

Grace Elizabeth Groner Foundation

The Grace Elizabeth Groner Foundation's mission is to preserve Grace Groner's legacy by encouraging Lake Forest College students to prepare for their careers and lives of service to their community.

Summer 2014

Bridge Program at Rosalind Franklin University by Elizabeth Bulley

Although twins and close friends, Candice and Nicole Kosanke '14 had vastly different interests when they graduated from Lake Forest College, they were both able to find a home at Rosalind Franklin University through a GEGF Bridge Program.

Since the beginning of the summer, Candice has been working tirelessly within the Office of Marketing and Communications. She managed a video shoot for the College of Pharmacy, improved the University's social network outreach, and updated the history section of the University website. Recently, Candice even served as the University representative at the annual Kids 1st Health Fair. She is currently working on coordinating photography and writing segments for *Helix* and *Year in Review*, two of the University's publications. In a reflection on her work, Candice stated, "I'm getting experience with all aspects of public relations and marketing--from social media posts to Google AdWords campaigns. I'm doing something different every week, which is a great way to learn all the skills I'll need for my career."

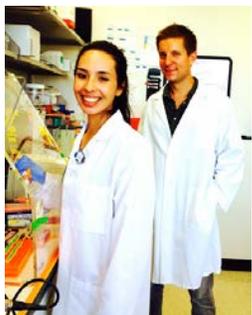
Nicole began her fellowship at Rosalind Franklin University in August. With a degree in education, Nicole was the perfect person to plan lessons and materials for the University's English Language Learners. With new students arriving, Nicole is preparing to reach out in every way possible. Later in August, she met with students at the Students Services Fair and began tutoring sessions shortly after that.

Nicole is already experiencing the rewards of service: "I am looking forward to working with the students, and it will be very rewarding to help build Rosalind Franklin's ESL support services from the ground up. It's a great opportunity, and I'm very grateful to both the university and the Groner Foundation for making it possible!"

Groner Recipients Make a Difference at RFUMS

By Elizabeth Bulley

This summer, The GEGF supported six students who conducted research at Rosalind Franklin University of Medicine and Science. Maria Ruiz '16, Hannah Samberg '16, Brittany Avonts '17, Kaitlyn Woodman '17, Joseph Bortolotti '17, and Yusuf Ismail '14 all spent numerous hours in the lab trying to find answers to pressing scientific questions.



for Batten disease, a fatal nervous system

disorder that affects young children, while Yusuf's internship had him back in the lab with Dr. Frost. During his previous internship, Yusuf had traveled with Dr. Frost to the Friday Harbor Laboratories in Washington. This year's internship allowed him to finish up his project and work towards eventual publication.

While the GEGF loves to see students continuing research each summer, we were also happy we could offer research opportunities to several first year students. After finishing his freshman year, Joseph spent his summer conducting brain surgery, on rats that is. Joseph was surprised when, on only his fourth day in the lab, the doctor he was helping had him perform a surgery all by himself. "You never truly know until you try, and from that point on I wasn't as hesitant in the lab," Joseph said. Through the surgeries, he was able to identify certain stress responses within rats and trace neurons to find the exact pathways those responses followed through the brain.

The interns know that the work they are doing is making a real difference. In summarizing her internship, Maria explained, "I've learned that research can be a tedious journey filled with frustration, but once you discover the previously unexplained, the joy and satisfaction it brings you makes it all worthwhile."

1

An Unbelievable Gift by Victoria Egedus '14

Upon graduating Lake Forest College in May, I was given a gift that I still cannot believe. The Grace Elizabeth Groner Foundation granted me the opportunity to live and work in Monteverde, Costa Rica for a full year. I am working, living, breathing, and experiencing a new life here thanks 100% to the Foundation.

With the goal of becoming a doctor, I wanted to dedicate the year after undergrad to health care work in Latin America. The Foundation connected me with a non-for profit called the Monteverde Institute where I am working full time. As an assistant in community health, I am gaining work experience while seeing direct changes and benefits within the community. I have been evaluating one of the programs called Monteverde in Motion (MIM) in order to maintain and improve it for the next year. The program aims to provide accessible workshops, talks and exercise classes to educate and improve the health of community members. During the evaluation process, I had the opportunity to talk with women in the community and hear exactly how important the classes are for their lives. Monteverde in Motion is not just a short term quick-fix for health; it is changing women's lives by becoming part of their routine. A healthy lifestyle is the most rewarding path to good health, and I whole heartedly support the work we are doing at the Institute. In addition, I am spending time at the local clinic to gain an understanding of the social health system and treatments that a basic clinic can provide.

The lessons I am learning in Monteverde embody an ideal stepping stone to a professional career that lies ahead. I can't thank Grace Groner and the Foundation enough for the opportunity that I awake to each morning. I hope the work I do in Monteverde can provide a contribution equal to even a fraction of the gift that I am receiving.



Groner Recipients Discover New Passions in Monteverde By Elizabeth Bulley

Luis Beltran '15, Casey Hartfiel '17, Matt Spehlmann '16, and Sally Nahhas '16 joined Grace's Fellows Victoria and Ashley in Monteverde this summer.

For Luis, this was a second visit to Costa Rica with the Groner Foundation. Having just completed a semester studying tropical ecology at the Barro Colorado Islands in Panama, Luis returned to Costa Rica to study the spatial distribution and density of Lauraceae trees, and conduct a personal research project for his undergraduate thesis. Luis originally hoped to study a rarely-examined plant during its fruiting season but discovered that the plant was not fruiting according to predictions. Although initially discovered and concerned about how he would fill his time, Luis accomplished his research and internship with the help of fellow Groner recipients and their supporters. "The other Groner recipients were very encouraging, in particular Ashley Gora, and so, I met with Deb [the director of the Monteverde Institute], and in five days, we had a new study."



Like Luis, Sally also has a passion for biology. During her time at the Monteverde Institute, Sally explored the finer points of evolution and their relationship to the creation of secondary compounds within plants.

Additionally, Sally had the opportunity to work in the medicinal plant garden with the MVI community.

While Luis and Sally felt right at home in their science-based internships, economics and math major Matt Spehlmann took on a whole new field during his internship. As part of a project to help MVI make better use of their land, Matt put his cartography, observation, and social skills to work as he developed maps of the surrounding geography.



"At its core, my internship has moved from obtaining information about the natural environment surrounding Monteverde, to gathering impressions of the Monteverde Institute from the nearby community, to plotting the infrastructural layout of the Institute grounds." When asked what he learned from his project, Matt explained that maps prove that people see the world in all different ways.



Another economics major, Casey Hartfiel stayed closer to her academic field of interest. Through her internship at the Monteverde Community Fund, Casey gained future career skills through developing ideas and programs to better reach incoming interns and tourists. While this explanation of her project may sound simple, Casey explained just how much she learned over the summer. "One of the aspects that captivated me through the GEGF Monteverde experience was understanding how important it is to have passion for what you do in life and, additionally, to have the ability to share your passion with others. From my internship, I gained understanding of the difficulties and the triumphs of starting a new business, which was special to experience firsthand. I am immensely thankful to GEGF for the opportunities that they gave me to grow as a person this past summer.



Groner Recipients in Jamaica By Elizabeth Bulley

Despite the population at Lake Forest College remaining under 1,500 students, Stefanie Turza '14, Elizabeth Bulley '15, Samuel Mercier '16, and Campbell Punnett '16 barely knew one another when they embarked for the Falmouth Field School of Tangible Heritage this past May. They began their journey to experience a taste of the rich history and diverse cultures that can only be found in Jamaica. Although they began as strangers, the students quickly bonded as they all lived together on Good Hope Plantation.

Over the course of four weeks, the students participated in archeology, historic architecture, and historical interpretation both on Good Hope Plantation and throughout the parish of Trelawny. Even though most of the students had little to no experience with such fields, the instructors and Sam, who had also participated in the previous summer's field school, made sure everyone promptly became comfortable digging, cataloguing, and creating measured architectural drawings of historical buildings. For their archeology work, each student received the once-in-a-lifetime opportunity to begin excavating the slave village at the Good Hope plantation. While carefully sifting through the dirt that had not been touched for almost two hundred years, the students unearthed hundreds of artifacts ranging from ceramics to housing shingles.

Elizabeth found her first experience with archeology to be both surprising and rewarding: "I did not know exactly what I was expecting when we began the dig, but I certainly could not have imagined how much we actually found. The artifacts gave us a glimpse at how these people really lived, which is not something you can find in our everyday textbooks."



Besides furthering their own knowledge, the students' work will aid scholars around the globe. All the uncovered artifacts are being entered into the Digital Archaeological Archive of Comparative Slavery, a public site geared to researchers and students that aims to "advance our historical understanding of the slave-based society that evolved in the Atlantic World."

For the first time in the Field School's history, students were also able to connect the history they were learning to modern day Jamaican society through interviewing longtime residents of Falmouth. Stefanie and Elizabeth wrote questions for and interviewed community members who had experience in fields related to their own interests, providing them with rare multicultural perspectives. All the interviews were recorded and will eventually be accessible to the public through the Falmouth Heritage Renewal website.

An International View on Sustainability and Urban Planning By Samuel Mercier



As many of you know, I am interested in moving into urban development following my graduation from Lake Forest College. My trip to the United Kingdom was designed to help familiarize me with some of the Prince's Charities and the approaches they use to influence policy and bring about sustainable urban spaces. I was given the privilege of spending time in the United Kingdom thanks to the Grace Groner Foundation's Harmony seminars wherein I outlined a few of my own thoughts on the future of sustainability, especially as it relates to the built environment.

I spent the first few weeks familiarizing myself with London and some projects of the Prince's

Regeneration Trust. During this period, I toured sites in Bath, Stoke-on-Trent, and Worksop and assisted with projects in the Prince's Regeneration Trust office. While in London, I spent my time comparing and contrasting the city's urban fabric with Chicago's and, through written reflections, came up with several areas in which London's urban landscape and development strategy better reflects the needs of future generations than that of the Windy City. I also met with Peregrine Bryant, a traditional architect, who is working on a restoration of Christopher Wren's Royal Hospital Chelsea.



The second half of my trip was spent with the Prince's Foundation for Building Community, a sister charity

to the PRT that deals with urban planning, policy, and new development. Every year they sponsor a three-week summer field school that stresses sustainable approaches to architecture while teaching traditional building methods and design.

I spent the first week in Shoreditch learning about form, geometry, perspective, and ways in which London's architecture does and does not embrace organic architecture.



The second and third weeks saw our school in rural Scotland at Dumfries House, where we attended hands-on workshops about historic timber, thatching, plasterwork, and stonemasonry.



The third week allowed us to apply the skills learned in the previous two weeks and actually design a building that will be built on the Dumfries House estate. The weeklong competition split us up into teams and had us designing an education center that would teach children about farming and livestock.



A Groner Recipient at Monticello By Elizabeth Bulley



also located along a road bordered by slave quarters and workshops, providing more potential artifacts and making the site perfect for excavation.

Besides allowing her to get her hands dirty, the field school provided Samantha with historical and archaeological instruction along with opportunities for research. Like any other form of typical school, the Monticello Field School comes with quizzes and tests for which Samantha studied diligently. Samantha learned about subjects ranging from dating a pipe stem to Dendrochronology, the study of using tree rings in the dating process. She also spent time in the lab washing and cataloguing artifacts.

For six weeks this summer, Samantha Van Kollenburg '14 participated in the Monticello-University of Virginia Archaeological Field School. While Monticello consists of over 2,500 acres, Samantha and the other field school members were assigned to excavate the Joiner's House, where, in the days Thomas Jefferson lived on the estate, items needed on the property would have been made. The house was



Samantha's experience had her learning many new things, but she was also able to apply some of existing skills and knowledge in new ways. While one would not normally associate art with archeology, Samantha's discovered that her undergrad study of art could be a considerable asset to the Field School: "The TA in charge of my quadrat—Devon—noticed my skill and accuracy in drawing and knew that I must have at least had a minor in the subject. He was so impressed that rather than just drawing in the builders trenches they had found in the sediment, he asked if we could map in all of

the rocks in the top layer of the exposed wall.

Samantha also discovered another personal skill while carrying out her service project. Since she had done so well with answering visitors questions while she was working in her quadrat, Samantha was asked to provide visitors with information about the work she and her fellow field school students had accomplished. Her students and instructors even suggested that if she decided not to pursue a career in archaeology, she would make the perfect tour guide.



A White Coat for one of Grace's Fellows



This year the GEGF awarded a scholarship for a Lake Forest College graduate to attend the Rosalind Franklin College of Pharmacy. This year's student is Jimena Resendiz '13. This year Jimena Resendiz completed a Bridge Program at Martha Jefferson Hospital prior to entering the College of Pharmacy.

In mid-August, Jimena Resendiz received her white coat, signaling her entrance into the pharmacy profession. The white coat ceremony represents a rite of passage as Jimena begins her education and earns the honor of serving patients. The importance of the white coat can be found in its close association to the medical and scientific fields. In donning her white coat, Jimena joined the thousands before her, who have dedicated their lives to helping others.

During the ceremony, each second year pharmacy student, including Grace's Fellow, Roberta Dume, passes a lit candle to an incoming student. The transition of the light represents the passing of knowledge. Next year, Jimena will pass on her light to

another incoming student.

Hello From the GEGF

William C. Marlatt, Trustee
L. Robert Pasquesi, Trustee
Daniela Resendiz, Director

A sincere thank you to all students, professors, and service-learning supervisors who made the summer of 2014 successful. To all students pursuing new service-learning opportunities, good luck!

Contact us

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