Ana Mari Caute
President
Unleashing human potential is at the heart of the University of Washington — in the classroom and around the globe. Our core commitment is to work for the greater good. By enriching the student experience, fostering community partnerships, generating real-world impact and spurring innovation, we’re unleashing potential for our community — in Washington, and around the world.

JOIN US.
UW.EDU
When you’re done, that bottle’s not.
give it back™
May the Force Be With You
Whether a member of an undefeated empire or part of a rebel alliance, a Washington fan knows what it means to be part of a legacy. Get T-shirts, banners, decals and everything you need for your next intergalactic showdown.
ubookstore.com/thehuskyshop

First Class Luxury
This spa-quality towel is an essential for every Dawg's house. Buttery soft and super absorbent, the 100% cotton Jacquard measures 27" x 54."
angocha.com

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Dare to do it all with these spirited boots. The classic silhouette is stylish, comfortable and will keep your toes toasty.
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This snuggle-worthy Husky is the perfect comfort pal for fans of all ages. The delightful 5" squishable invites squeezing and always rebounds. Don’t stop at one; you may need a whole pack.
squishable.com

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The best chocolate you’ll ever taste is purple! Holiday cheer and this Belgian white chocolate hot drink go hand-in-hand.
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Display your stacking and balancing skills with Husky-sized, stack-crashing, nerve-wracking wood blocks. The 1 ½” x 3 ½” x 10 ½” blocks stack to an impressive 5’ tower. Blocks and carrying case weigh 40 lbs.
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Join the smart Huskies and keep your brain warm with a quality knit hat. This is the fourth hat in the Husky Hat of the Month lineup. Available for a limited time at select retailers.
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It’s a Wrap
A purple and gold buffalo plaid scarf is timeless and seasonless. Style and shape it in many different ways—around the neck in a braided twist, on the head tied with a knot, or belted at the waist.
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...but if you take a break, do it in Husky style with Fatboy’s original beanbag and rechargeable lamp. Perfect for the dorm, den or deck! Save 25% with an exclusive Husky code: HUSKYPICKS
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Husky warmth inside...
...and out.

Real Dawgs Wear Purple
facebook.com/WearPurple
IT’S SUPPORTING STUDENTS.
The opportunity to have a world-class education leveled the playing field for me. My desire is to see more Native American students get the same opportunity for success. Being a member is one way I get to contribute.

RION, ’95, ’98, UWAA LIFE MEMBER
Driven

NINETEEN ACRES. KILLER VIEW OF THE LAKE. University Village- and Husky Stadium-adjacent. You and I know it as Parking Lot E-1. I love that hunk of land.

And here’s why: I’ve parked there, tailgated there, started STP from there, played Frisbee there, and excitedly listened to Bob Rondeau’s postgame show after a Husky victory as I waited for the lot to clear out.

That parking lot also means a lot to me because I used to bring my daughter there on deserted Sunday afternoons to practice driving when she was a squirt of 15. We’d pull in through the narrow open gate. Then we’d make our way to the University Village end of things to get away from the high-pitched yelps from the soccer field. My daughter and I would exchange seats, and off we’d go, driving up and down the rows, trying to keep in a straight line, stopping at imaginary stop signs, practicing turns. Every now and then another car would come by, and I’d hold my breath as my daughter dealt with another moving vehicle. Then we’d pull over, catch our collective breath, and do it again. And again. Sure, we nearly took out the fence bordering Montlake Boulevard now and again, but we escaped unscathed.

I didn’t squander these father-daughter times only on driving the old Honda around. I’d regale her with tales of how there was a garbage dump nearby many years ago, and how we were mere yards from where the greats had played—Tina Frimpong, Danielle Lawrie, Courtney Thompson. She’d turn to me and say, “Who?” When she was a tyke, I brought her to Hec Ed for women’s basketball and women’s volleyball games, to show her that one day she could do that, too. But she was more interested in dashing around the concourse and asking if they sold Dippin’ Dots at the concession stands. (I don’t remember.)

So Lot E-1 has meant a lot. And not just to me. While it may be a drag if you are assigned to park there and you have to get across campus in a hurry, it is also where magic happens. And I’m sure I’ll be back practicing driving with my younger daughter in a couple of years.

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PAGE 18 Ocean Future | by: HANNELORE SUDERMANN

Experts studying the ways of the ocean stream to the nation’s premier marine lab to find the answers.

PAGE 24 Ana Mari Cauce | by: HANNELORE SUDERMANN

She arrived 29 years ago as an assistant professor. Little did she know she would become our 33rd president.

PAGE 28 Restaurateur Renee | by: MAUREEN O’HAGAN

A former college softball player who majored in painting and bussed tables is revolutionizing Seattle’s dining scene.

PAGE 32 Stroke Attack | by: JULIE GARNER

Suffering a stroke is terrifying. UW Medicine’s Harborview Medical Center is pioneering ways to soften the blow.

Cover: Ana Mari Cauce probably visited Suzzallo Library about a million times in her 29 years on campus. But Friday, October 30 was a little different. That’s when she stepped into the Smith Room to have her portrait taken for the first time as the president of the University. Photo by Rick Dahms.
VOICES FROM THE DARKNESS  “in all my dreams, before my helpless sight, he plunges at me, gutting, choking, drowning,” writes Wilfred Owen, famed World War I poet. The war to end all wars claimed more than eight million lives and wounded 22 million. To escape the horror, soldiers on all sides built underground encampments—some that looked like cities—with quarries, movie theaters, offices, chapels and more. Dallas physician Jeff Gusky, ’82, explores and documents these dark, chilling hideouts in France, many of which include personal expressions left behind like this image carved into rock, a self portrait of Private First Class Archie W. Sweetman of Boston. To learn more about Gusky’s work: jeffgusky.com
Any divestment by the UW needs to focus on individual companies, including specific evidence that their activities cause environmental injury.

— Clydia J. Cuykendall, ’74

True To Self
★★★ As a UW graduate, my husband receives Columns, and he gave me the latest issue with Julie Garner’s article (True To Self, September). I was very happy to hear how the UW is helping transgender people. I have two young-adult children who are transgender (male to female). We support our kids and are helping them with this process. It is very encouraging to know that there is a college that would treat my kids with the respect and assistance they need. UW should be an example for other colleges. Keep up the good work!

Shannon Warren
Columns Online
★★★ It seems the UW is joining the bandwagon of the cause du jour: transgender studies. I am sure the University is doing all it can to include everyone but do you think that it merits the front page? In the article, you claim there are approximately 700,000 transgendered people. With a U.S. population of 318.9 million, it comes out to be 0.22 percent transgender (not even one percent). Do you think this is of vital concern? Or is it more like a ploy to grab headlines? I have nothing against transgender folks but I think the constant spotlight on such a small number strikes me as a waste of journalistic effort. Wouldn’t it be more important to have articles dealing with issues of discrimination against gays and lesbians in housing and employment? I guess that would not be in line with the current political correctness mentality.

Frank Caballero, ’68
Asheville, N.C.
★★★ As a UWAA life member, I am incredibly proud of the UW for helping to set the standards for transitioning students. I have such fond memories of McMahon Hall and my demanding major of architecture—in a different gender than what I am now.

Kimberly Joy Hitchcock, ’69, ’71
Columns Online
★★★ I’m not quite sure why the September issue of Columns had a cover and six pages dedicated to transgender students. Did I miss the point? Maybe it was written to keep up with Bruce Jenner’s transformation—kind of like a pop culture piece. I think that as a magazine you can do better than that. I’m not sure what that really added to the UW name.

Thomas Lehr, ’01
Carriere, Miss.
★★★ Articles such as this help educate people about transgender issues. It is heartening to see family acceptance yet at the same time, we must be aware of the prejudice that transgender people face. Our society is not particularly accepting and I see a long struggle toward inclusion.

Gail Cunningham
Columns Online
Grassy Dancefloor
★★★ There are some things that point toward hope for man in the presentation of your magazine. Large print of the deceased and at least an article or two of those good old campus days can still excite the less active and fortunate Dawgs who can still sing the fight song, an anthem of our hallowed halls. But the story (Museum of Modern Dance, September) doesn’t do its history justice. Those first classes began on the grass in front of the columns. Then Hutchinson Hall—it was a climb for the fortunate Dawgs who can still sing the fight song, an anthem of our hallowed halls. But the story (Museum of Modern Dance, September) doesn’t do its history justice. Those first classes began on the grass in front of the columns. Then Hutchinson Hall—it was a climb for anyone who wanted to see those performances. We had great artists like José Limón and movement specialists like Betty [Hayes] come in to augment our experiences. The current article has a photo of a woman with heaps of material on wands. That accurately expressed Madame Duvres and her time there in the Women’s P.E. Department. The one dancer with red or auburn hair recalled the thrilling leaps from dancers such as Marg Barlow, a beautiful and graceful redhead called “Red” by her pals. To watch her was, for us of “club feet,” an education.

Barbara Cathey, ’54
Colville
Buildling Community
★★★ Editor Jon Marmor’s Anew article surprised me. The enthusiasm he has for the University District Farmers Market as a gathering place for everyone is not consistent with the University’s decision to build a tall office building over the Brooklyn Avenue N.E. Sound Transit station instead of supporting the City of Seattle/UW Community Advisory Committee and University Partners’ design for an open plaza there. Community space, fresh air and sunlight in an ever-densifying area would be exciting! Coming up from the underground light rail to sunlight (or, perhaps, occasional rain) into an open area surrounded by restaurants and shops would be innovative.

Jean Amick
Seattle
Divesting Dstup
★★★ I am dismayed that the UW Board of Regents has divested the endowment from coal. Instead of attacking the coal industry, the UW needs to invite willing companies to the table and request their help to protect our environment with their ideas and funds. This...
approach would be more consistent with the University's sustainability efforts than "kicking out coal" and would also support the UWAA President's way of addressing challenges with active engagement. Some coal companies are sequestering CO2 and others are using torrefied biomass, a renewable product that can be burned in coal plants without modification. I was reluctant to visit South Africa in the 1980s because I didn't want my tourist dollar to support apartheid, but when I made my trip (visiting all of the "homelands"), I realized that some foreign investors were the ones educating black South Africans and sowing the seeds that would end apartheid. Any divestment by the UW needs to focus on individual companies, including specific evidence that their activities cause direct and substantial environmental injury. I am divesting the UW of my annual contribution in protest.

Clydia J. Cuykendall, '74
Olympia

109-year-old Fan

★★★★ As I made my weekly visit with one of your graduates, I found her faithfully reading Columns. Mother is 109 and is still a faithful Husky. She misses going out to lunch with her Phi Mus. Now, being down on the third floor of Park Shore Retirement Home, she can't hear the touchdown sirens from Husky Stadium anymore. So that makes Columns all the more important to her. I thought you would like to know.

Carolyn Hannus
Daughter of Margaret Anderson Whitlock, '27

Barnard Baby

★★★★ I was a student in Dr. Kathryn Barnard's graduate infant assessment class (In Memory, September). I learned so much from her and became certified through the Nursing Child Assessment Satellite Training program. I continued to be a pediatric nurse case manager, instructor, science docent at a museum and a volunteer for medical sales.

Amy J. Noer, '93
Greensboro, N.C.

Down With Tuition

★★★★ As a resident of California, I get to read about the University of California’s increase in tuition for the next three years. As a UW alumnus, I read (That’s Right, a Tuition Reduction, September) that the tuition to attend the University of Washington will be reduced during that same period. I have been proud to talk of my association with the UW. This reduction in tuition indicates that the University is very interested in helping students complete a college education. How encouraging. Hooray for the UW!

John W. Lackey, ’71
Costa Mesa, Calif.

Where Was Naomi?

★★★★ It is beyond belief that there was not one mention of Naomi Pascal (UW Press: A Glorious 100 Years, September). It is the equivalent of an article on World War II in Europe that makes no mention of Gen. Dwight D. Eisenhower. During her long tenure as the head of the UW Press, Naomi Pascal was the UW Press. She deserved better than that.

Doris H. Pieroth, ’69, ’79
Seattle

Jon Bridgman

★★★★ I hope it’s not too late to say a word about the late, great Jon Bridgman—my teacher, my master’s mentor, my friend (In Memory, June). I graduated from Stanford in 1964 but spent my junior year at the U-Dub. At Stanford, I had several legendary professors, including Wallace Stegner (English), Alexander Kerensky (Russian history) and Otis Pease (Western civilization). In my undergrad year at the UW (1962-63), I was fortunate to study with three UW legends: George Taylor, Tom Pressly and Giovanni Costigan. When I came back to the U-Dub to work on a master’s degree in the late ‘80s, Jon took me under his wing and encouraged me to study with Richard Johnson, Hillil Kieval (20 years later) again with Otis Pease and Tom Pressly. Fortunately, I took Jon’s advice. We also became close friends (after all, I wasn’t much older than he) and we stayed in touch until his health worsened last year. We wrote letters and he used very old, occasionally rare, stamps. As a longtime philatelist, I begged him not to ruin these beauties. He said, “I’ve got a desk full and need to use them.” Sigh. I was lucky to have had so many great teachers. None of them surpassed Jon, and, don’t tell anyone, but he was my favorite.

Doug Glant, ’91
Mercer Island

In Good Company

★★★★ We subscribe to many exceptional publications, but I would like to tell you how exceptional I find Columns magazine to be. It is beautifully designed and always full of tremendously interesting articles. Even my wife, who is not a Husky, regularly reads it! Keep up the good work!

Scott Roth, ’86
Bainbridge Island
One of my favorite places to walk the beaches of the Pacific Northwest is San Juan Island, where the UW College of the Environment operates a field station, Friday Harbor Labs. Last summer, I attended a lecture on the island by Susan Middleton, an award-winning photographer whose work was displayed at the local museum. For years she has spent parts of her summer at Friday Harbor Labs, where our students and scientists introduced her to the countless small invertebrate creatures in our oceans.

Most of these creatures are tiny and not much to look at upon first glance. Yet I learned they are the origins—the bedrock of life on our planet. In Middleton’s exhibition, “Spineless,” large, majestic portraits give these tiny beings the dignity and status they truly deserve.

Armed with new knowledge and appreciation, my contemplative beach walks and tide-pooling on San Juan Island now consist of a whole new wonderland. I no longer focus on just the warmth of the water, the boats or even the whales that might be on the horizon. Instead I look down at the amazing biodiversity below me, at life forms I’d been oblivious to. This new knowledge breaks down the boundary between art and science and presents the ocean’s beauty in a whole new way for me.

I’ll never forget the look of delight and wonder on the face of my 17-month-old grand niece when she joined me for one of these walks and watched a tiny sand crab swim right between her legs as she crouched in the shallow water. It was the same look I see on the faces of our scientists and students when they turn wonder into discovery—and then apply it to real-world problems. At Friday Harbor Labs, they are using what they learn from these tiny creatures to engineer things such as prosthetics that are life-changing.

That’s who we are at the UW.

We nurture wonder. That wonder becomes curiosity, which leads to our discoveries. And that in turn becomes the innovations that change our world. That wonder is literally life-saving—for our bodies and for our souls.

Thank you for your trust and support as I begin my appointment as president. But more important, thank you for your support of our world-changing university.

Ana Mari Cauce, president
IT’S NICE TO KNOW THERE’S A DOCTOR IN THE HOUSE.

When it comes to your health — or the health of someone you love — peace of mind means a lot. That’s why it’s nice to know with the UW Medicine Virtual Clinic, you have 24/7 access to board-certified doctors and nurse practitioners.

- No appointment needed. Log in from your smartphone, tablet or computer.
- Receive answers fast. We treat most minor illnesses and even write prescriptions, all online.
- $40 flat fee. If it’s quickly determined that you need more than a virtual visit, you won’t be charged.
- No insurance required.

With the UW Medicine Virtual Clinic, you can find a doctor in the house without leaving home.

Learn when to use the UW Medicine Virtual Clinic.

uwmedicine.org/VirtualClinic
I competed in the Summer Olympics in Sydney in 2000. It was a thrill but I wouldn’t say they were fun.

I kept landing on my butt and my back when I was warming up for vault, my very first event. I didn’t know what was going on. I thought I was just nervous. So I just ran faster and missed it again.

It was the most defeating moment of my entire career. I had really high hopes to medal. When you fall on your first event, you know it’s over. It was really hard to finish the competition.

Turns out, the vault was set too low. We got to redo the event at the end of the competition. I made the vault like always but to redo an event, it’s not the same. It was utter disappointment because we finished fourth as a team and didn’t medal.

After the Olympics, I took a break. Then I was recruited by the University of Michigan. I went there very sour toward gymnastics and I didn’t know if I wanted to do it anymore. I showed up very sad, very beaten down.

I learned to love gymnastics again at Michigan because collegiate gymnastics is so team-oriented. Being there also helped me land a job with Cirque du Soleil as a trapeze artist, where I performed in “O” at the Bellagio in Las Vegas and “Love,” the Beatles-themed show at The Mirage.

You’re so unaware of the audience in gymnastics. But in Cirque you feed off that. You’re making eye contact with audience members, you’re feeding off their energy. It’s interactive, and so much fun.

You could mess up as long as you kept the authenticity of the show and performance. The audience actually loved it. In a handful of shows, I missed and landed in the water and as long as I swam to the side and stayed in character, it was OK.

Ten years after Sydney, we were awarded a bronze medal because it was discovered that the Chinese cheated by competing with an underage girl. It’s very strange to receive a medal 10 years later—you don’t get to stand on the podium with the flag and your teammates.

Every direction my life has taken stemmed from this heartbreaking experience. Then I look back and I think I wouldn’t have wanted it any other way. That’s a really important life lesson.

As a UW assistant coach, I love the opportunity to work with 18- to 22-year-olds. That’s when they do so much growing up. I can relate to them. Plus, they make me laugh on a daily basis.

UW isn’t a gymnastics power. Yet. But we are working to join the likes of Stanford and Florida. We recruit the same gymnasts as the top schools.

As lead beam coach, I want every gymnast to be completely focused for a minute and a half. When you see a wobble or a fall, the gymnast has lost that mental focus. I ask our gymnasts to think about three words to motivate them and exemplify how they want to look and feel. It could be “I am confident” or “I am focused.”

Our gymnasts better pay attention to me. That’s why I tell them: Listen up, I’m the one with the Olympic medal.
A publication of The UW Alumni Association and the University of Washington

During a security interview in 1989, Col. Margarethe Cammermeyer revealed that she was a lesbian. Her disclosure sparked a series of events that ultimately ended the ban on gays in the military.

Cammermeyer, who started as an Army nurse in 1963, served in Vietnam, and received the Bronze Star. Returning stateside in 1968, she and her then husband, a fellow soldier, had the first of their four sons. “At that time, if you wanted to have a family, [the policy was] you left the Army,” she says. But Cammermeyer wasn’t ready to end her military career just yet. So when the policy changed, she joined the Army Reserve in 1972, ultimately achieving the rank of colonel.

While raising her family, serving in the reserves and working in the VA health care system, Cammermeyer earned a master’s degree in nursing at the UW in 1976 and her Ph.D. in 1991.

In 1988, she became the chief nurse for the Washington National Guard. Forced to resign after she revealed her sexual orientation, she was the highest-ranking member of the military ever to be discharged on that basis. Cammermeyer argued that the ban was based on prejudice and thus was a violation of the Constitution. “Any rule, any regulation like that, somebody has to challenge it,” she says. She not only won, but she went on to campaign against the “Don’t Ask, Don’t Tell” policy.

At a November 11 reception on campus, the University of Washington and the UWAA honored Cammermeyer as the 2015 recipient of the annual Distinguished Alumni Veteran Award. Congratulations, Grethe. To read her speech, go to washington.edu/alumni/remarks-of-the-hero/ —Hannelore Sudermann

DISTINGUISHED ALUMNI VETERAN AWARD

★ GRETHE CAMMERMEYER

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“Ride onward, Jerry, with the wind at your back.”

Touching tributes like the one above populated all the local bicycling blogs following the tragic death of cycling icon Jerry Baker. The former Boeing engineer was a cycling nut; he rode 240,000 miles in his lifetime, including all 36 Seattle-to-Portland rides, and he won the inaugural STP in 1979 when it was a time trial. This Mr. Baker put his heart and soul into the sport—he was a founder of Cascade Bicycle Club and several other major cycling groups in the state of Washington. When not in the saddle, Baker, ’65, also helped grow the local bicycling industry. Pretty impressive for a guy who took up the sport because he was worried about gaining weight as a college student. Just about everyone who took their bike out knew Jerry and would say hi as he pedaled past on the Burke-Gilman Trail. Flat tires, road rash, a sore rear end, tired legs, rain, headwinds and other cycling hazards couldn’t stop him, but acute leukemia did on Sept. 10 at the age of 73.

**KEEN FIFTEEN**

Ka-ching. Approximately 5,500 workers at the UW—including about 3,500 students—are getting a pay raise. Inspired by the city of Seattle’s new law, the UW will increase its minimum wage to $15 an hour. The increase will take effect in two stages—moving to $13 an hour on Jan. 1, 2016 and to $15 an hour on Jan. 1, 2017. While this was an idea just about everybody supported, it was quite a challenge to make it work since the UW funds its staff from a range of revenue streams, including fees, and negotiations had to be conducted with the UW’s unions. But it got done! Says President Ana Mari Cauce: “It’s the right thing to do.”

**GUNTER UHLMANN IS AN EXPERT IN MAKING THINGS DISAPPEAR.**

Since 2003, the UW mathematician has been theorizing about cloaking devices of various kinds, including ones to hide sound, magnetic forces, and light. Using his theories, “you’re warping space, so that lines go around the cloaked object rather than through it,” says Uhlmann. “It’s like water flowing around a rock.” In 2007, he and three co-authors published a theory for creating a wormhole out of steady magnetic currents to hide an electromagnetic field. Last summer, a team of Spanish scientists made it work.

**Total Enrollment At All 3 Campuses:**

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<td>Percentage of all freshmen at UW campuses who are Washington residents</td>
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**Lights, Camera, Walking Shoes**

Betcha didn’t know that four Huskies had their own stars on the Hollywood Walk of Fame. They are: musician **Kenny G**, ‘78; **Robert Osborne** ‘54, the legendary **Hollywood Reporter** columnist; **Dyan Cannon**, the Oscar-nominated actress (for 1969’s *Bob & Carol & Ted & Alice*); and **Bruce Lee**, the late Hong Kong American martial arts film superstar.
If you’re a Costco fan, chances are you were as familiar with Pat Volchok as you were with the store’s $1.50 hot dogs. As Costco’s consumer reporter for 15 years, Volchok—who died July 1 at the age of 66—interacted with thousands of Costco members. “People would come up to her and say, ‘Aren’t you the Costco lady?’” says Gary Volchok, her husband of 28 years. Her Costco editor, Tim Talevich, says she answered countless emails from readers every month. I was one of them. I asked about the source of Costco meat—and she replied the very same day. “She was dedicated to Costco’s consumers and she took her job very seriously,” says Anita Thompson, Costco’s retired editorial director. “She would do things like take new towels home and wash them and report whether the color held.”

Before joining Costco’s staff, Volchok, ’71, worked for Seattle Public Schools. She also was a weekly participant on the live KIRO-TV show Northwest Living. Jamia Hansen-Murray, ’76, a sorority sister of Volchok’s, was a freshman when Volchok was a sophomore at UW. “She was my first roommate at the Pi Beta Phi house and one of my mentors in the first, crucial year at UW,” Hansen-Murray recalls. “She was the big sister I never had. Her smile and energy lit up every room.”—JULIE GARNER

THE COSTCO LADY

MADE IN CHINA AND BELLEVUE

During his recent visit to Seattle, China’s President Xi Jinping gifted the University a dawn redwood to celebrate a new partnership between the UW and Tsinghua University. The fast-growing deciduous tree, which is indigenous to Eastern Central China, will take root at the site of a new building for the Global Innovation Exchange program in Bellevue. This effort is blossoming with help of a $40 million gift from Microsoft.

THIS HOUSE OF DOIG

Although Seattle was his home and UW is where he studied history, author Ivan Doig set most of his books in Montana. Doig, ’69, died last April, and now his papers, manuscripts and notes are headed to the archives of Montana State University, said his widow Carol Doig, because of the central role Montana played in his life and work. (She also considered the UW and Stanford.) The MSU librarians plan to digitize the entire collection so everybody can have access. If you haven’t read his memoir, This House of Sky, do yourself a favor and pick up a copy. You won’t be able to put it down. He wrote that National Book Award nominated tome while he was a Ph.D. student at the UW in the 1960s.
A lanky teenager from small-town Alabama, Lou Coaston arrived at Seattle’s Garfield High School alone and friendless. It was the early 1950s and segregation was in full force. Bob Tate, the Garfield basketball coach, asked one of his veteran players, Dick Crews, to introduce the new kid around. So began a friendship that lasted more than 60 years. Both attended the UW and walked on to the basketball team—scholarships back then were not awarded to African American players. But a year later, Crews and Coaston became the UW’s first black players to receive athletic scholarships. A lightning-quick guard, Coaston was known to frustrate future NBA Hall of Famer Elgin Baylor when UW and Seattle U. players would gather for pickup games. “Lou was one of the kindest, most gentle people I ever met,” said Crews, ’58. “But you never messed with him.” Crews and Coaston, ’59, roomed together on the road, and Crews even introduced Coaston to Geraldine, who would become his wife of 66 years. Coaston, who later worked at Boeing and at Pacific Northwest Bell, left this world on Sept. 11 at the age of 79. But he will never be forgotten.

sweet lou

The Seahawks roster features three familiar names to Husky fans: Jermaine Kearse, Kasen Williams and Kevin Smith. All three were undrafted, free agent wide receivers. Kearse, on the Seahawks active roster since graduating in 2012, has been the BMOC in Seahawk Nation with his spectacular catch in the 2014 Super Bowl victory over Denver and the game-winning reception against Green Bay in last year’s heart-stopping NFC title game. Smith was just signed to the active roster, while Williams, who’s on the practice squad, is itching to join his buddies on the big club. Good things happen in threes, right?

update:

A 5-10, 155-pound guard (featured here in June’s Give Me Five) who was so impressive as a freshman walk-on last year, Dan Kingma was awarded a scholarship by coach Lorenzo Romar this season. That, Dawgs, is how you take the rock to the rack.
**Shampoo!** Condition! Sing Bow Down! Student-athletes hitting the showers in Hec Edmundson Pavilion in the early 1900s found a Husky staring back at them from the bronze faucet. But when the facility’s showers were renovated in the 1930s, these one-of-a-kind fixtures were dispatched like an old dog bone. This one ended up in a Port Townsend antique store, where collector Joe Saxon ponied up $75 for it—and later loaned it to the Husky Fever Hall of Fame museum in today’s Hec Ed.

**Ball Wall**

Step aside, Hope Solo. Megan Kufeld stands all alone as the Huskies’ zero hero. The California senior eclipsed the U.S. World Cup goalkeeper’s college career shutout record by finishing her four years at Montlake with 21. (Solo recorded 18 from 1999-2002.) Kufeld’s career goals-against average is a puny 1.0, while in the classroom she scored an eye-opening 3.97 grade point average—as a brainiac biology major, no less. No wonder she is a two-time academic All-American.

**High Flyer**

Sports Illustrated ranked former Husky Isaiah Thomas among the NBA’s top 100 players. He is No. 88, up from 91st a year ago. Not bad for the last pick of the 2011 draft.

**Destination Canton?**

What does a hard-hitting defensive back who played for the Huskies in the 1990s have in common with a coach who was an offensive genius from the 1970s? Easy. Lawyer Milloy and Don Coryell were both nominated for the Pro Football Hall of Fame. Milloy enjoyed a 15-year NFL career bruising ball carriers while Coryell, ‘50, ’51, devised Air Coryell, one of the most creative, productive offenses the NFL has ever seen when he led the St. Louis Cardinals and San Diego Chargers. Final decisions on who makes the Pro Football Hall of Fame Class of 2016 will be announced in January. Here’s hoping they bring a couple of Dawgs in the house.

**Can You Believe It Was 30 Years Ago When the Sooner Schooner Ran Onto the Field During the UW-Oklahoma Orange Bowl? Neither Can We. Now Keep That Toy Off Our Lawn.**
The Dream Lab

By Hannelore Sudermann

Photographs by Joe Santiago
For more than a century, scientists and students the world over have come to Friday Harbor to look into the future of our oceans.
Two summers ago, when word spread that a disease ravaged millions of sea stars along the Pacific Coast, Morgan Eisenlord donned her boots, grabbed a flashlight and headed for the beach.

“There was no time to waste,” says Drew Harvell, ’85, a Cornell University biologist who was doing her field work at UW’s Friday Harbor Laboratories. She and Eisenlord, ’13, a lab employee, went out at low tide to see if the local population of stars had been affected by the telltale lesions or were losing arms. “There was an outbreak near Vancouver and one in Southern California,” Harvell recalls. “We fully expected the sea stars to be sick.” To the scientists’ relief, the creatures were healthy.

Sea stars, which are echinoderms, usually have five arms, sometimes more. Hundreds of tiny feet help them cling to the rugged coast, shuffle along the sea floor and pry open their tasty prey. They come in delicious colors—oranges, reds, ochres, blues and purples. The sunflower star, a longtime resident of the subtidal waters around the Friday Harbor laboratory, can live up to five years, develop more than 20 arms and grow up to a meter across. It is a keystone predator in that ecosystem, eating clams, urchins, mussels and abalone.

“The subtidal sea stars, like the sunflower, are charismatic,” says Eisenlord. “They have very soft bodies and can move very quickly.” Now a Ph.D. student of Harvell’s at Cornell, Eisenlord returned to Friday Harbor last summer to continue her field research in one of the most diverse marine ecosystems in the country. There, she wondered why the stars, which were healthy a year before, were succumbing to a disease destroying their bodies. Did the disease mutate? Did the warmer ocean water play a role? As we sit in the 1920s dining hall at the marine station on quiet San Juan Island, Eisenlord draws my attention from our meal to tell me about the plight of the sea star.

While the disease skipped the San Juans in 2013, by the middle of the warm-water summer of 2014, scientists were seeing ochre and sunflower sea stars that were riddled with lesions and twisted limbs. “We saw large white areas that were just falling apart,” says Eisenlord. “You could see withered arms and dead animals.” And the worst cases? Those stars, she says, “looked melted.”

Eisenlord plucks her cell phone from her pocket to show me a picture, which makes me put down my fork. This disease absolutely decimated the population around Puget Sound and the Salish Sea, she says.

In the midst of all this mass mortality, scientists actually found an upside—they were able to collect data as it was unfolding. “A lot of disease happens out in the ocean and you never see it; you only see the aftermath,” Eisenlord explains. They found at least 20 species of sea star harmed by the outbreak. This is significant, scientists say, because losing sea stars could cause intertidal and subtidal ecosystems to change. The result? Fewer sea stars means more urchins, which will overgraze and turn healthy kelp forests barren. When Eisenlord and Harvell left Friday Harbor at the end of last summer, they wondered if they would ever see certain species of sea stars again.
Make no mistake, the sea is changing. Warming waters are causing some organisms to become more abundant, while undermining others’ ability to fight off disease. Invasive species, overfishing and mutated diseases are all signs and sources of changes to come. Increased acidity, whether from human activities like runoff and carbon emissions or from the upwelling of deeper waters, affects the ability of clams, oysters and fish to form shells and skeletons.

There is no place like the UW’s Friday Harbor Laboratories for scientists to explore these and other conditions. Not only does the area provide an incredible range of creatures to study, but UW marine experts explain that, due to higher acidity and wide fluctuations in pH and temperature, the Salish Sea is showing changes today that aren’t expected to appear in the ocean for another 100 years. “Ten years ago, we wouldn’t have known that,” says UW biologist Emily Carrington, who is studying coastal organisms and their responses to environmental fluctuations. She is in the process of making long-term measurements of weather and water conditions. “In retrospect, it’s really obvious,” she says. “To work at Friday Harbor is to look into the future of the ocean.”

Finding Friday Harbor

In the early 1900s, Trevor Kincaid was not a happy man. He believed that the UW was neglecting marine science. The school’s only zoology professor, Kincaid enrolled at UW in 1894 to study insects, but he also collected seashells and boated around the Sound. “We dredged up a large amount of marine life, which gave me my first contact with innumerable forms of animal life that inhabit the deep water of Puget Sound,” Kincaid wrote in his 1962 autobiography. “The sea creatures I had read about or seen pictures of sprang to life before my eyes.”

If his students could share this experience, “it would vivify the subject. A live starfish is much more interesting than a specimen pickled in alcohol,” he wrote. While Columbia University and the University of Wisconsin had opened their own marine stations in the area, the UW seemed to be “sitting on its hands,” Kincaid noted.

In 1903, he convinced UW President Thomas Kane to open a marine lab. Kincaid toured the Puget Sound, visiting spots in Hood Canal and around Port Townsend. Then he detoured up to Friday Harbor, a small village on a sheltered deep-water bay on San Juan Island, about 100 miles north of Seattle. “I was amazed at the great wealth of animal life in that area,” Kincaid wrote. “In spite of its remoteness, it had many advantages over the other sites.” The UW’s marine lab opened there in 1904.

During the lab’s rugged first few years, Kincaid, another scientist and a handful of students set up shop in an old cabin. Their laboratory was a long table under a tree; they cooked their meals over a campfire on the beach. They later moved into an idled fish cannery, then to a two-story building erected on piers over the water.

Kincaid directed the station before turning his focus to oyster farming in Washington. The native oyster had been overfished and mismanaged; Willapa Bay’s once-thriving tidelights were wiped out. Kincaid proposed bringing the Pacific oyster from Japan to the region’s oyster beds, which helped save the industry.

Meanwhile, the UW marine station had outgrown its site. In 1921, the U.S. government deeded the University about 480 wild acres on the north side of Friday Harbor’s U-shaped bay.

Harvell, who visited as an undergraduate, performed graduate work there in the 1980s, still returns regularly from Cornell to teach and conduct research. Why? Well, in Maine, there is only one species of a very small chiton (a primitive mollusk). “In Friday Harbor, there are at least seven or eight species,” she says. “And that’s true across the board—sea slugs, sea stars, any taxon [group of populations].”

Friday Harbor is also where creatures wash in from the outer coast. Organisms that move up from the south coast meet those sweeping down from the north. In 1990, the waters right around the marine station and up to 500 yards offshore were declared a state preserve, limiting what fishing and other possibly destructive activities might occur there.

Throw in the shallow beaches, mud flats, intertidal and subtidal areas, and you have a marine scientist’s dream, says Jan Newton, ’84, ’89, an oceanographer with the UW Applied Physics Laboratory. She leads the Northwest Association of Networked Ocean Observing Systems. This group coordinates data collected from sensors up and down the Washington and Oregon coasts, tracking harmful algae blooms, ocean acidity and
coastal flooding. “We’re working on aligning the science along the West Coast,” she says. “Dial back 20 years and we only had a few ocean buoys. Now we have offshore buoys, mid-sound sensors and sensors near shore.”

In addition to tracking the tides, Newton monitors the warm North Pacific gyre that flows here from Japan. She also keeps track of the upwelled cold and nutrient-rich water from below the continental shelf and the turbulent mixing of it all. “The San Juan Channel,” Newton says, “is like a great washing machine.”

Because of this phenomenon, the area boasts two to three times as many species as those found along the coast. “We have all animal phyla here and we can show students things you can’t find in other places,” says lab director Billie Swalla. Experts from around the world travel here to study the beaches, dive into different ecosystems, collect data and specimens, and perform tests in the saltwater labs. These labs are in 13 buildings on the island hillside, fed by a web of black pipes that convey seawater to a series of tanks. Each building features its own set of wonders. Tubs and tanks burgeon with living creatures. In one room, a sea snail pokes its antennae over the edge of a small plastic tub while a reddish sea urchin skirts nearby.

In another building, dogfish circle in a large tank just feet from where biologist Adam Summers runs a 3-D printer that helps him explore the mechanical properties and swimming mechanics of fish, amphibians and reptiles. Down at the dock, the Centennial, a hulking research vessel, is primed to take students and scientists out to trawl, dredge or sample.

It’s no wonder that the Friday Harbor Laboratories regularly host so many visitors. Last summer, for instance, scientists from Denmark, Italy and Australia, as well as their students, shared a laboratory. In separate projects, they studied fish swimming patterns, behavior and response to predator attacks.

“We have a hundred beds for students and a hundred beds for researchers and families,” says Swalla. “We’re busy all year round.”

**Forming Attachments**

Each spring, during the first few weeks in the life of the Pacific Northwest mussel, the tiny larvae swim in bays feasting on phytoplankton and algae, all while avoiding the hungry mouths of jellyfish and juvenile fish. They feed and then they cling—to rocks, to lines placed by mussel farmers, even to each other, to protect themselves from waves and predators. They form large clusters and knit themselves into place using secreted threads known as their byssus or beard.

About 30 miles south of Friday Harbor, in Whidbey Island’s Penn Cove, the folks running the nation’s oldest and largest commercial mussel farm are highly attuned to ocean change—and deeply concerned with how it might affect their yield as well as their profits. Laura Newcomb, a UW graduate student, is studying how well mussels raised here cling to their lines and what, in recent years, may be causing the shellfish to loosen their grip. At its worst, 20 to 30 percent of the mussels can tumble from the line on the way to harvest. The Penn Cove Shellfish Co. welcomed Newcomb’s study and invited her on the harvesting barge so she could collect specimens from different depths of the line. The growers told Newcomb when they had noticed an increase in nutrients or a change in seawater temperature that might affect the mussels’ growth and ability to attach. The growers also helped biologist Carrington’s team set up a sensor array on one of their rafts in the cove to record temperature and pH levels at different depths. But with the abundance of algae and the larvae’s eagerness to attach, it’s a challenge to keep the sensors clean, says Carrington.

Newcomb collected dozens of mussels and brought them into the new Ocean Acidification Environmental Laboratory at Friday Harbor, an experimental facility opened in 2011 with funding from the National Science Foundation, the UW and private donors. Carrington, the founding director, helped develop the facility. Here students and scientists can bring in organisms like mussels or algae and study
how they respond in water with different chemistries. Large Igloo coolers serve as mesocosms—enclosed systems where chemistry, temperature and light can be controlled. Wires and chains tentacle from a trellis above, carrying power, light and measuring tools into each specific zone. An adjacent analytical chemistry room allows the researchers the rare opportunity to collect reliable measurements just feet away from their experiments.

“Only a few labs in the country have this type of state-of-the-art equipment for ocean chemists and biologists,” says Carrington. “And ours is the only one that also has a teaching mission.” Tests in the Ocean Acidification Lab can run a few hours, a few days or even a few weeks.

Behind the lab, a narrow trail runs alongside the pipes carrying seawater into the station. Carrington leads us on a quick hike along the bay. Just past the pump house, she proudly rests her hand on the metalwork of her weather station. She can gauge wind, humidity, even nighttime cloud cover. A few feet away, another set of sensors dip down into the water to gauge tide and temperature. “Historically we did a lousy job of monitoring the environment,” she says. “Now we’re doing much better.”

Carrington has managed to keep measurements since 2005. Her data reveals fluctuations in salinity and temperature—critical findings that surprised many longtime researchers.

Last spring, Professor Emeritus James Murray, who specializes in ocean chemistry, wrote about some of these results, noting that the area around the lab, and many other regional coastal areas, contained higher levels of acidity than the ocean, which could cause the ecology to change more quickly. The conditions around Friday Harbor make it an ideal place to study how different organisms respond and adapt, or how they don’t, says Carrington, a co-author on the paper.

Time at Friday Harbor will help scientists develop a clearer picture of how sea life might respond to warmer, more acidic ocean water. Will some creatures thrive and others disappear? As to why Penn Cove mussels have weaker attachments at different times, “Our newest measurements,” Carrington says, “suggest that temperature is playing a role.”

Floating Inspiration

It was 1961. Flat out of ideas, Osamu Shimomura climbed into a rowboat to escape his colleagues at Friday Harbor and quiet his mind.

The scientist was in hot pursuit of the Aequorea victoria jellyfish. Working for a Princeton University lab, his job was to collect the gelatinous marine animal and figure out how to isolate a bioluminescent protein from it. The Friday Harbor lab was the place to do it, he noted. “A constant stream of floating jellyfish passed along the side of the lab dock every morning and evening, riding with the current,” he wrote of his experience. In their first days, he and his colleagues struggled to isolate the luminescent substance that rimmed the jellyfish’s umbrella. They soon exhausted all of their ideas. So Shimomura spent days “soul searching” while drifting under the summer sky. “Friday Harbor in summer, at that time, was quiet and peaceful,” he wrote.

There, in the middle of the bay, in the middle of an afternoon, it came to him. The enzyme or protein responsible for lighting up might be affected by a change in pH. He rushed back to the lab, set up an experiment and found he was right. But his big discovery was yet to come. When he threw his experiment into a sink where a seawater tank was draining, the light flashed even brighter. At that point, Shimomura realized calcium was the key.

Returning every summer over two decades, he and his team acquired at least 3,000 jellies a day—enough to supply his research and provide the groundwork for isolating the glowing matter the following year.

Shimomura ultimately discovered the proteins aequorin and green fluorescent protein, the latter now a tagging tool that allows researchers to see things like the development of nerve damage or the spread of cancer cells. That discovery earned him a share of the 2008 Nobel Prize in Chemistry.

Future and Fate

Last spring, Harvell and Eisenlord returned to Friday Harbor hoping to find sea stars that had survived the devastating disease. “The numbers were way down, but we saw healthy ochre stars [the five-armed intertidal stars] in the spring,” says Harvell. “Then wasting disease increased again later in the summer. And sadly, we’re not seeing the sunflower at all in the San Juans, and it’s no better in California.”

The sea star has become symbol for the urgency of understanding ocean change. “The only thing that has been gratifying about this is the level of public interest,” says Harvell. “The people living around Washington and the Pacific Northwest really value their marine resources, and are on top of understanding their issues.”

Just two years ago, visitors to the lab could simply walk out onto the dock and glimpse the bright orange and yellow stars in the clear waters below. This year, even their ghostlike remains are gone. —Hannelore Sudermann is managing editor of Columns
PRESIDENT

Precedent

BY HANNELORE SUDERMANN | PHOTOS BY RICK DAHMS
SHE IS THE FIRST WOMAN, FIRST LATINA, AND THE FIRST IN A LONG WHILE TO BE PROMOTED FROM WITHIN.

TWENTY-NINE YEARS AGO, ANA MARI CAUCE STARTED HER UW CAREER AS AN ASSISTANT PROFESSOR. TODAY, SHE GOES BY ANOTHER TITLE: PRESIDENT.
When she was appointed interim president of the UW last spring, Ana Mari Cauce wasted no time adjusting to the role.

She opened a UW resource center in Spokane, presided over the graduations of more than 7,000 students on three campuses and launched a collaborative degree with a major Chinese university. She also started a university-wide initiative on race and equity, helped first-year students move on to campus, shot hoops in Red Square with the men’s basketball coach, oh, and landed the job of president.

One of the nation’s leading medical programs, the law school and, in her words, “the big, messy, hairy, complex work we do together in the service of others, in pursuit of our public mission.” The 10-member Board of Regents named Cauce interim president in March, following Michael Young’s departure. But she was no stranger to Gerberding Hall, having served as provost, the second highest position in the UW administration with responsibility for the faculty and the budget for the past four years. The appointment came in the middle of the legislative session, in the middle of spring quarter and there was no time to get her bearings.

She wondered how the faculty and staff would accept her, as well as the alumni, regional leaders and donors. And she wondered how she would manage the many different parts a president must play: host, fundraiser, ambassador, legislative liaison. “As I started to really get into those roles, I found that my history here made me more effective,” says Cauce, who joined the UW faculty nearly 30 years ago. “And in many ways, it’s not that different than teaching. I get to help people see this university through my eyes.”

Cauce’s own story starts in Cuba, where her father Vicente Cauce was minister of education under dictator Fulgencio Batista. Her parents fled the country in 1959, when Fidel Castro’s army took control, leaving Cauce, not yet three, and her five-year-old brother with family until they could join them a few months later. They traded a life of privilege in Havana for one of poverty in Miami where her parents labored in a shoe factory and made their home in a neighborhood near Little Havana.

Though the Cauces lacked money, they placed great store in education. Without question, both children were destined for college. As a little girl, Cauce would line up her toys and teach them. In high school, Cauce worked as a cashier while juggling a few extracurriculars. “I was a yearbook editor and a newspaper editor. I was a geek before it was chic,” she says. Her brother transferred from community college to Duke University, and Cauce enrolled at the University of Miami so she could continue to live at home.

Drawn by storytelling and social justice, journalism was her first love. “It was Woodward and Bernstein—journalism can save the world,” she says. But then she found a better fit in psychology. “I really liked interacting with people,” she says. “It was more meaningful when I did it in a helping context.”

Her parents weren’t pleased when she moved north for graduate school at Yale. “They would have much preferred I stay home,” she says. But her route led her to Edmund W. Gordon, one of the nation’s leading scholars in psychology and African American studies. Gordon, himself, was mentored by sociologist and activist W.E.B. Du Bois.

The Yale professor emeritus describes Cauce as hardworking and known for her kindness and candor. “She has her share of confidence and ego,” says Gordon. “But they are consistently expressed through the demands and expectations she holds of herself in the service of community and other human beings.”

She is arguably the finest student he has had the privilege to teach in his 60-year academic career, says Gordon. “Even in those early days Ana Mari was asking the hard-to-answer questions, and insisting on more than superficial and simplistic answers,” he says.

In 1979, while she was in graduate school, Cauce’s brother, César, a union organizer and civil rights activist, was one of five people killed at an anti-Ku Klux Klan Rally in Greensboro, N.C. His death will always be hard to talk about, she says. “But the moment came last spring when I thought it was important to share.” She told the story during a speech to students to introduce the UW’s Race and Equity Initiative, a project that is personally important to her.

Her brother’s death caused her to question her direction: Should
she continue in an academic career or follow his lead into activism? “It ended up that the path that I was on was the right one for me and my personality,” she says. “I realized it was the best way for me to play a positive role in the world.”

Cauce came to Seattle in 1986, after graduating from Yale and working briefly at the University of Delaware, with the idea that the Northwest would be a good place to start her career, stay for four or five years, and then “head back east where I belong.” But “the fit was right,” she says. She discovered an affinity for hiking and bird watching. By the time she was awarded tenure in 1990—and bought a house not too far from campus—she knew this was home.

While her primary research focus is on adolescents, particularly ethnic minorities and at-risk youth, she has fashioned a career as a beloved teacher and mentor.

“She simply offered every opportunity, stood beside me, and trusted that I would meet the challenge,” says Nancy Gonzales, ’92, associate dean of faculty and professor of psychology at Arizona State University. As one of Cauce’s graduate students, Gonzales once landed a spot on a conference panel with two distinguished scholars. She was feeling relieved that the questions to her, the rookie, had been fairly easy. “Yet just before the session ended, one final hand was raised with the most difficult question,” she says. It was Cauce and “it was directed at me.”

In 1997, Cauce was tapped to chair American Ethnic Studies at a difficult time for the department. Students even held a sit-in to protest her appointment. This was her first big challenge as a leader, but she won the trust of the faculty and students, and with their help, stabilized the department. She held a series of leadership positions, but becoming dean of Arts and Sciences, which encompasses more than 35 departments from American Ethnic Studies to Statistics, prepared her best for the significant work ahead as provost and now president.

Over the summer, a 28-member search committee considered 58 applicants and prospects. Of them, 17 were presidents and nine were provosts. But Cauce was the unanimous choice, said Regent Chair Bill Ayer, ’78, because of her record of performance, her extraordinary intelligence, her work ethic and her love for and deep belief in the University. “Sometimes you cast the widest net, only to find the perfect answer standing right next to you,” said Regent Kristianne Gates Blake, ’75.

On the October afternoon the regents announced their decision to a room packed with students, faculty and staff, everyone in the room sprang to their feet. “It means so much more to be in a room with people who know me,” said Cauce, after a lengthy ovation. “There are people here who knew me when I was a beansprout.” Then she paused, realizing she was getting ahead of herself. “Subject to negotiation, I have every intention of accepting.” The room erupted with laughter.

Cauce barely had time to open letters of congratulations before boarding a plane to Washington, D.C., to visit the Washington delegation. A week later, she was off to China for a UW innovation summit. She has already started vetting the University’s administrative and finance practices, she is building relationships with business partners, and she is intent on keeping the University’s efforts to improve diversity moving forward. “It’s actually the smart thing to do,” says Cauce, explaining that in addition to preparing students for the world, diversity makes conversations on campus richer and the University stronger.

She may have a lot to do, but Cauce plans to continue teaching. “I became interim president in the midst of teaching a freshman seminar on leadership,” she says. The year before, she taught a class on stress and coping, “useful subjects for a university president.”

Cauce was recently asked: Now that she’s president, what is it that she has been waiting to do? She smiled and replied: “I haven’t been waiting for anything.”

Keeps pictures of Salish Sea, her cavalier King Charles spaniel, on her cell phone.

Born in Havana, Cuba, raised in Miami, Florida.

One of her culinary specialties is ropa vieja, flank steak in tomato sauce. She likes to cook ... “as long as it’s not very often.”

Holds a Ph.D. from Yale University.


A trustee of the Experience Music Project, she has served as the EMP’s Board Vice President.

Loves pop culture.

Lately, she’s a little behind on Homeland.

B—Hannelore Sudermann is managing editor of Columns
She wants to serve the world's best steak.

The indefatigable Erickson on Whidbey Island
That’s why chef Renee Erickson is now in the ranch business.

WHEN SHE TRAVELS, Seattle restaurateur Renee Erickson samples cuisines and eateries from fine to rustic. Several years ago, she had the best steak of her life at a restaurant in France. It was simply prepared—beef, cooked in a skillet with butter—yet to Erickson’s sophisticated palette, it was utterly perfect. She went back again and again. “I would go there and be so excited to eat some steak,” she recalls.

At some point, she got the idea to replicate the dish in her own restaurant. Meat, fat, frying pan, done—simple, right? Not if you’re Erickson.
An energetic, driven woman whose welcoming Seattle restaurants have received acclaim from foodies around the country, Renee Erickson wasn’t going to serve just any old beef. The perfect steak would come from a certain kind of cattle, not the Angus that’s on every American restaurant menu. It would be grass-fed and dry-aged, of course. And to ensure that the animal was treated humanely, she’d personally select trustworthy suppliers.

Then, an even better idea: what if she and her staff undertook all this themselves—from raising to butchering to aging to cooking? A cattle project centered on leased farmland on Whidbey Island. A journey into the world of farming and ranching unfolded for Erickson and her loyal team. Her biggest lesson so far? She still has an awful lot to learn.

“It’s kind of ridiculous to farm your own cows,” she says. Especially when you have no idea how to raise them, let alone butcher them. Dry-aging? Never done it. But she wasn’t about to let that stop her. Erickson is accustomed to taking on a challenge.

Here’s the kind of life Erickson, ’95, leads. One moment, she’s gleefully posing for photos, despite the fact that her feet are stuck in soggy, muddy boots and her hair is wet from walking around a cow pasture in a light drizzle. The next moment, she’s responding to a text from a well-known food magazine editor: Could she possibly squeeze in a dinner rush? But raising your own kale is one thing; raising animals is an order of magnitude far more complicated. It’s been done, but typically not with 1,000-pound cows.

“There’s a lot of concern around animals and welfare and what they eat,” says Erickson. At her restaurants, “we spend a lot of time focusing on trying to get sustainable seafood. We buy sustainably raised cows and pork and chickens and all that. But to be able to do it ourselves is better.”

Why does anyone in their right mind open a restaurant? The hours are lousy, the pace is grueling and the money’s uncertain. Erickson’s cattle project grew out of her quest to open not one, not two, but three establishments all at once this past fall on Seattle’s trendy Capitol Hill, with one centered around steak. That’s in addition to the three highly acclaimed restaurants she currently runs (along with a cute little food truck named Narwhal). Opening three places at once was a grueling undertaking. When Erickson, who has two business partners, opens a restaurant, she doesn’t just worry about the food. She plays a major role in creating the restaurant’s visual presentation, from the plates to the ceiling fixtures to the layout, making use of her UW fine arts degree.

On paper, that may sound like the hallmark of a control freak. But everything about Erickson, and her restaurants, seems to come from a place of warmth and generosity, where the goal is to make people feel at home. She sees the restaurant industry not as a stepping-stone to something better, but as a career choice. She hires staff accordingly.

Erickson is not a classically trained chef. Her love affair with restaurants began with Boat Street Café. As a UW undergrad studying painting (she first attended the University of Oregon on a softball scholarship but felt restricted by the time constraints of intercollegiate athletics) nearly 20 years ago, she took a job at the little café, then located in the U District underneath the I-5 overpass. First, she waited tables, then she moved to the kitchen, but the place was struggling, and the owner wanted out. At 25, Erickson made the decision—as brash as it was naïve—to buy it. Boat Street needed work, and she didn’t have deep pockets. But she did have an abundance of energy, along with a lot of goodwill and a family who pitched in with everything from carpentry to cooking. Somehow, it all worked.

Boat Street, which she later moved to a location at the edge of Belltown, became a beloved Seattle restaurant. But it never was a great financial success, Erickson concedes, and it closed in the spring of 2015. Erickson truly made her mark—and came to national attention—with an admirably convivial Ballard place called The Walrus and The Carpenter. Known for oysters, sparkling wine, and lovely shared plates that mix French and Northwest cuisines, with a little bit of this and that thrown in for fun.

New York Times columnist Frank Bruni called it a “happy-making place.” Bon Appetit called the food “nurturing.” That’s where the White House staffer wanted to eat.

Next came The Whale Wins, with a wood-fired oven and a focus on vegetables, and then Barnacle, a hole-in-the-wall bar next door to Walrus. Erickson has appeared on repeated “best of” lists, has twice been nominated for a James Beard Award, and published the widely praised cookbook A Boat, a Whale & a Walrus.

When she made the decision to close Boat Street, she knew she wanted to try something new. And her partners planned to open a traditional oyster bar on Capitol Hill called Bar Melusine, along with a doughnut shop. Those Whidbey Island chicken eggs will eventually be used for making doughnuts.

And there is Bateau (that’s “boat” in French). Everything about the place revolves around Erickson’s vision for the farm and her European-style cows. Obviously, the 16 cows currently on the farm aren’t
going to sustain a whole restaurant. It’s just the beginning of the stock Erickson and company plan to raise. Those cows will be supplemented with animals hand-selected by Erickson from other local farms.

It takes longer for grass-fed cows to reach full size than it does cows stuffed with corn. Dry-aging involves hanging gutted whole or half animals in a cooler for weeks. In the process, the beef loses considerable water weight, so 800 pounds of meat may shrink to 700. And your inventory is tied up for weeks at a time. It takes a lot of space, too. There’s a reason you don’t see dry-aged beef in supermarkets or on most restaurant menus: It’s expensive to produce. In this case, there’s also a learning process for Erickson and her employees.

“The chef at Bateau said, ‘Renee, you’ve backed us up to a cliff,’” she recalls with a laugh. You get the idea he’s been there before.

What diners receive for all this effort is a tender steak with a concentrated flavor that is often described as mushroomy, cheese-like, or just extra beefy. Bateau’s dining room is designed so diners can see into the dry-aging room. The idea is to use every possible part of the animal, whether it’s tallow or bones or rib eye. Hamburger will be prominently featured on the menu.

For a woman who professes such a love of cows, you might wonder how she’s going to allow them to be slaughtered and served for dinner. She witnessed the process right on a farm, performed quickly by a guy with lots of training. It’s something she’s clearly thought about.

“It’s a big deal we’re able to eat something that was alive,” she says, “so treating them with respect is important. I think treating animals humanely is really important. It’s something I think a lot people don’t want to know so they don’t pay attention.”

Erickson has visions for the farm beyond the livestock and vegetables. Maybe, she says, they could figure out a way to buy the property. Or maybe they could host events or even hold camps for kids who, nowadays, seem to have a lot to learn about their food. Perhaps they could raise persimmons or walnuts. Or harvest some of the trees for wood. All of that is a distance away. For now, the focus is squarely on the cows.

Houser, the rancher, says the chaotic part will pass. “Once we have our infrastructure and systems in place, we’re going to be a model. It takes momentum and money to build this kind of thing. But we can’t fail.” He eyes the pasture. “I mean, look at these animals!”

—Maureen O’Hagan is a frequent contributor to Columns
Treat Selint Store
Exercise regularly.
Eat a plant-based diet.
Control your blood pressure.

These are just a few of the ways to help prevent slurred speech and other ravages brought on by

The silent stroke

But if a stroke should occur, the unparalleled care at UW Medicine’s Harborview Medical Center will give you your best shot.

by Julie Garner

photos by Jon Marmor
Every year nearly 800,000 people in the U.S. suffer a stroke. One of these people was a woman I knew.

At her funeral, I discovered that she was only 67—five years older than me. So when I went to the Harborview Stroke Clinic to interview physicians and patients for this story, my interest became personal.

THE PEOPLE IN THE WAITING ROOM ON THE FIFTH floor of Harborview’s Ninth and Jefferson Building looked like me. They were aged 50 to 70. They didn’t have noticeable deficits. No one was crumpled in a wheelchair or struggling to talk. It was then and there that I knew I was ripe for a stroke. I have high blood pressure. I am overweight. I do exercise vigorously but I am a meat-eating, cheese-loving, sugar-savoring, at-risk American devouring the Standard American Diet.

The following week, during a routine dental appointment, the assistant took my blood pressure. A normal reading is 130 over 80. Mine was 166 over 96, which surprised me because I take medication for hypertension. So I bought a wrist monitor and tracked my blood pressure at home for 10 days. It was consistently high, once reading 166 over 100. Yikes.

I asked Stroke Clinic Director Kyra Becker, “What does a person need to do to prevent stroke?” Her answer: Exercise regularly, eat a Mediterranean-style, mainly plant-based diet (nuts, seeds, fish, olive oil) and make sure blood pressure is aggressively controlled. If you smoke, stop. Get your cholesterol checked; if it’s too high, medication can help.

Taking personal responsibility for one’s health is essential but that alone won’t guarantee your well-being; fully one-quarter of all strokes are cryptogenic, meaning there is no known cause.

Mike Vargas is a prime example. At 36, he looks like the picture of health. Yet Vargas, a video game developer, has suffered two strokes, cause unknown. His second stroke in 2013 earned him two nights
in the hospital. After a battery of tests, his physician referred him to Harborview because of its reputation for excellent stroke care.

At Vargas’ latest visit to Harborview on a sunny July day, David Tirschwell, the Stroke Center’s medical director, reviews scans of Vargas’ head. While the carotid arteries (the ones that lead to the brain) look clear, Tirschwell detects a slight abnormality in one. “We are going to take a look with our neuroradiology specialist, have a consult about this,” says Tirschwell. Blood tests will be ordered to see if Vargas has a genetic tendency to form blood clots.

For the past year, Vargas, ’01, has been a model patient. Following Becker’s advice, he has dropped 40 pounds and works out most days. Yet he still feels scared when he experiences any abnormal sensations in his head.

In 2011, 2,554 people died from strokes in Washington state. So where people seek treatment is critical to their survival and recovery. Harborview is the only comprehensive stroke center certified by the Joint Commission that serves Washington, Wyoming, Alaska, Montana and Idaho. That’s why the Stroke Clinic received referrals from 218 different medical sites in 2014.

There’s good reason why Harborview is so highly acclaimed. It boasts six of the top interventional neuroradiologists in the world as well as six of the state’s 10 specialists trained to use a device that works like a vacuum cleaner to remove blood clots from the arteries in the brain.

This treatment—which takes about 20 minutes—is so effective that “recent studies have shown that in 50 percent of cases, blood vessels return to normal,” says Louis Kim, Harborview’s chief of neurological surgery. UW Medicine specialists also can employ a stent retriever that works like a trap to smoosh blood clots to the artery wall and then suck them out. Once blood clots are removed, blood can flow freely again to the brain. That can shorten rehabilitation and lessen the effects of a severe stroke.

While these high-tech devices can work wonders, patients must first receive a clot-busting drug called tPA, preferably in the first three hours after suffering a stroke. “Every minute you are having a stroke, you are losing tens of thousands of brain cells,” says Kim. Calling 911 and getting to the hospital fast is essential. Says Peter Esselman, ’75, ’79, professor and chair of the Department of Rehabilitation Medicine: “Too often with stroke, people will go to bed and say ‘this will feel better in the morning’, but by the time they get to Harborview the damage is done.”

Neil Scott is an example of a stroke victim who didn’t seek treatment immediately. Scott, a young-looking 69-year-old Seattle-based radio broadcaster, is a dedicated runner who has put in at least a mile a day for the past 11 years. One day last summer, while out on his daily constitutional, Scott noticed weakness in his left side. Having already experienced two strokes, he figured he should get to Harborview. But he didn’t call for an ambulance.
“I took the bus,” he says. “I would have been embarrassed to call 911 and have an ambulance come take me away.” While Scott was given tPA right away, he turned out not to be a candidate for a stent-retriever procedure because his stricken blood vessels were too small.

During a recent follow-up exam, he tells Tirschwell that his balance “is off a little bit” and that he has lost vision in his left eye. “Stroke is like real estate,” says Tirschwell, explaining variability in brain damage. “What matters is location, location.”

No matter what part of the brain is affected, Harborview has a stroke team available 24/7 for patients who come in with acute stroke. “We have a very large neuroscience intensive care unit staffed by expert clinicians,” Becker says. “And the stroke rehabilitation team offers a depth of experience that other institutions don’t have.”

Norm Beauchamp, professor and chair of radiology in the School of Medicine, explains: “Part of why I came to the UW [from Johns Hopkins University] is because this is an amazing place to innovate. It’s the best in the country because of the strength of the rest of the campus. The UW has brought together the best neurologists, neurointerventional radiologists and diagnostic radiologists, neurosurgeons, physicists, computer scientists and emergency room physicians.”

People with atrial fibrillation (AFIB)—a condition featuring rapid, irregular beating of the heart’s upper chamber—have a five times greater risk of stroke. When these contractions weaken, blood flow can slow and clots can form. Blood thinners can help. But they are a tricky proposition. Too little of this medication won’t thin the blood enough; too much can cause bleeding in the brain or elsewhere in the body.
Then there are patients who can’t tolerate these medications at all. Two UW Medicine physicians, Elizabeth Perpetua and Mark Reisman, are among the first in the U.S. to implant a medical device called the Watchman. Just approved by the Food and Drug Administration, the device is inserted into the left atria to prevent clots from traveling to the heart or the brain. This eliminates the need for anticoagulants altogether. Their patient, a 77-year-old Lake Stevens man, was among the first in the country to receive the device. He experienced four previous hospitalizations for gastrointestinal bleeds caused by the blood thinner he was taking. Now he shouldn’t have to worry about that again.

But UW faculty aren’t solely focused on treating stroke. Rehabilitation is just as important. That’s why scientists from the College of Engineering are collaborating with UW Medicine clinicians to find ways to make rehabilitation more effective. Kat Steele, assistant professor of mechanical engineering, is studying gait and analyzing body motion to find strategies for people who develop hip weakness (common after a stroke), spasticity and drop foot (difficulty lifting the top of the foot). Steele and her students are developing braces and other devices that correct alignment or provide support. The software products developed in this study at the Steele lab will be open source—free and available to all.

Brian Glaister, a former UW graduate student, founded a Seattle company, Cadence Biomedical, after completing a fellowship with UW’s innovation incubator, CoMotion. Its specialty: creating products for stroke rehabilitation. For instance, Glaister developed a mechanical-assist device called Kickstart to help patients regain the ability to walk. It looks a little like Robocop’s leg and foot, and works like an artificial tendon to assist proper leg advancement. A spring in the device helps propel the leg normally.

This device completely transformed Donna Jang’s life. In 1992, Jang suffered a ruptured aneurysm in her brain. “The left side of my body didn’t work,” she says. “I had to learn how to walk again, but still I struggled to walk correctly. One of the key things I didn’t know is you need a hip flexor to walk. People who’ve had a stroke hike the hip and swing the leg.” (Hip flexors are a group of muscles that help a person flex or move the leg and knee up toward the body.)

For 18 years, Jang walked with the ungainly gait of a stroke patient. That wore out the cartilage in her hips and put her in constant pain. She found out about Kickstart because she’s an angel investor who contributes to startups. Jang received the Kickstart prototype in March 2012. Within months, her pain was gone. “The device doesn’t allow you to use your leg incorrectly. I was 60 years old and 18 years post-stroke, but after about 18 months, I believe that my brain developed new neural pathways to the hip flexor,” she says. Jang reached the pinnacle of her post-stroke life when she began ballroom dancing with her husband again. To this day, she remains pain free.

While Kickstart is already on the market, other promising research is under way to help stroke victims with mobility problems. The research team led by Chet Moritz, ’98, associate professor of rehabilitation medicine, is developing technology to bypass damaged areas in the nervous system (kind of like an end run in football) to restore control of paralyzed limbs. They are also promoting recovery and possible regeneration of damaged brain tissue.

But faculty at the UW don’t have a monopoly on stroke research. Four UW students—Brian Mogen, Tyler Libey, Dimitrios Gklezakos and Lars Crawford—won the Center for Sensorimotor Neural Engineering’s Tech Sandbox Competition by developing activities that combine therapeutic movements with advanced muscle and movement tracking. One example is a game like Whack-a-Mole, where patients pick up a virtual mallet to “whack” the computer image of a mole. The tasks increase in difficulty as patients make progress.

Rehabilitation is a difficult, frustrating process that has long plagued stroke victims. But these games track accomplishment and improvement, giving hope to patients and therapists alike. This technology is being tested at Harborview and at a Tacoma retirement community.

As for me, I’m eating a mostly vegetarian diet, vegan when I can. But occasionally I slip and eat a hamburger. Perfect is the enemy of the good, right? I am on a second blood pressure medicine and the hypertension is under control. —Julie Garner is a Columns staff writer who can’t pass up a kale salad.
AY HILBORN WATCHED WITH SATISFACTION last summer as the near-record sockeye salmon run he and his UW colleagues had forecasted finally flooded from Bristol Bay up through the lakes and creeks of southwest Alaska. Their prediction? Forty-nine million sockeye—up more than 50 percent from the average of 32 million. When the season started slowly Hilborn got antsy, recalling the 1995 run, in which “there was nothing, nothing, nothing and people started to despair,” says the aquatic and fishery sciences professor. “Then, boom! They showed up [58 million of them]—just a little bit late.”

In his 20-plus years of fieldwork in Bristol Bay, Hilborn has tuned into every number and nuance. An expert in natural resource management and salmon conservation, Hilborn advocates marine stewardship as a way to preserve fish populations and protect fisheries. He eschews notions that most of the world’s fisheries are overfished and that all fish stocks will collapse by 2048. An adviser to governments and global organizations, he urges pairing commercial fishing with government management tools such as halting fishing at certain times.

Hilborn is published, quoted and cited in a range of periodicals from the vaunted scientific journals *Nature* and *Science* to the *Bristol Bay Times* and Seafoodnews.com. He has studied tuna in the South Pacific, explored the recovery of Atlantic cod and analyzed sardines in California. But back at Bristol Bay, Hilborn’s focus is on this year’s sockeye. In the Wood River lakes system, which connects to Bristol Bay, the UW’s Alaska Salmon Program is the world’s longest-running effort to monitor salmon and their ecology. A suite of field stations allows scientists and students to study factors influencing sockeye salmon and affecting the fishing industry at large. Hilborn’s camp is at “second lake”—a cozy cluster of wooden buildings at the shore of the glassy waters of Lake Nerka. The post—which supports eight people and runs a generator for two short hours a day—is surrounded by lush, rolling mountains. It’s so remote, only boats or floatplanes can reach it.

“I first visited the Alaska Salmon Program camps in 1995, and I said, ‘All right, I need to find some excuse to come back here,’” says Hilborn. “It’s my favorite, favorite place, and I’ve been back every year since, working on quantitative management and continuing to practice pure science, studying the fundamentals of ecology and evolution and genetics.”

Hilborn never imagined he’d have a career in fisheries. But while he was a student at Grinnell College in Iowa, biologist Karl DeLong caught his interest. “I liked the professor so much, I said, ‘What does he teach next semester?’” says Hilborn. “It was ecology.” Hilborn followed in his mentor’s footsteps to graduate school at UC Berkeley. Then he headed north to learn from his mentor’s mentor at the University of British Columbia. While working on a Ph.D. in zoology, “I fell under the evil influence of a bunch of computer modelers,” he says. “The University of British Columbia and the University of Washington were the two hot spots in ecological modeling, which I found out I was actually pretty good at.”

In 1974, he joined a research think tank in Austria, met his wife Ulrike and found his calling: fish. Returning to British Columbia, he worked as a policy analyst for the government and as adjunct faculty at UBC, building an expertise in fisheries, which led to a job as a senior scientist for a tuna and billfish program in the South Pacific.

When Hilborn started at the UW in 1987, the Alaska Salmon Program was a one-person operation led by fisheries professor Don Rogers. Joining the effort, Hilborn helped expand the program, eventually becoming the lead principal investigator. Today he shares those duties with colleagues Daniel Schindler and Tom Quinn.
Life is quiet at Hilborn’s Lake Nerka camp. People stay up late with the midnight sun and it’s usually 9 a.m. before they start shuffling into the cozy kitchen for breakfast. Then they suit up in chest-high waders and float coats, grab their bear spray and head for the boats.

Bound for creeks that can only be reached through boat rides and hikes through the bush, they’re tracking the salmon that swim from the bay up to the lakes, then cluster at the mouths of the creeks—“sometimes a thousand fish, just sitting there in this big red ball,” says Hilborn. Then one salmon makes the push to spawn. The streams are a few feet wide and stretch about 300 yards, sometimes so shallow the salmon have to wriggle over beds of slippery rocks to get to their spawning site.

This is where Hilborn goes to work, tagging as many fish as possible, measuring them and taking a genetic sample that will one day tell him their individual stories. “I’m the world’s most boring guy up at Nerka because I do the same thing every day,” he says with a laugh.

That consistency makes the Alaska Salmon Program so successful. Hilborn is able to look at data he collected up to 20 years ago. And he can reference information collected by other scientists and students as far back as 70 years. The combination of a pristine habitat, an unparalleled volume of data and careful management has made Bristol Bay one of the largest, healthiest and most valuable fisheries in the world.

“This program has always been the cutting edge of salmon science,” says Hilborn. “And it developed a lot of techniques at its inception that are still part of the management now: from the way you age fish to the way you count them.”

Forecasting how many salmon will return to Bristol Bay each year, Hilborn and his team can recommend the number needed to reach spawning grounds (the industry term for this is “escapement”) in order to keep the fishery healthy. This year, the forecast predicted the largest run Bristol Bay had seen in nearly two decades—49 million, which placed escapement at 14 million and harvest at 35 million.

But developing the techniques for forecasting runs and studying management is just part of the program’s success. “One of the greatest things we’ve done for this place is produce students who are trained in the science and the management of salmon,” says Hilborn. “Training the next generation of fishery scientists and managers is such an important part of our future.”

Bristol Bay sets the standard for a well-managed fishery. One of the healthiest salmon populations in the world, “It’s just as big now as it was 500 years ago, and it supports a thriving local industry,” says Hilborn. “It’s a demonstration that if you protect the habitat and if you manage your fisheries well, you can have your fish and eat it too.”

—Hannah Gilman, a UW copywriter, waded into Alaska for this story.

Visit our website to see a video about one student’s experience with the Alaska Salmon Program: UWalum.com/columns
A new wearable technology developed at the UW called MagnifiSense can detect what devices and vehicles the user interacts with. It also can help track that individual’s carbon footprint, enable smart-home applications or even assist with elder care. In a study presented at the 2015 Association for Computing Machinery International Joint Conference on Pervasive and Ubiquitous Computing, MagnifiSense correctly classified 94 percent of users’ interactions with 12 common devices including microwaves, blenders, remote controls, electric toothbrushes, laptops, light dimmers, and even cars and buses. Worn on the wrist, the sensor uses unique electromagnetic radiation signatures to pinpoint when its wearer flicks a light switch, turns on a stove or boards a train. “It’s another way to track how much energy you use,” says Shwetak Patel, WRF Entrepreneurship Endowed Professor of Computer Science and Engineering, who directs the UW UbiComp Lab. One advantage to a wearable option is that users concerned about privacy can take it off. Next steps include testing MagnifiSense on a wider variety of devices and distinguishing between multiple devices operating in close proximity.
A TEAM OF SCIENTISTS HAS IDENTIFIED A NEW species of “pre-mammal” based on fossils unearthed in Zambia’s Luangwa Basin in 2009. The ancient, dachshund-sized creature lived approximately 255 million years ago, in a time just before the largest mass extinction in Earth’s history. Its discoverers include Christian Sidor, UW professor of biology and curator of vertebrate paleontology at the Burke Museum. Sidor and his colleagues, who announced their finding in the *Journal of Vertebrate Paleontology*, have named the creature *Ichibengops* *mu-nyamadziensis*—or “Scarface of the Munyamadzi River.” This colorful designation combines the discovery location with the Bemba word for scar, “ichibenga,” since this long-extinct creature sported a unique groove on its upper jaw. *Ichibengops* was a member of an extinct lineage of mammal-like reptiles called therocephalians or “beast-heads,” which refers to the qualities of their skulls. Its closest known relative lived in Russia at about the same time. Therocephalians are a sister lineage to the reptilian ancestors of modern day mammals. *Ichibengops*, for example, had a hard, bony palate. But the diminutive carnivore also sported an unexpected feature—grooves above its teeth, which may have been used to transmit venom. If so, this would be a rare finding among therocephalians, mammal-like reptiles and even mammals. Among mammals alive today, only the duck-billed platypus and several species of shrew produce venom.

GRATITUDE IS UNIVERSALLY CONSIDERED A social good—the warm feeling that results from a kindness received. But it can have a dark side: It can impel us to eat more sweets, according to new research by Ann Schlosser, professor of marketing at the Foster School of Business. “Gratitude has sweet side effects,” Schlosser says. “This study finds evidence that feeling grateful for the helpful actions of others increases preference for and consumption of sweets.” And the more we feel connected to others, the more tempted we are to indulge in sweet things. Around the world, people use flavor classifications as easy metaphors for emotions. “Sweet” is almost universally associated with benefiting from the positive actions of another. Empathy. Generosity. Kindness. But beyond the metaphorical connection, is there an actual connection between kindness and sweetness? To find out, Schlosser designed a series of studies triggering feelings of gratitude and other emotions in participants, then measured their tendencies to select and consume sweet or savory indulgences, or nothing at all. Through different variations on this simple design, she found that gratitude elevates one’s preference for sweets. It does not, however, increase consumption of other kinds of foods. In fact, gratitude actually decreased preference for sour, salty or bitter foods. The study also demonstrates that the positive feeling of pride does not yield the same yearning for sweets as gratitude does because it does not carry the same associations.
The Next Generation of Nursing

At UW Nurse Camp, Karissa Sanchez found the motivation to pursue her dream of going to college and serving her Eastern Washington community. Now a UW senior, she’s inspiring underrepresented high school students to do the same.

By Meg Cressey

On a hot July day at the University of Washington, a group of 16- and 17-year-olds excitedly take turns performing CPR on high-tech mannequins. The day before, they learned how to take a patient’s blood pressure. And the next day, they’ll enter a simulation lab to help deliver a virtual “baby.” For one week, they have the opportunity to learn about the world of nursing—a profession they hope to one day join.

Each summer, thanks to generous gifts that support the program, about two dozen high school sophomores and juniors—predominantly from low-income or underrepresented backgrounds—attend the School of Nursing’s Nurse Camp free of charge. More than a hands-on exploration of nursing careers, the program changes students’ lives.

“Many of these campers haven’t heard, ‘You have what it takes to get into school,’” explains Karissa Sanchez, a former participant. While underrepresented minority groups make up more than one-third of the U.S. population, less than 20 percent of nurses hail from minority backgrounds—a statistic the camp is working to change. “The UW has really made a conscious effort to make sure that our nurses look more like our patients,” says Sanchez, who knows firsthand the transformative effect of UW Nurse Camp.

Growing up in Wenatchee, Sanchez knew she wanted to attend college, despite the barriers standing in her way. Her parents had not been able to pursue higher education, and while they worked hard to provide better opportunities for Sanchez and her siblings, they couldn’t help navigate the college admissions process.

Then a high school counselor encouraged Sanchez to apply to UW Nurse Camp. The suggestion changed the course of her life.

At camp, Sanchez quickly adapted to long days shadowing nurses at UW Medical Center and learning the ins and outs of nursing school. By the end of the week, Sanchez could see herself in the field. And she found something she didn’t expect: “One of the main things Nurse Camp did for me was give me confidence,” she says. “The camp mentors
Liftoff in Tacoma

As a boy in Hungary, Dr. Charles Simonyi, honorary chair for the UW Department of Astronomy’s 50th anniversary celebration, gazed upward at the night sky in wonder and hope. He was captivated by the idea of traveling to space. Incredibly, his dream came true—as an adult, Charles blasted off twice aboard Soyuz spacecraft on missions to the International Space Station.

UW Tacoma is a giant purple rocket ship—a means of entry to a new world for thousands of hopeful students each year.

Of the 4,501 students served at UW Tacoma in the 2014–2015 school year, a staggering 68 percent were the first in their family to attend college. Seventy percent received financial aid. And, for the 17 percent with U.S. military connections, UW Tacoma is the vehicle for transformation as they transition to civilian life.

An urban-serving university, UW Tacoma conducts cutting-edge “use-inspired” research that is directly beneficial to the community—and the region. And the gorgeous 20-building, 46-acre campus has revitalized a critical swath of downtown Tacoma.

A new world indeed.

Nelson Mandela said, “Education is the most powerful weapon which you can use to change the world.” The University of Washington’s outstanding teachers, facilities and financial aid equip our highly diverse student body with the skills they need to reach their own unique scholarly stars.

UW Tacoma creates and nurtures safe havens for the inferno of curiosity and drive that are present in every human soul. By providing access to excellent education, we bring an ever-increasing return on investment to the South Sound community.

Visit UW Tacoma. Sit quietly on a bench, as I have, and study the students’ faces. They are full of dreams and hope. The reflections of stars shine in their eyes.

Thank you for your generosity as donors. You make these students’ dreams a reality.

—JODI GREEN, Chair, UW Foundation

The UW Foundation advances the mission of the UW by securing private support for faculty, students and programs. To learn more, email uwfnd@uw.edu or call 206-685-1980.

“I didn’t see college being a possibility until I went to Nurse Camp.”

Sanchez got into the University of Washington, and then applied to nursing school. “Something that really attracted me to the UW School of Nursing was its commitment to diversity,” she says. “Nurse Camp donors didn’t only invest in a student, they invested in my future and the future of nursing.”

Throughout her time at the UW, Sanchez—now a senior in the nursing program—has received support from dedicated mentors and staff, and is paying it forward as Nurse Camp co-lead. “To see her go from camper to nursing student to Nurse Camp lead is incredible,” says Carolyn Chow, director of admissions and multicultural student affairs at the School of Nursing, and one of the camp’s founders. “It’s exactly what the camp is all about—empowering high school students to aggressively pursue their dreams.”

Along the way, Sanchez picked up a degree in public health in addition to her nursing studies, and she plans to pursue her doctor of nursing practice at the UW. Eventually, she hopes to fuse the two fields and provide community health care in her hometown. “Her future is limitless,” Chow says proudly. “We will continue to be in a better world because of Karissa.”

Sanchez, the first in her family to attend a four-year college, credits UW Nurse Camp for leading her to where she is today, as well as creating a broader impact. “My story is tangible,” says Sanchez. “I know that by something as simple as me going to Nurse Camp, I’ve changed the trajectory of my family.”

Sanchez (second from right) with fellow campers in 2010; two joined her as UW nursing students.

Interest in UW Nurse Camp—now gearing up for its eighth year—is growing at an incredible rate. In 2015, 148 high school students applied for just 24 spots. Much of the program’s success is thanks to the undaunted work of volunteers and the generous support of donors. To ensure that the camp is an option for students from all backgrounds, the program charges no fees to attend. Thanks to the generosity of many, Nurse Camp can open the doors to college for many more students like Sanchez, continuing to create a more inclusive nursing workforce.

Support UW Nurse Camp and other leading-edge student programs at uw.edu/giving.
Out & About

The 14th Annual Recognition Gala celebrated some of the UW’s most generous supporters and volunteers on September 11, 2015.

1 Dana Frank, UW student Brett Frank-Looney and Carmen Gayton.
2 In honor of their decades of unwavering dedication to the UW, Lyn and Jerry Grinstein were awarded the 2015 Gates Volunteer Service Award.
3 UW Foundation Board Director Brooks Simpson and his wife, Kathleen, ’83, with Dubs.
4 Ruth Gerberding, Susan Detweiler and Jean Gardner, ’60, with Dubs.
5 Rebecca Layman-Amato, Elizabeth Roberts and Moya Vazquez, ’85.
6 John Dahl and his fellow UW students display messages of thanks to UW supporters.
7 CALIFORNIA HUSKIES
Patrick Reddick, ’02, and his son (and future Husky), Wesley, enjoy the 17th annual Los Angeles and Orange County Salmon BBQ.

8 CONTINUING THE CONVERSATION
Norm Rice, ’72, ’74, Pamela Frank, Harry Belafonte, and UW Regent and Foundation Board member Constance Rice, ’70, ’74, share a smile. Belafonte was on campus to speak of his journey from artist to activist as part of the UW series, Equity & Difference: Keeping the Conversation Going.

9 PREGAME PRIDE
Mary, ’65, ’81, and Allan Kollar, ’76, show their Husky pride at the President’s Pregame Reception during Homecoming weekend.

10 DAWGS ON STAGE
Celebrating Dawgs on Wall Street (DOWS) at the fall meeting for the UW Foundation Board of Directors are Heather Abernathy, Mark Lawrence, ’94, Alan Delsman, ’70, Mike Jeffers, ’62, ’64, Norm Slonaker, ’62, UW Foundation Board member Lex Gamble, ’59, Tracey Gerber, ’87, and UW Foundation Board Chair Jodi Green.

11 BRIDGING THE GAP
Assunta Ng, ’74, ’76, ’79, UW student and Northwest Asian Weekly Foundation Scholar Karl Gapuz, and Tracy Hilliard, ’04, ’05, ’10, the Multicultural Alumni Partnership (MAP) scholarship committee chair, gather at the 2015 MAP Bridging the Gap Breakfast.

12 WASHINGTON WARM UP

13 LIMITLESS LEADERS

14 DIVERSE SCHOLARS
Costco co-founder and former UW Regent Jeff Brotman, ’64, ’67, Costco CEO Craig Jelinek, UW student and Costco Scholar Genezaret Quintana, Elise Washines, ’05, and Costco co-founder Jim Sinegal attend the annual Costco Scholarship Fund Breakfast.

15 PRISM PREMIERE
Ron Sims, Katherine Ortblad, ’85, ’88, and Robert Ortblad, ’68, ’72, attend the School of Public Health’s first “Prism” event, an energetic discussion about creating and sustaining healthy communities.
Here are just a lot of ink. UW gets of note.

4th Dimension

3-D? That’s so 2014. The UW plans to use revolutionary 4-D technology to figure out how 6.5 feet of DNA can fold to fit inside a single cell that measures a tiny one-millionth of a meter in diameter. Thanks to a $12 million grant, UW scientists will work with researchers from five other institutions in the new Nuclear Organization and Function Interdisciplinary Consortium. This is huge.

Innovation Nation

Reuters just ranked the top 100 world’s most innovative universities and we came in at No. 4 behind only Stanford, MIT and Harvard. You know what that means? We are the most innovative public university in the solar system. Bow Down, everyone else.

Science Star

Everyone knows the UW is a research powerhouse. The latest rankings by the National Taiwan University Ranking of Scientific Papers prove it once again. We rank No. 5 in the world based on performance of scientific papers in three categories—research productivity, impact and excellence. OK, go back to your lab.

Bell Bling

To get more kids into STEM professions, we need dynamite science teachers. Which brings us to Philip Bell. He’s working with institutions all over the country to develop and implement the Next Generation Science Standards with a special focus on equity. It’s no wonder why Bell, who holds the Shau C. Larson Chair in Learning Sciences in the College of Education, was named 2015 Washington Science Teachers Association Teacher of the Year for higher education. Bell has directed the UW Institute for Science and Math Education for the past seven years. We can count on him.

Just Say Congrats!

Just Say No didn’t stop anyone from using drugs. But Young Marines, a Washington, D.C.-based youth organization led by Mike Kessler, ’73, is making headway toward that goal. The Department of Defense presented the group with the 2015 Annual Fulcrum Shield Award for Excellence in Youth Anti-Drug Education. That’s worth a big salute.

Small But Mighty

Don’t sweat the small stuff? Sorry, but chemistry professor Brandi Cossairt is obsessed with small stuff—as in nanocrystals, which are, oh, about 100,000 times smaller than the width of a human hair. Her research lab is working to synthesize and manufacture new molecules for applications in green technology such as solar energy and fuel production. No wonder she is one of only 18 young scientists nationwide to receive an $875,000 grant from the Packard Foundation for 2015.

The Big 7-5

No way. The School of Drama is turning 75 years old? We know that the school has produced decades of spectacular productions and a dizzying number of graduates who are stars of stage and screen. But seriously, dahling, you don’t look a day over 70.

RALINA JOSEPH

Prompted in part by police shootings of men of color, questions about race and social justice have heated up over the past few years. Ralina Joseph is aiming to make the UW a resource for these difficult topics as the director of the new Center for Communication, Difference and Equity. Joseph, who has 10 years’ experience working on diversity issues at the UW, hopes “we will become the go-to place where scholars (undergrads, grad students, and faculty) will collaborate and find scholarly and real-life solutions to our most pressing issues of inequality.” The center brings together 40 faculty members from a wide range of fields to address such topics as racism, homophobia and sexism.—JULIE GARNER
In the Pacific Northwest, we understand that some people on the East Coast don’t really get us—our geography, our food, our mountains. Once a New York City cabbie asked me if we had seafood in Seattle. Langdon Cook, ’94, is not one of those Easterners. After graduating from Middlebury College in Vermont, he moved west and never looked back. “I fell in love with the West,” he says. Langdon Cook, ’94, is not one of those Easterners. After graduating from Middlebury College in Vermont, he moved west and never looked back. “I fell in love with the West,” he says. The New England native wrote for the San Francisco Bay Guardian and the Berkeley Voice, worked as a wrangler on a dude ranch, ski bummed in New Mexico and caddied at a golf course (he once carried the bags of Frank and Kathy Lee Gifford). In his mid-20s, he came to Seattle for graduate school in creative writing at the UW Department of English. There, he met his wife, Martha Silano, ’93, who is among the country’s most highly regarded poets. Silano was thrilled to receive the PEN Northwest’s Margery Boyden Wilderness Writing Residency, so she and Cook—who had spent eight years as a senior editor at Amazon—used the stipend to leave Seattle for a cabin on the Rogue River in Oregon. There, Cook, who coincidentally had received the same residency 11 years earlier, published his first book, Fat of the Land. He also began writing a blog called fat-of-the-land.blogspot.com, which he’s still publishing. One day, when he printed out almost a year’s blog posts, he noticed a theme running through the material—foraging. One reviewer picked up on that: “Armed with nothing more than a Hawaiian sling spearfishing tool, he (Cook) finds himself free-diving in icy Puget Sound in hopes of spearing a snaggletooth lingcod. He bushwhacks through rugged mountain forests in search of edible mushrooms. He strings up a fly rod to chase after sea-run trout. He even pulls on the gardening gloves to collect stinging nettles.” Cook’s second book, The Mushroom Hunters, published last year, is a delicious read about the eccentric, off-the-grid mushroomers who hunt high and low to gather thousands of pounds of the delicacies. Larded with geography, character sketches and zesty writing, the book received a Pacific Northwest Booksellers Award. Next up is a book about salmon. Slated for publication next fall, Upstream will cover everything from the culinary side of salmon to the iconic fish’s role in Native American culture to ongoing efforts to restore depleted runs. While his work is not stridently polemical, Cook always infuses his stories with the message: “We can’t keep living the way we’re living.” He approaches his environmental writing, he says, “like wrapping up a dog pill in hamburger. I do try to entertain while I’m instructing.” Cook’s books make for enjoyable reading. It will be a pleasure to swallow his next “dog pill.”
Burke’s Big Draw
The Burke Museum of Natural History and Culture has always been a big draw—and in October, it received two extremely high-profile visitors: the President and First Lady of the Republic of the Marshall Islands. President Christopher J. Loekal and First Lady Lieam Anono Loekal toured the “Pacific Voices” exhibit, met with students and talked with museum officials to see how the Burke could support and collaborate with the Ailele Museum, the national museum of the Marshall Islands.

Wadland Wow
With the plethora of writers in the Pacific Northwest, competition for Washington State Book Awards is always intense. So join us in raising a celebratory toast to Justin Wadland, ‘03, for taking top honors in the History/General Nonfiction category for his book Trying Home: The Rise and Fall of An Anarchist Utopia on Puget Sound.

A New Academy!
Too few people from disadvantaged and underrepresented minority backgrounds work in the health sciences. So the UW created a Health Professions Academy to cultivate and recruit undergraduate students from these communities. The academy is a collaboration of the schools of medicine and dentistry and the Office of Minority Affairs and Diversity. It is funded by a $1.9 million grant from the U.S. Health Resources and Services Administration. Talk about money well spent.

Perfect Kindness
The UW was one of only nine schools to receive a perfect score in the latest Campus

...to honor Motulsky (and Barton Childs, another geneticist). Motulsky, now in his 90s, was internationally known as an educator and mentor of junior scientists. He created the Division of Medical Genetics here way back in 1957.

Pharmacy Pioneers
Fifty years ago, the small central Washington town of Toppenish didn’t have much in the way of pharmacies. Then Greg Hovander showed up. Hovander, ’69, ’72, worked with fellow pharmacist Guillermo Castenada, ’67, ’90, to open the first in-house pharmacy for the migrant community health center’s medical clinic. For his lifetime of community service, Hovander was presented the Bowl of Hygeia award by the Washington State Pharmacy Association.

Ramsey Rocks It
Three decades ago, most children with cystic fibrosis, a genetic disorder that causes breathing problems, died in their teens. But thanks to the work of scientists like our own Dr. Bonnie W. Ramsey, that’s no longer the case. And it’s why Ramsey, a UW Medicine and Seattle Children’s pediatrician, was elected to the prestigious National Academy of Medicine.

Go Western
Western Washington University is calling upon another Husky to help guide the school. John M. Meyer, ’68, retired Skagit County Superior Court judge, was just appointed to the WWU Board of Trustees by Gov. Jay Inslee, ’73, Meyer, a former UWAA president, has company in Bellingham: Karen Lee, ’95, another former UWAA president, is chair of the WWU Board. Woof.

Donation With Heart
It sounds like science fiction but UW research is showing that stem cells can regenerate injured heart muscle in monkeys, guinea pigs and mice. A $10 million grant from the Washington Research Foundation could enable the UW to find treatments for the world’s No. 1 killer—heart disease.

Hi-yo Silver
A specialist in Native American and global Indigenous studies, Chadwick Allen is also a big fan of stories about the West. Allen, our new vice provost for faculty advancement, will be focusing on recruiting, promoting and retaining a more inclusive faculty. Allen has published several articles on the Lone Ranger and has a collection consisting of hundreds of items creating the first Lone Ranger “archive.”

High Esteem
The world thinks, well, it thinks the world of the UW. Consider the 2015 Academic Ranking of World Universities by Shanghai Jiao Tong University, which listed the UW the 15th best university on planet earth. If that’s not enough star power: the UW also ranked third in the world in clinical medicine and pharmacy.

Name It Motulsky
The field of pharmacogenetics—how drugs respond due to differences in genes—started here. The late Nobel laureate Arno Motulsky. So it is only fitting that the American Society of Human Genetics Award for Excellence in Human Genetics Education has been renamed...
David Montgomery’s exploration of the interplay between water and land has taken him to the Himalayas, Tibet and (in a theoretical sense, at least) the surface of Mars. His new book *The Hidden Half of Nature*, co-written with his wife Anne Biklé, sprouted from more prosaic territory: his backyard. Amazed by how quickly Biklé—a biologist, environmental planner and avid gardener—transformed the soil on their North Seattle property, the couple embarked on a mission to understand the science behind the soil improvement. Mass quantities of coffee grounds, wood chips, leaves and compost tea were the visible catalysts, but it soon became apparent that tiny actors like mycorrhizal fungi and a host of beneficial bacteria were doing the real work subterraneeously. While they immersed themselves in the history and recent proliferation of microbial discoveries, the project took an abrupt detour when Biklé was diagnosed with cervical cancer. Successful surgery put an end to the scare, but in coming to better understand the unseen mechanisms behind a cancer-fighting diet high in fiber and leafy greens, they found parallels in their research. “We began to see intriguing similarities between how microbes can help restore soil fertility and counter the plague of modern chronic diseases,” they wrote in the book’s introduction. Montgomery—whose enthusiasm is often punctuated by laughter—explains that society has spent the last century and a half waging war on germs. And while that war has introduced life-saving advances such as antibiotics, the crusade has until recently overlooked the fact that “the vast majority of bacteria in the soil and in our bodies benefit us.” The revelation has benefited Montgomery on a personal level. He was able to adopt the high-fiber diet his doctor had been pushing “once I understood that there are organisms that ferment that stuff. They create compounds that actually nourish your colon lining and support your immune system.” Within a year, he lost 25 pounds, lowered his cholesterol and saw chronic digestive problems disappear. Montgomery’s recent work has converted him from pessimist to optimist. Case in point: In his 2007 book *Dirt: The Erosion of Civilizations*, he focused on human degredation of soil and the consequences for future generations. He has been pleasantly surprised by how fast it appears that you can rebuild soil. Montgomery, recipient of a 2008 MacArthur Foundation “genius grant,” spent much of the summer, aside from preparing the release of a new album by his band, Big Dirt, interviewing people who implement agricultural practices on industrial farms to improve soil quality. The findings will provide the bulk of his next book—but again, the real heroes of the story will be microscopic.
Regional Events

How to Make it in D.C. DEC 8
The Washington, D.C., alumni chapter hosts an evening of “table talk”—small group discussions with successful alumni from a variety of professional fields. Huskies interested in launching their careers, building their networks or changing professions are invited to attend. UWalum.com/DC

Austin Huskies Pac-12 Holiday Pub Crawl DEC 12
Join the UWAA Austin Chapter and other Pac-12 Austin alumni on a holiday pub crawl! Celebrate the holiday season and support a local Texas non-profit. A cash donation will buy you a wristband for drink specials at each stop. UWalum.com/events

Burke Museum

You Build It: An Evolving Exhibit JAN 25–MAY 15
Create, collaborate, innovate. Help the Burke build a “living exhibit” by telling us about the people, places, ideas and objects that shape your life. Displays will change and grow as visitors share their opinions and experiences through hands-on activities and art. UWalum.com/new-york

Burke Museum

Pae White:

Global priming

THURSDAYS JAN 25–MARCH 24
Each 2-hour lecture provides information on tools and techniques for quality pruning with better long-term results. Topics include trees, vines, fruit trees, roses, overgrown gardens, easy and difficult plants to prune. Register at bit.ly/UWBGreg, or call 206-685-8033.

Pao White: Command-Shift-4 THROUGH JAN 24
Painted graphics and a matrix of multi-colored yarn attach to walls, the ceiling and the floor to create an intriguing, three-dimensional drawing for visitors to physically and visually navigate.
So Percussion visits Meany Hall for a performance of music by Steve Reich, John Cage and more.

Béla Fleck & Abigail Washburn bring their banjos and Appalachian sounds to Meany Hall for one night only.

The 25th Annual Putnam County Spelling Bee

The Walk Across America for Mother Earth

Handel’s Messiah

UW School of Music and Pacific MusicWorks present an all-time holiday favorite: Handel’s Messiah. Conductor Stephen Stubbs leads UW Chamber Singers and Pacific MusicWorks Orchestra, plus a cast of talented vocalists.

Michael Gibbs & Bill Frisell with the UW Symphony

Classical meets jazz for this concert, which sees guitarist Bill Frisell and UW Jazz Studies faculty team up with the UW Symphony for a set list of Bill Frisell’s music, arranged by Michael Gibbs.

The 25th Annual Putnam County Spelling Bee

Presented by the UW Musical Theater program, this delightful musical comedy follows an eclectic group of six mid-pubescents as they vie for the spelling championship of a lifetime.

Béla Fleck & Abigail Washburn

Husband-and-wife folk musicians Béla Fleck and Abigail Washburn bring their banjos and Appalachian sounds to Meany Hall for one night only.

Loot

The School of Drama’s 75th Anniversary season continues with Loot, a dark farce and hilarious depiction of a world gone mad.

The Graduate School Public Lectures

JAN 28 Mizuko Ito, Connected Learning

MARCH 1 Naomi Oreskes, Dynamics of Disbelief: Science, Society and Social Welfare

UW Department of Political Science

Evan Osnos, Age of Ambition: Truth, Faith and Fortune in China

UWalum.com/lectures

Equity & Difference: Keeping the Conversation Going

JAN 14 Ralina L. Joseph, What’s the Difference with “Difference”?

JAN 21 Anita Sarkeesian, I’ll Make a Man Out of You: Redefining Strong Female Characters

FEB 4 Mehnaz M. Afridi, Freedom, Religion and Racism in Jewish-Muslim Encounters

FEB 10 Tsianina Lomawaima, More than Mascots! Less than Citizens? American Indians Talk: Why Isn’t the U.S. Listening?

FEB 23 Charles Payne, Doing Race Better: Race and the Reform of Urban Schools

UWalum.com/equity

The Future of Seattle

E. Events

Pow Down: Huskies at the Pass

Hit the slopes for an evening of winter fun in the company of fellow members at the Summit at Snoqualmie. Enjoy exclusive access to Snoqualmie West and discounts on lift tickets, equipment rentals, lessons and tubing. With cocoa for the pups, it’s Husky fun for the whole family!

UWalum.com/powdown

UWalum.com/lectures

The Walk Across America for Mother Earth

JAN 14

Political activism meets dazzling drag show in this story about two young friends who flee their suburban upbringing in “Real America” to join a ragtag group of activists on a protest march from D.C. to Nevada.

Lectures

David Domke’s “America in Transformation: 2016 and the Presidency” Jan. 4, 18, Feb. 1, 15 & 22

UWalum.com/election16

History Lecture Series 2016

Excavating Seattle Histories: Peoples, Politics, and Place

JAN 13 John M. Findlay, Pioneers and Pandemonium: Stability and Change in Seattle History

JAN 20 Quintard Taylor, The Peopling of Seattle: Race, Migration and Immigration

JAN 27 Linda Nash, Putting People in Their Place: Seattle’s Environmental History

FEB 3 James Gregory, Left Coast City: The History of a Political Reputation

UWalum.com/history

M. Music

Handel’s Messiah

DEC 12 & 13

Handel’s Messiah

UW School of Music and Pacific MusicWorks present an all-time holiday favorite: Handel’s Messiah. Conductor Stephen Stubbs leads UW Chamber Singers and Pacific MusicWorks Orchestra, plus a cast of talented vocalists.

Michael Gibbs & Bill Frisell with the UW Symphony

JAN 14

Classical meets jazz for this concert, which sees guitarist Bill Frisell and UW Jazz Studies faculty team up with the UW Symphony for a set list of Bill Frisell’s music, arranged by Michael Gibbs.

Body Parts

Comprised of art that ranges from messy cut-and-paste compositions to digital, constructed photography, this exhibition features works that use fractured parts as an expressive language.

BELA FLECK

&

ABIGAIL WASHBURN
In Japan, travelers will experience the breathtaking pulse of modern Tokyo and the splendors of artistic capital Kyoto, which bookend excursions to the scenic marvels of Mount Fuji, Takayama (“the Japanese Alps”) and Kanazawa.

Morocco’s colors and scents allure visitors from bustling Casablanca to sacred mosques and imposing kasbahs, during a tour featuring six UNESCO World Heritage Sites: Rabat, Fez, Meknes, Volubilis, Ait ben-Haddou and Marrakech.

From astonishing antiquity to cosmopolitan cities, these spring 2016 departures offer culturally rich immersions. | UWalum.com/tours

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DEPARTMENT OF COMMUNICATION

America in Transformation: 2016 and the Presidency
An authority in politics, news, and social change, UW professor David Domke will deliver real-time insight and historical context to the 2016 presidential election.
JAN. 4, 18 & FEB. 1, 15, 22

DEPARTMENT OF HISTORY

Excavating Seattle's Histories: Peoples, Politics and Place
Four UW scholars chart the social worlds, environments, and political conflicts that shaped Seattle's past and its present.
JAN. 13, 20, 27 & FEB. 3
"FUTURE OF SEATTLE" PANEL DISCUSSION FEB. 10

THE GRADUATE SCHOOL

Equity & Difference
Keeping The Conversation Going
This series exposes and explains transgressions, both systematic and personal, experienced by too many in our communities today.
JAN. 14, 21* & FEB. 4, 10, 23

THE GRADUATE SCHOOL / DEPARTMENT OF POLITICAL SCIENCE

Public Lectures
Visionary academics and personalities discuss an array of timely topics, including technology integration in the classroom, 21st century China and public discourse on climate science.
JAN. 28, FEB. 17, MARCH 1

7:30 P.M. KANE HALL, UW
*JAN. 21 LECTURE AT MEYDENBAUER CENTER

INFORMATION & REGISTRATION
UWALUM.COM/LECTURES

DEPARTMENT OF HISTORY

2016 HISTORY LECTURE SERIES

EXCAVATING

SEATTLE'S

HISTORIES

PEOPLES POLITICS PLACE

JAN 13 JAN 20 JAN 27 FEB 3

Four UW scholars chart the social worlds, environments, and political conflicts that shaped Seattle's past and its present.

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UWalum.com/history
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<thead>
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<th>DAWG STAR</th>
<th>HOT DAWG</th>
<th>LEADER OF THE PACK</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEADING LICENSEE IN WASHINGTON STATE</td>
<td>HIGHEST PERFORMING NEW LICENSEE</td>
<td>GREATEST % INCREASE</td>
<td>HIGHEST PERFORMING LICENSEE Non-Apparel</td>
</tr>
<tr>
<td>kotis DESIGN</td>
<td>Starbucks</td>
<td>PINK</td>
<td>Sideline Apparel</td>
</tr>
</tbody>
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HIGHEST PERFORMING LICENSEE Apparel

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# In Memory

## 1930

<table>
<thead>
<tr>
<th>Name</th>
<th>Age</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Esther L. Wright</td>
<td>74</td>
<td>Seattle, age 102, Sept. 22</td>
</tr>
<tr>
<td>Robert C. Coe</td>
<td>40</td>
<td>Mercer Island, age 96, July 17</td>
</tr>
<tr>
<td>Zoe S. Yeager</td>
<td>40</td>
<td>Bothell, age 98, July 18</td>
</tr>
<tr>
<td>John C. McKenzie</td>
<td>41</td>
<td>Seattle, age 94, Aug. 4</td>
</tr>
<tr>
<td>Jeanne M. Edwards</td>
<td>51</td>
<td>Seattle, age 95, Aug. 31</td>
</tr>
<tr>
<td>Frank L. Friedman</td>
<td>42</td>
<td>Gig Harbor, age 94, Sept. 1</td>
</tr>
<tr>
<td>Myrtle Stansfield</td>
<td>42</td>
<td>Everett, age 95, Aug. 21</td>
</tr>
<tr>
<td>Catherine J. Stone</td>
<td>42</td>
<td>Mill Creek, age 94, July 19</td>
</tr>
<tr>
<td>Adaline F. Good</td>
<td>43</td>
<td>Kenmore, age 93, Jan. 23</td>
</tr>
<tr>
<td>Roy Gustafson</td>
<td>43</td>
<td>Redmond, age 94, June 23</td>
</tr>
<tr>
<td>Edward C. Bartelle Sr.</td>
<td>43</td>
<td>Seattle, age 93, July 20</td>
</tr>
<tr>
<td>Robert C. Payne</td>
<td>44</td>
<td>Kirkland, age 91, Sept. 20</td>
</tr>
<tr>
<td>Charles R. Smith</td>
<td>44</td>
<td>Sequim, age 92, Aug. 29</td>
</tr>
<tr>
<td>Lloyd S. Capp Jr.</td>
<td>45</td>
<td>Ronald, age 91, Aug. 24</td>
</tr>
<tr>
<td>Harriet Turner</td>
<td>46</td>
<td>Seattle, age 95, June 14</td>
</tr>
</tbody>
</table>

## 1940

<table>
<thead>
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<tr>
<td>Wallace M. Bostick</td>
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</tr>
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<td>Norman G. Jacobson Jr.</td>
<td>50, 51</td>
<td>Seattle, age 88, Aug. 26</td>
</tr>
<tr>
<td>Warren N. Arnhart</td>
<td>51</td>
<td>Seattle, age 90, July 1</td>
</tr>
<tr>
<td>James C. Graham</td>
<td>51</td>
<td>Seattle, age 86, Sept. 20</td>
</tr>
<tr>
<td>Robert E. Lee</td>
<td>51</td>
<td>Seattle, age 91, July 30</td>
</tr>
<tr>
<td>Mark M. Barron</td>
<td>52</td>
<td>Kenmore, age 90, Sept. 14, 2014</td>
</tr>
<tr>
<td>Ruth E. Morrow</td>
<td>52, 76</td>
<td>Seattle, age 84, Aug. 1</td>
</tr>
<tr>
<td>Geoffrey C. Relf</td>
<td>52</td>
<td>San Diego, age 85, July 28</td>
</tr>
<tr>
<td>Walter E. Schoenfeld</td>
<td>52</td>
<td>Seattle, age 84, Aug. 13</td>
</tr>
<tr>
<td>Hiroshi Suzuki</td>
<td>52</td>
<td>Auburn, age 85, Sept. 16</td>
</tr>
<tr>
<td>William L. Bohlin</td>
<td>53</td>
<td>Atlanta, age 85, June 19</td>
</tr>
<tr>
<td>Arthur G. Maki Jr.</td>
<td>53</td>
<td>Mill Creek, age 84, July 20</td>
</tr>
<tr>
<td>Sydney Smith</td>
<td>53</td>
<td>Kirkland, age 84, Aug. 15</td>
</tr>
<tr>
<td>Wayne Beckwith</td>
<td>54</td>
<td>Lacey, age 82, May 28</td>
</tr>
<tr>
<td>Richard D. Moulton</td>
<td>54</td>
<td>Sun Valley, Idaho, age 88, May 27</td>
</tr>
<tr>
<td>Charles M. Van Pelt Sr.</td>
<td>54, 63</td>
<td>Arlington, age 84, July 6</td>
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<tr>
<td>Marlene Betz</td>
<td>55</td>
<td>Berwyn, Pa., age 81, April 22</td>
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<tr>
<td>William P. Cowals</td>
<td>55</td>
<td>Poulsho, age 88, Sept. 15</td>
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<tr>
<td>William D. Hopf</td>
<td>55</td>
<td>Seattle, age 81, June 28</td>
</tr>
<tr>
<td>George Y. Harry</td>
<td>56</td>
<td>Bellevue, age 96, July 26</td>
</tr>
<tr>
<td>Don Isham Jr.</td>
<td>56, 63</td>
<td>Shoreline, age 81, Sept. 9</td>
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<tr>
<td>Louis H. Kranda</td>
<td>56</td>
<td>Mountlake Terrace, age 82, July 14</td>
</tr>
<tr>
<td>Mary S. Thornton</td>
<td>56</td>
<td>Seattle, age 80, Aug. 6</td>
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<tr>
<td>Marian R. Vanstonevoort</td>
<td>56</td>
<td>Seattle, age 92, Aug. 31</td>
</tr>
<tr>
<td>Barbara J. Fleming</td>
<td>57</td>
<td>Seattle, age 80, Aug. 15</td>
</tr>
<tr>
<td>Jack W.C. Heath</td>
<td>57</td>
<td>Kirkland, age 84, Aug. 18</td>
</tr>
<tr>
<td>Paul B. Helsby</td>
<td>57</td>
<td>Vashon Island, age 84, July 29</td>
</tr>
<tr>
<td>John A. Wolf Jr.</td>
<td>57, 61, 66</td>
<td>Yakima, age 82, May 30</td>
</tr>
<tr>
<td>Anita J. Clark</td>
<td>58</td>
<td>Port Ludlow, age 79, July 20</td>
</tr>
<tr>
<td>Gregory L. Draper</td>
<td>58</td>
<td>Bellevue, age 80, Sept. 14</td>
</tr>
<tr>
<td>Leroy E. Kolb</td>
<td>58</td>
<td>Edmonds, age 78, June 1</td>
</tr>
<tr>
<td>John C. Windell</td>
<td>58</td>
<td>Bellevue, age 79, June 25</td>
</tr>
<tr>
<td>John C. Bigelow</td>
<td>59</td>
<td>Woodinville, age 84, Sept. 14</td>
</tr>
<tr>
<td>Jose G. Shdo</td>
<td>59</td>
<td>Renton, age 83, Dec. 28, 2014</td>
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## 1950

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Norman Van Brunt</td>
<td>66</td>
<td>Olympia, age 90, July 26</td>
</tr>
<tr>
<td>James H. Wiborg</td>
<td>46</td>
<td>Tacoma, age 90, Aug. 1</td>
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<tr>
<td>Charles W. Mauldin</td>
<td>47</td>
<td>Bothell, age 96, June 29</td>
</tr>
<tr>
<td>Margery A. Ride-Murchie</td>
<td>47</td>
<td>Mercer Island, age 91, July 8</td>
</tr>
<tr>
<td>Fred B. Hirschel</td>
<td>48</td>
<td>Seattle, age 90, July 12</td>
</tr>
<tr>
<td>Mamoru Takashima</td>
<td>48, 51, 60</td>
<td>Bellevue, age 88, Sept. 2</td>
</tr>
<tr>
<td>James Tazuma</td>
<td>48, 52</td>
<td>Seattle, age 91, Aug. 5</td>
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<tr>
<td>Frederick J. Hopkins</td>
<td>49</td>
<td>Bellevue, age 88, Sept. 2</td>
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## 1960

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<tr>
<th>Name</th>
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<tr>
<td>Paul L. Collins</td>
<td>60</td>
<td>Kent, age 77, June 23</td>
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<tr>
<td>Richard L. Haugland</td>
<td>60</td>
<td>Seattle, age 79, June 4</td>
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<tr>
<td>Jerry T. Matthews</td>
<td>61</td>
<td>Issaquah, age 77, July 28</td>
</tr>
<tr>
<td>Edmund J. Lindeman</td>
<td>62</td>
<td>Rancho Mirage, Calif., age 78, Sept. 23</td>
</tr>
<tr>
<td>Thomas L. Van Devender</td>
<td>62</td>
<td>Mercer Island, age 76, Aug. 24</td>
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<tr>
<td>Duncan A. Bayne</td>
<td>63, 66</td>
<td>Seattle, age 76, Sept. 28</td>
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<tr>
<td>Patricia Chamberlain</td>
<td>63</td>
<td>Sedro-Woolley, age 78, April 22</td>
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<td>Ronald B. Hansen</td>
<td>63</td>
<td>Shoreline, age 75, June 16</td>
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<td>Orville E. Trapp</td>
<td>63</td>
<td>Olympia, age 77, Dec. 21</td>
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<tr>
<td>Sandra Mjolsness</td>
<td>64</td>
<td>Anchorage, Alaska, age 73, March 28</td>
</tr>
<tr>
<td>Marie A. Altman</td>
<td>65</td>
<td>Minneapolis, age 84, March 13</td>
</tr>
<tr>
<td>Suzanne B. Stables</td>
<td>65</td>
<td>Bellevue, age 82, June 27</td>
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<tr>
<td>Gary R. Williamson</td>
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<td>Kirkland, age 82, June 21</td>
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<tr>
<td>Walter L. Wolff</td>
<td>65</td>
<td>Seattle, age 73, July 29</td>
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<tr>
<td>Jeanne Llewellyn</td>
<td>67, 71</td>
<td>Redmond, age 87, March 22</td>
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<tr>
<td>Gary A. McLean</td>
<td>67</td>
<td>Seattle, age 82, Sept. 15</td>
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## 1970

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<tr>
<td>Valerie G. Nishimura</td>
<td>70</td>
<td>Seattle, age 67, June 25</td>
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<tr>
<td>Jean Beck</td>
<td>71</td>
<td>Seattle, age 91, Feb. 3</td>
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<tr>
<td>Robert D. Knighton</td>
<td>71</td>
<td>Ogden, Utah, age 71, July 4</td>
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<tr>
<td>Walter L. Perry</td>
<td>71</td>
<td>Bellevue, age 98, July 31</td>
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<tr>
<td>William A. Looney</td>
<td>72</td>
<td>Tacoma, age 76, Sept. 11</td>
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<tr>
<td>Barbara Maly</td>
<td>73</td>
<td>Edmonds, age 69, June 4</td>
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<tr>
<td>Barbara B. Hawkins</td>
<td>73</td>
<td>Steilacoom, age 63, Sept. 29</td>
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<tr>
<td>Albert Drackert</td>
<td>74</td>
<td>Seattle, age 86, June 29</td>
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<tr>
<td>Stephen W. Howisey</td>
<td>74</td>
<td>Snohomish, age 63, Sept. 19</td>
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<tr>
<td>Debra J. Witsoe</td>
<td>75</td>
<td>Seattle, age 62, Aug. 29</td>
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<tr>
<td>David L. Irwin</td>
<td>76, 85</td>
<td>San Francisco, age 63, July 28</td>
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<tr>
<td>Patricia A. Anderson</td>
<td>77</td>
<td>Seattle, age 83, May 22</td>
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<tr>
<td>Ellen Caldwell</td>
<td>78</td>
<td>Seattle, age 85, June 17</td>
</tr>
<tr>
<td>Susan C. Hoffman</td>
<td>79</td>
<td>Tacoma, age 77, Sept. 3</td>
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</tbody>
</table>
Stephanie Jeanne Subak, ’80  
Seattle, age 58, Aug. 5

Andrea L. Coglon, ’81  
Seattle, age 74, June 6

Andrew Greendorfer, ’81  
Seattle, age 65, Aug. 3

Stephen Huber, ’81  
Kent, age 54, July 31, 2008

Marilyn J. Sandall, ’82  
Seattle, age 73, Sept. 12

Richard B. Yarington, ’82  
Seattle, age 63, July 20

Theresa A. Allman, ’88  
Seattle, age 48, July 16

Mary P. Horey, ’88  
Federal Way, age 88, Sept. 12

Eric Andreasen, ’92  
Dallas, age 45, July 22, 2014

Oliver D. Ochs, ’93  
Seattle, age 48, Sept. 23

1980

Kenneth Koe

1925–2015

Kenneth Koe, co-inventor of the antidepressant Zoloft, died on Oct. 7 in Shrewsbury, Mass. He was 90. The son of Chinese immigrants, Koe was born in Astoria, Ore. and grew up in Portland, where his family ran a laundry and lived in the back of the store. He had a full scholarship to Reed College and paid his expenses with money he earned waiting tables and washing dishes at a Chinese restaurant. It was an inauspicious start for a man who made life better for millions of people suffering from depression. After earning a bachelor’s degree, he came to the UW for graduate school, earning a Master of Science degree in chemistry in 1948. He went on to earn his doctorate in chemistry at the California Institute of Technology in Pasadena. In 1955, he moved to Connecticut to work for Pfizer Inc. He spent four decades there developing and testing pharmaceutical compounds, first focusing on antibiotics and then moving over to psychotherapeutics. In the 1970s, Koe started focusing on what would become Zoloft. He and colleague William Welch developed the compound that became Zoloft—one of the most effective antidepressants ever discovered. It helped people who have struggled with depression, obsessive-compulsive disorder, panic and social anxiety, and children with OCD. More than 115 million people had been treated with Zoloft by 2005, when Pfizer’s patent expired. Koe retired in Ledyard, Conn., where he enjoyed singing in his church choir. He may not have earned the spotlight for his discovery—but he brightened lives all over the world.

He won many awards for his work as a teacher. He loved spending time with his family on Whidbey Island. Anderson died last summer at age 65.

Vicki Averson worked at UW Family Medicine for 20 years. After retirement, she traveled widely and enjoyed boating, fishing and skiing. Averson died Sept. 19 at age 72.

Hans O. Backer, ’61, was born in Norway and lived under Nazi occupation. After leaving for the U.S., he rowed crew for the Huskies between 1952 and 1954; it was the highlight of his college life. Backer died last summer at the age of 82.

Robert Bibb, ’44, ’49, enjoyed a distinguished legal career of more than 60 years in Snohomish County. He was a Superior Court judge who retired three times but returned to work because he loved it. Bibb died July 1 at age 92.

Alexander W. Clowes joined the School of Medicine faculty in 1980 and had a notable career mentoring students and conducting vascular research. Clowes died July 7 at age 68.

Lawrence R. Donohue was a U.S. Army-trained physician who served as an instructor at the School of Medicine. He spent many hours working for RESULTS, a group that ensures equal access to health, education and economic opportunities. He died Aug. 1 at age 76.

Nicholas D. Epiotis served as professor of organic chemistry here from 1972 until his retirement in 2008. He loved opera as much as teaching. Epiotis died July 17 at age 71.

John A. Glomset, professor emeritus of biochemistry, did groundbreaking work in understanding how atherosclerosis is caused by inflammation of the blood vessels. He also fell in love with Scandinavia when he was young. He died Aug. 28 at age 86.

Carl W. Hohengarten taught at the UW School of Pharmacy and at several other universities. He also served with the U.S. Public Health Service during the Vietnam War. Hohengarten, who enjoyed gardening and home renovation projects, died Aug. 25 at age 71.

Ruth Horowitz taught political theory here from 1971 until she retired in 2001. Her two sons, Carl and David, encourage people to honor her memory by occasionally re-reading the literary and philosophical classics of their college years. Horowitz died Aug. 7 at age 83.

Richard Lapeer retired from the UW Sign Shop in 2013 after working there for 22 years. He earned a bachelor’s degree from California State University Fullerton. Lapeer died June 19 at age 68.

Ann B. Rhodes, ’61, was a dedicated philanthropist who worked to enhance the careers of young women. The Ann Rhodes Endowed Fund for Excellence in Sales supports students in the Foster School of Business. Rhodes died Aug. 5 at age 76.

Continued on page 58
In Memory

Robert Mosher
1920–2015

Architect Robert Mosher sure made his mark on mid-century architecture and the city of San Diego. Mosher, who died July 26 at age 94, designed some of the iconic landmarks of California's second largest city, including the San Diego-Coronado Bridge. The structure, with its broad scope and distinctive two-mile arc, joined Coronado Island and San Diego in 1969. Strangely, Mosher, '43, initially opposed the building of the bridge because he didn't want it to mar the cityscape. But then he volunteered to design it because he wanted it to serve as a proper symbol of the city. Though quick to share credit with the engineers, Mosher masterminded every detail of the project, down to the blue paint. Born in Greeley, Colo., Mosher moved to California with his family in 1925. By age 9, when he built a workbench in the garage, he knew he wanted to be an architect. He studied in Los Angeles at the Art Center School and USC before coming to the UW to complete his architecture degree. In 1948, he co-founded a firm with Roy Drew in La Jolla. They designed more than 100 residences in San Diego County as well as an addition for the San Diego Museum of Art, the NBC tower in downtown San Diego, the Golden Door Spa, and, quirkily enough, the home office of Theodor Geisel, otherwise known as Dr. Seuss. What better chapter for a storybook career in architecture?

Don Brazier
1931–2015

Over his lifetime, Donald Brazier served in the U.S. military, worked as an assistant U.S. attorney, spent five years on the Yakima City Council, was a one-term state legislator and presided as chair of the state Utilities and Transportation Commission. But despite these serious endeavors, Brazier, '42, had a keen sense of humor. As a lobbyist in the early days of Washington's wine industry, he and a colleague, a fellow attorney, delivered boxes of free wine for Washington legislators. He jokingly asked his colleague, “What law school class at the University of Michigan did you learn to do this?” Later, as chair of the Washington State Public Disclosure Commission, he was able to prohibit such gifts. He also wrote a two-volume history of the Washington State Legislature. Brazier, a dedicated Husky fan who sat in the same seat at Husky Stadium for more than 50 years, died Oct. 15 at the age of 84.

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