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Pets’ best friend

At the Rockwall Animal Shelter east of Dallas, canine distemper was the mother of invention. Probably passed from raccoon droppings, the disease was affecting more than half of the dogs at the shelter when a nonprofit founded by Molly (Thiss ’03) Peterson took over from the city in 2012.

Although she was working with abused and neglected pets, Peterson had never seen an epidemic like this in her experience with shelters or animal fostering. Distemper symptoms mimic a cold at first, but the disease is deadly for pups. The cats were also sick with feline herpes and ringworm.

She knew the first thing she had to do was to establish protocols for sanitation. Workers began stepping in bleach buckets to pass through doorways and dipping leash leads in bleach. They sprayed the yard with chlorinated water after each dog’s departure.

“An old lady who offered to adopt a 4-year-old hedgehog kept her as a pet. I was like, ‘We’ve got to euthanize this girl for you,’” Peterson said.

Only sick, aggressive or injured animals had to be euthanized. Other dogs were vaccinated and spayed or neutered, and then adopted.

“With this incidence, we were able to tell people, ‘Okay, this is what we’re dealing with, and this is what we can do to keep our dogs healthy,’” she said.

In addition to the addition of the shelter in Rockwall, the group had taken in between 650 and 1,000 animals a year. Last year, 1,287 dogs were taken in.

“Before the addition of the shelter, we had a network of foster homes for pets, and it immediately began to fall apart,” Peterson said.

She said the organization’s stress levels and because workers could now check on them from home, they also began to feel a better connection with the animals.

“We’ve been able to see them more clearly, and there’s a lot of emotion that comes from that,” Peterson said.

Only half of the dogs at the shelter when a new state law, there are animal rescue organizations that are inhumanely treating animals.”

The contract with Rockwall to run the shelter is exclusive, so Peterson’s group won’t be expanding to new cities right away. Instead, this year it plans to launch an investigative unit, complete with hidden cameras, “to shut down organizations that are inhumanely treating animals.”

In addition to the problem of puppy mills, which has been addressed in part by a new state law, there are animal rescue operations in the region that follow their own standards of humane treatment, Peterson said.

“There are some really great people running shelters, and they’re doing what they can with limited resources,” Peterson said.

The contract with Rockwall to run the shelter is exclusive, so Peterson’s group won’t be expanding to new cities right away. Instead, this year it plans to launch an investigative unit, complete with hidden cameras, “to shut down organizations that are inhumanely treating animals.”

Ideas for keeping infection in check made the animal shelter a better place and led to more adoptions.

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As she came up with additional ideas for keeping the infection in check, Peterson found that she could also improve the animals’ experience at the shelter, and even boost their chances for adoption.

“Just putting up one-way tinted glass on the kennels so that the animals could see the outside world. The glass tinting changed the atmosphere at the shelter,” Peterson said.

Working with the shelter’s board of directors, Peterson arrived at a better layout for the pens. Bumping noses and paws between cages, and the stress levels of the dogs decreased.

“If they’re not charging the pens, acting crazy, then people can see the animals. The glass tinting changed the atmosphere at the shelter,” Peterson said.

“Let’s just think about the animals being treated in a more humane way and not be so hard on ourselves,” she said.

“With this incidence, we were able to tell people, ‘Okay, this is what we’re dealing with, and this is what we can do to keep our dogs healthy,’” she said.

After the addition of the shelter in Rockwall, the group accepted 2,301 animals in all and had a “98 percent live outcome,” so that more than 2,000 healthy pets found homes. Only sick, aggressive or injured animals needed to be euthanized.

(Almost every day, however, the shelter turn away pets whose owners are not residents of the North Texas city.)

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In addition to the problem of puppy mills, which has been addressed in part by a new state law, there are animal rescue operations in the region that follow their own standards of humane treatment, Peterson said.

“That’s great that you’re taking care of 200 animals, but how often is your vet there? What are you doing for sanitation protocol? What are you doing when an animal is injured or there’s a dogfight? Is somebody located around the clock for euthanasia?” she said.

It was during her first semester at Cal Lutheran, after a trip to a poorly managed shelter in downtown LA, that Peterson began thinking about taking responsibility for animals in need.

She spoke with people from animal rescue groups who were there taking photos, and the conversation had a lasting impact on her life. So did Charlie, the puppy she took in that day on a temporary basis, the first of many.

For eight years after graduating with a degree in psychology, Peterson worked in California as a field counselor with mentally ill adults. She grew frustrated with the system, she said, and with the high percentage of patients who seemed to her determined to remain within it.

On the other hand, animals always want to improve their lot. Do what you can for them, she said, and you’ll find them “undyingly appreciative.”

Molly Peterson is the founder and president of the Collin County Humane Society.
Sharks have more to fear from us than we do from them. When we’re not going after their supply of fish, we’re ripping their fins off for soup or altering the ocean environments they live in, so that many species are endangered or threatened. Even conservation scientists are a nuisance for sharks. To identify different populations, scientists need DNA. To get it, they capture the animals long enough to harvest dime-width plugs of skin and muscle. Not sure how much that hurts a great white, but captivity must be stressful. Could there be a better way to go about this?

Bryan Swig ’00, Ph.D., a marine biologist and lab coordinator at CLU, and Hayley Verner, a senior, are working on it. Their idea is to extract DNA from something that sharks have been known to leave behind: pieces of their teeth.

What gave them the idea? Well, it’s also true that people have something to fear from sharks. Off California’s shores, white sharks attack a handful of swimmers and surfers every year. Through collaboration with the nonprofit Shark Research Committee, Swig has tooth fragments from two such incidents in his laboratory. If he and students can collect good DNA evidence from the fragments, they might be able to say whether or not the marine offenders were from nearby populations of great whites.

With whole teeth, the forensic investigation would be simpler, but in shark attacks the teeth “tend to fragment in the victim or in the surfboard,” said Swig. So you’re left with nothing but the hard enamel of a tooth’s exterior, which has been assumed to contain minimal amounts of DNA.

However, since researchers have recently been able to extract good DNA from ivory in elephant tusks, Swig thought that he and undergraduate students could give shark enamel a try.

For now, Swig and Verner are not aiming to identify individual sharks, but to find out whether the reputation of West Coast sharks has been sullied by the deeds of “rogue” sharks from distant waters. Recently, they have succeeded in getting DNA out of shark tooth fragments, though they don’t know yet if it’s the whole genome or smaller snippets of genetic code. Work remains to find out the quality of the DNA and the secrets it holds.
Another look at pesticides, from every angle

Cal Lutheran is bringing an array of tools to bear in its effort to understand the risks of exposure to chemicals on and around Ventura County farmland.

he first few times she tried to recruit people for an environmental health risk study, Justin Cooney ‘13 Lara met some wary and puzzled faces. It didn’t help to mention brain tests. The whole thing just requires a lot of explaining.

On the other hand, the political science graduate has been pleasantly surprised at the interest that the prospective study subjects demonstrate once they learn more about Cal U’s multi-year research project, supported by two grants worth $250,000 from the California Wellness Foundation. The project seeks to evaluate various risks of pesticide exposure for people who work on or live close to farmland in Oxnard, and to give them new ways to respond to the risks.

Approached through trusted organizations in their communities, the farmworkers and others had questions (in English, Mixtec and Spanish) and often wanted to get involved, according to faculty members and students on the project. They answered confidential surveys and submitted urine samples. Most of those fluent in Spanish have also sat for three-hour assessments that included tests of their attention, memory, information processing, motor speed and visuospatial skills.

In many ways, the subjects of all of this research are also the most important audience for it. In a survey that was distributed at community events, 71 of 101 respondents said that they were concerned about the quality of air and water where they lived.

Still, only one of them had spoken with a public official about the concern, and few reported any involvement in community groups or awareness that environmental issues were ever discussed. Their most common pesticide-related health concerns were allergies and asthma – and not, for example, an elevated risk of certain cancers.

“I was surprised that so many people wanted information and didn’t seem to have access to it before,” said Lara.

The interdisciplinary project has generated excitement on campus in Thousand Oaks as well as Oxnard, where Cal U’s Doctor of Psychology program is based next to the fields. This is a grand, multi-faceted effort of the sort you more often find at research institutions like the UCs. At the same time, the project is right at home at Cal Lutheran, given the opportunities it creates for students to gain both specialized expertise and skills needed to bring about social change.

For example, since all of the environmental test samples go to him, chemistry major Philip Albornoz has grown very comfortable with gas chromatography–mass spectrometry. With the GC-MS instrument, he identifies chemicals in the samples, including pesticides and metabolites of pesticides produced in the body.

Born in the Philippines, Albornoz said that he’s long been concerned about the effects of pollution. And he loves the work anyway. “Even if they hadn’t paid me over the summer, I would have done it.”

Meanwhile, Liz Orenelas, a doctoral student in psychology, looks forward to administering those three-hour assessments. “It’s fun,” she said. In the portion devoted to “objective” cognitive tests, the trained examiners scrupulously follow a flow chart of prompts – a dynamic script that avoids commentary or anything that could either discourage or cheer the participants.

There’s a balance to strike, since examiners need to feel comfortable and since “keeping them motivated is part of the testing process,” Orenelas said. Participants move through tasks such as repeating series of numbers forward and back, and naming colors on cards as fast as they can.

Because everyone tests differently, the Mexican-born doctoral student explained, you get to know people better than you do through, say, small talk, while opening “a whole other perspective on the person.”

Although similar tests have been part of previous research on pesticides, Cal U’s interdisciplinary approach makes this study distinctive in at least two ways.

First, the data set that is being assembled, though limited in size, promises to have a lot of explanatory power. For example, when assessing the health risks of pesticide use, researchers will be able to look at the presence of pesticide metabolites in urine and the distance that participants live from fields as independent variables. They are also considering socio-economic factors such as possible correlations between pesticide exposure and household income.

Secondly, all of the policy recommendations that come out of the project will have empirical data behind them, as opposed to ideology. “In social justice work, that’s extremely rare,” said political science professor Haco Hoang.

For almost three years, Hoang and her students have been thinking about what resources Oxnard residents can use to develop their awareness of environmental issues and engage in dialogue. They’re also looking carefully at what’s stopping people from using the resources they have. In this case, the barriers to civic engagement include language and a host of fears that have to do with retaliation at work and, sometimes, immigration status.

Because listeners don’t have to identify themselves when they call in, the researchers have taken an interest in popular radio shows, which survey respondents identified as a major source of news. As part of the study, Kaitlyn Noli ‘11 assessed selected shows’ coverage of various topics, and discovered a void of talk about pollution and the environment.

But the potential for radio to have an impact remains great. “If you’ve ever listened to Spanish radio,” Hoang said, “they’re really good at soliciting listener participation, and they actually understand that farmworkers are their population.”

“Just studying this population – low-income, limited-proficiency English speakers – with a grant at this level is groundbreaking in and of itself. This is what I always, always hoped I could be doing.”

– assistant professor of psychology Rachel Casas
Tell me about the little belts.
I started using these accelerometers back in ’99, as a student in Scotland. They were a little bit bigger and chunkier, and their software wasn’t as sophisticated. I was very skeptical – did they work?

So I went out and I observed. I watched about 50 different kids for hours and hours a day. Not only were the accelerometers very useful for keeping track of movement, but I learned that a lot of the old data on physical activity was just wrong.

How so?
Maybe 30 years ago, pediatric obesity used to be considered a low socio-economic-status problem. Poor people were overweight and obese, and richer people were lean and fit and healthy.

But most of the old data came from people filling out questionnaires. When I looked at the analysis of the accelerometer data, I found there was absolutely no difference in the physical activity levels between the rich and the poor kids.

The rich kids definitely participated in more structured activities. They went to ballet class, fencing class, tennis. But when you actually watched them – they were 3– to 5-year-olds – there was a lot of demonstration of technique. Yes, you need technique to get more active, but the parents were spending a lot of money on these lessons with very little physical activity being involved.

Why do you focus on toddlers now?
To understand the epidemic of childhood obesity, assistant professor of exercise science Louise Kelly studies the physical activity of children between 12 and 36 months. Spoiler: there’s not enough of it.

Do you have any trouble finding toddlers to be in your studies?
No, and the beauty of what we do is that it’s not invasive. We’re not drawing blood; they just wear this little belt. The parents know we are not going to talk to them about weight or body fat.

When we measure the biological impedance (to estimate the amount of lean tissue), I just tell the kids it’s counting their muscles. I know it’s a white lie. I say, ‘You’re getting bigger and chunkier, and your muscles are getting bigger!’

Tell me about the adiposity rebound. The BMI percentiles drop just prior to that period, and as it starts to come back up, that period of increase is called the rebound. If it goes up too high too quickly, then they’re at future risk of obesity.

Obese children rebound much earlier, and now we’re finding out that lean children – normal-weight children – are rebounding earlier as well, putting them at risk for obesity, too.

The younger we look, if we know that physical activity is one of the modifier factors, then we can try to change, so that they’re not rebounding so quickly.

How active, or inactive, are toddlers these days?
A child will spend 80 percent-plus of their waking day sedentary. Girls are worse than boys. Most people believe it happens around the teenage years, and girls do become less physically active after they hit puberty. But in actual fact, we’re showing gender differences as young as 12 months.

Isn’t the problem getting worse awfully fast? Why?
Within the last 30 years, I’d say, we’ve seen a dramatic increase in the prevalence of Type II diabetes in kids. It used to be a disease of retired people. Now, children as young as 8 and 9 have full-blown Type II diabetes. Our Hispanic, our African-American children, many of our minority children are at higher risk because of genetic predisposition.

It’s very complex. Cost of living has gone up. Parents are working two or three jobs. Access to food has decreased and fast food has become the norm. Kids start to emotionally eat because of loneliness and stress. Parents are not there, and there’s more access to TV and computer games.

We’re keeping our children inside a lot more. A lot of parents that I work with have commented that they don’t know how to play with their kids, and they need some tips.

Parents are also terrified of their children being hungry, so they give in constantly. Children need structure, and if they don’t have it, they’re more likely to be overweight.

Is there any way to turn this around?
We are moving toward more interdisciplinary research that takes the whole person into account. It needs to go into the community, with culturally appropriate nutrition programs. We’re working on a grant to do that with 200–400 families in and around Ventura County.

Another reason we work with toddlers is that younger children are more compliant and susceptible to change. A teenager is not done for, obviously, but it’s easier to help the family change with a younger child than with a stroppy teenager, and they’re more open to changing as a family.

Normally, we’ve seen treatment in adolescence for diabetes and other conditions, but we do want to get in and prevent these things from happening.
Landmark gift to boost endowed scholarships by 20 percent

In the largest ever gift for scholarships at Cal Lutheran, the estate of John R. Manken donated $4.7 million to the University as a permanent endowment. Manken Family Scholarships are expected to provide about $240,000 annually to students who are seeking teaching credentials or majoring in physics, math or religion, representing a 20 percent increase in scholarship outlays from endowed funds.

Manken, who died two years ago on March 27, had a 40-year career as an elementary schoolteacher and principal, having earned his bachelor’s in music and two Doctorates, in music and educational administration, at the University of Southern California. An only child and a Lutheran, Manken decided after his mother’s death in 1988 that he wanted to make it possible for others to have the same opportunity at CLU that he had at USC — the opportunity to attend college on a scholarship.

Generations of students will benefit from this act of generosity. In a gift to CLU years ago, Manken bought display cases for a Pearson Library collection of Reformation-era Bibles that was donated by a lifelong friend of his, Josephine Bell. He first came to campus for the Scandinavian Festival in 1988.

MobileBooth in town

MobileBooth in town

Tradition has a future, say artists at major event

An international group of about 375 people, many of them painters, sculptors and writers on art, descended on Ventura, Calif., March 2-5 for TRAC 2014: The Representational Art Conference, a scholarly affair on 21st-century art produced with traditional techniques.

The acclaimed Norwegian painter Odd Nerdrum spoke on a panel, and scholars and artists gave speeches and art demonstrations. To find out what representational art is all about, you can still do as TRAC 2014 attendees did one evening on the CLU campus: see related exhibitions at the Kwan-Fong Gallery of Art and Culture (through April 12) and the William Rolland Gallery of Fine Art (through April 17). The conference, co-founded by CLU art professors Michael Pearce and Michael Lynn Adams 72, is one of the showpieces of the California Lutheran University Arts Initiative.

Veterans Try out Business Concepts in Workshop

Seventeen military veterans from around Ventura County, including Mel Lowry (center) and Thao T. “Jane” Hill, attended 10 Saturday workshops on entrepreneurship taught this spring by assistant professor Nelson Pizano. Participants received full scholarships, with partial funding from a Ventura County Community Foundation grant.

Incubator, counseling clinic in Westlake Village expansion

A new School of Management business incubator will open this summer in a nearly 18,000-square-foot site in Westlake Village just off of Highway 101. Graduate programs in entrepreneurship and economics and the Center for Economic Research and Fore-casting will relocate from the main campus in Thousand Oaks. One of CLU’s low-cost community counseling clinics will also relocate to the new center. A second clinic continues to serve Oxnard with counseling and psychotherapy for families, couples, children and individuals.

Bloomquist named seminary dean

The Rev. Karen L. Bloomquist started work Jan. 6 as the dean of Pacific Lutheran Theological Seminary in Berkeley, Calif. A few days before that, PLTS officially became part of CLU, adding about 80 students and nine faculty members. Bloomquist, who holds a doctorate in theology from Union Theological Seminary in New York City, is a former director of the department for theology and studies at the Lutheran World Federation, based in Geneva. She has taught at several American theological seminaries, served congregations in Oakland and elsewhere as a pastor, and been active in global interfaith, social justice and humanitarian efforts. She earned her master’s in divinity from PLTS and received its Distinguished Alumna Award in 1992.

Thomas A. Lundring Events Center

For most of the nonprofit’s 11-year life, StoryCorps has collected interviews inside of an Airstream trailer outfitted with a recording booth. Eloise (Olson ’70) Cohen entered the muffled compartment late last year to be interviewed by her husband, Chuck, while the trailer was parked next to KCLU’s studios. Her story goes to the moment at the Crowne Plaza Ventura Beach with an event dedicated to rebuilding traditional forms of education, also delivered a keynote address at the conference.

CLU President Chris Kimball (center left) shares a relaxed moment at the Crownie Plaza Ventura Beach with Fine Art Connoisseur magazine editor Peter Trippi (left), art professor and co-organizer Michael Pearce and keynote speaker Roger Scruton, a philosopher of aesthetics. Juliette Aristides, an artist dedicated to rebuilding traditional forms of education, also delivered a keynote address at the conference.

BRIAN STETHEM ’84

CLU President Chris Kimball (center left) shares a relaxed moment at the Crownie Plaza Ventura Beach with Fine Art Connoisseur magazine editor Peter Trippi (left), art professor and co-organizer Michael Pearce and keynote speaker Roger Scruton, a philosopher of aesthetics. Juliette Aristides, an artist dedicated to rebuilding traditional forms of education, also delivered a keynote address at the conference.

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In Memoriam

Helen Adeline Olson
Oct. 29, 1913 – Jan. 18, 2014

Known for her quiet grace, kindness and charm, Helen Olson played a pivotal role at California Lutheran College while her husband, Raymond Olson, served as president from 1963 to 1971. The former first lady passed away just a few months after celebrating her 100th birthday.

Olson welcomed new students and faculty to campus and introduced community and church members to CLC by hosting hundreds of campus events. She supported art and music programs, helped shape the traditions that established the CLC Guild and founded the Women’s League, which raised scholarship funds.

She and her husband created the annual Sarah and Thomas Hilleson Award for a deserving art student and the Raymond M. Olson Family Scholarship, and sponsored construction of the Olson Family Gazebo in Kingmen Park. She was a founding board member of the CLC-Conejo Symphony League and a founding member of the Conejo Valley Historical Society and the Alliance for the Arts. She and her husband received the Christus Award in 1998.

She met her future husband while earning a teaching credential from Widlowski College in Forest City, Iowa. The couple had been married 69 years when he passed away in 2006. Olson is survived by daughters Eloise (Olson ’71) Cohen and Signe Rah, son Rolf Olson ’66, six grandchildren and six great-grandchildren.

Barbara Hudson

Barbara Hudson, the first drama professor at California Lutheran College, has died at the age of 92. She was a founding faculty member who taught speech and drama from 1961 to 1975.

Hudson was the Iowa State Debate Champion at the age of 14. She completed high school at 16 and went on to receive a bachelor’s degree from the University of Iowa in 1942. She worked at WHO Radio in Des Moines, where she wrote and hosted two shows.

Prior to the start of World War II, Hudson had earned a private pilot’s license and was later recruited to serve in the first class of the U.S. Marine Corps Women’s Reserve as a second lieutenant. Following the war, she settled in Hollywood and completed a master’s degree in theater at the University of Southern California.

After moving to Thousand Oaks, she became active in the Conejo Players as an actor and director. At CLC, she founded The King’s Players, a touring drama group that performed throughout the southwest.

At the age of 62, Hudson, who served as a missionary for Calvary Community Church in Westlake Village, wrote a series of dramatic monologues based on women of the Bible. For the next 25 years, she performed at churches, schools, prisons and conferences throughout California, across the U.S., and in Canada, Europe and Israel.

She is survived by daughters Jean (Powers ’70) Cross and Cathy Powers ’72, two grandsons and two great-grandchildren.

Jarvis Streeter VII

Jarvis Streeter died at the age of 64 following more than two years of facing and taking openly about his pancreatic cancer. The longtime professor of religion had such a wide range of interests and capabilities that a CLU colleague dubbed him “the hyphenated man – teacher-scholar-pastor-actor-musician-inspirer-author-carpet-traveler.”

A beloved professor, Streeter took special interest in his students’ lives. He acted with them in plays, sang and played guitar in bands and officiated at their weddings. He was named Professor of the Year by the Class of 1991, received the President’s Excellence in Teaching Award in 2004 and was given an Honorary Alumnus Award in April 2013.

Streeter regularly offered a class on Faith and Reason that explored his fascination with the connection between science and theology. His forthcoming book, God and the History of the Universe, which he completed while he was dying, deals with this interplay.

Outside of the classroom, he served as president of the board of the Kingmen Shakespeare Company, a member of the steering committee of the Association of Teaching Theologians of the Evangelical Lutheran Church in America and a former board member of the Alleluia Dance Theater.

He earned a bachelor’s degree in sociology from the University of Southern California, a master’s degree in divinity from Luther Seminar, a master’s degree in sacred theology from Yale University Divinity School and a doctorate in theology from Southern Methodist University. He spent an additional year at Yale as a research fellow. He taught high school science and math in a remote Kenyan village and served as a church pastor in Minneapolis.

Streeter is survived by Susan, his wife of 25 years, father Jarvis Streeter VI, two step-daughters and two step-grandchildren.

Pamela Kaufman
May 22, 1923 – Oct. 21, 2013

Pamela Kaufman, a staunch feminist, activist and progressive who established the Women’s Studies Program at California Lutheran College, has died at the age of 90.

Kaufman taught linguistics and cinema at CLC from 1970-75 after a successful career as an actress in New York. Among her many roles on Broadway were Christine in I

Candledas at chapel

Go to Israel and Jordan with CLU

A group of staff and faculty members will be taking a 12-day educational tour of Tel Aviv, Haifa, Jerusalem, Amman and Petra starting on (or about) July 28, and the Study Abroad Center’s encouraging alumni to join. Guest lectures and other meetings with Israelis and Jordanians will touch on history, religion, politics, development and trade.

In addition to air travel, the cost is $3,500 per person for accommodations, planned excursions and lectures, and one or two meals each day. For information, contact Stephanie Shaler Skinner in the Study Abroad Center at shaler@callutheran.edu.

Find the answers and more numbers, from the University’s balance sheets to the current record for the Loop da Lu 5K, in the Annual Report, which is now available online at www.callutheran.edu/annualreport. Status updates in the report include a look at progress on the University’s strategic plan.
LEAVING A LASTING LEGACY

“We have decided to include Cal Lutheran in our estate plan because we see this as a great way to continue the legacy of faith and education that we have been given.”

As members of the Orville Dahl Society, Eric ‘92 and Amanda Berg ‘92 are committed to leaving a lasting legacy at Cal Lutheran University. Amanda received her BA in Religion and Communications and Eric received his BS in Biology in 1992. More than two decades later, their daughter Anna enrolled at Cal Lutheran making them a true Legacy Family.

“We have decided to include Cal Lutheran in our estate plan because we see this as a great way to continue the legacy of faith and education that we have been given from the saints that came before us,” said the Bergs. “We love Cal Lutheran and feel the world needs the compassion and understanding that Cal Lutheran graduates bring with them!”

LEAVE YOUR LEGACY

Discover how you can create a lasting legacy to Cal Lutheran by becoming a member of the Orville Dahl Society. Call 805-493-3166 or visit www.clugift.org.

ABOUT THE ORVILLE DAHL SOCIETY

The Orville Dahl Society was established to honor those who provide for California Lutheran University in their estates. It was named in recognition of founding president Orville Dahl, who was instrumental in the development of the University as well as its endowment.

Solid year for diving, hoops

In February, three Cal Lutheran divers advanced to NCAA Division III regional competition in Iowa, and the men’s and women’s basketball squads made appearances in the Southern California Intercollegiate Athletic Conference Post Season Tournament.

Regals diver Sheyenne Machida earned the opportunity to compete in both the one- and three-meter events. She ended her four-year CLU diving career with her name in the record books twice, for 6-dive and 11-dive lists on each board. The first two Kingsmen divers to advance to this postseason competition, Ryan Brem and Joey Zielsdorf, will return to compete for Cal Lutheran next year. They each set CLU records this season as well.

Kingsmen basketball produced a 19-8 overall record in 2013-14 and made it to the SCIAC Post Season Tournament for the fifth time. Putting their conference finale loss to the same foe behind them, the Kingsmen pulled off a 54-53 upset of Claremont-Mudd-Scripps to make it to the tournament final, where they fell to Chapman.

Meanwhile, the Regals team lost a 68-72 semifinal thriller to Chapman in the SCIAC Post Season Tournament. The Regals were tournament champions in 2012 and 2013 and wanted badly to three-peat. They mounted an impressive but incomplete comeback from 17 points behind with 12:15 remaining in regulation.

8 All-Americans named

Taking All-America honors for the second consecutive fall semester in 2013 were Regals Kylie McLogan and Melissa Skiba, tagged as First Team honorees in volleyball and cross-country, respectively. Max Zappas was a Second Team men’s water polo selection, and Allie Eason was a Third Team volleyballer. Additionally, Lauren Robach, Jackie Russell ’13 and Hayley Tamagni received Honorable Mentions for volleyball, and Jesse Owen earned the same status as goalie for the men’s water polo team.

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Sheyenne Machida

Kylie McLogan

Steve Davis

About the Orville Dahl Society

The Orville Dahl Society was established to honor those who provide for California Lutheran University in their estates. It was named in recognition of founding president Orville Dahl, who was instrumental in the development of the University as well as its endowment.
Players on the CLU Knights club team came out of Southern California junior programs as well as countries known for ice hockey. In five years, the team has gone from a few guys learning skating and stick skills to the “real deal.”

By John Cressy

Ice rinks in Southern California used to be scarce and junior leagues almost nonexistent. The Los Angeles Kings came on the scene in the late ’60s, built an arena — and soon played home games for thousands of empty seats.

As everyone knows, the turnaround came when Wayne Gretzky, “the Great One,” skated into LA in an extraordinary trade with the Edmonton Oilers in 1988. Suddenly, the Kings were the hottest ticket in town, at least the equal of a “Showtime” Lakers game.

In fact, one year prior to that, international students from Norway formed a CLU club team that played its last game in 1992. Members of that very popular first squad also came from Finland, Canada, Minnesota and elsewhere, according to the former faculty adviser and coach.

Now, ice hockey is back at Cal Lutheran with a new brand of club team. The Knights were founded five years ago by Spencer Votipka ’12, a current MBA student and former freestyle specialist on the Kingsmen swimming team.

It’s turned out that Votipka, a Colorado native, and team captain Antonio Foreman, a local from Agoura Hills, have had most of their luck recruiting products of the Southern California junior ice hockey and roller hockey programs that were inspired in large part by Gretzky. There is now just one Norwegian on the team to a half-devoted team to a real-deal team.”

A lot of them didn’t even know that a Southern California team existed when he arrived at CLU he was surprised at how little students knew about the sport.

“A lot of them didn’t even know that a Southern California team (the Ducks) had won the Stanley Cup just the year before,” he said.

Once Votipka, a defenseman, was able to assemble enough players to field a team, the Knights joined a “non-check” league at the Iceoplex. As their level of play improved, the Knights last year joined the Pacific Coast Hockey Association, playing “full-check” games against college hockey clubs including UC Santa Barbara, UC San Diego, San Jose State and Chapman College.

Zach Margeson, son of the ice hockey coach at nearby Oaks Christian High School, was brought on as a coach and guided the team to a 9–1–4 record in 2012–13.

According to Foreman – an enthusiastic team promoter and motivator who helped to build 21 player stalls in an Iceoplex dressing room – it was during one game against Chapman that one of the players to the Knights “went from a half-devoted team to a real-deal team.

The Knights defeated the more established Chapman squad 8-5 that day, but the victory was only part of the transformation.

“I looked up and down,” Foreman remembered. “We were playing at the Honda Center. Everything was so professional. The rink, the equipment, the coach wearing a suit and tie… It really set a fire to my belly."

The highlight of the season came in February, when the CLU Knights traveled to play on the Notre Dame University club team (not the powerhouse Division I team) at the Compton Family Center, a 5,200-seat state-of-the-art facility built in 2011. The Knights suffered two losses in South Bend, Ind., but they had an unforgettable trip and also lined up a contest against Notre Dame in Simi Valley for next October, Foreman said.

“Hockey’s been my passion since I was 6 and the Colorado Avalanche won the Stanley Cup,” said Votipka, who added that
tention. “We can do this next year. Let’s make it happen. Just stick with me.”

Club members recruited classmates and friends, and when practice began last fall, the roster had doubled to 20 players. That is a remarkable achievement considering that the Knights are not part of the CLU Athletic Department and that money for the Iceoplex rental, travel, equipment, referees and other expenses comes out of the players’ pockets. The Knights also receive funding from the CLU Student Senate.

“We’re representatives of the school and we take ourselves to the school’s standard,” said Foreman, an accomplished violinist on the University Symphony and the featured soloist at CLU’s last Christmas Festival Concerts. “No one on this team slacks on academics.”

Getting the word out about the Knights, Foreman said, has been the biggest challenge. To that end, he’s created a club website, www.CLUHockey.com, and a Facebook page, and is toying with the idea of producing video webcasts.

After graduation in May, Foreman said he would love coming back as an assistant coach. He’d also love seeing ice hockey become a collegiate sport at CLU, but realizes that it is unlikely given the small number of college ice hockey teams in the West and the high travel costs that implies.

Making hockey official at Cal Lutheran might require alumni and friends to establish a fund to help cover expenses, which will approach $30,000 in the season to come, according to Foreman.

“Other than that, no way,” he said. “But the goal is to get there someday.”

John Cressy is a freelance writer who works in public relations for Whisenhunt Communications of Ventura and teaches writing skills in probation offices. He is a former staff writer, columnist and sports editor for the Ventura County Star.

CLU Knights forward Paul Norick and teammates attend practice at the Iceoplex in Simi Valley.
World Class
From disaster relief to organizational development to nuclear disarmament, Cal Lutheran’s first graduates made their mark far beyond the United States.

By Kevin Matthews

Not political as a young person, Caroline Cottom ’64 woke up to the danger of nuclear holocaust in the early 1980s. With a busload of people from Nashville, Tenn., she joined 1982’s million-person protest in Washington, D.C., demanding an end to the Cold War arms race.

At the time, many Americans were just becoming aware that the United States and the Soviet Union had 50,000 nuclear weapons between them. During the next decade, Cottom — who had a doctorate in educational policy and a bit of unrelated political experience — would direct the national campaigns for a nuclear freeze and lead the U.S. coalition for a worldwide, comprehensive nuclear test ban. She went to the Reykjavik summit in 1986 and to Karakshstan in 1990, where the Soviets conducted their tests. She did international television interviews and addressed delegates to the United Nations.

Most importantly, she developed a constructive relationship with Al Gore during his career in the House and the Senate and as vice president. Gore ultimately was a key vote in passing a moratorium on nuclear tests, which was signed into law by President George H.W. Bush. The United States exploded a nuclear weapon for the last time on Sept. 23, 1992.

As she recounts in a soul-baring memoir published in 2012, Love Changes Things … Even in the World of Politics, Cottom was jolted into action in 1983 by what she perceived to be a bolt of lightning. She began having dreams laden with symbolism and hearing the voices of spiritual guides. Accordingly, she approached her dealings with arms control experts and powerful men (almost always men) as perhaps no one else would have.

“The message was that I was to love these people,” she said in an online video interview that she gave near her home in Oaxaca, Mexico. “That’s just not how we normally approach work.”

This was no romantic love, but an imperative to hold everyone she dealt with in the highest regard, unconditionally. To ratchet down international tensions, Cottom first of all had to disarm individuals, “loving and encouraging decision-makers to value the totality of who they are.”

To get a sense of Cottom at work, picture the defense policy adviser of a U.S. representative ranting at her, across the length of a large office, about the pressures his boss was under. Disarmament lobbyists had not elected the congressman, the adviser fumed, and they had no right to ask him to vote against his better judgment. Cottom writes that she heard out the congressional staffer for 20 minutes until he fell silent and finally apologized. Moments later, he was explaining to her how she could better get his boss’s attention.

Whenever it was time to pick up the phone and call an official, Cottom stopped and waited to feel love for the person. If it’s hard to feel love for a particular government or corporate official, she says, address yourself to the person’s “spiritual essence or soul. Feel love for this soul.”

By mistake, Cottom arrived at Cal Lutheran the day before the first registration for students in 1961. She was recruited to assist
When Al Stone ‘64 finished his U.S. Foreign Service assignment in Vietnam in 1970, a bureaucrat wrote an understated comment in his personnel file: “Works well in unstructured environments.” That phrase was and remains a good summation of Stone’s eventful life.

In his career with the U.S. Agency for International Development (USAID), Stone supported relief for refugees in South Vietnam, directed health programs in Nigeria in the aftermath of the Biafran war, chartered ships to aid survivors of the deadliest tropical cyclone in history, and helped to rebuild immediately following the 1972 earthquake that destroyed much of Managua.

Born in Texas in the Dust Bowl economy of 1935, Stone began acquiring, early, the skills he would need for unexpected and daunting tasks. His father worked on railroads after the family farm was lost, and his mother served food at Harvey Houses along the Santa Fe Railway. While some people his age were starting college in the 1950s, Stone was becoming possibly the youngest conductor on the Southern Pacific, or S.P., Railroad.

None of his childhood experiences, however, prepared him for the way people lived just across the Mexican border, along the route operated by S.P. out of Arizona. “There were people literally under a piece of metal in a hole in the ground,” said Stone, choking up during a Skype call from the United States with the event and soon met every one of the original students. Later, the English major organized monthly visits to the state mental hospital in Camarillo by groups of 10 students, an outreach effort that involved at least one-fourth of the student body.

Cottom fondly recalls the required daily chapel services held in the dormitories: “It wasn’t always religious information or even spiritual information. But it was always about values and about what mattered,” she said.

One day, as Cottom remembers it, a speaker at chapel began raising his voice while talking about the Christian life and commanded everyone there in the Alpha dorm rec room to stand up. He noticed that one person, Cottom, remained in her chair, and he stopped near her and yelled again, “Stand up!” It would turn out that this speaker had a point to make about thinking for oneself rather than obeying, rather than just following orders. Cottom had done the right thing by trusting herself and remaining seated throughout. She would remember how that felt, and she kept her choice with her as a “moral compass.”

It’s all right to obey, Cottom says, as long as we always follow “that inner voice that resonates with us — whether it comes in reflection or in meditation or in prayer or in the voice in the pulpit.”

“The key is listening to that inner nudging,” she added. “For some people it’s a creative life, for others it’s a spiritual life, for others it may be something else. Often when that voice comes, there’s fear about it, because it means maybe changing your direction.”

To learn more about Cottom’s current work to support individual and social change, visit the blog she co-authors with her husband at www.lovechangesthings.net. Cottom also moderates the book discussion group Love & Social Change through goodreads.com.

When and where did Al Stone and his family visit India? In 1970, the Stone family has an opportunity to stop in Mumbai, India. From left, they are Al III or “Butch,” Jim, Nancy, Al Jr., Eric, Janice and Ken.

The United States exploded a nuclear weapon for the last time on Sept. 23, 1992.
his home in New Mexico. "It’s just a hell of a thing to know that those people are living literally on the same five acres we are and they’re starving to death. Very early, I decided that I wanted to do something to better their lives, and that’s when I started going to college."

Although he joined the Marines and later accepted various jobs to support his family, Stone kept his mind set on work with the State Department for a Latin American mission.

Four of Al and Nancy Stone’s five children were born by the time he graduated from Cal Lutheran with a double major in economics and business. As the oldest student on campus and the only one who was married, he was not much involved in social life, he said. At one point he worked as a security guard on campus, in addition to jobs elsewhere.

Stone remembers the breadth of the education he received, especially useful for the Foreign Service, and the tiny classes. One of his Spanish classes had just two students and often met at a restaurant because the classmate could afford to treat. He thinks his teacher, Rhoda Dybvig, would have been proud when he made his first speech in Spanish in 1972, as the U.S. representative to the Guatemala-based Central American Common Market Bank, “since no one laughed or sniggered.”

While he still lived in Washington, D.C., Stone was finally part of an official Latin American mission. He was getting used to his duties when, very early in the morning on Dec. 23, 1972, Managua was leveled by a major earthquake and two big aftershocks. High-rises and tilt-up buildings came down, thousands of people were killed. 20,000 were injured and 250,000 were left homeless. As Nancy Stone writes in a new memoir about her family’s life abroad, vendors from the countryside had swollen the population of Managua before Christmas, and “no one will ever know the real death toll on that awful day.”

Based on his handling of difficult situations since his time in Vietnam, Stone, age 37, was chosen to manage the $140 million U.S. reconstruction loan program as capital development officer. He also oversaw British and domestic reconstruction funds. In postwar Nigeria, Stone had run measles and smallpox vaccination programs. After that, from Washington, he coordinated food aid by ship to the area (not yet independent Bangladesh) that was still suffering effects of the Bhola cyclone, which killed 500,000 people.

When he arrived in Managua for the first time shortly after Christmas, Stone realized that he would effectively lead the U.S. response, with help from a team of Nicaraguan specialists and about 3,000 laborers who cleared rubble. Although the workers’ temporary camp was crude, with metal roofs placed on box-like dwellings, Stone was proud to be housing and putting to work some of the people most affected by the quake.

With 660 city blocks severely damaged, Managua looked as though it had been carpet-bombed. Fires burned and services were at a halt: water, electricity, traffic, communications and the health-care system.

When everything needs fixing at once, where do you start? “You walk around and you open your eyes, and you ask a lot of questions, and you try to be sensible,” Stone said.

One of his main accomplishments was to get the health system moving again. Hospitals that had been functioning before the quake were no longer standing, so Stone was forced to renovate a former hospital, Velez Paiz, that was already overflowing with the quake’s wounded and dead.

To add a 115-bed wing to Velez Paiz, he said, “I drew the floor plan on the back of an envelope,” and the minister of public works found lumber. It was up within days, he said.

Over more than two years, Stone oversaw many reconstruction projects, from hospitals and 66 clinics to a system of storm drains and a 260-kilometer market road to Managua for farmers. Except for one son, Al III, then a student at Cal Lutheran, the whole family drove to Managua with a 14-foot trailer in June 1973, an odyssey recounted by Nancy Stone in the memoir Iguanas on My Roof (2014).

Residential areas (left) and hundreds of city blocks were blanketed with Managua’s remains on Dec. 23, 1972. When Stone arrived soon after Christmas, he set about housing and paying workers who cleared the rubble by hand.

"You open your eyes, and you ask a lot of questions, and you try to be sensible.”
In more than 40 countries, Roger Anderson has listened well and helped organizations to develop their employees and adapt to change.

When the Ice Bowl was played in Green Bay in 1967, Roger Anderson ’64 was in the middle of his Peace Corps service in Ahvaz, a majority-Arab city at the southwest corner of Iran. About 300 American volunteers were scattered around the country with him in 1966-68.

One difference between Anderson and the medical students he had in English classes then was that he needed to know who’d won. So he walked five miles in order to find a copy of the International Herald Tribune recounting the heroics of Bart Starr with practically no time remaining on the clock.

“I was young enough and arrogant enough when I went to Iran that I thought, ‘I’m not a typical American,’” Anderson said. “My experience there made me realize I was much more typical than I wanted to admit.”

Over time and over a career in organizational development consulting, Anderson saw that it was all right to be an American and an outsider overseas. He lived in Iran for a second time in
the 1970s and then in Saudi Arabia for seven years, teaching English for specialized purposes. Since 1992, he’s worked with businesses, governments, and nonprofits in more than 40 countries, from UN agencies in Mali, Lebanon, Cambodia and East Timor to the Anglo Platinum Mining Co. in South Africa to the Scottish parliament.

He traveled regularly to South Africa between 2004 and 2011 for the consulting firm Linkage Inc. On his last day of work there with a quasi-government agency – which he was helping through a move and the adjustment to a new corporate structure – he was invited to the office of a white Afrikaner whom he knew only by reputation, as a man of unparalleled skill in a technical field. Anderson had been told that this man (call him Ernie) felt bitter about not being promoted all the way to the top of the organization, as he might have been under the apartheid system.

But Ernie hadn’t called the meeting to discuss that. Instead, he explained that he was “10 percent of the man I was a year ago” when his 16-year-old son was killed in a hunting accident.

Anderson assured him that he would listen, though he would not be able to help with that essential problem. About 15 minutes into the conversation, he had a question for Ernie: “Are there five or six very young, very bright people in this organization who you could identify as having real potential in their careers?” he asked.

Ernie said yes.

“Would you be willing to spend two hours with them once or six very young, very bright people in this organization who you could identify as having real potential in their careers?” he asked.

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Ernie said yes.

As a result of the half-hour meeting, Anderson later confirmed, “I think that a kind of rational, critical thinking that I got from professors like Helmut Haeussler [history] and Roland Dille [politics] has stayed with me,” he said. “It’s not so much what I learned as how I am able to apply what I learned.”

During international experience, the key for Anderson has been to help organizations clarify both what to look for in new people and what experiences to give them, so that employees and influencing them was Making connections with people and influencing them was not always that easy for Anderson. He was a spectacular failure at apartheid system.

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Karen (Bornemann ‘70) Spies, Al Spies ’70, and his wife, Richard Carter ’72 (right) and his wife, Linda, drove their motor home from Reno, Nev., to Savannah, Tenn., to visit Don Bootee ’72 and Karen Peterson-Bootee ’72.
The Help
Marigold Hotel
The Convenient Truth
The Good Night
Good Night, and Good Luck
Waiting for ‘Superman,’
The Best Exotic
An Inconvenient Truth
Food, Inc.
The Fifth Estate
Outstanding Alumni Award from the Alumni Association at a pre-release screening in October of The Fifth Estate, the company’s newest release. Berk’s first job upon graduation at age 21 was as a music teacher at Carson High School in South LA. He reopened the music department and rebuilt it as the most recognized in LA and one of the largest in California. The credits to his name continued to roll. Berk founded the first comprehensive music/fine arts magnet in LA and the largest music magnet in the West. In 1990, he was made the youngest principal in the history of the LAUSD. Five years later, he was the founding executive director for the Grammy Foundation, overseeing and launching concerts, festivals, TV programs and records. Berk went on to lead Hard Rock Cafe International and then Fairfield Communities, the time-share company, as president and CEO, and even spent time as a stand-up comic. Paper and room keys at New West, he has handed out toilet paper and room keys at New West, he has been a leadership coach and executive director for the Grammy Foundation, overseeing and launching concerts, festivals, TV programs and records. Berk went on to lead Hard Rock Cafe International and then Fairfield Communities, the time-share company, as president and CEO, and even spent time as a stand-up comic. Paper and room keys at New West, he has...
At an early age, Cal Lutheran graduate Meghan Pulte (Pulse '07) felt the importance of giving back. Her parents, Tom and Denise Pulte, are longstanding supporters of the CLU Annual Fund. Growing up, the Pultes would include Meghan and her sister in their charitable giving decisions and encouraged them to give 10 percent of their allowance to a charity.

Today, Meghan is continuing her family’s tradition by joining her parents at the Fellows Program level of the Annual Fund. Her contribution, and a matching gift by her employer Raytheon, makes Meghan the youngest member of this prestigious giving club. “My Cal Lutheran education helped prepare me for my career and, fortunately for me, my major also allowed me a lot of opportunity,” said Meghan, who graduated with a double major in Multi and Computer Science and a minor in Physics. Meghan was also the recipient of numerous scholarships as an undergraduate and volunteered as a Peermentor student caller.

Andrew Gordon, ’94, Boulder Colo., carried the flag to the Bighorn Canyon National Park/Recreational Area in Lovell, Wyo., last August.

Paul Schaff, Rancho Santa Margarita, Calif., was promoted to sergeant in the Orange County Sheriff’s Department in March and is working in the men’s main jail.

Andrew Gordon, ’94, Boulder Colo., carried the flag to the Bighorn Canyon National Park/Recreational Area in Lovell, Wyo., last August.

CLU Annual Fund

Your contribution to the CLU Annual Fund helps students pursue their passion and discover their purpose. The Annual Fund supports academic scholarships, clubs and programs, and much more.

Make your impact at www.callutheran.edu/give or call 805-493-3829.

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Marine, a helper at Fukushima, finds ‘slow lane’

At left, Col. White is shown at a staff meeting during Operation Tomodachi, which provided aid to Japan following the 2011 earthquake, ocean tsunami and nuclear disaster. A few years before that, President George Bush visited with White and members of his staff at the National Counterterrorism Center in Washington, D.C. Last June, White and his wife, Michelle (Villers ‘86), shared a laugh at his official retirement.

Other assignments included a stint conducting intelligence focused on the Balkans and Kosovo. He led amphibious exercises and counter-insurgency and weapons training for Marines in several South American countries, using Spanish skills learned both at home and at CLU. One of his hardest roles was operations officer for casualty notifications in Korea in 1991.

“It was a very difficult and demanding position to break really bad news to people...telling them their fathers or sons or husbands had been killed or wounded.”

As a military liaison to the National Counterterrorism Center in Washington, D.C., White was told to go to the White House to conduct a briefing on security plans for the 2008 Beijing Olympics. He showed his identification card at the gate and was ushered into an office where he delivered a presentation to national leaders.

“My speech classes with Dr. Bev Kelley paid off,” he chuckled, adding, “If I had to ask myself, is this real or am I dreaming?”

White intended to join the Marines right out of high school in East Los Angeles, but a friend’s father encouraged him to take the SAT and apply to college instead. And so he ended up at CLU, taking officer candidate training in the summer. Out of college, he was commissioned a second lieutenant and assigned to the Fleet Marine Force.

During the course of his 30-year career, often juggling reserve duties with a full-time civilian job, he earned two Legion of Merit awards, the Defense Meritorious Service Medal, the Meritorious Service Medal and the Navy/Marine Corps Achievement Medal.

“Looking back on it, I had some great opportunities with the Marines. I was able to teach and train young recruits. I was able to serve as staff in some infantry-level positions. I received some great intelligence training and experience in contingency planning with our allies. I was able to see how the three branches of government work to develop foreign policy,” White said. “It’s been fantastic...I have truly been blessed to have served my country, to have God’s abundant help and to have the steadfast support of my wife, Michelle, through it all.”

member Morgan taught chemistry at JWU after earning his Ph.D. at Colorado State University.

Kingsmen trio guides Toreros

Brad Marcelino ‘07 (left), Rich Hill ’85, M.S. ’88, and Ramon Orozco ’99 look forward to another successful season of USD baseball.

The University of San Diego baseball program has had six West Coast Conference Championships and eight NCAA regional appearances since 2002, and a piece of the credit belongs to Cal Lutheran.

Former CLU baseball coach and Hall-of-Famer Rich Hill ’85, M.S. ’88, has been head coach of the NCAA Division I program since 1999. Former Kingsmen Ramon Orozco ’99 and Brad Marcelino ’07 are members of his coaching staff.

Under Hill’s leadership, USD is coming off another season in which it reached the NCAA regionals. The team has been ranked in the nation’s top 40 for nine consecutive seasons.

Hill credits his assistants with contributing to the “unparalleled success” of USD baseball and, specifically, the development of third baseman and slugger Kris Bryant, the 2013 Dick Howser Trophy winner (the Heisman of college baseball) and No. 2 overall pick in the 2013 MLB draft.

As head baseball coach at Cal Lutheran from 1988 to 1993, Hill led the Kingsmen to their first-ever district championship and two World Series appearances while compiling a record of 194-76. He was inducted into the Alumni Association Athletic Hall of Fame in 2005.

Class Representative

Holly (Halweg) Baustone
hollybaustone@gmail.com

Ryan Palmer, Colorado Springs, Colo., recently launched Ryan Palmer Photography, specializing in sports, nature and portrait photography.
Four women, three days, every year

In the early years when the four of them got together, they talked about boyfriends. Later, they talked about their husbands, and then their kids.

Four women who lived together in the Spanish House and went on their first trip together to San Francisco during the 1977 interim session have continued to meet each year for a three-day getaway.

Sometimes Dottie (Roman ’78) Sterling, Marvie (Jaynes ’78) Paulson, Jocelyn (Hughes ’77) Mullen and Andrea (Bogias ’77) Pfahler go to Las Vegas, sometimes to Puerto Vallarta or Austin or Sedona or Breckenridge. One year when one of them had a new baby, they rented a cabin near to her parents so she could breastfeed in private. But always they get together to catch up on their lives.

“It’s not about the place,” said Sterling. “It’s about being together. It was tough when we were all raising kids, but our husbands were really supportive.” And no matter how busy their lives were, “I wasn’t going to miss that weekend,” she said. Thursday nights they are in the hotel room catching up. On Friday they sightsee. And often, at least in Vegas, they can be found lying by the pool.

They have plenty in common. All four are still married to their first husbands, all have two or three children, all have put their kids through college, and all now work in some form of education. Sterling is in special ed. Paulson is a school counselor. Pfahler is a substitute teacher. And Mullen is an administrator in the Los Angeles County library system. She also was the first to become a grandmother.

Steve Sterling ’78 and the other husbands and children know each other well, having met for Christmas parties and family events through the years.

“We’ve been through so much together,” said Dottie Sterling. “Those roommates are my sisters. All of them were in my wedding. And I’ve never met anyone like us!”

No matter how busy things got, I wasn’t going to miss that weekend.

In Ensenada in 1978, from left, are Mullen, Pfahler, Paulson and Sterling. In the heart of San Francisco last October, from left, are Pfahler, Paulson, Sterling and Mullen.

Marie Orechoff ’13 (holding flag, right) takes a break from logging trees with her AmeriCorps NCCC FEMA Corps team in Mississippi last September. Marie is a volunteer specializing in emergency management.
**MILESTONES**

**BIRTHS**
- Malia Elizabeth Banday on Nov. 17, 2013, to Katie (Helms ’08, T.C. ’11) and Joshua ’09, T.C. ’10, Banday.
- Reagan Eleanor Cuneo on July 15, 2013, to Laura (Vaughan ’00) and Darrin Cuneo.
- Andrew Holden Roll Ham on July 17, 2013, to Mindy Roll and Tom Ham ’03.
- Matthew Alexander Nielsen on Nov. 15, 2013, to Kimberly and Mark ’05 Nielsen.
- Avery Rose Pyfrom on Oct. 7, 2013, to Michelle (Bunn ’08) and Charles ’07 Pyfrom.
- Nathan Paul Stoffregen on March 30, 2013, to Cindy (Ham ’01) and Eric ’01 Stoffregen.
- Matthew Alexander Nielson on Nov. 15, 2013, to Kimberly and Mark ’05 Nielsen.
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- Nathan Paul Stoffregen on March 30, 2013, to Cindy (Ham ’01) and Eric ’01 Stoffregen.
- Dane Michael Walters on May 7, 2013, to Natalie (Rain ’03) and Brennan Walters.

**MARRIAGES**
- Stephanie Hengst ’08 and Daniel Ham ’06 on June 16, 2013.
- Kelli Lighthizer ’07, MBA ’10, and Seth Nenaber ’05, MBA ’11, on Sept. 28, 2013.
- Lindsay Riddle ’11 and Kendall Jeske on Aug. 8, 2013.
- Megan Springer ’10 and Sean Cooney on Oct. 6, 2013.
- Lindsay Riddle ’09 and Kendall Jeske were married on Aug. 8 at the Historic Cottage in San Clemente, Calif. Pictured left to right, front row: Aarika (Lim ’07) Riddle, Johanna Peterson ’08, the wedding couple holding the flag, Melody Howie ’11, Ember Mitchell ’10, Destiny (Ronning ’96) Goehner; second row: Katelyn Ludwig ’12, Karen Emmert ’10, Ryan Riddle ’07, Scott Smith ’09, Melissa Maxwell-Doherty ’07, Erik Goehner; third row: Kaila Hochhalter ’09, Luna Lee ’09, Emma (Kolden ’09) Jorstad, Ken Diffenderfer, Matt Johnson ’07, Pastor Scott Maxwell-Doherty ’76 (officiant), Sean Pelton ’09.

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**MARRIAGES**
- Stephanie Hengst ’08 and Daniel Ham ’06 on June 16, 2013.
- Kelli Lighthizer ’07, MBA ’10, and Seth Nenaber ’05, MBA ’11, on Sept. 28, 2013.
- Lindsay Riddle ’11 and Kendall Jeske on Aug. 8, 2013.
- Megan Springer ’10 and Sean Cooney on Oct. 6, 2013.
- Lindsay Riddle ’09 and Kendall Jeske were married on Aug. 8 at the Historic Cottage in San Clemente, Calif. Pictured left to right, front row: Aarika (Lim ’07) Riddle, Johanna Peterson ’08, the wedding couple holding the flag, Melody Howie ’11, Ember Mitchell ’10, Destiny (Ronning ’96) Goehner; second row: Katelyn Ludwig ’12, Karen Emmert ’10, Ryan Riddle ’07, Scott Smith ’09, Melissa Maxwell-Doherty ’07, Erik Goehner; third row: Kaila Hochhalter ’09, Luna Lee ’09, Emma (Kolden ’09) Jorstad, Ken Diffenderfer, Matt Johnson ’07, Pastor Scott Maxwell-Doherty ’76 (officiant), Sean Pelton ’09.

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**BIRTHS**
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I can see now that chance and unlikely coincidences played a big role in my working life.

A single comment by a grad school professor ended my ambition to work at the State Department. “That’s fine, if you want to spend the next 10 or 12 years stamping visa applications.” I opted for high school teaching instead.

I was drafted during my second year of teaching and sent to Vietnam. Long Binh was generally safe, but one night, as I was on my way back to base I knew; 1968-69 was a great time to be in the Bay Area. I was sent to Letterman Hospital at the Presidio of San Francisco, and then I stumbled into the Dilles at the fair. He had just passed through with his family, also on the way to Montreal.

After my first year of teaching (before the Army), I had taken off in my VW bug for a six-week camping trip, heading for the Montreal World’s Fair. I stopped in Burlington, Vt., to see one of my CLC English professors, Mary Ellen (Heian) Leon-toward the Montreal World’s Fair. I stopped in Burlington, Vt., to see one of my CLC English professors, Mary Ellen (Heian) Leon-toward the Montreal World’s Fair. I stopped in Burlington, Vt., to see one of my CLC English professors, Mary Ellen (Heian) Leontoward the Montreal World’s Fair. I stopped in Burlington, Vt., to see one of my CLC English professors, MaryEllen (Heian) Leon-

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The John R. Manken Trust has given $4.7 million to California Lutheran University, the largest scholarship gift ever made to the University. The Manken Family Scholarships will impact hundreds of Cal Lutheran students in reaching their academic goals. Your generous contribution can help add to the Manken gift and support even more students at Cal Lutheran.