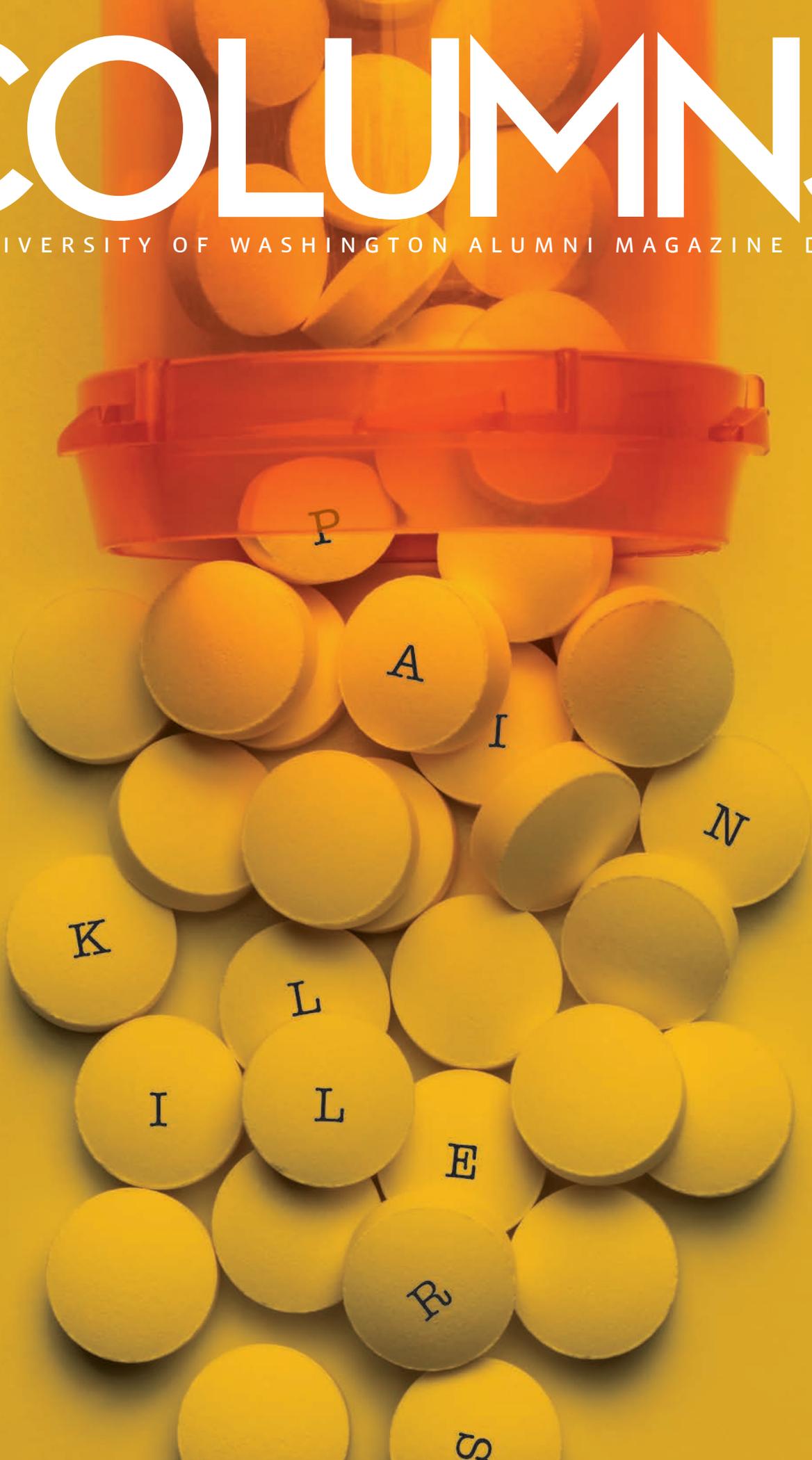


COLUMNS

THE UNIVERSITY OF WASHINGTON ALUMNI MAGAZINE DEC 17



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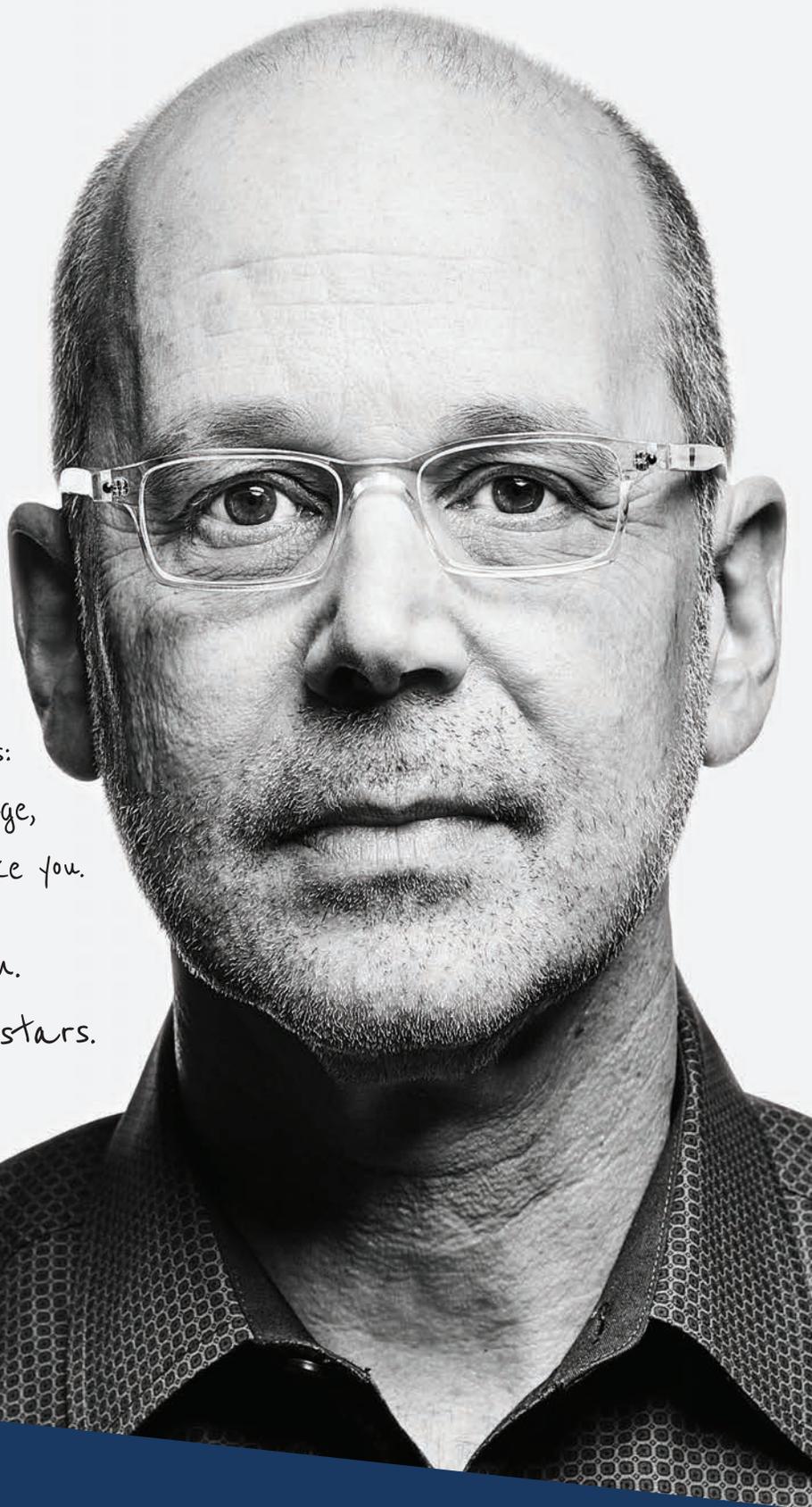
It was 1987. "You'll go to Fred Hutchinson Cancer Research Center for a bone marrow transplant," my doctor said. The transplant would be grueling, but was my only hope for a cure.

Thirty years later, here I am. I have experienced life's many gifts: travel, education, a career, marriage, parenthood. All because of donors like you.

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Gratefully,

Mike R.
Seattle, WA



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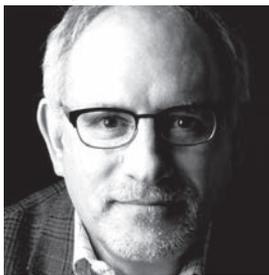
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Takeoff

When I was growing up, my family didn't have much money (both my parents were teachers). Vacations meant piling into our gray 1962 Ford Falcon station wagon for never-ending cross-country trips from New Mexico to Buffalo to visit relatives. Playing the license plate game and stopping at Stuckey's provided some diversion but I always wondered if there was a better way to cover all those miles. So, as a teenager, when I took my first flight, I could barely contain my excitement. But that didn't compare to the first time I boarded a Boeing 747. The flight attendant had to nudge me to my seat because I kept stopping to stare at the plane's massive interior: twin aisles and what seemed like enough space to hold everyone who lived in my small town.

The 747 changed the world, allowing people like you and me, for not too much money, to travel across the country (or the world) in a matter of hours, not days. That plane, designed by the late Joe Sutter, '43, is one of the greatest examples of innovation the world has ever seen.

So I felt a tad sad to read that the last two U.S. airlines that fly 747s were going to retire the Queen of the Skies. I smile every time I drive by the Museum of Flight and notice the red-and-white 747 named the City of Everett—the very first one ever built, in 1969—sitting quietly near flashier planes like the Concorde and a retired Air Force One.



To me, the 747 is more than a plane. It is a winged monument to the University of Washington. It was here that Sutter—the son of Eastern European immigrants—was exposed to the wonders of higher education, where he had the opportunity to soak up knowledge, be pushed by his professors and classmates—and go on to do something that changed the world for the better.

But the fact is, this happens every day at the UW's three campuses. It happens via the spirit and opportunity the University imbues into every single student who arrives here from every conceivable circumstance, from the Roosevelt High School valedictorian to the 65-year-old returning to school after a long career to finally earn that longed-for master's degree in history.

The 747 was once just a dream. But thanks to public higher education, dreams like that can take flight every day.

Jon Marmor

JON MARMOR, '94, EDITOR

20 Wood That Could

by **Deanna Duff**

Rebuilding Washington's timber industry might be possible thanks to a new wood product the UW helped develop.

26 The Lunch Guy

by **Eli Francovich**

School lunch debts plague districts statewide. But a Seattle dad with an appetite for social justice got involved.

28 The Puzzle of Aging

by **Hannelore Sudermann**

Research into aging shows that recovery of mental ability and the fending off of age-related diseases are possible.

34 The Opioid Boom

by **Julie Garner**

For years, potent pain medication was overprescribed. UW was the first to sound the alarm about the epidemic.

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ON THE COVER The overprescription of opioids led to addiction, death and today's worst public health crisis. Photo illustration by Ken Shafer.

COLUMNS



(unqualified)

ACTRESS ANNA FARIS

created a new role for herself: relationship advice giver. Her podcast, “Anna Faris is Unqualified,” invites listeners to gripe about their heartache on the air. She has recorded more than 100 episodes featuring famous guests from comedy, film and music. She also penned a memoir, “Unqualified,” which reflects on an awkward childhood, a career in comedy, and an eight-year Hollywood marriage to actor and Lake Stevens High School alum Chris Pratt. Her book is available at University Book Store, where UWAA members receive a 10 percent discount. We photographed Faris, '99, on Oct. 19 when she was in town to speak at a University Book Store event at University Temple United Methodist Church in Seattle. **PHOTO BY QUINN RUSSELL BROWN**



—FROM THE EDITOR—
It didn't surprise me that we received so many letters about the passing of our U-District neighbor Bill Hardwick—everyone loves his family's fabulous hardware store, where every shelf holds a new surprise. Like this thread gauge that goes for \$6.50.

Hardwick's in our Heart

★✉★ RIP Bill and long live Hardwick's (*The Legend of Hardwick's Lives On, September*). I bet there is a much longer story (or book) that could be told about this remarkable family and their businesses.

Nancy Lou-Pol
Columns Online

★✉★ My teachers in college told me to shop there. I am so glad I listened.

Allison Agostinelli
Columns Online

★✉★ Hardwick's is my favorite hardware store. Bill got me started with decent wood-working tools back in 1995 when I started carving flutes. RIP Bill.

Dave Clemmer
Columns Online

★✉★ Hardwick's is my favorite store in all of Seattle. It's not only carpenters and boat builders who patronize the store. It's anyone who has something to fix.

Elle
Columns Online

In the Inland

★✉★ As an alumna who has lived in Spokane since 1998, I enjoyed your article about the Inlander (*Scions of Spokane, September*). This weekly newspaper has been an important voice for arts, entertainment and current issues and events, paying attention to matters that might well be ignored or minimized by The Spokesman-Review. I used to buy a subscription for my late mother, who liked to read about new places to visit for food and recreation when she came up with my father from Richland to visit. My only regret is the Inlander's decision to not endorse political candidates.

Marian Hennings, '78
Spokane

Our Fred Beckey

★✉★ The history of Washington (and Canadian) mountaineering is incomplete without acknowledging the contribution our own Fred Beckey, '49, made to its geological, human and climbing history (*Mountaineers, June*). The University's Northwest Collection would be diminished without Fred's original research.

Rainer Burgdorfer, '81
Newcastle

Editor's Note: Beckey, an alum of the Foster School, died Oct. 30 at the age of 94. He published many books about climbing, his first being "Climber's Guide to the Cascade and Olympic Mountains." A public celebration of his life will be held at The Mountaineers clubhouse in Seattle. The date was not set when Columns went to press.

Sacred Sanctuary

★✉★ In reading your paean to libraries (*Enthrall, September*), I was reminded of a piece titled "Inside a Library" that is part of Elie Wiesel's book, "From the Kingdom of Memory." He writes: "If the school is a temple, then the library is its sanctuary."

Barbara Schlotfeldt, '96
Tacoma

Transplant Tribute

★✉★ I received my donated kidney two years ago after losing both of my kidneys in 2014. Even though I did not get my kidney transplant through UW Medicine, UW doctors assisted with my transplant at Virginia Mason and Group Health. I was on dialysis from 7 to 11 a.m. three days a week. Your story (*Transplants on the Double, September*) brought back good and bad memories of hav-

ing to go through the process of being placed on the transplant waiting list. I met some very nice and helpful people during my dialysis. I still bring snacks to the Kaiser dialysis clinic.

Gilberto Hedges-Blanco, '83
Seattle

A Caring Human Being

★✉★ Aside from my father, Bill Cole (*The Cole Role Model, September*) had more influence upon my life than any other man. I was fortunate to have many superb teachers at Stadium High School in Tacoma and at the UW, where I enrolled to "follow my trumpet teacher." Although I switched from music education to political science and then went on to law school, I continued to be influenced by Bill's example of living virtually every day of my life—as a trial lawyer, a mentor to others (including nephews and grandchildren) and as a human being. I think often of Bill's influence as a loving, caring human being who also happened to be one of the best trumpet players and conductors in the United States. How lucky we are—those of us who came "under the wing" of this angel in Gabriel's trumpet section!

Steve Moen, '63
Columns Online

Owl Awe

★✉★ Thank you, Paul Bannick (*Birdman, September online*), for your work photographing owls and sharing the wonders in our midst. Discovery Park is a wonderful oasis in our urban setting. We evolved in nature and this is where we can reconnect to ourselves and our communities. We are so lucky to have this resource in our collective backyard.

Wende J. Wood, '75
Columns Online

Chaucer Champion

★✉★ Some of my most memorable classes were those taught by Roger Sale (*A Genuine Citizen: The Inspiring Energy of Roger Sale, September online*). He taught me how to enjoy reading Chaucer!

Dorothy Boyle
Facebook

Correction:

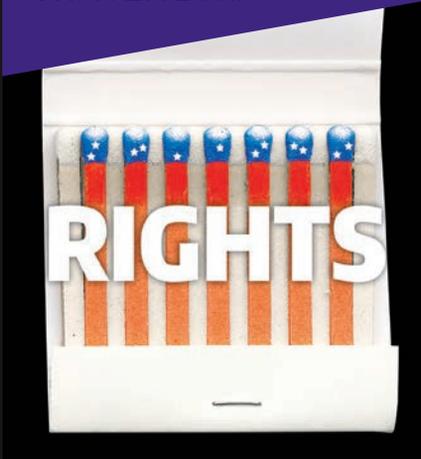
The late Herman Lujan, the UW's third vice president for minority affairs, was born in 1936, not 1926 as we erroneously stated in our September issue.

Email: Columns@uw.edu
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JAN 24 RICHARD HARRIS

JAN 30 BILL T. JONES



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JAN 31 JOSHUA REID



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CONGRATULATIONS LAURIE MARHOEFER!

FOR CREATING A POSITIVE
IMPACT ON SO MANY, YOU LEAVE
THE WORLD A BETTER PLACE.

(To see how, turn to page 43.)

NORTHWEST PROFILE #1861

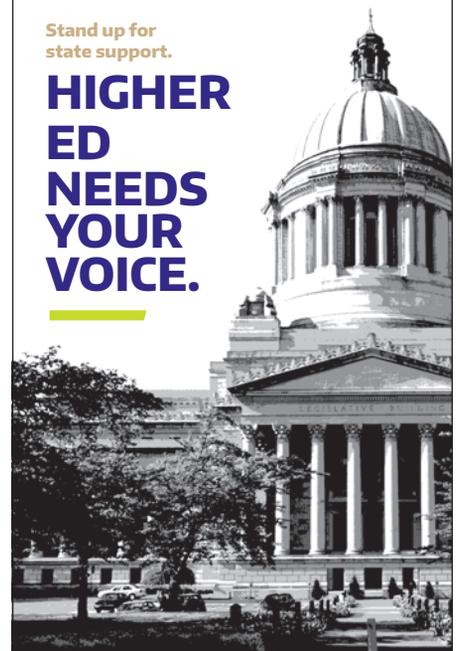


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Milestones Along Our Journey

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DEAR ALUMNI & FRIENDS,

VERY SIGNIFICANT JOURNEY is marked by milestones—moments when we note our progress, acknowledge how far we've come, and take stock of what still lies ahead. In the 31 years that I've been a part of the University of Washington's journey, the milestones have been many, and this year we celebrate some anniversaries that say a great deal about who we are and the values that define us.

One of these milestones is the 10th anniversary of the Husky Promise. A decade ago, we made a promise to students from Washington that if they qualified for admission, the cost of tuition would

not prevent them from earning a degree. Since then, the Husky Promise has helped more than 39,000 undergraduates attend one of our three campuses. Today, roughly 30 percent of our in-state undergraduates benefit from the program, thanks in part to your generous support.

This year, we also celebrate the 20th anniversary of the Global Burden of Disease, the world's largest, most ambitious effort to understand global health. Through the leadership of the Institute of Health Metrics and Evaluation here at the UW, the GBD has united a worldwide community of diverse collaborators to gather and understand health data. The resulting knowledge and solutions has played a significant role in saving lives on a massive scale. In 1990, 11 million children younger than five died. Last year, despite a larger world population, that number had fallen to 5 million. That is still 5 million too many. But the GBD demonstrates that transforming population health is within our reach when we work together. Prioritizing that collaboration is a fundamental underpinning of our Population Health Initiative.

Looking back further, we celebrate 30 years of the UW's First Year Interest Groups, or FIGs, a unique and special part of the Husky Experience that has enrolled more than 70,000 first year students since it began. If you were one of those 70,000, you might remember how reassuring it felt to have your own cohort of just 20 or so classmates who shared your interests as they started the college journey with you. In this sense, a large university with boundless opportunities can also feel personal and intimate. FIGs have been one of the most successful ways of creating that experience, forming communities and friendships that last for years, even lifetimes.

And looking still further back, the 50th anniversary of the founding of the Office of Minority Affairs & Diversity will take place in 2018. We recognize the trailblazing efforts of the Black Student Union and its supporters, who demanded that the University increase its commitment to diversity. Their efforts live on in OMA&D's commitment to excellence, diversity and inclusion in our campus communities.



Tsinghua University President Qiu Yong snaps a selfie with UW President Ana Mari Caucé at the September grand opening of the Global Innovation Exchange building in Bellevue. The GIX partnership between the UW and Beijing-based Tsinghua creates a project-based graduate program in innovation.

So as I mark my own milestone, the beginning of my third year as president of this great public university, I feel enormous pride in what our community has accomplished, together. As alumni and friends, you are the reason we have come so far, done so much, and learned so richly. Thank you for all that you do—our adventure together has just begun.

Sincerely,

A handwritten signature in blue ink that reads "Ana Mari Caucé". The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

ANA MARI CAUCE

PRESIDENT | PROFESSOR OF PSYCHOLOGY

UW Medicine



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Assunta Ng

Tenacity Personified Community Conscience Social Entrepreneur

The first time I had my own room

was living in a UW dorm. Growing up in Hong Kong, we were poor and I shared a bunk bed with my grandmother. Americans aren't aware how privileged they are to have their own room, bed and closet. My room in UW's Hansee Hall was small, but it was my own.

In fourth grade, our teacher asked

us to write about what we wanted to be when we grew up. I knew I'd get a higher grade if I chose an unconventional career. I wrote about becoming a writer or reporter. I don't know how I even got that idea.

I founded the Chinese Post in 1982

and Northwest Asian Weekly a year later. When the Watergate story broke, I remember people in Seattle's Chinatown lining up to buy copies of San Francisco's Chinese newspaper. They were trying to understand what was happening. At that time, I was trying to figure out our community's needs and how to help. I realized we needed our own local paper.

The newspaper's current office is

across the street from the basement where we started. I can't leave my community. Our online readership is growing with more than 200,000 readers monthly and the print edition has around 10,000. The Chinese Post has published more than 1,862 issues. That's a lot of deadlines!

Girls didn't dream. I was raised in

a traditional Chinese family with low expectations toward women. The best thing to do was find a good husband. I was shy at home, very obedient and submissive. It was shocking when I told my parents I wanted to study in America, but I had realized I wanted the freedom to grow.



I didn't speak for six months.

At that time, it was unusual to study abroad and, of course, my parents said no. After that, I just didn't talk. I didn't have anything to say because I felt hopeless. They finally agreed and I came to the U.S. in 1971.

I first saw UW's campus while driving

on I-5. Wow! It was so beautiful. I was attending college in Oregon, but decided right then that I wanted to attend UW. I didn't know anybody there or where I was going to stay, but I knew that's where I wanted to be. I applied for a transfer and started at UW my sophomore year.

My best friend was the library.

Rain or shine, I walked to Suzzallo Library after dinner. It was a great place for me to grow up. In Hong Kong, the library was small and students were only allowed to visit one hour per week. Here, the school and public libraries are so good. We should appreciate them more.

I taught Asian immigrant students

at Beacon Hill's Mercer Junior High for four years after college. Language barriers made it difficult for immigrant parents and they were often struggling to make a living and survive. Asian parents didn't step foot in the school, but I reached out. I translated forms and visited their homes. I hosted a potluck and 50 to 60 immigrant parents came.

It was a crazy night. We didn't sleep

until 3 a.m. finishing the first issue of the Chinese Post. We had to buy equipment from Taiwan—a Chinese manual typesetting machine, which got lost in transit and arrived late. Then we had to learn how to use it. We managed to print 5,000 copies on time, though! It was me and about seven friends, mostly from the UW.

Starting a newspaper is simple.

You hire people and find an office. It's the why that matters. For anything in life, it's the motivation to fulfill your dreams that keeps you going week after week.

I still write because I'm a role model

for immigrants. A lot of immigrants are nervous about writing in English. They shouldn't worry about whether it's good enough. You have things to say, feelings to express. And memories to share.

➔ As told to **DEANNA DUFF** ➔ Photographed by **RON WURZER**

COLUMNS ONLINE

New Northwest

Historians from outside the Northwest haven't paid terribly close attention to the region. The first new history book on the Northwest provides lots of new perspectives that have been long missing.



Electric Pedal Power

Engineering grad Behyad Tarassoli, '11, quit his day job to design a lightweight, sleek and relatively cheap electric bicycle. See that water bottle? It's actually a 36-volt battery. You still have to pedal, but the lithium boost will double your speed. Find out more in our online story about Propella, Tarassoli's e-bike startup.



Outer Space Man

Astronaut Scott Kelly dropped in to Seattle to tell a sellout audience about his 340 days on the International Space Station. His high drama was the subject of his new autobiography, "Endurance." While he found being in space was a blast, loves being reacquainted with an old friend: gravity.



1958

Volume 29, Number 4

COLUMNS

Check out the digital side of Columns to find these and other exclusive stories you won't find anywhere else. New content is added all the time so log in and learn.

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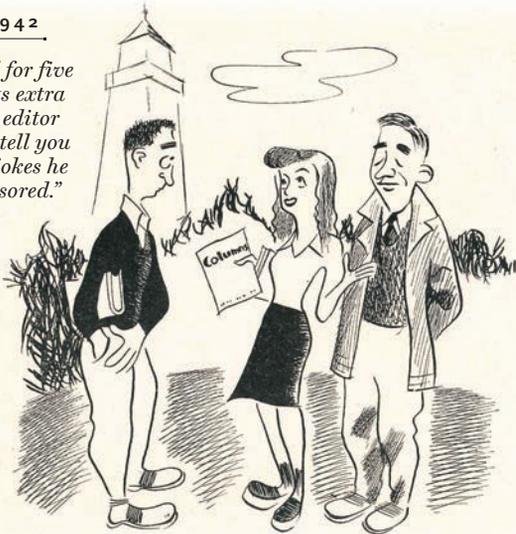


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CONTRIBUTING WRITERS DEANNA DUFF + ELI FRANCOVICH
CONTRIBUTING PHOTOGRAPHERS DANIEL BERMAN + QUINN RUSSELL BROWN + MATT HAGEN + ANIL KAPAHU + ERIN LODI + DENNIS WISE + RON WURZER
CONTRIBUTING ILLUSTRATOR CARLO GIAMBARESSI

editorial offices

PHONE 206-543-0540 4311 11TH AVE. NE, STE 220
EMAIL COLUMNS@UW.EDU BOX 354989
FAX 206-685-0611 SEATTLE, WA 98195-4989

WRITE US! EMAIL: COLUMNS@UW.EDU WRITE US AT
ONLINE: UWALUM.COM/COLUMNS COLUMNS MAGAZINE, BOX 354989
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OR: UPDATES@UW.EDU

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JEFF ADAMS, '83, JADAMS@SAGACITYMEDIA.COM, 206-454-3007
CAROL CUMMINS, CCUMMINS@SAGACITYMEDIA.COM, 206-454-3058

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Henry Art Gallery Receives Prints by Dürer, Goya and other European Masters

Albert Feldmann, a retired senior engineer from Boeing who has collected works from European masters like Dürer, Goya and Hogarth, gave his collection of more than 200 prints to the Henry Art Gallery.



Albrecht Dürer monogram, circa 1500

Now 97, Feldmann began collecting prints in the 1950s. He first discovered the art form in when he saw etchings by Rembrandt van Rijn hanging at the National Gallery of Art. "I was interested in the fact that prints of the great masters were available to somebody who didn't have millions of dollars," he says. His first purchases were Rembrandts, but then he discovered Jacques Callot, a French printmaker famous for his lively, complex work. Rembrandt used Callot's work as examples for his own studies, notes the collector.

Feldmann was born in Vienna and fled the Nazis with his family in 1938. Drafted in the U.S. Army, he was nearly killed in an accident during training. Toward the end of his convalescence, he studied engineering. That led to a job as an engineer for a team of physicists at the National Bureau of Standards. Next he worked

at Hughes Research Laboratories where his projects included the first laser. His experience and expertise later brought him to Boeing and, for about a decade, the Weizmann Institute of Science in Israel.

While Feldmann enjoyed his work, he delighted in studying and collecting art. After several years of attending auctions, "I knew pretty much what was what," he says. He even has his own collector's mark, which helps establish the provenance of a work.

"Mr. Feldmann collected works of the highest quality and finest condition," says Sylvia Wolf, director of the Henry Art Gallery. This gift of works from the 15th to 18th centuries enhances the museum's collection and "will serve as a resource and inspiration for artists, scholars, students and enthusiasts of the art of printmaking for generations to come," Wolf says.

New Computer Science Building Named in Honor of Bill and Melinda Gates

The UW Board of Regents has approved naming the new computer science building on the Seattle campus the Bill & Melinda Gates Center for Computer Science & Engineering. A group calling themselves Friends of Bill and Melinda, along with Microsoft Corp., contributed more than \$30 million toward the \$110 million project currently under construction. The 135,000-square-foot building will join the Allen Center to double the space for the University's Paul G. Allen School of Computer Science & Engineering.

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One Veteran's Quest: To Properly Honor Pearl Harbor's Unknown

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RAY EMORY

1952 | Architecture



Navy photograph of the sinking of the USS Arizona.

NATIONAL ARCHIVES

WHEN JAPANESE WARPLANES RAINED HELLFIRE on Pearl Harbor on December 7, 1941, Ray Emory manned a machine gun on the deck of the USS Honolulu. The courage he displayed on what President Franklin Roosevelt called “a date which will live in infamy” was only the beginning of a journey that would require even more courage and persistence.

When Emory retired to Hawaii in 1985, he visited the National Memorial Cemetery of the Pacific in Honolulu and was shocked to find that many of his fellow sailors who were killed at Pearl Harbor were buried as unknown. The graves didn't even list the name of the ships on which they served. That spurred Emory, '52, who holds a bachelor's degree in architecture from the College of Built Environments, to begin a 20-year fight to find their identities and return the remains to their families so they could be buried with the honor they deserved.

For his courage under fire and for his unyielding effort to see that these fallen Pearl Harbor victims received their due from the country they served, the University of Washington presented Emory with the 2017 Distinguished Alumni Veteran Award.

Emory identified the first “unknown” while going through the Navy's 1941 burial records. The body was exhumed and government forensic scientists determined that the remains were those of Thomas Hembree, a 17-year-old apprentice seaman from Kennewick who served on the USS Curtiss. Fast-forward three decades to March 5, 2002: Hembree was given a proper military funeral with honors and was laid to rest in a ceremony attended by many family members.

To date, 30 of those fallen servicemen have been identified. Yet because of Emory's work and the pressure he applied, the Department of Defense is still at work exhuming, identifying and returning remains to families.

The surprise attack on Pearl Harbor killed more than 2,400 U.S. personnel. Of the bodies that were recovered, one-quarter were never identified. Emory, who is now 96 years old, has ensured that those who died that awful day will finally receive the honors they deserve.—Julie Garner

Nominate Distinguished Alumni, Veterans and Teachers

The UWAA invites you to recognize members of our UW community who have inspired, achieved and served with distinction. Deadlines are approaching.

Alumnus Summa Laude Dignatus Award

is the highest honor bestowed on a UW graduate, recognizing a legacy of service and achievement over the course of a lifetime. **Nomination deadline: January 31, 2018.**

Distinguished Alumni Veteran Award

is given to a living UW alum veteran who has made a positive impact on the local, national or international community, the UW or the veterans' community.

Nomination deadline: March 23, 2018.

Distinguished Teaching Legacy Award

recognizes a UW teacher, living or not, whose impact on students continues to be felt long after they left the classroom. **Nomination deadline: April 6, 2018.**

Read more about these awards and how to nominate at UWalum.com/awards.

Bait and Switch

After 300,000 farmed Atlantic salmon escaped when a pen collapsed near Cypress Island, the state invited everyone to catch them. Farmed salmon eat pellets, so Mike Rust, '95, NOAA Aquaculture Science Coordinator, suggested using "a Tootsie Roll for bait instead of a herring."



DENNIS WISE

Knot Your Dad's Sub

The UW's Human-Powered Submarine Team blended traditional boatbuilding with aerospace and marine engineering to create the Knotty Dawg. The 15-foot craft with the red cedar hull and mahogany veneer came to life with the help of experts at the Northwest School of Wooden Boatbuilding in Port Hadlock. Back in 1989, the team built its first submarine out of wood; the rest have been crafted of man-made materials like plastics and carbon fiber. This summer in Maryland, the Knotty Dawg placed first in the International Submarine Races' two-person sub competition with a speed of 3.27 knots. Hot dawg.



The Mom Who Became Marshal

When Noreen Skagen joined the Seattle Police Department in 1959, she almost didn't meet the minimum height requirement of being at least 5-foot-4. So she piled up chairs to reach some ceiling pipes, hung there as long as she could, and voila! She stretched herself to textbook height. Thus began a stellar career in law enforcement that paved the way for generations of women. Skagen, '52, who died Aug. 25 in Mill Creek at age 87, spent 30 years with the police department, rising through the ranks to become the city's first female assistant police chief. That led to an even bigger achievement in 1989, when then-Sen. Dan Evans, '48, '49, tapped her to become the first woman U.S. Marshal of Western Washington. The married mother of two combined compassion with a tough-minded willingness to do right, especially for abused children. Read more about her at magazine.washington.edu.



COURTESY ROY SKAGEN

IS IT CURTAINS?



Please tell us this is just intermission for the Seven Gables and Guild 45th movie theaters. We were all caught by surprise when they closed "for renovation." No one at Landmark Theater headquarters in New York is uttering a peep about their future. So it's anybody's guess if they'll reopen. "It's a sad state of affairs but great movie theaters have been shutting down in Seattle for as long as I can remember," says KIRO radio movie critic Tom Tangney, '81. "The closure of the Seven Gables and Guild 45th theaters are just the most recent examples of the changing cinema distribution landscape. Single-screen theaters just don't make economic sense anymore." And we are the poorer for it. Cue the tears.

He's Got Rhythm

By Julie Garner

Discovering the molecular mechanisms that guide our circadian rhythm makes **JEFFREY C. HALL** the fifth alum to receive a *Nobel Prize*.*

WHEN JEFFREY HALL RECEIVED THE phone call from Sweden in October notifying him that he and two colleagues had won the Nobel Prize in Physiology or Medicine, he thought he was being punked. After all, in his 40-plus years studying the genetics of the fruit fly, he was publicly ridiculed many times for his work with the lowly fly and for using genetics to answer questions about behavior. But he knew that since fruit flies share 75 percent of the genes that cause disease in humans, scientists could learn much about human genetics by studying the teeny tiny flies most people find annoying.

Hall and his two fellow laureates were honored for learning how circadian rhythms work by isolating the fruit-fly gene that controls biological rhythm. Understanding sleep-wake cycles lays the groundwork for helping people with sleep disorders, Alzheimer's disease and diabetes, among other conditions.

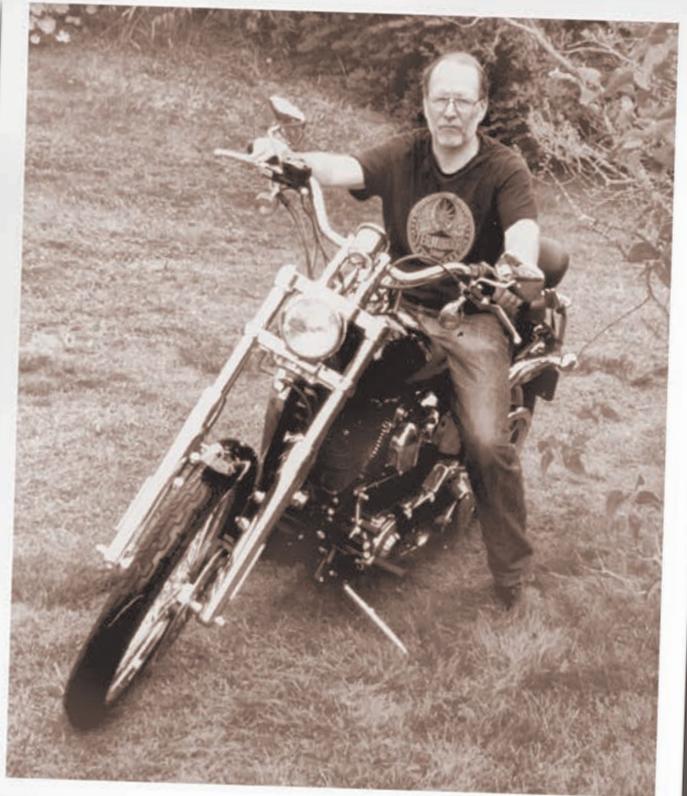
Now 72 years old, Hall, '69, '71, retired in 2008 after 34 years as a professor of biology at Brandeis University and several more years at the University of Maine. Columns reached Hall at his farmhouse in Cambridge, Maine (pop. 462) just as he was feeding dinner to his seven Jack Russell terriers.

"The UW meant everything in my development as a scientist. My four years at the UW were the most influential time in my background by far," says Hall, who received both his master's and doctoral degrees in genetics at the UW. "When I was at the UW, there weren't many university genetics departments around. My supervisor was a genuine mentor who said 'I want all of you to learn the deep history of *Drosophila*' [a type of small fruit fly]. When I went to Caltech as a postdoctoral student, I knew a lot of fruit fly genetics, thanks to the UW."

Hall "was very focused on what he was doing and really straightforward," recalls Joe Felsenstein, UW professor of genome sciences and biology. Ralph Greenspan, professor of biology at University of California San Diego, met Hall at age 14 when Greenspan's brother Peter roomed with Hall at Amherst College. Eventually, Greenspan became Hall's first graduate student at Brandeis.

"He was obsessed with sports," Greenspan recalls. "He had an encyclopedic memory and knew every batting average and statistic of every baseball player. That was true even when he was a professor at Brandeis."

Hall is also a serious scholar of the Civil War. In 2003, he published



a book, "The Stand of the U.S. Army at Gettysburg," which drew accolades from Civil War scholars. Hall once gave Greenspan a tour of the Gettysburg battlefield, making the scene come alive because his knowledge ran so deep. "Jeff loves debunking received wisdom, and many of the histories of that time come from exaggerated stories from veterans' reunions," Greenspan says. "Jeff went to primary sources."

The fact that Hall acquired seven Jack Russell terriers is not incidental to his work. He says his dogs are genetically strong because they are not inbred. "They are outbred, not purebred. My dogs are not neurotic or fearful or hostile. They're just a handful," he says.

Retirement finds the UW's newest laureate sitting on his porch in central Maine, listening to rock and roll and reading books about the Civil War as well as the occasional crime novel. He walks his dogs on the 40 acres he owns in a New England community so small there are no shops. The nearest stoplight is miles away.

Although he lives 3,000 miles away, Hall says that his time at the UW is never far from his thoughts. "Something crosses my mind about the UW almost every day, still," he says, with a hint of nostalgia. "I remember when there were hardly any cars on I-5." ■ —*Julie Garner is a Columns staff writer*

COURTESY RALPH GREENSPAN

* Seven faculty have also been named laureates.



NUMBER
SIXTEEN
WILL LIVE
ON IN
HECED
FOR
EVER

↑
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Scale
↓

We all look up to Krista Vansant, and not just because she stands 6-foot-2. The best volleyball player in UW history had her number 16 jersey retired before the Nov. 8 upset of Stanford. "This means the world to me," says Vansant, a two-time national player of the year who is now a program assistant for the Husky volleyball team. It was a particular thrill to be honored before the Stanford match because her Huskies knocked off the Cardinal, then ranked No. 1, on her senior night in 2015 before a sold-out home crowd. "That was one of my favorite matches ever," she recalls. An outside hitter, Vansant, '15, also hit the books as an Academic All-American. She led Team USA to gold at the 2015 Pan Am Cup, was an alternate for the U.S. Olympic team at the 2016 Rio Games and played professionally in Switzerland. Then she decided to return to Seattle. "It's great being back."

ATHLETIC COMMUNICATIONS

GIVE ME FIVE



MOM WAS TOUGH!

Matt Anger
MEN'S TENNIS COACH

QUINN RUSSELL BROWN

The California native once was the No. 1 junior player in the world. As a pro, he reached the round of 16 at Wimbledon and at the U.S. Open, and has made the Huskies a Top-25 fixture during his 23 years here.

1.▶ MOST DIFFICULT PLAYER YOU EVER FACED ?

Ivan Lendl. It was like playing against a wall that was coming at me, he was so strong. I wanted to rush the net but I'd look down and see I was 12 feet behind the baseline.

2.▶ HOW DID YOU GET INTO COACHING ?

My dad was a high school tennis coach. My college coach told me I would be good at it. When I retired from the tour, I wanted to stay involved in the sport but didn't want the intense travel schedule. So I got into coaching.

3.▶ HOW HAS TENNIS EVOLVED HERE ?

Historically, warm-weather schools did the best but facilities everywhere have gotten better. The Nordstrom Tennis Center has been such a big help to us. Before that, we used to have to practice indoors at a tennis club after hours.

4.▶ IS A NATIONAL CHAMPIONSHIP IN YOUR SIGHTS ?

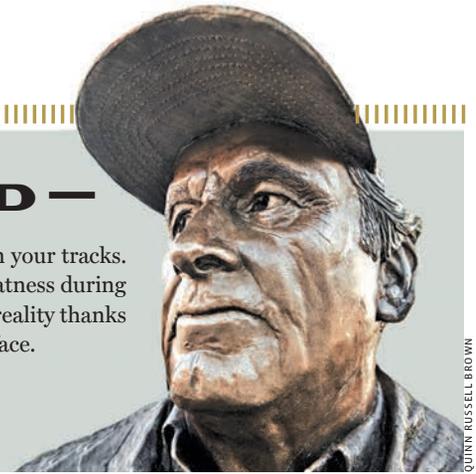
Yes. We had a stretch where we made the NCAA Sweet 16 in five of six years. Two years ago, we defeated top teams in Texas and USC. But the Pac-12 is so difficult, especially this year with Arizona State restoring its tennis team.

5.▶ TALK ABOUT SUCCESS IN THE CLASSROOM.

Academics are always No.1. I know from experience—my mom wouldn't let me play in the U.S. Open Juniors after I won the Wimbledon Juniors because the tournament conflicted with the start of school. I know how important school is. But looking back, I wish my mom would have let me play.

— JAMES BRONZED —

The new Don James statue outside Husky Stadium will stop you dead in your tracks. His intense expression is the same one that inspired Husky teams to greatness during his 17 years here. Sculptor Lou Cella's nearly 9-foot-tall statue became a reality thanks to the support of former players—who still cower when they see James' face.



QUINTY RUSSELL BROWN



#55 / Carl Fennema

COURTESY CARL FENNEMA

Way back when Harry Truman was president,

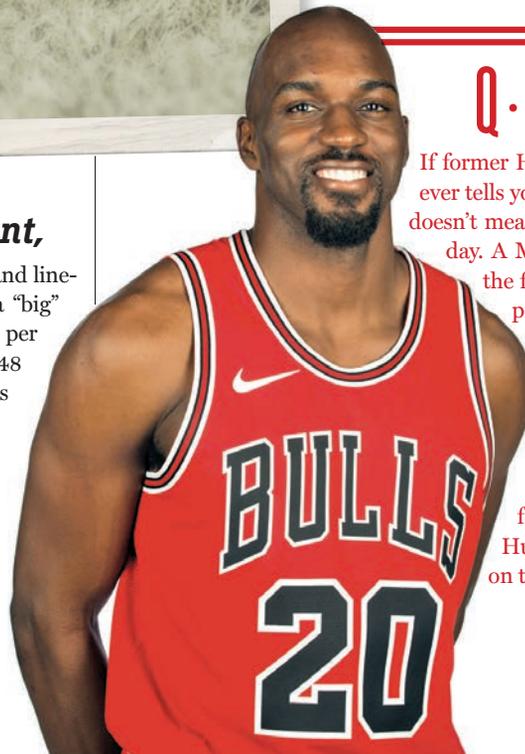
the NFL's New York Giants wanted Husky center and line-backer Carl Fennema bad. So they offered him a "big" signing bonus—\$500—on top of a salary of \$50 per game. Fennema, '46, a California native, spent 1948 and 1949 playing pro football before concussions on back-to-back plays made him think about a different line of work. Now 91 years old, the former businessman, lifeguard and surfing nut is the patriarch of "a bunch of jocks in the family." He may not attend Husky games any more but watch out if you shake his hand. He's got a grip like a vise.

Ginger with a Snap

She was outgoing, a natural-born leader and everyone loved her. Ginger Thornton starred for the UW women's tennis club in the 1950s, capturing a doubles title with Joanne Williams in 1954. Of course, back then women student-athletes didn't get the accolades or opportunities or facilities they deserved. So it was a delight when Thornton, '56, was honored at the 2007 Title IX recognition banquet, where she received her Big "W" letter and Blanket. In her senior year, she directed a chorus of her Tri Delt sorority sisters and Phi Kappa Sigma boys at the spring Sangfast and won first prize. We miss you, Ginger. She died May 19 at the age of 82.

Q-PON IS BACK

If former Husky star Quincy Pondexter ever tells you he nearly died out there, it doesn't mean his jump shot was off that day. A MRSA infection nearly killed the former NBA first round draft pick last year. "My condition was hidden because I didn't want anyone to feel sorry for me," he told ESPN. After a stint with the New Orleans Pelicans, he joined the Chicago Bulls, where he found a familiar face: former Husky guard Justin Holiday is on the Bulls' roster, too.



COURTESY CHICAGO BULLS

A new wood product that reduces atmospheric carbon, can be made of damaged trees, is fire resistant and is easy to produce

BY DEANNA DUFF

could revive the depressed economies in Washington's rural timber communities

THE WOOD THAT COULDN'T



TREES LINE THE MADISON PARK NEIGHBORHOOD that Susan Jones' home fits right in—and not just because the two-story abode features

A large panel of cross-laminated timber is laid in place at the University of British Columbia's Brock Commons, the world's tallest contemporary wooden building at 18 stories. Photo courtesy University of British Columbia Public Affairs



Jones calls home. A big vine-leaf maple shepherds guests to her front walk. ng, and cedar-and-steel fences. It's Mother Nature and architectural marvels. vertical warm wood paneling and sharp angles. What you can't see is that this



The Madison Park home of architect and UW professor Susan Jones is one of the nation's first residential projects built with cross-laminated timber.

home is constructed of cross-laminated timber (commonly referred to as CLT), a next-generation forest product that promises to revolutionize forest management, economic growth, architecture and the construction industry. And that's just for starters. Its real superpower? The ability to sequester carbon from the atmosphere.

Jones, founding architect of the Seattle-based firm atelierjones and a UW associate professor of architecture, envisioned using cross-laminated timber when designing her two-story house. Built in 2015, it is one of the nation's first residential projects constructed primarily of the material. Sometimes described as "plywood on steroids," cross-laminated timber was developed in Europe in the 1990s and is widely used throughout the U.K., Australia, Canada and Japan. It is gaining momentum in the U.S. as regional leaders, including the UW, advocate for broader use.

"For me, this house is an immersion into nature," Jones says. "The CLT helps create a peaceful, serene setting that takes away stress." Garden beds line Jones' rooftop deck. Dozens of Western Red Cedar seedlings sprout upward. Last autumn, Jones gathered cedar cones during her walks across the UW campus and planted them at home.

"It's a mini-forest now," Jones says, fanning the needles with her fingers. "I imagine them 50 or 100 years from now when they're fully grown. They might contain enough wood to build this house all over again." While not every cross-laminated timber building grows actual trees, the material itself is a potential game-changer for forest health and management. To make cross-laminated timber, three to nine layers of wood are stacked perpendicularly, compressed and then bonded together. Wood planks can be small; in Europe, one-inch-thick planks are being made, meaning that small-diameter trees can be used. Another advantage of the new process is that less desirable lumber grades, including those damaged by pests and those already dead, can be used without compromising the panel's overall integrity.

"The basic idea of gluing pieces of wood together isn't that radical," says Bernard Bormann, director of UW's Olympic Natural Resources Center and professor of forest ecology and physiology. "The concept has been improved, that's the real difference. These CLT panels are so incredibly strong." Finished panels can be as large as 18 by 98 feet, with the average length in the 40- to 60-foot range.

This new building material also offers advantages beyond its strength. It "creates a new market for less-than-perfect boards and is a better utilization of existing resources," Bormann explains. By opening up new supply fronts, CLT aids sustainable forestry. And because CLT manufacturers can harvest small and already-dead trees, tree-thinning becomes a profitable endeavor. "On the east side of the Cascades and the Olympic Peninsula, we're seeing forest fires every summer," says Ivan Eastin, director of the UW Center for International Trade in Forest Products (CINTRAFOR) and associate dean for research in the College of the Environment. "Generally, those areas are in poorer conditions and in need of thinning. Pulling out small- and medium-sized timber would actually contribute to healthier forests."

According to Bormann, excessively dense stands of trees block light and reduce habitat quality. Thinning benefits both wildlife and the growth of existing, hardier trees. "CLT has potential to forge new links between lands and people," says Leda Chahim, who until recently was government affairs director for Forterra, a Northwest nonprofit focused on land preservation. "It can potentially make headway toward healthier and more resilient forests, particularly on our public lands. It's an exciting new option."

AS A CHILD, JONES VISITED THE beach cabin her grandparents built on Orcas Island. The family took the ferry and cozied into the rustic abode for holidays. Crossing the threshold into that warm wood interior made a lasting emotional impact on Jones, and served as the inspiration for her Madison Park home. "It's something I want more people to experience. Our urban and natural environments are often so separated," Jones says. "Living more healthfully by using natural, renewable materials like CLT is an exciting, wholesome, peaceful prospect."

There is another exciting prospect, too: the mere act of using cross-laminated timber to build will benefit the environment in other substantial ways. "Our (UW) research indicates that using more CLT expends less energy than producing and transporting traditional building

materials, such as concrete and steel,” says Indroneil Ganguly, associate director of the UW-CINTRAFOR and assistant professor in the School of Environment and Forest Sciences. CLT not only emits less carbon dioxide during the manufacturing phase but the finished buildings made with CLT helps sequester existing carbon for a longer period. “Buildings made with CLT for structural applications result in around a 25 to 30 percent reduction in global warming potential compared to a similar building built with traditional materials.”

Eastin cites a building in London as a compelling example. It is called Murray Grove, and it is the first tall urban housing project to be constructed entirely from cross-laminated timber, from the load-bearing walls and floor slabs to the stair and lift cores. “It’s carbon negative from the start. It will take 21 years before the building will even reach carbon neutrality,” Eastin says. “If they’d used concrete, 137 tons of carbon would have been generated just to build it.”

CLT’s benefits even extend to end-of-life disposal. Tearing down and disposing of a CLT building results in 50 to 80 percent less global warming potential, as compared to end-of-life disposal of a building made with traditional building materials. “It’s important to use CLT and demonstrate the benefits of building more sustainably,” Jones says. “Climate change is one of the most important issues of my generation. One day, I want to tell my grandchildren that I did whatever I could in my own small way.”

On the architectural front, CLT lends itself to unique opportunities. The front edge of Jones’ home comes together like a ship’s prow. The bedroom ceiling joins three panels like the point of a treetop. Due to their strength and manufacturing to specifications, CLT panels can be fabricated with unusual angles to create spaces that respond to light and views in beautiful ways. While not impossible using traditional construction methods and materials, it would be more challenging and expensive.

CLT is also reaching greater heights when it comes to size. Currently, the University of British Columbia is home to the world’s tallest CLT building. Brock Commons, a student residence, is 174 feet high. The 18-story dorm houses more than 400 students. Timber high-rises are also sprouting up across Europe. Vienna’s 24-story HoHo Tower is currently under construction and will be 76 percent wood. Paris’ 35-story Baobab building is in the works. The most ambitious proposal to date is London’s timber-framed, 80-story Oakwood Tower.

“From the architectural and building perspectives, the technical advantages of using CLT are enormous. It’s transformational,” says Eastin, the associate dean for research at the College of the Environment. He estimates that a CLT project can reduce construction costs by up to 50 percent and speed up construction times as much as 65 percent. Because it’s a lighter material, CLT requires smaller and less expensive building foundations. Panels can be quickly and efficiently assembled on site, which reduces construction cost, labor and the amount of trucks, noise and neighborhood disruption. While the use of CLT is catching fire, the material itself is amazingly fire resistant. Eastin describes it as “basically self-extinguishing.” The outer layer burns and chars, which insulates inner layers and prevents the core from catching fire.

We know the benefits cross-laminated timber can bring. So how does it become mainstream?

A primary goal for U.S. advocates of cross-laminated timber, including those at the UW, is educating the broader community and training the next generation of those who design, create and make buildings. “One of the main things we now need to do at the universities is teach architects, engineers and builders more about designing with CLT wood,” says Eastin. “It has different properties and people have to understand how to use it effectively.”

One area that needs to account for this new product is building codes. In the city of Seattle, most codes generally cap traditional wood-ven structures at six stories. Nevertheless, the use of CLT is expected to increase. Ganguly published a 2017 study that forecast Northwest demand over the next 20 years. (It is increasing.) Jones sits on a national committee, the ICC Tall Timber Committee, to change U.S. Building Codes to allow tall timber buildings up to 18, even 20 stories. Once these codes are implemented sometime in the 2018 Code Cycle, demand is expected to jump significantly.

Education and collaboration are the next steps to making more people aware of CLT and its incredible advantages. Currently, there are two UW proposals to establish centers for CLT research and education—a Center for Wood Innovation and the Center for Innovative Wood Products. Proposed efforts include support from the College of the Environment, Department of Architecture plus the College of Built Environments.

“The research and work provided by UW has been key,” says Chahim, the former government affairs director for Forterra, the nonprofit that focuses on land preservation. “Their advice and advocacy has been critical to the regional conversations surrounding CLT. It has influenced the thinking and understanding about potential opportunities for use and the impact on forests.” Through the UW Department of Architecture, Jones has taught two studio courses comprised of graduate stu-

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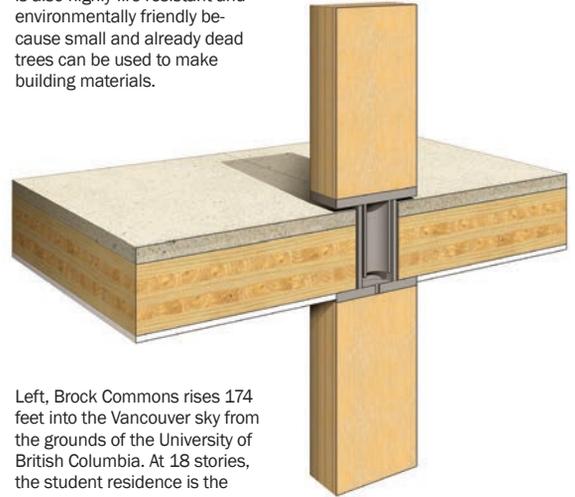
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Right, exceptional strength is one of the advantages of cross-laminated timber, which is also highly fire resistant and environmentally friendly because small and already dead trees can be used to make building materials.



Left, Brock Commons rises 174 feet into the Vancouver sky from the grounds of the University of British Columbia. At 18 stories, the student residence is the world's tallest building made from cross-laminated timber. Courtesy University of British Columbia Public Affairs

dents over the past four years. Their UW studios have self-published two books on the work, and her office, atelierjones, has held an exhibition of their CLT work on the UW campus. Jones' own book on atelierjones' Mass Timber design and research will be published in December 2017 with ORO Editions.

"UW students are involved with CLT in live time," Jones says. "We're exploring these issues together regarding the technical, aesthetic and even regulatory points of view. They love learning about it, breaking new ground and their passion is infectious."

An open-slat wooden fence surrounds Jones' home. The cedar planks originally staked pea vines on her family's Skagit Valley farm in the 1940s. Individually, they are weathered with age and time has whittled them to branches. However, much like CLT, their sum is greater than their parts. Everything old is new again. "It's about using materials in a thoughtful way and not taking them for granted. That's what I love about CLT. It's a testimony to taking something imperfect and making it valuable again," Jones says.

That approach might extend to the Washington forest industry. Until 1940, the Evergreen State was the nation's leading timber producer. But over the decades, economic recessions and environmental protections decreased logging on federal lands. In 1990 alone, more than 50 Northwest saw mills closed. "In the past decades, timber production from national forests dropped close to 90 percent," says Bormann. "In addition to policy changes, there were technological advances in mills that reduced jobs and it all contributed to a major crash of the local timber industry."

The hope is that CLT can help resurrect the industry, boosting rural job growth while creating an environmentally sustainable source to support the state's economic future. By harvesting smaller and even damaged timber, CLT could renew logging interest in both new and long-overlooked forests. But there are barriers. Washington does not yet have a commercial production facility, though some experimental equipment is in place at two locations in Eastern Washington. However, demand has galvanized current mills to expand. And the outlook is favorable for new facilities to come online.

Vaagen Brothers Lumber, a fourth-generation Washington timber company, is set to embrace CLT in 2018 by expanding its operations in Colville. California-based Katterra is on track to open a plant in the Spokane Valley next year and employ upward of 150 people. Local pro-

duction facilities will likely lower the retail price of CLT by eliminating the need to import. "The huge upside for the Northwest is that we're one of the best places on the planet to grow trees," says Rep. Steve Tharinger, chair of the Washington State House Capital Budget Committee. "CLT could be an environmentally sensitive way to use those resources." Tharinger's district represents the Olympic Peninsula, Clallam and Jefferson Counties plus most of Grays Harbor County, areas that were devastated when the timber industry fell on hard times.

"We have affordable housing needs in the state, which are acute in the Puget Sound area," Tharinger continues. "CLT can help meet some of the urban growth needs while creating jobs in the rural areas. It's a win-win."

Brian Hatfield, who leads the forest products sector for the state's Department of Commerce, believes CLT can also address unique housing needs in sparsely populated regions of the state. With few home builders in their communities, residents in Klickitat and Pacific counties rely on manufactured housing. Instead, says Hatfield, "CLT could be perfect for those who want a solid, sturdy structure, but still need something that comes together quickly and doesn't require as much construction infrastructure."

Tharinger cites school construction as another arena where CLT can make a big difference. There is a statewide need for new schools at all levels, but funding often falls short. CLT, with its faster construction times and lower costs, could make this a more viable option. The state's 2016 budget allocated \$5.5 million for a pilot program to build 20 modular-classroom buildings in five school districts. Greywolf Elementary in Sequim has already been completed using timber from the Olympic Peninsula, as has atelierjones' two CLT modular schools in Eastern Washington.

"The schools are really excited," Tharinger says. "What we did with the school construction has helped develop the market and successfully showcase what this material can do."

Part of what excites UW's CLT advocates is the opportunity to collaborate and highlight how their work and research can be harnessed statewide. UW Tacoma, in partnership with Forterra, hosted the third annual Cross-Laminated Timber conference in November 2017.

"There is a strong commitment by everyone at UW to make our work relevant to all of Washington and help people across the state," Bormann says. "CLT is a beautiful bridge to help bring everyone together around something benefiting all of us." ■ —Deanna Duff is a frequent contributor to *Columns*



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The Lunch Guy

by Eli
Francovich
photo by
Daniel
Berman

School lunch debts
plague districts
and sometimes
lead to "lunch shaming."
A Seattle dad
with an
appetite for
social justice
sets things
right.



When Jeffery Lew's parents immigrated from China to Seattle in the 1970s, they didn't have the time, or the means, for philanthropy. They were too busy trying to survive and establish a life for their son, an only child. "My parents worked countless hours to put food on the table," Lew says. "To pay bills. To buy a house."

Lew's father cooked at Chinese restaurants all over the Seattle area before retiring. His mother works as a seamstress. "I wasn't one of the kids who got everything they wanted," Lew recalls. But he didn't lack for the basics. Housing. Clothes. Food. And he never worried whether he'd be able to buy lunch at school. "I always had lunch money," he says. "I was very fortunate."

A generation removed from the struggles of immigrating, Lew—a 2006 graduate of the Foster School of Business—enjoys a foundation his parents didn't have in America. So he is dedicating his efforts to fighting for the kids and families who can't afford to buy lunch at school. Over the past year, Lew has raised tens of thousands of dollars to pay off school lunch debts across the state of Washington. His GoFundMe campaigns have not only attracted a cornucopia of donors but widespread acclaim as well. Singer-songwriter John Legend, the Seattle Seahawks and a host of others have donated to Lew's campaigns. CNN, NBC Nightly News, the Today Show and other media outlets have interviewed Lew.

His initiative has touched a nerve, inspiring others to jump in and raise money for their schools while at the same time bringing awareness to a phenomenon called "lunch shaming," the practice of withholding hot lunch or giving a replacement lunch or somehow marking a child who doesn't have the money to pay for school lunch. Yet behind all the acclaim is a perfectly normal father of three who admits that before all of this, he wasn't exactly brimming with confidence. Even after all the interviews, the Seattle resident struggles to articulate exactly what motivated his sudden dive into philanthropy. Then it hits him: he wants to leave a legacy for his children. "I wanted to show my kids that if you see something that is not right, or you want to fight for something, you can always try," Lew says. "Fight for what's right. You don't know if you're going to be successful unless you actually try." Put another way, he wants to do for his children what his parents did for him. "When my kids are

older and look back, I want them to say, 'Wow, look what my dad did,'" he says.

According to a 2014 Department of Agriculture report, roughly half of all school districts nationwide withheld hot lunch from students who couldn't pay. Often, those districts would provide an alternate meal, like a sandwich. But some districts went so far as to mark students' hands with stamps or other signifiers to remind their parents to send money. Currently, roughly 75 percent of all schools have children with outstanding lunch debts, according to the School Nutrition Association.

Lunch shaming gained notoriety this spring after a series of articles appeared in national and local media outlets. Around that time, Lew stumbled on a CNN Money article that described the practice. Horrified, he called up his son's Seattle school. While he was relieved to learn the school didn't lunch-shame in any way, it did have outstanding lunch debt. The total? \$100. That got Lew moving. "The word debt and children should not go together," Lew says. "Because they're kids. Their job is to focus and study."

He started a GoFundMe effort and within a few days, he raised \$100. That success inspired him to aim higher—he then wanted to know how much school lunch debt existed in Seattle Public Schools, the state's largest district. It wasn't long before he raised \$50,000 to pay off the district's outstanding debts. High-profile donations brought in more publicity, and that got Lew thinking even bigger. In short order, he paid off lunch debts for school districts in Tacoma, Renton and Spokane. City officials in Spokane were so appreciative that they honored Lew with an official salutation for raising more than \$4,000.

Six-year-old Amiah Van Hill first heard about Lew in May. That's when her mother, Rachel, read her a news story about Lew's GoFundMe campaign. Amiah wanted to help, so she called her school in Hayden, Idaho, and asked what its lunch debt was. The answer: \$40. Over the summer, Amiah started a lemonade stand near her home. Within an hour, she'd raised more than \$40. From there, her homegrown effort took off. After pulling in more than \$300 selling lemonade, she opened her own GoFundMe campaign to pay off the lunch debt of every school in nearby Coeur d'Alene. As of early October, that campaign had raised more than \$13,000.

Although Lew and Amiah have never met, Rachel Van Hill says Lew inspired Amiah's every move. "I want him to know that he inspired Amiah," she says. "Without him, and what he's done, we wouldn't have been able to do what Amiah is doing on her end." Lew sends Amiah messages nearly every week to encourage and support her efforts. "It's crazy to see such a small idea taking off," Lew says. "I feel like I'm just an ordinary guy. But everyone is like, 'You're that lunch guy.'"

Another person Lew inspired is Erik Anderson, the CEO of Dallas-based Topgolf Entertainment Group, an international sports entertainment company. He wanted to get involved. "I had a real diverse, small class growing up," says Anderson, who was raised in Spokane, moved to the west side of the state but serves on the board of Avista, the power company that services the Spokane region. "There were clearly kids who had more or less resources, so I developed some empathy." He donated \$3,525 to the Seattle campaign, \$2,500 to Tacoma, \$2,500 to Renton, and \$1,503 to the Spokane campaign. "Sometimes things should just get better right away," Anderson says.

Now, Lew is aiming even higher. He wants to raise money to pay off the lunch debt for every school district in the state—more than 315 in all. As of the beginning of October, he'd raised nearly \$32,000 of his audacious \$650,000 goal. But even Lew, who spends several hours every night fundraising, knows full well that the money won't address the underlying causes. "It's a temporary solution to pay off these lunch debts as we go along," says Lew, who assists low-income families in his day job. "It's like a Band-Aid, and Band-Aids come off."

To address the idea of finding a structural solution, Lew has brought another Foster School alum, Stephen Medawar, '06, on board to organize and direct the larger effort. "The fix isn't just money," Medawar says. "The fix isn't just legislation. The fix is multifaceted."

At the end of the day, Lew remains focused on inspiring his own children and continuing the legacy of his parents. Just the other day, Lew says, his son's lunch lady told him, "Wow, you have a cool dad." ■ —*Eli Francovich is a frequent contributor to Columns*



With a study he started in Seattle in the 1950s, K. Warner Schaie, '53, '56, revolutionized the understanding of the cognitive effects of aging. Today, Schaie and his wife Sherry Willis, co-director of the Seattle Longitudinal Study, are outspoken about how staying mentally fit can help delay dementia.



The Puzzle of Aging

Heredity is only half of it.

When it comes to aging well, everything from mitochondria to marital status can factor in. And now, building upon decades of research and outreach, UW experts are puzzling out new ways to help us live longer and better.

BY HANNELORE SUDERMANN

PHOTOS BY MATT HAGEN

“W

hen I started working as a nurse

in 1968, aging was something people suspected happened much earlier: You get old, you get sick, and you die,” says Nancy Fugate Woods, dean emerita of the UW School of Nursing. “Retirement was seen as a quick prelude to the end of your life.”

But today, thanks to improved hygiene, the development of medications, and clean water, Americans don’t face the level of infectious disease they did at the start of the 20th century. In fact, we’re living 30 years longer than our ancestors just a few generations ago. So now it’s not just a question of how long we live, but how well, says Woods.

“My generation is not satisfied with ‘you get old, you get sick, you die,’” says Woods, a baby-boomer. “We have a tradition of changing almost every life experience we go through. Now we’re thinking about what we can do that makes this part of the lifespan worth living.”

As humans live longer, they’re more and more grappling with age-related illnesses like heart disease, diabetes and dementia. Over the last decade, thanks in part to medical advances and in part to our changing culture, the visions and views of aging have changed significantly. Sixty is no longer the end of life, but the start of the next chapter.

Woods, ’69, turned 71 in August and retired from the UW after nearly 40 years in academia. Nonetheless, she keeps a lively schedule, understanding that the rigor that comes with collaborating with colleagues, mentoring students and continuing her research will keep her intellect engaged. “Sometimes there is a perception that once we reach a certain age, we need to slow down or not do an activity,” she says. And that is a dangerous way of thinking. Studies show that increased activity, even at nursing homes with residents in wheelchairs, improves both physical and mental well-being.

Recently, Woods and her colleagues have been exploring what it means to “age well,” and how race, economics, sexual orientation and other factors affect our later years. They are studying the notion of “optimal aging,” which allows for disability and disease but emphasizes individuals having the capacity to adapt to the changes aging brings. The

Though she recently retired, Nancy Fugate Woods, dean emerita of the School of Nursing, has simply moved her work to her dining room table. She continues to collaborate on studies on women’s health and positive aging.

way to thrive is to accept change and adjust our behaviors to still be able to do what we want, says Woods. If stability is an issue, for example, use a cane or enlist the assistance of a caregiver. “There is a wide range of possibility beyond just not going out,” she says. “You can still experience high life satisfaction and still experience personal growth, even if you encounter physical and cognitive changes along the way.”

Social engagement is also important. Woods devotes energy for her grandchildren and for nurturing relationships with friends. “I believe I am growing in my understanding as a human being because of that,” she says. She readily admits, even after a career that included studying midlife and older women’s health, she doesn’t have it all figured out. “I am grappling with what my next chapter should be,” she says. “I’m trying to fill it with discernment, with activities that have meaning, where I make contributions.”

Perhaps the most important lesson we have today, she says, is no matter how old you are, it’s never too early to start thinking about how you will age, and almost never too late to make changes.

Aging on the Mind

When K. Warner Schaie enrolled at the UW for graduate school in 1952, few on the faculty were studying aging, let alone the psychology of it. But Schaie had already undertaken his first exploration of intel-



lectual ability and cognitive decline in older adults.

Schaie, as an undergraduate at UC Berkeley, had administered to retirees a mental ability test designed for children. At the time, few people were studying cognitive change in adults, particularly seniors. Sitting in his living room on Queen Anne Hill, with a view of Lake Union in front of him and fresh stack of library books beside him, Schaie, now nearly 90, reaches into his memory for the details.

"I was intrigued. Someone said there's a senior center out at the marina in San Francisco," he says. Testing older people there and people of different ages at another facility, he found that adults and those in middle age performed better on the mental skills test than high school students. At a time when the prevailing belief was that people reached their intellectual peak in their 20s—around the time they peaked physically—this was a revelation.

At the UW, Schaie sought to repeat his study. It was his good timing that Group Health Cooperative had just formed and one of his professors was on its advisory board. Schaie added his own questions to a Group Health survey. He measured verbal ability, numerical ability, reasoning, word fluency and spatial orientation and came up with some surprising results.

The findings of that first 1956 study became the basis of his dissertation as well as the foundation of the Seattle Longitudinal Study, a 47-year effort to follow the participants and understand how their abilities changed with age. Returning every seven years to collect data, "it turned out the findings were very interesting. Some people as they got older had gotten worse, but some had gotten better," says Schaie. Looking at the same people over time, Schaie and his team found that for most people cognitive functioning improves from young adulthood to midlife, declines slightly in the 60s and progresses downward into the 80s.

He was also curious as to how rigid or flexible the participants were in their behaviors. For example, could they easily shift from one task to another? Schaie gives the example of breakfast where those who exhibit rigid behaviors would eat the same food at the same time every day. Schaie's study found that people who are very rigid don't do as well in late life. The reason? Old age is a time of rapid change and requires a lot of flexibility, he says.

He also found that factors like having above-average education (today in Seattle that means more than some college), a job that is high in complexity and low in routine, success in life, and marriage helped delay mental decline. Health also plays a major part, particularly if you are free from cardiovascular disease, which Schaie found took a toll on brain function.

After finishing his master's and Ph.D. in psychology, Schaie rose to national prominence for broadening our understanding of the psychology of aging. His work changed public policy, causing government agencies in the United States and Canada to raise the mandatory retirement ages in a number of fields. While a 55-year-old brain might not be as good as a 30-year-old brain at something like calculus, Schaie says, middle-aged people are better at managing large-scale projects with multiple pieces and numerous people, and are generally better at planning, reasoning and problem-solving.

Throughout his career, Schaie kept the Seattle Longitudinal Study going and in some cases managed to capture data from multiple

generations of the same family. In the 1980s, the study broadened to explore how a person's intelligence might be preserved or modified. The study already showed that we may start to experience some cognitive decline in our 20s and 30s, particularly with perceptual speed.

Sherry J. Willis, an educational psychologist who collaborates with Schaie on the Seattle study and is also his wife, offered participants over 64 an opportunity to try intensive brain training to restore function. She and Schaie theorized that mental loss might be due to lack of use and could be reversed. Going to participants' homes for regular sessions, researchers led them in a series of exercises in memory, reasoning and speed of processing. They found that people who had continual training over periods of time maintained or improved their cognitive functioning and were better able to do tasks like manage their own checkbooks and medicines, and live independently longer.

As agents of our own development, we can make lifestyle decisions that help us keep up our mental abilities, says Schaie. In one research paper, he put it this way: We can engage in stimulating activities or be couch potatoes. Furthermore, we should think about being flexible, undertaking activities that stimulate our intellects like reading and traveling, trying new experiences and attending cultural and educational events, he says.

Schaie, who will be 90 in February, and Willis, now in her 70s, find cruising and exploring new parts of the world, attending conferences, and visiting friends in other cities keeps them engaged on many levels. They are also co-editing a book and work out with a physical trainer once a week. "Don't just live day to day," says Willis. "You can't stop learning. And keep in mind flexibility [in your behaviors] is really important."

Fight the Frailty

That sight of a frail older person who moves slowly and gingerly troubles Oleg Zaslavsky, a faculty member in the School of Nursing who studies lifespan health and innovative interventions. Frailty is a medical syndrome characterized by weight loss, muscle loss, fatigue and limited physical activity. Not a lot is known about the biological mechanisms that cause frailty in older adults. But we do now know that frail people have an increased risk of falls, fractures, disability and mortality, says the assistant professor. They need more health care and need it sooner than their robust counterparts.

Frailty is also a serious concern for medical providers. It affects recovery from all kinds of surgery including out-patient procedures—leading to postoperative complications and longer recovery times. Frail people are more likely to end up in nursing homes and may never regain their level of function after their surgeries, says Zaslavsky. Now he and his colleagues are studying how and why certain people become frail and what can be done about it.

Evidence is showing that exercise and nutrition can help. Also, working on getting stronger even if it is just a few weeks prior to surgery improves a patient's ability to bounce back. As a member of the UW's De Tornay Center for Healthy Aging, Zaslavsky works with agencies and facilities that serve older adults, helping them develop physical wellness programs.

In the 1990s, the UW's Health Promotion Research Center helped develop EnhanceFitness, a research- and evidence-based exercise program for older adults. Today, it is a national model offered through Sound Generations and the YMCA, which provide classes with strength training, balance, stretching and cardio. Participants exercise in groups with certified instructors who can tailor the program to each person's abilities and needs.

The research shows that people who engage in physical activity are not only healthier but happier, and they stay independent longer. They

The Golden Years

Straight out of science fiction, a rare compound found on Easter Island and now being used in humans as an immunosuppressant could be an answer to improving our senior years. Today, UW scientists—with the help of a few canine test subjects—are exploring just how it might help us live longer and healthier lives.

“Let me tell you about its cool backstory,” says Matt Kaerberlein, a UW pathologist with an expertise in the biology of aging. As we sit in his office in the Health Sciences complex, he unfolds a tale that starts in 1964. Canadian researchers collecting soil around the monoliths on Rapa Nui, also known as Easter Island, found a bacteria and an intriguing compound the bacteria produced, which they called rapamycin.

The compound—which appeared to suppress the body’s immune system—sat on a shelf somewhere for a few decades before it got into the mainstream, says Kaerberlein. Then scientists started exploring its uses for cancer treatment. The FDA eventually approved the drug as an immunosuppressant for organ transplants.

Fast forward to 2004, when Kaerberlein was a postdoctoral researcher at the UW collaborating with biochemist Brian Kennedy. They were performing a genome-wide screening for compounds that could increase the lifespan in yeast. Of the hundreds of compounds they tried, rapamycin stood out. “We were pretty excited about it,” says Kaerberlein. So were

other scientists in the field, as well as the National Institute on Aging, a division of the National Institutes of Health, which supports some of Kaerberlein’s research. They broadened the testing to include mice, and the results were similarly promising. Mice given rapamycin have been found to live up to 25 percent longer than their counterparts and seem to have better outcomes with age-related diseases like cancer and Alzheimer’s.

“That really starts to make you think the chances are this could work in people,” says Kaerberlein. That first mouse study had another significant benefit. A glitch in the testing program meant that the scientists weren’t able to give rapamycin to the mice until they were 20 months old, which would be the equivalent of a 60-year-old person. Nonetheless, it worked. This showed that even when the test subjects were given the drug late in life, they received significant benefit.

“It was the first time anyone had shown that you can start an intervention in middle age and get increased lifespan in a mammal,” says Kaerberlein. “It certainly changed the way I think about interventions to target aging.”

Originally, the team thought rapamycin would only slow aging, but now it looks like it can also restore lost function in an older animal. “The data so far suggests that as long as you don’t have a disease that’s terminal, if you’re a mouse, it’s not too late to get some benefit—even rejuvenate certain organs and tissues and extend the period of healthy life from the point you’re at,” says Kaerberlein.

But “how do we take what we think we know in the lab and bring it into the real world?” he says. Teaming up with UW biologist Daniel Promislow and Kate Creevy, a veterinarian at Texas A&M, Kaerberlein turned the fo-

Aging On The Bookshelf

A sampling of recent consumer-friendly books on aging by UW faculty and alumni

Enlightened Aging: Building Resilience for a Long, Active Life

By Eric B. Larson, M.D., and Joan DeClaire

Larson, who earned his master’s in public health at the UW in 1977 and now is executive director at Kaiser Washington Health Research Institute (formerly Group Health), offers advice for growing older and staving off disability. Read a staff review of this book on our web site.

To Move or To Stay Put, a Guide for Your Last Decades

By Jeannette Franks, Ph.D.

UW gerontologist Jeannette Franks, ’70, ’76, ’79, ’96, was dismayed by how poorly prepared many in her boomer cohort are for retirement. This book is a distillation of her years of working with older people and researching in nursing homes and assisted living communities.

Life Gets Better: The Unexpected Pleasures of Growing Older

By Wendy Lustbader, M.S.W.

Wendy Lustbader is a UW master’s of social work alumna and affiliate professor. A Seattle-based author, speaker and social worker, Lustbader, ’82, describes alternatives to current stereotypes about aging. She points out that many people grow more confident and vibrant and less self-centered as they age.

also spend less on medical costs (nearly \$1,000 a year). Understanding this, faculty like Zaslavsky and sociology professor Jerald Herting have looked into why some older adults join and stick with group exercise programs and why some drop out. A recent pilot study, which Herting co-authored, found that those who dropped out of EnhanceFitness either said the class was too hard, that it was too easy, or that they didn’t like to exercise. The first two concerns can be remedied by working with the instructors, but the latter is a broader concern, notes Herting. The study also found that white people were more likely to drop out than those of other ethnicities. Now the challenge, notes the report, is engaging older people who are less inclined to be active.

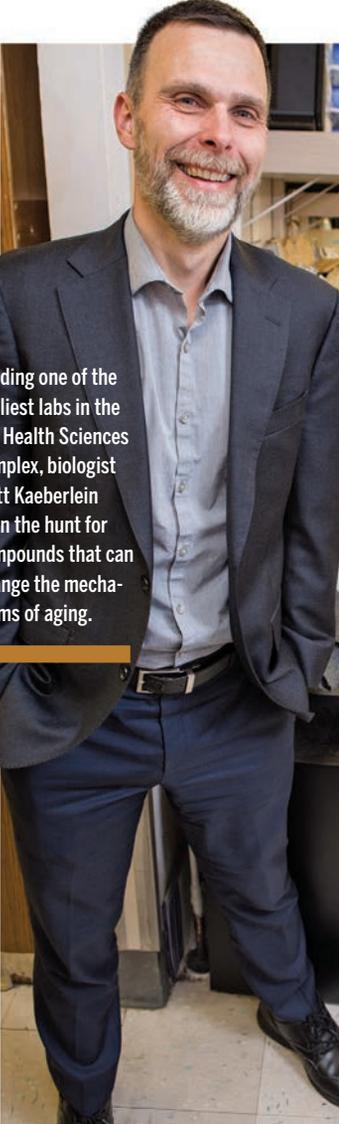
Perhaps medical referrals and better outreach explaining the benefits of exercise will help. In 2014, the Centers for Disease Control funded a \$3.75 million grant to the School of Public Health to conduct additional research into healthy aging. Efforts include finding ways to get physical therapists and primary care providers to recommend senior exercise programs not only to fight frailty and save medical costs, but because regular exercise is linked to reduced risk of dementia and Alzheimer’s disease.

Aging and Disease

While much of the nursing and sociology research at the UW focuses activity and behavior, there’s still a lot to learn about what age does to us on a cellular level. That was the start of UW pathologist Matt Kaerberlein’s hunt for ways to slow aging.

As an undergraduate at Western Washington University, he heard a talk by MIT biologist Leonard Guarente, one of the country’s leading experts in the biology of aging. “It fascinated me that you could study something as complicated as aging,” says Kaerberlein, now an internationally-recognized expert in his own right. His work has been published in *Nature* and *Science* and featured in *The New York Times*.

In 1997, Kaerberlein went to work in Guarente’s lab, helping zero in on genes that might increase longevity. That led to a postdoctoral posi-



Leading one of the liveliest labs in the UW Health Sciences complex, biologist Matt Kaerberlein is on the hunt for compounds that can change the mechanisms of aging.

cus to dogs. "One real advantage is that with dogs we can do in 10 years what it takes 70 years to do in people," he says.

"I'm a dog person, I've had dogs all my life including three right now," says Kaeberlein. Promislow is a dog person, too. "In conversations with Daniel about the study of aging in dogs, it occurred to me that companion dogs might provide a really fantastic opportunity to look at rapamycin and how it does outside of the laboratory."

Rayna is a charming senior-aged golden retriever who loves tennis balls, chasing deer and standing on her hind legs to pick pears from the tree in her yard. When her owners, Redmond couple Tom Clein, '79, '81, and Helen Kyte, '79, heard about the UW's Dog Aging Project two years ago, they decided to sign her up. "We figured if it doesn't do any harm and it does extend her life, we should try it," says Clein.

During the 10-week study, Puget Sound-area pet owners gave their dogs three tablets a week. Some dogs received a small dose, some a larger dose and some a placebo. Among the pups who were given the drug, researchers found positive results and no significant side effects.

Two interesting things were reported by those whose dogs were getting the rapamycin: their activity had increased and, what was more interesting, about 30 percent of them said their dogs were more affectionate. "It could reflect changes in cognitive function," says Kaeberlein.

It turns out that Rayna was in the group that received the high dose of rapamycin. "The only thing we noticed was that she seemed to be

drinking more water," says Clein. "During and after the trial she showed a pretty steady enthusiasm for activity."

Now the project is moving into its second phase, which will be conducted out of Texas A&M. The yearlong study will focus on the dogs' cardiac and cognitive functioning as well as activity. The Dog Aging Project's long-term goal is to obtain funding for a five-year study to really answer the questions: does rapamycin extend or improve lifespan in dogs like it has in mice, and if so, by how much? ■



Rayna, a senior-aged golden retriever, took part in the UW's Dog Aging Project testing a new compound for its ability to delay age-related diseases. Her humans, UW alumni Helen Kyte and Tom Clein of Redmond, volunteered her for the trial.



tion in Stanley Fields' lab at the UW. Today Kaeberlein is known for his work toward increasing lifespan and delaying the onset of disease. With nine postdocs, five grad students and more than 40 undergraduate researchers, he also has one of the liveliest labs on campus.

"While aging is not a disease, it does drive disease," Kaeberlein says. As you age, he explains, your risk increases of getting certain diseases. What about getting older makes us more likely to develop chronic illness? he asks. Rather than focus on an individual disease, Kaeberlein and his colleagues are targeting aging on a molecular level, seeking interventions that slow aging and stave off chronic disease and disability. He is also among the UW researchers exploring mitochondrial diseases, which affect nerves and muscles. Mitochondria are what generate energy for cells. Now there is evidence that mitochondrial dysfunction has a role in aging and contributes to age-related disorders like Parkinson's disease, Alzheimer's disease, diabetes and some cancers.

It's an exciting time in the field where researchers are starting to develop evidence that specific interventions (like rapamycin, a drug that Kaeberlein has been working with that prolongs the lifespans in yeasts, fruit flies and mammals) do work. "People are starting to think about clinical trials," he says. "We're starting to ask how we can take what we've learned in the lab out to the real world."

But when it comes to trying trendy treatments and drugs on ourselves, Kaeberlein urges caution. Fad ideas like calorie restriction or "young blood," the notion that infusions from a younger person might reverse age-related impairments, have not been rigorously tested and could even do harm, he laments.

For himself, Kaeberlein's practice is simple. Practical. He tries to eat healthy foods and exercise regularly. "I've gotten better on that than I used to be. I also don't smoke and I try not to drink too much," he says. "Those are things that we know with some certainty give you the best chance of living a long, healthy life." ■ —*Hannelore Sudermann is Managing Editor for Columns*



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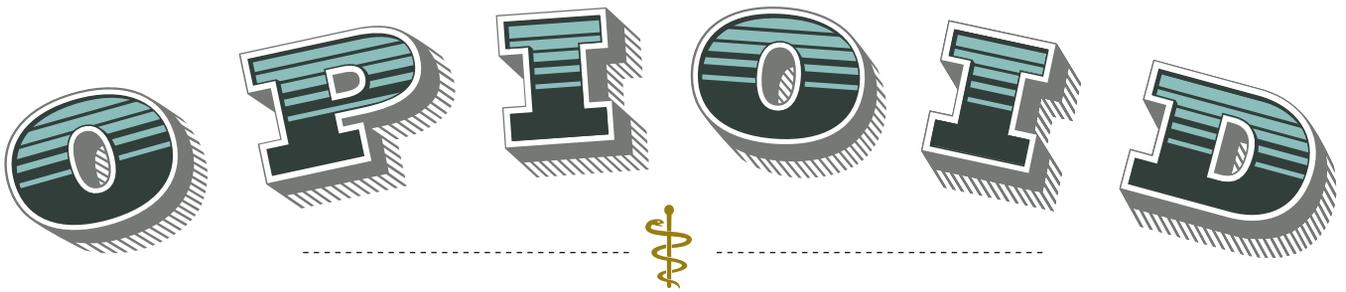
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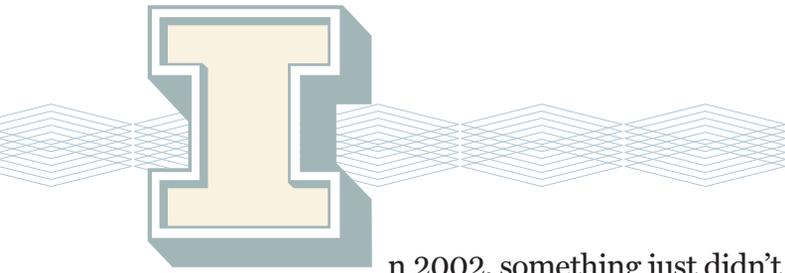
BOOM

*The prevailing practice for treating addiction to painkillers
led from the physician's office to the worst man-made
epidemic in modern medical history.*

By Julie Garner

ART BY CARLO GIAMBARESSI





In 2002, something just didn't make any sense: workers with routine back injuries were being prescribed whopping doses of opioids like Vicodin and OxyContin—and some were dying.

Concerned officials in the state's Department of Labor and Industries' medical director's office needed to get to the bottom of this situation.

The agency's chief pharmacist, Jaymie Mai, a graduate of the UW School of Pharmacy, scoured the medical, prescription and physician records that accompanied the workers' compensation claims. What she and Gary Franklin, a School of Public Health research professor and L&I's medical director, uncovered was jaw-dropping: over just a few years, 44 people in Washington suffering from chronic pain had died of prescription opioid overdoses.

Something had to be done. So Mai, '94, '96, and Franklin became the first in the nation to sound the alarm about the link between the opioids physicians were prescribing for pain control and a high number of so-called "accidental poisoning" deaths. Ironically, in 1999, the year all those lives were lost, was also the same year Washington law was changed to say "No disciplinary action will be taken against a practitioner (physician) based solely on the quantity and/or frequency of opioids prescribed."

The fact is, physicians in Washington and across the country were over-prescribing Vicodin and OxyContin to patients whose pain was not related to cancer. By simply following their physicians' advice, patients were becoming increasingly dependent—and some became addicted, often unknowingly.

"It has been the worst man-made epidemic in modern medical history," Franklin says. "It happened because of the false teaching in the medical community—that the addiction rate is less than 1 percent, that there is no ceiling on dose, and that the way to prevent tolerance is to increase dose." You can imagine how the national medical community

residents were on very high opioid doses.

Powered by the University's 50-year legacy of pain research and innovative patient care—the first chair of the UW Department of Anesthesiology and Pain Medicine, John Bonica, is known worldwide as the "father of pain medicine"—UW faculty were well prepared to join with Franklin and Mai. The outcome: The state of Washington published the nation's first opioid-prescription guidelines in 2007. (Those guidelines were updated in 2010 and again in 2015.) In 2012, Washington also became the first state to legislate limits on the prescription of opioids. Clearly, Washington state has led the way on reversing the opioid epidemic.

Tauben, '82, and Franklin were part of the group that introduced the idea of prescribing limits. UW faculty members Caleb Banta-Green, '96, '97, '08, (from the School of Public Health) and Mark Sullivan and Joseph Merrill (both from UW Medicine) collaborated with researchers nationwide to be among the first, in 2010, to establish the clear relationship between the prescription of high doses of opioids and overdoses, as well as the high rates of addiction. In 2013, UW School of Pharmacy research showed that making naloxone readily available helped prevent overdose deaths.

But the UW's impact in dealing with this crisis goes much deeper. For instance, at UW Medicine's Harborview Medical Center, an innovative program was created to treat patients with heroin addiction the same way it would treat those suffering from a chronic disease, such as diabetes. Alumni serve on the front lines of addiction, providing people with counseling and medication in federally-licensed methadone clinics; faculty have developed programs in conjunction with Muckleshoot tribal leaders that keep people with opioid addictions on the path to successful treatment; and clinicians who practice in the region's rural areas can use TelePain, the UW's distance-consult service, whenever they need advice about caring for patients with pain and addictions.

However, despite the University's best efforts, the crisis remains an uphill battle with no end in sight. For example, in 2016, someone in Washington died of an opioid overdose every three days. In early September, The New York Times reported that the first count of fentanyl deaths in 2016 showed a 540 percent increase in three years, driven by potent illicit fentanyl-type drugs. While much of the recent increase in deaths nationally has been caused by fentanyl or carfentanil (a drug that is sometimes cut into heroin), many of these people started with opioids. Not long after that report, The Times and ProPublica reported that almost every insurance plan covered the prescription of common

OPIOID-OVERDOSE DEATHS *are the leading cause of accidental deaths in nearly every part of the state and nation.*

reacted to reports that opioid-poisoning deaths occurred so soon after efforts to make opioid prescribing more permissive. Franklin was shouted down at major meetings of pain specialists who felt strongly that treating non-cancer pain with opioids was the correct course. The view that opioids weren't addictive and that physicians had an obligation to prescribe them for non-cancer pain had taken on the patina of gospel truth. And it was all wrong.

David J. Tauben, '82, UW Medicine's chief of Pain Medicine, may have said it best: "With the best of intentions and the worst of outcomes, physicians—in an effort to swim against a current of desperate patients, limited time and the rising mythology of how pain should be managed—were seduced by quite a number of people advocating for opioid pain treatment." By 2006, more than 10,000 Washington

opioids, and very few required prior approval. However, less addictive or non-opioid pain killers were often not covered.

The sad truth is that opioid-overdose deaths are now the leading cause of accidental deaths in nearly every part of the state and nation, surpassing the number of deaths from motor-vehicle accidents and firearms. In 2015, 718 people died from opioid overdoses in Washington, including those from heroin and illicit fentanyl. Even more discouraging is the prediction that overdoses are expected to remain the leading cause of death for Americans under age 50.

While deaths specifically from prescription-opioid drugs have declined, heroin-overdose deaths are on the rise, particularly among young people. It's no mystery why: for around \$10 a bag, users can stay high all day on heroin. OxyContin can cost \$80 per pill.

Banta-Green, principal research scientist at the UW Alcohol and Drug Abuse Institute, explains that more than 50,000 people in Washington suffer from opioid use disorder (opioid addiction)—and the barriers to treatment are myriad. “Less than half of those who would benefit from methadone or buprenorphine are able to access them in Washington,” he says.

Banta-Green continues to work with pharmacists—many of whom are graduates of the UW School of Pharmacy—to increase the availability of naloxone, the drug that can revive someone on the brink of death from an opioid overdose. While naloxone can bring back a person from overdose, it isn’t the only medication that plays a critical role in a patient’s recovery. Without such medication-assisted treatment using drugs like buprenorphine, Richard Ries, UW Medicine physician and professor who heads UW Medicine’s addiction division in the Department of Psychiatry and Behavioral Medicine, says it’s extremely difficult for patients to turn away from using. “Medications form the floor of treatment. Without medications, people will not get stabilized. You really need to have medication before anything else happens,” he says.

There’s a problem, however: methadone, which prevents withdrawal symptoms and stabilizes opioid addiction, can only be dispensed at federally-regulated clinics, and there aren’t enough community-based physicians to prescribe buprenorphine (the brand name is Suboxone), a drug that is used to reduce cravings for opioids. Nurse practitioners and physician’s assistants can now prescribe this drug but only if they have received special training. Then there is the reality that many primary care physicians don’t feel up to facing these often complex cases.

“Sitting through a class is not enough; it’s learning from a book,” says Tauben, who is director of pain education for medical students at the UW School of Medicine. “You can’t book-learn the practice of medicine. You have to be mentored.” Fortunately, that occurs at Harborview, where attending physicians and internal-medicine residents participate in buprenorphine prescribing through a nurse care manager program that has seen 220 patients since January 2016. A multidisciplinary team supports the program, advising on challenging cases and crafting clinic policies. Moreover, students at the UW School of Pharmacy can take a “curriculum enhancement pathway” in chemical dependency, and all second-year pharmacy students take a course on chemical-dependence concepts. The school offers practicums as well.

This fall, the UW Neighborhood Clinics that specialize in primary care are rolling out a pilot buprenorphine program at multiple sites. Pam Sheffield, a physician and associate medical director of UW Neighborhood Clinics, explains that until recently, the UW Neighborhood Northgate Clinic was the only UW Neighborhood Clinic where physicians could prescribe buprenorphine. True to its public mission and commitment to innovation, UW Medicine’s neighborhood clinics will integrate teams of behavioral- and mental-health specialists into the system of caring for patients with opioid addiction. “We hope to roll out to all the other neighborhood clinics quickly, when we have the tools—good patient information, good charting tools to guide providers,” says Sheffield. These services are available to Neighborhood Clinic patients and those referred from UW Medical Center.

Rural areas have a bit of catching up to do, however. Holly Andrilla, a biostatistician at the WWAMI Rural Health Research Center, surveyed rural physicians across the U.S. and found that more than 60 percent of rural counties lack a physician with the special training necessary to prescribe buprenorphine. But even those physicians who have taken the special training “are not using it to its full extent or at all,” Andrilla explained in a 2017 research paper.

UW Medicine provides a solution specially designed for those outside urban centers: the TelePain program, a videoconference-based weekly session in which clinicians across the Pacific Northwest can connect

with UW Medicine pain experts for guidance on how to treat patients with complex pain problems, including opioid addiction. TelePain, which started in 2011 under Tauben’s leadership, recently conducted its 300th session. An average of 30 providers from Nome to North Bend and Colville to Casper participate in each weekly session. The service is also linked to a Pain and Opioid Hotline that is funded by the state of Washington. In yet another effort to reach providers across the state, addiction psychiatry specialists Mark Duncan and Richard Ries lead UW Psychiatry and Addictions Case Conference series, a weekly web-based conference that supports providers caring for patients with addictions and psychiatric problems.

One physician who sees patients in a lightly populated area of Washington explains how valuable the UW outreach efforts are. “We inherit these patients who are already at a higher dose [of opioids], so we’re kind of stuck,” says Ron Bergman, a Port Angeles physician. “How do we turn it around and get opioid-dependent or addicted folks back to more appropriate dosing? The UW faculty gave me the tools to be firm and establish that opioid levels need to come down. They talk about alternatives to opioids like acupuncture, exercise, massage and chiropractic—because if you’re telling patients that they will receive less medication, you want to give them something else.”

Beyond the prescription opioid problem, Washington’s heroin situation extends to all socioeconomic levels, and Marie M. is a classic example. Raised in a middle-class home in Renton, she dabbled in drugs for decades. Her life was in ruins because of opioid addiction and other drugs. You name it—liquid cocaine, glue, heroin, diet pills—if it was a drug, she smoked it, shot it, swallowed it or snorted it. And yet, despite years of addiction broken by spells of recovery, she was a productive



member of society most of the time. She always worked. She earned a degree from The Evergreen State College. She was a parent of two children, although she lost custody of her daughter at one point. If you sat next to her on a bus, you probably wouldn’t guess she was addicted to heroin.

Finally, she developed an abscess in her leg from shooting heroin; her legs are scarred from years of injections. She bounced in and out of the Harborview emergency room until one day, she met Hugh Foy, ’83, UW professor of surgery. He told her that if she stayed clean for two months, her body would be healed enough so he could perform surgery to clean up the abscess.

After she recovered from surgery, Foy told her about Joe Merrill, the UW Medicine addiction specialist. “He was doing a study on buprenorphine and that’s how my recovery began,” Marie says. “He’s the kindest man in the world. He treated me like an equal. He cared about me and treated me like a person.”

With medication and previous 12-step work in Narcotics Anonymous, she stayed in recovery and has weathered tough economic times, even losing her house in the Great Recession of 2008. Today, she is a loving grandmother, a devoted partner and mother to her children.

Brian Lundquist, ’11, has worked as a counselor at Therapeutic Health Services in Everett for 13 years. It’s the city’s sole methadone clinic and it has a waiting list of 150 people. (After that, the clinic stopped taking names.) A graduate of UW Bothell, Lundquist carries a caseload of more than 150 people. “We’re still in the ‘Just Say No to Drugs’ era,” he says. “The fundamental problem is, until society looks at these people as human beings instead of garbage to be thrown away, we are not going to solve this problem.” ■ —Julie Garner is a Columns staff writer

By

HANNELORE
SUDERMANN

Engineering on the BRAIN

Treating tremor and other neurological disorders is the province
of a UW center that specializes in brain-computer research

THE IDEA CAME UP OVER LUNCH. Howard Chizeck, co-director of the UW Biorobotics Lab, was brainstorming with neurosurgeon Jeff Ojemann and several others about treating tremors by electrically stimulating the brain. They started cooking up plans to improve existing technology. “We literally drew it out on a napkin,” says Chizeck.

Now, a few years later, their sketched-out conversation is a full-fledged study—one with human participants who are using their brains’ own signals to control a tremor-reducing device implanted deep inside their heads. This innovative project is the kind of inspired collaboration at the core of the UW’s Center for Sensorimotor Neural Engineering.

Established in 2011 and funded by the National Science Foundation, the CSNE specializes in brain-computer research and supports such projects as reanimating limbs and helping the brain compensate for injury and disease. Based at the UW and working with partners at MIT and San Diego State University, the research center brings together engineers, medical specialists, neuroscientists, statisticians, psychologists and ethicists.

Essential tremor, the most common movement disorder, affects about 7 million Americans. This nervous-system condition presents as a rhythmic shaking, particularly when a person is trying to perform a task. Efforts like holding a water glass, writing and eating can be difficult. The cause is unknown and the tremor worsens over time.

Most of the time, this disorder is treated with drugs. But medication affects people in different ways, says Chizeck. For some, the drugs don’t work at all. These patients are candidates for deep brain stimulation, which involves surgically implanting electrodes into the brain. An electrical pulse quells the tremor. But for a variety of reasons, this technology is not ideal, says Chizeck. In its current form, the stimulator runs all the time, which shortens the life of its battery. There are times when a person may not need the stimulation, and there are side effects, which range from inhibiting speech to causing tingling in extremities.

Doctors and scientists are still puzzling out why deep brain stimulation works. The FDA approved the idea of planting electrodes in the brain to treat issues like Parkinson’s disease and essential tremor in 2002. Portable batteries and biocompatible materials have made it easier to do. Today, about 200,000 people have clinically-approved implants suppressing their tremors.

The CSNE team, which includes UW neurosurgeon Andrew Ko, is using a stimulator produced by Minneapolis-based Medtronic, in which a device similar to a pacemaker is implanted beneath the collarbone. Connective wires run up the neck and the back of the head and into the brain to the electrodes. Using a stimulator all the time might not be necessary, says Maggie Thompson, an electrical engineering Ph.D. student working with patients in this trial. The tremors and their

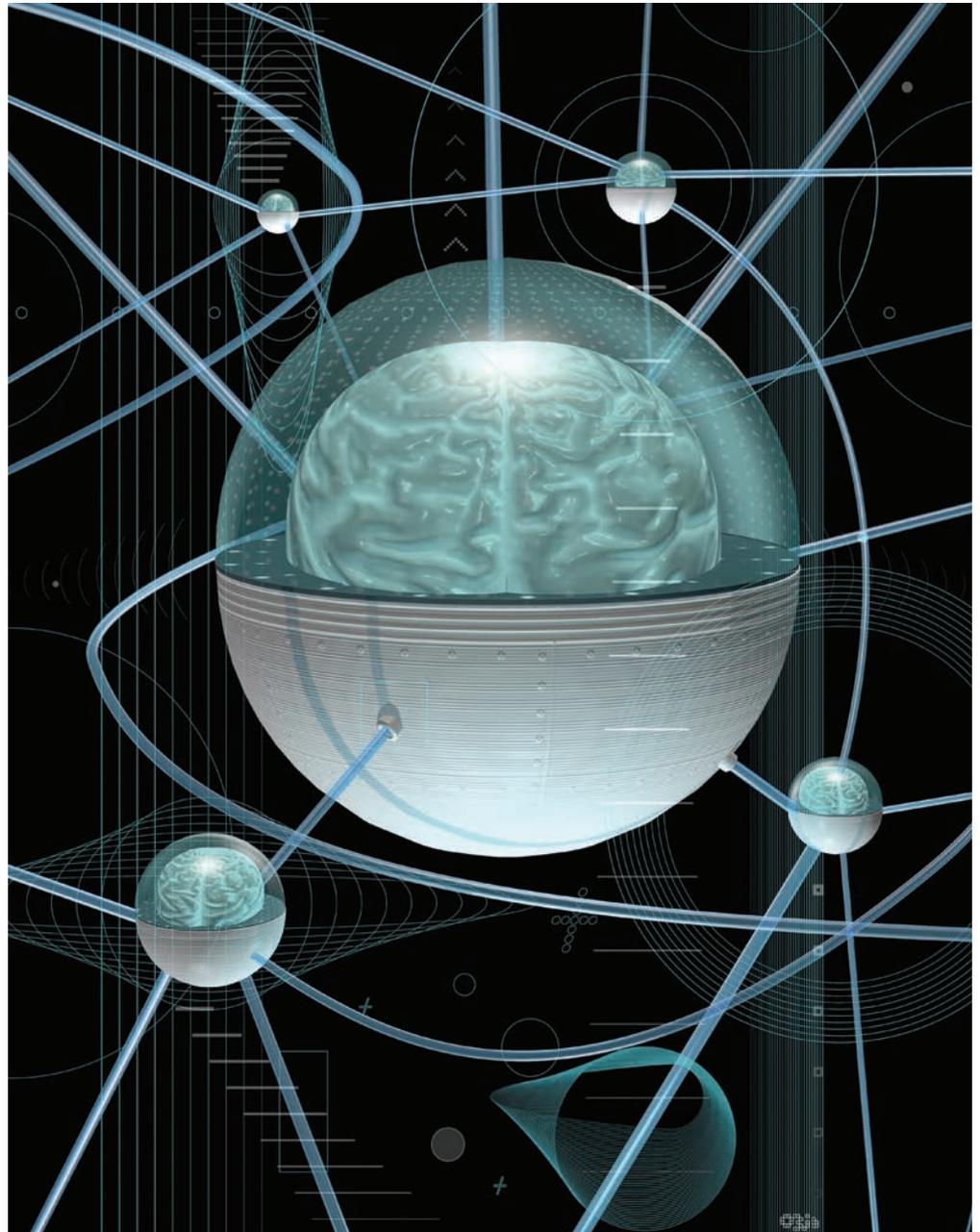
challenges may be less of an issue at different times of day, she says. When a person is sleeping, for example, he or she experiences fewer tremors. That the battery has to be surgically replaced every three to five years is also a concern. So Chizeck's team set about creating a closed-loop system that could be turned on and off using signals from a person's own brain.

During the surgery to implant the deep brain electrodes, Ko places another set of electrodes on top of the brain to read and communicate tremors and impending movement to the deep brain device. The signals from the second set of electrodes turn on the electrical stimulation to stop the tremors. Not only does the closed-loop system respond to the patient's own activity, it also collects data for the researchers. "We've got kind of a new microscope into the brain," says Chizeck. Over time, the data they collect will help the team understand how the brain adapts to the technology.

While Thompson and student colleagues Ben Ferleger, Andrew Haddock and recent Ph.D. Brady Houston are working with patients, studying them as they perform particular physical tasks, their lab mate, Timothy Brown, asks a series of questions about how they're responding to the device. "I'm interested in what happens if you cause a change to something that serves your identity and your locus of control," says Brown, a philosophy graduate student who studies the ethics of neural technology. He explores the moral questions around whether having a computer inside a person changes their identity and agency. "We wanted to address the ethics of using this technology up front, not as Band-Aids later on," says Chizeck, adding that a neuro-ethics focus is central to the work done through the center.

Other members of the project—which is funded by Medtronic, the National Science Foundation and the center—are helping refine the stimulation pattern and improve the software and algorithms to be more responsive to the patient. They have found that the closed-loop system seems to work better, gives the batteries longer life, reduces tremor, offers users better control in their hands and has fewer side effects.

"The essential tremor project is a perfect example of how the CSNE is catalyzing path-breaking interdisciplinary research at the UW," says Rajesh Rao, co-director of the CSNE. "The project is paving the way for new cutting-edge neurotechnologies being developed at the center that will improve the quality of life of individuals with stroke, spinal cord injury and other neurological conditions." ■



a neuro-ethics focus
is central to the work

Rural Rescue

A network that connects primary care practices to the UW means they can benefit from technological solutions to big problems

IN NORTH CENTRAL IDAHO, not far from where Lewis and Clark built five dug-out canoes and set out on the Clearwater River for the Pacific Ocean, lies Orofino, a town of about 3,000 souls. It's where Kelly McGrath has spent more than 20 years practicing family medicine—and building relationships with the clinicians and researchers of the WWAMI region Practice Research Network.

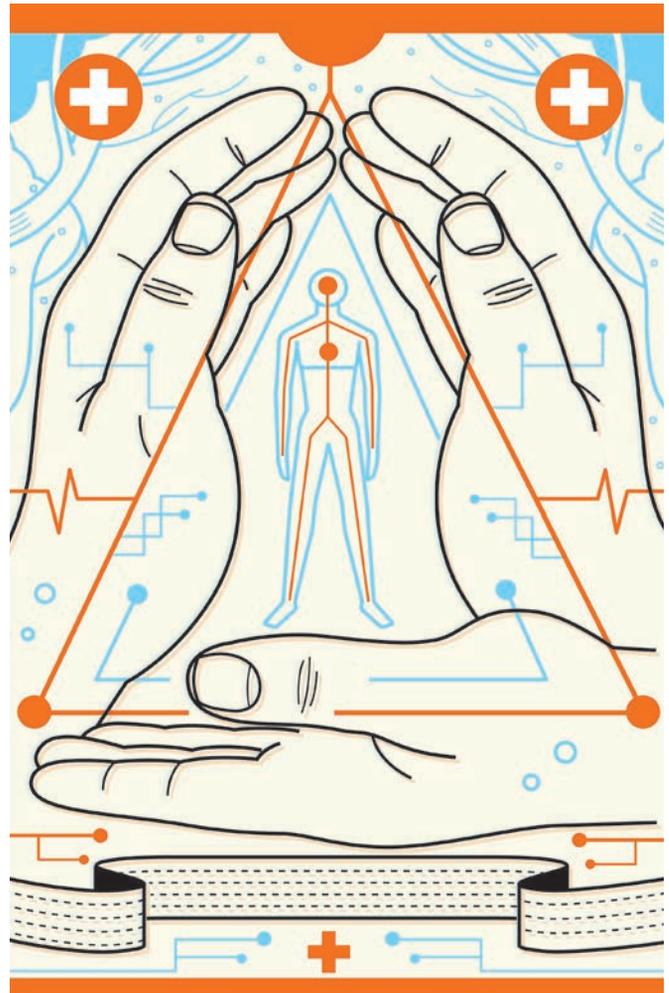
This network—which covers Washington, Wyoming, Alaska, Montana and Idaho—is a collaboration of UW Medicine's Institute of Translational Health Sciences and the Department of Family Medicine. Its role: to develop working relationships between primary-care practices spread throughout those five states and academic researchers, mainly based in Seattle, so they can jointly improve the health of communities across the Pacific Northwest.

In his case, McGrath, '85, '89, has been collaborating with UW Medicine researchers on the latest information for prescribing opioids and managing patients suffering from chronic pain. And it's changed the way McGrath and his partners manage patients with challenging problems.

"When I think back before the UW collaboration, I think about the areas that were contributing to burnout of primary-care providers," he says. "Today, I see physicians who don't feel so alone anymore. The result is that it's not just physicians who care for these patients now. It's everyone in the practice. We're also integrating mental health and behavioral medicine and treating more comprehensively the conditions that occur with addiction such as anxiety, depression and post-traumatic stress."

Thanks to their work with UW faculty and undergraduate students in the College of Engineering, McGrath and the other primary-care practitioners in the 60-clinic network are looking at ways to implement technological fixes to the routine problems they encounter. For example, a patient of McGrath is an elderly woman with type 1 diabetes, her vision so impaired that she couldn't see how much insulin she was drawing in her syringe. Thus, she would administer too much, fall unconscious, and end up in the hospital. Because of the network, McGrath was able to turn to Jonathan Posner, associate professor of mechanical engineering, and his team of students to explore the development of a "smart syringe" to solve the problem.

Matthew Thompson, professor of family medicine and vice chair for research, sees the UW's role as working to close the gap between new technology and primary-care practice. "For example," he says, "now you can screen for many conditions with just a drop of blood



or urine. But we need to translate these advances into daily clinic work."

Thompson cites the example of a company that's working with the UW on a new strep test that delivers immediate results as accurate as those from a hospital lab. Currently, a clinician can take a swab of the throat but today's rapid strep tests just aren't accurate enough. That requires clinicians to send additional samples to a lab and patients must wait two or three days for the results. But Thompson says the near-future holds promise of highly-accurate, fingerstick tests that will transform how patients can get care for common conditions like diabetes and heart disease from urine or blood samples taken and analyzed right in the clinic.

Sometimes clinicians need solutions for problems that are a bit unusual. In parts of Alaska where there are few dentists, primary-care providers routinely apply fluoride to children's teeth from age six months through middle school. It's not an easy proposition; children squirm and sometimes object loudly to treatment. A physician in Alaska asked Posner's students to see if they could apply engineering solutions to help make this easier. (A decision is pending).

Thompson has nothing but praise for the physicians who collaborate with the UW on research projects and engineering solutions. "The WPRN network of clinics is a jewel in the crown of the UW," he says. "There are many practice-based research networks, but none that occurs across five states that are so different and so vast." ■





The Global Burden of Disease Study

20TH ANNIVERSARY

Saving Lives, Pursuing Equity

On a warm morning last September, more than a thousand people filled McCaw Hall near downtown Seattle to hear Bill Gates describe how he discovered his philanthropic calling after reading a study on human health that was densely written and rife with charts and numbers.

That study, called the Global Burden of Disease, “showed me the unbelievable inequity,” he told the crowd of health-care workers and fundraisers. For instance, he was stunned to learn that rotavirus, which causes diarrhea, was killing a million children a year around the world. That spurred Gates to take action and supply a vaccine that could save millions of lives.

The Global Burden of Disease inspired Gates and his wife, Melinda, to make a commitment to improving global health. Using tools like this landmark report to inform their decisions, they are able to decide how to direct billions of dollars from their foundation to save and improve lives around the world.

The Global Burden of Disease study was launched in 1991 and first published 20 years ago in the medical journal *The Lancet*. It estimates the causes of death and disability worldwide, and projects patterns for the coming decades. Today, the project is produced out of the UW’s Institute for Health Metrics and Evaluation and led by its founder, physician and health economist Christopher Murray from the School of Public Health.

In 2007, the Bill & Melinda Gates Foundation announced it would fund the IHME, contingent upon the state of Washington providing \$20 million in additional support. The effort started with just three employees and a mission of tracking disease burden across countries, time, age and gender. Described as a GPS (global positioning system) for public health, the report today includes 2,500 collaborators from 136 countries and territories. It provides highly detailed information about the health and well-being of hundreds of millions of people, and helps identify potential pandemics with the goal of acting early to prevent them.

Governments, world organizations and other entities interested in improving human health regularly turn to the report’s findings to decide how to shape health programs and where to devote resources.

To date, the results have been promising. The latest issue of *The Lancet* reports that mortality rates worldwide have decreased across all age groups over the past five decades. Death rates for children under 5 fell below 5 million (down from 11 million 20 years ago) and death from communicable diseases, with the exception of dengue, are down. The *Lancet* notes that “Overall, the findings show that the world is becoming healthier, but progress is uneven.”

Flash Mob

UW IS THE WORLD’S LIGHTNING LAIR

The most comprehensive collection about lightning the world has ever seen resides at the UW. Thanks to the UW-based Worldwide Lightning Location Network, you can see in real-time where the lightning hot spots are in the world (wwlln.net). More than 100 receivers gather data from around the globe. “It’s the perfect tool for a great research institution like ours. It’s extremely cross-disciplinary and a great educational tool for hardware, software, analysis and modeling,” says Earth and Space Sciences professor Bob Holzworth, who created the network with a string of graduate students. The data gathered by the UW has helped make short-term weather forecasts more accurate, which is critical for preparing for a wind storm or heavy rain event. This network is no flash in the pan. It has been cited more than 1,200 times by other researchers on Google Scholar. And more than 100 peer-reviewed publications have been produced by network colleagues all over the world, including, but not limited to China, Russia, Pakistan and Venezuela. The U.S. Geological Survey uses the network to track weather including hurricanes, follow-up on airplane disasters, and to inform the public about volcano ash-cloud eruptions. So, next time the sky lights up, remember that UW scientists are watching. Really.

The Hope App

CAN PANCREATIC CANCER BE STOPPED?

Early diagnosis would vastly improve survival rates of pancreatic cancer, a scourge that leaves only 20 percent of its victims alive at one year. By the time jaundice is visible—the telltale yellowing of the sclerae (the white part of the eye)—it’s almost always too late to save the patient’s life. High bilirubin levels cause jaundice and that’s a major symptom of pancreatic cancer. But a new smartphone app being developed by UW scientists Shwetak Patel from Computer Science & Engineering and Electrical Engineering, Alex Mariakakis, ’15, from Computer Science & Engineering, and James Taylor, ’89, from Pediatrics, could change this grim picture. The BiliScreen app, along with a 3-D printed box that controls the light exposure of the patient’s eye, is in the early stages of becoming an effective screening tool for this devastating cancer. In an initial study of 31 healthy patients and 39 with an elevated bilirubin, the BiliScreen app correctly identified high bilirubin levels 89.7 percent of the time. Currently, a blood test is the only way to detect high bilirubin levels. The advantage of this test is that it is noninvasive and does not have to be done in a physician’s office.



UW gets a lot of ink. Here are just a few stories of note.

Olympic College to national recognition: In 2015 and 2017, the school was a finalist for the prestigious Aspen Prize, a \$1 million award given to the nation's best two-year college.

Silver Screen

After three years of directing TV shows like "The Mindy Project" and "Master of None," director Lynn Shelton, '87, returns to the big screen with a film called "Outside In." It's the fifth feature for Shelton, one of the leading female directors in the indie film world. Her last movie, "Laggies," was shot in Seattle and Shoreline.

Out of This World

Soyeon Yi, a physics instructor at UW Tacoma, is the answer to this question: Who was the first Korean to go into outer space? Picked from a pool of 36,000 aspiring astronauts, she spent 11 days at the International Space Station in 2008. After that, Yi took a bumpy space capsule ride down to earth, veering 260 miles off course and landing in Kazakhstan. "They thought at first we were aliens," Yi told UC Berkeley's Haas School of Business.

Very Bright Kids

Cruz Garibay grew up in an immigrant family in Yakima. He was the 2015 UW Homecoming King, too. And now he has another item for his resume: recipient of a 2018 Fulbright grant to study in Brazil. Garibay, '16, is the fifth UW Bothell recipient of a U.S. student Fulbright award. He will work as an English teaching assistant in the South American country. Meanwhile, UW Tacoma alumna Sophie Nop, '16, is headed to Cambodia on a Fulbright grant to do research with a nongovernment organization to help identify STEM potential in students.

Take a Bow

David Mitchell, '84, is retiring from his role as president of Olympic College at the end of 2017. The two-year institution has campuses in Bremerton, Poulsbo and Shelton. In addition to bringing in more than \$150 million for capital project funds since his tenure began in 2002, Mitchell has guided

Our New Regent!

Blaine Tamaki, '79, '82, a longtime Yakima resident who has practiced as a trial lawyer for 35 years and operates law offices in Yakima, Kennewick and Bellevue, is the newest member of the Board of Regents. Tamaki, a UWAA member, will complete the term of former regent Pat Shanahan, '85, who left for our nation's capital when he was appointed Deputy Secretary of Defense.

Innovation Rules

The UW took the No. 7 spot on Reuters Top 100: The World's Most Innovative Universities. We're the top-ranked U.S. public institution on the list, too. The rankings rely exclusively on empirical data such as patent filings and research paper citations.

High Praise

For the second straight year, the UW was ranked No. 25 in the Times Higher Education world rankings for 2018. The UW is also fourth among U.S. public institutions—behind UCLA, UC Berkeley and the

University of Michigan—a position it has held for the past two years.

A Big Deal

Who is the No. 1 institution in the West that provides the best "bang for the buck"? That would be UW Tacoma. So says Washington Monthly magazine, which ranked 198 institutions in a 13-state region. The magazine also ranked UW Tacoma No. 11 (up from No. 41 in 2016) in its assessment of 150 master's degree-granting institutions across the nation.

New + Historic

UW Tacoma celebrated the renovation of Tacoma Paper & Stationery, the last historic warehouse on campus. The new building features classrooms, labs for biomedical and electrical engineering students, student gathering and study spaces, and studios dedicated to urban studies.

MAP Awards

Longtime TV newscaster Lori Matsukawa heads the list of alumni who were honored at the 23rd annual Multicultural Alumni Partnership Bridging



Stephen Savage

Cyber Safe | Stefan Savage earned a MacArthur "genius" grant for fighting cybercrime. The UC San Diego professor and his team shut down spammers who sold counterfeit goods online. "We went undercover and pretended to join these criminal organizations," Savage, '02, says. In another project, he ordered a fleet of General Motors cars and hacked into their operating systems. In one demo, the hacker (one of his graduate students) was in San Diego and the car was in Seattle. "We've added computers and networking to common products, and we did it for a good reason, but it creates a risk," says Savage. By exposing these risks, his team brought awareness to a security threat before it even existed. As for what you can do to stay out of trouble online: "When you're getting a free lunch," Savage says, "be suspicious."—QUINN RUSSELL BROWN

ALEX MATTHEWS/QUALCOMM INSTITUTE/UC SAN DIEGO



FACULTY PROFILE

LAURIE MARHOEFER

History Lessons



When Laurie Marhoefer was growing up in the 1980s and '90s, the history of World War II was all around her. ♦ Her parents shared memories of their childhoods during the war. Her father talked about food rationing; her mother lived on a base that housed German POWs. She also heard firsthand stories of Holocaust survivors who lived in her community. “And then the movie “Schindler’s List” came out and the Holocaust Memorial opened in Washington, D.C.,” Marhoefer recalls. ♦ In college, she developed an interest in history, particularly European history of the 20th century. “It was such a dramatic time,” she says: World War I, the Great Depression, the Spanish Civil War, political extremism and weakened governments. “And the Nazis came out of nowhere, with a message that was completely different,” says Marhoefer. “At first, nobody took them seriously.” ♦ A class on fascism inspired her to go on to earn a Ph.D. in history, specializing in Weimar and Nazi Germany. In 2016, she landed a faculty position in the UW History Department, where she teaches, conducts research and publishes about politics, race, gender and sexuality in Germany from 1918 to 1945. ♦ But it was this summer’s violent events, particularly the demonstration

in Charlottesville, Virginia, where neo-Nazis and white supremacists came seeking attention and conflict, that stirred her fears. The Charlottesville demonstration carried a resonance to a time in Germany before the Nazis took power, says Marhoefer. So much so that she decided to write about the tactics the Nazis used in the 1920s to play into fear, gain media attention and build public support. Through violent encounters with their political opponents, they were able to portray themselves as advocates for free speech, she says. “Violent confrontations with anti-fascists gave the Nazis a chance to paint themselves as the victims of a pugnacious, lawless left. They seized it,” she wrote. ♦ Marhoefer’s article, which was first published by an independent media outlet called The Conversation, was picked up by Salon.com and was cited in the Washington Post. She was also interviewed on NPR. “The piece was republished in a number of places,” she says. “People wrote and said thank you, some wrote and didn’t agree. And there were people who are further to the left who thought I was wrong.” ♦ Why did she speak up? “I think in this moment, people are scared,” she explains. “I think people are looking around trying to figure out what action to take.” Our understanding of what unfolded in Germany as the Nazis rose to power has changed in the past 15 years, affording us a deeper look into how it came to pass, what the violence really accomplished, and maybe a clearer view of what is happening today.

Story by **Hannelore Sudermann** Photo by **Quinn Russell Brown**

Lori Matsukawa

Mentoring Minorities | She came to UW as a grad student in the Department of Communication, but Lori Matsukawa wasn't new to the Seattle area—or to communication. The news anchor had already been at KING-5 for two decades, and co-founded our state's Asian American Journalists Association, where she helped train and mentor a generation of journalists from underrepresented minority communities. "We needed a way to promote journalism and get these kids hired," she recalls. For her work, Matsukawa received the 2017 Samuel E. Kelly Award from the Multicultural Alumni Partnership. "It speaks to the importance the UW places on diversity," says Matsukawa, '96. "Being a journalist allows you to tell the story of the place in which you live, warts and all." —QUINN RUSSELL BROWN



TARA BROWN

the Gap Breakfast on Oct. 28. Matsukawa, '96, received the Samuel E. Kelly Award while Distinguished Alumni Awards were presented to Norman Johnson, '71, '73, CEO of Therapeutic Health Services, a Seattle organization that offers an array of behavioral health programs and services across 10 locations; Attorney Denise Stiffarm, '96, an enrolled member of the Gros Ventre Tribe; retired American Ethnic Studies Professor Stephen Sumida, '82; and Edmonds Community College President Jean Hernandez, '96.

***** **Top Teachers**

A tip of the Husky hat to two alums who were regional finalists for Washington's 2017 Teacher of the Year Award: Ethan Chessin, '10, who teaches music at Camas High School in Clark County; and Jon Magnus, '88, who teaches French at Wenatchee High School in Chelan County.

***** **City Honors**

Assunta Ng received another honor for her community service: She was named a Cultural Ambassador in the 2017 Mayor's Arts Awards. Founder of the Seattle Chinese Post and

Northwest Asian Weekly, Ng, '74, '76, '79, has established diversity training programs and funded scholarships for students of color. In the same award program, Leilani Lewis, who works for the Office of Minority Affairs & Diversity, was named an Emerging Leader in the Field.

***** **Endocrine Win**

UW Medicine's Dr. Irl Hirsch needs to clear space on his mantle for a new honor: he received a Laureate Award from the Endocrine Society. Established in 1944, the Society's Laureate Awards recognize the highest achievements in the field of endocrinology. He

will receive the Outstanding Public Service Award, given to individuals who best demonstrate dedication to public awareness or public service in support of the field. He is one of the world's foremost authorities on type 1 diabetes.

***** **Crohn's Champs**

Give a high five to the team "Game of Crohn's" from UW Medicine's Division of Gastroenterology for winning the championship at this year's Crohn's & Colitis Flag Football Tournament at CenturyLink Field. This charity event raised more than \$181,000 to help find cures for inflammatory bowel disease.



Lisa Zurk

New Point of View | After 74 years, a woman will lead the Applied Physics Laboratory. Lisa Zurk, '95, is the next executive director of the UW-affiliated Navy research center, which was launched during World War II to develop wartime tech. (It researches underwater acoustics, medical tools and sensors for climate change.) Zurk, currently a D.C.-based program manager for the federal government, will join UW's Electrical Engineering department next spring. She earned her Ph.D. from that program. "As a woman in engineering, you have unique challenges that come up, and it causes you to think, 'Do I fit in?'" Zurk says. "Studies have shown that female role models can make women comfortable—they can change an environment and create an example that other women can feel more in touch with." —QUINN RUSSELL BROWN

COURTESY: PORTLAND STATE UNIVERSITY

***** **Two the Rescue**

Dr. Stephen Morris, assistant professor of emergency medicine, was part of a Disaster Medical Assistance Team that traveled to Houston to help those affected by Hurricane Harvey. It wasn't the first time he came to the rescue after a natural disaster. He also treated patients on the ground in Haiti after the 2010 earthquake.

***** **A New Page**

The School of Dentistry's Department of Periodontics has named its research lab in honor of one of the school's most illustrious faculty members and researchers, Roy C. Page, who joined the faculty in 1967. Holder of numerous honors, Page attracted more than \$40 million in grant funding during his career.

***** **Mayor for a Minute**

Longtime Seattle City Council member Bruce Harrell, '81, '84, served as acting mayor after Ed Murray resigned in September. He was the first Asian American to hold the role. Rather than ride out the term until the November election, he stepped down after five days to return to the council. His colleague Tim Burgess, '78, took over for the remainder of the term. And he was succeeded by another Husky, Jenny Durkan, '85.

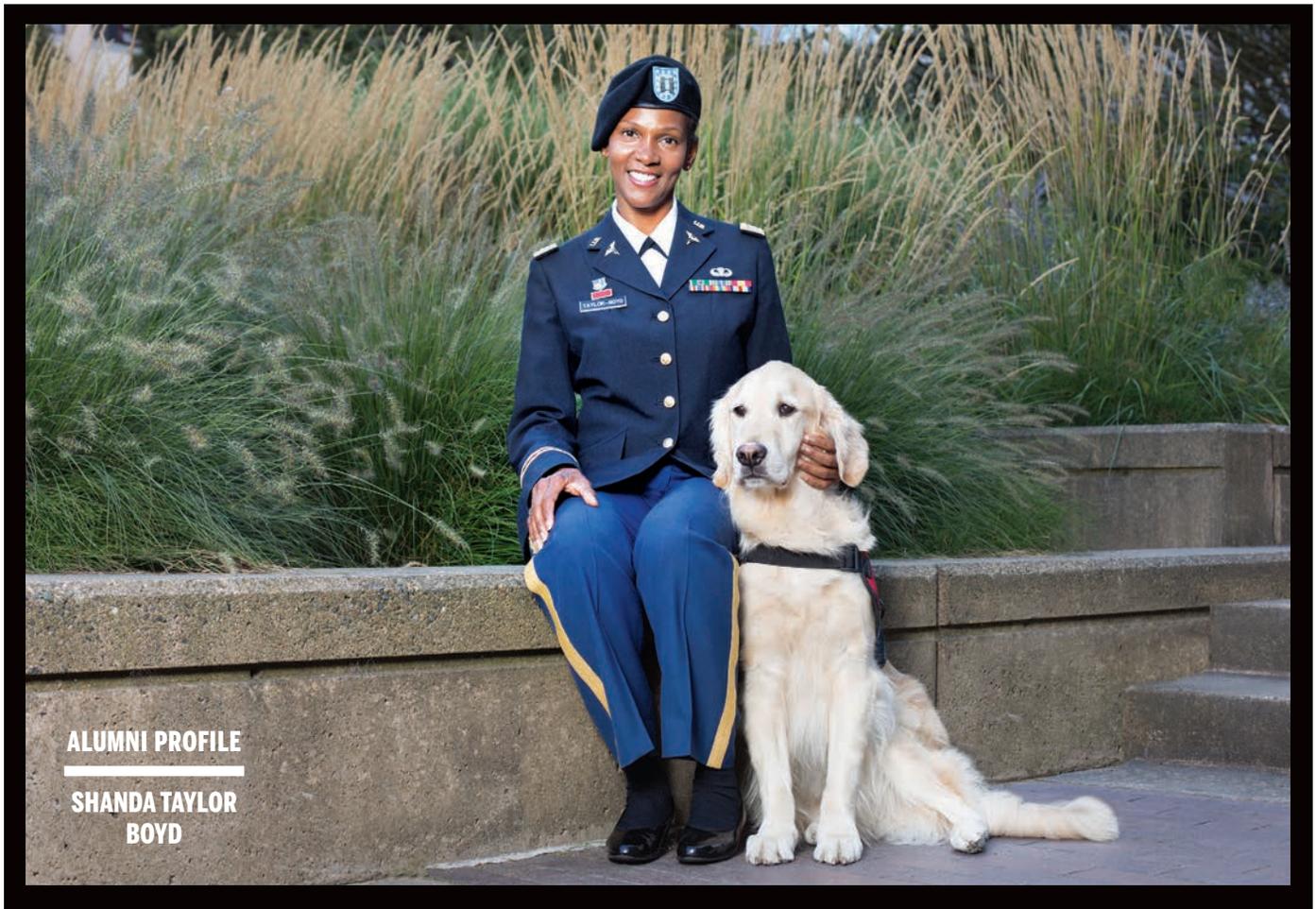
***** **Special Olympics!**

The 2018 Special Olympics USA Games will be held in

Seattle from July 1-6 and the UW will be the main venue for many of the competitions and special events. UW residence halls will welcome more than 4,000 athletes, coaches and delegates, and Husky Stadium will be the site of the opening ceremony. The UW will also host competitions for track and field, flag football, basketball, tennis, bocce, volleyball and powerlifting. You can get involved in one of the biggest events of 2018. Details on how you can volunteer will be in the next issue of Columns.

***** **All Together**

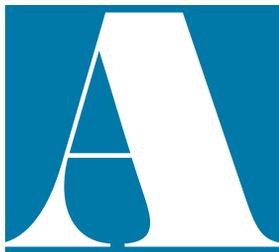
Built in 1918, the ASUW Shell House has served our student community for the past 100 years as one of the University's earliest athletic and recreational boathouses, communal gathering places and cultural landmarks. In partnership with students, UW Recreation will be embarking on a fundraising campaign to restore the historic ASUW Shell House, honoring its place on the National Register of Historic Places and reconnecting the UW community to the water. Fans of Daniel James Brown's New York Times bestseller, "The Boys in the Boat," have a unique opportunity to get an inside look at the legacy of "The Boys" and tour the World War I airplane hangar with former Husky rower Melanie Barstow, '16. To sign up for tours, or to learn more about the restoration project, visit asuwshellhouse.uw.edu. UWAA members receive a 15 percent discount on tours. Visit uwalum.com for details.



ALUMNI PROFILE

SHANDA TAYLOR
BOYD

Think Positive



car accident in May 2004 transformed Shanda Taylor Boyd's life from one she described as "picture perfect" to tragic in a span of a few short minutes. A U.S. Army nurse with a 23-year military career, Taylor Boyd, '94, had just finished her shift at Madigan Army Hospital at Joint Base Lewis-McChord and was driving home when a car blindsided

her Volvo, leaving her unconscious and headed to the emergency room. ♦ That night, Taylor Boyd, a high-energy dynamo and mother of three, insisted on leaving the hospital so she could rent a car and go to work the next day. She worked the next day and the day after that. You couldn't tell from looking her that, in fact, she was suffering from a traumatic brain injury. ♦ "I looked fine and no one knew what my elementary- and middle-school-aged daughters were dealing with at home," she recalls. "I had trouble processing information when people talked to me. My vocabulary was affected. I had trouble speaking and couldn't concentrate. I couldn't work, grocery-shop or cook." Her 18-year marriage came to an end, and a medical discharge ended her Army career. ♦ But in 2008, things began to change. That's when she was finally diagnosed with a traumatic brain

injury, and that led to her participation in a Veterans Administration program called Taking Charge. "I learned how powerful it is to think positive thoughts," she says. She started Cognitive Behavioral Therapy and joined the VA's Traumatic Brain Injury group. She also attended the National Veterans Sports Clinic, and that was a game-changer for her. "How could I make excuses for not doing more when there were blind skiers wearing flaming orange vests bombing down the slopes?" she says. ♦ Since then, Taylor Boyd has been busier than ever. She serves as a national spokeswoman for groups advocating for veterans, and she appeared in the Disabled American Veterans Community of Heroes advertising campaign with actor Gary Sinise (who played a double-amputee Vietnam veteran in the movie "Forrest Gump"). She is also an ambassador for Camp4Heroes and Villagers for Veterans. She and her service dog, Timber, are featured in the new book, "Vets and Pets: Wounded Warriors and the Animals that Help Them Heal." ♦ Taylor Boyd has deep connections to the UW. She's a longtime friend of the School of Nursing, UW Alumni Association and Office of Minority Affairs & Diversity. Her daughter, Taylor, '16, now a medical student at Harvard University, worked as a student ambassador for OMA&D's Multicultural Outreach and Recruitment team. The spirit of gratitude and willingness to help others is pure Shanda. She's just like a U.S. Army motto: Army Strong.

Story by **JULIE GARNER** Photo by **RON WURZER**



“Someone cared enough about me doing something I loved that they were willing to support it so I could do it without any financial burden, and that’s a massive privilege.”

—Havana McElvaine, '17



McElvaine takes the field with her teammates.

SCOTT EKLUND

BE BOUNDLESS
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HAVANA McELVAINE: CHANGING THE GAME

A champion for racial equity and social justice, Husky women's soccer standout Havana McElvaine, '17, is exploring what it means to be black in America and around the globe. BY HANNAH GILMAN

For Havana McElvaine, soccer was more than a hobby—it was her life. By the time the Denver native was 15, she was getting recruitment calls from the University of Washington.

"I remember sitting in Coach [Lesle] Gallimore's office when I was a junior in high school and hearing her offer me a scholarship," McElvaine says. "My mom and I just looked at each other like, 'What? That's huge!'"

"Someone cared enough about me doing something I loved that they were willing to support it so I could do it without any financial burden, and that's a massive privilege."

With both financial support and the knowledge that others believed in her, Havana set off on her journey at the UW. Then she discovered something: She loved being a student just as much as she loved being an athlete, and she thrived at the intersection of the two identities.

"The first time I saw myself as someone who could be good at soccer *and* scholarly was when I got to the UW," she says.

As a freshman, McElvaine wasn't set on a major. She knew she liked talking about race, equity and social justice, but when she enrolled in Professor Alexes Harris' course "Race and Ethnicity in the United States," she discovered that not only could she study these topics that were so personal to her, but other women of color were already doing it.

"That was the first time I'd ever had a professor who looked like me, and that was transformative," McElvaine says. "Her class is what sparked my interest in sociology and looking at these problems in a really scientific, pragmatic, critical way."

McElvaine dove into campus life and a major in sociology. Further discussions of race, equity and social justice brought her soccer team together, inspired her senior thesis and opened doors to potential career paths.

But it wasn't until she attended the 2017 Black Student-Athlete Summit in Austin, Texas, that McElvaine realized she lacked a deep knowledge of the history of racial identity, despite spending every day talking and thinking about it. "There was this huge disconnect," she says. "I have this really narrow understanding of black history not only in the U.S., but globally—the history of where I came from and why I'm here."

That understanding is about to expand. McElvaine, who graduated in June, is on the cusp of another transformative journey, thanks to philanthropy.

Beginning in January, she'll travel the world for eight months on a Bonderman Fellowship, awarded to 16 to 18 undergraduate,

graduate and professional students every year. During their trips, Bonderman Fellows aren't allowed to participate in formal study or travel with organized groups—the deeply personal experience is designed to bring self-reliance and self-discovery to the forefront.

McElvaine's nine-country trip will span the Americas, Africa and Asia, where she plans to trace the African diaspora and the transatlantic slave trade as she broadens her knowledge of what it means to be black in America and around the world.

"I want to use this experience to immerse myself and learn all I can about black history globally," McElvaine says. "Whatever work I go into, whether that's in athletics or some other sphere, I'm excited to inspire change and fight for social justice."

Help student-athletes excel on and off the field

Havana McElvaine was able to pursue her passions and expand her worldview because of the generosity of donors. You can help more student-athletes like McElvaine live out their dreams by contributing to the Competitive Edge Fund, which provides scholarship and academic support that transforms the Husky Experience.

Learn more about McElvaine and her experience as a scholar, athlete and activist at uw.edu/boundless/athletics-and-activism.



McElvaine, pictured with UW President Ana Mari Cauce, was honored as the UW Athletic Scholar at Celebration, an annual event hosted by the Office of Minority Affairs & Diversity and Friends of the Educational Opportunity Program.





CREATING COMMUNITIES THAT CARE

In central and southeast Seattle, students from the UW School of Social Work are joining with community leaders to increase young people's chances of achieving success.

BY MEG CRESSEY

Stephan Blount stands before a group of Madrona Elementary sixth-graders eager to be set free after sitting in classrooms all day. But first they need to make it through a lesson about the best and worst ways to communicate.

"Let's try a game," Blount says, and the children's faces light up instantly. "Everyone get in a circle. I'm going to whisper something in the ear of one of you. I want you to whisper that to the next person. When it's gone around the circle, we'll check how close it is to what we started with."

It may seem simple—but through games like telephone, Blount, a second-year master's candidate at the University of Washington School of Social Work, is working to improve outcomes for youth by using tools from a program developed at the UW. It's called Communities That Care (CTC), and its evidence-based content is now used around the world.

CHANGING THE FUTURE, ONE STUDENT AT A TIME

At schools in southeast and central Seattle, Blount is implementing the CTC practices through Communities in Action, a program where Seattle community-based organizations come together to increase protective factors and reduce risk factors to promote healthy child development.

"We're working to deliver life skills training to middle schoolers," Blount explains. "Our part

“I have always been set on doing some sort of human services or social work. I don’t see myself doing anything else.” –STEPHAN BLOUNT



DENNIS WISE

began after a group of agencies came together to address things in their communities affecting their youth that they wanted to work through”—things like bullying, fighting, drug use and depression.

ENCOURAGING HEALTHY BEHAVIORS

Fostering healthy, resilient communities is part of the UW’s Population Health Initiative, as well as a critical component of Communities That Care. In particular, a key tenet of the CTC program is that change must develop organically with the help of community stakeholders, rather than be imposed by an outside agency that may not know what a given group needs or wants.

Because the CTC program is evidence-based and draws on the strengths of the community it serves, Blount is confident the program will change the outcomes of the sixth-graders with whom he works.

“I’m just implementing what the community stakeholders have chosen,” he says. “They’re the experts on what they need.”

AN INVESTMENT IN THE COMMUNITY

In the years since Communities That Care was first put into practice, numerous scientific studies have shown just how effective it is. Data from one CTC model shows that youth who participated in the program were 25 to 37 percent less likely to have health and behavioral problems like smoking, drug and alcohol use, and delinquency.

In addition to improving lives, the program also offers significant cost savings: For every dollar invested in CTC, \$5.31 is returned in lower substance abuse and delinquency costs.

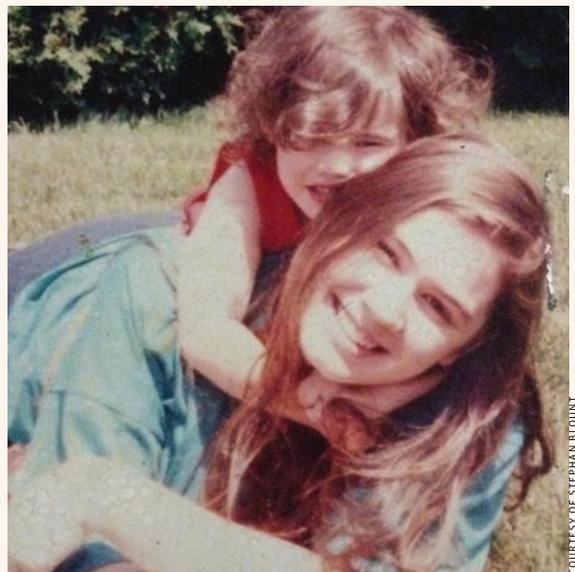
Alongside the valuable partnerships with community members, a big part of the success of CTC and Communities in Action has been student support from the Excellence in Social Impact Scholarship. The scholarship fund was established in 2016 to help reduce the debt load of social work students.

For Blount, receiving this scholarship meant that he could focus time and energy on his studies and his students at Madrona Elementary. Even more important, it helped him explore the career he knows he was meant to pursue. “I have always been set on doing some sort of human services or social work,” he says. “I don’t see myself doing anything else.”

You can help today’s youth

Stephan Blount is able to work with local students because of generous support from donors. By supporting UW students like Blount, you can help children access a brighter future for themselves and their communities.

Learn more about Blount’s work, and meet some of the community members involved in Communities in Action, at uw.edu/boundless/communities-that-care.



COURTESY OF STEPHAN BLOUNT

Communities That Care is close to Blount’s heart. He was born to a 16-year-old single mother in Anchorage, Alaska, and during his childhood they often relied on outside assistance to cope with the challenges of everyday life.

READERS TODAY, LEADERS TOMORROW

Each summer, the UW's Real Dawgs Read program helps children across Washington discover the joys—and benefits—of reading. **BY MEG CRESSEY**

How did you spend your summers growing up? For some of us, summer meant entire days curled up with a good book. But in today's world of screens and social media, many young students are missing out on the educational and emotional benefits that reading a book can bring.

In 2015, the University of Washington decided to do something about it. To help students fall in love with reading, one of the core skills required for academic success—and to get them excited about the idea of going to college, especially at the UW—the University launched Real Dawgs Read.

To participate in the program, K-8 students read (or are read to) at least 20 minutes a day for 30 days, recording each day in a journal provided by the UW. Once the journal is complete, the student sends it back to the University in exchange for a certificate and a free Husky hat.

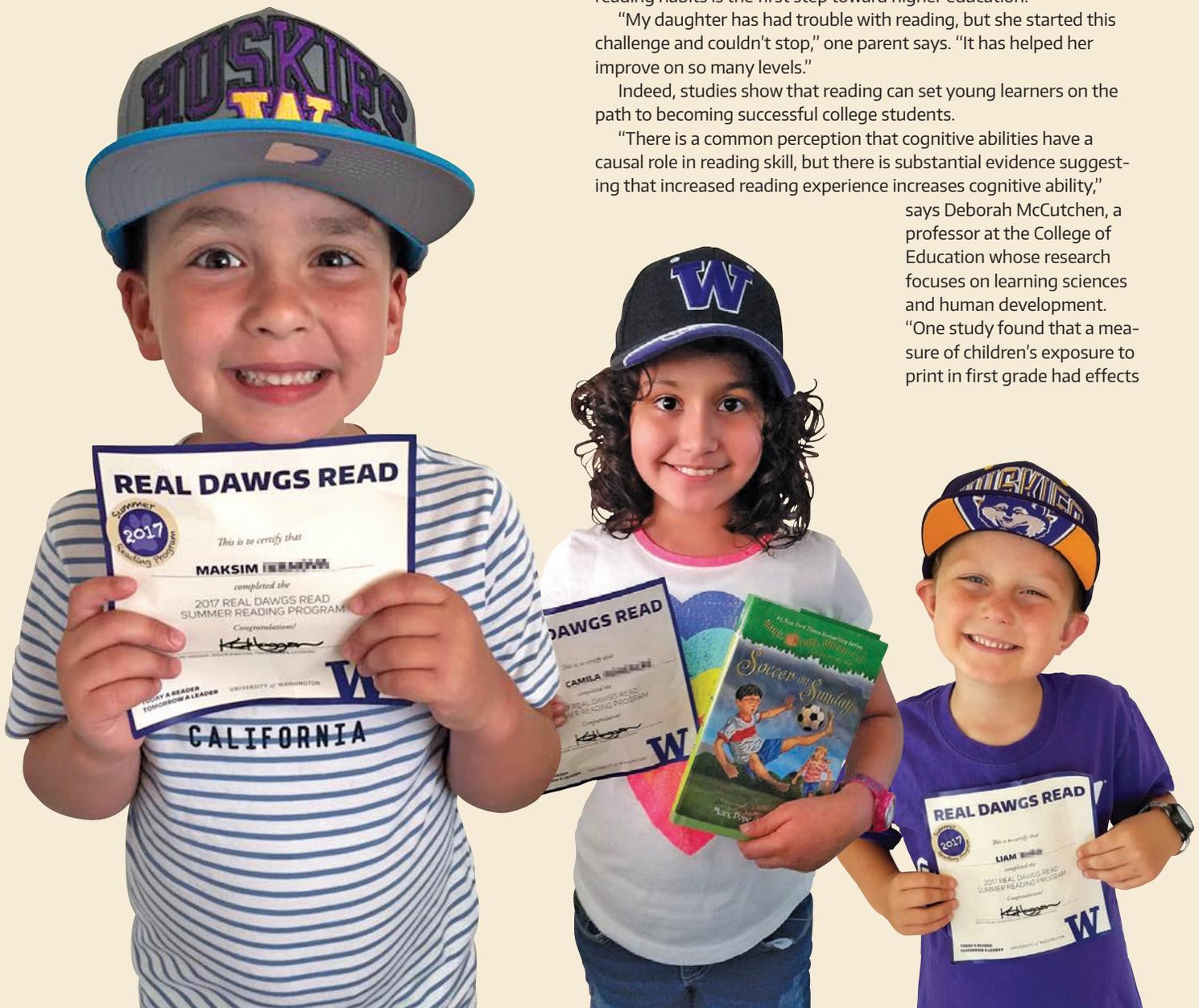
Administered by the UW Office of Trademarks & Licensing, the Real Dawgs Read program focused this year on partnerships with Title I schools across Washington—schools where more than half the students receive free or reduced-price lunches. The UW's goal is to help students from all backgrounds understand that developing reading habits is the first step toward higher education.

"My daughter has had trouble with reading, but she started this challenge and couldn't stop," one parent says. "It has helped her improve on so many levels."

Indeed, studies show that reading can set young learners on the path to becoming successful college students.

"There is a common perception that cognitive abilities have a causal role in reading skill, but there is substantial evidence suggesting that increased reading experience increases cognitive ability,"

says Deborah McCutchen, a professor at the College of Education whose research focuses on learning sciences and human development. "One study found that a measure of children's exposure to print in first grade had effects



even 10 years later. It predicted their 11th-grade scores on vocabulary and comprehension, as well as their general knowledge of history, literature and culture.”

To date, more than 2,100 students have sent in completed reading journals, listing classics like “The Lion, the Witch and the Wardrobe” and favorites like the Harry Potter series among the books they enjoyed. Interest was so high this year that a second wave of journals went out to even more students.

“My daughter has had trouble with reading, but she started this challenge and couldn’t stop. It has helped her improve on so many levels.”

Going through many of the journals, it’s easy to see how much the program has impacted its participants—and that a love of reading is being nurtured across the state. As one young reader from Moses Lake wrote, “Thank you, UW, for giving me this chance to show how much I love to read.”

To see more photos of student readers, visit the Real Dawgs Wear Purple page at facebook.com/wearpurple. For more information about Real Dawgs Read, visit uw.edu/trademarks.

Hats off to our generous donors

Helping make Real Dawgs Read possible is Zephyr Headwear, a leading supplier of collegiate and pro sports headwear that donated the Husky hats for the young readers. “I have found this program really exciting to watch grow,” says David Gormley, president and founder of Zephyr. “It’s great to be involved in something that does good for so many.”

Learn about the many ways that you can make a difference at uw.edu/boundless.



Last summer, 1,745 students in 109 Title I K-8 schools—from Neah Bay to Asotin—completed the reading program.

Happy Real Dawgs Read participants show off their certificates (and their well-deserved UW hats).



PURPLE AND GOLD: DAWGS FOR LIFE

In September, I began my term as chair of the University of Washington Foundation Board of Directors.

I’ve been involved with the Foundation Board for more than a decade, and I’m grateful for the opportunity to serve you in a new role. It’s another step in a fulfilling journey with an institution that is very dear to me.

Put simply, the UW and I have a long history together.

I graduated in 1984 with a degree in accounting, and my wife, Laurel, graduated in 1980 with degrees in journalism and education. I was a student-athlete—a basketball player—and she was a Husky cheerleader.

The UW was a driving force in our development as young adults. It offered us the academic challenges, professional resources and purple-and-gold pride that helped shape who we are today. And we take great joy in watching it do the same for our children—all four of them are Huskies.

Kathryn (economics) and Andrew (English, with a focus on creative writing) are alumni; Chris (biology and finance) and Sarah (psychology) are current students. Sarah spent a lot of time on the field, too: She was the goalkeeper for the Husky women’s soccer team, having just completed her final year of eligibility.

Laurel and I also feel strongly about giving back to the University. I was the fortunate recipient of an academic scholarship from State Farm Insurance Company through the Foster School of Business, as well as the 101 Club scholar-athlete for the basketball team in 1984. These experiences showed us the importance of philanthropic support.

I believe deeply in serving the UW because I know how wonderful this place is, and I want as many people as possible to know about everything we do for our students, faculty, staff and those whose lives we improve here in Washington and around the world.

I am honored to be your UW Foundation Board chair, and I look forward to all we will accomplish together.

A handwritten signature in black ink that reads "P. Shimer".

Pete Shimer
Chair, UW Foundation Board

Goal:
\$5 billion

\$4.36
billion

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UWalum.com/tours

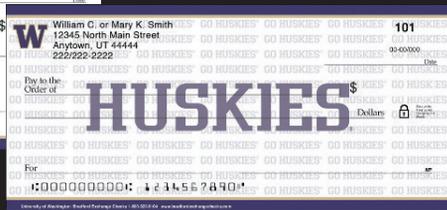
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BE PROUD



IT'S NOT JUST FOR FRIDAYS.

UW alumni are proud of their school and the role it plays in their lives — both on and off campus. UWAA membership helps keep Huskies connected to UW and each other.

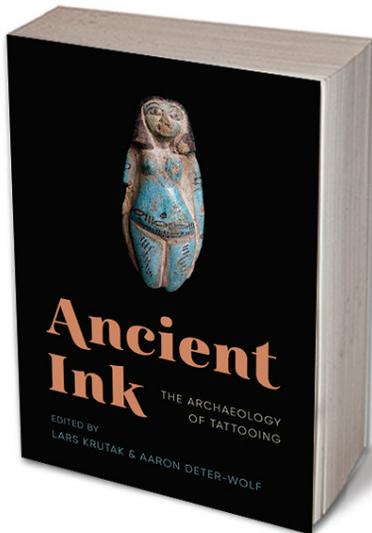
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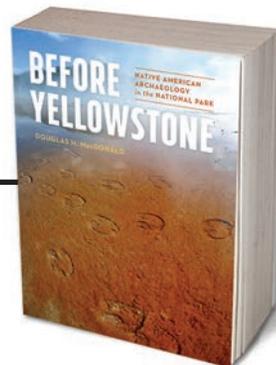
New From UW Press



**Ancient Ink:
The Archaeology of Tattooing**

Edited by Lars Krutak and Aaron Deter-Wolf
January 2018

This book, the first dedicated to the archaeological study of tattooing, presents new research from across the globe examining tattooed human remains, tattoo tools and ancient art. "Ancient Ink" connects ancient body-art traditions to modern culture through Indigenous communities and the work of contemporary tattoo artists.



**Before Yellowstone:
Native American Archaeology
in the National Park**

By Douglas H. MacDonald
February 2018

Douglas MacDonald tells the story of 11,000 years of Native American archaeology as revealed by research into nearly 2,000 sites—many of which he helped survey and excavate. He describes and explains the significance of archaeological areas such as the easy-to-visit Obsidian Cliff, where hunters obtained volcanic rock to make tools and for trade, and Yellowstone Lake, a traditional place for gathering edible plants. MacDonald helps readers understand the archaeological methods used and the limits of archaeological knowledge. From Clovis points associated with mammoth hunting to stone circles marking the sites of tipi lodges, "Before Yellowstone" brings to life a fascinating story of human occupation and use of this stunning landscape.

**American Sabor:
Latinos and Latinas in US
Popular Music / Latinos y
latinas en la musica popu-
lar estadounidense**

By Marisol Berríos-Miranda,
Shannon Dudley, and Michelle
Habell-Pallán
Translated by Angie Berríos Miranda
December 2017

American Sabor traces the substantial musical contributions of Latinas and Latinos in American popular music between World War II and the present. With side-by-side Spanish and English text, authors and UW teachers Marisol Berríos-Miranda, Shannon Dudley and Michelle Habell-Pallán show the many ways in which Latinx musicians and styles—including jazz, rhythm and blues, rock, punk, hip hop, country, Tejano, and salsa—connect U.S. culture to the culture of the broader Americas.



Be Connected UWAA Events



Welcome, Families!

While the majority of UWAA programming and events are geared toward adult audiences, the past few years have seen an increase in activities for Huskies of all ages, including families. Whether you're a new grad or new dad (or mom), you're all welcome.

Upcoming Events

UWAA MEMBER EXCLUSIVES:
"A CHRISTMAS CAROL"
at ACT Theatre
DEC. 3 & DEC. 10 • 1 & 4 P.M.

GEORGE BALANCHINE'S
"THE NUTCRACKER"
at Pacific Northwest Ballet
DEC. 10 • 2:30 & 5:30 P.M.

OPEN TO ALL HUSKIES:
HUSKY HOLIDAY CRUISE
with Argosy
DEC. 9 • 2:30 P.M.

uwalum.com/events

Throughout the year, UWAA offers opportunities for Husky families to connect.

Our annual Husky Pups Run, movie screenings, member access to UW sports competitions, Husky Zoo Day, and cultural activities like behind-the-scenes tours at the Pacific Science Center and Seattle Art Museum have become a regular part of our offerings.

We've even hosted college search workshops to help alumni with students in high school navigate that often daunting process.

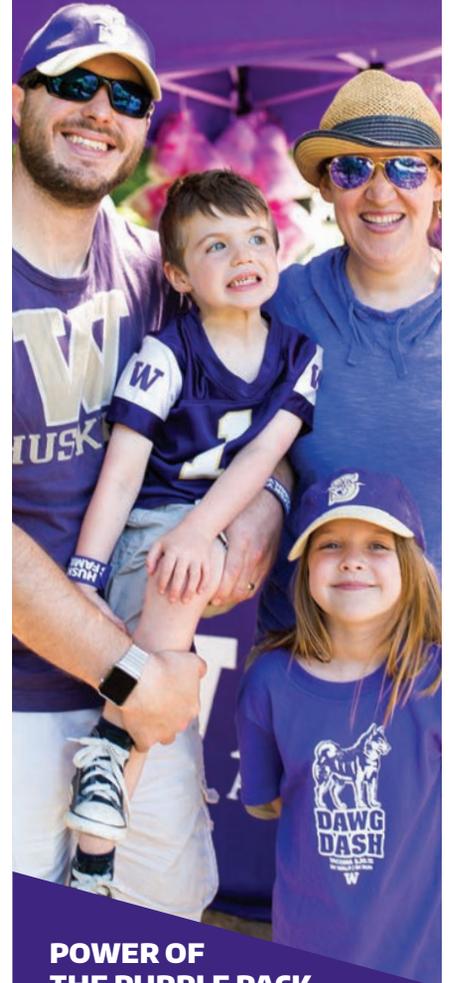
As we head into winter, we are excited to present three events we hope will become new Husky holiday traditions for our alumni living in the Evergreen state.

Mark your calendars and make some memories!

Save the Date: June 1 & 2, 2018

CLASS OF 1968 50-YEAR REUNION uwalum.com/68reunion

BE TOGETHER



POWER OF THE PURPLE PACK.

Family-friendly fun runs, movie screenings and cultural events allow Husky pups and parents to join the pack. UWAA membership is for Huskies of all ages — even our future alumni.

**BE CONNECTED
BE A MEMBER
JOIN TODAY**

W
Alumni
ASSOCIATION

UWALUM.COM/JOIN

1930s

Sam Shulman

'35 | Seattle, age 103, May 29.

1940s

Berton MacLean

'41 | Spokane, age 98, June 26, 2015.

Thomas E. Allen

'43 | Seattle, age 96, May 29.

John Martin Frodesen

'43 | Bellevue, age 95, July 24.

Betty Anne (Cooper) MacLeod

'43 | Seattle, age 94, March 2.

Charles Robb Chadwick

'44 | Bellevue, age 94, July 8.

Raymond Locke Gardner Jr.

'45 | Lakewood, age 94, July 6.

John Richard Robertson

'45 | Lake Forest Park, age 92, June 25.

Katherine Meyers

'46 | Bellingham, age 92, April 17.

Eileen May Ballard

'47 | Seattle, age 91, April 10.

Jane Kruse Bauer

'47 | Spokane, age 91, July 2.

Miriam Johnson Breidenstein

'47 | Sequim, age 92, June 17.

Harry Wong

'47 | Saratoga, Calif., age 93, May 11.

Paul F. Burke

'48 | Mercer Island, age 91, Aug. 17.

Walter E. Larsen

'48 | Renton, age 95, June 24.

Norma Denzer Cugini

'49 | Renton, age 88, July 10.

Lewis D. Lund

'49 | Yakima, age 95, April 9.

Lowell Thomas Murray Jr.

'49 | Tacoma, age 91, July 5.

John Paul Nordin

'49 | Seattle, age 91, April 9.

1950s

Leon A. Holman

'50 | Seattle, age 90, Aug. 6.

Virginia Vanwinkle Weisel

'50 | Sonoma, Calif., age 94, June 28.

Carl Arnold (Arne) Bystrom

'51 | Seattle, age 90, Aug. 10.

Pearl I. Hofman Calix

'51 | Oceanside, Calif., age 86, March 30, 2016.

Richard Hallberg

'51 | Seattle, age 92, Aug. 22.

George O. Holland

'51 | Seattle, age 90, Oct. 30.

Francis J. Powers Jr.

'51 | Seattle, age 89, July 22.

William Smith Richards Jr.

'51 | Vista, Calif., age 90, June 26.

G. Keith Grim

'52 | Seattle, age 92, July 23.

Shirley Margaret Thiel Lange

'52 | Seattle, age 87, July 22.

Noreen Teresa Skagen

'52 | Mill Creek, age 87, May 25.

Wayne R. Cottingham

'53, '54, '60, '63 | Shoreline, age 85, Aug. 28.

Fred William Grotjahn Jr.

'53 | Shoreline, age 91, Aug. 7.

George "Jumbo" Osawa

'53 | Bellevue, age 86, July 18.

Peter K. Wallerich

'53 | Tacoma, age 86, July 6.

Duane Ramon Larson

'54 | Mukilteo, age 84, Aug. 28.

George Tanbara

'54 | Tacoma, age 95, July 1.

C. Harold Wirum

'54 | Medina, age 90, Aug. 12.

Jack William Eiseman

'55 | Seattle, age 84, Aug. 5.

Edward A. Petrone

'55 | Eugene, Ore., age 83, May 29.

Robert Peck Rogers

'55 | Edmonds, age 83, July 9.

Clio Albert Maass

'56 | Sumner, age 83, April 3.

Elliott Lindsay Maylor

'56 | Sammamish, age 83, July 13.

Thomas L. Dahl

'57 | Seattle, age 87, June 20.

Jasper (Jack) Fairchild

'57 | Edmonds, age 83, June 20.

Erich Walter Giese

'57 | Richland, age 81, July 6.

Beverley Travis Sprague

'57 | Snoqualmie, age 81, July 30.

Robert Houston Thompson

'57 | Mercer Island, age 94, Sept. 16.

Roy John Velling

'57 | Seattle, age 84, July 30.

Mary Ann "Garby" Elmore

'58 | Shelton, age 81, Sept. 21.

Helen Sinclair Gaevent

'58 | Seattle, age 83, June 12.

James Strickland Kempton

'58 | Obstruction Island, age 87, Aug. 7.

Berit Karin Sjong

'58 | Shoreline, age 81, Aug. 24.

Margaret Anne Amory

'59 | Mercer Island, age 79, June 12.

Keith V. Clarke

'59 | Seattle, age 81, June 30.

Shelley McEwen Dahl

'59 | Seattle, age 80, Aug. 3.

Alann Jacobs

'59 | Seattle, age 97, July 2.

1960s

Jerald Kellie Bell

'60 | Shoreline, age 91, April 11.

Douglas Ross Currin

'60 | Seattle, age 83, June 1.

Ronald R. Jensen

'60 | Scottsdale, Ariz., age 79, June 25.

Ethelyn Ruth Williamson

'60 | Bainbridge Island, age 78, July 17.

John James McBride Jr.

'61 | Seattle, age 84, May 24.

Eugene Yuji Mochizuki

'61 | Bellevue, age 94, Aug. 10.

Ronald T. Munro

'61 | Woodinville, age 81, July 10.

Kenneth Levi Schubert Jr.

'61 | Seattle, age 78, July 20.

Roger Taylor Fleming

'62 | Renton, age 77, Aug. 30.

Joan E. Walton Melrose

'62 | Lake Oswego, Ore., age 80, Sept. 12.

Richard L. Sobota

'62 | Puyallup, age 85, July 11.

John Joseph Bird

'64 | Newport, R.I., age 80, June 24.

Barry Malcolm Hawley

'64 | Seattle, age 78, July 22.

Carolyn V. Bender

'65 | Bellevue, age 74, Aug. 28.

Carl E. Easters

'65 | Des Moines, age 79, Aug. 13.

Stephen Edward Le Penske

'65 | Portland, Ore., age 75, Sept. 8.

Mary Louise (Jessup) Carroll

'66 | Puyallup, age 88, July 5.

Laura Hartstein

'66 | Seattle, age 99, July 24.

J. Michael Gallagher

'67 | Seattle, age 80, July 28.

Ron Ho

'67, '73 | Seattle, age 80, Sept. 7.

William Hugh Thomas

'67 | Shoreline, age 98, Aug. 6.

Fred Titus Jr.

'67 | Madison, Miss., age 96, Sept. 18, 2016.

Stephen Mitchell

1951-2017

Stephen Mitchell came to the UW Department of Mathematics in 1975 as a graduate student after dropping out of Stanford. He wanted to take an independent path to study mathematics and to go rock climbing throughout the West. Mitchell, '81, who joined the UW faculty in the mid-1980s, was beloved by students not only for his excellence in mathematics and his mentoring but for coming up with such classroom diversions as "Great Mathematical Moments at the Movies." Mitchell died in Seattle on Aug. 17, his 66th birthday.



TO
REPORT
AN
OBITUARY

columns@uw.edu
or write to:
Columns Magazine,
Campus Box 354989,
Seattle, WA
98195-4989

Jerry Keppler
'68 | Seattle, age 70, April 17.

Steven Mullet
'68 | Tukwila, age 74, July 23.

Janice Ames
'69 | Seattle, age 88, Aug. 9.

Alan R. Duzell
'69 | Seattle, age 75, May 26.

Ken Shimomura
'69 | Seattle, age 69, May 1.

1970s

Ronald C. Heilman
'70 | Bellevue, age 72, May 28.

Thelma Kant Sameth
'70 | Monrovia, Calif., age 89, Sept. 19.

Stephen Kwame Turner
'70 | Kent, age 74, July 9.

Maure Dunn Gunderson
'71 | Gig Harbor, age 80, July 9.

Shirley Zak Guterson
'71, '74, '80, '84 | Seattle, age 87, July 27.

Steven J. Van Wyk
'71 | Poulsbo, age 70, Oct. 30, 2016.

June L. Goehler
'72 | Issaquah, age 86, Aug. 9.

Charles M. Davis
'73 | Bow, age 73, July 14.

Frederick J. Davis
'73 | Shelton, age 75, Aug. 13.

James Edward Kohler
'73 | Richland, age 74, Sept. 15, 2016.

James Reburn Sillery
'73 | Seattle, age 95, June 30.

Patricia Jean Lawson Sutton
'73 | Redmond, age 86, April 13.

Leah Rae Alexander
'74 | Seattle, age 82, Aug. 19.

Karen Evans Detwiler
'74 | Sun Valley, Idaho, age 66, Aug. 20.

Joan Dubuque
'74 | Shoreline, age 65, July 24.

Nina Estes
'74 | Centralia, age 86, June 2.

Douglas V. Hutt
'74 | Seattle, age 68, Sept. 8.

Victor Chong Chin
'76 | Issaquah, age 65, July 3.

Gerald F. Rowe
'76 | Edmonds, age 70, May 26.

David Erling Sorlie
'77 | Temecula, Calif., age 69, July 23.

Rosemary Eliot Brodie
'78 | Seattle, age 90, March 7.

Lisa Kempton Corker
'78 | Seattle, age 71, Sept. 5.

Craig Leonard Koch Coach
'79 | Seattle, age 66, April 15.

Steven James Stradley
'79 | Seattle, age 69, July 18.

1980s

Robert Leo Burns
'81 | Kirkland, age 67, Sept. 10.

Mark Timothy Dickison
'81 | Clyde Hill, age 59, Aug. 16.

Sharon Marie Monaghan
'82 | Seattle, age 60, Aug. 24.

Morris Alan McCool Jr.
'84, '90 | Lyons, Colo., age 55, July 21.

→ Continued on p. 61

Barbara R. Sarason

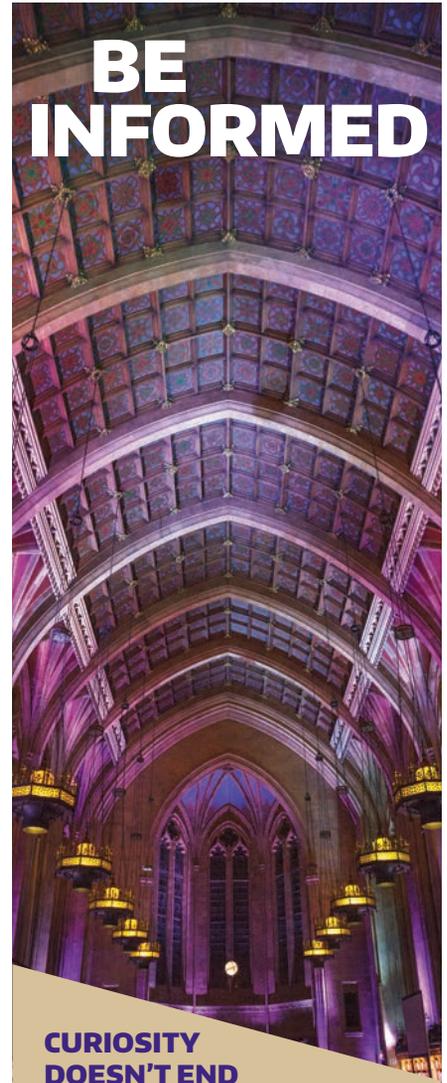
1929-2017

Barbara Sarason and her husband, Irwin, both professors emeritus of psychology, wrote a textbook on abnormal psychology that went through 11 editions and was used around the world. Barbara also co-founded an international organization that was concerned with the study of social ties; her research focused on interpersonal relationships and the social support they provide people. A UW faculty member for nearly 50 years, she influenced the development of many graduate and undergraduate students. Sarason died in Seattle Sept. 19 at age 88.



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An aerial, black and white photograph of a group of students sitting on a grassy lawn. A large, semi-transparent green circle is superimposed over the center of the image, partially covering the students. The students are engaged in various activities: some are looking at laptops, some are talking, and some are reading. The scene is brightly lit, with shadows cast on the grass. In the top right corner, the Starbucks logo is visible, oriented vertically.

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Retail Corner

GRAB A HAMMER AND A HUSKY HAT

Huskies Joe, '83, and Tim, '78, Uhrich opened their Lake Forest Park hardware store in 2009 with a commitment to the local community and a friendly small town service model. It has proven successful. In 2016, they expanded **Town Center Hardware** with a second 15,000-square-foot location in the Bridle Trails neighborhood of Kirkland.

The Uhrichs' quick-to-market purchasing and merchandising support a full line of hardware offerings and a complete garden department. Now they have added to their stores' popularity with a growing mix of officially licensed University of Washington products.

"As 22-year Tye Husky football supporters, we naturally wanted to offer fan apparel and merchandise that UW fans would love," reports Tim.

Coincidentally the Uhrich brothers, who support their community by purchasing from local businesses and artisans, sourced popular Husky apparel from Twin Vision Activewear, a Kenmore-based clothing supplier started by two brothers who are also UW alumni.



Tim (left) and Joe Uhrich, owners of Town Center Hardware

Town Center Hardware
17171 Bothell Way N.E., Lake Forest Park,
(206) 838-3933
6613 132nd Ave. NE, Kirkland, (425) 968-8784

HUSKY FAN WITH A FASHION PASSION



Sports lover and fashionista Beverly Maes realized a dream when she opened Kirkland's favorite fashion boutique, **SEDUCE**, in 2007. The trendy, upscale store features diamond plate flooring, plush seating, and spacious dressing rooms. But a powerful draw is the Husky Tribute Sweater. Maes launched Tribute Brands LLC, a line of sports-inspired sweaters, in late 2014. Seahawk and Husky sweaters were the first to be introduced and officially licensed.

"I am an avid Husky football fan. Creating a new take on a traditional sports concept that works in Husky Stadium, a casual day at work, or dinner with friends, was just what the market lacked. SEDUCE quickly became 'The Home of the Tribute Sweater,'" Maes explains. "The University Book Store began carrying them and sold out rapidly. SEDUCE and Tribute have far exceeded first-year sales goals thanks to our great local and nationwide UW customers."

SEDUCE carries a variety of UW merchandise, including Zephyr hats (with or without the Swarovski crystals), Twin Vision Activewear and '47 Brand apparel.

SEDUCE boutique, 5 Lake St. S, Kirkland, (425) 827-8600



Beverly Maes, owner of SEDUCE boutique

TOP HUSKY RETAILERS



University Book Store.

Marshalls



TARGET



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Fred Meyer



KOHL'S

TJ-maxx

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Martin Walter Berg
'85 | Seattle, age 68, June 29.

Guy Phillips
'85 | Prince George, B.C., age 71, Aug. 22.

Wolfgang Paul Benson
'86 | Olympia, age 60, July 27.

Sally Rae Grything
'86 | Port Ludlow, age 79, July 3.

Ruth Davis Cahalan Kidd
'89 | Renton, age 71, June 18.

Judy (Kleve) Vollrath
'89 | Seattle, age 66, July 18.

1990s

Frank N. Young III
'92 | Renton, age 49, Aug. 16.

Peter Kirk Schalestock
'92 | Alexandria, Va., age 49, Aug. 15.

2000s

Alan James Hirsch
'02 | Seattle, age 56, Aug. 3.

Craig Truth Anthony Griffeth
'02 | Poulsbo, age 47, March 28.

Wallie Valentine Funk
'09 | Anacortes, age 95, Aug. 12.

Megan Perry Reynolds-Gooch
'09 | Seattle, age 31, Aug. 3.

Ashley L. Craig
'10, '11 | Los Angeles, age 29, Dec. 24, 2016.

Deidre Evelia Isdal
'10 | Seattle, age 32, Aug. 22.

James Gordon Fall
'13 | Seattle, age 41, July 15.

Faculty & Friends

Barbara J. Boreson, '53, a former member of the UWAA Board of Trustees who was married to the late legendary Seattle entertainer Stan Boreson, '50, for 64 years, died Aug. 20 at age 85.

Ralph M. Bremer served on the School of Law faculty in the 1950s. He later became vice president and chief counsel of Safeco Credit Co. and president and chairman of the board of Group Health Cooperative from 1980 to 1982. Bremer died in Seattle Aug. 25 at age 88.

Virginia G. Clark worked for the UW in the non-academic personnel office from 1950 to 1954. She also supervised the UW Visitors Information Center and Speakers Bureau from 1973 to 1985. She died Aug. 13 at age 94.

James L. Eckmann, '50, '51, recalled hanging out on the UW's crew docks at age 8 when his dad, Ray Eckmann, was athletic director. He lettered in basketball at the UW and went to the 1951 NCAA Tournament, where the UW advanced to the "elite eight." Before coming to the UW, he led Roosevelt High School's basketball team to an undefeated season and state championship in 1946. Eckmann died Oct. 1 at age 89.

Grant Haller, '69, worked as a photojournalist for more than 30 years at the Seattle Post-Intelligencer, The Seattle Times and Everett Herald. Haller died July 26 at age 72.

Eric Halsey, '70, '72, had a gift for teaching. He taught math in various UW programs and became a highly respected instructional designer for Boeing and Liberty Mutual. Halsey died July 6 at age 71.

David M. Heimbach spent 37 years as professor of surgery at the UW School of Medicine. In 2013, the Dalai Lama presented him with the Unsung Heroes of Compassion Award, which is given to global leaders who have made a difference to medical care in developing countries. Heimbach died in Kula, Hawaii Aug. 7 at age 78.

Christine Hook was a former UW student who went on to become the first helicopter traffic reporter at KIRO. Eventually she went to law school and opened her own practice that specialized in child abuse and domestic violence law. Hook died Aug. 22 at age 64.

Eugene Ko, '53, was one of only two Asian students in the fourth class of the UW School of Medicine. At the time he opened his practice in family medicine on Beacon Hill, he was one of only three Chinese physicians practicing in Seattle. Ko died Aug. 10 at age 91.

Judith Koh, '76, worked at the UW Medical Center, becoming head nurse of inpatient oncology. Koh died May 21 at age 63.

John A. Lee was a founding member of the UW School of Public Health. He was born and raised on the Isle of Wight in

England and served as an officer in the British Army in Malaysia. Lee died Aug. 31 at age 91.

Bertha Lunderman was an accounting supervisor in the UW's Scholarship and Loan Office and an administrative assistant for UW Physicians. Lunderman died Aug. 21 at age 93.

Graham T.T. Molitor, '55, was a one-time White House speech writer, a corporate lawyer and vice president of the World Future Society. Whenever he visited Seattle, he enjoyed taking a tour of the UW campus. Molitor died June 22 at age 83.

Milan N. Popp served as captain on UW oceanography vessels for 15 years. He also served for 23 years in the U.S. Coast Guard. He died Jan. 2, 2016 at age 92.

Gene P. Sackett, an emeritus professor of psychology, spent 32 years on the faculty. He was a distinguished scientist who explored primate models of child development. A resident of Mukilteo, Sackett died Sept. 8 at age 80.

Morreen O. Sigel worked as a key punch operator at the UW for 20 years. Later, she served as a veterinary assistant because she loved working with animals. Sigel died June 9 at age 64.

Gayle Sakuma Sordetto, '80, earned a degree in nursing from the UW and worked in the Neonatal Intensive Care Unit at UW Medical Center. Sordetto died June 29 at age 62.

Thomas D. Waldron served as chair of the Evans School of Public Policy & Governance Advisory Board and had been a member of the UW Foundation Board. He was an entrepreneur who believed that success in life meant helping others. Waldron died Sept. 15 at age 67.

Ralph J. Wedgwood became a professor of pediatrics in 1962 and was department chair from 1963 to 1972. He was prominent in the field of pediatric immunology research. Wedgwood died July 23 at age 93.

Violet Zuvella, '72, worked at UW Medical Center for 30 years, primarily as a budget analyst. She loved the medical center so much that she left a portion of her estate to establish a scholarship for students pursuing a career in primary care. Zuvella died Nov. 7, 2016 at age 91.

Edgar Winans

1930-2017

Edgar Winans, who taught anthropology at the UW for 50 years, was one of the first American anthropologists to concentrate on East Africa. He held various positions with the United Nations and the Ford Foundations, and was one of the first non-Africans to work for the newly developing government of Kenya after it gained its independence in 1963. But his greatest joy? Teaching. Winans died July 14 in Seattle at age 87.





**Bill T. Jones/Arnie Zane
Dance Company series**

February 1–3, 8 p.m.
Meany Theater

MacArthur award-winning Bill T. Jones's latest work, *Analogy: A Trilogy*, is comprised of three evening-length works that reflect Jones's fierce engagement with race, class, gender, history, and identity. Over three nights, Meany Center will present the entire trilogy. (On Jan. 30, Bill T. Jones will discuss the four-year creation process of the trilogy. Kane, 130, 7:30 p.m.)



Martha Redbone—Bone Hill: the Concert

February 24, 8 p.m.
Meany Theater

Musician Martha Redbone's new musical theater project, *Bone Hill*, traces the stories of Cherokee and African American women in Appalachia. With a powerful voice and Redbone and her team of jazz and blues musicians reveal an epic American story about a family's connection to the land and the ruptures that threaten to extinguish it.

Music

**Opera Workshop: Ravel's
L'Enfant et les Sortilèges**
December 2, 7:30 p.m.

Brechemin Auditorium
UW Music faculty Stephen Stubbs and Cyndia Sieden direct this free performance of Ravel's one-act opera, performed by UW voice students.

Gospel Choir
December 4, 7:30 p.m.
Meany Theater

The School of Music's Phyllis Byrdwell leads the 100-voice gospel choir in songs of praise, jubilation and other expressions of the Gospel tradition.

**Mark O'Connor and
The O'Connor Band:
An Appalachian Christmas**
December 16, 8 p.m.
December 17, 2 p.m.
Meany Theater

Seattle-native Mark O'Connor and his band perform two holiday concerts of Christmas classics, bluegrass and fiddling from the albums "An Appalachian Christmas" and "Coming Home."

Itzhak Perlman
January 18, 7:30 p.m.
Meany Theater

The leading violinist of our time, Itzhak Perlman returns to the Meany Center after nearly 20 years. Seattle audiences have the chance to hear one of classical music's all-time greats in the intimate setting on the UW campus.

**Third Coast Percussion:
Paddle to the Sea**
January 25, 8 p.m.

Meany Theater
Grammy Award winner Third Coast Percussion performs a multi-media work co-commissioned by Meany Center: a new soundtrack for the beloved Canadian film, "Paddle to the Sea." The score weaves music inspired by water and the natural world, by Philip Glass and Jacob Druckman, together with the traditional music of the Shona people of Zimbabwe.

Theater

Trojan Women: A Love Story
January 16, 18–24, 8 p.m.
Floyd and Delores Jones Playhouse

The School of Drama presents this Charles I. Mee play. The modern work on love and war is based on Euripides' *Trojan Women* and the story Dido and Aeneas set in contemporary times with a little Gershwin and Berlioz thrown in.

**12 Ophelias (A Play with
Broken Songs)**
February 13, 15–17, 7:30 p.m.
February 18, 2 p.m.
February 21–24, 7:30 p.m.
February 25, 2 p.m.

Glenn Hughes Playhouse Theater
In a neo-Elizabethan Appalachia, Ophelia rises out of the water, dreaming of Pop-Tarts and imagining how things might have gone differently. Part of the Seattle Celebrates Shakespeare Festival.

Dance

Dance Faculty Concert
January 24–27, 7:30 p.m.
January 28, 2 p.m.
Meany Theater

The UW Dance Department presents its annual faculty concert featuring a variety of styles and performances.

Exhibits

The Time. The Place. Contemporary Art from the Collection
Through March 25/April 22
Henry Art Gallery

The Henry celebrates its 90th anniversary with a museum-wide exhibition of its contemporary collection, featuring over 50 artworks by artists from around the world and in media including video, photography, sculpture and drawing. These works entered the collection over the last two decades.

Lectures

Presented by the UW Graduate School

**Donna Nelson, TV series
science consultant**
January 10, 7:30 p.m.
Kane 120. Free.

"Breaking Bad" science adviser Donna Nelson, professor of chemistry at the University of Oklahoma, will share her Hollywood experiences and talk about how the worlds of science and film connect.

Megan Ming Francis, UW associate professor of political science

January 17, 7:30 p.m.
Kane 120. Free.

Megan Ming Francis discusses the civil rights challenges we all face during this pivotal moment in United States history. A record number of Americans have taken to the streets and thrust a new set of rights issues onto the national agenda. But do these protests matter? This talk is part of The Graduate School's Series, "Equity & Difference: Rights."

Richard Harris, NPR Science Correspondent

January 24, 7:30 p.m.
Kane 120. Free.

Radio reporter Richard Harris will talk about "Good Science, Bad Science: Getting Biomedical Research Done Right." Some lauded medical advances do not stand up to the test of time. Now, biomedical research faces a "reproducibility crisis" driven in part by a hypercompetitive academic environment.

Bill T. Jones, Co-Founder of Bill T. Jones/Arnie Zane Company

January 30, 7:30 p.m.
Kane 130. Free.

Choreographer and Artistic Director Bill T. Jones will discuss the four-year creation process of "Analogy: A Trilogy," examining the hidden unities, poetry and universal connectivity in creating art during this era of fractious political conversations and the potential heroism found in hope and belief in the future.

Temple Grandin, author and animal welfare expert

March 8, 7:30 p.m.
Kane 130. Cost: \$5.

An expert on animal behavior and spokesperson for autism, Temple Grandin has garnered national attention for her groundbreaking work using her own perception of the world to help her design better cattle handling facilities and improve animal welfare. This talk is part of The Graduate School's Series, "Equity & Difference: Rights."

History Lectures

Speaking Truth to Power: Protest and Dissent

Anand Yang

January 10, 7:30 p.m.
Kane 130

History Department Chair Anand Yang talks about "Truth and Power: The Origins, Meanings and Impact of Mahatma Gandhi's Ideas of Nonviolence."

Laurie Marhoefer

January 17, 7:30 p.m.
Kane 130

Assistant Professor Laurie Marhoefer (see story on page 43) discusses "Popular Protest in Nazi Germany: Rethinking the Power of Public Opinion in a Police State."

Arbella Bet-Shlimon

January 24, 7:30 p.m.
Kane 130

Assistant Professor Arbella Bet-Shlimon, an expert on the modern Middle East presents "The People Want to Bring Down the Regime": A History of Dissent and the Arab Spring.

Joshua Reid

January 31, 7:30 p.m.
Kane 130

Joshua Reid, associate professor of history and American Indian studies and member of the Snohomish Indian Nation, talks about the Dakota Access Pipeline and the notion of American Indians as protectors of the Earth in opposition to economic development in "The Historical Roots of Indigenous Activism in the Era of Standing Rock!"

REAL DAWGS WEAR PURPLE

DANIEL J. EVANS, BS '48, MS '49
STATE REPRESENTATIVE 1956-65
GOVERNOR 1965-77
U.S. SENATOR 1983-89

Daniel J. Evans conquered tall challenges as a distinguished leader in the State of Washington. His lifelong commitment to public service included a 1993 appointment to the UW Board of Regents where he served until 2005. In 2007, the UW recognized Evans as Alumnus Summa Laude Dignatus, the highest distinction the University confers on its graduates. In 2015, the UW's Graduate School of Public Affairs was named The Daniel J. Evans School of Public Affairs. Evans epitomizes what it means to be a Top Dawg.

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