

**To His Own Beat...**



**Nathan Vallette**

**Resident Assistant Of The Year  
Goodnow Hall  
2004-2005**

# To His Own Beat...

PAGE 1...INTRODUCTION

“LIFE IS LIKE MUSIC, IT MUST BE COMPOSED BY EAR, FEELING AND INSTINCT, NOT BY RULE.”  
-SAMUEL BUTLER

From the bumping car stereo, to textbook pages turning, to the beating of our own hearts, rhythm is all around us. To sing with, to dance to, and to keep you on track day after day. But for some exceptional people, they have a rhythm so distinct and original, that it can actually help others understand a vision and aid them in reaching unknown heights. Nathan Vallette is one of those people.

A good drummer in a band provides the backbone of a song. It may not always be what you notice first, but without that essential rhythm holding things together, the song would eventually fall apart. Like that drum set, Nathan serves as the glue that holds groups together. He has a firm understanding of what needs to get done and he helps everyone else to get there. With him, no one is left behind.

Nathan has a rhythm all his own but he also understands that there is a need to harmonize. He works with others well, showing his appreciation for what they bring to the table. While he knows that a single note may sound good by itself, he can look past that and see the potential of several notes blending together to make a complete sound. All of these things combine to make Nathan not only a great resident assistant, but a great person as well.

Nathan was inspired to become a resident assistant by his first RA, Mike Smith. They lived on the first floor of Moore Hall. This floor was unique because it housed several students from international countries. During his time in Moore, Nathan really learned about different cultures and the importance of getting people to come together. He also saw that resident assistants can make a big difference in the lives of residents and this was something that really appealed to him.

This 2004-2005 school year is the second year that Nathan has served as a RA in Goodnow Hall. Being on the fifth floor has been a great experience for him and he has done amazing things not only on his floor and with his residents, but throughout the hall and across campus as well. He is a true example of someone using their individual rhythm to affect others and make situations change for the better. Because without an interesting rhythm, no one is going to dance, let alone march. And Nathan has everyone moving.



“Believe me what  
you see is what you  
get.”

-Beastie Boys  
“So What’cha Want”

At the beginning of the year, Nathan had the goal of having every single resident to know each other, know names, and actually spend time together. Thanks to several programs that Nathan has offered, both for his floor and the entire hall, that goal has become a reality.

*"Nate is a lot of fun to supervise and to have in the hall. The residents of 5<sup>th</sup> Floor and throughout all of Goodnow are lucky to have Nate here. He really knows how to make Goodnow more than just a place to live."*

*-Kipp Van Dyke...Residence Life Coordinator*

### **Goodnow Hall Room Awards**

On December 9<sup>th</sup>, Nathan held a large hall activity called Room Awards. This event was open to any resident who signed up at the front desk. When signing up, residents got to mark which room awards they wanted to be considered for. The four awards were Messiest Room, Best Decorated, Coolest Room, and Best Overall Room. Nate thought it would be fun to have judges from all over campus instead of just people from Goodnow. The judges for the event were Windi Singers, Drew Vining, Jonathan Tarman, Peter Wetzel, Emily Mohr, Aaron Price, Tasha Harvey, Aleigha Ford, and Emily Happer. Nathan took the judges around the hall to each room that had signed up. They scored each room as they went through and then added them up at the end. Every room that won received a plaque. Nathan decided to have them made because he wanted them to have something that they could look back on and remember good times during college. The residents who won were all very proud and excited about receiving the recognition.

### **G1 & G5 Kansas City Royals Trip**

At the beginning of the semester, Nathan wanted to do a fun activity that would allow his floor to get to know residents on other floors. He also wanted to offer an opportunity to spend time outside of Manhattan. He ended up pairing with staff members on the First Floor. They had residents sign up to travel to Kansas City and see the Royals play the New York Yankees on September 14<sup>th</sup>. About 40 residents car-pooled to the game and had a great time socializing and getting away for a few hours.

### **College Bowl Game Competition**

Football is a very popular sport here at K-State so Nathan decided to create a laid-back yet competitive way for residents to guess who would win the College Bowl Games. Residents could pick up a sheet and fill in their predictions for each game. They were then turned in to Nathan, who graded them after all the games were finished. The two individuals who had the most winning predictions right, won an assorted prize package consisting of a football and the DVD "Any Given Sunday". The winners were announced at the HGB meeting and they were also given their prize.



### **Capture The Flag Versus G6**

The 5<sup>th</sup> and 6<sup>th</sup> Floors have a tradition of competing against each other so Nathan decided along with 6<sup>th</sup> Floor RA Nic Kline that their residents would battle off by playing Capture The Flag. They played in the quad on campus and the 5<sup>th</sup> Floor ended up winning!

### **Pumpkin Painting**

Around Halloween time, the 5<sup>th</sup> Floor had fun with mini pumpkins that Nathan had purchased for people to decorate. Using paint, residents had the opportunity to show their creativity in a festive way. After all of the pumpkins were finished, they were placed on the sill of the G5 lobby windows for display.



"MUSIC WASHES AWAY FROM THE SOUL THE DUST OF EVERYDAY LIFE."

-UNKNOWN  
AUTHOR

"Ain't lookin' for nothin' but a good time. And it don't get better than this."

-Poison  
"Ain't Nothin' But A Good Time"



### G5 Dance Party

On December 3<sup>rd</sup>, Nathan threw a Dance Party on G5. To prepare, he asked residents for music requests and collected strings of lights. He used the lights to decorate the lobby, giving it a fun atmosphere. Using his computer music library and his room's sound system, he played music in the lobby for everyone to dance to. He also took requests that night and tried to play songs that people wanted to dance to. It was a fun activity for residents to leave their stress behind and just enjoy themselves.

### March Madness Tournament Bracket

During March Madness time, several residents were given the opportunity to fill out a bracket with all of the games listed. Residents were to select who they thought the winners would be and then they turned the brackets into Nathan. After March Madness was over and the championship game was played, Nathan checked each bracket and found the two highest scoring sheets for both the Men and Women. The four winners received a themed prize package that included a nylon mesh jersey backpack and the top two received a basketball as well.

### Dairy Queen's 100<sup>th</sup> Birthday Celebration

To celebrate Dairy Queen's birthday, the company was giving away free ice cream cones to customers. Nathan took residents to local venues across town so that they all could enjoy the free treat

*"Nathan's attitude rubs off on everyone around and it is clear that he has such a strong passion to interact with every resident on his floor. It is impossible to be in a room with him and not smile because he brings such a positive vibe to his surroundings and everyone around him. Nathan has gone above and beyond in the programs he plans for his floor, as well as for the entire hall. He is always looking for fun ways to involve his residents and is always open to accept input from other staff members."*

*-Amanda Mock...Assistant Residence Life Coordinator*

*"Let your hair down to the track, yeah, kick on back. Nothin' moves me more than a groove that soothes me, nothin' soothes me more than a groove that boosts me."*

*-Eminem "Square Dance"*

### I Know What You Did Last Night

Much of second semester, Nathan worked with three other staff members to present I Know What You Did Last Night. This was a very large-scale activity in Goodnow. Mysterious postings were placed in the hall stating the title phrase in ransom note-style letters. Residents were encouraged to sign up and participate in the program knowing nothing more than their duty, which was to check their mailbox everyday, and that they would all meet together on Sunday, March 13<sup>th</sup>, where dinner would be served. 100 residents ended up joining in on the program. Each day they would check their mailbox and find a piece of paper. The first day the paper described the character that they would be representing for the week and what that character had done last night. Each day after that, the paper described what happened on the night previous, and sometimes offered campus services that would be helpful to that character. The characters faced several situations that are common in college: binge drinking, suicide, rape, relationships, eating disorders, etc. The characters were related to other characters through their activities each night. The situations spawned a lot of conversation and it was fun to see residents meet new people because of their characters' ties.

The meeting time on the 13<sup>th</sup> was an exciting time for everyone. Residents were interested in seeing how their lives and actions mixed with others in the room. As participants arrived, they were given a nametag that had their character's name on it. A web was drawn that displayed how everyone was tied together. Discussions were held about what characters had gone through and about what the residents were feeling. A representative from K-State's Counseling Services came and discussed how these topics are real and happening all of the time. He suggested resources and ways to help cope had these situations been real. Everyone involved really enjoyed themselves and took a lot from the program. It was eye opening for many to see how their actions could affect so many others. And while this program was educational, it also had many positive social effects, as residents from all over Goodnow had the chance to get to know one another. I Know What You Did Last Night was so successful that it was chosen as Program of the Year for the hall.

*"As a returner to the staff this year, I have seen tremendous growth in Nate as an RA. He understands the needs of his residents and caters to those needs, which is not always easy to do when you have close to 100 residents. He is also a great member of the staff team and brings fun and laughter to all that we do. I had the privilege to work with Nate on the I Know What You Did Last Night Program and he did an outstanding job coming up with different and unique situations."*

*-Tiffany Happer, Lower Terrace Resident Assistant*

*"MUSIC IS THE UNIVERSAL LANGUAGE OF MANKIND."*

*-HENRY WADSWORTH LONGFELLOW*

### EA Sports Tournaments

Almost every single month, Nathan has worked with a representative from EA Sports to put on video game tournaments in the hall. This year he has already arranged seven tournaments. The company representative and Nathan work together selecting a time and date for the event. Nathan is then responsible for arranging advertising and sign ups and for promoting the tournament. The representative brings a new game for the Sony Playstation 2 and the necessary equipment for several people to play. Residents who sign up have the opportunity to compete against other players, try new games, and even win EA Sports prizes. Games that have been played include Tiger Woods 2005, NFL Street 2005, and NBA Live 2005. These events have been popular every time, bringing residents from all over Goodnow out to the 5<sup>th</sup> Floor lobby.

### Super Bowl Party

This year Nathan held a Super Bowl watch party in the G5 lobby. He borrowed furniture from neighboring lobbies to create a large amount of seating. For the actual showing of the game, he put a large sheet up across his lobby windows to make a "big screen". Nathan also checked out a video projector so the game would be projected onto that screen. He also supplied refreshments such as pop, chips, cookies, and other typical snack foods. It was a very casual environment where people could grab something to eat, watch a few plays in the game, and leave if they had to do homework or go to a meeting. It was a fun and open atmosphere where everyone could enjoy themselves and have room to spread out and enjoy the big game.



### Goodnow Hall Date Auction

Every Goodnow staff member played a role in planning the Date Auction for Matters of the Heart Week. Nathan participated by going to local businesses and trying to solicit donations for the event. However, he went a step farther by allowing himself to be put up for auction that night. Nathan and a 1<sup>st</sup> Floor resident Mary Sprouse were auctioned off as a pair. The theme they selected was based off of the song "Santa Baby". Nathan dressed as Santa Clause and Mary was wearing pajamas and played the role of a little girl. The pair was incredibly popular and a crowd favorite that night. Nathan's funny personality and showmanship definitely won everyone over. Thanks to all of the pairs that were auctioned off, over \$2,000 was raised for the Manhattan's Women's Crisis Center.

### Black History Bingo

Nathan teamed up with Multicultural Assistant Jonathan Tarman to present Black History Bingo in Goodnow. This program was to support Black History Month in February and also educate residents about the accomplishments of several prominent African Americans. Participants were instructed to pick up a bingo card upon arrival. Each bingo card was different, and the spaces were all names of African Americans involved in U.S. history. They then were given paper markers to place on sections of the card that were called. However, to make the bingo more challenging, Nathan and Jonathan didn't simply call out the names of the individuals listed on the cards. Instead, they listed a brief description of what that person was remembered for. This really got people thinking and trying to recall past information that they had learned. However, they did not stop there. They also had listed some names on the cards that were never called. As people played, it was eye opening to see what famous figures were easily remembered and which were not. Some people began to feel frustrated because they knew an individual on their card but it seemed like it was never called. This was to represent that life isn't always fair, and African Americans often did and still sometimes do face situations that are unfair to them. The program was very successful and really made those who played more aware of Black History Month and its great importance.

"IN MUSIC THE  
PASSIONS ENJOY  
THEMSELVES."

-FRIEDRICH  
NIETZSCHE

*"As the MA in Goodnow, I have been blessed with the opportunity to work with Mr. Nathan Vallette on a daily basis. He has encouraged, loved, and helped me in many aspects of my job that I thought were unseen by others. From the first day of fall training, Nate expressed his willingness and excitement to assist me in easing my way into the MA role. For his kindness and valiant dedication, I will always be thankful. Looking back, I realize that Nate wanted to help me be the best I could be. From planning trips to Royal's Games to facilitating Black History Bingo, Nate and I have worked to provide fun and educational events for residents. He is one staff member that has definitely taught me the importance of community and effective programming. Nate's passion for diversity and inclusion are an example to all and are easily displayed by his daily actions.*  
-Jonathan Tarman...Multicultural Assistant

"Oh so polite indeed.  
Well I've got  
everything I need.  
It's bitter baby,  
And it's very sweet.  
I'm on a rollercoaster,  
But I'm on my feet."  
-Red Hot Chili  
Peppers  
"Soul To Squeeze"

MUSIC CLEANSSES THE UNDERSTANDING; INSPIRES IT, AND LIFTS IT INTO A REALM WHICH IT WOULD NOT REACH IF IT WERE LEFT TO ITSELF.  
~HENRY WARD BEECHER

One of Nathan's strongest traits is his ability to interact with other people. It is uncommon to not see him spending time with residents or other people in the hall. He is willing to put himself on the line in order to make situations positive and more enjoyable. Whether it be leaving his door open so people feel welcome to drop by or taking note of people's favorite things so that he can leave an anonymous surprise for them later, his actions are constantly for the benefit of others.

*"One characteristic about Nate that is very pronounced is how much he cares about his residents and coworkers. For example, I once saw him studying with his door wide open, despite loud and energetic residents in the lobby. Before I had the chance to ask him why, a resident popped in to talk with him and hang out. The answer immediately became obvious to me. Nate has an untiring passion for his job and those his job affects."*  
-Eric Mann...3<sup>rd</sup> Floor Resident Assistant

You see me now a little bit clearer.  
The face I make when I'm looking in the mirror.  
It gives me away, the things that I say  
You think you know where I'm coming from."  
-Local H  
"Fritz's Corner"



*"I couldn't have asked for a better RA than the one I had this year. Nate has been a big help in my transition to college, while simultaneously becoming a good friend. Nate manages to maintain structure as well as an inclusive community on the floor. He also does an amazing job of encouraging a very laid back atmosphere. Nate is, of course, always there to help. He deals with problems very quickly and efficiently-you never have to ask anything of him twice. Nate also has implemented new and different programs this year and the ones that I have participated in have been very beneficial and rewarding. I am going to be an RA next year and the main reason I got interested in the job is because of what I have seen through Nate. I really appreciate him and Goodnow is lucky to have him!"*  
-Emily Dringenberg...5<sup>th</sup> Floor Resident

### Going Above And Beyond

While Nathan fulfills every requirement that is asked of him, he never chooses to stop there. One example is the 5<sup>th</sup> Floor newsletter that Nathan started. He gathered the email addresses of every resident and sent periodical newsletters to each of them. He also created an online message board where residents could go and leave messages, especially during school breaks when they were missing each other. Nathan also participates with his floor during intramural seasons, either by playing on the team (as he did with inner tube water polo, basketball, and softball) or just cheering residents on. In addition, he works everyday understand what his residents' needs are and provide anything possible to fulfill those needs. He doesn't do something and then force his community to adjust. Instead, he chooses to adjust to his community so everyone is comfortable.

*"Nate has been a fun RA to have this year. It's been great living on his floor. He has a great sense of humor. I don't know how many times he's had me rolling on the ground with laughter. He's also very helpful. He has taken time out of his busy schedule to proofread several papers that I've written and has always offered constructive input on them. It doesn't matter if I ask him to proofread them once or five times, he always happily agrees."*  
-Dave Bartlett...5<sup>th</sup> Floor Resident

*"We have staff dinners every Wednesday night. Once during first semester, we were all about to sit down when Nate noticed one of his residents sitting by herself, so he went and sat with her. That time has always stuck out to me because it was the first time I realized how much Nate cares about his residents."*  
-Carolyn Wenzel...6<sup>th</sup> Floor Resident Assistant

*"Nathan has found the perfect balance between a friend and an authority. Whether residents are in a heated conflict or are playing games in the hall, Nathan effectively applies the hall rules. He has no problem following procedures and does so in the utmost professional manner. However, Nathan is known for more than just rules. We feel we could go to Nathan with any problem at any time, no questions asked. He helps us through hard times, and when the need arises, allows us to lean on him for support."*  
-Katie Lehrman & Rachel Riedel...5<sup>th</sup> Floor Residents

While Nathan gives 110% to his own floor residents, he has several strong relationships with residents on every other floor of the building as well. His friendly persona makes him approachable to everyone and that quality has affected many.

*"The thing that has always surprised me about Nate is how many people he knows. I'll be talking to him in the 5<sup>th</sup> Floor lobby and he will call everyone who walks by their name. He also knows something about them too. He'll ask them how a test went or if they got a job they were applying for. His interest in residents extends beyond the floor as well. I've been on rounds with him many times these past two years. I'm amazed at how many people that he is on a first name basis with on all the floors. His interest and sincerity with the residents of Goodnow Hall is something that should be admired by all resident assistants."*

-Ryan Zecha...2<sup>nd</sup> Floor Resident Assistant



MUSIC IS WHAT FEELINGS  
SOUND LIKE.  
~AUTHOR UNKNOWN

*"Nate is one of the nicest and most influential people I have had the privilege of meeting this year. He is a very caring person who goes out of his way to befriend and help people. Over winter break, he sent me an email wishing me and my family a happy holidays. Nate is a great guy. He really brings a good name to the Goodnow Hall community."*

-Michael Weilbacher...6<sup>th</sup> Floor Resident

### HGB Involvement

Nathan has always been a major supporter of the Hall Governing Board in Goodnow. He attends their Sunday night meetings on a regular basis and offers input and suggestions where applicable. He also attends many of the programs that they sponsor in the hall. He feels that anyone can be a leader and he works to promote personal growth in those around him.

*"Nate attends Hall Governing Board meetings where he has complemented the board in their hard work. His support really helped with giving confidence to board members. A positive attitude is evident from Nate whenever one meets him."*

-Aleigha Ford...HGB President & 3<sup>rd</sup> Floor Resident

"Whoa, there's something in the air tonight. Something that makes me feel alive. And I say whoa, what were the words that you said to me, that made me feel so special now."

-Finch  
"Stay With Me"



### Staff Support

As a member of a staff team, it is important to be a team player and someone that binds the group together. Nathan consistently serves as that person. He offers many gestures of appreciation and it really uplifts everyone. As a returner this year, Nathan has served as a great resource and teacher for many new staff members.

*"Nathan has become one of my best friends on staff. His servant heart is something many go without noticing until you need something. If I have any questions about being an RA, student, have concerns with a resident, or even other topics, Nate has always been a man I love to learn from. Whether or not he knows it, he has a huge impact on everyone around him and I'm sure that won't change after being an RA. Every character trait that Nathan possesses are the exact traits that I would look for in an employee, a coworker, and most importantly, a friend."*

-Kyle Baack...4<sup>th</sup> Floor Resident Assistant

However, staff members who have had the opportunity to work with Nathan for the past two years also admire his talents and appreciate what he does for the staff and the building.

*"I was able to work with Nate last year as his staff partner. That year allowed Nate to gain experience and knowledge, which he has used to become a stronger resident assistant this year. Nate's easy-going personality and love for life have allowed him to connect not only with his residents, but other residents throughout the building."*

-Aaryn Clark...4<sup>th</sup> Floor Resident Assistant

*"In my eyes Nathan is the walking definition of what it means to work hard, play hard. In my time working with him he has exemplified what it truly means to be a 'good RA'. His relationships with his residents are above and beyond what I believe most RAs have. Not only is he good at his job, but he's also a genuinely fun and nice guy. He is hilarious but he also knows what he is doing and isn't afraid of demonstrating that to others. These are things I truly respect about Nathan Vallette."*

-Carolyn Denney...3<sup>rd</sup> Floor Resident Assistant

Other Admirable Extras...

- ◆ Attendance at the ARH Winter Ball
- ◆ Attendance at the Multicultural Assistants' Winter Holidays Program
- ◆ Attendance at the Strong Complex dance lessons for Salsa dancing
- ◆ Of The Month Writing
- ◆ Buying a rose of every female staff member on RAMA interview day
- ◆ Writing notes and giving ticket stubs to every staff member unable to attend the KC Royals baseball program
- ◆ Inviting residents interested in applying for a RAMA position to have a discussion where they could voice concerns and ask questions
- ◆ Serving on the Goodnow Staff Retreat Planning Committee
- ◆ Serving on the New Staff 2005-2006 Welcoming Committee as a social activity planner
- ◆ 4.0 G.P.A. first semester

"I have gotten to know Nate pretty well over the past two semesters. He is witty and fun loving as well as serious and passionate. He is the kind of guy that everyone wants to be around. People are drawn to his personality. When Nate is not cracking jokes, he is a calm and straightforward listener. I am not going to lie, I admire the guy."  
-Kirkland Preston...6<sup>th</sup> Floor Resident



"Nate is an awesome RA who treats every resident as if they were his own. He always notices when a person is feeling left out, which I feel is one of his strongest attributes. He does all that he can to encourage involvement for the entire group he is around. I think that what makes a good RA is being able to consider them a friend, and with Nate, I can do just that."  
-Rachael Barnett...6<sup>th</sup> Floor Resident

"Nate is one of the nicest people that I have met during my first year of college. He is very funny, friendly, and always willing to talk. Nate can always make anyone laugh no matter what mood they are in. Anyone that is around Nate always has a smile on their face."  
-Samantha Ellison...2<sup>nd</sup> Floor Resident

"MUSIC IS YOUR OWN EXPERIENCE,  
YOUR OWN THOUGHTS, YOUR WISDOM.  
IF YOU DON'T LIVE IT, IT WON'T COME  
OUT..."

-CHARLIE PARKER

"I know I'm stronger now. Who's looking  
south, not me, I'm not looking back."

-The Used  
"Maybe Memories"

Nathan is incredibly involved and dedicated to the halls but he also participates outside of Housing and Dining.

**KSBD Sports Staff**

This is the third year that Nathan has served on the Sports Staff for KSBD. This year he had the opportunity to broadcast live K-State sports such as football, men's and women's basketball, and baseball. He has done play-by-play analysis as well as color commentary for such broadcasts. Nathan was very successful this year and the Kansas Association of Broadcasters gave him a plaque for placing second in the category of Sports Play-By-Play for the entire state.

**KSBD 91.9 Production Director**

This semester, Nathan was hired by Wildcat 91.9 to serve as the Production Director for the radio station. This job gives him the responsibilities of creating carts, liners, underwriting scripts, station ids, etc. He is also in charge of hiring, training, and supervising a small production staff. This position has been great for Nathan considering that his major is in Radio/Television Broadcasting.



**Video Techniques and Concepts of Electronic Media Opportunities**

This semester Nathan had the opportunity to appear live on television as he interviewed K-State's newly elected Student Body President and Vice-President the night of general elections. He was the first person to interview the candidates after their win was announced and he was able to ask them questions about their platform, elections, and their plans.

Nathan Vallette is one of those amazing individuals that seem to be endlessly giving back to those around him. His passion for getting to know others, making someone's day, and brightening the atmosphere of a room are just a few of the traits that make him so distinctive from the rest of the crowd. He has personality and he is not afraid to share it with others. He wants positive change to happen on this campus and realizes that it is sometimes the little things that will make the biggest difference.

*"When you ask people what they think about Nathan Vallette, most will tell you he has an impeccable sense of humor or they'll share a story about a time he made them laugh. Nate has made me laugh this year, often at times when all I wanted to do was cry. Nate has an incredible way of knowing that something is wrong and making you comfortable enough to discuss it. One memory in particular is from first semester. At a time when I was really down and nothing seemed to be working out, Nate listened to me, encouraged me, and managed to make me smile. He was one of the few that really could lift me up-and he did. I'm not sure Nate will ever get recognized for all the work he does, simply because he's discreet and humble-doing things for his residents and staff has become second nature it seems. He has taken the initiative to get to know me not just as another staff member, but as a friend. And that is what I am so proud to call him-a friend."*  
-Rachel Trowbridge...1<sup>st</sup> Floor Resident Assistant

"And if I had the chance to do it all again, I wouldn't expect anything less."  
-New Found Glory  
"Forget My Name"

"LIFE IS LIKE MUSIC, IT MUST BE COMPOSED BY EAR, FEELING AND INSTINCT, NOT BY RULE."  
-SAMUEL BUTLER

*"I have had the honor to know Nate since our freshman year here at K-State. As we would sit together at the Moore Hall front desk, we found out that we had much in common. However, despite our similarities, it is the many traits I lack in comparison that I admire so highly in him. Nate is someone that has truly earned my respect. He is the genuine article, a dedicated person with a heart of gold. I truly look up to him for all that he does and for the way he improves every situation he is a part of. One time in staff meeting, we were listing the qualities that we felt a hero possesses. Nate answered with the following: the ability to overcome, caring, a leader, charismatic, always giving 100%, loving, knowledgeable, strategic, brave, and a normal, everyday person. As I sat there and listened to his comments, I thought it was very interesting. Nate had unknowingly just described himself. Perhaps that is why he is a hero to so many, including myself."*  
-Ashley Boldt...2<sup>nd</sup> Floor Resident Assistant

Like the music quotes from some of Nathan's favorite songs, inspiration can be found in many places. Nathan is someone that motivates people to do their best, not because he is forcing it upon them, but because he helps bring it out of them. His loves for people and for life consistently shine as he serves his residents, fellow staff members, and anyone else along the way. His efforts have played a major role in making Goodnow Hall being a great place to live. This year Nathan has been doing things to his own beat...and we love the sound of it.



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