

GONZAGA

TABLE TALK
All about food

SPECIAL BASKETBALL INSERT INSIDE



Behind the Scenes Our “Table Talk” cover photo model is senior Maddie Stutz, of Seattle. Maddie has a food story of her own: She was diagnosed with type 1 diabetes the summer before starting college.

Read her story and others at gonzaga.edu/magazine.

(Zack Berlat at left; Andrew Juarez, right)



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“Food facilitates people coming together to build community and relationships. And when that happens, God is present.”

Father Steve Hess, S.J. 34
Alumni chaplain





DISCOVERING SCIENCE, TOGETHER 16

Gonzaga biology and chemistry students take Science in Action! to elementary schools for explosions and experiments that ignite the wonder of science.

BY KATE VANSKIKE

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From large corporations to nonprofit organizations, leaders throughout the Spokane community offer students from the School of Business Administration an inside look at how the business world works.

BY SIDNEE GRUBB ('18)

TABLE TALK 26

Our lives are impacted every day by food – what we put on our plates, whom we share meals with, the reality of hunger around us. The magazine staff has put together a delectable feast of food for thought. It'll have you hungry for more.

COMPILED BY KOURTNEY SCHOTT ('18) AND KATE VANSKIKE

ON THE COVER:

PHOTO BY RAJAH BOSE AND ZACK BERLAT ('11); CONCEPT BY ANDREW JUAREZ.

ONLINE

gonzaga.edu/magazine

“Gonzaga means so much to me. Whether I’m in the Kennel with my Zags, or with friends in Hemmingson, or on a table with some cauliflower - I’m just so happy to see my journey unfold at Gonzaga.”

– Maddie Stutz ('18)

STORY OF A STORYTELLER 6

Whether you’ve read one issue of *Gonzaga Magazine* or every story harkening back to the days of *Gonzaga Quarterly* and *Signum*, Dale Goodwin has given you great stories – touching encounters, remarkable feats and everyday moments of Gonzaga. Here’s to 35 years as Gonzaga’s chief storyteller.



SHARE AND WIN

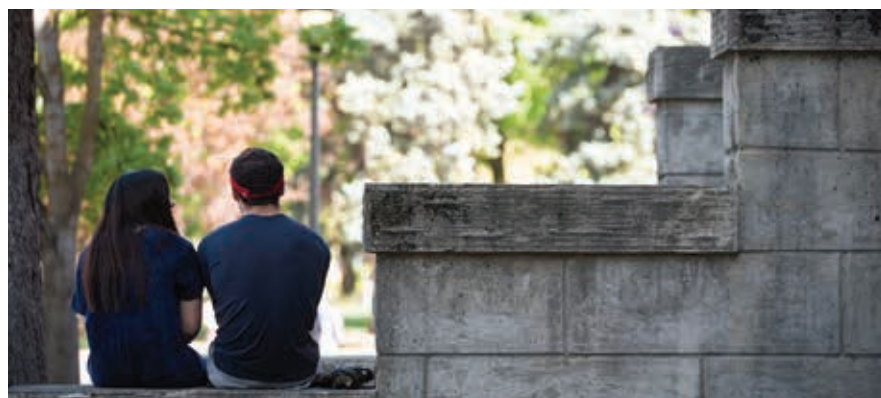
This cool sticker will look great on your favorite water bottle or travel mug. Write to editor@gonzaga.edu with your thoughts on this issue to receive one.

FOLLOW YOUR ZAGS



BE IN TOUCH

Send your alumni news, change of address and updated contact information to us at gonzaga.edu/alumninews or email gonzaga@gonzaga.edu.



THE GIFT OF AN ORDINARY DAY

I felt compelled to write after reading the Winter 2016 Gonzaga Magazine, "Making Connections" article. My connection: "The Gift of an Ordinary Day" by Katrina Kenison. Several summers ago, while on vacation with our two sons, both attending GU, I read this book. We were in a studio apartment and I was feeling stuck. At 56, both sons on the cusp of their "leaping point," I felt at odds with exactly where I fit in, as my work as I knew it became suddenly fluid. My 20-plus years of structure was changing: college, caring for an aging parent, graduation on the horizon.

"The Gift of an Ordinary Day" had many differences from my own experiences, but, those aside, felt as if Katrina Kenison was writing

to me. She really kind of knew too much! She spoke of feeling lost, feeling sad, feeling like she was losing the connections, the fabric of her family she'd spent so many years weaving. Both boys going in different directions, they were changing, too. The core of her experience of struggle was very close to my own. There was definitely "common ground, a shared experience."

I gave this book as a gift to many of the mothers I am friends with. I underlined so many passages and entire pages. I refer to them often, glancing through to remind myself I have company in this bumpy journey of parenting.

Moyra Paul Trigueiro
San Francisco



HOW TO SAVE A LIFE

Thank you, Gonzaga. I am grateful your campus community is talking about this tough-to-discuss subject. Marny (Lombard) and parents like her are saving lives by sharing their stories of loss by suicide!

Meghan Pence
(via Facebook)

As the mom of a child who suffered with mental health issues, and an attempt to take his life, I can't thank you enough.

Karyn Sullivan
(via Facebook)

I wanted to share how moved I am by the story (Marny Lombard) shared about her son, Sam. Thank you for the bravery it took to speak so openly and honestly. Somewhere, hopefully you've saved a life.

Trevor Wertemmerger ('94)
Spokane

GRAMMAR TEST

I enjoyed reading my issue cover-to-cover once again! There is a picture caption on page 3 (Winter 2017) that may have slipped past the proofreaders though. "Anyone have a guess who this lovely couple are?" The verb "are" should be changed to "is." My training with Dr. Herzog and company in the English department is dearly treasured.

Joana (Tschimperle) Ransford ('00)

WE'D LOVE TO HEAR FROM YOU, TOO.

See a photo or read a story that really resonates with you?

Share your response with fellow readers! Email editor@gonzaga.edu.

Joana: We follow The Associated Press Stylebook, which has treated "couple" as plural for a long time when it is used "in the sense of two people," as demonstrated with the "couple are" reference above. However, the time-honored approach of recasting the wording would have been easy: "Can anyone identify this lovely couple?" Thanks for reaching out.



Going Green

Gonzaga readers care about sustainability and often have questions about the environmental impact of their (favorite!) magazine. The 2016 reader survey yielded 16 comments related to printing concerns. Here are a few questions we're happy to answer:

Q: If I receive the email with a link to the magazine online, will I still receive a paper copy in the mail?

You have options. If you love receiving the print magazine but would still like an email, you can have both. If you prefer to receive an email reminder when a new magazine is online instead of receiving a paper copy, we will honor that.

TELL US your preferences:

Email updates@gonzaga.edu, visit gonzaga.edu/updateyourrecord or call 800.463.6925.

Q: I know the paper is compostable, but is the ink safe for the worms in my compost bin?

Yes. Using plant-based (soy) inks has been an industry standard for several years.

Q: Have you done a serious cost-benefit analysis of the magazine?

Yes. Here are some elements we evaluate on an ongoing basis:

1. The cost of the individual piece. You'll be happy to know that a single issue of Gonzaga Magazine costs just 88 cents to print, so even with postage and transportation, your copy is still less than \$1.
2. Engagement with our readers. In our 2016 readership survey, 88.7 percent said they "agree" or "strongly agree" that the magazine "strengthens my personal connection to Gonzaga." There is nothing more important to us than maintaining ties with our Zags.
3. A third of those same respondents in #2 said they made a donation to the university as a result of receiving the publication. While it's hard to know whether an online gift is in specific response to the magazine, it's certainly easy to calculate checks received in the provided envelope, and those total around \$60,000 annually.

Q: I noticed your magazine uses responsible FSC sources for your paper but I wondered if GU will be trying to use recycled paper in future publications to be responsible to our environment?

Yes. The issue you're holding now is printed on 100 percent post-consumer recycled paper. We've made this switch with Gonzaga Magazine as a demonstration of our commitment to earth-friendly practices. And, you'll be happy to know that this comes at no added expense, thanks to the buying power available by using the same printer as a fellow Jesuit school.

Thanks for asking such great questions.

Wash Your Bowl

According to a Zen koan, a young monk asked his teacher for the key to enlightenment. The master said, "Did you eat? Then wash your bowl."

There are variations on both the story and its interpretation, but what has stuck with me since first reading it is the idea of gratitude. Did I just eat? Washing my bowl could be an act of thankfulness for the meal I just enjoyed.

Eating three times a day, I suspect, is an act many of us take for granted. Perhaps we remember to pause and offer thanks before partaking. Maybe we give great thought to what we'll prepare for the next meal. Once in a while, we may take extra care to follow a special recipe, and other times, it's more enjoyable to eat out and let someone surprise us with a tasty new concoction.

So many options.

And yet ... more than 12 million families in America struggle with hunger. In more than 90 percent of those homes, adults skimp on eating or skip meals completely to leave more for children. Seventy percent of children benefit from the national school lunch program.*

Disparity is just one of many issues to consider related to our favorite subject: FOOD. Inside this issue, we'll hear from faculty experts on nutrition and ethics, see what students are eating in the new COG and discover what Zags say are the best restaurants in Spokane. There's much more inside, including topics for table talk, the next time you gather for a meal with others or quietly reflect on your own.

Enjoy your bounty ... then wash your bowl.



Kate Vanskike, Editor
editor@gonzaga.edu

*worldhunger.org, feedingamerica.org

*Dale Goodwin
 – who just
 celebrated 35
 years as Gonzaga’s
 storyteller –
 sees the miracle
 of life and
 God’s blessings
 everywhere
 he looks.*

The clarity of Dale’s memory is astounding. He can remember everyone’s name, any significant date and descriptive history. Every vivid memory contains a story. Every story tells of sunshine through the clouds and the everyday miracle.

The little stresses and annoyances that trip others up? Dale glides through them. His Jesuit drive for “magis” or more? A pure love for the people of this university.

After finishing a degree at Washington State University and a short stint at The Spokesman-Review, Dale received an offer from Gonzaga Athletic Director Dan Fitzgerald to become the sports information director. His first major task? Organizing the massive and memorable 1981 Washington State University vs. Gonzaga men’s basketball game, a personal competition between his alma mater and his new place of employment. Dale says, “The minute the ball went up, I knew I was a Zag. It was amazing!”

Other great transformations took place during his tenure as SID. He met Mary, the real love of his life, and they married on Pecarovich Field. He also converted to Catholicism, which drew him closer in relationship with God. At Dale’s confirmation, then-university vice president and good friend Fr. Art Dussault was sitting in the back of the university chapel when the ceremony ended. Dale says, “Our eyes met, he stood up, waved his cane at me and said, ‘It took us a while, but we finally got you!’ ”

In 1989, Dale became director of public relations and stepped confidently onto a new court – university administration and public relations. The work he would do for the next 22 years would challenge and change him. He was buoyed by his workmates who supported him through Mary’s five-year bout with pulmonary fibrosis and successful lung transplant, which demonstrated to him what a caring

community Gonzaga is. He always found the positive in some of the university’s most trying issues, and helped the community recognize the good here: the racial harassment in the Law School that turned into Spokane’s Community Congress on Race Relations, and the arrest of a high-profile student-athlete who, with tremendous university support, blossomed into a community servant and professional player.

Today, as communications manager/senior writer and editor for Marketing and Communications, Dale says he is happy to be “going back to my roots where I did more writing, telling the stories of our people.”

A recent favorite assignment was honoring former President and Chancellor Fr. Bernard Coughlin’s impact on the University over his 42-year career, which came down to the relationships he built, something Dale could certainly identify with. In fact, all the stories Dale recalls have a similar theme: *cura personalis*, or the care for the individual. “That’s what makes Gonzaga a very special place with a very big heart.”

There were moments during his reminiscing that emotion nearly overcame Dale. He paused as the words caught in his throat. His eyes showed the overwhelming feeling living there: joy, love and blessing. It has always been about more than just the work to Dale. He glories in kindness and service. He is an admirer of the spirit every Zag carries within.

“I love this place. I love the people that I work with, all of them. I feel so good going to work to represent an institution like this,” says Dale. “There’s not been one day that I’ve ever gotten up in the morning and thought ‘Oh jeez, I’ve got to go to work today.’ Not one. I’ve had some ups and downs here but not one day did I ever regret representing this place and its people.”

A MIRACULOUS QUALITY about Dale is how easily he dismisses the role he has played in some powerful stories himself. We bet our readers agree. Have a story of Dale to share? Email editor@gonzaga.edu.



STORY OF A STORYTELLER

BY SIDNEE GRUBB ('18)



BEYOND “OURSELVES”

Sophomore David Ahern won first place in the Norton Writer’s Prize competition, an annual undergraduate essay contest. “Ourselves” is a narrative of rescue of avalanche victims during his time volunteering with King County Search and Rescue. A science major planning to become a physician, Ahern says he doesn’t think of himself as a writer and is grateful to his English teacher (Heath Herrick, senior lecturer) for the encouragement to submit his class assignment to the Norton competition.

READ THE ESSAY: gonzaga.edu/magazine

DANCE FOR CHILDREN

The GU Dance Marathon – a completely student-led endeavor – raised more than \$76,000 this year, more than doubling the outcome of last year’s dance. Students hoped to raise \$62,000 to represent the 62 children who enter a Children’s Miracle Network Hospital for treatment every minute. The funds stay local, benefiting Sacred Heart Children’s Hospital.



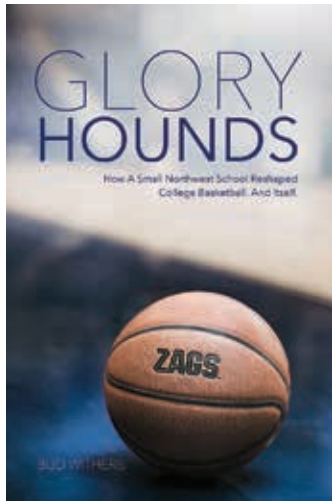
READ ABOUT

our students’ passion for helping kids: gonzaga.edu/magazine.



“DOWNTOWN” STAR SURPRISES STUDENTS

Some 200 Gonzaga students erupted in giddy applause when Ryan Lewis of the popular hip-hop duo Macklemore and Ryan Lewis appeared as the surprise guest for the Comprehensive Leadership Program’s Fishbowl conversation in January. Asked about the impact of success on his life and work, Lewis said, “It shifts your paradigm.” Now, he said, “I just want to continue to grow.”



'GLORY HOUNDS' RECOUNTS RISE, SUSTENANCE OF ZAG BASKETBALL

It was March 1999, and you couldn't go anywhere without seeing Go Zags pronounced on signs and reader boards around town. Gonzaga basketball had set Spokane and Zag Nation on fire en route to an Elite Eight appearance in the NCAA Tournament. That, and the evolution of GU hoops from respectable to phenomenal, is all chronicled in Bud Withers' new book, "Glory Hounds."

The retired Seattle Times sports writer has done his homework. He recounts the clandestine meeting between Oregon AD Pat Kilkenny and Zag Coach Mark Few at an unidentified rest stop along Interstate 84 when Few realized that the GU job was better than Oregon's, or almost any other job in the country. Withers reveals the team's escape outside the lights of an

HBO film crew to visit ailing kids and their families, and the international recruiting success by Tommy Lloyd of guys like Ronny Turiaf, Domantis Sabonis and Przemek Karnowski. He explores the crisis and amazing recovery surrounding Josh Heytvelt; the events that led to construction of the McCarthy Athletic Center, including a very expensive ham sandwich for brothers Tom and Phil McCarthy; the unforgettable season of Adam Morrison in 2006; and the methodical rejuvenation of the women's basketball program and Kelly Graves' reluctance to recruit the program's best women's player ever, Courtney Vandersloot.

By Dale Goodwin ('86)

ASSIGNMENTS WITH IMPACT

Reading *The Life You Can Save* by Peter Singer inspired Gonzaga English Senior Lecturer Ginger Grey to include more actionable elements of service learning in her classroom. So she selected Giving Games, an organization seeking to create a competitive environment in classrooms to advocate for charities around the world. She and Senior Lecturer Jessica Halliday put the challenge to their freshman students last fall in an assignment to create promotional video essays supporting a selected nonprofit or cause.

The unique nature of the assignment, says Grey, is that students go beyond writing for the teacher and "move to an understanding that their writing matters beyond the classroom, beyond a grade."

Halliday finds that the nontraditional video essay asks students to consider all the rhetorical opportunities afforded them in today's changing landscape of digital

transmission. She believes that without the education and understanding of effective digital communication, "students are at the mercy of the rhetoric – in a way, illiterate."

Mark Bechtel said the project brought light to "problems bigger than ourselves, which don't affect us at all, but affect people across the world." Another student, Lucy Berens, shared, "It's been crazy to learn more about charity in America through this. We give the least, and we make the most."

Students still had conversations about essay writing, learning about argument development, appealing to emotion and structuring a story through new media. At the same time, Erika Kahler said, "This wasn't just an assignment. There was more motivation to do it well."

By Kourtney Schott ('18), Sidnee Grubb ('18)



“Students ... move to an understanding that their writing matters beyond the grade.”

– Ginger Grey

In 1974, while Spokane was hosting a world's fair, Gonzaga was searching for a president who could dig the small school out of its tremendous debt. The man who would arrive to do that was Father Bernard Coughlin, S.J., a fundraising force of nature who believed that task was attainable through building relationships – not just with potential donors but with business and civic leaders alike.

Fr. Coughlin set about promoting a vision and mission for a strong, faith-based university. The rest is history. One needs only to stroll across campus to see the names of Fr. Coughlin's many friends on our buildings, rooms and scholarships – Kennedy, Tilford, Jundt, Jepson, Burch, Herak, Magnuson, Foley, Cowles, Rosauer, McCarthy, Clute, West, and soon-to-be Woldson – among others.

As we celebrated Fr. Coughlin's 94th birthday in December, we honored him again for his enormous legacy of love.

During my time as a student, and subsequently as an employee, Fr. Coughlin impressed upon me just how critical the generosity of benefactors is to the survival of an institution like Gonzaga. Following the example he, and Fr. Bob Spitzer set, we have turned our attention to the growth of our endowment to ensure the ongoing success of this university into the future. Endowment gifts are lasting, far-sighted funds that permanently support the ways in which Gonzaga will unfold the potential that exists in every student.

We established a goal of \$100 million for endowment in this Gonzaga Will Campaign. In the last four years we have raised nearly \$80 million toward that goal. Many schools across the nation consider an adequate endowment to be three times their annual operating revenue, placing Gonzaga on the dangerously low end when compared to peer institutions. Currently, our endowment supports only 2 percent of our operating budget, whereas other schools may have as much as 25 percent of operations supported by their endowments. Our finance officers and advisory team members believe that for the longevity of our institution, we need to grow the endowment support of the operating budget to allow us to respond more quickly to emerging needs and facility updates. Additionally, with the

fragile state of higher education, we know that our place at the table is uncertain when it comes to state when it comes to state-funded financial aid for our students.

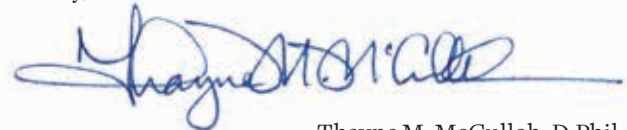
We are on a trajectory that will create an endowment much healthier than we have ever had. Our goal is to provide a long-term annualized return equal to, or in excess of, annual spending plus inflation, because our endowment supports so many integral efforts, including:

- new and merit-based scholarships
- professorships and lectureships
- academic and research excellence
- internships
- retreats / Christian life communities / service projects
- innovation
- facilities, libraries and equipment
- other donor intentions

A critical focus is on student scholarships because we know that receiving an education is a proven way to transition people from one life experience to new opportunities that would otherwise not be possible. Investing in education – particularly for those who could not afford it on their own – is a way we create lasting change in society. The impact of a scholarship gift goes so beyond the students receiving it, and reverberates into the communities where those young people are building small businesses or teaching children, working as Jesuit volunteers or creating new ways to address threats to the world's economic, environmental and societal health.

I invite you to read the stories of students and families who have benefited from endowment-funded scholarships and then created their own (you can find these on page 20). We believe our alumni and families can help us move to the next level of support to make a Gonzaga experience available for the next generation of Zags.

Sincerely,



Thayne M. McCulloh, D.Phil.
President

THE GONZAGA ENDOWMENT TODAY

62% supports scholarships

2.4% of Gonzaga's annual operating budget supported by annual endowment spending

\$1,279 spent annually from endowments per undergraduate student

6.8 million spent in the 2015-16 academic year from the endowment

20% for endowed professorships

18% other

759 individually named endowments

TOP 10% our ranking on pooled endowment net investment returns on a three- and five-year basis

BUILDING A NEW LEGACY



TURN TO OUR SPECIAL GONZAGA WILL section, beginning on page 20 for more.

Inset photo: President Thayne M. McCulloh as a student with Father Coughlin.

REFLECTIONS ON POETRY

BY TOD MARSHALL, WASHINGTON STATE POET LAUREATE AND GONZAGA PROFESSOR OF ENGLISH

AMY SINISTERRA PHOTOGRAPHY



I had the good fortune of teaching Sierra Golden ('09) in several courses at Gonzaga, and I knew immediately that she had talent – lots of it. Of course, talent is only a small part of the equation when it comes to success in writing, and in the nearly 10 years that I've known Sierra, I've been impressed with her perseverance (the other part of the equation) – from her time as the only female member of a fishing boat crew (tighter quarters than the smallest of our dorms) to her years at Gonzaga studying literature and writing (where she achieved our highest honors) through graduate school in North Carolina (where she started publishing poems) to her work in Seattle with Spanish language communities, she has shown herself to be dedicated to hard work and the task at hand. I'm glad to share this small glimpse into her wonderful writing.

GRUB

Craig, AK

BY SIERRA GOLDEN ('09)

That's my dad, he said, and I watched
the practiced pair box groceries. Only market
in town, unless you count the liquor store
across the street from the laundromat
where fishermen collect to gossip and swap
dirty magazines while smoking and soaking
scent of fish from their lucky pair of sweats.
The kid ran the register and slid milk, eggs,
whatever couldn't keep long on the boat,
down the counter, stopped to help with boxes
when his dad fell behind trying to Sharpie
cardboard for delivery, heap of groceries piled
before him. He asked, How do you spell 'Challenger'?
I take the word for granted. The boy must too,
though he spells it aloud for his father.
It was graceful and sad that summer, watching
salmon die in the same stream where they hatched.
Their bodies we call ghost fish might swim for days,
hollow as zombies the man and boy watch on TV at dusk.

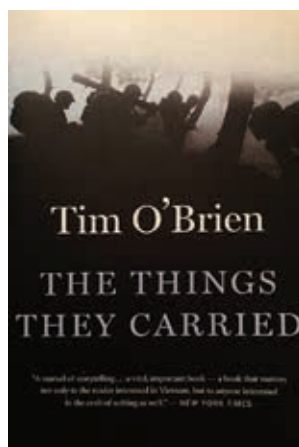
WHAT HE CARRIES

AN INTERVIEW WITH TIM O'BRIEN BY RAJAH BOSE

Twenty five years ago Tim O'Brien published a book of war stories like the world had never heard. They're stories he's still telling, trying to figure out if they're true.

Tim O'Brien sounded like a man telling a war story – a rough, gravelly voice that shuttered when recalling how his friend was killed only few feet away. It was something familiar, the methodical pace, the calming low tone that pushed the limit of my phone's speaker.

Suddenly the voice was interrupted as a mug clanked against a glass microwave plate. It was noon and O'Brien was re-warming a cup of coffee. He'd been up since 2 a.m., had already finished a day's work and was preparing for the rest of this afternoon.



Between stories about trekking across Vietnam and his upcoming memoir, he told me his modus operandi. This is how he works: a 1:30 a.m. wake-up, a methodical cleaning of the kitchen while the world sleeps, allowing his mind to wander, then a seven-hour writing session until after sunrise. In that time, he may pen a few sentences or a few pages. It's the only way, he says, he can get any writing done.

His books, a mix of fiction and memoir, are largely recollections and stories from his time serving in the Vietnam War. A few hours before we talked, I'd finished his most famous one – "The Things They Carried." I was struck by a piece called "How To Tell A True War Story," in which O'Brien recalls the death of a fellow soldier multiple times, with varying degrees of continuity. He tells the story from outside the usual form, remembering the moments and re-rehearsing them, changing them, and then telling them again.

I told him this was my favorite part of the book. He agreed. He said the book relied on it because all the other stories were built on the same premise – the persistence of memory.

"How much do you remember of yesterday? Then flash forward, and how much will you remember eight months from now or eight years from now? The answer is damn little." As he said this, he sounded increasingly excited about exposing what seemed an impossibility in writing, or

a catch-22. "How can you write a memoir when you can't remember 99 percent of what happened?"

It's a question I was still considering when I heard him read at Gonzaga in February. O'Brien opened a battered copy of his book and read the same story we'd discussed on the phone, to the audience who attended the Visting Writers' Series. From my seat I heard the stories as if they were new.

What was not new was his voice, steady and weathered. Suddenly I realized where I knew it from. It was the voice of who we

are as the sons and daughters of war. Not all of us have been, or lost sisters or fathers to it, but we've heard the voice. Often it comes through stories of love, or loss, or fishing trips, or war.

As he read, O'Brien said that the way to tell a true war story is to keep telling it. "All you can do is tell it one more time, patiently, adding and subtracting, making up a few things to get at the real truth." You want to make stories feel as if it they were real, he said.

It's part of O'Brien's work that some readers gather in book clubs or classes to discuss at length. If these are true stories, how are they classified as fiction? And if they are memoir, how does the writer simultaneously admit to not remembering the events as they happened?

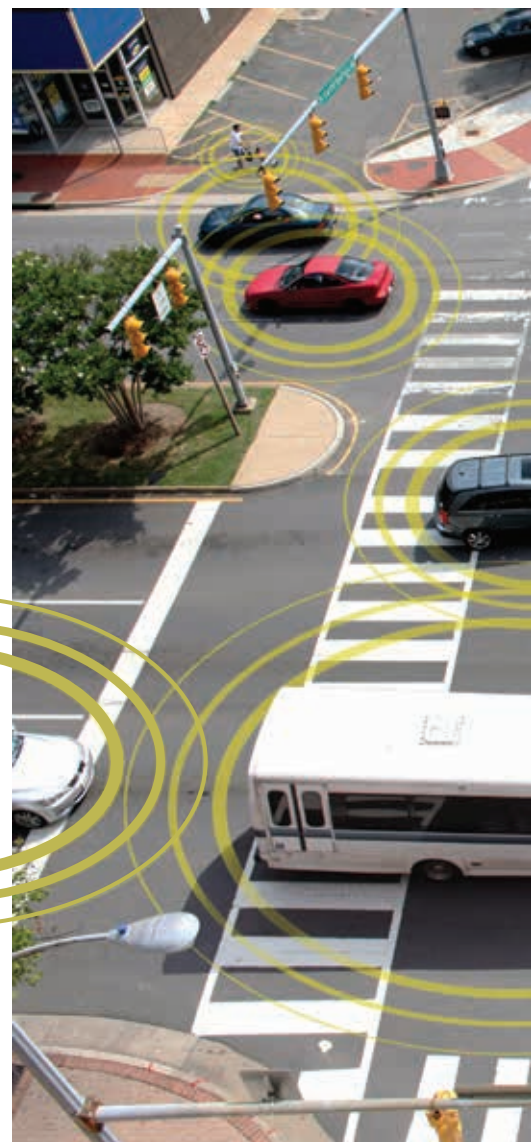
We sat as quietly as a full ballroom could, and I thought about why many of us struggle with stories – wake up early with them, stay up into the night. I considered that this is what O'Brien was getting at. It's why he continues to think back to that war, to wash dishes at 2 a.m., and spend hours inside of sentences.

He's only looking for the story. He knows he won't find it where it's expected to be, and he cannot force it to the surface by his will alone. He understands that first he, and we, must surrender to the possibility that we can never truly know how it happened. We can only listen to the voice, and hope that it will help us remember.

[READ THE FULL INTERVIEW at gonzaga.edu/magazine.](http://gonzaga.edu/magazine)

CARS WE'VE SEEN ONLY IN THE MOVIES

BY DALE GOODWIN ('86) AND MEGAN CARROLL ('18)



As a kid, Rhonda Young didn't play with Matchbox cars or electric trains.

But she did imagine how roadways work, and how transportation moves people to places they need to go. So it comes as no surprise that she is among the nation's leaders in helping improve transportation engineering education in the country's colleges and universities. At Gonzaga, where she is associate professor of civil engineering, she and students research driverless cars. (Actually, she prefers the less-frightening term "connected vehicles.") These cars of the not-so-distant future rely on high-tech communication infrastructure that will enhance traffic safety and improve their effectiveness.

"Transportation is something people care about; it affects their daily lives," says Young, whose work has yielded two major governmental grants. "It's a great equalizer in that it allows most people to get to their jobs and to their recreation. Transportation has tremendous community impact."

The idea of driverless cars spurs jokes and legitimate fears alike. It harkens us back to "The Jetsons" cartoons and to

the once-improbable gadgets of James Bond. But Young, who has worked extensively in the area of connected vehicles, finds nothing alarming about the notion of getting into a car and having it drive itself while it communicates with adjacent vehicles.

"It would create greater safety," she says, adding that 2018, there will be federal rules governing the transmission signals of connected vehicles. Through technology, cars will know where all other nearby connected vehicles are. Down the road, it's possible that stoplights could be eliminated as a result, because self-driving vehicles will have a programmed destination and assignment to drive through an intersection.

For Young, it's more about the system than the mode of transportation. "People will make decisions about their modes. We are trying to connect people with where they need to go. There are different stages of life, from young kids to elderly, so having a transportation system that meets the needs of all ages and populations, and that is environmentally friendly, will lead to healthy communities," she says. "That's the ultimate goal."

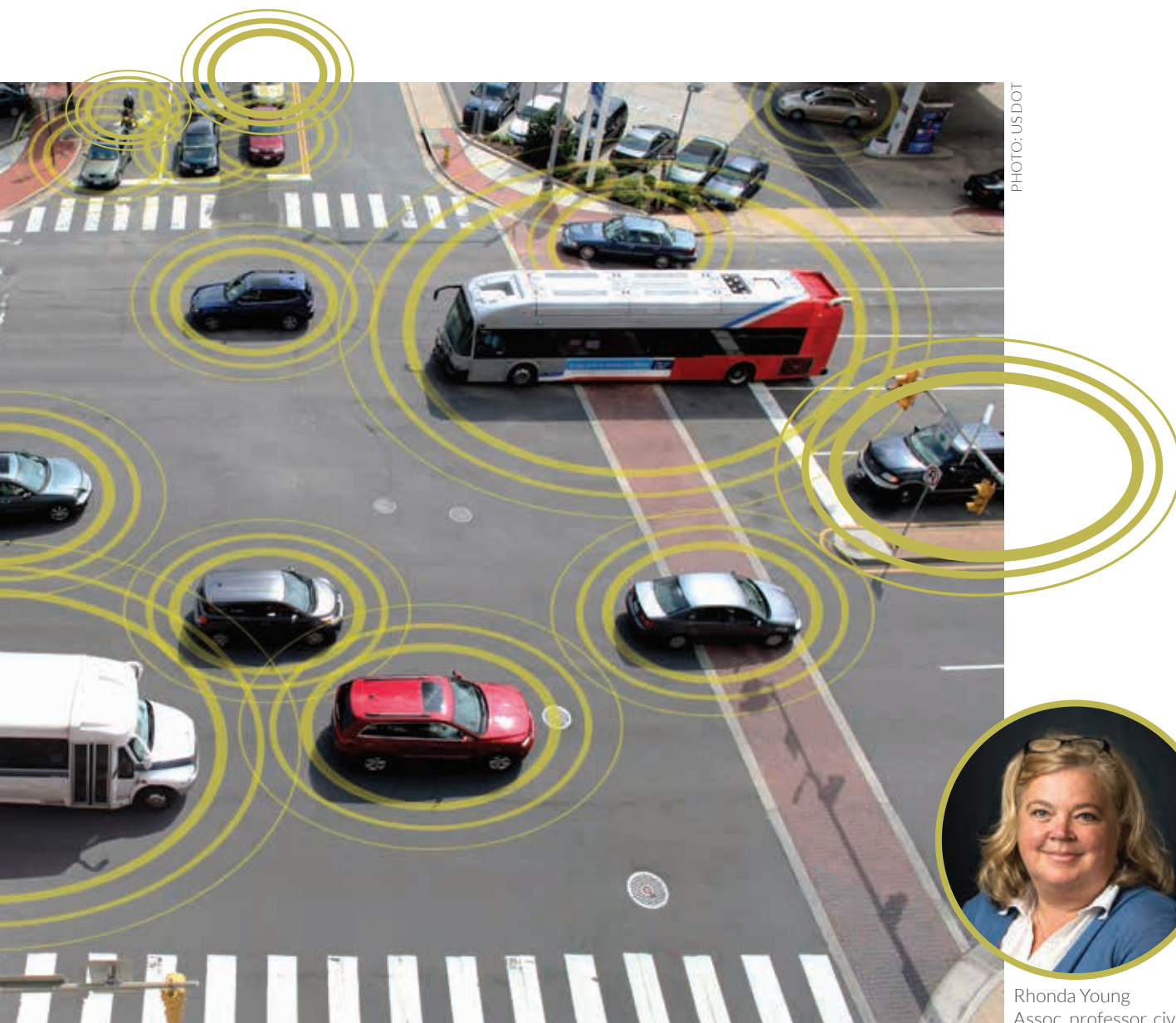


PHOTO: US DOT



Rhonda Young
Assoc. professor, civil
engineering

Connected vehicles gather data and share it with nearby connected vehicles and the communication system via a short-wave frequency up to 1,500 feet.

Here's an example. During winter white-out conditions along the 402-mile stretch of Interstate 80 in Wyoming, which Young studies, timely vehicle-to-vehicle information is expected to save lives and reduce road closure costs. In one recent 11-month period, the Wyoming Department of Transportation estimated \$773 million in losses from crash-induced road closures. "Other project benefits may include alleviated traffic congestion, improved transit accessibility, enhanced trip planning and better rural transportation options," Young says.

Gonzaga is one of seven universities that will collaborate in a \$14 million, five-year U.S. Department of Transportation grant to improve the mobility of people and goods in the

Pacific Northwest; and Young is among other researchers participating in the \$7 million USDOT-funded connected vehicle project in Wyoming.

In the coming decades, Young believes our roads will host a mix of connected and nonconnected vehicles. She expects society to adapt quickly to driverless cars, similar to the switch to color TVs and smartphones.

The car of the future may not only be safer, but will offer drivers more leisure time, as well. Until that day comes, keep your eyes on the road, your hands at 9 and 3, and your phone tucked away. You can't pretend to be James Bond just yet.

Discovering Science, Together BY KATE VANSKIKE

FILL IN THE BLANK: SCIENCE EDUCATORS ARE _____.
Creative. Nerdy. A Tad Crazy. Intensely Inquisitive. Irrationally Rational.

Those are some of the responses that come to mind after seeing an Instagram photo posted during Christmastime, detailing the speed at which Santa Claus would have to travel to reach every child on Earth. “The Physics of Santa” graphic, shared by Gonzaga’s Science in Action! program, ruins the magic of Santa for some while inspiring curiosity in others. (What facts and figures were necessary to determine that Santa’s speed would have to be 5,083,000 miles per hour, anyway?)

Whether dispelling myths or supporting hypotheses, solving problems or improving basic understanding, science education is “vital to our way of life, our health, and our economy,” says Rohan Kundargi, the outreach coordinator for Gonzaga’s Science in Action! program, which, through partnerships with local schools, seeks to improve scientific literacy in our community.

With this goal in mind, the Biology and Chemistry and Biochemistry departments currently run a variety of outreach programs that include visits to elementary school classrooms where hands-on experiments demonstrate just how fun scientific discovery can be. Activities range from altering the density of saltwater to make an egg float, to student-directed investigations into factors contributing to mold-growth into a bread ecosystem. Most activities not only emphasize the scientific content being taught in the classroom, but also the process of science itself.

THE STUDENT IS THE TEACHER

Rachel Noyes (¹⁷) has participated in the program since her freshman year at Gonzaga. One child in particular stands out in her years of working alongside elementary students: a girl named Naomi. “We brought in Madagascar hissing cockroaches for the students to observe and apply what they know about insects. All of the students could hold a cockroach if they wanted. Naomi was simultaneously terrified and thrilled. When I set the cockroach in her hand, her eyes lit up, she smiled and immediately started asking questions.”

The excitement of cockroaches aside, Noyes’ favorite experiment involves solving the fictitious crime of a kidnapped dog, Fido. Students use chromatography (separating the colors in ink) to identify which marker was used to write a ransom note, and thus, who was the guilty party. “I love this because it shows students that science applies to much more than just the classroom – it’s used in real life,” she says.

INSIDE THE CLASSROOM

Dominique Wiley-Camacho, the science curriculum specialist at Salish School of Spokane, says Gonzaga students, over the last three years, have led her students through a range of activities spanning topics from chemical change and experimental variables to space. Two experiments that really resonated with the kids were making Alka-Seltzer rockets and studying leaf fungi, she says.

Students were able to work outside the classroom and use lab equipment (protective eyeglasses, microscopes, agar plates and more), which made them feel like real scientists. “At the end of the day, they felt like they had a better understanding of what lab work entails,” she says.

There’s another benefit: “When college students enter my classroom, they share a drive to pursue higher education. My students hear what college is like, and that personal exchange makes these volunteers true mentors who inspire my students and invite possibilities that the kids might not have previously considered for themselves.”

It’s a win from every perspective, says Kundargi. “The elementary students love learning from college role models; the Gonzaga students learn about communicating concepts in age-appropriate ways; and the K-6 teachers enjoy having enrichment activities (with all materials provided) that enhance their curriculum and increase their students’ enthusiasm for science.”

SUPPORT SCIENCE IN ACTION!

Visit gonzaga.edu/giving.

SCIENCE IN SUMMER – RESEARCH IMMERSION FOR HIGH SCHOOLERS Spend a month – and be paid – to work in the research lab of a Gonzaga faculty member. Open to students between their junior and senior year of high school. Applications due May 4 – search for Science in Action! at gonzaga.edu.

SPECIAL THANKS to these generous supporters: Avista Foundation, Hollister-Stier, Rotary Club 21, Robert and Claire McDonald Work-Award Program, Howard Hughes Medical Institute, George Luger, Washington STEM and Itron.



Gonzaga students bring science to life for elementary students at Salish School of Spokane.



OPENING DOORS FOR OTHERS IS A CONGENIAL PART OF DAILY LIFE AT GONZAGA.

As important for our future grads are opportunities to see other kinds of doors open. Community partners provide that courtesy by inviting Zags to step inside their day-to-day business operations for real-life learning.

The success of business school graduates in finding gainful employment depend not only on academic performance, but on their exposure to experts in their field and, ideally, opportunities to apply their learning in an authentic setting.

At the Gonzaga School of Business Administration, faculty, staff and students are encouraged to get outside the Jepson Center and connect with colleagues across the community.

"Our students must have multiple hands-on learning opportunities," says Ken Anderson, dean and professor. "We believe in moving beyond the traditional over-reliance on internships and to provide alternative forms of hands-on education including competitions, new venture labs and in-class projects."

That vision is seen in the many ways the school has engaged local leaders at small nonprofits and large corporations, both in the classroom and throughout the community.

COME ON IN

Gonzaga courses provide a context for discerning ideas and creating solutions, which in turn, students share with the business community.

While some classes feature guest speakers from Spokane's business sector, others are taught by local experts serving as adjunct professors who bring their professional experiences and knowledge into their instruction as points of reference. They also collaborate with the School of Business to offer one-credit intensive weekend classes throughout the semester to supplement the standard curriculum.

An example is Introduction to Non-Profits taught by Jamie Borgan, program director of Transitions' New Leaf Bakery and Café through Transitions. Working to end poverty and homelessness for women and children in Spokane is no small task and Borgan is an expert. She graciously shares the challenges with students in a three-part course about nonprofits and how they can function collaboratively with for-profit businesses.



"The benefit of working with students flows in both directions; their ideas, enthusiasm and creativity are refreshing for those who are doing the work, and reciprocally, it's fun to share practical experience with students who might not have a lot of real-world experience yet." Learning from an insider like Borgan offers new perspective and prepares students for lives of work and service.

Examples of One-Credit Intensive Courses

- **GET HIRED! HOW TO LAND A JOB IN MARKETING & ADVERTISING**
- Ed Reese, founder of Sixth Man Marketing
- **INTELLECTUAL PROPERTY**
- Crystal Bandy, attorney
- **IMAGE AND REPUTATION MANAGEMENT**
- Stephanie Vigil, news anchor, KHQ-TV
- **STRATEGIC PLANNING FOR TOTAL QUALITY**
- Tom Agnew, owner of Agnew Consulting
- **MEAN GIRLS AND QUEEN BEES: WOMEN IN THE WORKPLACE**
- English Professor Patsy Fowler and Management Professor Molly Pepper

ONE ON ONE

The Multidisciplinary Action Projects class is one of the newest and unique undergraduate business school opportunities because of its immersion.

Each semester, students are assigned as a team to an organization that presents a challenge, problem or vision for student evaluation. This spring semester, those include Hills Resort and its endeavor to extend the business from its busy summer season into a year-round model; Health Care Training Center's ideology and intention behind recruitment; and Project Hope's effort to develop ideas for a new product line beyond fresh produce. In addition to tackling a real business challenge in the course, students practice contemplative action, service learning and collaborative creation by helping both for-profit businesses and nonprofits to achieve their business goals.

The impact of the students' work is creating significant word-of-mouth advertising for the class. "We're definitely not short on future project proposals from businesses who like this idea," says Dean Ken Anderson.

Matt Santangelo ('00), executive director of Hoopfest, definitely liked it. His wish is for Basketball City, USA, to be synonymous with the city of Spokane as home of the world's largest three-on-three basketball tournament. That wish fulfillment requires teamwork, including GU students.

Santangelo participated in the Multidisciplinary Action Projects class where he was matched with a team of students who helped to build a financial model. "Their enthusiasm and willingness to learn made the process successful. Plus, the students are really, really smart," he says. "The real world doesn't fit into a textbook story problem," the former Zag basketball standout adds. The business school connection to relevant community work demonstrates that.

Graduation comes eventually for every Zag. It's through these experiences of school and community partnership that Gonzaga students discover that doors are bound to open for them.

Partners Impacted by the Multidisciplinary Actions Projects Class

- Columbia Bank
- Evergreen Club
- Girl Scouts
- Hoopfest
- Riverside State Park Foundation
- Skyhawk Sports
- Spokane Eastside Reunion Association
- St. John Vianney Catholic Grade School
- Tomlinson Real Estate Group
- Washington Trust Bank
- Women's Hearth
- Women Helping Women Fund
- YMCA

\$240 million raised
34,730 donors involved
95% of our goal achieved
251 new scholarships created
112,726 financial commitments

This is Gonzaga Will.

It stretches far beyond the boundaries of our campus, and it extends well past the borders of Spokane.

It's in every mind we've opened. Every life we've touched. Every incredible accomplishment we've achieved – and every possibility that still lies ahead of us. Our groundwork has been laid. But our legacy is still in the making.

Because of you, Gonzaga Will make higher education accessible by providing more scholarships. Gonzaga Will continue to focus on maintaining state-of-the-art facilities and providing students with increased networking opportunities. Gonzaga Will unfold the potential that exists in every student.

Since launching in October 2015, the Gonzaga Will campaign has achieved incredible milestones. We see it every day in the faces of our students, in our beautiful new facilities, in the artful teaching from our faculty members and in our innovative academic programs. To all of you who have gotten us this far, THANK YOU.

It's inherently Jesuit to not settle, to not rest and rely on what we have today. Our campaign goal of \$250 million is within our reach.

When we show Our Will, phenomenal things happen.

100,000 service hours
annually

338 Peace Corps alums*
are volunteers; ranked
#1 for small colleges/
universities

54 professional athletes*

20 Fulbright Scholars*

*over time

Here at Gonzaga, we're just getting started.



Dan Brajcich pictured on the steps of St. Aloysius Church with his wife Dorothy on their wedding day in 1944.

One good deed leads to another

In 1987, when the Daniel G. Brajcich Scholarship was established, **Megan (Taylor) Satchell ('02, '07)** was just 8 years old, attending Catholic elementary school. She had no knowledge of the Gonzaga professor emeritus whose career spanned five decades and inspired hundreds of Zags in the field of accounting — a man who would inevitably influence the path for her own future.

Brajcich's impact on the University was legendary. "I always told my students they could do anything if they just believed they could, and tried," he once said. He routinely kept in touch with his students after graduation, and it was this continued care that inspired a group of grateful alumni to establish the endowed scholarship fund in his name. Since then, more than 545 students have benefited from \$830,000 in scholarships from the fund honoring Brajcich. Satchell was one of those students.

"Receiving the Daniel G. Brajcich Scholarship was one of the factors that helped solidify my choice to come to Gonzaga in 1997," Satchell said. "The scholarship and his influence on the School of Business also helped me narrow my focus to finance."

After both Satchell and her sister, **Sarah (Taylor) Schwering ('04, '07)** graduated from Gonzaga, their parents, Richard (Board of Regents) and Barbara Taylor, created an endowed fund in their names.

"From the time our daughters first stepped on campus, we knew Gonzaga would play an invaluable role in their educational and spiritual lives," said Richard. "My wife and I chose to contribute to Gonzaga scholarships so that the decision to enroll would be more about a student's desire than the economics of paying for college."

Endowed scholarships

Endowed scholarships provide support for Gonzaga students in perpetuity, because the original gifts are not spent — instead, endowed gifts are prudently invested according to the University's Endowment Investment Policy. Each year, approximately 5 percent of each scholarship fund's market value is awarded to students

according to the wishes of the donor(s) who established the fund.

For more information about endowed scholarships and how you can create one at Gonzaga University, please contact Gonzaga Stewardship Specialist Heidi Wohl at wohl@gonzaga.edu or **800-463-6925**.

Why I Give

"The Jesuits, the students, the leadership, the Gonzaga community – these inspire my wife, Jenny, and me to give to Gonzaga University. Gonzaga holds a special place in our hearts and certainly has helped mold who we are. Giving back is one small way to provide an opportunity to students today, as they are our future in making our world a better place!"

Kevin P. West ('85), University Regent

"My reason for giving is simple: Graduates from Gonzaga believe they can make a difference for other people. The world needs people who believe and are willing to make a difference."

Dale Garrett ('83)

"We began giving to Gonzaga with a very modest donation after receiving a call from a student fundraiser. Our oldest daughter had recently begun her freshman year and was off to a good start so we were happy to participate. As each year progressed, our confidence in the University increased as we observed the growth of our daughter and shared in the journey of her friends. It's a wonderful feeling to know that your contribution helps make it possible for someone to build an educational and spiritual foundation – a connectedness that will stay with them through a lifetime."

Kim Sparks

"I give because it's payback time! My GU Engineering degree led to a very rewarding career."

Jack McElroy ('63)

"Gonzaga provided a healthy and productive environment for me to gain a fantastic education as well as the opportunity to learn from real-world experiences. I strongly believe that Gonzaga, with its time-honored core values and superior faculty, continues to provide those opportunities today without the unhealthy distractions and interferences which seem to be so prevalent in larger universities. I give because Gonzaga is and will continue to be a great university for all students to gain an exceptional yet practical education!"

Bill Lampson ('72)

"I give to Gonzaga because working on my Master's in Organizational Leadership literally changed my life. It allowed me to become a better person and gave me enough confidence to achieve a doctoral degree. I love Gonzaga because of its Jesuit traditions, excellent education and professors, which gave me the chance to become a new person!"

Robyn Holder ('08)



Athena Sok ('19)

Hometown

Tacoma, Washington

Major

History

Love

nature, animals

Career Plan

Teacher, Principal,
Superintendent

Inspiration

My family

In the late 1970s, a communist regime in Cambodia overtook nearly 2 million people and held them captive for five years. Among them were Milton Sok and Sokhonn Vay, who were deprived of finishing a high school education before starting their family. Eventually, they arrived in America with nothing ... except the willpower to give their children an education.

Athena Sok was the youngest of those children and the first to be born in the U.S. Two brothers taught her to be tough, adventurous and curious, and two sisters pushed her to excel academically. The combination resulted in her commitment to high school leadership and extraordinary community service, and ultimately, to Gonzaga where she found "the greatest feeling of support, community and love."

Athena says, "My No. 1 dream is return to my high school and become a principal and eventually superintendent. I want to serve students and their families in my community on a higher level."

Today, she credits her academic willpower to her parents, a competitive spirit to her four siblings, and her unwavering gratitude to Gonzaga donors who provide scholarships.

SUPPORT ANOTHER FUTURE EDUCATOR.

Make your donation online at gonzaga.edu/giving.

#1 IN THE WCC!



2017 BASKETBALL STANDOUTS

MARK FEW

National Coach of the Year (USA Today, NBC Sports, Sporting News, U.S. Basketball Writers Assoc.)

NIGEL WILLIAMS-GOSS

First-team All-America (Sports Illustrated, USBWA)
First-team Academic All-America (College Sports Information Directors of America)

PRZEMEK KARNOWSKI

Most wins by a player in NCAA history (134)

LISA FORTIER

WCC Coach of the Year

JILL BARTA

WCC Tournament MVP



Congrats to your men's and women's basketball teams on their 2017 West Coast Conference Championship wins.



PHOTOS BY ZACK BERLAT (GONZAGA) AND KYLE TERADA (WEST COAST CONFERENCE)

We think we also have the #1...



TABLE



It can be light;

It is the blank wooden page

words we weave together

It's the place we go with
and sometimes

It's where we are joined

to dine on the pleasure of

TALK —————+

it can be heavy.

on which we place the events of our day,

over the play of the senses.

loved ones
total strangers.

for a few precious moments,

each other's thoughts.



Food Ethics

“It’s about living our values through what we eat – using our values as motivators.”

Upon reading Upton Sinclair’s “The Jungle” as a seventh-grader, Ellen Maccarone (now associate professor of philosophy) became vegetarian for a time. It was the beginning of her understanding that what we choose in our everyday lives can reflect our deeply held values.

Maccarone teaches a 400-level philosophy class in which students cook from scratch and take field trips to coffee roasters and food co-ops, all with the intent of encouraging participants to reflect on what they eat.

OUR CONSUMER VALUES

“The business world believes we vote with the dollar,” says Maccarone. “We need to make consumer choices that tell businesses what our values are and what we are and are not willing to buy.”

She’s a fan of writing letters to companies. On real paper, sent through the mail. But there are other ways to use the power of purchase to share your values:

- Search goodguide.com to learn how your favorite brands measure up, particularly around health and safety concerns.
- Download an app such as Buycott, which allows you to scan a product’s barcode to learn whether your personal values are upheld with that selection.
- Look for the Certified Fair Trade logo.

THE HUMAN FACTOR

It’s easy to forget there are people involved in making the food we buy. Look for products made by companies that value human dignity and embrace fair-trade practices, paying a living wage to employees, Maccarone suggests.

“These are made in equatorial regions where people are more likely to be exploited,” says Maccarone, and because we consume so much of these popular items, buying only fair-trade sends a clear message of our consumer values.

It takes
5,200 gallons
of water to produce
1 pound of beef ¹

2048
the earliest projected year
that we will see fishless oceans
from overfishing ²

Americans waste up to
\$165 billion
worth of food every year ³

¹ *Eating Earth* by Lisa Kemmerer, Oxford University Press; 1st edition (October 31, 2014)

² <http://www.cbsnews.com/news/salt-water-fish-extinction-seen-by-2048/>



The Big Three: While it's nearly impossible to ensure that all of our food is fair-trade certified, there are a few purchases we can make that have a big impact: Coffee, sugar and chocolate.

ANIMAL WELFARE

Many people want to be thoughtful about what they eat while continuing to consume meat. This can include asking questions about how animals are raised: Are they free-range or caged? Are they grain-fed in factory farm warehouses? Do they endure abysmal conditions? "Visiting local farms is a great way to see for yourself whether eating animals aligns with your personal values," Maccarone says.

CHIME IN!

Tell us about your own journey in ethical eating, or share a favorite app for making values-based choices. Email editor@gonzaga.edu.



Animal agriculture is responsible for

75%
of CO2 emissions¹

Poor people in developing countries often spend

60-80%
of their income on food.
Americans spend less than 10%³

80%

of a cricket can be eaten,
while only **55%** of a pig and
40% of a cow are edible³

³ <https://www.one.org/us/2014/11/12/14-surprising-stats-about-global-food-consumption/>



"Circle of company of all Gonzagans"

The

COG

Circulus Omnium Gonzagorum

BY KOURTNEY SCHOTT ('18)

No matter its translation, **"COG"** simply means meal time – gathering with friends and getting nourishment for those long days of classes and weekends of homework.



INSIDE TODAY'S COG

There are six restaurants: Daily Bread (soups and sandwiches), Spike's (American comfort food), 360 Degrees (Mongolian grill), Zagriculture (vegetarian), Mediterranean Coast (pizza and pasta) and World's Fare (cuisine from around the globe).

- Spike's serves the most food by volume.
- Students eat 224 lbs. of Lucky Charms each week.
- Staff can serve 200 portions of popular items like mac and cheese in a single meal period.
- Sodexo uses well over 2,000 recipes per semester.
- 120 individuals work in the COG.
- They serve more than 5,000 guests on their busiest days (Monday through Thursday).



	Old COG	New COG
Stations	3	6
Menu Options	6	10-12
Culinarians (cooks and chefs)	32	54

ROOFTOP GREENS

One of the most forward-thinking features of the new COG is the hydroponic greenhouse. Without the use of soil, plants require 90 percent less water, helping conserve as well as decrease plant growth time by 10 percent. The 1,000-square-foot greenhouse allows for a variety of foods to be grown year-round; roughly 50 pounds of produce are harvested each week – most of which is lettuce for the Bulldog, plus herbs for the COG. The greenhouse also provides staff and students with a higher respect for the ingredients when they are able to watch their food grow.

FAVORITE MEALS AT THE COG

Here are a few standard menu items that guests tend to, well, eat up:

Grilled cheese
Rotisserie chicken
Salmon

CRAVING THOSE COG COOKIES

It's undeniable: Everyone loves COG cookies. But what makes them so special? Sodexo's Director of Operations for Resident Dining, Lance Mailem, says that the chocolate chip cookie is the simplest comfort snack, and students love that they can grab them by the handful.





Healthy Bites

Gonzaga Magazine asks Neva Crogan, professor of nursing (Ph.D. in nutrition) for input on some of today's food fads, as well as practical advice for all of us.



Q: In the last several years, we've seen a huge increase in gluten-free products. Why the craze?

A: First, celiac disease (treated with a gluten-free diet) is real. Although it affects only about 1 percent of the population, those are individuals who cannot metabolize grains without digestive problems. However, a much larger segment of our population – 1 in 5 people – wants to reduce or eliminate gluten. Why is that? Overconsumption of processed foods leads to inflammation and its related troubles, from skin and joints to the GI tract and heartburn.

If you're going to eat breads and pasta, eat whole wheat or whole grain.

Q: Smoothies are increasingly popular. What should we watch for with these?

A: The American Dietetic Association recommends that we all get at least five servings of fruits and veggies a day, and smoothies can be an easy way to do that, especially if the whole fruit is actually used in the blend.

Beware of high calories and sugar content though – check the label.

Q: You're a big fan of anti-inflammatory diets – why is that and what does it mean?

A: I have rheumatoid arthritis, so I need a proper diet to reduce inflammation of my joints. Typically, people have greater issues with their joints as they age, so an anti-inflammatory diet becomes more important, but another reason is treating high blood pressure. Things to eliminate include saccharin, sugar, red meat and alcohol.

Q: More people than ever are choosing vegetarian or vegan lifestyles. Any wisdom for them in maintaining healthy eating habits?

A: Always consider your protein source when you give up meat and eggs. Nuts, beans and legumes are great sources, as well as tofu, which you can make to taste almost like anything. There are many milk alternatives for those who want to eliminate dairy from animals – almond or cashew milk, soy and coconut. The main concern with those will be to check the fat/calorie content; the key is always moderation.

Q: What have you learned while caring for geriatric patients?

A: Older adults do have issues with how they eat, and those issues did not start at age 85. Those are issues they've practiced their whole lives as adults or even learned as children. The old saying – “You are what you eat” – is true.

Now's the time to change your habits if you want to change the outcomes later in life.

Q: What's your advice on coffee and tea?

A: I'm an advocate for tea because of the antioxidants, which come from black tea. Herbal tea – especially green tea – is also shown to be very healthy. As for coffee, the research is mixed; some studies say it's healthy and others say it's not. It's not a good thing to drink a whole pot a day, but one or two cups is OK.

The key will always be moderation.

Q: What's your No. 1 tip for people of all eating habits and preferences?

A: Actually, I have two:

- Read the labels. Note the sodium and carbs, and really pay attention to the serving size. That's key. The calories may be low for a ½ cup, but what if you want to eat 2 cups?
- Watch the temptation to overdo or eliminate any one category of foods. You're going to have effects from that, because our bodies like balance.

Checkout **choosemyplate.gov** to see the recommended servings of protein, fruits, vegetables, grains and dairy for a balanced, healthy life.



Feeding Giants

BY DALE GOODWIN ('86)

Coming off extensive rehabilitation for his back injury, men's basketball senior Przemek Karnowski and incoming freshman sensation Zach Collins, both 7-footers, had significantly different nutritional needs.

Karnowski sought to regain fitness following his extensive time off. Collins came in needing to add muscle weight to prepare for the goliaths he had never faced in high school.

So athletic trainers, strength and conditioning coaches, team physicians and nutrition service providers came together to build nutrition programs for both. The results: Karnowski's revitalized fitness helped make him one of the pre-eminent West Coast Conference centers and Collins added significant strength to make a strong case for WCC freshman of the year.

A few years back, the NCAA deregulated rules on food and nutrition. Gonzaga's assistant athletic director for student athlete health and wellness, Bill Drake, says, "Over the past several years, universities have gotten much better at ensuring proper nutrition for their athletes."

Endurance athletes were some of the first to figure out the value of proper nutrition to fuel their bodies. The NFL and NBA further enlightened us as to what is possible at the college level. It's not that difficult. "If we eat the right things we feel better, perform better, our body systems function in the right way," Drake says.

Nutrition education of our student athletes is another important step, he adds. "So we plan to introduce them to smartphone nutrition apps, offer them in-service education, help them define nutrition goals, and in some cases, take them to grocery stores with a registered dietitian who teaches them how to shop and prepare food in easy and efficient ways.

"We want a 'food first' philosophy, and then add in safe and effective supplementation to make sure student athletes receive the nutrition they need to support their bodies under extreme exertion, like vitamin D or calcium, to prevent injury and support proper health," Drake says.

The Fuel Cell is a smoothie bar in Rudolf Fitness Center, where anyone, including student athletes, can stop by and get a nutrition-packed smoothie before practice or between classes. Some athletes have prescribed smoothies prepared and waiting for them.

"Student athletes take their food and sleep very seriously. We want to arm them with knowledge to make healthy choices, providing good treats along with natural sugars found in fruits and vegetables," Drake says.

The new Volkar Center for Athletic Achievement will support a nutrition center. Learn about the center at gozags.com/volkarcenter.

Zach Collins (7') and Przemek Karnowski (7' 1")



When Food Transforms Chaos to Community

BY FATHER STEVE HESS, S.J. ('87, '91)



Anyone in Spokane in 2008 remembers the blizzard – the unexpected snowstorm affectionately called “Snowmageddon,” which left the city nearly paralyzed as people were unable to leave their homes for work. For Gonzaga students, it was finals week, and the disruption of exams could have been celebrated as a gift from God if only they could have still escaped for their winter break destinations.

Very limited numbers of faculty and staff were able to drive to campus. Hundreds of students were stranded because the airport was closed and it was too dangerous to drive. As a Jesuit who was serving as the dean of Student Development and also the chaplain in one of the residence halls, I and the staff on hand were working together to care for our students and manage the chaos. As the days progressed with no relief from the snow, there was worry about how we would feed the students because the food pantry was running low on supplies.

It so happened that the annual President’s Christmas Party – a semi-formal event for faculty and staff – was scheduled for the Friday evening of that week. The grand party would have had spectacular decorations and a wide array of fine foods representing many nationalities – which soon became the only food Sodexo had on hand to feed students.

And thus, an unusual feast took place: The delicious specialties intended for a holiday celebration turned into a meal

shared by stranded students and the custodial staff in a COG transformed by elaborate party décor. As students arrived expecting to eat the regular fare in the everyday environment of the COG, their faces lit up with smiles. They were in awe of the wide array of food that was prepared to perfection and displayed with elegance. Students took pictures of the food to send to their parents. One student started crying when she walked into the transformed COG and said, “There is a God!”

If the food, decorations and happiness of the students were not enough, something far more spectacular happened that evening. Students and staff dined together and enjoyed each other’s company. People who were stressed over the weather and being stranded shared in an experience, a communion of spirits where new relationships were built. This was Gonzaga at her best! More importantly, God became very visible to a community that was in need of hope. All this happened over food and dining together.

The COG feast of Snowmageddon illustrates the important role food plays in our lives. It provides nourishment not only for our bodies but for our souls. Food facilitates people coming together to build community and relationships. It is a way to remember that being together as one human family enjoying our similarities and differences is what truly matters in life. And, when these things happen, God is present!

NUTRITIONAL CARE & EXPERT HELP:

Gonzaga has a registered dietitian available in Health and Counseling Services for students who want to seek nutritional care, manage food allergies, gain muscle, lose weight or just feel better, says Libby Skiles, assistant dean of Student Well-Being and Healthy Living. There’s even a healthy eating group called A Healthier Weight that meets weekly.

However, the University doesn’t manage eating disorders. For students (and others) who suffer from bulimia, anorexia or other illnesses requiring comprehensive treatment, Gonzaga refers to a service called The Emily Program. Learn more at theemilyprogram.com.

Hungry Eyes

BY ELI FRANCOVICH ('15)

I feel her stare.

I'm sitting in an air-conditioned restaurant in New Delhi. Outside the big glass windows, two filthy children stand, pressed against the glass. The younger one, a boy, darts off chasing passersby. But the girl – his sister? – she doesn't move from her post.

Occasionally she pushes open the door, peeking her head in, sir, sir, sir, she says miming the act of eating. She continues until a waiter gently shoos her away. Returning to the sidewalk, she taps the window.

My food arrives and I eat. It's hardly a comfortable dining experience. Her staring eyes and evident hunger force self-reflection.

In America, there is a push toward understanding where our food comes from, sustainable growing practices, farm-to-table, etc. Perhaps it's more important to consider where our food doesn't go? Who isn't eating the way we eat? Who isn't eating at all?

Eventually the girl leaves. Months after she's gone, I still feel her restless eyes.

The Empty Cupboard

Facing Food Insecurity

BY KOURTNEY SCHOTT ('18)
AND KATE VANSKIKE

FOOD INSECURITY:

Defined as "being without reliable access to sufficient, affordable, nutritious food."

Also understood as "one gripping fear: Will I have enough to eat?"

In years past, food issues concerning college students tended to focus on eating disorders like bulimia and anorexia. While those illnesses remain very real, a new trend has emerged as a serious topic of concern in higher education circles: food insecurity.

Last December, CNN cited a growing number of food pantries opening on college campuses and a study showing that more than half of students who self-reported as "food insecure" were also recipients of financial aid from federal grant and private scholarship, and they were employed while in school.

With all of the seemingly abundant food options on Gonzaga's campus, it could be hard to fathom that not all students have ready access to nutrition. However, even students who live on campus can find themselves in situations where food may seem a luxury.

"When students get stressed financially, usually one of the first things they try to do is drop their meal plan or try to identify a cheaper alternative," says Jim White, dean of Student Financial Services. The expense of room and board – which averages about \$11,000 for the academic year – can be a challenge for families, and the meal plan is required for freshmen and sophomores.



It doesn't happen often, but occasionally students do come forward and request help with their food expense and the University (and its food services partner, Sodexo) are happy to help find funding and solutions, White says.

In addition, Gonzaga's Center for Cura Personalis is reaching out to local services and pantries to include

Gonzaga's unique ZIP code as part of their served areas. Plus, Student Involvement and Leadership has introduced an app called "Corq" that shows on-campus events with a filter for events with free food. This can be a great way for students with food insecurities to get what they need without feeling embarrassed.

Students in Gonzaga's sociology department are wrapping up research they conducted on campus last fall about the realities of food insecurities among Zags, and what steps we can take to lessen the concerns.

YOU CAN HELP.

Donations to the Gonzaga Scholars fund provides assistance to students in need.



Everything from Scratch BY SARAH SCHWERING ('04, '07)

When asked, “What’s your favorite food?” she laughs, which makes me smile, because I already know her answer: ALL cuisine from scratch.

I first met **Elizabeth Rider, '04**, during our sophomore year at Gonzaga where she was pursuing a B.S. in mathematics, which does not necessarily beget a certified health coach. Food blogger. Author. TV show host. These were far from her original career path.

Growing up in 1980s Montana, Rider’s mom made everything from scratch. Budgets were tight and in that time, processed foods were more expensive than making meals by hand. When she ventured to college, she found herself surrounded by all sorts of processed goodies. One evening, a roommate

introduced her to a phenomenon called Hamburger Helper. She called her mom to tell her about this incredibly easy meal she cooked for herself, and her mom’s horrified response (and a subsequent stomachache) reminded her that processed foods often trade health for convenience.

After graduating, Rider moved to Denver where she secured a position with Ernst & Young’s consulting practice. Describing it as “a job, not a career,” she later took a risk and joined a wellness coaching company. In many ways, this career shift was much like her mantra about food – good things come when you start from scratch.

Now 10 years later, Rider’s career and passion include forays into

writing cookbooks, filming a TV show (“Elizabeth Eats”), blogging, and maintaining her original love – wellness coaching. With nearly 85,000 followers on social media, Rider has quite the fan base. As one such fan, I can say with certainty that what people love is her honest approach to cooking and the importance of self-care.

When our long overdue chat neared its end, I asked Rider what she would say to her 22-year old Gonzaga graduate self now knowing where her life has gone. Her answer? “It’s going to be OK. You will be OK.”

See “Elizabeth Eats” and search her helpful nutrition and wellness tips at: elizabethrider.com/elizabeteats



Leaving Law for Breakfast

Gerri Newell, a '99 School of Law grad, has enjoyed a successful law career, from insurance defense to finding the rightful owner of the famous General Lee from the popular '80s show “The Dukes of Hazzard.” But today, she has traded litigation and mediation, divorces and personal injury claims, for something with a bit more flavor. In a new food truck called “Crack of Dawn,” Newell is dishing up hearty breakfasts from the convenience of the street, sometimes right outside the courthouse where she used to join the masses of people in suits going through security lines.

“It’s just time to do something different,” she had said from her law office a year ago, where casework and new logo designs for Crack of Dawn comingled on the table. “I don’t want to look back 20 years from now and say ‘Gosh, I wish I’d done something different.’”

◀ Gerri Newell, right

The Quinoa Queen

Elisha Joyce, '95 attended Gonzaga-in-Florence and completed a degree in sociology and political science before marrying fellow Zag Ed. After she had three babies, she fostered her family's health with an addiction to nutrition and unwavering faith. Today she wears these titles:

- Food Fighter (a finalist on the NBC "Food Fighters" show in 2014)
- Frigidaire Ambassador (creates recipes and films their preparation for the refrigerator company)
- Quinoa Lover ("Quinoa saves the day," according to her website, rebelgrain.com)
- Writer (most recently, "The Quinoa Habit," an e-book)

Joyce's first claim to fame in the food world was her "SmartyBars" – a healthy snack she manufactured and sold for four years before moving into a new phase as the Quinoa Queen. Most recently, Joyce was seen on KATU-TV (Portland) as a food and lifestyle editor, offering do-it-yourself foodie gifts for Christmas.



SmartyBars Makes 24-28 bars.

INGREDIENTS

- 1½ cups of precooked Royal Quinoa (or ½ cups of Royal Quinoa flakes)
- 1½ cups gluten-free or regular whole oats
- 1 cup whole, raw almonds
- 1 cup unsulfured dried apricots (unsulfured apricots are dark brown)
- ⅔ cup dried, pitted cherries
- ½ cup sweetened coconut flakes
- 1 tsp sea salt
- 1 tsp chili powder
- ¼ cup raw honey
- ¼ cup melted coconut oil

PREPARING THE FRUIT: Rehydrate the fruit so it's easier to work with. Simply add dry fruit and about 2 TBS water into a shallow, lidded pan. Turn the pan on high and, when the water sizzles, reduce heat to low and cover pan. Allow fruit to steam for about 1 minute.

PROCESS: Using a slotted spoon, remove fruit and place it in your food processor; process until smooth. Scrape the fruit puree away from the sides of the bowl, add the remaining ingredients and process all together for 30-60 seconds.

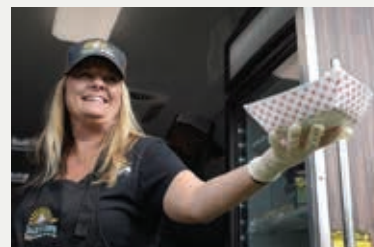
BAKE: Line a baking sheet with parchment paper and press the mixture to about ½-inch thickness. Sprinkle with flaked coconut and some coarse finishing salt. Bake at 200 degrees for 15-20 minutes. Cut bars into preferred sizes and place on a drying rack. Allow the bars to air dry; then, store in an airtight container and keep them in the fridge for grab-and-go snacking.

Having a food truck provides her a livelihood and the chance to visit her kids and grandkids, plus serve food at events like concerts – maybe even the Harley festival in Sturgis, South Dakota, someday.

"I've always been full of wanderlust," she says.

That love for exploration has made its mark on her menu, too. Along with a variety of egg scrambles and homemade buttermilk pancakes, Newell's truck features the famous beignets of the Café du Monde, reminiscent of a trip she took to New Orleans 15 years ago.

You won't find Crack of Dawn in Spokane during the winter (it'll be in Vegas), but be sure to look for this attorney-turned-griddlemaster at popular summer events in the Inland Northwest.



Watch the video and learn more about Gerri Newell's food truck, Crack of Dawn, gonzaga.edu/magazine.



Spokane's Best



TOP TEN OVERALL: 1| Kalico Kitchen 2| Flying Goat 3| Frank's Diner 4| Zola,
5| Aloha Island Grill 6| Wolffy's 7| Ultimate Bagel 8| Chaps
9| Clover 10| Steelhead Bar and Grill

TOP TEN CHEAP EATS: 1| Kalico Kitchen 2| Frank's Diner 3| Aloha Island Grill
4| Wolffy's 5| Ultimate Bagel 6| The Onion 7| Nudo 8| Old European
9| Chkn-N-Mo 10| Dolly's Café

PHOTOS BY EDWARD BELL ('17)

The Gonzagans and Spokaneites have spoken: The results for the best eats and treats of the Lilac City are in. From burgers to pizza, with cheap eats and close-to-campus digs, *Gonzaga Magazine* features the best options to choose.

Best Brunch/Breakfast

Kalico Kitchen
Frank's Diner
Wolffy's

Best Pizza

Flying Goat
Zola
Fire

Best Fast Food

Aloha Island Grill
Zips
Blaze

Best Dessert

Brain Freeze Creamery
Didier's Frozen Yogurt
The Scoop

Best Drinks

The Wave
Manito Tap House
No-Li Brewery

Best Burgers/Sandwiches

Madeleine's Café and Patisserie
Bruchi's
Churchill's

Best Asian

Nudo
Bangkok Thai
Sushi Dot Com

Best Italian

Tomato Street
Ferraro's
Italian Kitchen

Best Bakery

Rockwood Bakery
Boots Bakery
Whitebox Pies and Bakery

Best American Dinner

Steelhead Bar and Grill
Blackbird Café
The Onion

Best Coffee

Indaba
Atticus
Coeur Coffeehouse

Best Mexican

Rincon Tapatio
Atilano's
Azteca

*Lists based on a January 2017
Instagram poll*

Comforts of Home

Though the COG features some delicious meals, it still can't seem to beat a home-cooked meal from Mom or Dad. Six Gonzaga students reminisce on their favorite food from home:

- ▶ *I love my mom's **Dutch Babies** with **fruit compote** on top.*
— Katherine Heinlen (Seattle)
- ▶ *While in Florence, I've been missing my mom's **snickerdoodle cookies**.*
— Kelley O'Toole (Portland)
- ▶ *My mom's **tortilla soup** and **marionberry pie**.*
— Madeline Hueske (Bend, Oregon)
- ▶ *My mom's **asparagus spaghetti** with **shrimp** – it's really good.*
— Russell Jang (Piedmont, California)
- ▶ *Filipino food! I always make **pancit** and **lumpia** with my dad when I am home for break.*
— Charlie Ibarra (Roseville, California)
- ▶ *My mom makes this Spanish soup called **pesole** that I love.*
— Connor Coombs (Camas, Washington)

Taken with a Grain of Salt

BY KOURTNEY SCHOTT, (07)

It's true: There can be too much of a good thing. Take salt, for example. It makes food more flavorful, but sodium can be harmful to our bodies and too much of it can be bad for people prone to high blood pressure or other conditions.

The Better Tomorrow Plan, funded by a grant from the Centers for Disease Control and Prevention to the Spokane Regional Health District, provides support to Sodexo and Zag Dining to promote healthy practices in eating through a sodium reduction program.

Most people do not realize that many everyday food items contain high sodium – bread, lunch meat, soup and even chicken. Through the CDC grant, Sodexo has made low-sodium foods available at Gonzaga, Whitworth University and the Community Colleges of Spokane.

In addition to buying low-sodium varieties, Gonzaga's Campus Executive Chef Thomas Morissette says his team has focused on cooking from scratch instead of buying premade items. He has created a foundation for cooking called "saucier," which is the base for soups and sauces. Chef Morissette says that about 80 percent of the food Sodexo prepares on campus has a component from the saucier, making it one of the most impactful ingredients in the program.

Sodexo's Area Marketing Coordinator, Isaac Grambo, says customer satisfaction surveys show that "Students are looking for more and more healthy options when dining." Little do they know, Zag Dining already works behind-the-scenes to provide just that.

Seconds, Please!

If the stories in our Table Talk feature have whetted your appetite for more, come for seconds. Visit the magazine online for these great stories:

- ▶ Cover model Maddie Stutz's adjustment to a life with diabetes
- ▶ Alums brewing new beers and crafting wines
- ▶ Secrets to the fabulous food served at the Jesuit House
- ▶ Messy baby faces! Send us your favorite photo of your baby/toddler during a meal and we'll post a collection.

All at gonzaga.edu/magazine.

For Dan Futrell ('05), being ambitious and involved comes naturally. While at Gonzaga, Dan participated in cross country, track and ROTC, and even had the honor of acting as Spike the bulldog. After serving two tours in Iraq and attending Army Ranger School, he attended grad school at Harvard. Now, Dan works for MediaMath, a Boston technology company, and serves on the board of a local public school district.

On top of his already impressive vitae, Dan has a taste for adventure. In late spring 2016, Dan and a friend set out to do what no one had yet attempted – find the so-called “black box,” which is orange, of Eastern Air Lines Flight 980.

The devastating Eastern Air Lines Flight 980 crash occurred just outside of La Paz, Bolivia, on Jan. 1, 1985, when a Boeing 727 struck the side of Mount Illimani and claimed the lives of 29 people. Attempts to find the plane’s black box in 1985 were fruitless, as extreme altitude and glacial ice kept investigators from the crash site.

Fast-forward to 2015 when Dan stumbled upon a list of unrecovered flight recorders. Shortly after, he and his friend Isaac decided to be the ones to retrieve the black box from Eastern 980. The reason for their quest? The adventure.

Dan and Isaac had no experience in extreme climbing. All they had was two weeks’ vacation and determination. Fortunately, they snagged a couple of other brave souls to come along – Peter Frick-Wright (a reporter from Outside magazine), Robert Rauch (a German mountaineering guide who lived in La Paz) and José (a subsistence farmer to serve as their cook). After practicing emergency techniques with their gear on a mountain peak near La Paz, the crew set out to tackle the looming Mount Illimani.

For days, Dan, Isaac, Robert and Peter scoured the lower debris field – an area equivalent to four football fields – for the international flight recorder. They found mostly plane parts, and then, articles of clothing belonging to passengers. Finding the black box was more than just solving a mystery – it became a tribute, in part, to the memory of those who did not emerge from the wreckage.

As the fever to find the voice recorder continued, the altitude and emptyhandedness wore on the crew. Time was running out.

And then, turning over pieces of debris, Isaac happened upon an orange chunk of metal with a wiring harness on one end and the words CKPT VO RCDR barely distinguishable.

On Jan. 4, 2017, Dan and Isaac handed over the pieces of what they believed to be the plane’s black box and magnetic tape to the U.S. National Transportation Safety Board. Though there still may not be concrete answers when all is said and done, Dan and Isaac are coordinating with a U.S. Air Force colonel who works for the U.S. Embassy in La Paz to recover the human remains on the mountain so that they may be properly laid to rest. When about a dozen people expressed gratitude for this work, the impact of the expedition became clear. While the expedition to find the black box initially was a quest for adventure, Dan Futrell and his friends found more: a passion to ease the minds of those still heartbroken by the crash of Eastern Air Lines Flight 980.



FOR DEVELOPMENTS ON THIS STORY,
visit gonzaga.edu/magazine.

CHALLENGE ACCEPTED

BY KOURTNEY SCHOTT ('18) | PHOTO BY PETER FRICK-WRIGHT





Cameron Lay



Cameron Nelson



Karter Moore



Matthias Heinrich



Graem Rosko



Julian Fuentes

OH, BABY BOYS!

'02 Brian Lay and his partner, Gena, welcomed Cameron Alexander as their second child in November. He joins big sister, Madison Grace. Baby Cameron is growing like a linebacker, so Gonzaga sports may be in his future!

'05 Valerie Nelson and husband, Todd, welcomed their second baby boy, Cameron Joseph, in November.

'07 Shannon Moore and her husband, Brandon, welcomed their second child in August. Karter is already very loved by his big brother, Gus.

'09 Demetra and **'09 Chris Heinrich** were overjoyed to welcome their first child, Matthias Martin, in October 2015. Demetra and Chris met at Gonzaga and were later married in 2010 by Father Timothy Clancy, their Honors Program adviser.

'10 Dena Rosko and James Rosko welcomed baby boy Graem Xavier. They discovered they were expecting while remodeling their home; Graem means "new homestead."

'13 Erik and **'13 Amanda Fuentes** welcomed their new son, Julian, into the world last October. He wasted no time in becoming a Zags fan.

WEDDING BELLS

'87 Esperanza Aguillon wedded Kevin Sinclair in a ceremony that blended their two cultures. Esperanza is a high school Spanish teacher in Oregon, where she and her husband enjoy their kids and three cats. "Life is good," she says.

'06 Gina Gailis married Tom Shanahan last summer in his home country, Ireland. Twelve Zags made the cross-Atlantic trek to be part of the wedding by the sea.

'06 Tracey Radabaugh exchanged vows with Scott Berry in Oregon City.

'09 Kelly MacRae and **'10 Louis DiGonzini**, celebrated their vows at Sacred Heart Catholic Church in Palm Desert, California. Their officiating priest – Father Kerry Beaulieu – is also a Gonzaga grad, although the couple are quick to credit Mr. Corker's business management class for the magic that brought them together.

'10 Clelia Leopold said "I do" to Keith Tilford in the Virginia countryside, near Washington D.C., where they met.

'10 Andrea Schmidt and **'10 Daniel Isaacson** married at Sacred Heart Catholic Church in Boise, surrounded by Gonzaga friends. They reside in Longview, Washington.

'11 Nicole Kelly married Carter Gilmore in Snohomish, Washington, surrounded by several other Zags.

'11 Michaela Bromfield and **'11 Carl Withers** tied the knot at Holy Names Academy in Seattle. They met during

their first year at Gonzaga and attended Gonzaga-in-Florence together. After graduation, they reconnected and their long friendship became romance.

'11 Brittany Van Buskirk and **'10 Nathan Brown** exchanged vows atop Colorado's picturesque Copper Mountain, where guests took chairlifts to witness the ceremony. Their bridal party included seven fellow Zags.

'11 Emily Pyne and **'11, '12 Andrew Doty** represent another match fostered in Florence. They married in the bride's hometown of Novato, California, followed by a reception in the Sonoma wine country. They reside in Denver.

'13 Michelle Eastwood and **'13 Daniel Zimny** were surrounded by 13 Zags (from 2006 to 2018) when they married. They met in Crosby Student Center, moved to Omaha, Nebraska, and now reside in Carlsbad, California.

'13 Madaline Rhinel and **'13 Paul Doran** exchanged vows last June in Denver, with Zags serving in the wedding party.

'13 Ashley Ruen and **'13 Conner Thorne** celebrated their union at the Gonzaga Student Chapel, followed by one of the first receptions to be held at the new John J. Hemmingson Center on campus. They, too, met while "studying" at Gonzaga-in-Florence.

'13 Kelsey Were and Zachary Foote enjoyed a beautiful ceremony at Arbor Gardens in Snohomish, Washington, with five other Zags in attendance.

SUBMIT YOUR OWN UPDATES at gonzaga.edu/alumninews.



BACK WHERE IT BEGAN

'11 Megan Hervey and '11 Zack Berlat met six years ago as Gonzaga students spending a summer in Spokane. By the time classes were back in session, they were inseparable. They also worked together in Student Publications, she as editor-in-chief of *Gonzaga Bulletin* and he as photography editor. After graduation, they moved to Colorado, where they rode bikes and hiked the Rockies.

And on an especially cold October day in 2016, they got married in front of the flatirons in Boulder, with a friend from GU's Marketing Department (Rajah Bose) officiating. Four days later, the couple packed up and headed back to the place where it all began, as Zack took a position as staff photographer at the university. He says, "We are so happy to join the Gonzaga family again, as a married couple."

VIEW YOUR FRIENDS' WEDDING PHOTOS

online at gonzaga.edu/magazine.



TWICE AS NICE

'09 Becky (Tomcho) Holley and her groom Pulkit Gupta celebrated their vows twice – once in Delhi, India, and once at Gonzaga Prep.

In 2013, the two met at a mutual friend's birthday party in Spokane, then were engaged in 2015 when Pulkit took Becky to India to meet his family.

"Our wedding was a great experience with many traditional Indian ceremonies over three days," says Becky.

During the mehandi ceremony, the bride's henna artwork on her arms and feet took nearly seven hours to complete.

The engagement ceremony the next day included dances performed on stage from both sides of the family, as well as the exchange of rings and cake cutting. The wedding ceremony started with a *baraat* – a procession where the groom sits on a horse or carriage while his family dances in the street with a band on the way to the wedding ceremony, which took place around a fire. Seven times, the bride and groom would circle the fire before officially becoming husband and wife.

Becky says, "I love sharing about it. It was such a fun experience."

CAREER MOVES

BRAVE BULLDOGS

June 2016 not only marked the 100th anniversary of the Army Reserve Officers' Training Corps (ROTC), but also the first induction of ROTC alumni into the Army ROTC Hall of Fame. '62 **Jeffrey Colliton** was recognized for his longtime community service including a stint as Spokane city councilman, and Maj. Gen. **Dr. Joseph Caravalho '79**, from the Pentagon, for his distinguished military career as staff surgeon for the Joint Chiefs of Staff. The names of both gentlemen are displayed at the Army ROTC Hall of Fame at Fort Knox, KY.

WISE JUDGMENT

The Washington State Association for Justice presented '77 **Richard B. Kayne, J.D.** with the William O. Douglas Judicial Service Award for recognition of his diligent service on the bench and commitment to the justice system in the state. Kayne has served more than 20 years as a municipal and tribal court judge.

Mary Fairhurst ('79, '83 J.D.) was elected the 56th chief justice of the Washington Supreme Court by a vote of her peers. She succeeds GU Law grad **Barbara Madsen ('77 J.D.)**, one of the longest-serving chief justices in state history.

SAFETY IN NUMBERS

'93 **William Lawlor** was appointed assistant vice chancellor for business and finance at the University of Nebraska Medical Center, where he also oversees risk management, real estate acquisition, the controller's office and more.

OH, THE LUNACY!

After teaching in England and now Oregon, '98 **Matt Kolbet** noticed the emphasis on how often students are tested. Trying to take a farcical angle of teachers using this to their advantage, Kolbet wrote and recently published "Lunar Year." The story focuses on American teacher Thomas Little, who bets on his students' exam results as a way to earn a little extra money. Kolbet also writes poetry and short stories.

ALOHA PROMOTION

'10 **Thomas Hergenrader** is statewide chief estimator for the Waterworks Division of Ferguson Enterprises in Hawaii. Responsible for reviewing plans and preparing cost estimates for wet utilities on construction projects across the state, his family is very proud of this promotion after five years with Ferguson Enterprises Inc.



MIXING IT UP

'12 **Sarah Pierce** is putting to good use her master's in nurse anesthesia degree, a joint program of Gonzaga and Providence Sacred Heart Medical Center. "The quality of education was unbelievable," Pierce remarks. "I was exposed to a plethora of cases, far exceeding the minimum qualifications for most other programs."

As a partner in the Anesthesia Joint Operating Committee at Kootenai Health, Pierce has found a rewarding career in more ways than one. Besides being able to build trusting relationships with her patients, she serves on boards of the Anesthesia Associates of Coeur d'Alene and the Kootenai Health Foundation. She also started the Pierce Family Scholarship to help employees of Kootenai Health who seek training to advance their careers.

Pierce wants all students and especially aspiring nurses to consider the big picture: "The best job in the world is being able to mix your career with what you love to do."

READ MORE at gonzaga.edu/magazine.



NO AGE LIMIT

'54 **John Andrew** is attempting a quest to ski at every downhill ski area in North America during retirement. On February 4 of this year, he skied his 541st location (at a temp of minus 20°) in northern Alberta. With 670 active downhill ski areas in North America, Andrew is well on his way to achieving his goal. Andrew is a Trustee Emeritus at Gonzaga, having served on its Board of Trustees for 15 years during the 1980s and early 1990s. He attended his last trustee meeting in 1996 and began his quest the next day at Lookout Pass in Idaho. Twenty-one years later, at age 86, his quest continues.

FIND A LINK his great story in the *Wall Street Journal* at gonzaga.edu/magazine.

POCKET-SIZED FUN

An avid storyteller and artist, '82 **Kate Kennedy** published her first book, *The Sound Prince and the Pocket Dragon*, the first installment in her middle-school fantasy adventure series, *Sound Prince*. The book features a boy named Devon and a pocket-sized dragon named Iz, who together are swept into a mysterious world where they try to escape the evil ruler. As the author and illustrator, Kennedy delivers a fun fantasy tale for all ages.

NEW TALENT

'11 **Keagan Kerr** is the new chief human resources officer for Pacific Seafood Group, where he oversees global human resources and talent strategy. He previously served as senior vice president of corporate affairs and human resources for Coeur Mining.

MAGNETIC SUCCESS

'11 **Eddie Thenell** completed his Ph.D. in physics by successfully defending his thesis on "Strongly Driven Magnetic Resonance Systems," which helped characterize materials for use in next-generation LEDs and solar cells. Thenell has been a part of the Physics Department at the University of Utah since August 2011 and serves as chair of the department's graduate student action committee.

MAKING IT GO

'12 **Shane Murphy**, graduate of the organizational leadership program, was recognized with the chairman's award for leading his team to greater sales contracts with OEC, the automotive industry's largest auto parts marketplace.

FINANCIAL WHIZ

'13 **Tom Elliot** is the newest addition to the Elliot Group at RBC Wealth Management. To further his professional development as financial adviser, Elliot enrolled in a Certified Financial Planning course through Northwestern University. In his spare time, he mentors scholarship recipients of Cancer for College and continues his travel pursuits, including a trip to climb Mount Rainier in the spring.



PHOTO COURTESY CORTAZ MASTO CAMPAIGN

ELECTED TO SERVE

Catherine Cortez Masto, a 1990 Gonzaga University School of Law alumna, is the first Latina and first woman from Nevada elected to the U.S. Senate. She fills the seat vacated by Sen. Harry Reid, the Democratic minority leader, and becomes the first Gonzaga graduate elected to the U.S. Senate. (Four Gonzaga alumni have become U.S. representatives.)

Born and raised in Las Vegas, Cortez Masto served two terms as Nevada's attorney general from 2007 to 2015 during which time she helped pass laws to combat the manufacturing, distribution and use of methamphetamines.

She also worked to improve the laws preventing sex trafficking and violence against women and to protect children from sexual predators. In addition, she led a fight against home foreclosure fraud, securing nearly \$2 billion for Nevada homeowners from banks as part of the National Mortgage Settlement.

In her victory speech, Cortez Masto said she will advocate for equal pay for equal work, an increase of the minimum wage, paid family leave, environmental protection, and especially comprehensive immigration reform.

SHARE YOUR NEWS gonzaga.edu/alumninews.

On Feb. 11, we celebrated our **fifth annual Gonzaga Day**, a day for Zag Nation to celebrate Gonzaga and its impact on our lives and communities, as well as to cheer on both the women's and men's basketball teams to victory against Saint Mary's. More than 2,000 Gonzaga alumni gathered at 30 events.

For the first time, this year's Gonzaga Day included a 72-hour Gonzaga Day Giving Challenge. For three days, Zags from 39 states and Canada stepped up to support scholarships. Zags raised more \$250,000 (including matching funds) – the most in school history for a giving challenge. These dollars will result in more than 100 scholarships for students, now and in the future.

Visit <http://gonzagawill.com/> to view photos and videos from this year's celebration.

Kacie Bell
tweeted:
"Celebrating
#GonzagaDay
by officially
enrolling
to be a Zag!"



Francis Mana-ay ('17) posted on Instagram:
"Without Gonzaga, I wouldn't have had the opportunity to discover and cultivate my passions. I wouldn't be here without scholarships, so **thank you** to those who donated, for giving me some of the best experiences of my life."



❶ Canada ❷ Tokyo ❸ Alaska ❹ Portland



WHO'S THIS ZAG?

PHOTO: GONZAGA UNIVERSITY ARCHIVES

This rather understated and 38-year Gonzaga professor was all about making math fun. Whether multiplying dried beans or counting egg cartons, he did his best to make math irresistible to his students. His efforts led to his appointment to the National Faculty, and he was named Washington State Professor of the Year. He thought of himself as a grand chef offering a banquet of delicacies to the math haters. He worked a certain kind of magic, creating what he calls “the aha moment,” when minds whirl and concepts click. He taught at GU from 1961 to 1999.

If you know this mystery Zag, share a favorite memory. Email editor@gonzaga.edu, or write to Editor, Gonzaga Magazine, Gonzaga University, 502 E. Boone Ave., Spokane, WA 99258-0070.



Father Arthur L. Dussault, S.J.
(pronounced due-SO)

1903-1991

Mr. Gonzaga was dean of men, athletic director, director of public relations and alumni coordinator, vice president for university relations and vice president of the university. But most importantly, this beloved priest was friend to thousands of Gonzagans during his 66 years on campus.

FOLLOWING ARE READER REFLECTIONS:

When I came to Spokane in August 1966, my dad, Dr. John Theriot ('35), told me to introduce myself to Fr. Dussault. As I arrived by taxi near DeSmet Hall, suddenly comes toward me this huge, 6-foot-5 man dressed in black with a booming voice and massive hands. He seemed so intimidating. This gentle giant graciously inquired about my dad and excitedly walked me across the entire campus, sharing precious vignettes on all the great students and professors who have honored these halls since its founding. I'll never forget the warmth and kindness of this impressive man. He was a living, breathing embodiment of the great Jesuit pioneering spirit and force that I imagined Fr. DeSmet was.

Paul Theriot, '70, '72
Highlands Ranch, Colo.

Fr. Art came to our house in Edina, Minn., every Christmas for years and celebrated Christmas Eve Mass. During the summer he would often come for a stay, and the intimate Mass he would say was always

a highlight of his visit. He was one of the great ones, and responsible for me, my sister, and my brother's choice to attend Gonzaga, as well as others.

Erica Fields, '80
St. Paul, Minn.

Everyone knew who Fr. Dussault was. I didn't have much contact with him, but he was from a generation of Jesuits who formed me. Fr. Gerard Steckler and Fr. Al Carroll, especially, fall into that category. They were all incredible men.

Frank Petrino, '76
Tacoma, Wash.

Without a doubt the photo of the mystery Zag is an old friend, Fr. Art Dussault! A supporter of anything athletic, he also supported something close to a group who still hang around GU the third weekend of every September: the Gonzaga Men's Glee Club. The club was the recruiting tool for GU long before there was a basketball team.

Dick Manning, '60
Port Angeles, Wash.

How wonderful to see photos of a mentor, fellow alum and dear friend! Fr. Art Dussault was director of development during the early 1950s. He utilized the efforts of Montana Club members to create lasting projects such as the beloved Virgin Mary Shrine adjacent to St. Al's and poplar trees along the south border of developed campus. That was the only way the wayward members of this dominant association on campus could be reinstated!

John J. Donoghue '57
Big Fork, Mont.

Fr. Art knew every student by name and would take time to help whenever he could. Probably a bigger ambassador than even Bing. He presided at my father's funeral. He made a big difference at Gonzaga, both to the institution and all the students and faculty he encountered. Great memories!

Tom Moore '75
Bloomington, Minn.

'49 Helen Kathleen Feldhausen, Nov. 22, Spokane. An Army nurse during WWII and a passionate caregiver her whole life. Enjoyed traveling with her best friend Rita Krueger, particularly to Feldhausen, Germany, where the townspeople threw her a party.

'49 John Howard Martinsen, Nov. 6, Taylor, Texas. Served with the U.S. Foreign Service Diplomatic Corps and CIA. Handsome in all he did.

'49 William Robert "Bill" Ogle, Nov. 13, Spokane. Was awarded Dealer of the Year for his work in the automotive industry and the Spokane community. Had a deep love for Jesuit education and served as a Gonzaga Regent.

'49 Richard J. Unger, Nov. 26, Mt. Angel, Ore. Deeply dedicated to his faith and education throughout many schools and with many students.

'50 John M. "Jack" Magee, Sept. 17, Spokane. Served as an Army B-24 bombardier and navigator during World War II and later joined the Washington Air National Guard as a weapons systems officer.

'50 James John McDowell, Sept. 26, Spokane. A European veteran of World War II and the Korean War. A beloved great-grandfather and friend.

'51 Reno Eugene Hatcher Jr., Nov. 17, Spokane. Accountant for Washington Water Power for 37 years. A hard-working man of faith, kindness and humor.

'51 John J. Seymour, Dec. 12, Beaverton, Ore. Formerly John J. Mossuto. After a long life of service and education in the Portland Public School District, John enjoyed traveling with his wife to Europe and spending time with his family.

'52 Carl Ralph Jensen, Dec. 27, Bellevue, Wash. Spent his career designing landing gears for Boeing and played baseball well into his 50s.

'52 Lloyd John Wardian, Oct. 8, Spokane. First-generation college graduate of Gonzaga who taught for nearly 30 years.

'53 Robert S. Schermerhorn, Dec. 15, Spokane. A WWII vet, Darigold Farms employee, church volunteer and avid sidewalk snowblower, Robert is survived by 14 grandkids and other family members.

'54 Joyce Matson, Oct. 19, Great Falls, Mont. Worked numerous jobs in her life including: dance instructor, jewelry sales, real estate agent, stock broker and owner-operator of several restaurants.

'55 Charles William "Bill" Suver, Dec. 29, Seattle. Flew the F6F Hellcat in WWII and spent his career studying, practicing and teaching economics. A mountaineer who loved the North Cascades.

'56 Edward Beyer, Jan. 2, Hackensack, N.J. Taught, served six schools in his life as a priest and member of the Edmund Rice Christian Brothers of North America.

'56 Robert Francis Hauth, Nov. 17, Lacey, Wash. Bob enjoyed the practice of law. Loved to tell "shaggy dog" stories and often caused his kids to groan.

'56 James A. Super, Dec. 10, Great Falls, Mont. A career carpenter with a passion for skiing, his family, and a life mantra of "maintaining balance."

'57 Bonnie Jean Bosworth, Dec. 22, Seattle. In her career in education she won a Golden Acorn award with the WSPTA and founded the Franklin High School Alumni Association.

'57 Harold D. "Pete" Clarke Jr., Oct. 11, Spokane. Spokane County Superior Court judge, 1974-95, and a torch bearer for the 2002 Salt Lake City Olympic winter games.

'59 Daniel Lawrence Cary Smith, Dec. 18, Spokane. Found fulfillment in hunting upland game, carpentry, fishing and performance of Broadway musicals with The Spokane County Bar Players.

'60 Father Gustavo "Bud" Fernandez, S.J., Nov. 6, Honduras. An intelligent man who was inspired by teaching to pursue his calling to become a priest. Spent his life serving the people of Mexico, Guatemala and Honduras.

'61 Sr. Mary Rose Estelle Corneau, Sept. 19, Victoria, B.C. Started traveling to Western Canada in 1951 as a missionary educator, then taught 20 years in Catholic and government British Columbia schools.

'61 John Delano Culligan, Nov. 26, Spokane. A successful electrical engineer in Spokane and with AT&T in California. He was proud to teach a course called Math is Cool to elementary students.

'61 Campbell S. Sydie, Oct. 16, Edmonton, Alberta. An avid sailor, devoted rugby fan, Anglophile, and adventure seeker.

'62, '65 Robert J. Rodriguez, Dec. 24, Venice, Fla. Worked for Ford Motor Co. for his 34-year career. Survived by his favorite friend, dog Roxi.

'63 Thomas S. Ruh, Sept. 16, Kirkwood, Mo. Professor of physiology and pharmacology at St. Louis University School of Medicine for 30 years.

'65 Rev. Br. Edward Benedict Boyle C.F.C., Oct. 20, Rye, N.Y. Part of the Congregation of Christian Brothers since 1950, his ministry took him to Palma

High School in Salinas, Calif., O'Dea High in Seattle, and St. Cecilia's School in Manhattan.

'66 Leland F. Henrichs, Sept. 10, Simi Valley, Calif. Lifelong Dodger fan who had a love for horses. He served in the U.S. Air Force for nine years.

'67 Kathleen V. Patterson, July 8, Scottsdale, Ariz. Worked for the Internal Revenue Service in Seattle and Scottsdale.

'72 Daniel Martin Enright, Nov. 19, Palm Springs, Calif. His career in construction management took him to many corners of the Earth. Enjoyed playing semi-pro golf tournaments, and always had great advice for his children and friends.

'73 Alexander Hugh MacDonald, Nov. 23, Calgary, Alberta. "Sandy" was a lifelong hockey player and educator and took great pleasure in gardening.

'77 Mark R. Nocerini, April 2016, San Francisco. Worked in the biotechnical industry, was a volunteer gardener in Presidio Park and Italian traveler; all with the love of his life, Zara.

'78 William Judd Phillips, Sept. 28, Colville, Wash. He worked alongside his father, Ken, at Phillips Appraisal Service.

'80 Glenn D. Commons, Jan. 5, Dyer, Ind. Appointed magistrate in the Lake Superior Court, Juvenile Division in 1990. A lifelong fan of the White Sox, Bears and Blackhawks.

'80 Teresa Anne Niggemeyer, Sept. 14, Seattle. Joyful and caring woman who strove to make the world a kinder and gentler place.

'80 Harold G. Rothgeb, Sept. 16, Spokane. Korean War Army retiree and active in several Masonic orders.

'82 Harry P. Calhoun, Dec. 9, Spokane. A pilot in the Strategic Air Command during Vietnam, an electrical engineer in Grant County and an avid fly-fisherman.

'83 Alan Hartig, Nov. 25, Anchorage. A friend to many across the state, this Gonzaga law grad was a great help to any with a computer problem or technical difficulty.

'84 Bonita R. Powers (Schober), Dec. 25, Bainbridge Island. A lifelong advocate for social justice and equality in schools, and attended both of President Obama's inaugurations.

'84, '90 Teri Louise Stroschein, Oct. 31, Beaverton, Ore. Worked as both a math teacher and computer systems consultant during her career, and made time to embody the Ignatian spirit of service everywhere she went.

'87 Joe DiGregorio, Nov. 10, Denver.

Used his career as an attorney in Colorado to write laws that improved the lives of children throughout the state.

'87 Patricia A. Gier, Nov. 26, Las Vegas.

A passionate donor to St. Jude's Children's Research Hospital and organizations that help animals and support animal rights.

'87 Robert H. Hanson, Dec. 29, Spokane.

The owner of several successful companies over the years, had a mischievous sense of humor and love for his wife and daughter.

'87 Sr. Margaret Van Wagenen OSF, formerly Sister Florecity, Dec. 19, Aston, Pa. A lifelong educator and servant of God.

'89 James P. Martin, Dec. 28, Waukesha, Wisc.

An assistant district attorney in Walworth County, then went into private practice to aid people through difficult times. Infamous for his constant reply, "truly blessed" despite his battle with ALS.

'90 Karen G. Hanson, Nov. 7. A lifelong

learner and medical care provider with multiple degrees and a passion for high quality medical care for everyone.

'90 Gus James Maganni, Nov. 9, Salt Lake

City. Found passion in his career in the culinary arts. President of Vine Lorewine brokerage. A devoted father.

'91 Martha K. (Maxwell) Reese, Sept. 6,

Post Falls, Idaho. Enjoyed a 34-year career as a music teacher in Spokane's Central Valley School District.

'92 Timothy Matthew Aukett, Dec. 15,

South Beach, Ore. Tim left behind family of all kinds, great memories, and a legacy of participation in cancer research.

'92 Tracy A. Bass, Oct. 26, Spokane.

Touched many lives through her work with Catholic Charities of Spokane, as well as through her most recent job with Delta Dental of Washington.

'97, '00 Jeffrey G. Trull, Oct. 26,

Vancouver, Wash. While ALS forced an early retirement as deputy district attorney in Las Vegas. His body was donated to ALS research as he wished.

FRIENDS

Robert LaPointe, Feb. 14, Spokane. Grew up in New Hampshire, worked throughout the country in urban planning and development, arrived at Gonzaga in 1992 as director of development, later served as associate vice president until retiring in 2009. He built strong relationships with friends of Gonzaga throughout the country.

Mary McCann, Jan. 23, Cabo San Lucas, Mexico. Wife of GU Trustee Emeritus Jack McCann, committed to her family, faith and the Zags.



Jo Louise (Wyss) Merwin

Gonzaga had an important purpose for Jo: mending and sewing cassocks and clerical shirts for the Jesuits. Her space in Jesuit House became a sacred one, filled with friendship and laughter. Her impact was felt all over Spokane as she brought her sewing skills to many organizations in the community. She and her husband, Gordon Merwin '40, opened their home to a plethora of foster children and, later, Gonzaga students who needed housing. Jo established a scholarship at Gonzaga and gave generously, always hoping to "add more zeroes" to charitable donations. Jo was called home to God on Nov. 4.



John Michael Michels ('54, '96)

A man who left his imprint on the hearts of many and his impression on history in multiple ways, John was an electrical engineering major and ROTC cadet at Gonzaga in 1950. After a career as an officer in the U.S. Army Fort Bragg Intelligence School, he worked for Boeing and was credited with developing the Airborne Warning and Control System, a key defense tool in the U. S. military. He ended his career at Boeing and became a historian of the German-Hungarian ethnic culture, particularly those individuals who immigrated to North Dakota to escape post-World War II genocide. He told their stories and was recognized worldwide for his philanthropy and efforts for others. He passed away on May 13.



Judge Salvatore "Sam" Cozza ('77)

A well-respected and highly regarded member of the judiciary, Judge Cozza began his legal career as a Spokane County deputy prosecuting attorney before his election as district court judge in 1990. After six years of service to the District Court, Cozza was elected to the Superior Court bench where he was known as a fair, compassionate servant of the law. His love for the Zags was evident throughout his chambers, which were decorated with Zag memorabilia, and he was often seen at the University's basketball games. He passed away after complications from heart surgery on Jan. 14.



John Navone, S.J. ('55)

An inspiration to even Pope Francis, Fr. Navone wrote and published 23 books and many scholarly articles. He spent his final years of "retirement" teaching at Gonzaga. He studied philosophy at Mount St. Michel's Institute and received his master's degree from Gonzaga, another bachelor's degree from Seattle University, and a doctoral degree from Gregorian Pontifical University in Rome. He then spent 47 years teaching theology there. He adored Rome, his life as a Jesuit, and the adventure of living with others for God. He died Christmas Day 2016 after a brief battle with cancer.



Getting Honu Home

A TALE OF A GREEN SEA TURTLE

BY ROL HERRIGES ('57)

uring the last 50-some years, my family has experienced the love and close association of several domestic pets that rapidly became an integral part of family life. A black-and-white kitten we named Katze, a well-groomed stray miniature poodle we found on our doorstep and two Siberian huskies.

But the latest “pet” is strictly a personal one because of an incident I witnessed alone a few years ago. It’s a wild marine animal, a green sea turtle that I met while vacationing with friends on the Hawaiian island of Kaua’i.

Not to produce a white paper on a green sea turtle (“Honu” in Hawaiian), but some details about them might be useful: The name of this particular marine animal does not originate from the color of its skin and shell, but because of a layer of green fat found between its top shell and internal organs. Adult turtles can grow to five feet in length and weigh 150 to 400 pounds, reaching 80 years of age. They navigate long distances in deep pelagic waters utilizing temperatures, wave directions, sunlight and an internal magnetic compass.

These turtles are cold-blooded, breathe through lungs rather than gills, and are classified as vertebrates, just as are cats, dogs and humans. They are equipped with a pair of paddle-like flippers for greater swimming capabilities, and they cannot retract their head into their shell, which makes them much more vulnerable to predators, with only one in 100 reaching adult stage.

Female turtles dig nests on a beach, lay upward of 200 eggs, and cover them all with sand and head back into the sea. When the babies hatch, they dig their way out and scramble, as fast as a sea turtle can travel on land, for the safety of the water. Except that the water isn’t necessarily safe either.

This species of turtle is on the endangered list because, in addition to natural enemies, human activities have overcome many of their breeding grounds due to coastal real estate development, pollution and in some countries hunting for food. And many are caught in fishing nets. In the current case, a fishing line.

Our vacationing group was housed in a condominium on the Kaua’i south shore,

surrounded on three sides by the ocean. There were turtles galore, but one lone turtle was hanging around the shore of the east side of the building. The rocks in this area appeared to have been placed there, possibly as bulwarks to protect the shore against wave action. And, surprisingly, as I stood at the water’s edge, this particular turtle languished, not a foot away, for how long I have no idea, not at all frightened by a human so close. She would drift five or 10 feet away, then paddle back to the rocks, linger a few moments, then repeat the action.

I use the term “she” as do sailors of their ships. What I deemed a personality kept her from being an “it” any longer.

After a few moments of observation at close range, I noticed a fishing line was wound around her beak and through her jaws. Hesitating to wade in and possibly scare her away, I hailed a nearby visitor, packing swim fins and snorkeling gear, to come and help. Because he was so equipped, I surmised he may be able to handle the situation better than I. He stepped into the water, very carefully unwound the approximately three feet of line, stepped out and strolled away.

This seemingly wild sea creature again drifted about five feet from shore, all the time facing me. Then paddled back, touched her beak to the closest rock, turned, dived into the deep waters and vanished.

Did she just say, “Thank you?” I had a feeling she did.

It’s been half a dozen years since Honu and I met on the Kaua’i beach, but she remains in my mind. The astonishing part of the entire episode is the way the encounter has changed my views. I hadn’t thought much about how people treat their pets or other animals. But reflecting on this green sea turtle has made me so much more aware of pollution and its negative impact on wild animals and marine life. In a bigger view, I am also left to wonder why more people aren’t more thankful for a lot of what they have, and more appreciative of the people who helped them.

If only we could take the time to pause, check our view of what’s important, and consider how we treat our world. Honu and thousands of others like her depend on us, and we depend on each other.



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Make us worthy, Lord, to serve our fellow men
throughout the world who live and die in poverty and hunger.

Give them through our hands this day their daily bread,
and by our understanding love, give peace and joy.

- MOTHER TERESA

