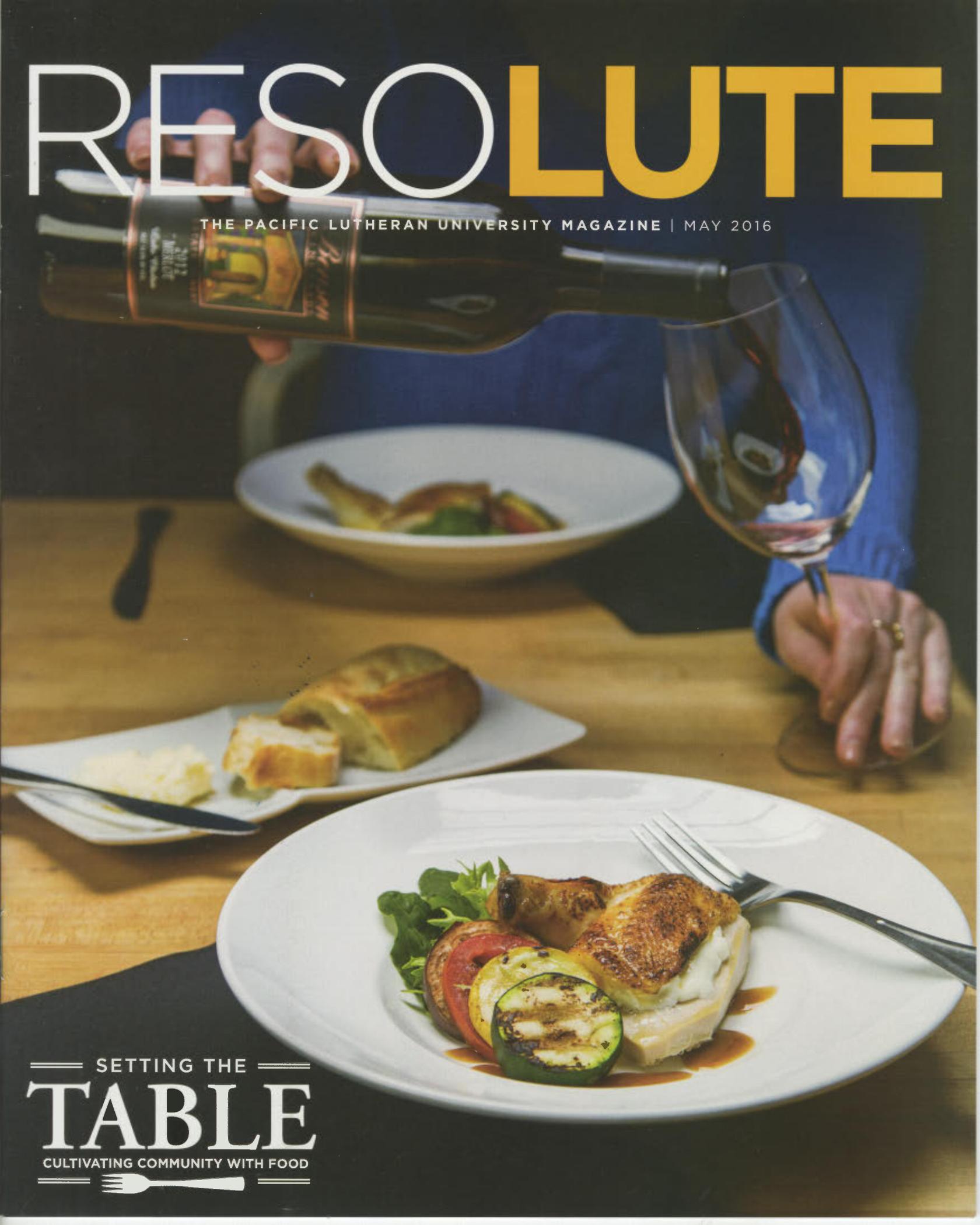


RESO LUTE

THE PACIFIC LUTHERAN UNIVERSITY MAGAZINE | MAY 2016



SETTING THE
TABLE
CULTIVATING COMMUNITY WITH FOOD



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OPENING NOTE

Photo: John Froschauer/PLU



CULTIVATING HOSPITALITY



I WAS ASKED to write the opening note for this issue of Resolute - devoted to food and Lute foodies - probably because Patty and I are known for our love of food. But thinking about this issue reminded me of another important aspect of breaking bread together - the notion of hospitality. It is one of the greatest qualities of a human being to possess a sense of hospitality.

In ancient societies, hospitality was considered a great virtue, and refusal to be hospitable to others was a great sin. Travelers from distant lands were offered a warm reception with shelter and food for the night, often without the host knowing the stranger's history or homeland.

Increasingly in today's society, hospitality has come to be confined only to our known circles, our close friends, associates and near relatives. In these rancorous, sometimes suspicious times - and in a political climate in which people from opposite sides are not encouraged to work together or even agree on anything at all - the spirit of selfless service to strangers has almost become a lost art.

Quite simply, hospitality is making people feel as if they're not strangers, as if they belong. As we work together to create a campus community that is truly welcoming and hospitable to all, we must strive to create an environment that nurtures authentic conversation, and one that accesses a diversity of thought and experience. We must create spaces that allow us to explore and understand without the stress of deadlines and the harried pace of our busy lives; spaces that give us the time and ability to seek understanding of different viewpoints. Each of us sees something different, and each of these perspectives has value.

True hospitality chooses a menu that allows face-to-face time with guests. It shows interest in the thoughts, feelings and pursuits of the guests. It asks questions and listens intently to answers. It shares generously with those who have less, and honors the environment and human hands that created it. Hospitality involves setting a table that makes everyone feel welcome and comfortable. □

THOMAS W. KRISE, Ph.D.
PRESIDENT AND PROFESSOR OF ENGLISH
PACIFIC LUTHERAN UNIVERSITY



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== AMUSE-BOUCHE ==

A TASTE OF PLU'S PHILOSOPHY OF FOOD

Erin McGinnis found her passion for food at Pacific Lutheran University long before she was a student or administrator.

"I've been here a long time, but every year feels like the first year," said McGinnis, executive director of hospitality services and campus restaurants. She was first exposed to PLU's kitchen at 5 years old, as the daughter of a biology professor.

"The thing that really struck me about the kitchen here was that I never wanted to be anywhere else," she said. "I've really found my niche here."

That niche is providing good food and an even better experience.

"Food is so much more than just a thing," McGinnis said. "You gather around food."

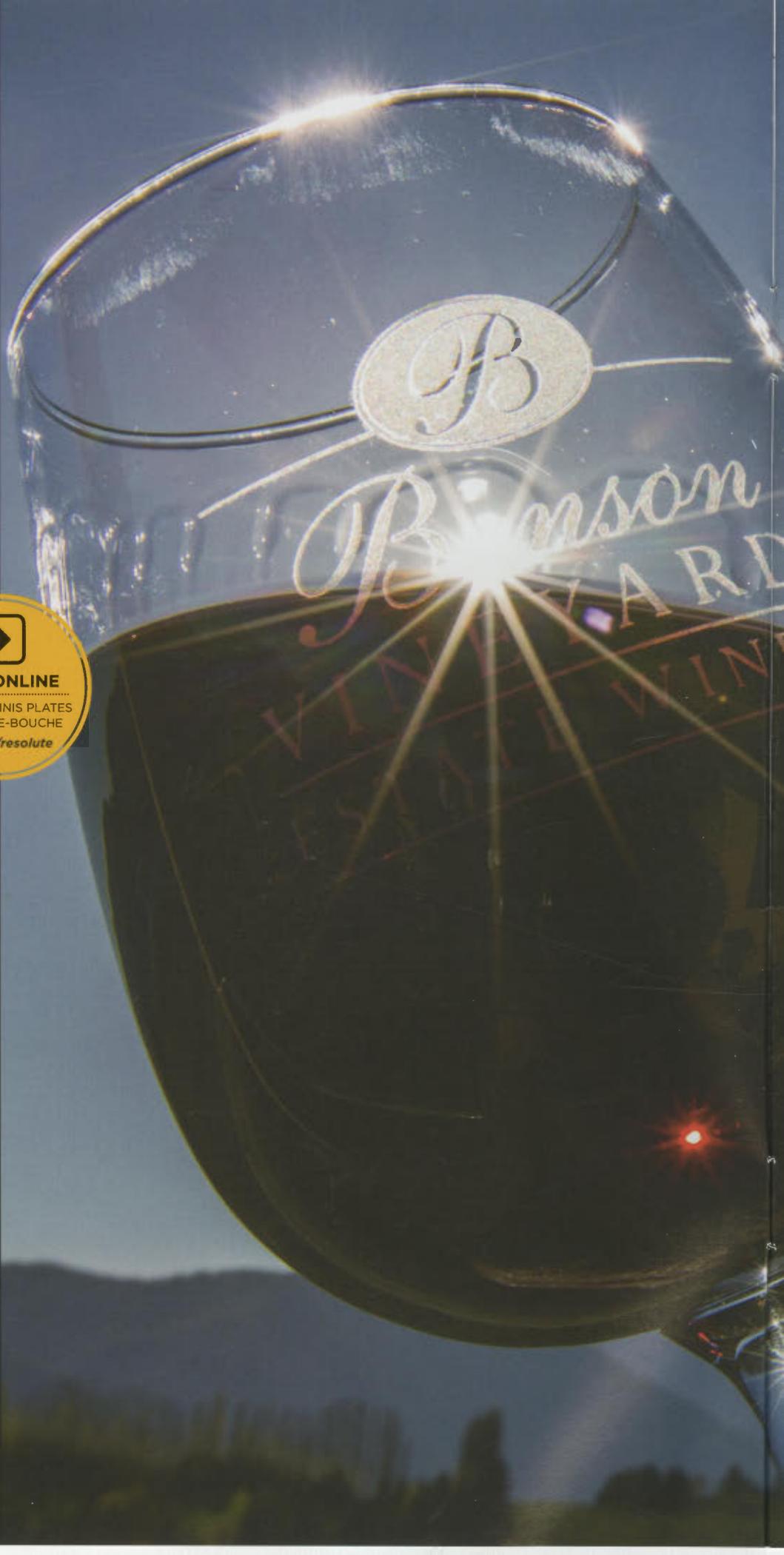
At PLU, the philosophy of food involves educating students, faculty and staff about social justice, sustainability and community, McGinnis said. The university works to create a positive dining experience to ensure students are nourished and ready to learn those lessons.

And that positive experience goes beyond the plate. It takes into account conversation, tablescapes and the company.

PLU brings people together in the University Center Commons, where students dine together and with professors and staff members. Dining staff come together around the Chef's Table in the heart of the Commons to develop recipes, entertain honored guests and cook up new ideas.

Down the street at PLU-owned restaurant 208 Garfield, the PLU community and beyond gather to enjoy each other's company and products grown, produced or bottled by alumni.

"Gathering around food is so important socially," McGinnis said. "There are conversations that happen at the dinner table at home, around the table in the Commons, that just don't happen anywhere else. We see all of those occasions as opportunities to educate our students, to educate our community." □



LABOR OF LOVE

BENSON VINEYARDS ESTATE WINERY TELLS
HEARTFELT STORY FROM VINE TO BOTTLE

BY KARI PLOG '11 | PHOTOS BY JOHN FROSCHAUER



A misty-eyed Scott Benson '96 examined a single bottle of Ruby Port with a nostalgic grin on his face. The velvety dessert wine with the perfect amount of sweetness tugged at his heart strings.

Standing in a chilled storage room surrounded by cases of wine, Benson said the Ruby Port is named after his grandmother. "It was a labor of love and a fitting wine for someone like her," he said.

The port was a three-year project, and Grandma Ruby never got the chance to drink it before she died in 2010. But her sweet memory lives on every time someone uncorks a bottle.

"It's a tribute to my Benson family roots," Benson said.

The heart that went into producing the port epitomizes the story told from vine to bottle at Benson Vineyards Estate Winery in Manson, Washington, overlooking the shores of Lake Chelan — great tasting wine made with a whole lot of nostalgia.

"We're family here first and foremost," Benson said.

And the wine tastes as profound as the story behind it. The port is buttery and intense, yet simple. It begs for drinkers to bury their noses deep in



Rebecca ('98) and Scott ('96) Benson

the glass to investigate all the flavors.

Betsy Kronschnabel, the tasting room manager at Benson Vineyards, said the best word to describe it is "jammy." The first taste reminds her of black cherry cordials, the flavorful fruit covered in velvety chocolate.

"Starting with the nose, it smells warm and really smooth," she said. "Then you sip it — it's very fruit forward."

Scott Benson and his wife, Rebecca (Gilge '98), met at Pacific Lutheran University in Tinglestad Hall. They lived a floor apart. Scott graduated in 1996, earning a bachelor's degree in history with a minor in political science. Rebecca graduated with an education degree two years later. She teaches fourth grade in Chelan. ▶

LABOR OF LOVE

CONTINUED

After working a technical job at Boeing right out of college, Scott Benson changed course and the pieces started falling into place for his future in the wine business.

“We made a very abrupt plan to move down to Willamette Valley,” a region in Oregon known for its wine, Benson said of him and his wife. There he studied winemaking and vineyard management at Chemeketa Community College.

Around that time, his parents bought the 30-acre property where Benson Vineyards stands today. The farmland was covered in red and golden delicious apples. Chelan didn't have an established wine industry then. Now, roughly 30 wineries dot the lake's edge.

People come for a good time, stay for the views and return for the wine.

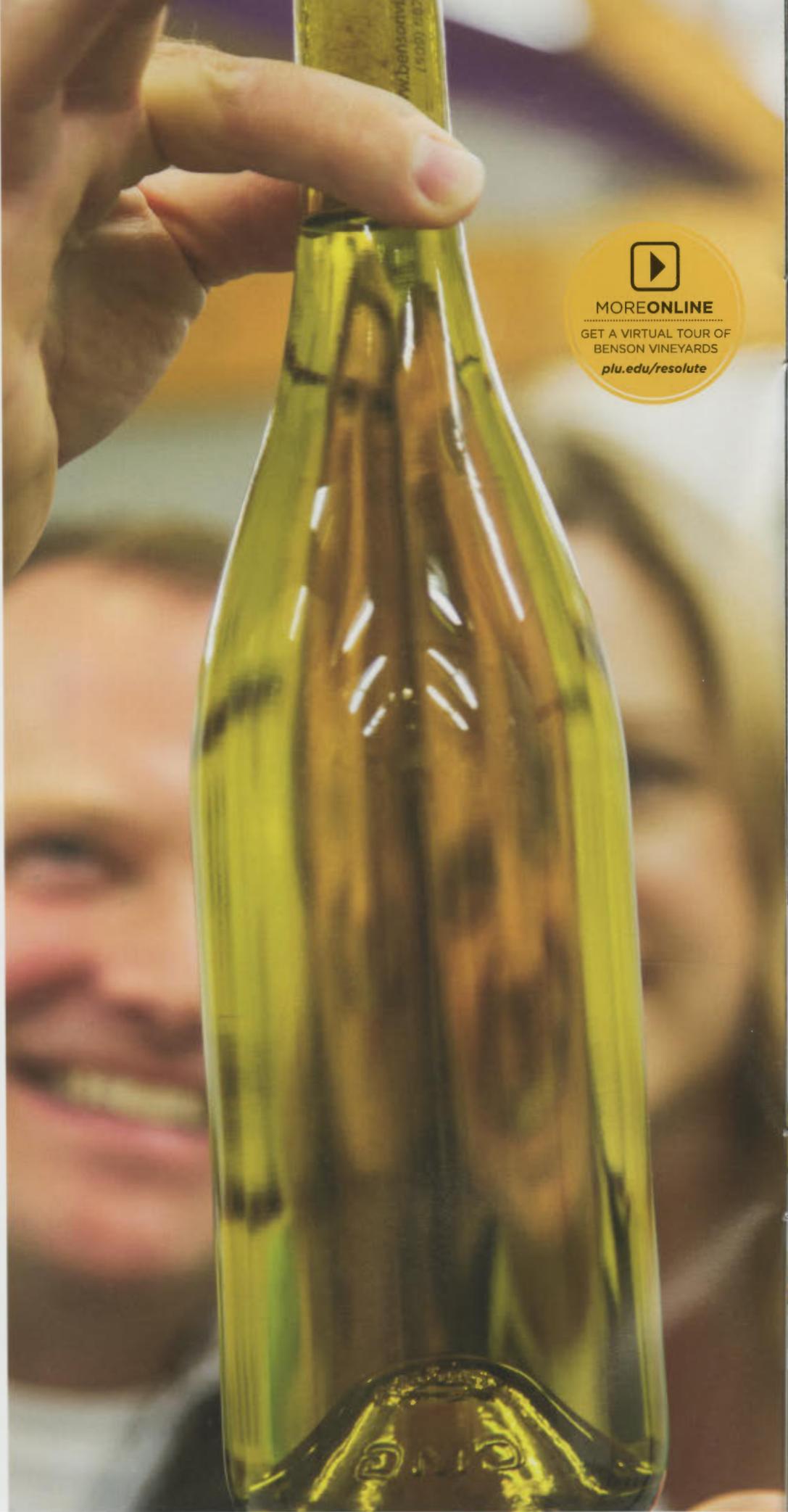
“There's not a lot of people who come to Chelan for the apples,” Benson said. They come for tourism, camping, boating and time shares. Wine seemed like a natural fit, he said.

In late 2001, Scott and his wife moved to Chelan to begin work on the winery he and his family were building from the ground up — literally. They moved 33,000 cubic yards of dirt, erected a collection of stucco buildings and transitioned apple orchards into acres of wine grapes of many varieties.

“We had to build the infrastructure,” Benson said. “We did all the work ourselves.”

The first harvest year was in 2004, which yielded about 800 cases of wine. Now, Benson Vineyards produces up to 5,000 cases of wine each year. About 70 percent of the wines produced are reds, the other 30 percent are whites.

About 27 acres is dedicated to 20,000 grapevines. Benson Vineyards is 100 percent estate grown, meaning all the fruit is produced on site. “It's a story for





us," Benson said. "We wanted to really showcase Lake Chelan."

The Bensons go beyond simply showcasing the area; they make it hard to leave. Natural light and breathtaking views flood the upstairs tasting room, with French doors that open to a tranquil balcony overlooking the sweeping grapevines, snowcapped mountains and glassy water.

Grassy lounge areas intersect with perfectly placed brick walkways and patio furniture fit for wasting the hours away (though, it's hardly wasted time).

People come for a good time, stay for the views and return for the wine.

"There's a story from vine to bottle we can tell here," Benson said, stressing that visitors can see the entire process in front of them as they sit and sip. "We don't have any secrets."

The property is open practically year-round, Benson said. It hosts concerts and charity events. But it isn't your grandma's winery; the Bensons unapologetically describe it as a party destination. It isn't unusual, for example, for so-called Parrotheads to enjoy a bottle of wine along with the musical stylings of a Jimmy Buffett tribute band. It's all about kicking back and having fun, because it is Lake Chelan after all, Benson said.

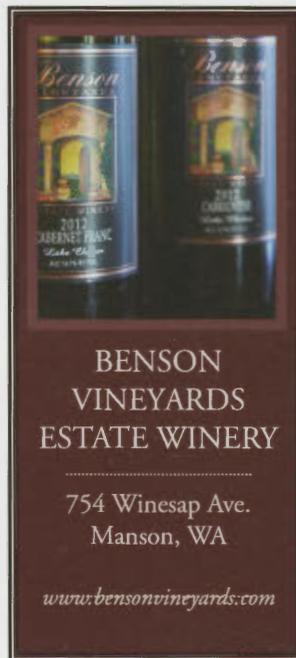
"The louder we are, the more wine we sell," he quipped. Stuffiness was never in the playbook. "We de-emphasize the restrictive nature of wine."

The Bensons say they aren't trying to appeal to the perfect palate; they're trying to appeal to everyone. It wouldn't be much of a party otherwise.

That said, Benson and his employees can talk intelligently about their wine and its production. They know the rules well enough to break them — but not too much. Walking through the rows

of wine barrels and talking about the science of it all, Benson's nerdy side comes out. But he likes to keep all that stuff behind the scenes.

"It's just wine," he said. "When it's sunny like this, I don't want to think too hard about it."



Benson and his wife stress the importance of giving back to others, and the couple is committed to fostering community. Charity events centered on education are especially important to them, as is a local group called Chelan to Africa. Started by a local doctor, the organization raises money to support a small orphanage in Lesotho. The Bensons will host a seventh annual charity event for the group this August. They say their commitment to community service was born at PLU.

"We take care of our family, we take care of our employees and we do our best to take care of the community as a whole," Scott Benson said. "That's really important to us."

Rebecca Benson says her husband also takes care of his employees, paying living wages and creating a place where people want to come back and work year after year. Workers even call the winery "our place," she said. "Scott works to make that true," she said.

Scott Benson said it's the right thing to do and it's simply good for business: "We can't do what we do without good people."

Benson Vineyards wine is sold at various places east of the Cascades. On the west side, it's a bit tougher to find. PLU-owned restaurant 208 Garfield carries it, as does Ralph's Thriftway in Olympia. But to soak in the scenery and the full story, a trip to Lake Chelan is a must.

"If you want it, you gotta come here and get it," Benson said. "Nobody tells the story like us."

The view speaks for itself. □



SUNNY SIDE UP

KEEPING PORTLAND WEIRD IS HARD WORK. FRIED EGG I'M IN LOVE FOUNDER JACE KRAUSE '04 DOES IT WITHOUT TAKING HIMSELF TOO SERIOUSLY, CRACKING JOKES ALONG WITH THE EGGS.



===== SECOND COURSE =====



Jace Krause '04 (left) and Ryan Lynch

Fried Egg I'm In Love serves up breakfast sandwiches with a side of silly humor seven days a week along a bustling sidewalk on Southeast Hawthorne Boulevard in Portland, Oregon. The sandwiches are carefully crafted, with any dietary restrictions or special requests in mind, but the jokes are non-negotiable.

"We're doing our part to keep Portland weird," said Jace Krause '04. "We're kind of weird guys ourselves."

Krause and his business partner, Ryan Lynch, started the food cart in 2012. Back then, Krause said the goal simply was to avoid going broke. Fast forward four years and the duo isn't just feeding hungry mouths and paying the bills, they're a popular addition to the Portland food scene. They were even featured on an episode of the Food Network show "Eat Street" in 2013.

"I wanted to create a job for myself where I could be myself," Krause said.

That took a lot of hard work and missed weekends in the beginning. For the first couple years of business, Krause and Lynch worked six days a week without vacations. Now, they have a full staff of employees and work three days a week. The rest of the time they dabble in creative projects, primarily making music with their band Fort Union, and managing food cart logistics.

"We saw where it was going, so we knew we were on to something," Krause said of the early days. "I feel like we paid our dues. We worked very hard."

Music is Krause's passion; it's what brought him to PLU, where he earned a communication degree. He writes songs, sings and plays guitar for Fort Union, which just released a new album (fupdx.com). He also can play piano and played saxophone in the PLU Jazz Band as a student.

Krause makes a different kind of music at Fried Egg I'm In Love when he's donning an apron and juggling spatulas. The sounds of silverware clanking and eggs sizzling on the grill accompany Zambian psychedelic rock music blaring through the speakers and the chatter of delighted customers as they get their hands and faces yolky.

Customers sing out orders with names that most would recognize (and chuckle at): the Little Gritchard, the Sriracha Mix-A-Lot, Free-Range Against The Machine, the Egg Zeppelin and the sandwich that started it all, the Yolko Ono. The latter recently was named one of the five best breakfast sandwiches in Portland, Krause said.

The rules for naming the food cart's creations: it has to be a song, band or album name and it has to be "punny." >




MOREONLINE
GET A GLIMPSE INSIDE
THE FOOD CART
plu.edu/resolute



SUNNY SIDE UP CONTINUED

"The one that makes us laugh the hardest wins," Krause said of the brainstorming sessions.

Krause said his food cart focuses on locally sourced products, from regionally harvested eggs to the ingredients in their homemade spicy aioli.

"IT'S EASY FOR US TO MAKE FOOD. EVERYONE NEEDS TO EAT."

"There are so many people in Portland doing awesome stuff," he said. "It would be a shame not to feature that."

Krause said people imagined something much simpler when he uttered the words "food cart;" "a hot dog cart on the sidewalk" they thought. But there's nothing simple about what he and his business partner do.

"It's basically a restaurant in a trailer," he said. "We always say we work hard and play hard."

It's often busy. On weekends, they cook eight to 10 eggs at a time nonstop from 9 a.m. until they close at 3 p.m. Krause loves chatting with regulars in the process. His friends are his customers and his customers are his friends.

"Food always brings people together," he said. "It brings me joy to make them food. I'm taking care of them in a way."

Krause doesn't just take care of his regulars. He says homelessness is prevalent along Hawthorne. To help in some way during the holidays last year, he and Lynch took donations for local shelters and one day after closing time cooked a hot meal for people off the street. They fed about 50 people, and the plan is to make it an annual effort.

"It's easy for us to make food," he said. "Everyone needs to eat."

Krause doesn't take himself too seriously, but he works hard to please his customers.

"I always make sure there's a perfectly cooked egg on every sandwich," he said. When he has time to enjoy breakfast himself, Krause said he prefers his eggs scrambled, though he admits his scrambled eggs are nothing like his grandma's — which he says are perfect. That's how he got started with eggs.

"I haven't perfected them yet," he said, laughing. "I've gotten really close."

But most days Krause said he's shoving a breakfast wrap into his mouth in between filling orders — a wrap specifically designed for quick eating, he said. And he wouldn't have it any other way.

"It's hard to believe this is my job," he said. "It's gone so far beyond anything I could've imagined." □



Yoiko Ono
Our signature dish. Fried egg, homemade pesto, parmesan, and a hand-pressed house sausage patty.
7

Yoiko Zeppelin
Same as Yoiko Ono, but with double egg, double sausage. Imagine... a double fantasy.
9

Egg Zeppelin
Two eggs, two homemade sausage patties, two slices of tillamook cheddar, and aardvark aioli* Mr. Plant would say it is a whole lotta love.
8.5

Smells Like Protein Spirit
Fried egg, tillamook, and your choice: homemade sausage, bacon, ham, or sortasausage (V/GF)**.
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Back in Black Bean (V)
Black beans simmered with veggies and spices, served with a fried egg, avocado, and green onion. Also available as a bowl.
6.5

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			.75
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JOURNEY TO THE SHELF

Lutes raise awareness about the story
behind food and the disconnect between
production and consumption

BY KARI PLOG '11

MAYA PEREZ '16 saw students' eyes light up with curiosity as she worked with them at a local community garden. The kids, ranging in age from fourth to eighth grade, gained a new appreciation for food access after experiencing what life might be like with a lack of options and money.

They were told to make grocery lists and pick berries to earn imaginary money to purchase their chosen items. At the end of the exercise, many of the kids realized they didn't have enough money to buy everything they needed. They were left asking themselves, "what now?"

"You can see it in a visceral sense," Perez, a sociology major at Pacific Lutheran University, said of the results. "You could definitely see the wheels turning."

The exercise, part of a summer internship for Perez, was meant to get kids thinking about issues related to food consumption, to break the cultural mindset that food "magically appears" at the grocery store, she said.

"It is about finding that connection to the food you're eating and who is producing it," Perez said.

Kevin O'Brien, PLU's chair of environmental studies, said the key is people learning the story behind their food and asking if they're comfortable with that story.

"The easiest and most damaging habit is thinking that food comes from a grocery store," said O'Brien, who is also an associate professor of Christian ethics. "Go to a grocery store and be aware."

This concept isn't just foreign to schoolchildren. The disconnect between consumers and the food they buy and eat is a very real issue for many people of all ages. Responsible food consumption is a complex, and at times polarizing, issue. It is often overwhelming for advocates who wish to change their habits and the institutions that helped formed those habits.

For Perez, O'Brien and others, the first step is learning and talking about the food industry.



Maya Perez '16

Perez said her food advocacy has evolved over time, and she takes steps when she can to reduce negative impacts on the food system, the people within it and the environment. She's a vegetarian, she composts and she does her best to understand where the food she buys comes from, accounting for potential use of child labor and other factors. She is mindful of what produce she buys, what season she's buying it in and where she purchases it, and she tends a garden when she can.

But Perez acknowledges that there's no perfect solution to all the problems related to industrialized food. Those problems include overly processed products that cause widespread health issues, environmentally harmful chemicals and inadequate wages for a dwindling population of farmworkers.

"It's a tricky situation to shop ethically at all," Perez said. But it's important for people to avoid getting wrapped up in guilt, she added. "Take mindful, intentional steps forward. Start talking about it."

O'Brien said that's an important piece of the puzzle to avoid being overwhelmed by a vast and complicated issue.

"Don't try to do everything. Do something," O'Brien said. "The best place to start is where you are. We can all do something."

One manageable step for O'Brien was becoming a member of a CSA, which stands for community supported agriculture. Members buy a share of a farm's harvest, pay per year and receive a basket of food each week in return.

In a good season, members get a variety of healthy, locally sourced produce that came from a farmer they know. In a bad season, they've invested in a farmer whom they want to stick around for future harvests. O'Brien said he's bought a share at Zestful Gardens, a Tacoma-based organic farm owned by PLU

CONTINUED ON PAGE 30



THIRD COURSE

PLATING PERFECTION

PLU alumna Lisbet Halvorsen creates her own recipe for success and the result is ravishing

BY KARI PLOG '11 | PHOTOS BY JOHN FROSCHAUER

RAVISHING

Lisbet Halvorsen '90 wasn't satisfied working in the restaurant business without stepping foot in a kitchen. So, she decided to create her own recipe for success.

"I've just learned by doing," she said one sunny Saturday as she hustled and bustled to prepare for a private tasting and a wedding.

Halvorsen is the owner and founder of Ravishing Radish, a Seattle catering company with 15 full-time employees and roughly 100 on-call workers. Her business specializes in full-service events, providing clients everything from rentals, music, flowers, linens and quality Northwest-inspired food prepared with local ingredients.

"We're basically a one-stop shop," Halvorsen said. "We focus on everything for an event to come together."

Halvorsen worked in the food industry before and after studying public relations and English at PLU. She tried for a long time to break into the kitchen. When that effort and a monthslong job search in the communication field hit a dead end, she decided to take control of her destiny. Halvorsen started sharing a kitchen with the people who launched Taco Del Mar, back when it was a small operation, and got cooking. In the beginning, she focused on boxed lunches.

Fast-forward a couple decades and Halvorsen now boasts an impressive reputation, one that landed her a catering gig with the Clinton Foundation last year. She poured wine at Hillary Clinton's table.



Lisbet Halvorsen is pictured with her staff and Hillary Clinton during an event catered by Ravishing Radish.



Halvorsen prepares table settings for a wedding buffet.

"It was one of the most stressful things I've ever done," Halvorsen said, laughing. The Democratic candidate vying for president of the United States ate halibut that night, she added. "She thought it was lovely."

Ravishing Radish currently shares a kitchen space with Pyramid Catering at Capitol Hill's Immaculate Conception Church. The church kitchen emphasizes utility. It bustled on a recent Saturday afternoon before a wedding scheduled at the Fremont Foundry. Transport trucks and equipment hummed as the smell of freshly prepared food and fresh-cut flowers wafted through the room.

Halvorsen quickly ran between the kitchen, her office and the liquor closet, getting ready for a tasting with future clients. No details were missed in the tasting room: candles flickering, wine uncorked and ready to be poured, and perfectly placed menus on pearly white platters.

Once she finished setting the ambiance, she shuffled over to the fresh-cut lilacs and arranged centerpieces for the wedding buffet. The flowers came from the yard at her home on Bainbridge Island.

Nobody working that day walked. There's no time to waste for staff who sometimes cater up to five weddings a day. Ravishing Radish caters hundreds of events each year all the while experimenting with new dishes and hosting public tastings for as many as 150 people. >

PLATING PERFECTION

CONTINUED

Sometimes the masterminds behind the beautiful dishes get to eat their creations. A quick sample of the prosciutto-wrapped Yukon gold potatoes was a welcome treat on that hot afternoon.

David Thomas, a sous chef who was hard at work dressing up a plate with a red-wine reduction sauce, said just about everything on Ravishing Radish's menus is made from scratch. The short ribs are a fan favorite — the dish is “over-the-top, all-the-time” good, he said. It's an all-day process to make the ribs: braising the meat, straining liquid, reducing the sauce and more.

The result is worth it — a dish Halvorsen said melts in your mouth and doesn't require silverware.

Staff members slow down and soak in the good stuff when time allows. Halvorsen said she holds Champagne Fridays, during which employees drink bubbly and try new recipes the team dreams up.

“We eat well,” she said.



David Thomas (left) and Cole Dinkleman plate dishes for a private tasting at the Ravishing Radish kitchen.



She said her employees set Ravishing Radish apart from other catering companies. They care deeply about the clients and are passionate about providing the best experience possible.

"Everyone has fears," she said. "We try to understand their fears and make it seamless for them the day of."

Presentation also is a priority. The company's motto: "Food is art."

"Food nourishes us and keeps us alive," Halvorsen said, "but it's more than that to me."

Part of that includes the experience people have when they gather around a table at an event. Halvorsen said it's important to her to see people bonding over food during milestone moments, such as a wedding.

She said Ravishing Radish often will cater a rehearsal dinner and a reception, really getting to know the people being served. "We've hung out with them at their most intimate moments," Halvorsen said. "We feel like we're a part of the family." □



RAVISHING RADISH CATERING

1801 E Marion St., Seattle, WA
www.ravishingradish.com





DESSERT

The lines at Salt & Straw in Portland, Oregon, are often long, but nobody standing in them complains. Instead, people smile big with anticipation and mull over the tough decisions about which flavors to choose.

“We don’t use lines to gauge success,” said Kim Malek '93, co-founder of the ice cream shop that has skyrocketed in popularity since it opened five years ago. “But we are excited about what happens in our lines.” She’s heard stories of job offers, marriage proposals and many requests to buy cones for others — everything that makes the strong community Malek hoped would define her ice cream shop.

“We overstaff our shop with the hope that each team member can take an extra moment, share the story of our ice cream and really take care of someone,” she said.

Malek said her desire to foster community with ice cream started with her experience at Pacific Lutheran University. The communication major said leaving a tight-knit campus, where everyone knew professors and classmates well, encouraged her to find that same atmosphere in her professional life.

Malek worked at Starbucks — which was a small company with 30 stores at the time she started — on and off for about 12 years, doing marketing and communications work. Part of that time she was stationed in Portland, a city with a sense of community she hadn’t experienced since college.

“I’ve always had this dream of opening an ice cream shop in Portland,” she said. “It seemed like a great place to open one.”

Apparently, she was right. Salt & Straw started as a pushcart in the city’s Alberta Arts District. It has since grown into a wildly popular small-batch, handmade ice cream chain with three stores in Portland and two in Los Angeles. The company just opened a new concept in Portland, too, called Wiz Bang Bar that focuses entirely on soft-serve ice cream.

Salt & Straw’s menu changes every four weeks, and the flavors highlight Oregon companies and ingredients. They epitomize the city they were born in: unapologetically weird with local flair.

Pear and Blue Cheese flavor features Southern Oregon-based Rogue Creamery blue cheese that entices people with the perfect amount of savory. Strawberry with Honey Balsamic and Black Pepper takes you on a roller coaster of flavor, starting with sweet and ending with a subtle punch of spice. It’s made with honey balsamic produced by a fifth-generation beekeeper right outside Portland, Malek said.

Bean and Cheese Burrito flavor is unexpectedly delicious. It mimics the taste of a churro or Mexican fried ice cream, with notes of cinnamon and crunchy pieces of tortilla chips.

But Malek said people say the strangest flavor is Bone Marrow with Smoked Cherry. She describes it as a marriage of sweet and salty. “It’s almost like a cocktail,” she said. “Someone in town made a cocktail based on that flavor. It comes back when cherries are in season.”

All the flavors are developed through close relationships with the companies that inspire them; artisans, tea companies, breweries, coffee roasters and more.

“Ice cream is a great way to reflect the local food scene,” Malek said. “It’s really meaningful to have that relationship behind each flavor.”

No matter what flavor people choose at the end of the day, Malek said, it’s all about enjoying the ice cream: “Going for ice cream should be a really good experience.” □



SWEET, SURPRISING AND SENTIMENTAL

PLU alumna Kim Malek’s ice cream shop serves up quirky dessert and an experience to be shared

BY KARI PLOG '11

PHOTOS BY
JOHN FROSCHAUER

SALT & STRAW
ICE CREAM SHOP
3345 SE DIVISION ST., PORTLAND, OR
WWW.SALTANDSTRAW.COM






MOREONLINE
 WATCH SALT & STRAW
 SCOOP AND SERVE
plu.edu/resolute

Neela Sturm, 2, buries her face in a delicious vanilla ice cream cone at one of Salt & Straw's Portland ice cream shops.

ALUMNI**PROFILE**

SWEET SUCCESS

LEARNING TO FAIL FORWARD

PHOTOS BY JOHN FROSCHAUER

Others thought Megan Wagstaff '03 was crazy to ditch a perfectly good job to bake, a move that resulted in her macaron shop Lady Yum. But daydreaming about leaving the job she hated made her feel like the carefree little girl she once was, taking the cookbook from her mother and baking cookies galore.



BY LISA PATTERSON '98

Pivot – it's a business buzzword used by tech entrepreneurs to explain shifting directions until they develop something that's viable and profitable.

But the basic definition is even better: It's the action of turning around a point, or a person or thing that is central or important to someone or something else.

PLU alumna Megan (Baylous) Wagstaff '03, founder of Kirkland's Lady Yum Macarons & Mischief, is proof that pivoting in your life can pay off in ways far beyond paychecks. Using a series of career moves, Wagstaff stopped the rat race and gave herself a three-year deadline to realize and create a more authentic career. The result? Sweet success.

"They say you never know who you are until you face real adversity. I was 28 when I had my first 'aha' moment," Wagstaff said. "It was like a convergence of all these new concepts I had been learning about – comfort zones, authenticity, emotional intelligence, self-awareness, fear, essential self, social self."

Wagstaff was a fresh-faced 17-year-old high school senior from Hoonah, Alaska, when she simultaneously entered PLU as a first-year student, thanks to an early enrollment program. The Parkland university's population was three times the size of her town. The kid who grew up in a singlewide trailer with two siblings had been homeschooled by her mom while her dad worked away from home for long stretches. Beginning her Lute journey in what seemed like a "big city" was a whirlwind made a bit less overwhelming thanks to her older brother who also was a student at PLU.

Wagstaff was a decent pianist, but when she met the other students in the intense PLU music program, she didn't feel like it was a fit. She floundered a bit.

"A business degree seemed like a good option because all my friends were doing it, and I could get good grades without doing much work. That all seems very lazy but I wasn't. I was a hard worker and it was my opinion that hard work would get me where I wanted to go, and where I wanted to go was a very fluid concept," she said. "I was never concerned with making a choice about what I wanted to be when I grew up, because my parents led me to believe that I could be anything, and it was OK to change your mind as long as you were responsible and gave it a fair shot first. I didn't know it at the time, but they taught me how to fail forward, so I was never afraid of it."

Wagstaff landed her first job out of college as a mortgage loan officer for a small brokerage office. It was her first offer, and it came from a family friend. "I had zero idea what I was doing, but my commission earnings potential in mortgage (loans) in 2003 was insane, so I jumped right in," she said. She worked a lot, made a ton of cold calls and met some close friends and supporters along the way. Then she partnered with a coworker and started her own brokerage company.

"Again, I had no idea what I was doing, but I thought I could do anything," she said. In the process Wagstaff learned about what it took to run a business, and sponged advice from successful people she met along the way.

CONTINUED ON PAGE 31

BIGNAMES ON CAMPUS

PLU NOT ONLY SENDS LUTES OUT TO CHANGE THE WORLD, BUT ALSO BRINGS WORLD-CHANGING LEADERS TO PLU.

MORE ONLINE

www.plu.edu/resolute



VANDANA SHIVA

Vandana Shiva, Ph.D. and founder of Navdanya, delivered the keynote speech titled "Seeds of Freedom, Gardens of Hope" to close the Wang Center Symposium, "The Countenance of Hope," and open the Food Symposium, "Food and the Environment," at PLU on Feb. 26.

(Photo: John Froschauer/PLU)



MICHELLE LONG

PLU Regent Michelle Long '85 addressed the challenges of finding purpose in life April 5. Long says that experiences leading to vocational discernment sometimes cause the feeling of being stretched in challenging, and possibly uncomfortable, ways. In contrast, experiences that tend not to be helpful in vocational discernment often lead to a feeling of being injured or in pain. Long shared stories from her experience that gave insight into knowing when you're "uncomfortable" and when you're "in pain." (Photo: John Froschauer/PLU)



SARAH G. EPSTEIN

Sarah G. Epstein visited Pacific Lutheran University on April 8. Her family foundation owns the largest collection of Edvard Munch prints outside of the Munch Museum in Norway. She lent many pieces to the Tacoma Art Museum for a PLU-sponsored exhibition.

(Photo: Angelo Mejia '17/PLU)



ABBOT TRYPHON

The Very Rev. Father Tryphon of the Russian Orthodox All-Merciful Saviour Monastery delivered a sermon at the morning prayer in the Ness Family Chapel at PLU on March 2. (Photo: John Froschauer/PLU)

JUNE

COMING SOON

FOR A COMPLETE LISTING, VISIT:

www.plu.edu/resolute

SUMMER CONFERENCE IN PASTORAL THEOLOGY, JUNE 6-8.

PLU hosts "More Than Bible Study?" The conference focuses on animating worship, learning and service with and through Scripture with Samuel Torvend, Ph.D. and university chair of Lutheran studies.



TEDxTacoma

x = independently organized TED event

HEALTHY FUTURE

TEDxTACOMA

A diverse collection of great minds gathered in the Karen Hille Phillips Center for the Performing Arts on April 22 to share their ideas for a healthy future as part of TEDxTacoma. Watch for full videos of all the talks, which will be posted to www.plu.edu/tedx Tacoma.



SHANE LOPEZ

Shane Lopez, Ph.D., senior scientist for Gallup and research director of the Clifton Strengths Institute, spoke as part of the Wang Center Symposium at PLU on Feb. 25. (Photo: John Froschauer/PLU)



STEPHANIE RENEE COX

Stephanie Renee Cox, retired professional soccer defender and Olympic gold medalist, spoke to students about comprehensive skills and techniques in the Olson Gymnasium at PLU on March 8. Cox spoke to students about ways to enhance sports performance through imagery, goal setting, self-confidence and team building. (Photo: Robert R. Carrasco '18/PLU)



VALERIE SEGREST

Valerie Segrest, community nutritionist and project coordinator, gave the closing talk for the Food Symposium, sponsored by PLU's philosophy department, on Feb. 29. (Photo: John Froschauer/PLU) □

JAZZ UNDER THE STARS

Every Thursday 7-9 p.m. July 7-Aug. 11.

PLU's free outdoor jazz concerts kick off July 7 with a performance by the swinging Casey MacGill Orchestra at the Mary Baker Russell Amphitheater.



ANNUAL BERRY FESTIVALS

June 8, July 13, Aug. 3 in Red Square from 11 a.m.-1 pm.

Each berry festival at PLU features one sweet berry and bushels full of farm-fresh, family-friendly fun and entertainment.



DISCOVERY PLU



Photo: John Froschauer/PLU

BY KARI PLOG '11

RICK BAROT says his work as a poet is a direct product of his time spent teaching at Pacific Lutheran University. And that work is gaining a lot of recognition these days.

"We try to act on our values as an institution," said Barot, associate professor of English and author of the book *Chord*. PLU's authenticity and commitment to "critical seeing," he said, affects his writing.

His book, a collection of poems, recently won the University of North Texas Rilke Prize. Additionally, Barot is the recipient of the prestigious Guggenheim Foundation fellowship, one of only 175 awarded throughout various disciplines. Both are high honors in the writing world, Barot said. Those are in addition to a PEN Open Book Award, the Thom Gunn Award from the



Publishing Triangle, and recognition as a finalist for the Los Angeles Times Book Prize.

"You really are a product of your environment," Barot said. "It's an affirmation for PLU, as well."

Barot said his publisher submitted *Chord* for the Rilke Prize, a \$10,000 prize that recognizes a book written by

a mid-career poet who demonstrates exceptional artistry and vision.

"I won without even knowing I was in contention for it," Barot said.

Barot and the other fellowship recipients were announced last month. They were chosen from a pool of nearly 3,000 applicants, based on achievement and exceptional promise. The fellowships are meant to give people the free time needed to pursue projects, Barot said.

Chord has been a longtime coming for Barot. He started writing the collection of poems in 2005. After 9/11 and the beginning of the Iraq War, Barot reflected on global tensions. Despite the somber inspiration, he said the themes run deeper.

JUNE

PLU NIGHT AT THE SOUNDERS
June 25. The PLU community is invited to cheer on the Seattle Sounders in their matchup against New York City FC.

AUGUST

NIGHT AT THE RAINIERS
Aug. 20. Current students, alumni, faculty, staff and their family and friends are invited to celebrate the end of summer as the Tacoma Rainiers take on the Las Vegas 51s.

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LUTE LIBRARY

ACCOLADES

"It's a dark book with a kind of hopeful lining," Barot said. He hopes *Chord* forces readers to think.

"What I'm interested in is poetry of disruption. Poetry that complicates your notion of what is around you." He said that includes confronting problems, as well as trying to escape from them.

"It is a way of reminding people that poetry is interested in complicated things," he said.

Barot said the Rilke Prize and the Guggenheim fellowship, among his other honors, affirm the value of his long and difficult work. PLU has immersed him in the world of poetry, he said, providing a catalyst for conversations with his students that inspire his growth as an artist.

"That's part of my everyday life as a teacher," Barot said. "We have a dialogue that feeds my work."

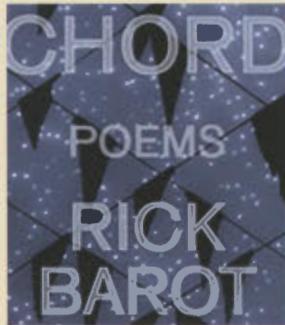
Additionally, Barot said his poetry mirrors the mission of the university - a commitment to thoughtful inquiry and social justice. His advice to aspiring writers is to read widely and write a lot. As a young writer he journaled daily.

"Process the world through language," he said.

Barot has won awards for his writing before, but the Rilke Prize and the Guggenheim fellowship are on a different level, he said.

Barot said it's been overwhelming (in a very good way) to have all these awards drop at once. He isn't planning to slow down. He's already working on more poems and a collection of essays about poetry.

"I've been given the encouragement and momentum for the next phase of my life. As a writer, as a teacher and as a citizen," Barot said. "This isn't about resting on your laurels. It's an invitation to do even more." □



Chord, Rick Barot
That art should once have been marked with this delicacy: always only one of each thing made, so that your poem has its one life on the sheet you have chosen for it, or the snapshot of the birthday party, everything in the room upended by the children's jubilation, survives only in the single defended piece of glass.



The Nerdy Nummies Cookbook: Sweet Treats for the Geek in All of Us showcases recipes by internet personality Rosanna Pansino '07.

[MORE ONLINE](#)



Jen Jenkins, Ph.D., associate professor of German and chair of Scandinavian area studies, received a Beinecke Visiting Research Fellowship at Yale University for her sabbatical during the 2016-17 academic year.



Andrea Munro, Ph.D. and assistant professor of chemistry, is part of a partnership that seeks to advance solar energy. Four Pacific Northwest universities, including PLU, will research an emerging technology for improving efficiency of photovoltaic solar cells, thanks to a \$240,000 M.J. Murdock Charitable Trust grant.



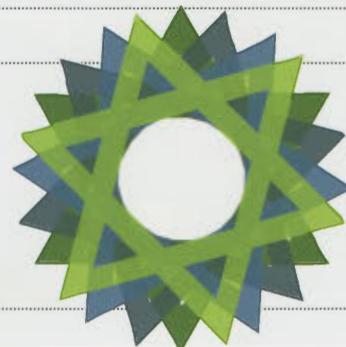
Andy Foltz, second-year head coach of the Northwest Conference Champion women's rowing team, was named the 2016 NWC Coach of the Year.

[MORE ONLINE](#)

OCTOBER

HOLOCAUST CONFERENCE

Oct. 17-19. The ninth annual Powell-Heller Conference on Holocaust Education will focus on women in the Holocaust. The event was rescheduled from its original spring dates.



PIU
A
TASTE
OF
HOME

HOMECOMING &
 FAMILY WEEKEND

OCT. 14-16, 2016



All alumni and families, past and present, are invited to campus for a **Taste of Home.**

Alumni, reconnect with the place and people you've called home over the years.

Parents and family members, connect with your students and the members of their Lute family.

**ALUMNI
 PROFILES**
ONLINE

FOR THESE AND MORE, VISIT
www.plu.edu/resolute



EMPOWERING
 COMMUNITIES

Joshua Cushman '08



PARA-ROWER ON
 WORLD STAGE

Natalie McCarthy '09

ALUMNI NEWS



FRIDAY

Classes Without Quizzes

Sit in on a current class, without the stress of midterms or finals.

Meet others at Lute Bunco or challenge them to a friendly game of laser tag!



SATURDAY

Open Halls

Sponsored by the Residence Hall Association. Visit your old stomping grounds or see where students spend their time.

Lute Family Brunch

Family members, enjoy a meal with your students and hear updates from campus.

Homecoming Football Game

Get out to Sparks Stadium in Puyallup and cheer on the Lutes!

PLU on Tap

All are invited for an evening of connecting over alumni- and locally produced wine and beer, paired with delicious food!

REUNIONS

- CLASS OF 1955 60TH REUNION
- CLASS OF 1966 50TH REUNION
- CLASS OF 1991 25TH REUNION
- CHOIR OF THE WEST 90TH ANNIVERSARY

THERE WILL BE SPECIAL EVENTS FOR EACH OF THESE REUNIONS. VISIT PLU.EDU/HOMECOMING FOR A FULL SCHEDULE.



SUNDAY

University Congregation Choir of the West 90th Anniversary Concert

All are invited to attend this culminating event of the Choir of the West 90th Anniversary. Listen to alumni from the different eras of Choir of the West combined with our current students. □



VISIT plu.edu/homecoming for a full schedule and to register.



TECH CO-FOUNDER
TO MENTOR

Nick Sears '87, '95



IMPROVING
GLOBAL HEALTH

Rebekah Blakney '12



DOCUMENTING
THE IDITAROD

Debbie Moderow '13

CLASSNOTES

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1944

Carrie (Person) Ferguson '44, Robert "Stretch" Ferguson '53 and H. Glen Evanger '51 gathered together for a party at Salty's at Alki Point in Seattle to celebrate Robert's 90th birthday.

1950

Jesse Thompson reached a happy 90 years old. He continues to work on his novels and enjoys playing guitar and singing. You can find videos of him on YouTube with his username Mr. JakeThomp.

1957

Darrell G. Rasmussen died July 28, 2015.

Marilyn (Hefty) Katz, Donna (Miller) Lewis, Helen (Jordanger) Nordquist, Lorraine (Schmick) Beardemphl, Carolyn (Hoogner) Hillis and Jan Bridges Wigen have had regular get-togethers since graduating. Their longtime friendships, which started at PLU, provide support for one another through life's journeys.

1961

Margaret (Thiessen) Roberts, nursing graduate, died Jan. 24, 2016.

1962

Daryl Ashpole is helping coach Lutes softball as the assistant coach under Coach Lance Glasoe.

Dennis Knutson and his wife Mary Ann Knutson were presented the first Friends of Augustana Music award by the Augustana University department of music in recognition of the couple's longtime philanthropic and artistic support of the musical arts, both at Augustana and throughout the region. The award was presented at an Augustana choirs and orchestra concert on Nov. 1, 2015 at the Washington Pavilion.

1968

Phillip Formo released a memoir, "Writing My Life a Memoir," in 2015.

Georgia (Stirn) Girvan was named a Tribute to Women and Industry Honoree and a recipient of the Idaho Conference on Alcohol and Drug Dependency Lifetime Achievement Award. She is presently retired. Georgia completed a six-year term representing the Eastern Washington-Idaho Synod as a member of the Board of Directors for Lutheran Community Services Northwest. During those six years she renewed friendships with PLU classmates and met Lutes who attended more recently.

1970

Roger Hansen was appointed the executive director of the Alaska Masonic Library and Museum.

Claudia (McDermid) Stevens and the rest of the group, Mik's Red Hot Mamas, LLC, a community service oriented musical/comedy performance group performed at Macy's Thanksgiving Day Parade in 2014.

1972

David Thorson retired in January after 11 years as a district court judge for the 11th Judicial District in Colorado. Prior to his appointment to the bench, he served 17 years as a deputy district attorney in Fairplay, Colorado, and 11 years in private practice in Breckenridge, Colorado. David and his wife, Mary, plan to hike, travel, fish, golf and enjoy time with their 12 grandchildren.

1977

Richard B. Troyer has spent more than 30 years providing dental care to children in underserved communities.

1978

Bruce Neswick has been chosen to serve as Trinity Cathedral's canon for cathedral music.

Jon Overvold received the Interfaith Service Award from the Islamic Center of Long Island on Nov. 22, 2015, in recognition of efforts toward building bridges and promoting peace, understanding and tolerance, and caring for people from all backgrounds.

Rae (Murdoch) Iams joined the Digestive Health Specialists in Tacoma. She is an advanced registered nurse practitioner.

Linda (Tingelstad Carlson) Davis received her master's from St. Mary's University of Minnesota in human development on Dec. 5, 2014. The emphasis of her study was in spirituality, diversity and healing. She is in the process of writing a book and producing videos as a result of her journey.

1983

Bruce Berton is now the principal deputy high representative at the Office of the High Representative (OHR) in Sarajevo, Bosnia-Herzegovina. This is Bruce's 10th overseas assignment as a U.S. diplomat in his 28-year career with the State Department. OHR is the organization tasked with implementing the Dayton Peace Accords signed in 1995, which ended the Bosnian conflict (www.ohr.int).

Ted Walters died Dec. 7. Ted dedicated most of his career to Farmers Insurance Company as a claims adjuster. He is survived by three daughters, his mother and two sisters.

1984



David Chun '84 enjoyed working at a college fair in Honolulu with **Jasmine Lucero '15**.

Scott Ransom became the managing director at Navigant Healthcare. Dr. Ransom will provide strategic counsel on how hospitals and health systems can prepare for and address emerging challenges related to changing payment and delivery models, within the context of value-based care regulatory mandates.

1985

John Bachofner was recently elected to the Oregon State Bar's Board of Governors, as well as chair of the Litigation Section of the Bar.

Melissa Ibañez is the director of financial aid and associate vice president of enrollment management at the University of Pittsburgh at Bradford. She was recently recognized for her service to the Pennsylvania Association of State Financial Aid Administrators, receiving the President's Award.

1987

Gary Schminkey was recently named chief financial officer of America's Credit Union.

1988



Christine (Schimpff) Carbo published her first novel of suspense with Atria Books/Simon and Schuster in June 2015 called "The Wild Inside." Her second novel of suspense, called "Mortal Fall," releases May 31 of this year.

Debbie (Bilski) McLeod was named to lead the new municipal banking division of Opus Bank in 2015.

1989

Maria Stevens was selected as the new director of teaching and learning for the Shoreline School District.

1990

Robert Carney published "88 Maps," a collection of poems, in 2015.

1991

Robert "Scott" Rapp is the founder of Adventure Maps Inc.

1992



Jamie Dockens joined Fulcrum Capital in Seattle as a senior portfolio manager. Fulcrum is a wealth management firm focused on sustainable and responsible companies for individuals, foundations and endowments.

1993



Jason Thompson was named chairman of the Overlake Hospital Foundation in Bellevue, Washington. The Overlake Hospital Foundation raises funds to support the hospital's mission to provide world-class health care to the community. Jason has been on the board and in leadership roles at Overlake since 2010.

Diane Zimmerman published a new book, "Parenting," which is published by Xlibris.

1994

Ken Cohen was appointed the interim athletic director for the University of Washington.

Robin Koch is the new Clatsop County human resource director in Oregon.

1996



Kevin Marousek announces his new podcast dedicated to writers and writing in the creative arts www.soundcloud.com/getoffmylawnpodcast.

Teresa D. Miller was confirmed insurance commissioner by the Pennsylvania state senate on June 3, 2015.

Patrick Reid '96 was promoted to lieutenant commander in the United States Coast Guard Oct. 1, 2015. He is an instructor pilot in the MH-65D helicopter and currently stationed in North Bend, Oregon. Patrick is married to **Prece Fountain-Reid '97** and they have two children, Patton and Promise.

1998

Susan Mach was hired as the new principal of South Whidbey School District's Langley Middle School in 2015.

1999

Brian Norman was recently promoted to full professor of English on Jan. 1 at Loyola University Maryland, where he also serves as associate vice president for faculty affairs and diversity.

2000



Gina Hansen accepted a new position teaching digital audio recording, at Pittsburg High School, in Pittsburg, California.

2001



Jenny (Johnston) Coleman graduated from Seattle Pacific University School of Health Sciences' nursing program on June 12, 2015. She also became a member of the Sigma Theta Tau Honor Society of Nursing.



Ulrika Leback and **Jenny (Johnston) Coleman** met in Stuen Hall when they were students. Ulrika lives in Sweden and came back to visit PLU and her life-long friends she met at PLU, including Jenny, in June 2015.

2003

Stacey Kreitz was hired by the Department of Homeland Security to be a child forensic interviewer, one of six nationally. She is based out of Houston, Texas, but will travel nationally and internationally.

2004

Kaitlin (Glines) Barnhart currently works with troubled youth at Integrative Interventions, LLC, as well as writing for Idaho Life Magazines. She also has a blog called "Mammaflybox: Fly Fishing Addicted Mom," www.mammaflybox.wordpress.com.

PICTURE PERFECT



Theater and film students gathered in honor of the late William Becvar, Ph.D., at a performance of "Rumors" in October 2015. Gathered Lutes included: **Aaron Jacobs '00, Jeff Clapp '90, Meredith Zandi '04, Travis Zandi '03, Delliha (Langer) Hawkins '01, Noreen (McEntee) Hobson '00, Dan Gomez '03, Louis Hobson '00, Jon Nelson '00, Beth (Steele) Cavanaugh '00, Kathleen Anderson, Kevin Lee '00, Megan (Sanders) Kappler '99, Jenny (Jacobsen) Jacobs '01, Rachel (Teigen) Brackett '02, Rachel (Morton) Caldwell '02 and Matt Shimkus '03.**



The class of 1955 reunion at Homecoming 2015. **Seated, row 1, (left-right):** Dick Knutzen, Bob Keller, Joan Werle Rutherford, Barbara Carlson Olafson, Beverly Tranum Knutzen, Phyllis Grahn Pejisa, Marion Leonard Rogelstad. **Standing, row 2:** Gordon Christensen, Sophie Alvestad (Gordon's granddaughter, PLU first-year), Dick Brandt, Florrie Magnusson Reep, Mary Estergreen Johnson, Kathy Biery Hoyer, Norma Borgford, Alice Cuda Hokenson, Nancy Schincoethe Hestenes, Annie Romtvedt McCracken, Pauline Skjonsby Schryver, Glenn Johnson. **Standing, row 3:** Phil Wigen, Jerry Schimke, Janet Mitton Elfving, Joan Chernut Benner, Iver Eliason, Al Carlson, Mina Raaen Mittlestadt, Erv Severson, Ted Carlstrom.



Seattle-based Choral Arts NW was honored with the opportunity to provide a private holiday performance for guests of President Barack Obama and First Lady Michelle Obama, singing at the final ball of the season at the White House in Washington, D.C. Alumni present were **Nicholas Gorne '02, Anneliese (Gorne) Johnson '97, Katie (Guelker-Cone) Abbott '02, Emily Herivel '08, Dave Frost '74, Kari Frost '78, Ruth Preston '87 and Stacey Sunde '92.** (Phillip Tschopp '87 is also a member of Choral Arts not pictured.)

MORE ONLINE AT WWW.PLU.EDU/RESOLUTE

Kate Monthy became the new development coordinator at Spaceworks.

2005



Benjamin Brooks was promoted to chief marketing officer of MartianCraft.

Donna (Pickett) Gates-Smeall will be releasing her first teen's book with a fellow author this fall, called "Forever Friend" via Christian Faith Publishing. The book is in preparation mode at this time. Further information may be found at www.facebook.com/D.G.Smeall.

Tiffany Doorn worked the past two summers in developing countries. She spent summer 2014 in South Africa and a month of summer 2015 in Haiti working with children in orphanages. She describes the experience as life changing and humbling at the same time. She plans to go back to both countries soon.

Michael Doyle became the new vice president of medical affairs at Vassar Brothers in 2015.

2006

Daniel Seetin passed the rigorous examination to become a board certified pediatric dentist. On Nov. 2, 2015, he became a diplomate of the American Board of Pediatric Dentistry. He currently works at O'Brien Children's Dentistry and Orthodontics.

2007



Kyle Nowadnick was named one of Seattle's Best Wealth Managers by Seattle Magazine on Feb. 1. Kyle is a financial consultant with Thrivent Financial in Mill Creek, Washington.

2008

Caroline (West) Lubeck is a new director on the board of American Animal Hospital Association.

Michael Schmeltzer has received several honors and awards for his writing, including numerous Best of the Net and Pushcart Prize nominations, the Gulf Stream Award for Poetry and the Blue Earth Review's Flash Fiction Prize.

2009

Lita Kurth is a writer, teacher and co-creator of the Flash Fiction Forum.

2011

Mark Lindsey and **Luxi Salmon** were married on Oct. 10, 2015.



Caroline Olsen Smith '11 married Ethan Smith on Aug. 21, 2015, in Snohomish, Washington. Lutes in the wedding party included **Christy Olsen Field '08, Courtney Olsen '18, Jenna (Callaway) Reyna '11 and Carl Field '08** with 30 other Lutes in attendance. Caroline and Ethan live in Seattle. Caroline is finishing her last year at the University of Washington School of Dentistry and Ethan teaches high school biology at Mariner High School.

Kristen Ziegler-Horwath '11 married **Jesse Horwath '10** on Aug. 8 in an outdoor ceremony in Auburn, Washington. Lutes



in the wedding party included **Josh Rodriguez '10, Nick Melhart '10, Mitch Jones '10, and SarahAnn McFadden '11.** The bride was escorted by her father, **Dr. Mick Ziegler '80.** Many more Lutes were in attendance to share their special day. They live in Moses Lake, Washington.

Alex Stark '11 and Crystal (LaPorte) Stark '14 were married on July 18, 2015, at Fair Harbor Marina in Grapeview, Washington. **Natalie Burton '13 and Leila Jones '13** were both in the wedding party, with many more Lutes in attendance including the officiant, **Pastor George Larson '65.**

2012

Alyssa Henry is the new volunteer resources manager at the Arboretum Foundation in Seattle.

Angela Tennant was part of the cast of the world premiere comedy, "For Worse," at New Jersey Repertory Company.

2013

Nicolas Crosby was awarded a Smithsonian Summer Institute in Museum Anthropology fellowship to do work in Washington, D.C., this summer. He will be continuing the research from his religion capstone on the Balinese kreis, or ritual dagger. Crosby has been pursuing a graduate degree at Central Washington University in resource management, which is an IT and library-science intensive degree.

2014

Rachel Lee was promoted to assistant director of financial aid at Olympic College on Dec. 2, 2015.



Brittany (Petersen) Nickerson married Tyson Nickerson on Sept. 26, 2015, in Coeur d'Alene, Idaho. **Sarah Gumpert** was in the wedding party, and **Kristle Kim** was a reader.

Khadijah Tividad accepted a position at The North Face.

2015

Carolyn Knackstedt has been accepted to the University of Washington WWAMI School of Medicine, a collaborative medical school among universities in five Western states.

Andrew Miller is the new director of business retention and expansion for the Economic Development Association of Skagit County.

Elizabeth Tapler joined University at Albany women's basketball as the director of basketball operations in 2015.

Savannah Schneider is currently serving in Cambodia with the ELCA Young Adults in Global Mission program.



Morgan Woods is currently on the World Race, an 11-month mission trip to 11 countries including Uganda, Rwanda, Ethiopia and India.

FUTURELUTES

1997

Angela (Phay) Anderson and husband, Jonathan Anderson, welcomed their



daughter, Sonja Jane Anderson, to the family on Sept. 3, 2014. She joined big brothers, Søren and Leif. Angela is working part time at Pikes Peak Community College and Colorado College. Jonathan is working for the Mitre Corporation in Colorado Springs.

2000



Katherine (Peloza) Baeth and **Nicholas Baeth** are proud to announce the birth of their son, George Henry William Baeth, on Nov. 12, 2015.

2003



Scott Olson and his wife, Kimberly Olson, welcomed their son, Henry Spencer Olson, on Dec. 22, 2015, in Salem, Oregon. Henry joins his

big sister, Eleanor Anne Olson. Scott is a law student at the University of Oregon in Eugene and Kimberly is a policy analyst for the Oregon State Treasury in Salem.

2006



Ashley (Kloess) Smiley and husband, David Smiley, welcomed their baby girl, Haley Ann Smiley, on June 29, 2015.



Kjersta Larson-Smith '06 and **Dustin Smith '04** are proud to announce the birth of their son, Lien Douglas Smith, on Jan. 17,

2007



Maggie (Morgan) Stephens and **Ryan Stephens** welcomed, Logan Thomas Stephens, into the world on Aug. 8, 2015.



Kendra Dawn (Jeffrey) Gruneberg welcomed the birth of her son, Sebastian James Gruneberg.

2011



Emily (Schoenheit) Pallister '11 and **Steven Pallister '10** are proud to announce the birth of their daughter, Olivia Ryan Pallister, who joined

big brother, Reese. □

FAMILY & FRIENDS

The Rev. Kenneth Christopherson, Ph.D., died Feb. 7 at Tacoma Lutheran Retirement Community. He was 89.

Christopherson joined PLU as a religion professor in 1958. His career with the university spanned more than 30 years. After retiring in 1990, Christopherson continued researching the Reformation.

He embodied PLU's ideals, from his dedication to academic excellence to his commitment to Lutheran heritage.

Off campus, Christopherson was heavily involved with the church, teaching adult classes and graduate courses for clergy.

Full obituaries online: www.plu.edu/resolute

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alumna Holly Foster '96, for about seven years. He said she is always growing something, even in less fruitful seasons.

"It's an investment, and it's insurance on their part," O'Brien said of the annual cost. "I know she's going to grow. She can always grow something."

O'Brien said CSAs are becoming more popular. Beyond providing healthier food and a healthier environment, O'Brien said buying local and knowing the farmers who sell the food creates a community bond people don't get from the corporate food system.

"Food is best when you enjoy it with other people," O'Brien said.



Pérez and O'Brien agree that early childhood education is a huge factor in sparking change in the food industry. Pérez said it's important that children understand where food comes from and how it affects the people who grow, harvest, purchase and eat it. That helps plant the seed for a commitment to caring for the earth, Pérez said.

PLU alumna Nicole Laumb is already hard at work planting that seed. The 2011 graduate said her first experience growing food herself wasn't until her mid-20s, just a few years ago. Laumb worked for a school garden program in Fort Bragg, California, while working with AmeriCorps.

"Up until that point, I had purchased every head of lettuce I'd ever eaten wrapped in plastic," she said. Since then, Laumb has bounced from a goat farm in Eatonville, Washington, to a startup farm in Northern California, followed by the after-school enrichment program where she teaches today. There she runs garden-related classes for children.

"I don't want the next generation to have to wait as long as I did and that's why I took myself off the farm and into a classroom," Laumb said. "I want kids to have an understanding of their consumption,



Lutes work in the garden at Trinity Lutheran Church as part of a PLU religion class. (Photos: Kevin O'Brien)

environmental practices and where food comes from at an early age."

For those who are already wrapped up in the food system, Laumb said, small steps can be taken to initiate change. She urges everyone, when it's feasible, to start a backyard garden. She said that intimate experience with food, if widespread, will spark a cultural shift.

"Seeing what it takes to make something grow gives you more of an empathy for that process," Laumb said. "Once you've done it and sweated through it, there's an inherent change that takes place."

She also said people should try to purchase food locally when possible. Her definition of local means food that was grown or produced within 100 miles of where it's sold, though she noted that's not necessarily an option for everyone.

Luke Gillespie, a senior environmental studies major, said his advocacy focuses on the people with few options - or none at all. He said food deserts, or the unequal distribution of food in urban areas, are problems nationwide. That means many low-income areas don't have any grocery stores, and a collection of liquor stores and convenience stores often stand in their place.

Gillespie has devoted his senior capstone research to the issue, and plans to make his work available to local organizations that are equipped to tackle the problems associated with food deserts.

"If there's anything you can do, understand your place in the food system and acknowledge that place might look different for people who are in more vulnerable positions," he said.

Gillespie, as with most advocates for a more sustainable food system, doesn't have all the answers. But he said the solutions lie with members of affected communities. People in privileged positions who want to help should listen, not talk, he said.

"Without listening," Gillespie said, "I wouldn't understand the problem as well as I do today." □

The mortgage landscape began to change, and Wagstaff soon had a baby on the way. She wanted a job – with benefits and security – which led to her next stop as an account manager for a subprime mortgage company, even though she had little experience with the lending side of the business. As she always did, Wagstaff worked hard in her new role, learned on the job and fell in love with her work.

She was 23 years old and stayed until the subprime mortgage world crashed, and a large number of those companies went out of business. But within days she had another job lined up as an operations manager at an investment firm.

“Again, I had no idea what I was doing, but by this time, I was starting to get very comfortable with discomfort and fear,” she said. “I had felt it many times before and was beginning to trust that it would only open up more opportunities. I was beginning to learn that my largest fears carried my greatest growth.”

Wagstaff worked hard and performed well, but she didn’t love the job this time. “I hated the management style,” she said. “It was very churn and burn. Expectations were unrealistic and employees were held to unachievable standards. Adversity ran rampant.” She even found herself encouraging her own people to leave.

“I don’t want to just make the best French macaron you’ve ever had. I want to make the best thing you’ve ever put in your mouth.”

“Then one day someone I admire very much asked me why I stayed at my job despite how much I hated the culture,” she said. Wagstaff told him she was passionate about helping young people realize their potential. That person knew, Wagstaff’s dream was to bake, so in an attempt to help her realize her full potential, he encouraged Wagstaff to practice what she was preaching. And she did. She left her lucrative, stable (miserable) job and took a leap of faith.

Others thought Wagstaff was crazy to ditch a perfectly good job to bake wedding cakes. But daydreaming about leaving the job she hated made her feel like the little girl she was raised to be – carefree, fearless and real, a wild child running around a remote Alaskan island building forts and dreaming. Wagstaff’s pivot brought back the spark of the little girl who baked chewy brownies, moist cakes and cookies galore when her mother would hand off the cookbook and tell her to have at it.

“After that first wedding season, it was very clear to me that wedding cakes weren’t going to cut it. Turns out, what I loved to do so much as a hobby in my free time, I hated as a job,” she said. She needed to find a scalable product to bake or make.

It took a few more pivots, actually more of a pirouette, to figure it out. She tried making cupcakes, sugar cookies, cake pops and even “set up a tent at various events and bike races and made fresh stroopwaffles – don’t ask.” But when she was making wedding cakes she remembered just about every bride had asked her if she did macarons, those colorful French sandwich cookies that are as light as air and filled with sweetness. She ignored those brides for a long time – she had never eaten a macaron, and certainly didn’t know how to make one. Then, as she had done all those times before with new and unfamiliar experiences, she decided to give it a try.



“The first recipe I tried was from a Martha Stewart magazine,” she said. “They didn’t turn out very pretty, but they were the most delicious things I ever ate. That was 2011 and I haven’t stopped making them since.”

The cookie that looks like a little cartoon hamburger is incredibly tough to master. Wagstaff and her team have tried what feels like a million recipes, and they are always perfecting and tweaking the ones they have based on everything from the quality of the ingredients, to the humidity, and even their mood.

“I don’t want to just make the best French macaron you’ve ever had,” she said. “I want to make the best thing you’ve ever put in your mouth.”

After a successful online crowdfunding campaign helped with extra costs associated with storefront construction, Wagstaff opened her charming Lady Yum shop where Champagne flows all day long. It pairs well with her sweet and savory macarons in flavors you won’t find anywhere else, including mango habañero.

Wagstaff has learned a lot of lessons along the way – she’s a wise and seasoned businesswoman at 33 years old. When she was a little girl running around the island, her biggest fear was grizzlies. As an adult it is waking up one day asking, “Is this it?”

Her advice:

“Keep your eye on the prize, and remember that whatever rut you are in, it may just be a stepping stone in the journey to your dream.”

And don’t be afraid to pivot, especially if you see a bear. □

Lady Yum is located at 111 Lake St., Kirkland. It’s open daily from 11 a.m. to 10 p.m. Learn more at www.ladyyum.com.

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CHOCOLATI An explosion in Seattle's Greenwood neighborhood early March 9 injured firefighters and caused an estimated \$3 million in damage, leveling two buildings and affecting many nearby businesses. One of them was Chocolati, a cafe owned by PLU alumnus Christian Wong '07. Employees at Chocolati, which stayed open following the accident, boarded up shattered windows that morning. But their work didn't stop them from lending a helping hand. Staff set up a table to pass out free coffee to first responders, who worked tirelessly in the immediate aftermath. Wong said the decision to help was a no-brainer.