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Creating a Clean Technology Future

Imagine a future in which wind and solar energy are fed efficiently into our nation’s electric power grid. Or a day when agricultural waste products such as wheat straw are easily converted into biofuel sources. Turning those dreams into reality is one of the big ideas occupying Washington State University researchers. They are pursuing clean-tech solutions ranging from the creation of sustainable communities to powering cars with hydrogen and improving climate-friendly farming practices.

Serving the state. Providing economic stimulus. It’s all part of Washington State University’s mission.
Cultivated thought :: Near the end of an otherwise lackluster speech to the Wisconsin State Agricultural Society in September 1859, Abraham Lincoln suddenly shifted gears heading into his peroration. Having compared two conflicting theories of labor, he continued, "This leads to the further reflection, that no other human occupation opens so wide a field for the profitable and agreeable combination of labor with cultivated thought, as agriculture." Although my son would likely question the intellectual appeal of spreading manure, Lincoln’s observation resonates, at least in moments when the laborer/scholar is not exhausted. Lincoln went on to suggest what fields might provide food for agricultural contemplation. Chemistry assists in the analysis of soils and in the selection of manures for fertilization. Botany is of obvious assistance in dealing with any crop. And had the field existed at the time, Lincoln certainly would have mentioned nutrition. For surely, as farmer/philosopher Wendell Berry has observed, "Eating is an agricultural act.

Within the burgeoning genre of food commentary, it has become a matter of course to bash, in many cases rightly so, the status quo of food production, agricultural practices, and imposed taste. But in the case of nutrition science, the criticism has at times become confused, conflating disparate, and often conflicting, voices and disciplines into the conspiratorial specter labeled by one critic “nutritionism,” suggesting a plot to enrich food corporations and make us fat. Michelle McGuire and Kathy Beerman, WSU nutrition professors and authors of a nutrition textbook recently released in its second edition, shrug off such generalizations. I suggest that people’s anxiety about food might lead them to turn on nutritionists, who seem always to be changing their minds. One day, for example, butter’s had for you. The next, it’s fine. That’s the nature of science, says McGuire. There is no perfect experiment that’s going to answer every question. “That’s not how science works.” Beerman concurs. “Like other sciences, nutrition evolves.” Sometimes information is overstated or simplistic, whether of necessity or through interpretation in the media. “I think that’s one of the reasons you see inconsistencies and contradictions. But another part of it is if we don’t fully understand something, it might be better to give the public some guidance rather than no guidance. If we didn’t revise our recommendations, we’d still be saying margarine, no butter.” Driven by a complex mix of environmental, ethical, and nutritional concerns as well as ideology and nostalgia, food issues, like so much else these days, have become maddeningly polarized. Perhaps we’ll never agree on how we assess the quality of our food. But McGuire and Beerman’s textbook represents the best of the University’s mission, providing a cool-headed, scholarly assessment of the current state of the science, a solid and provocative base for Lincoln’s cultivated thought.

Tim Steury, Editor

For more on McGuire and Beerman’s text, Nutritional Sciences, visit wsm.wsu.edu/discovery.
Celebrate the premium wines of Washington State University Alumni

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When money is tight, you want a solid return on your investment. That’s why the WSU Alumni Association has expanded its membership benefits a full tenfold over the past few years. As a member, you can take advantage of the many discounts and benefits we offer. You will save money on the purchases you make and can more than cover the cost of your membership. Now that’s a smart investment strategy in any market.

WSUAA members can log on to our new members-only benefits Web site at www.alumni.wsu.edu/membersonly and check out the substantial discounts you can enjoy with such companies as Costco, T-Mobile, Office Depot, national hotel chains, car-rental agencies, many alumni-preferred online retailers, and hundreds of local, regional, and national merchants.

Join today and start saving. Plus, membership dues are considered a gift to WSU and are tax deductible. Sign up by visiting www.alumni.wsu.edu/join or call 1-800-258-6978.
I appreciate that for the first time, I actually featured articles and the designs as, if not more than, the content itself. I enjoy them as much as, if not more than, the content of the articles.

I was so impressed by the featured articles and the designs that for the first time, I actually read every page of the issue. I think I finally have come to appreciate Washington State Magazine.

Thank you and keep up the good work!

Liuyang Lily Yang
Portland, OR
PhD '95

Another first for Texas
“A Player to Be Reckoned With,” by Jason Krumm (Fall 2009) was one fascinating article. Duke Washington may have been the first African-American to openly play on a Texas field, but he was not the first to play on a Texas gridiron.

Morris Mae Williams from Alabama played, secretly, against Trinity University in San Antonio, in 1947, as a member of the Mexico City College team, the Aztec Warriors.

Mexico City College (MCC) was founded in 1940 by two American educators, Dr. Henry L. Cain and Dr. Paul V. Murray, to serve the large English-speaking community in Mexico City.

This story of intrigue and disguise is from “The Mexico City College Story: The History 1940–1962,” Note 1, Page 5, online at www.mexicocitycollege.com:... When they arrived in the Alamo City, Dean Murray was shocked to discover that the State of Texas had laws that prevented Negroes playing on the same field as whites. But he was determined that his one Negro player, Moe Williams, would be too good to be kept out of the game simply because Williams was not white. After some thought, he came up with a plan. “First, he had the team suit up at the hotel. Then, they went by chartered bus to the stadium. All the players wore their helmets so as to help disguise Moe and raced into the dressing room and then on to the field. Moe wore his helmet the entire game, removing it only in the dressing room during half time. “Aside from all of that, the game was a total disaster for the Aztecs of MCC. Trinity University ran rampant over MCC by a score of 73 to 6. “Nevertheless, one person found solace in the midst of such a devastating defeat. A writer for the 1948 yearbook noted, ‘The Trinity game was the first time a Negro Williams played among whites on a Texas gridiron. The Aztec may have been crushed on the field, but ‘Anyway we made history.’”

Joseph M. Quinn ’70
Independence, OR

Correction
Our article on potatoes in the Fall 2009 issue contained two errors. The president of Johnson Agriprises is Orman, not Otto, Johnson. Also, the Go Congs potato shed out of Chula Vista, owned by Johnson Agriprises holds 18,000 tons, not 36,000. We regret the errors.

WSM, but whatever that is, you’ve exceeded my expectation. I want to especially commend your art editor(s) because the layout and the graphics are just superb. In addition to the eye-catching cover art. The last issue (v8n2, Spring 2009) is an excellent example. The graphic design for the three featured articles “What is Art For?”, “The Love Letter” and “You Must Remember This” is just so beautiful—I enjoy them as much as, if not more than, the content of the articles.

We regret the errors. The president of Johnson Agriprises, not Otto, Johnson. Also, the Go Congs potato shed out of Chula Vista, owned by Johnson Agriprises holds 18,000 tons, not 36,000. We regret the errors.

Opening new doors to green
by Larry Clark
The soaring ceiling, room-length fireplace, and glass doors that open to the outdoors give the lobby the flavor of a ski lodge crossed with an open-air café. However, the ambience of Olympia Avenue—Washington State University’s new residence hall—masks its eco-friendly bones: the exposed wood comes from old buildings, a retractable screen shades the lobby when it’s too sunny, and its eco-friendly bones: the exposed wood comes from old buildings, a retractable screen shades the lobby when it’s too sunny, and the floors are polished decorative concrete.

“I love the space. It’s just so exciting to live in a brand-new hall,” says sophomore Hannah Rogers, one of about 230 residents of the new hall. She and the Olympia Avenue staff educate residents on the building’s assets, along with tips to promote sustainability in the hall.

A huge system underneath the parking lot collects rainwater funneled from the roof of the building to water landscaping,” says Meg Rogers and Orton Halls, with water-sipping native plants in the front.

“The keyless system is really nice, because I don’t like having a bunch of keys. All I need is my card,” says Donaldson. “I feel a lot safer.” After swiping the card, passengers ride the elevator to an olive-green carpeted hallway with a clean, new smell. The hallway ends at a common room labeled “chow,” featuring a full kitchen, TV, couches, and—as with many areas of the building—lots of windows to bring in natural light.
Off the kitchen, three high-efficiency washers and dryers fill a laundry room. Panoramas are as excited about the space as the students are. They love the new furniture, the spacious rooms and kitchens,” says Autrey. The spacious rooms and kitchens,” says Autrey.

For photographs of the new hall visit wsu.edu/gallery.

The Organic Center study required that identical varieties grown on identical soils in identical varieties grown on identical soils in

The Organic Center study required that identical varieties grown on identical soils in identical varieties grown on identical soils in

is organically grown food nutritionally superior? As they say, more study is needed. Photo: Robert Habeck

Is organic more nutritious?

by Tim Stewart: This summer saw the publication of a study of the nutritional value of organic versus conventional foods by scientists within the London School of Hygiene and Tropical Medicine. Based on a review of 55 articles they judged of satisfactory quality, the scientists, led by Alan Dangour and funded by the governmental Food Safety Agency, concluded that there is no evidence of a difference in nutrient quality between organically and conventionally produced foodstuffs.

Preston Andrews, WSU professor of horticulture and a prominent researcher of nutrient value of organically grown food, is linked by the report, published in the American Journal of Clinical Nutrition, both by its conclusion and its methods.

For one thing, says Andrews, “They don’t understand field research.” Back to this in a moment.

In spite of the eye response to the report by a good many others than Andrews, a close reading of the article and its allowances detects somewhat from its conclusions.

Dangour and his colleagues write, “We did not address differences in contaminant contents (e.g., heavy metals or fungicides) or the possible environmental consequences of organic and conventional agricultural practices because that was beyond the scope of our review.”

Given that these factors have been the main focus of many of conventional agriculture’s critics, one might wonder off the impact of the paper.

However, the ‘nutrient density’ of organically produced food has been actively promoted by its proponents, including Andrews and other participants in the Organic Center, which supports some of Andrews’s work. The Organic Center’s mission is “To generate credible, peer-reviewed scientific information and communicate the verifiable benefits of organic farming and products to society.”

In a report similar in scope to the FSA report (though not peer-reviewed), the Organic Center last year assessed 236 “matched pairs” of measurements including an organic and a conventional sample of food in 97 published studies. Andrews was an author of the report along with WSU associate professor of pharmacy Noel Daniel, WSU pharmacology and toxicology doctoral student Jaime Yáñez, and other Organic Center scientists.

The Organic Center study found that organic foods were more nutritionally dense in 63 percent of the cases. The conventional foods were more nutritionally dense in 37 percent of the cases. The study considered these nutrients: four measures of antioxidants, three precursors of key vitamins (A, C, and E), potassium, phosphorus, nitrates, and total protein.

In three-quarters of the cases, the organic foods contained higher levels of phytochemicals, including antioxidants and polyphenols.

The FSA study found 122 studies, 55 of which they considered of satisfactory quality. Their analysis found that conventionally produced crops had a higher content of nitrogen, and organic crops had significantly higher content of phosphorus and tratable acidity. They found no evidence of a difference in the other eight nutrients considered: vitamin C, phenolic compounds, magnesium, calcium, potassium, sodium, total soluble solids, and copper.

Organic Center scientists faulted the FSA study for actually identifying significant differences, thus dismissing them. For example, Dangour and his colleagues found conventional foods to contain higher nitrates, which are widely considered a potential health hazard.

They also criticized the FSA for omitting measures of some important nutrients, including total antioxidant capacity.

But the main problem with the FSA report, says Andrews, was their screening methods, in part due to the absence of matched pairs.

All that the FSA study required was that the varieties of food crops or animals had to be named, but not for the same, says Andrews. Different varieties of the same crop can vary wildly in their nutrient levels.

Likewise, matching soils were not required in the FSA study, nor was proximity.

As far as he knows, there has never been a long-term epidemiological study of the health effects of eating organic versus conventional food. It could be argued that nutrition is a moot point, at least in a society in which, on the one hand, food is plentiful, and on the other, the price of organically raised food places it beyond the reach of those who could most use the increased nutrition.

Michelle McGuire, a nutritionist at WSU, is a spokesperson for the American Society for Nutrition, which publishes the American Journal of Clinical Nutrition, and wrote the press release regarding the FSA study. She notes that we have solid data on only a handful of the hundreds of nutrients in our food.

Referring to the Dangour study, she says, “I don’t use that study as evidence that organics aren’t more nutritious; it’s evidence that we don’t have evidence that they are. We really don’t know that much, yet.”

McGuire doesn’t say that she often buys organically grown food, not because she’s particularly concerned about nutrient content, but because it tastes better. Andrews in fact led one of the few studies that has attempted to measure the sensory differences of food crops or animals. In a study published in Nature, he and colleagues used blind taste tests which found that organic Golden Delicious apples were sweeter and less tart, especially after long-term storage. A continuation of that study, published in FrontScience, found that consumers rated organic Gala apples firmer and with better texture and flavor than conventional Galas.

Gazetteer

The Organic Center study required that identical varieties grown on identical soils in close proximity be compared. If the continents prove anything, it’s that such a study is difficult at best. According to Andrews, “The claims of health benefits for organic foods are difficult to make conclusively because so few studies have tested the question directly.”

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Stormwater central

by Hannelore Sudermann ::

There’s nothing mundane about the new parking lot at the WSU research and extension center in Puyallup. It is a state-of-the-art polluted water collection system. The 70-square parking spots are specially designed to drain the water from each space into separate collection cells.

Age-old rain gardens, depressions in the earth where the water will be deposited to see how different plants absorb and handle pollutants. Finally, large containment tanks will hold different mixes of soils to see how the pollutants filter through or are retained. This test site is one of the first of its type and scale in the world.

The WSU research station in Puyallup was built more than a century ago to serve the farmers in western Washington. This new project fits the role of the facility, says director John Stark. It’s an experiment station, where the university can “experiment” with new ideas and technology for the benefit of the general public.

“Think of this as our farming is declining,” he says. And the population is on the rise, so the station is focusing on more urban issues. Storm water runoff from streets and parking lots is a major concern for the local stream and rivers as well as for the Puget Sound. That is why projects like these will focus on environmental toxicology as well as reducing the flow of runoff water. Hopefully someday, he says, more developers and businesses will start using this technology.

Example of pervious pavement (left in photo) and a street-side swale in Seattle’s High Point by Hannelore Sudermann.

Housing the numbers

by Hannelore Sudermann ::

Bob Scarfo, an associate professor with Washington State University’s Interdisciplinary Design Institute, and his land-use architecture students have evoked some of that romance with a project urging the reintroduction of passenger trains to the Palouse. Only now, along with the romance of the rail, they’re using contemporary reasons like oil scarcity, climate change, an aging population, and food production in mind.

One way to meet the resulting needs is with trains. Scarfo recently told the Pullman City Council the project, titled “Pursuing the Palouse,” would link the existing tracks running from Spokane to Lewiston. They would need to be upgraded to get the speeds necessary, but at least they’re already in place, he says. The route would start in Spokane and run through Oakesdale and Rosalia. Scarfo’s students believe that with the return of passenger trains, small sleepy towns could come back to life.

They drew up plans for new stations that would serve as centers of the communities, with parks nearby and farmers’ markets in the parking lots and plazas.

A group of students who focused on Pullman thought a station could be built just below WSU’s old steam plant, where campus meets up with public paths and bicycle routes. It’s where the train delivering coal to the University used to stop. The location is ideal, Scarfo told the council, because it’s close to downtown and “would be accessible to a number of people in the community.”

Let your imagination go—besides having passenger freight, the rail cars could provide wireless Internet or cold classrooms. The stations could rent bikes and smart cars. “The trains are more than just transport. It’s a vehicle for change,” he said.

In Spokane, the train would meet up with the city’s future light rail-style transportation system. Students could ride up to the WSU Spokane campus, or just sit on it on the weekends to visit the city. Commuters might live in one town and ride the train to work in another. Places like Rosalia, where the townpeople were very interested to hear the students’ ideas, could be revitalized, said Scarfo.

The Pullman council was intrigued by the idea: “Students would love to get on the train and go to Spokane,” said Councilwoman Ann Heath. “They’d get more business. We’d probably get more business as well.”
Bob Smawley’s memories of the passenger rail go back farther than most—to 1938, when as a 10-year-old he would board the evening train in Pullman to sell newspapers to the passengers. “It was the 5:45 Northern Pacific,” he says. “And sometimes the selling was pretty good and the train would start before I’d finished.” A few times the conductor would have to stop the train a half-mile down the track to let Smawley off. “He would say, ‘I never want to see you on my train again,’” says Smawley ’52. “But then the next time, he’d help me on.”

The train was such a part of the community. It brought the town to life each fall as it delivered students. Throughout the holidays and breaks, a special train would head north to Spokane and then turn west across the state to climb Stevens Pass and descend into Everett. From there it would drop south to Seattle and Tacoma. When the sports teams traveled, they took the train, and the marching band and hundreds of students would rally at the depot to see them off.

After Northern Pacific closed its route, the Palouse was served for a time by a small commuter train that ran between Lewiston and Spokane until 1965. Carol Smawley ’52 would sometimes take her children on the train up to Spokane for the day. “It was a pretty risk,” she says. “It meandered through the Palouse.” It took two hours to get there, but it was a fun trip to make.

Reinstating a route like that would be a fairly simple effort, Scarfo told the Pullman City Council. The trains, the engines and the track are already in place, and the short lines have just started an $80 million project to improve the tracks for freight. “Without even knowing it, we’re taking a step in the right direction,” he said.

For detailed presentations of the “Powering the Palouse” project including greenway energy and safety systems, visit wsm.wsu.edu.
Drew Bledsoe and Chris Figgins ’96 have a childhood friendship back to a group effort,” Bledsoe says during a rare break. “I didn’t have something to apply that passion to. I would end up in trouble.

By Jason Krup ‘93

DREW BLEDSOE may be best remembered by Washington State fans for what he accomplished on a snowy day in November 1992. And while visions of Bledsoe sucker-punching Phillip Johns, and a snow bank an element in their memories, these days, Bledsoe wants Cougar fans to know him not only for great plays but for making great wine.

“It is very important for me that people know that this is a true passion of mine,” he says. “We are very committed to producing only the best wine that we can.”

Exiting early July day in Walla Walla, Bledsoe’s passion is on display. This day marks the bottling of Bledsoe’s first vintage of Doubleback, a Cabernet Sauvignon which will be released in 2010, and in it just an observer in the process. His wife and family, including wife and co-founder Maura and their four children, are unloading boxes and setting bottles on the assembly line, where, once filled and corked, they will eventually be sealed and numbered.

“It is almost like you treat them how you would treat a little kid. If you give them everything it wants, then it grows up spoiled with no depth,” he explains. “We are very committed to producing only the best wine that we can.”

The connection between Bledsoe and Figgins extends from their love of wine to their association with Washington State University. “I remember the time when Drew decided to go to Wazzu was a pretty big deal,” says Figgins. “Because he could have gone just about anywhere, and he chose to come to Pullman rather than doing the more obvious route of Notre Dame, Florida, or USC,” adds Figgins. “For him to look at it and think that was really, really cool. It speaks to the whole Doubleback project. It’s about this place matter, where you are from matters.”

Returning to Walla Walla evokes memories of his own hometown, not only of his hometown, but his time at WSU.

“I like to say that I don’t have any regrets, but looking back on it, my time at WSU was entirely short,” Bledsoe admits. “It was two years and a half years. I loved every minute of it. I wouldn’t say that it had any long-term impact because it worked out really well, but I wish I could have spent more time there. I really enjoyed it.”

And the one game he enjoyed most was the 1992 Apple Cup, what WSU fans fondly refer to as “The Snow Bowl.”

“It still is and always will be my favorite memory in my whole career,” says Bledsoe, whose career included two Super Bowls while with the New England Patriots, including the Super Bowl XXXVI championship team. “Playing in that game with the snow flying, against the Huskies, and then hearing the Huskies, was just awesome.”

In the future, when Cougar fans reminisce about that game, their memories may well be accompanied by a glass of Doubleback wine.
Thrasher’s way of digging clams is elegant and simple. He spots several holes clustered within a 10-inch radius and says, “There are better clams here, six or seven of them.” He pushes his shovel into the mud and pulls up a clump of soil, then another, and then another. “Dig quickly, as deep as you can and expand the hole,” he says. “You end up digging one hole and you get four clams.”

But don’t sort through the dirt while you’re digging, he adds, or you’ll lose the clams left in the hole. Also, put all the dirt in one place, that way it’s easier to fill in when the water you’ve done.

Clamming seems complicated. With tidal charts, required shellfish licenses, daily limits, knowing where to look, identifying a “clam show” (a hole or muck bed near the sandy or muddy shores), knowing that the shovel should be on the water side of the hole, or a long metal tube called a “clam gun” has to be slanted toward the dunes, it’s almost too much. But to watch Thrasher do it, a little know-how, a little finesse, and you’ll have dug your limit in no time.

Moments after he starts his small hole, three medium-sized butter clams (about three inches wide) lay on the surface. Thrasher’s butter clam is just one of the treasures offered on Washington’s coast. People and bears flock to the shores to dig them up.

Johnson-Ringsmuth became something of a coast clam history expert after researching her book, Bivalve Dawn: The Rise and Fall of a Clam Cannery off the Kenai Peninsula. The clam canning industry in the west started at the turn of the century with the razor clam operations in Oregon and Washington, with rich clam beaches, came on the scene in 1914 with canneries surfacing in abundance in Aberdeen, Grayland, and Copalis. Gay Halliday, heir to a large Oregon business, moved Pioneer Packing Company to Grays Harbor. Around the same time, prohibition pushed a large brewery in Aberdeen into becoming the Surf Packing Company, another clam cannery. As market demand increased, these canneries pushed north toward Alaska near the town of Cordova.

Digging razor clams on the west coast is a much different business than going after the butter clams in the Puget Sound or the sturdier quahogs and sand lances on the east coast. The east coast clams don’t dig with long hinges, while razor clams are very delicate, says Johnson-Ringsmuth. “They have to be dug by hand.” Which is why the western canneries were at a disadvantage, says Thrasher. “You take all of time and man power.” The final blow was a massive earthquake in 1964, which wiped out the clamming beds in Alaska and the canneries around Cordova, effectively closing the west coast clam canning industry.

For a video and more details about clamming in Washington, visit wsm.wsu.edu.
A century of friendships

by Hope Tinney

The 1900/1901 Chinkos yearbook devoted a full page to “The Installation of the Kappa Sigma.” In the text, W.M. Coulter, a founding member of the first national fraternity at Washington State College, notes that the event “marks a new epoch in the fraternal life of the College.”

Indeed, according to William-Stinmen’s student history of WSU, Going to Washington State, by 1910 there were seven national fraternities on campus and four national sororities, in addition to a handful of local fraternal groups. Concerned that students were spending more time on their social lives than their studies, the faculty created a committee in 1911 “to regulate student activities in the interest of better scholarship.” For his part, President Enoch Bryan appointed a dean of women to keep tabs on the behavior of young co-eds.

The dean of women didn’t last, but the interest in better scholarship did. For his part, President Enoch Bryan appointed a dean of women to keep tabs on the behavior of young co-eds.

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Today there are 40 fraternity and sorority houses at WSU and 13 more fraternal organizations without houses. And the social activities of Greek members are still a concern for college administrators. But a century after the first fraternity opened at WSU, it’s hard to imagine WSU without them.

Besides providing students places to live, the Greek organizations encourage them to be involved on campus, says Anita Cory, director of the WSU Center for Fraternity and Sorority Life. From the beginning, Greek system students were active in student government. “I can’t think of a time that one of the ASTFU officers hasn’t been Greek,” says Cory, who has worked at WSU for 16 years.

And students who have been in a fraternity or sorority tend to stay involved with WSU long after graduation. While the Cougar Nation is made up of loyal alumni from all across campus, independents and Greeks alike, leaders of the WSU Alumni Association, the WSU Foundation, and even the WSU Board of Regents often turn out to cheer on once-born part of the Greek system.

Twenty out of the 37 past presidents of the WSU Alumni Association and nearly a quarter of all WSUAA members have had Greek affiliations, for example.

“We all kinda say we had the four best years of our life here and we want to give back,” says Doug Thomas ’87, president of the Greek Alumni Association. “Life in the Greek system provides a one-of-a-kind opportunity for young men and women to take on leadership roles and develop lifelong friendships,” says Thomas, who still gets together with four of his best friends from his fraternity and their families every Christmas.

Thomas and others point out that Greeks are responsible for a disproportionately high percentage of gifts to the University. While they comprise less than 20 percent of WSU’s alumni, they contribute more than 60 percent of gifts, he says.

The list of notable WSU graduates who were also Greek is a long one, says Bob Smauday ’52, from Edward R. Murrow to former Governor Mike Lowery and businessman and philanthropist Phyllis Campbell.

While members of the Greek community are proud of that legacy, their reasons for continued support focus on the future. “It holds the possibility of providing wonderful opportunities for social, intellectual, and moral growth,” says Margery Rounds-Mate ’54, who served for years as an advisor to her sorority. Not everyone takes advantage of those opportunities, she adds, but the student who does will emerge from their college days more mature, more capable, and more confident of their abilities to make a difference.

Taken a trip lately? Let us map it. Whether you’re working with street kids in Bolivia, providing cover for ground troops in Afghanistan, or simply gaining a new perspective through your travel and would like to share it with your fellow Cougs, send us your ideas: wsm@wsu.edu.

The WSU Greek system students kick off a celebration of a century of Greek life at Washington State. Visit wsm.wsu.edu for more photos and stories about Greeks at WSU.
AS ONE WHO LOVES TO EAT, it is with some trepidation that I approach this subject of obesity. I’m probably considered overweight by those who determine these things, though I’m fairly confident I’m not obese. When I look down, I have an unobstructed view of my feet, and even though my inseam has not kept up with my waist size, I don’t weigh all that much more than I did when I graduated from high school 40 years ago. Maybe 20 pounds. Give or take 10 or 15. You know how it is. At least I wasn’t fat as a kid. And neither were most of my generation. But that’s changed, and pretty dramatically.

The Centers for Disease Control and Prevention (CDC) has been conducting an extensive study, called the National Health and Nutrition Examination Survey, of American health since the 1950s. As a result, we have a clear picture of how we’ve changed, in both size and health. In the 1960s, 24.3 percent of American adults were overweight. “Overweight” is defined as having a body-mass index of more than 27. (Body mass = kilograms/meters^2.) According to this calculation, a six-foot-tall man is overweight if he weighs more than 204 pounds (uh-oh). A five-foot-tall woman is overweight if she weighs more than 140 pounds. Even though body-mass index is falling out of fashion as a measurement, it still serves well for comparison. Using that measurement, today over 60 percent of Americans are overweight. One might argue that the definitions are overly inclusive (some would say harsh). But the fact of the matter is, American men on average are 17 pounds heavier than in the late 1970s. American women on average are 19 pounds heavier.

More disturbing than our corpulent adults, however, are our kids—who are balloonining. The proportion of overweight children, age 6-11, has more than tripled since the CDC study began. According to Ruth Bindler, WSU College of Nursing, slightly more than 17 percent of youths aged 2-19 are above the 95th percentile in weight. If being overweight were simply a matter of buying bigger clothes, no big deal. It’s the resulting health problems that concern Bindler and her research partner Kenn Daratha.

Bindler is a pediatric nurse and head of the College of Nursing’s doctoral program. Daratha is an assistant professor in the Informatics Program at WSU Spokane. “We know that a huge percentage of obese children will become obese adults,” says Daratha.

Bindler and Daratha direct a multi-year USDA-funded project, called TEAMS (Teen Eating and Activity Mentoring in Schools), in an attempt to address what many consider an epidemic of overweight and obesity in this country. TEAMS engages 244 Spokane children in after-school exercise programs and as research subjects. The goal of the project is to improve the health of middle school students and prevent the development of obesity during adolescence. Bindler and Daratha organize lacrosse games and snowshoe expeditions and take the children rock climbing at REI, in an attempt to reverse a distressing prevalence of ill-health indicators among increasingly younger...
how we eat is what we are

children. An extension nutrition educator, Summer Goetz, provides nutritious snacks. TEAM-S is composed primarily of middle-school kids who have no other after-school opportunities.

Two-thirds of our children are not meeting the daily recommendation of 60 minutes of moderate to vigorous physical activity,” says Daratha. “Two-thirds of the kids also spend in excess of two hours of entertainment screen time.” Daratha says encouraging physical activity is the most effective approach to countering overweight and related health problems. Changing dietary habits is considerably more difficult.

In spite of the program’s goals, “We were told initially that we weren’t going to get kids who are obese; they weren’t going to sign up,” says Bindler, obviously pleased that those kids proved the skeptics wrong. “Half of the participants are overweight or obese, indicating a willingness to change behavior if provided the opportunity.”

Many of the physical activities included in the study are ones that children haven’t had much exposure to, such as lacrosse. The reasoning is they’re provided a level playing field, with no initial skill advantage within the group.

One of the problems leading to decreased physical activity among the general school population is an increasing exclusivity. If a child decides at age 13 that he wants to start playing basketball, says Daratha, he is faced with peers who have been playing in organized leagues since they were five or six.

Add to that the decreasing opportunities in general. Responding to the need to cram in more instructional time in reading and math, schools have been dropping not only organized physical education classes, but recess. That trend is highest in lower income schools.

The current sport system is set up to benefit the kids who need it least, says Daratha. “We’re trying to involve as many kids as possible in physical activity.”

Bindler, Daratha, and others are particularly concerned about the prevalence of metabolic syndrome in adolescents. Metabolic syndrome is a diagnostic construct, a combination of indicators of diabetic risk. Increasingly, children are showing such signs as high blood pressure, hypertriglyceridemia, and insulin resistance.

In a recent paper, Bindler and Daratha note that girls are showing an alarming increase in waist circumference. “Waist circumference, a measure of abdominal adiposity,” they write, “has been associated with incidence of cardiovascular disease in adults. In children and adolescents, waist circumference has been identified as a predictor of insulin resistance.”

“The prediction now,” says Bindler, “is that of babies born today, one in four boys, and one in three girls, will develop diabetes in their lifetime.”

TEAMS researchers (left to right) Bindler, Daratha, and nutritionist Summer Goetz with action kids at the Spokane E3 climbing wall. Photo Grace Andal
The cumulative result of these obesity-related health problems is even more startling. It’s only recently, however, that pediatricians have shed their reluctance to label kids overweight or obese, says Bindler. In the past, worries that the family might be offended, or the child might suffer from resulting lack of self-confidence, overrode health concerns.

"Many times families think their child is normal because no one ever said anything to them," says Bindler. In one study, more than a third of the families of overweight children were not aware of their child’s obesity. (The latter is the object of WSU freshmen’s attention this fall in the Common Reading Program. Pollan will be visiting campus in January.)

The most basic refinement of our food, of grain, has increased its storage life and makes it easier to digest. However, as grains are refined, by definition they lose their essential nutrients, including the germ and bran, leaving primarily carbohydrates. Refined carbohydrates have been implicated in chronic diseases, heart disease, diabetes, and some cancers. "But a more significant observation is what Pollan calls one of the simplest relationships among foods, the zero-sum: "If you eat a lot of one thing, you’re probably not eating a lot of something else."

"Bindler and Daratha are well aware of this relationship. About a third of the children in their study get the recommended amount of fruit each day. Only a tenth get the recommended amount of vegetables. "And if you take away ketchup and French fries..." says Bindler.

Economists tend to roll their eyes at Michael Pollan, says economist Trevor Smith. "He ignores the benefits of processed foods," such as storage life and the comparative ease of distribution. "On the other hand, he seems to have the science right." Right enough for Smith, along with fellow economists Harley Chouinard and Philip Wandschneider to examine Pollan’s premise, that a diet composed largely of processed food can be hazardous to your health, from a market perspective.

"Pollan synthesizes a broad range of literature that addresses the subject of mismatched nutrition, from Marion Nestle’s provocative Food Politics to Harvey Levenstein’s insightful Paradox of Plenty. Pollan is hardly alone in arguing that as food has become increasingly refined, it has had a negative effect on our health. What he has accomplished is synthesizing an enormous amount of information on the effect of our current diet and placing it on the plate in front of us."

"In Defense of Food, Pollan synthesizes a broad range of literature that addresses the subject of mismatched nutrition, from Marion Nestle’s provocative Food Politics to Harvey Levenstein’s insightful Paradox of Plenty. Pollan is hardly alone in arguing that as food has become increasingly refined, it has had a negative effect on our health. What he has accomplished is synthesizing an enormous amount of information on the effect of our current diet and placing it on the plate in front of us."
which has been exacerbated historically by a number of key policy
decisions."

The costly information problem refers to our understanding of the food we eat. Citing classic economics papers, they lay out various relation-
ships between consumer and consumed. "Search goods" are those that
the consumer knows the quality of. "The consumer who will search for that
good at the lowest price. Consumers do not know in advance the quality of "experience goods," but only after the goods have been consumed.

Smith likens a credence good to car repair or modern medicine. The
mechanic knows everything about your car. You know nothing. All you want is for your car to run. "With processed food, it's much the same
thing," says Smith.

Who knows how that list of 30 mysterious ingredients is going to affect
your future health? And what exactly is diosynomanate? It can’t be
bad for you if it’s listed as an ingredient, can it? So you eat whatever is that contains the diosynomanate, and the additive with suitable
mucinoids effect some basic fat, fat, and sugar cravings. And all you can do is just hope that the ‘‘Good For You!' label is serious.

Smith and his colleagues point to a number of changes in our diet
that have led to what they consider the dietary market breakdown. But
what it boils down to is "costly search." Time and literacy (and not just
in America) are required for a consumer to understand links between diet and health. Which fat is good, and which bad, for you this
week? Was it un saturated or… Can you remember?

Not only do we prefer disgust, but information on food labels is hardly
forthcoming. There may be plenty of information on a package. But it
costs little insight as to what the effects might be on your healthy.

At this point, the architects suggest in a footnote a simpler term for the
aversion of "costly search," and that is "habit." In other words, it’s
required for a consumer to understand links between diet and health. Which fat is good, and which bad, for you this
week? Was it un saturated or… Can you remember?

Perhaps an even stronger barrier to market change is the consumer’s
acceptance of advertising and branding. "More Fiber!" sounds good when
you just caught a soundbite about needing more fiber in your diet. And
if your favorite brand of cereal adds "More Fiber!" on its box, well, then, Garnment!

Also, the nutritional information that consumers receive comes
surprisingly from the producers themselves, through advertising. Ac-
ting as a USDA Economic Research Service, all USDA expenditures
nutrition education, evaluation, and demonstrations in 1957 added up to
less than 5 percent of the amount spent by the industry on food
advertising. Ask your children how much USDA nutritional information
they picked up watching cartoons last week.

Smith points out that in the 2008, in response to concerns over
inconsistent quality in canned goods, Congress considered updating
the 1906 Food and Drug Act to include a grading system. They proposed
standards for canned foods signified by grades that could be placed on
labels by manufacturers.

But manufacturers had supported an earlier watered-down version,
they adamantly opposed more specific grading. The legislation
was assassinated by mass circulation magazines such as Good Housekeeping,
as food companies were their biggest advertisers.

"Placed in historical context," the authors conclude, "it becomes ap-
parent that the modern American epidemic of diet-related chronic illness
is at least in part the product of a fundamental failure of the market to
deliver high quality foods to the consumer."

Still, they are optimistic about the possibility for change, citing re-
cent policies requiring labeling of trans fatty acids, which are produced
commercially through partial hydrogenation. Although we were formerly
encouraged to eat trans fats, it was later discovered that they had no
nutritional value and in fact were even worse than the feared saturated
fats they were meant to replace. It turns out that scientific truth on food labels can indeed lead to behavior change.

But the National Academy of Sciences determined that there is no
adequate level of commercially produced trans fat in the diet, that it leads to heart
disease, nearly every trans fat product on the market has been reformulated.

"That this transformation took place merely near a century after the
widespread adoption of partially hydrogenated vegetable oils is a lesson
that should not be lost in future efforts to remedy the credence problem with
processed food products."

Promoted as lower cost and healthier than butter and lard, partially
hydrogenated vegetable oils were used to make margarine and Crisco.
Butter and lard are once again perceived by many as superior not only
in taste, but nutrition.

Smith, Chouinard, and Wandschneider propose two principles
toward lessening the cre- dence problem and improving the value of our
food supply.

For their first principle, they cite their progenitor Adam Smith:
"Consumption is the sole end and purpose of all production; and the
interest of the producer might be attended to only so far as it may be
necessary for promoting that of the consumer." Pretty radical stuff when
you consider that food is not only a basic need, but a luxury. Smith
argues that the interests of large producers should not be given first
principle more generally observed in European health policy.

For their second principle, they cite their progenitor Adam Smith: "There is no reason," they argue, "food standards could not be
more complicated. That’s the one clear message Ritter derives from his research
on satiation signals in the brain.

"If we can mimic endocrine change, we don’t need the knife anymore,"
says Ritter. "But another is that those signals can be overridden.
There’s so many things that influence intake," says Ritter. "So you can have all kinds of signals coming in, and if you turn the volume
on satiation…"

Communication between the brain and the gastrointestinal tract can be
very complicated. That’s one clear message Ritter derives from his research
on satiation signals in the brain.

Interdigitated energy—food—passes through three distinct body compartments,
says Ritter: the environment, the gastrointestinal tract, and the brain. Fast food
reaches the brain first, before it reaches the body.

"If you can mimic endocrine change, we don’t need the knife anymore,"
says Ritter.

For one thing, isolating and synthesizing those factors presents a challenge.
But another is that those signals can be overridden.

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on satiation…"
LAST WINTER Frank Blethen, CEO and fourth generation owner of The Seattle Times, stood in front of Washington State University’s graduating class and warned of an end to a free press. The students may have been hoping for a blustery send-off. Instead they heard a call to arms. "America is in crisis," he told them, describing an underfunded and collapsing newspaper journalism business. Newspapers play a crucial role in a democracy, he told them; they report on government, public issues, and community life.

Blethen, a member of WSU’s Edward R. Murrow College of Communication’s board of advisors, made his speech not just for his own struggling business, but for a whole industry. Newspapers around the country are in bankruptcy, others have just gone away. Since Blethen spoke in Pullman, the Rocky Mountain News, The Ann Arbor News, and Seattle’s other news institution, The Seattle Post-Intelligencer (P-I), have ceased printing. With the losses of revenues, reporters, and even entire businesses, 2009 may be the worst newspaper year on record.

Media critic A.J. Liebling warned of this day, though it was years before it came to pass. In his 1964 book The Press he wrote: "The function of the press in society is to inform, but its role in society is to make money." As revenue dependent businesses, newspapers are doomed to fail. You’ve probably heard it already—papers around the country are weakened by shrinking advertising revenue, especially as internet services like eBay and Craigslist capture much of the classified ad market. Then the collapse in the U.S. economy pushed more papers over the edge.

The notion that newspapers are struggling because they have lost their audience, or that they have lost credibility, is not accurate, according to a revealing State of the News Media report released by the Pew Project for Excellence in Journalism last spring. It’s about revenue.

On March 17 Seattle transformed from a city with two daily papers to one. The P-I, a fixture since 1863, ended its print edition and emptied out its second-floor newsroom. "The day the P-I shut down was a profound day here," says David Boardman, executive editor of The Seattle Times. "It certainly wasn’t a day of celebration." The region lost more than 100 journalists, many of whom were stellar writers and reporters who had covered the city and community for decades.

"But I think we’re far better off with one healthy newspaper than two struggling newspapers," says Boardman. "Healthy" is a relative term. The Times also suffered major reductions in the past few years. Citing serious revenue shortfalls in the spring of 2008, Blethen announced cutbacks and layoffs, including up to 30 employees from the newsroom. Then the economy worsened and last November he announced another 10 percent reduction in the overall workforce including in his newsroom of 260. Today the news staff is much leaner, admits Boardman. It lost...
loughs and accept cuts to their own salaries to keep their jobs. Some of the most talented and experienced writers and editors have moved out of journalism altogether. But the daily papers are now working together to find ways to survive. Once competitors, the Times and the New Tribune now meet at the line between King and Pierce counties where they trade papers for distribution. They also trade stories from newsmen to newswomen. The idea of an exchange came from Boardman, who realized that by sharing resources with other trusted news entities, the readers would have a better, more complete product in the end. “We all just sort of held hands and took the dive together,” he says. “The people of the state are better served by us sharing resources.”

A National wave of one out of every five people working in a newsroom in 2008 was gone by the beginning of 2009, according to the Pew Center for Journalism. There are fewer people telling stories and fewer stories being told.

A Information (Dark) Age? While newspaper reporters may not be showing up at school board meetings and courthouse hearings, there are still eyes and ears out there—and people willing to report back to the public. In some cases it’s the agency itself broadcasting news online. The Washington Secretary of State’s office has a blog. King County has a news blog, a council budget blog, and even a solid waste disposal blog. In other cases, it’s the citizens in the community who do the reporting. Seattle has a neighborhood news blog that started in 2006 as a neighborhood newspaper and the local blogs can collaborate on news tips and reporting. A newspaper and the local blogs can collaborate on news tips and reporting. A newspaper and the local blogs can collaborate on news tips and reporting. A newspaper and the local blogs can collaborate on news tips and reporting. A newspaper and the local blogs can collaborate on news tips and reporting. A newspaper and the local blogs can collaborate on news tips and reporting. A newspaper and the local blogs can collaborate on news tips and reporting. A newspaper and the local blogs can collaborate on news tips and reporting. A newspaper and the local blogs can collaborate on news tips and reporting.

The future of journalism could be in the internet, he says. But most Americans don’t have the time or patience to wade through everything. “There’s not enough time in the day to sit in front of C-Span,” he says. “It’s essential that we have journalists to provide those summaries for us… to filter the information into a digestible form.”

Back to the Future: What’s left? Seattle, Tacoma, Vancouver, Spokane, the Tri-Cities, Bellingham, and Yakima still have papers, though with reduced staffs. And employees have had to take further

production workers, copy editors, and feature reporters. But in August Blethen told The New York Times that his paper may have weathered the storm. It was seeing a return to assembly profit, and its circulation is up. It will survive for the next generation of Blethens including his son Ryan ’99.

Still, newspapers around the Puget Sound have vanished. In the 1970s, Auburn, Kent, Bellevue, and Renton each had their own dailies. By the 1980s, those dailies were bought up and consolidated to two papers, the South County Journal and the Eastside Journal. Then in 2002, they became one paper, the King County Journal, which stopped publishing in 2007. And The Seattle Times, which once had an eight-person bureau on the east side of Lake Washington, now has just two reporters covering one of the most populated areas of the state from the Seattle newsroom.

King and Pierce counties, noted a bridge closure, and wrote about the opening of a new pizza restaurant. Armed with video cameras and digital recorders and with access to the Internet, anyone can communicate to the general public. There are a lot of eyes and ears out there, and they’re putting detailed information about major events online.

Some are activists promoting a cause. Some are blogs that provide more information than fact. They aren’t all credible, and not all should be trusted. “At the end of the day it’s just every Joe on the street and every Jill on the street writing about what he or she sees,” just because you have a computer and a video cell phone doesn’t mean you are a journalist,” he says. “We leave ourselves prey to misinformation and disinformation. It can be very dangerous.”

The Murrow College could have a role training citizen journalists—providing workshops on the news and ethics of journalism, showing how to access public records and meetings, and the basics of media law—things reporters once learned from those whom Pintak calls the “grizzled old editors in the newsroom.”

And society is going to have to learn media literacy. “Everybody doesn’t necessarily know that Web site X is a left-wing biased political screed and Web site Z is a right-wing biased political screed and that Web site Z is a balanced, credible news source,” he says. The Web is a cacophony of voices where everyone has access to say what they want. “The key is to help readers navigate this tidal wave of information for the best source,” says Benjamin Shors, a clinical assistant professor in the Murrow College who teaches topics including reporting on the government. While most of his students won’t graduate into newspaper jobs, they’ll have knowledge how to find trusted news sources as well as how to get information for themselves.

Pintak believes communications schools like the Murrow College could shape journalism of the future both online and off. “We have two PBS stations, radio, and satellite campuses,” he says. Nobody is as well placed to try out new things “We can serve as a laboratory for new models of journalism.”

Nonprofit journalism is a possible course. “There’s obviously so little investment in the industry right now. Universities are in a unique position to work with foundations to try out new approaches and find out what will work.” He can see one scenario where news agencies, like universities, would receive endowments from foundations and run with a portion of the revenue coming from gifts rather than advertising.

And while the internet is a very good system for news delivery, nobody has really figured out how to make it pay—how to cover the salaries and health...
Reinventing the Field  
Photographer Rajah Bose ’02 knew he could be laid off from The Spokesman-Review from the day he started the job in January 2008. “It seemed like a natural step to come up to a bigger newspaper,” he says of his departure from the Tri-City Daily.

The Spokesman’s editors told him they didn’t expect any more cutbacks, but there was always a slim possibility. “Still, I would have taken the job if it was a guaranteed layoff,” he says. “I needed to move up to the next step, and I was able to work with the people I really wanted to work with.”

He had less than a year. That October, editor Steve Smith called a meeting and named 32 people, including Bose, to be laid off. Bose felt worse for his colleagues than for himself. “People lost their jobs that had been there eight years, people who had families to support,” he says. “I don’t have anybody at home waiting for a check. As long as I can get food, I’m OK.”

Bose lived on unemployment for a couple of months, and called friends and colleagues around the state who offered encouragement and even freelance work. Today, he has a new work life in an aged brick step, and I was able to work with the people I really wanted to work with.”

The weekend before that, he says. “I’m still telling stories.” But there’s a place to do…whatever. Projects, meeting clients over a wedding shoot, portraits—Bose now has the space.

“I shot something for The New York Times last week, I had a wedding the weekend before that,” he says. “I’m still telling stories.” But there’s less choosing and more meetings, and much more keeping track of bills, schedules, and paperwork. “Still, I’m having a great time within,” says Bose. “Today, if I had a chance to go back to the paper, he’d probably pass. I have to lay down my own track.”

“The future is in the hands of the next generation of journalists—those who have sampled life at a newspaper and have been forced to move on.” Nick Eaton ’07 is the only news employee to be hired by the P-I after it shuttered its print edition. He’s the oddball, he admits, going to a paper after it stops printing. But in the two years since he graduated, Eaton has been through more of a grist mill than most veteran journalists. After leaving WSU, Eaton found a job at The Spokesman-Review. He started interning on the business desk, but was soon moved into the night police reporter beat. Then out of the blue he was moved to Pullman to cover Cougar athletics.

Six months and he was moved back to Spokane after a senior reporter at the WSU beat. Eaton survived two layoff cycles. He was moved around some more and ultimately, because he was a newer hire, was laid off with Bose in October. Having already been through the ringer a few times since graduation, Eaton moved home to Seattle. “There was nothing left for me in Spokane,” he says.

He applied to at least 40 jobs, tech writing, Microsoft, the Associated Press, fellowships. He didn’t hesitate to send an e-mail to the P-I when the paper shut down. “I’ve been through this before, I know sometimes things open up,” he says. The first answer was no. Then a few days later he got a call to come interview. “That was a Tuesday. I went in on Wednesday, and by Thursday had an offer,” he says. While the presses had stopped, the Web site lived on with a news staff of 20 doing everything from running the site to writing and editing stories. The first few weeks were very strange, says Eaton. They were on the second floor where the newsroom had been, a lively, existing place when he was there a few years earlier as an intern, but now the desks were empty. It was quiet, save for the phones. “Every few minutes one of us would answer and say, ‘I’m sorry, she doesn’t work here anymore,’” he says.

The editors soon realized they needed stories that would draw readers online, and bring more ad revenue, so they shifted his beat. “The editors decided to create new stories that would draw readers online, and bring more ad revenue, so they shifted his beat from education to technology,” says Eaton. His contribution to the future of news may be in helping the P-I reinvent itself as a Web-only news source.

His WSU classmate Lisa Waananen ’08 has taken a different route. She didn’t wait for a layoff when she left her newspaper job in 2008. Realizing the newspaper job market was shrinking, she set her sights on graduate school. “I would rather do what I’m doing now and see where it goes than take that risk again.”
JUST AS SEVERAL of Washington’s newspapers have vanished from the landscape, librarians and volunteers are bringing our state’s near-forgotten newspapers to light. Through a project in the Washington Secretary of State’s office, library employees and about 15 volunteers are digitizing the Washington State Library’s extensive newspaper collection to make it accessible to teachers, students, and the general public. In addition, WSU’s own Manuscripts, Archives, and Special Collections division recently assumed responsibility for an aging newspaper collection in the Holland library that contains Pacific Northwest papers dating back to 1851 as well as Colonial America papers dating to 1728.

Both collections hold rare editions of some of the region’s earliest papers detailing public events, pioneer life, and the efforts of achieving territory status and then statehood. Many of these documents are too fragile to be handled by the public, and some are only preserved on microfilm. By digitizing the state library’s collection, everyone can use them, says Marlys Rudeen, deputy state librarian.

Among the state’s collection are the 1852 Columbian, a paper produced out of Olympia and the first to be printed north of the Columbia River. The state project is aiming for a sampling that provides geographical coverage of the state, with papers like the Lynden Pioneer Press, the Weekly Argus of Port Townsend, the Spokesman, and the Walla Walla Statesman. The last one is especially interesting, says Rudeen. Some 1866 issues have conflicting accounts of the Whitman Massacre, an 1847 Indian attack on missionaries who had brought white settlers and disease into the area that is now Walla Walla.

With old paper and old microfilm, the team has found the process of scanning newspaper pages and cleaning them up to be read and digitized an incredible challenge. At times it is “insanely difficult,” says Rudeen. Still, the volunteers are enjoying the work. This summer more than 6,000 images representing about 21 different newspapers were made available online.

Back on campus, archivist Cheryl Gunselman is attending to WSU’s own rare selection of newspapers. When most libraries were throwing out their old bound volumes of newspapers in favor of microfilm, someone at WSU set aside this small collection for posterity, says Gunselman. In it are 90 years of newspapers from the Pacific Northwest, as well as early Colonial America. “It’s a very curious collection,” says Gunselman. “A librarian at some point indentified these as important or treasures, though sometimes it seems to me there is no particular rhyme or reason about it.”

While there aren’t the resources yet to digitize the WSU collection, a list of what’s available can now be found online. As well, Gunselman regularly brings them out for viewing, using them in classes and exhibits. They detail events and more importantly provide records of how communities were built and how the people who came before us lived, she says. “These papers are great teaching tools. It’s especially meaningful for the students to see these things that people of another time would have actually held in their hands.”

Five months ago, my newspaper, the Seattle Post-Intelligencer, died. You could say that it ceased operations or quit publishing, but it felt more like a death, and I don’t know if I’m still grieving or still in denial, but I’m still something, and it’s not good. Apparently, there are others in the same position. Maybe I’ll get a cool job somewhere else.

Consciously I know it’s time to pursue other things, time to embrace the old saying that when one door closes, another one opens. Maybe I’ll get a cool job somewhere else. Problem is, it couldn’t be as cool as the job I had, the one I dreamed about as a kid growing up in Redmond. My parents subscribed to the
When I went to Washington State in the fall of 1974, I knew I wanted to get a degree in journalism because it might someday lead to the ultimate goal, a job as a P-I sportswriter. After working at the Anchorage Daily News and Anchorage Daily News, I started at the P-I in 1983. I was 25 and unprepared for a job at a large metropolitan newspaper, but the managing editor gave me a break and hired me as the sports slot guy. I edited stories and determined where they should go in the sports section.

A few years later, I became a writer, and over the last two decades, I covered everything from hoops to hydros. I was the Sonics’ beat writer for six years, and I went to Augusta four times to cover The Masters and played the course twice.

I also went to the 2005 Super Bowl when the Seahawks played the Steelers, and my actual assignment was to attend Super Bowl parties and write about them. The toughest part was leaving the FHM, Maxim and Playboy parties and all that free booze and scenery to go to my hotel room to make deadline.

Seven years ago, my editors asked me to become a sports columnist. Right after accepting the offer, I got the nervous sweats and thought: “Uh-oh, what do I do now?”

My editors told me to just be myself. So that’s what I’ve done. They gave me a silly nickname, the Go 2 Guy, but I went with it. I love golf and dogs and the less-serious side of sports, preferring to write about athletes as people.

But more than anything else, if I’m being myself, I’m a Coug and damn proud of it. When you’re a Coug, you love everything about Washington State and dislike everything about the arrogant, self-righteous Huskies.

This job allowed me to put those feelings in print, and boy have the Dawgs given me material, from Slick Rick Neuheisel and his shenanigans to Paint Dry Ty Willingham and his beautiful 0-12 season.

When the P-I went out of business, the Hearst Corporation decided to keep seattlepi.com going, reducing a newsroom staff of 155 to 20 who run the online operation. It’s said to be going fairly well. I hear positive things about ad revenue and hits.

I write two columns a week for the Web site on a freelance basis. It keeps me busy, and I’m grateful for the work, but it doesn’t pay the bills. I miss the paychecks, but more than that, I miss my newspaper and the people I worked with, the camaraderie we’ll never have again.

I go to the office now and feel like I don’t belong there anymore, probably because I don’t. I’m a graying journalist as it is, and it’s even more apparent when I enter a dot-com newsroom filled with reporters and editors half my age blogging and tweeting.

It’s a whole new cyberworld out there, and I’m the dinosaur dude who’s trying to figure out where to go from here. I walk down the circular staircase to where the newsroom used to be and make a right to go to the sports department. I take a few steps and pass the “Employee of the Month” plaques before catching myself and stopping: “Wait a minute, there’s no sports department anymore.” Our once vibrant newsroom is a ghost town of empty desks and darkness.

I shake my head, but I don’t dwell on it. I have too much to be thankful for— I’ve got my health, a great family, a loyal golden retriever, and severance pay that will ease the transition to whatever’s next. I tell kids who still want to get into journalism to do it, by all means. Even if newspapers go away, there will always be a place for good writers. Just trust that you will be in demand.

Jim Moore isn’t alone in his search for a life after newspapers. Among his colleagues, two are writing novels, one isn’t doing anything and says he is drinking too much, a few are writing about sports for internet sites, and one moved home to Ohio and is attending graduate school.
SO THE BULK of the midden material sat in storage until 2007, when Brian Kemp joined the faculty. The enthusiastic, fast-talking Kemp specialties in extracting and analyzing DNA from ancient material—bones, teeth, mammalian poops. Using “new tools to study old problems,” he had worked on questions such as the origins of American tribal groups and the migration of early peoples southwest along the Pacific coast.

“He has so much energy. He’s a lot of fun to work with,” says Lipe. Kemp is all for investigating ancient trash heaps. For him, the conventionally pretty kinds of archaeological finds don’t hold a candle to well-preserved poops. In some ways coprolites are even better than bones as a source of information about ancient people or animals. In addition, to providing the DNA of the individual that produced them, they also tell us what that individual had eaten.

“Turkeys have come from? Turkeys were originally domesticated by proto- Aztec people from wild turkeys in central Mexico, before 200 BC. Had domesticated turkeys been brought north from Mexico, as maize and squash had been? Or had the Basketmakers domesticated turkeys themselves, from the wild “Merriam’s” turkeys that roamed the Four Corners region?”

When archaeologist Bill Lipe returned from a dig in Utah’s redrock canyon country in 1972, he brought with him several bags of treasure. It wasn’t something most people would recognize as valuable: no fine pottery or knapped flints or bone whistles. Lipe brought back trash.

He and his colleague R.G. Matson had spent the better part of a week excavating a midden, a garbage heap that had been used by different cultural groups from the early years AD well into late Pueblo times, in the 1200s. He thought it was time-waste; trash is one of the best sources of information about any culture, ancient or modern. Just think of what your own trash says about you and your household.

The midden lay in a natural rock shelter. Nearby stretched a rectangular enclosure made by closely-spaced sticks a few feet long, stuck into the ground and formed the site’s size and the number of ancient turkey droppings on the ground, archaeologists think the Pueblo people who made the midden kept turkeys in it. Whether they did or not, the pen is so distinctive that the site was named for it: Turkey Pen Ruin. Why? And a few years later, when he joined the Corners region? What would be a good idea of the DNA that turkeys might hit their tails on just fine. But where would the turkeys have come from? Turkeys were originally domesticated by pre-Aztec people from wild turkeys in central Mexico, before 200 BC. Had domesticated turkeys been brought north from Mexico, as maize and squash had been? Or had the Basketmakers domesticated turkeys themselves, from the wild “Merriam’s” turkeys that roamed the Four Corners region?

Kemp and Wyatt look for three short stretches of DNA that accumulate mutations at a rate that allows the researchers to trace relationships over a span of several hundred to several thousand years. If the same sequences from two strains have few differences, the strains split from each other fairly recently. The more differences, the farther back the strains diverged and the more distantly they are related. Kemp compared DNA from Turkey Pen poops with the same sequence from six modern-day subspecies of wild turkeys, which had been established a few years ago by a researcher at Northern Arizona University. That would tell him how closely related the Turkey Pen birds were to those subspecies. He also wanted to compare DNA from the Mexican turkeys that had gone via the Aztec bird, the one already known to be domesticated. That comparison proved a special problem: The Mexican subspecies has been extinct for decades.

“Need something that would baseline what we were looking for,” recalls Monroe. “I just immediately thought, ‘oh, the Smithsonian should have something.’ But, even the most diligent of the seven scientific representatives who had specimens of the Mexican bird that had been collected around 1900. She and Kemp wrote a proposal asking for small samples from the birds, and were rewarded with a package of barely visible bits of toe-pad tissue.

“Was a tiny amount,” says Monroe. “It was like a flack.” Kemp’s team was able to extract usable DNA from eight of the 12 samples, enough to extract them the baseline data they needed.

LIKE TOMATOES AND TOBACCO, TURKEYS WERE A GIFT FROM THE NEW WORLD TO THE OLD. EUROPE HAD NO TURKEYS OF ITS OWN, WILD OR DOMESTIC. WHEN THE SPANISH CAME TO THE NEW WORLD IN THE EARLY 1500s, THE AZTECS IN MEXICO ALREADY HAD HERDS OF TURKEYS REACHING INTO THE HUNDREDS OF THOUSANDS. THE SPECIES HAD BEEN DOMESTICATED BY PRE- AZTEC PEOPLE BEFORE 200 BC. THE SPANISH TOOK AZTEC TURKEYS BACK TO EUROPE, WHERE THEY THRIVED. THEY BECAME POPULAR WORLDWIDE, AND IN SPAIN, THEY CREATED A DISTINCTIVE STRAIN FROM THE BASIC AZTEC STOCK. WITHIN A COUPLE HUNDRED YEARS THEY BECAME SUCH A SYMBOL OF HOLIDAY ABUNDANCE THAT SCROOGE PROVED HIS NEWFOUND HANSEATIC TO THE PAPAL AAW OF THE BIG WILD AND COLONIST DOMESTIC CROSS.
The turkeys were domesticated, says Lipe. “The people were controlling their breeding. That’s the definition of domestication.” It’s a total surprise to everyone,” says Lipe. The finding has big implications for our understanding of early Native American cultures. It means turkeys were domesticated at least two separate times: once, before 200 BC, by pre-Aztecs in central Mexico; and once by people yet to be discovered. Turkey remains from that period in the central and eastern United States haven’t been studied as fully as those from southwestern sites, but that is beginning to change. Kemp recently started collaborating with a colleague who found turkey bones in an early Moundbuilder site in Alabama, to find out what lineage those turkeys belonged to. Kemp’s lab even analyzed DNA from present-day supermarket turkeys, and found that they are quite different from North American wild turkeys, but they differ from the Mexican wild turkey by just one mutation. In other words, the turkey on your table this Thanksgiving is descended from birds tended by Aztecs.

AS FOR WHY the turkeys were domesticated, Kemp has a hunch about that too, and it does not involve a Basketmaker version of Thanksgiving. He thinks the birds were initially kept and bred for their feathers, only later becoming a major food source. Turkey feathers, like maize pollen, played an important role in southwestern rituals and ceremonies. The Basketmakers also used them to make sturdy, warm blankets that warded off the chill of high-desert winters. Feathery cords were split down the quill and each half was then twisted with yucca fibers to make strong cord with the feathers forming an out. Woven into a blanket, such cordage gave the cloth heft, fuzz, and insulating power. While fragments of turkey feather blankets and cordage have been found at Basketmaker II sites elsewhere in the region, turkey doesn’t seem to have been a hot commodity among southwestern peoples until the 1200s. In later Pueblo times, a large proportion of the faunal remains in a site are turkeys, says Kemp. “They’re eating turkeys all the time.”

If Kemp and his colleagues are right about Basketmakers keeping turkeys for their feathers, they’re still left with the dual mystery of how they did it and why the midden contains so few turkey bones. Monson says the people almost certainly killed the birds to get the feathers, rather than waiting until the feathers dropped off naturally. By that time, the feathers are coiled, and they’re beat-up and ragged and not good candidates for family or status objects. A crop of fresh, strong feathers would have required killing the bird. So what happened to the bones? Lipe, who has explored hundreds of sites in his decades as an archaeologist, is puzzled about the lack of turkey bones in the midden. Then again, he says, a bird leaves just one set of bones during its lifetime, but thousands of droppings. In a climate that preserves poops almost as well as it does bones, which are more likely to find 1,500 years later. Monson thinks the Basketmaker’s other domesticated species, their dogs, could be the answer. If the Basketmakers fed the turkey carcasses to their dogs, the bones would have been crunched into small bits that could be all that is identifiable. But the midden material does contain dog poops, which probably contain the DNA of whatever the dogs ate. Monson adds analysis of dog poops to the ever-growing list of Turkey Pen projects for the lab to consider.

Those trash Lipe brought out of the midden 37 years ago are providing a magnificent harvest. “There’s decade of research,” says Kemp. “With the genomic tools that we have—and the garbage is such a rich resource of information—there are so many ideas that you could address with just that bag of garbage.”

For links to North American wild turkey range maps, heritage breeds information and more turkey photos go to wsm.wsu.edu.
Rachel Silva-Bischoff ’02

Registered Emergency Room
Trauma RN
Bachelor of Science in Nursing and Co-Chair of the Washington State Nurses’ Association
Alumna of Gamma Alpha Omega Sorority, the first Chicana/Latina Sorority at WSU.
Married to Stephen ’02 in ’93 and loves raising their son Isaiah Bayara.
Member of the WSU Alumni Association.

“I joined the Alumni Association to make a positive difference to current and future豺gars of color. As a student, I received valuable support and became the first in my family to receive a college degree. I’m very passionate about helping the WSUAN more w. college degree is a reality for all students of color, just like me.”

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WILLIAM DERSMAN

CLASS NOTES

1950s

Lloyd Fries (’56 Phm) received the 2009 PGM Robert W. Bush Award for Outstanding Dr. of Pharmacy from the Gersonides of North America Humanitarian Foundation, which provides dental care for children with special needs. Fries has volunteered with the organization for eight years and has helped the program grow from 50 patients to 270 in a year’s time. He lives in the Portland, Oregon-area with his wife Marilyn.

Joe P. Zelenak (’58 Mech. Engr., ’63 ME) was recognized in August with the WSU Alumni Association Alumni Achievement Award for his accomplishments in aero-structures engineering. He has had a 34-year-long career with Boeing working with the commercial and military airplane groups. He helped launch the Boeing 767 airplane program, and designed a method for calculating engine emissions. He has also been recognized for his volunteer work with the FISA and the Bay Area of America. He lives in western Washington.

1960s

Mike Thorne (’62 Ag.) and his wife Jill ’62 are living in Pendleton, Oregon, where they are helping organize the celebration of the 100th Pendleton Round-up in September 2010.

Grant Thornton (’62 Science) retired after 43 years teaching geology at Willamette University in Salem, Oregon. He earned his PhD in 1969 from Yale University. As a scientist focused on molecular techniques in microbial ecology, he chaired the biology department at Willamette U. for 14 years.

Darrell Aune (’66 eng.) is the voice of Willamette University’s sportscasting on WXDO AM. He will announce the school’s football and basketball games. A product of the Oregon State University from 1955 to 1959, and sports director at KXU radio in Portland. Recently he has announced football and basketball for Corban College. He lives in Monmouth, Oregon, with his wife Catherine.

Stanley Nelson (’66 Eng.) and Jews retired from the Southwest Region of the Washington State Department of Transportation after 25 years, on July 1, 2009. He was a region-wide facilities architect for the DOT.

1970s

Jack Rivers (’71 Sociology) is a Pierce County District Court judge as well as a Brigadier general in the Army Reserve. He works on behalf of the U.S. Department of Justice teaching lawyers overseas the basics of processing and defending criminal cases. He has also helped write bar examinations, trained judges, helped develop public disclosure laws, and authored recording legal systems in countries struggling to reestablish their legal systems. When he’s not traveling, Rivers lives in University Place with his wife Marilyn. He owns “71” memorabilia.

Chip Hanauer (’76 ME), retired unlimited hydroplane racer, had the fastest lap around Lake Washington during Seafair last July in the Boeing U-787 Hydroplane that runs on biofuel. It was just Washington during Seafair last July in the Boeing 757 airplane program, and designed a method for calculating engine emissions. He has also been recognized for his volunteer work with the FISA and the Bay Area of America. He lives in western Washington.

Florence Wager ’54

Vancouver park activist without par

by Eric Apalategui

Florence Wager bought a set of golf clubs when she wrapped up her career in arts and education.

“I had this preconceived notion about retirement,” says Wager, 81, who earned a bachelor’s degrees at WSU in speech in 1950 and education in 1954 and spent most of her career boosting the San Francisco Symphony. “I thought I played golf, played bridge, went to tea parties.”

Then, after moving back to her native Vancouver in 1999, she volunteered for the Chinook Trail Association. Then she volunteered for the YWCA. Then the parks and recreation department. Then the Fort Vancouver Regional Library District. Then joined boards and commissions and became an activist for her community.

“Once people find out you have a selling pair of hands, your name gets on the circuit,” she says. “Now, almost two decades later, it would be difficult to travel far in Clark County without passing a park, trail, or community building that Florence Wager hasn’t helped transform.

It would be hard to find those golf clubs. “I never used them. They’re in the garage. That’ll be part of my next (charitable) donation.”

Me adds, “Nothing else would appeal to me more than what I do now, which is work in the community. I fully intend to die with my boots on.”

I meet with Wager outside on a day quickly approaching 30 degrees. She stops and cooks her head to listen to the din of laughter as dozens of nearby children splash and scramble through the manmade waterfalls at Esther Short Park.

“I just can’t tell you what a joy it is to hear those voices—laughing, jumping, playing,” says Wager, who describes herself as “a hardnosed” in a celebrated campaign to take back a park that had once been lost to drug dealers and transients. “It warms enough to compete with the day springs to Wager’s face. “It’s not perfect,” she says.”
"But perfect" might also be how David Hilld, the former director of Vancouver-Clark Parks and Recreation, would describe Wager herself. Wager currently chairs the department’s commission. "Every park director you meet has a criterion to do things and say things you cannot," says Hilld. "It’s a force of nature. It’s fierce in its view."

"You don’t ever give up. You hang on like a pant leg," says Wager’s Jack Russell terrier, Natuzzi. "Eventually you get there."

She started a consultancy firm in 1986 and has worked on its commission, marvels at her ability to remain positive through the toughest battles. "There’s always the naysayers," he says. "That seems to get her fired up even more."

"If I go into a meeting wearing red, I mean tight ends and the defensive line. He returned to the Palouse in 2006. As a grad assistant for the Cougars. Then in 2004, graduating from WSU in 2001, Thielbahr worked as a running backs and special teams for the Cowboys. In 2000, he directed the $1,000 that was received for the winner’s cause of choice into reviving a partnership of the Poppy Hills Golf Course in Pebble Beach for the Rotary Club, and the Sheridan City Planning Commission. He lives with his family in Des Moines.

Kim Carlson ('04 Comm.) has joined the Center for Women's Advocacy, working from King County Detention Center in Seattle, was recognized in September with the WSU Alumni Association Alumni Achievement Award. After graduating from WSU, Carlson went on to compete in the long jump and triple jump for New Zealand. He is an expert in systems and controls for Battelle Memorial Institute. He lives with his family in Richland.

"You don't ever give up. You hang on like a pant leg," says Wager’s Jack Russell terrier, Natuzzi. "Eventually you will come up when the historic Chinook Trail and meets Rod: caramel skin, wavy hair, muscular, and commitment issues."

The author of Love's Secrets can never do two of those three things. Exposure to perfume or barbecue smoke could kill Yolande McVey '07, who suffers from severe asthma and allergy issues. "I’m so allergic to everything that when I was given an allergy test, I went into shock," she says. They had to call an ambulance to take me to a hospital."

McVey began to lose ground in her lifelong battle with respiratory problems in 1997. She had just moved from Arizona to help her oldest girl get over her anemia.

"His health improved while mine declined dramatically," she says. She returned to the Chicago area and returned to the willows air of her home. "I believed the four walls of my bedroom would be my prison," she says, "and that I would never live a fulfilling life." Adding to her sense of defeat, her medications had given her more than 100 pounds in less than a year.

"When you’re disabled and you’re home-bound and you’re bed-bound, your life is bound up in one room," she says. "My whole world was four walls and a laptop."

But McVey wasn’t ready to give up. After all, this is someone who made a triple-grade

### Crimson Holidays

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### WSM Winter 2009/10

**Taking life back**

by Richard R. Miller **('70 Comm.)**

The heroine of Love's Secrets puts on perfume, goes to a barbecue, and meets Rod: caramel skin, wavy hair, muscular, and commitment issues. The author of Love's Secrets can never do two of those three things. Exposure to perfume or barbecue smoke could kill Yolande McVey '07, who suffers from severe asthma and allergy issues. "I’m so allergic to everything that when I..."
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IN MEMORIAM

1930s
Floyd Cook (’30 Math) 104, June 29, 2009, Lament.
Dorothy Gwen Carlson (’31 Office Adm.) 98, November 25, 2009, Shoreline.
Margaret Dav officer Hadzadom (’35) 95, August 27, 2009, Mercer Island.

1940s
Robert Chihahm (’40 Ed.) 90, January 1, 2009, Coeur d’Alene.
Philip L. Pian (’40 DVM) 92, September 16, 2009, Spokane.
Nob Konoenn (’42 DVM) 92, July 21, 2009, Camano Island.
Mary Louise Devel (’45 Speech and Hear. Sci.) 88, July 11, 2009, Spokane.

1950s
Hilmer A. Frank (’52 MS, ’54 PhD) 84, August 28, 2009, Sugarland, Texas.
Rosalee Dell Komp (’57 Ed.) 72, June 22, 2009, Seattle.

1960s
Calvin C. Mahoney (’60 Ind. Tech.) 76, July 16, 2009, Vancouver.
Susan Kayes Thomas (’64 Sociology) May 18, 2009, Tumwater.
Delbert Wayne Knecht (’67 Wildland Rec.) 64, January 21, 2009, Oregon.
Allied Ross Kowaler (’67 DVM) 66, July 17, 2009, Port Ludlow.

Tim Chappell (’04 Theatre Arts) and Ashika (Allen) Chappell (’04) welcomed four baby cousins: Aline Chappell on July 29, 2009.
Anna (Hewitt) Unruh (’04) and husband Ryan welcomed their daughter, Lily Ann Unruh, on February 7, 2009.
Whitney McMahon (’02 Psych) increased her job duties upon her New England Law/Harvard Law spring. She is hoping to practice in New York.
Jay Tant (’08 Comm.) is a sports director at Lewiston’s KLEW TV. His hard work at Fox Sports Northwest is an automatic predisposition.
Alison (Summers) Folquist (’07 Lib. Arts) is the new executive director for the nonprofit agency Perinatal Treatment Services. The organization, which has sites in Seattle and Tacoma, is a chemical dependency treatment program for pregnant women and mothers with children under age six.

...jump in elementary school. Who graduated high school at 16 in the top 5 percent of her class. Who raised three foster children in addition to two of her own.

“One day,” she says, “I got very tired of being very tired and decided to take my life back.” First on her list was completing college, which she’d put off in 1985 to get married. She enrolled in Washington State University’s Distance Degree Program.

“It did a lot to make me feel empowered,” McVey says. She graduated from the online program in 2007 with a bachelor’s degree in social sciences. “Washington State opened the doors to my life,” she says from her home in Hammond, Indiana. “It gave me hope. I met people from all over the country, shared experiences, and interacted with professors who inspired me to learn more, to push the envelope.”

McVey pushed it hard. She finished her first book Love’s Secret, which was published by Genesis Press in July 2008 to positive reviews. The book is billed as a romance novel, but it focuses on the love between sisters, mothers, and daughters. The family’s last name is Foster, and they do foster one another, amid the blistering insults. “I hate you” is how sisters Veronica and Darlene say, “I love you.”

McVey is now coming a master’s degree in counseling and human services at National Louis University. With the help of medication, she is able to attend classes once a week.

She carries a 4.0 grade point average which she credits to the writing skills and self-discipline that she developed during her WSO studies. “The regimen I learned there has done me very well at National Louis,” she says. After graduation, she’d like to create a support group for parents of bipolar teens.

Along with her grad school work, McVey has written a couple of plays and is “trying with” a mystery novel and a vampire series. She missed her calling as a chef, she said, so instead treats family and friends to “grand feasts with specially crafted sauces and desserts fit for royalty.” One favorite: Granny Smith apple pie cheesecake with a rich brandy sauce on a vanilla wafer and oatmeal crust.

“Good food is like real love,” she said. “Who ever really gets enough of either?”

Theda Dorothy Wayne (’55 Home Ed.) 84, 2009, Puyallup.
R. Lowell Flingquist (’56) 82, July 7, 2009, Spokane.
N. Karle Mottet (’47 Pre Med.) 85, April 24, 2009, Puyallup.

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At Julia's table
by Hananeeh Sadounian

As a graduate student at Washington University in the late 1980s, Noel Riley Fitch found her calling in an interview at Ladies' Home Journal. A two-page story about Sylvia Beach and her little bookshop called Shakespeare and Company in Paris in the 1920s sparked her interest.

Her professor, John Elwood, encouraged her to pursue Beach as a subject for her master's thesis. Elwood had a flair for French cultural history, says Riley Fitch. She enjoyed researching Beach, who was the first to publish James Joyce's *Ulysses*. Beach was a great influence and resource for the American writers and artists who were living in Paris. But she was disappointed to find only general information. It took discovering a cache of Beach's personal papers in the library at Princeton University to finish her thesis. The work provided Riley Fitch a foundation of understanding Franco-American Paris and opened the way to more projects about subjects from that time and place. She has since written about Anais Nin, Paris cafe society, and Ernest Hemingway.

But it was at dinner one night in Paris with two French culinary historians that Fitch was served up what would become her most popular project—Julia Child. The dinner, she described, saying she was in the middle of a biography of Nina. She didn't know much about Child. "My first reaction was—oh, that lady on television," she says. "They proceeded to give me a lecture on Julia Child. She demurred, saying she knew Riley Fitch's biography was an accurate, well-researched portrayal. "I told her I would like to do her story in the same way I did Sylvia Beach's story, in the context of a whole setting of international influence," she says. Child was too busy to help with a biography and had little interest in seeing one of herself. Riley Fitch replied that she didn't need much help, but would love to pursue the project with her approval.

Thus began a courtship that would lead to Child's granting Riley Fitch access to her stories and papers. The historian made a point of her love of cooking and then common backgrounds—both had grown up in California and both had ties to New England. Both loved food and France. "When I realized that I lived in the same sort of metropolitan area (where Child grew up), I was delighted. I could drive over to the Pasadena historical society or city library," says Riley Fitch. She describes the *Appetite for Life*—the book she knew Riley Fitch would write, to be published by Houghton Mifflin—"I could find the house she grew up in, the hospital where she was born, the school she went to. I found her grade school friends." Riley Fitch was able to create a portrait of a spirited, adventurous girl. Child was part of a neighborhood "gang" of children tearing round on bicycles. Even at an early age, when Child was ebullient, "her voice might echo, guffaw, crack, or have yodel," Riley Fitch reported in her book. "I'm always more interested in the early person—before they became part of our national consciousness," she says. "I was less interested in the famous Julia, and more interested in who she was before. I realized she had a full life before she ever started cooking. Before she became this cook on TV." There was the Julia who, once the war started, was drawn to Washington, D.C. She tried to join the U.S. Navy WAVES, but was rejected because of her height—two inches over six feet. She landed in the Office of Strategic Services (OSS), the precursor of the CIA. She worked for a time as a senior clerk in director William Donovan's office and later jumped at the chance to be posted overseas. At 31 she went to India. By 33 she was in China, where she met her husband-to-be, Paul Child.

To fill out this part of Child's life, Riley Fitch had access to Paul Child's daily letters to his twin brother. "Once she met Paul Child, I had a daily record of her life," she says. Riley Fitch also met people who knew Julia from the OSS, and she tracked down the family who rented the Child's an apartment in Paris. "I had great fun finding all these people," says Riley Fitch. "Many of them provided color and details that surprised even Child. Though Child was reluctant about the project at first, once Riley Fitch started her research, she opened her home in Cambridge, Massachusetts to her. On one of the early visits, she met Riley Fitch at the door and said, "My secretary will show you where all my files, and my desk, and my cupboards, and my drawers, and you are to look at everything. I have nothing to hide," says the writer. Everything was there, even things she didn't remember she had. Riley Fitch discovered filing cabinets in the basement filled with diaries and government papers. When it did come time to ask questions, Riley Fitch found her way to the place where Child lived most relaxed. "It was usually at the kitchen table while she was cooking. She would clang and bang," says the author, who taped recorded the interviews and later enjoyed hearing the sounds in Child's sharply written and talkative autobiography, *From Paris to the States*.

She also visited with Child in France, first meeting her as she was leaving her home in the country for the last time, and later catching up with her in Paris for a special dinner (one of Child's final meals in France) at one of her favorite restaurants—Chez Josephine. "It was one of those fine grass and duck kind of things," says Riley Fitch. In the end Julia Child was pleased with what she called "The Book," says Riley Fitch. Though, she said, "My appetite for life may not have turned out to be what mine, or Child's were craving. I think when it came out, people expected it would be a food book. They'd ask me: Are you going to put recipes in if I didn't." "It's really a cultural literary biograhy," says Riley Fitch. She describes the time, people, and places. She explores how world events helped shape the woman who became the *celebrated Julia Child*, and how Child helped shape our nation's notions of food. "Julia got the whole country interested in food," she says. "She changed our attitude, even if we don't cook her recipes."

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new media

THE RISING SEA

The Rising Sea by Orvis H. Pilkey ’57 and Bob Young Island Press, Washington, D.C., 2009 :: Reviewed by Larry Clark :: The island nations of Tirol and the Maldives, the impact Eskimos village of Shishmaref, and Soldado island-off the Colombian coast might be tough to find on a geography quiz. But all of these locations forecast a future of ocean overwelling coastlines. In each of these remote places, residents are either moving or preparing to move to higher ground before their homes get swallowed by the sea. Far more famous Venice also feels the threat of rising waters, along with sinking land. Iconic St. Mark’s Square was flooded seven times in 2000; today, the square is underwater a third of the time.

Using examples like these from around the globe, Orvis H. Pilkey (57 geology) and Bob Young lay out the facts about increasing sea levels, the probable causes, and the consequences of inaction. Their stance is bolstered by scientific field data, is backed by mathematical modeling or generalities. In this instance, they claim sea levels could rise in tiny increments. The rapidly melting ice streaks in Greenland and Antarctica, writes the authors, “are truly the 800-pound gorillas in the room of global climate change.” With the ice sheet’s contributions, they claim sea levels could realistically rise seven feet by 2100—one third of the best case scenario.

Such a catastrophic rise in the sea level would displace millions of people, destroy billions of dollars in property, and require massive evacuations. Outside of the human cost, vital ecosystems around the world, from mangrove forests to salt marshes and coral reefs, would face massive erosion. Pilkey and Young’s primary solution is simple: move on back. They feel like the engineering solutions of levees, expanded beaches, even restoring wetlands in some areas, will not stave off the ocean creeping inland. As an example, Katrina’s devastation of New Orleans showed the failure of levees.

Instead, the authors call for governments to restrict unsustainable development where rising sea levels could threaten homes and infrastructure and to plan a strategic retreat wherever necessary. Without an orderly plan and rigorous public policy, the amount of money and trouble will rise along with the level of the ocean.

Mountains On Our Backs by Carcrashlander
Cory Gray, Brian Wright ’02, Alexis Galoren, Cliff Haynes, and Jessica Wright ’02 SONGS FROM RECORD, 2008 :: Reviewed by Matt Sandoval ’08 :: Nestled in the generally indescribable genre of indie music, Carcrashlander challenges the listener by continuing to venture into experimental music. In their most recent album, Mountains On Our Backs, the group combines full vocals and keyboards with wildly discordant guitar riffs and deep production. Carcrashlander shifts from a chaotic atmosphere to a thoughtful, haunting sound. Deep lyrics and rich piano chords blend together to form an intriguing album. Brian’s drums are especially noticeable, and appreciated, in “Capillary Fate” and “Bone Noise,” where the percussion ties all the other musical elements together, while itself resisting the onslaught.

The band began as a project by vocalist Cory Gray. With the addition of drummer Brian Wright, guitarist Alexis Galoren, bass guitarist Cliff Haynes, and flutist Jessica Wright, who doubles as band manager, a sound was born. The group has released four albums including Mountains On Our Backs. Influenced by the former Desert City Soundtrack and current indie music group The Decemberists, as well as vocal legends like Bob Dylan and John Lennon, Carcrashlander’s sound has its own niche.

Although they now live in Portland, Oregon, two members attended Washington State University. Jessica (Mead) Wright ’02 and Brian Wright ’02 played in the WSU Jazz Band as music students. Jessica specialized in the trombone and baritone saxophones for the band, as well as studied jazz flute. Brian focused primarily on the drums. Both were twice honored as Outstanding College Soloists at the Lionel Hampton Jazz Festival.

Following graduation, Jessica and Brian moved to Los Angeles where Brian completed his MFA in jazz drums at the California Institute of the Arts. They were married in 2003 and relocated to Portland where Jessica is now in her final semester at the University of Portland. Carcrashlander balances upright, overexposed tracks with quiet, thoughtful moments of musical poetry. While Cory performs as the lead vocalist, the emphasis on percussion and seemingly personalized guitar riffs balance the album between each member to create a cohesive record.

Olive the Little Woolly Bugger by Olive and the Big Stream :: Olive Goes for a Wild Ride by Kirk Werner ’85 :: JOHNSON BOOKS, RODER, CO., 2007, 2008 :: Reviewed by Larry Clark :: Olive goes for a Wild Ride by Kirk Werner ’85, Johnson Books, Roders, Co., 2007, 2008 :: Reviewed by Larry Clark :: Olive flies fishing: a sport and an art practiced for centuries—fascinates me with its smooth casts and rhythm, but I had never connected flyfishing with kids. At least not until Olive the Woolly Aigger, a cartoon “streamer” fly starring in a series of three books that introduce flyfishing to children.

Illustrations and lively adventures appeal to young readers, while they learn about the tricks and techniques of flyfishing.

In the first adventure, Olive’s off to Camp Tightloops, where she meets a tackle box full of colorful dry flies. She feels insecure, since as a streamer she doesn’t float above the water. Eventually she fits in and learns to zip and weave for fish appeal. Olive and the Big Stream sees Olive and her new friends trying their skills at landing a trout.

Olive for a Wild Ride: Olive meets Clark the small steelhead, and together they explore a racing river.

The last two books especially catch the frustration and excitement of fishing, a definite book for kids who read these entertaining tales.

War Dances by Sherman Alexie ’94 :: GROVE PRESS, 2008 :: On the heels of his National Book Award-winning young adult novel The Absolutely True Diary of a Part-Time Indian, Alexie offers a collection of short stories and poems. The title piece “War Dances” run in the New Yorker in August 2009. The first person account deals with the narrator’s sudden loss of hearing and sense of mortality that takes place when his wife is away. The piece ties in with the illness (from alcoholism and diabetes) and death of the narrator’s father. A brief summary here won’t capture the layers and nuances of the title piece and others in the book. Alexie, again, has produced something different and provocative.

Environmentalism in Popular Culture by Noël Sturgeon, WSU Faculty, University of Arizona Press, 2009 :: The author looks at how American popular culture shapes ideas about the environment and what is “natural” and how that reinforces social inequities based on race, gender, and sexuality.

My 7th Book by Darryll Sherman ’88 B.S. ELECTRICAL ENGINEERING, 2008 :: A collection of stories and poems that make up a reminiscence of a suburban childhood in a time of human bicycle seats, Elvis, sketch, and discs.

Making the Grade/ Plucky Schoolmarm of Kittitas Country by Barb Owen Washington State University Press, 2009 :: A collection of first-hand accounts of women who taught in Kittitas County’s rural schools between 1914 and 1942.

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Last Word

Grover Krantz (1931–2002) and Clyde

by Tim Stacey

“I’ve been a teacher all my life, and I think I might as well be a teacher after I’m dead,” Grover Krantz told the Smithsonian’s anthropology collections manager David Hunt as they negotiated Krantz’s proposed donation of his skeleton to the Smithsonian’s natural history museum. As a physical anthropologist specializing in hominoid evolution, Krantz gleaned his understanding and ideas by studying the bones of apes and humans. Following his death, his own bones would become available for study. Odds were, however, that his bones would remain in a drawer, alongside the bones of his three Irish wolfhounds, which he had already donated, waiting for whatever forensic or osteological questions might be answered through their examination.

But along came a proposal for a major exhibit, “Written in Bone,” based on work by forensic anthropologist Doug Owsley and focusing on a study of Colonial-era grave sites in the Chesapeake region. Owsley proposed including Krantz, and Clyde, his favorite wolfhound, as a finale to the exhibit. Museum taxidermist Paul Rhymer agreed to try and put Krantz’s and Clyde’s skeletons together, modeling them after a photograph of Krantz and his dog.

The effectiveness of Rhymer’s effort, which captures the warmth of the scientist and dog’s relationship in life, can be seen in the young faces in the photograph.

Krantz arrived at Washington State University in 1968 and retired in 1998. He was widely regarded for his work in human evolution and, more controversially, for his study of Sasquatch.

Visit the Smithsonian’s Web site “Written in Bone”: anthropology.si.edu/writteninbone.

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