Response

Battlefield to classroom: Tom Cooper’s return

A veteran recalls post-World War II life at Seattle Pacific College

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Campus life during these COVID times

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Release the Kraken
Light and grace in a gray world
BY SHELLY NGO

I RECENTLY REWATCHED one of my favorite movies, The Shawshank Redemption. My daughter was assigned the film for a humanities class, so I was happy to make popcorn and participate in her homework assignment.

In the 1994 movie, Andy Dufresne is wrongfully convicted of murder, and his wife and her lover and is serving to two life sentences at the Shawshank State Prison. The film depicts the brutal conditions of the prison — the beatings and assaults, solitary confinement, corrupt guards. There is a pervasive feeling of hopelessness until one day, Andy defies the guards by locking himself in the warden’s office and plays Mozart’s opera The Marriage of Figaro. The film concludes with Andy’s daughter Bethany Dearborn Hiser talking to us about her new book, Dearborn Hiser offers help to those who help others.

Every time I watch Shawshank, I think of my former colleague Tim Dearborn, who taught at SPU and was also dean of the chapel. Tim spoke of the opera scene in the movie, reminding us that Christians have the ability to be God’s light, beauty, and grace in a gray world. We offer a story of hope that can make a caged bird feel free.

When photographer Eugene Lee took photos of Michaela for this issue, she was baking luscious cakes — cardamom with mulled wine jam one week; a layered tiramisu with mascarpone frosting on another. She posts them to Instagram where the cakes are auctioned to benefit racial justice organizations.

I have no idea to this day what those two Italian ladies were singing about. Truth is, I don’t want to know. Some things are best left unaddressed. I’d like to think they were singing about something so beautiful it can’t be expressed in words and makes your heart ache because of its beauty. I tell you those voices soared higher and farther than anybody in our drab little cage and made those walls dissolve away. And for the briefest of moments, every last man at Shawshank felt free.

For a second year, the pandemic has altered SPU’s graduation celebrations in June. It is deeply disappointing to us all, but I am sure pastors, counselors, social workers, and others have been particularly depleted. A weekly cake auction raises funds for its first NHL team. SPU students share snapshots of campus life.

56. The Final Word

4. Farewell to the President: After nine years leading SPU, President Martin left the University in April
5. 100 years: The School of Education celebrates its centennial anniversary
6. Opening education’s school doors: Noppon Nopakud’s journey to open the School of Education in the West
9. Long distance relationship: A National Geographic Grooveker Fellow takes his students to the Red Sea
12. Expanding the field: Maritzua Fellow Shane Nicholson brings a different background and experience to the classroom
SPU students belong to dozens of campus organizations and clubs, but only one is celebrating its 85th anniversary this year. Created in the 1935–36 school year, this one (pictured here) is the oldest one on campus: What is this club? Email your answer and any memories you have of this club to response@spu.edu by Aug. 30, 2021. Provide us with the correct answer, and we’ll enter your name into a drawing to win an SPU sweatshirt.

ARTIFACTS?
If you have Seattle Pacific artifacts, keepsakes, photos, or documents that you would like to contribute to the University Archives, or if you have questions about SPU history, contact Adrienne Thun Meier, archivist, at 206-281-2422 or adrienne.meier@spu.edu.

LAST ISSUE’S ANSWERS
In the Fall/Winter issue of Response, we asked about residence hall traditions. Here are the correct answers:

Which residence hall started hosting Decade Skate in 1989, originally called ‘70s Skate Night, where students dressed up in fashions of the ‘70s and went roller skating at a local rink, with awards given for best costumes? Hill Hall started this tradition, which later added floor skis to the roller skating.

The annual Toilet Bowl contest was held between which two residence halls from 1995 to 2001? This once-a-year basketball game (sometimes held on ice) required the living residence hall to display a toilet in their hall lobby until the next year’s competition. Marston and Moyer halls hosted the Toilet Bowl contest for six years.

The Ashton Cup was first mentioned in the 1976 commencement program as a competition between different floors of each residence hall. The winners displayed the Ashton Cup in their hall lobby until the next year’s competition. Marston and Moyer halls were the correct answers to our Fall/Winter issue quiz questions. Wetzel was a residential life coordinator for Ashton Hall for five years.

The June 1977 Response described it this way: “A ceremony paralleling the flipping of the tassle (sic) … Seattle Pacific College officially became Seattle Pacific University through the formal changing of the institution’s seal and colors and the singing of the new alma mater. About 50 percent of the senior class, however, reluctant to switch their allegiance from the tried and true, chose to have their diplomas show that they are SPC graduates.”

The seniors that year had the choice of a diploma that read “Seattle Pacific College” or “Seattle Pacific University.”

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Farewell to President Martin

In March, President Daniel J. Martin announced he accepted a new role as division vice president of development for St. Luke’s Foundation in Houston, Texas. He was the University’s 10th president in 121 years when he joined SPU in 2012.

President Martin is known as a strategic planner, a seasoned fundraiser, and “the students’ president,” famous for remembering students by name and for his regular presence at hundreds of student events and athletic competitions each year.

Recalling the tragic campus shooting in 2014, President Martin continues to pray for those impacted by that unimaginable event. “During those days, our community came together and leaned into our faith in Christ in remarkable, supportive ways — even in the face of grief and trauma.”

President Martin’s care for the SPU community extended to the greater Seattle community as well, as evidenced in 2015, when President Martin launched the Committee on Homelessness to keep one of Seattle’s most pressing issues in front of SPU. The University welcomed Tent City 3 — a portable, self-managed community of people experiencing homelessness — to campus in 2012, 2015, and again in 2017.

The University marked several fundraising milestones under President Martin’s leadership. SPU’s endowment grew from $42 million in 2012 to nearly $137 million by the end of 2020. SPU’s fundraising, including pledges and bequests, exceeded $27 million in 2019 alone.

President Martin oversaw construction of a new residence hall, a state-of-the-art health sciences building, and a music performance and rehearsal studio. And President Martin led a 68 million fundraising effort to restore and retrofit the University’s oldest building, Alexander Hall. (He also championed renaming the building Alexander and Adelaide Hall, to reflect the contributions of the first president’s wife, Adelaide Beers.)

In his nine years of leadership, President Martin celebrated the University’s 125th anniversary, and he initiated and led multiple strategic planning processes to maintain excellence at SPU as well as to position the University for the future. Seattle Pacific has been ranked a “Best National University” by U.S. News & World Report for the past five years.

Most recently, the president launched a bold initiative to reduce undergraduate tuition by 25%, offered new scholarship initiatives, and capped future tuition increases.

President Martin cultivated a strong leadership team and added a new vice president for inclusive excellence to lead the University’s diversity efforts. Throughout the course of the global pandemic, he and his Senior Leadership Council have skillfully guided SPU through the range of COVID-19 related challenges, and his work to develop his leadership team leaves the University in a strong position to move forward at this time.

“I have great confidence in our faculty, staff, and Senior Leadership Council, and I continue to believe SPU’s best days are ahead.” — President Daniel J. Martin

For 100 years, the School of Education has been an integral part of Seattle Pacific’s vision to prepare future educators to serve others throughout the region and around the world. From its humble beginnings in 1921, Seattle Pacific’s teacher training program quickly gained accreditation and became known for the quality of its educators.

This year, we celebrate the school’s centennial year with a look at significant milestones and some of the people who are carrying forward the School of Education’s legacy.
Opening education’s school doors

BY KARI COSTANZA

Growing up, the dean of SPU’s School of Education wanted to be anything but a teacher. “I thought that I didn’t want to be a teacher,” said Nyaradzo Mvududu, dressed comfortably in a maroon sweatshirt and workout pants, relaxing for a moment on the couch in her Peterson Hall office. As a student in Zimbabwe, Mvududu had steered away from becoming an educator. “When you are in your last two years in high school in Zimbabwe, you almost declare your major,” she said. “I did physics, chemistry, and math. And French — in case I met a French man.”

Her smile turns into a laugh. It was a busy morning for Mvududu, who serves as the dean of SPU’s School of Education with its 27-member faculty and 15 staff, 68 undergraduates, and 355 graduate students. Mvududu also teaches statistics virtually due to COVID-19, chairs dissertation committees, and, on this particular morning, was filling in as caregiver for her 6-year-old grandson, Quincy, whose babysitter had an unexpected doctor’s appointment.

None of it appeared to faze her. Her secret: blasting the music of her favorite Zimbabwean a cappella gospel group, Shower Power, on the drive to campus. “I love their messages. There is a song I can find for whatever. Music is my thin place,” she said, referencing where the liminal space separating heaven and earth grows thin.

GROWING UP IN AFRICA

Born in Gwanda, a small town in southern Zimbabwe, Mvududu grew up in a family of educators. Her father was a teacher and an administrator. Her mother was an elementary school teacher. “She just loved it. She assumed everybody else loved it, too,” Mvududu said. “She would always volunteer me to work with the second graders, except it wasn’t my thing.”

Until Mvududu’s last three years of high school, schools in Zimbabwe were racially segregated. Black schools had three times as many students in the classroom as their white counterparts. White schools were well funded. Mvududu remembers what that looked like for Black students. “The kids were preparing to write their O Level exams [in chemistry],” she said. O Levels are national standardized exams taken at the end of one’s secondary education. “They had never seen a test tube. Students should not fail because they didn’t have the same opportunities.”

Her father was able to put his children into private boarding schools because he’d won a lottery drawing in Zimbabwe. “I don’t have cows to leave you,” Mvududu’s father told his kids. “Education is your inheritance.”

“From a very early age, we knew that education would open doors,” Mvududu said. After earning a bachelor’s degree in business studies at the University of Zimbabwe, Mvududu took an accounting job, thinking she’d earn more than a teacher. She found the job boring but on Thursdays, she taught a statistics class to adults — businesspeople working on their diplomas. “My husband said, ‘You know, Thursday is the only day you don’t want to bite my head off when I ask about your day,’” she laughed. Teaching kids might not have been her thing, but instructing adults was rewarding.

She applied to MBA programs in South Africa and Europe, not because she had a clear plan of what she wanted to do, but because it seemed like the natural next step after an undergrad degree in business. Wherever she was accepted, the funding always fell through. She was about to give up when a friend recommended the University of Washington, where she was eventually accepted.

Mvududu moved to Seattle in 1993 with her little boy, Fungai, leaving her husband, Jonathan, behind until he could join her. (Jonathan is Zimbabwean, not French.) After she completed her MBA, she decided to learn more about education so she could teach in a school of business. “Once I started taking education courses [at SPU], I knew I was home,” she said.

“I use humor. I use music. We sing. Shower Power, on the drive to campus. ‘I use humor. I use music. We sing. Shower Power, on the drive to campus. ’” That’s when she announced she would move to Seattle.

“Students should not fail because they didn’t have the same opportunities.”

A TEACHER IS BORN

Mvududu found SPU remarkable in every way. “The professors were part of it, but it was the whole environment. People would meet me [on campus] and say, ‘I hear you are doing really well in your classes. It’s one of the things we pride ourselves in at SPU’ — knowing our students.” In 2002, Mvududu received her doctorate in education.

One day the dean called and asked if she could teach a statistics course. “People don’t look forward to taking that course,” she said. “When you teach a subject that people don’t want to be there for, you have to think of different ways of teaching so you can reach them.” “I use humor. I use music. We sing. Shower Power, on the drive to campus. ’”

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MILESTONES

Journey with us from the past to the present, touching on the milestones of Seattle Pacific’s School of Education.

BY ADRIENNE THUN MEIER

1921

Seattle Pacific’s Normal School, as the teacher training college was called then, is first organized and directed by Candis Nelson, who teaches the school for the next 19 years.

1923

The Normal Department receives formal authorization from the Washington State Board of Education.

1930

Seattle Pacific’s Normal School is accredited by the State Department of Education. It graduates 26 teachers in the Class of 1930.

1931

The Washington State Board of Education authorizes Seattle Pacific College to award “bachelor of science” degrees, which requires 27 months of course work and one year of supervised teaching. The State Board changes the degree requirements from a two-year program to a three-year program.
A long-distance relationship: A National Geographic Grosvenor Fellow takes her students to the Arctic

BY ANY QUIT

“In the spring of 2019, second-grade teacher Jennie Warmouth sat on the floor with her Spruce Elementary School students, each proudly wearing a polar bear hat. Hands waved in the air as the students peppered her with questions.

“Will you sleep in an igloo?” “Where is the Arctic?” “Will you freeze in the water if you fall in?” “Are there lots of polar bears?”

Warmouth was soon to leave for the Svalbard Islands in the Arctic as a National Geographic Grosvenor Fellow. Her schoolkids in Lynnwood, Washington, would follow along through a website Warmouth created. She reassured them she’d be safe on the ship, and would send pictures and answer the questions students emailed to her. She hoped to connect the kids to a remote and fragile part of the world — and, as an empathy researcher who studies the motivations and thoughts behind behavior, she also hoped her students would feel a heart connection to the Arctic animals, the environment, and the greater world they belong to.

Warmouth spent 11 days on the ship. “I hadn’t felt this kind of wonder since I was a child myself,” she said. “The ecosystem was so barren, so pristine, so bright light. I felt tiny in such a vast place, but privileged and indebted at the same time to protect it.”

She hardly slept, spending her days scanning for wildlife and uploading photos to the trip website for the kids to see. Once the children felt satisfied their teacher was safe, they began to ask about the animals, the sea creatures, the snow, the landscape. They sent Warmouth hundreds of questions, becoming experts on a distant place they’d previously never heard of.

“I had to pull the students back a little, and have them appreciate what had been a long journey for us,” Warmouth said. “I wanted them to feel satisfied. I think they did.”

To Warmouth, the students showed a curiosity and a desire to learn. “There was so much enthusiasm and excitement from the kids,” she said. “I hope it’s something they take with them as they move forward in their lives.”
When Warmouth returned to school, a new fall class of students awaited. “These kids had also heard of her trip, and they wanted their curiosity to guide the discussion,” Warmouth said. “On the ship, we performed a plankton tow to see if the Arctic waters contained microplastic [tiny plastic fragments that are in the environment and oceans],” Warmouth said. “Instead, we examined large macro-plastic all over the shoreline. I presented this new group of students with a mystery — how did plastic trash wind up in a place where no people live?”

When she showed the students a photo of a gloved hand holding pieces of garbage, the students immediately related to the most familiar image in the photograph: a plastic ice cream spoon. It reminded them of the spoons that came in their school lunch and lunch trays at school. Their curiosity led to studies about ocean currents and the impact of plastics on the Arctic animals.

Warmouth wrote her doctoral dissertation on the interactions between animals and children and the empathetic response those relationships generate. She also published a recent Journal of Ecotourism article about how encounters with wildlife, or “environmental epiphanies,” produce empathy in adults, which can lead to conservation behaviors. Just like the adults in her research, Warmouth’s schoolkids began to experience empathy for the polar bears and grew uneasy about their own part in endangering them.

“It’s important not to create empathetic stress for kids,” Warmouth said, “overwhelming them with issues they can’t do anything about.” Instead, she guided the students to discuss issues of what they might do about the use of plastic spoons at school — 72,000 per year, the kids-discovered.

They reflected on how they often threw away the spoons without even using them. The kids mobilized. They nurtured their courage and presented their findings to the school administrators, who agreed to switch to metal silverware but asked the students to solve the problem of the spoons throwing away metal implements. The Silverware Patrol was born.

Warmouth bought green vests and mag-netic wands to retrieve discarded silverware. Seventy students applied to become officers stationed at the cafeteria garbage cans, and Warmouth’s second graders reviewed the piled application essays. Students began educating each other about plastic waste and the impact on the environment. The kids acquired time and convenience, faced fears about exercising authority over peers, and discovered new talents and strengths. Through Warmouth’s dedication to student-generated learning, a new crop of kids experienced empathy and turned it into advocacy.

In the fall of 2020, Warmouth welcomed a new class of second graders, this time in a virtual school format because of the pandemic. Those kids were further removed from her Arctic journey but were still intrigued by polar bears. The kids mobilized. They mustered their courage and presented their findings to the students. Seventy students applied to become officers stationed at the cafeteria garbage cans, and Warmouth’s second graders reviewed the piled application essays. Students began educating each other about plastic waste and the impact on the environment. The kids acquired time and convenience, faced fears about exercising authority over peers, and discovered new talents and strengths. Through Warmouth’s dedication to student-generated learning, a new crop of kids experienced empathy and turned it into advocacy.

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The kids designed an educational bear toy — natural fiber pellets containing seeds and berries — that the baby bears learn to scratch open. When the students finish building and delivering the pilikias, PAWS will provide the class with videos of the young bears learning to open the pilikas for food. This year, Warmouth’s students wear brown bear hats.

Keeping students engaged has been a challenge during the pandemic. Warmouth credits the students’ “brown bear” fascination. She approached Seattle’s Brown Bear Car Wash in Seattle and asked if the company would donate money to PAWS for the bear cubs, funds students could “unlock” by reading books. In two days, Sunrise Elementary students read 2,615 books and raised $2,000 for their three local bears.

In addition to teaching second grade, Warmouth is an adjunct professor at SPU, teaching a course for educators on teaching strategies. She’s an advocate for project-based learning and guiding students in real-world issues of importance to them.

“I believe in writing with a purpose and writing anchored in truth,” Warmouth said. “Some of the kids have suffered neglect and abuse. They could empathize with a dog or cat who showed behavior problems. The kids felt good about advocating for those animals. We want to give students a voice about what’s important to them and provide a pathway to action, not simply talk about abstract concepts,” Warmouth said.

Though she’s passionate herself about the natural world, she wants kids to discover what they’re passionate about. “They may never travel to the Arctic as I did, but how can we help them get in touch with what matters to them?” she wonders.

“‘It’s important not to create empathetic stress for kids, overwhelming them with issues they can’t do anything about.’”
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Warmouth serves as a board member at the Progressive Animal Welfare Society (PAWS) in Lynnwood, close to her school, so she took the kids to the center to learn about three brown bear cubs who’d recently lost their mothers. Again, she engaged the students’ empathy. “What lessons do baby bears normally learn from their moms? Could the students fulfill the role of mother bear, designing something that would help the cubs learn the lessons they need to return to the wild?”

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Expanding the field

BY HOPE EVANS

Martinez Fellow Shanae Nicholson brings a different background and experience to the classroom

In this time of distance learning, Shanae Nicholson believes the ability to offer encouragement should top the list of necessary skills for teachers. And encouragement is something teachers, as well as students, need right now. Nicholson would know. She’s both a teacher and a student.

Nicholson is a Martinez Fellow and a Seattle Pacific graduate student in the School of Education who says the Fellows program and SPU’s support culture keep her going and inspire her to be a better teacher.

“SPU has been very supportive, receptive, and engaged,” Nicholson said. “I’m so glad the Accelerated Master of Arts in Teaching program is a good fit [for me].” The Martinez Foundation, founded by Martinez and his wife, HOLLY BEELER MARTINEZ ’91, established their Fellows Program in 2008 to support educators from diverse backgrounds with scholarships and mentorships in their early professional years. Historically, educators have been white.

“Being a Fellow is really cool because it’s taking people from everywhere, not just one district or one type of school, or just one grade, but everywhere,” she said. “I can apply what I’m learning in class [at SPU] to what we’re discussing in our Fellows seminars.”

Nicholson, a first-generation college student, empathizes with her first grade teacher — the second-most diverse district in Washington state.

“As a teacher of color, I get to see both sides. I see myself when I was a kid and I remember how I viewed school,” Nicholson said. She now wants to be the person who helps students view school as valuable and important. “It’s always nice when I can walk into a classroom and kids are just excited about school.”

Whether or not the excitement is natural or swayed by Nicholson’s fun-loving and creative methods, she wants to inspire and motivate students to achieve their academic and career goals. For students who come from underrepresented populations, she said, sometimes school is not fun, or easy, or even something that they are interested in. When she can get students motivated about school, she feels she has done her job for the day.

“Going to school wasn’t easy for me growing up, but I still was able to do it,” Nicholson said. “I am proof of that.”

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— SHANAE NICHOLSON

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### ABOUT THE MARTINEZ FELLOWSHIP

The Martinez Fellows program partners with 11 select colleges and universities across the state for secondary STEM educators. In 2013, Bill and Sabra Reichardt — both passionate advocates for social justice — were inspired by a Response article to help launch the Martinez Fellows Scholarships at SPU’s campus. Before she passed away in 2015, Sabra was a teacher in Granite City Schools for many years. Bill and a small group of SPU donors continue to faithfully support these important scholarships. You can donate to SPU’s Martinez Fellows program on our Giving Page at give.spu.edu/give-to-soe and select Martinez Fellow in the designation drop down menu.

“For a lot of these students, I am their first Black, female teacher, and I might be their only [one]. I bring a lot of culture, and a different background and experiences,” she said. “I can relate to the students in different ways that maybe my peer teachers and colleagues cannot.”

Jill Heiney-Smith, assistant professor of teacher education and director of graduate teacher education at SPU, knows the value of the University’s partnership with the Martinez Fellowship.

“SPU has prioritized the recruitment and support of BIPOC [Black, Indigenous, and People-of-Color] teacher candidates, and the Martinez Fellowship is a critical partner in our efforts,” said Heiney-Smith. “We have been able to grow the number of Fellows sponsored by SPU each year. The Fellows directly benefit from the programming and mentorship provided in their early careers, but the whole School of Education benefits, as well, through access to the thought leadership, community engagement, and professional development provided to University partners.”

According to Heiney-Smith, maintaining this partnership is one of the most satisfying and impactful aspects of her work as a teacher educator.

When Nicholson was accepted into SPU’s education program, professors like Heiney-Smith were just as excited as she was and encouraged her to apply for the Martinez Fellowship.

“They made me feel like I could do anything. This is exactly the type of educator I want to be. This is exactly how I want my students to feel,” said Nicholson. Although admittedly anxious about getting rid of some of the practices she may have allowed during distance learning — permitting students extensive time for show-and-tell and to connect with one another — Nicholson is eager to apply what she’s learned over the course of teaching remotely. She works to assume the best of her students in different situations.

The combination of her time in the Fellows program, she said, along with SPU’s School of Education’s involving culture and expertise, has made her experience as a teacher and student gratifying.
Junior Johnny Abraham interned at the Benaroya Research Institute to study autoimmune diseases.

IN JOHNNY ABRAHAM’S home country of Italy, a steady stream of Italian youth bid farewell to their families to seek out education and employment elsewhere. “We call it the ‘brain drain,’” he said of the students who travel abroad for higher education.

In Europe, 16% of young adults are not in college or employed. In Italy, that number is 28%. Even for those who do attend universities, jobs are scarce in Italy, which has the third-highest unemployment rate in the European Union. It’s a reality that makes the 21-year-old college junior grateful to study at SPU, where he is majoring in physiology and minoring in chemistry.

Abraham is also the president of SPU’s African Students Association. “My mom is Italian. Dad is from Eritrea,” he explained. His father was one of the first wave of immigrants to leave Eritrea for Italy, the country that had colonized the small country in the sub-Saharan region of Africa in the late 1800s.

“One of the reasons why I would like to enter the medical field is because I visited Eritrea when I was 10,” Abraham said. “I witnessed the conditions in one of the countries that shapes my identity. I was privileged to grow up in Italy and grateful for everything my parents did [to raise me there]. But I am also concerned with the poor living conditions in Eritrea. I feel a sense of commitment to give back.”

Abraham intends to pursue an MD-PhD program, focusing on disparities in health care in specific communities.

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In Europe, 16% of young adults are not in college or employed. In Italy, that number is 28%. Even for those who do attend universities, jobs are scarce in Italy, which has the third-highest unemployment rate in the European Union. It’s a reality that makes the 21-year-old college junior grateful to study at SPU, where he is majoring in physiology and minoring in chemistry.

Abraham is also the president of SPU’s African Students Association. “My mom is Italian. Dad is from Eritrea,” he explained. His father was one of the first wave of immigrants to leave Eritrea for Italy, the country that had colonized the small country in the sub-Saharan region of Africa in the late 1800s.

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New dean of theology and seminary

BY HOPE MCPHERSON

THE SCHOOL OF THEOLOGY and Seattle Pacific Seminary welcome the Rev. Dr. Brian Lugioyo as its new dean on July 1. Dean Douglas Delgado, who taught a cell biology lab required for all students pursuing a bachelor of science degree in biology, will become the Paul T. Walls Professor of Scripture and Wesleyan Studies.

Prior to APU, Lugioyo was at Michigan’s Spring Arbor University. He was a professor of theology and ethics at the seminary and the Kern Scholars director. He taught theological anthropology, liturgical theology, 16th century theology, and focused his research on neuroscience and Christian anthropology, the role of liturgy and ethics, and the life of Protestant reformer Martin Bucer.

Lugioyo joins Seattle Pacific from Azusa Pacific University, where he was a professor of theology and ethics at the seminary and the Kern Scholars director. He taught theological anthropology, liturgical theology, 16th century theology, and focused his research on neuroscience and Christian anthropology, the role of liturgy and ethics, and the life of Protestant reformer Martin Bucer.

Lugioyo brings to Seattle Pacific a deep commitment to the Christian movement. I look forward to his energy and creativity on neuroscience and Christian anthropology, the role of liturgy and ethics, and the life of Protestant reformer Martin Bucer.

Theology's history.”

WHEN THE COVID-19 pandemic abruptly shut down in-person classes in the spring of 2020, professors scrambled to come up with new ways to effectively teach courses online in what was termed “pandemic pedagogy.” It was an even greater challenge for Associate Professor of Biology Tracie Delgado, who taught a cell biology lab required for all students pursuing a bachelor of science degree in biology, physiology, or cellular and molecular biology. In the 10-week course, students traditionally learned about cell structure and organization using light, florescence, and electron microscopy. The hands-on weekly labs taught students about tissue culture methods and cell signaling using western blot analysis.

Now, Delgado needed to create her own labs and come up with virtual lab protocols to teach cellular and molecular biology techniques remotely. She extensively researched online options and ended up employing an array of virtual teaching tools. Students learned to use DNA sequencing, chromatograph software and flow cytometry imaging software. Delgado created a lab worksheet to teach students how to calculate live and dead cell numbers using a hemocytometer and how to perform calculations to determine how to seed cells for experiments.

Delgado and her senior undergraduate teaching assistants, Shun-Je Bharat and Joshua Donahue, used Zoom, Canvas, and Labster to conduct eight synchronous virtual lab experiences for SPU’s cell biology students.

An accountant of Delgado’s pioneering work, “Pandemic Teaching: Creating and Teaching Cell Biology Labs Online During COVID-19,” was recently published in the journal Biochemistry and Molecular Biology Education.

WHAT IS ART? AND WHAT

Mark Walhout, professor of English and department chair, explores the issues of religion and nationalism and American power in the Middle East in his latest book, Arab Intellectuals and American Power: Edward Said, Charles Malik, and the U.S. in the Middle East. Walhout examines American influence in the Middle East by delving into the contrasting lives of diplomat and Lebanese philosopher Charles Malik, and his Palestinian American nephew, Edward Said, one of the most famous public intellectuals of the last century.

Christian churches have long decried the declining numbers of young adults who participate in religious practices in America. The Rev. Katherine M. Douglass, assistant professor of educational ministry and practical theology, takes a closer look into the faith lives of 30 young adults, describing how the arts facilitate a connection with others, an expression of their identity, and an openness to encounters with God in her latest book, Creative in the Image of God: An Aesthetic Practical Theology of Young Adult Faith.
During his second year there, he was approached about the possibility of continuing his studies — and his hoops career — in the United States. El Mardi enthusiastically embraced the idea and moved to Trevecca Nazarene University in Nashville, Tennessee. He红灯ed during the 2016–17 season, then started all 28 games in 2017–18.

A coaching change caused several TNU players, including El Mardi, to not play in 2018–19. He put that time to optimal use, completing two bachelor's degrees in business administration and computer science/information technology.

El Mardi wasn't done studying — or playing basketball. He put his name into the NCAA transfer portal.

“When I looked at the basketball team (at SPU), I said, ‘Whoa, this is a great program. Let’s look at the academic program.’” El Mardi recalled. SPU offered a master’s degree in data analytics, and El Mardi was certain the University was suited for him. Basketball transcends geographical boundaries, and the University can talk about the game in five different languages.

“Since I was a baby, I’ve been speaking French, Arabic, and Spanish,” he said. “Our dialect back home is kind of a mixture of the three. Then I learned Dutch because I used to spend a lot of summers in Belgium and Holland, where I have family. English was the last one I learned.” (English was the easiest language for him; while he considers French the toughest.)

El Mardi isn’t done studying and he isn’t done playing. For the past two winters, he has put his talents to work for the Seattle Pacific Falcons while pursuing his master’s degree in data analytics. El Mardi was on the U-18 national team that played in the 2012 African championships.

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“I told you, this is a dream, coming and playing basketball,” he said of helping the analytics.

“I’m definitely glad I had the conversation if it wasn’t for basketball. But El Mardi’s heart belonged to basketball — and he excelled at that, too. In addition to playing for two of Morocco’s top club teams, he also was on the U-18 national team that played in the 2012 African championships. The group included Eckerd College of Florida, and Rockhurst University of Missouri, two of the 10 schools to receive the award each year is a reflection of the character, persistence, and drive of the young women and men who are our program,” Stava said. “I am so proud to yet again receive this award as a department.”

SPU is one of six schools in the 94th percentile. The group includes Eckerd College of Florida, and Rockhurst University of Missouri, two of the 10 schools to receive the award each year. Stava made clear that an award of this stature is the result of efforts across the entire Seattle Pacific campus.

“I would like to thank the world-class faculty here at Seattle Pacific, as well as the support of our students and coaches,” she said. “Similarly, I am so proud and excited about their continued success.”

Stava’s relationship with the SPU athletics department is the result of efforts across the entire Seattle Pacific campus.

I would like to thank the world-class faculty here at Seattle Pacific, as well as the support of our students and coaches,” she said. “Similarly, I am so proud and excited about their continued success.”
“For us — these happy, sunlit days;
For them — white crosses in a row;
And, wondering, we humble grow.
Upon our hearts we’ve burned the names
Of ten who paid the price of Peace.
And honoring them, recall the cross
Where Jesus bade our conflict cease.”

— Roy Swanstrom ’48
Ex-Captain, Army Air Corps from the 1946 Cascade yearbook
lifetime has passed since Tom Cooper ’50 first stepped onto the quiet Seattle Pacific College campus in the fall of 1946. Yet he still remembers what it was like to leave behind remote Pacific island battlefields and return home.

Fortunately, he wasn’t alone. Dozens of fellow World War II veterans showed up with him at SPC that year. Many had experienced the nightmare of global conflict and were eager to exchange their memories of war for new lives in the classrooms and in the communities they left behind.

BROOKLYN BOY

Unlike his classmates from the Pacific Northwest, Cooper grew up in Brooklyn, New York, during the tumultuous 1920s and 30s, where his family attended a small Free Methodist church. It was a small church, but Free Methodist missionaries coming and going from their fields of service got to know this church well. War would soon test Cooper’s family, however, and quickly overshadowed those pleasant childhood memories. Cooper’s father, originally from Canada, served in the British navy during World War I. And Cooper’s brother, Bob, a member of the Army Air Force, was at Pearl Harbor when it was bombed on Dec. 7, 1941.

“We didn’t hear from Bob for a while,” said Cooper, “so our family was anxious and involved in the war from the outset.”

For Cooper, that meant joining his father at the nearby Bethlehem Steel Shipyard as soon as high school let out for the summer. The first ship he worked on came in with a gaping torpedo hole in its hull. And crew members of damaged ships often joined the family at the Cooper dinner table.

When school resumed in the fall, Cooper kept working at the shipyard. He knew he was going to join the military as soon as he turned 18. The day after Christmas in 1942, he signed up for the newly formed Naval Construction program.

He had no idea how dramatically his life would change.

IN THE NAVY NOW

After making his way through boot camp at Camp Peary in Virginia, Cooper was assigned to a Naval Construction Battalion — better known as the Seabees — which was in turn attached to a Marine division. He soon shipped to Camp Lejeune in North Carolina, where he learned his brother was killed in a plane crash on a mission near Australia. After a short furlough to be with his grieving parents, Cooper completed training at Camp Pendleton, California, as a member of the newly formed 4th Marine Division.

Before long, Cooper and his unit of beach engineers were island-hopping westward through the Central Pacific, from conflict to conflict. His division landed early in each invasion to help control supplies and logistics for soldiers who followed. They were on Boi and Namur islands in the Marshalls. Then it was a brief rest in Hawaii before they returned for the next encounter on Saipan and Tinian in the Marianas.

On Tinian, Cooper’s outfit used local materials to finish four 8,400-foot runways, used by Seattle-built B-29 aircraft on their way to strategic bombing raids over Japan.

As the war approached its end, Cooper and his unit learned they would soon be heading back to Okinawa, which would serve as a staging area for the final push — a massive invasion of the rest of Japan.

“We didn’t have the total details, just rumors,” he said. “Then it came out that Operation Downfall was going to be March 1946. It would have been the biggest force ever put together.”

Cooper, who already lived through three island invasions, knew firsthand the tremendous casualties that could result from such a massive operation, but the invasion never happened. Instead, the first atomic bombs were dropped on Hiroshima and Nagasaki, and Japan surrendered on Sept. 2, 1945.

Decades later, Cooper still wonders what might have been or how a different path could have changed the course of his life.

“My outfit was slated to do an amphibious landing at Tokyo,” he said. “We were to keep the beach open. And I think of the ‘what ifs.’ It could have changed a lot of things. I know my life could have had a lot of different endings. I bet SPC would have been affected as well.”
DALE PARKER: A QUALITY START AND FINISH

DALE PARKER ’51 dreamed of being a New York Yankee. He played baseball in boot camp before joining the Navy Army Guard during World War II. But when the war ended, he turned down a professional offer to attend Seattle Pacific College instead. Nobody in the Parker family had ever had a college education, so Parker enrolled at SPC during World War II. But when the war ended, he promptly enrolled in his old high school back in New York. He still had a diploma to earn. Even in his earlier days with the Marines, Cooper sensed his life path would eventually turn back through the classroom.

“I was at Camp Pendleton in California, and they listed all the names of these fellows to report down to the mess hall to take an officer’s candidate school exam. My name wasn’t on the list because I didn’t graduate from high school,” Cooper said. “I think that was the first time it really hit me that I’d made a mistake.”

It was thankfully something he could fix. High school diploma finally in hand, Cooper was ready by the fall of ’46 to join the other veterans lined up for the first day of classes in Seattle. Enrollment jumped from 397 students in September 1945 to 660 the following year. Where women outnumbered men at SPC in 1945 — 230 females to 167 males — the gender ratios changed to 575 males to 209 females in 1946. Many of those men deployed in action theaters of their war: Dick Shinto arrived at SPC from the famed 442nd Regiment of the Army — a regiment composed almost entirely of Japanese American soldiers. Bill Woodward flew “over the hump” in the 82nd Airborne Division. Wayne Johnson served in Okinawa waiting for the invasion; and John Burbank served in the Naval Armed Guard.

All of them were ready for their new lives, although not “fully housebroken” at the time. Strict rules, like no smoking, were tested.

“When you’re trained in the Marine Corps, everything they tell you is that your aims and the other guy’s aims are not the same,” Cooper explained. “You’re out there for different reasons. When you take on that attitude for three years, you don’t dismiss it easily.”

What’s more, he said, many of the veterans were not “fully housebroken” at the time. Strict rules, like no smoking, were tested.

Cooper recalled that in the service, cigarettes came free in rations and were only five cents a pack to buy.

COMING HOME

Fortunately for SPC, many of the young veterans landed on its campus instead. Bill Woodward, SPC’s historian and professor emeritus of history, said students of this veteran generation were older and more mature. “The world abroad was not as foreign to them as it would have been to a previous generation, because they had seen the world,” Woodward said. “They had seen the South Pacific. They had seen France. They had seen Japan. Even those who were not veterans shared a culture of urgency, focus, maturity, and a global vision.”

Cooper wasted no time pursuing his dreams — but first he had to play several months of academic catch-up. The week after he was honorably discharged from the Navy, he promptly enrolled in his old high school back in New York. He still had a diploma to earn. Even in his earlier days with the Marines, Cooper sensed his life path would eventually turn back through the classroom.

“After graduation, Parker served as the athletic director for a Christian university in the Washington Baseball Coaches Hall of Fame. Baseball was never far from his mind — but he always knew where to give credit. “I’m thankful to the good Lord, every step of the way,” he said.

ENROLLMENT JUMPED FROM 397 STUDENTS IN SEPTEMBER 1945 TO 660 THE FOLLOWING YEAR.
“Luckily, my temperature Sunday school teachers were stronger than the cigarettes, and I didn’t touch them,” said Cooper. “But a lot of guys coughed; they were hooked. Every day, after meals at Tiffany Hall, we’d hop in a car to go off campus. I went along because well into graduate-level work,” Cooper recalls. “SPC benefited from this. They were my buddies. There was a group that smoked almost the entire time at SPC.”

On the positive side, their experiences gave them added perspective in the classroom. For a required English class, returning soldiers had a rich supply of war stories for their essay assignments. Cooper said younger classmates complained, “All you veterans have to do is write about your war.”

“They didn’t think it was fair,” he said. “Fair or not, Cooper’s memories of Seattle Pacific remain positive. He was especially impressed by the grace and understanding college faculty and staff showed veterans. “We didn’t live up to the rules as strictly as some of the kids did,” Cooper said. “It was a little touch and go, but I can tell you they handled it beautifully.”

Moreover, many students earned extra money by working in the neighborhood, in a local factory, or at service stations. Cooper worked summers, driving a truck that transported thoroughbred horses between East Coast racetracks. The work helped pay bills, but veterans also enjoyed a significant tuition and living allowance program via the GI Bill so that earning their way through college wasn’t a big thing, Cooper said.

“Many of the vets eventually stretched their educational benefits well into graduate-level work,” Cooper recalls. “SPC benefited from this program, as it had students who could pay full tuition costs without the usual need for student aid. The GI Bill was the right plan for returning veterans.”

Seattle Pacific expanded in more than one way during this time. As historian Woodward put it, “Christian higher education rules as strictly as some of the kids did,” Cooper said. “It was a little touch and go, but I can tell you they handled it beautifully.”

Along with several others from the Class of 1950 and ’51, Cooper was hired by the Shoreline School District, where he worked for 17 years. He earned a doctorate in educational administration and completed his administrative career in the neighboring Northshore School District.

Cooper has been associated with schools throughout his lifetime. After he retired, he consulted with school districts across the state, helping with their building plans and budgets.

**KEEPING IN TOUCH**

Over the years, the Coopers kept in contact with others from their SPC days. They retraced the footsteps of John Wesley in the U.K. with another group of mostly college friends. They got together often for University hymn sings, celebrations, and homecoming events. For decades, his crew assisted with the popular Labor Day weekend salmon bake at Camp Casey. Even today, Cooper’s closest remaining friends are from the cohort that stepped onto Seattle Pacific’s grounds together in the fall of 1946.

“I’ve kept up friendships, like with Dale Parker, who taught at SPC and played and coached baseball. Johnny Burbank — his father was prominent in the Free Methodist Church in the Northwest. Walt McCormack. Duane McGee. We’re the ‘Old Crows.’”

Cooper stayed active playing competitive handball until a neck injury sidelined him a few years ago.

“I don’t feel 96, although I’m sure I look it. But one of the great decisions I made in my life was to go to SPC. I still have such great memories of college days. I remember that most faculty members knew our names. Seattle Pacific College provided for the needs of the veterans in so many ways. We were welcomed.”

**WAR AND PEACE**

Shortly after Japan attacked Pearl Harbor, President Roosevelt ordered a retaliatory air assault on Japan. Jake Deshazer ’48 was part of the special unit formed to carry it out. They grew up with — DeShazer’s father was a Church of the Brethren missionary, and also he was prominent in the Free Methodist Church in the Northwest. He was a genuine war hero, [but] who after his sacrifice became a Christian because of DeShazer, and the two men preached together on several occasions.

Days after Japan surrendered in 1945, DeShazer and the other prisoners were liberated. DeShazer enrolled at Seattle Pacific College, where he studied English Literature and之後, deShazer entered the U.S. Air Force, where he flew B-25 bombers in the Doolittle Raid. In April 1942, DeShazer and his crew bombed an air installation and a factory located just south of Tokyo. They then continued toward an ally base in China but, after nearly 14 hours of flying, their plane ran out of fuel. The crew was forced to parachute over enemy territory.

DeShazer was captured, tortured, and held in a Japanese prison camp for 40 months. During his long captivity, he thought of the faith he had grown up with — DeShazer’s father was a Church of God minister.

“I begged my captors to get a Bible for me,” he wrote in *I Was a Prisoner of Japan*, a religious tract he published in 1950. Amazingly, a guard brought him an English language Bible. “I knew that God had given me new spiritual eyes and that when I looked at the enemy officers and guards who had treated me so cruelly, I found my bitter hatred for them changed to loving pity.”

**SEATTLE PACIFIC WHERE ELSE?**

For John Burbank ’53, the decision to attend Seattle Pacific College was easy. Like Tom Cooper, he served in the navy in World War II — the Heavy Cruiser Battalion — on the Japanese island of Okinawa during the war.

Back in Seattle, however, Burbank lived just down the street from SPC and the First Free Methodist Church. His father, Charles W. Burbank, served on the college’s Board of Trustees from 1942 to 1948, and again from 1954 to 1963.

“When else could I go to school?” Burbank thought at the time. “It was a good place to be. I felt right at home.”

Joining the influx of World War II veterans in the mid-1940s, Burbank majored in education at SPC and even brought his experience as a Navy photographer with him to Seattle. On many days, he would attend classes in the morning and then teach photography skills in the afternoon.

After graduation in 1953, he taught in the Enumclaw School District for a few years before becoming a principal — a position he held for the remainder of his career.

**TURNING POINTS**

Cooper never regretted his decision to attend Seattle Pacific. He has been associated with schools throughout his life. After he retired, he consulted with school districts across the state, helping with their building plans and budgets.

Cooper stayed active playing competitive handball until a neck injury sidelined him a few years ago. “I don’t feel 96, although I’m sure I look it. But one of the great decisions I made in my life was to go to SPC. I still have such great memories of college days. I remember that most faculty members knew our names. Seattle Pacific College provided for the needs of the veterans in so many ways. We were welcomed.”
WHEN WE ARE IN the cold and wet early mornings of this past Seattle winter, my fourth grader would stumble out of bed, wander downstairs to our living room, and curl up in a blanket on the floor with his laptop to log on for school.

He insisted the floor was more comfortable than the makeshift desk we had set up for him by our kitchen table. And he insisted he was very much paying attention in class while lying down and wearing headphones. This became a familiar scene as I would scramble to start my own day in the same space, coffee and laptop in hand, trying to focus on the virtual classroom of collaborative ideas I would be leading that day.

As I think about the everyday circumstances that framed so much of my family’s living throughout the year, I am thankful for the resources my family has to face these personal and educational challenges. I’m also deeply aware of many of my neighbors lacked access to the tools they needed for their families to thrive in our South Seattle neighborhood.

Weeks into the pandemic that closed down in-person classes and moved students into virtual learning spaces last year, some Seattle public schools reported that only 55% of their students were able to access online learning. Some families didn’t have laptops, or Wi-Fi, or power. And they couldn’t supervise their children at home.

COVID HIGHLIGHTS HISTORIC INEQUITIES

Calls for greater equity in public education, especially in large urban districts like Seattle Public Schools, have been loud and sustained for school. And Seattle Public Schools face persistent longstanding boundaries of race and class that I would be loading that day.

What these complex problems look like on the ground is very simple: clear disparities in educational outcomes and experiences of inequity in the classroom. For example, at a Seattle elementary school a few miles north of downtown, 70% of students are white; 5% are English Language Learners; and 7% are low-income. At this school, 90% meet or exceed academic standards. Meanwhile, in a local elementary school just blocks from my home, 95% are students of color; 33% are English Language Learners; and 70% are low-income. At this school, less than 40% are meeting academic standards.

YOUR GEOGRAPHY CAN DEFINE YOUR OPPORTUNITIES

I don’t highlight these contrasts to discredit the hardworking teachers and administrators striving for more equitable schools or to diminish the undervalued assets many diverse local schools offer to the community. Rather, these disparities reflect a long history of injustices at the intersection of race and place. For too long, a significant factor in shaping what a classroom looks like, and which educational opportunities are (or are not) available, has been largely determined by its geographic location.

Where you happen to live, or more often, where you can afford to live, reinforces what is possible. Individual responsibility and merit are important, but they remain heavily weighted by one’s ZIP code. When the pursuit of equity with my neighbors is not rooted in paternalism or the desire to “save” anyone with my status or problem-solving skills. Instead of distance may seem normal or even inevitable, but it is not Christian. The self-emptying Savior who draws near to the poor to proclaim the good news of God’s reign invites all people of God into a cross-shaped community.

The closer we draw to God, the more painfully aware we become of those whom God loves who experience injustice. As we pursue equity together, we discover solidarity with our neighbors in friendship and shared proximity to a common good. Finally, our community becomes Christian when we recognize that we belong to each other—not in spite of our cultural or socioeconomic differences—but precisely because of them.

What greater act of solidarity could we imagine than God drawing near to become our friend and neighbor?

BELONGING DOESN’T REQUIRE SAMENESS

What makes a Christian community Christian? Is it shared belief, religious practices, or implied cultural similarities? While any number of theological and cultural practices, or implied cultural similarities? While any number of theological and cultural similarities could be made here, I want to suggest a different way of understanding communities who call themselves Christian.

In our modern, Western world (admittedly a very large category), affinity is most often paired with homogeneity. Put more simply, much of our social lives are spent equating “community” with a kind of cultural affinity for those who are similar and familiar. Sameness feels safe and desirable. This is universal, but it might say even more about human behavior.

Yet Christians have always carried a different seed of social logic where belonging does not require sameness. Christian belonging should stand in stark contrast to this human tendency. The earliest Christian communities demonstrated this peculiarity in their social lives where there was [in]famously neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus” (Galatians 3:28).

Race, class, and gender are not erased by Christian baptism; instead, they are radically reframed by a new and transformative Christian identity that binds them together on a deeper level.

In the context of schools and neighborhoods, Christian communities cannot simply accept the racial segregation of schools and have-nots as yet another typical ordering of a polarized society. Historically disenfranchised immigrants and working-class families across town cannot remain distant others for whom we feel a tinge of sympathy or charity. That insulating distance may seem normal or even inevitable, but it is not Christian. The self-emptying Savior who draws near to the poor to proclaim the good news of God’s reign invites all people of God into a cross-shaped community.

David Leong is an associate professor of missiology at Seattle Pacific University and Seminary. His teaching and research examine the theological meaning of the city and the vocation of the church in urban life. David’s most recent book, Race and Place: How Urban Geography Shapes the Journey to Reconciliation, explores themes of exclusion and belonging in our cities and neighborhoods.
Over the past year, life for college students across the country drastically changed due to COVID-19 as schools transitioned to online classes and closed campuses. Seattle Pacific moved the Autumn Quarter 2020 start date up by two weeks to Sept. 1, so students could finish their term before Thanksgiving. For the safety of the campus community, the University limited the sizes of in-person classes, converted some courses to online, canceled large events, and required health and safety protocols across the campus.

Some students opted to stay home and take all their classes remotely. But 952 students opted to live on campus in the fall, and more than 800 students returned for the Winter Quarter to experience campus life.

Many traditional college experiences — packed bleachers at a basketball game, buzzing Student Union Building at lunchtime, hall dance parties, in-person campus events — couldn’t be found on SPU’s campus due to pandemic restrictions.

Instead, professors designed new and creative ways to engage students and foster community in their classes. And students found ways to celebrate birthdays, continue their athletic pursuits, attend movie nights, perform music in their coursework, and support one another as a community.

On these pages, we are sharing SPU student photos depicting campus life in these COVID times.
EVERY YEAR, SPU HOSTS TRADITION, an annual Christmas event in Tiffany Loop with hot chocolate, cookies, lights, Santa, and a petting zoo. In its place, the Student Union Board hosted a drive-in showing of How the Grinch Stole Christmas. Students parked their cars in Emerson parking lot to enjoy the film — and free concessions (right) — while safely distanced.

EVERY YEAR, SPU HOSTS TRADITION, an annual Christmas event in Tiffany Loop with hot chocolate, cookies, lights, Santa, and a petting zoo. In its place, the Student Union Board hosted a drive-in showing of How the Grinch Stole Christmas. Students parked their cars in Emerson parking lot to enjoy the film — and free concessions (right) — while safely distanced.

HILL HALL (PICTURED), HOFER HALL, AND ASHTON HALL sat empty last year after Seattle Pacific transitioned to fully online learning in March 2020 following state lockdown orders. The majority of students living on campus left campus housing while 338 students with special circumstances remained in the suite-style Arnett and Emerson halls and campus apartments for the rest of Spring Quarter. In the fall, all residence halls opened once again with limited occupancy. When statewide restrictions were adjusted, students were allowed to visit other rooms on the same hall floor, one at a time, masked and socially distanced.

NORMALLY BUSTLING WITH STUDENTS eating, talking, and studying, the tables at Gwinn Commons dining hall sat empty for much of 2020. During the dining-in closure, students still enjoyed the food to go, heading back to their rooms or eating outside on a sunny day. As of February 2021, Gwinn opened dine-in service to a limited number of students who were required to be socially distanced or seated with others from the same living areas.

EVEN IN A PANDEMIC, high school students both near and far are planning their futures at Seattle Pacific. Students considering attending SPU could still walk the campus grounds this year, following self-guided tour brochures available at kiosks throughout campus. With on-campus visit events suspended, SPU’s Admissions team now offers an array of virtual visit events, including a 360-degree virtual tour that can be found at spu.edu/360-tour.

SUNSHINE EMERSON PARKING LOT BID BY THE FALCON
O
ver the past year, coronavirus threats, isolation, racism, and political tension combined in corrosive ways, deeply affecting us mentally as well as physically. According to an October 2020 report by the American Psychological Association, 60% of adults surveyed said they are overwhelmed by the number of issues facing the country and are not getting the support they need. Mental Health America reports the number of Americans citing anxiety during a mental health screening rose 93% from 2019 to 2020.

Bethany Dearborn Hiser agrees that the piling up of such stress is toxic. In her roles as social worker, case manager, and chaplain for 14 years, Dearborn Hiser listened to person after person recount stories of trauma. She never realized how their stories rooted themselves in her until she found herself grinding her teeth in her sleep or lying awake, unable to sleep. One day, Dearborn Hiser started weeping uncontrollably with a woman at a domestic violence shelter. It was a culminating event that led her to recognize in herself what's known as secondary trauma.

In 2020, InterVarsity Press published Dearborn Hiser's book, From Burned Out to Beloved: Soul Care for Wounded Healers—a timely guide not only for social workers, justice advocates, and those on the front lines of the COVID-19 pandemic, but also for anyone needing help to address life's stresses.

Response spoke with Dearborn Hiser, who is director of soul care for Northwest Family Life in Seattle. This interview is condensed and edited for clarity.

What led you to write From Burned Out to Beloved? Who were you writing it for?

Initially, I was writing this book for Christians in the helping professions. But this past year, there’s a secondary trauma we’ve been experiencing as a nation, especially people of color. People are feeling worn out and depleted, so this book’s audience has grown from my initial intent. The book addresses how we can take care of ourselves with the stress and weight of all the things we navigate in life.

The book includes my own story as someone who didn’t think she needed self-care. I had to reach the limits of my capabilities and experience burnout before I realized I needed to make some dramatic changes.

What brought you to that realization?

What connected the dots for me was a master’s degree class I took on “Self Care for Social Workers,” taught by Laura van Dernoot Lipsky, author of Trauma Stewardship. I didn’t think I needed that class. I didn’t know the professor at the time, and I didn’t want to take that class. I thought, Oh, it will just tell me to exercise. I thought I was doing fine. I didn’t realize how crazy I was experiencing violence as well.

Our culture?

Yes, we talk about how busy we are as though it is a sign of success. There's so much emphasis on what we do to give us worth and value. So what does that mean? You don’t have value if you’re not contributing in some way or aren’t busy enough?

People of faith are particularly vulnerable to think that we are doing our work for God. We feel called to make a difference. This can turn into a savior complex. We might think we are being sacrificial with our time and our finances, when, in reality, we are meeting our need for impact or success. It can become toxic and harmful to ourselves and others when we seek to meet our needs through our work.

Your book's title refers to being beloved. What does that mean?

Being beloved means that we are loved by God not for what we do but for who we are—a deep knowing of us that accepts us in our brokenness. To say that we are beloved flies in the face of the...
constant messaging we receive from our culture — that we need
do more, be more, have more.

There are many false beliefs, such as the idea that I only have
value for what I do, that if I can perform well enough, I can change
things; and that I shouldn’t have my own needs, because receiving
help is a weakness.

For me, living out of that place of knowing that I’m beloved [by
God], I’m freer to say yes when I need to say yes and freer to say no
and not fear disappointing people.

To get to that point, we first need to slow down. Next, we need
to allow space for reflection — create rhythms of rest that connect us
to ourselves and to God. Then, we need to unpack inner beliefs that
affect our ability to take care of ourselves and live and love out of a
healthier place.

Your book title uses the term “soul-care.” What’s the differ-
ce between soul-care and self-care?

Culturally, we think of self-care as things to do. You should go get
a massage. I didn’t, for many reasons, think I deserved self-care,
didn’t think I had time for it.

Soul-care is doing our own inner work, acknowledging that
we have our own wounds. A lot of people are drawn into helping
professions because of their own woundedness and compassion for
others. As we come alongside people, hoping to be a healing
presence, we need to acknowledge that we don’t have it all toget-
ner. I, too, am broken. I, too, need a healer.

I would say soul-care benefits me physically, but it also benefits me
emotionally, psychologically, and spiritually. Sometimes, it’s
slowing down instead of just adding more to do.

I used to wake up and check my phone right away. I think a lot
of people do. And yet is that the first thing that we want in our
minds when we’re starting our day? Maybe we then start our day
anxious and stressed, worried about the things that are coming.

To get to that point, we first need to slow down. Next, we need
to allow space for reflection — create rhythms of rest that connect us
to ourselves and to God. Then, we need to unpack inner beliefs that
affect our ability to take care of ourselves and live and love out of a
healthier place.

How can we engage in soul-care and still work to make a positive impact in the world?

Dramatic changes are needed in our world, but I need
to do this work from a place that is ground-
ed as a beloved [child of God], not out of anxiety
or fear or desperation.

I have to partner with God. I think God’s
heart is breaking from so many layers of injus-
tice and suffering in the world. Taking care of
ourselves does not mean, “Oh, I can’t do any-
thing. I’m just doing self-care right now.” My
focus equips us to love others from a healthier
and more grounded place.

We also need support from each other. When
I experienced burnout, I started meeting with a
therapist for a little while. These days, I meet with
a spiritual director. Give yourself permission to
seek support, especially if you’re providing care
for others. There’s even a T-shirt that says: “It’s OK
to need Jesus and a therapist, too.”

Bethany Dearborn Hiser is the director of soul care for
Northwest Family Life, a network of therapists trained
to work with survivors of domestic violence and sexual trauma. As a bilingual social
worker, chaplain, and pastoral advocate, Dearborn Hiser has
worked in a variety of ministry and social service
settings with people affected by addiction, sexu-
al exploitation, incarceration, and immigration.

Dearborn Hiser has extensive ties to Seattle
settings with people affected by addiction, sexu-
al exploitation, incarceration, and immigration.

Dearborn Hiser has extensive ties to Seattle
Pacific University. Her mother, Kerry Dearborn,
was a professor of theology from 1994 to 2016;
and her father, Tim Dearborn, was an associate
professor and dean of the chapel at SPU.

For more information on Dearborn Hiser’s
book and workshops created in conjunction with
the book, visit bethanydearbornhiser.com/book

“It was an odd sort of hobby: For a year and a half, Becka
Magnenat ’14 attended every
Seattle City Council meeting focused
on the future of the city’s civic
arena, once known as KeyArena. An
upgraded complex was the linchpin
to lure professional sports teams
to the city. Taking time off work,
Magnenat would listen to hours of
deliberation, work the room, pore
over hundreds of pages of docu-
ments setting the terms of the arena
redevelopment, all in pursuit of one
goal: be a part of the next big thing in
Seattle sports.

SPU alumna Becka
Magnenat is preparing
Seattle for its first
NHL team.
Magnenat worked at several jobs and pursued internships at the right time to build her network and experience, she said. “Now we have over 66,000 people on our waitlist to get season tickets — 25,000 in the first hour. They just had faith,” she said. “Thirty-two thousand depositors put down money for season tickets in 2018, and 17,100 seats is the easiest part of her job.

“MY CAREER TOOK some twists and turns but I always had my long-term goal in mind. How do I build my network, and what kind of experience can I get so that I’m qualified for when there is an opportunity to get back in sports?” she said.

A connection with the former general counsel for the Seahawks eventually led to an introduction to the Kraken’s vice president of marketing. They shared a background in professional sports organizations and startups in Seattle, and the vice president soon contacted Magnenat about a newly created position with the team.

“I was hired right before Oak View Group was officially awarded the rights to build the arena, and then a few months later we were officially awarded the franchise,” she said.

“When there was something in me at a young age that was just determined to work in sports, I feel like it’s been a calling for me.”

She knew that doing her job well — even through cleaning up spilled smoothies and chopping vegetables was glamorous — would earn her the staff’s trust. That kitchen job and her tenacity landed her a role right out of college as a community outreach intern with the Seahawks in 2014.

Her paralingual internship focused on supporting the team’s charitable initiatives, including the NFL’s Play 60 Tuesday program where she took the club’s mascot and a player to visit elementary schools with positive messages about healthy habits and teamwork. She coordinated donation requests and the team’s involvement in fundraisers for local hospitals and projects for area homeless shelters, as well as game-day duties with community groups.

Of course, the Seahawks 12-4 record that season and a trip to the big game contributed to the job’s fun factor. “The playoffs and going to the Super Bowl that season were definitely a big career moment for me,” she said.

After Magnenat’s internship ended, she continued to work for the team on game days for two more years, hosting groups like the Make-A-Wish Foundation, military veterans, and Seahawk alumni. Magnenat became the business development operator and user acquisition manager at a small tech startup, a mobile game studio called WG Cells.

“It was kind of my Business 101. I just learned so much there about international business, business development, working with influencers and brands, how to launch a product, how to do a soft launch, and key performance indicators,” she said.

Though the company wasn’t ultimately successful, it revealed to Magnenat how much she enjoyed the startup culture of building a company and wearing many different hats.

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**GAME ON. LET’S DO IT.**

Though professional sports administration has a reputation for being male-dominated, Magnenat says the Kraken isn’t one to back down from challenges.

“I’m someone who loves playing sports. I’m competitive, and it brings me so much life,” said Magnenat, who was a three-sport athlete in high school. “I see a lot of individuals playing pickup basketball, I’m like Game on. Let’s do it. I might be short, but I can hold my own.”

Kraken CCO said Magnenat was a “training camp” for his staff, giving Magnenat and others in the front office an opportunity to get out on the ice and learn to skate and play hockey.

“That’s how I got my first taste. I was hooked, and I wanted to continue playing,” she said. She joined a three-on-three “pond hockey” rec league with coworkers. “It was like a community of women playing, not just on our team, but on the ice. Fortunately, that hasn’t been her experience at work. “For the Kraken as an organization, representing diverse voices is a really core part of who we are,” she said. “A big part of that is women, and close to half of our VPs are women.”

The Kraken Foundation is focused on increasing access for underrepresented youth to play hockey, and the team has also committed $30 million over 20 years to support YouthCare, a local nonprofit dedicated to eradicating youth homelessness.

“Climate Pledge Arena at the Seattle Center opens in the fall, ushering in the Kraken’s inaugural season. “It will be fun to see how having a team will hopefully shape multiple generations of people who grow up loving hockey,” Magnenat said. “The history of hockey in Seattle is definitely a chequered past. There are rich traditions here of hockey that have come and gone, but the Kraken are here to stay.”
The “isms” that plague public health

BY AMY QUIST

The “isms” that plague public health — heterosexism, xenophobia — all the ‘isms’ of the world affect public health. SPU’s public health staff is here for, Breier explained. “It’s a complicated task for child care workers these days. Every week there’s a new COVID-19 protocol.”

Now we not only answer questions about childhood development, nutrition, injuries, storing medications, and safe classroom setup, we discuss complicated COVID-19 guidelines. These workers are on the front lines providing quality care, but they can’t know the particulars of every new guideline. That’s what the public health staff is here for,” Breier explained.

The position allows him to look at nursing from a global standpoint, examining the root causes of illness in specific populations, inequities in the health care system, and what the medical field refers to as “upstream barriers of health.”

Breier is now pursuing a doctor of nursing practice degree at the University of Washington, where he’s examining how social determinants affect public health.

“I began thinking about how racism, sexism, heterosexism, xenophobia — all the ‘isms’ of the world — contribute to ill health. I want to work on health care policy beyond one hospital or clinic, to create programs that increase health equity for communities that have historically been marginalized and underserved.”

The pandemic has exposed many of those inequities. “According to King County Public Health statistics, communities of color are impacted the most by COVID-19. Part of the problem is that these communities experience the toxic effects of racism,” Breier said.

“The one clinical moment we’re experiencing with a patient is not detached from the history of that individual.”

— TYLER BREIER

DATA SOURCED FROM STATISTA.COM
Meredith Seversen is co-founder of Âdi Collective, a clothing and textile business employing Afghan artisan seamstresses.

As a child, Meredith Seversen ‘15 lived in Kansas City, Missouri, near a community of refugees from Bhutan, the small Himalayan country located between India and China. When Seversen’s parents took her on visits to practice conversations in English with the immigrant families, she was consumed with questions: Where do they work? How do they meet other people? How long does it take for them to learn a new language?

“The differences between the cultures seemed wide, and Seversen was intrigued. She played with the Bhutanese children but wanted to be closer, to gain as much understanding as she could. Her passion for building friendships with immigrants led her to major in global development studies at Seattle Pacific University. During her senior year she completed two internships, working with refugees at World Relief Seattle and through the International Rescue Committee. After graduation, World Relief Seattle hired her full time.

“At World Relief, we noticed that Afghan women, in particular, would find employment but leave their jobs after a week or two,” Seversen said. “We wanted to know why.” She and her colleague Liz Hadley participated in a focus group to hear directly from the Afghan women, in particular, would find employment but leave their jobs after a week or two,” Seversen said. “We wanted to know why.” She and her colleague Liz Hadley participated in a focus group to hear directly from the Afghan refugees from Bhutan. Refugees from Bhutan were among the last of the refugees from Southeast Asia to arrive in the United States. As the women desired as long as orders came in. The collective soon grew to 16 women but has remained small by design.

The women taught Seversen how to drink tea the Afghan way, by putting a sugar cube in her mouth and drinking the hot tea to melt the sugar on her tongue. The women felt unsafe and uncomfortable. Cultural factors proved an even bigger obstacle to women’s employment. In Afghanistan, many women only leave the house if accompanied by a male family member. “Imagine an Afghan woman, new to this culture, taking two buses to work in the early morning or at night, alone, sitting next to unfamiliar men, and unable to speak the language,” Seversen said. “The women felt unsafe and uncomfortable. The jobs were inflexible and didn’t allow them to be home with their children. Many of the opportunities for refugees seemed inaccessible to the very people they were designed to help.

“We wanted to create an employment model that could train anyone, regardless of their literacy level, skills, or the particular needs of their family. The job had to be flexible, allowing a woman to work as much as she wanted, or turn down work when she wasn’t available.” — Meredith Seversen

So, in 2017, Seversen and Hadley co-founded the Âdi Collective. Âdi is a Persian word that means “ordinary.” “We’re ordinary women — both the owners and the seamstress-es,” Seversen said. “Our products are simple, but elegant.” Drawing candidates from a sewing training program at World Relief Seattle, Seversen and Hadley contracted Afghan women to work from home using donated sewing machines and paid a fair wage for as much work as the women desired as long as orders came in. The collective soon grew to 16 women but has remained small by design.

“We usually range from two to 13 women, depending on orders,” Seversen said. When large orders come in, the collective extends the workforce to friends of the Âdi seamstresses, contracting women with more basic sewing skills to make simpler items like masks or napkins, while allowing the more experienced seamstresses to create clothing.

Âdi artisans are independent contractors. Before the pandemic, Seversen and Hadley personally delivered fabric to each house, where they were greeted with warm hospitality and sweet tea, dates, or fruit. The women taught Seversen how to drink tea the Afghan way, by putting a sugar cube in her mouth and drinking the hot tea to melt the sugar on her tongue.

Collective community

BY AMY QUIST

“So many of our social services are designed for those who already have language skills,” Seversen said. “Without some English proficiency, those systems are very hard to navigate.”

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“We wanted to create an employment model that could train anyone, regardless of their literacy level, skills, or the particular needs of their family. The job had to be flexible, allowing a woman to work as much as she wanted, or turn down work when she wasn’t available.” — Meredith Seversen

Mursal Alemi was fortunate to graduate from college in Afghanistan. She taught elementary math, owned her own salon, and worked as a tailor on the side. “My country still has a lot of problems,” she said. “Because of the Taliban, everyone is afraid to go out, especially women. Three or four women would be shot every day, just for going outside.” Alemi’s husband worked as an electrical engineer with the U.S. military in Afghanistan. After the U.S. pulled out of the war in Iraq, men who had assisted the foreigners were under intense scrutiny by the Afghan government. Alemi and her husband applied for a special immigrant visa and immigrated to Seattle with their daughters in 2017.

Alemi attended a sewing class at World Relief Seattle. “I was hired at first,” Alemi said. “My English wasn’t good, and my husband had no job.” Alemi got her first job sewing hats, but she couldn’t drive. She had to leave for work at 5 a.m., which meant waking up her young children and putting them in the car so her husband could drive her to work. After three months, Alemi got her driver’s license.

Through World Relief Seattle, Meredith Seversen and Liz Hadley met Alemi and felt she was an excellent fit for the new Âdi Collective. “My English wasn’t good, but Âdi helped me start a small business,” she said. “When I learned I could work from home, I was so excited!” Alemi’s hours depend on product orders. When Âdi received a request for masks from a local hospital, Alemi sewed 1,700 of them herself.

“At Âdi is good for women,” Alemi said, “especially those who don’t work outside the home. My friends are always asking me if they can work at Âdi too. But there aren’t enough orders.” She hopes one day Âdi Collective will grow big enough to employ all her friends. “One day,” she said, “maybe I’ll be the manager.”
“They have large, beautiful rugs on the floor, and we'd sit down and eat together. There were kids playing all around, and mothers trying to wrangle them. Their home is their workplace, and in these pandemic days, also their children's school. There's lots of activity and laughter,” Seversen said.

The Ádi seamstresses come from different educational backgrounds. Some had access to college, while others had little schooling and no employment prospects. Although it’s more common these days for Afghan women to attend college, those from rural areas or older women who grew up under the Taliban had fewer opportunities. And there are still cultural barriers for women who want to work outside the home — perhaps even more in the United States, where genders are mixed in the workplace.

Still, the Ádi Collective has no hierarchy. Some women are further along with their English skills, while others had little schooling and no employment prospects. “The Ádi ladies ride a bicycle,” Seversen said. “Women in Afghanistan don’t typically ride bikes. Others are driving, which is new for them. It was one of the mistakes I made in the beginning, assuming that because I had permission once that I had permission for always. There's so much potential for miscommunication, but we’re quick to assert that my ideas are to share their opinions. They know so much more than Liz and I do about the best way to make something. It shows me that this is their company, and they’ve deeply invested.”

They were always confident, Seversen is quick to note. For a recent website photo shoot, the women decided to leave their children at home with their husbands. “No kids this time,” they said. “This is our time!”

Even photographs are novel for many of the Ádi seamstresses. “The idea of taking a picture and posting it online — that was new for them. It was one of the mistakes I made in the beginning, assuming that because I had permission once that I had permission for always. There's so much potential for miscommunication, but we’re quick to assert that my ideas are available,” Seversen said.

Some of the cross-cultural challenges can be discouraging, and Seversen recognizes that what she wants for the women might be different than what they want for themselves. “Total independence might be my value,” she said, “which looks like driving, traveling alone, or accepting jobs based on my own desires. But for Afghan women, those things might not feel like a measure of empowerment. Perhaps after moving to the U.S., they still prefer what they are accustomed to. There's too much I don't know about what goes into their decisions to assert that my ideas are the best ideas. And if a woman does begin to drive, or enroll in college classes, or take a job in the city, it will last, because it happened on her terms.”

Many of the women still have family in Afghanistan, so it's critical to examine how Ádi Collective portrays the seamstresses and the organization itself. “We want to be sure they’re comfortable with every aspect,” Seversen explains. Recently she led a dialogue with the women about how they wanted others to refer to them.

“We talked about lots of terms used in other organizations,” Seversen said. “Refugee. Immigrant. New immigrant. Immigrant friend. Other countries have more nuance than we do in the United States. We saw how the term ‘refugee’ can increase fear in the broader community or imply that people are a burden. The women do qualify as official refugees, but they don’t see themselves as refugees forever. They live here now. They've established families and jobs, and they're part of the community.”

Seversen wanted to be sure Ádi used language the women use for themselves. “Like so many cross-cultural efforts that Americans try to do for others,” she said, “it's not truly for them if it doesn’t include them from the beginning.” At Ádi, the workers decided they'd like to be called “new immigrant women.”

Practices have changed due to the pandemic. Now fabric is sent to the women by mail. “We wish we could set up at local farmers markets and really connect people with their Afghan neighbors,” Seversen said. “But for now, everyone is working in their own homes.”

The pandemic has also brought new opportunities. The seamstresses began sewing masks for local health care workers, completing orders as large as 3,400 masks. “Sometimes there's a bit of healthy competition among the women,” Seversen said. “They work hard and fast. Our model of paying by the piece instead of by the hour has worked out well, keeping the quality high.”

Still, Ádi Collective is more than a business. “I want to be sure that everything we do is rooted in our relationship with the women,” Seversen said. “That’s currently a challenge, both because of the pandemic and because of Seversen’s graduate courses at Wheaton College in Chicago, where she studies clinical mental health counseling. In the future, she hopes to specialize in counseling for immigrants.

Seversen misses those personal visits to the homes of the Ádi women — the laughter, the smell of cardamom, the welcome. Her role at Ádi is promotional and administrative now, while Hadley continues to manage the business on the ground. “I just wish we were all in each other’s homes right now, having dinners and meeting in the same room,” she said.

Working cross-culturally has brought challenges, not only inside the organization, but in the current national climate. “The last four years dramatically shifted the perception of immigrants,” Seversen said. “I’ve never seen such fear. Many people I talk to are not only afraid for their physical safety, but also for their economic stability. It’s easy to make immigrants the scapegoat for all the problems of the nation.”

At the same time, people are drawn to the mission and want to help. Ádi Collective engages volunteers as designers, photographers, promoters, and interns. The visibility of the organization is growing, as well as its collaboration with other businesses. Seversen is enthusiastic about a recent partnership with a group from Ireland that makes toiletry bags. She met the Irish team four years ago while presenting at the State Department, who had invited groups from all over the world to learn how the U.S. is handling the refugee crisis. “I love working both locally and globally,” said Seversen, who was a global development major in SPU’s School of Business, Government, and Economics. “At SPU, my professors were passionate about teaching the concepts, but also working out those values in their everyday lives. It inspired me.”

Seversen looks forward to returning to Seattle and the Ádi women after completing her master’s degree, though some of the original Ádi seamstresses have taken what they’ve learned and progressed to other jobs. “We want Ádi to meet their needs,” Seversen said, “and if that means transitioning to full-time jobs with health benefits and other benefits, then we’ll aim for it. But I’m thankful that we’ve been able to maintain our relationships with the women, even as they move on.”

“I talk to are not only afraid for their physical safety, but also for their economic stability. It’s easy to make immigrants the scapegoat for all the problems of the nation.” — Meredith Seversen

PHOTOS BY KENDALL ROCK PHOTOGRAPHY

The last four years dramatically shifted the perception of immigrants, I’ve never seen such fear. Many people I talk to are not only afraid for their physical safety, but also for their economic stability. It’s easy to make immigrants the scapegoat for all the problems of the nation.” — Meredith Seversen
Sweet, sweet justice

BY COLLEEN STEELQUIST

For Michaella Hope Banks ’16, the path to racial justice is paved with cake batter and silky butter-cream.

In August 2020, Banks started @Sweet.Sweet.Justice on Instagram, where she auctions off cakes to make the world a better place.

As a child, Banks’ sweet tooth fueled her determination to learn to bake. Although she lit an oven mitt on fire during one of her earliest cooking efforts, she persevered and discovered melting chocolate, sifting flour, and creaming together sugar and butter was soothing. She coped with high school stress by baking hundreds of cookies at a time.

“I can’t control a lot of things, but I can control baking. If you do the right thing, it’ll turn out. I love measurements. They’re very specific. That just speaks to my heart,” she said, laughing.

After graduating from SPU with a nursing degree, the Kent, Washington, native worked as a primary care nurse in a Seattle nonprofit community clinic.

When she and her then-new husband, Jordan Banks ’16, relocated to Denmark for two years for his engineering job, she pursued a master’s degree in international public health through a University of Liverpool distance-learning program. Banks’ interracial marriage opened her eyes to the ways her husband experiences the world differently than she does and made her want to become a stronger advocate for racial justice.

“My reality of being married to a Black man in America means that in a small way, racism stopped being an intellectual topic and has become deeply personal. I often think about the reality that one in three Black men will be incarcerated at some point in their lives, compared to one in 17 white men. Black men and boys are 2.5 times more likely to die by police force than white men,” she said.

After returning to the U.S., Banks began working for Public Health in Seattle and King County, where she is currently leading COVID-19 outbreak investigations in correctional facilities. If a facility has a positive case among inmates or staff, she provides guidance to control the infection. Banks works to make sure facilities have what they need in the event of an outbreak, and she ensures that the county’s epidemiological data includes individuals who are incarcerated. It’s all part of the work to maintain transparency and accountability as facilities respond to an outbreak.

“I was already baking almost every week because it was an outlet for creativity, so I put some feelers out: If I sold cakes and donated the proceeds, would people be interested in that?” Banks asked. “I hoped, at the very least, people would see there are so many opportunities to be generous, but we don’t have to reinvent the wheel or try to be the savior when it comes to addressing racial inequity. We just need to know where to look. I wanted this based in my local community, and I also wanted people’s involvement to be really joyful and accessible.”

Every other weekend, Banks posts on Instagram about the cake she is making and about the organization she wants to.

“My hope is that cakes will be an on-ramp to engagement, but never a distraction from the heroes in the streets, the schools, and the courtrooms.”

— Michaella Hope Banks

Those realities are not abstract. The experience of praying that my husband is one of the lucky ones is one that Black women have verbalized for decades, so only speaking up now reveals my failure to truly listen and grieve before it touched me personally.

Banks also thinks about the world her future children will experience. Nationally, Black children are three to four times more likely than white children to be suspended from school. When it comes to the juvenile justice system, Banks notes that 86% of incarcerated youth in the Seattle area are people of color.

Even underrepresentation in children’s stories is an issue: “My children will see more books about animals than about children who look like them, or any other people group of color.”

Her graduate studies highlighted the ways that racial and economic injustice can negatively impact people’s health. For instance, Banks points to research findings that show that racial bias from health care providers and the stress from ongoing experiences with racism result in dire outcomes for Black women, who are two to three times more likely to die during childbirth than white women—a statistic that has only worsened in the past 30 years.

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After returning to the U.S., Banks began working for Public Health in Seattle and King County, where she is currently leading COVID-19 outbreak investigations in correctional facilities. If a facility has a positive case among inmates or staff, she
As businesses closed in 2020, Sara Hawley Cox ’08 and her two co-owners were doing the unimaginable — preparing to open Aroma Coffee Co. in Fall City, Washington. Cox said the Lord gave her the vision for the cafe while she was still a student at SPU, thinking about “vocation versus calling.”

“SPU played such a role in the formation of Aroma,” Cox said. “It’s where I first heard of leaders shaping industry for the sake of the gospel.” Cox intends for the cafe to be a place where people can build community, a challenge in a time of social distancing.

The owners navigated numerous setbacks, but in September 2020, Aroma Coffee Co. opened in the historic Prescott-Harshman House, built in 1904. Sara, her husband Michael Cox ’07, and their three children live in Fall City.

Building Community in a Time of Social Distancing

By Shelly Ngo

Other than a baking sabbatical in March, Banks tries to bake consistently. “It’s not sacrificial giving if it’s something I want to do all the time,” she said. “And so I try to remember that when I feel really tired, and I don’t want to bake.”

For Banks, the bottom line is ensuring the people she loves are safe. “Every person wants the best for their children and for their partner,” she said. She also believes her responsibilities are larger than her household. “I love Jesus, and the more I get to know him, the more I am encouraged and convicted by his heart for justice and shalom.”

For those of us in the church, our familial commitment extends beyond our biology and our own limited world experience,” Banks said. She quotes Mark 3:32-35: ‘Your mother and your brothers are outside, seeking you.’ And he answered them, ‘Who are my mother and my brothers?’ And looking at those who sat around him, he said, ‘Here are my mother and my brothers! For whoever does the will of God, he is my brother and sister and mother.’”

Through her efforts, Banks desires not the spotlight, but a means to illuminate others.

“My hope is that cakes will be an on-ramp to engagement, but never a distraction from the heroes in the streets, the schools, and the courtrooms,” she said. “I’m following the lead of the Black folks and people of color who have been doing this work for much longer than I have.”

Highlight. Her baking inspiration often comes from Pinterest or Benjamina Ebuehi’s The New Way to Cake — a gift from her mother-in-law (Ebuehi was a quarter-finalist on The Great British Bake Off in 2016.)

For 24 hours, Banks shares behind-the-scenes glimpses of her baking process along with facts about the organization’s work. People bid in the comments until the auction closes. She also accepts donate-what-you-can cake commissions — a popular choice for tiny weddings during the pandemic.

Banks favors warm spices and complex combinations, like chai cardamom spice cake layered with homemade caramel and cream cheese frosting. She’s made a Halloween-themed dark chocolate espresso cake with marshmallow webs and buttercream ghosts. She created a purple-fused ube cake with Swiss meringue buttercream frosting. Banks polls her followers to see where taste buds are leaning: malted chocolate cake with Baileys ganache, Southern caramel cake, and cappuccino cheesecake are on the horizon.

Her top-earning cake — gingerbread with maple bourbon frosting — fetched $750 for the Black Birthing Bodies fund through Seattle’s Rooted Birth Doula Services.

Since Banks started Sweet, Sweet Justice in August 2019, her cakes have raised more than $15,000 for some two dozen organizations, including a $5,000 donation to the NAACP from The Drew Barrymore Show after Banks appeared on the talk show last December. Seattle’s King 5’s Evening named her “Best Local Hero” in 2020’s Best of the Best.
JUDITH EASTERLING O’BRIEN ’64 and her husband, the Rev. Carol Hovis, live in Nome and the Bering Strait region. She is Iñupiaq, with family roots in Nome and the Bering Strait region. Isabella spent her early years working in Nome and then lived with her parents in the Netherlands, where she learned to speak and write Dutch. She received her Ph.D. in anthropology from the University of Washington in 1989 and has been teaching at the University of Hawaii since 1990. Her research focuses on cultural diversity and social change in high-latitude communities. She is an expert in the field of indigenous peoples and has published extensively on the history and culture of the Bering Strait region.

NAME: Shellie Collins

ADDRESS: Seattle, WA

DATE: July 15, 2021

MESSAGE: Hello, my name is Shellie Collins, and I am a professor of music education at Seattle Pacific University. I am writing to request your support for the University's annual fund. The University relies on donations from alumni, friends, and other supporters to maintain its programs and services.

I have been a member of the University community for over 30 years, and I have seen firsthand the impact that a gift can have on a student's experience. I have seen students who have received scholarships, loans, or other forms of financial assistance to pursue their studies. These students have gone on to successful careers and lives, and I am proud to have been a part of their journey.

I am writing to ask for your support in our efforts to continue providing opportunities for students to pursue their dreams. Your donation will help to support scholarships, financial aid, and other programs that are essential to the success of our students.

I am confident that your generosity will make a difference in the lives of students. Please consider making a donation today. Every contribution, no matter how large or small, is appreciated and will be put to good use.

Thank you for your support of Seattle Pacific University.

Sincerely,

Shellie Collins

Professor of Music Education

Seattle Pacific University
ANNEETTE ROBINSON, professor emerita of special education, excelled in a stepsister. Receiving a degree from the Seattle Psychoanalytic Society, she became a mental health counselor for more than a decade after apprenticing her friendship over the years. “I valued her as a colleague and became a teacher, he met her former students who were often sent Robinson thank-you cards, and once her son required for all students pursuing a teacher certification. Clem. “It was in her blood.”


Alumnus JET RICHARDSON ’05 is the executive director for the County Partners Habitat for Humanity in Richmond, Washington. Habitat, which builds affordable housing with the help of volunteers, hopes to complete eight of its 11 homes they have in progress in Washington, by the end of 2021. “I want to take advantage of a philosophy of Service and education from New York’s Columbia University. His research engages with philosophical issues in education, the history of the philosophy of education, moral education, and classical education.

BRYAN TUCKER ’08 and fellow filmmaker Gavin Sullivan partnered with the Seattle Seahawks to produce a short documentary in Community. By Community. The film focuses on criminal justice reform. Restorative Community Pathways (a program that seeks to alter the current judicial legal system and instead invest in a community-driven support system) and the fight to end youth incarceration. The documentary features Co-Executive Director of Creative Justice WORKER OLIVER ’08 and her efforts to stop the construction of a new youth detention facility in King County. View the documentary at seahawks.com/news/seahawks-produce-documentary-on-new-criminal-justice-reform-program.

ERICA WIGINS HART ’09 opened the doors to her shop, Hart on Broad, in Eilenburg, Washington, featuring handmade home décor, jewelry, handbags, clothing, and candles. Erica, who studied apparel design at SPU, has been establishing her brand online for the past four years. To nurture creativity and fun in the community, she plans to offer sewing, woodworking, and painting courses at her shop in the future. Erica and her husband, Kendall Hart, have two children.

MELISSA NORMA S’TONE ’09 developed and moderated a website for Showgirls Public Schools, “Black Minds Matter: Supporting Black Mental Health,” for the U.S. Department of Education. Former president of the University of the District of Columbia, she is the president of the Seattle School of Theology & Psychology and is the spouse of SPU Adjunct Professor of Reconciliation Studies Brenda Satter McNeil. Melissa is an administrator for the Shoreline district. She has worked at the elementary, middle, and high school levels as a music educator and is a former director of Northwest Choirists and Pacifica Chorus.

800s

ZACH BROWN ’00 is a certified financial planner with Edward Jones — where he has worked since 2005 — in Scotts Valley, California. After graduation, Zach and his wife, Kristen, moved to Alaska, where he taught high school Spanish and ran a painting business. In his free time, he loves bicycling and camping. JOSH CEPEDA ’00 works as a certified financial planner for Buckingham Wealth Management. Stumbling into investments after betting the corporate finance team of his law firm, he joined the firm and met his wife. Enjoying the research and data of an investment class during his senior year at SPU, he began his career in the financial industry in 2000 and has served in various roles at Smith Barney, Wells Fargo Advisors, and CitiWealth Management. In his spare time, Josh serves as a board member for YMCA Camp Collins, and he, his wife, and their four children love being outdoors in the Pacific Northwest.

Tiffany Gerbo ’02 serves on the Chelan County Board of County Commissioners, representing District 3. She moved to Los Angeles after graduation but moved to Chelan, Washington, in 2005 to be closer to family. She was a sales manager with radio station KZOD for seven years. For the past five years, she has worked for the Lake Chelan Chamber of Commerce as their sales manager and chief operating officer. She is the mother of two girls and enjoys travel.

KIRCHNER PAYCE ’07 is an attorney at a law firm in Walla Walla and his father, founded, Pierce & Associates, in Barrington, Illinois. He advises clients on estate and tax planning, assurance, real estate, and elder law. Ken earned his law degree from the John Marshall Law School in Chicago in 2010. He and his wife, Sara, live in Egnin, Illinois.

Professor practicing caring throughout her life

By Hope McKernon

ULAN SWO, professor emerita of nursing, died Nov. 29, 2020, at the age of 86. Born in Nebraska and raised in California, Swob earned her career caring for others — patients, students, friends, family, and colleagues. Snow earned bachelor of science and master of science degrees from Sam Houston State University in California before starting her nursing career as a public health nurse and a registered nurse at Good Samaritan Hospital in Houston. She moved with her husband, Donald, and their four sons to Washington State and earned her doctorate from the University of Washington in 1980, joining Seattle Pacific University faculty in 1984. By the time she retired from SPU in 1998, she had served as the curriculum development expert for the School of Health Sciences, was co-director of the graduate nursing program, and chair of the Nursing Graduate Studies Committee. In 1993, she and her colleague Emily Hitchens delivered the annual Winton Waterer Lectures for Meritorious Scholarship. Off campus, Snow participated in the Japanese and Taiwanese nursing exchange programs. She also volunteered for Shanti, an organization that provided support for people affected by AIDS. She coordinated volunteers from her church.

Professor Emerita of Nursing Ruby Englund remembers Snow fondly. “She was such a bright light, critical thinker, poet, and friend. She brought wisdom, optimism, smile, and kindness to our faculty,” Englund said. In 1983 Winton Waterer Lectures, “The Ethics of Caring: The Moral Response to Suffering,” Snow and Hitchens wrote, “The more often we put ourselves in situations where we have the opportunity to practice caring, the more likely it is to become part of our very selves.” Snow lived these words in her life.

She is survived by Donald Snow, her husband of 67 years, their four sons and daughters-in-law, five grandchildren, and two great-grandchildren.
A successful career of research and mentoring of students

By Hope McPherson

GRAYSON CAPP ’58, retired professor of chemistry, died Oct. 15, 2020, at the age of 84.

Born in Seattle and raised in Bremerton, Washington, Capp taught chemistry, organic chemistry, and biochemistry at Seattle Pacific for 35 years. Prior to joining the faculty in 1968, Capp was a successful researcher, known for discovering a new heminglight, Portland I, which has a unique kinematically structure and exists at low levels during embryonic and fetal life. At Seattle Pacific, he was key in establishing SPU’s undergraduate research tradition. Capp brought world-class scientists such as Nobel Laureate Emad Fischer and Pnas co-discoverer David Yona 11 to his campus. And he helped established SPU’s rigorous and successful pre-medical advising program.

“Dr. Capp encouraged me to think deeply and differently,” said MICHAR EVANS ’93, who became a physician and later professor of medicine.

In Malawi, and Namibia. He taught undergraduate and medical students and was a role model for underrepresented groups that have been marginalized through the practice of deflecting segregation in America. She also started Exone Record. “Exone” means praise in the Nyanja language of Igbo. She named her effort after the African dance team, Exone Dance Ensemble, active at SPU from 2012 to 2017.

TATIANA URBAY ’16 recently completed a nursing degree at Lewis University Chicago. She lives in Forest Park, Illinois.

CAPP is survived by his wife of 61 years, retired professor of music, Secretary-Librarian MYRNA CAPP; their daughter, Terri Capp; Retired professor of music, Secretary-Librarian MYRNA CAPP; three grandchildren; and two brothers.

PHILIP CAPP ’50 and RICHARD CAPP ’60.

KARMA BALDWIN ’12 and her sister, Keliih Baldwin, created a podcast called “Miscommunication” about the issues and experiences impacting mixed-race people. Their third episode featured guest TAYLOR GREER ’09, MA ’17.

CLARK KEE ‘12 is a composer, musician, and music editor based in Los Angeles, California. He has provided additional music, arrangements, and worked as a score coordinator and music editor for film and television. Recent projects include Finding ‘Ohana (additional music), Prospect (music editor), Awaken (score coordinator), and more.

While at SPU, Clark wrote music for the short film Dreamer, a finalist of the 41st annual Student Academy Awards.

KATIE VERCIO ‘12 is a senior financial advisor at Evergreen Gaskaf. Her husband, SCOTT STRANNIGAN, 12, works at Trupian. Katie and Scott reside in Seattle where they live with their son, Forest, and their dog, Charlie.

JAKE REDDING 13 of St. Helens, Oregon, is a learning design senior strategist at Google.

EVAN EKERTS’ is listed in a “30 under 30” article about young innovators in 425 Business magazine. He is the creator of Windermere Real Estate. When he’s not working, Evan hosts the Something Human podcast.

JONATHAN HAAK ‘14 is a product development supervisor at the Vancouver, Washington-based financial technology company Core Commissions. Jonathan primarily works behind the scenes in a development role managing databases, maintaining server infrastructure, and rolling out Core feature upgrades. He was previously a software developer at Faithlife, working on Logos Bible Software.

ANNE JAMESON ‘14 runs Eden Por Salad, a nonprofit that employs Guatemalan adults with disabilities to create and sell all natural wellness products. There are few services or work opportunities for people with disabilities in Guatemala. Anne received special education in Seattle Public Schools before moving to Latin America two years ago. Learn more at eden.mailchimpsites.com.


ASHLEY PINHEAD ’15 is a publicist and events coordinator at Allied Global Marketing, a film publicity and promotions firm in Los Angeles, California.

KIM LINDMAN ’16 is an associate agent for Stoninga, a literary agency in New York City. In addition to her literary work, she also serves as its social media coordina- tor. She possesses special interest in contemporary fiction and magical realism. Kim previously worked for the United Nations.

ZACAFIO (THEO) NATALIO ’16 released a YouTube channel “XENA.” Zacafio describes himself as an eclectic artist whose ultimate goal is to tell the stories of underrepresented groups that have been marginalized through the practice of deflecting segregation in America. She also started Exone Record. “Exone” means praise in the Nyanja language of Igbo. She named her effort after the African dance team, Exone Dance Ensemble, active at SPU from 2012 to 2017.

MARRIAGES

ANDREW ARNOLD ’06 to Denise Hammars on Sept. 19, 2020, in Expo, Colorado. Andrew’s brothers, DAVID ARNOLD ’01 and STEPHEN ARNOLD ’01, served as co-best men. The groom’s father, GAIL ARNOLD ’69, was an adjunct faculty member at SPU from 2000 to 2002.

In Memoriam

ANNE “BETTY” SWARD ARDON ’46 died July 29, 2020, at the age of 96.

KEVIN BONTARGER ’14 died Oct. 28, 2020, at the age of 27.

WILLIAM BURK ’50 died March 24, 2020, at the age of 91.

GARY BRIAN ’58 died Oct. 15, 2020, at the age of 84.

GRETLE HELDAR CARLSON ’70 died Oct. 8, 2019, at the age of 71.

RON DERRICK ’60 died Feb. 29, 2020, at the age of 82.

EDWARD EVERETT ’69 died June 3, 2020, at the age of 79.

JOY STANFORD GREEN ’73 died Sept. 15, 2020, at the age of 69.

LINDA MOEH HURD ’59 died March 26, 2020, at the age of 79.

DANIEL “SAR” LARSEN ’73 died Aug. 2, 2020, at the age of 75.

DELLA NICHOLS ’65 died April 24, 2020, at the age of 97.

RUTH LEPEL NICHELIS ’92 died Oct. 14, 2020, at the age of 89.

JANICE UNDSON OLSON ’96 died Oct. 11, 2020, at the age of 66.

CAROLYN PERRY MEd ’74 died Oct. 15, 2020, at the age of 69.

ANNETTE ROBINSON ’72 died June 30, 2020, at the age of 86.

STEPHEN ARNOTT ’01 to Denise Harmon on Feb. 17, 2020, at the age of 27.


Births

HERMAN WEBER ’13 to LINDA WEBER on Nov. 15, 2020, in Forest, Oregon.

TO KATIE VERCIO ’12 and SCOTT STRANNIGAN ’12, a boy, Forest Vercio Strannigan, on July 7, 2020.

JOE KIM ’15 to VALENTINA NGUYEN ’16 on Oct. 23, 2020, in Newberg, Oregon.

To儲KATIE VERCIO ’12 and SCOTT STRANNIGAN ’12, a boy, Forest Vercio Strannigan, on July 7, 2020.

JULYAN SNOW ’96 died Nov. 29, 2020, at the age of 75.

JOY WILSON STALEY ’66 died Nov. 30, 2020, at the age of 75.

SUSAN HARMON TRANSO ’66 died June 24, 2020, at the age of 58.

* attended SPU with indicated role.
Seattle Pacific University enjoys a picturesque location next to the Lake Washington Ship Canal, which opened in 1917. The canal connects Lake Washington via Lake Union to the estuary of Puget Sound, and the canal is deep enough to accommodate commercial vessels, along with recreational watercraft from kayaks to fishing boats. Alongside the waterway, the Ship Canal Trail is a popular area for SPU students, pedestrians, and bikers.
To help with the rising costs of college, SPU is taking a bold step and lowering the cost of undergraduate tuition rates by 25% along with offering new scholarships and capping future tuition increases.

This new commitment means we need the Falcon community more than ever. Make a gift today and help students receive a rigorous Christian education as they prepare to be future leaders in their communities and around the world.

SPU.EDU/GIVE