored to reason at the other.”

## **A summary of Dr. Meier’s research activities**

My personal research began as a doctoral student at the University of Missouri in 1956 and continued for more than four decades, primarily at Louisiana State University where I taught physiology to undergraduate and graduate students. With their assistance we researched fish, amphibians, reptiles, birds, and mammals. Eventually our work led also to humans.

The primary thrust of the research dealt with the activities of circadian (i.e., daily) neuroendocrine rhythms. Many behavioral (e.g., sleep/wakefulness) and physiological (e.g., body temperature) activities undergo daily variations even in animals held under constant environmental conditions.

Our studies demonstrated two circadian neuroendocrine systems that interact to produce various metabolic and behavioral conditions. An example is the interaction of a stimulus (e.g., hormone or neutral) rhythm with a rhythm of tissue responsiveness to the stimulus. If the daily peak of a stimulus rhythm coincides with the interval of greatest responsiveness, the cumulative effect is greatest. All other relationships produce a gradation of lesser responses.

By altering the relationships of neurotransmitter activities in the hypothalamus, metabolic, reproductive and behavioral conditions were regulated by appropriately timed daily treatments. Body fat stores were increased or decreased in all animals examined from fish to philosopher. Reproductive activity resulting in viable young was produced out of natural season in birds and mammals. Cholesterol and saturated fats were reduced in mammals and bird eggs.

Seasonal variations were produced artificially in several vertebrate species. In the migratory white-throated sparrow, nocturnal locomotor activity oriented northward toward the spring-summer breeding grounds was established at other seasons of the year. Times daily injections of neurotransmitter-affecting drugs also stimulated activity out of season that was oriented southward toward the wintering quarters. Fattening, which provides metabolic support for migratory activity, was induced by the same procedures that established migratory behavior.

The research in animals indicated that similar results may occur in humans. Perhaps some diseases in humans may be the consequences of altered biological clocks.

*Continued on page 12.*

# Retirement for the Goves Means Continuing in Ministry

**W**hat do you do after spending most of your life at SPCH, SPC and SPLHS? Retire!



Retire means “to withdraw from action.” That is the way Webster may define retirement, but that is not the definition being lived out by **Rick** (SPC ’62) and **Dorothy Gove** (SPC ’66).

For over forty years Rick and Dorothy Gove lived their lives with and for students and faculty at SPCH, SPC and SPLHS.

In 1964, with a diploma in hand from Concordia, River Forest, Rick returned to SPCH as Biltz Hall residence counselor and to teach physical education, driver education, and history. He also taught psychology on the college level.

He met Dorothy Freudenburg at SPCH. They were married in June 1967 and worked together in ministry at their alma mater. In addition to teaching, Rick served as the school’s athletic director, coached football, basketball, baseball and track, and served as principal for many years. In 1994 Principal Gove became Headmaster Gove and he served in this role for 10 years.

After retiring in 2004, he returned to SPLHS to serve one year as principal and retired again in 2005.

Dorothy was known for the life, spirit and excitement she brought to the campus and student life: leading students in student government, coaching the cheerleaders, and letting her voice be heard at every sports event. Athletes always knew they had one fan rooting for them in the person of Dorothy Gove.

Retirement brings moving. The Goves sold their house on the corner of Fourth and College in Concordia, moved to Swanesa, Ill., bought a home at 3250 Colby Court, and moved on June 12, 2008. They are now close to their daughter Lorrie (SPLHS ’88) Spear, her husband Chris, and three grandchildren Alex, Brianna and Ben. As Rick pointed out, “We are four miles from Lorrie, four miles from church (Zion Lutheran in Belleville), four miles from the shopping center, and four miles from the interstate.”

“That is why we moved here,” Dorothy explained, “so we could be close to Lorrie and Chris, but especially our grandchildren. Now I can watch ballgames — again!!”

From summer to fall you can find the Goves at Eckert’s Apple Orchard. Rick drives the tractor, taking the customers into the orchard for U-Pick. Dorothy is the greeter, does presentations for school tours, and is one of the classroom teachers for kids cooking classes and birthday parties. During the Christmas season they are Mr. and Mrs. Santa Claus at Eckert’s.

In congregational life, Rick and Dorothy help people carry out ideas presented to the family ministry team, much like they did at St. Paul’s in Concordia. They attend a bi-weekly home Bible class group and lead the study when it meets at 3250 Colby, and set up the communion ware for the communion services for older adults.

Rick has put his administration skills to good use. While serving on the board of elders at Zion Lutheran, he was also on a task force to offer sound financial advice to operate the school, and since August 2010 has served as interim principal at Zion Lutheran School. His leadership and expertise in school administration has provided a great service to the school and faculty.

In their Cross Field Duplex Estates Association, Rick supervises the grounds maintenance, sprinkler systems, and snow removal.



Their ties with the Saint Paul family continue as they have renewed their friendship with William and Bonnie Keel (William was president while Rick was high school principal). At the invitation from Kurth Ystebo, Rick and Dorothy went on the spring break trip with the SPLHS Norwegian parents and students in March 2010.

*Continued on page 12.*

# I am Truly a 'Ding-A-Ling' and I LOVE It!

On April 17, 2010, Phyllis Kassel (SPCH '80, SPC '83), became the bride of Dean McAlexander. "I am now the 'mom' to a 33-year-old son, Jason," Phyllis relates, "grandma to two adorable grandkids, Shaylie (9) and Randy (7), and 'mom' to our three dogs, Scout, Molly, and Minnie.



**Phyllis, left, rings her bells as a member of Immanuel's Adult Handbell Choir.**

"I graduated from SPCH in 1978 with the goal of becoming a deaconess. I had taken several business courses leading up to a goal of going into the business world but then decided God was leading me toward church work. I got my AA with a major in Theology in 1980. I then went to Concordia University in River Forest, Ill., to continue my studies with a major in theology and a minor in sociology and a concentration in counseling.

"I spent one year there and then went on an internship at Granite Falls, Minn. The internship did not go as planned. Obviously, God had other plans in store for me so after a year of turmoil, I came back to SPC and spent a year getting my Church Office Management degree with an AS in 1983.

"I went to Shepherd of the Hills Lutheran Church in San Antonio, Texas, as its church secretary. After 16 months there it seemed that God had other plans for me. After several months of difficult decisions, I received the call that would lead to my present position as a government worker!

"In 1985 I began working for the Naval Plant Representative Office at the McDonnell Douglas Missile plant in St. Charles, Mo. I've worked on several programs from weapons to military aircraft. I've been a clerk (office automation),

secretary, procurement technician and now am a journeyman level industrial specialist. We manage deliveries of items for our troops, making sure things go to the correct place, at the correct time, in perfect condition (hopefully). We also wrangle with issues from things being delinquent, sent to the wrong place, etc. It's a very interesting job.

"I also have a part-time job. I have become lead wedding coordinator at Immanuel Lutheran Church in St. Charles. We have two wedding coordinators and several back-ups. Our congregation averages 25-35 weddings a year.

"My duties include assigning weddings to the coordinators, meeting with the prospective bridal couple and working with them to make their wedding come true and still stay within the rules of the church; running the rehearsal with the pastor, generally try to keep everyone calm, and tactfully tamp down any flare-ups on the wedding day. My counseling background comes in very handy as do the sociology classes! Once again, I can see God's hand in the planning of my life at SPC.

"This past year saw me finally getting married to Dean McAlexander. We were one of those couples who met on-line. Sometimes the on-line thing works. We hit it off right away and before long we were talking about wedding plans.



**Phyllis, her husband Dean, Shaylie and Randy to whom she is grandma.**

"I literally fell for him early in our relationship. We were walking in a parking garage and I fell over a parking standard and shattered a bone in my foot! He caught me and saved me from even more injuries so he found out early on that I'm not the most agile person, and he still stayed around! He's retired and owns an Internet business selling music CDs all over the world.

*Continued on page 12.*

## Treatment for Type 2 Diabetes Discovered by Alumnus (Continued from page 9)



**Dr. Albert Meier and student Anthony Cincotta who developed a treatment for Type 2 Diabetes.**

My student, Anthony Cincotta, and I initiated studies at LSU testing whether Type 2 Diabetes, which is often associated with obesity, might be treated efficaciously with neurotransmitter drugs provided at appropriate times of day. The results at LSU and subsequently in Boston were very successful and could have/should have been available for public use in 2000. Anthony struggled against the competition and bureaucrats until it was finally available in the United States by prescription in 2010. It is the first treatment for a major disease that resets circadian rhythms.

The drug, Cycloset, given shortly after waking, is especially useful for reducing cardiovascular incidents associated with Type 2 Diabetes. These include strokes, heart attacks, and poor circulation. It is the most effective drug for these purposes available by prescription anywhere at this time.

We expect that similar resetting of biological clocks may be employed to treat other diseases.

## Newsletter Staff

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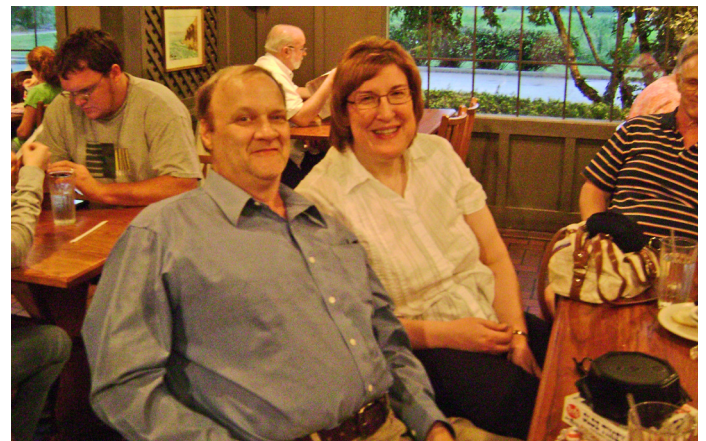
## Retirement for the Goves Means Continuing in Ministry (Continued from page 10)



When time permits the Goves travel. They have been in New York to visit son Rick (SPLHS '87) and son Andy (SPLHS '96) and his wife Tracy. Since Andy and Tracy are expecting a baby this spring, Rick and Dorothy are looking forward to another trip to New York to visit family and meet another grandchild. In 2010 the entire Gove family traveled to Mexico.

For some, retirement means “to withdraw from action.” But for Rick and Dorothy retirement means to continue in action, using time, talents and abilities to the glory of the Lord.

## I am Truly a ‘Ding-A-Ling’ and I LOVE It! (Continued from page 11)



“My favorite hobby is ringing the handbells with our Adult Handbell Choir, the Grace Notes and as a soloist. I am now the only original member of the bell choir, having been in it since day one 22 years ago. I am truly a ‘ding-a-ling’ and I LOVE it!”

# Alumni Financial News



The Little Blue Jug is awarded to the SPCH Class of 1949. They led all classes in 2010 with \$2,750.00 in contributions to support the Alumni Association. The Jug and plaque are encased next to

the elevator on the main floor of Biltz Hall. Annually the Jug goes to the SPCH or SPC class that contributes the most in support of the Alumni Association.

## Alumni Budget for 2011

Alumni Coordinator salary	\$6,600.00
Two scholarships (\$600 & \$400)	1,000.00
Homecoming speaker	100.00
Mileage	100.00
Newsletter (design, printing, mailing)	2,400.00
Stationery, envelopes (3 year supply)	2,340.00
Office supplies	500.00
Postage	400.00
Contest Prizes	75.00
SOS Sports Book ad	75.00
Miscellaneous	100.00

Total \$13,500.00

## 2010 Contributions by Class

Listed below are the 2010 contributions by class, the number of contributions, and the amount contributed.

### SPCH & SPLHS

Class	Contributors	Amount
Class of 1939	4	\$800
Class of 1940	7	42
Class of 1941	4	262
Class of 1942	2	50
Class of 1943	2	150
Class of 1944	3	300
Class of 1945	1	50
Class of 1947	4	190
Class of 1948	4	160
Class of 1949	14	2,730
Class of 1950	4	125
Class of 1951	7	315
Class of 1952	3	165
Class of 1953	1	10
Class of 1955	6	950
Class of 1956	9	620
Class of 1957	2	100
Class of 1959	5	1,100
Class of 1960	11	450
Class of 1962	3	120
Class of 1963	2	35
Class of 1964	1	100
Class of 1966	2	75
Class of 1967	3	75
Class of 1969	3	135
Class of 1970	1	25
Class of 1971	1	25

Class	Contributors	Amount
Class of 1972	2	300
Class of 1973	1	15
Class of 1974	1	200
Class of 1975	2	100
Class of 1976	2	525
Class of 1977	4	300
Class of 1978	2	100
Class of 1980	4	708
Class of 1981	1	50
Class of 1982	4	275
Class of 1983	2	150
Class of 1985	1	100
Class of 1988	1	20
Class of 1990	4	271
Class of 1991	1	300
Class of 1992	1	20
Class of 1994	2	50
Class of 1996	1	50
Class of 1997	2	100
Class of 1999	1	20
Class of 2000	1	25
Class of 2005	1	50
<b>SPC</b>		
Class of 1937	1	25
Class of 1940	1	10
Class of 1941	3	700
Class of 1942	8	42
Class of 1943	5	262
Class of 1944	2	50
Class of 1945	1	200
Class of 1946	2	100
Class of 1947	1	50

Class	Contributors	Amount
Class of 1949	1	40
Class of 1950	3	110
Class of 1951	6	938
Class of 1952	1	50
Class of 1953	4	325
Class of 1954	3	165
Class of 1955	1	10
Class of 1956	1	10
Class of 1957	5	450
Class of 1958	4	120
Class of 1959	5	250
Class of 1960	1	50
Class of 1961	6	750
Class of 1962	9	350
Class of 1963	11	690
Class of 1964	3	125
Class of 1965	2	60
Class of 1966	3	250
Class of 1968	4	190
Class of 1969	1	25
Class of 1970	3	55
Class of 1971	5	185
Class of 1972	6	225
Class of 1973	3	76
Class of 1974	3	250
Class of 1975	1	20
Class of 1976	1	200
Class of 1978	5	250
Class of 1979	5	615
Class of 1980	7	300
Class of 1981	3	75
Class of 1982	6	250
Class of 1983	2	150
Class of 1986	1	100

# Alumni Reunions Being Planned

The alumni office is aware of the following classes planning a reunion. If you know of a class planning a reunion that is not mentioned below, please email the alumni office at [splhsalumni@yahoo.com](mailto:splhsalumni@yahoo.com).

**SPCH Class of 1951** — The 60th anniversary will be celebrated on campus June 24-26, 2011. Harold Kadens is making the arrangements through the alumni office. Harold can be contacted at [atkadens@msn.com](mailto:atkadens@msn.com); 2740 Tioga Way, Sacramento, CA 95821; 916-489-1641.

**SPCH Class of 1956** — Herb Harfst, chairman of the reunion committee, announces the 55th anniversary reunion will take place on the Saint Paul campus June 17-19, 2011. Herb may be contacted by email at [herbharfst@earthlink.net](mailto:herbharfst@earthlink.net).

**SPCH Class of 1961** — Their 50th anniversary will be celebrated in conjunction with the graduation exercises on May 20, 2011. **For more information, see below.**

**SPC Class of 1961** — The 50th anniversary class reunion will be the weekend of June 24-26, 2011, in connection with the SPLHS Hog Roast and Auction. Allen Hellwege is the contact person: 1008 Creekside Way "E", Ojai CA 93023; [adhellwege@yahoo.com](mailto:adhellwege@yahoo.com), 805-646-1537.

**SPCH Class of 1962** — The 50th anniversary class reunion will be celebrated in conjunction with the graduation exercises on May 19, 2012. Questions can be directed to the SPLHS Development Office, 660-463-2238, ext 232.

**SPC Class of 1963** — The golden anniversary reunion will be the last weekend in June 2013 on campus.

**SPC Class of 1965** — Inquiry has been made about a 50th class reunion in 2015. To express your thoughts, contact Cecil Roth at 314 N. College Ave., Geneseo IL 61254; 309-944-3791; [ceejames1@hayoo.com](mailto:ceejames1@hayoo.com).

**SPCH Class of 1966** — Dennis Meyer is leading plans for a reunion June 22-24, 2012, in Colorado Springs. He can be reached at [dmeyer6867d@aol.com](mailto:dmeyer6867d@aol.com).

**SPCH Class of 1971** — The 40th anniversary of the class will be observed with a reunion on campus June 24-26, 2011. Mike Flandermeyer is the contact person. He can be reached at [m71fland@sbcglobal.net](mailto:m71fland@sbcglobal.net); or 3010 Sherwood Lane, St. Charles MO 63301, or 636-925-0126.

**SPC Class of 1974** — June 16-19, 2011 are the dates chosen for the reunion on campus. Nancy Hermann Endicott is the contact person. She can be reached at [n\\_rndicott@hotmail.com](mailto:n_rndicott@hotmail.com) or Facebook St. Paul's College Class of '74 Reunion.

**SPCH Class of 1991** — Responses for a 20-year class reunion are being sought by Amy Kuecker Mc Donald. She can be contacted at 816-215-7817; email [amcdonald3@kc.rr.com](mailto:amcdonald3@kc.rr.com).

**SPLHS Class of 1996** — Christina Strobel has initiated plans for a class reunion in 2011. She can be contacted at 411A West Illinois Ave., Effingham IL 62401

**For updates to these reunions, and the listing of additional reunions, go to [www.splhs.org](http://www.splhs.org), click on ALUMNI, click the tab ALUMNI UPDATES, scroll to REUNIONS BEING PLANNED.**

## SPCH Class of '61 To Be Honored

The SPCH class of '61 has been invited to the campus May 20 to be honored at the 2011 baccalaureate and graduation exercises. The school will honor each returning alumnus with a dated medallion during the baccalaureate service.

The class will process with the 2011 graduates at the baccalaureate and graduation.

Weekend reunion activities will continue with a banquet that evening, and a tour of the campus on Saturday, along with time for reminiscing. Lodging, meals, and visiting will take place in Biltz Hall.

# 2011 Singing Saints Spring Tour



If you are in the area of a Singing Saints concert, come, hear and meet the Singing Saints and Director William Gasau. Traveling with the Singing Saints will be Rev. Paul Mehl, Executive Director of SPLHS.

Friday, March 11	7:30 PM	Christ the King	Lake Ozark, Missouri
Saturday, March 12	7:00 PM	Hope	Batesville, Arkansas
Sunday, March 13	10:30 AM	Pilgrim	Jonesboro, Arkansas
Sunday, March 13	7:00 PM	St. Paul	Paducah, Kentucky
Monday, March 14	7:00 PM	Vestavia Hills	Vestavia Hills, Alabama
Tuesday, March 15	7:00 PM	Grace	Pensacola, Florida
Wednesday, March 16	6:30 PM	Holy Cross	Mobile, Alabama
Thursday, March 17	7:00 PM	Trinity	Monroe, Louisiana
Friday, March 18	7:00 PM	St. John's	Stuttgart, Arkansas
Saturday, March 19	7:00 PM	Trinity	Freistatt, Missouri
Sunday, March 27	7:00 PM	St. Paul	Concordia, Missouri (Home Concert)

## Baccalaureate Service and Graduation

### Baccalaureate Service

Friday, May 20, 2011

10:00 a.m.

St. Paul's Lutheran Church, Concordia

### Graduation

Friday, May 20, 2011

1:30 p.m.

Weis Gymnasium

## Saint Paul Hog Roast and Auction

June 26, 2011

Hog Roast dinner 11:00 a.m. – 1:00 p.m.

Krueger Dining Hall

Silent auction 11:00 a.m. – 1:00 p.m.

Weis Gymnasium

Live auction begins at 2:00 p.m.

Annex next to the gym

Donations from alumni are welcome

For information call 660-463-2238, ext 232