vol22no4





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GARDEN IN LEAVENWORTH IS A CHELAN
DOUGLAS COUNTY MASTER GARDENER

PROJECT IN PARTNERSHIP WITH THE US FISH

& WILDLIFE SERVICE (COURTESY MASTER

GARDENER FOUNDATION OF CHELAN COUNTY)

LEFT: WSU EXTENSION MASTER GARDENERS
PROMOTE FOOD GARDENING ACROSS ALL
WASHINGTON COUNTIES. (PHOTO JULIA
SUDNITSKAYA)



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Rowpar Shares Benefit College of Education

Jim Ratcliff (above), a proud long-time Coug supporter, holds a PhD from the WSU College of Education. Jim and his wife were one of the top four shareholders in Rowpar Pharmaceuticals, a privately held C-corporation Jim led as CEO. Jim converted stock options he received as compensation and made two gifts of stock over a three-year span to the WSU Foundation, totaling 50,000 shares in the company. When Rowpar sold in 2022, WSU gained the benefit of that sale of stock totaling \$223,000 and the gifts were designated to support the College of Education's Dean's Excellence Fund as well as create an endowment supporting international collaborations within the College.

FIRSTWORDS

Growing. A huge tree lives at the heart of the WSU Pullman campus, next to Bryan Hall: the Lowell Elm. It was planted in 1893 by Harriet Bryan, wife of Washington State College President Enoch A. Bryan, after she brought the sapling from the Massachusetts home of poet James Russell Lowell.

Although the Lowell Elm will hopefully live many more years, some insightful WSU arborists planted a sapling of the elm to continue the legacy of the iconic tree. It's growing well just down the hill from its parent.

Knowledge and gardening wisdom are also the coin of Master Gardeners. These volunteer gardening experts have been dispensing planting advice since WSU started the program 50 years ago. This issue explores the local, national, and global impact of Master Gardeners.

Speaking of auspicious milestones, a record number of WSU classes met for a large reunion this summer. We checked in with this year's Platinum, Diamond, Golden, and Crimson grads as well as alumni who missed in-person reunions due to the pandemic. Those Cougs told stories of campus life, classes and professors, and memorable sports events.

College sports has changed quite a bit since many of those alums attended Washington State. Athletics continues to grow and adapt, as do student-athletes. With new, and somewhat confusing, rules around name, image, and likeness (NIL), student-athletes can benefit from playing sports in both small and large ways. WSU is a leader in teaching business skills to those students, as well as developing guidelines for NIL in practice.

Back in the world of plants and trees, the Pacific Northwest faces a challenge in saving western red cedars from dieback. The trees are susceptible to drought and dry conditions, which can cause them to eventually die. WSU researchers Robbie Andrus and Henry Adams are assessing the damage, and learning more about the effects of hot weather on forests.

Others are bringing back whole endangered landscapes. Chris Duke ('21 PhD Biol.) and the Phoenix Conservancy restore native Palouse prairie, following the work of conservation districts, WSU departments, and Cougs like Tim Pavish ('80 Comm.), former executive director of the WSU Alumni Association.

Beautiful Palouse native wildflowers now blanket swaths of prairie, just as plants all over the nation bring food and joy thanks to the local efforts of Master Gardeners.

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TALKBACK

Leaders to the core

Carol and I look forward to each edition of the *Washington State Magazine*. The articles are engaging, well written, and inspiring. The recent issue, Summer '23, was no exception. The Sarah Babbitt, Colonel, US Air Force picture displaying the Cougar flag, while stationed at Thule Air Base in Greenland, was proof Cougs are everywhere providing great leadership. In addition, the piece on Sid Morrison highlighted one of Washington's most respected and effective political and community leaders. His

leadership legacy is one rarely matched and serves as an example of the collaboration and leading from a set of core values. Thank you for another issue of the *Washington State Magazine*, recognizing the Cougar nation. Go Cougs!

GENE SHARRATT ('72, '83 PHD ED.)

(former faculty) Wenatchee

Just rewards

"Great teachers are the brick and mortar" [Summer '23] is a moving, rewarding read.

Thank you for writing and publishing this piece. So glad the President's Residence is now the Ida Lou Anderson House and WSU recognizes the brilliant, extraordinary work done by everyday people. I'll bet Murrow was not the only student enriched by Ida Lou Anderson's skillful teaching and talent.

Let's hear it for Ida Lou Anderson and for all the dedicated staff at WSU.

BARBARA PETITE
Seattle

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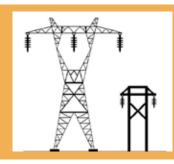
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Many happy returns

Platinum, Diamond, Golden, and Crimson grads, as well as WSU alumni who missed in-person reunions due to the pandemic, go back to their old school.



Alumni from 16 classes reconnected at WSU in June.

BY WSM STAFF

IT WASN'T QUITE THE SAME as going to classes, drinking coffee at the CUB with friends, and attending dances and football games as a student, but it was pretty close. In June, Washington State University graduates from 16 classes converged on the Pullman and Spokane campuses to relive some of their student days and reconnect with old friends.

This was the largest gathering of alumni classes yet for the WSU Alumni Association—spanning from 1950 to 1983—and the first

chance since COVID restrictions prevented alumni from returning and connecting safely with each other.

"It was a very special weekend for us," says Jim Lemery ('63 Busi., '65 MBA). "The best thing is, it's 60 years later and we can still come back."

The visiting Cougs, around 250 of them, packed a lot into their time on campus. It started for some with a round at the Palouse Ridge Golf Club, a new feature of Pullman for many of them.

The reunion was more than just tours of buildings; attendees heard the latest news from WSU leaders, including WSU President Kirk Schulz, Pullman Chancellor Elizabeth Chilton, and WSUAA President Lester Barbero.

The visitors also learned about WSU's work with industry partners on revolutionizing the senior living industry. The presenters, founding director of the Granger Cobb Institute for Senior Living Nancy Swanger and some of those senior living industry leaders, were instrumental in establishing the institute, propelling research, and creating a new WSU major in senior living.

And the grads went back to class although perhaps not the history course they expected. Instead, Mark O'English, the university's archivist, told the backstory of WSU mascot Butch T. Cougar and some little-known history of both the live animal and costumed human Butches. Of course, Butch himself made an appearance at the reunion.

"Welcoming our alumni back to our WSU campuses is always the highlight of the year for our staff," says WSUAA Executive Director Mariah Maki. "We see this as the perfect opportunity to showcase the university's growth and strength in both research and education, as well as the chance to celebrate and reminisce with our amazing graduates about their time at Washington State."

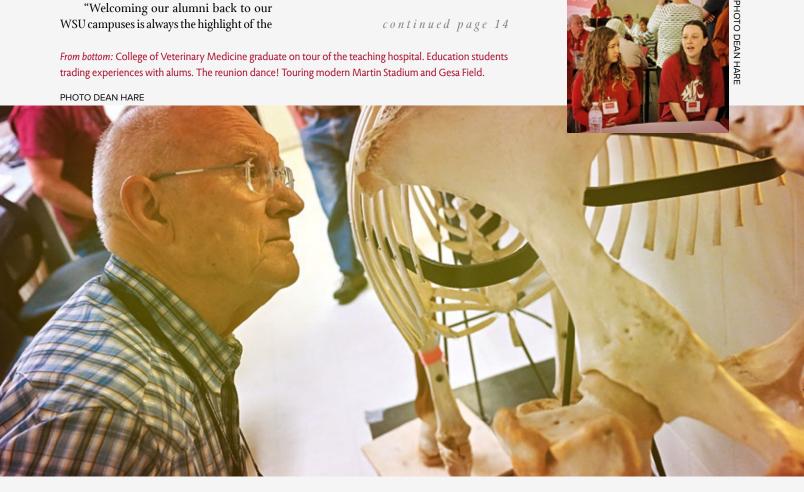
For the first time this year, WSU Health Sciences engaged alumni on Reunion Weekend on both the Spokane and Pullman campuses. The reunion attendees talked with students and professors, explored the labs, and learned more about the Spokane campus's collaboration between nursing, medicine, pharmacy, speech and hearing sciences, nutrition, exercise, and physiology.

Over the course of three days, the visitors toured the libraries, Jordan Schnitzer Museum of Art, the Bookie, Ferdinand's Ice Cream Shoppe, the WSU Bear Center, and more. Some hit their old stomping grounds at Rico's Public House and The Coug. No matter where they went, graduates reminisced with classmates.

continued page 14







JORDAN SCHNITZER MUSEUMS OF ART







MORE EXHIBITIONS FROM THE JORDAN SCHNITZER FAMILY FOUNDATION

The Art of Food

Asheville Art Museum - Asheville, NC • 6/15/23 - 10/22/23

Storywork: The Prints of Marie Watt

Krannert Art Museum at University of Illinois – Champaign, IL • 8/31/23 – 12/2/23

Kara Walker: Cut to the Quick

USC Fisher Museum of Art – Pasadena. CA • 9/6/23 – 12/9/23

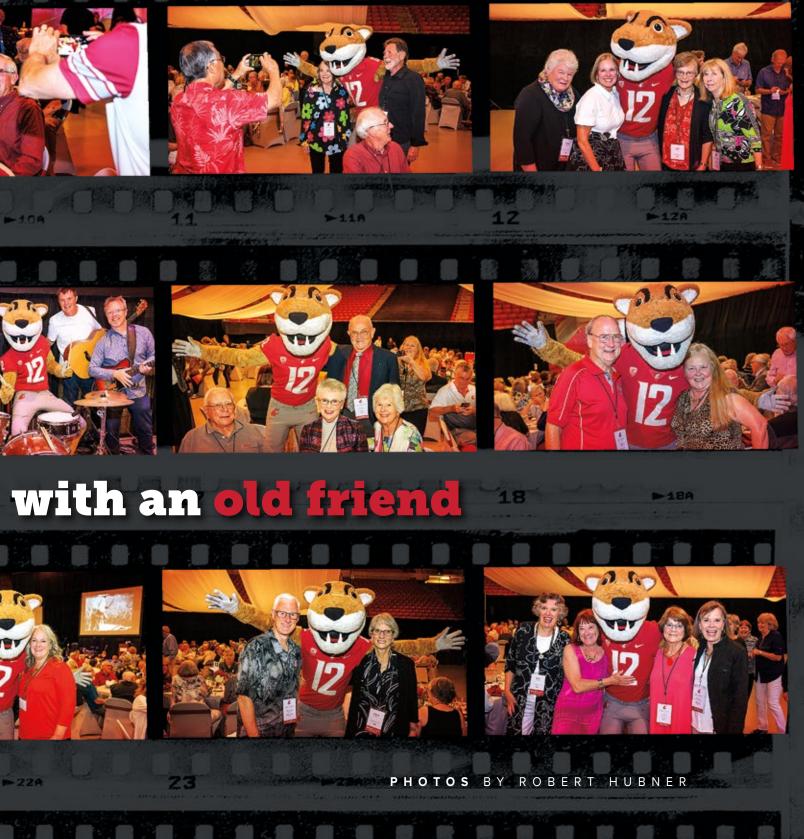
Hank Willis Thomas: LOVERules

Henry Art Gallery - Seattle, WA • 2/24/24 - 7/21/24

All exhibitions are from the Collections of Jordan D. Schnitzer and His Family Foundation and are provided at no cost to exhibiting museums.















from page 10

At a couple of events in the Lewis Alumni Centre and CUB, alums also shared their stories with Washington State Magazine staff at a pop-up recording spot: the Coug Story Corps.

Darrell Prowse ('73 Comm.) took his KWSU broadcasting experience to television stations around Washington state and Arizona, before returning to the Pacific Northwest. He produced videos for Boeing over 35 years. "I did tons of first flights, like the Joint Strike Fighter, the most complicated thing all year," he says. Now retired, Prowse still works on community TV in Ocean Shores.

Lorraine Almy ('60 Bacterio.) and Peggy Gettles ('60 Bacterio.) were Kappa Delta sorority sisters at WSU who both studied bacteriology. Fast friends, they worked together after graduating as medical technologists at Swedish Medical Center. During training at Swedish, says Almy, "we got our room and our board and \$30 a month that we could spend ... any way we wanted." They worked at Swedish for 25 years before heading in different directions, but they continued to have seats together for WSU home football games, along with Almy's husband **Don** ('62 Busi.) and, before he passed away in 2022, Gettles's husband **John** ('61 Poli. Sci.).

Jim ('63 Busi., '65 MBA) and Nancy Mitchell Lemery ('63 Phys. Ed.) were both involved in fraternity and sorority leadership, but didn't get together for quite a while. "I knew who she was, because actually in high school she dated a fraternity brother of mine, so she was really off-limits in the early years," says Jim, who also played basketball for the Cougs. "He went to Hawaii to go to school, and so we didn't really meet again until my senior year of graduate school." They got married and have remained loyal Cougs as Nancy taught junior high school on Mercer Island and Jim worked as a CPA in Seattle and other places.

The Coug Story Corps heard more stories during the reunion weekend, which you can read or listen to at magazine.wsu.edu/ extra/coug-story-corps. Watch for your opportunity to tell your WSU story at future reunions, home game weekends, and other events. *

Check the WSUAA events calendar at alumni .wsu.edu for dates of Reunion Weekend 2024.





FROM TOP: GIRISH GANJYAL, COURTESY UNIVERSITY EVENTS. SOO-YEUN LEE, COURTESY WSU NEWS

Refining what goes in the process

BY ALYSEN BOSTON

Potato chips. Cookies. Candy. A burger, fries, and soda from your favorite fast-food restaurant. Most people know these are processed foods. But even apples, the classic healthy snack that keeps doctors away, are processed.

"Fresh' apples are actually picked several months to a year before they show up in the supermarket," says Soo-Yeun Lee, director of the School of Food Science at Washington State University. "They're washed, coated with an edible wax, and stored in a very specific condition before

they're distributed. That's all processing. Without it, apples would shrivel up or rot within a few weeks."

Under the NOVA food classification system, the more a product is processed, the less healthy it becomes. Since the classification's development in 2009, many consumers have used it as a guideline to choose more nutritious foods at the grocery store. But the classification isn't foolproof.

"The frontier of health and sustainability of food is getting into ultra-processing, ironically," Pablo Monsivais, associate professor in the Department of Nutrition and Exercise Physiology, says. "Meat alternatives, for example, are highly ultra-processed."

Girish Ganjyal, an associate professor and food processing specialist in the School of Food Science, and his team have been developing a product that uses apple juice by-products, called pomace, to create a light, crispy puff loaded with fiber, which many Americans lack.

"The by-product was being wasted before, and at the same time, we see that the consumer lacks the fiber that's present in that by-product," Ganjyal says. "Selling the by-product is a potential solution, but the consumer is not going to eat pomace. That's where food processing comes in."

Using extrusion, a high-pressure and heating process that changes the shape of raw ingredients, Ganjyal and his team created



"It's not the processing. It's the fact that we're relying on a lot of refined ingredients to make these foods," Monsivais says. "More than half of the calories that Americans eat are ultra-processed foods. If you improve those, you're improving more than half the diet."

Consumers tend to choose food products based on familiarity and taste, as well as cost and convenience, and finally, nutrition. So it's critical to make a healthful and sustainable food product that people will actually buy, Lee says.

"If nutritious food doesn't sell, that means consumers aren't benefiting from them," Lee says. "Our job as food scientists is to develop products that will feed the world, so we need to make products that consumers like and are produced in a sustainable way. But if we can't process food, how are we going to feed 10 billion people?" *



CFC

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ASK GREG WITTER ('84 COMM.) WHEN HE REALIZED COUGFAN.COM WAS HERE TO STAY AND HE BREAKS INTO A **BIG SMILE AND PROCLAIMS MATTER-**OF-FACTLY: "OH, THIS IS A FUN STORY."

It's only fitting, because storytelling in the truest sense-compelling, informative, and insightful—is the heart and soul of this digital media enterprise that started 25 years ago this month as a self-proclaimed "cyber pub" for Cougar sports fans. The mission hasn't wavered but CF.C has evolved into a newsbreaking, award-winning juggernaut that is now part of CBS Sports' 247 college network.

With Cougfan.com, WSU fans have had a front-row seat to every triumph, trial, and unforgettable moment in Cougar sports over the last quarter century.

But back to the story about knowing when Cougfan.com was here to stay. "It was

right after Christmas, in 2000, and I'm talking with Mike Price," remembers Witter, who cofounded the site in August 1998 with cousin John Witter ('84 Comm.) and Coug-by-marriage Jack Evans.

"Mike mentions he bought a home computer for Joyce and that once he connected it to the web his first stop was Cougfan.com. That was heartwarming, but the tale gets going when Mike says he'd just finished reading our story on a kicker he was recruiting when his phone rang. It was the kicker, Graham Siderius, calling to verbally commit. 'I already know,' Price told him. 'I just read on Cougfan that you were planning to call.' At that point, it seemed clear we were becoming part of the fabric of Coug Nation."

Now here's a key takeaway and an illustration of the founders' love for Washington State: except for a bit devoted to marketing, all the revenue is plowed back into the product. Cougfan effectively is a public service.

Sixty percent of the content is free and 40 percent requires a modest subscription that lands members in what Witter calls "the

most astute and passionate club of Cougars on the planet."

FRUSTRATED BY THE LACK of WSU coverage in the Seattle market over the years, the Witter cousins and Evans decided, in the wake of the 1998 Rose Bowl, to take advantage of a then-still-new Internet to bring Cougar news to Cougs everywhere.

From modest beginnings, when 200 readers a day was cause for celebration, CF.C grew steadily and now attracts thousands of fans per day—even tens of thousands on days like Mike Leach's hiring, ESPN College Game-Day's arrival in Pullman, Price's departure for Alabama, and every Signing Day in recruiting.

The highs have been ethereal: the 2003 Rose Bowl berth ... the 2008 Sweet 16 run ... Gardner Minshew and the 11-win 2018 season ... the women's basketball team's Pac-12 title this past season.

The lows have been searing: the shocking deaths of Leon Bender, Elson Floyd, Tyler Hilinski, and Bryce Beekman-and the end of an era when Bob Robertson passed in 2020.





Washington State Cougars Newsletter

31

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Along the way, Cougfan.com helped launch the professional careers of dozens of Murrow College products like Braulio Perez ('11 Comm.), now a senior editor in New York for FanSided; and Michael-Shawn Dugar ('14 Comm.), who covers the Seahawks for *The Athletic*.

"The steady array of talent on our staff over the years, both young and veteran, is so impressive," says Greg Witter. "That's the secret to our longevity."

Cougfan.com has been a powerful platform for former WSU athletes. Tony Thompson ('09 Soc. Sci.), now an assistant professor in the Murrow College, worked as a CF.C sideline reporter for a season, while Mkristo Bruce ('06 Soc. Sci.) and Jamal Morrow ('17 Sport Mgmt.) served as analysts for a time. Current Cougs Cameron Ward and Ron Stone Jr. wrote columns last season.

I was the first (and now oldest) former athlete to join CF.C as a periodic columnist. A long list of others includes Gabe Marks (*16 Socio.), Alex Brink (*07 Sport Mgmt.), Ryan Leaf (*05 Hum.), Jed Collins (*05 Accounting), and Connor Halliday ('14 Soc. Sci.). We share our expertise on football, yes, but we've also explored broader issues such as mental health, racial equality, and the impact of name-image-likeness.

"FOR ME, THE BEAUTY OF Cougfan.com is that we serve the WSU faithful on so many levels," says managing editor Barry Bolton ('92 English), who has run day-to-day operations since 2003.

"We cover everything going on in football and basketball, to the tune of more than 1,000 stories a year. And you can count on one hand the number of football practices we've missed over all these years.

"We also exhaustively cover recruiting," he notes. "And our feature stories on past and current players and coaches are nothing short of a treasure that goes back to the 1950s."

That appreciation for the history of colorful characters and teams at Washington State stems from the Witter family's century-plus love of the crimson and gray.

"As kids growing up in Spokane in the 1970s, Greg and I would meet at our grandpa's house on Saturdays and listen to Cougar football on the radio," remembers John. "He (Grandpa) grew up on the Palouse and would tell us fabulous stories about Lone Star Dietz, Buck Bailey, and others."

Adds Greg, "Factor in our dads—walking encyclopedias on WSU sports from the '30s, '40s, and '50s—and my brother Steve ('76 Comm.), who started following the Cougs in 1964, and you have four powerful influences creating a pair of true believers who saw the Internet as the answer to spread the crimson gospel."

Twenty-five years later, their "cyber pub" is going strong.

Paul Sorensen ('83 Comm.) is a former All-American safety and co-captain of the Cougars who was inducted into the WSU Athletics Hall of Fame in 2017. Following stints in the NFL and USFL, he spent 14 seasons as a radio color analyst on WSU football broadcasts. He's been writing award-winning columns for Cougfan.com since 1998.

SHORTSUBJECT

A better deal

WSU athletes develop their personal brands through name, image, and likeness

Dean Janikowski's powerful kick sends footballs soaring over goal posts. His social media posts highlight his field goals for the Cougars, including a 50-yard career best at last year's Apple Cup.

But there's also a whimsical Instagram video of Janikowski taking aim at a McDonald's bag. As his foot connects, Chicken McNuggets explode across the screen.

The posts reveal Janikowski's dual personas. He's a Washington State University student-athlete and a social media influencer who gets paid for promoting brands.

Since July 2021, college athletes have been able to benefit financially from the use of their name, image, and likeness (NIL) as long as their activities are consistent with the National Collegiate Athletic Association's interim rules and relevant state laws.

WSU was among the first universities to offer a one-credit NIL class for student-athletes, introducing them to topics like personal branding, intellectual property, contracts, budgeting, and taxes. Janikowski took the class as as a redshirt freshman.

"When I found out about NIL, I hit it hard," says Janikowski, who majored in digital technology and culture as an undergraduate and is now pursing an MBA. "I had a head start because I was already interested in business."

Janikowski started small, promoting brands in videos he produced in exchange for free products. As his reputation grew, he became more selective. "Now I'm working with brands that will pay or offer me higher-value items."

Years of legal wrangling preceded *NCAA v. Alston*, the US Supreme Court decision that laid the groundwork for college athletes to profit from their name, image, and likeness. The court ruled that the NCAA couldn't bar member schools from offering certain education-related benefits to student-athletes, which were previously capped at "the cost of attendance," such as tuition, textbooks, and room and board.



Opponents argued that elite college athletes' "market value" was much higher, particularly for star players in high-revenue sports like football and basketball. Supreme Court justices agreed.

The "NCAA and its member colleges are suppressing the pay of student-athletes who collectively generate billions of dollars in revenues for colleges every year," Justice Brett Kavanaugh wrote. "Those enormous sums of money flow to seemingly everyone except for student-athletes."

Shortly after the Supreme Court decision, the NCAA adopted its interim NIL rules.

WSU's NIL class is a cooperative effort between the Athletics department and the Center for Entrepreneurship in the Carson College of Business. About 200 student-athletes have taken it. Roughly half went on to participate in some type of NIL opportunity, says Nick Garner, WSU's director of student-athlete innovation.

Most college athletes won't land the kind of deals that make ESPN headlines. But the ability to profit from NIL creates the perfect window to teach student-athletes about business, says **Marie Mayes** ('87 Poli. Sci., '04 MBA), the Center for Entrepreneurship's director.

"They can sign autographs at a car dealership, run sports camps in their hometowns, or provide individualized coaching," Mayes says. "Maybe they sign a contract and make some money. Suddenly, they see how knowing about business and personal finance is relevant to their lives."

Lifting NIL restrictions also helped athletes with existing business ventures. **Cami March**, the former captain of the WSU women's golf team, developed an app that allows friends to connect for social activities. Before NIL took effect, March couldn't advertise the app on her social media accounts.

"I would have had to scrub all references to WSU golf from my social media," says March, who now competes professionally. "I talked to my teammates about doing that, but it felt disloyal to them."



WSU is still looking for clarity on many aspects of NIL, says Athletic Director **Pat Chun**, who testified before a House Energy and Commerce subcommittee in late March. In the emerging NIL landscape, academics remain the university's priority, he says.

"While college athletics has evolved into a multibillion-dollar industry, our mission remains to educate young people and prepare them for their respective futures," Chun testified. "The greatest factor today in social mobility is still a college education."

Following court rulings, a patchwork of differing state NIL regulations took effect. Washington requires universities and student-athletes to abide by state ethics laws but has no NIL regulations.

WSU wants Congress to develop national NIL standards with input from the NCAA and universities. The lack of national regulations creates an unequal field for recruiting athletes and increases opportunities for abuse, Chun says.

Requiring disclosure of NIL deal arrangements and parity in women's sports are also WSU priorities. Nationally, NIL deals are projected to exceed \$1 billion this year, according to Opendorse, an NIL endorsement platform.



olations sinesses

"We believe transparency benefits student-athletes by giving them a better understanding of the market," Chun says. "From an institutional standpoint, disclosure helps ensure NCAA recruiting rules are being followed, and there's no inducement or tampering."

Although disclosure is limited, women athletes are reporting lower-value NIL deals. That's a concern for compliance with federal Title IX regulations, which require equal opportunities for female student-athletes, Chun says.

Nationally, alumni have become influential players in NIL through collectives. Operating independently of universities, collectives are set up by well-known alumni and athletic boosters who raise funds and pool resources for NIL deals.

The Cougar Collective formed after quarterback Cameron Ward transferred to WSU in January 2022. A group of alumni put together an NIL deal for him, then wanted to extend opportunities to other WSU athletes.

"We're not interested in being anyone's agent," says **Rob Tobeck** ('94 Ed.) a Cougar Collective cofounder and former Seattle Seahawks center. "But we have lots of Cougarowned businesses, and we can connect them with student-athletes who are interested in NIL."

Zach Thornton ('22 Finance), the collective's development director, says he gets two texts per week from student-athletes asking about NIL opportunities. "When someone comes to us with a plan and is willing to put the work in, we've been able to help them find deals."

Companies approaching the Cougar Collective generally want to work with both male and female athletes, Thornton says. The collective's donors can also specify whether they want to support men's or women's sports.

Members of the women's golf team made an NIL appearance at the CougsFirst! QB Golf Tournament, where they hit drives for tournament players.

"Unlike some universities, we don't have a billion-dollar alumni backer," Tobeck says. "We're counting on all the fans who raise the flag on game day."

Cougar Collective members meet regularly with the Athletics department compliance office. Tobeck says working through the collective helps prevent ethics violations by clarifying the rules for both businesses and athletes. Companies can't simply funnel money to student-athletes. The athletes must provide a return value to the business through appearances, endorsements, or other work.

For many college sports fans, NIL deals remain controversial—diminishing the ideal of amateur student-athletes. But NIL is the future of recruiting talent in college sports, Tobeck says.

"It used to be about building new facilities and special weight rooms and locker rooms," he says. "Recruits don't ask about facilities anymore. They want to know about NIL opportunities, and so do their parents."

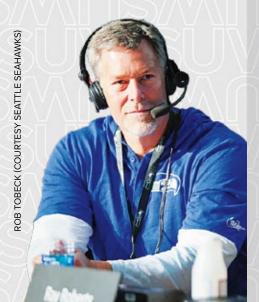
Janikowski, now a redshirt junior, is working on a new NIL deal with Greenger Powersports. In exchange for social media promotion, the company shipped him two electric dirt bikes.

The dirt bikes join the growing list of products he's promoted to his TikTok and Instagram followers: Onewheel skateboards, energy drinks, fast food, and trackers that allow people to locate stolen bikes.

"I started with small brands, getting free T-shirts, and worked my way up to \$4,000 dirt bikes," Janikowski says.

Through his NIL work, Janikowski says he's getting real-world experience in marketing and design. Balancing a side gig with school and Cougar football forces him to stay organized.

"I've had a lot of fun with NIL," Janikowski says. "At times, it's a lot to manage, but it's been a cool journey." *





Thabiti Lewis, an English professor and associate vice chancellor of student affairs at Washington State University Vancouver, wrote *Ballers of the New School*, a book about race and sports that criticized the structure of amateur athletics and the treatment of college athletes, especially in high-revenue sports. He discussed allowing athletes to profit from their name, image, and likeness.

You describe college athletics as a business that "exploits an amateur labor force that is expected to train and produce like professionals."

TL: When my book came out in 2010, this was a big debate—should college athletes be paid? I used hard language to describe how the system treats student-athletes: exploitation, sharecropping, and usury.

College sports are an enormous business. Bowl games bring in millions of dollars. College football and basketball coaches earn million-dollar salaries.

The vast majority of college athletes—male and female—happen to be students of color, especially in basketball and football. It is offensive to say that students who are generating these revenues shouldn't benefit from their own name, image, and likeness.

What has NIL accomplished for college athletes?

TL: For elite athletes, there's less pressure to go professional before you're ready. They might think, "I could be in college, be a kid, earn some money without the pressure of playing professionally, and get closer to a degree."

For female athletes, I remain concerned about how race and notions of beauty seem to be factors in NIL deals. While basketball is the top sport for female athletes and Black women are very visible, the highest-paid female athlete in college sports is a White gymnast from Louisiana State University.

What about student-athletes who don't have a shot at going pro?

TL: Some students aren't superstar material but are still star players for their universities. Every institution is going to have a star, and those stars are going to be compensated at different levels.

Read the full interview at magazine.wsu.edu/extra/Lewis-NIL



AT THE STEVE GLEASON INSTITUTE, ADAPTIVE TECHNOLOGY IMPROVES ALS PATIENTS' LIVES

Theresa Whitlock-Wild's husband, Matt, was diagnosed with ALS in his early 40s. Shortly afterward, the couple had their home remodeled, and they would have benefited from some expert advice.

Standard ADA design didn't fully accommodate the 600-pound wheelchair Matt Wild—a six-foot, three-inch former US Marine—would eventually use. Nor was the couple familiar with how adaptive technology could improve his quality of life as the disease progressed.

"When you get this diagnosis, you have to make a lot of decisions quickly," Whitlock-Wild says. "I wish someone would have held my hand and said, 'OK, now we need to think about this."

Whitlock-Wild is the project manager for the Adaptive Technology Center (ATC) at Washington State University Spokane. Part of the Steve Gleason Institute for Neuroscience, the center showcases devices that simplify daily tasks for caregivers and people with ALS (amyotrophic lateral sclerosis), a disease that leads to eventual paralysis.

At the center, ALS patients can turn on kitchen faucets and open microwaves with voice-activated smart home features. They can use computers or play video games with chin or breath controls. And they can learn how eyegaze machines and voice banking will help them communicate after they lose the ability to talk.

Many of the devices aren't covered by insurance. A bed on display allows patients to reposition themselves with eye-gaze or voice commands. The cost: \$45,000.

Trying out adaptive technology helps people prioritize where to put their resources, Whitlock-Wild says. "We help inform, so patients and families can make the best decisions for themselves."

The center is the public face of the Gleason Institute. Established in 2019, the institute is named for Spokane native Steve Gleason ('00 Busi.), a Cougar linebacker and NFL player for the New Orleans Saints. After his 2011 diagnosis, Gleason became an advocate for ALS patients, receiving a Congressional Gold Medal for his work.

Besides helping families, the institute brings together research at WSU and community partners such as the Providence Neuroscience Institute and St. Luke's Rehabilitation Medical Center. Ken Isaacs, the Gleason Institute's director, is a neurologist who holds a joint appointment with Providence.

The initial \$500,000 in funding came from the Health Sciences and Services Authority of Spokane County and an Avista subsidiary. Gleason's nonprofit, Team Gleason, and other companies donated adaptive equipment.

"Steve Gleason has embraced adaptive technology in his daily life," says Andrea Lazarus, associate vice president for WSU Health Sciences and the institute's executive director. "But the value of these technologies is not limited to ALS—they're for anyone with mobility limitations."

With an initial focus on ALS, the institute will eventually expand to other neurodegenerative diseases, such as Parkinson's, multiple sclerosis, and Alzheimer's. Besides adaptive technology, the institute researches new therapies, disease risk factors, and stress reduction for caregivers.

"There are pockets of neuroscience research throughout the university—from drug discovery in the College of Pharmacy to English department faculty who want to study how journaling affects caretakers' well-being," Lazarus says. "We're also a catalyst for connecting researchers and health professionals for clinical trials."

More than 150 years after ALS was identified by a French neurologist, many aspects of the disease remain a mystery. Scientists

aren't clear what causes the motor neurons to degenerate and stop sending messages to muscles. In a small number of patients, heredity is a factor, and chemical exposure also appears to heighten the risk. Military veterans are about twice as likely as the general public to develop ALS.

Each year, about 5,000 US residents are diagnosed with ALS. Most patients die within two to five years, although some live much longer.

Besides patients and families, Whitlock-Wild gives tours of the Adaptive Technology Center to students ranging from junior high to medical school. Her husband was diagnosed with ALS about eight years ago. She wants to expose students to some of the challenges of living with a debilitating disease and the toll it takes on families.

Using an eye-gaze device requires hours of practice. "Some of these students are in occupational therapy and haven't had a chance to try out this type of equipment," Whitlock-Wild says. "They should know how difficult it is."

"The Adaptive Technology Center has done a lot for patients and families," says Linda Sprenger, whose late husband Mike had ALS.

When the couple visited the center in 2021, Mike couldn't keep his eyes open long enough to use his eye-gaze device. But he could still twitch an eyebrow. "We spelled

things out to ask if he was hot, if he was cold, if he wanted to change the channel," Sprenger says.

At the center, Mike tried out another machine that utilized his remaining muscle movement. "Suddenly, there were words on the screen," Sprenger says. The different technology extended the time Mike could communicate with family and caregivers.

A future phase of the center will include space for testing prototypes of new devices.

"We look at the Adaptive Technology Center as welcoming not only for patients and their families but for entrepreneurs and others who can help improve their lives," Isaacs says. ☀

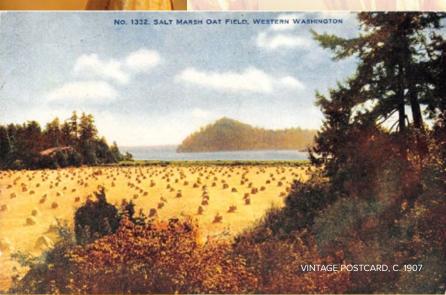
Opposite: ATC interior. Photo Virginia Thomas/Journal of Business. Inset: Theresa Whitlock-Wild introduces Whitworth University doctoral student Chelsea McClammer to voice-activated kitchen appliances at the ATC. Time-lapse photo Cori Kogan. Below: Staff illustration from artwork courtesy of Steve Gleason Institute for Neuroscience



Oats

BY ADRIANA JANOVICH

Oats aren't the sexiest ingredient. The beige, bland, and, some might say, boring, gluten-free grain is most commonly served as oatmeal. Even the American Heart Association refers to the mush as "a total nerd" on its website.



But humble and hearty oats rank among the rock stars of grains. In fact, simple, stickto-your-ribs, high-in-fiber oats, also rich in vitamins and minerals, are one of the most healthful grains in the world. And Washington state was once among the country's top producers.

In the late nineteenth and early twentieth centuries, oats (*Avena sativa*) were western

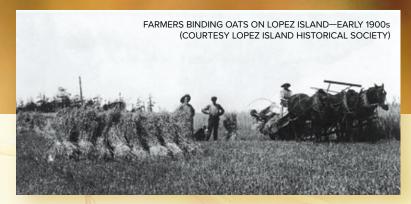
Washington's dominant small-grain crop. Yields were so plentiful in 1876 that several farmers published oaths attesting to their high numbers. The US Commissioner of Agriculture, in 1882, noted, "Washington Territory heads the list of oats producing States."

Since then, global and national oat production has significantly dropped. And nowhere has the decline been "more dramatically manifested than in western Washington," where oats have been "virtually abandoned," according to Washington State University researchers who wrote "The History of Oats in Western Washington and the Evolution of Regionality in Agriculture." The 2016 study—written by Stephen S. Jones, director of the WSU Breadlab, along with Louisa R. (Winkler) Brouwer ('17 PhD Crop Sci.) and Kevin M. Murphy ('04 MS, '07 PhD Crop Sci.)—appeared in the *Journal of Rural Studies*.

"I used to get phone calls all the time asking if you can grow oats in Skagit Valley," Jones says. "When I told them we were, at one time, the 'oat capital of the world,' they couldn't believe it."

A member of the grass family, oats are believed to have originated from western Asia and eastern Europe. Evidence suggests Paleolithic hunter-gatherers ate wild oats approximately 32,000 years ago in what's now southern Italy, and Neolithic people cultivated them some 11,000 years ago in the West Bank's Jordan Valley. Ancient Romans widely grew oats as animal feed.

A cool-weather crop, oats grow well in moist conditions with well-drained soil. They've been a staple in Scotland since early medieval times and in Switzerland since the late medieval era. They were first planted in North America—on Cuttyhunk Island off the Massachusetts coast—in 1602 by English privateer Bartholomew Gosnold.



They became a major American crop, largely grown for horse feed and, before 1850, were mostly cultivated east of the Mississippi River. Pioneers brought them westward. By the late nineteenth and early twentieth centuries, there were at least five oat mills in western Washington—in Tacoma, on San Juan Island, near Anacortes, and in Mount Vernon as well as La Conner.

Around that time, oats were gaining popularity as a wholesome breakfast food. American doctor John Harvey Kellogg promoted what he called "granula," or granola, in the late 1870s; his version featured twicebaked, unleavened, wheat-and-oat bread. Quaker Oats registered its trademark in 1877, and by 1885, oats were being sold in boxes.

Best-selling writer Marion Harland noted in her 1903 Complete Cook Book, "Oatmeal builds up bone, and muscle, and brain." Along with other cereals, it "should be eaten with cream, and except as a dessert, never with sugar." Oats also required "a great deal" of cooking. "Soaking overnight is indispensable ... Four hours of boiling make oatmeal good; eight hours make it better; twenty-four hours make it 'best."

Thinner "Quick Oats" debuted in 1922, "Instant Quaker Oatmeal" in 1966, and the first flavored instant oatmeal—maple and brown sugar—in 1970.

By then, oats were already in decline in western Washington and around the country. Harvest peaked in the Puget Sound region in the 1920s and decreased steadily from the mid-twentieth century. By 1997, western Washington oats hovered around 1,700 acres, down from some 60,000. The US Department of Agriculture stopped recording the

region's oat statistics in 2009; output was simply too low.

"We won't see a resurgence in oats as Americans just don't eat them like we used to. And much of the oats here went to workhorses, which are by and large gone," Jones says. "Oats also take an additional step of dehulling prior to using, which adds to the cost of processing. They also don't store well as they, unlike wheat, can go rancid fairly quickly if they are not processed."

Since 1960, American oat production has dropped more than 90 percent. American oat acreage peaked in 1921 at 45.5 million; in 2021, it totaled 650,000. The US produced its highest amount—1.5 billion bushels—in 1945; that dropped to under 40 million bushels by 2021.

Most of today's US crop comes from the Midwest. The oats in your Cheerios likely come from Manitoba and Saskatchewan, Canada.

While US oat consumption is also down from 1960, it has remained fairly steady for the past 20 years. In spring 2020, early into the COVID-19 pandemic, Google searches for "rolled oats" and "oat milk" spiked. Oat milk is still having a moment; US retail sales increased by 50 percent, to \$527.44 million, from June 2021 to June 2022.

Studies associate oats with lowering cholesterol and aiding weight control. One cup of cooked oatmeal has just 166 calories.

Of course, oatmeal cookies have more. Other culinary uses include granola, muffins, meatloaf, and more.

"From a culinary point," Jones says, "I prefer them in Scottish oat cakes and other pastry uses." ★



KNOW YOUR OATS

Oats are almost always a whole-grain ingredient. That's one of the attributes that makes them so good for you. Processing is minimal. The inedible hull is removed, exposing a seedlike groat encased in a soft bran layer that's typically retained. Here's a quick guide to this healthful grain.

Oat groats—These are whole, intact kernels minus the inedible hull. Soaking them overnight makes them cook faster.

Steel-cut or Irish oats—Groats are sliced into coarse bits with a steel blade.

Scottish oats—Milled groats make for a creamer hot cereal.

Rolled or old-fashioned oats—Groats are steamed, then flattened with a roller.

Quick-cooking oats—Groats are steamed, then flattened with a roller, but they are rolled thinner and/or steamed longer to cook faster.

Instant oats — Usually sweetened and flavored, these oats are made for the microwave.

Oat flour—Ground oats make a powdery flour.

UPfront

For many, prairie brings to mind the sweeping grasslands of the Great Plains. Few are aware that the Palouse—traditionally thought of as a sea of wheat—was once swathed in its own prairie.

Palouse prairie is the most endangered ecosystem in the continental United States. Severely fragmented by agriculture and settlement, less than 1 percent remains.

Chris Duke ('21 PhD Biol.) cofounded the Phoenix Conservancy—dedicated to restoring endangered landscapes—in 2020 after he realized the threat to ecosystems such as Palouse prairie.

"What makes true Palouse prairie interesting and unique is it's one of the very few forb-dominant prairies," Duke says.

While the Great Plains are largely grass, Palouse prairie is much more diverse; in some pockets, grasses are almost absent, with dozens of herbaceous flowering plants—forbs—blooming simultaneously.

The Palouse prairie differs because "the Missoula floods largely missed our region, which is why we have the soils that allow these diverse communities to really thrive," Duke says.

Some areas have more than 200 feet of soil. Fires were rare, allowing the ecosystem thousands of years to develop complex plant and animal communities with minimal disturbance. The three foundation plants became bluebunch wheatgrass, snowberry, and Idaho fescue. Instead of prairie dogs, Palouse prairie hosts striped Columbian ground squirrels, prey for short-eared owls, ferruginous hawks, coyotes, and American badgers. The prairie provided nourishment and shelter for wildlife, from pronghorn to sharp-tailed grouse, since the last Ice Age.

Until it was plowed.

Only a century ago, the prairie experienced widespread conversion to agriculture and was nearly lost. Now, a handful of organizations are working to save it.

Together, the Phoenix Conservancy, Palouse Conservation District, Palouse-Clearwater Environmental Institute (PCEI), Nature Conservancy, Palouse Land Trust,



PHOENIX CONSERVANCY'S CONSERVATION PARK IN PULLMAN (COURTESY THE PHOENIX CONSERVANCY)

Rooting for the















PRAIRIE RESTORATION AT WHELAN CEMETERY IN WHITMAN COUNTY (PHOTO GEOFF CRIMMINS/MOSCOW-PULLMAN DAILY NEWS)

and Palouse Prairie Foundation (PPF) form a network of conservationists and citizen scientists. Tom Besser, professor emeritus of WSU's College of Veterinary Medicine, is a PPF board member who first noticed prairie during his research on bighorn sheep pneumonia.

"For the first time, instead of going to farms and barns, I was going down to Hells Canyon and seeing amazing places with incredible native vegetation," Besser says.

Pristine prairie patches exist at Whelan Cemetery near Pullman, Steptoe and Kamiak Buttes, and the Dave Skinner Ecological Preserve, named for a founding member of the PPF.

"If you go there in June, you just won't believe how beautiful it is," Besser says.

After heavy rain caused topsoil to cascade into his yard in 2015, Besser decided to combat the erosion with prairie reconstruction. With the help of a neighboring farmer, Besser sowed native seeds on a 3.5-acre plot. Over the past five growing seasons, he's watched plants root Use the **QR scan code** for more photos and information about the locations and sources cited

into the soil and stretch leaves toward the sun. Swallows and butterflies, once just passersby, are now residents. Besser also noted that, though he didn't plant them, native species like scarlet gilia, a twiggy forb with tubelike crimson blooms, have popped up. Their presence signals healthy pollinator activity.

Tim Pavish ('80 Comm.), who retired from his position as executive director of the WSU Alumni Association last year, moved to Pullman two decades ago. When looking for a home, thanks to PCEI and Pavish's upbringing, he was inspired to restore habitat on the property.

"I was raised down in Walla Walla and my parents had a small farm, so I was exposed to natural places my whole life," Pavish says.

Since starting the project, Pavish noticed a large increase in visits from deer, coyotes, and his personal favorite: great horned owls.

"The impact that you can have on habitat is significant," says Pavish. "You don't

> have to have 5,000 acres to do it. You can do it in your backyard."

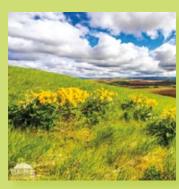
All these prairie protectors emphasize the same thing: you can do this. No matter the square footage, planting native species supports pollinators and connects isolated prairie pockets, reattracting species like ground squirrels and owls.

"That's the most promising thing about the future of Palouse prairie: the building blocks are still here," Duke says. "But they won't be forever." ★

OPPOSITE, LEFT TO RIGHT FROM TOP: CHRIS DUKE (COURTESY PHOENIX CONSERVANCY); PLANTS OF THE PALOUSE PRAIRIE THAT WERE VALUED BY NATIVE AMERICANS INCLUDE BLUEBUNCH WHEATGRASS, IDAHO FESCUE, FERNLEAF DESERT PARSLEY, ARROWLEAF BALSAMROOT, SPREADING DOGBANE, COMMON CHOKECHERRY, NOOTKA ROSE, CREEPING OREGON GRAPE, LARGE-FRUIT DESERT PARSLEY, BLACK HAWTHORN, NETTLELEAF HORSE MINT, WILD STRAWBERRY, TAPERTIP ONION, AND COMMON CAMAS (FROM THE PALOUSE PRAIRIE, A VANISHING INDIGENOUS PEOPLES GARDEN—PHOTOS WIKIMEDIA COMMONS)



STEPTOE BUTTE PRAIRIE RESERVE (COURTESY STEPTOE BUTTE PRAIRIE RESERVE)



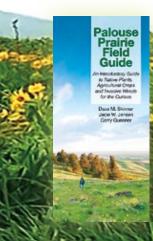
PALOUSE PRAIRIE AT KAMIAK BUTTE COUNTY PARK (PHOTO ROMAN KHOMLYAK)



WSU MAGPIE FOREST ECOLOGICAL RESERVE (COURTESY E. H. STEFFEN ECOLOGY CENTER)



(COURTESY WSU AWCC)



LEFT: THE *PALOUSE PRAIRIE FIELD GUIDE* HELPS PLANT ENTHUSIASTS IDENTIFY NATIVE PLANTS FOUND IN THE INLAND NORTHWEST PRAIRIE REGIONS OF IDAHO, WASHINGTON, OREGON, AND MONTANA. DAVID SKINNER '70 WAS A COAUTHOR. **RIGHT: THE WSU ARBORETUM MAINTAINS** PALOUSE PRAIRIE PLOTS FOR RESTORATION AND **EDUCATION PURPOSES (COURTESY ROD SAYLER)**



High and dry for a NW icon?

BY WENDA REED

If May and June continue to be hotter and drier than average—like this May's 90-degree weather in Seattle—and the next four or five summers follow the same pattern, more of the Northwest's iconic western red cedars are likely to die back.

Dieback is characterized by dead tops, brown canopy, and thinning foliage and can be followed by tree mortality.

Robbie Andrus,** a postdoctoral researcher with the Washington State University School of the Environment, is the lead author on the first peer-reviewed study of western red cedar (WRC) dieback, released early this year. The study is titled "Canary in the Forest?" because WRCs are more sensitive to drought than other conifers and may be an indicator of more forest damage to come.

Andrus and his colleagues took 30,000 core samples (tree rings) from 280 WRCs in 11 sites from coastal and interior Washington

and Oregon. They measured radial growth—increase in the girth of the trunks.

"We found that May and June climate is the most important for increasing tree growth," Andrus says. WRCs are resilient, living up to 1,000 years and sometimes growing more than 200 feet high. "The tree is well conditioned to weather our hot and dry summers and early fall *if* May and June are wetter and cooler."

WRC trees that died experienced a period of declining tree growth for four to five years before death. Most of the mortality in the coastal areas occurred in 2017–2018, which coincided with exceedingly hot temperatures and the longest regionally dry period for May to September in 1970–2020. The early summers of 2019 and 2020 were cooler and wetter, which may give trees a chance to recover.

WRCs older than 150 years with more extensive root systems fared better than younger trees. Trees in eastern Washington and Idaho, where conditions are drier, dealt with extremes better than those west of the Cascades—perhaps because they have longer taproots to reach the water table.

Henry Adams, assistant professor in the School of the Environment, is one of the study's coauthors and has studied trees around the United States for 22 years. Trees pull water from the soil, he explains, and they draw in moisture from the air. Sunlight turns the nutrients in water to sugar and sap, which nourishes new growth. If both soil and air are dry because of drought, trees must "pull harder" to get enough water.

"One water molecule pulls on the next like a chain. If it pulls too hard under tension, air bubbles get in there and release pressure—like a rubber band being stretched so far that it breaks," he says. This sudden hydraulic failure prevents the flow of water to leaves or needles. They dry out and turn brown.

This isn't just ugly-looking. Trees limit water loss by closing their stomata or pores, according to a 2022 study published in *Nature Communications*. They reduce or stop photosynthesis, draw less carbon dioxide out of the air, and release less oxygen.

Adams contributed to the international study on the death of local trees such as the WRC. "So far we can't find any insect, fungus, or other disease attacking this tree, so our research is showing it appears to be the effect of drought and heat alone," he wrote.

Some of his earlier research indicates that long-time drought is more stressful than extreme heat, like the 2021 "heat dome" over western Washington and Oregon, but the two probably interact. "If the amount of rain and snow stay the same, the water won't last as long if it's too hot."

Wildfires are dramatic, but drought and heat affect landscapes even more, Adams says. "They are like a massively spread-out, slow-burning wildfire." *

ROBBIE ANDRUS PHOTO COURTESY RESEARCHGATE. JOEY HULBERT PHOTO COURTESY WSU PUYALLUP ORNAMENTAL PLANT PATHOLOGY PROGRAM. **BACKGROUND IMAGE:** AILING WESTERN RED CEDAR IN SEATTLE'S SEWARD PARK (PHOTO WENDA REED)

Joey Hulbert at the WSU Puyallup Research and Extension Center started Forest Health Watch in 2020. In the pilot project, more than 2,300 organizations and individuals recorded photos and observations of healthy and unhealthy western red cedar trees to help determine what combinations of soil and location lead to vulnerability. Hulbert encourages Cougar alumni to become citizen scientists through the iNaturalist app.

Visit foresthealth.org/redcedar for more information.

BY WSM STAFF

Ron Bliesner ('11, '13 MS Mech. Eng.), fluids and propulsion lead at space exploration company Blue Origin, knows liquid hydrogen—a go-to fuel to launch rockets.

He studied it at the Hydrogen Properties for Energy Research (HYPER) laboratory at Washington State University, led by mechanical engineering associate professor Jacob Leachman. It's the only cryogenic hydrogen lab at a US university.

Bliesner and fellow HYPER Lab alum Chelsea Crabb ('20 Mech. Eng.), fluid systems engineer at the Kent-based Blue Origin, bring their liquid hydrogen expertise to projects such as Blue Origin's Artemis V moon lander contract with NASA, which was announced in April.

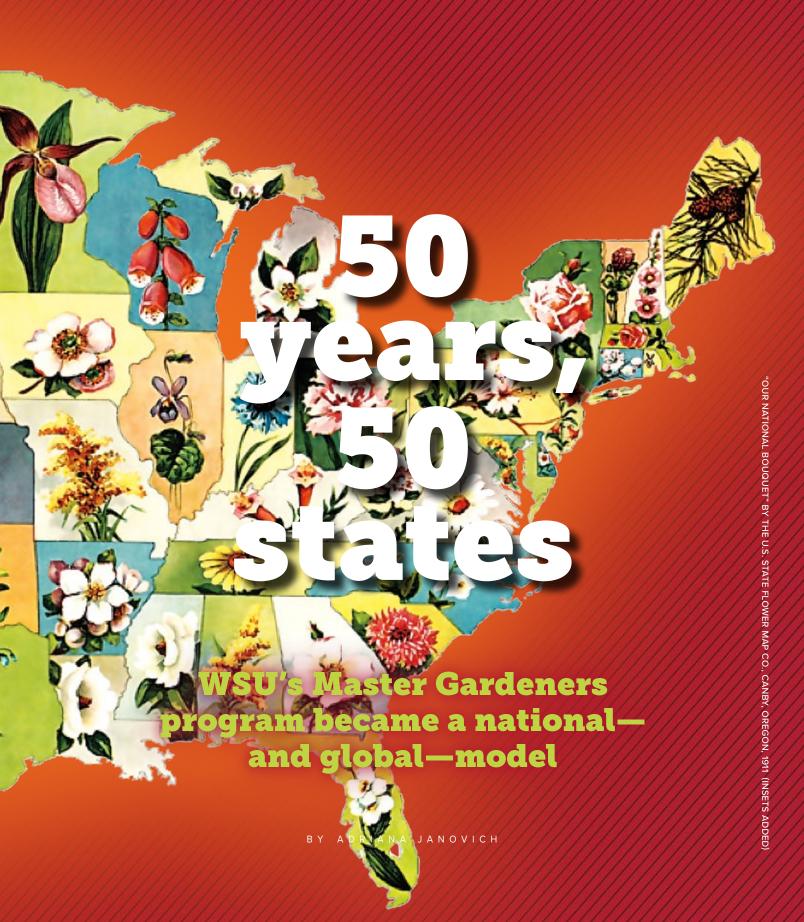
"WSU is working on things that nobody else is working on in academia," Bliesner says.

"If you understand hydrogen, you have a future."

watch alumni stories from the HYPER Lab: magazine.wsu.edu/extra/hyperlab









FROM THE CHELAN/DOUGLAS EXTENSION MASTER GARDENERS COMMUNITY EDUCATION GARDEN TENTH ANNIVERSARY PHOTO CONTEST

DIANA PIETI LEADS THE WAY DOWN THE GARDEN PATH.

pausing to point out particulars. See the serviceberry, already blooming.

A stone's throw from the white blossoms lies a xeric berm, which, at the end of April, has not quite awoken for the season. But hopvines are already creeping up an arbor nearby. Giant snowdrops—the tips of their arching, ivory, chalice-shaped petals tinged pale green—circle a tall tuteur trellis in a round raised bed also dotted with daffodils and tulips.

"It's all just lovely, and it shows what you could grow here in the Yakima Valley with a lot of good color," Pieti says, noting how the landscaped 1.2 acres often serve as a backdrop for graduation, engagement, wedding, homecoming, and prom pictures. "I'm very proud, very proud, of our garden."

The Yakima County Master Gardener Demonstration Garden, founded in Union Gap's Ahtanum Youth Park in 2005, is just one of the projects established or maintained, or both, by Master Gardener volunteers, like Pieti. The Master Gardener program took root in 1973 through Washington State University Extension and has since grown into one of its longest-running and most successful public, educational outreach efforts.

Almost every county in Washington state is covered. There are 31 Master Gardener programs representing 35 of Washington state's 39 counties.

But, says Jennifer Marguis, the Wenatcheebased leader of Master Gardener programs statewide, "it's just not WSU anymore, and it hasn't been for a long time. Other states saw the value in doing this and jumped on board and adopted the program early on. Now, we're in all 50 states and most recently in Puerto Rico as well as the United Kingdom, Canada, and South Korea."

NO MATTER WHERE THEY WEED AND WATER, rake and hoe, teach and learn and grow, Master Gardeners are the grassroots gardening authority in any region in which they work. Whether it's the arid steppe of Yakima or the mild maritime climate surrounding Puget Sound—or varied landscapes around the country and



overseas—they are incredibly knowledgeable. About soils. About pests. About what grows well at a particular elevation or in a specific hardiness zone, with its specific range of rainfall and average annual and seasonal temperatures.

"Volunteers in the desert of the Southwest have a much different skillset than volunteers in the Northeast or the Northwest," says Tim Kohlhauff, a certified arborist and the urban horticulture coordinator for the Spokane County Master Gardeners, one of the longest-running Master Gardener programs in the state. "The idea is to give everybody research-based information about plants and add local knowledge unique to specific growing areas. There are so many different environments across the US and in the other countries where Master Gardeners are established that they have different styles of working and decision-making. On a local level, they know what works best in their communities."

They are not only committed to cutting-edge, unbiased, sciencebased education but also dedicated to service.

In Colorado, where Master Gardeners sprouted in 1975, volunteers support a Grow and Give initiative, cultivating food for food banks, shelters, senior centers, and more. They donated nearly 135,000 pounds of home-grown food during the first three years of the program, which started in spring 2020.

"Grow and Give was our response to the COVID-19 pandemic," says Katie Dunker, director for Extension programs at Colorado State University. "We saw a need in the community, and in keeping with our land-grant mission, encouraged people to start food gardens and donate what they could to neighbors in need."

Master Gardeners launched in 1977 in Rhode Island, where volunteers also grow fruits and vegetables to fight food insecurity. They additionally work with the US Fish and Wildlife Service to install native plants at parks and refuges, supporting habitat restoration. And, in 2020, they formed a task force to ensure that justice, equity, diversity, and inclusion principles and practices flourish in their gardens and programming.

In Florida, where the program started in 1979, Master Gardeners emphasize water protection and conservation. Following Hurricane Ian, they distributed 100,000 donated traps to nearly 30,000 residents throughout the state, helping to curb a proliferation of floodwater mosquitoes.

MASTER GARDENER XERIC GARDEN IN WENATCHEE



BY THE NUMBERS

9—program priorities for WSU Extension Master Gardeners **3,700**—volunteers in Washington state **114,400**—volunteers nationwide **250,000**—annual hours given by WSU Extension Master Gardeners **\$37.63**—value per hour of volunteer time via Independent Sector, the national membership organization for nonprofits, foundations, and corporations working to strengthen civil society **\$9.4 million**—value of Master Gardeners' volunteer time statewide **4.3 million**—annual hours given by Master Gardeners nationwide **\$123.5 million**— value of Master Gardeners' volunteer time nationwide **80,000**—pounds of food donated by Master Gardeners in Washington state **1.3 million**—pounds of food donated by Master Gardeners nationwide



CHELAN-DOUGLAS MASTER GARDENERS COMMUNITY EDUCATION GARDEN

HEALTHY PEOPLE, HEALTHY PLANET

WSU Extension Master Gardeners promote and practice: Gardening techniques to adapt to climate change, mitigate its effects, and create climate-resistant communities * Integrated pest management strategies to minimize polluted runoff for clean water in lakes, streams, rivers, and oceans * Water-wise gardening and landscaping for water conservation * Building soil health to prevent depletion and ensure the long-term viability of local food security and natural resources * Providing food, water, and habitat to help native bees and other pollinators thrive in home and community landscapes, and secure a biodiverse ecosystem and food supply * Sustainable techniques for growing local food to increase access to fresh, nutrient-dense ingredients and improve individual and community health and wellness * Managing invasive and protecting native species to protect against ecosystem declines and ensure plant biodiversity * Sustainable horticulture skills to increase access to plants, green spaces, and public landscapes so all members of our communities can enjoy the health and wellbeing benefits of being nearby nature * Wildfire preparedness by applying fire-resistant landscaping principles to reduce the risk of loss due to wildfire

"There was a lot of flooding. The water didn't retreat. It just stayed there, and that's where mosquitoes want to go in and breed," says Wendy Wilber, Master Gardener volunteer program coordinator at the University of Florida.

Master Gardeners began in 1982 in Pennsylvania, and volunteers there staff a garden hotline, putting in more than 19,000 hours and answering more than 21,000 questions last year. They also partner with the National Park Service to beautify the Flight 93 National Memorial and Tower of Voices, pruning trees and shrubs and weeding garden beds.

"Master Gardeners give so much of their time and talents to make a real difference," Marquis says. "I feel privileged that so many volunteers across Washington state, the country, and beyond choose to spend their seconds and minutes and hours delivering the message of Master Gardeners."

The fact that the program started at WSU Extension "is super humbling," she says. "We take care of the earth and the water and the soil and the trees that give us space to live, air to breath, food to eat, and water to drink."

PLANTING THE SEED

WSU EXTENSION'S FLAGSHIP PROGRAM, fittingly, grew organically.

Dave Gibby and Bill Scheer were new hires in King and Pierce Counties in the early 1970s, splitting time between Seattle and Tacoma. Scheer focused on commercial agriculture. Gibby specialized in urban



horticulture. And the two new Extension agents shared a problem.

"Each time I got to the other office, I would have hundreds of callback slips," Gibby told *Washington State Magazine* in 2009. "We tried to be of service to people," Scheer added. "But we were overwhelmed with the demand."

Media outreach worsened the situation. Instead of preemptively addressing gardening questions—on the radio and television, in newspapers and tip sheets left at local nurseries—it multiplied calls. "I thought, 'What's the problem with having volunteers help out?" said Gibby, who discussed the idea with Scheer, along with the German system of recognizing master craftspeople, or meisters. "Master Gardeners. We knew people would be proud to have the title," Scheer said.

They held a trial clinic at Tacoma Mall in fall 1972 and pitched a story to *Sunset* magazine to plug the event and forthcoming program. The piece ran in the September issue. Training started in 1973. There were so many applicants that would-be volunteers were turned away.



DAVE GIBBY
SHARON COLLMAN







BILL SCHEER
GEORGE PINYUH





Gibby soon left WSU for private industry. Sharon Collman, one of Master Gardeners' first trainees, took over training and helped grow the program. Soon, Spokane County started a program, which celebrates its own half-century mark next year.

"I think what both milestones show me is the folks who started the program 50 years ago had a really good idea," Kohlhauff says. "Nowadays, it's easy to Google information. But we're still growing and engaging people. People still want to learn from people, people they know, people in their local communities. People still want to come to us with their gardening questions because they know they will get good science-based information and advice, person to person, community member to community member."

TAKING ROOT

FROM 1976 UNTIL HIS 1994 RETIREMENT, George Pinyuh served in Gibby's former role, helping launch Master Gardener foundations, organizations that provide financial support for Master Gardener programs, as well as the WSU Extension Master Gardener Resource Center at the University of Washington's Center for Urban Horticulture. Collman focused on training and outreach. And Extension specialist and ornamental horticulturalist Bernie Wesenberg helped promote the program across the country.

"He traveled around the US and talked about the success of the program and provided tools and resources to other schools to get their programs off the ground," Marquis says. "If it wasn't for his contacts, the program probably would not have spread like it did."

By 1996, Master Gardener volunteers were operating in all 50 states. Ten years later, a national committee formed to foster communication and collaboration among programs across the country.

"We try to coordinate efforts and share best practices, but it's pretty organic," Dunker says. "Master Gardeners is a very local program. That's its strength. We're not big administrators; we're big doers. We're a very large volunteer network."

Plant clinics, among Master Gardeners' earliest offerings, remain a mainstay. So are plant sales and demonstration gardens, like the one in Union Gap's Ahtanum Youth Park. "It's a teaching garden," says Debra Kroon, immediate past president of the Master Gardener Foundation of Yakima County. Master Gardeners rooted here in 1980.

THE I-5 PLANTING PROJECT IS A COOPERATIVE EFFORT OF THE WSU EXTENSION CLARK COUNTY MASTER GARDENERS AND THE MASTER GARDENER FOUNDATION OF CLARK COUNTY WORKING WITH WSDOT.

CLARK COUNTY: NEARBY NATURE

Boxwood hedges outline the shape of our state, filled with brightly colored blooms. The festive flower display, nestled alongside northbound Interstate 5's exit 500 ramp in Vancouver, welcomes drivers to Washington.

Volunteers replant the highway garden each spring. The project, a collaboration between WSU Extension Master Gardeners of Clark County and the Master Gardener Foundation of Clark County, typically requires some 2,500 blooms—petunias, begonias, geraniums, alyssum, and salvia, among others.

"One of the most popular designs was the apple," says Judie Stanton, who became a certified Master Gardener in 2021 and joined the foundation board early this year. She chairs the development committee. "Other years we've done a sunrise or a quilt with nice patches of various plantings."

This year, only about 550 sunpatiens were planted as volunteers are battling pesky yellow nutsedge, a noxious weed. "It's invaded the area that we normally plant inside the boxwood hedge," says Stanton, noting part of their abatement strategy is to plant the flowers in 475 pots above soil level. "Next year, we'll hopefully go back to planting in the ground as always."

Master Gardener and foundation volunteers have been beautifying the iconic "Welcome to Washington" sign since 2010, minus a couple of years due to the COVID-19 pandemic. The otherwise grassy median is maintained by the state Department of Transportation. "It raises awareness for our programs," says Stanton, noting the best time to view the display is "probably mid-June. But it lasts from the end of May—Memorial Day—through the end of summer because we go back and weed as necessary."

magazine.wsu.edu

WSU MASTER GARDENERS

JEFFERSON COUNTY: CLEAN WATER, PLANT BIODIVERSITY, AND POLLINATORS

Native plants adorn a shallow depression a stone's throw from the beach at Point Hudson. Purple iris, Oregon grape, ornamental grasses, dwarf pine, coastal strawberry, creeping raspberry, and more grow in the rectangular plot, anchored by a sign that explains this is no ordinary landscaping. It's a way to clean rainwater and reduce flooding and runoff.

Below the surface, a special mix of sand and compost helps filter pollutants such as oil, grease, heavy metals, and harmful bacteria. "Stormwater runoff is one of the top priorities in this region. It's one of the highest causes of contamination in Puget Sound and the Strait of Juan de Fuca," says Bob Simmons, the Olympic region water resources specialist with WSU Jefferson County Extension since 2014. He spearheaded the project, which—along with another in Port Townsend's picturesque Chetzemokah Park—is among east Jefferson County's most visible and approachable rain gardens.

Throughout the Olympic Peninsula, small cities "don't really have the funding or the expertise to put in rain gardens," Simmons says. "Rain gardens are really beneficial. They enhance our landscapes. They provide habitat for insects, birds, and small mammals. They have their filtration properties. And they reduce flooding and recharge groundwater. That's one of the reasons we put one in at Point Hudson. There was a big puddle at the end of the street that wasn't infiltrating well."

The Port of Port Townsend covered much of the cost. WSU Beach Naturalists and WSU Extension Master Gardeners of Jefferson County helped plant the rain garden's 1,300 native plants. Sixth graders from Port Townsend's Swan School and 4-H students also participated in the 2015 project, now one of 18 rain gardens located throughout east Jefferson County. There are twelve in Port Townsend, three in Port Hadlock, and three in Quilcene. All but two—including Point Hudson—were supported by the Jefferson County Marine Resources Committee (MRC) through grant funding. Simmons has worked on all 18, along with myriad community partners.

Simmons completed a stormwater assessment and priority list of high-pollution drainages for the MRC about 10 years ago. Not only does he design the rain gardens, but he recruits volunteers, hosts educational workshops, and oversees installations. Master Gardeners decide what to grow, help plant the plants and, in some cases, provide ongoing maintenance.

Their time and expertise are "very crucial," Simmons says. "They help figure out which plants work well in our unique environment and are deer-proof, and they try to maintain color in the rain gardens throughout the year—not just spring and summer, but in the fall and winter when many plants die back."

Plus, he says, "they're fun people to work with. They're passionate about the gardens—and not only the rain gardens but gardens for pollinators and aesthetics and air quality. Their scientific eyes are useful. They look at things differently from a homeowner who hasn't been trained."

+ read more county Master Gardeners stories from Spokane, Yakima, and Walla Walla: magazine.wsu.edu/extra/countyMGstories

Just inside the garden's main gate, a kiosk welcomes visitors. In back, a core group of volunteers gathers at lime- and lavender-painted picnic tables after long mornings of pulling weeds and raking leaves. "Our dirty dozen," Skip Brockman calls them. He's one of the bunch. So is Pieti.

Brockman built the half-dozen birdhouses that climb a weathered ladder in one corner of the garden. In another nook, an antique sink from Pieti's old farmhouse hooks up to a garden hose—handy for cleaning tools and watering plant starts.

Stone pavers lead to an arbor fashioned from vintage doors. Concrete squares painted with brightly colored numbers present a path for hopscotch in the children's section. The garden is divided into several other distinct areas, including raised beds, a woods walk, shade berm, and composting.

Mulching and composting are taught in workshops held in the garden, where volunteers cultivate more than 300 plant varieties. "I'll tell you what, it's a lot of work," says Brockman, who completed his Master Gardener training in 2006 and helped build the garden paths. It's also fun "working with people of different backgrounds for the benefit of others." He enjoys "talking to the many people that frequent our classes and other functions."

Classes also cover container planting, seeds, sunflowers, roses, orchids, herbs, cover crops, soil testing, tomato pruning, and more. Pieti, who completed her training in 1998, leads several sessions. So does Kroon, who finished hers five years later.

"My passion in life is promoting pollinator health and habitat," Kroon says. "Serving as a Master Gardener ... helps me follow that passion by teaching classes on gardening for pollinators while educating our public. It's a win-win."

RAIN GARDENS, such as this one at Point Hudson in Jefferson County, are effective ways to treat polluted stormwater runoff. They are specially designed to collect, absorb, and filter runoff from roof tops, driveways, patios, and other areas that don't allow water to soak in. Courtesy WSU Extension



order a commemorative magazine that benefits the WSU Extension
 Master Gardeners and the Master Gardener Foundation of
 Washington State: mastergardener.wsu.edu/50th-magazine

videos celebrating MG's 50 years: magazine.wsu.edu/extra/MGvids

IN BLOOM

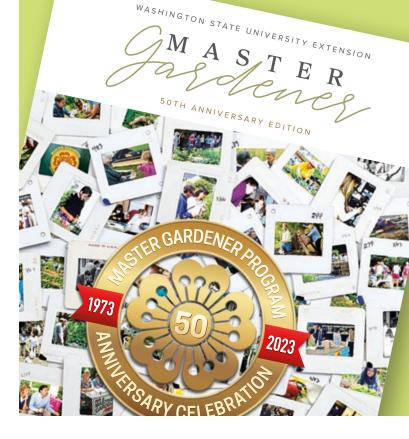
MASTER GARDENERS ALSO PARTNERS with cities, schools, nonprofits, historical societies, and other entities. To run youth gardens and teach and engage with future generations of gardeners. To provide guest speakers for gardening and service clubs and classrooms. To manage community seed libraries. To beautify public parks and green spaces.

"We're about way more than gardening," Marquis says. "We're about sustainable landscaping and environmental stewardship, soil health and clean water, pollinators, and the health and wellness of our communities. We can make a difference in these areas. We can connect the dots."

These themes were highlighted during this year's fiftieth anniversary celebration, which kicked off in April with a commemorative tree-planting at the Puyallup Research and Extension Center. Festivities continued in May with a gathering at the WSU Irrigated Agriculture Research and Extension Center in Prosser. WSU's Tree Fruit Research and Extension Center in Wenatchee hosted an event in June. So did WSU's Northwestern Washington Research and Extension Center in Mount Vernon in July.

The celebration culminates September 27–30 in Tacoma at the annual WSU Master Gardener Advanced Education Conference, sponsored by the Master Gardener Foundation of Washington State. An International Master Gardener Conference was held in June in Kansas.





FLOWERING INTO THE FUTURE

MARQUIS ANTICIPATES MASTER GARDENERS becoming more diverse and putting even more emphasis on sustainable practices and societal issues in years to come. Another goal: strengthening partnerships with organizations having similar values to continue to expand the depth and breadth of Master Gardeners.

"We're going to keep connecting people," Kohlhauff says. "We're going to keep growing the program. We've done long-range planning at the state level, and we see issues for the state of Washington that we think connect to horticulture and where we might be useful. Our plan is to develop programming around those areas to make an impact on our communities."

From Washington state to Florida and beyond, "I believe Master Gardeners will be talking about climate change, ecosystems, and native plants a lot more," Wilber says. "And that's what we should be doing."

To those ends, the WSU program has launched a five-year, \$1.5 million fund-raising campaign to establish an endowed faculty chair. The new faculty member will teach horticulture to Master Gardeners, conduct research, create outreach tools, seek and strengthen partnerships, and represent the program locally, statewide, nationally, and internationally.

The success of the campaign is crucial. Master Gardeners "are perhaps more important than ever before," Marquis says. "Facing challenges like climate change and food scarcity, people want to know about steps they can take to address concerns in their communities. Easy access to information on the Internet makes it hard to differentiate fact from fiction."

Trained by university experts, Master Gardeners, Marquis says, "should be a go-to resource for communities seeking innovative solutions to their ever-changing gardening and environmental stewardship needs." *





Being part of the solution

BY ADRIANA JANOVICH

He worked in several oncampus labs, collecting air-quality data and helping develop an efficient process to convert carbon dioxide into formic acid. Later, during the pandemic, he conducted experiments using carbon dioxide as a tracer gas for COVID-19 to assess the safety of in-person classes.

These experiences "gave me an exciting sense of agency to explore the bounds of existing technology," says **Kristian Gubsch** ('20 Chem. Eng.), cofounder and vice president of feedstock development at Mars Materials.

It also underscored something he already knew.

"I want to be part of the solution," he says. "I want to scale up technologies that can remove waste carbon dioxide from the atmosphere. I want to reimagine and revolutionize what our relationship is with industry."

Mars Materials, an Oakland, California–based start-up that rechartered as a public

benefit corporation in 2021, is on a mission to reverse the world's industrial waste carbon footprint—and it's garnered the attention of Bill Gates.

Gubsch and cofounder and CEO Aaron Fitzgerald were recently named Innovator Fellows in the second cohort of Gates's Breakthrough Energy Fellows program, which supports top early-stage clean-tech innovations with huge impact potential. The two-year fellowship provides technology development funds, mentorship, expert advice, and more.

"The Breakthrough fellowship is enabling us to expand our engineering team and complete improvements to our process," Gubsch says. "We're also siting a lab to house our pilot unit."

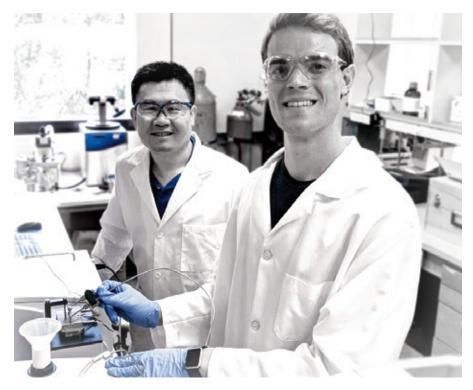
The pilot nitrilation unit to produce acrylonitrile is scheduled to be operational this fall. A primary building block in carbon fiber composites, acrylonitrile offers myriad, diverse commercial uses—from cars to clothing and carpets. Nitrilation units use bio-based feedstocks, such as corn-based ethanol, as well as captured carbon dioxide as inputs. They are cheaper to build and produce fewer toxic by-products than traditional approaches.

"We see a future where steel is replaced by carbon fiber and atmospheric carbon dioxide is repurposed for good," Gubsch says. "The long-term goal is to offer many different products where we are able to produce valuable materials from waste carbon dioxide."

An Honors College graduate who grew up near Tacoma, Gubsch has been passionate about climate change since high school. By the time he arrived in Pullman, "I was laser-focused on finding opportunities to work in climate and carbon dioxide mitigation. I ended up getting involved with anything and everything related to climate that I could: the WSU Solar Decathlon, the Environmental Sustainability Alliance, undergraduate research. I was just trying to learn as much as possible."

He was also a top scholar, named 2018's Most Outstanding Sophomore in Chemical Engineering and, in 2020, Most Outstanding Senior in Chemical Engineering, Most Outstanding Senior in the Voiland College of Engineering and Architecture, and a WSU

Top: Kristian Gubsch (*center*) with cofounder Aaron Fitzgerald and Breakthrough Fellow Jane Zhang. *Courtesy Aaron Fitzgerald/Twitter*



Kristian Gubsch worked in professor Hongfei Lin's carbon conversion chemical engineering lab as a student. Courtesy The Gene and Linda Voiland School of Chemical Engineering and Bioengineering

Top Ten Senior. He won the President's Award for Leadership and Virginia E. Thomas Scholarship at WSU.

He also won three prestigious national scholarships: the National Oceanic and Atmospheric Administration's Ernest F. Hollings Scholarship in 2018 and, in 2019, the Marshall Scholarship and Barry Goldwater Scholarship.

WSU's first Hollings recipient, Gubsch worked in the Hollings Marine Laboratory in Charleston, South Carolina, to investigate how metabolites in coral change in response to ocean acidification. The Goldwater recognized the carbon dioxide utilization research he completed on campus and helped pay for his undergraduate studies.

The Marshall—Gubsch was WSU's first recipient of this scholarship too—funded two one-year master's degrees in England, one in 2021 in environmental and energy engineering from the University of Sheffield and another in 2022 in innovation, entrepreneurship, and management from the Imperial College Business School.

During graduate school, Gubsch worked at Mars Materials. "I helped create a framework to select our technology, develop our roadmap for our first phase of technology development, and supported my cofounder on investor diligence calls as we worked to raise our pre-seed round," he explains.

Today, he's involved with commercializing National Renewable Energy Laboratory technology with help from the Breakthrough Energy Fellows. The program awarded Gubsch and his cofounder an undisclosed amount that includes a stipend for living expenses as well as funding for further developing the technology and building a team.

"We need as many people as possible working in the climate space," Gubsch says. "We're on the wrong side of a ticking clock. We need everyone on board to have a shot at mitigating the shocking damage that's already occurring globally." *

A Native comic

BY BRIAN HUDGINS

Growing up, **Joey Clift** loved comedy. The Simpsons, Late Night with Conan O'Brien, and Family Guy were a few

favorites. But there was a gap Clift had to bridge to become part of the comedy world.

"I didn't see anybody like me on TV," he says.

Clift ('09 Comm.), an enrolled member of the Cowlitz Indian Tribe who grew up on the Tulalip Reservation, is bridging that gap. He recently wrapped his role as a writer on *Spirit Rangers*. The animated Netflix series features Native American siblings Kodi, Summer, and Eddy, who serve as park rangers and protect a national park.

"I had never worked with that audience age range," says Clift, noting the show is aimed at 4- to 7-year-olds. "We were able discuss subjects such as Native stereotypes and broken treaties. We were able to do all of the bigger topics. You can't beat that as a writer."

Clift also worked as a consulting producer on the series, which was written by an all-Native team. The show's characters are raised by parents of two tribes—a Chumash mom and a Cowlitz dad. "It was a major blessing to work on this kids' show and work with members of my tribe," says Clift, calling the show not only a career milestone but "a life highlight."

Clift earned an associate degree at Everett Community College and volunteered at and hosted events for a local radio station before transferring to Washington State University. He learned on-camera skills at Cable 8 and



Above, second from left: Joey Clift with fellow Cowlitz Tribal

from classes with now-retired broadcast professor Glenn Johnson. "I considered Glenn Johnson a mentor, along with Marvin Marcelo, Richard Taflinger, Kenji Kitatani, and Barbara Aston," he says.

Although TV news and weather were both on Clift's radar as potential career tracks, professors told Clift comedy seemed to be his true passion. In 2008, Clift won the College Broadcasters Incorporated National Student Production Award for best comedy. And, shortly after completing his degree, he pursued comedy via a study abroad program in London to work with Baby Cow Productions.

He began taking improvand sketch comedy classes at the Upright Citizens Brigade shortly after he moved to Los Angeles in 2010, performing and writing for live shows throughout the city. Those experiences paved the way for his sketches and other work to be featured on Funny or Die, *The Nerdist*, and *UCB Comedy*.

But he noticed there weren't many Native American comedians landing mainstream opportunities. After honing his craft and forming relationships for several years, Clift helped organize and host the "First Ever Upright Citizens Brigade Native American Talent Showcase" in 2018.

"To work in this environment, you have to learn to love uncertainty," Clift says. "My career is eclectic. It's hard to make 5-year



Council members at Spirit Rangers premiere. Courtesy Joey Clift

plans or 10-year plans. Opportunities present themselves if you work hard."

Hard work translated to Clift's award-winning animated short film *Telling People You're Native American When You're Not Native Is a Lot Like Telling a Bear You're a Bear When You're Not a Bear.* It completed a long festival run and was listed on the Comedy Bureau's "Top 100 Things in Comedy" in 2019. The same year, Clift appeared on the podcast *How Did This Get Played*? to speak about the tokenization of Native people in the media. The episode was named among the top podcast episodes of the year by *IndieWire, Vulture,* and *Uproxx.*

Around the same time, *Spirit Rangers* series creator Karissa Valencia was looking for Native writers with kids' animation experience. After hearing about Clift through a mutual friend, she checked out his work. "We met in person in late February 2020 a few weeks before the pandemic shut everything down," Clift says. "We hit it off really well, she offered me a job, and I started working on the show in May of 2020."

Netflix and the writers' room nurtured a flexible and creative environment. "Netflix allowed us to make the show we wanted to make," says Clift, who wrapped up his role on the show last December. "That is a high I will be chasing my entire career." *

Being driven to success

BY BRIAN HUDGINS

Noël Mensah-Bonsu's introduction to Washington State University involved a cross-state journey and a new program for future teachers.

"I wanted to be either a teacher or a pediatrician," Mensah-Bonsu ('99 Psych.) recalls.

Milton Lang ('98 MA Elem. & Sec. Ed., '08 EdD Higher Ed. Admin.), former director of student recruitment and retention at the College of Education, had established and coordinated WSU's Future Teachers of Color Program.



Noël Mensah-Bonsu. Courtesy The Meyer Center for Developmental Pediatrics, Texas Children's Hospital

"He is the reason I went to WSU," says Mensah-Bonsu. "He literally drove across the state"—to Renton—"to pick up me and two other high schoolers and take us to WSU."

While she has never forgotten his effort, a medical career eventually won her over. Mensah-Bonsu is a developmental-behavioral pediatrician at Texas Children's Hospital in Houston and an assistant professor of pediatrics at Baylor College of Medicine. She has also served as program director for the Developmental-Behavioral Pediatrics Fellowship Program and director of resident education at the Meyer Center for Developmental Pediatrics at Texas Children's.

Mensah-Bonsu evaluates children who are not developing, learning, or behaving like their peers, in order to diagnose and treat differences such as autism, attention-deficit/hyperactivity disorder (ADHD), and learning disabilities, among others. She also oversees fellows in patient care, who help families to understand their children and recommending parenting strategies, therapies, and educational accommodations to maximize learning and quality of life for each child and family.

"I decided to be a doctor, but it wasn't for the usual reasons," says Mensah-Bonsu. "Truthfully, I did not love biology or dissecting frogs. I was pretty sensitive to smells and body fluids."

Psychology turned out to be the right route. Mensah-Bonsu landed a job in Michael Griswold's biochemistry lab at WSU, which provided both practical

experience and mentors. "Dr. Gris wrote me a letter of recommendation for medical school," Mensah-Bonsu notes. "It was a wonderful support system at WSU for my success."

Mensah-Bonsu supplemented her WSU course work and lab experience by working as an applied behavior analysis therapist for a child with autism. She later attended medical school at the University of Washington.

Becoming a mom helped propel her toward developmental-behavioral pediatrics. During her third year of pediatric residency at the University of Chicago, she gave birth to premature twins, born at 23 weeks. Miles weighed one pound, two ounces at birth and spent five months in an intensive care unit. He is now a six-foot-tall freshman in high school and plays sousaphone in the marching band. His twin Noah passed away at six days old.

"It wasn't until I had my own preemie and I was trying to figure out how to parent him better and teach him better so he could meet his own developmental maximum—that's when I came back to training in development and behavior," Mensah-Bonsu says.

Two of her three children have ADHD, which makes it difficult for them to sit and stare at a screen. "It makes remote education very difficult," she says, noting how the last couple of years during the COVID-19 pandemic have been challenging both personally and professionally.

Her children are 15, 11, and 9, and they—as well as her patients—have all had to learn flexibility and resilience during this stressful time. "Kids with autism," she explains, "have a hard time with changes in their schedules. They prefer structure and tend to have more challenges with communication and social skills, so that getting back to school in person is crucial to improving their lifelong success."

Mensah-Bonsu and her family moved in 2015 to Houston, where she fell in love with Texas Children's and her work helping children with across-the-board learning and behavioral differences.

While she originally went to WSU to become a teacher and "had no reason to think I would end up where I am now," she says, "it worked out the way it was supposed to work out." *

Motivated to do more

BY BRIAN HUDGINS

Three hurricanes and two tropical storms struck Louisiana during the record-breaking 2020 season, rapidly changing priorities for **SHAVANA HOWARD** and her colleagues.

Thousands of homes and businesses were left beyond repair. Roofs that could be fixed waited for months for work crews.

"The biggest challenge was sheltering Louisianians," says Howard ('05 Psych.), who was the assistant secretary of the Louisiana Department of Children & Family Services during those five back-to-back disasters. They also led to an unprecedented need for food. Her staff had to stop performing their regular jobs and start processing five times the normal volume of Supplemental Nutrition Assistance Program (SNAP) applications.

"Some had no homes, but they continued to show up—and I saw the resiliency," she says. "People had to overcome so many disasters. It was monumental."

Howard carried the memory of that resolve with her to Washington, DC, where she has served as a senior advisor for food, nutrition, and consumer services in the US Department of Agriculture since early 2023. Now she tackles food insecurity and other emergency needs on a national scale.

"I am looking at the entire country and how we all operate, working things from a federal perspective," Howard says. Up until this year, "my entire career has been all about the state perspective. I had to respond to challenges considering area policies and politics. Now, I am helping to support states to see what options they have."

Howard works with SNAP leadership and officials to support and hold states accountable for SNAP operations. She addresses reviews, regulations, and state waiver requests daily, among many other duties.

She blends those daily duties and their results into the big picture that involves local and federal efforts. Howard has worked with the Senate Agriculture committee, Alaska



Shavana Howard. Courtesy Louisiana Department of Children & Family Services

Senator Lisa Murkowski and staff, delegates from Delaware, and others.

Howard had witnessed emergencies before working in Louisiana. From early 2003 to spring 2020, she was an administrator in Washington state's Department of Social and Health Services, where she watched wildfires take their toll. "I spent the majority of my career in Washington (state)," Howard says. "It helped set me up for the position I'm in now."

She experienced her own difficulties as a youth in Atlantic Highlands, New Jersey. "We grew up in poverty," says Howard, who has been married for 20 years and is the mother of two adult sons. "My mother was a single mom, and it was me and my two brothers. We were on these programs. It built up that fire to help and do something better."

When she moved as a young adult with her family across the country, Howard continued her education at Pierce College in Puyallup before transferring to Washington State University. Psychology classes "made me want to stay in the field of helping people. I wanted to impact society."

Howard is making that impact in an invigorating environment that provides new challenges. Nearly a year into her new role, she calls upon her personal and professional experience. Working through the aftermath of wildfires and hurricanes is one piece of that role. Her upbringing motivates her to do more. "(It) reminds me of why I continue to go fight every day." **

newmedia



Keiko Hara: Four Decades of Paintings & Prints

LINDA TESNER AND RYAN HARDESTY WSU PRESS: 2022

The long journeys of artist Keiko Hara take form in swaths of color and shape that speak to land, ocean, and dreamscapes, all beautifully showcased in this book-length retrospective of her 40-year career.

Hara moved to Walla Walla, in the shadow of the Blue Mountains, in 1985. She was born in North Korea to Japanese parents, raised in Japan, and came to the United States in 1971 to pursue greater artistic freedom. She studied printmaking in Michigan and, after 21 years of teaching, retired from Whitman College in 2006.

A number of Hara's works use the word "topophilia" in their titles. More than just a sense of place, it's a form of love and an emotional connection to history, memory, natural settings, and the very essence of locations. Hara uses color and motion to bring these feelings to life.

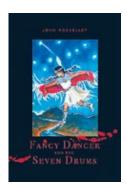
Her commitment to that vision is expressed through paintings and her own form of Japanese woodblock printmaking, often in abstract compositions. Some are displayed in permanent collections at the National Gallery, Art Institute of Chicago, Milwaukee Art Museum, Racine Art Museum, and the Detroit Institute of Arts, among others.

"For an artist moving between lands and cultures, Hara's work shows an artist stitching together many memories and navigating radical life transitions brought on by partings, loss, and making new homes," writes coauthor Ryan Hardesty, executive director and curator at the Jordan Schnitzer Museum of Art WSU. He has known Hara for almost 20 years.

The book, the first full-scale museum publication about Hara, reflects an exhibition at the WSU museum that ran from May 2022 through June 2023.

Whether you saw the exhibition, have long admired Hara, or want to experience for the first time a lifetime of work from an artist deeply connected to the Northwest and beyond, this volume will draw you into Hara's world through compelling visual stories.

-Larry Clark



Fancy Dancer and the Seven Drums

JOHN ROSKELLEY '71 GEOL.
DI ANGELO PUBLICATIONS: 2023

Nine-year-old Beth Louie is walking home with her little brother when a pickup comes barreling down the remote reservation road. It's dark. The drunk driver doesn't see them.

Beth pushes six-year-old Danny down a ravine and out of the truck's path. She's struck and killed—her small body tossed into the gorge, dirt kicked over her blood in the road. Investigators quickly see the scene has been tampered with. Will the killer—evidence points to a White rancher—be brought to justice?

This historical thriller, John Roskelley's first novel, centers around a 1954 hit-andrun that claims the life of a young Nez Perce Fancy Shawl powwow dancer. While the book begins with the kids' walk from the school bus stop on the Colville Reservation, this is no children's book.

Fancy Dancer and the Seven Drums digs into a dark part of America's history, and its themes—largely relating to racial prejudice and discrimination against Indigenous peoples—are heavy and uncomfortable. Roskelley

discusses generations of "systematic reeducation to erase from the children's memories the traditions and language of their tribe. An intentional cultural lobotomy."

Not only does he explore the emotional, physical, and spiritual abuse of federal Indian boarding schools, he delves into the perspectives of Latino and other migrants, and examines issues and events that bring them together. Dam building. Tree-fruit growing. Horse riding. Homelessness. Teen pregnancy. Poverty. Alcoholism. Depression.

While the narrative is a work of fiction, it's set against a real landscape in the early twentieth century. Roskelley deftly weaves fact with fiction, shifting locations and chronologies. The main narrative occurs in the mid-1950s, but backstories pull readers into the first five decades of the twentieth century across Washington: Wapato, Yakima, Omak, Spokane, Seattle, and Everett.

Fancy Dancer deals with difficult subjects. The detailed drama presents a well-researched look into troubling aspects of eastern and central Washington's past, the regions' Native peoples, and shared history that—unlike a novel's resolution—people are still reconciling.

- Adriana Janovich



Flashpoint: A Firefighter's Journey Through PTSD

CHRISTY WARREN '17 BUSI.

SHE WRITES PRESS: 2023

Nineteen-year-old Christy Warren is working for a private ambulance company when she responds to a crash. Two boys are trapped inside a car, along with the body of their mother.

newmedia

For the next 25 years, the smell of sunwarmed asphalt reminds her of that particular scene, described in the prologue of her new memoir in just enough detail—the dead mother's hair brushing against her arm, the sounds of her young sons' screams.

This intensely honest, heart-wrenching, and hopeful read is dedicated to "all the rescuers who have worn blood and endured the screams of those they serve."

Warren's approachable, highly personal, and compelling account of working as a paramedic and firefighter portrays a tough, stubborn, and skilled first responder who thrives on adrenaline, physical challenges, and proving herself in a mostly male environment—until the nightmares start.

She's 44 when the compartmentalizing she's been doing for decades no longer works as a coping mechanism for the more gruesome and stressful aspects of her job. "I had reached a tipping point," she writes. "I had to figure out what the hell was going on and fix it."

Warren details the grit and determination it takes to become a fire captain in Berkeley, California, and to learn to live with post-traumatic stress disorder. She tells her story matter-of-factly, writing realistically and clearly about her professional and personal journey. It's a story for first responders as well as those with an interest in or struggles with PTSD—or who just need a reminder to take care of themselves physically, mentally, and emotionally.

Divided into three parts, her book documents her career, her unraveling, and her recovery. She replies to a help-wanted ad in college, and soon she's working full-time as an EMT while going to class part-time—until she quits going to class. "I was so excited to wear the dark-blue, polyester, gas-station pants," she writes. "I wore them all day like a superhero's cape."

Warren describes going to gory scenes day in, day out, year in, year out—then heading off to lunch with her crew and increasingly turning to alcohol to alleviate the anxiety, difficulty sleeping, and images of the dead playing back in her brain on repeat. Her anger, desperation, and exhaustion mount. She starts crying "all the goddamn time."

It takes years to wade out of the "whirlpool of shame and darkness." Not only does she make it, but she summons the courage to be vulnerable and share her excruciating and inspiring story.

- Adriana Janovich

BRIEFLY NOTED

Wine Hiking Oregon: Explore the Landscapes of Oregon Wines

JACK COSTA '22 WINE & BEV. BUSI, MGMT.

HELVETIQ: 2023

The 30 hikes highlighted in this guidebook end near wineries, where trekkers can stop for a well-earned glass of pinot noir or another favorite varietal after hiking through Oregon's breathtaking wine country. Each entry includes a description of difficulty, points of interest, wine recommendations with tasting notes, and info about the varietals, winery, and winemakers.

Stuff TV NICK HUZAR '99 MGMT, INFO. SYS. 2023

Stuff TV, founded in 2023, is a weekly video podcast featuring experts in climate change, discussing ways to make a positive impact on greenhouse gas emissions. Huzar, who cofounded mobile marketplace OfferUp, talks with guests about topics such as sustainable housing, concrete, and recycling clothing. Stuff TV is at stufftv.org and on most podcast channels.

Oorah! The Adventures of a Brave Girl

ALLEN JOHNSON '85 PHD

ARCHWAY PUBLISHING: 2023

This young-adult novel follows a 10-year-old to England during the summer of 1969. Samantha, who prefers to be called Sam like her dad, a US Marine who died in Vietnam, visits her grandparents, the duke and duchess of Surrey. She charms everyone she meets, including Oliver, the groundskeeper's son, who becomes her confidant and co-conspirator in numerous incredible escapades.

Coyote's Swing: A Memoir and Critique of Mental Hygiene in Native America

DAVID EDWARD WALKER

WSU PRESS: 2022

This psychologist's look at how Western mental health ideology threatens Native lives and cultures is divided into four parts. The first is the author's own story. The second offers analysis of the US mental health system in Native America. Next is a look at its philosophical and religious foundations, then ideas for improving the system.

Shadow's Flight: A Fighter Pilot's Story

GREGORY DEAN TAYLOR '68 ENGLISH

A PLACE IN TIME.PRESS: 2022

Taylor follows his dream to become a fighter pilot in a Marine Corps F-4 Phantom, sharing stories of hair-raising combat missions in Vietnam, earning US Air Force and Navy wings (including engagements with the elite Top Gun squadron), and commanding a fighter squadron.

Wild Rose

JENNIFER MERSCHDORF '96 BUSI.

NEW DEGREE PRESS: 2023

After unexpected loss, Julia moves out of the city and buys an abandoned hotel in Connecticut. As she undertakes the renovation, she strikes up a friendship with the spirits of three women who died in the once-luxurious lodging. The spirits are trapped within the walls of the historical Wild Rose hotel, which—Julia learns as the novel unravels—hold many secrets.

Poems of the Point

LAURI CRUVER CHERIAN '86 ED.

POETRY BOX: 2022

This ode to growing up in Gig Harbor provides a window to a beachfront childhood on Puget Sound. Poems describe digging for clams and geoducks, looking for shells, fishing for cod, finding an eagle's nest, and spying sea life and—on a clear day—Mount Rainier.



In true Cougar Spirit, the latest release of the Cougar Collectors' Series is a little extra special. We are pleased to present Cougar X, the tenth release in the Cougar Collectors' Series. Cougar X is a limited-edition red blend wine from the creative Cougs at Five Star Cellars in Walla Walla, WA. You won't want to miss it. Guarantee your bottle by joining Wine-By-Cougars, the official wine club for Cougs, before August 7.

Learn more at $\mathscr O$ winebycougars.com.

Get your first taste of Cougar X at the Release Party this summer, happening over two days:

Friday, August 25, 1:00–4:00 p.m. Pacific
Saturday, August 26, 10:00 a.m.–4:00 p.m. Pacific

Five Star Cellars, 840 C St., Walla Walla, WA 99362 alumni.wsu.edu/CXFiveStar



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HEY, COUGS! Get your WSU Plate! WASHINGTON The Coug Plate is #1 in Washington. If you live in Washington and don't have one, get one at alumni.wsu.edu/WSUplate ALUMNI ASSOCIATION WASHINGTON STATE UNIVERSITY Already have a plate? Thank you! Let us know and get credit for your donation at alumni.wsu.edu/PlateCredit.

Alumni Association News

FALL FOOTBALL FESTIVITIES

As the leaves begin to fall and autumn approaches, the WSU Alumni Association can't wait for another exciting Coug football season! Whether you're on the Palouse or across the country, the WSUAA has plenty of fun opportunities to stay connected and cheer on the Cougs.

If you are traveling to an away football game, make sure to check out the PreGame, the official tailgate event before the team takes the field. This year's PreGames will be at Arizona State on October 28 and at Cal on November 11. To learn more and reserve your spot, visit alumni.wsu.edu/pregame.

Can't attend the game but want to watch it with fellow Cougs? Join WSU alums at a nearby Cougar Watch Party powered by BECU! Each week, WSUAA volunteers find the best Coug-friendly locations near you to gather with local fans nationwide. The official Watch Parties often offer drink and food specials, raffles, giveaways, and more. To find one near you, visit alumni.wsu.edu/watchparty.

Later this fall, the WSUAA is partnering with ASWSU, IFC/Panhellenic, and the Student Entertainment Board to bring you a reimagined Homecoming on **October 13** and **14**. The signature event for festivities surrounding the football game is a Pep Rally at the Lewis Alumni Centre, complete with fan interaction, local celebrities, a stage for live bands, and so much more. Visit **alumni.wsu.edu/homecoming** to stay up-to-date with this year's Homecoming festivities.

No matter where you are, you're never far from fellow Cougs who want to meet up and cheer WSU to victory. To learn about all the ways you can stay connected with Cougs and WSU, visit **alumni.wsu.edu**.

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JUDITH RAY won the 2022 College of Education and Human Development Distinguished Alumni Award from the University of Minnesota for a lifetime of overcoming gender and racial barriers.

Ray, born in a segregated community in St. Louis, was part of the first cohort of Black students to integrate Harris Teachers College, now Harris-Stowe State University.

After earning her teaching degree and two master's degrees, Ray ('79 MS Phys. Ed.) taught physical education at West Chester University, where she was the first and, at that



time, only Black person in her department.

She pursued her doctoral degree at the University of Minnesota, where she was part of the first cohort of the Common Ground Consortium, a program that recruits and supports Black graduate education students.

She retired in 2013 from the School of Business and Professional Studies at Cheyney University of Pennsylvania, the nation's first historically black college and university, after more than three decades of teaching, research, managing grant acquisitions, and more.

GORDON DAVIS ('68 Ag, '69 Ag. Ed.) has been inducted to the Meat Industry Hall of Fame, a recognition that includes meat and poultry industry leaders such as Jimmy Dean, Col. Harland Sanders, and Temple Grandin. He is recognized for his contribution to the industry and field of meat science. Davis was an assistant professor and coach of the meat judging team at Texas Tech University. He and his wife, Joyce, gifted \$44 million to the Gordon W. Davis College of Agricultural Sciences and Natural Resources at Texas Tech. 5 DALE CROES ('69 Anthro.) received the Society for American Archaeology Award for Excellence in Archaeological Analysis alongside Suguamish Elder and Master Basketmaker, Ed Carriere. Together, they published the cultural study, Re-awakening Ancient Salish Sea Basketry. They were recognized for their contributions to the study of basketry and textiles in the Pacific Northwest and to generationally linked archaeology.

STEPHEN CLIFTON ('81 Land. Arch.) has retired as assistant city manager of Mountlake Terrace. Previously, Clifton was an executive director in Snohomish County government. He also spent 14 years with the city of Edmonds as community services and economic development director.

★

TIM RICHARDS ('84 DVM) is a Hawaii state senator for District 4, representing the north shore of Hawaii Island. He is a sixth-generation resident of Hawaii and grew up working on his family's cattle ranch in North Kohala. Richards became a politician when he was elected to the Hawai'i County Council in 2016. He is a veterinarian for Veterinary Associates, Inc., in Waimea and headed the Cougar Crew Alumni Association for nearly 20 years. 🧩 LAURI CRUVER CHERIAN ('86 Bilingual Ed.) published her debut book of poetry, Poems of the Point. The book is a tribute to growing up on the beach in Gig Harbor. 🧩 DOUG CALL ('87 Wildland Rec., '97 PhD Zool.) will be the next senior vice provost at WSU. Call has been a Regents Professor in the Paul G. Allen School for Global Health since 2012. He joined the WSU faculty in 2000 and became a Fellow with the American Association for the Advancement of Science in 2014 in recognition for his contributions to food and water safety. 🧩 ROGER HEERINGA ('88, '89 MS Civ. Eng.) is the structural engineering representative to the Washington State Building Code Council. He was president and chief operating officer from 2008-2021 for DCI Engineers, where he spent his entire career. The company has grown from one office and 10 employees to 22 offices and 400 employees during his tenure. Since stepping back from managing the firm, Heeringa now focuses on reducing embodied carbon in buildings constructed by DCI. ALLISON REEVES-HELFEN ('89 Hotel & Rest. Admin.) is chief marketing officer for 26 North Yachts in Fort Lauderdale, Florida. Previously, she worked for OneWater Yacht Group. She has been in the marine industry for 5 years and has worked in the hospitality industry for more than 20 years.

DAVID MAY ('95 MA, '98 PhD Poli. Sci.) is the next president of Bellevue College. May has worked for Eastern Washington University for 23 years, holding roles such as interim president and professor of political science. He is an expert in Supreme Court politics. 🛠 ERIC SAINDON ('96 Arch.) won his first Academy Award for his work as senior visual effects supervisor for Avatar: The Way of Water. Saindon also worked on the original Avatar. He has worked at Weta FX in New Zealand for more than two decades, having traveled there to work on The Lord of the Rings franchise. He has previously been nominated for an Oscar for his work on The Hobbit trilogy. 🧩 SEAN WELLS ('96 Civ. Eng.) is the director of public works for Pullman. Previously, Wells was the City of Bellevue's development

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COURTESY KAITLYN THORNTON

Agriculture looks pretty fun in KAITLYN THORNTON'S hands.

Big trucks, small trucks, pears and apples, belt buckles and boots, and lots of music.

Thornton, who'll graduate from the Carson College of Business in December 2023, is an ag influencer on TikTok and Instagram with hundreds of thousands of followers.

Through videos and photos she educates her followers on what it takes to operate a more than 400-acre orchard in

north-central Washington. For example, that "dust" on apples in the family orchards? It's natural clay sprayed on the fruit to prevent sun damage. And imperfect fruit tastes just as good as perfect specimens.

Thornton's growing audience has netted her a variety of sponsorship deals, and she has begun doing social media consulting



for other organizations. She's been featured on websites and in the Farmer's Almanac. She spent spring semester on a study abroad trip to Switzerland, which included visits to farms in Germany and Italy.

Once she graduates, she wants to boost the fortunes of her community and her family farm through marketing.

"My main goal is to make an impact in agriculture by bridging the gap between consumers and producers through media and advocacy," she says.

She adds about her packed schedule, which includes frequent trips back and forth from Pullman to the family farm, "I'm busy, but it doesn't always keep me out of trouble, I'll be honest."

BY ADDY HATCH

review manager in the utilities department for 10 years. SGREGORY ULRICH ('98 Crim. Jus.) was promoted to the rank of colonel in the United States Air Force Reserve.

WAITHAKA MWANGI ('02 PhD Vet. Sci.) is the 2023 recipient of the Marty Vanier and Bob Krause BRI Research Fellows Program. The program, founded in 2015 at Kansas State University, fosters interdisciplinary research and educational opportunities within the Biosecurity Research Institute at K-State. Mwangi is an immunology professor and has been with the Department of Diagnostic Medicine/Pathobiology for 9 years. He has more than 25 years of experience working on vaccine design and antigen delivery platforms in large animal species. **SP CHUNMING LIU** ('08) PhD Neurosci.) is an associate professor in the College of Optometry at Pacific University. She is the principal investigator for the childhood atropine for myopia progression study at PUC. 5 JULIANNA SIMON ('09 Bioeng.) is the 2023 recipient of the Acoustical Society of America's

R. Bruce Lindsay Award. Simon was recognized for her contributions to the study of ultrasound-induced mechanical bioeffects. She is an assistant professor of acoustics and of biomedical engineering in the Penn State College of Engineering and is head of the Biomedical Acoustics Simon Lab.

TRACY KLEIN ('11 PhD Nursing) is WSU's Faculty Senate chair-elect for the 2024-25 session. She will be the first chair from outside the Pullman campus and the first from the College of Nursing. Klein is a nurse practitioner on the Vancouver campus. She currently serves as a faculty senator for the College of Nursing and co-chair of the Faculty Status Committee. Klein is also assistant director of the Center for Cannabis Policy, Research, and Outreach at WSU. 🧩 CHIO FLORES ('14 PhD Higher Ed. Admin.) is president of Pierce College Puyallup. Previously, she served as vice president for student services and enrollment management at Wenatchee Valley College. 🧩 JORDAN MCGREGOR-HANSEN ('16 Ani. Sci.) is head volleyball coach at Wenatchee High School. She has been a member of the school's coaching staff for three seasons. AMIR GILMORE ('19 PhD Ed.) is reappointed as associate dean for diversity, equity, and inclusion in the College of Education at WSU. Gilmore is an assistant professor of the Cultural Studies and Social Thought in Education program. He hopes to grow the Alhadeff Future Teachers of Color program across the WSU system during his second term. Gilmore is also the advisor for the Black Student Union at WSU.

ARMANI MARSH ('21 Sport Mgmt.) signed a free agent deal with the Tennessee Titans. Marsh was a defensive back for the Cougars. He was twice named All-Pac-12 Honorable Mention. 5 JACK COSTA ('22 Wine & Bev. Busi. Mgmt.) is marketing and communications manager at Reustle-Prayer Rock Vineyards in Roseburg, Oregon. Costa is a wine writer who has been featured in online and print publications like Wine Folly, Michigan Uncorked, and the American Wine Society Wine Journal. His first book, Wine Hiking Oregon, was published in June.

The Black Cypress, Pullman's downtown fine dining establishment, was a finalist for the 2023 James Beard Foundation Award for Outstanding Hospitality.

Twenty semifinalists were announced in January. The final five nominees were named in March.

The Greek- and Italianinspired Black Cypress, opened in downtown in 2009, draws much of its workforce from Washington State University. Many of its frontof-house staff are students.

Owner NIKIFOROS "NICK" **PITSILIONIS** (x'07) is a former

WSU employee and graduate student. Before opening his restaurant, he worked from 2004 to 2007 at the Writing Center, where he served as assistant director of tutorial services. He has also worked at the famed French Laundry in California and Nectar restaurant and lounge in Moscow, Idaho.

Pitsilionis, born in Greece, says his approach to hospitality is influenced by his heritage; the Greek word for hospitality, *philoxenia*, means "love of strangers." He says he wants customers to feel welcome, comfortable, connected, and restored by their experiences at the Black Cypress.



Graduation, Family Weekends, and Coug football game days are among the restaurant's busiest nights. Governor Jay Inslee dined there earlier this year. WSU students and their parents, alumni, professors, and administrators are frequent customers.

The late Mike Leach, who coached WSU football from 2011 to 2019, was a regular. In fact, he offered this advice for dating in Pullman: "I would go to Black Cypress, if you really want to make a good impression ... I'd talk to Nick beforehand because he has

the menu and it's all really good. He's got some great appetizers and he'll come by and keep hitting you up—here's this, try that—and I think it should work out really well."

Appetizers include the signature pork souvlakia and Cypriot cheese sandwiches.

The three top-selling mains are carbonara, a roasted half chicken atop bread salad with kale and herbed pan jus, and rib eye with béarnaise butter and mashed potatoes.

BY ADRIANA JANOVICH

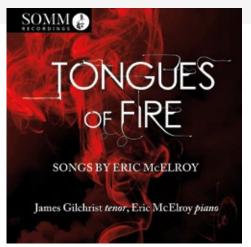
Honors College alumnus ERIC MCELROY'S ('13 Music) debut album, Tongues of Fire, released by Somm Recordings in March 2023, includes songs that he says draw connections to his student days at Washington State University. Financial support from the Honors College allowed him to study abroad in Vienna before he graduated in 2013.

"That incredible experience was only meant to be a six-month adventure, but I'm still in Europe 10 years later," McElroy said.

The album features McElroy on piano for four connected song cycles and a single song. Each of the song cycles explores distinct

introspective themes inspired by modern poets, including former US Poet Laureate W.S. Merwin, transforming their ideas and meanings from the written word to music. Performing with McElroy is celebrated English tenor James Gilchrist.

The album takes its title from the third song cycle, which is based on the works of poet Grevel Lindop. McElroy credits his Honors English



professor Robert Eddy with introducing him to Lindop's work. That introduction and the education and encouragement he received from WSU music professor Gerald Berthiaume continue to influence his work as a performer, teacher, and researcher today.

"Simply put, none of my subsequent achievements would have been possible without the support of WSU," McElroy said.

In 2014, McElroy completed a master's degree at the Music and Arts University of the City of Vienna. He earned an advanced diploma in professional performance with distinction at the Royal Birmingham Conservatoire in

2017 and is currently a doctoral candidate at Oxford University. He has written for solo piano, voice, choir, orchestra, and various chamber ensembles, and his works have been performed across Europe and the United States.

BY PHYLLIS SHIER

Inmemoriam

BETTY JEAN (JESSUP) DAKE ('46 Math., '52 Ed., Delta Delta Delta), 98, February 23, 2023, Bakersfield, Oregon. GRACIA ANNE BAKER ('48 Bacterio.), 96, June 8, 2021, Gladstone, Oregon. GLADYS E. JENNINGS ('48 MS Home Econ.), 97, April 26, 2023, Mill Creek. MARY LOU COSBY-MONROE ('49 Music, Alpha Chi Omega), 95, January 20, 2023, Portland, Oregon. ELLENE L. ESTERGREEN ('49 Gen. Stu.), 94, April 13, 2022, Pullman. **BEVERLY IRENE (MINNICH) SMITH** ('49 Phys. Ed.), 95, December 25, 2022, Wenatchee. MARGARET ROSEMARY (BRISCHLE) YOUNG ('49 Home Econ.), 95, February 14, 2023, Seattle.

ROBERT A. COCHRAN ('50 Ag. Eng.), 93, September 2, 2019, Salem, Oregon. RICHARD LEE DUNLAP ('50 Ag.), 98, February 19, 2023, Valley. MIDORI (OKANO) KOMOTO ('50 Pharm.), 93.

May 25, 2020, Olympia. JOANNE SLAVIN ('50 Comm., Alpha Phi), 94, March 10, 2023, Spokane Valley. FRANK K. SLAGLE ('51 Pharm.), 101, December 23, 2022, Redmond. ROBERT D. TOKARCZYK ('51 Forest & Range Mgmt.), 96, February 27, 2023, Vancouver. CHARLES S. UHLING ('51 Accounting), 94, November 24, 2022, Walla Walla. **PEGGY LOUISE EMTMAN ('52 Home** Econ.), 91, November 21, 2022, Quincy. MARIAN BALDY KENEDY ('54 Busi., Alpha Delta Pi), 90, January 21, 2023, Vancouver. PAUL JACOBSEN ('55 DVM), 95, March 25, 2023, Rincón de Guayabitos, Mexico. JOAN MARGARET SNOW ('55 Busi.), 86, August 8, 2020, Snohomish. JAMES LESTER GOOD JR. ('56 Elec. Eng.) 85, March 9, 2022, Cupertino, California. LILLIE (CARTER) FOSTER ('57 Music), 88, February 14, 2023, Pottstown, Pennsylvania. GEORGE H. HARRIS ('57 Poli. Sci., Sigma Phi Epsilon), 88, December 25, 2022, Batavia, Illinois. MERWIN L. CEDERBLOM ('58 Busi.), 92, February 7, 2023, Kirkland. ROGER G. EMBLEN ('58 Busi.), 86, March 23, 2023, Navarre, Florida. EDWARD PATRICK LINK ('58 Hotel & Rest. Mgmt., Beta Theta Pi), 86, January 30, 2023, St. Charles, Missouri. JOAN C. MARSHALL ('58 DVM), 89, April 3, 2023, Ekalaka, Montana. JEAN BERGERSEN ('59 Soci. Sci.), 85, August 20, 2022, Seattle. THOMAS EVAN GARRED ('59 Pharm.), 83, October 17, 2020, Dallesport. GERALD HUGH HADDOCK ('59 MS Geol.), 94, April 1, 2023, Carol Stream, Illinois. RICHARD H. STEINER ('59, '60 MA Econ., Delta Sigma Phi), 86, January 13, 2023, Richmond, Virginia. PAUL WILLIAM SUNICH ('59 Busi.), 91, March 15, 2023, Bellevue.

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LINDA JUNE (LEWIS) DUNN ('60 Home Econ., Kappa Kappa Gamma), 86, June 15, 2022, Spokane. WAYNE O. FREDEEN ('60 Civ. Eng.), 85, March 20, 2023, Eagle River, Alaska. MYRON S. SWANSON ('60 Agro., Lambda Chi Alpha), 85, March 6, 2023, Tacoma. DON RALPH VAN LEUVEN ('60 Ag. Eng.), 86, December 18, 2022, Spokane. LOUISE E. HUDSON ('61 Elem. Ed., Gamma Phi Beta), 83, February 26, 2023, West Seattle. COLLEEN CROOK ('62 Ed., Gamma Phi Beta), 82, March 13, 2023, Pullman. JOHN T. LEDGERWOOD ('62 Ag. Econ.), 89, August 14, 2021, Ephrata. JOHN GLADE ALLRED ('63 DVM), 86, April 6, 2023, Syracuse, Utah. ALBERT F. WERMUTH JR. ('63 Zool.), 86, March 10, 2023, Raritan Township, New Jersey. MARY HELEN JOHNSON ('64 Gen. Stu.), 80, March 12, 2023, Everett. WILLIAM R. KELLEY ('64 Pharm.), 83, December 5, 2022, University Place. JAMES FRANCIS SENKO ('64 Elec. Eng.), 85, July 30, 2021, Steilacoom. ROBERT "BOB" VERNON SNYDER ('64 Agro.), 87, August 10, 2022, Seattle. WILLIAM K. BURRIS JR. ('65 DVM), 83, April 24, 2023, Newport, New Hampshire. MARTIN G. NIEMI ('65, '70 MAT Phys. Ed.), 80, August 2, 2022, Juneau, Alaska. **LEAH A. (THORNTON) OSTRANDER** ('65 Home Econ.), 80, April 7, 2023, Fort Lauderdale, Florida. PATRICIA ANN **PERISIC** ('65 Fine Arts), 76, May 17, 2019, Billings, Montana. GWEN JOYCE ROSS ('65 Home Econ.), 79, August 3, 2022, Redmond. RANDOLPH J. COLLINS ('66 Pharm.), 80, April 21, 2023, Spokane Valley. ROGER B. STARK ('66 Forest & Range Mgmt.), 78, February 24, 2023, Ellensburg. MUNIR A. DAUD ('67 Civ. Eng., '72 Arch.), 80, April 30, 2023, Pullman. WILLIAM STUART RUDD ('67 Gen. Stu., '73 MAT Ed.), 79, September 30, 2022, Lake Tapps. CURT SANDS ('67 Hotel & Rest. Admin.), 78, January 2, 2023, Portland, Oregon. RAY WILLIAM BILLS ('68 PhD Botany), 85, October 27, 2022, South Jordan, Utah. JANET ANN JOHNSON ('68 Ed.), 77, April 21, 2023, Edmonds. WALLACE DAVID "DOC" HARDMAN ('69 DVM), 78, March 29 2023, Lynden. PAULETTE KAY KORNS ('69 Busi.), 76, April 7, 2023, Alexandria, Virginia. WEBSTER "WEB" RUBLE ('69 Comm.), 88, April 30, 2023, Fairview, Oregon.

CARL FREDRIC EHLEN ('70 Forest & Range Mgmt., Theta Chi), 76, March 31, 2023, Lake Oswego, Oregon. JONATHAN D. CROSIER ('70 Elec. Eng.), 76, March 22, 2023, Idaho Falls, Idaho. BILLIE JEAN MATTHEWS ('71 Socio.), 78, November 21, 2022, Olympia. DENNIS P. REYNOLDS ('71 Gen. Stu.), 82, April 23, 2023, Richland. WILLIAM F. BUCKEREIS ('72 MAT Math.), 79, March 13, 2023, Framingham, Massachusetts. STEVE ROBERT CAMPBELL ('72 Wildland Rec.), 70, May 5, 2019, Helena, Montana. HERBERT H. NAGATA ('72 Pharm.), 80, June 18, 2021, Hilo, Hawaii. ERNEST "ERNIE" L. NICHOLSON ('72 Poli. Sci., Phi Kappa Tau), 72, December 17, 2022, Vancouver.

KATHLEEN F. "KAY" RICH ('72 English), 84, April 6, 2023, Bellingham. WAYNE E. **STALEY** ('72 Econ.), 71, March 4, 2023, Olympia. STANLEY GLENN TODD JR. ('73 PhD Geol.), 85, June 3, 2021, Livingston, Montana. JAMES ANTHONY NOLAN ('74 PhD Socio.), 83, October 13, 2021, Virginia Beach, Virginia. **GREGORY LEE PIERCE** ('75 MA Poli. Sci.), 76, September 19, 2022, Independence, Oregon. DAVID NEAL **SHERMAN** ('76 Civ. Eng.), 68, September 1, 2022, Edgewood. JAMES CARL MOELLER ('78 Psych.), 67, March 8, 2023, Vancouver. JAMES EDWARD YOUNG ('78 Vet. Sci., '79 DVM), 73, September 6, 2022, Maple Valley. SAMUEL MARK RILEY ('79 PhD English), 83, May 9, 2021, Walla Walla.

KENNETH LESLIE DART ('82 Hort.), 62, August 7, 2021, Salem, Oregon. JOHN P. SULLIVAN ('82 Poli. Sci.), 68, January 16, 2023, Lyle. KATHRYN "KATHY" ELAINE LUCK ('83 Poli. Sci.), 63, March 14, 2023, South Pasadena, California. GERALD "JERRY" SEHLKE ('84 Biol., '86 MS Entom.), April 12, 2023, Stanwood. JOHN PATRICK "PAT" NAGLE III ('85 Mktg.), 60, February 23, 2023, Gig Harbor. REX ALLEN WARREN ('85 Mech. Eng.), 60, April 4, 2023, Manchester. DIANA ELIZABETH ROBERTS ('88 PhD Agro.), 62, March 18, 2020, Spokane. LISA ANN COWAN ('89 Comm.), 56, April 13, 2023, Carmel, New York.

JAMIE LYNN (VITT) CIMMIYOTTI ('91 Busi.), 54, December 17, 2022, Richland. KAREN MARIE STARRITT ('92 Busi.), 51, June 23, 2020, Edmonds. LAURA LEA (LEWIS) O'BRIEN ('93 Pharm., Alpha Chi Omega), 52, April 29, 2023, Spokane. DUNCAN RILEY VANDERWALL ('95



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Inmemoriam

Mech. Eng.), 70, February 2, 2023, Spokane. BARTON JOSEPH ANDREWS JR. ('97 Soc. Sci.), 62, October 7, 2022, Longview. SCOTT ALLEN CRAWFORD ('98 Mech. Eng.), 44, February 6, 2020, Maple Valley. CLAUDIA MARIE PACIONI ('98 Math., '15 MEd), 69, April 6, 2023, Pullman.

SANDRA EVOSEVICH ('03 Soc. Sci.), 77, April 4, 2023, Kennewick. SCOTT M. DUVALL ('07 DPH Pharm.), 54, March 16, 2023, Moses Lake.

ALLISON ELIZABETH KENNEDY (*10 Poli. Sci.), 36, May 10, 2023, Burke, Virginia. KELSEY ELIZABETH LOUNSBURY (*12 Kinesio.), 30, June 29, 2019, Sunnyside.

NICKOLAS COLTON STARKS ('21 Bioeng.), 28, May 9, 2023, Pullman.

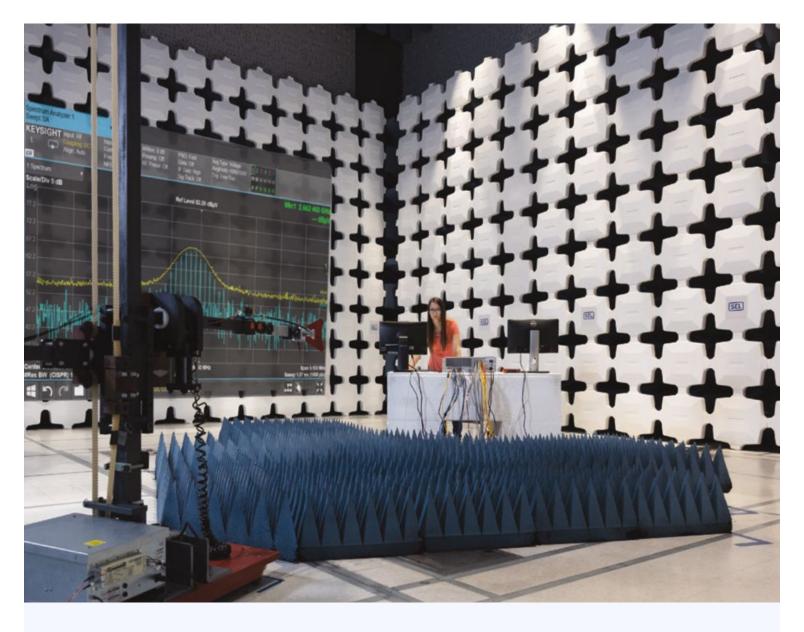
FACULTY AND STAFF

KEITH AILOR, 63, Facilities, 1989-2015, May 14, 2023, Pullman. K YOSHIE BLAKESLEE, 84, Civil & Environmental Engineering, 1976-1994, January 30, 2023, Bellevue. "LAURACE "LAURY" J. BROWN, 84, Distance Degree Program, 1980-2004, March 1, 2023, Clarkston. 🛠 ROSS A. COATES, 87, Fine Arts, 1976-1997, December 22, 2019, Moscow, Idaho. S DANIEL COONRAD, 81, Animal Sciences, 1967-2003, December 6, 2022, Pullman. 5 MAXINE "MICKEY" N. DANIELS, 86, Physics and Astronomy, 1962-1998, March 20, 2023, Langley. 🛠 RICHARD GOMULKIEWICZ, 61, Biological Sciences, 1996-2023, March 25, 2023, Lewiston, Idaho. 🧩 HARLEY L. HITES, 72, Facilities, 1977-2005, March 22, 2023, Moscow, Idaho. 🛠 GLADYS E. JENNINGS, 97, Food Science and Human Nutrition, 1966-1991, April 26, 2023, Mill Creek. 5 JACQUELINE "JACKIE" A.

KNIGHT, 82, Facilities, 1961-2008, April 3, 2023, Palouse. 5 LISA J. MCINTYRE, 69, Sociology, 1987-2019, February 20, 2023, Arlington. 5 DONALD C. ORLICH, 91, Education Leadership and Counseling Psychology, 1967-1994, February 27, 2023, Pullman. K CLAUDIA MARIE PACIONI, 69, Mathematics and Statistics, 1999-2023, April 6, 2023, Pullman. 🛠 DIANA E. ROBERTS, 62, Spokane Extension, 1991-2018, March 18, 2020, Spokane. 5 JACK CROSBY SCHUMAN, 96, Fine Arts, 1971-1992, Ashland, Oregon. 5 MICHAEL J. TATE, Extension, Equity and Inclusive Excellence, 1998-2014, April 15, 2023, Pullman. 🛠 EDDIE LEE THOMASON JR., 93, Yakima County Extension, 1964-1995, March 23, 2023, Selah. 5 JAMES LEONG WAY, 97, Pharmacy, Veterinary Medicine, 1967-1982, April 12, 2023, San Francisco, California.







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All along the atrium that rings Beasley Coliseum, rows of tables display pots of Cougar Red tomatoes, baskets of splashy begonias and fuschias, and four-packs of flower and vegetable starts. It's the Washington State University Horticulture Club's plant sale on Family Weekend in early April, and it is far too early for planting in Pullman.



For years, though, visitors from more moderate climes like Seattle and other places on the west side of the state have looked forward to browsing the plants and taking home their favorites. The plants were started and nourished in greenhouses around the WSU Pullman campus around 13 weeks before the sale. Later sales benefit gardeners from the state's east side, when the planting season arrives. Most of the proceeds from plant sales fund scholarships for horticulture students.

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WEB EXTRAS

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