How do we heal?

On wellness and purpose

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As Ebola wanes, top anesthesiologist teaches readiness

Dr. Laureen L. (Spinas ’83) Hill visited campus in February for meetings on the future of science education at Cal Lutheran.

Dr. Laureen L. (Spinas ’83) Hill was part of the team that successfully treated the first two U.S. patients. They had been infected on a mission to care for Ebola sufferers in Liberia.

While exposing a lot of unmet need, online fundraising drives are offering new ways to help friends, family and strangers.

Mistakes in this intricate process can cause needless contamination of clean zones in the special containment unit for infectious disease. Although Ebola is not spread through the air like the flu, it is highly contagious by way of bodily fluids.

“Medical education at Cal Lutheran has outlived his life expectancy by decades. He’s working with assistant athletic trainer Samantha Olson on lower body strength and balance, and plans to compete in the fall. Photograph by Brian Stethem ’84.”

“Medicine has gotten smarter over the last few decades and realized that people coming out of those kinds of educational experiences are the kind of people we want to take care of our patients,” she said. “You know, they have a perspective. They’ve tapped into other dimensions of themselves that might include compassion and ethics and much, much more than science, science. I would do it all over again.”

Eventually, Emory cleared four people of Ebola, a victory for the hospital and the U.S. health system. The first two patients arrived early in August and were released within the month.

Better-informed people in places where the disease was dangerous but containable. At Emory University Hospital in Atlanta – also home to the Centers for Disease Control and Prevention (CDC) – Hill and her colleagues spent hours learning how to “doff,” or remove, a hazmat suit and layers of clothing and paper scrubs.

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“As someone who works and lives in an operating room, I’m very familiar with sterile techniques, sterile zones and all of that, contamination and decontamination,” said Hill, the chief of anesthesiology and department chair at Emory since 2011. “But this took it to another level. Many of us on the team had never taken care of anybody with that degree of isolation precautions.”

“It can take up to half an hour, easily, to doff,” she said. “As someone who works and lives in an operating room, I’m very familiar with sterile techniques, sterile zones and all of that, contamination and decontamination,” said Hill, the chief of anesthesiology and department chair at Emory since 2011. “But this took it to another level. Many of us on the team had never taken care of anybody with that degree of isolation precautions.”

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Healing warriors’ spirits

Some 70 years since having his B-17 shot down over Nuremberg and spending seven or eight months as a prisoner of war, Thomas Richardson, 96, decided he wanted to be baptized. Family members came in to the Fresno VA’s long-term care facility in December for a brief ceremony presided over by lead chaplain Terry Rommereim ’78, M.Div. ’86.

Rommereim doesn’t perform as many baptisms as he once did. After studying at Pacific Lutheran Theological Seminary in Berkeley, which is now part of Cal Lutheran, and earning a Doctor of Ministry at Fuller Theological Seminary, he was an associate or solo pastor for many years in Los Angeles and Orange County and later a senior pastor in Fresno. Although he thought he’d always be a parish pastor, “God had other plans for me,” he said.

As full-time chaplain since 2010, he has a range of duties with the Department of Veterans Affairs — including a grief support group, a palliative care team and worship services — but spends most of his time now on “sheder ministry” rather than administrative tasks. He works with veterans who served in every decade since World War II on issues of chemical dependency, post-traumatic stress disorder, injuries to body and brain, and the moral injuries suffered by those who face death, fighting, killing and the guilt of survival.

“The years go by and they’re boiling up a lot of things inside, and every story’s different,” he said. “They deal with anxiety and flashbacks and triggers and the memories they have of being in war and feelings of distress and difficulty sleeping. Anger issues, those kinds of things.”

“So if we can also look at it in relation to their spirituality,” he added, “that also can be a source of comfort, relief — to some degree. That’s just part of the picture.”

Last year, the Fresno VA dedicated a new mental health facility, anticipating need from soldiers back from Afghanistan and Iraq.

Personal experience has helped Rommereim to understand where veterans are coming from. His father was in the military, once stationed in Japan. Like too many veterans, he has suffered from depression; veterans are coming from. His father was in the military, once stationed in Japan. Like too many veterans, he has suffered from depression; discovering his vocation as a chaplain helped him to overcome it. About 18 months ago, he suffered a traumatic brain injury when struck by a car.

He gets to know the patients in the long-term care facility best. They are the nearest thing he has now to a congregation: “I try to draw them to a God who is just and loving and accepting and grace-filled and a God that understands us.”

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Army veteran “Wild Bill” Begley, 93, remembers the suffering of starving Filipino and American prisoners on the Bataan Death March in 1942. He says he was bayonnetted and scheduled for execution.

Army veteran Bob Metzler, 93, tells about his unit’s arrival in France with “nobody shooting at us” and three weeks spent in villagers’ homes. “I’ve had a lot of God’s mercy in my life,” he says.
By Judy Lin

Today, by the time people are diagnosed with Alzheimer’s, they have likely had the disease for 20 or 30 years, and medications are largely ineffective in reversing the decades of cognitive damage. That’s why sophisticated brain scans and other technologies could help change the course of Alzheimer’s disease, which is linked to a sticky buildup of amyloid plaques that kill brain neurons. Diagnostics are under development now to check people for this problem in their 30s and 40s, says Dr. Lorne Label, MBA ’98. At the same time, new medications are being explored to block the enzyme pathway leading to amyloid plaque production. A clinical professor of neurology at UCLA and in a Thousand Oaks private practice, Label will present “A Glimpse Into the Future of Alzheimer’s Pathways” at the third annual Cell Biology Symposium on April 10 at Lundring Events Center. He holds a Cal Lutheran MBA in healthcare management. As wonderful as technology can be for connecting us with distant friends and family, Label is even more impressed with healing modalities that incorporate computer chips and make use of microscopically tiny computer chips and other devices. Says Label, “There’s also some interesting research being done in trying to ‘re-energize’ the hippocampus” – the part of the brain that’s largely responsible for memory and is one of the first areas damaged by Alzheimer’s – by implanting computer chips that could restore memory.

Much work is being done on traumatic brain injury and stroke rehabilitation, Label added. Thanks to functional MRIs, “we can actually see the electrical signals – which areas of the brain light up when we think about taking an action, and what happens in the brain as we take that action. In the future, we’ll be able to modulate those electrical signals.” For example, people who have lost a limb will find help in prosthetic devices made possible by breakthroughs in human-computer interaction. “They can get an artificial limb where they’ll be able to control the fingers and the grip” simply by thinking about it, the same way an actual arm works. Label also envisions technology to help people suffering from aphasia, an inability to communicate in speech or writing that can result from a stroke, head injury or degenerative disease. “People with aphasia could have a device, or a computer chip, where they’ll be able to formulate a thought and the thought will be able to turn into speech.”

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Technology to heal the brain

A neurologist and MBA alumnus says that advances in computers and imaging will transform the treatment of brain diseases. Dr. Lorne S. Label will speak on campus April 10 at the third annual Cell Biology Symposium.

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Visual arts building planned

William Rolland of Malibu, California, the real estate developer and former firefighter who has donated generously to the university, now has committed matching funds of up to $4 million toward a visual arts center. Housing art studios, offices and possibly classrooms, computer labs and a student gallery, the building will be located west of the William Rolland Stadium and Gallery of Fine Art.

Men’s volleyball to return

Cal Lutheran is launching a men’s volleyball program for the first time since joining NCAA Division III in 1997. Under newly appointed head coach Kevin Judd, who has been an assistant Regals volleyball coach for nine years, the team will take to the court in January 2016. A former men’s volleyball team enjoyed many winning seasons between 1977 and 1985, and a fourth-place finish in the NAIA championship tournament in 1978.

Education dean named

Michael R. Hillis will start in June as dean of the Graduate School of Education, after more than 20 years of college teaching and 10 years in administrative roles at Pacific Lutheran University in Tacoma, Washington. An expert in multicultural education, cognition and development, Hillis earned his Ph.D. in educational psychology at the University of Washington. He will replace interim Dean Bob Fraise, who stepped in after George Petersen’s departure last year.

Long-term service on Gulf Coast

Beginning in 2006, months after Hurricane Katrina devastated the region, students, staff and faculty have made alternative winter break trips almost every January to the Gulf Coast or inland to Tuscaloosa, Alabama. This January marked the fifth trip to Biloxi, Mississippi, where a small Cal Lutheran delegation of nine worked on coastal restoration projects and a build. Two residents (at left and center) are pictured with junior Ashley Bowen, senior Katie Carroll and (right) senior coordinator for community service Karen Schomaker.
Letters

Calendar

April 2015

Clean-water-technology winning California

Thank you for the most recent issue of CLU Magazine. Since graduating in 1987, I went on to graduate school and subsequently began my career in the water industry. I have been working with severe osmosis and other high tech membrane water purification products my entire career, so it was gratifying to see an entire issue devoted to water.

If you were ever to follow up, you should be aware that California is one of the largest users of membrane products to purify groundwater for both industrial and municipal use. We are also about to christen the largest seawater desalination plant in the United States in 2015, in Carlsbad. Several cities are using membrane products to purify wastewater to replenish groundwater supplies (most notably Orange County Water District). The City of San Diego is going forward with a multimillion gallon-per-day plant to treat municipal sewage as well. There are discussions taking place that may allow the plant to feed the product water directly into the municipal water supply, rather than pumping it to a reservoir. Pretty exciting news from my perspective.

It’s been great to be on the cutting edge of this technology throughout my career. To see it be come so mainstream and to have the technology be a big factor in helping us cope with the drought here in California is gratifying. Thanks to Cal Lu for giving me a solid base to build a fun career.

Lynne M. Gulizia ’78 (English and history) San Diego

The writer is the national sales manager for Toray Membrane USA.

Time flies, university soars

The December CLU Magazine is particularly fine – in news, features, graphics, and more. Of course, it helps to have such wonderful news to report! Drawing CLU alumni engagement and expertise together around the California drought was an inspired idea, and the loving memorial tributes to Jerry Slattum, Lorraine Olson and Marge Wold remind us all of the talented, faithful, affectionate people who always have been at the heart of CLU.

I notice this is Vol. 22, No 2 of the CLU Magazine. Is it really that long since we made the big change from the Kingsmen Quarterly to the present format?

Luther Luddecke, fifth president of Cal Lutheran (1992–2006)

Newton, Massachusetts

President and CEO of Education Development Center Inc.

IN MEMORIAM

Kirkland Gable

March 21, 1934 – Jan. 18, 2015

Kirkland Gable, a popular professor at Colorado Lutheran University for three decades and an inven tor who held the original patents for ankle monitors and cameras in cars, died at age 80 after a 20-year struggle with leukemia.

The Thousand Oaks resident taught psychol ogy at Cal Lutheran from 1975 until his retirement in 2004. His entertaining teaching style ensured that students remembered what he taught them. He was known to show up to the first day of class wearing Mickey Mouse ears. Finish lessons by spraying students with a super soaker and positively reinforce correct answers with candy and prizes. Seniors elected him Professor of the Year more than once.

Gable and his twin brother, Robert S. Gable, are the co- inventors of the location-monitoring system for offenders used in ankle and wrist monitors. He also held patents for a car camera and novelty radio. A graduate of Harvard Law School, he wrote about the intersection of law and psychology. One of his articles on the legal rights of mentally ill patients was cited in a majority opinion of the U.S. Supreme Court. He specialized in the treatment of severely delinquent youths and female shoppers.

Gable taught and conducted research at Harvard Univer sity and Harvard Medical School. He was a licensed psycholo gist in California and Massachusetts and a Diplomate of the American Board of Forensic Psychology. He served as chair person of the Crime and Delinquency Review Committee of the National Institute of Mental Health and assistant editor of the International Journal of Psychiatry.

He earned a bachelor’s degree from Ohio State University, a master’s degree in education and a doctorate in counseling psychology from Harvard University, and a doctorate in social psychology from City University Los Angeles. He wrote four books, including the 2009 novel Winner’s Way, and more than 60 articles.

Born Ralph Schweigébel in Canton, Ohio, he and his twin changed their last name to Gable in 1960. He is survived by his wife, Colleen Ryan, children Sandy Ryan and Eric Schweigébel, and his brother.

Attention art majors: You are invited to participate in an art show in memory of former professor John Solem and Jerry Slattum. The show will be held in June 2016 with the theme “Ties Remembered: Loving Art, Loving Us.” For information, contact Lea Lamp at leaanina@gmail.com or Jerry Sawitz at sawi1@aol.com or 805-813-3334.

E. John Solem

Aug. 10, 1933 – Nov. 10, 2014

John Solem, a nature lover, mountain climber and beloved art professor who gained wide recognition for his viscosity etchings and ceramics, died at age 81.

Solem began teaching printmaking and etching at Cal Lutheran in 1966. Three years later, he began using the viscosity method of color printmaking to convey the colors and textures of his landscapes. He became an accomplished mountaineer, and his experiences scaling Mount McKinley and five more of the highest peaks in North America were reflected in his art, including “The McKinley Suite” of viscosity etchings on permanent display in the Swenson Center.

He was also an accomplished painter and sculptor, com bining his observations of nature and his sense of a spiritual relationship with the environment. “I became aware of myself as primarily a creative facilitator of the forces of nature: earth, air, fire and water. From this inspired place, I form flowers, trees, rocks and grottos,” he said of his ceramic creations.

Most recently, he worked with watercolor and acrylic.

Reproductions of his work appear with the poetry of his friend and colleague J. T. Ledbetter in their 2007 book Blue Gal axy Iris: Connecting with Beauty and Nature’s Rhythm. He also provided the illustrations for Voices and Echoes: A Commemorative Newspaper for Colorado Lutheran University, written by Ledbetter in 1995.

Solem received Cal Lutheran’s Mount Clef Award in 1984 and the Regents Award in 1986. He was honored with the Hon orary Alumnus Award in 1995, the year he retired and moved to Coarsegold, California, with his wife, Gloria. He earned a bache lor’s degree from Dartmouth College and a master’s degree from UCLA.

He is survived by his wife of 56 years; three sons, Mark, Glenn and Gary; a brother, Dennis; three grandchildren and three great-grandchildren. A son, Brian, 81, preceded him in death.

Memorials may be sent to the John Solem Art Scholarship, University Advancement Office at Cal Lutheran.

Kirkland Gable, a popular professor at Colorado Lutheran University for three decades and an inventor who held the original patents for ankle monitors and cameras in cars, died at age 80 after a 20-year struggle with leukemia. The Thousand Oaks resident taught psychology at Cal Lutheran from 1975 until his retirement in 2004. His entertaining teaching style ensured that students remembered what he taught them. He was known to show up to the first day of class wearing Mickey Mouse ears. Finish lessons by spraying students with a super soaker and positively reinforce correct answers with candy and prizes. Seniors elected him Professor of the Year more than once.

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Don’t tell Scott Klein ’90 that life is short. It’s late to say that now.

A decade ago in prepared speeches, “because of your generous contributions to the Cystic Fibrosis Foundation,” he was declaring that he hoped to see his first daughter, Alexandra, graduate from high school. Father and daughter will reach that milestone this May.

A few years earlier, he had spent 33 months on the waiting list for a double lung transplant. Without the surgery in 2003, he might have had six months to live. His longtime doctor, Chris Landon, recalls Klein training “like an Olympic athlete” not long before the transplant, even as his lungs were failing him: “He was strong, great abdomen, good arm muscles – and blue” because of poor oxygenation.

Back in college, if Klein feared death he didn’t show it. When on one day he telephoned his future wife, Gabbi (Walsh ’91), to explain that he would be staying at home for a while “because his lungs had collapsed,” it was the first time she’d felt how serious his disease was.

In earlier years, he knew he wasn’t like the other kids in Woodland Hills. His mother would pound on his chest to loosen mucus. He was on medications because his pancreas didn’t work and on other medications to help him breathe. From about age 7 and until the transplant, he inhaled a pharmaceutical cocktail through a nebulizer in the morning and again at night. It was as if he always had a cold, and when he really caught one, the infection would develop into pneumonia or pleurisy.

To put it all into perspective: when Klein was born, most kids with cystic fibrosis did not live beyond the age of 2.

By Kevin Matthews
He was never expected to grow up, and for a long time, he says, growing up was just about the only thing he refused to try. But he managed the feat in the end with help from loved ones, a cheerful disposition, and an unlikely passion for hockey.

**Ice hockey is the perfect sport if you have a lung disease,** says Klein without a hint of irony. (He finds many reasons to laugh in conversation, but not about this.) He liked the pace of hockey, and all the starting and stopping. “I go to the bench, I cough up the junk and catch my air, and then, boom, I’d be back on,” he said.

He started learning the game at the age of 4 in the Topanga Plaza ice rink with a friend who’d moved to Woodland Hills from Minnesota. He played hockey until junior high, gave it up, and then returned to it when a Cal Lutheran club team formed in the late 1980s. Since then, he’s never gone more than a couple of years without playing or officiating Southern California Amateur Hockey Association adult leagues, including at the Iceoplex in Simi Valley.

At five-foot-eight and less than 135 pounds in college, Klein took abuse from opponents. “I learned real quickly to hit them first. My attitude was, that got 50 percent of the contact out of the way,” he said.

This physical theory failed him on occasion, as it did when a University of Southern California player caught him in mid-air and released him flat on the ice. The following morning, Klein supported himself on one leg in the dormitory shower. Still, he made close, lasting friendships playing hockey, and he felt normal. The sport was a key piece of his strategy of minimizing, if not quite denying, his cystic fibrosis while also taking in as much life as possible,” as Gabbi Klein puts it.

“Hockey really saved my life,” says Scott Klein ’90. He takes to the ice two or three times a week to officiate Southern California adult leagues, including at the Iceoplex in Simi Valley.

“I remember I scored in the first period, and then I was on the bench. Then I lost it. It was hard to continue playing,” he said.

The other big shock of Klein’s life would come at age 35 after his double lung transplant — because the 11-hour surgery was a total success. Klein, who had been admitted to the hospital three or four times a year roughly since his 6-year-old daughter was born, woke up after surgery to discover that his oxygenation was at 100 percent for “the first time in my life.” Doctors had not needed to induce a coma, and he would not need a ventilator.

“The transplant was more mental than it was physical, because it was like, ‘I’ve been sick all my life,’ and one day I woke up and I was healthier than anybody in my family,” Klein said. “It was crazy. I’m bench-pressing over 200 pounds six, seven months later. I’m running 100 meters in 13.6 seconds.”

With his leg muscles recovering from atrophy, Klein started training on the ice just three months after the surgery. He felt great. As Dr. Landon observes, this was in spite of the fact that his body was trying to fight the new lungs. About a quarter of patients die within six months of a lung transplant and about half of them within three years. To stay healthy, Klein has relied on his strength of will and anti-rejection medications. “For me, taking pills is nothing,” he laughs. “I’ve been doing that all my life, since I was a 2 years old. People say, ‘You’re taking 75 drugs a day?’ And I say, ‘That’s much better than being plugged into the wall and having to breathe medicine for an hour every day.’ A diabetic, Klein also takes insulin shots every day to regulate his blood sugar. But he says his health is good. He’s made so much progress there and, he insists, still greater progress in his personal development.

“Being that my mortality was always out there, I could be immature. And that’s the one thing I regret. I didn’t really become the mature person and Christian that I wanted to become until after the transplant, when it was like, ‘OK, you know what, now you have a real chance. You’re going to live. You’re going to be here for a while.’ So I had to change some things.”

Before his surgery, he had earned an MBA and started work as an accountant in Valencia. He’s an inch taller now than in his college days and is happy to have gained some weight as a side effect of medication. His side job as an ice hockey referee for Southern California Amateur Hockey Association adult games keeps him in shape. Which is good, because he and Gabbi now have two daughters.

Klein wasn’t expected to have most of his roles in life: he says, growing up was just about the only thing he refused to try. But he managed the feat in the end with help from loved ones, a cheerful disposition, and an unlikely passion for hockey.

**Expectations often are false guides to life,** Klein says. “I go back to the bench, I cough up the junk and catch my air, and then, boom, I’d be back on.”

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Klein wasn’t expected to have most of his roles in life: student, team member, husband, father. In a strong sense, he chose them. He now hopes to see his daughter Isabella graduate from high school 12 years from May. •

Making Lemonade

Terry Spehar-Fahey, who teaches drawing, watercolor and a course titled Art and Psychology, used her painting to emerge from major depression.
Tell me about that first painting.

Intentionally, I said, “You’re going to try to paint what this feels like right now.” I was going to paint my kind of depression. And so I started the painting with red, spiky mountains. My kind of depression felt like a really jagged, pointy, volcano-type mountain ready to come unglued.

I’ve spent a lot of time in the High Sierras. I painted for galleries in Mammoth Lakes for 20 years. So the Minarets and the jagged mountains of the eastern Sierras are something that I love, and they refresh me and inspire me. So it made a lot of sense to move from that kind of imagery. When that turns dark, what does it look like?

I painted the mountain range, painted the dark sky. Then I got this sort of cave shape. And then I painted a monster in the cave, because that’s how I felt. There was this monster inside of me and I couldn’t get it out, and it was sad and hidden and buried and hot and nasty. And then I started drawing these little lines and then, OK, the forest is showing up. And then the monster starts to cry.

I was depressed; I cried a lot then. So these tears turned into a waterfall and the water went along this way and it came down. And when I looked at that, I went, oh my God, that’s an eagle. So the water turned into feathers, and I saw this eagle. I was motivated to help myself, but I was also motivated to respond to his response to the paintings I was showing. And it was fun.

Seventy-two paintings later, I was pretty much sold on the power of this imagery. It worked so well because the therapist was so good. It worked because this was my language. But I think it can work for everyone if they give it the time and the energy. You cannot just do this lightly. I worked very hard at this job of getting better. You cannot just do this lightly.

What else did you paint?

Over the course of this we did a lot of inner-child work. For example, you go back and look at photographs of yourself as a child and you write a letter to that child. What would you say to them now? But I could not write a letter. I could not put this into words, so I said, “I’m going to paint self-portraits.”

In “School Girl,” I was having a great time painting this melty watercolor, which I think just epitomizes “sad.” I painted that sad kid and then I painted this red thing going right through the neck.

When I saw that, I was immediately struck with the notion that the line was a chalkboard rail, and that I’m a second-grader standing up in front of the chalkboard. And I was brought to the time when I was humiliated by my second-grade teacher for telling imaginary stories. That’s the 50-year-old woman in that girl. One of my mother’s favorite expressions was, “Terry, you were born sad.”

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When I saw that, I was immediately struck with the notion that the line was a chalkboard rail, and that I’m a second-grader standing up in front of the chalkboard. And I was brought to the time when I was humiliated by my second-grade teacher for telling imaginary stories.

I was lambasted and made to stay after school, and I was given to the kid to make her feel better? You take her out to the horses, because you get on a horse and you run and you’re free, and there’s no mountains hanging on your shoulders.

I love to get on horses to this day, because they represent freedom and power and total joy. Love it.

What did you paint that the kid to make her feel better? You take her out to the horses, because you get on a horse and you run and you’re free, and there’s no mountains hanging on your shoulders.

I love to get on horses to this day, because they represent freedom and power and total joy. Love it.

What about this one, “Carousel”?

When I looked at all of the photographs I had, I think the only time I was smiling was when I was on the back of a horse.

And so I put myself on a carousel (see detail on Page 13, at left). I think I was 5. “Carousel” was kind of, what would you give to the kid to make her feel better? You take her out to the horses, because you get on a horse and you run and you’re free, and there’s no mountains hanging on your shoulders.

I love to get on horses to this day, because they represent freedom and power and total joy. Love it.

Are you still painting like this?

Unfortunately, I’m not making any great expressionist work anymore, because I’m too happy!

I consider it to be a complete gift of serendipitous nature to have gone through this pain to end up at Cal Lutheran doing really the most creative work I’ve ever done. It’s a gift. Every day I come here is a gift from this pain.

For more images of Spehar-Fahy’s art, including therapy art, visit terry@speharfahy.com.

It worked so well because the therapist was so good. It worked because this was my language. But I think it can work for everyone if they give it the time and the energy.

How did you know the art therapy was helping?

The reason therapy works, when it works well, is because there’s a relationship that you set up with a person who is there for you. And that relationship is the cure.

I was motivated to help myself, but I was also motivated to respond to his response to the paintings I was showing. And it was fun.

Seventy-two paintings later, I was pretty much sold on the power of this imagery. It worked so well because the therapist was so good. It worked because this was my language. But I think it can work for everyone if they give it the time and the energy. You cannot just do this lightly.

I worked very hard at this job of getting better. You cannot just do this lightly.

What else did you paint?

Over the course of this we did a lot of inner-child work. For example, you go back and look at photographs of yourself as a child and you write a letter to that child. What would you say to them now? But I could not write a letter. I could not put this into words, so I said, “I’m going to paint self-portraits.”

In “School Girl,” I was having a great time painting this melty watercolor, which I think just epitomizes “sad.” I painted that sad kid and then I painted this red thing going right through the neck.

When I saw that, I was immediately struck with the notion that the line was a chalkboard rail, and that I’m a second-grader standing up in front of the chalkboard. And I was brought to the time when I was humiliated by my second-grade teacher for telling imaginary stories.

I was lambasted and made to stay after school, and I was given to the kid to make her feel better? You take her out to the horses, because you get on a horse and you run and you’re free, and there’s no mountains hanging on your shoulders.

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Michelle Wulfestieg wants you to have a good day

Through two early strokes, paralysis, a great college course and a near-death experience, this graduate found her purpose in life.

For as long as she can remember, Michelle (Taylor ’04) Wulfestieg has felt the tug of a higher calling. She felt it at age 11, as she summoned the strength to survive a massive stroke triggered by an inoperable brain lesion. Doctors assaulted the tangle of arteries and blood vessels with intense bouts of radiation, a plan of attack that ultimately paralyzed the right side of her body.

She felt it in the years that followed, when radiation was no longer an option and doctors told her she might not see her 30th birthday. She began to live with determined purpose. Despite being confined to a wheelchair, she became junior high school valedictorian. She learned to walk by high school, first with a leg brace and then with a significant limp, and she made her volleyball team all four years despite the use of only one arm. She was crowned high school homecoming...
Wulfestieg spent hours reading to a woman who, like her, had suffered a stroke and paralysis. The elderly patient came to cherish that time and bought a clock for her room to count down the minutes to the next visit.

With little hope for her survival, doctors said they had no choice but to surgically remove the lesion that was rooted inside her brain. Her family was told that she might never wake up and, if she did, that she would not be able to walk, talk or see.

For eight days her family waited. Wulfestieg’s best friend wrote her eulogy, as doctors readied to remove her from life support, a move opposed by her husband, who never lost faith that she would recover.

He was right. Not only did Wulfestieg wake up, but as soon as she could she told friends and family that she had undergone a life-changing spiritual experience while in her coma, having been transported to what she calls a “place of prayers.”

“My eyes were closed, but I could hear prayers in every language and was surrounded by this beautiful light,” Wulfestieg said. “I was completely at peace, surrounded by God.”

With her brain now free of the lesion that had plagued her, and with the same determination that has steered her life since age 11, Wulfestieg set out on a road to recovery, learning once again to walk, talk, dress herself and use the computer. Seven months after her stroke, she was back on the job, doing the work she believes God meant her to do.

“Because I spent so much time in a hospital bed, on the brink of death, I am able to relate to what our patients are going through and connect with families in a deep, meaningful way,” said Wulfestieg, whose work with the Southern California Hospice Foundation focuses on improving quality of life for terminally ill individuals by providing services not typically covered by medical insurance.
"She tried to focus on the good that came from Ethan's life, not make it a sorrowful time. I think she can do it because she has been there. She seems tireless. I don't know how she does it."

Starting in 2010, she began work on her memoir, typing with one hand. The book was published last year and has earned gold medals from the Feathered Quill Book Review and in the Illumination Book Awards, which are designed to honor and bring increased recognition to the year’s best new titles written and published with a Christian worldview.

The memoir has become a favorite in classrooms and with book clubs, and has kept Wulfestieg busy with speaking engagements, book signings and other personal appearances.

Most recently, she teamed with Kathi Koll, the widow of Orange County real estate developer Don Koll, to launch a motivational speaking tour designed to inspire patients and caregivers to live life to the fullest after stroke. Koll cared for her husband for six years, until his death in 2011, after a stroke left him paralyzed from the neck down.

"I'm inspired by her quest for life, her desire to help people," Koll said. "I'm inspired by the normalcy in which she lives her life, which can't be easy, but is an amazing example to others. She seems to live by the motto, 'there's no sense in worrying about something you can't change.' She moves forward and gets on with her life."

Living with purpose – that's really what Wulfestieg is all about.

Now 35 and having dodged a death sentence, she has no intention of leaving till tomorrow what can be done today. While her right arm and leg are still partially paralyzed, and fatigue sets in sooner than she would like, she and her husband are in the process of adopting a child, and already she is booked through next fall with speaking engagements.

"I think that when I was first diagnosed, I saw (the brain lesion) as being a curse – now I realize that it's one of the biggest blessings of my life," Wulfestieg said. "My deepest belief is that everything happens for a reason. I think I've been preparing my whole life to do this work and get to this place."

Fred Alvarens is a high school history and journalism teacher who lives in Ojai. For more than two decades, he was a staff writer for daily newspapers including the Los Angeles Times and the San Diego Union-Tribune.
While exposing a lot of unmet need, the Web and online social networks offer new twists on old ways to help friends, family and also strangers.

By Rachel McGrath

The first time Dianne (Habring ’97) Frehlich asked her best friend for help with a family crisis, Heather Teoh ’98 didn’t hesitate. Although Teoh, who’s from Singapore, was attending graduate school at Sacramento State University, she moved into the Frehlich home in Simi Valley, cooked meals, looked after the twins and generally supported her friend. Frehlich’s husband, Shane, had been diagnosed with acute myeloid leukemia just five months after the boys were born prematurely.

The second time Frehlich needed help – a few months ago, when Shane’s cancer returned and their third son, Jonas, was diagnosed with Beckwith-Wiedemann syndrome – Teoh was living back in Singapore. Unable to respond in person, she instead turned to the Internet, setting up a fundraising account on a crowdfunding website and publicizing the family’s story via online social networks.

“The Internet has certainly made the world a smaller place,” said Teoh in an email for this article. “Through the campaign and social media tools, we have been able to reach hundreds of people who have donated.” In two months, the campaign raised almost $23,000 toward Shane and Jonas’ medical expenses.

Whether or not old-fashioned, hands-on assistance of the kind that Teoh provided three years ago is becoming any less common as a result, people today are leveraging new technologies to reach across distances, build community, and help friends and loved ones in need. In at least four recent cases, Cal Lutheran alumni facing huge medical bills as a result of illness or accident have accepted financial relief and emotional reassurance through crowdfunding.
“Without this concept and social media – I don’t see how we’d have been able to do this any other way. People have come out of the woodwork from Adam’s childhood onwards with love and support.” — Brinden Wohlstattar, M.Ed. ’10

Friends of Gail Goepfert ’74, who has been in a wheelchair since an accident in 1995, are raising money to buy her a new Ford transit van through YouCaring.com. Alan ’72 and Tina (Cooper ’75) Virgil are using HelpHopeLive.org to get help for their son Aaron, 31, who was paralyzed in a snowboarding accident last year. Aaron is estimated to need $100,000 a year to pay medical expenses not covered by insurance. Andrea Dickinson of Nashville, Tennessee, has established a fundraiser on GoFundMe.com to raise money for her friends Brinden and Adam Wohlstattar, M.Ed. ’10 and ’07, college professors who earned their master’s degrees at Cal Lutheran. Adam has the rare neurodegenerative condition known as Prion Disease. People have always gone to friends and family “to say I’m in trouble,” said Paul Wittman, associate professor of information technology management at Cal Lutheran. But now, as a result of the social media craze and the ability to complete financial transactions online, crowdfunding enables them to cast a far wider net.

“It’s an interesting space. It really extends the notion of humanity that can lift others, relationships, and it draws new relationships, and it draws new relationships,” said Jose Marichal, a Cal Lutheran professor of political science and author of the 2012 book Facebook Democracy. “Social media is essentially a tool for community building,” he said. “You’re tapping into networks that are known to you in real space as well as in online space.”

The increasing reliance on online space, says Marichal, affects interpersonal relationships and wider social interaction in a variety of ways. Instant responses and “likes” make individuals feel recognized and appreciated, for example. The trend also has implications for service organizations and faith communities that have traditionally functioned as resources for those in need. “It’s easier to do things online because it’s not face-to-face. But face-to-face usually would bring other kinds of help, such as bringing someone in need a meal,” he said. “It crowdfunding a substitute for neighbors knocking on a door?”

As a news reporter, I have been asked to write about people facing financial hardship as a result of a diagnosis, medical emergency or accident. The number of such story requests has increased substantially in about the last 18 months, along with the crowdfunding campaigns that accompany them.

That’s presumably not because more people are in trouble. Instead, the Web and social media are revealing what was previously hidden – the number of overwhelming challenges faced by individuals and families. Many people, including Frelich, had never heard of websites such as GoFundMe.com before appearing on them. And until a crisis arrives, many people receiving aid have no idea how inadequate their health insurance coverage can turn out to be.

“I’ve seen that these campaigns are often accompanied by community fundraisers, held where the individual or family lives, that yield gifts of meals, babysitting and useful items. This kind of crowdfunding, which doesn’t offer financial returns for investors, is not something that could flourish in isolation. It feeds off established personal relationships, and it draws new people into the arena of actual human interaction.

“Because people were alerted to Shane and Jonas’ illnesses through this campaign, communities came together to do so much more,” said Heather Teoh ’98.

Shane & Jonas’ Medical Fund
www.gofundme.com/FrehlichFamily
From Singapore, family friend Heather Teoh ’98 set up this site in November to raise $50,000 for the husband and son of Dianne (Haering ’97) Frehlich of Simi Valley, California. Shane, 46, is in chemotherapy for acute myeloid leukemia and needs a bone marrow transplant, and baby Jonas has Beckwith-Wiedemann syndrome, putting him at risk for liver and kidney tumors. As of Feb. 4, donations totaled $25,057.

Hope for Adam
www.gofundme.com/iaaxrk
Adam Wohlstattar, M.Ed. ’07, of Simi Valley, California, has Prion Disease, an extremely rare neurodegenerative disorder with no known cure. His son Greyson, 3, has a 50 percent chance of developing the same disease. A family friend in Tennessee created a GoFundMe donation page in December with a goal of raising $200,000 for related expenses. As of Feb. 4, the total raised was $27,470.

Help Hope Live after spinal cord injury
m.helphopealive.org/campaign/1917
Aaron Virgil, 31, of Torrance, California, was paralyzed as a result of a snowboarding accident last year. He and his father, Alan Virgil ’72, established a donation page through the nonprofit HelpHopeLive with the goal of raising $100,000 for related expenses. As of Feb. 4, $25,850 had been raised.

A Van 4 Gail
tinyurl.com/VanGail
Gail Goepfert ’74 of Largo, Florida, has used a wheelchair to get around since an accident in 1995. A friend who is a local representative for Thrivent Financial launched a campaign on YouCaring.com to raise $60,000 to buy a new Ford transit van for Goepfert to replace her aging vehicle. As of Feb. 4, donations totaled $11,585.

Kickstarters for healing
Alumni are getting some relief from medical costs through online fundraisers.
Karen (Reitan ’65) Anderson and husband Edward, Copperopolis, California, went on a cruise to Alaska last July with their son and family. Pictured in the Yukon during a 4x4 jeep ride are Kirk, left, Karen, Riley, Ed, Zack, Heather and Dane.

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Don, T.C. ’82, and Carol-Anne (Hughes ’72, M.A. ’82) Hossler, Bloomington, Indiana, are professors in the School of Education at Indiana University. Carol-Anne is an associate professor of elementary education and coordinates undergraduate diversity courses for the school. Don teaches and is director of the Center for Postsecondary Research. Carol-Anne has written a children’s chapter book titled Connected Journey: A Meeting with Martin Luther King, Jr. The “empty nesters” recently downsized their home to have less yard to care for.

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Susan Scotti Baker, Hayden Lake, Idaho, will retire from elementary school teaching this year. She and husband Frank built a beautiful home and also have a new trailer, in which they hope to see much of the country.

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50 YEAR REUNION
OCT 9-11

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Acadia National Park was one of many stops George and Kathie (Ditchey ’68) Ferkin, M.A. ’88, of Thousand Oaks made on a recent Autumn Colors tour.

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David and Janet (Monson) Andersen live in Mount Horeb, Wisconsin. David has been enjoying his home-based business with Nikken Products since officially retiring last May. Janet continues to open her studio for local art tours and to provide provocative and fun visuals.

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Mary (Hoefs) Bawden of Redlands, California, a choreographer, has a passion for Christian ministry through dance. She released a book about church dance titled Soul to Sole Choreography Practice: Steps to Prayer in Motion for Christian Dance Ministry, which is accompanied by four DVD dance collections. Mary is also concerned about objectifying children under 12 with adult costumes and choreography styles and has started a national petition and local booklist to advocate change. For details, visit www.soultosoledance.org.

Lindy (O’Lorin) Powell, Colorado Springs, Colorado, and her husband, Dave, enjoy being near their new grandson, even though their three other grandchildren live in California. In her retirement, Lindy is mentor- ing young girls ofPowell’s generation.

Alan and Tina (Cooper) 75’ Virginia, Torrance, California, are caring for their son, Aaron, who was badly injured in a snowboard accident over a year ago. After much rehabilitation, he is living at home but is quadriplegic and requires extra care. His medical expenses beyond insurance are estimated at $300,000 a year. Alan and Tina have arranged for the founding of HelpHopeLive, an approved 503c3 nonprofit, to assist him with raising funds for Aaron’s living expenses. For details on how you can help, see Page 25.

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Stephanie (Hoff) Brice. Santa Monica, California, models occasionally and assists husband David with his business ventures. They have been married 32 years and frequently travel abroad. Their daughter, Marissa, is pursuing a graduate degree in film and television theory.

Kip Downen. Moorpark, California, retired from the Los Angeles Fire Department after 34 years of service and is remodeling his house. He is an avid skier and a golfer. A skilled amateur, he acquired his skills while with the fire department.

Duane and Janice (Thompson) Filer, Carson, California, enjoy being retired. Duane retired two years ago from the State of California Public Utilities Commission and recently self-published his second book, a memoir on his first year of retirement titled The Baby Boomers First-Hand First-Year Guide to Retirement. Duane is the president of Certified Financial Planner (CFP) and District of Columbia. Janice retired a year and a half ago from the Long Beach Unified School District as a high school principal and is currently a principal coach in the district.

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### CLASS NOTES

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JACQUELYNE FONTAINE ’05

This spring, soprano Jacqueyline Fontaine will take center stage at Cal Lutheran, as the 2015 Outstanding Young Alumna Award recipient. The former Miss California and winner of national and international awards for her singing is currently performing in the Phantom of the Opera North American Tour.

As an undergraduate, Fontaine was given many opportunities to be on stage by Cal Lutheran professors. Michael Alpert and Karl Gintzler. At the suggestion of her voice teacher, who challenged her to do opera, she picked music as her major her junior year. She toured in England with the Choir under directors Alpert and Morton and auditioned at La Scala opera house in Milan, Italy. “I had safe, loving footsteps from my profession, and I also felt I had a home with them,” said Fontaine.

In 2006, Fontaine won the title for Miss California, singing “Viva dolce from Puccini’s Tosca.” She earned a master’s degree in music from the University of Southern California and plans to complete her doctorate there. Playing Caroletta in Phantom, Fontaine performs six days a week, traveling to 20 cities. Upcoming tour dates include two-month stays in Los Angeles and San Francisco.

As a Cal Lutheran alumna, Fontaine writes, “I was able to study manhã (Spanish for morning) in your heart and listen...and then do things that are true to you. As an actor, with all the emotions, you have to be really solid in who you are.”

CREATE YOUR OWN SYLLABUS FOR SUCCESS

A LEADERSHIP ESSENTIALS EVENT

Join Elizabeth (Clark) ’91 Gates, Senior Director for Talent Development at Box Inc., for an engaging discussion on strategies to enhance your success – and that of your employees. The School of Management and Cal Lutheran Alumni are proud to host Leadership Essentials, a new career professional development series for alumni and students.

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Say hello to the new Cal Lutheran Alumni Spirit Box!

It’s all you need to host a great alumni happy hour, picnic, sports party or any other event that highlights your Cal Lu spirit.

From planning tips and invitations to Cal Lutheran Alumni merchandise, you’ll have everything you need to enjoy reconnecting with fellow alumni and friends.

Request Your Spirit Box Today
Contact alumni@CalLutheran.edu or visit CalLutheran.edu/spiritbox

Garry is pastor at St. Luke’s Lutheran Church in Long Beach. He has been an MFT therapist at Intercommunity Counseling Center the past 16 years and president of the Biblical Archaeology Society (LA Chapter) since 1993. He has two daughters, both of whom graduated from Cal Lutheran. Kirsten ’06 and Gloriana ’09. (See Pages 34 and 35.)

Dan Ramsey, Olympia, Washington, is retired and “doing what I want to do.” In fall 2009, after a stroke that hospitalized him for six months, doctors said Dan wouldn’t walk again but “with lots of prayers and rehab,” he proved them wrong. Dan has three grandkids and his youngest son is getting married in June.

Paul Ricatto, Thousand Oaks, has worked for State Farm Insurance in Westlake Village for 40 years and has been self-employed as an insurance agent for the past 20. He and Lisa, his wife of 35 years, have two sons: a lawyer, a policeman and a U.S. Naval Academy cadet playing football.

Sandy (Everson) Walsh, Covina, California, retired from the Auto Club as a travel agent with AAA and previously was in advertising with the Los Angeles Times for many years. She and husband Jim (“Chuy”) will celebrate their 40th anniversary in August with a trip to France. Their daughter, Shannon, is an attorney and will take over the family business. Shannon Packaging Company, when Chuy retires.

Mark Beckham, Oxnard, California, is the head football coach at Oxnard High School.

David Brobeck, Salem, Ohio, was one of the plenary speakers at the annual Lilly Conference in Newport Beach, California, in February. He is an assistant professor of educational leadership at Walsh University in Canton.

David Nankivil, Agoura, California, and his wife, Melanie, spent three weeks last May in South Island, New Zealand, and Fiji. They became grandparents in July.

Melissa (Barnett, M.A.) ’78 Romacek, Dana Point, California, retired from her teaching position at Aliso Niguel High School in Aliso Viejo.

Bruce Thompson, Simi Valley, California, worked for 30 years in finance at Rocketdyne with the space shuttle and space programs. Before that, he was a regional recreation administrator for LA City Schools. He is now retired, and golf and photography are his passions.

Girard Booth-Webber, M.Div. ’84, Oakland, California, was named interim chief administrative officer at Pacific Lutheran Theological Seminary in January. Brian has served as director of seminary relations at PLTS since 2012. Located in Berkeley, the theological seminary became part of Cal Lutheran last year.

Class Representative
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Brian Stein-Webber, M.Div. ’84, Orange, California, was named interim chief administrative officer at Pacific Lutheran Theological Seminary in January. Brian has served as director of seminary relations at PLTS since 2012. Located in Berkeley, the theological seminary became part of Cal Lutheran last year.

Dianne (Porter) White, Gilbert, Arizona, published her debut picture book, Blue on Blue, with illustrations by Caldecott artist Beth Krommes. The book was displayed in an annual exhibit of original art held by the Society of Illustrators at the Museum of American Illustration in New York City.

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Eric Johnsen, Huntington Beach, California, is a senior insurance compliance officer and the examiner-in-charge of a team that successfully completed the compliance audit of a major disability/long-term care insurance company. His team was awarded the 2014 CDI FAIR Values and Goals “Sympathy” award from the California Department of Insurance in December.

Don Myles, Phoenix, Arizona, was accepted as a Fellow in the International Academy of Trial Lawyers in September. The International Academy is limited to 500 Fellows from the United States.

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Jonathan Glaseo, Santa Barbara, California, is campaign manager for the new Children’s Library at the Central Library in Santa Barbara.

Bill and Sandy (Essen) Crabtree, both class of ’85, visited Mount Vernon in November with daughter Kali, a Cal Lutheran senior who was enrolled in the Lutheran College Washington Semester in D.C.

Kristin Swanson, Decorah, Iowa, has been a professor of religion at Luther College since 1999. Focusing on the study of the Hebrew Bible. Her current research project on the Book of Judges stems from readings with students in her Introduction to the Hebrew Bible course.

Michelle Villiers ’81 and Tony ’83 White, Boerne, Texas, visited the Enchanted Rock Natural State Park in Fredericksburg.

2014 Kids’ Indie Next pick and has been awarded starred reviews by Kirkus, Publishers Weekly and Booklist. Art from the book was displayed in an annual exhibit of original art held by the Society of Illustrators at the Museum of American Illustration in New York City.
In October Gov. Jerry Brown reappointed California, has been principal consultant artpluslife.net. If interested in having a George Rodriguez, M.S., Ventura, was named interim dean at Pacific Lutheran Theological Seminary in January. Alicia has served as associate dean for academic affairs since the theological seminary’s merger last year with Cal Lutheran and was academic dean for two years prior to that. She also teaches multicultural and contextual studies. In addition to her degree from PLTS, she holds a master’s in New Testament studies from Graduate Theological Union and a Ph.D. in literary criticism from the University of California, Irvine.

Class Representative
Brian McCoy
brianmccoy@gmail.com

Alicia Vargas, M.Div. Oakland, California, was a defensive coordinator at Pacific Lutheran Theological Seminary in January. Alicia has served as associate dean for academic affairs since the theological seminary’s merger last year with Cal Lutheran and was academic dean for two years prior to that. She also teaches multicultural and contextual studies. In addition to her degree from PLTS, she holds a master’s in New Testament studies from Graduate Theological Union and a Ph.D. in literary criticism from the University of California, Irvine.

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Class Representative
Cory Undlin, MBA ’07, Parker, Colorado, was hired in January as the defensive backs coach for the Philadelphia Eagles. He got his NFL start as a defensive coaching assistant with the New England Patriots and held positions with the Jacksonville Jaguars and Cleveland Browns before spending the last three seasons with the Denver Broncos, the last two as defensive backs coach. The family anticipates a third generation of Cal Lutheran graduates. “If my kids choose to go to Cal Lu someday, that will be great.” – Joseph Jauregui ’98, Legacy graduate

For the Jauregui kids, the question was never whether to attend college; but where. Family patriarch Joe Jauregui earned his master’s degree from Cal Lutheran in 1977 and went on to serve as principal of La Reina High in Santa Paula for more than 30 years.

“Legacy Families at Cal Lutheran”

“The youngest sibling, Jannette ’03, found Cal Lutheran to be “the right choice for me in so many ways.” After working in Cal Lutheran media relations for several years, Jannette went on to earn a master’s degree from Northwestern University. She held positions at the Today show and with the Ventura County Star before returning to campus in 2020, this time as a lecturer in the Communication Department. The family anticipates a third generation of Cal Lutheran graduates. “If my kids choose to go to Cal Lu someday, that will be great,” said Joseph.

Do you have a son or daughter preparing for college? Contact the Admission Office for a special campus tour.
Approximately a dozen graduate alumni of the School of Management attended a reception in Bangkok in November. The reception was hosted by Judith Richards, front left, and Harry Domione, back right, of the School of Management and Dane Rowley, back center; Cal Lutheran’s director of international admission.

Ron Wallace, MBA, Camarillo, California, and his wife, Sarene, are the owners of Edible Ojai & Ventura County magazine and its related online presence. Ron is the publisher and Sarene is the editor of the quarterly publication celebrating the foods, drinks and agriculture of Ventura County online at www.EdibleOjai.com. Ron earned his MBA in finance at Cal Lutheran and teaches sales management and marketing theory classes as an adjunct lecturer in the university’s MBA program.

Katelyn Kruse, MFT therapist in Pasadena. Kirsten Mohr, Whittier, California, is an MFT therapist in Pasadena.

Katablyн Kruze, MFTtherapistin Pasadena. Tiffany Salltmr, tssottu@callutheran.edu J.R. Wise, wise8403@stthomas.edu

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Randy Barrera ’08 attended the 2014 FIFA World Cup in Rio de Janeiro last summer.

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Nicole Biorgel, Santa Barbara, California, is director of operations at the Museum of Contemporary Art Santa Barbara. She joined the museum staff in 2009 as an education coordinator.

Elissa (Jordan) Francis, Thousand Oaks, is district behavior specialist for the Santa Barbara Unified School District.

Claire HiIardi Matney, Mesa, Arizona, has been a creative trafficker for the marketing department at LifeLock for five years. She also makes jewelry and started a business called Silver Dapple Jewelry, which, she says, “is truly my passion.”

Karen Marks, Camarillo, California, joined the nonprofit company Juggle the World as a publicist intern in October. The company’s “buy one give one” soccer ball model.

Katie (Bashaw) Johnson katielinnae@yahoo.com

Rachael Carver ’06 and David Kimsey ’06, Thousand Oaks, were married at Paramount Ranch in Agoura Hills in July. Rachael is the advertising and marketing coordinator at Coldwell Banker in Calabasas, and David is an injury claims adjuster for an insurance company.

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**MILESTONES**

**BIRTHS**


Hudson David Kley on Jan. 6, 2014, to Chartelle (McCaig ’07) and Joshua ’04 Kley.

**MARRIAGES**


Rachel Carver ’06 and David Kimsry ’06 on July 6, 2014.

Candice Cerro ’09 and Mike Aragon ’09 on Sept. 27, 2014.


**DEATHS**


Ronald Joseph Schommer ’19 on Nov. 11, 2014.


Karen Olsen ’76 Hanson on Dec. 31, 2014.


**ONE GIFT. A LIFETIME OF RETURNS.**

The CLU Annual Fund

**RICHARD AND ELAINE WILLIAMS**

CLU Annual Fund Fellows

As a Rotary Club member, Richard Williams was impressed by the quality of student candidates who participated in Rotary service projects overseas. The most impressive? From Cal Lutheran, according to Richard and his wife, Elaine. “What we discovered is that this university infuses into its students self-knowledge of their place in this world and a sense of what they can give back,” said Richard.

Today, Richard and Elaine continue to support Cal Lutheran as CLU Annual Fund Fellows because, as Elaine tells it, “We support causes we believe in.”

Your contribution to the CLU Annual Fund supports student scholarships, study abroad, lab equipment, and much more. Give online at CalLutheran/give or call (805) 493-3829.

“[...] it started with me.”

Bree Watson, Las Vegas, Nevada, joined Teach for America immediately after graduation and is teaching pre-algebra to eighth graders.

Hannah Boelman ’14, right, is the eighth member of her extended family to graduate from Cal Lutheran. Celebrating with her are Scott ’81, left, and Tamii (Ward ’83, M.S. ’85) Boelman, Rebecca (Boelman ’83) Woods, Adam ’01 and Jessica (Crouse ’03) Springerston, Stina (Woods ’11) Ross and Bradley Boelman ’12.

“[...] I was really worried that I wasn’t going to be able to finish school at Cal Lutheran, but luckily there are people out there who are willing to help me and others like me. There’s no way to show how grateful I am for the CLU Annual Fund and the generous people who donate to it.” – Ryan Groegler ’16

*IT STARTS WITH YOU* 

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Chelsea (Logan) Pell, Berkeley, California, assumed the position of advance- ment services assistant in the Office of Seminary Relations at Pacific Lutheran Theological Seminary in September. Her husband, Daniel, is pursuing a Master of Divinity at PLTS.

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Nick Taiker ’12 and Erin Hedrick ’13 are shown on the roof of Yeldall Manor in Reading, England, last spring in the final weeks of their year of service with Young Adults in Global Mission. The residential rehab facility was Nick’s placement site.

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*IT STARTS WITH YOU*
Cancer brought me to this

High-level athletes are remarkable human beings. I ought to know. But my experience with cancer and the example of other survivors have taught me most of what I know about strength.

By Robb Bolton ’96

When I first met her, she told me her cancer story and told me her new goal was to do a 5k – walking, running or crawling. And she did, two months after completing our 12-week exercise class. Unfortunately, Peggy succumbed to the cancer and passed away a few months after completing her goal.

No feat of strength by any athlete I have trained could top what Peggy did. I’m sure about that.

The crazy thing is that my own cancer led me toward this new vocation in the first place, not even knowing I had it. One of the reasons I resigned in 2011 from my job as director of operations for a sports performance training facility in Westlake Village was that I was feeling run-down. I thought my problem was hormonal, so I set up an appointment with an endocrinologist. But before I went in, I found the mass in my neck. Everything I had been feeling, it turned out, was a sign of the cancer attacking my thyroid.

My cancer was curable and the treatment went well. I did my research and was never very worried about serious complications from the disease. What surprised me was just how tough the recovery was and the repeated mistakes I made along the way. During six months of having my hormonal balance completely out of whack, I had no energy and lacked mental acuity. I would read a page five times to understand what it said.

Then, as soon as I felt energetic enough to exercise, I would try to do way too much and would be sitting out for days.

What finally got me out of it was focusing on slow, steady progression back to an active lifestyle. You can read about recovery from cancer in books: OK, people with cancer have challenges. To become physically active again, you have to start slow. But just reading about it didn’t get me better, and I’m grateful now that I can share my experience.

Our nonprofit was born as I was exploring options to help child cancer survivors, when my wife, Elle, was diagnosed with a rare form of cancer for the second time. That’s when I decided to put my personal savings into launching Cancer Fit Inc. in honor of my wife and follow the purpose that God had presented to me. The mission of our organization is to use exercise and wellness intervention programs to improve the quality of life for adult and child cancer survivors.

We have started working mostly out of Ventura County, but our goal is to serve all of Southern California.

Years back, while I was serving as a board member for Teddy Bear Cancer Foundation in Santa Barbara, which supports families that have a child with cancer, we noticed that there were no programs to help kids who had been treated and cured to become active again. To help solve this problem, I started to offer free training at my gym in Santa Barbara for any local childhood survivor.

For me, this was a very meaningful project to work on. It went beyond physical training. For example, two teenagers I worked with, a boy and a girl, had each lost a leg because of cancer. I had to look at how their prosthetic limbs affected their safety along with everything else.

I fully believe it was God’s plan for me to have cancer. The label of “survivor” allowed some people to trust me who otherwise would not have. And the experience of recovery allowed me to better understand and ultimately help some of the strongest, most remarkable people I have ever known.

A graduate in biology and sports medicine, Robb Bolton is director of operations and founder of Cancer Fit Inc. Learn more at www.cancerfitinc.com.
InCLUsive Scholarship

We believe learning and research are enhanced by an academic community that encourages different ideas, perspectives, cultures and talents. Cal Lutheran’s InCLUsive Scholarship awards up to $2,500 for students who contribute to an inclusive campus and demonstrate a respect for diversity.

“What made my learning experience rich was a student body that really represented our whole society – all walks of life and experiences,” says InCLUsive scholarship donor Kirstine K. Odegard ’03. “The InCLUsive scholarship helps the university support a learning environment that reflects the world around us. And that’s when the real conversations can take place.”

“Many people paved the way for us as students,” observes Kirstine. “To pay that forward to the next generation makes our alma mater even stronger.”

By supporting Cal Lutheran’s InCLUsive Scholarship, you can help expand the experiences of countless students now and in the future. Learn more at CalLutheran.edu/giving.

Jinny Lee Milani ’17
InCLUsive Scholarship Recipient
Member, Amnesty International Chapter Co-President

“The inCLUsive Scholarship has given me the opportunity to develop a global perspective through co-creating an Amnesty International chapter on campus and the privilege to study abroad at Oxford, which is the exact complement I need to complete my Political Science degree.”