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FIRSTWORDS

**Connected.** If there’s one thing we know about Cougs, it’s that they share a powerful bond. The shared experiences and sense of camaraderie get expressed between Washington State University alumni in that ever-present cheer, “Go Cougs.” But it goes deeper.

Witness the story of Mark Schuster (’95 Busi.), WSU Alumni Association president and avid collector of Cougar memorabilia. He stumbled upon a 1976 plaque for legendary WSU men’s basketball coach George Raveling for sale online, and that discovery led to an entire storage unit containing everything from Raveling’s high school diploma to a warm-up jacket. Schuster quickly tracked down Coach Raveling and flew to Los Angeles to return his stuff.

“Cougs help Cougs” is another commonly heard refrain with real meaning. WSU alumni help each other by volunteering with WSUAA, launching other alumni into careers, and providing support when they burn out.

They also connect to the natural world. WSU scientists and alumni study the importance of salmon to the Pacific Northwest’s ecosystem. Emma Johnson (’19 Anthro.), an enrolled member of the Cowlitz Indian Tribe, links her community to the landscape through traditional foods and the goal of food sovereignty.

Faculty and students contribute to the development of the WSU bond, too. They work together in classes and labs on revolutionary technology like 3D printing of medical implants and simulated shark skin.

Just as 3D printing builds layer on layer, Cougs provide each other with what they need to build a stronger, better world. Scott Keoni Shigeoka (’11 Comm.) truly represents that WSU spirit of connection. He traveled the United States to listen and search for what divides and unites us as Americans.

Shigeoka found that curiosity fosters healing and strengthens relationships: “Confronting what we fear with curiosity can actually make us more courageous.”

*If you want to re-establish old connections with classmates, be sure to check out the WSU Alumni Association’s largest reunion in history in June. They’re bringing together classes that missed out during the pandemic with a full schedule of events in Pullman. Learn more and register by May 18 at alumni.wsu.edu/reunions.*

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Cougar pride

My favorite WSU memory is an evening with Edward R. Murrow. In the spring of 1962, I was the president of the Kappa Sigma fraternity. Murrow was coming to give the commencement address. I wrote a letter inviting him to dinner in the fraternity where he lived all four years at Washington State College. Much to our surprise, he responded with an enthusiastic yes. Not only did he have dinner, but he also stayed for a few hours regaling us with stories about Winston Churchill, Joseph Stalin, FDR, the London Blitz, and all. We Kappa Sigs were enthralled. It was an amazing, unforgettable evening.

SAM REED ’63 SOC. STU., ’68 MA POLI. SCI. (FORMER WASHINGTON SECRETARY OF STATE)
Olympia

Looking back

I found the article “Looking early for autism” very interesting. Work in autism is a little out of my main interests, but the use of pupillometry in screening caught my attention.

WSU researchers in pupillometry may not be aware that there is a long history of work with the measurement devices in the psychology department. In 1959–1960, I was a research assistant for Francis (Frank) Young, a professor in the department. He was concerned with the utility of pupil sensitivity measurement and had me assemble an enclosed booth with a strobe light with variable brightness and duration, a 35mm surplus USAF camera, and a chin and forehead rest bar. Sensors were attached to the subject to monitor heart rate, respiration rate, galvanic skin response, and blood oxygen content.

The camera stepped one frame at a time, coordinated with the strobe. Afterwards, I developed the film which had sharp images of the pupil. Fortunately for me, that ended my part in collecting the data; another research assistant had the tedious job of projecting the images and, one image at a time, measuring the diameter with a caliper.

All very crude and time-consuming, compared to today’s computerized methods. Georgina Lynch would roll her eyes.

DON BATTEN ’59 MS, ’61 PHD PSYCH. (PROFESSOR EMERITUS, PSYCHOLOGY, LEWIS-CLARK COLLEGE)
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Cohousing has been described as offering the best parts of dorm life, after college.

If you’re up for a walk or a movie, you’ll probably be able to find someone to go with you. There will be quick chats as you grab your mail. Shared meals and conversation.

Unlike the dorm, though, you’ll have a full living space for times when solitude suits you.

A growing number of Americans are seeing the appeal.

There are more than 300 cohousing projects in the country right now, according to the Cohousing Association of the United States. Washington has the second-highest number of projects behind California. They’re mostly clustered on the western side of the state, though Spokane’s first cohousing project opened in 2021.

Some communities began decades ago; others are newer or forming. These communities are urban, suburban, and rural. Some cater to seniors, and others are multigenerational. Their common thread is intentional community—essentially, creating a village.

These in-person, real-life social networks are beneficial in so many ways, for those who are open to the concept, says Grace Kim (’93 Arch.).

“Loneliness is a result of our built environment,” Kim said in a 2017 TED talk. “Isolation is an epidemic, and cohousing is an antidote.”

She and her partner in business and life, Mike Mariano (’93 Arch.), have been cohousing evangelists for more than 20 years. Their Seattle-based architectural studio, Schemata Workshop Inc., has consulted with dozens of cohousing groups around the world, and designed numerous cohousing projects in Washington and Oregon—including their own.

Kim and Mariano live in Capitol Hill Urban Cohousing in Seattle and their firm, Schemata Workshop, occupies the street-level commercial space in the same building. Nine residences share a courtyard, rooftop garden, laundry facilities, and the Common House, with its large kitchen and communal dining room.

People who live there eat together three times a week, with cooking and cleanup duties rotating among the residents. Some degree of communal dining is common to the cohousing model, and Kim asserts that it’s the determining factor in how much “communitas,” or spirit of community, exists in a cohousing project.

Shared decision-making is also a defining aspect of cohousing. It begins as a project takes shape, with regular discussions about vision and values. Conflict resolution is a facet of that and, as with any ongoing relationship, will be necessary from time to time. Because residents are there by choice, however, there’s usually plenty of motivation to work things out.

“The social connection is pretty strong,” Kim says. “People get a lot of support living in the community, whether it’s borrowing a car, picking up kids, and for the kids, there are easy playdates.”

Mariano adds, “We’re not best friends with everyone in the building, but it’s this kind of little village where you know everyone.”

Kim and Mariano first learned about the concept as WSU students, when a visiting
professor from Denmark described that country’s thriving cohousing culture.

What a great way to live, they thought. The couple kept that thought percolating as they moved to Chicago and established their architecture careers.

They returned to Seattle in 1999 and founded Schemata Workshop a few years later. With a small piece of property on Seattle’s Capitol Hill, Kim and Mariano finally had the chance to put their ideas into action.

Capitol Hill Urban Cohousing began with monthly information sessions for potential residents in 2010 and opened in 2016. So far, none of the original residents have left.

People contact them at least once a week to talk about how to get a cohousing community off the ground.

The short answer: “It’s not for the faint of heart,” Kim says.

The ingredients include a plot of land, a group of people who want to live together and value social interaction, an architect who can corral and channel all those people’s hopes and dreams, and a developer who understands how to make it a reality. All of this means cohousing is typically no less expensive than single-family or traditional multifamily housing.

But price isn’t the promise of cohousing: it’s people.

Says Kim, “You need to be motivated by having a strong social network and building social capital. “It’s that feeling of knowing someone has your back.”

Katey Koehn got involved with the Washington State University Alumni Association four years before graduating. She was in her first year at WSU Global Campus, studying online in the San Francisco Bay Area and wanting to connect with other Cougs. Soon, she went from attending watch parties to hosting them, then serving as vice president and president of the alumni chapter in Northern California.

“Anytime the Alumni Association comes calling, I’m going to say yes,” says Koehn (’14 Soc. Sci.), who recently relocated to Port Orchard. She chairs the scholarship committee for the Kitsap County alumni chapter and serves as vice president of the 2022–2023 WSUAA Board of Directors. “I can’t picture a time when I’m not doing everything I can for the Alumni Association and helping to enhance the experiences of my fellow alumni. They’re family at this point.”

The WSUAA loves its volunteers. But it’s always looking for more dedicated Cougs to help plan local events, review scholarship applications, serve on boards and committees, carry out community service projects, and more.

All you need, says Kim Mueller (’91 Sport Mgmt.), director of alumni engagement for the WSUAA, “is a desire to help the institution and to build community with fellow Cougs.”

The WSUAA has 54 chapters and clubs in 20 states, each with its own leadership team. Plus, the association has a board of 18 members as well as committees for finance, alumni awards, and scholarships.

In all, the association has a core group of some 250 active volunteers. “Their energy, enthusiasm, and engagement is very impressive,” Mueller says. In fact, WSU was recently ranked No. 13 in the country by the Princeton Review for best alumni network at a public institution.

“Our alumni represent each of the six distinct campuses within the WSU system. While they each may have had different experiences, they are united by their passion...
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for Washington State. That is an incredible benefit for students,” says Mariah Maki, associate vice president for advancement and WSUAA executive director.

Clubs and chapters held more than 600 watch parties during the 2022–2023 academic year, mostly for football and men’s basketball but for other events as well. The Spokane chapter, for example, hosted a watch party for the association’s third annual Women’s Leadership Summit followed by a networking event on the WSU Spokane campus. Other chapter activities include wine tastings, holiday parties, toy and food drives, send-offs for new WSU students, webinars, ski days, WSU cheese samplings, meet and greets, and Coug Nights at professional sporting events.

Last summer’s inaugural Better Together Service Days with BECU brought more than 250 WSU and University of Washington alumni together to fight food insecurity across the country—from Seattle, Spokane, and Southern California to Washington, DC. BECU donated $10,000 to the cause, giving $5,000 donations to both Food Lifeline and Second Harvest in Washington state. “It was Cougs and Huskies working side by side to support our communities. It was fantastic how everyone came together,” says Kelly Brantner (’96 Busi., ’97 MBA), WSUAA director of membership and marketing. BECU and the WSU and UW Alumni Associations are already planning a second weeklong event.

WSUAA volunteers receive training to learn how impactful their role is to WSU and fellow Cougs and to learn about the support offered to volunteers from the WSUAA staff.

“I think people initially choose to get involved with the Alumni Association because they want to give back to WSU,” Brantner says. “But what they find when they give back to WSU is how much they get out of giving back. Then they feel like they want to give more because WSU has given so much more back to them.”

Contact the WSU Alumni Association at wsuaa.volunteers@wsu.edu or 1-800-ALUM-WSU for more information.

Connecting the dots

BY LARRY CLARK

The churning job market throughout the past few years has affected businesses, employees, and job seekers, as the COVID-19 pandemic shook up everything from remote work to rethinking of careers.

It adds up to a real need to connect potential employees with the right job fit.

Washington State University’s Carson College of Business has tracked the seismic shifts in employment as part of its annual “Business in the Northwest” report. In their 2023 report, researchers found that, partially due to the tight labor market, five times as many employees and four times as many business leaders feel the regional economy has declined or weakened since 2019.

“People are having a hard time filling open positions,” says Tony Poston (’08 Poli. Sci., ’11 Crim. Jus.), executive director of CougsFirst!, a business network for WSU alumni and friends. He started College Hill Custom Threads in Pullman after graduation and “hired hundreds of Cougs. The company is now being run by somebody that I met at WSU, and she’s hired Cougs, who in turn have gone into management roles.”

After he joined CougsFirst! in 2022, Poston saw how WSU’s Academic Success and Career Center (ASCC) helped graduating students at the Pullman career expo. After talking with ASCC’s Amanda Morgan (’06 Hosp. Busi. Mgmt., ’08 MEd Higher Ed. Admin.), he says the idea clicked that CougsFirst!, primarily a trade show before, could also provide career networking services.

“Hopefully, we can connect the dots for some of these businesses, and some of these folks that are looking for jobs—either a first career out of college, an encore career, or a change in career,” Poston says.

The concept goes into action at the CougsFirst! Show and Career Expo on May 12 in Bellevue. ASCC will partner with CougsFirst! on the event.

Poston invites alumni to join either by registering early or the day of the expo. “This career expo is an opportunity for people looking for jobs to go interview the companies that they might work at. And it’s not just for current students or recent grads. Any alumni can come if they’re looking for a career change.”

WSU students and recent alumni can also find career coaching, résumé workshops, and other career support at ASCC.
Great teachers are the brick and mortar

BY TREVOR JAMES BOND

Ida Lou Anderson had a rough start when she entered Washington State College in 1920. The lingering symptoms of childhood polio left her small (only four feet tall), frail, and humpbacked. That first semester, she felt so ostracized because of her appearance that she almost dropped out of school.

But a new professor saw her potential and changed her life. As chair of the drama and speech department, Nathaniel E. Reed was full of energy and enthusiasm. He coached students in speaking from the diaphragm, not the upper chest, and explained the importance of cadence, pitch, and stress. And he recognized Anderson’s exceptional oratorical talents and love of poetry, casting her in all theater productions.

After graduation, the young woman who felt like an outcast and nearly left school after one semester, quickly became one of the best-liked and most popular teachers on campus. In the very best way, just as Reed helped Anderson reach her full potential, so too did she teach and mentor hundreds of students.

I think it’s fitting to rename the President’s Residence the Ida Lou Anderson House in recognition of her lasting impact as a faculty member. I suggested the nomination and wrote one of the supporting letters.

The President’s Residence is part of the early core of the Pullman campus. President E. A. Bryan wrote that the house was more than a residence for himself; it provided “opportunities of fulfilling... social responsibilities to the public which go with the office...” The Washington State University Board of Regents approved the renaming in November 2022. A formal renaming ceremony is slated for June 8, 2023.

Anderson (‘24 English, ‘27 Speech) grew up in Colfax, graduated from Colfax High School, and, until the age of eight, had an energetic childhood. In 1909, during a family trip to Tennessee, she contracted polio, leading to years of painful treatments, lingering symptoms, and an early death.

When she graduated from college, Anderson knew she wanted to teach. She attended Northwestern University in Evanston, Illinois, and spent additional summers training at the University of California, Berkeley, and Boston College.

According to meeting minutes of the WSU Regents, Anderson earned significantly less than her male colleagues. Her $1,600 salary for nine and a half months could be supplemented by an additional $350 for private speech lessons. Male instructors earned a minimum of $1,800, and assistant professors, nearly all male, made $2,850.

In 1926, Anderson’s first year of teaching at WSC, a young man by the name of Egbert—who later changed his name—signed up for her class. Edward R. Murrow (’30 Speech) started college studying business administration but soon switched his major, taking 19 speech courses from Anderson. Outside of class, the two discussed literature, politics, duty, and ethics. The towering Murrow and the tiny Anderson were a familiar sight walking together across campus. Anderson aided Murrow’s already accomplished ability as a public speaker and prepared him for his career in radio. After his graduation, Anderson’s classes were so popular that students were turned away.

Her lifelong friend Mrs. Roy La Follette recalled that, on Sunday afternoons, Anderson would look at the clock as Murrow’s broadcast approached. “With her eyes closed she became a bundle of concentration as every muscle tensed to listen more intently to each inflection, each tone of the voice of her beloved friend and pupil.”

She continued, “Generally, her comments at the end of his broadcast would be full of pride and nothing but praise, but once in a while she would find some criticism of Mr. Murrow’s broadcast and immediately she would want to write him her thought or suggestion.”

While her popularity as a professor rose, her health declined. In 1939, she moved to Oregon, where her sister, Bessie Roe, and her mother could take care of her. Her sister remembered Anderson’s resignation from teaching was a “staggering blow.”

Letters of concern poured in. Murrow, now reporting from London, shipped her the most powerful radio available, with a note requesting

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WASHINGTON STATE MAGAZINE SUMMER 2023

+ weaving a tradition: the architect behind the WSU president’s house:
magazine.wsu.edu/extra/Weaver-architect

Portrait of Ida Lou Anderson as a WSC student in 1923
she listen to him and tell him how he was doing. She answered with a telegram suggesting the pause in his sign-on: “This . . . is London.” It became his signature line.

President E. O. Holland wrote to Anderson in 1940: “You have been one of the valuable members of our faculty—so recognized not only by the students but also by the faculty itself.”

Holland continued: “I know that (Murrow) is most grateful to you for the enormous help you gave him when he was inexperienced and needed guidance. We accept your resignation with great reluctance, but we shall not forget the devoted and efficient service you have rendered this institution.”

Anderson replied, “I feel that my work in the State College has meant more to me than anything else I shall ever know in this life. I was given the opportunity to teach freely, to give the best that I knew to the people with whom I worked . . . I loved every minute of it, from the day I first walked into a classroom until the day I staggered out of one.”

She continued, “The air lanes are so full of voices I know. Those boys have been a comfort during this long, lonely, difficult winter.”

Anderson died September 16, 1941. She was nearly 41.

As news of her death spread among her devoted students and colleagues, Murrow sent $350 to pay for the publication of a book of memorials. In his contribution, he wrote that Anderson’s students knew “we had been in the presence of one who was, in the true sense of the word, greater than anyone we had met or were ever likely to meet.”

Holland reflected that it was great teachers, not just bricks and mortar, that made great universities. He noted, “In the fourteen years of her service here, this frail little woman was able to leave her deep and lasting imprint upon the lives of hundreds of students...

“WSC is stronger and the world is a finer place . . . as a result of the personal influence of this young woman upon the faculty and students of the State College of Washington.”

Trevor James Bond (’17 PhD History) is associate dean for digital initiatives and special collections at WSU Libraries.
**Have you heard?**

The ears and tiny sensory hair cells of fish might be key to understanding, protecting, and even regenerating human hearing.

Deep inside the human ear, specialized sensory cells enable both hearing and balance. They’re called hair cells, thanks to their tufts of bristle-like cilia that line the fluid-filled cochlea of the inner ear. Sound vibrations roll through this fluid, sending ripples over the hair cells. It’s like hitting a switch; as the hair cells move or bend, electrical impulses shoot down the auditory nerve to the brain. There, the vibrations are recognized as sound.

It’s not just a human thing; all vertebrates boast hair cells in their inner ears. But fish don’t stop there. They have clusters of hair cells on their heads and down the lengths of their bodies too, called the lateral line. Those external hair cells help fish sense water movement so they can live their best fish lives: detecting prey and predators, schooling, and figuring out the direction of water flow.

And since they’re on the outside, those hair cells are a boon for researchers like Allison Coffin, associate professor in Washington State University Vancouver’s Neuroscience Program and president of the Association of Science Communicators.

“We’re really interested in understanding how these cells are damaged and then developing either preventative treatments or restorative therapies,” Coffin says.

Aging and noise exposure can damage hair cells, but so can substances like some antibiotics and chemotherapy drugs. That ototoxicity may cause hearing loss and balance issues. Thanks to external hair cells, Coffin’s team can

screen drugs that may damage hair cells—or protect them from damage—by dosing tanks holding larval fish. Those five-day-old fish are each no bigger than an eyelash, so they can be anesthetized and slipped under a microscope to look for changes in the lateral line.

The lab’s primary animal model is the zebrafish. They’re related to minnows—called zebra danios by the aquarium industry—with five horizontal stripes down their sides. At first glance, it’s hard to imagine the fish have much in common with humans. But it turns out humans and zebrafish share more than 70 percent of protein-encoding genes—and zebrafish have analogs for 84 percent of genes known to cause human disease.

Over the past couple decades, scientists have tinkered with zebrafish genes to spawn thousands of zebrafish lines for research. Many carry reporter molecules like green fluorescent protein. Originally derived from a glowing jellyfish, this protein scientists can link with a zebrafish protein—like attaching a bright tag to the study subject. One line of zebrafish sports fluorescent hair cells so researchers can count them and compare drug-exposed fish with control fish. Another has glowing synapses so researchers can visualize the tiny gap where electrical and chemical signals pass between a hair cell and a nerve cell.

The goal is to identify ear-safe alternatives or protective drugs clinicians could prescribe to safeguard hair cells when using ototoxic therapies.

Zebrafish aren’t the only fish in the Coffin Lab. Just down the hall from the zebrafish setup, animals that look like overgrown tadpoles rest half-buried in gravel in two massive tanks. They’re plainfin midshipman—a type of toadfish—and they have an extraordinary feature: their hearing changes seasonally. During the breeding season, some males sing to attract mates, emitting a resonant hum that sounds like the blare of a ship horn. Their female counterparts can best hear that song for only part of the year.

Coffin has previously shown that female toadfish bulk up the numbers of hair cells in their inner ears during breeding season. Now, she wants to know if hormones like estrogen play a role in this seasonal change. That could shed light on how hearing evolved—and how hormones influence human hearing differences related to sex and age.

There’s another compelling reason to study fish: they can regenerate lost or damaged hair cells. Nestled next to each hair cell are support cells that can divide and make new hair cells as needed. That means fish and other non-mammals can lose their hearing and simply regrow it.

“That leads to a really big question: From an evolutionary perspective, what led to the loss of hair cell regeneration among mammals?” Coffin muses. “And not just hair cells. Photoreceptor cells in the retina, neurons in the brain… Mammals are lousy at regenerating stuff, but fish do it really well.”

The prevailing theory is that mammals probably sacrificed regeneration for sensitive hearing. Those support cells play specialized roles in mammal ears, making it possible to hear very soft sounds with better fine frequency resolution.

But it’s a steep cost.

Fortunately, the work in the Coffin Lab—and in the labs of her colleagues around the world—may pay off soon.

“I think we’re probably looking at a 20- to 25-year time frame for regeneration,” she says. “Whereas on the protection side, we’re starting to see some of that now—and I think we’re going to see a lot more in the next five years.”
Most deafening

Chinook salmon, a keystone species in the Pacific Northwest, hold together the ecosystem, feeding orcas and other wildlife and returning crucial nutrients like nitrogen and phosphorous to the Columbia River basin when they decompose.

Many salmon from the Columbia River and its tributaries are endangered or threatened, including the native Tule Fall Chinook salmon reared at the Spring Creek National Fish Hatchery just west of White Salmon along the Columbia.

Hatchery programs are meant to support the wild salmon population, but it turns out that hatchery fish don’t fare as well as their wild counterparts.

It’s a problem that pinged the radar of Rikeem Sholes, scientist with the US Fish and Wildlife Service and doctoral student in neuroscientist Allison Coffin’s lab at Washington State University Vancouver.

“We’re seeing some abnormalities in the mechanosensory system in hatchery-raised fish,” Sholes says. “We know that’s leading to hearing loss and might also be energetically taxing for them because that system helps them navigate.”

The mechanosensory system comprises the salmon’s inner ear as well as its lateral line, a network of external sensory cells that runs around the head and down the length of the fish’s body. These cells—called hair cells or neuromasts when considered along with their support cells—sense vibrations and water movement to help fish detect prey and predators and orient themselves in the water. That’s especially important for fish like salmon that must navigate thousands of miles to reach the ocean and then return home to spawn.

Sholes says neuromast damage may result from noise exposure in the hatchery. In addition to the occupational noise of a working hatchery—which Sholes describes as thunderous like a waterfall—a railway system and major highway flank Spring Creek. And, unlike wild salmon that can simply move to quieter waters, hatchery fish are stuck in that industrial setting until their release.

Spring Creek provided Sholes 12,000 Chinook salmon, which he split into three groups: one reared under normal hatchery conditions, one raised in soundproofed containers, and one exposed to a constant 150 decibels of white noise.

Sholes notes that “150 decibels sounds very loud for air, but it’s not atypical of what they would be exposed to underwater” in a hatchery.

For context, most emergency sirens come in right at 120 decibels while the blistering bang of fireworks is a solid 150 decibels.

The early data suggest the salmon exposed to white noise may have fared the worst when it comes to reduced neuromasts along their trunks, but survival data will remain a mystery for some time. Sholes tagged the fish before sending them off on their perilous journey out to sea.

As they pass dams and hatcheries outfitted with antenna arrays, the pill-shaped trackers nestled in the salmons’ bellies will ping, letting Sholes know where they are and what direction they’re heading. The salmon are expected to return to Spring Creek sometime between 2025 and 2027.

That return trip is notoriously brutal; while they travel, the salmon’s bodies will begin to decay as they resorb minerals and nutrients to fuel the journey. Does protecting the fish’s mechanosensory system at the start of their lives provide a boost that makes them more likely to make it back home?

Sholes will be there to find out. ✯

Compared with wild salmon, hatchery-reared fish have fewer lateral line sensory organs, shown here as glowing orange dots. Photo Rikeem Sholes
Riding through it

BY WENDA REED

ROXANNE (ROXIE) TRUNNELL, a horse rider since she was 10, was competing and winning medals in the Prix St. Georges level of dressage the year after graduating from Washington State University in 2008 with her psychology degree.

Thirteen years later, she was a gold medal winner in Paralympics dressage and ranked first in the world in her grade level.

Dressage is an English riding discipline in which the horse and rider perform controlled movements in progressively more difficult tests. Trunnell and her horse Touché had been training together since junior high to reach the Prix St. Georges, the first level of international competition in able-bodied dressage.

Her goal of competing on the US Olympic Dressage Team was shattered in 2009. In addition to daily horse riding near her Kennewick home, she was working a night job on a hotel desk and a day job in a dog kennel.

“I felt like I was coming down with a cold and started having trouble talking, so I crawled into bed and thought I’d sleep whatever it was off,” she remembers. “When my mother got home, I couldn’t stand up, and they took me to the hospital.

“Within two weeks, I was placed in an induced coma, had a breathing tube placed down my throat and was airlifted to a hospital in Spokane on Halloween night. Doctors could never pinpoint what caused all this. The closest they could come was that I contracted the H1N1 virus and that turned into encephalitis. A blood clot traveled to my brain, and I ended up having a stroke.”

She returned home having to use a wheelchair most of the time, unable to maintain her balance standing or walking without something to hold on to. “Horses had always been a huge part of my life and that was just yanked away from me,” she says.

Her mother contacted her first riding instructor, who ran a vaulting school with horses that were used to riders not being steady. “She agreed to help me get back to riding again.”

She got back with a vengeance. After years of rehab, she set her sights on riding for the US Para Dressage Team, and she began successfully competing nationally in 2013 and internationally in 2014. Trunnell can get on a horse if someone holds on to her as she walks to the mounting block and she can sit in the saddle without falling backward or to the side. With her inability to keep her balance at a trot or canter, she completes the tests at a walk only (Grade 1, for the most impaired riders).

She went with the US Para Dressage Team to the 2016 Paralympics in Rio de Janeiro, where she placed tenth. Afterward, the team, which had serious structural problems, was overhauled with a new chef d’équipe (team manager), Trunnell says.

The progress showed in the 2020 Tokyo Paralympics (postponed until 2021), despite the logistics of working around COVID. Trunnell won two individual gold medals and participated in the team bronze-medal performance with her horse, Dolton.

“A big highlight for me was when I was riding the team test and an apartment fire broke out right across the street. You could see the fire and smell the smoke. (Horses are generally terrified of fire.) Dolton was the youngest horse on the team, and this was his first Paralympics, and he had every right to bolt out of that arena. We were very bonded, and he knows it is his job to take care of me, and since I wasn’t freaking out, he wasn’t going to freak out either.”

Trunnell was ranked number one in the world for 26 months in 2020 through 2022, per the International Federation for Equestrian
The Crimson Girls of Washington State University placed seventh in Division 1A Jazz of the 2023 UCA and UDA College Cheerleading and Dance Team National Championships. Held in January at ESPN's Wide World of Sports at Lake Buena Vista, Florida, this is the fifth time since 2018 the team has made it to finals. In 2020 the team placed third, the highest in program history. Dance head coach Payton Ibos is in her first year leading the Crimson Girls. She is also director of spirit programs at WSU.

Cheer champs
Two near-perfect cheer routines over two days brought a national title back to Pullman.

The athletes of the Washington State University cheer team competed at the USA Spirit Nationals/Collegiate Championships on the weekend of February 24, successfully defending their title against New Mexico State University in the four-year large co-ed division.

The competition in Anaheim, California, featured an energized and motivated Coug cheer squad performing acrobatic moves and shouting cheers in sync. One very small deduction kept them from a perfect score.

The USA Collegiate Championships bring community colleges and four-year institutions from throughout the United States and abroad to compete in cheer, dance, and mascot. Nearly 1,000 collegiate athletes compete in nearly 15 divisions.

Sports (FEI) Para Dressage Individual ranking.
She and her parents moved to Royal Palm Beach, Florida, with giant international show grounds in their backyard.

After Dolton hurt himself in 2021, Trunnel took a six-year-old stallion, Fortunato H20, to the 2022 FEI World Championships in Denmark. It was his first big show, and she had been riding him for only six weeks.

“We ended up helping Team USA bring home a team bronze medal and secure a spot for the 2024 Paris Paralympics,” she says. “Each of those amazing ponies earned as many cookies and carrots as they wanted at that show, and the riders aren’t half-bad themselves.”

During her years of rehab, she earned her master’s in psychology from Capella University in 2015 with an emphasis on equine-assisted psychotherapy. Although she is not practicing at this point in her life, she says she applies what she’s learned to her riding.

“I don’t get the show nerves that cripple some riders, and think this is because of my schooling,” she says. “I’m able to figure out what I need before a show—like I really need quiet and not to talk to anybody about an hour before. If I do get nervous, I am able to have a way of thinking that helps calm me down.”

Dancing to the top 10
The Crimson Girls of Washington State University placed seventh in Division 1A Jazz of the 2023 UCA and UDA College Cheerleading and Dance Team National Championships. Held in January at ESPN’s Wide World of Sports at Lake Buena Vista, Florida, this is the fifth time since 2018 the team has made it to finals. In 2020 the team placed third, the highest in program history. Dance head coach Payton Ibos is in her first year leading the Crimson Girls. She is also director of spirit programs at WSU.
Leaving behind better footprints

By the time Christina Chi’s flight landed on Santorini, few tourists remained. She and her family planned their trip to the Greek island for late December, long past the peak season at one of Europe’s top tourist destinations.

Swimming in the Aegean Sea was out; it was too chilly. But Chi and her family had the island’s black sand beaches almost to themselves. They took leisurely visits to the island’s archaeological sites, museums, and restaurants, and Chi snapped photos of Santorini’s famous sunsets without the crush of standing elbow to elbow with other tourists.

Chi, a professor at Washington State University’s School of Hospitality Business Management, researches sustainability in the tourism industry. Growing global affluence means more people are traveling, both domestically and internationally. But there can be a cost to the destinations.

Exploring new places through frequent travel contributes to feelings of happiness and well-being, according to research from WSU’s hospitality school, part of the Carson College of Business. Tourism can also enhance host communities, Chi says. Besides jobs and economic development, tourists give communities financial incentives to preserve their natural landscapes, heritage sites, and cultural traditions such as local cuisine, language, music, and art.

“Without the interest from tourists, some of those culinary or artistic traditions would be dying or extinct,” she says.

But when a destination like Santorini gains international acclaim, the tide of tourists can be overwhelming.

“It’s a small island,” Chi says. “If everyone is crowded onto the same beach trying to capture the same sunset photo, the experience is diminished, and you risk damaging the resource.”

At another Mediterranean hot spot, Sardinia’s Spiaggia Rosa beach closed permanently after tourists started collecting the pink sand. Closer to home, poppy fields in Southern California’s Walker Canyon closed this spring amid predictions of a “super bloom.” Local officials wanted to prevent a repeat of 2019, when hundreds of thousands of visitors descended on the area to view the wildflowers.

Despite inflation, travel industry officials are predicting a strong year for domestic and international travel. Many people postponed their trips during the pandemic. They’re acting on pent-up demand for new sights and experiences.

Chi understands the allure of distant places. Her favorite tourism quote comes from a Hans Christian Andersen poem, “To travel is to live.” With advance planning, she says tourists can make the most of their trip and travel with a lighter footprint.

Besides visiting popular destinations during the off-season, Chi is a proponent of the “slow travel” movement, which urges tourists to pare down itineraries, savor their surroundings, and interact with local residents.

“Slow travel fits my personal style. I usually travel to one destination at a time, so I really get to try the different foods and experience the area’s traditions,” Chi says. “Only by spending time in another place can you really learn about its people and culture.”

However people choose to travel, Chi encourages them to think about sustainability. Her work focuses on environmental stewardship, respect for the host community’s culture and values, and fair distribution of profits.

While tourism is often considered a nonpolluting industry, “it’s highly carbon intensive,” Chi says. That’s an industry dilemma. Tourism both contributes to global warming and is harmed by its adverse effects, such as extreme weather events, rising sea levels, loss of biodiversity, and flooding of historic and cultural sites.

By 2030, carbon emissions from tourism are projected to increase by 25 percent from 2016 levels, according to the United Nation’s World Tourism Organization. The recent UN Glasgow Declaration calls for urgent
Running, jumping, weaving through obstacle courses—whether it’s a human or a dog, that kind of activity has the potential for pain or injury.

There are more than a million entrants to American Kennel Club agility competition events each year. Despite that, there isn’t much high-quality scientific research to guide veterinarians in caring for agility dogs.

Debra Sellon, a professor at the Washington State University College of Veterinary Medicine, owns and trains agility dogs, and recognized that lack of information when one of her border collies was injured.

That led her to other veterinary researchers across the country. Together they founded the Agility Dog Health Network in early 2021.

The members of the network have produced online seminars. Next they’ll use competition data to learn about the safety of artificial surfaces versus grass.

Sellon, who specializes in equine medicine at WSU, says she hopes the agility health network can be expanded for the sake of the dogs.

“I really love that animal-human bond,” she says. “I discovered training for agility requires you to become incredibly close to that animal.”
It’s the king of salmon, the biggest, most valuable, and most popular of the five Pacific Northwest species. And it’s no wonder.

Wild-caught Chinook, or king, salmon is cherished for its rich flavor, high oil content, and firm, flaky, meaty but tender texture. “I love the structure of Chinook,” says LJ Klinkenberg, the new director and executive chef of the Marriott Foundation Hospitality and Culinary Innovation Center at Washington State University’s Carson College of Business. “I like the flakiness and how big and wide those flakes are.”

Dense yet succulent, Chinook stands up to grilling and robust sauces and seasonings. “Chinook just really lends itself to taking on bolder flavors. It’s got great flavor and mouthfeel,” says Klinkenberg, who particularly enjoys Asian-inspired preparations such as soy sauce, Sriracha, and red pepper. But Chinook also makes “a beautiful blackened fish, imparting those Creole influences. For me, being a Pacific Northwest chef—though I’ve traveled and lived and worked in other places—Chinook is right at the top of my favorite proteins.”

The iconic and symbolic salmon is vital not only to Washington state’s cuisine but its history, identity, economy, and environment. At least 138 wildlife species—including seagulls, eagles, and orcas—depend on all types of Pacific salmon for food. Salmon also support some 16,000 jobs in commercial and recreational fishing, totaling about $540 million in personal income. And they make up an integral part of ancient and contemporary Indigenous culture and heritage, from sustenance to spirituality. Salmon also draw tourists for sportfishing and spectacle. Who doesn’t enjoy watching the fishmongers at Seattle’s Pike Place Market throw a glistening, silvery king salmon through the air?

But the prized staple of Washington state fare has been declining for decades. The largest and oldest Chinook are disappearing from local waters. Gone are the enormous kings weighing nearly 100 pounds that once swam up the Columbia River. They are not only decreasing in length and weight but also diminishing in number. Salish Sea populations are down 60 percent since the Pacific Salmon Commission began tracking in 1984. In Puget Sound, according to the federal Environmental Protection Agency, populations are as little as 10 percent of historic numbers.

“And time is running out,” warns the 2020 State of Salmon in Watersheds report from the Governor’s Salmon Recovery Office in the Washington State Recreation and Conservation Office. “The climate is changing, rivers are warming, habitat is diminishing, and the natural systems that support salmon in the Pacific Northwest need help now more than ever.”

In all, 28 types of West Coast salmon and steelhead are listed as endangered or threatened under the Endangered Species Act. Of the 14 in Washington state, 10 are behind in recovery goals and five are considered in crisis. Four of those five are types of Chinook (*Oncorhynchus tshawytscha*). Two, including the Upper Columbia spring run, are endangered. Seven are threatened, including the Lower Columbia River, Puget Sound,
The past few years, fraught with wildfires and drought, have been especially hard on them. And conditions are only expected to be exacerbated.

As the state’s human population grows, more salmon habitat will be lost, says Jen McIntyre, assistant professor of aquatic toxicology at the WSU Puyallup Research and Extension Center, who explores chemical properties of stormwater runoff and their effects on salmon. She’s part of a research team that published a study in the December 2020 issue of Science, finding coho salmon are especially sensitive to 6PPD-quinone, a transformation product of a chemical in automotive tires that kills fish before they spawn. “It could also have sublethal impacts on Chinook and other salmon,” she says. “There’s definitely a concern.”

Indigenous peoples have caught and consumed kings for more than 9,000 years, honoring their arrival each spring with a special ceremony. “There was great joy with the Natives last night in consequence of the arrival of the salmon,” William Clark wrote in his journal in April 1806 after encountering the Natives last night in consequence of the arrival of the salmon, “was the (harbinger) of the first-salmon ceremony at Celilo Falls. That season’s first fish “was the (harbinger) of good news” and “divided into small pieces,” which were “given to each child in the village.”

Today, tribal members “are still eating more fish (than non-tribal members), but it’s 10 times lower than what they historically would have had,” McIntyre says.

By 1865, industry—from mining and milling to farming, logging, overfishing, and more—was already affecting salmon runs and fisheries. Between 1889 and 1922, as many as 25 million pounds a year were harvested. That dropped to 15 million a year by the mid-twentieth century and now totals fewer than 5 million, according to WSU researchers who found Columbia River Chinook have lost as much as two-thirds of their genetic diversity.

Chinook spawn in fresh water on both sides of the Cascade Range. Fry rear three months to a year or two before migrating downstream to estuaries and, finally, the ocean, where they feed and grow for three to seven years, swimming thousands of miles to the Gulf of Alaska and back to their natal creeks and streams to spawn.

According to the Watersheds report, some 10 to 16 million salmon and steelhead trout returned each year to the Columbia River system before the twentieth century. Today, more than 20,000 barriers—including dams and roads—block migration paths, according to the state Department of Fish and Wildlife. Estimates suggest runs are just 2 percent of what they once were.

This, McIntyre says, “is tragic on many levels. Most important for me is the impact on the ecosystem. Fewer nutrients are coming back from the ocean and being deposited in freshwater habitats. We see a significant loss of productivity.”

Still, she says, “there’s reason to hope.” Scientists and officials are exploring alternative ways to get salmon back upstream, including the so-called salmon cannon, or Whooshh transport system, developed by Seattle-based Whooshh Innovations.

In the Columbia River basin, this could allow salmon to reaccess the 40 percent of their habitat blocked by impassable dams. “It’s been over 60 years since salmon were able to get above those dams,” McIntyre says. “Even with all of the habitat challenges salmon face in the accessible portions of the basin, being able to make use of those historical habitats would be a game changer for salmon recovery.”

The 2020 Reserve Chardonnay from Mercer Estates Winery is made from grapes from the Horse Heaven Hills. Forty percent was aged eight months on new and neutral French oak. Notes of toasted marshmallow and tropical fruit along with pear and apple. It’s produced and bottled at Woodward Canyon Winery, established in 1981.

Chardonnay was the first varietal planted at Walla Walla’s Woodward Canyon Estate Vineyard by Rick Small (69 Ag.) in the 1970s. Its 2021 Washington State Chardonnay is made with grapes from two different blocks: old vines planted in 1978 and newer vines planted in 2011. The result is crisp, spicy, and balanced—with notes of vanilla and understated oak and aromas of apple and pear. It’s produced and bottled at Woodward Canyon Winery, established in 1981.

Red, white, or pink? Whatever the wine color, fatty and flavorful Chinook, or king, salmon requires a varietal to match its richness. Chardonnay, pinot noir, and rosé are natural choices. And Cougar-connected wineries offer plenty of options. Here are just a few.
BY ADRIANA JANOVICH

Cougs + wine

It's free to join, and Wine-By-Cougars is open to all members of the Washington State University Alumni Association's premier wine club, notes Kelly Brantner ('96 Busi., ’97 MBA), WSUAA's director of membership and marketing. But most of the 750 members are Cougs who especially enjoy serving their Wine-By-Cougars wines at dinner parties. “It’s another way for them to talk about how proud they are of WSU,” Brantner says.

Members receive shipments in February, April, September, and November. Choices are one red and one white, two reds, four reds, or three reds and one white. All shipments feature highly acclaimed, handcrafted premium wines produced by wineries with a Cougar connection. They also come with tasting notes, alumni profiles, suggested culinary pairings, and exclusive offers, such as early registration for the WSUAA’s sell-out Feast dinner each fall.

Wines from Wine-By-Cougars are also featured at WSUAA chapter and club wine-tasting events, in the WSUAA travel program, and more. This spring, for example, the WSUAA is organizing a trip to two wine regions in Spain with Melanie Krause (’09 Spanish, Biol.) and her husband and business partner, Joe Schnerr (’99 Chem.), founders of Cinder Wines. Wine trips to Argentina and Tuscany are planned for 2024. “We often hear from wineries, especially smaller wineries, about how impactful Wine-By-Cougars is for them,” Brantner says, noting more than 150 wineries have participated in the wine club.

Early in the COVID-19 pandemic, when tasting rooms were shut down and wineries had to switch business models, Wine-By-Cougars encouraged alumni to “Stay Home, Drink Wine, Help Cougs” through a special initiative to help Cougar-related wineries. “We were hearing from Cougar-connected wineries that were staying in business because Cougs were supporting them,” Brantner says.

The Cougar Collectors’ Series debuted in 2014 with a mostly merlot Gordon Estate blend. Since then, the series has showcased special blends from Columbia Crest, Bergevin Lane Vineyards, EFESTÉ, Mercer Wine, Canoe Ridge Vineyards, Reininger Winery, Goose Ridge Vineyards, and Basalt Cellars.

Early on, wineries only made about 300 cases of their Cougar Collectors’ Series offerings. Today, they aim for 1,000. Cougar X will also be available for purchase at a limited number of retailers, mostly in the Pacific Northwest. But take note: wines in the Cougar Collectors’ Series typically sell out within a year of their release.

Purchasing a bottle helps support scholarships for the next generation of WSU wine leaders through the Viticulture & Enology Program, and the Wine Business Management program.

For more info or to sign up for the Wine-By-Cougars Wine Club, or to join the WSU Alumni Association, visit winebycougars.com.

Cameron Rushton crafted Cougar X with red meat in mind. The blend is big, bold, and dense, with hints of plum, white pepper, and jalapeño. It’s meant to be served with a juicy steak or cellared—or both. “This wine isn’t going to blink an eye until 2030,” says Rushton (’10 Hort.), co-owner and assistant winemaker at Five Star Cellars in Walla Walla and creator of Cougar X.

The tenth offering in the limited Cougar Collectors’ Series is composed of 93 percent cabernet sauvignon and 7 percent cabernet franc. It features 100 percent Walla Walla fruit, including cabernet sauvignon from five different vineyards—Pepper Bridge and Blue Mountain, among them. Thirty percent was aged on American oak and seventy percent on European oak, mostly French and Hungarian. Of that, some 20 percent was new oak, both French and American.

“So it’s not going to be overly spicy, but it’s going to have some nice spice notes—cinnamon and seasoning salt,” Rushton says. “The green notes will go away in its youth leaving a richness that’s not overly fruity but not overly oaky, either.”

Members of the Wine-By-Cougars Wine Club, one of the Washington State University Alumni Association’s premier programs, will receive the special red blend in their fall shipment. Now’s the time to sign up to guarantee getting a bottle of Cougar X. It’s free to join, and Wine-By-Cougars is open to all members of the WSUAA. Gift memberships are also available.

“We’ve had University of Washington alumni purchase WSU Alumni Association memberships in order to be in the wine club,” says Kelly Brantner (’96 Busi., ’97 MBA), WSUAA’s director of membership and marketing. But most of the 750 members are Cougs who especially enjoy serving their Wine-By-Cougars wines at dinner parties. “It’s another way for them to talk about how proud they are of WSU,” Brantner says.

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Wines from Wine-By-Cougars are highlighted at the four-course Feast dinners, a partnership between the WSUAA, its Wine-By-Cougars Wine Club, the Carson College of Business School of Hospitality Business Management, Jordan Schnitzer Museum of Art WSU, School of Music, and the College of Agricultural, Human, and Natural Resource Sciences.

Wine-By-Cougars wines are also featured at WSUAA chapter and club wine-tasting events, in the WSUAA travel program, and more. This spring, for example, the WSUAA is organizing a trip to two wine regions in Spain with Melanie Krause (’09 Spanish, Biol.) and her husband and business partner, Joe Schnerr (’99 Chem.), founders of Cinder Wines. Wine trips to Argentina and Tuscany are planned for 2024.

“Tuscany are planned for 2024. It’s medium-bodied offering with “a rocking nose of ripe red raspberries and brambly fruits, red cherry, earth, and peppery herbs,” according to the winery’s own description. The Lake Chelan winery is owned by Judy and Don Phelps (’80, ’82 MS Civ. Eng.).

Hard Row’s limited production 2022 Soixante-neuf Rosé, made exclusively from Gamay Noir grapes, was inspired by the dry, crisp rosé the couple sampled in the South of France.

And the award-winning Rosé of Sangiovese is a signature offering from Barnard Griffin, owned by Deborah Barnard and Rob Griffin, parents of Elise Jackson (’09 Busi.) and Megan Hughes (’10 Hort.), whose husband, Shane Hughes (’11 Int. Plant. Sci.), is also a Coug. Refreshing and versatile, this popular, bright, dry, and fruit-driven rosé features strawberry, melon, and pineapple flavors to cut through the rich fish.

For more information about Cougar-connected wineries or the Washington State Alumni Association’s Wine-By-Cougars Wine Club, visit winebycougars.com.

of blackberry, cherry and other red fruit—pairing especially well with grilled or blackened Chinook.

Hard Row to Hoe Vineyards’ 2020 Whole Picture Pinot Noir is a medium-bodied offering with “a rocking nose of ripe red raspberries and brambly fruits, red cherry, earth, and peppery herbs,” according to the winery’s own description. The Lake Chelan winery is owned by Judy and Don Phelps (’80, ’82 MS Civ. Eng.).

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spotlight on Cougar X winemaker Cameron Rushton (and his wine-tasting tips): magazine.wsu.edu/extra/Rushton
tour Spain with Cougar winemakers: magazine.wsu.edu/extra/Cinder
WHEN SID MORRISON ('54 HORT.) WORKED AS A WASHINGTON STATE LEGISLATIVE PAGE IN HIS TEENS, he asked for the then governor Monrad Wallgren’s autograph. The signature came back with a piece of advice: “Never get involved in politics.”

The young orchardist ignored that advice. He successfully ran for a Washington state House of Representatives seat in the Yakima area in 1965 to “make sure this relatively rural area had a voice.”

As a state representative and senator, US Congressman, state secretary of transportation, chairman of Energy Northwest’s board of directors, and Central Washington University trustee, Morrison has worked with eight Washington governors in all. And in more than 60 years of public service, he has never lost sight of his rural roots.

A FARMER FIRST AND LAST

Morrison’s father, Charles Freeman Morrison, came to Washington from North Dakota in 1902. His mother, Anne Helen (Fornfeist) Morrison (1922 For. Lang. and Lit.), was the first of the family to graduate from college in Pullman, where she lived in Spanish House. All the female student residents were required to speak Spanish in the home.

The couple raised Sid and his two brothers on an orchard near Zillah in the Yakima Valley. They grew peaches, apricots, plums, cherries, and other soft fruits at a time when it was believed the area was too warm to grow apples. The packing shed in which they first lived has been added to and remodeled over the decades, and family members still live in it.

Young Sid helped his “green thumb” father start a tree fruit nursery, learning the basics of budding and grafting. At Washington State College, Morrison was president of the Tau Kappa Epsilon fraternity and vice-chair of the Crimson Circle. He was elected to the Washington State Apple Commission after graduation.

His life as an orchardist was interrupted when he was drafted into the US Army from 1954 to 1956, working as a medical technician in Puerto Rico. “My college sweetheart flew down with her wedding dress under her arm—so that it wouldn’t wrinkle—and we got married at Fort Brooke in 1955,” Morrison remembers. The former Marcella Britton (x’55) was one credit away from graduating from WSC, but the army needed her to teach school, and she never got around to earning that last credit.

Returning to Zillah, Morrison worked his own land, and he and Marcella raised four children: Wally ('78 Ag. Mech.), Mary Anne, Linda ('81 Poli. Sci.), and Doris ('82 Ed.). These were dynamic years of change for the fruit industry, with dwarfing rootstocks and spur-type growth varieties making the nursery business a challenge.

The Morrisons searched successfully for “sport” varieties that did not need such cold winter weather to color, he says. “Those were the days when nurserymen would erect a cyclone fence around a tree or limb that promised to ‘change the world.’ Those new scion varieties, coupled with dwarfing rootstocks to control tree size, truly changed the fruit industry as we knew it.

“We were also aggressively growing grapes but hadn’t been able to produce the fine European wine grapes like cabernet sauvignon,” Morrison says. Through friends at the WSU Extension service in Yakima, he secured an appointment to the National Agricultural Research Advisory Committee and traveled around the country to see how wine grapes were successfully grown.

“We learned that if you grow them where their roots can get into the water table, they keep growing through the winter and freeze and die. They must be grown on higher land.” Later, using models he’d seen in California, he helped wineries like Chateau Ste. Michelle work out contracts with growers to obtain all the grapes they needed.

He remains keenly interested in horticultural topics and water use and lives on part of the family’s original land near Zillah.

A STATESMAN’S CAREER

Morrison’s father was appointed to take the place of a state legislator who was drafted during World War II and then ran for another term.

Morrison says his own move to the state legislature was a natural outgrowth of his activities in the agricultural sector and in the Yakima Rotary Club, where fellow members convinced him to run. “It was just 60-day sessions then; I could come home on the weekend and install pumps or whatever. I didn’t have to give up the farm.” He served the fifteenth district for eight years in the state House, from 1966 to 1974, and six years in the state senate, from 1974 to 1980, during the tenures of Governors Daniel Evans and Dixie Lee Ray.

In his first session with the state House, he was chosen vice-chair of the Labor Committee, “which no other Republican wanted,” he remembers. The older committee chair died, and so Morrison took over, tackling the “ramshackle mess” that was the public employee retirement system. “The police unions and the fire department unions would work on getting their benefits improved on alternate years,
leapfrogging over one another. We put them together in one system,” he says.

He lists legislation to allow physician assistants to work in Washington as another major accomplishment, as well as some tweaks to “blue laws” to make it easier for people to buy wine and drink it on winery grounds.

Although Morrison says he “wasn’t a hot-dogger,” the decision to run for the US House of Representatives was a natural progression. In his mid-40s, he beat five-term incumbent Democrat Mike McCormack—“a good friend, and we’ve stayed friends”—as part of the Reagan Landslide of 1980.

In a *Washington Post* story on “New Faces in the House,” he was described as a “wealthy orchardist, well-known and respected as a tax specialist” who had campaigned on traditional Republican issues: a balanced federal budget, elimination of questionable government programs, and higher defense spending. He was on the Agriculture and Energy and Commerce Committees among others in his six terms, from 1981 to 1993. During those years he was in constant communication with Governors John Spellman and Booth Gardner.

“It was a different political world than anything you hear about now; there was camaraderie among members,” he says. “Some Republicans and more Democrats I considered friends—you’d go to them with your ideas and see if your beliefs were close enough to work out a solution to a problem.” This spirit of finding common ground was particularly strong in the Washington state delegation, he adds.

As a member of the Agriculture Committee, “I made sure I was part of every consideration of wilderness areas. I am pleased with the reasoned, reasonable approach to save the best for wilderness conservation, and replant and reforest the rest.” Laws to help preserve the Elwha River ecosystem, the Columbia Gorge Scenic Area, and the Cedar River watershed are among bills he cosponsored with the rest of the delegation. His position on the Science and Technology Committee was instrumental in getting funds to clean up “the mess made by WWII at Hanford.”

While he and his family were living in Washington, DC, his younger brother and older son ran the farm. In 1992, “maybe a bit burned out,” Morrison returned to the state to run for governor. He lost in the primary to Republican Ken Eikenberry, who was then defeated by Democrat Mike Lowry (’62 Poli. Sci., Gen. Stu.).

**A THIRD ACT IN TRANSPORTATION, ENERGY, AND EDUCATION**

“Mike Lowry and I were friends through our congressional experience,” Morrison says. “He asked me to stop by his office and tell him what I’d like to do.” He chose to apply for secretary of transportation, then run by an independent commission, and Lowry wrote him a letter of support. He served in the cabinets of Lowry and Governor Gary Locke from 1993 to 2001. He says he was “the only Republican they even let in the door.”

During that period, “It was clear that highways could not continue to provide all the means of transportation,” says Morrison,
who was the first chair of Sound Transit, founded in 1993, and was instrumental in the expansion of passenger rail between Bellingham and Oregon. “We built three new jumbo ferries. We got the unions and shipbuilders to make concessions so that they could be built in Seattle and not out of state.”

Retiring from the Department of Transportation, Morrison was appointed to the board of directors of Energy Northwest (formerly the Washington Public Power Supply System, or WPPSS) in 2001. He became chair of the board in 2006 and continued with the public power supply agency for 20 years until 2021. “We had to find out what went wrong with WPPSS and fix things and work on keeping the one nuclear power plant, the Columbia Generating Station in Richland, running.” He worked with Governor Christine Gregoire to get it relicensed.

The consortium of 28 public utility districts “is leading the charge nationally for renewable energy,” Morrison says. His voice brims with enthusiasm when he talks of the “go-get-’em, capable young researchers who are building the first modular nuclear reactors.”

During the same period, Governor Jay Inslee appointed Morrison a trustee on the board of Central Washington University, where he served for 12 years, from 2003 to 2015, mostly as chair. “I enjoyed it; they were wonderful people,” he says. “I got a better feel for the people we were training to be teachers and other professionals, especially commercial pilots because CWU has the only accredited public university degree program in the Pacific Northwest.”

**RETIREMENT?**

Having left his position at Energy Northwest at age 88, Morrison is officially retired—“except for two or three or four things.” Water issues are still important to him, and he is part of the Yakima Basin Storage Alliance trying to get the US Bureau of Reclamation to finish the Yakima Project and bring a more consistent water supply to the valley.

He is still active in Rotary as his club’s longest-living member. He is chairman of the board of Life Support, a nonprofit raising funds for emergency medical and support and fire protection around Interstate 90 and Kittitas County. And he is a member of the board of Mainstream Republicans, dedicated to support the election of well-qualified and moderate Republicans.

That task has been more difficult in the last decade. “We seem to publicize the negatives and that leads to more polarization,” Morrison says. “But there’s more cooperation going on than the media suggest. When we have people respecting other people for their opinions, we can still make things happen, but you have to be willing to stop fighting and look for areas of cooperation.

“I am not a negative person, and my legislative and congressional years brought some amazing team players into my life. We got results. I am reminded of a quote I got directly from President Ronald Reagan: ‘You will be amazed what you can get done if you don’t care who gets the credit!’”

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**Bottom row, from left:** WSDOT secretary (1993–2001). Courtesy Inside Olympia. Since “retirement,” Morrison has been a board treasurer for State Fair Park in Yakima (photo courtesy Central Washington State Fair), a trustee at Central Washington University (photo courtesy CWU), and executive board chairman for Energy Northwest (not pictured).
Gears and bolts rise from the simple metal rectangle. Yet, as unassuming as it might appear, the 3D printed plate could be crucial to a successful mission to Mars and the moon.

The small pieces on the metallic surface were fused from a mix of simulated Martian dust and titanium, created layer by layer through additive manufacturing, popularly known as 3D printing. If humans set up shop on the Red Planet, they’ll be able to make repair parts or other necessities on the fly.

The metal plate with Martian regolith, created in a Washington State University lab, is but one way that 3D printing can rapidly transform research.

“If we’re looking at how the future is going to shift, the thing in common is 3D printing and how we can use this technology. Suppose you want to make something in seven days as opposed to seven months. In that case, 3D printing can be a solution,” says Amit Bandyopadhyay, Boeing Distinguished Professor in WSU’s School of Mechanical and Materials Engineering.

From off of Earth to inside our bodies, Bandyopadhyay and WSU colleagues are finding new uses for 3D printing. With custom machines and experimentation with different materials, WSU scientists create new things such as hip replacement implants, wearable sensors, simulated sharkskin, and parts made from extraterrestrial dust.

Additive manufacturing revolutionizes the speed and ability to make three-dimensional objects across society. Ongoing research is investigating 3D printing with living cells that could build organs and tissues for human transplants. Some companies experiment with printing food using edible materials such as chocolate and pureed vegetables, while others are creating entire buildings with huge 3D printers. In aerospace, airplane and spacecraft parts, and even most of a rocket, are 3D printed.

“You go to any industry today—space, automobiles, medical, toys—and they are innovating using additive manufacturing. Whenever you hear of manufacturing jobs returning to the US, they primarily use additive manufacturing,” Bandyopadhyay says.

**THE PATH TO TODAY’S ADVANCED 3D PRINTING** started in a much simpler way. Bandyopadhyay and his research partner and wife, Westinghouse Distinguished Professor Susmita Bose, began at WSU in the late 1990s not long after additive manufacturing processes were commercialized.

Chuck Hull invented the first 3D printing method, stereolithography, in 1983 with a liquid photopolymer that would harden when exposed to UV light. Although his method was slow and very expensive initially, it soon paved the way for other techniques for printing in three dimensions.
One of those early developments remains the most popular 3D printing method today. Fused deposition modeling (FDM) started with a glue gun and an idea from a WSU alumnus.

In 1988, S. Scott Crump (’76 Mech. Eng.) was trying to build a toy frog for his daughter when he had an epiphany. What if he could use a glue gun–like device to print an object layer by layer? Starting with that thought, and channeling his own frustration with the slow pace of prototyping, Crump invented and patented FDM. It involves melting a thermoplastic material and extruding it through a nozzle to create layers of an object.

Crump’s first FDM machine was made from his wife’s glue gun and some spare parts from a typewriter. Crump and his wife, Lisa, went on to found Stratasys, one of the world’s leading 3D printing companies. Stratasys has been responsible for a number of breakthroughs in 3D printing, including the development of multi-material printing, which allows for the printing of objects with different materials and colors.

Crump faced some early challenges, like getting the melted plastic to stick to the platform. He solved this problem by inventing the heated platform, which keeps the plastic at a high temperature and allows it to bond with the platform.

Once the kinks were worked out, its relatively low cost and ease of use made it the most popular 3D printing method for home and some commercial use.

Other ways to print 3D objects followed FDM. One method, Selective Laser Sintering (SLS) invented by Carl Deckard in 1989, uses a laser to melt and fuse together powdered material, such as metal, plastic, or ceramic. It’s used in industries like aerospace and biomedical where high-quality and precise parts are required.

In the early days of 3D printing, Bandyopadhyay recalls the cost of an FDM machine as around $300,000. The same machine would be $500 today and sit on a desktop, he says.

The technology certainly wasn’t widespread at that early stage, but the potential was there. Bandyopadhyay holds up a white plastic gear about the size of a quarter. This likely is, he says, “the first 3D printed object made at WSU.”

The ensuing decades led to experimentation with ceramics, metal, and mixed materials in medical implants and even objects made from lunar and Martian dust.

**FUTURE MISSIONS TO MARS**, manned or unmanned, will require a way to repair equipment and structures. The prohibitive cost and time of transporting those materials means the parts must be made there. It costs about $54,000 for the NASA space shuttle to put just one kilogram of payload (about 2.2 pounds) into Earth’s orbit.

Bandyopadhyay, along with graduate students Ali Afrouzian and Kellen Traxel, experimented with as little as 5 percent and up to 100 percent simulated Martian dust.
regolith to make objects in the WSU lab’s large SLS printer, one of a squad of large and small printers throughout the lab.

The mixture of minerals—a close approximation of the rocky, inorganic material found on the surface of Mars—proved strong in small amounts combined with titanium, but at 100 percent it was brittle and cracked easily. Still, even materials with high Martian content would be useful in making coatings to protect equipment from rust or radiation damage, Bandyopadhyay says.

Bandyopadhyay says tests with Martian regolith are just beginning. Bose and Bandyopadhyay’s team first showed the feasibility of 3D printing parts directly from simulated crushed moon rock in 2011, in a test for NASA.

While recent work by Bandyopadhyay focuses on space, he and Bose were PIONEERS IN USING 3D PRINTING FOR MEDICAL IMPLANTS. It began with bones in the early 2000s.

Over 20 years back, they meticulously imaged bones as models, then used FDM to print a detailed bone model that imitates a real bone’s shape and porous architecture. Bandyopadhyay’s expertise in rapid prototyping, Bose’s materials knowledge, and support from WSU biologist Howard Hosick resulted in a novel customized bone implant that drew interest from regional medical leaders. Today, patient-matched implants via 3D printing are common worldwide.

“Not necessarily every device has to be customized. But in many cases, a customized device can improve the quality of life,” Bandyopadhyay says.

Not everyone believed in the idea, though. “A program manager told me, ‘No one will ever use 3D printed metal in a human body. We will not establish that confidence, so do something else in your life,’” Bandyopadhyay says. He and Bose ignored that comment and kept improving the techniques. Now those implants are everywhere. Last year, as many as 150,000 3D printed metallic implants were placed just in the United States, he says. “That’s going to reach 3 to 7 million in the next five years. Once the FDA started approving devices, the companies saw the benefits.”

Meanwhile, Bose is investigating 3D printed bone-like material made mostly of chemistry-modified calcium phosphate ceramics, with additives and natural medicinal compounds to prevent infection or treat other bone disorders like osteoporosis and bone cancer, that acts as a scaffold for new tissue to grow within 3D printed interconnected porous structures.

HEALTH CARE CAN BENEFIT in other ways from 3D printing. Roland Chen, associate professor in mechanical engineering, sees a way to ease the expensive and painstaking process used to help people with age-related macular degeneration.

Currently, patients require a monthly booster shot in their eyeballs at $1,500 a shot. Chen’s method uses a microneedle array with controlled drug release. Using a 3D printed mold, the device made of hydrogel can also be activated by light to better control the application and removal of the array.

The microneedle, Chen says, could last many months and reduce expense and trouble for patients.

Chen and his team have also been researching 3D printed medicine, which can combine several drugs into one pill or capsule. Over 80 percent of people 65 and older take more than one medication, and reducing the number of pills could reduce adverse, and sometimes deadly, drug events.

It also would aid in correct dosages for children, Chen says. Rather than cutting pills in half or other imperfect methods, medicine could be...
customized to the right dose for the child’s age and body size. Smaller pills could even make it easier for kids to swallow their medicine.

Although Chen is not alone in researching 3D printed medication, he says the process is not yet scalable and will require lengthy FDA approval. However, because they are not regulated in the same way, “it could be much sooner for custom supplements and vitamins,” he says.

Biomedical research also inspires Kaiyan Qiu, Chen’s colleague in mechanical engineering. Qiu is developing presurgical organ models, wearable biosensors and electronics, biomimetic devices, and even soft robots using 3D printing.

In his lab, Qiu holds up a spongy red blob that feels remarkably biological. It’s a detailed replica of a prostate that his team printed for surgeons to plan out operations before heading into the operating room.

Model organs such as the prostate and an aorta have electronic sensors built in, Qiu says, to help avoid surgically preventable errors that could lead to operation failure or death. He works with doctors and researchers at the Elson S. Floyd College of Medicine and College of Veterinary Medicine to fine-tune the organ models.

Qiu and his team have been working on a functioning cardiac model: a beating heart customized based on patient scans.

They’ve also manufactured 3D printed flexible biosensors that adhere to uneven surfaces like skin. The biosensors monitor health conditions in real time.

The Qiu lab doesn’t investigate only human organ models and sensors. WSU senior Sonja Sparks works with Qiu to perfect a simulated sharkskin. Sharks have superior drag resistance, which could benefit wet suits for the US Navy and others. Sparks, who will be a WSU doctoral student this fall, uses different materials and 3D printing approaches to fabricate and test the “sharkskin” with its small bristles.

To achieve such tiny modifications requires 3D printers with high printing resolution. In the lab, Qiu and Sparks show one of the machines with replaceable printing nozzles to achieve micrometer-size

OTHER SIDES TO 3D PRINTING

Arda Gozen, George and Joan Berry Associate Professor in the School of Mechanical and Materials Engineering, and his team are working toward 3D printing articular cartilage for knee joints.

While a graduate student at the Hydrogen Properties for Energy Research (HYPER) Lab of associate professor of mechanical engineering Jacob Leachman, Jordan Raymond (‘19, ‘21 MS Mech. Eng.) 3D printed a heat exchanger for liquefying hydrogen, a crucial piece of equipment to make the fuel.

A team of Voiland College of Engineering and Architecture students in 2015 designed and prototyped a domed habitat, dubbed the WazzuDOME, that could be 3D printed from Martian or lunar soil. It was selected by NASA as a finalist among 160 teams in a design competition, and one of only five university teams among the top 30.

Thomas Wilkinson, associate professor at the College of Veterinary Medicine’s diagnostic imaging lab, 3D prints models of dog and cat brains that could guide vets through risky brain surgery at the Veterinary Teaching Hospital.

Materials scientist Yu-Chung Chang (‘14, ‘17 MS, ‘20 PhD Mat. Sci.), now a postdoctoral researcher, developed a plastic composite made partly from waste coffee grounds. The low-cost additive to plastic is a tough but environmentally friendly material for 3D printing. Chang more recently worked with professor Jinwen Zhang at the Composite Materials and Engineering Center in finding a way to convert a bio-based plastic used in products such as filament, plastic silverware, and food packaging into a high-quality resin useful for 3D printing.

A WSU Tri-Cities engineering team and partners in Germany developed a way to 3D print flexible sensors using nanomaterials and a type of plastic in tandem, with multiple applications in prosthetics, robotics, and more.
IT ALL ADDS UP

TEACHING IN THREE DIMENSIONS

Through a window at the Spark, visitors can see an Eiffel Tower, Thor’s hammer, a 3D Coug head logo, and other small-scale items. All the objects in the WSU Pullman building are 3D printed by students at the Spark’s Design Studio.

A row of FDM machines and other equipment flanks the large maker space, lit by a 3D printed chandelier. Students use the workshop to learn techniques of additive manufacturing for class projects, or even their own creative inspirations.

“It’s one of several spaces around WSU that have 3D printers and related equipment for student use. Others include fine arts, food science, apparel and textiles, and the School of Design and Construction Fabrication Labs.

Jon Manwaring, manager of the Design Studio, says student demand has increased for education in 3D printing, even as more students have their own desktop printers.

Faculty members all over WSU are finding innovative ways to incorporate 3D printed materials in their classes as well as ways for students to collaborate and complete assignments through 3D printing, Manwaring says.

For example, Hallie Meredith, an assistant professor who teaches art history, makes models of famous sculptures and buildings so her students can experience all sides of the pieces.

Microbiology professor Mary Sánchez-Lanier’s students get hands-on understanding of viruses—or at least 3D printed versions of them.

Architecture students a few years ago had to 3D print a modular wine rack.

Back in the Spark Design Studio, a student diligently constructs model after model of a new sneaker. Whether or not he launches the next Nike, the entrepreneurial student will graduate with a full knowledge of additive manufacturing.

layers. One nozzle’s hole is so small that it’s invisible to the naked eye. In addition to the material deposition approach, they use another 3D printing machine to apply curing light directly on materials to form the tiny shape.

THE WORK IN QIU’S LAB represents one of the key aspects of 3D printing to Bandyopadhyay: the materials. As they try to simulate human organs or sharkskin, the researchers must try numerous combinations of materials.

“I am a material scientist who uses advanced manufacturing to make useful products,” Bandyopadhyay says. “That’s my contribution.”

The researchers use multi-material printing, such as the combination of simulated Martian regolith and titanium, to achieve the desirable properties for the job. Future projects could also leverage AI to more quickly identify material combinations.

Bandyopadhyay, Bose, and their team keep innovating not just in materials, but in machines. Even though desktop FDM 3D printers are pretty cheap, lasers are expensive to work with metal.

The WSU team has custom-built a different solution based on an old technology: welding.

Combining a $500 welding torch with a CNC, the researchers made a functional 3D printer. “You can’t do everything with the welding machine, but you can do enough,” Bandyopadhyay says.

He relishes the fun of taking a bet on 3D printing so many years ago, a bet that paid off. The same spirit of innovation keeps Qiu, Chen, Bose, Bandyopadhyay, and others thinking differently and pushing the limits of additive manufacturing.

“You have to really think upside down because you’re not taking a block and machining it. You’re staring at a platform, and you are just building the tree,” Bandyopadhyay says. “And that’s really how Mother Nature does everything, building up and not taking things out.” ★
An Entire Month to Celebrate YOU

(You are one of our AMAZING MEMBERS which is why you are getting this members-only edition of Washington State Magazine)

alumni.wsu.edu/MemberMonth
Jayathi Murthy had never been on a plane before she flew to Pullman from her native India to further her studies in mechanical engineering. It was a bumpy ride. “Almost everything went wrong,” she recalls. “I missed every connection all the way.”

Murthy (’81 MS Mech. Eng.) ended up late at night at the Spokane airport, where a custodian let her sleep on an office couch. She completed the last leg of her long journey the next morning.

“It was really quite amazing,” she says more than 40 years later, still marveling at the warmth of the community she encountered in the Inland Northwest and at Washington State University—from the airport employee to fellow students and WSU professors who “took me seriously, which is something that I don’t know that anybody else had up to the point as a student and as a researcher. I used to look forward to getting up and going to class at 8 o’clock in the morning.”

Murthy envisioned a future as a researcher in the private sector, not as the top administrator of a public land-grant university in the Pacific Northwest. A national leader in engineering research and advocate of advancing diversity, equity, and inclusion, she was named president of Oregon State University last June. When she took office at Oregon’s largest university last September, Murthy became the first woman of color and sixteenth person overall to hold the position since OSU was established in 1868.

Being “the first” isn’t new to her. Since her mid-teens, “I have often been the only woman in the room. I’m used to it. You have a lot of eyes on you, so the things you do matter. If you do them well, they make a big impact because people notice.”

During the first half of her career, however, she “had no intention of becoming a department chair or dean or president or administrator or anything like that. I came to [academic leadership] pretty late.”
After earning a doctoral degree in mechanical engineering at the University of Minnesota, Murthy taught at Arizona State University for four years before leaving for a computational fluid dynamics (CFD) software start up. There she helped develop some of the most widely used CFD software in the world.

A decade later, she returned to academia as an associate professor at Carnegie Mellon University. Then it was on to Purdue University and the University of Texas at Austin, where she was department chair. In 2016, she became the first female dean of the Henry Samueli School of Engineering and Applied Science at the University of California, Los Angeles, where she established the UCLA Women in Engineering program.

Murthy has authored more than 330 technical publications and is a member of the National Academy of Engineering, a foreign fellow of the Indian National Academy of Engineering, and a fellow of the American Society of Mechanical Engineers. She has served on the Engineering and Computer Science jury for India’s prestigious Infosys Prize since 2018. Her own research focuses on nanoscale heat transfer, computational fluid dynamics, and more.

Murthy describes her new role at OSU as “a huge opportunity to make a difference.” She aims to grow faculty research, including infrastructure and funding, as well as scholarship, innovation, and outreach—all with a focus on diversity, equity, and inclusion.

“It’s important to bring in people of all backgrounds and make them successful here,” she says, particularly noting women and students of color. “I hope I can build bigger pathways for them. I think that is a responsibility that I have because of what I’ve been through. I come to the role with a certain kind of understanding, and I think it is incumbent upon me to use that understanding and responsibility to broaden student access and improve the climate for folks who enter academia in a similar position.”

Enrollment, driven by declining birth rates, is predicted to drop nationwide from 2025 onward. “This is a huge threat all across the board,” Murthy says. “We’re also going to be feeling the effects of the COVID-19 pandemic going forward. We’re now feeling the impact of learning loss during COVID. Mental health challenges are also a big issue.”

State funding for public higher education and keeping costs down for students are particular priorities. So is Extension. “I’m really struck by how many boots on the ground we have and how connected we are in communities,” Murthy says. At the same time, “The land-grant mission is evolving. We’re increasingly experiencing issues of climate change and issues of urban growth and development.”

While focused on the future of OSU, Murthy has never forgotten her roots in American scholarship and carries “a deep sense of gratitude” for WSU. “WSU gave me my first shot in this country,” she says. “It was such a positive and encouraging experience. I want to make sure people know.”

As president of the Washington State University Alumni Association, Schuster chairs the WSUAA’s board of directors and executive committee. From 2006 to 2007, he spearheaded the “Quarterback U” fundraiser, generating more than $100,000 for the Schuster Family Endowment. He’s vice president of global manufacturing at Lamb Weston, North America’s premier potato company. His wife, Janet (’67 Ed.), is a Coug. So are her parents, Joy (’66 Ed.) and Jack (’66 Ed.) Glover.

Schuster learned last spring the online seller of Raveling’s plaque had bought the contents of a storage unit at auction, acquiring boxes of the coach’s memorabilia—from his high school diploma and Coach of the Year awards from the Pac-8 and Pac-10, to warm-up jackets from his time as an assistant coach on medal-winning Olympic basketball teams in 1984 and 1988. When Schuster heard this, he knew he had to get his hands on it—all of it—so he could give the items back to Coach, as Schuster and others refer to Raveling.

“As a collector, this was a jackpot,” he says. “But this was more than that. This was a Coug looking out for another Coug.”

Schuster purchased the 30-plus items in May 2022. Around the time the boxes arrived at his Richland home, he reached out to WSU Athletics to see about how he might go about getting in touch with Raveling, now 85 and retired.

Raveling called him right back. He had, Schuster learned, not intended to let
the storage unit and its contents go. After some back-and-forth, they arranged to meet in person. Schuster flew to Los Angeles on Friday night, with a return trip Sunday morning. Saturday, he met Raveling in a hotel lobby in downtown Los Angeles. His checked luggage—all of Raveling’s things—weighed in at just under a hundred pounds.

One by one, over the course of several hours, they went through all the items—programs, pennants, framed team photos, ID badges, more awards. Each sparked memories. Coach started telling stories, sharing anecdotes about players, basketball, leadership, family, WSU, the Olympics.

Schuster, with permission, recorded their conversation. He wanted to preserve the audio to help him remember and relish their meeting—and its unusual circumstances.

“Strange how things happen in life,” Coach told him. “The chances of this happening are one in a million. The WSU connection is even more incredible. If we were to write a script, we couldn’t get a better story than the one we have.”

Schuster agrees. “I’m a collector, but there’s nothing I could have physically that was better than that. I’m a better person for having spent time with him. And I consider myself very fortunate to be the one who found that first item online and to be able give them all back to the amazing Coug that earned them over his historic career.”

Emma Johnson readily extols the attributes of salmonberries.

The bramble—with yellow-orange or red drupelets that resemble raspberries—provides shade for streams, helping keep water cool for spawning salmon and sustaining the cycle of life. They’re also rich in vitamins C, E, and K as well as manganese. Indigenous coastal peoples traditionally would eat them with salmon or mixed with salmon roe and candlefish grease. They are—along with lamprey, elk, deer, nettles, thimbleberries, and wapatoo, or tubers also known as duck potato because they grow in wetlands—traditional staples in the diet of the Cowlitz Indian Tribe.

But, she says, “camas root is my favorite traditional food.” Historically, it was slow-cooked in an earthen oven, caramelizing the sugars. “It’s kind of nutty and sweet,” says Johnson, an enrolled member of the Cowlitz Indian Tribe. As an intern for her tribe, she organized their first modern camas dig in the spring of 2017. “I feel like camas really started my journey with traditional foods.”

Johnson (’19 Anthro.) is studying for her master’s degree in sociocultural anthropology at Portland State University with the dream of “definitely doing intertribal work with community that is interested in food sovereignty.” She’s on track to graduate in June.

The Udall Undergraduate Scholarship in tribal public policy and Udall Foundation Native American Congressional Internship supported her interest in food sovereignty. It was further solidified by an internship last summer at Olympia’s Garden-Raised Bounty, or GRuB, an urban farm. She supported teacher trainings and aided in the development of micro-prairies and food forests. Thanks to a $17,000 grant from the Na’ah Illahee Food Sovereignty Fund, an Indigenous women-led organization dedicated to the ongoing regeneration of Indigenous communities, she’s been transmitting what she learned to directly benefit her tribe’s garden program.

“What I’ve gained will follow me forever. And a lot of it is helpful in my new job,” says Johnson, who, in addition to going to school full-time, is co-teaching Indigenous Traditional Ecological and Cultural Knowledge (ITECK) courses in the Indigenous Nations Studies department at PSU, focusing on hands-on learning and place-based curriculum. Much of her work focuses on traditional foods and medicines.

“Food sovereignty means we provide all of our own food,” Johnson explains. “Tribal food sovereignty is really connecting our community back to the landscape and introducing back traditional foods and medicines, and tending to the lands. It’s managing your own food system.”

Johnson grew up in southwest Washington, the historical hub of the Cowlitz Indian Tribe, which became federally recognized on February 14, 2000. She attended WSU Pullman, then transferred her sophomore year to WSU Vancouver, from which she graduated, to be closer to her family and her tribe.
The summer after junior year, when she was studying abroad in New Zealand, she learned she’d won the scholarship from the Udall Foundation, a federal agency that works to strengthen the appreciation and stewardship of the environment, public lands, and natural resources as well as Native Nations’ self-determination, governance, and human capital goals. The following summer she landed a Udall internship, working in the office of Sen. Catherine Cortez Masto (D-Nevada) in Washington, DC.

The funds were helpful but the internship experience was, she says, “priceless. I gained a sense of belonging with Udall in more ways than one. It inspired me to keep going with the momentum of what I was doing.”

Today, she’s a volunteer with the Cowlitz Senior Nutrition Program, board member of the Confluence Advisory Community, and member of the WSU Vancouver Native American Community Advisory Board.

“I feel so unbelievably blessed for the amount of people that have invested in my education and learning,” she says. “I want to give back to the community as much as I can.”

Dousing the burnout

BY WENDA REED

Going from “Dr. Ellyn” to “Coach Ellyn” was a radical pivot for Ellyn Schinke (’11 Microbiol., Gene. & Cell Biol.).

Six years ago, she was working on her doctorate, focusing on “the competence and bacteriocin quorum-sensing systems of Streptococcus pneumoniae.” Today, she helps “busy, ambitious high-achievers to achieve more with less burnout” and “to find their balance in work and life.”

From her home office in Tacoma, she provides one-on-one coaching, tiered memberships to online resources, retreats, publications, and The Burned Out to Badass Podcast. She has worked with individuals at Amazon, VISA, and JP Morgan and has booked speaking engagements at corporations such as LinkedIn, Avery Dennison, and American Licorice.

Before she could help others, Schinke had to go through her own transformation.

“I’ve been busy since I was a teen,” she says of her school years in Kent, participating in AP classes, piano, voice, and soccer. “I was externally validated. I thrived off hearing the praise . . . I was like a junkie for it.”

In ninth grade, after watching the movie Outbreak in biology class, Schinke began a lifelong fascination with microbiology.

At WSU, she worked in Michael Skinner’s lab in the School of Biological Sciences. After graduation, she stayed two more years, working as a research technician in the College of Pharmacy and conducting her own research on genes involved in advanced prostate cancer. She was published in two journals, the hallmark of success in science academia.

The next step: Go for her doctoral degree and become “Dr. Ellyn.” She enrolled at the University of Michigan and was completely on track with her ambitions.

Until she wasn’t.

“No matter what I tried, nothing seemed to work as far as my research went,” she remembers. “I was frustrated left, right, and center. I wanted fulfillment, but I wasn’t finding it.”

She started working on personal development and self-help and sharing what she learned with friends. “I realized this feels really good.”

She spent her last day in the lab in summer 2017, then moved back to the Puget Sound area and traveled the world. She established Coach Ellyn LLC in 2019.

The first step in combatting burnout is establishing what it is and if you are caught in it.

“Stress is acute and short-term, lasting weeks to a couple of months max,” Schinke explains. “Burnout is when it becomes a lifestyle, lasting multiple months or a year or more.”

She has four basic principles: self-care, not self-sacrifice; boundaries, not people-pleasing; clarity and self-awareness, not blind ambition; and productivity, not hustle or “wearing ‘busy’ like a badge of honor.”

She summarizes: “Burnout happens, but staying burned out is a choice.”

Simply quitting a job and trying a whole other field—as she did—might not be the answer if a person takes their same habits with them, she wrote in Brainz Magazine, where she is a regular contributor.

Instead, clients should evaluate whether the job makes them a version of themselves they like, whether it aligns with their values and interests, and whether it gives them the lifestyle they want.

Did the pandemic, which resulted in many professional people and corporate employees working from home, reduce burnout? “At first it did, except for health care workers,” she says. “Further into the pandemic, people working from home found their workload always staring them in the face, with no boundaries and no self-care time.”

As the pandemic progressed, her business exploded.

“You have to process your emotional baggage, get it off your chest,” she says.

This might involve writing, talking to another person, painting, making space for silence, or gardening.

Then, mindfulness must become a daily habit.

Her own life balance includes hiking, traveling, reading, singing karaoke, and trying photography, watercolor painting, and piano playing. “No one likes a burned-out burnout coach,” she says.

Call of a wild curiosity

BY ADRIANA JANOVICH

The plan was to spend two years traveling—staying with friends, camping in his car, experiencing myriad slices of Americana, asking a lot of questions, and listening, really listening, to people and their stories. It was
that people can practice in everyday life. $D$ is to “detach” from assumptions, biases, and certainties. "Uncertainties and unknowns terrify us the same way death terrifies us," Shigeoka says. But "confronting what we fear with curiosity can actually make us more courageous. We need to let go so we can discover something new."

$I$ is for “intend,” and being aware of our mindset and settings. $V$ is for “value,” and recognizing the inherent worth of all people—including yourself. $E$ is for “embrace,” and confronting hard things.

"Life is never just easy and calm,” Shigeoka says. “Curiosity isn’t just about play and learning; it’s also a practice that can help us access inner strength and bravery when we are going through life’s toughest moments."

Shigeoka says curiosity is contagious. "We’re not on this journey alone. By being curious, we can model that for everyone around us—our children, spouses, families, friends, colleagues, neighbors, and even strangers.”

A freelance storyteller and creative consultant, Shigeoka explored his own natural curiosity first as a journalism student at the Murrow College of Communication at Washington State University and later writing about music for the Washington Post’s now-defunct commuter newspaper Express. From 2014 to 2015, on a Fulbright in Iceland, he helped launch Saga Fest, a festival aimed at building community and promoting environmental sustainability, as well as other projects.

Upon his return to the States until 2019, when he left on his road trip, he worked for the global design company IDEO in the Bay Area. Since then he’s collaborated with artists such as David Byrne from the Talking Heads and taught classes in curiosity and creativity at the University of Texas at Austin.

Born and raised in Hawai‘i, he’s now based in Twentynine Palms, California. “I could not be an ambassador for curiosity if I wasn’t curious about other people and their stories,” Shigeoka says. “All of our stories matter, so I encourage everyone to be vulnerable and brave by telling your own.”
Inventing Idaho: The Gem State’s Eccentric Shape
KEITH C. PETERSEN ‘73 HIST.
WSU PRESS: 2022

“Some borders accommodate natural features, but the map of the West is essentially a vast expanse of boulde states. And then we have Idaho. What in the world happened here?” wonders Keith C. Petersen, former Idaho state historian and associate director of the Idaho State Historical Society, in this fascinating and lively look at the decisions that formed the boundaries of the Gem State.

It took nearly 50 years for Idaho to take its eccentric shape or, as Petersen writes, acquire “the nation’s most peculiar borders.” With a fellowship from Idaho Humanities Council, he traces Idaho’s outline chronologically rather than geographically, starting with its oldest boundary. Six of the book’s eight chapters are dedicated to specific border segments, and each one of those six includes a “border story,” or case study, discussing how that particular portion has affected people’s lives.

“Understanding how Idaho got its borders is critical to understanding Idaho,” Petersen writes about what he calls the country’s “most awkwardly shaped state.” The southern border, a straight line established in 1819 dividing Idaho from Utah and Nevada, makes the most sense. It’s detailed in chapter 2.

In chapter 5, Petersen revisits some of his earlier research on Lieutenant John Mullan’s historic road, completed in 1862 with funds from the US War Department. It took some 200 soldiers and hired men more than two years to construct the route, which stretched more than 600 miles between Fort Benton, Montana, and Fort Walla Walla, and served as the first wagon road to cross the Rocky Mountains into the Inland Northwest. It’s detailed in Petersen’s John Mullan: The Tumultuous Life of a Western Road Builder (WSU Press, 2014). Today, the part of the route between Spokane and Missoula is known as Interstate 90.

Petersen explores long-forgotten stories related to Idaho’s “illogical confines” and its long struggle to connect its spindly northern panhandle to its more populated southern portion. He examines events of the past that influenced Idaho’s “bizarre boundaries” as well as how those “unwieldy borders” affected the state’s culture, politics, and economy.

His well-researched exploration delves into the impacts of the French and Indian War, Mormon settlers, and more in this approachable and interesting read.

— Adriana Janovich

A Doctor’s War: Letters and Reflections from the Frontlines of World War II ARTHUR L. LUDWICK JR. AND PEGGY LUDWICK ’70 BACTERIO.
MCFARLAND BOOKS: 2022

Arthur L. Ludwick Jr. and Jean Hoyer are newlyweds, married just two months before he goes to war in December 1941, shortly after the bombing of Pearl Harbor. Throughout the next two and a half years, the regimental combat surgeon affectionately known as “Lud” writes to his bride religiously, intimately detailing the places and people he encounters—along with feelings of longing and homesickness, and musings on how the couple’s life might be when they are at long last reunited.

After his death at 94 in 2008, his daughter painstakingly reads, organizes, and transcribes the letters he mails to her mother from battlefields around Europe and North Africa during World War II. It’s a labor of love decades in the making, based on a treasure trove of correspondence, photos, military documents, and more.

“I’ve come to believe that my father’s almost-daily letters from the front lines of World War II were each a tiny triumph, marking his days and getting him through the indescribable horrors of war. They became his focus, purpose, and ultimately his salvation—to survive another day, to send another letter and, perhaps, receive one as well,” Peggy
Ludwick writes in the introduction to this compelling narrative.

Her father sees brutal campaigns—Kasserine, Fondouk, Hill 609, Monte Pantano, Cassino, Anzio—and earns a Purple Heart and Silver Star, “an unusual combat commendations for an unarmed medical officer” who carries a typewriter with him to war, Peggy notes.

His voice comes through clear and strong, transporting contemporary readers to another place and time with great detail and humanity. Lud presents an intricate chronicle of war and a powerful example of the lost art of letter-writing. His thorough and thoughtful introspections and observations, supplemented with historical context from Peggy’s own research and excerpts from interviews she conducts with her father, will appeal to history buffs and those who served in this war and a powerful example of the lost art of letter-writing. His thorough and thoughtful introspections and observations, supplemented with historical context from Peggy’s own research and excerpts from interviews she conducts with her father, will appeal to history buffs and those who served in this and other conflicts and experienced the lasting effects of the toll of war, and those enamored with wartime romance.

Missing are Jean’s responses, although Lud alludes to them in subsequent letters, starting in spring 1941 from training at Camp Claiborne, Louisiana, and ending with his last missive from overseas in spring 1944. In between, he’s deployed to Northern Ireland, Algeria, Tunisia, and Italy.

“Hold on, Kid, I’m coming. I live for you,” he writes to Jean on July 20, 1942. “I couldn’t go on without your letters …” he notes on February 5, 1943.

Lud misses the comforts of home—fried chicken, in particular. He asks for razor blades, candy bars, and a small French-English dictionary. In return, he offers anecdotes about moments such as the time journalist Martha Gellhorn—a.k.a. “Mrs. Ernest Hemingway”—visits his camp in Italy. He sits across the table from her at dinner, describing her looks, speech, and “very affected manner” in a letter dated February 22, 1944. “I couldn’t help but compare her with you, and Miss Gellhorn was choked with dust at the starting line.”

The following year, he and Jean settle in Wenatchee. They raise a family, and he practices medicine for just more than 50 years, retiring in his late 70s in the late 1980s. Jean dies in 2013 at 95. In this engrossing, firsthand account of war, Peggy preserves part of her father’s legacy.

— Adriana Janovich

Global Nomad: My Travels through Diving, Tragedy, and Rebirth
TOM HAIG ’09 COMM.
BASALT BOOKS: 2022

Tom Haig was always a competitor. His thirst for adventure started with springboard diving as a kid in Wisconsin. As an adult, he plunged eight stories into 10 feet of water in high-diving competitions and exhibitions—sometimes while lit on fire. He traveled the world, often broke and without a destination, and took up cycling along the way.

Haig’s diving feats came to a sudden halt on a sunny morning in 1996. He was riding his bike in Portland, Oregon, when he crashed into a truck and lost the use of his legs. That horrible accident put Haig in a wheelchair for life and required him to dig deeper than ever into his competitive nature and love of a challenge.

His memoir, written with wit and raw emotion, draws readers along the journey from Haig’s thrilling youth through his mental and physical trials after the accident, and finally to his rebirth into a new career and adventures.

A key moment in Haig’s life formulated his philosophy: the Bridge to Venice Rule. He and his brother, both in their twenties and broke, were stuck miles outside the Italian city when their car ran out of gas. They walked the rest of the way and vowed to live life to the fullest despite any obstacles. Haig sought new ways to live by that rule after he became paralyzed. That included a passion for storytelling, particularly through video, which brought him to the Edward R. Murrow College of Communication at Washington State University.

His broadcasting degree then took him to Nepal, Africa, and other places around the world to document struggles and successes of people with disabilities. It’s just one of many ways that Haig’s story inspires readers to take risks and live generous lives.

— Larry Clark

Finding Chaz
ANISA ASHABI ’20 COMM.
ALL EARS PUBLISHING: 2022

Anisa Ashabi began writing this young adult novel during middle school on Bainbridge Island, completing it during the first two years of the COVID-19 pandemic. The contemporary coming-of-age story stars Roxie Nazari, an imperfect but likable and relatable Iranian girl who’s growing up in a small, homogenous Washington community and facing harassment. In school detention with her tormentor, she learns of their similarities.

Ghost Herd
NARRATED BY ANNA KING ’00 COMM.
NORTHWEST PUBLIC BROADCASTING: 2022

The investigative podcast chronicles the story of powerful Washington rancher Cody Easterday and one of the largest cases of agricultural fraud in US history. Easterday swindled nearly $250 million dollars by inventing a “ghost herd” of 265,000 cattle that only existed on paper. The podcast covers pressures on independent ranchers, changing politics of land ownership, and increasing unaffordability in some communities.

My Friend Ben and the First Snow
CHARLES BEYL ’84 FINE ARTS
ALBERT WHITMAN & CO.: 2022

In the fourth Chip and Ben story, best buddies and beavers prepare for snow. Chip helps his parents gather food and winterize their nest, then has frozen adventures. This is the sixth children’s book written and illustrated by Beyl.

Montana Modernists: Shifting Perceptions of Western Art
MICHELE CORRIEL
WSU PRESS: 2022

The first book devoted to the avant-garde art movement of Montana Modernism, Corriel’s exploration concentrates on
Secure Your Bottle of Cougar X

The only way to guarantee your bottle is to join the Wine-By-Cougars Wine Club

Wine-By-Cougars is an exclusive wine club for members of the WSU Alumni Association

winebycougars.com

Read more brief reviews of books and other media at magazine.wsu.edu/extra/
Summer23-briefly
Each year, the WSU Alumni Association awards a variety of honors to alumni, students, staff, volunteers, and friends of the university. From recognizing outstanding Cougar pride to naming honorary alumni, the awards acknowledge many different forms of service to WSU.

The Alumni Achievement Award is the highest honor given to alumni by the WSUAA. About 500 Cougs have received the award since its inception in 1970.

BRYAN SLINKER ('80 DVM, '82 PhD Vet. Sci.) was one of the 2022 recipients of the award for his leadership as a professor and dean of the College of Veterinary Medicine. Slinker, a first-generation student who eventually became a faculty member at WSU in 1992, oversaw the creation of the Paul G. Allen School for Global Animal Health and created the School of Molecular Biosciences. Slinker is also a director of the Washington State Animal Health Foundation.

In 2017, NICOLE “COCO” UMIKER ('11 PhD Food Sci.) received the Alumni Achievement Award for her status as the only female graduate from WSU Food Science to build and create her own vineyards and winery from scratch. She led the revitalization of the Lewis-Clark Valley wine industry, and she consults for new growers in the area. Umiker also teaches microbiology and food microbiology at Lewis-Clark State College in Lewiston, Idaho.

SARAH ENGLISH ('94 Comm., '95 Elem. Ed., '96 MEd) was recognized with the Cougar Pride Award in 2021. Described as an “uber Cougar,” she participated in the Cougar Athletic Department’s #Cougs30DayChallenge in 2020 by recording herself singing the “Fight Song” at different campus landmarks. She planned a route through campus and displayed a different birthday greeting at each landmark for the WSUAA’s Happy Birthday Crimson and Gray 5K in 2020. English also dresses up her cat, Madeline, in Coug gear for every football game. English served on the WSUAA Board from 2017 to 2020 and chaired the scholarship committee. She was also president of the Northwest Washington Cougs chapter.

In 2017, WSU PRESIDENT KIRK SCHULZ and his wife, NOEL, were named Honorary Alumni. Kirk was praised for his nationally recognized leadership and experience in higher education and commitment to fulfilling WSU’s mission as a land-grant university. Noel, a professor in the Voiland College of Engineering and Architecture and nationally recognized expert in power systems engineering, was honored for her efforts to recruit and retain women in engineering and mentoring female engineering faculty.

The WSUAA also coordinates the Top Ten Seniors and Regents' Distinguished Alumnus awards.

Know a Coug worth recognizing? Submit a nomination at alumni.wsu.edu.

BY AL YSEN BOSTON

ALUMNI ASSOCIATION AWARDS
Hallmarks

Growing up in the arid landscape of Richland, Washington, hundreds of miles and a mountain range away from the nearest ocean, may seem an unlikely start for a man who would become a leading expert in marine geology and coastal conservation.

But Orrin Pilkey’s insatiable curiosity and an education in geology from Washington State College took him to the edges of land and sea, where he launched a new field of science to improve life in both environments.

“Throughout his 65-year career as a researcher, educator, mentor, and advocate, Dr. Orrin Pilkey has made numerous outstanding contributions to the field of marine geology and to coastal preservation,” says Todd Butler, dean of the College of Arts and Sciences.

Last year, Pilkey (‘57 Geol.) received the WSU Alumni Association’s Alumni Achievement Award, the organization’s highest honor, in recognition of his distinguished research and education in coastal geology and his public service in policy development and education to preserve America’s coastal resources.

“I came from Washington State College very well prepared to face the world of geology, and I’m always grateful for that,” Pilkey said during the WSUAA award ceremony hosted online last spring.

In 2020, he received WSU’s most prestigious honor, the Regents’ Distinguished Alumnus Award (RDAA) in recognition of his extraordinary contributions to understanding coastal geology.

A member of Duke University faculty since 1965, Pilkey is the James B. Duke Professor Emeritus of Geology at Duke and the founder and director emeritus of the Program for the Study of Developed Shorelines at Western Carolina University. He is the author, coauthor, or editor of 48 books and numerous technical publications, many of them internationally acclaimed for their fresh insights into various aspects of marine geology and barrier islands around the world.

His many other accolades include the Francis Shepard Medal for excellence in marine geology in 1987, the Priestley Award in 2003, and the WSU College of Sciences Distinguished Alumnus Award in 2007. The Orrin Pilkey Marine Science and Conservation Genetics Center at the Duke Marine Laboratory was named in his honor.

When Pilkey began his post-doctoral research off the coast of Georgia in the early 1960s, “there was no such thing as coastal geology,” says David Bush, one of his former doctoral students, now a geology professor at University of West Georgia.

“He was at the beginning of the science, not just for himself but for the entire world,” Bush says. “Along with his deep-sea research and his coastal research, he began at least two or maybe three generations of students who are researchers now and have had their own students. It’s mind-boggling to think about all the great things he’s done.”

Another longtime friend, Roger McClellan (‘60 DVM), 2009 RDAA recipient, credits Pilkey with inspiring him and several others from their childhood neighborhood to study at WSU.

While an undergraduate, Pilkey was a member of the US Army ROTC and worked three summers as a smoke jumper with the US Forest Service. During his senior year, he applied his classroom knowledge in the Tri-Cities as a groundwater geological assistant for General Electric.

When he joined the faculty at Duke, his research focus was on the deep ocean floor. Four years later, Hurricane Camille, a devastating category 5 storm, slammed into the Mississippi coastal town where Pilkey’s parents were living, and changed the course of his career. Influenced by the storm’s destruction, he began studying the important role of coastal zones and viewing barrier islands as “living systems.”

Pilkey’s reputation as a learned advocate for preserving America’s coastal resources has led to his appearing in several documentary films, testifying before three different congressional committees, and regularly speaking with media during hurricane season.

His recent books include Lessons from the Sand: Family-Friendly Science Activities You Can Do on a Carolina Beach, which offers easy experiments for children and parents to discover the ways water, wind, sand, plants, animals, and people influence and shape beach environments.

His Living with book series focuses on the continental US shoreline, from Maine down to Florida, along the Gulf Coast, and up the California coast to Washington state.

Now retired from formal teaching, Pilkey remains active in local policy issues and in educating the public about the need to protect the world’s beaches.
Senator **PATTY MURRAY** (’72 Phys. Ed.) is the first woman to serve as president pro tempore, making her third in the line of presidential succession.

In the role, Murray presides over the Senate in the absence of the vice president, though she isn’t able to cast a tie-breaking vote when the Senate is divided.

The president pro tempore appoints the Senate legislative and legal counsel and the director of the Congressional Budget Office, and makes appointments to national commissions and advisory boards.

The president pro tempore can also assign other senators to perform the duties of the chair to give them more experience in Senate rules and procedures, administer the oath of office and other oaths required by the Constitution, sign legislation, and preside with the Speaker of the House when the houses are in joint sessions.

Traditionally, the most senior US senator in the majority party is chosen to hold the office. Senator Dianne Feinstein (California) joined the Senate just months before Murray did and was tapped to take the position, but declined. Senator Chuck Schumer (New York) then nominated Murray, the second-most-senior member. Murray was sworn in January 3 by Vice President Kamala Harris, who is also the first woman to serve in her role.

Murray is no stranger to firsts. In 1993, she became Washington’s first female US senator and has since served in the role for 30 years.

She is the second-longest-serving woman in the Senate.

Since 2001, Murray has served as chair of the Democratic Senatorial Campaign Committee, Democratic Conference secretary, and assistant Democratic leader.

Before she was elected to the Washington State Senate in 1988, Murray was a preschool teacher and taught a parenting class at Shoreline Community College.

**BY ALYSEN BOSTON**

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Equine surgeon and former WSU faculty member **BARRIE GRANT** (’67 DVM, ’73 MS Vet. Sci.) has been appointed to the California Veterinary Medical Board.

**BRAD GINGERICH** (’76 Pharm.) retired from Pomeroy Pharmacy, one of the oldest independently owned and operated pharmacies in Washington. Gingerich sold the store to Tory Knebel (’19 Pharm.) and Sean Thurston (’10 Pharm.). ✴️ Retired Virginia Commonwealth University associate professor **MARY JEANETTE CLEMENT** (’77 PhD Socio.) wrote *Peace: Spiritual Insights from Mystical Sites to Promote Peace*, a book about her experience teaching at Birzeit University in Palestine in 1998. ✴️ **OLIVER PIERCE** (’77 Comm.) is a new member of the College Sports Communicators Hall of Fame. He spent 33 years in college athletics communication, with 26 years as assistant athletic director and sports information director at Gonzaga University. He received the U.S. Basketball Writers Association’s 2011 Katha Quinn Award for outstanding service to the media and college basketball.

**SHARI FREIDENRICH** (’82 Busi.) is president of the California Association of County Treasurers and Tax Collectors. Freidenrich has been the treasurer for Orange County since 2010. ✴️ **ROBERT DOVE** (’83 Comm.) is a 2023 recipient of the Murrow College of Communication Hall of Achievement Award. Dove spent 36 years in broadcasting management, serving most recently as the Pacific Northwest president of iHeart Media before his retirement in 2020. ✴️ **DEBORAH GRACIO** (’85, ’95 MS Elec. Eng.) is a 2022 fellow of the American Association for the Advancement of Science. Gracio is associate laboratory director of the Pacific Northwest National Laboratory’s National Security Directorate. She also serves on the Voiland College Executive Leadership Board. ✴️ **TANNA (PULSE) EDLER** (’88 Busi.), owner and founder of Tanna by Design in Yakima, is one of eight Praiseworthy Picks for the National Kitchen and Bath Association’s 2022 Person of the Year Award.

**ROGER NYHUS** (’90 Comm.) is a 2023 recipient of the Murrow College of Communication Hall of Achievement Award. He is the founder and former CEO of Nyhus Communications and was recently nominated by President Joseph Biden to serve as the next US ambassador to Barbados and the nations of the eastern Caribbean. ✴️ **CINDY BRUNSON** (’96 Comm.) is a recipient of the Murrow College of Communication Hall of Achievement Award. Brunson has more than 25 years of experience in television broadcasting, including roles as an ESPN *SportsCenter* cohost, Pac-12 Network commentator, and more. ✴️ Governor Jay Inslee appointed **MARCUS GLASPER** (’97 MA Eng, Mgmt.) as director of the Washington State Department of Licensing. Glasper has been the director of Washington’s Lottery since 2017 and a director of the board of the Washington...
The writer who penned more than a century’s worth of Washington State University’s sports stories has turned 100 himself. **RICHARD B. “DICK” FRY** was WSU’s sports information director from 1957 to 1970, then became the university’s director of news and information services until his retirement in 1985. He celebrated his hundredth birthday February 12.

Fry wrote the book on Cougar sports. His tome, *The Crimson and the Gray: 100 Years with the WSU Cougars*, details the history of Cougar student-athletes, coaches, and teams through 1989, thanks to Fry’s meticulous research and eye for a dramatic tale. It remains a popular and definitive account of Coug sports stories as one of three volumes produced for WSU’s centennial.

Even after the book, he continued to write stories for Cougar football game-day programs well into the 2000s. Fry also stayed active in the Pullman community, his home for 70 years. After the California native served in the US Army Air Corps in World War II and then worked as a journalist, he moved to the college town in 1952 to write alumni stories for the Washington State University’s director of news and information services.

During his 33 years working at WSU, and many years supporting the university after retirement, Fry made a huge impact as a storyteller for the Cougar nation. Yet he always says he was the lucky one.

As he told his friend Pat Caraher (’62 Comm., Soc. Stu.), former editor of *Washington State Magazine*, in an interview: “My mom used to come up from California and visit. Every time she’d come up here, she would say ‘Aren’t you grateful that you had an opportunity to come here and work here?’ And all I can say is, ‘Mom, you’re so right, so right.’”

**BY LARRY CLARK**

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☆ **BRIAN SHERICK** (’97 Busi.) is president of Flow International Corporation, a manufacturer of high-pressure water jet cutting systems. Sherick has worked for Flow Waterjet since 1997 and previously served as global vice president of sales.

☆ **JEN GREENY** (’99 Ed.) was inducted into the Washington Interscholastic Activities Association Hall of Fame. Greeny is head coach of WSU women’s volleyball and a two-time Pac-12 women’s volleyball Coach of the Year. She was the seventh player in WSU history with 1,000 career kills and was named Athlete of the Year in 1998-1999.

☆ **FAITH (ALLEN) ZASLAVSKY** (’99 Busi.) is president and chief operating officer at Therall Technologies.

☆ **MIKE MALLAHAN** (’02 Busi.) is president of AIM Consulting Group in Bellevue.

Before joining AIM in 2018, Mallahan was vice president of technology and communications at SoftStone in Kirkland.

☆ **SAONEE SARKER** (’02 PhD Busi.) is the next dean of the Virginia Tech Pamplin College of Business. She is a professor in the Department Of Informatics at Lund University in Sweden. Previously, Sarker was chair of the Department of Management, Information Systems, and Entrepreneurship at WSU.

☆ **CHARLES TROST** (’02 Crim. Just.) was recently featured on the *MeatEater Podcast*. Trost is the Tucson Sector public lands liaison agent and program manager.

☆ **DONALD SUBLETT** (’03 Mech. Eng.) is vice president of engineering and quality at Pexco Aerospace.

☆ **JEREMEY WILLIAMS** (’03, ’05 MA Comm.) is a senior vice president and community relations manager executive at Bank of America in Seattle, where he has worked for more than 15 years in a variety of roles. Williams was a defensive tackle for Cougar football and played in the 2003 Rose Bowl.

☆ **CARLI SCHIFFNER** (’04 PhD History) is the first woman to lead Grays Harbor College. Schiffner has served as deputy director of education at the Washington State Board for Community and Technical Colleges, vice president of instruction at Wenatchee Valley College, and dean of arts and sciences at Yakima Valley College.

☆ **KEVIN LAHMERS** (’05 PhD Vet, Sci.) is the 2022 recipient of the Zoetis Award for Veterinary Research Excellence. Lahmers and his team identified the genotype of a novel tick-borne cattle disease that affected economies in Asia, Australia, and New Zealand before its arrival in Virginia in 2017. Lahmers is a clinical associate professor of anatomic pathology at the Virginia-Maryland College of Veterinary Medicine. He worked at WSU from 1998/
to 2013, earning the Faculty Excellence Award in 2008.

SHAVANA HOWARD (‘10 Soc. Sci.) is a senior advisor for food, nutrition, and consumer services at the US Department of Agriculture. ☆ CATHARINE BUDINGER (‘12 MA Accounting) is a principal with FBCPA Group PS, Inc., in Auburn. ☆ MAC THOMSEN (‘16 Crim. Jus., ‘17 Poli. Sci.) joined the commercial litigation team at the Seattle law firm of Helsell Fetterman.

☆ KEVIN SIMEON (‘17 Chinese), an enrolled member of the Spokane Tribe, is the 2023 recipient of the Charles B. Rangel International Affairs Fellowship, funded by the US Department of State and administered by Howard University. He will participate in two 10-week internships with the US Congress and a US embassy.

☆ SARAH JENSEN (‘18 Elem. Ed.) represented Idaho in the 2023 Miss America pageant, winning $13,500 in scholarships toward a master’s degree in educational leadership and administration at Boise State University. Jensen was also Miss Washington 2017. She is a math teacher at a charter school in Meridian, Idaho.

JAHAD WOODS (‘20 Hum.) is a defensive high school scout for WSU football. As a Cougar football player, Woods had nearly 430 career tackles and tied with his high school scout for WSU football. As a junior at Idaho State, he joined the commercial litigation team at the Seattle law firm of Helsell Fetterman.

MARIAN JUNE DETTMANN (‘50 Home Econ.), 96, December 17, 2022, Lytton, Iowa. GEORGE GILBERTSON (‘50 Pharm.), 97, February 3, 2023, Redmond.


KAY FRANCES ADAMS (‘60 Ed.), 84, July 28, 2022, Davenport. JAMES “JIM” WILEY BANNON (‘60 Forest & Range Mgmt.), 79, December 2, 2022, Colville.

IN memoriam

IN MEMORIAM

JERRY M. HENDERSON (69, ‘72 MS, ’74 PhD Psych.), 75, January 5, 2023, Puyallup. ROBERT E. SALSBURY JR. (‘69 EdD), 89, February 5, 2023, Spokane Valley. GARY GENE SANDERSON (‘69 Bus.), 72, December 31, 2019, Grand Coulee.


ANDREW WELLER (‘11 Math.), 35, April 30, 2022, Redmond.


CORRECTION

WHAT IS THE ACT PROGRAM AT THE UNIVERSITY OF WASHINGTON?
The Advanced Clinical Training (ACT) Program at the Barnard Center for Infant and Early Childhood Mental Health is an intensive, 15-month cohort-based, community learning-oriented professional development program (virtual w/4 in-person sessions) for mental health clinicians and consultants interested in work with children (prenatal-5 years) and families. The ACT Program is built on the foundational principles of diversity, equity, inclusion, and belonging and offers:

- Comprehensive foundation of infant and early childhood mental health principles, concepts, and practice
- Pedagogy rooted in dialectic, reflection, and healing
- Curriculum that integrates the dynamic intersectional experiences of trauma and adversity, culture, and early childhood development (prenatal to 5 years) within the context of culture and relationships
- Neurodevelopmentally grounded perspective of early relational health and wellbeing, culture, trauma, and healing
- Integrated system perspective content
- Diversity-informed, developmentally-focused, relationship-based mental health clinical training, reflective practice, and observation

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Or E-mail us at BCact@uw.edu to schedule a meeting!

“There is no such thing as a baby; there is a baby and someone.”
—Donald Winnicott, MD

“There is no such thing as a family; there is a family in culture.”
—Child-Parent Psychotherapy (CPP)

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It hangs there, high above the whirring machines in Cougar Crew’s ergometer room, a 23-foot wooden relic from the program’s past.

The Winlock W. Miller and the 101 were long-term loans to WSU’s newly formed crew from University of Washington head rowing coach Dick Erickson in early 1971. Both boats were crushed when the newly built Alamota shell house collapsed in a severe windstorm in early 1972, barely a month after WSU rowers took the shells onto the Snake River for the first time.

A founding member of Cougar Crew, the late Bob Minnich, salvaged the hull of one, carrying it atop his parents’ VW van to their Puyallup home, where it was stored in the rafters of their garage. Several years after he passed away, his brother contacted Cougar Crew alumni who in turn alerted men’s head rowing coach Peter Brevick. Brevick drove to the west side to fetch it, hoisting the remnant—a direct link to the beginnings of the WSU rowing program—to the ceiling last summer.

Alumni hope to test wood samples from the hull in an effort to confirm its identity. Meantime, in March, the Cougar Crew Alumni Association held a christening ceremony, commemorating the shell’s homecoming and its symbolism of the beginnings of Cougar Crew.
SO MANY WAYS TO GIVE BACK!

When you think about giving to Washington State University, the first thing that might come to mind is making a donation to your favorite Coug program.

But did you know there are countless other ways to give back?

Get inspired by Mark Schuster, Washington State University Alumni Association board president. Here are just a few highlights of Mark’s contributions over the years:

• Volunteered countless hours as a WSUAA leader.

• Organized an annual tailgate party that grew to 450 attendees and raised more than $750,000 for Athletics.

• Helped develop a finance course for the Carson College of Business for non-finance majors and professionals, promoted the effort to endow a professorship in soil health, and partnered with WSU Tri-Cities to establish the Cougar Cupboard food pantry—all with the support of his company, Lamb Weston.

• Every year, donates several items of Cougar memorabilia for auction events, helping raise thousands of dollars for scholarships.

• Organized a custom artwork project featuring WSU quarterbacks that raised more than $125,000 to endow a scholarship.

Read more about Mark’s remarkable history of engagement and learn how you can contribute time, talent, and treasure to WSU:

FOUNDATION.WSU.EDU/MARK-SCHUSTER

MARK SCHUSTER ’95

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