Civility in politics

WSU ALUMS AT THE STATE CAPITAL

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- Understanding the “Civility Crisis” – First We Eat, Where Land and Water Meet
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For reasons explained later in this issue, I was walking down Pike Street on a beautiful day in July with Rafi Khalil Nasar, an Afghan lawyer. We were just discussing the difference between civil and Shariah law when we came upon a couple of young protesters. They were both holding large posters of President Obama with a Hitler mustache. The male of the pair came up to me and insisted, “Wouldn’t you like to get rid of this jerk?”

Perhaps my reaction was exacerbated by having just listened to a group of idealistic scholars from Afghanistan discuss their efforts to build a society out of ideological and economic chaos; regardless, something inside me snapped, and I responded with a declarative sentence even less civil than the protestor’s taunt.

Unable to contain my anger even in my ensuing embarrassment, I tried to explain my reaction to my companion. Nonplussed, Rafi shrugged. “You have a good democracy,” he said.

Increasingly troubled by the seemingly rampant incivility in our culture, I had gathered some comfort in not having succumbed myself to public, or even digital, displays of vitriol. But now, I had met the enemy, and apparently he was I. At least I was no longer merely a spectator.

Anyone who believes in a Golden Age for anything, be it politeness or any other virtue, probably deserves to be sent back to that mythical time to see how he or she fares. And certainly, we are reminded later in this issue that incivility is hardly novel to our milieu.

Still, canings and purges, even civil wars aside, there is something particularly vicious and distressing about our current behavior. I’m not referring to surly teenagers or the simple lack of manners. Simple boorish behavior is not necessarily incivility. Rather, it is our discourse, whether it be in the House of Representatives or the streets of Seattle.

“Civility,” writes Adam McClellan in one of a fine collection of essays (Civility, University of Notre Dame Press, 2000) that grapple with the problem of civility, “is a disposition that one individual may have towards another or, increasing the scope, a mood that obtains in a group of individuals or a society, when the following three criteria are met by both or all sides in a human relationship: the individual acknowledges the full humanity of both him- or herself and the other, recognizes his or her interdependence with the other, and desires to make common cause with the other.”

We do not seem to be at this place, at least if our politics and the Internet are any indication. The promise of civility seems dim when everyone has an electronic pulpit and truth seems increasingly based on the loudness of one’s assertion. So it lends a special satisfaction to find later in this issue that some of the remaining civil good guys are our own.
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Bryan Mohler, ’79 Econ., ’83 MBA

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WASHINGTON STATE MAGAZINE magazine

INSIDER’S GUIDE

to maximizing support

You’re a Coug through and through, so of course you support WSU. But have you really thought about how you give? How much do you know about regular, special, and ultimate gifts?

REGULAR

For 27 years, alumnus Bryan Mohler has made regular gifts—annual contributions—that support programs in the College of Business and WSU Athletics. He’s also a member of the WSU Alumni Association.

SPECIAL

Bryan knew he wanted to name WSU in his Will, but he also wanted to invest in his legacy today. He made a special gift—a large, one-time contribution—to establish The Bryan L. Mohler Endowed Scholarship, which just awarded its first scholarship.

ULTIMATE

By naming the WSU Foundation as beneficiary of his Will, Bryan has made an ultimate gift and has become a WSU Legacy Associate. Eventually, this gift will significantly increase his endowed scholarship and benefit students for generations to come.

For more information, please call 800-448-2978.
When money is tight, you want a solid return on your investment. That’s why the WSU Alumni Association has expanded its member 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 website at www.alumni.wsu.edu/membersonly and check out the substantial discounts you can enjoy with such companies as Costco, T-Mobile, Office Depot, Dell, 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 today and become an alumnus.

A Smart Investment

Wallawalla Sweets
I really enjoyed your article on Wallawalla Sweet Onions in the Fall 2010 Washington State Magazine. It brought back a lot of memories of working at the Wallawalla Produce Company, a wholesale fruit and produce company that my Dad ran, as I was growing up in the 1940s and 50s. I spent a lot of summers loading 50-pound bags of Wallawalla Sweet Onions delivered by the growers to our warehouse in rail cars that were being sent to the midwest and east coast. But your article stated that the onions were “not called Wallawalla Sweet onions until 1946.” As long as I can remember, they were always called Wallawalla Sweet Onions and were being sold that way across the nation.

My dad even developed a recipe for an onion sandwich (1/2 inch slice of onion, lemon juice and sugar with a little mayonnaise on white bread) that we included in the railroad car shipments, and that was outstandingly refreshing in the heat of summer.

When we started sorting and packing the Sweet Onions in the 1950s I worked in that operation and I ran the packing house when I was at WSU working on my masters degree in economics 1958-60. Back then there were three onion packing houses in the valley (that eventually closed down and the growers had to do their own selling). I remember buying onions from the Arbini brothers and I remember that one of the state inspectors was Joe Locati. Producing great onions in Wallawalla has been going on for generations. Now they are producing great wines.

Thanks for your great stories.

Robert E. Kennedy ’54, ’60
Gresham, MD

Tim Steury replies: The reference to the history of Wallawalla Sweet’s onion name comes from Joe Locati’s The Horticultural Heritage of Walla Walla County 1918-1977. I’d appreciate hearing other accounts of when the onion began its commercial use.

Cultivated landscapes
It may not be the centerfold, but the double-page photo of Wenatchee Heights in breathtaking. We have friends in East Wenatchee overlooking the river and I love the view; my 70s, but when I taught at WSU, I was the faculty advisor for their Alpine Club. My aging black Lab, Calvin, thanks you too!

Mara Gustavs Trotter ’75

Posts from our website:
25,000 miles of trails
Thank you, Dan Nelson ‘93, for what you are doing for our trails, bikers, their companions and our God-given outdoors. I’m new in my 70s, but when I taught at WSU, I was the faculty advisor for their Alpine Club. My aging black Lab, Calvin, thanks you too!

Douglas Rich

About a bridge
After reading the fall 2010 edition, I very much applaud you doing an article on Mr. Hans Bureck ‘38, a graduate in Construction Management, which was my major.

The pacemaker
Inspiring…As Annie [Thiessen ‘99], I use to compete every weekend for the exact same reason: The Get, Kill, Kill, and the social aspect of the race… Now, I have never won.

Chellis S. Jones ’57

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Chellis S. Jones ’57
Dear Alumni and Friends:

In 1931, Peter Kragt hitchhiked from Lynden, Washington, to Pullman to study physics at what was then Washington State College.

Money was scarce in the depths of the Great Depression. Peter purchased 1,000 square feet of lumber and built a small cabin on a borrowed piece of land. He lived as simply as possible, and said he spent only $140 for an entire school year. That included the cost of textbooks, fees, recreation, and food.

Study our university’s history during that time, and you find that Peter’s story is not unique. Students often dropped out of and into WSC because of economic necessity. They earned money in offices or back on the farm, then returned to complete their degrees. Of course, many of those Cougars went on to help their country win World War II and build the thriving post-war economy.

Today, we are experiencing a period often described as the worst economic circumstances since the Great Depression. Just as it was in the 1930s, higher education is key to our recovery.

And although today’s students might not think they have much in common with Peter Kragt, I meet many who display the same spirit of determination and resilience.

In 1931, Peter Kragt hitchhiked from Lynden, Washington, to Pullman to study physics at what was then Washington State College.

We encourage you to think about the many ways you can help support the next generation of Peter Kragts in your communities across Washington and around the world.

November 2010

Warm regards,

Elton S. Floyd, Ph.D.
President
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from the Class of 2021

Your financial support of Washington State University today paves the way to success for the next generation tomorrow. And that success benefits all of us.

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The deadly cough

by Eric Sorenson

Few creatures in the course of human history have ever been as influential as the one that crawls and jumps and drinks blood in the lab of Viveka Vadyvaloo.

It hit the world stage in the sixth century, starting in Lower Egypt, traveling by ship to Constantinople, then into western Europe. It took about half a century to kill 100 million people, half the earth’s population.

Seven centuries later, it fanned out from the Crimean port of Caffa to revisit Constantinople and Sicily, from which it swept through Italy, France, Spain, England, Germany, Austria, and Hungary. One-third of Europe, about 25 million people, was wiped out.

In the 1860s, it was China and India’s turn. More than 12 million died.

This wholesale destruction came through what is generally referred to as The Plague, most often manifested as the bubonic plague named after the swollen buboes that form around infected lymph glands. The first outbreak was the Plague of Justinian, after the Roman emperor of the time. The second was the Black Death. The third is more prosaically called the Third Pandemic, and it was not until then that the bacteriologists Alexandre Yersin and Kitasato Shibasaburo figured out that it was caused by a bacterium now called Yersinia pestis.

But many crimes require an accomplice. Yersinia’s is an unwitting insect that has spread the disease so effectively, it heralded the Dark Ages and forced the reorganization of trade networks and social strata. Historian William Rosen notes that the first plague allowed the rise of the major European nations we know today, in large part because the Roman Empire’s demise “was hastened by the bite of a flea.”

Xenopsylla cheopis, the Oriental rat flea, has been the disease’s main carrier, or vector, by moving the bacteria from rodent to rodent, and even today, to the occasional human.

“The flea where the disease actually persists,” says Vadyvaloo, 36, an assistant professor in the College of Veterinary Medicine and the first faculty hire in the new School for Global Animal Health. Working out of a modest lab in the Animal Disease Biotechnology Facility, she maintains a small colony of fleas, sustaining them on a diet of fresh blood. While she works with an ineffective, avirulent strain of the bacterium, she can study various aspects of its transmission by running it through her fleas.

Fleas pick up the Yersinia bacterium by feeding on infected rodents. In the past, these were often rats, which traveled by ship from port to port, helping the disease spread across the Mediterranean and through Europe. Now it’s in other rodents—prairie dogs, blacktailed squirrels, groundhogs—which is how it is lingering in rural pockets across the western United States.

When an infected rat or ferret dies, its fleas go off in search of another warm meal. When that meal is the blood of a human, that can be
a problem. It’s particularly a problem when the bacterium has given the flea indigestion. Vadyvaloo’s work, by sitting squarely at the human-animal interface, “fits our mission perfectly,” says Guy Palmer, director of the School for Global Animal Health.


Vadyvaloo focuses on  small RNA molecules that may have an outsized influence on how genes are expressed to make proteins. She is thinking these tiny molecules can be used to probe pathogens—an area that needs more investigation. If she can identify them, they could lead to the actual genes required to make biofilms—and a possible technique to stop it in the future.

But wait, it gets nastier. Because the proventriculus is blocked, the flea can’t actually digest its food, sending it on a feeding frenzy that back into its host. And remember those bacteria down in the proventriculus? Some of them go into the host as well. It takes only five bacteria to result in your death 48 hours later,” says Vadyvaloo. “It’s very quick, very lethal.” If someone finds a way to stop this behavior, Vadyvaloo says, there’s a lot of frustration, bitten, coughing fleas to do its bidding. So Vadyvaloo is looking very closely at how that biofilm is formed. Before coming to WSU, earlier this year, she studied the molecular mechanisms of the biofilm formation in the flea as a postdoc at Rocky Mountain Labs, an obscure but prestigious national facility across the Bitterroot in Hamilton, Montana. Her work involved making a profile of how a flea’s genetic information is used to synthesize various products. It was the first gene expression profile of an arthropod-borne bacterial pathogen—a significant accomplishment when you consider that arthropods host 80 percent of the world’s vector-borne pathogens.

Now Vadyvaloo is focusing on small RNA molecules that may have an outsized influence on how genes are expressed to make proteins. She is thinking these so-called small, non-coding RNAs are needed to form the biofilm. If she can identify them, they could lead to the actual genes required to make biofilms—and a possible technique to stop it in the future.

A Washington sabattical for Afghan scholars

by Tim Stray :: We’re an Afghan/WSU contingent marching up Western Avenue in Seattle. Four Afghan men, all good friends, are dressed in suits and carrying big bouquets of flowers. They are in a boisterous mood. Not only is it a glorious day, they have WSU-embossed certificates in their non-flowing hands and they are going home the next day after a long and productive summer in Pullman.

Aimim Emad, Homayun Fazil, Rafi Khalil Nasar, and Sami Wardak, with ten others, have just completed the study abroad portion of their master’s degree in public administration and public policy from Kabul University, a program that Washington State University helped establish through a USAID contract. Now, following a couple of days in Olympia visiting various government offices, they have gathered in Seattle the day before their little homecoming ceremony at WSU West and a final dinner at the Edgewater.

The purpose of the USAID project was to make college education more accessible and attainable for the citizens of Afghanistan, says Colleen Taughler, who coordinated their stay. Developing such a degree in public policy and administration was a top priority for the Afghan government.

The Afghan scholars are all mid-career managers from various Afghan government ministries, who were selected for promotion. The culmination of their degrees was their thesis, largely involving the development of policies and programs. The proposals were ambitious and sweeping, says Taughler. But half of them are not yet developed, she says, it would be a remarkable feat for the country.

The scholars worked with graduate students over the summer in Pullman and in the city of Seattle. They have been working on their projects. John Bramantt, a doctoral student in political science who also accompanied them to Olympia, worked with four of the scholars. His main emphasis, he says, was to help them narrow their focus and produce a research methods section.

On the first day of the session, Aaim Emad, a finance manager for USAID in Afghanistan, was developing a project on the empowerment of women microfinance institutions. Homayun Fazil, a general procurement manager for the Ministry of Public Health, is examining the pros and cons of private clinics in Kabul. Rafi Khalil Nasar, until recently a government relations representative for a telecommunications company, is now a lawyer with his own private firm. He is assessing the role of customary law in Afghanistan. Sami Wardak is a deputy human resources manager, and he is evaluating the impact of foreign aid in Afghanistan.

Among the others, two were women, indicative both of the progress women have made within contemporary Afghan society and the remaining obstacles. Nabiha Miskeh, a consultant with the Ministry of Agriculture, is exploring violence against women. Niaz Tariq, with the Ministry of Public Health, is director of the women’s hospital in Kabul. Her project assesses the impact of French medical technical knowledge and skills in caesarian section procedures in outlying hospitals.

Besides working on their projects, the scholars took intensive classes in public policy and administration from faculty members from Political Science and the Division of Governmental Studies and Services on the Pullman campus, including Steve Stahl, Amy Mazer, Mike Caffrey, Nicholas Lovett, and William Buhde.

Political scientist Andrew Appleton coordinated these courses from his department and accompanied the scholars on their trip to Olympia. He found the experience of working with them “extraordinary.”

Andrew Appleton, political science.

On the other hand, he continues, “We came out of it feeling that we might just influence real world outcomes just a little more than we typically do.”

The WSU involvement in Afghanistan reached a peak with agricultural projects, involving seed relief, says Chris Pander, director of International Research and Development. WSU contracted with the Danish Committee for Aid to Afghan Refugees on rural development programs and then, through USAID, helped develop the Afghan eQuality Alliances, which involved three universities in Kabul: Kabul University, Kabul Polytechnic and the Medical University. A direct result of these programs is a service called the Angel Centers, which include learning centers and digital libraries.

Visit www.afghanqualityalliances.net for more on WSU and USAID programs in Afghanistan.

Upward mobility: Afghan scholars with WSU professors.

A sinking economy spurs scholarships

by Hannahore Sudermann :: Two years ago, Lou Pepper watched the bank he once managed become the largest bank failure in U.S. history.

Pepper, a former Washington State University regent, had retired from Washington Mutual in the early 1990s when the bank was sound. But then a pattern of rapid growth and risky lending led to the collapse.

The former CEO felt helpless as each day brought more negative news. “People had been building this bank for 115 years, damn good people,” says Pepper, leaning forward in his chair at the small first-floor office of his home on Skagit Bay. And many of them were losing their savings, their jobs, and their means to pay for their children to attend college.

But then his wife Mollie had an idea. “Mollie suggested that maybe we might do something positive,” says Pepper. He talked to his WaMu colleagues and 18 days later they had a way of offering scholarships independent of Washington Mutual employees affected by the bank’s collapse. “Early on, we raised about $300,000 in contributions, mostly from former Washington Mutual employees and directors,” says Pepper.

Soon money came in from the defunct bank’s political action committee fund and later from the bank’s foundation—bringing the resource to nearly $750,000. The final pays annual scholarships of $5,000 to dependents of displaced Washington Mutual employees as well as support for the employees themselves who may seek training in another field. Of the 14 students receiving the scholarship this year, four attend WSU.

The Washington Mutual Alumni Scholar- ship comes at a time when the market for skilled employees is anemic. “All of us came away having learned a lot more about the world and about Afghanistan,” he says. “All of us came out of it with a deep insight into the impact of American foreign policy and is evaluating the impact of foreign aid in Afghanistan.

Among the others, two were women, indicative both of the progress women have made within contemporary Afghan society and the remaining obstacles. Nabiha Miskeh, a consultant with the Ministry of Agriculture, is exploring violence against women. Niaz Tariq, with the Ministry of Public Health, is director of the women’s hospital in Kabul. Her project assesses the impact of French medical technical knowledge and skills in caesarian section procedures in outlying hospitals.

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The Washington Mutual Alumni Scholar-
ship comes at the front of a new wave of need, says Chio Reyes, WSU’s director of financial aid and Scholarships. The changing economy has caused many families to change the way they’re approaching paying for college. “Last year and this year there are more applications and more appeals,” she says. “We have students and parents reaching out because they’re showing signs, their jobs, and their means to pay for their children to attend college.

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At WSU, there has been a 20 percent increase in Pell Grant qualifications, which is a measure of economic need, says Flores. *"Parents who have never applied for or received financial aid, or those maintained by outside entities—like the Washington Mutual Alumni Fund—have turned to private donors and offered through WSU. According to the most recent numbers, WSU has awarded $12 million in scholarships to 5,000 students in the past year."

Some scholarships are offered through a specific school, major, or department. Others are more general and are based on merit with a need component, says Flores.

One scholarship donor wanted to just support students who graduated from Omak High School, but in the end agreed to open the candidature pool to the entire county. Another, set up by an alumnus, goes to members of the Gender Identity and Sexual Orientation Resource Center. And one scholarship is directed to athletes who pledge in the Greek system.

There are some older scholarships, too. "In our endowed scholarships sometimes you find old language, like words that speak to good character, "says Flores. And how do you determine that? "We just assume everyone here has a good and moral character. That goes with being a Coug." WSU's merit scholarships go back to the first days of the school. Until the 1920s, tuition was free to any student from the state of Washington, but there was financial support for room and board. According to the 1895 course catalog, the Board of Regents provided a scholarship for one student from each county for free rent, including heat and light, and exemption from all college fees.

At the time, a year's housing amounted to $23 and a total estimate of expenses was around $120.

Today, the financial-aid officer estimates, tuition and fees as well as books, housing, transportation, and miscellaneous, could amount to $23,630 a year.

Without the Washington Mutual Alumni Scholarship, Teresa Randecker '75 wouldn't be able to send her son Richard and Marc to school. "My one goal for them when they were young was to give them a good education," she says. As an employee she invested in Washington Mutual stock, and even had a portion of her 401K in the bank. "Washington Mutual was a fantastic company," she says. "I really didn't think it could go under."

But then it did. "I had one son in college and the other starting in a year," she says. "The bank collapsed and I was devastated. Of course, I lost my stock that I bought in the employee incentive plan.

At the same time, her husband was out of work and she saw her 10 years with the company come to an end. Then she read about the WSU Alumni Scholarship in the newspaper. "We really pursued it," she says.

Richard, her older son, is now majoring in mechanical engineering. And Marc is studying computer science. "If it wasn't for the kindness of the alumni group, my kids wouldn't be in school," she says. "Hopefully, when they graduate, they will find good jobs, be able to support themselves and their families, and someday maybe give back to their communities."

A New Land

by Eric Sorensen -- photos by Bill Wagner

JOHN BISHOP was late getting to Mount St. Helens.

He was only 16 years old when it blew in 1980, and it would be another decade before he began traveling around the mountain as part of his doctoral studies.

"I was worried I missed all the action—Ten years, it's all been studied," he recalls.

It turns out the dust, pumice, and other ejecta were only beginning to settle, and the mountain would continue to rumble, spit, and recover. In 1994, he found himself running from a mudflow, then watched as it mooted fidge-sized boulders and shook the earth beneath his feet. Arriving at WSU in 1998, he could make work on the mountain a weekly commute, a rare convenience for those eager to study the earth's volcanic hotspots. In 2006, after a period of activity in which the mountain was closed to the public, he was one of the first to climb to the summit and watch whalebacks of solidified magma ooze out and break off 2,000 feet below.

More important, Bishop, now an associate professor in WSU Vancouver's School of Biological Sciences, has seen as a biologist a Wild West where certain characters arrive and are lost in the absence of established community forces or the usual ecological rules. The process is so tumultuous that Bishop and his colleagues are starting to rethink the process of succession in a highly impacted biological system.

"It gets to how science occurs," he says one crystal-blue summer day, with grasshoppers sounding like golf course sprinklers and the sun beating down on the white-gray rock of the Pumice Plain. "You work here for a decade or two and then you step back and say, 'Wait, this is actually telling me something about the entire process of going from nothing, no biological organisms, to a forest that stood here before and will someday stand here again.' We're getting at really fundamental processes that determine how that happens.

Bishop divides the blast zone around the mountain into various zones of disturbance. The outer edges were layered in ash and pumice. Areas closer in had burned but standing dead trees. Even closer to the volcano, forests were flattened. "One-hundred-foot matchsticks," says Bishop.

The Pumice Plain was Ground Zero for the blast’s debris avalanche and 800-degree pyroclastic flow. That life has returned at all is somewhat miraculous, but it’s also had a tough go of it.

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The central players on the plain has been the lupine, a robust purple flower that in effect brings its own lunch by synthesizing nitrogen in the barren volcanic soil. Along with a few grasses, it’s the most obvious vegetation as we start walking on to the plain after a hair-raising drive from Windy Ridge on the mountain’s eastern flank.

“It’s a very two-dimensional plant community,” says Bishop, which is to say the plants are so low they offer little shade or protection for other plants and animals. “But you also see at the same time we have willows colonizing here. It’s easy to overlook them, but actually there are a lot of them. They’re everywhere, but at low density, and they’re quite small. And you have conifers colonizing. You have the beginnings of your next coniferous forest.”

In the two-dimensional world, the main animals are deer mice, killdeer, and horned lark. But the 3D world has voles, shrews, porcupine and weasels, yellow warbler and orange-crowned warbler, willow flycatchers, and sparrows. Elk come through pretty regularly.

“The willow,” says Bishop, “changes everything.”

Still, it’s a largely unsettled place. It lacks the diversity that can give an ecosystem both resilience—the ability to spring back from a disturbance—and stability—the ability to resist change in the face of a disturbance. As a result, the community is easily devastated by two insects—the willow stem-boring weevil and the poplar clear-winged moth.

Bishop points to a small willow with dead branches and a tell-tale dusting of what looks like sawdust. It’s frass—larvae dung—and evidence of the willow getting hammered. In an established ecosystem, the larvae might have predators to keep them in check. Not here. As Bishop and his students walk transects across the plain and document birds, mammals, and vegetation along the way, they’ve noticed that 85 percent of the willow stems over a certain size are being attacked.

“This plant is not that young,” says Bishop pointing to a battered willow. “It’s been here a while but its stems keep getting killed. It could easily be ten years old.”

In the past, ecologists haven’t given much thought to the roles of insects in succession. Now Bishop is wondering if succession itself might be rethought to give greater weight to such high-impact species.

“What it’s made us realize more generally is that, as the species here sort out into a more stable community, you probably have a very unusual distribution of interactions among those species, where you have a lot of fairly extreme impacts of one species on another, more extreme than we see in more developed systems.”

He’s noticed something else as well. There are a lot of lupine and a lot of insects, in fact, millions of lupine and tens of thousands of herbivores that only eat lupine. Some are being described by scientists for the first time. Elsewhere on the mountain and surrounding Mount St. Helens National Monument are species like the western toad, which has its largest populations here. There’s the tailed frog, and large, diverse communities of buckbeaver, mountain ash, salmonberry, often with animal-dispersed fruits. Bishop is seeing birds and mixed communities here that one doesn’t see elsewhere.

“I think that leads to a need to rethink the value of a place like this,” Bishop says, “that it may actually be extremely important for the long-term health of those species, that they can find a disturbed place and become very common.”

His thoughts on this are still forming, but they echo recent observations by WSU ecologist Mark Swanson and others in the journal *Frontiers in Ecology and the Environment*. It’s the kind of thinking that might alter how we, say, go into a burned forest and start replanting it, or how we take a clearcut and try to rush it back to an old-growth condition.

Indeed, if you want to make a case for natural disturbance, you might do well to start with this. Bishop, Swanson, and the platoon of researchers working here over the past few decades are coming to think that battered, burned, and blown-down Mount St. Helens now has the greatest biological diversity in the Cascade’s vast, forested terrain. ©

Above: Parts of Mount St. Helens were made virtually sterile by the 1980 eruption. Below: Stem-boring larvae are slowing the growth of willow whose tall, "3-D" structure would attract a broader suite of plants and animals.

Further down are willows that researchers sprayed to keep insects off. They sport tags—blue for male willows and pink for females—but they’re instantly recognizable without them. “They’re the big ones,” says Bishop. Without the outsized impact of the insects, those willows flourished.

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For more information on the Mike Utley Foundation visit www.mikeutley.org.

"He caught me, and he pulled me down. I was hit hard and was transported to C-5, C-6, and became instantly paralyzed." As he was attended to on the field, Utley's thoughts came back to his promise.

"The hardest thing was I broke a promise to myself of not crossing that white line again. I got carried off a second time.," while he was carried off. Utley used the little movement he had available in his right hand to point to the white line.

"I wanted the people to know that Mike Utley will be back," he says. "That's one of the main reasons why we got him tested neurologically down in Miami to see how much more he has regained."

The progress is reflected in a manual muscle test used to check the strength and range of function in different parts of the body. Zero reflects no movement and five reflects a full range of motion. For instance, with his hands, Diaz says that Utley measured at a two-plus/three-minus when he first arrived at the center in 1993. Today he scores a five.

Diaz, who describes Utley as "very determined," has seen that determination translate into progress.

"We were trying to gain function and strength in the upper extremities around his shoulders, biceps, triceps, and hands," Diaz recalls of Utley's condition in 1993. Now, Diaz says, Utley has "completely functional muscles" in the upper extremities. And the progress is not limited to his upper body. "I remember that 11 years ago he didn't have good trunk control," says Diaz, who emphasizes that biofeedback is one component of the rehabilitation process. "We used a special table to translate from his bed to wheelchair. Those days he doesn't use that anymore. He is very independent, which is telling me he has much more trunk control and stability.

"When I saw him 11 years ago, we used to stand him up with the use of braces," Diaz adds. "These days he doesn't use braces anymore. He's able to stand up and bear weight on his legs only with someone bracing his knees, which is a huge accomplishment."

For Utley's future, Diaz says that he needs to gain more strength and brain signal connection to his lower body.

"If we get those muscles stronger, we want to be able to provide him better control of his waist area. With that he will be able to spread down more information to the quadriceps and hamstrings and the able to control those muscles.

The ultimate goal, says Diaz, is to walk without the aid of support to his knees. "You love to walk. If it was easy, everybody would be alive. It's not easy." Utley says. "There are two kinds of people with a spinal cord injury: those who wait for a cure and those who live for a cure. Mike Utley lives for a cure." And for the day when he can fulfill the promise he made.

"My goal is to walk off Ford Field." Utley says. "To get off that 25 yard line and walk off that white line. I have to close this chapter in Mike Utley's book and that is walking off Ford Field."

"I am closer to walking off Ford Field. No, sir. Am I closer today than where I was 10 years ago? Yes, sir. I am."

"One day, tomorrow, some way.""
Although middle eastern cooks who found themselves in the United States undoubtedly found sources of such a vital ingredient, it wasn't until the last couple of decades that the chickpea made its way into the American diet and moved up from the bottom shelf at the supermarket. It can be said with some confidence that chickpeas did not find their way into church carry-alls (goat's ear to you non-Midwesterners) until very recently.

The chickpea's introduction to American cuisine probably started with the salad bar, suggests Phil Hinrichs '54, president of Hinrichs Trading Company, which processes and distributes chickpeas under the brand name Great Northern. But here on the Palouse, they didn't really catch on until the early 1980s.

Chronology is everything. According to the New York Times, over the last 15 years hummus has grown from a $5 million business to dominating its sales category, "refrigerated flavored spreads," which account for $325 million in annual retail sales. According to the USDA, legumes contribute about 8 percent of vegetable protein in the world's diet, but on far less than 8 percent of the arable land. And chickpeas, as with other legumes, add nitrogen to the soil, a huge plus as petroleum-based fertilizer climbs dramatically in cost.

But chickpeas also taste great, even as the main source of protein in a meal to a diehard carnivore such as myself.

At a time when chefs are looking for antioxidant-rich, superfoods such as beets and blueberries, chickpeas are being resurrected as a versatile and nutritious ingredient. For his part, Hinrichs is jazzed on hummus. He waxes wistfully on appetizers at a recent party—chickpeas sautéed with hot pepperoncini and chopped black olives? Odd as they were, though, a big dollop of blue cheese gave them a smooth and creamy texture and taste.

As I write, I’m munching on sautéed chickpeas, which are delicious. Muehlbauer recalls a method he learned of dry roasting he observed in Turkey. A large quantity of sand is heated on a griddle. Once it is very hot, the cook will throw boiled chickpeas in the sand. They're stirred until roasted by the hot sand, then drained and rinsed. A much shorter method of dry roasting he observed in Turkey is for the hot chickpeas to be put in the sand with a bit of oil. Out they come, crisp and seasoned.

In the Palouse, hummus is typically pumped up with garlic, cumin, and hot pepper flakes. This makes for an appetizer so good, you'll never eat it as a dip.
Nature twice: Poetry and natural history

by Debbie Lee

I lean on a glass case that includes a new bear center, a biodiversity center, and a series of walking trails. The project started to take shape a year ago when President Elson S. Floyd designated the land for an arboretum. Dean Dan Aston brings a “quiet voice of social consciousness” to the project by relying on student volunteers and relationships with alumni in fields like nursery operations and landscape architecture. “We’re using every avenue we can to get free goods and services,” he says.

Erim Gomez, master’s student in ecology, is learning the “art of weed management” during his hours at the site. The essence of his work, aside from the mowing and weed-whacking, is making sure the ecosystems on the land are working in the right way.

An arboretum for WSU

by Nikki King ’10

Over the coming years, 170 acres east of Airport Road in Pullman will be transformed into an arboretum, which will provide an opportunity to study and match plants to the specimens in the Conner Museum. The exhibit encouraged visitors to consider how our impressions of the natural world are shaped by both the science and the arts. The exhibit was curated by faculty and students in the Department of English and the School of Biological Sciences. A gallery of Nature Twice can be downloaded from the Museum’s website.

Larry Hufford and Debbie Lee attempt to bridge the “two cultures” chasm. Self-identification as an artist helps both of us, no question or comment is off limits. So when I peer into the museum case and say, “Wow, that’s one giant seaweed!” he doesn’t flinch. “It’s a Phoradendron oliveri, an albatross.”

For that twofold of science, I trade poetry, launching into a line from Samuel Taylor Coleridge’s “Rime of the Ancient Mariner,” a poem I teach about a seaman who kills an albatross in the Antarctic Ocean. Larry’s eyes sparkle, which means collaborative ideas are brewing. I’ve seen this before when the two of us taught a graduate course on the history of scientific travel. We took students back packing through them about the poetry and plant life of the island Northwest.

Sadly, our collaboration is a rare one, even today, more than 50 years after physicist and novelist C.P. Snow gave his now famous Rede Lecture at Cambridge University, denouncing the gaping chasm between scientists and literary intellectuals in the twentieth century, which he called the “two cultures” problem. Snow implied that many scientists couldn’t make it through a Shakespeare play while humanities didn’t know the theory of relativity. This separation was more tragic in light of the fact that science and literature have similar intellectual roots and, at one time, shared not just methods but modes of expression. Some sixty years before Charles Darwin published his paradigm-changing Origin of the Species (1859), his grandfather Erasmus had already pointed out that organisms changed throughout successive generations. But he did it all in rhyming point. Darwin himself was a poet and matched it to the specimens in the Conner Museum. The paired poems and specimens become the exhibit Nature Twice. It’s one of those magical moments when the combined efforts of science and literature illuminate the diversity and complexity of our world.

The Conner Museum of Natural History this fall presents Nature Twice, an exhibit that brought together poems that use themes and imagery of animals and plant specimens on display in the museum. The exhibit encouraged visitors to consider how our impressions of the natural world are shaped by both science and the arts. The exhibit was curated by faculty and students in the Department of English and the School of Biological Sciences. A gallery of Nature Twice can be downloaded from the Museum’s website.

Larry Hufford—director of the Conner Museum of Natural History and professor in the School of Biological Sciences—taps data into his computer. Larry is tall with thick gray hair and sharp blue eyes. I’m a full foot shorter, and this, coupled with the fact that I’m a professor in the English Department, makes for an unusual collaboration.

I used to feel alien in Larry’s scientific domain, even though my office is just a five-minute walk across campus. But over the last six years, Larry and I have become comfortable in one another’s professional spaces. He attends the poetry readings our department sponsors and I go to the natural history exhibits he puts on. He has encouraged me to bring to his world not just the materials of my discipline—poetry, novels, and cultural theory—but the methods and ideas. For both of us, no question or comment is off limits. So when I peer into the museum case and say, “Wow, that’s one giant seaweed!” he doesn’t flinch. “It’s a Phoradendron oliveri, an albatross.”

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In 1994, Speaker of the House Tom Foley, U.S. representative from Spokane, was against the ropes.

In a tough campaign for Democrats, talk radio and anger over unpopular policies fueled malicious attacks on the Speaker. Foley, who had served eastern Washington for 30 years, fell to the Republican revolution that fall. He graciously conceded to George Nethercutt Jr. ‘67, but on his way out of office, Foley, long praised as a voice of bipartisanship and civility, bemoaned the rise of incivility and invective.

“I think it’s very important to move the country forward and if you’re engaging in constant political bickering and political ambush back and forth, then it just becomes an election campaign that goes on forever,” Foley told his hometown newspaper The Spokesman-Review.

Ten years later, Washington’s Secretary of State Sam Reed (BA ’63, MA ’68) experienced some of the same invective during multiple recounts of the contentious 2004 gubernatorial race between Chris Gregoire and Dino Rossi. As the majority swung back and forth between Rossi and Gregoire and then on to multiple court cases, Reed became the target of two recall attempts and vicious attacks on his character and motivation—even from members of his own Republican party, who called him a “traitor”—as he ruled one way or the other on issues surrounding the election.

Recalling it now in his corner office of the capital building, overlooking the state’s Temple of Justice, Reed talks about the experience of overseeing the closest governor’s race in U.S. history. (“The race is recounted in An Election for the Ages, WSU Press 2010. Review in "New Media.""

“The accusations they hurled, it was unbelievable how uncivil the discourse was,” says Reed. “It was on talk radio, it was on the blogs. It’s the kind of thing that was difficult to respond to because of the vile rhetoric.”

Reed sips water from a WSU alumni cup between meetings with legislators and describes the ultimate reaction after the election was settled. “A number of people would regularly stop me and thank me for not sinking into being narrowly partisan or trying to abuse my power to put my fingers on the scales one way or the other.”
Nearly 95 percent of legislators feel that bipartisan collaboration improves the effectiveness of the legislative process. But when legislators compared themselves to their peers, most said they worked in a more bipartisan manner than others.

"We asked legislators about their likelihood of engaging others and being collaborative, and many said, 'I can't say that, but nobody else is.' Kind of like the Lake Wobegon effect gone haywire," says Lovrich.

Legislators also felt there was less cooperation than when they first started in the Legislature, a phenomenon, according to the survey results, that could be partly aggravated by full TV coverage of the Legislature's business.

"With open access and TVW always there, there's a change in inclination for legislators to stir up the pot. They'll probably have an audience for it. It'll make the news," says Lovrich with a grim laugh.

Benjamin and Lovrich's work found many legislators, as well as lobbyists and staff, discouraged by what they perceived as higher levels of distrust and animosity among colleagues.

For state Senator Linda Evans Parlette '84, second-in-command in the Senate Republicans, the survey results confirm what she has learned in the Legislature. But she has a remedy: "It's the relationships that you build on both sides of the aisle that enable you to be successful."

Parlette, a pharmacist from Wenatchee who owns an orchard with her husband, has served in the Legislature since 1996. She started in politics as a concerned parent running for the school board in Chelan, then was asked to chair state Senator George Sellar's campaign. She didn't know him, but asking around, found out he was known as a man who worked with both sides of the aisle that enable you to be successful.

"I've heard Parlette describe herself as a 'beaver,'" Benjamin says. "But she's also a good story teller."

Parlette ended up nominating Nelson Rockefeller."
One of my favorites was "the bubble," a sense that much of what happened in Olympia went unnoticed by the public. I discovered that a large portion of the public didn't know much about the Legislature's work and saw the institution as hopelessly mired in partisanship conflict.

"I think the majority of voters don't understand the process," says Parlante. "They get little snippets of information from the radio and television, and it's not totally in the context of the bigger picture."

Of course, more vociferous legislators and others attract media attention with stunts and animosity. But from my experience, most issues taken up by the Legislature stopped short of violence or scurrilous attacks.

NOT-SO-HAPPY DAYS ARE HERE AGAIN

In the presidential campaign of 1828, enemies of Andrew Jackson accused him of committing multiple murders, "living in sin" with his wife Rachel, and being an uneducated backwoods hick. In turn, Jackson's opponent John Quincy Adams faced outrageous reports that he procured American virgins for the Russian czar as part of his diplomatic duties.

On the floor of the Senate in 1856, South Carolina Senator Preston Brooks beat abolitionist Senator Charles Sumner with a cane until Sumner had to crawl out of the chamber blinded by his own blood. No one helped because Brooks's companion held them at bay with a pistol. Sumner had earlier delivered an inflammatory speech that included such descriptions of pro-slavery senators as a "noisome, squint, and nameless animal ... not a proper model for an American senator."

U.S. history is littered with incidents of severe incivility, often in times when political consensus breaks down over major issues such as slavery. We may be facing such a time now, says Lovrich.

"Civility runs in cycles. We've been in a long cycle of tough issues with desegregation, unpopular wars, abortion—lots of issues that divide the parties in very deep ways, and factions within parties," he says.

Officials in power have also defined "civility" in different ways, using it as a rhetorical tool to suppress legitimate debate. Groups such as suffragettes, early labor organizers, and civil rights protestors were sometimes accused of acting in "uncivil" ways.

New technology can be another aggravating factor. Jackson and Adams had to rely on broadsheets, posters, snuff tins, and match boxes to deliver their message. Today, blogs, YouTube, hundreds of TV channels, and social networks make it easy to spread a message without filters on accountability.

As these media proliferate, many people have their most frequent—and sometimes only—contact with politics through campaign advertising, the potential cause of much fear and loathing.

NEGATIVE CAMPAIGNS. THE CAUSE OF THE CURE?

A major casualty of incivility is people turning away from the democratic process and foregoing participation even in such basic activities as voting. In the past, conventional wisdom blamed negative political advertising and campaigns.

"I've yet to see a poll where people say, 'We love political advertising! Give us more negative political ads,'" says Bruce Parlette, a professor in the Edward R. Murrow College of Communication, who has studied the effects of political advertising for more than a decade.

"Starting in the late '90s, research here at Washington State and at Wisconsin really began to look at what negative political advertising is doing. A lot of people say negative political advertising is ruining democracy. It's creating cynical citizens," says Pinkleton. "If you're cynical and distrustful of politicians and campaign attacks, does that mean you're not necessarily going to vote?"

Using survey data over several election cycles, Pinkleton and WSU communication professor Erica Austin found that negative campaigns did not create apathy or cynicism in voters. Even those who grew disgusted with negative campaign ads did not stop voting or feel less effective in getting their voices heard.

Recent research by Pinkleton and Austin fine tunes analysis of people's attitudes toward politics, specifically the difference between cynicism and skepticism. "If people are cynical, they tend to not use media. People who are cynical opt out of the political process. Skepticism we think of as less damaging," says Pinkleton.

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At the same time, pundits and media decry the demise of civility. “I don’t think I’ve seen a campaign that wasn’t the most negative on record,” journalist report it like it’s a mantra,” says Pinkleton.

Not all negative ads are created equal, however. Austin and Pinkleton further broke down the effect of different types of negative ads into “muddling” personal attacks versus ads that compared candidates. “If you look carefully,” says Pinkleton, “You’ll see a number of ads that, instead of just saying ‘Bruce Pinkleton is a housing worm,’ they might say ‘Let’s compare the candidates.’ The attacking candidate will come out on brilliant and trustworthy, and Bruce Pinkleton comes across as a housing worm, soft on crime, against education, and all those things that people are for.”

“The more hostile the campaign, the less civil they feel the legislative process was,” says Benjamin. “We feel people are carrying over that hostility, so when they start the legislative process they’re holding back; we’re not getting the most committed and knee-jerk Democrats, was to emphasize where we were willing to cooperate.”

Reed, who received a Gonzaga University law medal and a public official of the year award from the Foley Institute, believes fairness and civility can lead to rewards down the road for elected officials. “Just because someone may disagree with you, or even beat you on this issue and get more votes, don’t let it hurt your feelings. Next time around this person may be right at your side,” he says.

The Foley Institute’s survey of legislators showed a range of campaign experiences from benign to hostile, which colored their perception of the other party when they arrived at the Legislature. Those legislators who faced rough attacks were not as interested in collaborating on policy issues with members of the other party.

“When we talked about elections and negative campaigning, theboomangoreffectlongaftertheseshores were a dramatic finding to me,” says Lovrich.

Specific training and awareness spurred by the Foley Institute’s survey may help alleviate some of the tensions in transitioning from campaigns to statehouse.

“Our recommendation is to take advantage of that new legislator training, so they get off of the election and treat the process as totally separate from the election,” says Benjamin. “There are a number of techniques within psychology for building civility, collaboration, and group interaction. It’s just whether you can get legislators to participate in those activities,” he laughs.

A NEW HOPE FOR CIVILITY

Despite negative campaigns, heated rhetoric, and activism without respect, Pinkleton sees hope for American democracy. “For over 200 years, we’ve been able to transfer power through peaceful means. If the worse we suffer is negative political advertising, that really isn’t a terrible price to pay,” he says. “I have a lot of optimism that the American people can see through the deceit and political advertising that is less true, and participate and make informed decisions.”

Lovrich says it’s a more important than ever to encourage collaboration. “We probably have a very bumpy road ahead on financing state government. We also have lots of history as a forward-looking and collaborative state, and we have a lot riding on the belief that you should bring everyone together, however diverse.”

He points out a model for encouraging this civility: “Tom Foley and Sam Bond view public service as a high-obligation regardless of party. When you’re there, the people’s business requires you to be not only fair-minded but compassionate to the people, the people who work with members of the other party. If you work in a collaborative state, and we have a lot riding on the belief that you should bring everyone together, however diverse.”

Pinkleton agrees. “I found some Senate races where a third of the newspaper articles about the campaign mentioned the political advertising of the candidates. Advertising really drives that media agenda,” he says. “They’re portraying the campaign as a game, as a race, as a war—who’s going to win, who’s going to lose.”

By contrast, Reed describes the conflict in the media in spreading negative messages from the Swift Boat Veterans for Truth ads against John Kerry in 2004. “Most of us can’t even remember the content of those ads, but it spawned an awful lot of media attention. It hijacked the media narrative for two or three weeks and was very effective in that regard,” he says.

“At the same time, pundits and media decry the demise of civility. ‘I don’t think I’ve seen a campaign that wasn’t the most negative on record.’ Journalists repeat it like it’s a mantra,” says Pinkleton.

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Mud sticks to the Capitol walls

More members of the public may vote when exposed to negative political advertising, but the detrimental effect on newly elected legislators can reverberate as they enter the legislative arena.

“The more hostile the campaign, the less civil they feel the legislative process was,” says Benjamin. “We feel people are carrying over that hostility, so when they start the legislative process they’re holding back; rather than building relationships.”

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by Cornell Clayton :: illustration by David Wheeler

UNDERSTANDING the “CIVILITY CRISIS”

According to Cornell Clayton, director of the Thomas S. Foley Institute for Public Policy and Public Service at WSU, are aiming to more critically explore the impact civil behavior has also radically changed the way Americans communicate with each other, altering the norms of discourse. A better appreciation of these frameworks would provide powerful insights into how our values and our national identity have historically faced similar dilemmas; either they could wait patiently for others to press their rights within the existing frameworks of policy and efficiency to focus on more fundamental values such as the meaning of freedom or equality, raising deep questions about political identity and citizenship or what it means to be an “American.” These are critical periods for democratic self-governance, but they will also under-
standably provoke a more emotional, even violent style of political discourse.

These and other factors are undoubtedly shaping today’s politics and the attendant concern that there is a civility deficit. A more respectful and reasoned public discourse undoubtedly would enhance democratic decision-making and make ordinary citizens less cynical about government and those who aspire to public service. The country, however, is under-
going important economic, social, and demographic changes that raise fundamental questions about American values and our national identity. Previously excluded groups, such as new immigrants and gay Americans, are pressing rights claims. New media—the Internet, YouTube, the blogosphere, Twitter—has also radically changed the way Americans communicate with each other, altering the norms of discourse. A better appreciation of these frameworks would provide powerful insights into how our values and our national identity

A series of programs initiated by the Thomas S. Foley Institute for Public Policy and Public Service at WSU are public programs designed to promote an understanding of the relationship between civility and democracy. One of Speaker Foley’s most lasting legacies was his ability to conduct public life in a manner free of either rhetorical excess or unpopular truth. As part of the institute’s programming last year, it partnered with Secretary of State Sam Reed’s office to host a forum in Olympia that examined changing attitudes about partnership and civility in the state legislature. The institute has received a grant of $122,715 from the National Endowment for the Humanities to promote a national conversation, “Civility in American Democracy: Where Have We Come and Where Are We Headed?”

Where are we headed?

There is a crisis in the United States? A recent survey by Ramnoss and Associates found that an overwhelming majority of Americans (71 percent) think so, and anecdotal evidence of the courting of our public debate abounds. From the public exploitation of lurid details in the Monica Lewinsky scandal, to the burning of effigies of George Bush by protesters of the invasion of Iraq, to outbursts at town-hall meetings over healthcare reform, to the regular rants of radio and cable television talk show hosts, it appears that political debate in the United States has broken into a pattern of biting, bitter, and...
BOB AND SUE RITTER are looking cleaned and pressed, but deep in their bodies, from the base of the brain to the hormones of the gut, they’re feeling the after-effects of five days in the wilderness. They walked 30 miles with packs, encountering thousands of feet of elevation, windfalls, and part of a day lost to figuring out where they were besides Somewhere on the Bitterroot Divide.

“The person we were with described it as walking on air,” says Sue, “because up at the very, very top, at the divide, we were at the highest elevation around and you could see everywhere, in both directions.”

“It’s kind of like a knife’s edge,” says Bob.

The payoff came in spectacular views of Montana and Idaho and visits to catch-and-eat alpine lakes.

Still, Bob came back five pounds lighter. Craving something salty and rich, they ate pizza.

Now, as they pull up chairs in the din of Pullman’s Black Cypress, a Mediterranean feast beckons in foreign, palate-tempting words: tsatsiki, briam, skordalia, ratatouille, ciabatta, plus the fundamental food groups: oil, garlic, vinegar, Merlot, and India Pale Ale.

Beth DeWeese, my charming and intelligent bride of 27 years, poses a question:

“Do appetizers really stimulate your appetite? They just get me full.”

“I think they’re something to do while you’re waiting,” says Bob.

“Animals”—and by this he means other, non-human animals—“don’t eat appetizers.”

Sue counters with a friendly rebuttal.

“Sometimes something good or something you eat for your regular meal can stimulate insulin release,” she says. “And if you haven’t eaten for a while, that insulin release can actually potentiate your appetite.”

This is what can safely be called an Expert Opinion. And so it is resolved: We will get appetizers.
We obsess over eating. We know we should have several servings of fruit and vegetables each day but can’t avoid chips, be they potato, tortilla, or fish ’n’. In some form or other, we repeat the mantra my Danish-New Jersey mother uttered for four decades of Sundays: Tomorrow we’re all going on a diet.

But for all our obsession, we know little about the science of what’s going on, neither why we eat—a bit more because we’re hungry—nor why we stop eating—and it’s not just because our stomach is full.

Few people have plumbed these mysteries like the Ritters. Since the 1970s, they have carried out a tidy niche in which she specializes in appetite and he specializes in satiety. They’ve been a lot of ground along the way, often with the adventurous attitude that has otherwise reasonable people tightrope across country that nearly defeated Lewis and Clark. When they arrived at WSU, eastern colleagues dismissed it as the “unwashed West” and their starting package was little more than a few cans of paint for an animal room.

“I think they also gave us some animal traps for the wildlife coming up the drain,” says Sue. She was only the second female faculty member at the WSU vet school. By then, she had already encountered her fair share of slights and grunts. She gave little thought to science at the time, but was loaded with curiosity, a vast universe that swirls away between our ears.”

To study the brain is to stand on the deck of a ship and look out at a vast and unexplored continent.” he says. “All you can see is thick jungle all the way down to the water’s edge. It’s like nothing you’ve ever seen before—overgrown, tangled, populated by mysteries. Then your mom and dad jump over the edge of the ship and swim ashore with a pen and a microscope and set about dutifully to try and understand everything they can.”

More specifically, they look at the rat brain, which weighs all of two grams and barely covers a man’s thumbnail. Bob in particular has focused on a part of the brain largely overlooked by other neurologists, charting neurons and pathways between the hindbrain and parts of the gut. Their world is far removed from Median Arcuate and The Dolly Eat Cave but it’s the kind of work that stands to uncover the real reason diets don’t work, or why we lean towards obesity, why we crave certain foods, or why a diabetic can fail to recognize a fatal dose of insulin.

In some ways, their work in brain surgery, writ small but scalable to the human level and in a realm that is pretty much the most important place we were born. Reproduction is important, the fundamental act of a species perpetuating itself. But first, we eat.

APPETITE FOR KNOWLEDGE

Sue and Bob Ritter are the embodiment of curiosity, constantly shooting the gap between what they know and what they want to know.

Sue Ritter was that way back on Rony Ann, a small mountain just outside the southern Oregon town of Medford. The family had no television. She spent her childhood hiking and riding bareback, pretending to be an Indian, finding favorite trees. For hopscotch tokens she used shiny pieces of glass and ceramic that she’d pull from pack rat middens. She gave little thought to science at the time, but was loaded with questions and challenged by her father to wonder about the ages of rocks and origins of stars.

“If you look back on evolution,” says Sue, “all your important sensory systems are right by your mouth.”

Yes, love makes the world go ’round and for many of us the dollars is almightly, but our need for food holds sway over our daily activities, from when we wake up to how we move about in our world.

Consider the object lesson of so many marathoners and anorexics who stop exercising because they are low on glucose, the essential energy source for the brain and a fundamental fuel for the rest of the body. Reproduction is important, the fundamental act of a species perpetuating itself. But first, we eat.

He was a very imaginative kind of person and really encouraged me,” she says one morning in her Wegner Hall office. “And he encouraged me in ways that I thought were very unusual for the time. He didn’t want me to feel constrained by the fact that I was a girl and that there were certain things that girls should do and certain things they shouldn’t.”

At Valparaiso University in Indiana, where she studied psychology, she met a kindred spirit in Bob, a Pennsylvania native given to searching under rocks and collecting moths, butterflies, reptiles, and amphibians.

Sue took part of her junior year off to work as a United Airlines flight attendant. They married the day after he graduated. When he went for a doctorate in veterinary medicine at the University of Pennsylvania, she followed him. Finishing her last undergraduate semester in abortion and taking a time-share job in the lab of Penn neurologist Richard Humar.

He helped Humar study sleep cycles in cats—den-maing canopies, analyzing electromyograms, helping with surgeries. He gave her Marie Curie’s biography and encouraged her to read scientific journals. Moreover, he showed her that she could design experiments to help answer questions about the brain.

“That opened an area of thought for me.”

At Humar’s suggestion, she applied to the Penn psychology department.

“The chairman of the department at that time said openly to my face, ‘I don’t even want to look at your application’,” she recalls. “And he says, ‘We’re not taking women because women don’t stay in the field.’”

There were more slights to come, including WSU vet students who complained that it was hard to take a pregnant professor seriously, but she was unbowed.

She went to Bryn Mawr, a women’s school, doing more work on cats for her master’s. For her dissertation, she focused on hindbrain catecholamine neurons—brain cells in the brain’s reward and motivation circuitry—and today studies their role in controlling food intake and metabolism. She took some classes at Penn, and a neuroscience class she attended interested Bob in the field. The teacher, Alan Epstein, became his doctoral advisor and her adoptive mentor. Epstein paid their way to the first meeting of the Society for Neuroscience in 1971. They remember only a few hundred people. The society’s 2009 meeting had more than 30,000 attendees.
Two co-authored books, and more than 100 papers each later, they're still curious and probing.

"Your answer is never the final answer and the truth you find is only a temporary truth," says Sue. "You always need and want to move beyond that in the next step. And the next step not only points you ahead but it reinterprets often what you have already found. It's a very complex thing. You're in the midst of an enveloping cloud of curiosity that looks ahead and looks back at the same time. You find this common path between what you found before and what you're moving ahead to."

A lot of the hypotheses that you generate and form, you quickly disprove and have to discard," says Bob. "So in a way it's a lot like turning over rocks. There's nothing under most of them. But when you do find something, it's exciting. And I often wonder why more scientists aren't compulsive gamblers."

ENRT FOOD: Delicate, charred lamb chops, scallops with sliced garden zucchini, a piece of salmon, a pork chop fit for Fred Flintstone. Hungry, we dig in.

In the case of Bob and the lamb chops, this is an act as simple as putting on one's hands. But it's complicated. As Sue told me on an earlier occasion, "You lesion the feeding center and the animal will stop eating, you lesion the satiety center, it can eat fat.' Now we know that there are systems in the brain that are totally dependent on glucose."

A brain needs to be small, if only to get a newborn's head through the birth canal. It can't be cluttered up with stored energy and water.

At the same time, the brain absolutely positively has to have glucose. Too, three minutes without it, it's over. Sugar storage gets subcontracted to other parts of the body and the brain uses an elaborate supply chain management system for guaranteed, always-on-time delivery. In times of need, it can tap storage sites, temporarily raising glucose in the blood bound for the brain. It can kick off a process that converts protein to glucose, conserving it for the brain.

Peripheral cells in the body can start using more fat instead of glucose. It's a system of symphonic grandeur. Ritter has helped chart it, and looks back at the same time. You find this common path between what you found before and what you're moving ahead to."

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Now, researchers can have antibodies deliver neuron-destroying toxins. These disable an animal's feeding and help identify areas critical to the brain's response to glucose deprivation. Genes responsible for the synthesis of neurotransmitters and other signaling elements can be localized, examined, silenced, deleted, and inserted.

The new technology has fortified the old, including the laboratory version of a deli slicer that can make mounted slices of tissue so thin they look like dried raindrops on a windshield. Special dyes in the samples help trace glucose-specific neurons. Under a microscope, they look like foam—dots and lines of cell bodies with wormlike axons and dendrites that can be traced through a chain of neurons.

But work at the brain's cellular level quickly gets complicated. Branches from neurons influence many parts of the brain. Some neurons inhibit behavior; others excite it. Synapses can form and recede.

Such complexity extends into teasing out an animal's feeding behavior.

"In the old days they thought, 'Here's a feeding center, here's a satiety center, that's all we need to know,'" Sue says. "'You lesion the feeding center and the animal will stop eating, you lesion the satiety center, it can eat fat. Now we know that there are systems in the brain that are totally dependent on glucose.'"

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WE'RE REALLY LAYING into our plates now and things are getting wild, physiologically speaking.

We're in a high-speed biological ritual of detecting, discriminating, and accepting. Our noses give our food odor grades. A cranial nerve with a direct line from the tongue to the brainstem picks up texture and taste. Two other cranial nerves relay the sweetness that can cue us to food. Glutamic acid is the neurotransmitter that the vagus nerve uses. When blood sugar levels fall, the liver converts glycogen to glucose, which is needed to supply energy to cells in the nervous system and help counteract a shortage of glucose. The outer shell of the adrenal gland secretes glucocorticoids, which promote the metabolism of fat, conserve glucose, and lower blood pressure. The pituitary gland secretes hormones that affect growth and metabolism and help counteract a shortage of glucose. The paraventricular nucleus of the hypothalamus integrates the many internal and external signals influencing food intake and energy metabolism.
Kiket Island has two miles of shoreline, an upland forest with old-growth characteristics, and an untrammeled wildflower prairie. The 84-acre treasure surfaces in the northern part of Puget Sound. Here, two hours north of Seattle, tidal currents pour through Deception Pass into Skagit Bay on the west side of the Swinomish Indian Reservation.

For such a quiet place, it has seen a lot of action. It was once slated to hold a nuclear plant for the City of Seattle, and for a few months this year it took the limelight as a band of interested parties, including the tribe, the Trust for Public Land, and the Swinomish Tribe, hammered out a $14 million deal to keep the island from being sold to a developer and to protect it as a part of a bigger effort to preserve and restore salmon habitat.

This quiet parcel, which has hardly been touched since the region was settled in the 1850s, is a vital piece of a statewide endeavor to restore salmon habitat. "The more they can hang on to Kiket Island and the vacant home that was built on the southwest end in the 1950s, the better off they are in the long run," says Hinton.

"Before then, those roads were practically wagon trails," says Hinton. It's a continuation of his work along the Skagit River Basin, the Sound's largest tributary. The Skagit has many things going for it as far as providing habitat for salmon, he says. A lot of land upriver in the mountains was long ago placed under federal protection. Then the spot owl wars took more ground out of development in the 1980s. And the best news is that the upper Skagit wasn't really humanized until the 1970s when the Cascade Highway was punched through, says Hinton. "Before then, these roads were practically wagon trails."

But things get dicier for the salmon as the river nears the salt water. Over the past century the lower Skagit has been diked and overgrown with weeds, or the small salt water swimming pool—they are in the wilderness.

Two hundred years ago the Skagit was a home for the first explorers sailed into the bay. We look across the water to Deception Pass and the 180-foot-high bridge that spans it. And then turn our gazes south along Whidbey Island and across Skagit Bay to another stunning view: Lone Tree Point, a landmark on the reservation. Kiket Island is a place to preserve and restore chum salmon habitat, says Hinton. It's a continuation of his work along the Skagit River basin, the Sound’s largest tributary. The Skagit has many things going for it as far as providing habitat for salmon, he says. A lot of land upriver in the mountains was long ago placed under federal protection. Then the spot owl wars took more ground out of development in the 1980s. And the best news is that the upper Skagit wasn't really humanized until the 1970s when the Cascade Highway was punched through, says Hinton. "Before then, those roads were practically wagon trails.”

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developed. As the river spills to the Sound, much of the shoreline has been altered. Kiket, by contrast, is a rare stronghold for the fish. It has healthy eelgrass beds in a sound where eelgrass is disappearing. It has a spawning beach for forage fish like smelt and herring. And it is an important link in a chain of pocket estuaries that provide rearing areas for young salmon, says Hinton.

Overall, Puget Sound is losing more habitat than is being restored, says Hinton. Protecting places like Kiket prevents the hemorrhaging of undeveloped lands. Hinton himself is coordinating several projects to restore habitat around the Skagit River, along Skagit Bay, and up into the Swinomish Reservation.

To date, one-third of the Sound’s shoreline has been altered by hard structures like bulkheads and retaining walls, nearly three-quarters of the state’s intertidal salt marshes have been covered over with development and industry, and as the region’s population increases, so will the pressures on the Sound.

The biggest threats are toxic sites, stormwater, and loss of shoreline and habitat. The big push to restore the Sound to health by 2020 involves state, tribal, and local governments working with communities and conservation groups. And in the middle of that enormous project sit pristine places like Kiket. “You want to work in places where you have the largest core intact,” says Hinton, adding a mantra in ecology: “Protect the best, restore the rest.”

**THERE’S SOMETHING IN THE WATER**

Puget Sound as we know it didn’t exist 13,000 years ago. During the last great continental glaciations a giant ice sheet covered and killed the living landscape. But as the ice melted, the Sound came to life. It has become a universe in motion—birds, algae, fish, seals, whales, rivers, forests, underwater gardens, all part of a system that has been studied, mapped, and recorded. It is encased in mountains, washed out by tides, and constantly fed by a flow of rivers bringing rain and snowmelt down from the mountains. It’s a rich, complicated, stunning system.

Only recently has a new force begun to alter the water body. “A human invasion now rolls over the land,” notes Arthur Kruckeberg in his The Natural History of Puget Sound Country. Even in 1991, when botanist Kruckeberg first published his book, water quality was a major concern. The primeval forest was all but gone. “The crowning insult has been the progressive deterioration of water purity in that inland maritime jewel of our region,” he wrote.

In some ways the worst is over. Thanks to work started by the Environmental Protection Agency and local efforts, we are no longer burning garbage or dumping our sewage straight into the Sound. And we’ve closed down the worst polluting plants and foundries.

But when one problem goes, a variety of fresh ones can surface. One week before our trip to Kiket, scientists with the National Oceanic and Atmospheric Administration and the University of Washington warned of a rising acidity in the Sound, noting that in some places it was at levels lethal to shellfish and damaging fish eggs and oyster larvae.

The acidity has to do with increased acidification in the ocean, a probable result of global climate change, but that’s just one issue within the Sound, says John Stark, an ecotoxicologist and director of the WSU research station in Puyallup. Stark also runs WSU’s salmon toxicology research laboratory and is on the science panel of the Puget Sound Partnership, a state agency focused on the legislative mandate to clean up Puget Sound by 2020. His focus is on the effects of certain chemicals on freshwater and marine organisms.

**Above:** Todd Mitchell, ’97 MS, and WSU graduate student Steve Hinton walk across Kiket Island. **Opposite, clockwise from upper left:** Skagit County salmon habitat dredged by logs. WSU scientist John Stark studies the effects of urban and farm runoff on salmon. Lone Tree Point, with Kiket behind it to the right, is a traditional fishing and foraging site for Swinomish members.
is more potent than expected. The compounds cause serious damage.

exposed to mixtures of a lot of different chemicals, but usually at very low concentrations.” he says. “They’re often focused on how they mix, how they change. “Animals in the environment are not exposed to one chemical at a time,” he says. “They’re often exposed to mixtures of a lot of different chemicals, but usually at very low concentrations.”

When certain things mix, though, you have synergisms. The result is more potent than expected. The compounds cause serious damage. Among the classic compounds Stark has been studying are organophosphates like diazinon and malathion, and carbamates like Sevin or other carbaryl insecticides. “If you expose fish to really low concentrations of these singly, you don’t see much of an effect on anything,” he says. “But if you have some of these mixtures together, especially with malathion, the fish start to die.”

“Mixture toxicity is very complicated,” says Stark. “It’s hard for regulatory agencies like the Environmental Protection Agency to assess and predict what might happen. But it is something they’re working on, he adds.

While pesticide issues do come out of farmland, Stark is quick to point out that pollution from urban and suburban areas cause as many if not more problems. He cites a 2006 U.S. Geological survey study. Pesticides in the Nation’s Streams and Groundwater, which looked at nearly 180 rivers and streams nationwide. The study found that many of the pesticides Stark studies were found in greatest concentration in urban streams than agricultural streams. People need to apply their pesticides and fertilizers correctly, says Stark. “What’s happening is that they’re using them more frequently than allowed and in places where they’re not supposed to,” he says. “They need to be sure it’s not overloading the lawn and landing on the sidewalk,” he says. From there it can wash right into a nearby stream or storm drain.

**Turning the Tide**

Puget Sound, at 42,791 square kilometers, is the nation’s second largest estuary. When it comes to major waterways, it should be up there in the national consciousness with Chesapeake Bay, the Great Lakes, and the Everglades, says David Dicks, executive director of the Puget Sound Partnership. But right now the Sound is at the “kids’ table” with 27 others in the Environmental Protection Agency’s national estuary program. There, its peers include the Tillamook estuaries in Oregon (1,400 square kilometers) and California’s Morro Bay (240 square kilometers).

Puget Sound has never really fit in that group,” says Dicks. And where federal funding has in the past come through for endangered species salmon project, now many in Washington, D.C., see “salmon-ravry.” he says. Yet, endangered species are at the heart of it, but there’s much more to it, he says.

In 2008, Washington Senator Maria Cantwell introduced the Puget Sound Recovery Act, which would amend the Clean Water Act to include Puget Sound and establish a federal Puget Sound program office. This would make the Sound eligible for as much federal money as the Great Lakes and Chesapeake Bay get in a year. If it succeeds, it will “create a sort of ‘Yin to the Chesapeake’s Yang,” says Dicks. The Chesapeake, because it has sanny states and borders involved, has to be a federally led program. “Here it’s the opposite,” he says. “We’re one state (and Canada).”

The constituents are a diverse group (with advisors that include tribes, city and county leaders, businesses, and environmental organizations) that can provide a unified effort, says Dicks.

William Ruckelshaus served as the first chief of the EPA when President Nixon established the agency in 1970. He was also President Clinton’s nominee to the Pacific Salmon Treaty and President George W. Bush’s appointee to the U.S. Commission on Ocean Policy. Until this summer, he was chair of the leadership council for the Puget Sound Partnership. And he’s head of the advisory committee for the William D. Ruckelshaus Center, a joint effort between Washington State University and the University of Washington to serve as a neutral resource for collaborative problem solving within the region.

He has a long-range view of how Americans have been treating their waters. “We have as a society over a period of forty years brought point-source pollution under control,” he says. “Where we have not been successful is talking about non-point source pollution. We didn’t even discuss urban and farming and suburban runoff.”

Ruckelshaus recently attended a meeting of the Puget Sound Partnership’s Ecosystem Coordination Board at WSU’s Mount Vernon research station. The topic turned to retrofitting the region’s urban roads and rooftops to hold back contaminated stormwater from the Sound. “There is truth to the adage we’re paving Puget Sound,” says Dan Wrye, water quality manager for Pierce County. “We need to get a handle on how to at least Panel it.”

There are so many parties—tribes, cities, businesses, and citizens—involved, and not all of them want to spend the time and money to clean up the Sound, or see the need for the expense.

Ruckelshaus sees a solution: a collaborative push. “The only thing that I’ve seen that works is to get the people affected at the table. We’ve got to figure a way to get people to believe it is in their interest to change their behaviors.”
A SEA CHANGE

We get a second view of Kiket with Jack Hartt, a ranger with Deception Pass State Park, as he motors photographer Ingrid Barretine and me across Skagit Bay in a boat. The deal to buy the island had been years in the making, says Hartt, adding that he feared many times it would run aground. There were issues about what rights and duties the tribe would share, concerns about raising the money, and some public frustration about using state money to add to the park where the state is laying off workers.

Hartt is quick to point out that the $2.5 million in state park funds for the purchase came from accounts dedicated for land acquisition. Millions more came from other sources, including the U.S. Fish and Wildlife Service, the National Oceanic and Atmospheric Administration, and the state Salmon Recovery Funding Board.

The deal started simply. The owners approached Washington State Parks with an offer to sell the island. “We looked at it and thought, well, we get a second view of Kiket with Jack Hartt, a ranger with Deception Pass State Park. Ko-Kwal-alwoot is the Maiden of Deception Pass,” the story resonates with us. As author/biologist Kruckeberg urges, we will have to change our behaviors and expectations for the sake of the Sound, to restore the fish and the shellfish.

The work is in honor of Samish Indian culture and a historic village nearby. The story is of a woman of the village named Ko-Kwal-alwoot who was lured into the Sound by a young chief of the sea. He came out of the water and asked her if they could marry. But her family refused him.

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Then the fish became scarce, the shellfish disappeared, and the fresh water dried up. Ko-Kwal-alwoot went to the water’s edge and begged the chief to bring back the food. He said he would, but only if her people would give her up.

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Ko-Kwal-alwoot’s people worked out an agreement. She could marry the chief, but would return to the land each year to visit. Every year for four years the woman walked out of the sea. Each time she was colder and more a creature of the water than of the land. Barnacles grew on her face, help tangle in her hair, and by the fourth year she was obviously unhappy to be away from her watery home. Finally, her family decided to release her. While they never saw her again, they knew she would always be watching over the village, and they continued to enjoy the beauty of the beach and the fish of the Sound.
Sarah Lewis Scholes '99, '03

Bachelor's of Science in Biological Systems Engineering and Master of Science in Engineering.
Civil engineer for the U.S. Forest Service Rocky Mountain Research Station; conducts post-wildfire erosion and vegetation response research to help forests recover to pre-fire conditions.
Honored by WSU’s College of Agricultural, Human, and Natural Resource Sciences with the Rising Star Award during the 2008 Women’s History Month.
Loves to ski, vacation on the beach, and attend Cougar athletic events with her son Connor and husband Bob '00.
Life Member of the WSU Alumni Association.
“Bob and I joined because membership in the WSUAA is one way alumni and friends can enjoy tremendous money-saving discounts and support the university we love at the same time. Plus, it’s a great way to show our Cougar pride.”

Ruth Omasanga ’71 (Home Ec., ’73 BS Hum. Res., ’74 MEd) retired as chief executive officer of the American Institutes for Research in Washington, D.C. She served as the institute’s president and CEO. Omasanga is one of the rare women in the field of education is a former chief executive officer of a Fortune 500 company, former University of Utah president and former U.S. State Department official.

Robert M. Clark ’75 (Police Sci.) retired from Safeco & Liberty Mutual Insurance after 38 years. There, he was an assistant secretary for the state in the U.S. Army, touring in both Korea and Germany. Clark and his wife, Tea, have a second home in Missou, Montana, where they intend to spend their winters.

Kevin Gould (Davis) Johnson on August 8, 2010.

Russell J. Anarde ’71 (Home Ec., ’73 MS Hum. Res., ’76 PhD) of New Mexico University’s Sloan program, and a JD from University of Utah and a master’s in logistics from the University of Colorado. He was the lead executive for company business at Northrop Grumman Corporation in Colorado. He was in the U.S. Air Force for more than 20 years and served as a member of the government’s military planning boards. He was a member of the Sutphin’s Africa Association Board of Trustees, chief of the University of Idaho Africa College Initiative, and head of Kenya’s food security programme.

Kevin Gould ’75 (Police Sci.) retired as president of the United States Air Force Academy. He was the director of the United States Air Force Academy’s research and development center, where he supervised research and development. He was also a member of the University of Colorado’s Sloan program, and a JD from the University of Utah and a master’s in logistics management from the Air Force Institute of Technology.

Bruce L. Johnson ’71 (Chem. Engr.) specializes in workforce productivity. He is a consultant for company businesses, including the American Institutes for Research as a budget hawk and an advocate for openness.

Emery Butler ’78 (Bus. Admin.) turned 100 in August, and retired from the Stanford Research Institute in 1975. There, he is the brother of the Butler family who owns YWC, and ranks 12th in revenue and number of employees. He is also considered a part of the game between California and WSU in 1940.

David Ensor has worked with RTI International since 1980. and played a part in the founding of the Research Triangle Institute International in 1981. He was appointed as chief executive officer of the institute in 1990, and served as president and CEO of RTI International until 2010.

David Ensor ’65 (Chem. Eng.) specializes in environmental and atmospheric research and is now executive vice president for RTI International. He was elected to the academy in 1990 and served as president of the institute in 1990 and 2000. He is also a member of the American Chemical Society and the American Geophysical Union.

Cyndi Nakabayashi ’92

Making policy public

by Rich Roseler

Growing up in late 1960s Japan, Mikio Nakabayashi had an unlikely goal. The eldest daughter of a farmer-turned-handicraft developer, she dreamed of living overseas.

“I was so curious about the world,” she recalls.

Four decades later, that Saitama Prefecture schoolgirl has grown into a power player with a resume spanning the Pacific Rim and two nations’ capitals. Nakabayashi, 51, has worked as a television reporter, think tank researcher, and professor. For a decade, she worked as a U.S. Senate budget staffer.

“People just take it for granted and feel it’s natural,” says Nakabayashi. “It’s kind of sad, I think.”

In a diverse career, one key consistency has been her love of public policy. That’s what she was covering in the late 1980s as a TV reporter fresh out of college in Japan. She interviewed company leaders for an economic policy program.

“The job for most political leaders is to represent their constituencies to the Diet. There, her trademark light blue jackets stand out amid a sea of dark-suited male lawmakers. She’s known as a budget hawk and an advocate for openness.

“During this kind of era, you have to really involve people,” she says. “You cannot hide. People have to be involved and convinced.”

She attributes those convictions to her time living and working in the United States, including two and a half years earning her master’s degree in political science at WSU. To many Japanese, politics is a thing best kept at arm’s length, with public spending decisions left largely to lawmakers and bureaucrats.

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She was accepted into a WSU master’s de-
gree program. After a three-day drive from
the home of friends in Los Angeles, she ner-
vously motored into Pullman late at night. Her first
impression, after Tokyo and L.A., she couldn’t
believe how dark it was.

The next morning, she was stunned at the
size of the WSU campus and the beauty of the
wind rippling through Palouse wheat fields.
Nakabayashi was also surprised at the ac-
ceptability of the professors, who sometimes
host discussion groups in their homes.

“I never felt so close to professors in Japan,”
she says.

She was hired at a Washington, D.C., law
firm led to a Senate job as a Republican budget
committee staffer. Wading into the nitty-gritty
of policy-making, Nakabayashi felt a familiar
feeling.

After I’d worked one year, I really wanted to
realize that I knew nothing. Again,” she says.
So she stayed for a decade, finally returning to
Japan to marry her husband, a Japanese surgeon
she met at a friend’s party. Leaving the United
States, she cried. She was teaching at her undergraduate alma
mater when a Japanese lawmaker recruited her to run for the House of Representatives.

“My mother really hates politicians,” she
says, laughing. “She didn’t like it.”

But when a lawmaker from the Yokohama
area ran for the House of Represen-
tatives, she was quick to endorse her
 candidacy. 

Nakabayashi took office last year. She is
believed to be the first WSU alumnus ever elected
to Japan’s parliament.

Maruko has been able to exercise subtle but
substantial influence, “says Petri Arvola, a colum-
nist for Wskyo Kyokai, a Japanese business
magazine. “She has practical policy experience
and practical legislative experience, something
that many of her DPJ colleagues lack.”

Wearing a white sash, Nakabayashi also worked
during the spring and summer at a Sacramento
by Hannalore Sudermann

Mieko Nakabayashi’s campaign poster

Joe Fugere ’84

Feeding his interests

by Mieko Nakabayashi

Nakabayashi’s House of Representatives.

She was quickly appointed to the budget
committee, where lawmakers have their work
out for them. Burdened with massive na-
tional debt, Japan is struggling to prop up its
social security and public health care systems
amid sharply declining birth rates and general
insecurity about the nation’s future. Long the
world’s second-largest economy, Japan is being eclipsed by a fast-growing China.

Nakabayashi says that women—many of whom
control the family finances—are a largely un-
tapped political asset at a time when the nation’s books are increasingly hard to balance.

“Think large. Now at age 37, Nakabayashi
wishes she could get more involved. She
cannot avoid asking the people how much of a
burden they want to shoulder, or what services
to cut,” she says.

The resulting decisions, she says, will shape
the country’s future for years to come.

“National defense, international relations,
education, they’re all prioritized by the budget,”
she says. “Budget-making is nation-building.”
She said, “You can still enjoy architecture and doing nonprofit work, but your background is in restaurants and you’re really good at it.” he says. “So I decided: pizza. Most Americans eat it and it ties with my Italian heritage.” says. “So I decided: pizza. Most Americans eat it and it ties with my Italian heritage.”

On January 2, 2004, he opened his doors at 5 p.m. and “there was a line all the way down to the corner.” He made nearly every pizza himself. The dough had to be raised in advance and allowed to rise over two days. He had prepared enough to supply pizzaiolo for 200. “But by 7 o’clock I had run out,” he says. When he stood on a table to apologize to the crowd, to his surprise they cheered.

In the following months, he reached out to the neighborhood. “It feels important to tell people that you’re doing something,” he says. “And doing things he did was offer space to a local Alcoholics Anonymous meeting. He also donated coffee, pizza, and past to local volunteer groups.

Fugere also joined the Washington Restaurant Association and joined the government affairs committee. “I thought it would push me a bit.”

“Fugere’s work on behalf of restaurants and his role in the community have brought him national attention. Tutta Bella has won local, regional, and national awards, and last August it was named pizzeria of the year by Pizza Today. Today, he met with President Obama when he was in Seattle and in September went to Washington, D.C., for the signing of the Small Business Jobs Act. The awards, even getting to represent Seattle in small businesses to the president, are byproducts of tying in with your community, says Fugere. “It’s about being generous with your time, your money, and your people,” he says. “It’s participating from the very beginning From the day you hang your sign on the building opportunities will come to you.”
Kaufman-Cranney started as a YMCA childcare director in Shoreline but it was the business background that helped the recreation field,” says Kaufman-Cranney. “She said, ‘This is a wonderful life in the outdoors.”

“College days were wonderful,” says Kaufman-Cranney. “Her PE teacher Jane Ericson pushed her to help with the cheerleading and then she went on to be a PE teacher herself. She was a state cheerleading champion. In the Skagit Delta, for example, the Conservancy is working with farmers to find their fields and create temporary wetlands for the benefit of waterfowl. Students and faculty from WSU’s Mount Vernon research station have been examining the effects of the flooding on potato crops. In 1970, the WSUAA created the Alumni Achievement Award for those who have made significant contributions to their professions, their communities, the world, and WSU. Fewer than 500 alumni have received this honor. This year, the alumni Achievement Award recognizes the following people for the prestige they bring to their alma mater:

Rhoda L. Albom, 80, Construction Management
Steve W. Epperson, 76 & 77, Business Administration and Physical Education
H. Engeo Forrester, ’71, Agriculture and Education
Robert D. Fujiwara, 67, Accounting and Business Administration
Thomas Graedel, ’04, Chemical Engineering
Keith Lincoln, ’81, Physical Education

For a complete list of honorees and for more information about all WSU Alumni activities visit www.alumni.wsu.edu or call 1-800-258-6978.

WSU Alumni Association News
Honoring alumni and volunteers

This year, the WSU Alumni Association had tremendous support from its volunteers, especially those serving as presidents, members of the governing board, director, chapter leaders, and Alliance representatives. In keeping with a tradition established in 1999, the WSU Alumni Association created the WSU2000 board meeting recognized eight outstanding alumni with Alumni Ambassador Awards.

As WSU Alumni president this past year, GINA MEYERS (’95) led the effort to approve new association bylaws. But her work as president is just one piece of the time and attention she’s offered WSU over the years. The Bellevue resident has also found time in her busy schedule as a director of finance to serve on the WSU Alumni Board of Directors and to be King County Chapter president. Her efforts for WSU reach beyond the association, she also serves on the College of Business National Advisory Board, the WSU Foundation Board of Governors, and the Celebration of Washington Vine event planning committee.

Though he lives 800 miles from Pullman near Walnut Creek, California, WAYNE STEFEN (’71) has served as La Alianza President and helped recruit alumni of color who could mentor and engage with students—with the overriding goal of improving retention rates and ensuring a positive WSU education experience. Prior to her work with La Alianza, Eva served on the WSUAA Board of Directors for three years. As WSUAA president this past year, LINDA HIGGINS (’72) led the effort to approve new association bylaws. But her work as president is just one piece of the time and attention she’s offered WSU over the years. The Bellevue resident has also found time in her busy schedule as a director of finance to serve on the WSU Alumni Board of Directors and to be King County Chapter president. Her efforts for WSU reach beyond the association, she also serves on the College of Business National Advisory Board, the WSU Foundation Board of Governors, and the Celebration of Washington Vine event planning committee.

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An Election for the Ages: Rossi vs. Gregoire, 2004

As criticism and praise came at him, Reed oversaw the application of election laws (and eventually reforms in the election system). Finally, after two races in American history. Sidebars clearly explain the intricacies of election rules, courtroom drama, and a nail-biting seven months of controversy, the book chronicles a defining moment in election history with compelling narrative and insight into voting and political battles.

More than just a treat for political junkies, the book recounts, courtroom drama, and a nail-biting seven months of controversy, the book chronicles a defining moment in election history with compelling narrative and insight into voting and political battles.

Gared moved to Portland, Oregon, in 2001, where he works as a music therapist and performs with his band Super XX Man.

The story is a collaboration amongst Chellis, her son, Paul Severson (Illustrator), and stonemason Patrick Swenson (publishers). Chellis first created the story for a granddaughter in 2007, and it grew. She started reading her manuscript to elementary school children 7-9 years old. "If they weren't going to like it, " she says, "I wasn't going to waste time and money having it printed." The story immediately delighted hundreds of children, their teachers, and other adults.

Chellis and John Teth also recorded the story on a CD, bringing the characters to life. Both the book and the CD include a song, with words and music by Chellis. The song, "We Might Dom Get To Be Friends," speaks directly to the children:

You may be really smart but what you’re doing isn’t fun
To tell people stories and then laugh is why I laugh
Let’s work out a truce between you and me
And then we might get to be friends.

For further fun and information, check out her website at chellisjensen.com.

Gared’s 15-song lead reveals and plays several instruments, with drummer Adam Mack and bassist Quinn Claymon, on deeply personal songs recounting Gared’s dad’s life and eventual battle with cancer. Reflecting on the pain of loss and the weight of memories from the elder Gared’s life as a father and Intimateg Clinton executive, the tunes draw a compelling tribute with deceptively simple pop phrasing.

Gared’s no stranger to independent rock. After signing and playing guitar in Austin-based pop trio Silver Scatter, heoutline the tools of Lean Manufacturing—particularly 100 percent efficiency and “Just In Time” delivery—bolstered by case studies.

Wilson credits Mark Paul’s guidance and his years in engineering as the driving force behind his success as a consultant. "I think the key to success is being able to adapt to any situation and circumstances," he says. "That’s something that comes naturally to me, and it’s something that I’ve always been able to do."
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From your lights to your coffeemaker to your television—for all the ways you use electricity—you know when you flip that switch, you will have reliable power.

Schweitzer Engineering Laboratories offers a complete range of solutions that improve how electric power is delivered. Our mission is simple—make electric power safer, more reliable, and more economical.

To experience SEL’s world-class manufacturing, visit www.selinc.com/wsu11.

Learn more at www.selinc.com
info@selinc.com | +1.509.332.1890

by Hannelore Sudermann

One day in 1936 Betty Lee and her twin sister Peggy, about four years old, posed for their mother in the Washington State College shirts given to them by Carl Morrow, then Dean of Men at WSU.

Their parents, Don and Julia Lee, moved to Pullman in the 1930s and opened a restaurant, and later ran a small grocery on Maiden Lane. Morrow was a regular customer at their restaurant, which served "American" food, says Betty Lee. On occasion, he brought the family gifts, conferring on the girls the shirts, dolls, and balls.

Betty Lee graduated from WSU in 1954 with a degree in general studies. Her sister Peggy also graduated from WSU. They went on to have careers at the University, Betty working in the Agronomy department and Peggy with Extension. Peggy died in 2008. Betty still lives in town.

Betty says her mother was always taking pictures of her twins—when she could find them. Life was a great adventure growing up in the shadow of a large university. "My sister and I used to go exploring on campus and sometimes we would get lost," says Lee. Their roaming was to the consternation of their parents. "My mother would say, 'If you see two Chinese girls wandering around town, please tell them to come home.'"

See photos and read more about Washington State College in 1936 at wsm.wsu.edu/ourstory.