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Andrews Highlights Fitness at Expo and 5K

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Dominic Keefe III

David Iwasa

Iwasa named dean of University Towers

David Iwasa, the new dean of University Towers, comes to Andrews University from Gem State Adventist

Academy in Caldwell, Idaho. University Towers is a graduate student residence comprised of Burman Hall (the men's residence) and Damazo Hall (the women's residence), connected by a shared lobby area.

Prior to his arrival at Andrews, Iwasa worked as a residence hall dean at Gem State Adventist Academy since 2004. While there, he trained and managed staff in both the men's and women's residence halls, developed a worship program and taught a math class. Iwasa began his career as the treasurer at Thunderbird Adventist Academy in Scottsdale, Ariz., in 1990, and became dean of men two years later. He assumed the position of vice principal of Thunderbird Academy in 1994. Iwasa also served as business manager and administrator at several assisted living facilities in Oregon and Washington. From 1995 to 1997, he worked as an accountant at Marketing One Securities in Portland, Ore. Of the many capacities he filled,

he particularly enjoyed being a girls dean. "[It was] difficult, but extremely rewarding and character building," he says.

While working at Gem State, Iwasa attended a workshop for deans at Andrews University, and immediately noticed how well the Student Life team worked together. He felt God was calling him to Andrews and had prepared the way for him to arrive. He says he "appreciates the team atmosphere prevalent in the residence halls and throughout the campus."

Iwasa is also the owner of K.I.D. Accounting Services, a company he founded in 2000. He earned a Bachelor of Business Administration and an MAT in Educational Leadership, both from Walla Walla University. Iwasa is married and has two children.

Samantha Shively, student news writer, Office of Integrated Marketing & Communication



Jason Lemon

More than 270 people participated in the 5K Fun Run/Walk.

Andrews highlights fitness at Expo and 5K

"It was a great event! Great weather, atmosphere, attitude and camaraderie among students, faculty, staff and the community," said Dominique Wakefield, director of the Fitness & Exercise Studies program. "We had participants of all ages!"

The third annual Fitness Expo & 5K Fun Run/Walk was held at An-

draws University and sponsored by the Andrews University Department of Nutrition & Wellness and Pioneer Memorial Church's Health & Wellness Ministries. This year's theme was "Let Fitness Inspire You."

More than 270 people participated in the 5K Fun Run/Walk. Then, the Fitness Expo was held in the Johnson Gym and offered 13 different booths, many featuring mini-workouts including Pilates, resistance band, a push-up test, a curl-up test, resistance ball and Bosu ball. The workout booths were staffed by Andrews University students enrolled in the course, "Current Concepts & Applications in Physical Fitness."

The other booths highlighted various fitness activities available on the Andrews campus, including disc golf, rock climbing wall and self-defense classes. Lamson and Meier Health

clubs, the Office of Student Activities & Athletics and PMC Health & Wellness Ministries were also on hand to share what they have to offer. Students from the Department of Physical Therapy offered massages. In total, more than 300 individuals participated in the Fitness Expo.

"We had great volunteers from across campus and the community," said Wakefield.

Christine and Ryan Wallace of PMC Health & Wellness Ministries were co-directors of the 5K Fun Run/Walk. "At Andrews University, where we have such a diverse student body, staff, faculty and community (young and old), our goal is to motivate, inspire and encourage people to exercise," says Christine.

Keri Suarez, media relations specialist, Office of Integrated Marketing & Communication