

# focus

THE ANDREWS UNIVERSITY MAGAZINE

SUMMER 2007, VOLUME 43, NO. 3 | EATING MY WAY THROUGH BERRIEN COUNTY | GIVING STUDENTS AN EDGE | TIME PIECES



## Cheers!

In our cover story this issue, and as a service to alums who plan to return for Homecoming 2007, former editor, current professor of English, and now aspiring food critic Douglas Jones treks through Berrien County in search of good eats.

Keeping well away from the familiar restaurant chains found in South Bend and Mishawaka, Ind. Doug samples some delightful meals at five local eateries—prices ranging from fairly inexpensive to “break the bank” (at least this editor’s bank). We hope you’re able to take advantage of one or two of these options when you’re in the area.

Also, Beverly Stout takes a look at the good work being done on campus to promote and develop undergraduate research experiences for our students. While the university continues to seek greater opportunities, faculty and students have already been engaging in some very successful, even award-winning, projects.

In her “Time Pieces” column, Meredith Jones Gray profiles one of the pioneering research endeavors from EMC days: the “Nutrinauts.” Directed by Alice Marsh and Dwain Ford, this dietary research study involved many students as both participants and researchers and culminated in an article published in the *Journal of the American Dietetics Association* in 1967. Conducted in the mid 1960s, it is the largest collaborative research project coordinated by students and faculty in the history of the university.

Finally, this is my last issue as editor. I’ve enjoyed the experience quite a bit, and certainly learned a lot while on the job.

And although Focus has allowed me to indulge some of my particular (and maybe peculiar) ideas about Andrews, the greatest reward has been the working relationships and personal friendships that have evolved and grown during this time.

I’ve been fortunate to work with a great group of regular contributors who have taken time out from busy personal and professional lives to write: Meredith Jones Gray, Brent Geraty, Rebecca May, Tami Condon, Katie Shaw, Beverly Stout—and, in the case of Greg Constantine, draw!

Dr. Andreasen has been quick to respond to requests and always willing to write for the magazine, and I appreciate his good work.

Additionally, an amazing number of faculty and staff have written articles. Thanks to each of them for their efforts over the past few years. And thanks to the large number of students who have likewise taken time out of their schedules to write.

Thanks also to the student, staff and professional photographers who have done such great work for Focus during my tenure, particularly Martin and Sarah Lee, who have frequently dropped everything else they were doing to help us get the right shot—usually under considerable deadline pressure.

However, there are a couple of individuals I want to single out for their special contributions.

Regularly, and on very short notice, Dr. Leona Running has kindly provided her editing expertise whenever asked, willingly and cheerfully. She would probably be surprised, and I suspect a little embarrassed, to know the extent to which I’ve come to admire her, but I will always think fondly of the many conversations we’ve had during the past five years as a result of this process.

I’d also like to thank Matt Hamel, who has become central in establishing the “look” and design of the magazine over the last three years. Matt is an amazing creative force. As a “wordsmith,” watching him create a visual spread from scratch to finished product is both mind-bending and exhilarating.

And finally, I’d like to especially thank Pat Spangler, who has braved far too many late nights and early mornings in front of the computer—spent at least as much time helping me learn the ropes of magazine editing—and yet done so with perpetual grace and good humor. As difficult as the last minute frenzy of meeting deadlines can be, working through them with Pat has made those experiences more-than-tolerable, and that’s high praise! Forever thanks, Pat.

And to you, dear reader, thanks for your patience, criticism and approval.



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THE ANDREWS UNIVERSITY MAGAZINE

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### Features

#### 16 Eating My Way Through Berrien County

by Douglas Jones

Regrettably, it will surprise some readers that there's more than just Olive Garden and Taco Bell to meet your culinary needs while in greater Michiana. So we thought we would indulge those eager for more palatable options when returning for Homecoming 2007. Douglas Jones, former editor of Focus, current professor of English, and now aspiring food critic, tours a delectable selection of independent restaurants in Berrien County, where readers can find anything from a large stack of pancakes and five-egg omelet to Middle Eastern falafels and hummus. Warning: You might want to read on a full stomach!



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#### 20 Giving Students an Edge Undergraduate Research at Andrews

by Beverly Stout

Among recent trends in higher education, the move toward promoting undergraduate research experiences has certainly taken hold at Andrews. Beverly Stout offers a look at how these projects are benefiting Andrews' students, particularly as they are groomed for graduate school and their chosen professions. Undoubtedly, these students' commendable research experiences will give them a competitive edge in the future.

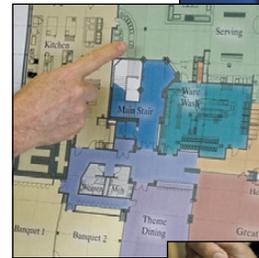


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#### 24 Mentors and Students Seeking Knowledge

by Meredith Jones Gray

The history of EMC and Andrews as a burgeoning "university" is certainly marked by the efforts of a growing number of earned-PhD scholars who came to teach at the school. With them came an increasing emphasis on progressive research and scholarship that from the beginning sought to involve students. University historian Meredith Jones Gray takes us back to one of those early efforts, a fascinating group of EMC research-scholars called the "Nutrinauts."



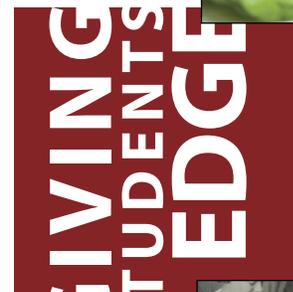
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#### On the cover

Pictured at his home, English professor Douglas Jones enjoys a sampling of breakfast entries courtesy of Sophia's House of Pancakes. (Photo by Martin Lee)