

Position of privilege

Story by Diana Campbell, photos by Diana Campbell and Greg Lincoln/*The Delta Discovery*



The gray fall evening settles quietly on Bethel as surely as an overnight frost.

Yet cabs, the nearest thing to public transportation in Bethel, rush up and down Chief Eddie Hoffman Highway. Across town at the Bethel City Council Chambers, city council candidates debate, among other matters, if the city should build an indoor swimming pool.

Inside the Yupiit Piciryarait Cultural Center, home to the Bethel Public Library, a museum and multipurpose rooms, **Teresa Flores, '03**, studies her small group of would-be cake decorators. It is their final class, and she has instructed the five students to create a themed cake.

Some of the bakers stare at their bare cakes, hoping for inspiration. Flores walks among them, offering encouragement.

"I think the answer is more icing," she says, laughing. "Having a bad day? More frosting!"

Flores, 33, is a cake decorating and sewing instructor in her free time. During work hours the UAF alumna is a physician assistant at the Yukon-Kuskokwim Delta Regional Hospital.

The 50-bed hospital is operated by the Yukon-Kuskokwim Health Corp. and is one of Bethel's major employers. Bethel is in Southwest Alaska, at the mouth of the Kuskokwim River, and is accessible only by air, river, snowmachine or four-wheeler. Situated on the tundra, the town of just over 6,000 is a hub for 56 smaller communities. The air has a distinct grittiness to it, maybe from Bethel's 16 miles of dirt roads, or from the Kuskokwim's relentless churning up of river dust.

Balancing act

Like Flores, several of her cake students work for YKHC in demanding medical-professional jobs.

But this night is all about creativity. Flores checks each person's progress, pausing to take photos of undersea

worlds, an American flag, and a triple-decker, heart-shaped, red velvet cake.

The evening is also a chance to socialize. Jonica Thomas and Flores work together, but now they discover they live near each other. Thomas has always been interested in baking, and Flores tells her she has a marble slab she uses for pastries and confections.

“I think we’re going to be best neighbors!” Thomas says.

Flores is not afraid to deal with tough issues. One of her duties is as a sexual assault forensic examiner for the YKHC, meaning she is called on to conduct official interviews, provide medical examinations, collect evidence, and offer treatment and referrals for further care to rape and molestation victims. Her co-workers at YKHC say she has the right temperament for such a job.

“She listens,” says Melinda Norwood, a nurse in the Bethel hospital’s emergency room. “She asks for clarification. She shows empathy as well as compassion.”

It’s a privilege to do so, Flores says.

“I remind them they are still human,” she says. “If I remind them of that, then I’ve done so much.”

Flores admits she doesn’t really like the job, because of the reason she has to do it. But she balances that with the knowledge she is caring for someone going through a difficult time. She often will continue treatment with those people at the clinic where she is a PA.

“On one hand it’s really hard to see that part of humanity,” Flores says. “On the other hand, at least I know what I’m doing there can help somebody who’s gone through this, to help them know they can have a life again.”

Choices

As a young girl in Mountain Village, Flores never thought she’d work in health care because her

mother, Martha Flores, was busy as a community health practitioner there.

Unfortunately for Teresa, her mother was good in her work. Martha’s supervisors encouraged her to become a physician assistant. That meant she had to leave her family and go to Seattle for the two-year training. The training and the job kept her away from home, and the 12-year old Flores resented it.

“I always said after that I would never work in health care,” Teresa says. “I was really angry at times. She was always working.”

She admits now she understands the difficult choices her mother had to make. Martha became one of just a few Yup’ik PAs working for YKHC. Maria Beans, the family’s matriarch — and Mountain Village’s magistrate at one time — instilled in her family a work ethic that they do their best and always finish a task.

Grandma Beans’ standards also meant there was no question that Teresa would go to college.

After high school, Flores decided she’d become a kindergarten teacher, and she enrolled at UAF. Besides her grandmother’s belief in education, Flores knew she needed to be able to support a family when the time came. An education would help her provide for them.

“UAF seemed to have more community,” she says. “Fairbanks seemed a lot homier, close-knit.” She settled into campus life by joining the sorority Tri Sigma, volunteering at the Women’s Center and taking the required education

classes.

“I was always doing something,” she remembers. She also was a resident advisor and read books on tape for UAF’s Disability Services, among other tasks in her student jobs.

Plans never end the way they are envisioned. UAF’s



Teresa and her mom, Martha

School of Education, while keeping its state accreditation, temporarily lost its national accreditation. When Flores sought her advisor to find out what that meant for her education degree, she discovered the woman was no longer at UAF.

Flores then turned to UAF's Rural Student Services and came up with another plan.

"I had taken psychology classes for fun," Flores says. "So I ended up getting a BS in psychology."

The change also steered her thinking about what to do with her life. The YKHC would hire her to work during every school break she had, even if it were only for a week.

The opportunities placed her in many different types of jobs with the health care organization. She worked in the specialty, outpatient and behavioral-health departments.

YKHC also offered a scholarship loan program that allowed her education loan to become a scholarship if Flores worked for the organization for two years after graduation.

"I've always wanted to help people," she says. "At the hospital I found I could really help people one-on-one."

Change of place

Flores graduated from UAF in May 2003 and by that June headed to Washington state to become a PA. She worked as much as she could to save up money in preparation.

"I bought my round-trip ticket, got on the plane, went to my new home," she recalls. "I bought bread, peanut butter and jelly, and the required school books. After all that, I had \$15 left in my pocket."

After she finished her studies and completed rotations at seven Washington clinical sites, she moved back to Bethel to work as a PA with YKHC to fulfill her two-year loan-to-scholarship obligation.

"Having a bad day? More frosting!"



As her term was nearing an end, Flores saw a UW Medex Northwest teaching position job advertisement and applied.

"I got it!" she says. "I was only 29. How often do you get to teach at a university? I took the job."

Soon she became the co-chair of UW's maternal/child health program while teaching PA courses, but she started getting homesick.

"I really missed being in the clinic," Flores said. "I missed patients."

After a year of teaching, she moved back to Bethel to work as a PA in one of YKHC's three clinics in the hospital. YKHC manages

health care services for about 27,000 patients who live in the Yukon-Kuskokwim Delta, most of whom are Yup'ik or Cupik. (While many patients will end up in Bethel for treatment at the hospital or one of the clinics, the YKHC also oversees five subregional clinics and 47 village-based clinics.)

Flores works in the Kusko Clinic at the hospital, where she offers a wide spectrum of health care, from prenatal services to elder care.

It's a Thursday in fall 2011. YKHC's three clinics are near the front doors of the 100,000-square-foot steel hospital. Flores' day starts at 9 a.m. and will end about 7 p.m.

The waiting areas are lined with chairs in every available space. Most are filled with patients, some with a small rolling suitcase at their feet. People hurrying to their appointments or greeting friends and relatives stir the air into a slight breeze. The Yup'ik language dominates conversations, but the infants cry in a global language.

The cafeteria is undergoing renovations and is closed, so a cab driver delivers a phone-ordered lunch to an elderly man sitting in a wheelchair. The man, Johnny from Kipnuk, has been telling people Jesus taught him a song, and he sings it for listeners before his hamburger arrives. Apparently, Jesus knows Yup'ik well enough to compose a rousing tune.

A nurse calls for a patient, and a mother and teenager follow her into a long narrow hallway with 10 exam rooms. Flores is their provider. She wears a black-and-white floral top, black pants, three-inch heels and a stethoscope around her neck. Her hair is highlighted a bright fuchsia, earning her the nickname Luscious Raspberry by her co-workers. She has cherry-red nails, wears a heavy silver chain and sports a sterling ball in a piercing below her bottom lip.







The exam room is small and meager, with an aging exam table, a desk and three chairs.

While the patient explains the situation, Flores listens carefully and asks questions. She outlines the treatment plan, explaining in simple language her reasons for the course of action.

“Does this make sense?” Flores says more than once. She urges them to do what she suggests, but leaves the decision up to them. She lets them know they may contact her with any questions, and she writes out a prescription and orders labs for the young patient before leading them out of the room.

“I have a privileged position in their lives,” Flores explains. “They allow me to help them.”

Teresa's health tips

-  Everything in moderation. Life is meant to be enjoyed, but not to excess. (Yes, exercise can be enjoyable!)
-  Ask your primary care provider all the questions you have, even if you think it is silly. There are no silly questions.
-  Make the most of your visits — make a list of questions and concerns to be brought up during your annual physical exam visit and bring it along. This is even more important if you take medications on a daily basis.
-  Everyone should have a physical at least once a year. Screen for diabetes, thyroid issues, and cholesterol starting at age 20, then every 5 years or so.
-  Recommendations for low-risk drinking: less than 4 drinks on occasion or 7 drinks per week for females, less than 5 drinks on occasion or 14 drinks per week for males.
-  Lastly, enjoy the little things in life. Laughter really is the best medicine, and optimism does a lot for stress reduction and lengthening your life span.

The nurses' station in the tight hallway is also small, standing room only. The station has a set-up for telehealth communications, connecting village health aides to the clinic when they need direction in treating a patient. The clinic was once the administrative offices for YKHC, but was remodeled some time ago, which accounts for the tight quarters.

Flores takes a rare lunch break and strolls through the hospital, stopping to greet workers in the inpatient ward, the lab and X-ray department. Her final destination is the emergency department, where the workers greet her warmly. This is the place she conducts sexual assault forensic examinations.

Dr. Ky Burden, the ER doctor, praises Flores for her compassion and professionalism. She's worked with him since he came to the hospital straight from his residency four years ago. Working in an ER department is fast-paced, and it's nice to be among co-workers who have the same goals, he says.

“The great thing is we're all here for the same reason,” Burden says. “It's to help patients.”

Flores chitchats with other ER workers, but it's her mother she has come to see. Martha is the emergency room's PA. Teresa has to wait because her mother is with a patient.

Soon her mother appears. She is shorter than her daughter but the two look alike, with the same smile and thick curly hair. Martha is wearing scrubs. The two hug.

The older Flores was taught not to openly praise her children, so she would never publicly say how proud she is of her daughter, but she admits to satisfaction at seeing what Teresa has accomplished, and that she has chosen to be a PA.

“People tell me, ‘I saw your daughter,’” Martha says. “They tell me she's very caring. She listens.”

Teresa often seeks her mother's advice, and since the two work as PAs in different health fields, it helps Martha keep current with other treatment options.

“It keeps us in balance,” Martha says. “It's good for us to be in this profession. There is still so much to learn.”



[After this story was written, Teresa was appointed to fill an unexpected vacancy on the UAF Alumni Association Board of Directors.]

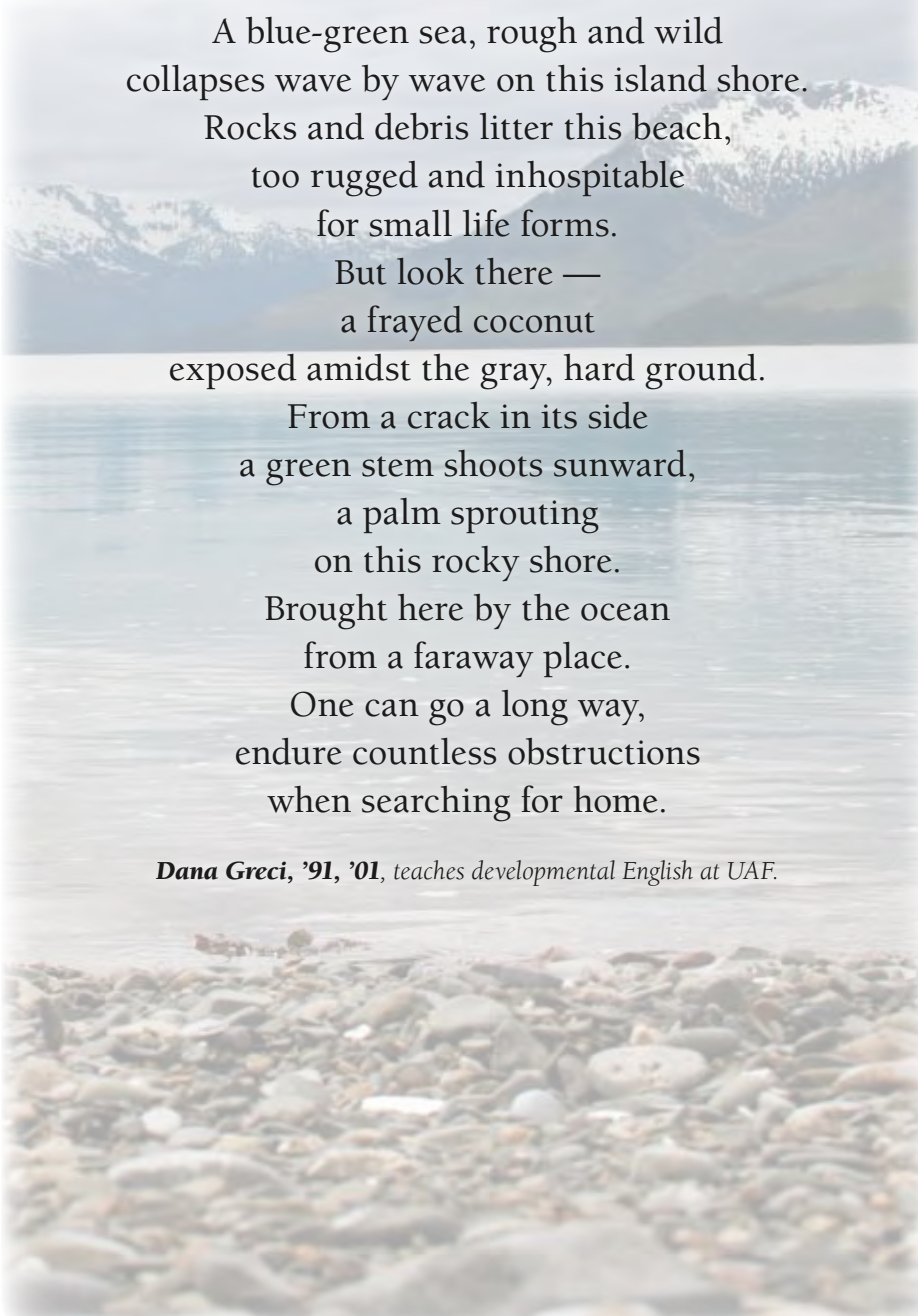
Diana Campbell, '91, '93, is the communications specialist at UAF's Center for Alaska Native Health Research. She is a Gwich'in/Alutiiq author and a tribal member of the Native Village of Venetie.

NANOOK NOOK

Welcome to our new addition to *Aurora*, a place to showcase the talent of our alumni and students. If you have an original poem, essay, short story, artwork or photograph(s) that you would like to share with our readers, contact aurora.magazine@alaska.edu for submission guidelines.

Sprout

by Dana Greci



A blue-green sea, rough and wild
collapses wave by wave on this island shore.
Rocks and debris litter this beach,
too rugged and inhospitable
for small life forms.
But look there —
a frayed coconut
exposed amidst the gray, hard ground.
From a crack in its side
a green stem shoots sunward,
a palm sprouting
on this rocky shore.
Brought here by the ocean
from a faraway place.
One can go a long way,
endure countless obstructions
when searching for home.

Dana Greci, '91, '01, teaches developmental English at UAF.

President's column

By **Derek Miller, '03, '11**

I have thoroughly enjoyed serving on the alumni association board for the past three years, particularly with the other board members and executive director Joe Hayes. Their infectious commitment to UAF and to engaging our alumni is inspiring.

It is my hope that the association continues to grow in the years ahead. We have our challenges, but I'm confident they can be overcome. There is alignment among stakeholder groups (Chancellor Rogers, the individual schools and colleges, the staff, and the local business community) that make the next few years a golden opportunity for us to move forward, and to move forward boldly. The foundation is there. Now it's time to build on it.

The moves have already begun to take shape, including a totally revamped alumni reunion weekend in September. Instead of a Friday afternoon luncheon, plans are in the works to celebrate our 2012 alumni award recipients, including our Distinguished Alumnus, at a more formal dinner banquet Saturday evening before the lighting of the Starvation Gulch bonfires. Our reunion committee is already hard at work putting the plan in motion. Please mark your calendars for Saturday, Sept. 22.

Alumni are also expected to play a leading role during the prelude to UAF's 100th anniversary in 2017. Alumni participation, especially generating the much-needed enthusiasm required to celebrate this important milestone, is a must. You can bet that there will be a serious, organized campaign around this effort, and the association will be front and center.

Thank you for all you do to make UAF a great university ... and stay tuned.

1960s

Jim McCaslin Brown, '60, '63 — “Promoted to emeritus professor and retired from Alaska Pacific University in June 2010. Presently teaching at APU part-time (one or two classes per year) and involved with senior projects and master’s theses. I have no plans to move Outside and will continue with community activities, which consist of playing flute/piccolo with the Anchorage Community Concert Band and the Front Row Seats Band, representing Government Hill on the Joint Base Elmendorf Richardson Community Environmental Board, and supporting hockey teams — Alaska Nanooks, Alaska Aces and UAA Seawolves.”

Claus-M. Naske, '61, updated his best-selling Alaska history textbook, *Alaska: A History of the 49th State*. It has been re-released as *Alaska: A History*.

David LeCount, '66, wrote a book of haiku poems called *La Honda Journal*, published last year. He lives in La Honda, Calif.

Martin Bushue, '69, works at the U.S. Department of State and is currently assigned to the U.S. Embassy in Jakarta, Indonesia. He and his wife, Sharon, started the Cambodian School Kids charity during a previous posting in Cambodia. Learn more at www.cambodianschoolkids.com.

1970s

Tom Husson, '71, and his wife, Catherine, celebrate their 45th wedding anniversary this year. Tom worked 40 years in the paper industry with more than 15 years as an international consultant to recycled paperboard mills. Catherine retired from the banking industry and traveled extensively with Tom as he called on customers in the U.S., Europe and Latin America. They have retired to the Burlington, Vt., area and follow both UVM and UAF hockey.



Photo by Deb Lawton, KUAC TV.

Ken Whitten, '75, is KUAC TV’s 2012 poster artist. His photo of a bohemian waxwing, entitled “Berry Toss,” was selected from more than 70 submissions by some two dozen artists throughout Alaska.

Colin Wanner, '77, works for the U.S. State Department and is currently assigned to the U.S. embassy in Bosnia.



Neal Fried, '78, “pawses” for a photo opp with Nanook after his presentation at the Alaska Business Week program in August 2011.

Jo Heckman, '79, '85, retired in December from her job as president of Denali State Bank. She currently serves on the UA Board of Regents.

1980s

Nettie La Belle-Hamer, '88, '94, was promoted to associate vice chancellor for research at UAF.

Ann Kapp Andersen, '89, '97, is collaborating with her sister, Janice Kapp Perry, to produce a series of CDs entitled *Soft Sounds for a Soothing Sunday*.

Jackie Stormer, '89, is the book recycling coordinator for the Literacy Council of Alaska.

1990s

Carla Browning, '93, earned the accredited public relations credential through the Public Relations Society of America. She is the communications manager for UAF Marketing and Communications.

Katie Korvola Ziesmer, '93, just found her 500th gray hair. She puts her degree to work in North Pole, homeschooling the four future UA Scholars she shares with **Mark Ziesmer, '00**, her husband of 14 years.

Duane Abrams, '94, has started his own consulting company in Scotland. Duane travels back and forth between his flat in Glasgow and his home in Dallas, Texas.

Adam Christianson, '94, '99, married Melinda Moore on Dec. 31, 2010.

Hatton Greer, '94, and his wife, Michelle, are proud parents of a son, Dexter Martin Greer, born Sept. 29, 2011. Hatton is a public defender for the state of Alaska in Kenai-Soldotna. He is also active in the contra dance community.



Carrie Chouinard, '95, teaches third and fourth grade at Dayville School in Oregon. Read more about her and her students at www.bluemountaineagle.com.

Brian Brubaker, '96, and **Amber Brubaker, '97**, welcomed a new baby named Emily Rose.

Jay Gulledge, '96, is the senior scientist and director for science and impacts at the Center for Climate and Energy Solutions. He received the 2011 American Geophysical Union’s Charles S. Falkenberg Award.

2011 – 2012 UAF Alumni Association Board of Directors

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www.uaf.edu/alumni/

Heath E. Hilyard, '96, is the executive director of the SouthEast Alaska Guides Organization.

Amy Coffman, '97, is a union organizer for the Alaska Public Employees Union.

Jillian Swope-Fletcher, '97 — "I graduated with distinction from Northern Arizona University with a master of science in nursing May 2011. [I was] Selected as national faculty for one of the largest critical care medicine transport conferences in the U.S., where original research on pediatric burn trauma curriculum and instruction for emergency health care providers in rural and medically underserved areas was presented."

Kelly Auer, '98, is the science department chair at East Anchorage High School.

Nathan Platt, '98, is the assistant director of residential life at Ithaca College in New York.

Michelle Renfrew, '98, earned the accredited public relations credential through the Public Relations Society of America in April 2011. She became the director of UAF Marketing and Communications in November 2011.

Kimberlee Beckmen, '99, is a wildlife veterinarian at the Alaska Department of Fish and Game in Fairbanks. Read more about her and her job at www.dailyherald.com/article/20110723/news/707239838/.

2000s

Meadow Bailey, '00, earned the accredited public relations credential through the Public Relations Society of America. She is the public information officer for the northern region, Alaska Department of Transportation and Public Facilities.

Amber Cagwin, '00, '09, is assistant to the vice chancellor for students at UAF.

Jamie Abreu-Napolski, '01, has worked for UAF since October of 1997 and is now the EDGE coordinator.

Pat Race, '01, of Alaska Robotics, a Juneau-based collective of filmmakers, along with his fellow members, put out a new DVD, *Alaska Robotics Vol. 2*, a collection of nearly 50 short films in genres such as sketch comedy, political satire, animation and mini-documentary. Visit akrobotics.com to learn more.

Jason Gootee, '05, relocated to Anchorage as the regional representative for dental products and services for ODS Cos.

Emily Machos, '05, is the summer housing coordinator at UAF.

Stefanie Moreland, '05, is Alaska Sen. Lisa Murkowski's legislative aide for fisheries and arctic issues.

Michelle Nutter Anderson, '05, has been named president of Ahtna Corp.

Jim Rearden, '05, received a humanities award as part of the 2011 Governor's Awards for the Arts and Humanities.

Dani Carlson, '06, is the web producer for KTVA Channel 11 in Anchorage.

Steven Sumida, '06, turned his master's thesis into a grant proposal for training in Native villages on traditional government. This was the only grant awarded in the nation by the Bureau of Justice Assistance to Pribilof Aleuts, Inc.

Allyn Yanish, '06, is the family housing coordinator at UAF.

Jen Angaiak, '07, '11, married Nick Wood in July 2011.

Chris Brown, '07, is the Alaska exploration manager for Corvus Gold.

Tav Ammu, '07 — "I am currently finishing up my second year as a Peace Corps volunteer in Kyrgyzstan. I'm here along with about 100 other PC volunteers who have come from all over the U.S. My primary assignment is to team-teach English to students in a small village near the Chinese border. I work with a counterpart teaching approximately 18 lessons a week with six or so English clubs thrown in. In the short amount of time I've been here there have been drastic improvements, not only with the students' abilities but with my counterpart's as well. We work with a local teacher in the hopes that our influence and aid will be more sustainable and we won't take jobs from host country nationals.

"Aside from the primary assignment I have a secondary assignment of helping out wherever there is need. Generally for English teachers that includes an English club or two. Some help out with local businesses or mapping hiking routes to help increase tourist interest. This past year I did four basketball clubs a week, two a week for boys and two for girls. Most boys have a difficult time showing up with any regularity because as soon as school is finished they are needed back at their farms for help with animals. The girls relished basketball. They were able to play physically, away from the eyes of curious and judgmental peers or elders, and learn the rules and fundamentals of a new game."

Toby Stober, '07, an associate at the Anchorage office of KPMG, is currently on rotation in India.



Got job changes, family changes, awards to brag about, or do you want to become a member of your alumni association? Visit www.uaf.edu/alumni/ to stay connected. Tell us your news, and we will publish it in the next issue of *Aurora* or the *Alumnus* newsletter. Send photos, too!



Larsen Hess, '08, spent time in Japan as part of the Japanese Exchange and Teaching Program. "I did so many things that were fun, interesting and life-[full]filling that I have thought about writing a short book (maybe long) to give details about how awesome it was in and around my town. I did surfing, skiing, hiking, fishing, getting scallops off ships, judo, all the sports my students played, skateboarding, and gold panning all within 30 minutes of my house. I loved it over there and wish I could live there all my life. Just to sum it all up, I would have to say that this has been the best experience of my life... well, except for graduating from UAF."



Megan (Otts) Burkes, '08 — "2011 was an exciting year for **Randy [Burkes, '10]** and me! We moved to Boston, found great jobs (Randy is a software engineer for Oracle, and I am manager of marketing and communications for Boston College athletics) and got married on June 26. We are both loving city life but miss our friends and family (and watching Nanook hockey) back home in Alaska."

Susie Linck Sanders — “I ... wanted to share our family’s connection with UAF — actually the many connections. My dad, **Donald Linck, ’37**, has many fond memories of his days at the University of Alaska. He is forever thankful for the excellent education he gained there, which launched him on his medical career. My mom, **Sylvia Schmidt Linck, Matric.**, was unable to finish her college years, but held fond memories of those days, as well. She passed away in 1997. Dad’s sister, **Helen Atkinson, ’36, ’03**, of Fairbanks keeps Alaska present in our lives. My husband and I just returned from a wonderful, memory-making road trip to Alaska — what a beautiful state full of wonderful folks. My dad lived with us in Nevada for five years and now lives in Montana with my sister, **Sandy Linck Herrick, ’66**, and her husband, **Rod Herrick, ’66**. My sister, **Judy Linck Bell**, also attended UAF.”

Bill Pfeifer, ’08, received a master’s degree from Purdue and works at Microsoft in the protection technologies department “fighting viruses and other nasties online.”

Blaine DeWalt, ’09, is the resident director for McIntosh and Wickersham halls at UAF.

Katie Hartman, ’09, married Tyrell Dabney on July 23, 2011.

Larry Radford, ’09, is vice president for operations at Hecla Mining.

2010s

Christopher Bender, ’10, ’12, and **Nichole Campiglia, ’11**, were married Nov. 26, 2011. They live in Ogden, Utah, where Christopher is an aerospace engineer and Nichole is a child and youth program assistant.

Curtis Fraser, ’10, helped the Anchorage Aces win the Kelly Cup in 2011. He will be playing for a team in Italy next season.

Candace Mae-Iris Wright, ’10, and **Riley John Hall, ’12**, were married Sept. 18, 2011. Riley is a geologist with Alexco Resource. They live in Mayo, Yukon Territory.

Maryanne Allan, ’11, received the Margaret Nick Cooke Award for Alaska Native Arts and Languages, one of the 2011 Governor’s Awards for the Arts and Humanities.

Rebecca Church, ’11, married Rick Wilbur on June 25, 2011.

Sam Tilly, ’11, won the 2011 Hatcher Pass Marathon, running it in 3:00:58.

Cami Zobel, ’11 — “I am currently attending the Anchorage Medex class to obtain my bachelor’s degree and become a physician assistant.”

Matriculates

Jeni (Brown) Bynes is living in Columbus, Ohio, though still full of sourdough spirit. Three kids: Samantha, 25; Zachary, 19; and Cheyenne, 17. “I spend my days hiking, working out, playing guitar, singing and doing yoga, and all of these things balance me! I’m still a computer geek and get a regular fix along with my morning coffee at Global Gallery (think Hot Licks, as it used to exist, without the ice cream). I was diagnosed in 2009 with lung cancer and after radiation therapy am happy to say that I’m now two years in remission! Lost my dad in October 2011 to pancreatic cancer. I volunteer for ACS when I can and for Pelotonia. One goal: end cancer. My latest venture is reading every linguistic book that I can get my hands on. Would love to hear from others! I’m at jenibynes@gmail.com.”

Mike Powers, regent and Matric., received a business leadership award, one of the 2011 Governor’s Awards for the Arts and Humanities.

In memoriam

Jefferson Wayne Barber, ’71, Dec. 16, 2011, San Francisco, Calif.

Arthur L. Brundage, professor emeritus, Dec. 30, 2011, Goshen, NY

Janet Joyce Carlson, Matric., Nov. 1, 2011, State College, Penn.

Carl Christiansen, retired Institute of Marine Science employee, Dec. 10, 2011, Seward

Lucas M. Cronce, ’09, Dec. 25, 2011, North Pole

Edna W. Cryan, Matric., Dec. 13, 2011, Fairbanks

Patrick K. Davids, ’93, Feb. 1, Anchorage

Thomas H. Foss, ’66, Dec. 1, 2011, Anchorage

Donna Pauli Gavora, ’84, Jan. 5, Friday Harbor, Wash.

Carl Grauvogel, Matric., Dec. 11, 2011, Palmer

Perry Clayton Gray, ’81, Nov. 9, 2011, Fairfax, Va.

Isaac Green, CTC faculty, Sept. 7, 2011, Fairbanks

Sue Gregory, Matric., Dec. 1, 2011, Fairbanks

Betty R. Ingalls, ’69, Feb. 1, Winona, Minn.

Deanna Marie Paniataaq Kingston, ’99, Dec. 2, 2011, Corvallis, Ore.

Leslie Joe Klebesadel, professor emeritus, Dec. 30, 2011, Palmer

Melissa L. LaBean, former employee, Nov. 27, 2011, North Pole

Robert A. Mailander, ’85, Nov. 6, 2011, North Pole

Helen M. March, ’37, Feb. 13, Anchorage

Robert F. Meath, ’66, Jan. 30, Fairbanks

Ronald Lee Meier, retired physical plant employee, Jan. 14, North Pole

Erling Peter Nelson, ’64, Jan. 17, Wasilla

Jeffrey D. Nelson, retired Geophysical Institute employee, Dec. 12, 2011, Fairbanks

Leo E. Obermiller Sr., ’50, Dec. 7, 2011, Kalispell, Mont.

Shane Schaible Ramsey, ’88, ’89, Nov. 11, 2011, Chugiak

Davis D. Sentman, professor emeritus, Dec. 15, 2011, Fairbanks

Greg Sheardown, ’89, Dec. 30, 2011, Dubai, United Arab Emirates

Lindale Smith, Matric., Nov. 14, 2011, Fairbanks

Marydee “Silver” Stanfill, ’70, Nov. 9, 2011, Montrose, Colo.

Miles John Stout, ’73, Jan. 18, Ceres, Calif.

Robert “Sully” A. Sullivan, retired instructor, Oct. 26, 2011, Saranac Lake, N.Y.

James “J.C.” Thomas, Matric., Dec. 6, 2011, Oklahoma City, Okla.

Mildred Gernand Wenger, ’64, Feb. 4, Chandler, Ariz.

George William Wiese, ’72, Jan. 2, Fairbanks

Louise Winkelman, former instructor, Nov. 23, 2011, Anchorage

Stephen Emerson Wright, ’84, Dec. 18, 2011, Juneau

Running toward a cure

By Andrea Swingley

Shortly after 7 a.m. on Oct. 16, 2011, 12 women from Fairbanks left Union Square in San Francisco on a journey that would take each of them either 13.1 or 26.2 miles. Actually, UAF alumni **Kim Gaustad, '07, '08; Kelly Gitter, '07; Ashley Munro, '05; Annie Sartz, '07; Marsha Schirack, '07, '10; Laura Seeger, '05; Andrea Swingley, Matric.,** and **Vianne Tobin, '07;** along with UAF staff Pamm Hubbard and Cara Hollingsworth, current UAF student Heidi Shepherd, and Fairbanksan Nancy Bergen, had begun their journeys five months earlier, when they signed up for Team in Training.

Team in Training, also known as TNT, is a sports training program run by the Leukemia & Lymphoma Society. Participants agree to raise funds to support LLS's mission of finding a cure for blood cancers (e.g., leukemia, lymphoma, Hodgkin's disease and myeloma) and improving the quality of life for patients and their families. In exchange, TNT provides a coach (Fairbanks' 2011 coach was **Tracey Martinson, '96**), a training plan and fundraising support to help participants reach their goal of completing a marathon, half-marathon, triathlon, 100-mile bike ride, or a hiking or cross country ski adventure.

TNT began in 1988, and has been training athletes in Fairbanks since 2007. Fairbanks participants generally run either the Equinox Marathon and Relay in Fairbanks or the Nike Women's Marathon in San Francisco, and sometimes both! In five years, Fairbanks TNT participants have raised nearly \$500,000; overall TNT has raised more than \$1.2 billion for LLS. This year's Fairbanks team raised more than \$59,000.

Before joining TNT, few, if any, of these women would have called themselves athletes, but they all were willing to



do something kind of crazy, like completing a marathon, for a great cause. Some joined because they had family and/or friends affected by blood or other cancers; others wanted to get into better physical shape. They began training in mid-May, on their own during the week and with the team on weekends. They ran and they walked. They laughed and they cried (sometimes simultaneously). As they crossed the finish line in San Francisco, each received a specially designed Tiffany & Co. finisher's necklace, presented on a silver platter by a San Francisco firefighter wearing a tuxedo. More importantly, they were friends, and athletes, and had had one of the best experiences of their lives to help find a cure for cancer.



Andrea Swingley, Matric., did not even remotely resemble a runner before joining TNT in 2008. She has since completed four full marathons and six half-marathons (so far).



To learn more about or get involved with Team in Training, visit **www.teamintraining.org**.



▲ Left to right: Cara Hollingsworth, Andrea Swingley, Pamm Hubbard, Annie Sartz, Kim Gaustad and Kelly Gitter display their race bibs for the Nike Women's Marathon.

▲ Left to right: Vianne Tobin, Annie Sartz, Kim Gaustad, Pamm Hubbard, Kelly Gitter, Ashley Munro, Cara Hollingsworth, Andrea Swingley, Nancy Bergen, Laura Seeger and Heidi Shepherd celebrate their accomplishments at the Nike Women's Marathon finishers' banquet.

Gold Fever!



Photo courtesy of Civilian Marksmanship Program.



Photo courtesy of ISSF.

Matt Emmons, '03, and Jamie (Beyerle) Gray, '09, will represent the U.S. at the 2012 Olympic Games. Jamie will compete in both of

the women's rifle events, air and three-position. Matt made the team in the same events (guys' side, of course), and will compete in June for a U.S. berth in a third men's rifle event — prone — in which he won a gold medal at the 2008 Olympics.



The games begin in London July 27. For a complete schedule of events, including shooting events, visit www.london2012.com/sport-schedules/.

AP Images/Chris Pizzello.



Ben Grossmann shows off his Oscar with his wife, Ariane Rosier.

Ben Grossmann, '95, collected an Oscar for his work on the movie *Hugo* at the 84th Academy Awards ceremony Feb. 26. He shared the visual effects award with three colleagues. Ben grew up in Big Delta and moved to California in 2001 to pursue a career in films. He's no stranger to award ceremonies: in 2006 he won an Emmy for his visual effects work on the miniseries *The Triangle*.



Learn more about Ben and his work at www.bengrossmann.com.

Letters

Continued from inside front cover

Are the foods from the “local store” (or mail orders) of “little nutritional value”? I guess that depends on what the customer buys! There seems to be a lot of junk food sent to the Bush, and apparently it sells well — witness the tons of soda pop shipped all over. But to generalize that available boxed and canned goods have little nutritional value is a gross oversimplification that can mislead people. On the radio a while back I heard a lady from the Bush who had gotten involved in a local fresh foods production effort say, in effect, “I didn’t know rice was bad for you.” She was not adequately informed that rice isn’t bad for you, but that you need other foods for a good diet.

Too expensive to order by phone, mail, email, etc? If people can gamble hundreds on bingo and pull tabs, and buy bootlegged booze at \$30 to \$100 a bottle, not to mention other drugs, it seems there are enough discretionary dollars around to buy nutritious food.

The health problems aggravated by poor diet are more a function of education and individual choices than of unavailability of good food, whether it's local food or imported. Too often the individual choice is the easy, prepared, low-quality food instead of better food requiring more work to get and to prepare. Those “country foods” Craig Gerlach speaks of in the story don't walk in your door and jump on the stove!

But still, the renewed interest in Bush (and town) gardens to provide good food and the efforts to promote

it are encouraging. And Gerlach is right — “success will come from the bottom up” — but only if individuals and communities will take responsibility for their own well-being. If the effort turns into another “grant-eating” exercise, on the assumption that you need a grant to do anything, success may be more uncertain.

Finally, on page 15 it says: “But Alaska’s changing ecosystems mean wild game can’t be relied on.” As though Alaska’s fish and game are disappearing before our eyes! They are not! The end of wild foods for people is not in sight. What is more at risk is the willingness of people to work hard to obtain those wild foods, even though with today’s modern gear it’s easier than it used to be.

True tales of hunger and starvation in earlier centuries confirm that relying on wild game (and fish) was always tough. But so were the people. They made it — even though the ecosystems changed over the millennia.

Developing supplementary healthy foods makes sense. Invoking myths and vague threats of impending doom are unnecessary for justification. Many people are already supplementing wild foods and store-bought foods with gardens, including me and my family, and have been for decades — even without high-tech gear!

Richard H. Bishop, '67, MS, wildlife management, Fairbanks

P.S. You're lucky we have to go harvest the spuds, carrots, etc., and put them in the root cellar — or this letter might have been much longer!