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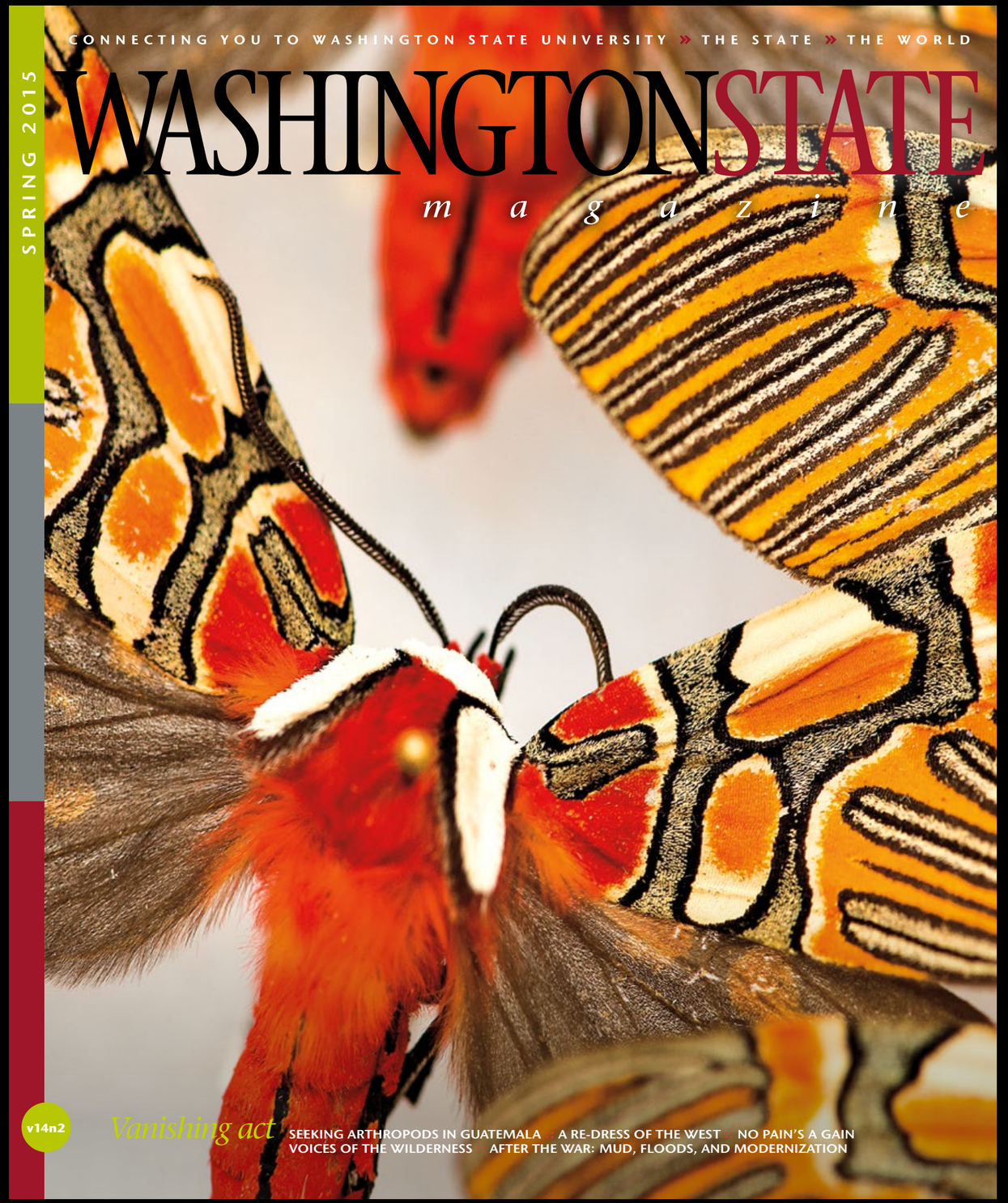
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# WASHINGTON STATE magazine

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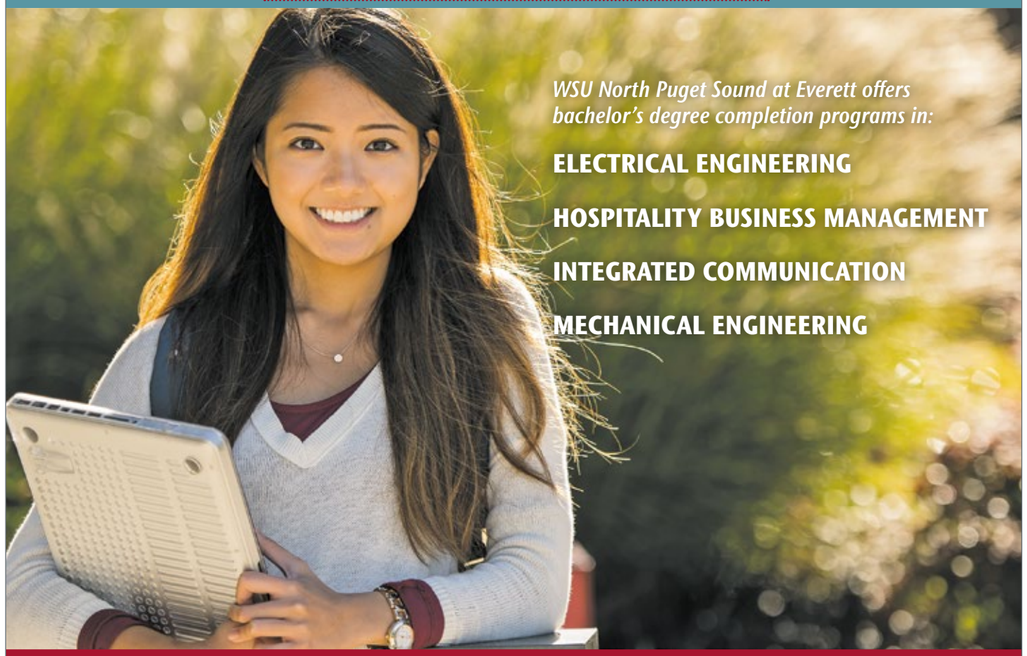
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# first words

Last summer on a visit to the Hudson River Valley, I took a morning to explore Washington Irving's home. Wandering through the property in the sticky humidity so particular to the East Coast I peered into Irving's vine-covered house, Sunnyside, and pictured the author at his desk honing his iconic New England stories like the "The Legend of Sleepy Hollow" and "Rip Van Winkle." Never did I imagine the prolific writer also sat there crafting one of the first descriptions of the West Coast for a nation of readers.

*Astoria*, published in 1836, traces the efforts of John Jacob Astor, the nation's first multi-millionaire, to establish a fur trading colony on the Pacific Coast. Aided by journals and letters of the adventurers who Astor hired to establish a post, and without ever setting foot on the West Coast, Irving detailed both "savage and colonial life on the borders of the Pacific" with rich images of shores "low and closely wooded, with such an undergrowth of vines and rushes as to be almost impassable," "a range of hills crowned by forests," and "stupendous precipices." Like many histories of the West over the past 150 years, *Astoria* greatly distorted the story of the settlement; nonetheless it provided the nation with its first descriptions of the Northwest.

But a near-forgotten writer named Frances Fuller Victor was the true literary pioneer of the West Coast. As resident of Portland, Oregon, in the 1860s and '70s, she had opportunity to record first-hand accounts from the region's pioneers and make rich observations of the climate and scenery for her books like *River of the West* and *All Over Oregon and Washington*. She also wrote much of the content for the Washington and Oregon portions of Hubert Howe Bancroft's histories of the West.

Fuller Victor's writing was the greatest resource on the West for a range of East Coast writers, noted Robert Cantwell in his 1972 *The Hidden Northwest*. Helping themselves to Victor's descriptions and tales, the pulp writers had fresh territory to explore.

"The Pacific Northwest was an ideal locale for the tireless hacks who wrote dime novels," wrote Cantwell, a novelist, literary editor, and Washington native who grew up in Hoquiam in the 1920s. The real West was so far removed from their readers, notes Cantwell, that "factual accuracy was not necessary, and the reputation of the region was such that almost anything said about it would be believed."

Irving, Fuller Victor, and even the dime novelists laid the groundwork for historian Frederick Jackson Turner to float his "Frontier Thesis" in the 1890s and set the notion of the West as a wild frontier waiting to be conquered. The sweeping notion became the foundation for teaching the history of the American West for many decades to come.

But now, with new resources and new approaches, we continue to reconsider the stories of our corner of the country. As we see in this issue, our University's historians, archivists, archeologists, anthropologists, and cultural studies and literary scholars lead the way.

***Hannelore Sudermann,*** Content Editor




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# posts

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### Mapmaker mystery

Of all the names that were mentioned in the [previous issue] article (those that I studied under in geology), I know Dr. Campbell would have had your answer. I was a graduate student in geology in the early '70s and I knew Dr. Rosenberg (my advisor), Dr. Webster, and Dr. Campbell. These people were phenomenal teachers and mentors. But when important questions come up, like historical geology questions, Dr. Campbell was your man. He would have known. I remember his research, his retirement, and his death later. Another person who would have known was Al Butler in physics (also my advisor) because he was a native Spokane fellow. Unfortunately, he is not alive either. I agree with the notion that Dr. Campbell probably did not do the map work; but he would have known.

***David Tucker*** *'67, '69*

I took a course in geography in 1956, a cartography course by a young Professor Schroeder. He could have been involved in making that map. I remember he was a very precise and academic professor who gave dull lectures. Our final exam, the only test in the class, required us to plot a road from Point A to Point B on a topographical map. We had never studied how to do that.

***Roger Pederson*** *'56*

We confess, we were the ones who made that poster of the Palouse. Our time, energy, and dedication is represented by that beautifully crafted map. Now our names are gone, forgotten, eroded, and subducted away like the 'disbanded and reconstituted' department that created us. Long live the memory of the WSU Department of Geology and the ghosts of Morrill Hall.

***Lane Griffin*** *'72 Geology*
*Richland*

### Enjoyable read

I enjoy reading *WSM*, and I am especially pleased and impressed by the Winter '14/'15 publication. I thoroughly enjoyed reading most of the magazine, especially "Mapmaker Mystery," "Finding the Artist," and "Lost Writer from a Lost Time." Keep up the good work!

***Donovan Gwinner***
*(Associate Professor of English, Aurora University)*

### A caring professor

*Dear Family and Friends of Doctor Jane Harris Ericson:*

I was saddened to read in the *Washington State Magazine* that Dr. Ericson had died in March this past spring. She was such a kind and caring professor. I will always remember her helping me, especially in my freshman year '63-'64. She was very encouraging to all students—even ones like me who loved physical education and sports, but were far from a star athlete. She did encourage me to be in "Fish Fans" synchronized swim group—which I loved. I'm very glad I was a P.E. major. I am now teaching my last year as special education in remote Savoonga, Alaska.

Sincerely,

***Cosette Moore (Wassard-Baker)*** *'68*

**@WSUDiscovery**

Monarch butterflies tagged by inmates in #WSU program showing up in southern California. http://ow.ly/Fb08V

Vodka Leftovers Can Help Make Driving Safer by Removing Highway Snow http://ow.ly/ENJUu #WSU via @TIME

A form of CO2, not water, may be enough for extraterrestrial life. http://ow.ly/EppoG #WSU via @cqchoi

### Road worthy

Thank you for the excellent article highlighting another successful service learning project ("Follow the red brick road," *WSM* Fall '14 issue).

The WSU Center for Civic Engagement fosters mutually beneficial collaborative relationships between students seeking relevant experience and community partners who are typically small nonprofits with restricted budgets. College Hill Association is a nonprofit neighborhood revitalization group fortunate to have benefited from service learning projects repeatedly and with outstanding results.

With regard to the brick road preservation project, I am happy to report that the roads are now on every applicable historic register (National, State, and Pullman Register of Historic Places), and we are currently searching for another WSU academic course or student professional group to assist in designing and building a heritage marker that will provide interpretive information about the brick roads. We welcome the involvement and support of all members of the Pullman and WSU community. College Hill Association can be contacted through our website, Facebook page, or through USPS mail at PO Box 164, Pullman, WA 99163.

***Allison Munch-Rotolo****, Chair*
*College Hill Association*

## What's new?




The new WSU Planetarium shines brightly with constellations and planets under its dome in Sloan Hall. Unique to the Inland Northwest, it uses a high end digital projector, specially cut mirrors, and Stellarium—software that projects a 3-D realistic sky. *Image courtesy stellarium.org.*



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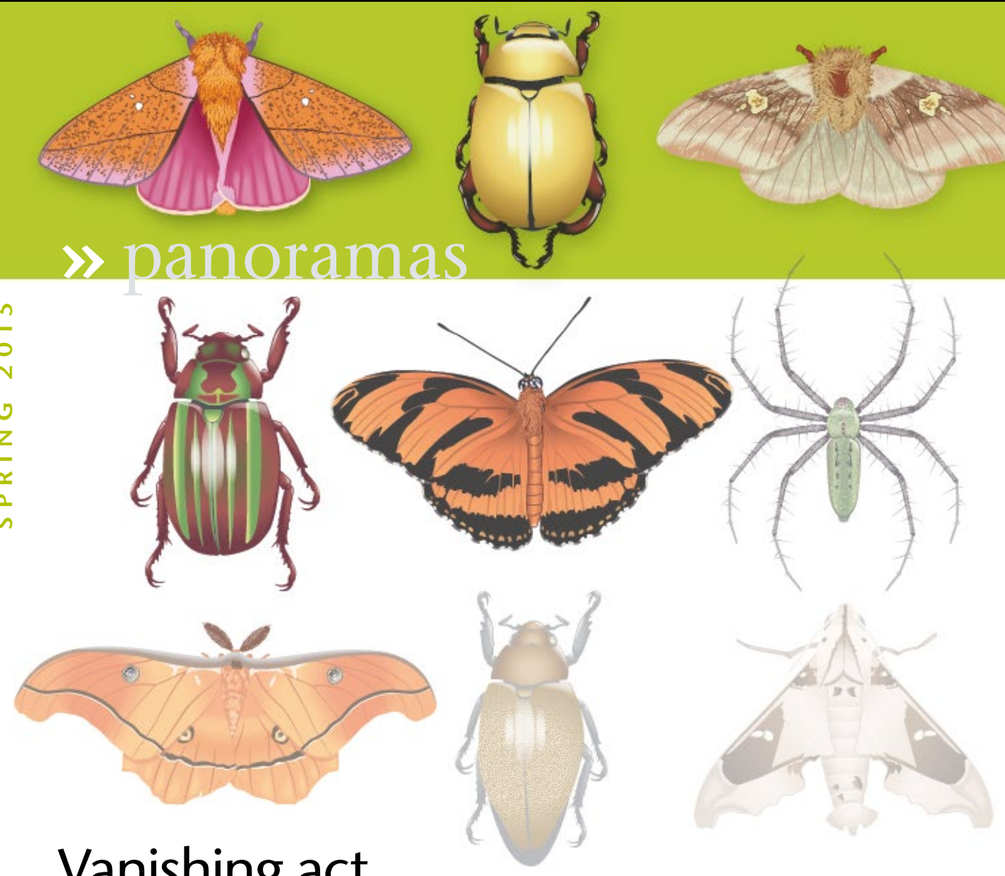
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# Vanishing act

View some of the WSU catalogued arthropods from Guatemala at wsm.wsu.edu/gallery.

*by Rebecca Phillips ::* Hearing birdsong and the screams of howler monkeys, Richard Zack '82 awakens in a tent high in a misty Guatemala cloud forest. He rouses himself for breakfast—it's been a long night of bug collection.

Thousands of miles away, in the M.T. James Entomological Museum at Washington State University, more than 130,000 colorful moths, beetles, and other bugs are carefully arranged in drawers, recording a slice of Guatemalan biodiversity essential to the country's health and economy.

As museum proprietor and entomology professor, Zack has been collecting the arthropods for eight years in an effort to identify a rapidly disappearing swath of insect species and, in doing so, draw attention to the need to preserve certain areas from farming and development.

Unlike Costa Rica whose insect population has been well documented, Zack says Guatemala is still a virtual wilderness. "Although Central America is one of the most biodiverse areas of the world, Guatemalan insects haven't been heavily collected due to civil unrest in the country," he says. "It's also a land of tremendous habitat variation, ranging from coastal lowlands to temperate regions to highland volcanoes, which adds to the difficulty."

Zack and USDA entomologist Peter Landolt '78 first traveled to Guatemala in 2005 in search of yellow jackets. As their research interests evolved, the entomologists found themselves playing an important role in the nation's fight to save its environmental homeland by encouraging farmers to change their practices and support biodiversity on their farms.

Dressed in long pants, boots, and multiple sweaters, as Zack describes the scene, he climbs from his tent and greets Landolt and their local guide and natural historian, José Monzón Sierra, who is cooking up a pot of ramen noodles. Sierra is an entomologist at the Universidad del Valle de Guatemala in Guatemala City.

The three men sort through the specimens collected during the night from light traps—two high-power mercury vapor lamps and a couple of white bed sheets.

"We turn the light traps on at sundown," says Zack. "Some nights, depending on weather, no bugs show up, but if it's pouring rain, they flock to the light."

"There is a real art to bug collecting," he laughs.

For about an hour after sundown, a great variety of very small beetles, bugs, wasps, and midges come in, Zack explains. "It's a real active period, all the things that were in the bushes and grass fly into the light."

The men collect insects until around 10 p.m. and then try to get a couple hours of sleep.

"We get up again between 1 and 2 a.m. to catch a spurt of different moths and beetles that





come out after midnight," Zack says. Then they go back to their sleeping bags until just before dawn.

"At 4 a.m. a new burst of interesting species shows up, including several large, showy beetles like *Megasoma*, the 'elephant beetle,'" he says.

They work the light trap until the sun comes up. Then go back to bed.

The team travels throughout the wild, rural areas of Guatemala from lowland jungle to mountainous cloud forests. "Insect collecting in a cloud forest is tremendous on a warm, misty night," Zack says. "The temperature, moisture, and phase of the moon all affect when and which species will fly."

"The moon competes with our light traps," he says. "So, we plan all our trips during the new moon period as we want it to be as dark as possible."

During the day, Zack and Landolt search for aquatic insects in ponds and streams. They sweep vegetation in pastures and jungles with fine-mesh nets, and they chop into rotten logs looking for beetles.

The result of this round-the-clock collecting is about 900 species of moths, yellow jackets, great quantities of aquatic insects, cicadas, the gigantic horned Golofa beetle, and brown jewel beetles prized by collectors in Japan and Europe, and more. They have also gathered masses of tiny nondescript "bugs."

The neatly pinned collection is now housed in the WSU museum and available for study by researchers worldwide.

Zack said each insect plays a vital role in its environment and no one knows what harm could result from its elimination.

"The value of a big beetle is no more or less than that of the smallest fly in the mud," he said. "We're concentrating on the microscopic species as most of the big stuff has already been identified."

Zack suffers for his efforts. In a country rife with civil unrest his biggest adversary is the insects themselves. And that is despite the fact he has been held at machete point a couple of times.

"The mosquitos are really bad in the lower elevations—we have to fight them constantly," says Zack. "One year I came back with dengue fever, a mosquito-borne disease, and endured a week of severe flu-like symptoms.

"And if I'm not careful, chiggers are a real problem. Hiking through grassy areas, the tiny mites burrow into your skin and cause oozing wounds. It's the most intense itching you can imagine!"

But Zack and Landolt are not easily dissuaded. Guatemalan forests are being destroyed as urbanization continues and subsistence farms claw into the remaining patches of natural habitat.

Armed with heavy-duty insect repellent, the team will make a winter insect trip this March. This will be their first expedition during the Guatemalan dry season. "We're not expecting to find a large number of insects in winter," says Zack. "but we hope they will be species we've never seen before."





***From Top*:** Examples of the 130,000-plus collection. *Staff photo.* Richard Zack. *Photo Shelly Hanks.* Guatemalan coffee farm (*finca*). *Courtesy Richard Zack*

# Prisoner guardians

*by Larry Clark ::* Criminal justice doesn't end when the prison gate clangs shut behind the departing offender. Unseen, but of great value, are the officers who serve as guardians on the outside, watching over the former prisoners and guiding their integration back into society. While community corrections officers, generally known as parole and probation officers, help offenders transition from prison, they also safeguard the public.

The work of these officers in the criminal justice system only seems to come to light when an offender does something horrible. Considering that around 16,000 released prisoners are currently under supervision in Washington state, the many success stories of these officers usually go untold.

"They truly are invisible," says Faith Lutze, professor of criminal justice at Washington State University. "We invest billions of dollars in prisons, then we let people out and we kind of waste that investment if we don't do the aftercare that's necessary to really help them get reconnected to the community."

Lutze interviewed 42 community corrections officers in Spokane County and analyzed statistics and research into the daily work and effectiveness of officers nationwide while writing her 2014 book *Professional Lives of Community Corrections Officers: The Invisible Side of Reentry*. She concludes that community corrections officers act as "street-level boundary spanners" and are essential to effective prisoner reentry. They connect offenders with community services such as substance abuse treatment, employment skills training, and mental health care, as well as liaison with agencies like local law enforcement, child protective services, and the courts.

The officers hold offenders accountable for their behaviors and address their needs for services, which are frequently inadequate or unavailable. Their goal is simple—to keep people safe, reduce recidivism, and get offenders back into society—but their job is complex.

Community corrections officers constantly balance the need for offenders to be compliant with the conditions of supervision on one hand and to connect them with scarce services on the other, says Lutze. "I learned from the interviews that even though those services are not as available as they need to be, the officers at the street level were very innovative. They had their contacts in other agencies and knew who to call."



Community corrections officers play a crucial role in offenders' transition to life beyond prison. *Stock photo.* ***Below:*** Faith Lutze. *Photo Robert Hubner*

Unfortunately both treatment program policies and a lack of support services complicate the boundary-spanning capability of the officers. For example, an employment or substance abuse program may not accept sex offenders, or a mental health clinic may not have room for another patient. "You lose people when they identify a need and then have to wait a month or two months to get access to a service," says Lutze.

Large caseloads can also compromise the officers' work. They are spread too thin, says Lutze, with a national average of 110 offenders per officer. Research shows an ideal caseload is 30 to 50, she says, and Washington is stretched with an average of 70.

But, Lutze shows, the costs of not investing in community corrections can add up quickly. Technical violations, like when an offender is out of compliance with the terms of their release, "return a lot of people to jail for a few days or weeks, which is local and costs a lot of money, or back to prison, which is also very expensive."

Many offenders face poverty and those disadvantages make it hard to get on the right track. Sometimes they have to ask, "Do I pay these fines, or do I pay the rent?"

The community corrections officers address this with a variety of approaches. "In the profession, supervision is seen on a continuum," says Lutze. "On one end is law enforcement, where you just get tough and make sure they comply. The other is this notion of being a social worker and too soft on crime by only addressing their treatment needs. All the research has shown you need a fluid combination of both."

Many of the officers Lutze interviewed saw the value of a fluid approach, adapting their responses to individual offenders. "You've got to be able to be a social worker. You've got to be able to be the cop," notes one community corrections officer. "If the offender understands that, you are going to have more respect and have more success."

Lutze praises Washington for embracing research and focusing on what works. The state incorporates community-based supervision across the state and some jurisdictions, including Spokane, have established neighborhood-based supervision in cop shops, which gives officers more direct access to the offenders, families, and neighborhoods.

Another innovative strategy of the state is to use community justice centers, one-stop shops for community corrections, employment and labor help, counselors and psychologists, and substance abuse treatment.

Community corrections officers are "in a unique position because they have power to arrest—the coercive power of the criminal justice system—but also have a complete understanding of offenders' social and treatment needs," says Lutze. "They can bridge services by mandating treatment participation, while holding offenders accountable for their behavior."



## Bringing up babies

*by Hannelore Sudermann* :: If only babies came with instruction manuals.

A simple set of operating guidelines might help new parents navigate the necessity of naps, manage mealtimes, and teach a toddler to share.

While there are thousands of books and guides and websites, the situation is far from simple. Well-meaning childhood experts, doctors, and parents have blanketed early childhood with good, bad, and often conflicting advice. "The problem is, no one has time to read all that's out there," says Tracy Cutchlow '97, a journalist, book editor, and (fairly) new mother.

Raising a baby can be confusing, confounding, and complicated, Cutchlow admits one afternoon over coffee in Seattle. Stealing away for an interview while her daughter Geneva naps at home, Cutchlow explains that she saw a need and a way to help. "As a new parent, I was overwhelmed by how much I needed to know. I thought there are all these other parents out there having to do their own research and make sense of it all. Why doesn't someone put all this together?" Working with photojournalist Betty Udesen, she created *Zero to Five: 70 Essential Parenting Tips Based on Science*, an accessible, colorful book filled with basic bits of baby advice grounded in scientific findings.

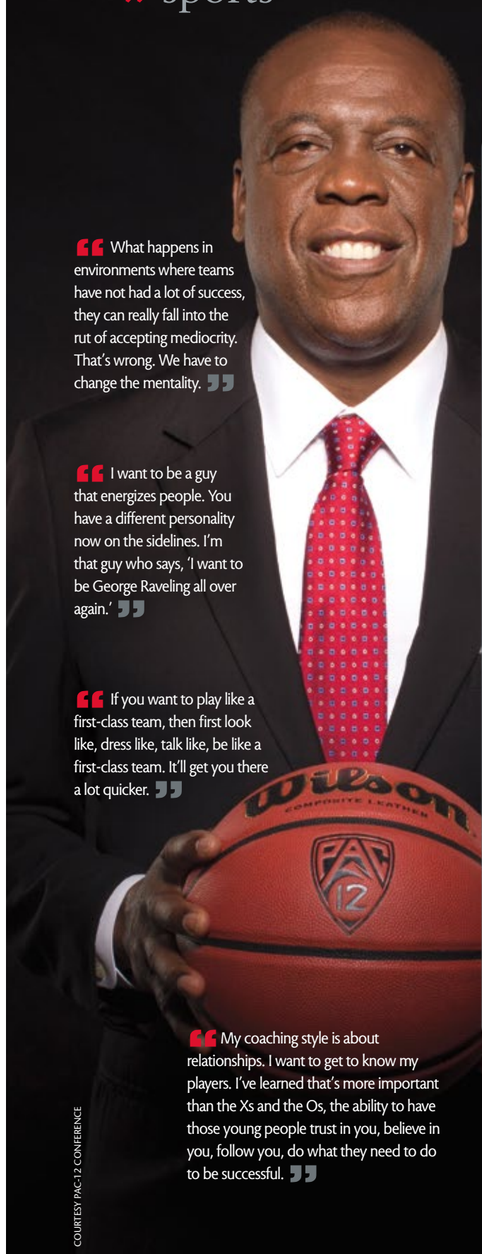
Cutchlow does the homework for parents who lack the time and distills it into topics like choosing toys to stimulate a baby's brain, nurturing a toddler's creative instincts, and why you need to put down your technology, get on the floor, and interact directly with your child.

:: *continued page 14*





# A *winning* style



"What happens in environments where teams have not had a lot of success, they can really fall into the rut of accepting mediocrity. That's wrong. We have to change the mentality."

"I want to be a guy that energizes people. You have a different personality now on the sidelines. I'm that guy who says, 'I want to be George Raveling all over again.'"

"If you want to play like a first-class team, then first look like, dress like, talk like, be like a first-class team. It'll get you there a lot quicker."

"My coaching style is about relationships. I want to get to know my players. I've learned that's more important than the Xs and the Os, the ability to have those young people trust in you, believe in you, follow you, do what they need to do to be successful."

"You should embrace every day what you do. Just like in the game of basketball, we say 'Value every possession.' We have to go through all these pitfalls, all that adversity, to get the team there. I'm asking the fans, 'Hey, embrace all this.'"

COURTESY PAC-12 CONFERENCE

*by Larry Clark* :: While most reporters covering Ernie Kent focus on his affinity for fast-paced basketball and his ability to recruit, inevitably the subject of his sartorial splendor arises. He's the "man of a million clothes," according to *The Seattle Times* and in the *Oregonian*'s view, a "clothes horse," with "tight ties," and "sharp collars."

Whether he's coordinating plays or coordinating outfits, Ernie Kent is a man with a brand.

"In this day and age, your brand is huge," says Kent. "If you don't understand that at a young age, it's going to be a shock to your system as you go from the bright lights of college athletics to the bright lights of the real world."

WSU's new men's basketball coach takes that lesson to his players because understanding how they're perceived will go a long way toward their future success. "Let's do the dress rehearsal now," says Kent. "When you go into corporate America, you will already know that you need to dress right, look right, act right, talk right, be on time, be accountable every single day."

Kent often shares his experiences with the 15 men on his roster. He joined the Cougs last March, after a four-year sabbatical from college coaching. He draws on nineteen years as a head basketball coach (13 at his alma mater the University of Oregon), five NCAA Tournament appearances, and two Pac-10 Conference titles. He has rounded out his experience by commentating for Fox Sports and the Pac-12 Network, and by serving as president and board member of the National Association of Basketball Coaches, a USA men's basketball coach, and a coach in Saudi Arabia.

He also leverages his own basketball career, both as a player and a coach, to train the young players. One of 10 children in Rockford, Illinois, Kent found his future in basketball. He was a *Parade Magazine* All-American his senior year. He then played at the University of Oregon and graduated in 1977. Knee injuries prevented him from pursuing a professional basketball career. While at Oregon, he received an outstanding community service award and carried that motivation into coaching.

Drawing on his time in the Middle East from 1980 to 1987 while coaching the al-Khaleej Club in Sayhat and then working for the Arabian American Oil Company, Kent talks to his players about adapting to a new environment. He and his wife lived in a Shiite community for two years, were often the only Americans around, and depended on a translator to communicate. The strict cultural practices even altered the flow of the games. "Prayer time would hit in the middle of a game and you would see an entire arena empty out," says Kent. "You had to wait for the crowd to come back for the second half because of their religious beliefs and customs."

He stresses the importance of service, decorum, and academics. Under Kent's guidance, the Oregon Ducks men's basketball team ranked first among Pac-10 schools in the NCAA's Academic Progress Rate for several years. "It's about giving them a platform to be successful," says Kent. "It's all about accountability."

On his side, he's working to be accountable to the players, the school, and the community, making many personal visits to regional clubs and organizations to reengage the Cougar basketball fans. Kent asks that they embrace the process of growing a winning team. "Anytime you set your sights on a particular goal—in this case it's a Pac-12 championship, it's an NCAA championship—you hope to get your program to a point where people are excited about what you're doing," he says. "You don't just walk in and your team is jumping up to that level."

But he's keeping the bar high. Kent insists his players travel in coat and tie, be on time to meetings and classes, sit in the first three rows of their classes, and, of course, learn how to excel at basketball. "I tell them, 'You're not only going to get basketball knowledge, I'm going to give you life knowledge.'" «

# A new field of dreams










***Above:*** WSU's renovated soccer field. ***Inset:*** Forward Kourtney Guetlein. ***Opposite, from left:*** Defender Mariah Powers with forwards Kaitlyn Johnson and Kourtney Guetlein; midfielder Chelsea Harkins; defender Mesa Owsley. *Photos Robert Hubner*

*by Larry Clark* :: In November under the lights of their newly renovated field, the WSU women's soccer team competed in their fourth straight NCAA tournament, a first for the Cougars. They played tough against Seattle University in the polar chill, losing by one goal in double overtime.

The debuts of both the rebuilt Lower Soccer Field and head coach Steve Nugent came back in August with a 3-0 win versus Texas Christian University. Nugent and the team went 10–4–4 for the season, led by a group of seniors that boasts 48 victories, the most in school history during a four-year span.

Among them was goalkeeper Gurveen Clair, who wrapped up her career as the Cougars' all-time leader in goals against average (0.72), wins (44), and shutouts (33). Her teammate, midfielder/forward Jocelyn Jeffers, finished with the eighth-most goals and points in WSU soccer history.

Coach Nugent comes to the Cougars from the University of North Carolina-Greensboro, where his squad captured the Southern Conference regular season title. He also worked as an assistant coach at the University of Georgia.

The $2.4 million makeover of the field brought night games to Cougar soccer for the first time, along with refinished turf and a new scoreboard.

Off the field, the WSU soccer team excelled as well. They received the National Soccer Coaches Association of America Team Academic Award for 2013–14 with a 3.17 GPA. Washington State has achieved this honor nine times in the last eleven seasons.

Nine student-athletes were named to Pac-12 All-Academic teams in November, led by redshirt-sophomore defender Susie White, an education major with a 3.89 GPA. «

:: from page 10

Over the past decade, Cutchlow has made a career of condensing complex information for a general readership. Her first jobs out of college put her at newspaper copy desks, editing the work of a variety of writers.

Cutchlow also freelanced in San Francisco and worked at Microsoft's MSN Money as a personal finance editor—a job for which she found and edited stories to serve the needs of a broad audience.

While at *The Seattle Times*, she moonlighted as a copyeditor for a travel anthology. "I thought that sounded like fun," she says. "It turns out it was completely doable on the side." She came away from her first book with experience, confidence, and, as payment, a ton of frequent flier miles.

Then she stepped into a cookbook project with Bellevue-based Modernist Cuisine, helping edit a six-volume encyclopedia on the art and science of cooking. The effort was the vision of Nathan Myhrvold, a retired Microsoft technology officer with a doctorate in theoretical and mathematical physics and a passion for food. He is founder of the Cooking Lab in Bellevue.



Author Tracy Cutchlow '97 and her daughter.
*Photo Betty Udesen/Pear Press*

The encyclopedia, which sells for $625, includes techniques, recipes, and illustrations. "It was an enormous, crazy project," says Cutchlow. She followed it up by editing Myhrvold's sequel, the much smaller *Modernist Cuisine At Home*.

But it took developing and editing a book with scientist and consultant John Medina '88 PhD for Cutchlow to master bridging the gap between science and personal practice. "It was the first time I had ever been a development editor," she says. Working with Medina's outline and spending time with him in the little house he used as an office across from Seattle Pacific University, she found the science of brain development fascinating. In editing what became the *New York Times* bestseller *Brain Rules,* Cutchlow took Medina's scientific perspective and real-life anecdotes to translate science's technical findings for the average reader.

In the midst of it all Cutchlow and her husband, writer Luke Timmerman, had their daughter. The addition melded well with her work on Medina's sequel *Brain Rules for Baby*.

But as a new parent, Cutchlow craved something even simpler and more accessible than what she'd encountered to that point. "After having the baby, there were a lot of questions," she says. "I had to know how to do these things."

Her book is a broader approach to parenting more simply delivered, "I think that comes through in the writing as well as the design." She turned to Betty Udesen, a *Seattle Times* photographer, to illustrate the book with photographs of real parents and children doing things like playing, getting ready for bed, and sharing toys. "I knew the power of documentary photographs," says Cutchlow. "I knew that's what I wanted."

Then she used her skills as a researcher, what she learned working on Medina's brain books, and her talents and instincts as a parent to create the book she wished she had. "All the pieces in my background come together in this project," she says. While she wrote it for parents, "I hope that teachers and caregivers will find it useful, too."

For a list of Medina's 12 brain rules and more information on his and Cutchlow's work, visit wsm.wsu.edu/extra/brains-babies.

## Brains rule

**John Medina '88 PhD** has a lifelong fascination with brains and learning. The scientist with a WSU doctorate in developmental molecular biology made a career out of exploring and explaining how humans can improve their brain function. A long-time private research consultant, Medina was also founding director of the Talaris Institute, a Seattle-based nonprofit to support parents and caregivers in raising healthy children, and for a time ran Seattle Pacific University's Brain Center for Applied Learning Research.



COURTESY JOHN MEDINA

In his best-selling book *Brain Rules: 12 Principles for Surviving and Thriving at Work, Home, and School*, he offers some clear advice for optimizing the performance of your brain. Everyone knows a good diet and training can help a body perform better athletically, but most don't think about how to treat and train their brains to optimize functions like learning, remembering, and making decisions.

With 12 fairly simple rules, Medina debunks the myths (i.e. we only use 10 percent of our brains) to explain the science of brain study and offer practical guidance for applying what science has so far shown to be true. He bases his advice on peer-reviewed and published scientific studies from neuroscientists, experimental psychologists, and evolutionary biologists.

The first, and most important point, according to Medina, is that exercise improves cognition. Simply put, exercise "zaps" stress chemicals and boosts problem solving, planning, and attention. Aerobic exercise, in particular, offers clarity. "Tilt your behavior towards that end," he tells his audience, and "improve your executive function."

He also spends some time exploring exercise and aging, noting that taking walks several times a week will benefit the brain. He cites work that shows aerobic exercise twice a week can cut your risk of dementia in half.

Medina's chapters include how to improve short and long-term memories and an exploration of why stressed brains don't do as well as un-stressed brains. The brain handles stress best if it lasts less than 30 seconds, notes Medina. It's an evolutionary thing, providing us just enough time to react to and (hopefully) escape danger. But long-term stress, from a difficult office environment, perhaps, or an unhappy spouse, will damage cognition and affect memory, motor skills, and executive functions like planning, strategizing, and managing time and space.

# Gentle commerce

*by Eric Sorensen* :: From humankind's long history of violence, two chapters have come under the scrutiny of Washington State University researchers that point the way to a more peaceful world.

Tim Kohler, who has spent four decades pondering the people of the ancient southwestern United States, saw violence drop in one sector of the region as its people took up a sort of "peaceful commerce" with other groups. And Jutta Tobias '06 MS, '08 PhD, after helping Rwandan coffee farmers use computers to broaden their customer base, found they eventually came to think more charitably about people with whom they had been in conflict during the brutal ethnic violence of 1994. She thinks of it as an example of "transformative entrepreneuring."

Call it what you will, but it's a remarkable concept, particularly when one considers that it emerges from a history replete with savagery. Writing in *The Better Angels of Our Nature*, Steven Pinker catalogs the bloodletting that has been commonplace through the ages: the stone points found in ancient corpses like Kennewick Man, the slaughtered men and enslaved women of Homeric Greece, and the brutality of God and other major figures in the Bible, which Pinker calls "one long celebration of violence."

For the Romans, "crucifixion was a common punishment" and half a million people died to put bottoms in the Colosseum seats. Acts of extreme violence populate one in four pages of the medieval romance *Lancelot*. Several American statesmen dueled with pistols, not just Aaron Burr and Alexander Hamilton, and the twentieth century's death toll runs to around 200 million.

So if someone sees a method to get out of this madness, it's worth considering.

Kohler, a Regents professor of anthropology, has glimpsed it among the mysteries and surprises of the pre-colonial Southwest. For four decades now, he has pondered why the Mesa Verde area had some 40,000 people in the mid-thirteenth century who almost completely disappeared over 30 years.

Last summer, he reported that nearly nine out of ten sets of human remains from 1140 to 1180 had signs of trauma, particularly to the arms and head. It was a bloody time, one of the bloodiest known in North America. But less than 300 miles to the southeast, in the northern Rio Grande region of what is now north-central New Mexico, the proportion of traumatized remains was one-third of what researchers saw around Mesa Verde. Both places had housed two of the densest pre-Hispanic Pueblo populations in the region's history, but the northern Rio Grande saw far less violence, even as new people were coming from the north.

Writing in the prestigious archaeological journal *American Antiquity*, Kohler and several colleagues surmised that the northern Rio Grande grew more peaceful through changing social structures and organizations. People identified less with their immediate kin and more with groups, like medicine societies, that spanned several pueblos. Craft specialists developed new ceramics and traded them across longer distances. Obsidian traded for bison meat and hides ended up hundreds of miles away on the Great Plains.

In earlier times, when most everyone was a hunter or farmer, "people were pretty redundant," says Kohler. But by the early 1300s, different people with different skills were central to a better, commerce-driven way of life.

"You actually come to depend on people that you're going to be exchanging that stuff with for your livelihood," says Kohler. "They're probably not somebody that you want to hit on the head, because you're making your livelihood at least in part off of them."

The *American Antiquity* paper borrows its title from Pinker's *Better Angels* and cites him repeatedly.

Once people "are enticed into voluntary exchange," Pinker writes. "they are encouraged to take each other's perspectives to clinch the best deal ('the customer is always right'), which in turn may lead them to respectful consideration of each other's interests, if not necessarily to warmth."

Prehistoric rock art depicting Nabataen trading caravan—eighteenth century B.C.E.
*Photo Avi Horovitz*



Tobias caught a glimpse of that several centuries later and halfway across the world. In 2006, she was tapped by Colleen Taugher, a project associate for the WSU International Research and Agricultural Development Office, to help Rwandan coffee growers get on the Internet when they came to a village to wash beans. Some of the people she worked with were "genocide widows" whose husbands were among the hundreds of thousands killed in ethnic violence in 1994.

Returning to the United States, she turned her experience into a doctoral dissertation, surveying coffee growers and finding they were starting to collaborate with people who may have been enemies two decades earlier.

To be sure, her questioning had to be approved by the government and she had to step lightly around the issue. "Talking about ethnic relationships is officially not allowed by [President Paul] Kagame's government. So you couldn't directly ask somebody, 'How do you like the Hutu?' because according to Kagame, it would have been an offense," she says.

But using symbols on paper and secret ballots, Tobias and her student assistants managed to ask if coffee farmers were starting to collaborate with members of the other ethnic group, "and that's what the finding was." It helped that the coffee growers, who make between $120 and $150 a year, were on average making $50 more through expanded market opportunities.

"If everybody's dirt poor but you ended up having an economic opportunity, that is a social lubricant," said Tobias, now a lecturer at Cranfield University in England. "Economic opportunity in a desperate poverty setting acts as a social lubricant."

# We're one big counterculture



WSU Vancouver anthropologist Barry Hewlett has studied Aka Pygmies for four decades. ***Opposite:*** Hewlett recently contributed to an international study of facial attractiveness. *Photos Edward H. Hagen*

*by Eric Sorensen ::* Back in the early 1970s, Barry Hewlett was part of the whole counterculture thing. He designed his own major at California State University, Chico—sociology, anthropology, and psychology—and set off after graduation for Europe. By the time he got to Greece, he was bored.

"I thought, 'This is so familiar to me,'" recalls Hewlett, now a Washington State University anthropology professor.

Other people his age and temperament were heading to India. Not wanting to follow the crowd, "I went the other way, directly south," he says, "and there were no other European folks with me."

He ended up in central Africa, encountering hunter-gatherers for the first time. Two years later, he was doing field research among the Aka Pygmies, whose culture he has now studied for more than four decades. With his wife and fellow WSU anthropologist, Bonnie Hewlett '99 Social Science, '01 MA Anthropology, '04 PhD Anthropology, he was part of a World Health Organization team working on the 2000 Ebola outbreak in Uganda. The lessons they learned from working on several outbreaks helped health-care workers understand local customs and fears among the communities in last year's Ebola outbreak in West Africa.

The Aka are one of the last hunter-gatherer tribes in the world, and to people from the Western industrialized world, they can seem exotic, even outlandish. As Hewlett has amply documented, infants bond to their fathers and are nursed by women other than their mothers. *A Caterpillar Moon*, a 1996 BBC documentary produced in collaboration with Hewlett, shows the Aka in caterpillar season, when food is usually plentiful. Yes, they eat the caterpillars. Viewers of the film also see them push a decorative stick through a young woman's nose and make a young man's teeth pointy with a knife and no anesthetic.



The Aka's lifestyle may sound foreign, but in the grand sweep of human history and pre-history, our urban-industrialized crowd is only the new normal. Some 99 percent of our time on the planet has been spent as hunter-gatherers. So if you want to understand human nature, says Hewlett, you need to look to the Aka and back. They are actually more like us, more like humans have been across the arc of time, than we are.

Yet when psychologists look to analyze human behavior, they tend to tap our narrow band of urban and industrialized existence. In 2010, University of British Columbia psychologists published a survey of their field's literature that found their colleagues were making broad conclusions about human psychology






and behavior based on people from Western, educated, industrialized, rich, and democratic societies. They called them WEIRD. Quite often, researchers sampled an even narrower subset of the WEIRD: college students.

To be fair, this often turns up fascinating insights. WSU psychologists in recent years have surveyed Pullman students—often couching their work in terms like "undergraduate students attending a public university in the Pacific Northwest"—to learn about altruism and spite, for example.

But the Canadian researchers found enough variability across populations to say that, compared to the rest of our species, the WEIRD subjects are "frequent outliers."

"The findings suggest that members of WEIRD societies, including young children, are among the least representative populations one could find for generalizing about humans," they said in their report.

"If you ask psychologists, they say they're much more comparative than they were in the past, which is true," says Hewlett. "But they're comparing France and Germany and China and Japan—highly industrialized, hierarchical societies."

The Aka, on the other hand, have a small-scale culture of routine, almost unavoidable face-to-face contact. Where our capitalist societies celebrate individual gain, the Aka and other hunter-gatherers are egalitarian, sharing resources outside the nuclear family and, says Hewlett, "trying to remind everyone else that we're all equal."

Last fall, Hewlett was one of 22 researchers who asked if human notions of attractiveness in the opposite sex are universal. It seems like a given. We might debate *People* magazine's selections for "Most Beautiful People" and "Sexiest Man Alive," but the formula of hotness seems implicit: pronounced chins, sharp jaws, and round eyes for the men, narrower eyes, rounder chins and finer noses for the women.

The researchers made computer generated faces with such features running across a masculine-feminine continuum and showed them to nearly 1,000 people from 12 different populations. They then asked which faces were more attractive for short- and long-term relationships and which appeared most aggressive.

People from developed nations were drawn to the usual indicators. People in urban settings were more likely to say the masculine features were more aggressive.

The Aka were the outliers. To them, how masculine or feminine one looks doesn't really amount to much.

In evolutionary terms, it might be helpful for a person to look at someone and judge their fitness, says Hewlett. It might also be helpful to signal your fitness to a potential mate. In fact, Bonnie Hewlett has unpublished work in which she found that Aka tend to be more attracted to members of the opposite sex with a higher body-mass index and lower parasite load, two reasonable indicators of fitness.

"The Aka can tell when somebody is sick or not or potentially has particular issues," says Barry Hewlett. "There are probably evolved propensities to identify healthy and not-as-healthy individuals. But in terms of masculine versus feminine, that does not hold."

Our notions of attractiveness, says Hewlett, are heightened by idealized media images. We also live among strangers, so we tend to rely on the billboard of our physical features more than people would in a small-scale group like Aka and other hunter-gatherers.

Which puts us *People*-reading, modern-day humans in an odd spot. Compared to the long line of hunter-gatherers who came before us, we're all part of one big counterculture.

## Down "The Drain" in the TUB

*by Ashley Gonzalez '15* :: In the 1950s Patty Ernst and Marian Baldy Kenedy would pass time between classes at the TUB. The former women's gymnasium, built in 1901, became the



Downing coffee in "The Drain" in the Temporary Union Building (TUB) c. 1952. *Courtesy WSU Manuscripts, Archives, and Special Collections*

Temporary Union Building while a new student union was being built. A structure of many uses, it had also served as an ROTC armory, a bookstore, a bowling alley, and temporary housing for a surplus of students just after World War II.

Playing on the bath-like name, the building even had "The Drain," a basement café and hangout filled with booths and a jukebox. Friday and Saturday night dances there were very popular, with more than half the student body attending.

The TUB scene "was very convivial," says Kenedy. "It was an easy way to meet the other kids on campus."



Returning to Pullman for their sixtieth reunion last fall, Ernst and Kenedy and their classmates reminisced about simpler times, when they had a brand new library to explore, the mascot was a live cougar, and students hanging out at the TUB self-served their coffee from metal urns and played cards for entertainment. The classmates caught up at a luncheon in the Compton Union Building (which opened in 1952). Instead of kibitzing over cups of joe, undergraduates at the union today text each other while they cue up for barista-brewed lattes and frappes. Then they wander out to the entertainment lounge to be diverted by banks of high definition TVs and video games.

The first student experiences, in the 1890s, included traversing mud paths and boardwalks between a handful of buildings that held classes and laboratories. Many of the students lived in boarding houses. For entertainment, they would have dances or stroll by Silver Lake, a natural spring-fed pond on the site that is now Mooberry Track.

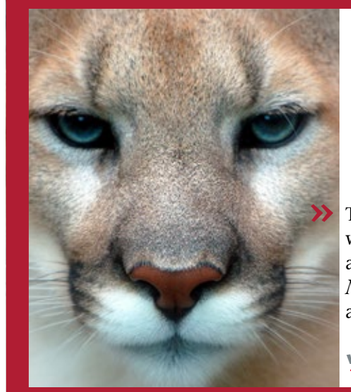
Back in the 1930s WSC constructed a ski jump right on campus. It was set up next to the stadium fence. A student journalist for *The Daily Evergreen* from November 4, 1938, claimed, "The ski jump is believed to be the only one in the nation that is on a college athletic field."

For those who wished to be part of a group, the students established sports teams, clubs, and sororities and fraternities. By the 1920s and '30s, Pullman had a lively, busy campus and a fast-growing Greek system. These things set the scene for a long history of student engagement. «



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COURTESY JOHNNY'S SELECTED SEEDS

Red and green Salanova in butter and oak leaf types are being tested for overwinter suitability in the Puget Sound region.

# WINTER GREENS
## BEYOND THE KALE

:: by Hannelore Sudermann ::

KALE'S CULINARY STAR has certainly enjoyed a recent rise. For a long time this basic brassica was a humble, overcooked, nutrient-rich winter green. But now it has become a salad, a crispy chip, and even a baby green.

It features on the plates of vaunted establishments like Seattle's iconic Canlis where it serves as a support to the grilled swordfish, but it is equally at home at Tom Douglas's pizza joint Serious Pie—where it is delivered fresh with parmesan, chilies, and pine nuts in a tangy, spicy vinaigrette.

Now it's time to look beyond the kale to a whole world of winter greens. WSU researchers and students are testing a variety of crops for taste, yield, and hardiness with the hopes that Washington farmers can reclaim more of the vegetable market in wintertime, when so much of our plates depend on crudités from California.

On the farm at the WSU Mount Vernon research station, master's student Charlene Grahn ventures into the cold November morning to check on her trial of Salanova cultivars, little multi-leafed lettuces that she's testing for over-winter suitability in the Puget Sound region. "These went in back at Halloween," says the horticulture student, bending to gently press down on the soil near a plant. Two rows of tiny red and green jewels span from where she stands to the end of the hoop house.

Grahn is examining eight types of Salanova: four leaf shapes (butter and oak among them) and each shape in red and green. She started the plants in the greenhouse. Germination in the cold soil outside would have taken too long, she explains. And now that they're in, they still have a few months before being ready for harvest. Plants like these don't grow much in December and January, but come February and the warmer, longer days, they'll invigorate, expand, and be ready for picking by March.

Salanova, introduced by a Dutch seed breeding company in 2007, is a high yielding small lettuce. Each head has about 200 leaves, with crisp character and twice the shelf life of traditional baby leaf lettuces. The leaves grow densely from a central core, making it easy to harvest, explains Grahn. And once it's cored, the uniform leaves easily fall free.

Cold snaps in November and early December didn't much hurt the lettuces in Grahn's trial. "They're pretty frost tolerant as long as they're hardened off," she says. She did this by gradually bringing them out of the greenhouse, first during the warm mid-day and then increasing their time and exposure to the outside.

"They'll be fine as long as we keep the beating rain off of them," says her professor Carol Miles.

While the lettuces are attention-worthy, many other winter crops are worth exploring, says Miles. Bok choi, pok choi, and cabbage all have a waxy leaf coat that helps them through the cold. To this list, Miles adds mizuna, chard, chicory, broccoli, mustard greens, and leeks. "Leeks are a fantastic winter crop," says Miles. "They can be outside with no protection, nothing. It's a beautiful crop."

Farmers in Port Townsend performed some joint chicory trials with the Organic Seed Alliance and WSU Extension, finding that the plant did quite well, even in the rainy area of Chimacum. The plant, also known as French or curly endive, has a bitter leaf that mellows as it cooks. It features in several Mediterranean cuisines. Altura in Seattle has picked up on that, producing a popular chicory salad by pairing it with gorgonzola, hazelnuts, and apples.

Because winter plants take longer to reach maturity, they may be a little more bitter, just slightly more tough. But that simply gives chefs slightly different flavors and textures to explore.

Growing winter greens involves a different mindset, says Miles. Water is your biggest problem because it spreads disease which causes rot. But it's easy enough to keep the plants covered. And "the key to freezing is that you don't touch your crops until they thaw out," says Miles. "In the summer, we like to harvest in the cool morning. But in late winter and early spring, it's better to wait until at least 11 or 12."

While growing winter greens in Eastern Washington almost certainly requires a greenhouse, WSU has a few lettuce trials under glass in Pullman. "That's kind of our project, to replace some of the imported greens," says Miles.

In 2012 Binda Colebrook updated her guide *Winter Gardening in the Maritime Northwest* and added to a long list of produce including fennel, salsify, and arugula, suitable for cold season cultivation. Before World War II, she notes, most serious Northwest gardeners knew that certain vegetable varieties could overwinter. But then came the war and then mass transportation, which brought a bounty of produce from the south to upstage the local offerings.

In the 1970s, Colebrook worked with a handful of gardeners around the Puget Sound region to unearth old and new cold-hardy varieties. "We were just a group of gardeners encouraging each other to be less dependent on trucked in vegetables," she wrote. Together they discovered the "excitement of homegrown lettuce in January."

### Serious Pie's Kale Salad (courtesy Tom Douglas)

- Kale, washed, stems removed, dried, and roughly chopped into about 3-inch pieces
- Garlic oil *
- Freshly squeezed lemon juice
- Chopped Calabrian chilies **
- Salt and freshly ground black pepper
- Grated Parmesan
- Toasted pine nuts

Put the kale in a bowl and dress with garlic oil and lemon juice (using about twice as much oil as lemon juice). Season to taste with chilies, salt, and pepper. Use your hands to massage everything together well, then allow the salad to marinate 20 minutes before serving.

When you are ready to serve the salad, toss it with grated parmesan and portion it onto plates. Top each serving with more parmesan and some toasted pine nuts.

*To make garlic oil: simmer olive oil and whole garlic cloves on the stove until garlic is soft and slightly browned. Drain and reserve oil. Cool oil completely before using.

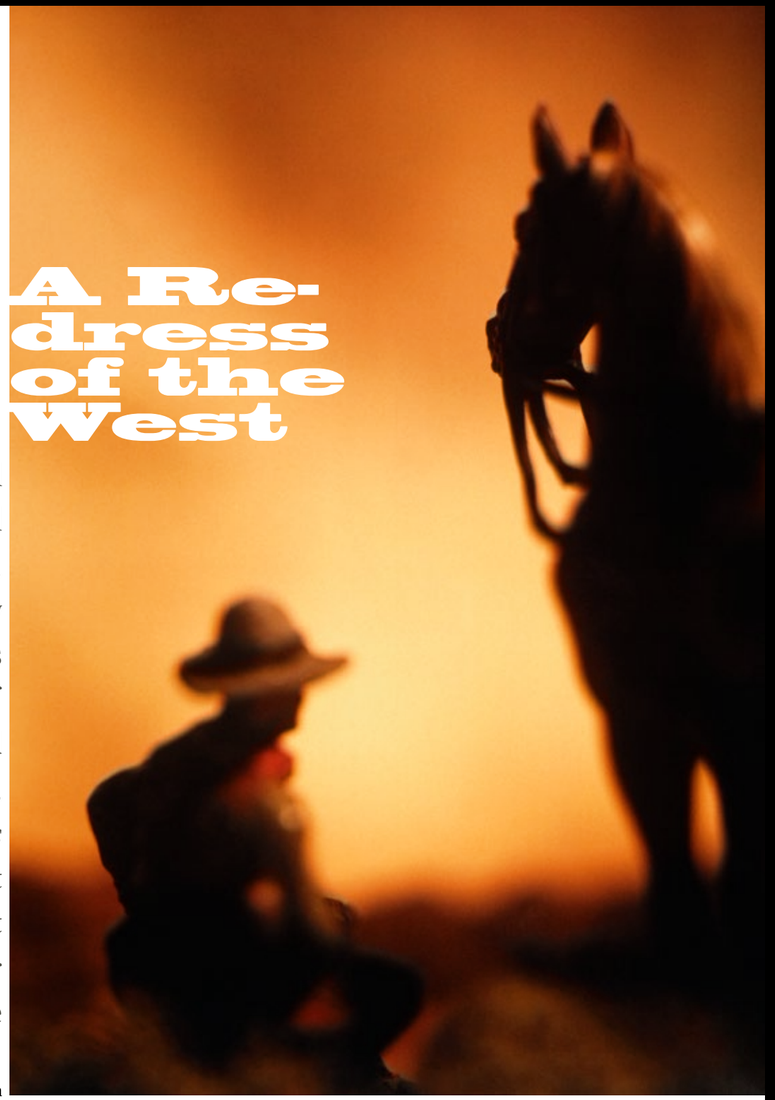
**You can buy jarred Calabrian chilies at Home Remedy in downtown Seattle [or find them online].

Also find the popular kale and quinoa salad from Whidbey Pies Café at wsm.wsu.edu/extra/kale-recipes.



COURTESY TOM DOUGLAS

# A Re-dress of the West



Joe Monahan, from all appearances a typical American frontiersman, arrived in Idaho Territory in the late 1860s. He was lured by the promise of fortune in the hillsides and settled in Owyhee County, which *The New York Times* had described as "a vast treasury" with "the richest and most valuable silver mines yet known to the world."

Monahan built a cabin and mined a claim. He also worked as a cowboy with an outfit in Oregon.

When he returned to Idaho, he settled into a dugout near the frontier town of Rockville. An 1898 directory lists him as "Joseph Monahan, cattleman." And his neighbors described him as slight, soft-spoken, and self-sufficient. Monahan embodied that classic notion of the western settler: rugged, moral, and hardworking.

But when he died of pneumonia in the winter of 1904, another, altogether different, description surfaced.

Those who ministered to Monahan's remains discovered the body of a woman beneath the rancher's clothes. The news flared across the country in newspapers carrying varied accounts of his life. Monahan may have been from Buffalo, New York. Monahan may have started dressing as a man for safety and moved west to find work. And he lived in disguise for more than 30 years.

To a degree, Monahan's tale has endured. But when it comes to such transgressive behavior in the West, says historian Peter Boag, the story is far from unique: "Cross-dressing was pervasive."

Monahan's tale may be emblematic of the West—that what we see on the surface might be quite different from a more complicated truth beneath. And the hunt for the true stories of the American West can lead into intriguing territory.

In one case, an architecture expert leads his 40 students to the heart of San Francisco to discover the real history of Chinatown. In another, a Japanese photographer from more than a century ago gives us a fresh view of life on the frontier. Adventuring into places such as these, we can discover a new Western reality.



:: *by Hannelore Sudermann* ::

**photos** *by David Levinthal and from the Frank S. Matsura Image Collection*



As WSU's Columbia Chair in the History of the American West, Peter Boag pioneers new territories—including that of sexuality and gender in Western history. Telling Monahan's story and seeking other examples of Western cross-dressers, he discovered more and more instances of cowboys not being boys, and ladies with layered identities.

In his book *Re-dressing America's Frontier Past*, Boag introduces us to Eva Lind, a waitress at a hotel in Colfax, Washington Territory. He found Lind's story in an 1889 edition of the *Rocky Mountain News*. Also known as Phil Poland, "she" was able to work for a considerable time as a woman. In Lind's case and others, Boag found they were much a part of daily life in their communities.

When Harry Allen was arrested in a Portland, Oregon, rooming house in 1912, he was living with a known prostitute. The police soon discovered that Allen, who had also lived in Seattle and Spokane, was notorious around the West for crimes including selling bootleg whiskey, stealing horses, brawling in saloons, and, to the suprise of his captors, cross dressing. Allen, they learned, was anatomically female and also known as Nell Pickerell.

"There were lots and lots of women who dressed as men," says Boag. "And as I kept looking I found a surprising number of men who dressed as women."

But the truth of it has been much concealed by a mythology of the American West, a broad bright notion of a wholesome, hyper-masculine place that spread across the Western horizon in the early 1900s, and was reinforced by scholarly work, dime novels, Wild West shows, and Hollywood. It obscured many of the more complex and confusing truths about our history.

The myth of the West, according to many historians, took hold in 1893 when Frederick Jackson Turner first advanced his "frontier thesis" at the World's Columbian Exhibition in Chicago. The frontier line, Turner informed his colleagues, was that place out West that was "the meeting point between savagery and civilization." It was a free space where man met nature and where our national character drew from the "restless, nervous energy," of the frontier and the "dominant individualism" of those who ventured there.

But the tales of the rugged individualists of Turner's West, the pioneers who overcame great odds and defeated Native Americans, as well as the cowboys, miners, and fur trappers, served to cover over more troubling stories of those men who don't seem to live up to the cultural idea of being "real men," claims Boag.

"The same goes with women," he adds. "Though it's a little bit easier for us to accept in our culture, in our history, women who take on men's roles. We can say they dressed as men for safety, to escape something, or to travel more easily."









Indeed the myths of the American West carry a certain truth, but they are in many ways less than the real stories, says Boag. "I'm fascinated with how these myths have been used in our culture to obscure more complicated, more difficult, more troubling, and therefore what I think to be the more interesting human stories of our country and the region," he says. "I'm fascinated by what we remember, what we forget, and why we forget."

Perhaps the frontier lured these transgendered people, says Boag. They, too, bought into the promise of freedom and opportunity. Maybe they believed they could remake themselves in this new, undeveloped place. In many cases these cross-dressers and transgendered individuals lived and even thrived in the new territory.

That Joe Monahan was a woman came as no surprise to his associates. He was small, he had no beard, and, according to one newspaper account, had "the hands, feet, stature and voice of a woman." Boag found a census form filled out by an Owyhee County neighbor. Next to Monahan's name, the neighbor checked the box for "Male" but also wrote in a comment: "Doubtful Sex."

"It's not so much that people were enlightened," says Boag. "But these (cross-dressing) people had a role in their communities. They were accepted, sometimes begrudgingly accepted."



## THE CULTURE OF THE COWBOY

The mythical West is a setting of "restorative masculinity." A century ago, tales of men like Daniel Boone and Kit Carson found reinforcement in the scholarly histories of Turner and his contemporaries, the art of Frederic Remington, and the novels of Owen Wister and James Fenimore Cooper. Their westerner was white, male, courageous, healthy, and heroic. And usually atop a horse.

In the 1880s, Theodore Roosevelt, exemplar extraordinaire of "restorative masculinity," set up a dude ranch in the Dakota Badlands where, after countless hours hunting and on horseback, he transformed himself from a New York weakling teasingly called "Jane-Dandy" by his fellow assemblymen into a robust cowboy-soldier on the path to become the nation's leader.

Men in the late eighteenth and early nineteenth centuries seemed to crave models of masculinity—gun-slinging heroes, masters of their own fate, and men at home in nature, Boag contends. This new man dwelt in the West, a pure place of natural wonders and healthy living. He was armed with a code of conduct built out of the elements of survival. By the 1920s and into the Depression, the mythic West offered an "other" view of America, away from the factories, rail yards, and city grime.

"The old myths are so hard to eliminate because they speak to a simpler time. They speak to certain cultural ideas," says Boag.

But in the late 1960s a new wave of historians started wrangling with these notions. Viewed through the fields and ideologies of feminism, ecology, ethnic studies, and civil rights, the old histories came across as stilted, racist, and oversimplified. Scholars found new approaches to

# A Redress of the West

**pages 22, 25, and 28**
from *The Wild West*: Photographs by David Levinthal. Constance Sullivan, ed. Essay by Richard B. Woodward. Washington, D.C.: Smithsonian Institution Press, 1993.

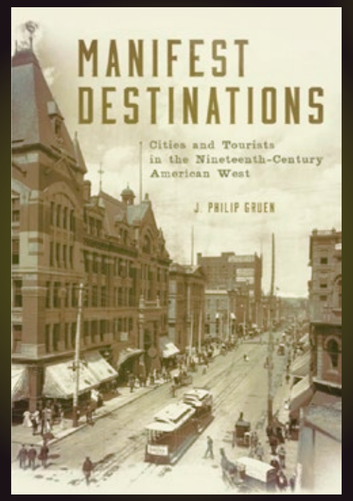


revisit this chapter of American history with fresh ardor.

In the 1970s, WSU's Sue Armitage ventured into the untrammeled territory of women's Western history. She explored the woman in the old West myth and found three distinct stereotypes: the refined lady, the helpmate, and the bad woman. Writing in *The Women's West*, she identified schoolteachers and missionary wives as the "ladies" who never fully adapted to the West. On the other hand, the helpmates or the farmwives did adapt. They were hardworking and moral but quickly took a back seat to their male counterparts. Finally, she found the bad women—the prostitutes and opportunists who may have had some success or power, but who usually met an unpleasant end. Overall, the women of the mythical West are "incidental," and "unimportant," she concludes.

Armitage then explored the stories of real women outside the stereotypes, for example the single woman homesteader (Joe Monahan might fit this category) and the unwilling helpmate who didn't relish life on the frontier. She and her colleagues uncovered a West that was far from the male-dominated, untamed, unpopulated, ethnocentric frontier it had been dressed up to be. And her work serves as a foundation for historians today who say even the notion of a "frontier" is false.

Broad and diverse communities of Indians populated the West, for a start, then came explorers, miners, fur trappers, and traders from all races. James Beckwourth, for one, was a well-known black mountain man. And Joe Monahan settled right in the middle of Owyhee County, named for three Hawaiian explorers. In 1987, historian Patricia Nelson Limerick offered an alternative view: the "American West was an important meeting ground, the point where Indian America, Latin America, Anglo-America, Afro-America, and Asia intersected."







"The Chinatown that was remade following the 1906 earthquake was a giant marketing scheme in the image of what urban elites wished for tourists to continue to see in Chinatown … The massive Sing Chong and Sing Fat buildings are pure western constructions with a 'chinoiserie' of Ming-style details like tiled roofs, pagodas, and 'oriental' colors."







## THE FRAUD OF CHINATOWN

Examples of the real West may sometimes be lodged within the myth. Last October, Phil Gruen led about 40 WSU architecture students to explore a fabricated past from a street corner in San Francisco.

In the late 1800s the city was divided into specific ethnic districts. Places like Chinatown even had their own guidebooks.

With his tour and with his book *Manifest Destinations*, Gruen, an associate professor in the School of Design and Construction, moves the notion of defining the West into its cities. Looking at Salt Lake City, Denver, and San Francisco, he explores the discrepancies between the images presented by the urban West and the truth. The early guidebooks to these cities focused narrowly on the time of European settlement, notes Gruen. They talked of "hardy pioneers" and missionaries overcoming adversity, and glossed over details that showed how diverse these settlements really were. And where the diversity was impossible to hide, the tour guides packaged it up to look "different" or "quaint," making it intriguing to visitors.

"San Francisco's Chinatown was a huge tourist attraction," says Gruen. "It may have been the single most popular tourist attraction in all of the nineteenth century urban West."

Gruen led his group through the green-roofed Dragon Gate and halted in front of what he deems two of the most significant historical structures in San Francisco: the Sing Chong and Sing Fat buildings. This neighborhood was built on racial discrimination and exploitation, he says. Beneath the charm is the true history, that the Chinese of San Francisco were sequestered within this nine square block area that they couldn't easily leave, according to Gruen, "or they would be beaten or threatened."



# A Re-dress of the West

**opposite**
Peter Boag's *Re-dressing America's Frontier Past* and J. Philip Gruen's *Manifest Destinations: Cities and Tourists in the Nineteenth-Century American West*.

Western architecture filled the neighborhood, which was built for white residents in the earliest years of the Gold Rush. At the completion of the Central Pacific Railroad many Chinese workers headed to San Francisco even though the laws forbade them from living anywhere but Chinatown. "The architecture was not necessarily designed to look Chinese," says Gruen. "But the residents decorated and designed where they could with lanterns and verandas and balconies."

By the 1880s, more than 21,000 Chinese had moved there, more than 20 percent of the entire Chinese population in the country, notes Gruen. Because of restrictions, the residents made use of what they had, building into the streets and even the alleys. Though the neighborhood had been altered to serve the burgeoning community, it lured tourists with its lively markets, restaurants, stalls, temples, and even opium dens.

When the earthquake of 1906 and subsequent fire destroyed the neighborhood, and thousands of refugees relocated to tents in the Presidio, some of the city leaders saw an opportunity to push the Chinese out of San Francisco altogether. But others realized that losing Chinatown would cost them a tourist asset as well as tax revenue and trade opportunities. So, with the involvement of several Chinese merchants, the city's white leaders rebuilt and reinvented the ethnic community.

Far from being true to a culture, "the Chinatown that was remade following the 1906 earthquake was a giant marketing scheme in the image of what urban elites wished for tourists to continue to see in Chinatown: a visibility of difference," says Gruen. "Through design, they reinforced racial difference."

They built in a "hybrid architectural style that only superficially resembled any actual buildings in China," says Gruen. The massive Sing Chong and Sing Fat buildings are pure western constructions with a "chinoiserie" of Ming-style details like tiled roofs, pagodas, and "oriental" colors.

Far from authentic, these buildings nonetheless set the standard for the rest of the neighborhood. And they influenced the appearance of Chinatowns around the country, says Gruen. San Francisco's Chinatown is still one the West's biggest tourist attractions. But Gruen hopes his students and other visitors might see the history behind the designs—a history of race relations and politics.

## PICTURING A NEW OLD WEST

We are still just at the threshold of exploring our Western territory, note Boag and Gruen. The powerful mythology continues to permeate our history. So how and where do we find new ways to understand our Western past?

In diaries, letters, newspapers, and photographs, to start. WSU has archived thousands of primary sources which historians today use to dig into a range of subjects from ecology to race relations.

A trove of glass plates and photographs from the Okanogan Valley's frontier days reveal a more accurate picture of the American West than many of the old histories, guidebooks, movies, and novels. The works of Frank Matsura, a photographer born in Japan who moved into the valley in 1903, chronicle the end of mining in the area and the influx of farmers and families. In his 10 years as a valley pioneer, Matsura became a friend, neighbor, and trusted resource to the community. As such, he was close to and photographed many: cowboys, Indians, lawyers, teachers, waitresses, homesteaders, and cooks. He even knew a horse thief or two.

Matsura, himself, was an ill fit for the "traditional" notion of Westerner. He was small, Japanese, outgoing, and single. He had a lively intellect. Fluent in English, he once gave a public lecture about Japan during the Russo-Japanese War, and, another time, wrote an article for the local newspaper on the education of Japanese women.

As a WSU graduate student in American studies, Kristin Harpster spent nearly a year with Matsura's photograph collection, organizing the materials and researching the man himself. She found that Matsura landed in Seattle in 1901 at the age of 21. He may have been aware of his failing health, and moved across the Cascades to work in a dryer climate. He took a job as a cook's assistant at the Elliott Hotel, a squat two-story whitewashed building in tiny Conconully.

The town was struggling in the decline of prospecting, notes Harpster. At the same time, the region was in the throes of rapid transformation, of new orchards, irrigation projects, and growing communities. Matsura spent his free time out with his cameras shooting town events and portraits as well as public works projects, eventually turning his photography into a full-time business.

In 1907 he opened a studio in Okanogan, a stand-alone building with clapboard siding and a striped awning bearing the name "Frank S. Matsura" arched over "Photographer." He welcomed visitors, and by the record of his photographs, they were of all stripes.

He'd also step outside and record the winter festivals, Fourth of July parades, talent shows, and much of the daily life of the region. One picture features about 20 local bachelors perched on a railing on a Sunday morning waiting for the pool hall to open.

His images repudiated boundaries: Two cowboys, a white and an Indian, in full regalia pose playing cards together; Matsura and a

# A Re-dress of the West

**pages 23, 24, and 29**
Photographs by Frank Matsura, 1907–1913. From the Frank S. Matsura Image Collection, courtesy WSU Manuscripts, Archives, and Special Collections and the Okanogan County Historical Society.



townswoman sharing a tender moment with their heads bent together. In a series with a white woman, Matsura dons a woman's bonnet and later appears to kiss his companion behind a hat. Another playful image shows him ice skating across a frozen Okanagan River arm in arm with a tall white man.

"His work is remarkable for its striking departure from the dominant understanding of frontier life that prevailed during the early twentieth century and that persists to this day," writes Glen Mimura, an Asian American studies professor at the University of California Irvine.

Mimura and a few other scholars have contrasted Matsura's work to that of his contemporary, photographer Edward Sheriff Curtis, who popularized a vision of the disappearing American West before the advance of industrialization. The two photographers offer significantly different visions of Native Americans. Curtis's work is melancholy, what he claimed was a capturing of the Indian's lives before they disappeared into the past. Matsura, instead, recorded a society in transition. Some of his subjects lived in the traditional teepees, but wore western clothes. Others built houses, routinely interacted with their white neighbors, and took part in the daily life of the towns. Matsura's Indians were individuals, happy families, cowboys and cowgirls.

Curtis traveled with a trunk full of traditional Indian clothes to help his subjects look more "authentic." Ironically, the clothes were not always true to the culture of the person he was photographing.

The Japanese photographer captured smiling Indian children in front of a teepee in their Sunday best, a Chelan Indian man in a bowtie, and Wenatchee and Chelan women and children on horseback in town for the Fourth of July parade.



"Matsura's Okanogan world cheers the hell out of me," writes Rayna Green, an American studies and folklore scholar and curator emerita at the National Museum of American History. "Yes, the land settlements were a mess, and yes, the homesteaders and the Army Corps of Engineers and the lumber mills and fruit companies took it all. But somewhere, in this world he shows us, Indians aren't weird, heartbroken exiles, or zoo animals for the expositions, endangered species preserved forever in photographic gelatin."

In 1992, Green published an essay titled "Rosebuds of the Plateau: Frank Matsura and the Fainting Couch Aesthetic." She focused on a Matsura photograph of two Victorian girls reclining on a fainting couch. They are Indian.

"I like these girls. I am transfixed by this photo," writes Green. "From the moment I saw it, hanging on the wall, surrounded by other photographs of Indians, contemporaries from the turn of the century, I loved it."

She then considers Matsura's other photographs. "His images of Indian ranchers and cowboys alone give us a better sense of what and who Indians were during those awful years after reservationization," she writes. "They're riding horses, playing cards, dashing off on posses with the sheriff, wearing those delicious angora chaps, beaded gloves, silk neckerchiefs, bear coats, and broad-brimmed hats."

Curtis's pictures of American Indians are beautiful, extraordinary, Green said once in a PBS interview. "For me though and I think for a lot of native people those pictures give us a lie, give us a fantasy. I want the real picture of a daily world the way native people were living it, and Curtis can't give me that."

Matsura was skilled, highly productive, and insightful. He leaves us an insider's view of a richer, nuanced, and at times cheerful West.

See some of Frank Matsura's self-portraits at wsm.wsu.edu/gallery.



When he died of tuberculosis in 1913, hundreds poured into town to pay their respects, noted the newspaper. His friends filled the auditorium and spilled out of the building.

His effects went to William Compton Brown, an Okanogan attorney who had set up practice just as Matsura had opened his studio. Just three wooden boxes contained the photographic prints and film and glass negatives that made up the body of Matsura's work. Brown didn't open them until 1954. When he donated his papers to WSU, Brown released hundreds of Matsura prints and postcards, all offering bright windows into Washington's past.

The notion of the West as a wide open place now plays out in different ways. Fresh territory awaits historians and scholars. It may be more like the West that Matsura shows us, a place with humor and diversity. Or one that Gruen gives us through architecture and tourism, a more complicated story. And, as Boag shows us, it is likely filled with characters who may no longer be hidden in the shadows of the American myth.

# No pain's a gain

## Research hopes to mitigate a universal fact of life



:: by Eric Sorensen ::

STAFF ILLUSTRATIONS BASED ON *CHILDREN'S PAIN SCALE* DEVELOPED AT THE MEMORIAL SLOAN-KETTERING CANCER CENTER, NEW YORK



The pain wasn't acute or sharp, more a powerful, throbbing ache focused on the lower back. Ron Weaver was in his early 20s. He was a meat cutter, and at first he thought it was a typical problem for the trade—twisting, working in the cold, "lifting too heavy." He tried muscle relaxants. He had physical therapy, massage therapy, and 222's, a combination of codeine, caffeine, and aspirin, and went about his life.

Over time, it took longer to loosen up in the morning. The pain worsened at night. Things got downright scary when his heart swelled to twice its size. Doctors put him on a transplant list. Then, suddenly, his heart returned to normal and he went home. In 1995, after he moved to Coeur d'Alene, Idaho, his eye swelled to twice its size. It was iritis, requiring a steroid shot directly into the eyeball.

When he had his first 5-milligram dose of hydrocodone, the semi-synthetic opioid, it was a revelation. It wasn't like he got buzzed. He just felt, well, normal.

"I felt like a regular human being again," he says. "I took my first pill and I thought, 'Man, I've got energy and I don't hurt.' And I went out and mowed the yard and I did this and I did that and it was like, this is a good day."

After three years, he was up to 7.5-gram doses, then 10 grams. Finally, he was taking 360 pills a month along with morphine and fentanyl, a synthetic opioid more powerful than heroin, and running out two weeks early.

He was still in a great deal of pain. He woke up one morning throwing up and passing blood.

"And there was no way in the world I was going to tell my doctor," he says, "because I knew he would take me off the opioids."

It turns out that Weaver has ankylosing spondylitis, an inflammatory disease that attacks the spine and, occasionally, other parts of the body. It's relatively rare, striking .1 to .2 percent of the population. But Weaver is in good company as a persistent sufferer of pain.

We are in a world of hurt. Nearly one in five American adults are in pain most every day for spells of three months or longer, according to an analysis published last fall by Jae Kennedy, professor of health policy and administration at Washington State University Spokane. Behind that figure are tens of millions of stories; 39 million people, more than the population of California, are affected. Pain is just the main character in their drama.

"The problem with being in pain all the time is you get other mental health problems," says Tracy Skaer '85, a professor of pharmacotherapy at WSU Spokane and a persistent pain sufferer herself. "It makes you depressed. It makes you anxious. You don't sleep. And when you're more depressed and more anxious and you don't sleep and you start getting negative thoughts, your pain threshold drops"—she snaps her fingers—"and you actually experience more pain. So it's a real vicious cycle."

Then there are the drugs. The use of high-strength painkillers jumped dramatically in the past two decades, leading to an epidemic of addiction and tens of thousands of overdoses. Some are from illegal use. But as many as four out of five people who die of prescription opioid overdoses have a history of chronic pain.

The drugs have their place. Someone who breaks his hip should not have any concerns about taking an opiate to reduce acute pain, says John Roll '96 PhD, WSU Spokane's senior vice chancellor. "It's a great medication to address acute pain," he says. "All the focus on the chronic pain and addiction stigmatizes the use of opiates for anything."

That said, there is what Roll calls a "sticky interface between persistent pain, addiction, and mental health concerns. Certainly not everyone who has pain falls into that category, but some small subset does. They use a lot of resources and they have pretty miserable lives that we might be able to help them reclaim."

To that end, WSU Spokane researchers are exploring several ways to tackle various aspects of the problem. One project is aimed at helping rural residents obtain an alternative to methadone, blocking opiate cravings. Another steers pain patients from emergency rooms to more appropriate health care options. Others are trying to help people in pain cope without opiates.

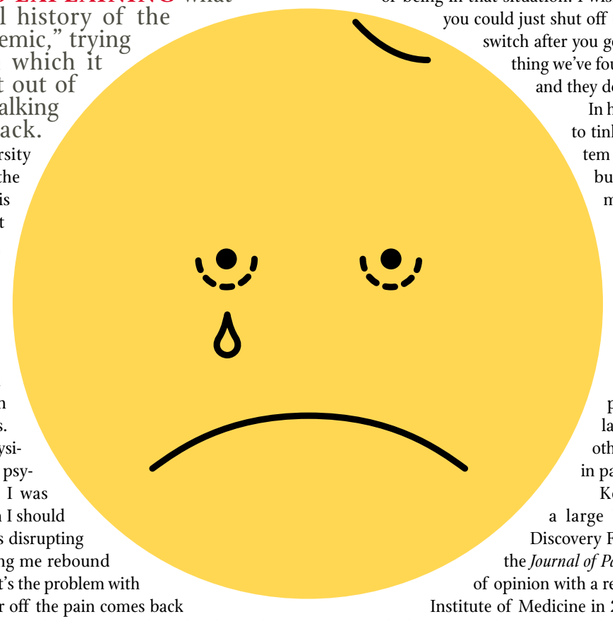
"It's not optional to feel pain," says Roll, a central facilitator of WSU Spokane's pain and addiction efforts. "We all feel pain. But



WSU Spokane Senior Vice Chancellor John Roll '96 PhD has helped the campus focus on pain and addiction research. *Photo Cori Medeiros*

I want to make sure that we have the best possible ways of dealing with it, for our families, for our society, for ourselves, so we're not wasting lives. People in pain can be meaningful contributors to society."

**JAE KENNEDY IS EXPLAINING** what he calls the "social history of the current opioid epidemic," trying to name a year in which it started, and almost out of nowhere, he starts talking about his lower back.



He was at the University of California, Berkeley, in the early 1990s, finishing up his dissertation and under a lot of stress. He was also lifting a new baby, and his back went out. A doctor prescribed Vicodin, a brand of hydrocodone. He took the drug daily for more than two years, the prescription running without question from doctors or pharmacists.

"I don't think I was physically addicted to it or even psychologically addicted, but I was taking a lot of it longer than I should have," says Kennedy. "It was disrupting my sleep patterns and giving me rebound pain when I came off it. That's the problem with these drugs, when they wear off the pain comes back and if you've altered your brain chemistry, you have heightened sensitivity to that pain."

The pain was in many ways in his mind. Electrical signals from stimulated nerves were shooting up his spinal cord to the brain's systems for pain perception and modulation. It's an astoundingly complicated and effective system that has served animals well for hundreds of millions of years. Just not perfectly.

"Pain makes a lot of sense from just a basic organismic, evolutionary level," says Kennedy. "If you touch a hot plate, you pull back quickly. That's a natural survival instinct. It's when you can't pull back, you're stuck there, that you start to really struggle with the psychological dimensions of that and the physical, ongoing stress of being in that situation. I wish you could just shut off the pain switch after you get the message. But the only thing we've found that does that is opioids, and they don't work in the long term."

In his case, the Vicodin managed to tinker with his body's pain system enough to bring some relief, but not for long, and then it messed the system up.

"My back only got better when I stopped taking all the pills," says Kennedy. "And that's pretty common. If you talk to ten people on the street, you'll hear that story at least once."

Two of those ten people, if they match the calculations of Kennedy, Roll, and other WSU colleagues, would be in pain much of the time.

Kennedy's study, part of a large Washington Life Sciences Discovery Fund grant and published in the *Journal of Pain*, was a collegial difference of opinion with a report put out by the national Institute of Medicine in 2011. That's a high-powered crowd, the institute being one of the three arms of the National Academy of Sciences, the nation's most selective scientific club—my term, not theirs. The institute's report found nearly half of Americans suffer what it called chronic pain, creating a very large tent for those who would draw attention to the problem.

But in a way, it missed the heart of the problem, with a very broad definition of chronic pain that included arthritis, joint pain, moderate or severe pain in the past four weeks, and any work or housework disability. Not to slight the problems of anyone in that group, but to say half of the country is in pain, says Kennedy, makes the problem "so pervasive that it's not something that we can address with social policy."

He explains American sociologist C. Wright Mills' distinction between social problems and personal troubles. "There are a lot of bad things that we just accept," he says. "We don't expect politicians to fix them."

Death, for example, is a good deal more tragic and pervasive than persistent pain—mortality is still running at 100 percent—but it's a problem that is so general that it is outside the realm of public policy. "It's just a fact of life."

Pain is a fact of life too, but it is something we can try to manage with appropriate health policies. Kennedy and other WSU researchers determined that 19 percent of American adults are in persistent pain—having daily or almost daily pain for the past three months—using survey data from the National Center for Health Statistics. They estimated that about 39 million adults are currently experiencing persistent pain. Within this group, two-thirds said the pain is "constantly present"; half said it is sometimes "unbearable and excruciating."

Pain is subjective, so it can be hard to measure. But it has a huge impact on people in the persistent pain group. It affects work, family, and social lives. It brings a higher risk of mental illness and addiction. The size and the severity of its problem is clear and requires the full attention of policymakers and health care providers. And, says Kennedy, just prescribing narcotics "can and does make things worse."



Nearly one in five American adults are in persistent pain, says Jae Kennedy, professor of health policy and administration. *Photo Cori Medeiros*

# No pain's a gain

Which brings us to the current opioid epidemic. It's a rainy, early-winter day and Kennedy sits at a conference table, backlit by a window overlooking the Spokane River. While he talks, he works on a pile of monochrome pieces for a 1,000-piece jigsaw puzzle of Big Ben. In a benign, non-narcotic way, it's a powerful relaxant.

Part of our social history, he says, is "the development and aggressive marketing of synthetic opioids." At the same time, there's a growing problem in the health system: doctors swamped with patients wanting a quick solution. Often, there's not enough time to address prevention and root issues, so it's easier to just write a prescription for pain meds.

"For a lot of years, primary care physicians didn't realize the long-term consequences of that," Kennedy says. "As physicians have less and less time to see patients and patients had more and more expectations of getting a drug to solve their problem, those two combined led to aggressive over-prescribing of opioids and particularly synthetic opioids."

Health systems and insurers need to realize that the population of people in persistent pain is at a higher risk of developing "substance abuse disorder," says Kennedy. "The fact that we've got such a highly prevalent risk factor in the adult population means that we need to look at this as a public health problem rather than some sort of private moral failing," he says. "We're talking about a lot of people and they're not bad people. They're trying to manage their pain and some of them treat it with drugs that they were prescribed, but the drugs become part of the problem rather than part of the solution."

The health care community needs to look at long-term pain management strategies, including physical, occupational, behavioral and alternative therapies, he says, which could ultimately cost everyone less money and help patients cope better with their pain.

# No pain's a gain

**IN PAIN** and puking blood, Ron Weaver realized there wasn't much point in worrying that his doctor might cut off his hydrocodone.

"I was dying anyways," he says.

He got to the hospital and proceeded to go through one of the most severe opioid withdrawals the staff had seen in some time. He couldn't walk, falling on his face in an early attempt, and he had nurses minding him for five days, 24 hours a day. Medical professionals were a great help in getting him detoxed, less so in dealing with the homecoming embrace of pain.

"The only thing they know how to do is treat you like an addict, which you're not," he says. "It's a completely different animal. Are you addicted? Yeah, you're physically dependent but it's a completely different road in and it's a completely different road out. That's where I find myself now, doing what I do."

He is not alone. His near-death experience, while perhaps not in the category of an overdose, was all too common. In just one year, 2010, opioids were involved in the deaths of more than 16,000 people nationwide, according to the Centers for Disease Control. No other class of drug, legal or illegal, was as fatal, and most of those deaths were from legitimate prescriptions. In Washington state, overdoses from prescription pain medication increased 17 fold between 1995 and 2008, according to a WSU funding proposal.

Several efforts out of WSU Spokane are attempting to address the problem.

The Behavioral Health Collaborative in Rural American Indian Communities focuses on a number of issues, including the combined misuse of alcohol and prescription opiates on rural Indian reservations. The program uses behavior modification in trying to replace drugs with other sources of reinforcement like work, friends, and leisure and family activities, says Roll.

The Rural Opiate Addiction Management Collaborative, also known as Project ROAM, has trained more than 100 health care providers in the use of buprenorphine. The drug reduces opioid cravings and is an alternative to methadone, which is only available at urban methadone treatment centers.

Another benefit of the program, says Kennedy, is it gives primary care physicians "an alternative to cutting their patients off and judging them or just barring them."

Before she was an assistant professor of nursing, Marian Wilson '13 PhD was clinical research coordinator at Coeur d'Alene's Kootenai Medical Center, where she helped study the number of people visiting the emergency department for opioids. The goal was to direct them to primary care providers who could better help them. Not that that is the perfect solution. The research literature suggests primary care providers are not particularly adept at pain management.

"There are 20 different options you can give that patient," says Wilson. That makes it very difficult for a primary care provider who gets ten or 15 minutes with a patient to solve his or her chronic pain problem, she says.

For her dissertation, Wilson looked at a self-directed Internet-based program to help people reduce their reliance on opioids and manage their pain through non-medical alternatives like increased physical activity, social support, thinking more positively, and dealing with emotions.

"Over time with chronic pain," she says, "you become so frustrated, you become so fearful of movement, you become so depressed, that you don't really know what is the pain and what is the anxiety, what is the sadness, what is the fear. By



Marian Wilson '13 PhD sees promise in an Internet-based program of opioid-free alternatives to pain management. *Photo Mike Lynch*



Ron Weaver is creating a support group where sufferers of persistent pain can share strategies for managing their pain. *Courtesy Ron Weaver*

helping to pay attention to your thoughts, you can begin to get a handle on some of that."

Wilson found that after eight weeks on the Internet-based program, participants said they were misusing opioids less and felt more confident they could manage their pain. Some people may never be free of pain without being completely sedated, she says, at least with today's science. But people can change how they interpret their pain and find ways to deal with it.

"We can increase your confidence that you can do things and be active with your pain," she says. "We can reduce the interference that pain has in your life. So your quality of life and your ability to return to work and things like that will improve even if I can never take away your pain."

Wilson's study also found that the more participants engaged in the program, the less pain interfered with their life. The pain was also less intense. Engagement is not easy, particularly on the Internet. You can lead people to words, but you can't make them read. A support group might help that, giving people a chance to learn from the successful strategies of others. Wilson is now helping with the design of a support group led by Ron Weaver.

**AFTER GETTING** off hydrocodone, Weaver came across *The Mindfulness Solution to Pain* by Jackie Gardner-Nix, a pain expert in Toronto. An adaption of Buddhist meditation, minus the religious aspects, mindfulness has one pay deliberate attention to experiencing the moment, pain included, without negative judgments. Weaver is now counseling people individually and in a group setting on how to deal with their pain through techniques like mindfulness, stress reduction, diet, exercise, and body awareness.

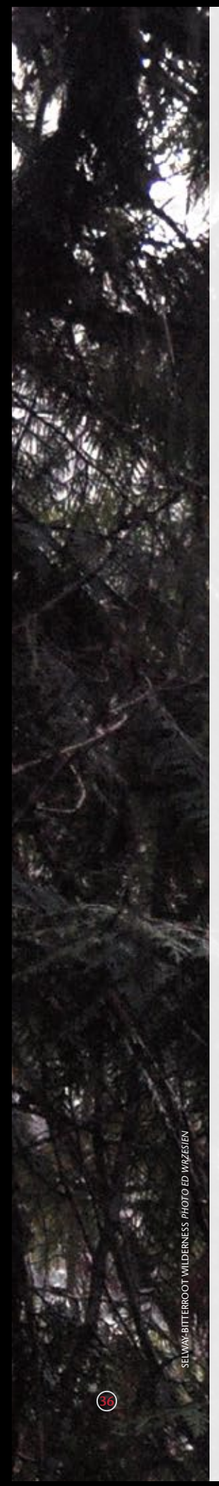
"Nobody ever told me that opioids over the long term actually increase your pain," he says. "I don't think anybody should ever be given their first hydrocodone without that talk and it's not happening. You've got people like me walking out the hospital door going, 'Now what?' And I want to be the one that gives them someplace to go."

Mindfulness is also a big part of both the work and life of Tracy Skaer, a clinical pharmacist, who deals with the injuries of multiple accidents and lupus, an autoimmune disease that causes chronic inflammation.

"I used to do mindfulness walking my horse down the road and just listening to his footfalls," says Skaer. "Nothing else. That's my moment. No stresses about work. Nothing. And letting that go is a great release."

Now, with her WSU colleagues Dennis Dyck, Donelle Howell, and others, she is doing a pilot study in which the mindfulness technique is used with family groups, whose lives are often disrupted by a spouse in pain. Several studies have shown the technique is effective in treating sleep disorders and pain, stress, depression, and in preventing relapses for people with substance abuse histories, says Skaer. Preliminary evidence also suggests that when mindfulness practice is combined with family education and support, it can reduce pain intensity, the use of opioid medication, and psychological distress, and improve marital satisfaction.

"These participants, when they get done with the program, they usually have an 'aha' moment, like, 'Wow, I had no idea that this is what was really bothering me,'" says Skaer. "They're able to identify the negative feedback behaviors that have affected their ability to feel better. It's powerful medicine and it's without medicine, without medication."



SELWAY-BITTERROOT WILDERNESS *PHOTO ED WOZESIEN*

# { Voices of the Wilderness }

:: *by Debbie Lee* ::

## I. BREATH

*They saw in the water many of the serpent-kind,*
*wondrous sea-dragons exploring the waters,*
*such nicors as lie on the headlands,*
*who, in the mornings, often accomplish*
*sorrowful deeds on the sail-road,*
*serpents and wild-beasts.*

So concludes the epic poem *Beowulf*. Speaking Old English, storytellers composed *Beowulf* extemporaneously and shared passages from person to person for thousands of years until they were written down sometime between the eighth and the eleventh centuries. *Beowulf* is very much a poem about animals, so it's appropriate to translate its last word, "wildēor," as "wild-beasts," though the word forms the root of "wilderness."

As the ethnobiologist David Abram reminds us, our indigenous ancestors and many aboriginal people who maintain an oral tradition see language arising from wild nature. In this understanding, people, coyotes, crickets, salmon, and pine trees all speak. Speech is both personal and universal. It is carried on the air of our breath and through the atmosphere between people. As a form of air, it is part of the mystery of all of creation. The wind, especially, is full of sounds that are spiritually meaningful.

## II. PLACE

At 1.3 million acres, the Selway-Bitterroot Wilderness drapes across the border between Montana and Idaho in the northern Rockies. On the south it meets the much larger wilderness called the Frank Church River of No Return. Together, they form the largest wildland complex in the lower 48. But the Selway-Bitterroot has a special place in the history of the fifty-year-old Wilderness Act and the current Wilderness Preservation System.

The land was home to the Nimiipuu and Salish hunter-gatherers for some 10,000 years before Lewis and Clark's 1805–06 expedition opened it to white men. Yet underneath its surface, a geologic formation barren of minerals called the "Idaho Batholith" made the land unattractive to miners as well as farmers and ranchers who needed good soil. As one forester wrote in 1925, this backcountry included "some of the roughest, rockiest country in America," with "no resources except scenery."

That perception kept the Selway-Bitterroot free of roads until the 1920s. Although some people did want to punch more roads through the mountains and down the rivers, the area was temporarily protected when it was designated a primitive area in 1936. For the next twenty years, its National Forest Service supervisor, Guy Brandborg, resisted pressure to build.

The father of the National Wilderness Preservation System, Bob Marshall, favored the Selway-Bitterroot. He spent so much time hiking there that it was originally supposed to bear his name. In 1935, Marshall joined the ecologist Aldo Leopold and a few others to found the Wilderness Society. Shortly thereafter, Marshall visited Brandborg to talk about the concept of a wilderness system that would span the entire country. Brandborg's son Stewart, only twelve at the time, remembered clearly the visit from a man with a face burned beet-red from the sun (Marshall had just been on a 30-mile hike over the Bitterroot Mountains). Two decades later, Stewart, who had become an officer in the Wilderness Society, helped environmental activist Howard Zahnizer shepherd the Wilderness Act through Congress, protecting the Selway-Bitterroot and other areas. Zahnizer died just a few months before the signing ceremony in the Rose Garden at the White House, and so Stewart—a Selway-Bitterroot boy—took his place.

## III. STORY

In 2010, I and Dennis Baird from the University of Idaho received the first grant in the history of the National Endowment for the Humanities related to a wilderness: $200,000 to preserve the human story of the Selway-Bitterroot. We wanted to protect its documentary history with the same passion that others have brought to protecting the land. We traveled far and wide, collecting 16 linear feet of photos, diaries, policy memos, letters, and handwritten personal reminiscences, which we archived at the University of Idaho. We found the materials languishing in tiny Forest Service buildings, or buried in massive repositories like the thirty-acre National Archives and Records Administration in College Park, Maryland. Some were privately held by individuals. We followed clues that often led to documents that had been destroyed.

The work that meant the most to me was interviewing more than fifty people who had worked and lived in the Selway-Bitterroot and locating a dozen historic oral histories taken in the 1970s. Listening to them reminded me that wilderness as a concept originated with oral tradition. We heard a variety of voices—young, old, middle aged, men and women, tribal members and white people, rangers, packers, artists, inholders, rafters, biologists, firefighters, and teachers. A fraction of our material is posted as podcasts at selwaybitterrootproject.wordpress.com. Through their careful observations, these people gave the land itself a voice.

The Selway has its own moan. You can hear it when wind travels at a certain speed through tree snags. Elizabeth Wilson, an elder in the Nez Perce tribe and relative of Chief Joseph, recalls the sound in an interview in 1971 at the age of 90. The interview was conducted by former WSU music professor Loran Olsen and held in the WSU Manuscripts, Archives, and Special Collections. In the interview, she is helped along by her son Angus:

Angus: In the valley now you get that effect … at times it will sound like there's a band of sheep at a distance, maybe 50 or 100, and it's just the wind … the way the wind whistles down …
Elizabeth Wilson: … tell 'em about *tiye-pu*
Angus: Well, tiye-pu … the wind going through a dead snag.
Elizabeth Wilson: Just whistling
Angus: You only hear it in the mountains where fire has swept through. And even one snag will make noise. But where there's a bunch of them, you just hear [starts to make a moaning noise]
Elizabeth Wilson: Yeah, sad noise. I've heard that.

Those of us who value wilderness value its mysteries. A young trail crew leader named Mack Bohrmann told me many stories, but at the same time he considered storytelling a compromise with wildness, much like a trail. Although marked trails aren't as disruptive as a road, they are an invasion nonetheless. So Mack doesn't want to see too many trails and, he says, "I don't share every story."

He might as well have been talking about his family or a lover, reminding us that intimacy requires some privacy.

Those of us who love wilderness see communication in any number of signs. Art Seamans, the wilderness ranger in the Selway-Bitterroot in the summer of 1979, told me about his work recovering bodies from the river after a plane crash. Twenty feet down, under strong currents, sand moving at the bottom of an eddy released the bodies so they emerged briefly from the water before sinking back down. The search-and-rescue team sent down a diver with weights, who came back saying he'd never seen anything like it before. "The sand was moving in such a way that these [bodies] would rise out of the sand in the bottom of the river," Seamans said.

I can't forget that story, for it shows us what we can see if we look closely, and yet how much remains buried; how nature confides its secrets, grieving, struggling to express itself. ⊗

*WSU English professor Debbie Lee has conducted 50 interviews with people connected to the history of the Selway-Bitterroot Wilderness. Her efforts, funded by the National Endowment for the Humanities, will be part of two forthcoming books:* Bitter Roots: Memoir of a Wilderness *(a nonfiction work), and* The Land Speaks: Voices at the Intersection of Oral and Environmental History *(a scholarly book).*

STAFF ILLUSTRATION



# AFTER THE WAR:

## mud, floods, and modernization

:: *by Larry Clark* ::

AFTER WORLD WAR II, Bill Fitch left the Army, packed his duffel in Seattle and, with the U.S. government's guarantee of free college tuition, headed to Pullman. When he and Al Smith, a fellow veteran and high school classmate, arrived at Washington State College, they found themselves on a campus crowded with thousands of GIs.

Spurred by unprecedented growth in student numbers from the "GI bulge" in the late 1940s, the small rural state college was becoming a modern higher education institution, and a decade later would bloom into a full-blown university. Wave after wave of student-veterans, a faculty newly empowered to govern itself, and a surge of married students triggered a cultural shift on the campus. As the nation was redefining itself after the war, so was WSC.

The changes wiped away remnants of old hierarchies among the students and pulled the school into an era of growth, academic achievement, and new focus on science and technology. Under the guidance of Wilson M. Compton, Washington State's fifth president, the burgeoning college entered a new era.

"They converted the school from a small college to a true university," wrote historian George Frykman in *Creating the People's University*. Seizing the opportunity to modernize not only the buildings on campus, but the instructors who filled them, "Compton greatly increased the stature of the faculty and gave them a voice in university governance."

Seventy years later, echoes of that era surround Washington State University as it reaches new levels of student enrollment, enlarges and refocuses its campuses, and continues to be seen as a military-friendly school.

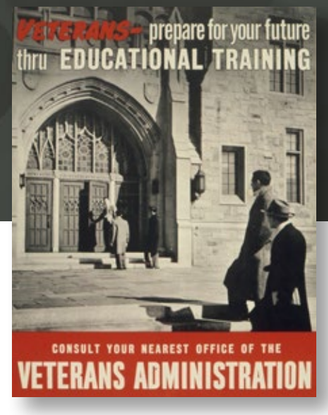
### "Crowded, Isn't It?"

As World War II ended in 1945, the Servicemen's Readjustment Act of 1944—commonly known as the GI Bill of Rights—offered opportunity for the scores of soldiers returning to the United States with a guarantee of free tuition and weekly stipends for living expenses. The bill helped millions pursue degrees, and by giving them an option besides hitting the streets to look for work, steered the country away from an unemployment crisis. In the peak year of 1947, veterans accounted for 49 percent of college admissions nationwide.

The effect on Washington State was profound. President Compton set a policy in early 1945 that no academically qualified veteran would



Returning servicemen studying under the G.I. Bill flood college campuses.
*Courtesy Special Collections/University of Houston Libraries*




***Below:*** A Trailerville family relaxing on a Sunday in their 21-foot home. ***At right:*** Average expenses for one year. *From the WSU* Powwow, *December 1946.*

**AVERAGE TRAILER FAMILY BUDGET FOR ONE YEAR**
(name withheld by request)

| | | |
|---|---|---|
| Total Income | | $1081.00 |
| Rent ($12 a month) | $144.00 | |
| Food ($35 a month) | 420.00 | |
| Insurance | 219.00 | |
| Utilities (electricity, heat) | 78.24 | |
| Medical Care | 20.00 | |
| Entertainment (movies, guests) | 48.00 | |
| Clothing (both purchased many clothes before their marriage) | 72.00 | |
| Miscellaneous (magazines and newspapers) | 15.00 | |

be denied admission. Subsequently, enrollment skyrocketed from 2,700 to 7,000. The 1947 *Chinook* opened with a series of student-filled photos of the campus, with the caption "Crowded, Isn't It?"

Many of the GIs "arrived on campus wearing uniform remnants—a warm sailor's peacoat, army tan pants, or unpolished government-issue boots," wrote William L. Stimson in *Going to Washington State: A Century of Student Life.* These new-style students were more serious and mature than their traditional classmates, intent on receiving an education, and not afraid to challenge the administration and faculty. And they needed places to live.

At first the surplus of new students found bunks and hammocks in the Women's Gym and berths in the Temporary Union Building (TUB). Then the college bought migrant housing in Oregon and had it dismantled and moved to Pullman. The wood sections became four big GI dorms: North House (on the site of the future French Administration building), South House (across Farm Way from North House), East House, and West House (below the current Fine Arts Building). The long, two-story buildings looked and felt like familiar barracks for the veterans, down to the thin bunks, poor heating, and squeaky floors.

Built for 385 residents, the structures were bursting with nearly 500 at one point. The landscape around the new dorms conjured memories of slogging through battlefields; it became known as "Mud Hollow," as the mushy farmland around the buildings splattered the shoes and pants of students making their way up the hill to class.

"We had to take our meals up on campus, so we strapped on our mukluks and galoshes to get there," says Fitch '50, who lived in West House where they bunked three to a room with a single bathroom and shower for the whole floor. His situation significantly improved when he moved to the Lambda Chi Alpha fraternity in 1947.

Outside of the new halls, GI students filled basements, attics, and spare rooms all over town. The fraternities opened up mid-year recruitment to accommodate the influx of new students. Yet all the housing for former soldiers couldn't address another major change in the population: families.

Unlike the pre-war college that had just a handful of married students, a large contingent of GIs arrived with wives, some with children. Scrambling to house those families, the college administration brought wartime housing from Vancouver and Richland. The small homes along Fairway by the golf course and others near the old hospital served this generation of students and several generations more until the last of them were razed in 1982.

Fitch met his wife Alice (Broderick) '49 while he was sports editor and she was a managing editor at *The Evergreen*. They married in 1949 and Alice moved out of Delta Gamma sorority. "We lived in a Pullman house with three other families. [Married student housing] was crammed all over town," says Alice Fitch.

A huge trailer court along the banks of Paradise Creek below campus became home to 304 married students (many of them veterans), spouses, and children. Known as "Trailerville" it became the scene of one of the most dramatic events of the post-war period.

On January 7, 1948, the creek swelled and threatened to swamp Trailerville with a surge three feet higher than the trailer court's ground level. Around 500 students and Pullman residents built a dike of 20,000 "sandbags" filled with split peas from the Klemgard Pea Processing Plant and sand from the nearby Doten Trans-Mix Plant. The dike, extending into Pullman, diverted the extra water over what is now Bishop Boulevard. It was reportedly the highest level the creek had ever reached.

"Unfortunately, that day's record as 'worst ever flood' was short lived, and a month and a half later, on February 21, the creek's waters rose up and threatened the camp again, this time a full foot deeper than January's flood," writes University archivist Mark O'English. The students and townspeople built an even larger dike, and once again saved the trailer court.

Four days later, the waters of Paradise Creek rose one more time, only higher than the previous two floods, overwhelming the sandbag dam, swamping the trailers, and trapping many of the sleeping residents. "A human chain was formed across a narrow crossing (waist deep) and the victims were passed along and out to safety," reported the student paper.

President Compton opened a cafeteria to flood victims and offered his house as a staging center for displaced students. Within 12 hours, all had found places to stay. The crisis response not only showed the civic spirit of the college and town, but it highlighted the discipline and training of the former GIs.

"It is a miracle no lives were lost. If it had not been that we had a group of war trained veterans, there must surely have been a loss of life," trailer court owner Loyd Bury '28 told the *Evergreen*.

## The GIs take over

The GIs and the married students of Trailerville and Fairway represented not just a housing conundrum, they created a cultural shift on campus. The old codes of conduct and the hierarchical systems among students (such as forcing freshmen to wear beanies) did not suit the more worldly young men who had seen the horrors of war or had lost friends and family. As Stimson wrote, "A letterman's taunting of 'Come here, frosh!' too often ended in a fist fight." The new GI students challenged the old rules. The beanies disappeared, as did harassment of underclassmen. Drinking became an accepted part of campus life, especially at the American Legion.

The new students' independence emerged even in matters as simple as physical education uniforms. In September 1947 letters to the *Evergreen*, J.H. McLerran '50 and Don Ross '50 railed against the requisite red shorts and Cougar t-shirt. "We thought the days that we could be told what to wear and when to wear it were over. … Doesn't this person realize that uniformity is the one thing we don't want? If we liked uniformity, we would have re-enlisted," wrote McLerran.

This generation of students brought maturity and focus to the classrooms, too. Professors, as well as women students who had enrolled during the war, noted not only the desire of the veterans to learn, but also their willingness to ask questions in their classes, many of which, incidentally, were held in Quonset huts because of a paucity of available space.

Even as they prioritized their studies, a number of veterans stepped into student politics. Before the war, fraternities had dominated student government, but the overwhelming number of independent GIs changed the dynamic. The 1947 student president Dick Downing, for example, was a married veteran with two children. The independents promoted



practical interests: better food, more housing, less mud around the dorms. They also took a firm position on cross-campus issues like the need for a permanent student union building.

The TUB, a converted gymnasium, was large enough for dances and dinners, and had a smaller hangout space in its basement called "The Drain." While the students adapted the space with a jukebox playing Frank Sinatra and Perry Como, and Saturday dances, coffee, and burgers, the TUB just wasn't big enough to meet the needs of everyone. In 1949, a student delegation lobbied the legislature in Olympia for money to build a new, larger student union.

"We had two or three carloads of kids who went to Olympia," says Bill Fitch. "In those days, we had an activist, 'get it done' attitude."

For the first time, students from Pullman involved themselves in the political efforts of the college around financial support. The state leaders rewarded them with the Compton Union Building, the CUB, which, even today, remains the heart of the Pullman campus.

## The Compton Era

President Wilson Compton, namesake of the student union, wasn't seen as a students' president when he took the reins of Washington State in 1945. Nonetheless, and in spite of his short tenure, he came to be identified with the changing student body and the metamorphosis of the campus.

An economist and 25-year timber industry lobbyist, Compton hailed from a prominent family of education leaders and scholars. His father, Elias Compton, was president of Wooster College in Ohio. Brother Karl, a Nobel Prize-winning physicist, was president of the Massachusetts Institute of Technology, and other brother Arthur was president of Washington University in St. Louis. The Compton brothers were featured in a *Life* magazine photo weeks before Wilson Compton's inauguration as WSC president. Princeton University, where all three had attained graduate degrees, named a quadrangle for them.

The Washington State College Board of Regents chose Compton for his business acumen and political connections. Many newspaper editorials applauded the selection and declared him a practical man who could lead the college in a new direction. But the enthusiasm was not universal. Gubernatorial candidate and eventual governor Mon Wallgren blasted Compton for his lack of connections to the state and agriculture.

Compton's wife Helen stirred up some reactions of her own through her contact with students and behaviors in town. "Helen Compton served as an unofficial inspector general, constantly searching the campus for



President Wilson Compton playing guitar in his garden for students.
*From* LIFE *magazine, May 1951*

problems that needed to be fixed," wrote Stimson in *Going to Washington State*. No detail was too small. She ordered Todd Hall walls to be painted in pastels and was known to drop in unexpectedly on students. A 1949 cartoon in the WSC student humor magazine *Fo Paws* showed Helen Compton telling a bird how to build a nest.

Compton's quick and colorful six-year tenure was one of the most important periods in the history of the school, wrote Frykman. In that time, he not only oversaw the enrollment surge, he implemented a "Council of 40" faculty members, precursor to the faculty senate, and brought professors into the governance of the college. He also standardized faculty evaluation, started a faculty manual with written employment regulations and rights, and improved retirement and pension plans for faculty and staff.

"For the first time the faculty was given a voice in the running of the school, and it was a critical step in the direction of the college becoming a true university," Frykman said in a 1990 interview.

Compton shepherded increased student autonomy as well, moving the archaic administrative positions like dean of women into a student counseling service, and pushing for more student self-governance.

Many remembered him not just for these efforts, but as a man who cared about students. The Comptons hosted big picnics at the president's residence, where the president would play his guitar and sing with the students. After Compton was asked to resign from WSC, *Life* printed a letter from George Goudy, who would be student body president in 1952, and Keith Jackson (of future sports broadcasting fame), student president in 1954. They claimed Compton's greatest achievement was not new buildings "but the personal fatherly touch he has maintained with the students."

Compton retired at the insistence of the Board of Regents in 1951, after causing a stir with his reforms in faculty governance and college administration. His philosophical differences with deans, regents, and even some faculty and alumni led to his dismissal. *Life* magazine weighed in again with an article titled "Picture of a Good Man Who is Getting the Ax" and a number of photographs of Compton with his famous family and in front of buildings constructed during his time at Washington State.

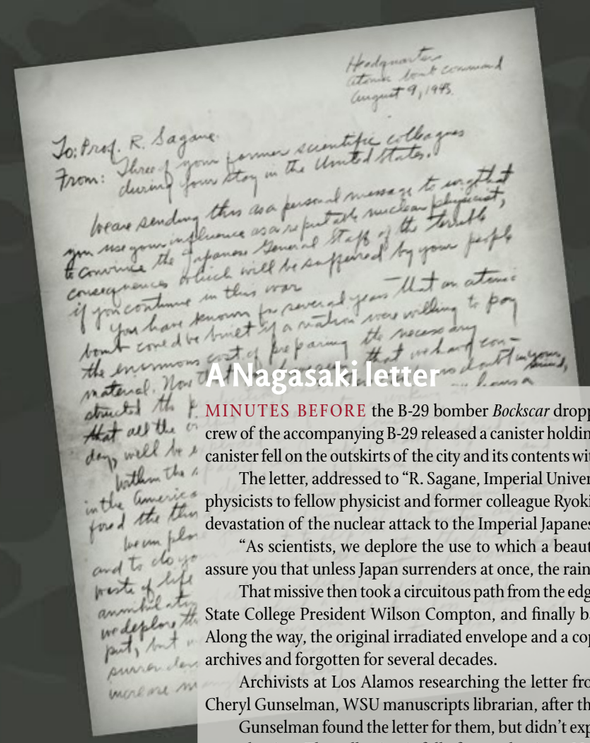
"I was disappointed when Wilson Compton left," says Bill Fitch. "He put WSU on the map at a pivotal, developmental point."

Compton's greater vision for Washington State ultimately came to be. In his January 1946 inauguration, Compton said by 1960 "I see a great center of industrial and agricultural technologies with modern laboratories, housing great scientists; a library which has it and can find it when you want it; a Student Union, the congenial campus meeting place of 10,000 young men and women … a place for married students … a busy airport, a few more Vince Hansons [a student athlete who excelled in baseball, basketball, and track], and a great rush for seats on the 50-yard line."

The president left in his wake the makings of Holland Library, a new student union, improved married student housing, and an increased research presence in laboratories filled with military surplus equipment. He had even proposed a Spokane campus for the college on the site of Fort George Wright. A group from Spokane secured the fort from the Army as a reserve depot just as Compton was lobbying in Washington, D.C. for what would have been Washington State's first branch campus.

Today, the patterns of those pivotal GI and Compton years persist. The Spokane campus, along with Tri-Cities, Vancouver, Everett, and a WSU presence in every county, continues to grow. The changes he made to the faculty governance system and other modernizations in the operation of the University continue to the present. Though the number of veterans enrolled today hasn't reached the thousands as it did after World War II, WSU is still ranked among the military-friendly universities in the country. Enrollment at all campuses hit record numbers for the 2014–15 year.

As they did a half century ago, the sounds of construction fill Pullman as new buildings to house students and expanded classrooms and laboratories come to be. Those same sounds emanate from WSU sites around the state. The progress today has roots in that critical period in the late 1940s when the college started to grow into a university. ⊗



COURTESY WSU MANUSCRIPTS, ARCHIVES, AND SPECIAL COLLECTIONS

## A Nagasaki letter

:: by Larry Clark ::

MINUTES BEFORE the B-29 bomber *Bockscar* dropped the atomic bomb on Nagasaki on August 9, 1945, the crew of the accompanying B-29 released a canister holding testing equipment. A letter was Scotch-taped inside. The canister fell on the outskirts of the city and its contents withstood the second and, to date, last nuclear attack in a war.

The letter, addressed to "R. Sagane, Imperial University, Tokyo," was an appeal from three Manhattan Project physicists to fellow physicist and former colleague Ryokichi Sagane. They asked Sagane to confirm the power and devastation of the nuclear attack to the Imperial Japanese government, and to urge Japan's surrender.

"As scientists, we deplore the use to which a beautiful discovery has been put," said the letter. "But we can assure you that unless Japan surrenders at once, the rain of atomic bombs will increase many fold in fury."

That missive then took a circuitous path from the edge of destroyed Nagasaki to Sagane in Tokyo, to Washington State College President Wilson Compton, and finally back to one of the letter's authors, physicist Luis Alvarez. Along the way, the original irradiated envelope and a copy of the letter were tucked away in the Washington State archives and forgotten for several decades.

Archivists at Los Alamos researching the letter from Alvarez, Phil Morrison, and Robert Serber contacted Cheryl Gunselman, WSU manuscripts librarian, after they discovered a reference to Compton's papers.

Gunselman found the letter for them, but didn't expect much. "When I first saw it, I thought, 'It's just another reproduction. The collection is full of reproductions. Nothing to get really excited about,'" she says.

But as she dug into the story and found a digital image of the original letter online, Gunselman grasped the importance of the University's copy and Compton's role in this piece of history following World War II.

Sagane received the letter from a Japanese naval officer in October 1945, but it was unsigned. As recently as 1938, Sagane had studied and worked with Alvarez and other nuclear physicists at the University of California. He wanted to return the original to Alvarez, in hopes he was one of the authors, and Sagane found his chance on March 8, 1946, when he met Wilson Compton.

The state college president was on an educational mission during the early days of the occupation of Japan. He sent the letter on to Alvarez in Berkeley, after noting that WSC would keep the original envelope and a copy of the letter.

Compton personally knew Alvarez. Compton's brother Arthur was a Nobel Prize-winning physicist, head of the Manhattan Project's Metallurgical Laboratory at the University of Chicago, Enrico Fermi's supervisor, and Alvarez's doctoral advisor. Wilson Compton sent a copy of the Nagasaki letter to him and to his other brother, MIT President and physicist Karl Compton.

Arthur Compton noted in his memoir *Atomic Quest* that Alvarez and the others thought it "would be more impressive if the Japanese scientists knew firsthand from their American colleagues what further might be expected."

Alvarez signed the letter in 1949, forever altering the original, which Gunselman says makes the WSU copy even more interesting.

"It's the most significant reproduction I've ever seen in our collection, where the reproduction actually did have research value," she says. "It captures the letter in a state in which it survived for only a very short amount of time."

As a piece of history, the letter describes what seems to be a heartfelt attempt from scientists involved in building this devastating weapon to communicate with a colleague. For Gunselman, that human element transcends the context of the bomb.

"I was fascinated with the power of the human bond between these physicists who had worked together, one in Japan, three in the United States, and the exploitation of that relationship to try to influence the conduct of Imperial Japan during the war," says Gunselman.

Alvarez went on to win the Nobel Prize in physics in 1968. Sagane returned to the United States in the early 1950s and worked with Alvarez at the University of California. ⊗




## Three Great Ways to Belong to One Great Organization.

There are over twice as many members of the WSU Alumni Association (WSUAA) today than there were just a few short years ago. They joined to support student scholarships, take advantage of all the incredible member benefits, and connect with other Cougars. We extend our thanks to all the alumni, students, friends, faculty, and staff whose membership has helped the WSUAA claim its rightful place among the finest and fastest-growing alumni associations in the country. We salute our Annual, Life, and now Platinum Life Members.

### New: Platinum Life Membership.

Platinum Life Membership is the newest way to belong to the WSUAA. It was suggested by and created for Cougs who want to help the WSUAA do even more for WSU. Platinum Life Members enjoy all the same great benefits and services as Annual and Life Members, plus a growing suite of extras.

If you have not yet joined, or you are a current member interested in one of the other membership types, please sign up today. Your membership—regardless of which type—is vital to the continued success of the WSUAA and WSU.

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*Class notes are also online*

wsm.wsu.edu/mystory

## myStory

### CLASS NOTES

**1950s**

**Brooks RW Gunsul** ('52 Arch.) retired from Portland, Oregon-based Zimmer, Gunsul, Frasca Architects, where he was a founding partner with the firm.

**1970s**

**Steve Clough** ('70 Pol. Sci.), a judge in Snohomish County, was honored and presented with a Chief's Coin for his service to the city of Monroe.

**Joe Baker** ('74, '77 DVM) was selected as the new Washington state veterinarian. He has almost four decades of experience in veterinary medicine.

**1980s**

**Paul Evans** ('80 Business) joined Opus Bank as managing director in their structured finance division.

**Dan Hutchinson** ('80 MBA) was appointed by the Boise Cascade Company Board of Directors as executive vice president of the wood products division.

**John Muramatsu** ('80 Zoo.) was recognized by *Field and Stream* magazine in their "Heroes of Conservation" feature.

**Doug Burnett** ('81 HBM) was appointed to his second term as president of the Idaho Lodging and Restaurant Association. Burnett is also a representative to the Idaho Travel Council.

**Mary Heimbigner** ('81 Accounting) was hired as chief financial officer of BSQUARE Corporation.

**Ron Claudon** ('82 Mgt. & Op.), president of Valley Buick GMC & RV in Auburn, was nominated for the 2015 TIME Dealer of the Year award.

**Yvonne Higgins Leach** ('83 English) published her first collection of poems, *Another Autumn*.

**Jim Bartko** ('88 Sport Mgmt.) was named director of athletics at Fresno State University.

**1990s**

**Scott Holt** ('91 Agribusiness) was promoted to North American marketing manager at Allflex USA, an animal identification systems company.

**Ryan Snider** ('95 Comm.), a Spokane police officer, was recently assigned to oversee the department's new body camera project.

**Algerian Hart** ('97 MA, '04 PhD Ed.) received an "Excellence in Internationalizing the Campus" award at Western Illinois University's College of Education and Human Services.

**Stephan Hall** ('98 MBA) started his own printing business, Columbia Label Division, in Seattle.

**Nancy Rodriguez** ('98 PhD Crim. Jus.) was appointed as director of the National Institute of Justice by President Barack Obama.

**Kris Strickler** ('98 Civil Eng.) became director of transportation for Vancouver, Washington-based MacKay Sposito.

**2000s**

**Steve Gleason** ('00 MIS) was inducted into the WSU Athletic Hall of Fame during the 2014 Apple Cup for his outstanding accomplishments as a WSU football linebacker and baseball player, professional athlete, and his work on raising awareness of ALS.

**Ryan Belnap** ('01 MFA) co-directed and filmed the documentary, *Taking Earth's Temperature: Delving into Climate's Past*.





Liz Siler '76 with son Brian sort bakery items destined for a Pullman food bank. *Photo Robert Hubner*

*Liz Siler '78*

# Hungry to help

*by Rebecca Phillips* :: Around the back of the Pullman Safeway, a shopping cart emerges through an unmarked door. A man in a stocking cap pushes a precarious load of bakery items to the minivan waiting by the curb. Moments later, he returns with a second cart. Then a third.

Every Tuesday and Wednesday morning, Liz Siler '78 and her cart-steering husband Pat '61 load their van nearly to the roof with day-old loaves of generic and artisan bread, hot dog buns, cakes, muffins, bagels, croissants, and chocolate Cutie Pies.

Destined for Pullman's Community Action Center Food Bank, the donations will replenish the shelves in the "bread room" for one scant day. But the rest of the pantry is less easily filled. That's a concern for Liz Siler, one of Pullman's leading food bank advocates.

"Look at this," she says shaking her puff of blonde hair in disapproval after we unload the baked goods and enter the cramped storeroom. "We're really low on supplies. Canned fruit. No juice. This is unacceptable."

The Silers have been food bank volunteers from the time their 13-year-old son Brian asked to take part in a community service. Providing food for the area's low income community seemed like a good fit for the whole family. Seven years later Brian, a WSU criminal justice major, and his sister Pamela Mejia '04 still help out.

They organize food drives in Pullman, recruiting the help of community groups whenever possible. A recent interfaith drive drew volunteers from the local Muslim, Jewish, and Christian congregations and netted around 1,600 pounds in donations.

But the bounty of one drive is quickly distributed and eaten. The need never ends yet donations have been dropping over the last couple years. To complicate matters, the types of foods needed are becoming more specific.

"We've seen an influx of people with serious dietary concerns: children with celiac disease who can't eat gluten, severe dairy allergies, and diabetics who have to be careful with sugar and salt," says Siler. "The needs were not being met very well and we really didn't know what to do."

Typically, the food bank provides standard bags of groceries. When someone requests a different food item for medical or religious reasons, the staff had been substituting another product while the client waited. But after a few years of traffic jams and hurt feelings among the regular clients, the process had to change.

While some of the nation's larger food banks allow patrons to browse the aisles and pick out specialty foods, it wasn't an option for

the tiny CAC pantry. Smaller food banks had no models to go on.

Then Siler had the idea of pre-assembling specialty bags. She brainstormed with her daughter Pamela, who was earning a master's degree in nutrition at the time, and the two came up with lists of foods recommended for gluten-free, diabetic, vegan, and kosher and halal consumers.

The plan, implemented in 2010, turned out to be a hit with clients. Now, Wednesday afternoons find Siler back at the food pantry searching for the right cans and packages to fill each bag. With donations uncertain and often in short supply, her quest has the air of a treasure hunt.

"We have to check the labels very carefully," she says sorting through vegetables for the gluten-free bag. "We can't have any form of gluten, wheat, or barley." She picks up a tin of corn and reads, "methyl cellulose—I don't know what that is so I'm not putting it in." She grabs another. "Spinach, water, and salt. Ok, we can use that."

Siler moves quickly between shelves, checking her list. "Soups are a disaster," she warns. "Anything that says flavoring usually has some gluten in it." She rejects one can after another until suddenly discovering an acceptable can of lentil soup and gives a little cheer.

When it comes to stocking the diabetic bags, all the food must be low in sugar, salt, and carbs. That eliminates most canned fruit and many of the vegetables. "We need to look for green veggies, like string beans, not starchy ones like corn," Siler explains.

Instead of the usual macaroni and cheese, she substitutes two large packages of whole-wheat pasta. "We want to give diabetics whole grains as the carbohydrates absorb more slowly and there's more fiber."

She cautiously decides on a can of chicken noodle soup that offers just 10 grams of carbohydrates per serving but is high in salt. "It's a trade off," Siler sighs.

The Muslim/Jewish bag is more straightforward. "We avoid all meat products except fish and anything with alcohol," Siler says. Traditional halal (Muslim) and kosher (Jewish) dietary laws require meat to be slaughtered and processed in accordance with religious standards.

The vegan bags, also suitable for those with lactose intolerance, are easy for Siler who is a long-time vegan herself. "We offer this bag because so many people have food allergies. Plus Pullman has a Hindu community," she says. "There can't be any meat or animal by-products like lard or gelatin. No milk, whey, casein. No eggs or honey."

While the food bank is managing to meet the clients' dietary needs, it still faces other challenges, Siler confides. "People come in who don't have a can opener or electricity, and we've had people living under a bridge who could only use disposable eat-and-go kind of food."

"And though most people know what to do with a can of SpaghettiOs, many have no idea what to do if we hand them a bag of lentils or a bunch of turnips," she says. Siler and her fellow volunteers have new solutions to seek. "We want to find ways to provide healthy recipes and help people get the most out of the products we give them," she says. "Humble ramen noodles can have a hundred uses … you know what I mean?"

*Terry Ishihara '49*

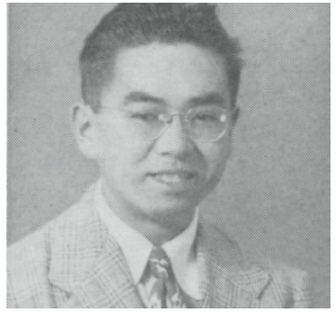
## "You can't be happy *and* bitter"

*by Tina Hilding ::* As a teen in Tacoma, Terry (Teruo) Ishihara had his life planned out. The oldest child in his family, he was going to take over his father's laundry business.

That all changed in the summer of 1942 when he and more than 150,000 people of Japanese ancestry living on the west coast were imprisoned as the United States entered World War II.

More than seven decades later, Ishihara clearly recalls the particulars of his internment, including names of fellow prisoners and a prized comic book collection that he had to leave behind. He recounts the nightmarish details without rancor. "You can't be happy *and* bitter," he says.

Ishihara's family had just a week to pack up. Each person was allowed to bring one suitcase.



Terry Ishihara from the Chinook yearbook.



**Mathew Colley** ('01 MA English) joined the Portland, Oregon, law firm Black Helterline, LLP.

**Michael Kirkpatrick** ('01 Music) won the 2014 Telluride Bluegrass Festival Troubadour contest.

**Nick Zitzman** ('01 MIS) is a user interface developer at Wolfram Research, Inc. in Urbana-Champaign, Illinois.

**Curtis** ('05 Fine Arts) and **Shelby Jurgensen** ('06 Int. Bus) welcomed baby Cole Patrick Jurgenson in September 2014. Curtis is a senior web developer at Eddie Bauer. Shelby is a finance manager at Microsoft.

**Tammy Thueringer** ('05 Poli. Sci. and Comm.) was hired as a weekend White House reporter for Bloomberg News in October.

### 2010s

**Lindsay Kalin** ('10 Liberal Arts) participated in Miami University's Earth Expeditions global field course in Namibia to study cheetah physiology and ecosystem management.

**Megan Leigh O'Neal** ('10 Poli. Sci.) joined the Tharp Planning Group headquarters in Dallas, Texas. She was previously an associate planner for the city of North Bend.

**Courtney Hathaway** ('11 Int. Des.) was featured in *Icon* magazine as an emerging interior designer.

**Scott Shigeoka** ('11 Journalism) was selected as a Fulbright-mtv fellow to explore global music and to promote environmental sustainability abroad.

**Dave Cohen** ('12 MBA) began his second career as a manager with Disney after 26 years as an officer and a pilot in the U.S. Air Force.

**Ted King-Smith** ('12 Music) received third place nationally in The American Prize competition, student band/wind ensemble division, for his composition entitled "Manhattan."

**Destiny Johnson** ('14 Nursing) graduated from the nursing program last year, joining her sister **Tiffany Christianson** '09, a hospitalist and family nurse practitioner in Spokane.

## IN MEMORIAM

### 1930s

**Virginia F. Harger** ('33 Home Economics), 102, October 26, 2014 , Spokane.

**Betty Alice Huggins** ('37 Socio. and Spanish), 99, April 25, 2014, Pullman.

**Evelyn June Magnuson** ('39 Ed.), 98, August 16, 2014, Spokane.

### 1940s

**Antoinette Poulsen** ('40 French, '41 Ed.), 96, June 12, 2014, Friday Harbor.

**James E. Barbee** (x'41 Chem. Eng.), 96, August 28, 2014, Bellevue.

**Lloyd J. Andrews** ('42 Agriculture), 94, October 7, 2014, Scottsdale, Arizona.

**Lawrence L. Borden** ('42 Elec. Eng.), 97, November 1, 2014, Schenectady, New York.

**John Miles Hooper** ('42 Phys. Ed.), 94, August 27, 2014, Santa Rosa California.

**Charles Ray Kurtak** ('42 Agriculture), 94, June 24, 2014, Rovana, California.

**Maxwell T. Powers** ('42 DVM), 96, June 10, 2014, Oakland, California.

**Gordon K. Garlick** ('43 DVM), 94, September 14, 2014, Bellingham.

**Sue Ellen Kromm** ('43 Pre-Nursing), 93, August 15, 2014, Colfax.

**Margaret L. Keithly** ('44 Home Economics), 91, July 26, 2014, Port Orchard.

**Alice M. Ross** ('44 Home Economics), 93, September 26, 2014, Spokane.

**Patricia M. Hunter** ('46 Home Economics), 90, June 19, 2014, Spokane.

**Betty Jean Sleeper** ('46 Speech Comm., '49 Ed.), 90, September 13, 2014, Port Angeles.

**Robert A. Bender** ('47 Business Admin.), 92, July 26, 2014, Sheridan, Wyoming.

**Charles Melvin Breckenridge** ('47 BS Ag. Eng.), 90, May 24, 2013, Spokane Valley.

**Richard D. Ellett** ('47 Geol.), 93, September 20, 2014, Tucson, Arizona.

**Patricia C. Holden** ('47 Agriculture), 89, July 28, 2014, Sequim.

**Maxine M. Steeve** ('47 Pharm.), 90, August 16, 2014, Spokane.

**Stanley H. Clinton** ('48 Econ.), 97, August 14, 2014, Spokane.

**Edward E. Donaldson** ('48, '53 PhD Physics), 91, November 9, 2014, Pullman.

**Norma L. Ellsworth** ('48 Pharm.), 87, May 15, 2014, Pullman.

**Marie Lavon Crawford** ('49 French), 87, September 15, 2014, Eugene, Oregon.

**Edward Diamond** ('49 DVM), 89, October 25, 2014, Everett.

**R. Kenley Maurer** ('49 English, Tau Kappa Epsilon), 89, August 4, 2014, Pasco.

**Wandell Carroll Nellermoe** ('49 Chem.), 87, June 5, 2014, Gig Harbor.

**Betty J.E. Sandstrom** ('49 Socio.), 87, April 8, 2014, La Mesa, California.

**Ollie Mae Wilson** ('49, '51 MS Home Economics), 87, Spokane.

### 1950s

**Frances Helen Baker** ('50 Home Economics, Kappa Kappa Gamma), 85, September 28, 2014, Portland, Oregon.

**Mary Edith Baldwin** ('50 Nursing), 87, November 7, 2014, Tacoma.

**Delmer O. Ketchie** ('50 Hort.), 81, July 31, 2013, Wenatchee.

**Robert Duane Lawson** ('50 Fin.), 85, December 24, 2012, Wenatchee.

**Conrad Edward Setterlund** ('50 Econ.), 90, April 15, 2014, Spokane.

**David W. Buel** ('51 Speech Comm.), 86, August 30, 2014, Richland.

**Robert M. Crow** ('51 Ag.), 84, October 5, 2014, Spokane.

**George R. Curtiss** ('51 Elec. Eng.), 89, May 22, 2014, Clarkston.

**Robert James Lloyd** ('51 Chem.), 85, November 11, 2014, Beavercreek, Ohio.

**Fred Kirk Merrill** ('51 Ed., '70 MS Ag. Educ.), 88, May 14, 2014, Chewelah.

**Alan C. Doyle** ('52 Socio., South House and Theta Xi), 86, November 28, 2014, Tacoma.

**Darlene H. Turner** ('52 Hort.), 84, August 16, 2014, Hope, Idaho.

**Patricia Wells Arnett Bair** ('53 Ed.), October 27, 2014, Clackamas, Oregon.

**Ralph A. Hauser** ('53 Industrial Arts Ed.), 92, June 19, 2014, Pullman.

**Marjorie L. Hays** ('53 Home Economics), 83, August 25, 2014, Kennewick.

**James L. Howell** ('53 Business Admin.), 84, November 4, 2014, Colfax.

**Neil William Moloney** ('53 Police Science), 87, September 25, 2014, Kent.

**William Carter "Bill" Seidle** ('53 Agriculture), 85, November 6, 2014, Arlington, Texas.

**Richard Walter Suko** ('53 Mathematics), 84, October 22, 2014, Travelers Rest, South Carolina.

**Arnold Elmo Glarborg** ('54 DVM), 91, February 14, 2014, Tucson, Arizona.

**Lorraine Kerr** ('54 Clothing & Textiles), 88, September 4, 2014, Wailuku, Hawaii.




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Under soldiers' guard, they boarded trains to an unspoken destination. The curtains were pulled so they couldn't see out.

They came first to a temporary holding facility at the Fresno County Fairgrounds. There, Ishihara and his family lived in wood and tar paper barracks through a summer of extreme heat. As he stepped from the train, Ishihara was handed a canvas bag and told to fill it with straw. The bag became his mattress atop a wooden cot. It was rugged living. The restrooms were crude, with no partitions, he says.

After a couple of months in the relocation camp, the family was moved to the Tule Lake Relocation Center in Northern California up near the Oregon border. Tule Lake was a camp for those who were considered to be "disloyal" to the United States because they had answered "no" to two questions on a notoriously confusing and discriminatory government loyalty questionnaire.

Ishihara was too young to have to fill out the questionnaire. The adults around him were angry at the injustice of the internment, but he doesn't remember being angry. Instead he was bewildered as his life changed in ways big and small. Dinners, for example, had always been with family, but now he and his friends ate together in cafeteria-style facilities away from their parents.

Because of the internment, his father's business and way of life and Ishihara's set future were lost. "I was not angry or bitter. I only wondered what was going to become of me," he says. "I was starting at square one."

A remnant of those days is Ishihara's lifetime subscription to *Reader's Digest*. The subscription came about when he was asked to buy war bonds. His parents said little about the challenges they faced, but when he was asked to buy war bonds, his mother suggested that while they were imprisoned wrongly by the U.S. government, that perhaps he shouldn't buy them. Instead, Ishihara spent his $25 on a lifetime subscription to the magazine, which he still has.

Ishihara didn't get to finish junior high, and the high school he attended was not accredited. Still, he had been raised to study and to succeed. He was encouraged to attend college and he applied to Washington State College because of the low tuition, a $25 scholarship, and because it was accepting students of Japanese ancestry. It was one of the few schools on the West Coast in 1945 that did.

Once again, a train ride changed his life. This time, 70 years ago this year, it took him to Pullman. He was nervous as he climbed the hill from the train station to campus, passing under the Memorial Arch. The school, he says, "changed my life completely—for the better."

Ishihara excelled at WSC, studying mechanical engineering. He was a member of Alpha Phi Omega, the American Society of Mechanical Engineers, Crimson Circle, and the Christian Student Council. He was named one of 42 outstanding seniors for the class of 1949.

There was still plenty of prejudice on campus, he says. A speech professor gave him a C because of his non-existent foreign accent.

But the prejudice spurred him on and a new life on campus nourished his spirit. It's not the equations or the work in the classroom that made a difference for him, he says. Rather, college helped him learn to relate to all people as well as to become a better and faster learner. "The other benefit," he says, "is making friends for life."



COURTESY SAGINAW VALLEY STATE UNIVERSITY ARCHIVES

Terry Ishihara

Mostly what he loved about his time at college was that it was a place where respect could be afforded to all, whatever their opinions. The atmosphere so suited him that he devoted his life to it, going on to receive a doctorate at the University of Arizona and becoming a professor himself. After teaching at several schools, he finished out his career at Saginaw Valley State University in Michigan, where he is now professor emeritus. He currently lives near Los Angeles.

Perhaps another remnant of a youth marred by injustice and discrimination, Ishihara never wore a suit and tie in the classroom. And he insisted his engineering students call him by his first name years before it was acceptable. He didn't want to enforce a distance between himself and his students. "I believe that one of the most important characteristics of any group is relationships among its members," he says.

Smiling broadly, he adds, "Equality prevails."

**Ona Margaret Osland Sullivan** ('54 General Studies), 83, October 1, 2014, Ventura, California.

**Louis G. Washburn** ('54 Chem.), 79, September 6, 2013, Lake Stevens.

**Manton Dale Corbin** ('55 Forest & Range Management), 85, September 14, 2014, Lacey.

**Sean Rice** ('55 Police Science, Pine Manor), 79, January 24, 2013, Coulee Dam.

**Byron Boyd Gourley** ('56 Hort.), 86, October 6, 2014, Lynnwood.

**Francis Kenny** ('56 Industrial Technology), 81, October 1, 2014, Redmond, Oregon.

**Edward F. Seeborg** ('56 Ag. Econ.), 100, September 3, 2014, Sandy, Utah.

**Marilyn G. Hammer** ('57 Phys. Ed.), 78, May 26, 2014, Georgetown, Texas.

**Carolyn F. Meagher** ('57 Speech and Hearing Sci.), 79, October 9, 2014, Omak.

**Earl V. Nelson** ('57 General Studies), 79, July 29, 2014, Spokane.

**William A. Acheson** ('58 Mech. Eng.), 77, December 19, 2012, Aston, Pennsylvania.

**Mary Lou Harwood** ('58 MA English), 80, August 12, 2014, Colfax.

**Richard O. Hutchinson** ('58 Agriculture), 80, May 28, 2014, Thorp.

**Donald Gene Kestle** ('58 Zool.), 77, August 21, 2014, Medina.

**Alfred Lee Schy** ('58 Chem.), 78, September 1, 2014, Seattle.

**Laurence "Larry" Smith** ('58 Civil Eng.), 82, July 5, 2013, San Ramon, California.

**Edward Morris Ewell** ('59 Pharm.), 76, November 6, 2014, Spokane.

**Stanley Haase** ('59 Speech Comm., Sigma Nu), 78, September 14, 2014, Spokane.

**Obert Henderson** ('59 MBA), 88, September 1, 2014, Hood River, Oregon.

**William W. Michael** ('59 Business), 78, August 31, 2014, Waxhaw, North Carolina.

**Catherine Diener Simpson** ('59 Ed., Chi Omega), 101, January 25, 2014, Spokane.

## 1960s

**Paul Stephen Onkels** ('60 Bus. Admin.), 80, October 29, 2014, Yakima.

**Leanne M. Durham** ('61 Elem. Ed.), 75, November 1, 2014, Kent.

**Gary Louis Huber, MD** ('61 Zool.), 74, October 22, 2013, Tyler, Texas.

**Sandra Lee McCloud** ('61 Social Studies, Regents Hall), 75, October 25, 2014, Seattle.

**Donald Theodore Piele** ('61 Chem.), 76, October 12, 2014, Oro Valley, Arizona.

**Judith H. Weldin** (x'61), 75, November 6, 2014, Boise, Idaho.

**George O. Ziegwied** ('61 Ag. Eng.), 76, September 25, 2014, Spokane.

**Gary G. Banks** ('62 Phys. Ed., Phi Delta Theta), 75, September 1, 2014, Walla Walla.

**Gary Wallace Lanker** ('62 Civ. Eng.), 74, September 22, 2014, Lake Wales, Florida.

**Ray Eugene Loescher** ('62 Speech Comm.), 75, October 22, 2014, Tumwater.

**William E. Hill** ('63 Econ.), 75, June 18, 2014, Olympia.

**John R. Holmquist** ('63 History), 75, October 30, 2014, Juneau, Alaska.

**Susan Coffin Johnson** ('63 History, Kappa Alpha Theta), 71, August 24, 2014, Walla Walla.

**George Johnam Simchuck** ('63 Mining Eng.), 75, April 1, 2014, Guatemala.

**Rae Nicole "Nikki" Blevins** ('65 Bus. Admin.), 72, October 29, 2014, Tacoma.

**Timothy John Boyle** ('65 Poli. Science), 70, June 20, 2014, Port Angeles.



*Eric Marks '86*

# Marshalling the deputies

*by Larry Clark* :: Eric Marks, and the 39 deputy marshals who worked for him, always got their man (or woman).

"We've had prisoners escape from local jails. We catch them all," says Marks '86 MA, former chief deputy marshal in the U.S. Marshals Service for eastern Washington. "We're dogged and we don't give up."

As the region's chief deputy marshal from 2002 to last December, Marks led the deputy marshals as they hunted fugitives and provided enforcement and protection for the federal courts.

He joins a long legacy of deputy marshals that includes legends like Bat Masterson, Wild Bill Hickok, Wyatt Earp, and his brothers. In 1789 President George Washington appointed the first 13 U.S. Marshals. Today the duties remain much the same: protecting judges, protecting witnesses, transporting prisoners, and finding fugitives.

"What they did back in the 1800s, we still do," says Marks. "We go to the local jails that hold our prisoners and pick them up for court." But now instead of a carriage with bars, they use a secure van.

Marks isn't the only Coug to excel in the Marshals Service. He studied criminal justice with John Shoemaker '84, '85 MA, assistant chief deputy marshal in Oregon, and David Miller '83, chief deputy marshal in western Washington.

His studies at WSU under criminal justice professor Marilyn Matthews gave him an understanding of theory to guide his decisions. He also credits faculty like James Short, sociologist and now professor emeritus, whose groundbreaking work "really propelled my mind to look beyond the arrest and more into how people act and why they come into gangs."

As he finished his degree, Marks wanted to join a federal law enforcement agency, but wasn't sure whether that would be the FBI, CIA, or State Department. Then he met Jack Cluff, a deputy marshal stationed in Moscow, Idaho. "He was a quite a character. He might have told some tall tales but he really got me hooked," says Marks. The range of duties appealed to Marks. He joined in 1988, starting in the Seattle office.



BRUCE ANDRE

Former Chief Deputy Marshal Eric Marks.

Fugitive investigations were the best part of the job, says Marks. "It's dangerous and frustrating, but an adrenaline rush. You work with a close team of people daily, and start thinking like everybody else does."

A few years ago, he was involved with a fugitive case with deep ties to the WSU community. Frederick Russell, while intoxicated, hit a car full of WSU students on the Moscow-Pullman



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Highway in 2001, killing three and injuring others. Russell fled the country and the U.S. Marshals put him on the 15 Most Wanted list, the first time on the list for a drunk driver.

Marks remembers the message from a man in Dublin, Ireland, who had seen Russell working in a clothing shop. The Marshals worked closely with the Irish police to arrest and extradite Russell. They brought him back to Whitman County where he was tried and convicted.

"It showed the families we never give up," says Marks. "Sometimes it's hard to find people who don't want to be found in this world of billions."

Marks retired after 27 years with the service. He lives in Spokane with his wife Katherine Burnett '86 DVM. Their daughter Raeanne is a senior in computer science at WSU and son Ben is at Eastern Washington University.

Reflecting on his career, Marks is proudest of the work he did promoting inter-agency relations, doubling the number of deputy marshals in eastern Washington, and improving officer training and equipment to keep them safe. "Everybody goes home at the end of the day," he says. "That's the big goal." «



SHELLY HANKS

## Schweitzer receives alumni award

Edmund O. Schweitzer III '77 PhD received the university's highest alumni honor, the 2014 Regents' Distinguished Alumnus Award, in a ceremony last November. He earned his doctorate in electrical engineering from WSU, where he also served as a faculty member. In 1982, Schweitzer founded Schweitzer Engineering Laboratories to research and manufacture digital relays and other products to protect electric power systems. He is a fellow of the IEEE and a member of the National Academy of Engineering. He holds 100 patents and the company he founded has been recognized as a global leader in improving the stability and safety of electrical grids.

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**Steven W. Johnson** ('67 Ed.), 69, May 28, 2014, Seattle.

**James John Kahl** ('67 Forestry), 72, June 27, 2014, Whidbey Island.

**Marilyn T. Robinson** ('68 Physical Sci.), 68, October 5, 2014, Scottsdale, Arizona.

**Marla Jo Schreck** ('68 Ed.), 68, September 8, 2014, Kent.

**John F. Rodda** ('69 Fin., Alpha Tau Omega), 67, September 18, 2014, Kingston.

**Nancy Lynn Wallace** ('69 Home Economics), 67, October 24, 2014, Everett.

### 1970s

**Susan Dee Bishop** ('70 Socio.), 66, December 16, 2013, Everett.

**Jean Marilyn Jack** ('70 Ed., '75 MEd), 82, May 13, 2014, Pullman.

**Robert "Bob" Oran Lockard** ('70 Civ. Eng.), 72, October 13, 2014, Anacortes.

**Jack Kirk McNeil** ('70 DVM), 71, September 11, 2014, Portland, Oregon.

**Linda Kay Medcalf** ('70 Home Economics), 65, December 30, 2013, Quincy.

**Brian R. Hocum** ('71 Zool.), 65, July 27, 2014, Clarkston.

**Howard G. Rausch** ('71 Geol.), 66, July 29, 2014, Spokane.

**Harold G. "Gordie" Blume Jr.** ('73 Geol.), 66, September 25, 2014, Issaquah.

**Duane Elliott Olsen** ('73 DVM), 73, October 24, 2014, Napavine.

**Debbie Lee Clark** ('74 English), 61, May 28, 2014, Pullman.

**Marsha Ann Koba** ('74 Pharm.), 63, March 20, 2014, Wenatchee.

**Michael W. Buckingham** ('75 Police Science), 61, January 2, 2014, Sedro Woolley.

**Larry Jackson** ('75 Business), 60, July 20, 2014, Pullman.

**Carl L. Santmyer** ('77 PhD Ag. Econ.), 78, October 24, 2014, Las Cruces, New Mexico.

**Ruth Gellert Jackson** ('78 Nursing), 59, October 26, 2014, Spokane.

**John F. (Jack) Strickler** ('78 Mech. Eng.), 59, June 4, 2014, Kalispell, Montana.

**Henry James Henry** ('79 Anth.), 60, July 3, 2014, Lorton, Virginia.

### 1980s

**Matthew S. Emmons** ('82 Busi. Admin.), 55, July 11, 2014, Riviera, Texas.

**Elizabeth June Kessel** ('82 EdD), 86, May 21, 2014, Spokane.

**Nancy Marie Hughes** ('83 MA Speech), 55, July 15, 2014, Mount Zion, Illinois.

**Matthew G. Margres** ('85 MS, '87 PhD Psych.), 55, October 31, 2014, Saginaw, Michigan.

**Richard M. Lloyd** ('86 Ag. Eng.), 53, October 31, 2014, Spokane.

**David Brian Carlson** ('87 Social Science), 48, June 16, 2014, Seattle.

### 1990s

**Kerstin F. Brosemer** ('91 Foreign Languages, '95 DVM), 45, August 3, 2014, Richland.

**Julie Charisse Green** ('91 Psych., Alpha Delta Pi), 45, August 9, 2014, Seattle.

**Luke Timothy Krebs** ('91 Biol., '98 PhD Pharmacology Toxicology), 49, May 30, 2014, Tremont, Maine.

### 2000s

**Jason Allen Coleman** ('05 Poli. Sci.), 43, February 26, 2013, Pullman.

**Rebecca Lynn Hughes** ('06 History), 55, September 22, 2014, Kennewick.

### 2010s

**Andrea Green** ('11 Social Science), 35, June 3, 2014, Seattle.

**Collin Dennis Murdock** ('13 Business), 23, May 23, 2014, Ephrata.

### Faculty and Staff

**Raymond L. Albrook Jr.**, 75, Chemistry, 1974-2006, October 1, 2014, Clarkston.

**Arthur L. Antonelli**, 70, Entomology, 1974-2009, September 26, 2014, Puyallup.

**Brenda M. Bartlett**, 51, Payroll Services, 1986-2014, October 24, 2014, Potlatch, Idaho.

**Marjorie L. Becker**, Fine Arts, 1978-1996, September 21, 2014, Moscow, Idaho.

**Paul James Bennett**, 85, Lab Technician, Environment Services Office, 1954-1992, September 3, 2014, Albion.

**Keith Brandon**, 82, College of Sciences, 1967-1996, April 10, 2014, Spokane.

**Gerald (Jerry) F. Chenette**, 71, Material Resource Services (Recycling), 1971-2002, July 21, 2014, Colton.

**Gail A. Clowers**, 77, WSU Puyallup, 1984-2005, May 28, 2014, Tacoma.

**Donald A. ('Bud') Deerkop**, 83, Crop and Soil Sciences, 1969-1994, October 25, 2014, Potlatch, Idaho.

**Edward E. Donaldson**, 91, Physics and Astronomy, 1957-1988, November 9, 2014, Pullman.

**Norma L. Ellsworth**, 87, Agronomy Department, 1948-1975, May 15, 2014, Pullman.

**James E. Frasure**, 43, Dining Services, 2008-2014, June 23, 2014, Pullman.

**Helen D. Hill**, 88, Nursing, 1970-1989, September 20, 2014, Moscow, Idaho.

**Robert E. Hoskinson**, 85, Management and Administrative Systems, 1960-1983, June 4, 2014, Bainbridge.

**Larry Jackson**, 60, Central Stores, Truck Driver, Food Services, July 20, 2014, Pullman.

**Delmer O. Ketchie**, 81, WSU Wenatchee, 1967-1996, July 31, 2013, Wenatchee.

**Frederick (Fred) G. Kreid**, Facilities Operations, 1973-2009, September 17, 2014, Moscow, Idaho.

**Seung-Yil ('Richard') Kwon**, 79, Libraries, 1970-1997, November 9, 2014, Pullman.

**Lloyd O. Luedecke**, 79, Food Science, 1962-2012, June 4, 2014, Pullman.

**Thomas M. Maloney**, 83, Mechanical & Materials Engineering, 1956-1995, June 18, 2014, Pullman.

**Kathryn J. McGahan**, 83, Admissions, 1990-2007, November 10, 2014, Troy, Idaho.

**Jerry A. Newman**, 74, Human Development, WSU Extension, 1970-2010, October 14, 2014, Casa Grande, Arizona.

**Ruth L. Pierce**, 89, Housing and Food Services, 1971-1982, September 7, 2014, Post Falls, Idaho.

**Antoinette Poulsen**, 96, Foreign Languages and Literature, 1947-1980, June 12, 2014, Friday Harbor.

**Ellen T. Pugh**, 94, Libraries, 1969-1982, August 14, 2014, Lacey.

**Ruth Romine-Muir**, 81, House Director, 1983-1993, April 12, 2014, Liberty Lake.

**James D. Satterlee**, 66, Chemistry, 1989-2014, June 18, 2014, Pullman.

**Beverly J. Stanczak**, Housing Services, 1971-1995, August 1, 2014, Pullman.

**Naomi B. Taylor**, 91, Controller's/Payroll, 1973-1984, October 25, 2014, La Porte, Indiana.

**Mabel G. Thompson**, 97, Housing and Food Service, Custodial Services, 1964-1980, July 26, 2014, Moscow, Idaho.

**Glenn Wegner**, 89, Facilities Planning, 1944-1982, November 26, 2009, Moscow, Idaho.

*WSU Alumni Association News*

## Alumni Achievement Awards

**Gaymond '63** and **Cindy Schultz** of Reno, Nevada, were honored last November for their contributions to the telecommunications industry and for mentoring students in the WSU Harold Frank Engineering Entrepreneurship Institute.



Gaymond Schultz received the WSUAA Alumni Achievement Award for the significant impact and influence he has had in telecommunications and computers as well as his substantial service to the WSU Voiland College of Engineering and Architecture and its executive leadership board.

Originally from Davenport, Schultz majored in electrical engineering at WSU. He went on to found Stratacom, Vina Technologies, and Seaport Imaging, a leading manufacturer of image processing equipment and software.



Cindy Schultz received the Honorary Alumna Award for opening the couple's Los Altos, California, home to hundreds of WSU students from the Frank program over the years. She also mentored and provided logistical support to students while they interned in Silicon Valley.

**Lynne Carpenter-Boggs '97**, a Washington State University scientist, was recognized last August for her accomplishments in soil microbiology, sustainable agriculture, and crop and soil sciences.

Carpenter-Boggs earned her doctoral degree in soil science from WSU in 1997 and returned to WSU in 2000. She is now an associate professor of sustainable and organic agriculture and studies beneficial soil and compost microorganisms.

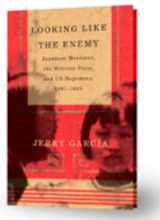
Two colleagues nominated her for the honor, citing her accomplishments and leadership benefitting farmers, ranchers, and foresters around the Pacific Northwest as well as farmers in Egypt, Jordan, Iraq, Kazakhstan, and the United Arab Emirates.

The WSU Alumni Association created the Alumni Achievement Award in 1970 to recognize and honor those who have provided outstanding service to WSU and/or made outstanding contributions to their communities, profession, and country. Only 511 alumni have received this award.

*For more information about WSUAA and alumni chapters visit* alumni.wsu.edu *or call* 1-800-258-6978.

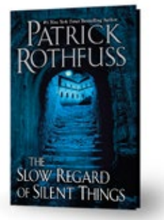
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## Looking Like the Enemy: Japanese Mexicans, the Mexican State, and US Hegemony, 1897-1945 *by Jerry García '99 PhD* THE UNIVERSITY OF ARIZONA PRESS, 2014 :: *Review by Larry Clark '94* ::

Eizi Matuda and his wife Miduho Kaneko de Matuda were Japanese immigrants who had become Mexican citizens and had lived there for 20 years when agents of the Mexican government came to their home to relocate them. However, unlike thousands of Japanese Americans and some Japanese Mexicans who were relocated during World War II, the Matudas were not forced to move. Instead, local Chiapas leaders vouched for their loyalty to Mexico and protected them from anti-Japanese sentiment.

The treatment of Japanese in North America both before and during the war varied considerably. García, an associate professor of history and Chicano studies at Eastern Washington University, explores the complex relationships between the Japanese who immigrated to Mexico and the Mexican government, as well as their counterparts in the United States, in his book, the first full-length English-language study of Japanese immigrants in Mexico.

In the late nineteenth century, Mexico sought to increase industrialization by inviting entrepreneurs and immigrant workers. Mexican elites and technocrats encouraged European migration to Mexico, but Japanese immigrants started coming in 1897 when Mexico allowed private companies to establish immigrant colonies. One of these, the Enomoto Colony in Chiapas, spurred the earliest immigration of Japanese. Japan had signed a reciprocal migration treaty with Mexico in 1888, its first with a Western country. By 1910, nearly 10,000 Japanese people had settled in Mexico. As they sought opportunities and land, many ended up settling along the border with the United States.

The large numbers of Japanese and Chinese immigrants challenged the notion of what it meant to be Mexican. Unlike the Chinese immigrants, who came to Mexico mostly unheralded and faced more discrimination, the Japanese maintained an identity and ethnicity within Mexican society thanks to the increasing global prominence of Japan. Many Mexicans viewed the Japanese as hardworking and family-oriented, writes García. Nonetheless they did endure some racial discrimination.

Immigration declined considerably during Mexico's revolution from 1910 to 1920. All the while, the United States was growing concerned about the increasing dominance of the Japanese empire and imagined infiltration by Japanese agents.

After the revolution, many regions in Mexico enjoyed substantial autonomy, allowing Japanese in some areas to negotiate with local leaders and avoid repressive measures in the 1930s, at least until World War II. Japanese continued to migrate into Mexico during this period, while the United States and many other countries in the Americas had adopted exclusionary policies.

However, in the aftermath of the bombing of Pearl Harbor, the Mexican government collaborated with the U.S. government in demonizing and incarcerating people of Japanese descent. Like the United States, Mexico ramped up propaganda efforts against Japan, which encouraged suspicion of Japanese citizens and immigrants, and led to some internment in camps, particularly at the urging of the U.S. government.

The Japanese experience during World War II in Mexico did differ from that in the United States, and treatment of Japanese Mexicans also differed from one part of Mexico to another. The book examines the role of the Comité Japonés Ayuda de Mutua, a semiautonomous association that assisted Japanese who relocated to Mexico City and Guadalajara during the war. Eyed with suspicion by the United States, the association eased some of the economic distress of the displaced Japanese Mexicans and helped them settle in haciendas.

Overall, compared with the United States and other countries at the time, Mexico showed more empathy toward its Japanese population. The paranoia and anti-Japanese sentiment in Mexico never reached the intensity of the United States, and many Japanese Mexicans were briefly detained but then released.

García's *Looking Like the Enemy* is an important discussion of not only the Japanese diaspora in the Western hemisphere, but also the role of Japanese Mexicans in the complicated relationship between Mexico, Japan, and the United States during the first half of the twentieth century. ⊗

## Hunting for "Dirtbags": Why Cops Over-police the Poor and Racial Minorities *by Lori Beth Way and Ryan Patten '03 PhD* :: NORTHEASTERN, 2013 :: *Review by Ashley Gonzalez* ::

In this day of increased scrutiny of police, many people wonder about policing styles and how officers use their unassigned time. The high rate of minority arrests and stops as well as the higher level of surveillance in poor communities have also come into question.

With these things in mind, two political science colleagues at California State University, Chico explored what factors influence police officers' decisions on their policing strategies. Patten and Way conducted their research in two large cities, one in California and one on the East Coast. They performed direct interviews with officers as well as about 300 observational ride-alongs.

They describe three types of police officers: hunters, slugs, and community builders. The hunters actively looked for lawbreakers and focused on serious non-violent crimes like drugs and car theft, but were less likely to respond to citizen calls for misdemeanors or other police support. Slugs were slow or less likely to respond to calls and had fewer citations, arrests, and resident contacts. Community builders were the types of officers who might stop a car to inform the driver that a headlight was out and who sought to provide positive interactions with the community.

Patten and Way noted that many policing strategies, like hunting, were not effective. The researchers also concluded that officers had the discretion to take proactive action like conducting a higher level of surveillance on poor communities, which in turn would lead to more arrests in minority neighborhoods.

The current policing system isn't working, argue the authors. While crime decreased in the past decade, incarceration and supervision had not. At the same time proactive policing, like looking for lawbreakers in poor neighborhoods, did not result in more convictions. Instead, the frequency and targeted nature of the proactive policing suggested harassment.

In their conclusion, Patten and Way suggest a service-oriented policing model where officers would respond more to citizen calls for service, they would follow up with the victim or complainant, and they and their supervisors would use crime analysis data to make decisions about how and where to patrol. ⊗

## On This Borrowed Bike *by Lisa Panepinto '05* THREE ROOMS PRESS, 2014 :: *Review by Larry Clark '94* ::

Rivers flow through the poems in Panepinto's slim volume. They whisper of the Northwest, of young people who have jumped in, of silvery fish and poison in the water. In her first collection, the Spokane native writes with a deft lyricism and of a sense of place in poems like "river metallic as veins of saints":

> "the land creates
>
> its inhabitants
>
> here I am low
>
> down bog like"

Her other poems speak of Spokane and rural roads, and music festivals and blues in bars. Her sparse lines draw the landscape, filled with people facing poverty and violence, but also seeking love and knowledge of the sublime.

While sadness runs through Panepinto's poems, joy and reflection surface in her conversations with crows and in her memories of people who have died. The title poem, a surreal ride on a dead teenager's bicycle, carries her into a world filled with life. Even a simple bus ride transports the reader on a wave of words.

> "the wind lifts
>
> the dumpster lid
>
> and the water crashes
>
> over the dam
>
> the wind lifts
>
> my hood & turns my
> down
>
> jacket into puffy
>
> wing feathers"
>
> *—from "getting on the bus"*

In addition to working as a poet and writer, Panepinto is a radio host and performer in Pittsburgh. ⊗

## The Slow Regard of Silent Things *by Patrick Rothfuss '02 MA* :: DAW BOOKS, 2014 :: *Review by Hannelore Sudermann* ::

A darling of the sci-fi/fantasy set, Pat Rothfuss has diverted from the long-awaited third part of his bestselling Kingkiller trilogy and, instead, taken the time to explore the story of lovely, lonely Auri, one of the secondary Kingkiller characters.

Warning his readers that this book may not be for them, not even for the most serious fans of his first two meaty novels *The Name of the Wind* and *Wise Man's Fear*, Rothfuss nonetheless draws them in to this bittersweet tale of the fair-haired mysterious woman who lives in the Underthing, a warren of tunnels beneath a University where characters learn magic.

Rothfuss was inspired to explore this character in a new, lyrical, way. Where his other books are dense detail-rich tomes, this is a light, oddly sweet novella for readers to savor, whether or not they're fans of his other books. ⊗

# new & noteworthy

## Digitized Lives: Culture, Power, and Social Change in the Internet Era *by T.V. Reed* :: ROUTLEDGE, 2014 ::

T.V. Reed, a WSU English and American studies professor, examines the impact of digital communication and the Internet on how we live. ⊗

## Whole in the Clouds *by Kristine Kibbee '00* :: THE ZHARMAE PUBLISHING PRESS, 2014 ::

Cora Catlin, the unhappy orphan protagonist in Kibbee's debut novel, and her dog Motley discover the meaning of friendship and a magical world in the clouds. ⊗

## Two Bits and Odd Days *by Thomas A. Springer '86* :: 2014 ::

Springer, a Tacoma high school teacher and creative writer, offers a selection of his poems from the past 35 years. ⊗

## I, Hernán Cortés: The (Second) Trial of Residency *by Francisco Manzo-Robledo '73, '74 MS, '80 PhD Civil Engineering, '91 MA Foreign Languages and Literature* :: PETER LANG, 2014 ::

Manzo-Robledo, a WSU professor of foreign languages and cultures, provides a literary analysis of the key documents in the trial of explorer Hernán Cortés who was charged with not having the authority from Spain to conquer and govern territory in the New World. ⊗

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## Ask Dr. Universe

**Do bugs have hearts and brains?**

***—Nick***

Dear Nick:

Take a look inside a bug and you'll find one brain in its head and other little brains called "ganglia" along its whole body. These tiny control centers help insects see, taste, and smell. They also help them quickly escape threats, like other bugs.

"If you had little brains everywhere else, you would also be much quicker," says bug expert Laura Lavine. Her office at Washington State University is full of insects, including ones you can eat.

Many insect brains are smaller than the period at the end of this sentence. Even though they're tiny, having several brains allows insects to make decisions much faster than if they had only one. Insects can also live without their head for a few days, skittering around with just the little brains along their backs.

Some bees can remember shapes or help sniff out bombs using their brains, says Lavine. Jumping spiders have vision as strong as humans, so some scientists use the spider's sight control center to learn about people's eyes.

As the brain receives messages, an insect's heart is pumping blood. Usually the blood is green and it flows through a tiny tube that runs along the insect's body. It's actually located pretty close to the brains. Insect blood can be toxic. Sometimes they will let a little blood ooze out of themselves when they think they are in trouble.




ILLUSTRATIONS DAVID HUYCK



"It warns the attacker that they are dangerous," Lavine says. "Then they escape."

She explained how insects are in a family called arthropods. Arthropods wear their skeletons on the outside of their bodies and include insects, crabs, scorpions, and spiders. They all have hearts and brains wired in similar ways.

Right now, your heart is pumping red blood and sending oxygen to your body. Interestingly, if you covered an insect's mouth it would still be able to breathe. That's because insects breathe through lots of little holes in their bodies.

But they still need hearts. Just like other creatures, the heart pumps the blood that sends nutrients to the muscles and brains. It also keeps organs and tissues healthy, so insects can stay strong.

Before I left Lavine's office with an answer to your question, she offered me a taste of toasted cricket. Insects are a good source of protein and many people around the world use them in their cooking. At first I wasn't so sure about it, but it was actually pretty tasty, hearts, brains, and all.

Sincerely,
Dr. Universe

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Washington State University's health sciences campus in Spokane is growing to meet the demand for more healthcare professionals. In addition to its healthy programs in nursing, pharmacy, speech and hearing sciences and more, WSU also is working to establish a community-based medical school in Spokane to educate more physicians for Washington state where there are not enough doctors.

For students more interested in research, WSU is a major research university with the health sciences faculty in Spokane studying sleep neuroscience, sleep and performance, genetics, cancer, cancer and aging, kidney disease, diabetes, drug addictions, neuropharmacology, exercise physiology and more.

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## *The West in the words of Washington Irving*

"The broad and beautiful Columbia lay before them, smooth and unruffled as a mirror … .

"About thirty miles above Point Vancouver the mountains again approach on both sides of the river, which is bordered by stupendous precipices, covered with the fir and the white cedar, and enlivened occasionally by beautiful cascades leaping from a great height, and sending up wreaths of vapor." —*Astoria*

(Photo of the Astoria-Megler Bridge crossing into Washington state.)

QUINCY JEFFERSON



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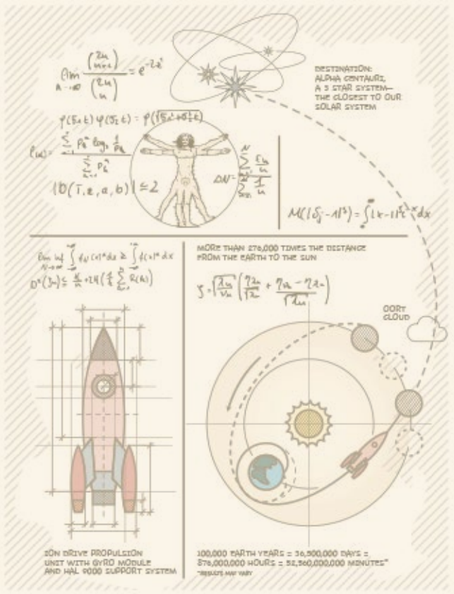
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