Hindsight is 2020

SPU alumni reflect on how the year behind us might shape the years ahead.
I’ve been thinking a lot this year about the good that grows out of difficult times.

What I didn’t immediately recognize in those hard times, was the wisdom acquired through the challenges. I was petrified, so I learned to lean into Scripture and my faith in a way I never had before. My marriage was a failure, but the failure humbled me and taught me empathy for others.

I’ve been thinking a lot this year about the good that grows out of difficult times as we grapple with a global pandemic, job losses, loved ones lost to the coronavirus, divisive politics, and racial inequalities. Romans 5 tells us that suffering produces perseverance. Perseverance produces character, and character, hope.

This past April, my now 17-year-old daughter, Katie, asked me what I thought would survive the shutdowns. Would restaurants, theaters, and stores all just reopen? What would it be like to travel in the post-COVID-19 world?

I had no idea, but her questions made me wonder how our SPU family was persevering through the upheavals of this year. In our piece “Hindsight is 2020,” we asked alumni (and an SPU student) how things have changed for them in their fields of education, the arts, technology, and social services.

Nursing alumna Pritma Dhillon-Chattha ’03 launched a business in 45 days to offer psychiatric nursing services online after the pandemic restricted people to their homes. Leslie Hill ’91 is working to secure housing for people who are homeless.

Response talked to alumni caring for COVID-19 patients on both coasts. Lt. Cmdr. Megan Warth ’00, a Navy reservist nurse, offered to work in New York City for two months during the height of the coronavirus crisis. And alumnus Steve Mitchell is “Working in the Hot Zone” as the medical director for Harborview Medical Center’s emergency department.

Associate Professor of Reconciliation Studies Brenda Salter McNeil was interviewed by The New Yorker magazine earlier this year after the death of George Floyd galvanized people worldwide to agitate against racial inequities. Salter McNeil also did an interview with us to talk about her journey to becoming brave in her pursuit of racial justice.

This year has highlighted the brokenness of a world separated and divorced from God, but, as alumnus Andrew Shutes-David ’03 wrote in his essay about parenting a newborn and adopting tweens, love can guide us to the hard things.

It was God’s immense love for us, after all, that propelled Christ to enter our world, to dwell among us, and to reconcile us to him so that we might be called the sons and daughters of God. In this season of Advent, as we cross from 2020 into a new year, may we hold tight to the one who is our Immanuel. God is with us.
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RESPONSE
We didn’t intend to perplex everyone in our spring issue by asking what year the Girls’ Hall, also known as the “Young Ladies’ Hall,” was completed. SPU had several buildings whose primary purpose at one time was to be a residence hall for women.

Tiffany Hall was completed in 1908. Alexander and Adelaide Hall was finished in 1922. Watson Hall was completed in 1946, and Marston Hall was done in 1958. None of these, however, were called the “Young Ladies’ Hall,” which was completed in 1899 and originally located where Crawford Hall is now.

The question was too vague, so we threw it out and drew a name from among all who correctly answered the rest of our quiz. Congratulations to GALE H. KENNEY ’71, who won an SPU sweatshirt.

The other correct answers:

A 25-foot Tlingit story (totem) pole was the class gift of 1971.

Ernest F. Schwidder designed the concrete panels of Demaray Hall clock tower.

The first issue of the University’s newspaper, The Falcon, was published in 1934.

Seattle Pacific College was renamed Seattle Pacific University on June 5, 1977.

How much do you know about SPU?

BY ADRIENNE MEIER

HOW MUCH DO YOU KNOW ABOUT SOME SPU RESIDENCE HALL TRADITIONS?

1. Which residence hall started hosting “Decade Skate” in 1989, originally called “‘70s Skate Night,” where students dressed up in 1970s fashions and went roller skating at a local rink, with awards given for best costumes?

2. The annual Toilet Bowl contest was held between which two residence halls from 1995 to 2001? This once-a-year broomball game (sometimes held on ice) required the losing residence hall to display a toilet in their hall lobby until the next year’s competition.

3. The Ashton Cup was first mentioned in the 1988 yearbook. What is the Ashton Cup competition?

Email your answers and any memories of these or other hall traditions to response@spu.edu by Feb. 1, 2021. If you answer all three questions correctly, we’ll enter your name into a drawing to win an SPU sweatshirt.

Emerson’s annual Coffeehouse was originally called “Marston Mike” when it was established in 1991 as an open mic event for student musicians by the students who lived in Marston-Watson. It was renamed “Coffeehouse” when Marston-Watson students moved to Emerson in the fall of 2001.
Tina Hedin
Fullerton, California
I am an adjunct faculty member in the Kinesiology department at Biola University. I am remote teaching a general education required course called, “Lifetime Wellness,” and our first module is on stress management.

Thank you so much for the article, “How do we move forward from trauma?” by Amy Muia [Response, Spring 2020]. (My husband, Dr. Eric Hedin, is an SPU alumnus, and we get your excellent Response publication in the mail.)

This article is very concise and informative on a very relevant topic. I am especially interested in her findings that reveal that a daily practice of “an attitude of gratitude” is one of the most important things one can do for building resiliency in our minds.

I am using it for a discussion forum prompt regarding the importance of the daily practice of gratitude. I ask the students why they think this is so powerful in creating emotional resilience. This affirms a daily practice of gratitude mentioned in Dr. J.P. Moreland’s book, Finding Quiet.
When bright lights obscure the road ahead

BY DANIEL J. MARTIN

IN MARCH, my father passed away, four days shy of turning 91. During his last few years, he lived with the debilitating impact of Alzheimer’s disease. When restrictions loosened in July, my family was able to go to Kansas City to celebrate my father’s life and reflect on the ways he impacted us and the world.

One of the many life lessons my father taught me was related to driving. In Kansas, there are a lot of two-lane roads where the speed limit is 55, and the only thing separating you from oncoming traffic is a double yellow-painted line.

There are times when a driver approaches you at night without turning off its car’s high beam headlights, which can be blinding. You quickly signal the oncoming vehicle to turn off their brights by flashing your lights on and off, but there are times when that doesn’t change the situation. The bright lights continue to barrel toward you.

In the moment when the lights coming at you are the brightest, and they threaten your ability to see the road ahead, my father taught me to shift your eyes to the right edge of the road and look down at the white line of your lane’s edge immediately in front of you so you can stay in your lane, stay on the road, and continue moving forward until the bright lights that obscure your vision have passed.

As I reflected on this advice, it struck me that this is also applicable for organizations and universities as they both sustain and advance their mission in the face of the blinding challenges.

In the early days of March, we definitely had the bright lights of COVID-19 bearing down on us. We had to respond quickly, shifting to a remote learning environment, so that we could maintain our lane, and move forward.

As COVID-19 disrupted our operations, the University faced a combination of revenue shortfalls and additional expenses in the Spring Quarter that totaled just over $5 million. With the help of $1.4 million in CARES Act funding, along with spending constraints, a general hiring freeze, furloughs and staffing adjustments, and the remaining budget contingency, we ended the last fiscal year with little to no impact on reserves or fund balances. I thank God for this tremendous result.

Providentially, the week before COVID-19 was declared a pandemic, we were able to refinance and restructure our outstanding bond debt. This timing allowed us to take advantage of historically low interest rates and a remarkably friendly credit market.

We were able to replenish cash reserve balances and significantly lower our annual debt service payment requirements; all while realizing an overall present value financial savings from the transaction.

Even as we are grateful for our ability to meet the challenges facing us so far, we recognize that COVID-19 has introduced a whole new set of perils to institutions of higher education. More students are in need of financial assistance due to the economic impact of the pandemic. Our University faces rising costs from investments in health, safety, and technology to support operations and learning. And the pandemic is impacting international students’ ability to travel and study here in the United States.

There are many additional “blinding lights” that imperil colleges and universities across the country right now, but Seattle Pacific University has a tremendous capacity to address any oncoming challenges by staying focused on our mission, the “white line” of our lane. That white line is our faith in God and our commitment to graduate people of competence, character, and wisdom.

As we think about the future, we must be bold and courageous, knowing that our God goes before us and that our Lord will do amazing things among us and through us. My prayer for our SPU community this next year is from Paul in Romans 15:13:

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

May you open yourself up to the work of the Holy Spirit, finding joy in being led by God, used by God, and walking with God. ▲
In a historic move to close the college accessibility gap, Seattle Pacific lowers its undergraduate tuition rate by 25%

Across the nation, college costs rise every year, making it more difficult for students, especially those considering a private university, to attend their college of choice.

In response, nationally ranked Seattle Pacific University is reducing its undergraduate tuition rate by 25%, beginning in autumn 2021. The new annual tuition will be $35,100.

SPU is the first private university in the Pacific Northwest to make this change, in an effort to make college more accessible to students and to make the financial aid and college payment process easier for families to predict.
“Every year, colleges’ tuition rise, and along with them, schools offer deep discounts to help students meet those higher costs,” said Jordan Grant, associate vice president for Enrollment Operations and Student Financial Services at SPU.

“Many students look at that initial tuition number and believe a college like SPU isn’t a financial possibility, without even exploring whether it’s a good fit for them. This model is ultimately unsustainable, so we sought to bring our tuition more inline with what students pay. This will allow more students from a variety of financial positions to consider SPU,” Grant said.

SPU also guarantees that for students enrolled in autumn 2021, tuition will not increase more than 4% over subsequent years.

Current undergraduate students who are continuously enrolled full time will also have the opportunity to take a free undergraduate or graduate course after they graduate. The extra course allows students to deepen their expertise in their chosen field as they begin their careers or to explore another area of interest.

The tuition reduction is a result of two years of extensive planning, research, and budget stewardship, as well as a strong rate of returning students and growth in student enrollment.

“Tuition Reimagined is the culmination of efforts by the board of trustees and many others to reimagine our price to provide access and opportunity to students who might not see attending a nationally ranked, private university as a possibility,” said President Dan Martin. “Particularly in a time in our nation when many families are facing increased financial pressures and economic uncertainty, lowering tuition provides students and their families a greater opportunity to enroll at SPU and meet their educational dreams.

“It’s another way SPU demonstrates commitment to accessibility and equity as these changes impact undergraduate students for years to come.”

For more information: spu.edu/tuition-reimagined
50TH ANNIVERSARY OF SPU’S HONORS PROGRAM

BY TRACY NORLEN

SPU’S HONORS PROGRAM celebrates its 50th anniversary this year with an emphasis on inclusion and recognition as a second major.

Described as a program for students who are “intellectually curious, seek truth, and love to learn about everything,” the program was revamped to accommodate transfer students and welcome historically underrepresented ethnic minority students. Its curriculum now includes a service requirement, more diverse and interdisciplinary courses, and classes offered in multiple sections at various times of the year. Incoming and transfer students are invited to become University Scholars, but current students are also able to apply to the program, which is an accelerated alternative to the regular general education program.

Upon completion, students receive a second (or “co-major”) bachelor of arts degree in Honors Liberal Arts, alongside their regular disciplinary major.

Christine Chaney, director of the program and professor of English, said plans are underway for a 50th anniversary celebration when groups can safely gather. Honors program alumni should contact Chaney at cchaney@spu.edu for information about the celebration and a spring retreat.

The tale of a whale in Eaton Hall

BY TRACY NORLEN

A NEW PERMANENT EXHIBIT of a 29-foot gray whale skeleton was installed in the lobby of Eaton Hall in September.

The installation marked the culmination of a multiyear project involving faculty, staff, students, and volunteers from a variety of disciplines and backgrounds.

Eighteen students in a “Whale Articulation Course” spent three weeks preparing 250 bones for the installation, which included drilling holes and attaching them together with glue and wires. Assistant Professor of English Peter Moe, whose lifelong interest in whales led to organizing the project, co-taught the course with experienced whale assembler Rus Higley, director of the Marine Science and Technology Center at Highline College.

The crew raised the skeleton’s head and body separately to better position the whale’s bones, which weighed over 500 pounds.

The gray whale, *Eschrichtius robustus*, washed ashore last year on a beach in Puget Sound. A necropsy revealed orca teeth marks and likely death by starvation. The National Oceanic and Atmospheric Administration gave SPU permission to retrieve the whale and display its skeleton on campus for educational purposes.

The 16,000-pound whale was towed to Gig Harbor, then hoisted ashore where students and volunteers spent hours flensing the whale (slicing the flesh and fat from the whale’s carcass). They buried the bones in manure to allow nature to do the rest of the decomposing work.

Months later, volunteers exhumed, washed, and transported the bones to campus, where Professor of Biology Eric Long had students arrange and number the bones in preparation for assembly in his vertebrate biology course.

In conjunction with the class, Seattle Pacific hosted four public lectures (via Zoom), with professors and local experts examining the biological, artistic, conservational, and even theological aspects of whales.

To view the lectures, as well as a time-lapse video of the skeleton’s assembly and installation, visit spu.edu/whale.

“Education is the most powerful weapon we can use to change the world.”

NELSON MANDELA
IN JUNE, Laura Hartley joined SPU as provost, overseeing undergraduate and graduate faculty and academics at the University. Prior to accepting this position, she served as associate provost for student academic success at George Fox University. Response contributing editor Hope McPherson spoke with Provost Hartley about her new role.

What are some things few people know about you, Provost Hartley?
I am often very analytical and data-driven. I’m also a closet creative. I like to make things with my hands. A lot of the beaded jewelry I wear is stuff that I constructed myself. I like doing graphic design. I like to do home repairs. I also love to sing and was involved in drama through college. I really like that creative part of me, even though to see the work that I’m doing, you wouldn’t necessarily know that about me.

You’re a closet creative. You also earned your master’s degree and doctorate in linguistics. Why linguistics?
I got interested in language and culture as a teenager, and then chose to study linguistics in graduate school because I originally planned to go overseas as a Bible translator. I never envisioned myself as a professor or a university administrator. The discipline of linguistics itself has made me very aware of the power of language and the way we can use language to either dignify or
dehumanize others by the words we choose. It also showed me that individual perspectives are limited, so learning from differences is crucial for a fuller appreciation of how God has designed the world.

Tell us a bit about your family.
I’ve only been able to progress in leadership in my career because of the support of my incredible family. My kids are two of my biggest supporters. They never made me feel that I needed to choose between being a mom to them and being a leader in the careers I was pursuing. I’m incredibly proud of both of them and a little humbled by the adults they are turning into.

My husband, Ben, is an academic. He’s a teacher and a scholar of the World Christian Movement, and an ordained permanent deacon in the United Methodist Church. He’s now given up jobs on two different occasions to move with me for my career advancement. That’s no small thing in the academic world, where those kinds of jobs are hard to come by. He has been my biggest supporter, and I’m just really grateful. We’ve been married for 27 years.

What drew you to Seattle Pacific University?
Seattle Pacific has a Christian commitment that is open, inviting, and welcoming to all staff and students. I have a central commitment to issues of diversity, equity, inclusion, reconciliation, and justice. They are really important here, so that was exciting to me.

SPU has a strong senior leadership team, so it was attractive to me to join and contribute to a group that was already working well together.

I also think SPU is in a vibrant location. I love cities. I’ve lived in Chicago, Boston, and Philadelphia, but this is a different urban context, interesting and dynamic. The city of Seattle provides so many opportunities and challenges for our students — technology, health care, research, the arts, hospitality industries — these are all here, and they provide wonderful opportunities for hands-on, real-world learning. The diversity of this city also gives us the opportunity to attract students from all different kinds of backgrounds to live, study, work together, and to engage with one another across those differences and learn how to do that graciously.

What is your approach to diversity issues on campus?
Issues of diversity, equity, and inclusion are not some bonus or add-on. They are absolutely central to the work we need to do. There were already many good things happening here, so my approach will be to identify what’s working well and then build on those efforts. If I uncover gaps, I will do what I can to pull together individuals and resources to address those gaps.

How can we improve Christian higher education?
Christian higher education is uniquely positioned to pay attention to the holistic formation of students. We want to help students develop intellectual and practical skills to become ready for jobs, but to quote John Wesley, “We also want them to grow more perfect in love.” Our classrooms should be the very best places to grapple with hard issues, to help our students feel both safe and challenged to do that. We should do that from a stance of humility and respect, but I know that doesn’t always happen because we are fallen, broken people.

Most courses remained online this year due to COVID-19. How can we ensure that SPU meets the needs of students who may not be on campus?
The idea of teaching and learning in an online context is not a new movement in higher education. We have had decades of research that has looked at best practices and pedagogies for teaching and learning in an online context. There are ways to create high quality, engaging learning opportunities that are relationally oriented that also happen to be mediated partly or fully by technology. Our goal for this academic year is really no different than it’s always been — create engaging learning opportunities for our students.
Game of thrones

BY REECE CARSON

An idea for a toilet led to a $5,000 prize and a plausible plan to aid a community on the other side of the world.

The plan started on a toilet. Or at least with two students focused on a toilet.
SPU juniors Lhakpa Tenzing Sherpa and Amy Frederick visited the Bill and Melinda Gates Foundation in late January, researching ideas for the University’s 14th annual Social Venture Plan Competition.
The two global development studies majors discovered the foundation’s “Reinvent the Toilet” challenge, which featured innovative technologies aimed at improving sanitation for the world’s poor. They wandered through the exhibit of toilet designs, including one that incinerated waste products.
“I remember joking with Amy, saying ‘What if we take this to Everest base camp?’” Lhakpa Sherpa said. “Then we talked about it more and saw it had potential.”

They shared the idea with their teammates, Jenna Haines and Ryan Kennedy, also global development majors. The team wanted to serve the ethnic Sherpa community in Nepal, in part because Lhakpa Sherpa was born and raised there and had shared about the community’s economic challenges.
The alternative toilets at the Gates Foundation sparked a viable connection. “There’s a problem with unmanaged human feces at Everest base camp,” Lhakpa Sherpa explained.
Up to 35,000 climbers visit Everest’s base camp each year, leaving behind roughly 25,000 pounds of fecal matter that has overwhelmed mountaineering companies and local communities. The waste contaminates drinking water, spreads diseases, and sullies the landscape for neighboring Sherpa communities.
The students got to work on their business plan for the fast-approaching social venture competition held last April. The competition is required for global development majors.
Hosted by the School of Business, Government, and Economics’ Center for Applied Learning, the Social Venture Plan Competition encourages students from different disciplines to tackle a social need through a sustainable business model. At this year’s competition, students proposed reducing air pollution in India by providing gas-to-electric conversion kits for mopeds. Another plan looked at transporting greenhouses to provide fresh fruit and vegetables to rural areas of Alaska.
Lhakpa Sherpa and his team named their venture Safa Himal, which means “clean mountain” in Nepali. The plan would provide portable toilets at base camp that could dehydrate human waste, reducing its size and weight by up to 75%. The dehydrated feces would then be transported down the mountain to a newly constructed biogas processing plant and converted into methane fuel. The business creates new, viable jobs for a community used to low wages and scarce job options outside of working as expedition guides.

And the concept fit with the students’ philosophy of global development. “It’s not about what we think people need; it’s about partnering and working together to accomplish what they know they need,” Haines said.

“Entrepreneurship sometimes isn’t just about having a great idea. How well you execute your idea is everything.”
— Mark Oppenlander
Kennedy handled the project’s social impact. Haines managed the logistics. Frederick oversaw marketing, while Lhakpa Sherpa worked on the cost projections, thanks to his Nepali contacts. The team wrestled a mountain of work into a presentable business plan in a few weeks.

“Entrepreneurship sometimes isn’t just about having a great idea,” said Mark Oppenlander, director of the Center for Applied Learning. “How well you execute your idea is everything. Watching them take Lhakpa’s idea and run with it and then use the strengths of the various team members to their advantage was just genius.”

Instead of pitching their venture at a live competition, the pandemic turned the event into an online virtual showcase. University closures meant the students were dispersed to work from home and other locations. Yet despite its challenges, that separation turned into an advantage for the team during the competition.

“It allowed us to focus on our time with the judges,” recalled Haines. “And we could help each other answer questions.”

In the end, the group’s vision, synergy, and persistence paid off. On April 22, the venture that started as a lighthearted joke about human waste won the competition’s $5,000 grand prize, which the team hopes to use toward manufacturing the toilets.

For Lhakpa Sherpa, the plan that he and his friends devised is the real prize. “My father, Chhewang Nima Sherpa, summited Everest 19 times. But I lost my dad in the mountains at a very young age,” he said. “I never thought I’d be as attached [to] the mountains as I am right now. This takes us one step closer to giving back.”
Who will care for the caregivers?

BY DOUG FOX

Thousands of Americans caring for others do not have access to adequate health care or the financial resources to care for themselves, says a Seattle Pacific University study. These caregivers often do not have health insurance and are unable to visit their own doctors, putting not only their physical health at risk but also placing them at greater risk for depression and other mental health problems.

The study, published by the American Psychological Association, was based on a phone survey of 110,000 Americans conducted by the Centers for Disease Control and Prevention.

“Caregivers had a 26% higher risk of not having health care coverage compared with noncaregivers,” said Jacob Bentley, author of the study and associate professor of clinical psychology at SPU.

More than half (54.7%) of the caregivers in the study spent up to eight hours a week caring for someone; 17% spent 40 hours or more a week.

The research is based on interviews done in 2015, five years before the COVID-19 pandemic. The nation’s unemployment rate has skyrocketed since then, with 17 million people out of work by the middle of the year, leaving more people without health insurance.

“While COVID-19-specific research on the topic is still evolving, we anticipate that people providing informal care are at risk for social isolation, burnout, and potentially limited interactions with health care facilities,” said Bentley. “Before the pandemic, our research indicated that caregivers were at an increased risk for lacking insurance and access to personally needed health services due to cost. For many, these vulnerabilities have been made worse by the pandemic and related economic fallout.”

It also takes time for caregivers to get their own health needs met. The researchers hope their study leads to additional research and the development of some low-cost, accessible services to meet the various needs of caregivers.

“Telehealth, phone-based services, and other programs located in the home provide opportunities to decentralize away from the health facility,” Bentley said. “Peer support programs also offer unique opportunities for caregivers to connect with others who may have similar experiences while also reinforcing their own coping skills. This approach has the potential to keep costs down, develop community around shared experiences, and help caregivers cope with the wide-ranging demands placed on them.”
IF YOU WANT something done, ask a busy person, the saying goes. And if you’re looking for someone to serve on your company’s board of directors, an already busy and brash CEO might not be a bad choice.

Counterintuitive? Yes, but overconfident CEOs (as defined by their risk-taking investment strategies) are usually effective board members and are instrumental in hiring well-qualified candidates, especially other CEOs, according to the findings of a recent study, “Director Overconfidence,” published in *Financial Management (USA)* by Randy Beavers, assistant professor of finance at SPU and Shawn Mobbs, associate professor of finance at the University of Alabama.

Beavers’ work usually focuses on executive compensation and long-term incentive pay, but this study led Beavers to these conclusions: “You should pay attention to who you’re nominating to a board,” Beavers said. “If they have CEO experience, ask ‘What have they done in running their own company? What were their behaviors with their stock options? It is so important to look at behaviors and think about ‘Is this the direction I want to take the company?’ Do you want a board member to change the company’s direction, or do you want someone to fit within the current culture?’”

It is so important to look at behaviors and think about ‘Is this the direction I want to take the company?’

— Randy Beavers
Practicing patience, Sophia Chilczuk is good with that

BY MARK MOSCHETTI

A BALL in front of her. A pass to a teammate. A shot at the net.

For Sophia Chilczuk, all of this means she is finally back on the soccer field.

“I so badly wanted to feel the ball on my foot. I missed the feeling of soccer,” said the Seattle Pacific senior star forward. “I’m very excited to get back to it.”

In mid-September, Chilczuk (pronounced CHILL-zick) did indeed “get back to it” with her Falcon teammates. It was a scaled-down workout session, with pods of just five players on Wallace Field.

But the air was finally clean again, after smoke from California and Oregon fires had engulfed the Seattle region for days. Soccer balls were on the turf, and, for a while at least, the coronavirus pandemic, which halted competition and practice for Chilczuk and all other SPU athletes since March, wasn’t at the forefront of everyone’s mind.

“I think this will be a good time for all of us to just practice and focus on soccer without having games,” said Chilczuk. “Next year, we can just be a stronger team.

“I’ve had so much time to think about life and things that [the time] has actually been beneficial to me.”

Having lots of time to think about things is not unfamiliar to Chilczuk.

In October 2018, near the end of her sophomore season, she collided with an opposing goalkeeper in a game at Concordia-Portland and sustained two broken bones in her lower right leg. Surgeons repaired it by inserting a rod with screws toward her knee and in her ankle.

By the start of her junior season in 2019, Chilczuk had put in months of rehabilitation work and was back in action. She started all 20 games, contributing eight goals and three assists.

SPU head coach Arby Busey has seen that work ethic in Chilczuk for a long time.

“...
**“I’VE HAD SO MUCH TIME TO THINK ABOUT LIFE AND THINGS THAT [THE TIME] HAS ACTUALLY BEEN BENEFICIAL TO ME.”**

— SOPHIA CHILCZUK

plays,” he said. “She gives an appearance where it just seems easier for her to do things than other players. But she has worked really hard to make it that way.”

During the pandemic shutdown, Chilczuk ran between two and four miles every day, worked out on her mom’s Peloton stationary bike, and lifted weights. Chilczuk is a hiking enthusiast, so she took to the mountains and trails when she could.

“It has been crazy. It’s tough for everyone, and it has been tough for me,” Chilczuk said. “But I’m pretty fortunate that nothing has happened to my family and friends. They’re all safe and healthy.”

Through it all, she gained some new perspective.

“Don’t get mad at the little things. Let things go. Be happy and tell people you love them,” she said.

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**SPORTS ON HOLD UNTIL AT LEAST JANUARY**

BY MARK MOSCHETTI

Fall usually means the start of soccer matches, cross country meets, and women’s volleyball. However, while classes commenced, the Great Northwest Athletic Conference (of which SPU is a member) ruled in July that these fall sports were on hold until winter.

With the coronavirus pandemic still disrupting many aspects of life, the GNAC board met again on Oct. 2 and formally approved moving soccer and volleyball to spring 2021, if feasible. The soccer seasons will end with conference tournaments for the women and the men at Western Washington University in Bellingham.

The NCAA will not conduct any regional or national tournaments for the fall sports.

The GNAC cancelled the Indoor Track & Field Championships because the longtime home for that meet in Nampa, Idaho, is no longer being used as a track facility.

In the Oct. 2 meeting, the GNAC board also voted to delay the start of winter sports, including men and women’s basketball, until at least Jan. 7, 2021. No outside competitions will be allowed before that date.

“We are very proud of the work done within the GNAC to put the safety of our student-athletes at the forefront,” said SPU Athletic Director Jackson Stava. “We all remain hopeful that this winter and spring we will return to competition safely and allow our student-athletes a meaningful season of competition.”

**Gymnastics program discontinued**

In June, Seattle Pacific University announced its decision to discontinue the women’s gymnastics program, along with its sponsorship of the youth club team and gymnastics youth camps.

When Seattle Pacific instituted its gymnastics program in 1974, it joined a competitive landscape. However, the sport experienced significant downsizing at the NCAA Division II level. Currently, only five other schools sponsor women’s gymnastics, with the nearest ones located more than 2,000 miles away for meets. The coronavirus pandemic’s impact on the program’s funding further expedited the decision.

The University will continue to honor scholarships for current gymnastics student-athletes — including four-year grants awarded to students who began in fall 2020. Student-athletes who wanted to join another institution’s roster were released without penalty.

The program produced outstanding alumnae, including women who earned 32 individual national championships and 221 All-American awards. The Falcons’ legacy in the gymnastics arena featured three national team champions: 1986 (NCAA Division II), 1992 (USAG), and 1997 (USAG).
Harborview Medical Center’s emergency department is one of Washington state’s busiest hospitals, with an average of 65,000 emergency patients seen each year. It is also the only Level I pediatric and adult trauma and burn center for Washington, Alaska, Montana, and Idaho.

Working in the Hot Zone

The digital display opposite the doctors’ station in Seattle’s Harborview Medical Center emergency department details the hour’s ills and needs, room by room: headache, fever, chest pain, suicide attempt, drug detox, abdominal pain, seizure, psychiatric evaluation. From abscesses to overdoses, it’s a typical day. But these aren’t typical days. In the midst of the COVID-19 pandemic, anyone could expose everyone to the potentially lethal virus.

By Colleen Steelquist — Photos by Eugene Lee
Seattle Pacific alumnus Steve Mitchell rises to the challenge of safely delivering emergency care, no matter the conditions. The physician exudes the calm confidence that comes from decades of reacting to emergencies large and small.

As medical director of Harborview’s emergency department — one of the state’s busiest, and the only Level I pediatric and adult trauma and burn center for Washington, Alaska, Montana, and Idaho — Mitchell helps lead 200 staff members and directs operations for the 65,000 emergency patients seen on average each year.

The medical center has experts, all the specialties, available 24/7, to care for patients with every type of critical physical and mental illness, injury, or crisis. The trauma center extends outside the hospital walls, too. Airlift Northwest, a flying ICU, brings 1,400 patients to Harborview annually.

Harborview is part of the UW Medicine health system, along with UW Medical Center — Montlake; UW Medical Center — Northwest; and Valley Medical Center.

“Since COVID, everything we do has been impacted. In the beginning, we thought the chances of somebody having COVID when something bad happens — they get randomly shot or something — were slim,” Mitchell said. “This crisis — the volume and the constantness of it, how it’s impacting everybody’s lives — means everything is new,” Mitchell said. “But in the first weeks of the pandemic, that very scenario played out: A young man in Yakima was shot, airlifted to Harborview, and he was COVID-19 positive. It wasn’t discovered until after he was in surgery.

“This crisis — the volume and the constantness of it, how it’s impacting everybody’s lives — means everything is new,” Mitchell said. “Every single thing in the emergency department has changed. We’re rethinking things we’ve been doing for decades. That’s the challenge.”

ADAPTING TO A PANDEMIC

As COVID-19 spread throughout the U.S., emergency rooms reconfigured themselves to separate suspected coronavirus cases from patients with other health emergencies. Harborview begins this process outside.

Initially, a large white triage tent was set up adjacent to the hospital. If people walked up to the emergency department and reported COVID-19 symptoms, they were brought directly into the tent for testing, including X-rays, if needed. About 24% of these patients tested positive.

“The goal is to keep the number of patients with COVID out of the emergency department because it’s a fixed, small space,” Mitchell said.

One hallmark of emergency medicine is speed. When someone is having a heart attack or stroke, or is critically injured, the minutes until medical attention can determine life or death.

But now, the emergency staff’s first reflex — provide care in a matter of seconds — can betray them. The coronavirus has forced them to proceed more carefully, even as the clock is ticking.

In the large bay where ambulances and helicopters arrive, medics used to rush their patients inside. Hospital staff now step outside and, while maintaining distance, assess patients more slowly. They think through whether they’re wearing the proper personal protective equipment for the situation before bringing the patient inside.

The hospital is divided into hot and cold zones, referring to contagion status. Temporary barriers of plastic sheeting have been erected throughout the emergency department to remind people of the zones and to control pathways. Handwashing and the use of hand sanitizer are constants. The nurses wear surgical-type hats. Staff change clothes regularly. Everyone — workers and patients alike — wears masks at all times within the emergency department.

Solutions create issues and necessitate more solutions. For instance, how do masked staff members stay hydrated during a 12-hour shift?

“We used to eat and drink a bit at our desks in between writing notes and seeing patients. You didn’t take breaks. Now, you have to,” Mitchell said.

A nearby radio room currently serves double duty as a hydration station. The small room is filled with phones that ring to alert the staff of incoming traumas. In a disaster such as a landslide or train derailment, it becomes a command center, with Harborview staff performing regional triage to figure out which hospitals should receive which patients.

In quiet moments, it’s one of the few places where workers can now go, one at a time, unmask, and drink water or sip coffee.
“We can’t hug these dying patients. Their families are barred from their bedsides due to infection risk. We’re all wearing masks that obscure our faces. These are deep tragedies. If we can’t help people get well, we try to provide care and comfort for the end of life.” – Steve Mitchell
Those working in hot zone, closed-door rooms with COVID-19 patients, wear layers of PPE and use a contraption called a PAPR that sends purified air into a hood. Once staff are with patients in isolation, they’re in the rooms for one to two hours at a stretch, both to provide the extensive care needed by very ill patients and to avoid going in and out, burning through protective equipment that needs to be conserved. “COVID patients require a lot of focus. They’re resource-intensive, and we use lots of PPE,” Mitchell said. “If you get three or four of those patients happening at the same time, it’s really challenging.”

Outside hot zone rooms, trained observers carefully watch the donning and removal of all PPE to ensure it’s worn correctly and removed safely. The layer by layer removal of gear is when providers are most at risk of exposing themselves to the virus.

The lack of PPE faced by some hospitals didn’t materialize for Harborview, in part because supplies shared by their four-hospital system could be quickly shuffled to the area of greatest need.

“We were never in dire straits with PPE. We had some days when we only had three or four left of this or that, but we always seemed to get out of that worry,” said hospital spokesperson Susan Gregg.

Before the outbreak, Harborview was already near capacity. It’s a “safety net hospital” — a medical center that cares for patients without insurance or means to pay, so it’s always full. Waiting patients would choke the emergency department hallways. Not anymore. The statewide canceling of non-essential surgeries and treatments immediately increased capacity, and former overflow rooms were converted to COVID-19 units. More people avoided the emergency room unless absolutely necessary.

At the beginning of the outbreak, Mitchell said Seattle was a lot closer than people realized to the overwhelmed hospitals seen in New York. “If it wasn’t for social distancing and actions by state government, there’s no doubt we would have been as bad off,” he said.

Previous coronavirus outbreaks of SARS and MERS elsewhere in the world helped Harborview’s leaders better understand how to protect their staff from viral threats. In the aftermath of the Ebola outbreak in 2014 in West Africa, Harborview became the referral center for the region in case that virus surfaced in the Pacific Northwest. The U.S. Department of Health and Human Services required hospitals to submit preparedness plans for how they would handle the emergence of a serious infectious disease.

Harborview equipped an isolation room for treating Ebola patients, and those plans informed procedures for dealing with the emergence of COVID-19.

**THE DEEP TRAGEDIES**

The isolation brought on by COVID-19 is by far its most challenging aspect, Mitchell said. He recalled one of his coronavirus patients, a man in his 70s, was drowning in lung fluid when he arrived at the emergency department. He wasn’t getting enough oxygen and was fighting for air with each shallow breath. Mitchell could read the fear in his eyes.

The patient needed to be quickly intubated — a tube put down his throat to make breathing easier, with the help of a ventilator — but as sick as he was, Mitchell knew he likely wouldn’t survive, and once intubated, couldn’t speak.

Against his better judgment as a doctor, against instincts urging care as fast as possible, Mitchell acted with his heart: With little else to offer his dying patient, he delayed intubating so his patient could speak with his daughter over the phone one last time.

“We can’t hug these dying patients. Their families are barred from their bedsides due to infection risk. We’re all wearing masks that obscure our faces. These are deep tragedies,” he said. “If we can’t help people get well, we try to provide care and comfort for the end of life.”

Everyone finds the no-visitor policy gut-wrenching, especially during patients’ final hours, Mitchell said. Since it was enacted, he’s seen countless examples of providers helping patients reach family and friends, sometimes offering their own phones.
FUTURE FEARS

Mitchell listens to the politicians and public-health officials debate when, where, and at what pace to reopen the country. He watches the curve flatten, rise, and fall.

Mitchell fears for paramedics and EMTs, at the front of the front-line workers. He worries about long-term care facilities, where the virus swept like wildfire through senior populations and, on average, 30% of the staff have fallen sick. He worries about the disproportionate impact of COVID-19 on Blacks and Hispanics. He worries about the virus loose among those on the margins: the imprisoned and the homeless.

Mitchell is worried about a future surge in cases. He’s been on planning calls with state officials to strategize how to deal with a potential, perhaps inevitable, surge.

“I’m very proud of our community for following the stay-at-home order; it’s absolutely made a difference,” Mitchell said. “I acknowledge many people are economically suffering because of it.

“But I do get angry at open disregard for rational behavior. Those who are most angry about the stay-at-home restrictions are also the most able to take care of themselves if they get sick. We have to remember, only a small percentage of the population has been exposed.”

THE PHYSICIAN’S PATH

Practicing medicine was not a foregone conclusion for Mitchell.

He attended SPU from 1985 to 1987, living in Hill Hall and forging friendships he still holds dear. Atypically, he also worked full time as a firefighter and paramedic. He left college after his sophomore year to attend two different paramedic schools in yearlong programs.

“I loved the fire department. I loved being a paramedic,” he said. “Going into homes in times of great need — it’s such an intimate setting. I fell in love with caring for people at their most vulnerable.”

As a medic, working with patients felt sacred and meaningful. And he found himself yearning to do more of it, not as just one aspect of his profession.

Mitchell eventually returned to school, completing his undergraduate degree in psychology at the University of Washington when he was 28.

He was at a crossroads in his life, uncertain of his next steps. “I kept asking, ‘OK, Jesus, what am I to be about?’” A spiritual mentor noted his pastor’s heart. He contemplated a business degree or attending seminary.

Deep soul searching led him to medical school.
“God’s will is where your deep gladness meets the world’s deep needs,” said Mitchell, paraphrasing theologian Frederick Buechner. “Medicine was where my calling met my heart’s desire.”

Mitchell returned to SPU in 1996 to take post-baccalaureate pre-med classes for two years before he started medical school at the University of Washington at age 33.

Despite his advanced skills in emergency medical care, leading Harborview’s emergency department was not on his radar.

“I never would have taken that first step if I knew where I’d end up today,” said Mitchell, chuckling. “I never wanted to be an ER doc. I thought about geriatrics or palliative care. I wanted to see ‘regulars.’”

He finished medical school and his residency at 40 and began working in Harborview’s emergency department in 2006. He became its medical director in 2016.

“NEVER BEEN BUSIER”

For the first few months of the outbreak until early May, Mitchell worked seven days a week, routinely putting in 100 hours. In addition to patient care, there were systems, physical spaces, and procedures to set up, manage, and evaluate.

“It’s been exhausting,” he admitted. “It was a career already known to be high-paced and intense, and COVID doubled that. We’ve been going nonstop since Feb. 29. I’ve never been busier, not even close.”

The risks go hand-in-hand with the pace. Nationwide, more than 169,000 health care workers have been infected, and more than 700 have died from COVID-19, according to the Centers for Disease Control and Prevention data released in October.

Harborview hasn’t experienced a large number of workers who have gotten sick. The COVID-positive rate for employees is about the same as in the general population. Mitchell credits the low rate to access to testing and having proper PPE.

Among his many duties, Mitchell counsels fellow physicians who are fearful and stressed.

“I want to keep our community as safe as possible, and part of accomplishing that is keeping supplies like N95 masks on hand and intelligently applying their use,” he said. “We can’t make decisions out of fear. We have to be guided by evidence and rational sense. My biggest prayers each day are for wisdom and for the absence of fear.”

Mitchell is vigilant about keeping his family healthy, too, but has not chosen to temporarily live apart from them as some health care workers have done. Before he heads home to his wife and three children, he often showers, washing his hair and scrubbing his skin, no
doubt removing layer upon layer of oft-used hand sanitizer. He changes his clothes and shoes. He doesn’t want anything to stand between him and the hugs that greet his arrival.

He calls the evening walks he takes around the neighborhood with his family “restorative communion,” the only exercise he can currently fit in.

For the first month of the outbreak, sleep was a challenge, despite the punishing pace. “I just couldn’t get my mind to turn off,” he said.

Now that the emergency department is more organized with more systems in place, Mitchell says he’s sleeping better.

REGIONAL AND NATIONAL LEADERSHIP

It’s unclear at this point who was “patient zero” in the United States. As researchers learn more about the pandemic’s roots, it looks likely that the virus entered the U.S. via multiple paths and at multiple times.

But Washington seems to be the place where it initially took hold in this country.

“As the first place with a major outbreak in North America, we have both a duty and an expectation to write about our experiences and findings, and to help others prepare,” Mitchell said.

He’s already written three papers for medical journals, and a fourth is under review. With the breakneck speed of learning in the midst of this crisis, he says he could write an article every day, if time allowed.

Given Harborview’s experience in providing regional leadership, in early March they were asked to set up the Regional COVID Coordination Center, with Mitchell serving as medical director.

The coordination center is tasked with watching the COVID-19 cases reported by all hospitals and nursing homes in the region and doing whatever necessary to level the caseloads so no one is overwhelmed. They’re working to make PPE and testing available to nursing homes and adult family homes, and making plans to move patients, if needed, from hospitals exceeding capacity.

“I am so proud of Harborview,” Mitchell said. “Even though hospitals are hemorrhaging money right now, we committed resources for the good of the region.”

COMMUNITY SUPPORT

Hospitals aren’t the only ones hemorrhaging money, of course. Despite that, Mitchell lauds the community for helping health care workers in myriad ways.

“This crisis is really hard. But we’re also discovering things every day, and that’s exciting,” he said. “It’s been beautiful to watch my colleagues at work in the midst of this. People have been completely selfless.”

When the regional coordination center needed a software platform to track the number of ventilators, ICU beds, regular beds, COVID patients, and staffing for every hospital in Washington, Microsoft came up with a speedy solution.

“Things that normally take years took days,” Mitchell said.

The hospital feared running out of face shields, so community members responded by creating a prototype that could be rapidly and inexpensively reproduced on 3D printers.

Even meals have been donated. “I didn’t pay for lunch for months,” Mitchell said. “There’s incredible generosity in our community.”

At the end of another long shift in the trauma center, Mitchell is introspective: “I feel called and uniquely prepared for this moment in time, not only with my emergency medicine experience, but also because I know paramedics and have relationships with area hospitals from my years in the fire department.

“This is a life-defining moment for all us,” he said. “I don’t know when life will return to ‘normal.’ I think even after a vaccine is developed, it will be years before things are normal again.”

“We can’t make decisions out of fear. We have to be guided by evidence and rational sense. My biggest prayers each day are for wisdom and for the absence of fear,” Mitchell said.
ON HER BIRTHDAY LAST YEAR, Megan Warth ’00 woke up in Venice, Italy, to a cup of coffee and a beautiful view of the canal. Warth spent that birthday exploring the city with her husband, eating Italian gelato, and enjoying “one of the best dinners I have ever had.” On her birthday this year, Warth woke up in an empty hotel room in New York. Her husband and kids were nearly 3,000 miles away at their home in Everett, Washington.

Called to the crisis

BY BETH DOUGLASS
Less than 24 hours earlier, Lt. Cmdr. Warth, a Navy reservist labor and delivery nurse, had taken a red-eye from Seattle to New York City where she had volunteered to work at Bellevue Hospital in Manhattan as part of the Navy’s crisis response to the COVID-19 pandemic.

After waiting in line for eight hours outside New York City’s Javits Center, she finally completed the check-in process. She and her Navy colleagues found two corner delis still open during lockdown. They bought a few slices of red velvet cake, Warth’s favorite, and gathered (socially distanced) in the hotel lobby for cake and deli sandwiches.

When the birthday dinner was over, Warth headed back to her empty room. She swung open the door to find it filled with the scent of fresh lilies. Her husband, Jason, had sent a bouquet of flowers along with candy and a few snacks. She ended her birthday with a call to her family back home. It definitely wasn’t Venice, but it was exactly what she needed in that moment.

Warth has spent her 20-year career working in women’s health. As nurses around the country volunteered to fly to New York, Warth knew she had to join them. “So many people were suffering,” she said. “I felt like I had to help. I felt scared, but also really honored to be chosen to be a part of that group and forge into the unknown.”

For two months, Warth worked on the front lines of the pandemic.

The time away from her husband and their kids — Jackson, 16; Sydney, 15; and Jayden, 12 — was incredibly difficult, but their support kept her going. The day before she left, Sydney gave her a handmade necklace with two charms: one of an anchor and another that said, “Mom.”

That evening, Warth’s father-in-law called to pray Psalm 91 over her. “Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the Lord, ‘He is my refuge and my fortress, my God, in whom I trust…”

“... under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night… nor the plague that destroys at midnight.”

Throughout her time in New York, Warth regularly encountered this Scripture. At the hospital chaplain’s table, she saw the passage. One day, as she was leaving Target dressed in her military nursing uniform, a mother and daughter behind her in line rushed to catch her. They thanked her for her service and asked if they could share a Scripture to encourage her. It was Psalm 91.

“I felt like every step of the way, everywhere I went, I couldn’t get away from God telling me he was there,” she said.

Across the city, COVID-19 patients filled intensive care units and emergency rooms. When they no longer required ICU support, they were transferred to medical/surgical units. Warth was paired with a med/surg nurse to help her adjust to a different nursing role than labor and delivery.

“The nurses, before we arrived, were so burned out and so overwhelmed,” Warth said. “They had been working so many hours for so long, just to keep patients alive.”

Warth had only been in New York a few days when her first patient died — a 33-year-old mother of two. The experience left Warth shell-shocked.

“It hit me really hard because she was a mom like me. She was younger than me,” Warth said. “It was just a harsh reality. These children just lost their mom.”

Warth’s floor had fewer deaths than the ICU, but they still called the rapid response team for resuscitation anywhere from five to 30 times a night.
Warth often hears people say COVID-19 is only a danger for the elderly, the immunocompromised, or those with preexisting illnesses. In New York, she saw firsthand this wasn’t true.

She thinks of an 18-year-old boy who was on a ventilator for four weeks in the ICU. “This was a young, healthy, athletic kid ... I have a son who is 16, not much younger than him,” Warth said. “It could have been my son.”

Warth hopes people understand how serious the pandemic actually is. “Wear a mask,” she said. “Do it for your friends. Do it for your family. Do it for your community.”

During her 12-hour night shifts, Warth worked alongside Lt. Anna Beaman, an operating room nurse from Indianapolis, Indiana. Beaman remembers a patient who, after a long recovery, was becoming more cognizant and talking more.

It was too dangerous for his wife to visit. Doctors and nurses had to wear extensive personal protective equipment just to enter a COVID-19 room, so the family decided to visit via FaceTime. But the patient hadn’t shaved in over six weeks. He wanted to look more like himself.

Warth gathered shaving supplies, warm water, and carefully worked until his beard (formerly reminiscent of Tom Hanks in Castaway) was completely removed.

“Megan cares about people so much,” Beaman said. “I get goosebumps thinking about how good of a nurse she is.”

Today, Warth is back home in Washington, serving as the director of obstetrics at Optum home health in Everett. She manages nurses who work with high-risk pregnant women and also picks up labor and delivery shifts at Seattle’s Swedish Medical Center.

“I always felt like nursing was not just a job for me, it was truly a calling,” Warth said. “I feel called to serve God’s people however I can, in the way that he’s given me the skills for.”

Throughout her time in New York, Psalm 91 was Warth’s verse: “Under his wings you will find refuge; his faithfulness will be your shield and rampart. You will not fear the terror of night ... nor the plague that destroys at midday.”
SPU alumni reflect on how the year behind us might shape the years ahead

As the year draws to a close, everyone has a story of how 2020 has impacted them — from the coronavirus pandemic to discussions of racial inequity following the death of George Floyd. Response wanted to know how people have survived and met the challenges of 2020, and, in the face of an uncertain future, what they thought would permanently change as a result of this turbulent year.

These alumni (and an SPU student) work in sectors such as technology, education, the arts, health care, and nonprofits. They have quickly transitioned to online platforms, spearheaded COVID-19 test sites, led anti-racism initiatives, and found ways to meet the rising needs of some of the most vulnerable people.
Lillian Sherman
PIKE PLACE MARKET FOUNDATION

On any ordinary day, iconic Pike Place Market is bustling with tourists, locals, artists, farmers, and merchants. More than 15 million visitors per year eat at the Market’s 80 restaurants, buy produce and flowers, and take in the creativity of the Market’s artisans.

But Pike Place Market, like Seattle itself, felt the pandemic’s impact. The daily swarms of tourists dwindled in the spring and early summer. Shops closed. Some restaurants transitioned to online ordering or delivery.

Lillian Sherman ’91 is executive director of the Pike Place Market Foundation, the nonprofit that helps to support a food bank, a preschool, a health center, and a senior center. The foundation has awarded $36 million in grants to businesses and low-income families living in the area.

What has the Pike Place Market Foundation done to meet the challenges of 2020?
Sherman: The Market’s artist vendors have been wildly creative in pivoting to online sales and helping each other figure out this new reality. Restaurants and food vendors have gotten creative, making food that’s grab-and-go, freezer-ready, or available for delivery. Daisley Gordon, owner and chef at the French restaurant Café Campagne, bought an electric bike and started making meals he could deliver by bike!

The Pike Place Market Foundation provides a community safety net fund for Market residents and workers who experience sudden financial crisis. Traditionally, we serve about a hundred people a year. This year, in just three months, we have already issued a year’s worth of support.

We also created a separate fund in July specifically aimed at helping the Market’s small businesses recover and navigate this new economy.

The foundation had to completely rethink how we fundraise, since we couldn’t host our three annual fundraising events in person. We adapted our May event to a livestream format, so what was usually a relatively small event was suddenly able to reach a whole new audience. We
totally exceeded our fundraising goals; half of the donations were from first-time donors.

In the future, we will continue to think of our wider, online audience when we plan fundraising events. This experience reminded us there are people all over the world who love the Market and want to support it. We’ve been having great one-on-one conversations with our donors. People have more time for it. We take the time to check in with people and let them know how they can make the greatest impact.

Nowadays, whenever I wander through the Market, everyone is eager to talk. There is a greater sense of community now that we’re going through a common experience and figuring this out together.

Much of the Market is open again, at least on the weekends. We sometimes laugh because whenever the media reports something happening in Seattle, there’s often a picture of the Market. And it’s true. We’re a barometer to how Seattle’s feeling and doing and what downtown looks like. There is a long road ahead, but we’re figuring out how to adapt to the new climate. ●●

How have things changed this year for college admissions teams and prospective students?

DAVIS: Typically, admissions counselors connect with students visiting campus or spend weeks and weeks on the road, visiting high schools and college fairs to connect with students. This year, almost all of that was canceled due to COVID-19.

Our team quickly adapted by creating webinars, virtual visit events, a virtual campus tour, and a few weeklong virtual visit events just for admitted students.

We made ourselves available for video chat sessions with students and constantly had to come up with new ideas to help high school students see what it would be like to attend SPU.

Seattle’s colleges and universities were some of the first in the nation to close due to the pandemic. This meant we had to figure out a lot from scratch, but it also gave us a head start compared to other colleges in the country.

Even when in-person visits and events open back up, I think the virtual model for college admissions and remote learning of some kind is here to stay. It can’t totally replace an in-person experience, but the access and flexibility options
are powerful. Many students who never would have been able to attend an on-campus visit due to distance have attended our online virtual visits. High school students obviously have lots of questions and are dealing with new financial and personal challenges due to the pandemic and lockdown. Some are choosing to postpone college, but the majority of students I’ve talked with are still ready to start college. Especially during a time like this, they want to be part of a community. They’re saying things like, “I want to commit to this community. We may not know exactly what it’s going to look like, but I’m excited to start.”

Leslie Hill
PROVIDENCE SUPPORTIVE HOUSING

THE PANDEMIC impacted many people, but those experiencing homelessness are some of the most vulnerable. During the lockdown, food and shelter providers throughout the country cut hours and services. Spaces people depended on for daytime shelter and basic hygiene, like libraries and public restrooms, shut down.

For nine years, LESLIE HILL ’91 has served as director of compliance, quality, and innovation at Providence Supportive Housing. Providence provides permanent, affordable housing to elderly or disabled individuals and families who qualify, many of whom were previously homeless or at risk of homelessness. Providence owns and manages 16 affordable housing programs, with 750 apartments in Washington, Oregon, and California.

In her role, Hill ensures the housing programs at Providence are in compliance with federal, state, and local regulations, identifies best practices, and develops new, innovative housing programs to meet emerging needs.

How has the pandemic affected people who are homeless?
HILL: When public health authorities declared a pandemic in early March, I began developing operating guidelines for our housing programs. We started to see coronavirus cases rise across
When state governors around the nation banned social and religious gatherings to curb the transmission of the coronavirus, churches and other places of worship had to come up with solutions for their congregations to gather virtually.

Matt Garcia '14 works as a senior risk and compliance analyst at Subsplash, a Seattle-based company that provides technical solutions to churches and other nonprofit organizations. Primarily, Subsplash offers software that allows churches to engage their congregations through livestream services, apps, donation platforms, and more.

What has life been like for Subsplash in 2020?

GARCIA: As soon as COVID-19 restrictions on church services and in-person meetings began, many churches had to pivot to stay connected with their communities. Our team here at Subsplash feels humbled to serve thousands of churches around the world during this time.

A lot of churches that were formerly resistant to adopting new technology suddenly didn’t have many other options. The church I attend had never done a livestream before the lockdown. Our goal is to make it as easy as possible for people to engage their congregations without meeting in a physical building, even people with zero technical expertise. We also provide a platform for churches to accept tithes and donations digitally, and many churches have actually seen an increase in giving.

Church is about community, and this has caused churches to consider, How do we foster that community when in-person services and potlucks aren’t a good idea? Livestreaming and Zoom calls are not ideal. I’d much rather be in person with my church, but I think churches will need to learn how to continue digital engagement on some level. Even when there’s not a pandemic, there will inevitably be high-risk people who can’t attend an in-person church service.
Aimee Miner
LAKE FOREST PARK ELEMENTARY SCHOOL

Aimee Miner MEd ‘97 never anticipated the challenges, changes, and creativity ahead of her as she entered her 11th year as principal of Lake Forest Park Elementary School in Lake Forest Park, Washington, and her 20th year working in the Shoreline School District.

As principal, Miner said her primary job is to make sure her students and staff are emotionally and physically safe, and to help build an educational community of love and respect where students’ individual learning needs are met.

Tell us about what this year was like for you as an elementary school principal?

MINER: On March 11 at 2:30 p.m., we received orders to shut down the school with no real warning due to COVID. We had to quickly pivot as a staff to online learning and providing services to students remotely.

I have viewed this whole time as an opportunity to focus on keeping students and staff physically safe and to make sure kids have what they need to continue their learning. After the school shut down, we made sure every child had a laptop, access to the internet, pencils, paper, and environments where they could do their schoolwork. Our district did an incredible job of providing meals daily to children. This gave us the opportunity to be laser-focused on the well-being of our students, families, and staff while at the same time addressing the existing inequities.

Our staff focused on race and equity for the past three years and received a substantial amount of professional development around that, so when George Floyd died, we met first as a staff via Zoom to process what happened.

Every staff member agreed they were going to have a conversation with their class about the death of George Floyd and how we have systems of oppression in the U.S. that continue to hurt our Black families. We have had conversations with our students in class before about race and equity, but this time we were literally in people’s living rooms via Zoom having these discussions. Parents started asking for more resources to keep the conversation going with their kids, so we created a huge collabora-

ative list of materials and resources to share. We are also making goals and taking action to address inequities in our school community.

This situation has highlighted the needs in our community. Twelve families at our school do not have stable housing. About 11% of students are learning English as a second language, and we have about 30 students who require special education services to address social, emotional, behavioral, or academic challenges. One in four of our students are dependent on our school for breakfast and lunch every day. During school closures in the United States, our society is seeing how dependent families are on provisions from schools.

I think education will become more individualized from here on. If I have a teacher and para-educator checking in with my neediest students every day and getting them extra support while they are learning at home, we can do a lot more for kids than when they were in a classroom of 31 students at school.

I also think it will be quite some time before we are able to enjoy assemblies, sports, and some after-school programs together, so we will need to figure out other ways to give students a sense of belonging and community. The closing of schools has brought our staff together in myriad ways, as we are all learning creative ways to teach our students and provide services remotely while addressing inequities. We have an incredible opportunity right now to revamp how we have always educated students and to ensure that we are lifting up our students who need us the most.
SCOTT NOLTE ’76 is the artistic director of Seattle’s Taproot Theatre. Taproot has been bringing stories to life and making theater accessible to a variety of audiences since 1976. Nolte is the theater’s version of a CEO, leading a team that manages development, marketing, production, and education. He’s also involved with selecting the plays for upcoming seasons, hiring, and donor relations.

In a typical year, about 30,000 audience members attend more than 150 individual performances at Taproot Theatre’s mainstage. The theater produces five plays and a holiday production each year. Seeking to make theater accessible to everyone, Taproot offers affordable acting classes for children and adults and touring productions to churches and schools that reach more than 140,000 children a year.

Since April, however, Taproot Theatre’s stage has gone dark, with its 2020 season postponed until 2021 due to COVID-19 restrictions on public gatherings.

How has Taproot Theatre handled the challenges of this past year?

NOLTE: When COVID-19 closures began, Taproot was preparing to open a mainstage production of Babette’s Feast. We had to send the cast and crew home the night before dress rehearsal. We then had to lay off a couple hundred actors, technicians, and teachers.

The acting studio continued with summer acting classes, and moved from live, on-site classes to the Zoom platform. That proved successful.

When we closed, there was an immediate outpouring of really kind letters, cards, and emails, and financial donations that came in. It was enormously affirming that our constituency wanted us to survive because they needed us to be part of their social life, their intellectual life, their spiritual life.

It’s a challenging time for actors. Many of the actors we work with cobbled together a livelihood by teaching, doing voice recordings, working in the hospitality industry — all of which are closed right now. Most of the actors I know are leaning on unemployment.

This year, we have seen that theater is needed more than ever. Theater plays an important role in the call for social justice. It can help us recognize past wrongs and the need for forgiveness and reconciliation. It can help us develop empathy. But it takes proximity, not just academic space or intellectual communication online, to develop that level of empathy. I think we’re sitting on a powder keg of desire to reconnect, and avenues like theater will be needed.
Mara Cardenas
KING COUNTY GOVERNMENT HUMAN RESOURCES

Mara Cardenas ’05 has worked in human resources for King County for 17 years, beginning as a work-study intern while still a student at SPU. In her current role as senior talent advisor, she leads a team of recruiters and oversees hiring processes. In 2018, she merged her expertise in human resources with her passion for promoting racial equity by founding Your Best You. Her business provides consulting services, content development, and training around diversity, equity, inclusion, and development to organizations and individuals.

How have conversations around racial inequity changed this year?
CARDENAS: Before, the conversations around racial injustice were happening in certain places, but now we’re having the conversations on a broader scale. Black lives have always mattered. The mistreatment is not new. But now people are actually videotaping it.

We’ve also seen how the effects of COVID are hitting Black communities harder. People are more inclined to talk about it, and that’s good. When I speak or do trainings, I talk about changing systems via policies and procedures, so the change is more long-standing. Yes, we should help individuals, but we have to look at what systems are in place that are creating these inequities for people of color.

In the past few months, I have been tapped often to speak and train on diversity, equity, and inclusion as these issues come to the forefront for organizations. There’s a lot of work to do, and I’m glad the conversations have started.

I hope the conversations continue. I hope that organizations put resources behind these issues related to inequities, and I hope that it doesn’t get put on the back burner. Even in the midst of COVID, it’s important; in fact, it’s more important, because if you look at who’s being laid off at higher rates, you find it’s the people who have been historically marginalized. And so I hope that this isn’t just a phase. I hope there are resources put behind this work because we need it.

Blake Dahlin
SPU STUDENT AND THE FALCON PHOTO EDITOR (2019–20)

Along with everyone else in the country, college students have had to add phrases like “shelter-in-place” and “flatten the curve” to their lexicon as they’ve been forced into an abridged life of online classes and social distancing. But the year’s events have been especially transformative for students.

Blake Dahlin, a senior theology major, transferred to SPU his junior year and joined The Falcon staff as its photo editor. When Black Lives Matter demonstrations began in Seattle in the spring, Dahlin debated whether he should photograph the marches.

What made you decide to photograph the protests for The Falcon?
DAHLIN: I was really torn up for several days about whether I should go. I’m new to the Seattle area. I’m white, and I’m a male. I figured my voice probably wouldn’t be the best voice, but with the COVID-19 situation, The Falcon didn’t have any other photographers in the area.

Along with everyone else in the country, college students have had to add phrases like “shelter-in-place” and “flatten the curve” to their lexicon as they’ve been forced into an abridged life of online classes and social distancing. But the year’s events have been especially transformative for students.
Since students were going to protest, I saw it as my responsibility to try and document it because this was such a historic moment for the SPU community and for many students. On Saturday, my first day at the protests, there were Seattle Police Department vehicles burning a block away from Westlake Park, but at the park, there were hundreds of people listening to community speakers calling for reform and being educated and learning.

Sunday was mostly peaceful. I started in Westlake Park, just wandering the streets, getting photos of people cleaning up. Then demonstrators started to gather in Westlake Park. No one had really planned on being there.

This one guy, Carl, just emerged as a leader. It went from maybe a dozen people in Westlake Park to hundreds of people. Carl led a march through the city, and the entire way, he was urging protestors to be peaceful. I shot one photo where he was speaking with police officers about where the march could go and was trying to negotiate with them. It stood out to me to see him calmly talking to a police officer, and this police officer was heavily armed with a large baton on his back.

I ended up spending three days downtown and saw a lot of photographers from freelance publications and news outlets. They were rushing to the scenes of conflict and violence. That wasn’t the angle I wanted. There were many people who were there to stand up and march peacefully. I thought that it matters where I stand as a journalist, as it completely shapes the story that’s told.

It impressed upon me how much there is a need for multiple perspectives and multiple stories to be told. We need people who can stand in the gap and build bridges between sides so that people don’t move farther apart.

With everything going on with COVID-19, with all these protests over racial injustice, I hope people will move closer together and that constructive conversations will happen. ●●

TO SEE BLAKE DAHLIN’S PHOTOS of the Seattle protests, visit: spu.edu/dahlinseattle

“It impressed upon me how much there is a need for multiple perspectives and multiple stories to be told.”
— BLAKE DAHLIN
FOR YEARS, people talked about the possibilities of telemedicine, where health care providers consult with patients via videoconferencing tools. The concept never fully caught on until this year, when insurance reimbursement policies changed, and patients, anxious to avoid doctors’ offices and hospitals, embraced video and telephone calls to access their providers.

Shortly after the COVID-19 crisis began, PRITMA DHILLON-CHATTHA ’03 and her business partner, Brighid Gannon, co-founded Lavender, a service for New Yorkers to remotely access mental health care from board-certified psychiatric nurse practitioners.

What made you start an online mental health service for New Yorkers?

DHILLON-CHATTHA: In 2015, I embarked on my DNP (doctorate of nursing practice) at Yale University. My friend, Brighid, and I have kept in

“IN THE TIME OF COVID-19, WE ACTUALLY DON’T NEED A PHYSICAL BRICK-AND-MORTAR PRACTICE. WE COULD DO ALL OF THIS ONLINE THROUGH TELEHEALTH.”

— PRITMA DHILLON-CHATTHA —
touch ever since we met at Yale.

We often talked about how we could support both nurses and patients by doing something in the psychiatry space because Brighid is a psychiatric nurse practitioner. We talked about it, but never put it into action. Then COVID-19 happened. We were getting a lot of calls and texts from friends and colleagues asking how to access mental health care. They were struggling to get in to see psychiatrists and therapists who were booked out for months.

There was also a gap in how to reach providers. They didn’t provide an email. They were not always accessible by phone, so just trying to access care was re-traumatizing patients.

Brighid and I were chatting about this and said, “Wait a minute. We could probably do something about this.” We are complementary to one another. She has the clinical side of the puzzle, and I have more of the tech and the digital side of it. We thought, in the time of COVID-19, we actually don’t need a physical brick-and-mortar practice. We could do all of this online through telehealth.

We had experience from past startups and businesses we’ve both worked on, so we were able to move quickly. From the idea on March 24 to actual implementation on May 4, it was 45 days. (Coincidentally, Brighid had registered a professional corporation in case she needed it, so thankfully that was already there; otherwise, it would have delayed our launch.)

During COVID, nurse practitioners who worked for Brighid in her psychiatric consultation business were at home in self-isolation. They wanted to pick up extra shifts, so we were able to redeploy them onto Lavender. We used an Uber-type model where they could control what hours they wanted to be available.

We have a total of five providers, and we’re in the process of onboarding several more. We’ve grown exponentially and are finding that clients are far more receptive to remote psychiatric care. Simply making a call to book an appointment is difficult for some people, much less following through with that appointment. People have to drive to an appointment, go into a waiting room — there are so many potential exit points before they even get to meet with someone. Furthermore, elderly clients who cannot leave their homes because of COVID-19 risks are now able to access care within the safety of their own home.

Maybe the one good news story out of COVID is how the health care system has been forced to embrace telemedicine, and I’m hoping it will continue to do so.
What has happened this year has spotlighted racial and ethnic disparities that were always witnessed by some, but now those discrepancies are highlighted. — JULIETA ALTAMIRANO-CROSBY

Cristina Hernandez
GRADUATE STUDENT AT BOSTON UNIVERSITY

CRISTINA HERNANDEZ ‘12 graduated from SPU with a major in art and a minor in reconciliation studies before earning a master’s degree in social work from Boston University. She recently completed an internship at Believe in Success in Boston, where she led domestic violence support groups and provided case management for program participants. Hernandez is currently working toward a master of divinity degree at Boston University. Maybe they’re with an abusive partner who is using their undocumented status against them, threatening to call ICE. These people ask themselves, “Do I stay in quarantine with my abuser? Or do I leave and risk having no money to support my three kids?” There are many complications which abusers can exploit to control their partners.

We’re also witnessing one of the biggest civil rights movements since the ’60s. There have been protests around the world for George Floyd and the Black Lives Matter movement because racism is everywhere. Part of this national and global awakening is the fact that people are able to share and access live videos right from the streets.

A lot of what I have to say is directed to the Christian church: Racial and economic justice and care for the vulnerable is a responsibility for everyone who claims to follow Jesus. This work isn’t just for people of color, social workers, or activists. It’s something that everyone should commit to living out, not just as a momentary struggle, but as a lifelong effort.

How has the coronavirus impacted your world?
ALTAMIRANO-CROSBY: I first noticed a barrier in information about the virus and restrictions for Spanish-speaking people. So, I started leading online videos in Spanish to share information of what was happening in the city and state with my Latino community.

I also reached out to several organizations to host COVID-19 testing sites. The first site opened with support from Herrman Law Group, in collaboration with West Care Clinic, and we served around 200 people in the first day. Harborview has committed to sending a staffed mobile van for COVID-19 testing to the Lynnwood Food Bank parking lot every Friday, focusing on reaching underserved communities, communities of color, veterans, those in transitional housing, and the homeless community. Harborview tested around 500 individuals on the site’s first day, and another site hosted by the Snohomish Health District administered around 300 tests on its first day.

The Lynnwood Food Bank parking lot has become an amazing, amazing place. People already go there for food, so it feels comfortable and familiar. Around 450 families go there for food each week.

We are living history right now. For me, 2020 included a lot of reflection — reflection and deep thinking about how we are connected, because this is universal. COVID-19 doesn’t respect what race you are, how rich or poor you are. Everybody is vulnerable. And I think that we have to learn a lot, and feel empathy for each other, and feel respect for each other.

What has happened this year has spotlighted racial and ethnic disparities that were always witnessed by some, but now those discrepancies are highlighted. Hopefully, this pandemic helps to develop the appropriate equality, diversity, and inclusion in every single area that will continue to last. ●●

“You have worked with survivors of domestic violence and immigrant populations. What has this year been like for them?”

HERNANDEZ: The issues that impact my clients — immigration, domestic violence, structural racism, economic justice, access to health care, etc. — are not new issues. The pandemic further exposed and amplified these inequities so that people are starting to wake up to these issues that have been there for decades.

The issues all intersect. I worked with domestic violence survivors who are also immigrants or asylum seekers. Maybe they’re with an abusive partner who is using their undocumented status against them, threatening to call ICE. These people ask themselves, “Do I stay in quarantine with my abuser? Or do I leave and risk having no money to support my three kids?” There are many complications which abusers can exploit to control their partners.

“We’re also witnessing one of the biggest civil rights movements since the ’60s. There have been protests around the world for George Floyd and the Black Lives Matter movement because racism is everywhere. Part of this national and global awakening is the fact that people are able to share and access live videos right from the streets.”

“..."What has happened this year has spotlighted racial and ethnic disparities that were always witnessed by some, but now those discrepancies are highlighted.”

— JULIETA ALTAMIRANO-CROSBY

Additional research and reporting: Christina Darden-Hjort, Bob Elmer, Hope Evans, Diane McDougall, Shelly Ngo, and Chris Smith
“FAITH IS VERY MUCH attached to what I’m doing,” said DOMINIC RENZ ’20, who graduated from SPU with a degree in studio art. “Praise and lament are always fighting within me. My work reflects the idea that it’s OK to not always understand, and it’s OK to have doubts.

“That’s the human process and the process of art. I’m not trying to push Christian ideology with my work, but instead I’m trying to convey some very human questions: How do we wrestle with tragedy or injustice? How do we wrestle with our own darkness? How do we pair that with joy and goodness?”

A California native, Renz transferred to SPU for the opportunity to learn and create in a small program. “I wanted close, one-on-one dialogues with professors. I also wanted to come to Seattle and experience the city, to see what the bigger art world was like. I wanted to live in a place full of creative people, where I could have conversations about making visual representations that reflect what’s going on within ourselves.”

READ AN INTERVIEW with Dominic Renz at spu.edu/dominicrenz
“The power of Dominic’s work is that, with each piece, there is a rich layering of materials and memory. Whether he is working with paint, charcoal, ink, or plaster, there is an honest exploration of realities both tangible and intangible.”
— Alison Stigora, SPU assistant professor of art

“Nothing is off-limits. I employ texture, marks, and color to express the full range of human experience.”
“I hope the images I create will communicate to others that they’re not alone. A lot of my work is about duality, how we don’t experience this world in a linear way. Joy often sits with melancholy. Faith and cynicism can exist in one person at the same time. Human beings are complicated. We experience a lot in a single day, both beauty and ugliness, and I explore that duality in my work.”
— Dominic Renz

“Some of the quieter expressions come from my growing-up years in rural California. I was homeschooled and had a lot of time for gardening, hiking, and sitting under trees for hours, watching leaves fall. I’m intrigued by the circular processes in nature.”
— Dominic Renz

“THE MORE TIME YOU SPEND WITH DOMINIC’S WORK, THE MORE IS REVEALED. THE NUANCES OF COLOR AND TEXTURE PRESENT IN EACH PIECE BECOME APPARENT SLOWLY, LIKE A REVELATION.”

— Alison Stigora, SPU assistant professor of art
YEARS BEFORE George Floyd’s death ignited protests across the country and around the globe, Seattle Pacific University professor Brenda Salter McNeil was working on her fifth book, Becoming Brave: Finding the Courage to Pursue Racial Justice Now.

The timing of her book, released in August, seems prescient as Salter McNeil challenges readers to look at racial injustice through a Christian framework and respond boldly against the status quo.

What was the impetus for you to write this book?
I had been preaching from the book of Esther* for probably 15 years. People would say to me [after
a sermon], “That would really be a great book.” I thought I was going to write about leadership development and the notion of stepping into leadership when you didn’t see it coming. Then so much started changing in our country: The 2016 election of Donald Trump where 81% of white evangelical Christians voted for that particular platform, for one thing.

For me, it has nothing to do with who is Republican or Democrat. It really has more to do with what we say are the values of the Christian church — the values of truth and honesty; the values of morality and family. Those are the things we say we believe in. Those are the ethics and morals by which we live and govern our lives and choose leaders.

I’ve been preaching about reconciliation for over 35 years, so I’m not a rookie, but I was working hard to stay away from political issues because I thought if we just understood things as biblical issues, that would compel us to [respond to injustices] because we’re motivated by Scripture.

As I looked at the story of Esther, it pushed me to become braver and say things I hadn’t said in quite that way before. I began to be more confrontational about hypocrisy or when I saw complicity going on in the world and the church participating in that hypocrisy or complicity.

How have people responded to your bolder voice?

There was a man who wrote to me on my Facebook page and said, “We liked you better when you just quoted Bible verses.” I think that captures what white evangelicals want in the work of reconciliation: “We want to talk about it, but we want to talk about it nicely.”

I have been asking myself, On whose terms do we talk about reconciliation? Do we only talk about reconciliation in a way that makes white Christians feel comfortable, or do we tell the truth?

I really believe that the word of God is true, and the truth will make us free. Truth will make us free, right? Not cuteness. Not niceness, but the truth will make us free. So, I think we all have to start telling the truth, whatever that truth is.

That’s why this book is called Becoming Brave, because I decided it is no longer working to be nice. We really need to be brave.

What topics do you think we need to be brave about?

There are many things. For example, if you say you are pro-life, that really means that you have to be for life — not just life in the womb, but pro-life for kids who are drinking polluted water in Flint, Michigan.

If it’s true that the kingdom of God is for all people, and that every tribe and nation is in the kingdom of God, and that all people are made in the image of God, then we’re supposed to care about all people. We are supposed to speak out when kids are being separated from their parents at the U.S. southern border and can’t be reunited because of inhuman immigration policies.

I can’t imagine if someone took my child — my infant — from me, and I had not seen that baby in two years, and they don’t know where the baby is and...
can’t reunite us. That is immoral. The fact that the church doesn’t say something about that — that it doesn’t put pressure on our legislators to do something about that — is, for me, the kind of silence we must break. That’s why I wrote this book.

Do you have children of your own? My kids are 24 and 29. They both went to college in Los Angeles and stayed in that area. They are beautiful. They are smart. They make me smile, just thinking of them. But there is a unique fear that parents of color feel in a world that is so racialized. I’ve been navigating that since they were children. Every Black parent, every parent of color, knows that there is a certain way their kids have to behave if they are going to stay safe in this world.

My son ran track in high school, stopped running for a while, and recently decided to start jogging again. I was thrilled! But then Ahmaud Arbery was shot by two white men while jogging. Now something as little as him telling me, “Mom, I ran 3 miles today” makes me shiver. It makes me literally shake. Now I tell him, “Don’t go too far!”

That should not be the case. That’s the fear of being a person of color in the United States. It’s always been that way. If you go to the Legacy Museum in Montgomery, Alabama, you’ll see that this is the history of our country. This is not new. It keeps coming back over and over again in different ways, and Black parents fear for the lives of their children and their ability to make it through college.

Let me take it out of a Black/white narrative. In July, I got an email from a woman in Singapore who woke up to news that international students may not be able to return to the United States for school. She left her job to attend seminary at SPU and now she was stuck in this weird place of having to drop out of school. [The U.S. eventually dropped plans to deport or deny entry to international students enrolled only in virtual instruction after colleges and universities expressed widespread opposition to the visa rules. Newly enrolled international students taking online classes were still barred from entry at the end of July.]

If we are indeed this country made up of people from so many places who have made us richer for it, then we should rally around each other and care for each other and lament with each other when things affect people’s lives in ways that diminish them.

What are your personal impressions about where we’re at right now as a nation? I think people have come to a place where enough is enough, and I’m grateful for that. I’m grateful that there’s something within the soul of young people, in particular, who are saying, “This is just enough! Everything about this is wrong.” And they’re beginning to say, “We’re not just going to watch it. We’ve got to do something. We’ve got to say something.” So, I’m encouraged to that degree; whether or not it will be the tipping point that changes things, we’ll see.

In Becoming Brave, you talk about the three I’s: Isolation, Insulation, and Ignorance. Can you give us some practical tips to break down these barriers to reconciliation? It starts with telling ourselves the truth that we are isolated, that we don’t have a diverse enough social circle. In our churches, we have limited access to other...
people. We have to admit that we’ve gotten pretty comfortable with our friendship circles and work friends, but we are isolated.

I’m learning to speak another language. I’m not fluent, but I do speak Spanish. I went to Costa Rica for a whole summer because the more we get outside of our normal lives to learn another language, to live in another place, to put ourselves in places of discomfort, the more we’ll begin to see what we don’t know.

It also has a lot to do with who we listen to and what we read. Maybe it’s worth asking ourselves, “What news channels are we tuning in to? Is there a way for us to inform ourselves beyond the echo chambers that we can all find ourselves in?”

It’s going to take effort. I know everybody is tired. I know they don’t want to add something else to their lives. I feel the same way! I don’t want to do it either, but it’s going to take work! If we really do understand

that the isolation, the insulation, and the ignorance are part of the problem, then we’ll have to just say, “I will because I want the results that come from working this hard.” It’s like going to the gym.

As Christians, we are going to have to do a more intentional job of deciding that we’re not going to be isolated. We’ll do the hard work to inform ourselves.

Part of the reason why we’re not making progress is because we’ve mixed up reconciliation with relational diversity. We think if we’re more multicultural, if we hire more people from different racial backgrounds, if we sing songs in Spanish, eat with chopsticks, have cultural awareness clubs, then we’re doing reconciliation.

My book, Becoming Brave, suggests that type of relational diversity is nice, but that’s not the hard, brave work of pursuing racial justice. Unless you’re doing that, you’re not really engaging in the work of reconciliation. You’re making friends across cultures, and that’s great, but that’s not going to change the world.

Brenda Salter McNeil is a speaker, author, and associate professor of reconciliation studies in the School of Theology at Seattle Pacific University. Salter McNeil earned a master of divinity degree from Fuller Theological Seminary; a doctorate of ministry from Palmer Theological Seminary; and was awarded doctorates from both North Park University and Eastern University.


Other suggested readings on the topic of racial justice:

» Rethinking Incarceration: Advocating for Justice That Restores by Dominique DuBois Gilliard

» The Color of Compromise: The Truth About the American Church’s Complicity in Racism by Jemar Tisby

» Why Are All the Black Kids Sitting Together in the Cafeteria? 20th Edition by Beverly Daniel Tatum

» Dear White Christians: For Those Still Longing for Racial Reconciliation by Jennifer Harvey
BEYOND LIVING OUT THE SPU MISSION

Broadcasts, podcasts, and blogs: managing a digital world

BY BOB ELMER

SHE FELT LIKE most other college students she knew, uncertain and searching for direction in life. Now, 17 years after graduation, CHANNAH HANBERG ’03 sees God’s hand in her life’s path — a divine thread winding from her SPU days to her current position as the youngest- ever general manager at Seattle’s Spirit 105.3 Christian radio station.

Hanberg was always interested in media, which led her to major in business administration with a marketing focus. During her senior year, she attended an on-campus internship fair. From some 150 applicants, she was one of three selected for an intense, six-month internship at Seattle’s KOMO-4 TV.

After graduation and a couple of marketing jobs, Hanberg joined Spirit 105.3 in 2008 to “do digital.” That meant launching the station on fledgling social media platforms, implementing mobile apps, and hiring a team. When the station needed a new general manager, she agreed to serve on the search committee.

She knew they wanted to fill a key role in one of the country’s leading Christian stations, with more than 300,000 listeners each week and a reputation for having the most loyal audience of any commercial music station in the Seattle-Tacoma metro area.

“But I had no idea I could ever be in this general manager role,” she said. “I didn’t think I had enough experience.”

With interview after interview, however, the committee just couldn’t find a person with the right blend of media sense, management perspective, and ministry outlook.

“Through that process, our VP said he actually felt like God was talking to him, and we had our person right here,” she explained. “He told me, ‘I’d love to groom you into the GM role.’”

Originally, Hanberg was scheduled to start in her new role in July 2020, more than six months later, but Hanberg felt God was also prompting her, keeping her up at night. With some hesitation, she shared her conviction that she could start earlier as GM.

She stepped into the general manager role in January 2020, only weeks before the COVID-19 pandemic broke.

“I really feel like God was preparing me, and there’s a reason why he’s called me into this role in a time such as this.”

New twists and turns

In retrospect, Hanberg can report the obvious: No one knew what would happen. Only days before stay-at-home mandates went into effect, for example, the station received software that made it possible for their DJs to broadcast from home. They hadn’t planned it that way, but Hanberg sees God’s timing.

It hasn’t always been easy, however. She’s sometimes forced to retreat to her quiet car to take phone calls, away from her husband and two children, ages 6 and 9. “That’s been weird,” said Hanberg of the stay-at-home work adjustments. “I didn’t know how challenging it would be. I knew I was going to be stepping into a bigger role, but I didn’t know how many twists and turns were going to happen.”

One unexpected upside was an increase in listeners, albeit from new delivery formats. Traditional “drive time” largely disappeared during the lockdown, while the number of people listening through streaming devices increased by 25%.

Meanwhile, their “All Mom Does” blogging platform also grew significantly. Page views more than quadrupled, from 218,000 in 2019 to over 1 million so far in 2020. And during May, the online community counted more participants than the parent radio station had listeners. Hanberg couldn’t be more pleased.

“It’s not just about radio,” she said. “It’s about digital, and podcasts, and all the different platforms. It’s all just about communication.”

Radio in the time of a pandemic

Ultimately some of the biggest rewards for Hanberg and her staff are the daily calls and notes from listeners whose lives have been changed during the pandemic.

There’s the medical transport driver who plays 105.3 in his vehicle as a way of bringing peace to COVID patients in the midst of chaos. The mom who rediscovered hope in the words of a song. The addict and the ex-prisoner who found new direction. Many listeners are now turning to faith in Christ.

Hanberg looks forward to each new story. Along the way, she has become more comfortable knowing she doesn’t need to have all the answers. Instead, she prays with her staff and talks through their fears daily.

“I thought I still was in control to some extent, right? But at the end of the day, we all realized that we don’t have as much control as we perceive, and that we really just have God, and we need to lean on him much more during times of crisis.”
When I first met my daughter and oldest son, my wife was three months pregnant with our youngest son. Lana and Musashi sat across the table eating celery sticks while we played a game of Exploding Kittens with their foster parents. Kincade was busy growing fingers and toes.

Throughout my 20s, I imagined I would marry someday, and, after years of marital delight, my wife and I would have a small but unspecified number of kids. I’m good at imagining things, yet there’s no way I could have imagined sitting at that table on the strange precipice of fatherhood. The future of my not-yet family was a blank slate bounded by the borders of normalcy and prudence.

But as 2020 has shown us, our futures have a way of slipping out of the standard-size frame we arrange in our minds. For me, the image first started to jostle when I met my wife, and we began to dream of our life together. Falling for a girl with dazzling movie-star hair, an infectious easy laugh, and killer Scrabble skills is easy. It’s part of the plan. And there’s nothing like the rush of discovering how your bodies, minds, and futures align — until, of course, they don’t.
My wife, it turned out, had dreamed since high school of adopting siblings. As a high schooler, Erica had watched her best friend wrestle with what it meant to be adopted, and then, as a therapist, she had served older foster kids who wound their way through the juvenile detention system. She longed to be a mom and to share love where it was needed most.

Sometimes you are attracted by the qualities you lack — her expansiveness of heart drew me in, even as I was skeptical about broadening the box of my future in quite the way she described. When she invited me into her dream, we began to talk hypothetically about how it would make the most sense to adopt children after our biological kids were older. That way, the kids we raised from birth could fend for themselves if our adoptees had behavioral issues. I had successfully managed to delay the crazy until I could gather more data on the mysteries of parenting.

However, like many couples, we had trouble getting pregnant, and Erica’s dream of a wood-paneled minivan full of adopted and biological children hit rocky roads. And so, as we waited and prayed for a baby, she nudged the other plan along, convincing me that in the meantime we could get licensed to provide respite foster care, which, as I learned, is like long-term babysitting with paperwork.

She told me we could start out with a weekend here and there, just enough time to dip my toes into the waters of her dream. But my wife is sly, and on a fall day four years ago, after I lost that game of Exploding Kittens, our first (and only) respite foster kids came to stay with us for an extra-long weekend — 10 days! — while their foster parents were leading a session at a lockpicking convention in Europe.

We went on adventures and played board games and watched episodes of *The Flash* and *Supergirl*, and at the end of that week, I surprised even me when I announced to Erica that if these delightful mischief makers ever needed a home, I would love for it to be with us. My words were genuine but far-fetched at the time, as the lockpickers were already interested in adopting the kiddos, and we had a wild infant en route.

Months passed. We provided respite care for Lana and Sashi four more times, and then Kincade was born. We thought that might be the end of the story — we briefly shared life with two resilient tweens who loved laughter, soccer, and slime — but then, through a series of twists and turns, the kids crowded into our now brimming home in September 2018. There we were, an infant, a 10-year-old, a 12-year-old, a bewildered goldendoodle, and two weary first-year parents with full hands and hearts but no plan.

I didn’t know then whether Lana and Sashi would be with us permanently or whether I was prepared to work through trauma and bureaucracy and the normal ups and downs of parenthood. I didn’t know that we would spend the spring following their adoption cooped up together with no child care or wearing face masks while waving signs that encouraged our leaders to envision a new justice in this land. And I certainly don’t know how our family or our country will continue to change and evolve, but I’m learning there is an abundance of possibility when we let love guide us to the hard thing.

Even before the pandemic, the U.S. had a troubling foster home shortage. In 2019, Washington state counted more than 2,000 instances of foster children staying overnight in hotels or offices due to a lack of foster homes. To learn about providing respite or long-term foster care in Washington, visit [olivecrest.org](http://olivecrest.org) or the Department of Children, Youth, and Families at [dcyf.wa.gov](http://dcyf.wa.gov).
WHEN LAS VEGAS’ Spring Valley High School moved to online classes due to COVID-19, CAROLYN LARA ’14 was determined to offer her students ongoing instruction as their STEM robotics teacher.

In addition to online classes, she used Remind and Google Classroom to keep her students informed about competitions, robotics resources, and workshops. And she held weekly virtual meetings for the robotics club that she had built up from five students to 30 — a diverse group of athletes, students with disabilities, foster kids, immigrants, even youth with a history of behavioral issues.

“They all work well together because they know at the end of the day a diverse family of engineers is priceless,” Lara said. “They can learn from one another’s experiences, and they use that to find creative solutions and ideas.”

This year, the Smith Center honored Lara as one of the top 20 teachers in her district with a $5,000 cash prize and a Heart of Education Award.
News

1970s

DAVID AXENE ’70 is the president and managing partner of Axene Health Partners, headquartered in Temecula, California. He started his health consulting firm in 2003 after a consulting career at Ernst & Young and Milliman & Robertson. David is recognized as a thought leader and strategist, serving as a frequent speaker and writer on health care issues. He and his wife reside in Southern California and have three children and eight grandchildren.

ALEC HILL ’75, former dean of SPU’s School of Business, Government, and Economics, recently penned an article about his cancer journey, “A Roadmap for Finding Purpose in Cancer,” in Psychology Today. Story on page 56.

1980s

JEFF ESPERSEN ’83 is the general manager and chief merchant for online retailer Zappos. He was featured in a May webinar about how new COVID-19 retail realities are impacting e-commerce, customer service, and consumer behavior. Jeff and college sweetheart, JAN DAVIS ESPERSEN ’82, have been married for 36 years and raised four children.

The Rev. ANN DEIBERT ’86 is co-pastor of Central Presbyterian Church in Louisville, Kentucky, where she joined the pastoral staff in 1996. Ann is also a member of Empower West Louisville, a local collective of Black and white pastors and congregations who work together to increase economic and educational opportunities.

1990s

SCOTT BRYANT ’90, MBA ’98 is executive director of Montana State University’s Jabs Entrepreneurship Center and an associate professor of management in the Jake Jabs College of Business & Entrepreneurship. Earlier in his career, Scott worked at a small advertising agency and at a technology startup in Seattle; spent a year in Poland teaching English; and worked as an SPU admissions officer.

RYAN BEST ’97 is the owner and principal of Best Law PLLC, providing civil litigation and employment law services throughout Washington and Idaho. He completed his law degree in 2002 at Baylor Law School and founded his practice in 2012. He lives with his two children, eight chickens, and faithful German shepherd, Luke, in Spokane, Washington.

RODNEY YOUNG ’97 works at the Meier Clinic in Bothell, Washington, as a mental health therapist. He recently moved to Everett with his wife and three cats. He enjoys spending his free time hiking and walking on the Edmonds waterfront and local beaches.

JON HOLMEN ’98, MEd ’04, PhD ’16 began his tenure as superintendent of the Lake Washington School District in July. He previously served as the district’s deputy superintendent. He began his educational career in 1999 teaching third grade, and has been an elementary principal, associate director of special services, and director of school support.

Dean Lorie Wild’s lasting impact on the School of Health Sciences

BY KATHY HENNING

For the past eight years, DEAN LORIE WILD has been leading the School of Health Sciences with dedication and innovative oversight. Under her leadership, SHS introduced the Doctor of Nursing Practice program. Wild led the transition to a rolling admissions process for the undergraduate pre-licensure program, which allowed the school to admit smaller cohorts each quarter while increasing program capacity and enrollment by 50%. She retired as dean in June 2020.

Wild led the campaign to fully renovate the building at 6 Nickerson for the SHS’s nursing program. This new nursing facility features an expanded Clinical Learning Lab with a large skills-training area, an additional flex classroom that allows students to move seamlessly between didactic and hands-on learning, and a simulation suite with two patient rooms and a clinic exam room along with four additional classrooms, seminar rooms, and faculty offices.

Julie Ann Harrington, Wild’s assistant from the beginning, described her as “gifted and beloved.” “She led with a mantra of robust academics and relationship-centered learning grounded in Christian faith,” Harrington said. “Lorie brought spiritual, clinical, and educational leadership to SHS,” said Ruby Englund, SPU professor emerita of nursing. “Her vision and wisdom in collaboration with faculty and the health care community further developed and expanded the programs. In her first meeting with alumni, she began by sharing her favorite Bible verse. She has been highly regarded by students, faculty, and professional colleagues.”

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2000s

CHRISTINA PETERSCHICK JEPPERSON '00 is an advanced registered nurse practitioner at a family medicine practice in Mount Vernon, Washington. She moved to the Skagit Valley in 2009 and takes advantage of nearby opportunities to hike and fish.

CAROLYN “CARRIE” SMITH SUN ’00 is an assistant professor of nursing at Hunter College in New York City. Her research on nursing practices in the Middle East and eastern Africa has been featured in The New York Times in recent years, among many publications. Carrie completed her master’s degree at New York University before pursuing her doctorate at Columbia University. Story on page 24.

ANDREA BUHLER TISHER ’01 assumed the role of lead pastor at Southwest Community Church in Kamloops, British Columbia, in October 2019. She formerly served as minister of worship at the First Baptist Church in downtown Vancouver, British Columbia. Both churches are under the banner of the Canadian Baptists of Western Canada.

Lt. Cmdr. MEGAN BAUER WARTH ’00, a U.S. Navy reservist and a women’s and children’s nurse for the past 20 years, recently worked for two months at New York City’s Bellevue Public Health Hospital as part of the Navy’s crisis response to the COVID-19 pandemic. She is normally assigned to Operational Health Support Unit Bremerton, Detachment Charlie, in Everett, Washington. Megan has nearly completed her master’s of science in nursing administration from Liberty University. Story on page 24.

PRITMA DHILLON-CHATTHA ’03 in May launched Lavender, an online psychiatry and therapy practice based in New York to help increase access and affordability to mental health services. She and co-founder Bridgid Gannon met while completing their doctorates in nursing practice at Yale University in 2018. Story on page 24.


KAREN SPRINGS ’04 recently authored her first book, Adoption Through the Rearview Mirror: Learning from Stories of Heartache and Hope. She lived in Kyiv, Ukraine, for over 14 years advocating for orphaned and at-risk children and working with hundreds of adoptive families. Karen has managed humanitarian and child advocacy projects throughout Europe, Central Asia, and the Middle East with Orphan’s Promise. She is passionate about seeing nations collaborate in solving their orphan and vulnerable children crisis through the World Without Orphans global movement.

MICHELLE MOONS DAWI ’05 began her White House role as special assistant to President Donald Trump in June 2019.

ALLISON DEMMERT ’07 sails as a chief engineer for Western Towboat, helping the company pull barges to Alaska. The barges carry rail cars and cargo containers with

Making a career of communicating excellence
BY HOPE MCPHERSON

In 1978, a year after Seattle Pacific traded the moniker “College” for “University,” DEBRA SEQUEIRA, a young instructor of communication from the San Francisco Bay area, joined the faculty.

By the time she retired in June 2020, Sequeira had taught thousands of students, mentored female Ames Scholarship recipients, and shouldered three administrative roles — including dean of the Division of Arts and Humanities in the College of Arts and Sciences.

“Debra showed us every day how to put our students and colleagues first — not the meetings or the research,” said Peg Achterman, associate professor of journalism and communication.

Sequeira’s academic research touched on everything from the verbal shorthand of truck drivers to speaking in tongues in Christian communities. Her decades with

SPU was interrupted only by a five-year stint at the University of Washington where she was director of the International Teaching Assistant Program.

Even in retirement, Sequeira will maintain close ties to the campus. Dave Church, assistant vice president for facility management, asked Sequeira to represent the Queen Anne neighborhood and SPU as a member of the City of Seattle Department of Neighborhood’s Citizen Advisory Committee. Her extensive knowledge of the SPU community, and being a Queen Anne Hill resident, make her an invaluable faculty liaison for long-term planning.

Sequeira is also looking forward to life’s new tempo, traveling with her husband and visiting family, including three young grandsons.

“I plan to keep doing much of what I already do intellectually and spiritually, but at my own pace,” Sequeira said.
everything from building materials to food, paper products, vehicles, and chemicals to remote regions of Alaska. While on board, Allison monitors the engine room and checks the refrigerant levels in the containers with perishables. On their return trips to Seattle, the barges are often loaded with processed fish and scrap metal.

JORDAN HAAK ’08, a second-generation dairy man, works in the Yakima Valley, one of the largest dairy-production areas in the nation. Jordan grew up on a dairy farm, and while he doesn’t have his own dairy now, he enjoys working in the industry and meeting its daily challenges. He and wife, LISSA DEGROOT HAAK ’08, live in Sunnyside, Washington, with their four children: Regan, Claire, Sloane, and Graham.

RACHEL JACOBS MUBEZI ’09 and her husband, Isaac Mubezi, run a non-profit, Something Deeper Ministries, with the mission of using health care and spiritual and social development to sustainably improve conditions in rural Uganda. After earning her special education degree, Rachel, working as a missionary teacher in Burundi, met Isaac, a practicing surgeon. They are working to build a hospital in the village of Kiwanyi in eastern Uganda.

2010s

BREE BLACK HORSE ’10 joined the Seattle law office of Kilpatrick Townsend in August as an associate on the firm’s Native American affairs team. Bree is an enrolled member of Oklahoma’s Seminole Nation. She earned her law degree from Seattle University School of Law, where she co-founded and served as editor-in-chief of the American Indian Law Journal and presided over the Native American Law Students Association.

LT. HAYLEE YEPSON ’12, a physician, recently graduated from the Naval Aerospace Medical Institute in Pensacola, Florida, and serves as a Navy flight surgeon. As a flight surgeon, she has learned to fly military helicopters and fixed-wing airplanes. Haylee and her husband, former Sgt. Combat Medic Terrence Ordonez, a registered nurse, live in South Carolina, where Haylee is the primary care physician and occupational medicine expert for the F-18 and F-35 squadrons stationed at the Marine Corps Air Station in Beaufort.

KIRA LEWIS ’13 recently completed her master’s of public health at Eastern Washington University while working as a public health nurse for the Spokane Regional Health District. During the pandemic, Kira’s efforts have been focused on the homeless, where she is part of a team helping to ensure that opportunities for transmission of the virus are minimized through social distancing, testing, and treatment.

CHRISTOPHER VANDER HAAK ’13 is an architectural designer for Seattle-based Graham Baba Architects. Christopher was a summer intern at the firm. After graduating from SPU, he earned a master of architecture degree from the University of Washington. He is currently working on the Ethan Stowell Tavern and Rubenstein Bagels in the Viia6 building in Seattle.

KATHRYN YANCEY ’14 is putting her degree to work as an associate show mechanical engineer for Walt Disney Imagineering. She has worked on robotic images within different Disney Resorts worldwide. Kathryn was also selected as a Disney representative for the international media for Star Wars: Galaxy’s Edge at Disneyland in Anaheim, California.

SAM FILBY ’16 is a spring 2020 graduate of the University of Missouri-St. Louis, where he earned a master’s degree in philosophy. His thesis dove into questions of social epistemology, highlighting the ways in which humans depend on other people for what they know. Sam previously pursued a master of studies in philosophical theology at the University of Oxford in England. He took a year off after Oxford and moved back to Seattle, where he taught at SPU.

KATELYN “KAT” WYNN ’17 is the communications development manager at New Horizons, a nonprofit serving youth affected by homelessness in Seattle. As part of a three-person development team, she runs the community outreach, marketing, social media, and fundraising efforts of the organization. With the organization’s main fundraiser canceled by COVID-19, Kat and her team developed Operation Light the Way, an email, web outreach, and social media campaign that easily surpassed their goal of raising $275,000, bringing in more than $300,000. Online story at spu.edu/katwynn

MANOLA SECAIRA ’18 is a staff reporter at Crosscut, a Seattle-based independent news site featuring in-depth stories and news analysis. Manola began work at Crosscut right after graduating, beginning as a reporting fellow in a six-month position. She was then hired on permanently as a reporter focusing on urban growth and the impacts of changes in the Seattle region and beyond. Currently, Manola covers Native/Indigenous stories in the Pacific Northwest for Crosscut.

Marriages

JOHN GLEASON ’03 to Lindsay Hood on Dec. 24, 2019 in Las Vegas, NV. The couple lives in Ballard, Washington.

Karim Dawi to MICHELLE MOONS DAWI ’05 on March 5, 2019, with a wedding celebration held on Nov. 1, 2019.
Adoptions/Births

To KENDALL LANGDON CARVER '15 and BLAINE CARVER '14, a girl, Sophia Rae Carver, born on March 21, 2020. Kendall wrote, “We are so undone by this beautiful gift!”

To MICHELLE MOONS DAWI '05 and Karim Dawi, a boy, Yohannas McCoy Dawi, on March 21, 2020.

To TAYLOR WILLIAMS JACOBSEN '10 and TODD JACOBSEN '10, a girl, Heather Ruth Jacobsen, on May 14, 2020. Her paternal grandmother, Ruth Jacobsen, currently serves as executive assistant to the president of SPU, and her paternal grandfather, Darrell Jacobsen, recently retired after serving at SPU for over 30 years.

To SARAH JANCI PEREZ '06 and RAOUl PEREZ '06, MDiv '13, a girl, Adelaide “Birdie” Bertha Perez, on April 11, 2020. The baby is named after Adelaide Beers, co-founder and first preceptress of Seattle Seminary. She joins big brothers Solomon and Elias. The Perez family lives in Everett, Washington.

To ESTHER CHOE PENZAR '13, PhD '16 and Krseven Penzar, a girl, Matea Chanmi Penzar, on March 13, 2020.

To SARAH JANCI PEREZ '06 and RAOUl PEREZ '06, MDiv '13, a girl, Adelaide “Birdie” Bertha Perez, on April 11, 2020. The baby is named after Adelaide Beers, co-founder and first preceptress of Seattle Seminary. She joins big brothers Solomon and Elias. The Perez family lives in Everett, Washington.

In Memoriam

LOREN ANDERSON ’58 died Aug. 2, 2020, at the age of 84.

STEPHEN BEALS ’56 CC* died Dec. 12, 2019, at the age of 85.

DAVID BOWERS ’66 died March 14, 2020, at the age of 83.

RAYMOND "MIKE" BREN ’68 died Feb. 20, 2020, at the age of 73.

JOHN CARLSON ’59 died April 2, 2020, at the age of 85.

HAROLD “CLIFF” COLLINS ’54 died May 9, 2020, at the age of 87.

ERIC DROZDOV ’99 died Oct. 1, 2019, at the age of 43.

ROYAL EDWARDS ’54 died March 13, 2020, at the age of 91.

DONALD “DON” FRENCH ’69 died March 25, 2020, at the age of 92.

JOYCE HATFIELD GLEASON ’73 died Sept. 15, 2020, at the age of 69.

DOUGLAS GWINN ’79 died May 14, 2020, at the age of 64.

CHARLES HUNTER ’50 died Feb. 18, 2018, at the age of 93.

CHRISTINE SPOORS LEE ’91 died Feb. 17, 2020, at the age of 50.

STEVEN LOCKARD ’68 died April 18, 2020, at the age of 73.

CLAIRE “MIMI” CALDWELL MCLAUGHLIN ’84 died Feb. 4, 2020, at the age of 80.

MARION WINTER O’DONNELL ’56 died July 4, 2020, at the age of 82.

LAWRENCE “LARRY” PETERSON ’53 died Jan. 22, 2020, at the age of 89.

EDWARD WALLACE ’61 died May 4, 2020, at the age of 87.

MARIETTA WATKINS ’55 died Aug. 20, 2020, at the age of 87.

* Cascade College alumnus
A life cut short leaves a bequest for others
BY HOPE MCPHERSON

Although Eric Drozdov ’99 found his strength stolen by Lou Gehrig’s disease, he left a lasting impact on family, friends, coworkers, and his alma mater.

Raised in Spokane, Washington, Drozdov graduated from Valley Christian School, valedictorian of his 1995 graduating class. At Seattle Pacific University, he studied electrical engineering and became a sound designer for several SPU theater productions, including An Inspector Calls and Marvin’s Room. He graduated magna cum laude in 1999.

Drozdov became an electrical design engineer at Allied Telesis in Bothell, Washington. He served in the sound booth at his church. And, with a much-stamped passport, Drozdov visited Europe, New Zealand, Australia, Peru, and elsewhere. Home or away, he hit the trails as often as possible.

“Every year he’d plan a vacation to a different place around the world. He was always sure to get in a lot of hiking — including the famous Inca Trail to Machu Picchu in Peru,” remembered his boss, Sean Large, an engineering manager at Allied Telesis.

Amyotrophic lateral sclerosis, better known as ALS, is a progressive disease of the nervous system that affects control of the muscles needed to move, speak, eat, and breathe. There is currently no cure, and Drozdov died of the disease on Oct. 1, 2019. He was 43.

“He was an eternally positive person and was always smiling and joking, even when dealing with ALS,” remembered co-worker Craig Van Hook. “He was quite inspiring.” Drozdov inspired those at SPU, too, where he remembered the University in his bequest.

“We are grateful for Eric’s thoughtful estate gift,” said Marlon Sandlin, director of endowments and gift planning. “His mother, Pam, told me that Eric always appreciated receiving scholarship help from SPU, and he wanted to assist other students.”

Drozdov is survived by his parents, two brothers, a sister, and six nieces and nephews.

Vice president of academic affairs established roots for the College of Arts and Sciences
BY HOPE MCPHERSON

David Dickerson died on Aug. 28, 2020, at the age of 87. Dickerson was vice president of academic affairs at Seattle Pacific College and also dean of the faculty from 1976 until 1990.

Prior to joining SPC, Dickerson taught English and literature at his alma mater, Greenville College, where he eventually headed that department.

In 1993, Dickerson announced two new positions at SPU: dean of arts and sciences and dean of professional and graduate studies. This distinction of arts and sciences served as the roots of today’s College of Arts and Sciences.

A Renaissance man, Dickerson reveled in music, literature, drama, and the visual arts. “A Shakespeare scholar, he taught courses in his academic field during his years at SPU,” said Marilyn Severson, professor emerita of French. “I remember his quotes from Shakespeare’s plays offered in meetings, conversations, and presentations.”

Dickerson left SPU in 1992 to teach at Judson University in Illinois for seven years before he and his wife, Betty Ann, retired in Seattle. In retirement, he taught several semesters in China and Kenya.

Dickerson is survived by his wife and their children, Geoffrey Dickerson ’80, David Ray ’86, and Lisa Dickerson ’89, along with the extended Dickerson family.
Falcons hall of famer Anderson dies at 84

BY MARK MOSCHETTI

LOREN ANDERSON ’58, a two-sport standout who is still Seattle Pacific’s all-time leading men’s basketball scorer, passed away on Aug. 2, 2020, in Anacortes, Washington. He was 84 years old.

The only athlete to have a Seattle Pacific number retired, Anderson wore that No. 5 basketball jersey from 1955 to 1958 and compiled 1,948 points during that span. He was inducted as a charter member of the Falcons Hall of Fame in 2003.

Born in North Dakota, Anderson moved to the Pacific Northwest early in his childhood and was a multisport star at Auburn High School.

He enrolled at Seattle Pacific College and excelled in baseball as a middle infielder. His lofty batting average drew the interest of Major League Baseball scouts, hitting .410 as a junior and .419 his senior season.

On the hardwood, Anderson established 13 school records for men’s basketball, many of which still stand today.

His finest performance came during the second-to-last game of his career against Saint Martin’s in February 1958. Anderson erupted for a school-record 54 points. Nearly all of them were necessary for Seattle Pacific, which edged the Saints, 87-83.

“I think I had 30 by halftime,” Anderson recounted. “I was a one-hand set shooter, but Les [Habegger] had me shooting two-hand set shots. I had the ball near midcourt in the last second of the first half, and I just took a two-hander from 40 feet — swish.”

When his playing career concluded, Anderson served as an assistant on SPU’s basketball staff for one year and then became an assistant coach at Mount Rainier High School in Des Moines, Washington, for four seasons.

Anderson became the head coach for boys’ basketball at Yelm High School, converting a 2-17 squad into a state tournament team in his first season.

He continued his teaching and coaching career at Anacortes High School where his basketball teams won nine conference championships in his 12 years. His coaching career concluded at Ferndale High School before he retired in 1991.
**Living in bonus time**

BY ALEC HILL

Most people tend to view the future as having a long trajectory, but a cancer diagnosis causes time horizons to shrink. Researchers label this recalibration an existential slap. Abruptly shifting from expansive time to abbreviated time can be jolting. For someone like me, who used to plan vacations two years in advance, the adjustment has been profound. Such loss of control is often difficult to absorb.

The ancient Greek language employed two words to define time. The first, *chronos*, describes clock or calendar time — measured linearly in seconds, minutes, hours, days, and years. The second, *kairos*, points to life’s grand moments when we say, “My whole life changed when ...” While the former is scientifically objective and relates to quantity of time, the latter is subjectively rich with meaning and refers to quality of time.

As cancer survivors living in bonus time, we have a rich opportunity to increase our sense of *kairos*. Rather than living mechanically day-to-day, the gate is open for us to gain a heart of wisdom and joy. An old French saying nicely captures the idea: “God works in moments” (*en peu d’heure Dieu labeure*). A terminally ill British patient recently echoed this sentiment: “I realized I preferred a short life lived well than a long life lived badly.” In other words, if forced to choose, she opted for *kairos* over *chronos*.

After being hit by the existential slap of cancer, many of us regret the amount of *chronos* we wasted prior to diagnosis. But we can’t go back. We are different people now. The good news is that we have been given future *chronos*. This presents us with the opportunity to redeem time in at least four ways.

First, we learn to savor each moment. Second, we focus more on relationships and less on achievements. Third, we clean up our messes and find greater freedom. Finally, having received so much help from others, we slingshot this goodwill ahead to benefit others.

My pre-cancer life was pell-mell. So much in a hurry to charge the next hill, I sadly missed thousands (millions?) of special moments. And now? When I’m taken aback by the autumn glow of a tree, I pause to capture the moment in a photo so I can enjoy it anew later. When a puppy walks by, I bend down to ruffle its fur. When a nephew or niece calls, I don’t watch the clock. When Mary asks to spend an extra night camping, I try to accommodate. When two driving routes are options, I often take the slower and more scenic one.

Cherishing the here and now is a grace from God. Being too focused on the future blinds us to what is priceless in this moment. Cancer teaches us that strolling is sometimes better than sprinting. Flexibility becomes a virtue.

Excerpted from *Living in Bonus Time: Surviving Cancer, Finding New Purpose*. Alec Hill, a two-time cancer survivor, is president emeritus of InterVarsity Christian Fellowship/USA and previously was dean of the School of Business and Economics at SPU. He holds a law degree from the University of Washington. Hill lives in the Seattle area with his wife, Mary.
In February 2020, snow blanketed Peterson Hall, named for the Nils Peterson family who donated the original five acres of land around Tiffany Loop. Peterson Hall, originally known as the Administration Building, was completed in 1904 and dedicated in 1905. It was designed by architect William H. Jewett.
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