Team PUC: The Journey of Physical Education and Athletics
A TIME AND SEASON FOR EVERYTHING | by Thea Hanson

Change: moving out of one’s comfort zone. That definition of change, as taken from Steve Case’s profile on page 19, should put our ViewPoint staff right at the top of the “uncomfortable zone.”

Our last issue, fall 2005, saw Heidi Lukowicz’s design talents for the last time, as she now designs for the Jolly Bolly Factory in nearby Fairfield. By the time you read this issue, ViewPoint’s executive editor and director of public relations, Michelle Rai, will instead be standing at the front of her classroom as an instructor in the communication department at PUC.

This current issue, winter 2005, is also my last issue as editor of ViewPoint, since I will be heading out of my comfort zone to teach English in Korea. I’m pleased to be able to feature the physical education department as I end my ViewPoint editing days.

My interest in physical education started 40 years ago when I joined Dr. Robert Reynolds’ gymnastics team at PUC. I must have posed a real challenge for Doc; he recommended I get some help improving my team at PUC. I must have posed a real challenge for Doc! He recommended I get some help improving my team at PUC. I must have posed a real challenge for Doc! He recommended I get some help improving my team at PUC. I must have posed a real challenge for Doc! He recommended I get some help improving my team at PUC. I must have posed a real challenge for Doc! He recommended I get some help improving my team at PUC. I must have posed a real challenge for Doc! He recommended I get some help improving my team at PUC. I must have posed a real challenge for Doc! He recommended I get some help improving my team at PUC. I must have posed a real challenge for Doc! He recommended I get some help improving my team at PUC. I must have posed a real challenge for Doc! 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Team PUC: The Journey of Physical Education and Athletics

Practical Calisthenics and Pioneer Athletics

From the days in which exercise meant good old-fashioned labor to today’s line-up of eight varsity teams and a Department of Exercise Science, Health and Nutrition that offers two degrees, a minor and a teaching credential, physical education at PUC has been through a long line of revisions. As we follow the developments through the years, we see two lines that sometimes converge and sometimes wind separately: one is the path of physical education, the other of athletics.

Physical education was valued at PUC from the earliest days, but it was very pragmatic with idle games forbidden. “The question then arises,” wrote Fred Landis in the 1923 Mountain Echo, “if the youth can have but a one-sided education, which is of greater consequence, a knowledge of the sciences, with all the disadvantages to health and life, or a knowledge of labor for practical life?” His article, titled “The Importance of Physical Education,” highlighted the emphasis of the time on the very practical application of physical education. “We unhesitatingly answer, the latter. If one must be neglected, let it be the study of books,” Landis concluded. “A sound body will go far towards making one mentally alert.”

Even when exercises other than labor were utilized, the school was very clear that the purpose was practical health. The girls of South Hall were informed that “it is the duty of every woman to cultivate a symmetrical, well-poised physique,” while the ideal for the men’s physical education course was “practical calisthenics mixed with religious principles” and included marches, setting-up exercises, and dumbbell workouts.

At the same time, however, the college accepted more light-hearted, active recreation as a healthy aspect of college life. Team games and sports were organized at picnics and outings—and a Campus Chronicle article revealed that even the men’s and women’s physical education training classes were “often permitted to play such games as volleyball, basketball, soccer, etc.” These activities may be considered PUC’s early athletics.

For many years, this approach of physical labor and a sprinkling of gender-specific active games and exercises comprised the entirety of the physical education and athletics program. But by 1943, world events sparked new ideas about PE in the denomination’s colleges. “Recognizing the needs of a nation at war,” a Campus Chronicle article proclaimed, “PUC will join other denominational colleges in a new physical education and health program, the largest in its history.” That year, a convention of physical education instructors met at La Sierra College, and the Chronicle reported that “comprehensive plans were laid to expand the physical education plans in the colleges. In the new program, emphasis will be placed on bodybuilding and student health, aspects of our educational program which it has been noted have been neglected in the past.”

While physical education experienced these developments, the PUC tumbling team emerged as the forerunner of the varsity team concept, allowing students to pursue fitness while working in a close-knit team—and providing publicity for the college. Other developments followed in both PE and athletics: the opening of the new gymnasium, an official Intramural Board providing a framework for the assorted sports that students played on campus, and eventually, in 1955, the first PE major.
An eruption of interest in sports and recreation ran through the ’60s and ’70s, resulting in the formation of PUC’s ski club and SCUBA club, the beginning of the Angwin-to-Angwin run, the building of the weight room, growing participation of women in organized sports, and expansion of the programs, courses and facilities in the PE department. The practical, health-focused PE courses and the recreational spirit of athletes grew hand in hand. And then the inevitable question made its appearance in a big way: What do we do with competition? For some time students had been organizing into teams and playing off-campus games with Loma Linda, La Sierra and Walla Walla teams. By 1982 La Sierra had officially given approval for such games on its campus, but the PUC Student Affairs Council recommended to the administration that PUC continue their policy of allowing—but not supporting—off-campus games and prohibiting on-campus intercollegiate games.

Seven years later, PUC revised that decision and began an official, college-sponsored intercollegiate athletic program. The program included women’s volleyball and men’s basketball, with guidelines from the administration limiting play to other Christian college teams. The teams, however, found that the playing atmosphere was more positive when they didn’t play sister Adventist colleges. “It was uphill rivalry,” PUC PE Professor Chuck Evans explains. “It was like fighting with brothers—even though brothers will also defend each other to the death if one gets picked on.” So PUC joined a group of Christian California colleges called the California Coastal Conference, which did not include other Adventist colleges. “It was sibling rivalry,” PUC PE Professor Chuck Evans explains. “It was like fighting with brothers—even though brothers will also defend each other to the death if one gets picked on.” So PUC joined a group of Christian California colleges called the California Coastal Conference, which did not include other Adventist colleges or universities. PUC then added women’s basketball, men’s volleyball, men’s golf, and men’s and women’s tennis to form the Pioneer Athletics program.

In a relatively short space of time, the demand for more “physical education,” and less “athletics” has swung to the opposite approach. In the early days of the Pioneers, the PE department received letters that demanded, “Why are you doing this?” Following a neutral period of time, letters now say, “Why aren’t you doing more?” putting on pressure to increase the athletic program.

Though the debate continues to simmer over competitive sports in the Adventist system and whether or not PUC should award sports scholarships, the basic reality is that the sports program, courses and facilities in the PE department are bringing health and education to the student body.

Many students, faculty, staff and community members take advantage of the college’s excellent facilities such as the pool, tennis courts, fitness center and trails. The fitness center, installed last year as the department’s latest major project, cost over $100,000, which was raised through their Dirt Classic bike race proceeds and alumni contributions.

The PE majors of today are not just training to be teachers. A vast array of careers awaits them (see pages 14-22). Though the games of the athletic realm are enjoyable and positive, these students need a firm base in a more individual approach to an active, healthy lifestyle and exercise. There may not be groups of girls in skirts doing calisthenics at 5 a.m. or fifty girls ready for the morning race. The shrill call of the referee’s whistle brought the unserious girls in the gymnasium to order. “Lucille, you and Dolly choose sides,” called the referee. The sides being chosen, the ball was thrown and the game began. For three quarters of an hour the girls threw the ball, ran after it, scrambled for it. The score rose higher and higher as the game proceeded until by the time the 6:00 o’clock chapel bell rang, which was the summons to cease, the score was 6 to 10 in favor of Lucille. The girls made a dash for the dormitory—and for the showers. How invigorated it makes one feel, after having played hard for nearly an hour, to step into a shower at 60° Fahr. It is surprising how completely dressed the girls came to worship fifteen minutes later.

By Helen Johnson, Senior, Mountain Echo Senior Annual

Early Morning Gym: 1923

Lucille drowsily raised her head from the pillow as the electric lamp suddenly flashed the light into her eyes, and looked at her watch. Five o’clock! What an uneasy hour to wake a person up, anyway! She closed her eyes again and would have soon been in dreamland if her roommate had not roused her with, “Oh, Lucille, this is the morning for gym, aren’t you going? It’s 5:05 now, we’ll have to hurry!” The girls were soon dressed in their gym suits, and from the sounds heard in the halls, one would think that fifty girls were ready for the morning recreation.

The shrill call of the referee’s whistle brought the unserious girls in the gymnasium to order. “Lucille, you and Dolly choose sides,” called the referee. The sides being chosen, the ball was thrown and the game began. For three quarters of an hour the girls threw the ball, ran after it, scrambled for it. The score rose higher and higher as the game proceeded until by the time the 6:00 o’clock chapel bell rang, which was the summons to cease, the score was 6 to 10 in favor of Lucille. The girls made a dash for the dormitory—and for the showers. How invigorated it makes one feel, after having played hard for nearly an hour, to step into a shower at 60° Fahr. It is surprising how completely dressed the girls came to worship fifteen minutes later.

By Helen Johnson, Senior, Mountain Echo Senior Annual
the journey through physical education

<table>
<thead>
<tr>
<th>Year</th>
<th>Event</th>
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<tbody>
<tr>
<td>1909</td>
<td>PUC moved to Angwin location</td>
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<tr>
<td>1923</td>
<td>Gymnasium opened (now the elementary school gym)</td>
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<tr>
<td>1926</td>
<td>PE course commences</td>
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<tr>
<td>1938</td>
<td>Swimming pool opened on current library site</td>
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<tr>
<td>1939</td>
<td>Harold Ackerman hired as first director of PE</td>
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<tr>
<td>1942</td>
<td>PE required of all freshmen</td>
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<tr>
<td>1943</td>
<td>Tumbling team organized</td>
</tr>
<tr>
<td>1949</td>
<td>Tennis courts opened behind Grainger Hall</td>
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<tr>
<td>1950</td>
<td>Cyril “Blacky” Dean hired as director of PE</td>
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<tr>
<td>1951</td>
<td>New gymnasium opened</td>
</tr>
<tr>
<td>1954</td>
<td>Intramural board organized</td>
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<tr>
<td>1955</td>
<td>First PE and health major offered</td>
</tr>
<tr>
<td>1961</td>
<td>New swimming pool opened</td>
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<tr>
<td>1961</td>
<td>Robert M. Reynolds appointed chair of the department</td>
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<tr>
<td>1967</td>
<td>First PE classroom built (formerly taught in teacher offices)</td>
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<tr>
<td>1968</td>
<td>Tennis courts built across the road</td>
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<tr>
<td>1975</td>
<td>Weight room built in gymnasium basement</td>
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<tr>
<td>1978</td>
<td>First recreation major offered</td>
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<tr>
<td>1981</td>
<td>First commercial fitness major offered</td>
</tr>
<tr>
<td>1984</td>
<td>James Hanson appointed chair of the department</td>
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<tr>
<td>1987</td>
<td>Rock climbing wall built in gymnasium (photo: 2005)</td>
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<tr>
<td>1988</td>
<td>Joined the Fellowship of Christian Athletes program</td>
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<tr>
<td>1989</td>
<td>New athletic fields and sand volleyball courts built across the road</td>
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<tr>
<td>1990</td>
<td>Chuck Evans appointed chair of the department</td>
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<tr>
<td>1990</td>
<td>Pioneer Athletics program started. Joined the California Coastal Conference</td>
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<tr>
<td>1994</td>
<td>Joined the National Association of Intercollegiate Athletics</td>
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<tr>
<td>2003</td>
<td>Department name changed to Exercise Science, Health and Nutrition</td>
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<tr>
<td>2005</td>
<td>Fitness center opens</td>
</tr>
<tr>
<td>2005</td>
<td>Michael Hellie appointed chair of the department</td>
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Can you imagine being a PUC department chairperson for 23 years and a professor for 30 years and never remembering a bad moment? Sounds rather incongruous, doesn’t it? But you could always count on “Doc” to be positive, happy and enthusiastic.

Dr. Robert Reynolds, known as “Doc” to his students, came to PUC in 1961 to teach physical education. Prior to his teaching at PUC, Bob taught one year at Walla Walla College (Wash.) and nine years at Union College (Neb.), where he started their PE program. After arriving at PUC, he attended the University of Oregon during the summers, earning his doctorate in Physical Education in 1965. He served as chair of the PE department until 1984, but continued teaching in the department until his retirement in 1990.

While serving as chair of the PE department, Doc “enlarged everything.” He enlarged the track to a full quarter mile, enlarged the playing fields, enlarged the tennis courts, adding the courts at their present location; added classrooms in the gym, added the weight room in the basement of the gym, increased the PE faculty from two to five members, enlarged the program by adding a PE minor and a recreation major, and enhanced the gymnastics team, going on many tours. In addition, he loved teaching and not too long ago said, “I don’t remember having a bad moment.” Bob especially enjoyed the many students—“friends,” as he called them—that would come back and visit.

In addition to his administrative and teaching duties at PUC, Bob volunteered with the American Red Cross in various capacities for over 50 years, including board chairman. He also participated in the Pathfinder program for over 43 years.

Bob was born in Seattle, Washington, on May 18, 1925, and grew up in Walla Walla (Wash.). On his 18th birthday he joined the Navy. He was stationed in the Philippines until his honorable discharge in 1946, after which he married Patricia Rae Saxby, whom he had met while attending summer camp. Bob and Pat had three wonderful children—daughters Sandra and Shelley, and son Monti—seven grandchildren and one great-granddaughter.

Robert Monti Reynolds passed away on August 31, 2005, after a long and courageous battle against cancer. He was surrounded by his loving family who sang him to sleep—God’s angels will sing him awake.

Bob’s life was exemplified by his sunny outlook, ready smile, cheerful whistle, firm handshake, contagious enthusiasm, and service to God, country and his fellow man. In his own words, Bob tells us to: “Keep looking up!” “Keep smiling!” and “Keep firing on the line!”

by Thea Hanson
Like judges at a swim meet, two lone grasshoppers sit on the lane markers of the PUC pool—maybe keeping themselves warm in the early pre-dawn hours as the steam from the heated pool evaporates into the break autumn air. They look down at the swimmers gliding past them, who shower them with splashes of chlorinated water.

The time is now, 6:30 a.m., November 16, 2005, curbside at the PUC pool.

Over 44 years ago, on Sunday, October 15, 1961, also curbside at the PUC pool, five students dove into the new pool, racing through the water to break a ribbon stretched across the far end. It was the official opening ceremony of the swimming pool. That was PUC’s third pool.

Much history went into that moment.

The first pool, a heated indoor pool, already existed when PUC acquired the Angwin Resort in 1909. Since physical activities other than work were not encouraged in those early days, the pool was not used much and soon fell into disrepair. After 1925 it was used for irrigation purposes until its abandonment, where it still sits empty today. It didn’t help that the pool “was located behind the farm, and probably not many of the students had the inclination to walk through the farm with its myriad aromas.”

After many “dry” years, a new interest peaked in swimming. In 1937 a campaign was launched to fund a new indoor swimming pool costing $5,000. It was built the following year on the site of the present library.

Seventeen years later the pool gave way to the construction of a new library, the pool walls still visible today in the library basement. After four more dry years, another campaign was launched for a new pool. The administration agreed to fund the project if the students raised $25,000. Both groups completed their end of the deal, and the third pool was constructed.

The November 1, 1961, Campus Chronicle commented: “The completion of the pool has been met with a great deal of enthusiasm ... The pool will doubtless see a lot of use—everything from swimming meets to canoe racing—another fad has hit PUC.” The accompanying photos attest to the accuracy of those 1961 predictions.

Today, the James Hanson Memorial Pool shimmers under recent repairs. It greets early morning lap swimmers while it is still dark, and it provides ample opportunity throughout the day for a myriad of swimming classes and lap and recreational swimming, finally calming down for the night at 9 p.m. so the grasshoppers can return to their warm perches for the night.

...yield to splashes of activity

by Thea Hanson

* Campus Chronicle, November 1, 1961, page 8.
* The pool was named the James Hanson Memorial Pool in 1995 when it was dedicated to the memory of Professor Jim Hanson, who taught at PUC in the PE department from 1972 to 1994.
Dan Gentry stands still, camera poised, as a lion pounces on some unsuspecting early morning visitor at the watering hole. Gentry, with his lifelong quest for adventure, is at it again—this time with his equally adventuresome wife, Jan (Walton, ’79), celebrating their 25th wedding anniversary in Africa.

Over 27 years ago, Gentry saw his first lions in the wilds of Tanzania, where he served as a student missionary for a year while taking time out from his studies at Pacific Union College. That was in 1978.

Before going to Africa as a student missionary, Gentry was a theology major at PUC. After spending his year as an SM, teaching Bible and PE classes, he knew PE was his calling. Because of the number of religion credits already amassed and the lack of PE credits to his name, he graduated with a religion major in 1980 and a partially completed PE major. But that did not stop him. He went on to California State University-Sacramento, completing a master’s degree in recreation in 1984.

During the ensuing years, the Gentrys’ sense of adventure continued to lead them around the globe, including a three-year teaching stint at Avondale College in Australia, where they especially enjoyed scuba diving on the Great Barrier Reef.

Upon returning to California in 1987, Gentry quickly moved up the career ladder from recreation coordinator in sports to recreation supervisor, to recreation superintendent, to acting director of recreation. In 2002 Gentry became the director of parks, recreation and community services for the City of Woodland. Although Gentry made a difference in every community where he served, he now has the authority to make big-picture decisions—and he is dreaming BIG for Woodland. But those dreams are real; they are already under construction. Currently Gentry is involved in a $65 million project involving a 52,000-square-foot community center, an 80-acre sports park, and 10 synthetic soccer/football fields—unprecedented for Northern California.

Reflecting on his experience at PUC, Gentry speaks highly of his professors as “positive and uplifting, always challenging, stretching and supporting me—some of them even becoming my close friends.”

During a more philosophical moment, Gentry summed it all up by saying, “We are on this planet for just a short time. When we depart, what legacy will we leave? I hope to have made a difference because of my presence on this planet.”

WHERE HAVE ALL THE MAJORS GONE?

At PUC, they kept things lively by catapulting through the air, pumping iron, scaling buildings or running backcountry trails. Now they’re in a bigger playing field, but their schedules are just as full, just as active, and just as varied. The students who graduated from the Department of Physical Education, Health and Recreation (now Exercise Science, Health and Nutrition), represent a vast array of professionals: from researchers to teachers, coaches, tennis pros, physical therapists, college administrators, personal trainers, physician’s assistants, youth leaders... the parade of careers goes on endlessly. Even non-PE majors, who are expected to take some form of PE as a general education requirement, have taken lifetime skills with them into their futures. On the following pages we present just a snippet of the parade, through the lives of nine PE alumni and one non-PE major.
HEALTH

David Nieman, ’72: Hooked on Research

David Nieman is chock-full of good advice. “If you take a brisk 30 to 45-minute walk every day, you will likely have half the sick days of people who don’t walk,” says this Class of ‘72 alumnus, now an author of nine books and 200 articles and a professor of health and exercise science at Appalachian State University in North Carolina.

Nieman’s life itself bustles with activity. Not only is he director of the most productive research team in the United States dealing with the effects of exercise on the immune system, but he also works his own 12-acre farm in the mountains near Asheville—when he isn’t teaching health classes, directing the human performance laboratory, directing the health promotion degree, writing another article, or lecturing around the world! And if that isn’t enough, Nieman and his wife, Cathy, who is a nursing home dietitian, have just adopted his sister’s two young children—much-adored additions to the family.

Oh, and did I forget to mention, Nieman has also run 58 marathons and ultramarathons! So how does he accomplish it all? His explanation is simple: “By managing my time!”

Nieman’s love of research started many years ago. Raised in Angwin, where his mother still resides, he graduated with a physical education degree from PUC in 1972. He even taught some PE classes and coached the gym team during this time. After three years of teaching in South Africa and completing a master’s degree, Nieman returned to teach health and physical education at PUC. His PUC teaching days were highlighted by setting up the treadmill lab, conducting treadmill testing and running marathons.

The next undertaking in Nieman’s busy history involved working on a doctor of public health degree at Loma Linda University. By the time he had completed this and moved on to teach in the LLU public health department and do research in the immunology department, Nieman was seriously hooked on research.

In 1990 Nieman headed to the health and exercise science department at Appalachian State University in North Carolina, where today he is the director of the research team. His research during the past 20 years has been focused on exercise immunology, along with sports nutrition, obesity, aging and nutritional assessment.

A current project for Nieman is a $1.1 million grant from the military to study the effects of quercetin on the immune system following excess exercise, since excess exercise—such as running a ultramarathon! So how does he accomplish it all? His explanation is simple: “By managing my time!”

Nieman’s love of research started many years ago. Raised in Angwin, where his mother still resides, he graduated with a physical education degree from PUC in 1972. He even taught some PE classes and coached the gym team during this time. After three years of teaching in South Africa and completing a master’s degree, Nieman returned to teach health and physical education at PUC. His PUC teaching days were highlighted by setting up the treadmill lab, conducting treadmill testing and running marathons.

The next undertaking in Nieman’s busy history involved working on a doctor of public health degree at Loma Linda University. By the time he had completed this and moved on to teach in the LLU public health department and do research in the immunology department, Nieman was seriously hooked on research.

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A current project for Nieman is a $1.1 million grant from the military to study the effects of quercetin on the immune system following excess exercise, since excess exercise—such as running a marathon or engaging in battle in the army—actually lowers the immune system. This study will keep Nieman and his research team involved for over two years.

The next time you are exposed to an onslaught of viruses and bacteria, you can refer to some more of Nieman’s well-researched advice: “People who exercise regularly report fewer colds than their sedentary peers.” In addition, he informs us of some highly recommendable goals: “Eat a well-balanced diet, keep life stresses to a minimum, avoid chronic fatigue, obtain adequate sleep, and avoid rapid weight loss.”

COACHING

Rhonda Ramos, ’90: A Family Tradition

Callers leaving a message for Rhonda Ramos, ’90, at either of her two PUC phone numbers, are encouraged to not just leave their contact information, but, more importantly, to “have a blessed day in the Lord.” And any personal exchange with Ramos confirms that the sentiment is genuine; she deeply believes that putting God first is the most important priority in life.

Ramos returned to her alma mater this year as an enrollment counselor and recruiter and also as the women’s volleyball coach. She is thrilled to be back at PUC and is particularly happy to be coaching a Christian sports team again so she can share her faith. She starts every practice with a devotional and continually emphasizes that serving God is more important than serving the volleyball.

From the beginning of volleyball season, Ramos told her team that she wanted to see them grow as virtuous women of God just as much as she wanted to see them grow as players. “I told them that even if we went 0-14, but they improved as godly women of character, then we had a winning season as far as I was concerned.”

Several of the women on the team got inspired by their team devotionals and started a women’s-only monthly worship service, Veiwis Wovir, open to all female PUC students. When she starts talking about how proud she is of her “girls” for organizing these worships, Ramos gets a bit teary; she feels so thankful that her work is bearing fruit. “It just affirms that God led me here, and I feel so grateful,” Ramos says.

Ramos comes by her love of sports naturally: her late father, Emiliano Ramos, ’68, her brother, Sean Ramos, ’94, and her sister-in-law, Kim (Correa) Ramos, ’94, all graduated with PE degrees from PUC. When they get together as a family, a ball of some sort—often a volleyball—usually makes an appearance. Her father was a PE teacher for the state of Hawaii for 30 years and coached local sports teams in her hometown of Lahaina, Maui, for as long as she can remember. “We were always either watching one of Dad’s teams play or playing on his team.”

Through watching her dad, Ramos came to profoundly respect how sports can be a liaison to the larger community. There aren’t many Adventists in Lahaina, but being one of the local coaches was a way to be actively involved with the community. “Most people who knew my dad respected him.” Ramos recalls.

When her father passed away in May of 2004, her family not only lost their dad, but their favorite coach. “His coaching style was a great example of our heavenly Father. He was a strict coach, but loving. When he disciplined us, it was out of profound love in his heart.”

These memories of his coaching style are still the strongest influence on her coaching of the PUC women’s volleyball team—a balance between love and discipline. Most importantly though, Ramos says, she wants to show her girls God’s love. “Although I enjoy winning, to me, the game is secondary to helping create disciples for Christ.”
COMMERCIAL FITNESS MANAGEMENT

Stephen Tad Fuller, ’94: The Tradition Goes On

As Exertec Health and Fitness Center in Napa quiets down momentarily during the middle of the day, Tad Fuller steps out of his office and starts working out. When he has finished his core training workout, he simply steps back into his office, which is located right in the fitness center. Sounds like a utopian set-up for one who loves exercise!

For Fuller, the general manager of Exertec, going to workout is coincident with going to work. Fuller’s Exertec experience began when he was a PE major at PUC. At first he thought he would go into physical therapy, but after doing a PT internship he realized it wasn’t his niche, so he switched his PE emphasis to commercial fitness. During his senior year he completed another internship—at Exertec Health and Fitness Center in Napa. He knew then that he had chosen the right career path.

During his internship Fuller experienced every aspect of working in a fitness center, even handing out towels. Fuller steps out of his office and starts working out. When he has finished his core training workout, he simply steps back into his office, which is located right in the fitness center. Sounds like a utopian set-up for one who loves exercise!

Having made a positive impression on management during his internship, Fuller was hired to stay on at Exertec following his graduation. He quickly moved up the career ladder, becoming general manager about one year later.

As manager, Fuller directs the total course of business at Exertec. He supervises the activity directors; he is responsible for all decision-making and finances; he interacts with people all day long; often “putting out fires”; and then there are the endless e-mails and phone calls to attend to.

Of the 4,000 current members at Exertec, Fuller states that a significant number are senior citizens. They use the facility not only to “hang out and socialize, but also to ‘keep moving’ in order to get as much out of their lives as possible.”

Shortly after becoming manager, Fuller had a chance to “repay” his internship experience by allowing another PUC physical education major to intern at Exertec. Following Nori Hongo’s internship, Fuller hired Hongo in 1997; Hongo now serves as assistant manager. So Exertec allows another PUC physical education major to intern at Exertec. Following Nori Hongo’s internship, Fuller hired Hongo in 1997; Hongo now serves as assistant manager. So Exertec allows another PUC physical education major to intern at Exertec.

Fuller currently reports that Exertec has a “great staff” and that he is proud to work with them. 

Fuller’s commitment to Exertec is reflected in his desire to keep the tradition of serving as a door for PE majors, even as it keeps humming with the sounds of fitness.

YOUTH MINISTRY

Steve Case, ’79, ’80: Leaving the Comfort Zone Behind

Steve Case faced a dilemma. Should he become a “spiritual PE teacher” or a “playful pastor”? Case loved sports; he also felt called to be a pastor. As a student at PUC not knowing which direction to go, he majored in both physical education and theology. But he spent most of his time with the PE majors, working as a lifeguard, swimming instructor, gym team coach and intramural referee.

After three years at PUC, Case was hired as the student youth pastor, assisting the first youth pastor ever at PUC. That experience brought it all together for Case—youth ministry, a new era in the Adventist church.

Case, originally a rather authoritarian Adventist, quickly had his rose-colored glasses shattered. He learned that people prefer to stay in their comfort zones by resisting change, whereas Jesus took people out of their comfort zones by encouraging change. Case now faced another dilemma: to take the youth out of their comfort zones in order to make a difference in their lives or to keep the youth in the more traditional roles and not risk offending the laity.

During this time Case completed his bachelor’s degrees in both PE and theology, a master’s in teaching PE, followed by a doctorate degree in religious education at Andrews University.

It wasn’t long before Case discovered that his philosophy of taking people out of their comfort zones could get him into hot water. Though he stayed on to teach at Andrews for five years, Case found himself in the midst of conflicts with the local conference.

Finally Case made it back to California, where he was hired as a youth pastor. But there he also found that his comfort zone philosophy didn’t suit everybody’s style. Case felt frustrated as he dealt with accusations of “ruining the young people.” Now he faced a third major dilemma: whether to spend his energy fighting people or to continue his youth ministry without the support of the constituents. This became the most depressing dilemma for Case, nearly ruining his health and his ministry.

That was 13 years ago. That was when the newly elected General Conference President Robert Folkenberg gave his first sermon at the GC session, stating that “if we give young people a piece of the pie, maybe they’ll stay for dinner.” Case now faced another dilemma: to take the youth out of their comfort zones in order to make a difference in their lives or to keep the youth in the more traditional roles and not risk offending the laity.

Immediately Case knew what to do. He quit his job and on faith started up an independent ministry called “Piece of the Pie,” whose mission was to lead young people to Christ by drawing them into the life of the church. And with God’s help, he is still at it today.

As an independent ministry, not sponsored by any conference or union, Case can creatively implement his own methods for taking the youth out of their comfort zone. He is now hired as an independent consultant by churches, schools, conferences and unions, who are excited about his youth ministry. He offers training seminars; he speaks for youth events including weeks of prayer; he organizes mission trips for groups such as Maranatha Volunteers International; he produces materials such as books, videos and CDs, and he plans conference youth events. And most important, he is now free of the dilemmas—free to make a difference in the lives of the youth in order to lead them to God.
EDUCATION

From primary school teachers to university administrators, these active, enthusiastic PE alumni have dedicated their lives to passing a legacy of health and fitness to young people. Here is just a sampling of the graduates from various decades who have enjoyed successful and fulfilling careers in the field of education.

Harold Crook, ’76, ’77: Academy Principal

The principal’s journey through the Newbury Park Adventist Academy halls is slightly delayed by several students who stop him for hugs and high-fives. “The students know they are loved!” says Harold Crook, ’76, ’77. “It’s a wonderful place.”

Before he became the principal of NPAA, Crook was the chair of their religion department and then vice principal. None of this is directly related to PE, but physical education plays a noteworthy role in Crook’s career. Crook has a master’s degree in education with an emphasis in PE and health, and a doctorate in administration and leadership. While at PUC, he was a graduate assistant and the intramural director, and he taught some PE classes. He then taught PE at Lodi Academy for seven years before going on to NPAA. And though his titles there don’t include the word “PE,” Crook continues to coach the varsity football teams and participate in the intramural program.

Crook’s PE training has had an impact on all aspects of his job. “Having a degree in PE has given me an edge in dealing with groups and individuals, managing facilities, and planning and organizing—because these are all taught in PE.” He explains that so much of PE is about “bringing everyone on the team to a common goal”—which is also an administrative goal.

Crook is delighted by the teamwork at NPAA. The staff has banded together to “mentor Jesus” to each student, “and it has made a difference in the total school environment.” Crook recounts, “My mentors at PUC influenced me to realize that my job was to not just teach PE—they gave me the tools to be a quality Christian educator.”

Justin Gatling, ’01: High School Teacher

Not many people can say that they teach at a school that is sponsored by Bill Gates and Wells Fargo. Not many PE teachers and high school coaches can say that Nike sponsors their school’s athletics. Still fewer can say that they work at a school where former Phoenix Suns basketball player, Kevin Johnson, is its CEO. Justin Gatling can.

Gatling always wanted to teach in an Adventist school, but when he graduated from PUC in 2001, the only jobs available were in public schools. After teaching at Vallejo Middle School, he began teaching and coaching at Sacramento Charter High School. While he hadn’t counted on teaching in a non-Adventist school, the setting provided him with the opportunity to witness to his students and players.

Certain challenges arose, however. Gatling, who coaches the boys and the girls volleyball teams, doesn’t coach on Friday nights or Saturdays. In spite of this challenge, he relishes the opportunity to work with inner-city students who comprise the majority of the charter school. Most of those kids have never been outside of Sacramento to see the mountains. Justin recently took his girls volleyball team to Tahoe, where they hiked, looked at stars, and just enjoyed the unique environment. “They didn’t want to leave. They were totally stoked!” Gatling said.

Perhaps not many educators want to say that they work at a place where their religion sometimes conflicts with their job. But then, not many teachers can say that they introduced high school students to the splendor of nature for the first time. Of course … Justin Gatling can.

Thomas Bunch, ’66: University Vice President

Thomas Bunch is not your typical physical education alumnus. While it is not out of the ordinary for a PE major to be an educator, the way in which Bunch so zealously pursues his passion makes him unique. You can almost see a dedication to education pumping through his veins.

As the current vice president for academic administration at Southwestern Adventist University and with 24 years of teaching experience and 14 years as an administrator, Bunch is a seasoned veteran in the field of education. After receiving his bachelor’s degree in physical education from PUC, Bunch went on to earn a master’s degree from California State University-Sacramento and a doctorate from Brigham Young University, both in physical education. You can legitimately argue that Bunch wrote the book on PUC’s physical education department. His master’s thesis from CSU-Sacramento was published in 1969 and entitled “The History of Physical Education at Pacific Union College.” In addition to his master’s thesis and doctoral dissertation, Bunch has written other professional articles and made presentations on the importance of PE on the collegiate level.

Bunch is an example of the places that a PE degree can take you. “A physical education degree provided me the foundation for where I am today,” says Bunch. From the classroom, to the softball field where he still plays intramurals, to the boardroom, Bunch’s degree in physical education has a hand in almost every aspect of his daily life.
Tony Yaniro, att. ’78–’81: A Rock-climbing Doctor Plays Chopin

From his student days, when he literally scaled the walls of PUC’s buildings, to his current position as a naturopathic doctor, Tony Yaniro has never quit climbing. Although Yaniro was a biochemistry major, he was required like all PUC students to fulfill the general education PE requirement. Yaniro took an “easy” class: Rock Climbing. At least, it was easy for Yaniro, who had been climbing since he was nine years old!

While still a PUC student, Yaniro won second place overall in the sports competition called “Survival of the Fittest,” scaled El Capitan in Yosemite National Park in the quickest ascent time ever, and established the hardest climb in the world at that time, a 5.15 called “Grand Illusion” near Lake Tahoe. Yaniro has also been known to do 1,000 pull-ups in a day, in sets of 50. And he doesn’t just do ordinary pull-ups either—he also does one-arm pull-ups using one finger!

And Yaniro just keeps climbing and climbing. He’s established 1,500 new climbs harder than 5.11 around the country, he designs and builds climbing centers, including the 6,000-square-foot Spire Climbing Center in Montana, he sets up adventure races and rock climbing competitions, he certifies other international route setters, he designs training boards, and he offers rock climbing lessons and workshops, to name just a few of his activities.

Climbing books describe Yaniro as a “climbing icon,” “training guru,” “the best of the best,” “American climbing legend” and “one of the world’s leading mountain climbers.” He was also one of three sports figures, along with track and field athlete Carl Lewis, featured in the IMAX film, To The Limit, which focuses on the human body and how it responds to the challenge of pushing the physical boundaries.

There’s a non-climbing side to Yaniro’s life, though. After leaving PUC he took clinical education PE requirement. Yaniro took an “easy” class: Rock Climbing. At least, it was easy for Yaniro, who had been climbing since he was nine years old!

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This summer and fall, volunteer work in the U.S. was in higher demand than ever with the relief efforts following Hurricanes Katrina and Rita. As aid continued for thousands of hurricane victims, Angwin residents and PUC alumni—ranging from nurses to music professors—found ways to get involved in disaster relief teams.

As a campus and community, Angwin and PUC responded to the disaster by raising funds, coordinating a drive for personal kits, and putting on a benefit concert. PUC also offered tuition assistance to affected PUC students and free tuition to students of colleges that were closed as a result of Hurricane Katrina.

But there were also faculty, staff, students and alumni who got directly involved in the relief work. David Krussow, a ’94 PUC nursing alumnus, was deployed to New Orleans with the Texas Taskforce Team One. Krussow, who works as a flight nurse with STARFlight in Austin, was part of a six-helicopter unit that rescued over 6,800 victims and delivered over 4,000 cases of food and 2,000 cases of water in nine days. “The relief work was an operation of unimaginable magnitude,” he says. While the looters and shooters garner all of the attention, let me reassure you that they are important and worth listening to.”

PUC faculty and staff also donated their time and skills as volunteers. Marsha Crow, education credential analyst, went to a long-term Red Cross shelter in Monroe, Louisiana. Since she had office and organizational experience, Crow spent some time “on the floor,” helping new people move in and interacting with the inhabitants. “I came home with tremendous empathy for people who are suffering and with more gratitude in my heart for the blessing I have in my family, home and work.”

Music Professor LeRoy Peterson, meanwhile, was stationed in Reserve, Louisiana, and went into New Orleans each day to pass out such supplies as food, water, bug repellent and flashlights to people still living in the city. Jim Snook of the custodial department became involved in the Hurricane Rita relief effort in Texas. His tasks there included driving trucks to affected towns to distribute food, water and other supplies, working in a community kitchen, and coordinating a distribution center in Woodville.

Regardless of their backgrounds, these and so many other individuals have found that their skills, their hard work and their hearts are much needed in serving those who are struggling. Their willing service provides inspiration to support each other through rough times. Though he has done stained glass work before, Morphis had never attempted a project as large as this 18-by-4-foot window. “It was a stretch for me,” he says, “but it was a good challenge!” Utilizing the arched window shape, Morphis used an abstract design to suggest the curvature of the earth and the transition of land to sea to sky. He constructed the window in six panels.

Morphis and his family transported the window to Homer in a six-day excursion that included three days on a ferryboat. Morphis spent three days installing his piece on the campus, followed by a special reception at the college, complete with an unveiling ceremony. “The response from the community was very positive,” Morphis says. And he felt a personal sense of satisfaction as well. “I was pleased by the way it felt so well-suited to the space,” he explains. “The colors and shapes of the glass energized the space without overwhelming it, and the contemporary design matched the new architecture well.”

Now on rainy days Morphis can think of his artwork up north, illuminated with Alaskan sunlight as it lends its quiet power to the room below.

### Preaching in the Philippines

It wasn’t exactly a luxury trip. “Satan hit us with everything he could,” says retired pastor and PUC professor emeritus Warren Ashworth, who led a group of nine PUC students and one parent on two weeks of summer evangelism meetings in the Philippines.

But the results were far from dismal. “The students fell in love with the people and the place,” recounts Ashworth. “None of the team members gave in to discouragement, and God blessed our faithful efforts with an abundant harvest for the kingdom.”

Ashworth and his crew worked under the auspices of Global Evangelism (now called “Share Him”), with the support of The Quiet Hour, the Northern California Conference and PUC. Their work was “harvest evangelism.” Each participant gave 17 sermons in a two-week period, as a culmination to Bible studies that local pastors and church members had been giving in the area.

Each team member pitched in with amazing dedication and came away moved by the warmth and kindness of the people. Several students hope to return in various capacities to continue serving on the island of Palawan.

Ashworth really shook off this enthusiasm. “The exposure to a culture very different from one’s own is an eye-opening, humbling experience,” he says. “And there is no greater thrill than to lead a person to accept Christ as their personal Savior.”

### PUC to the Rescue

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Another PUC nursing graduate found herself at the Houston Astrodome. Kortney Hyrchuk, ’01, worked in various areas, including a pediatric clinic and a walk-in clinic. “I wished I could do more,” Hyrchuk recounts. She asked God to help her see how the small bit she contributed was really making a difference. It wasn’t long before her answer came; she just “happened” to be in the right place at the right time to use her neonatal nursing training to save the life of a baby.

In addition to her medical skills, Hyrchuk found that the people in the Astrodome just needed support. “Much of my time was spent just sitting and letting people talk—letting them tell their stories, letting them know that they were important and worth listening to.”

PUC faculty and staff also donated their time and skills as volunteers. Marsha Crow, education credential analyst, went to a long-term Red Cross shelter in Monroe, Louisiana. Since she had office and organizational experience, Crow spent some time “on the floor,” helping new people move in and interacting with the inhabitants. “I came home with tremendous empathy for people who are suffering and with more gratitude in my heart for the blessing I have in my family, home and work.”

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### Window in Alaska

Thomas Morphis stands below his stained glass window at the Kachemak Bay Campus.

In addition to teaching classes, PUC visual arts Professor Thomas Morphis also keeps up an impressively level of personal involvement in the art world. His college and mixed media works are often displayed in exhibitions both in and out of California.

This year, Morphis discovered an opportunity through Alaska’s Percent for Art program, which mandates that one percent of the budget for all new government buildings in Alaska be designated for art to be integrated into the building. The Kachemak Bay Campus of Kenai Peninsula College (a community campus of the University of Alaska Anchorage) was looking for an artistic project to be installed on one of eight possible sites on their campus. Artists from across the United States were eligible to submit proposals.

After a process of designing, sending in a proposal and refining the design, Morphis received a contract from the campus to create a stained glass window.

Each member of the evangelism team gave 17 sermons in two weeks.
PUC Radio

As a follow-up to the emphasis last year’s student body placed on active involvement in college affairs and open discussion between students and administrators, several PUC students have established a brand-new PUC PodCast radio program. The official purpose of the PUC Radio is that “By discussing the latest happenings and hot topics on campus, we will become a forum for on-going dialogue between PUC students that up until this time has been non-existent.”

Each Sunday a new program, hosted by students Dustin Coon and Jaymes Cheney, Student Association president Juliana Dolotto, and campus chaplain Roy Ice, is posted at www.pucradio.com, where listeners can download the programs.

The episodes are devoted to “PUC news and headlines from a distinctively unique angle, with topics and guests that are important to PUC.” Guests to the show have included college President Richard Osborn and women’s volleyball coach Rhonda Ramos. And the thousands of listeners and active student feedback indicate that this new program is already fulfilling its purpose.

cogeneration kick-off

Pacific Union College’s new cogeneration plant made its official debut on October 21, as college President Richard Osborn, financial Vice President John Collins, and Napa County Supervisor Diane Dillon “flipped the switch.”

A massive project for the college and one representing the cutting edge of forward-thinking energy production, the cogeneration plant has garnered its fair share of attention. The grand opening was attended by officials from Trane, Kawasaki, Titan, and Patch Services—all companies involved in the construction and powering of the new plant. Members of the local community, media and Napa Valley Advisory Council also joined college faculty, staff and students in the opening ceremonies and plant tours.

The cogeneration plant is, as keynote speaker Dillon summed it up, “Clean, clever and climate smart.” It uses a 1,400-kilowatt Kawasaki turbine generator, unparalleled for its low emissions levels, to supply the majority of the college’s electrical needs. Recovered waste heat will also be used to supply the campus with heating and air conditioning. PUC gains not only a more stable financial benefit through the high efficiency of the plant and a 10-year fixed rate on natural gas. Recovered waste heat will also be used to supply the campus with heating and air conditioning. PUC gains not only a more stable financial benefit through the high efficiency of the plant and a 10-year fixed rate on natural gas. Now busy in the work of their local church and school, Arthur and Beth Robinson, both ’46 and ’61, look back on 28 years of Christian missionary service in China, Sri Lanka, Guam and Singapore. “We retired from our work in Singapore in 1987,” they write from Tillamook, Ore., where they now make their home.

1920

Marge (Hodge) Jetton, ’25, now in her 101st year of life, was the subject of big-name media recently when the National Geographic magazine (November 2005) and ABC “World News Tonight” (Sunday, October 23, 2005) singled her out in presentations they made on health and long life. Both the magazine and the TV new network noted that Marge recently received her driver’s license for an additional five years, which allows her to motor about the Loma Linda (Calif.) area, where she keeps busy doing charitable work at several facilities. Earlier, in August 2005, Marge’s longevity story was told in word and picture in The Press Enterprise newspaper of Riverside, Calif.

1940

Walter Rea, ’45, was recently featured in the Patterson (Calif.) bugbee newspaper. Termining Walt “a former minister, an almond grower, a poet, an author, a volunteer—and a fire-starter,” the feature stressed his passion for accuracy, particularly in connection with the writing of his book, The White Lie, which takes issue with some of the writings of Ellen G. White. Walt is now retired and serving as a volunteer for a number of local area civic organizations.

1970

James ’70, and Del (Habenicht), att. ’66, Krussow, live in Sonoma, Calif., where Del works for Memorial Hospital of Modesto (Calif.) doing compliance coordination, and Jim works for the California Department of Corrections and Rehabilitation (CDAC) as the fire chief/safety officer of the department’s Jamestown (Calif.) facility in which some 4,000 inmates are incarcerated. Jim, a long-time firefighter with the U.S. Forest Service before serving with CDAC, is a winter-time volunteer with USFS as a ski patroller on cross-country trails surrounding the Dodge Ridge Ski Area in the Stanislaus National Forest.

Sherrie (Poulson) Lizarraga, ’70, ’71, is serving as minister of music at the 1,400-member Brethren United Methodist Church in Richmond, Virginia. She has three daughters: a 2005 mathematics graduate of Andrews University, a pre-law senior at Columbia Union College, and a freshman business major at Virginia Commonwealth University.

1920

Marge (Hodge) Jetton, ’25, now in her 101st year of life, was the subject of big-name media recently when the National Geographic magazine (November 2005) and ABC “World News Tonight” (Sunday, October 23, 2005) singled her out in presentations they made on health and long life. Both the magazine and the TV new network noted that Marge recently received her driver’s license for an additional five years, which allows her to motor about the Loma Linda (Calif.) area, where she keeps busy doing charitable work at several facilities. Earlier, in August 2005, Marge’s longevity story was told in word and picture in The Press Enterprise newspaper of Riverside, Calif.

1940

Walter Rea, ’45, was recently featured in the Patterson (Calif.) bugbee newspaper. Termining Walt “a former minister, an almond grower, a poet, an author, a volunteer—and a fire-starter,” the feature stressed his passion for accuracy, particularly in connection with the writing of his book, The White Lie, which takes issue with some of the writings of Ellen G. White. Walt is now retired and serving as a volunteer for a number of local area civic organizations.

1970

James ’70, and Del (Habenicht), att. ’66, Krussow, live in Sonoma, Calif., where Del works for Memorial Hospital of Modesto (Calif.) doing compliance coordination, and Jim works for the California Department of Corrections and Rehabilitation (CDAC) as the fire chief/safety officer of the department’s Jamestown (Calif.) facility in which some 4,000 inmates are incarcerated. Jim, a long-time firefighter with the U.S. Forest Service before serving with CDAC, is a winter-time volunteer with USFS as a ski patroller on cross-country trails surrounding the Dodge Ridge Ski Area in the Stanislaus National Forest.

Sherrie (Poulson) Lizarraga, ’70, ’71, is serving as minister of music at the 1,400-member Brethren United Methodist Church in Richmond, Virginia. She has three daughters: a 2005 mathematics graduate of Andrews University, a pre-law senior at Columbia Union College, and a freshman business major at Virginia Commonwealth University.
In October, Brent Buell, ’71, appeared in Esquire magazine in a story on the Rehabilitation Through the Arts program at Sing Sing Correctional Facility. The article recounts how Brent, a writer and actor, worked with maximum-security prisoners to produce a dramatic performance he called “Breaking the Mummy’s Code.”

Steve Nicola, att., ’77, teaches religion and literature at Lodi Adventist Academy in Hazelwood, Calif. Steve is also director of student publishing for the Northern California Conference of Adventists and directs a team of student literature evangelists.

1980

Ruth Chung, ’84, now lives in Claremont, Calif., with her two sons, ages 7 and 8. She is an associate professor of clinical education counseling psychology at Rossier School of Education, University of Southern California.

Jan Gordon, ’80, now in health information management at Shawnee Mission Medical Center in Shawnee Mission, Kan., writes from her home in Overland Park, Kan., that “I have been working with our Christians in Action Pathfinder Club for the past 18 years,” and that she has been inducted as a Master Guide. “It’s a lot of work, but … I highly recommend it to anyone wanting a stronger relationship with Christ.

Alyse (Wallin) Ipsaro, ’80, now makes her home in Ringgold, Ga., with her husband, Robert, and writes that she has been working toward the Youth Ministries Department of the General Conference of the Seventh-day Adventist Church. “There was just one week this summer when they opened the doors!”

Cherilyn (Nelson) and Wendell Poulsen, both ’80, now live in Silver Spring, Md., where Cherilyn is a nursing home administrator in Potomac, Md., and Wendell is a dentist in Silver Spring. The Poulsen home is blessed with daughter Kayleigh, 4, and son Berkeley, 7. PUC grad Michael Spencer and Linda Anselmo, both ’81, found themselves recently featured in the Walton Creek Journal when they presented an “Organ Extravaganza” at the First Congregational Church in Martinez, Calif. The two teamed up with pianist Carol Bauer and the Chamber Singers of the Pleasant Hill (Calif.) Adventist Academy. The concert financially benefited the musical ministry of the Congregational church.

1990

Kristy S. Lee, ’87, who lives in Kwooloon, Hong Kong, has been appointed director of sales and marketing for the Langham Hotel of Hong Kong. Kristy originally started her career with PUC as a student literature evangelist at the Ritz in Taipei, Formosa, following her graduation from PUC. Previous to her new appointment she was director of sales at the Kwooloon Shangri-La Hotel since 1995.

David Cline, ’88, and his wife, Dana, who live in Chico, Calif., have two children, Brandon and Alyssa. The Clines operate Affordable Insurance Inc., in Chico.

Sean Facchinello, ’88, after having served as a U.S. Army chaplain in Ramadi—one of the hottest battle areas of Iraq—is now back in the States, serving at Fort Benning, Ga.

Annamarie Hamlin, ’88, was the winner of the 2005 Distinguished Teacher Award of La Sierra University, where she is an assistant professor of English. Alyssa Hamlin, LSU President Larry Geraty, ’62, says, “She’s a superb teacher, a faithful researcher, and one of the faculty members who can be counted on for service—please, she’s a nice person.” Hamlin, who earned her doctoral degree in 19th-century American literature at Claremont (Calif.) Graduate School, recently was awarded the Wood Fellow from the College of Philosophiae, Philadelphia, in connection with her research on the history of women in medicine.

After having practiced in hospital and home health nursing for Glendale (Calif.) Adventist Medical Center for some 14 years, Nick A. Walters, ’85, is now the campus chaplain for Loma Linda University. “I am the first campus chaplain LLU has ever had so we are pioneering the position,” Terry writes. Terry and wife, Marion, have four lovely children. One of their daughters, Mix, is a sophomore at PUC, and Crystal, a senior at Loma Linda Academy next year. Nick A. Walters, ’85, a missionary physician, is the first non-Thai Seventh-day Adventist individual to have successfully passed the three-part boards of medicine in the Thai language. Nick has been serving in Bangkok, Thailand, since December of 2002. While preparing for the examinations, Nick kept himself in the medical environment by volunteering at the Mahidol University Hospital for Tropical Diseases. “God helped me pass,” says Nick.

Amanda Anguish, ’98, who worked in PUC’s Advancement office during her student days and took up the same work at Maranatha University, is currently a receptionist at Feather River Hospital.

Jerry, ’97, and Arienne (Neumann), ’03, Dodrill, now live in Bodega, Calif., and work full-time in their photo gallery of California’s Sonoma Coast in Bodega. The gallery showcases Jerry’s photography. After graduation from PUC, Jerry worked as an assistant to famed National Geographic photographer and mountain adventurer Galen Rowell. Since 1995, he has been photographing climbing for magazines and gear manufacturers like The North Face. In mid-2000 Jerry went to northwest China on a mountaineering expedition to the Tian Shan mountain range, and in 2001 went to Patagonia with a team from The North Face, exploring the Andes of Argentine Patagonia. From 2001 to 2005 he taught photography at PUC. Jerry’s web site is www.jerrydodrill.com. After graduating from PUC with his degree in physical education, Jason Eyer, ’97, taught at PUC Prep for six years. He is currently teaching at Paradise Adventist Academy where he used to be a student. His wife, Adrienne, works as a receptionist at Feather River Hospital.

2000

Rey Prado, ’90, who lives in Kopeoi, Hawaii, is human resources manager for McLane Foodservice, and a minority small business advocate for the U.S. Small Business Administra-

Amanda Anguish in Peru.
Toiya Greene, ’98, serves as a social worker for the Loma Linda University (LLU) Children’s Hospital Specialty Team Centers for Spina Bifida, Sickle Cell/Hemophilia and Home Mechanical Vent (HMV). In 2005, Toiya graduated from LLU with a master’s in social work. She then worked for a year-and-a-half as a clinical therapist for severely emotionally disturbed children in a residential treatment facility before starting her present work at LLU. “I enjoy spending time with my six-year-old son (who was born just a week after my PUC graduation!), and my family and friends,” writes Toiya.

Trey, ’98, and Sara (Showalter), ’96, Ogle live in Woodland, Calif. Sara has been working as a nurse at Woodland Memorial Hospital and in September 2005 welcomed Giovanna, her first child. “It was a beautiful day, nice weather, and Giovanna turned out to be a healthy 7 pounds 8 ounces. I’m happy for my students and our new patient!” says Trey, a member of the United States Air Force as a crew member on a C-5 Galaxy, one of the world’s largest aircraft, and flies out of Travis Air Force Base, Fairfield, Calif. He and his fellow crew members flew critical supplies on the world’s largest aircraft, and flies out of Travis Air Force Base, Fairfield, Calif. He and his fellow crew members flew critical supplies to the New Orleans, La., area immediately after Hurricane Katrina.

2000
Michele Stotz, ’00, now lives in Simi Valley, Calif., where she is a public relations director of the it’s a Witten telecast.

Emily Dalton-Bryner, ’01, who has had experience in handling ill-health, won a contest in Health magazine with a 10-point checklist of better-health tips she follows. She was featured in the October 2005 issue of the magazine. “I’d encourage people to list things that make them feel fully alive, really good about themselves, and create their own plan toward better health,” Emily told Health.

Adel Arrabito, ’03, in mission service to remote Binuangan, on the Philippine island of Mindoro, writes of the departure of two fellow workers from the five-member group that is providing Gospel-giving educational help to the village. Appealing for workers in missions similar to hers, Adel asks, “When the field is so remote, how are there so few willing to work in it? We now have three villages with a missionary presence, but how many hundreds of villages are in the mountains behind me, ignorant of the God who gives life?” Adel’s e-address is rememberadel@gmail.com.

Joeff, ’05, and Alissa (Carr), ’02, Barnes are now serving as nurses at St. Helena (Calif.) Hospital, Goeff in the hospital’s monitored care unit and Alissa in medical/surgical and the emergency department.

Goffrey and Debbie (Phillips) Miranda, both ’05, are now serving as members of the Youth Evangelism Team of the Central California Conference of Adventists, holding teen Bible studies, academy weeks of prayer, and holding city-wide youth evangelism gatherings.

Once again, among the graduating class of physicians from Loma Linda University’s School of Medicine in late May, 2005, PUC alumni comprised the largest number—17—from any of the more than 100 under-graduate schools whose graduates made up the 153-member 2005 class. Members from the PUC Class of 2000 graduating as physicians, along with the medical institutions at which they are now interning, include the following:

Ryan Anthony Barenchi, Travis (Calif.) Air Force Base Hospital; Daniel Elliott Buxton, Loma Linda University Medical Center (LLUMC); David Alan Hadley, University of Utah Medical Center; Brendon Joseph Hanks, LLUMC; Forrest Craig Jillson, LLUMC; Andrew Huyn-Whan Oh, Cedars-Sinai Medical Center; Serena Roxane Srikureja, LLUMC; Robin Yumiko Vance, Florida Hospital, and Jeanine Lynn Walter, Kaiser Permanente Hospital, Fontana, Calif.

Members of the PUC Class of 2001 graduating as physicians, along with the medical institutions at which they are now internning, include the following:

Jacqueline Jeantte Carter, LLUMC; Kevin Anthony Codorizzi, LLUMC; Timothy Bradley Hill, Providence St. Vincent Medical Center, Ore.; Edmund Yuey Kun Ko, Mayo Clinic, Scottsdale, Ariz.; Jennifer Deanne Ward, Arrowhead Regional Medical Center; and Jane Soyoungh Yun, University of San Francisco Medical Center, Fresno, Calif.

Other PUC alumni graduating as physicians and the institutions at which they are now internning, include the following:

Sidney George Jones, ’97, LLUMC; and Rainer Quijada Chan, ’99, Florida Hospital.

BIRTHS:

1. Angela Bateman, ’97, and Jason Honchreiter, in Portland, Ore., 6-3-05.
2. Maria Pia Cepeda, ’93, and Frank V. Govea II, in Glendale, Calif., 6-12-05.
6. Jennifer Hall and James Tah, ’01, in Glendale, Calif., 8-21-05.
obituaries

Compiled by Herb Ford

Werner Albert A. Armbuster, '51, who pioneered Seventh-day Adventist medical service as a physician in Johnson County, Kan., died September 6, 2005, in Newport Beach, Calif. He was born on January 19, 1917, in Kansas City, Kan. He is survived by his wife, Melvyna; daughters, Heather and Pamela; and sons, Stanley, Thomas and Michael.

Kenneth L. Cantwell, att. '41-'43, a physician, died March 26, 2005, at Newport Coast, Calif. He was born on July 4, 1925, in Yakima, Wash. Kenneth is survived by his son, Craig.

Robert G. Gildersleeve, att. '41-'44, who served as a surgeon in the U.S. Army at Tokyo (Japan) General Hospital during the Korean War, died October 8, 2005, in Flagstaff, Ariz. He was born on September 18, 1921, in Elder, Iowa. From the time of his honorable discharge from the U.S. Army in 1954 until 1975, Robert was in private medical practice in Minnesota. He is survived by his wife, Pauline (Kappel); daughters, Teri Lynn Segebartt and Robin (Kappel); daughters, Teri Lynn Segebartt and Robin (Kappel); daughters, Teri Lynn Segebartt and Robin (Kappel); daughters, Teri Lynn Segebartt and Robin (Kappel); daughter, Teri Lynn; brother, Rolland; and sisters, Rosalyn Maxwell and Dolarita Laursen.

Mervilyn; daughters, Heather and Pamela; and sons, Kenneth L. Cantwell, att. '41-'43, a retired minister of the Seventh-day Adventist Church, died September 3, 2005, in Battleground, Wash. He was born on October 8, 1932, in Calgary, Alberta, Canada. Mervilyn is survived by her husband, Robert; daughter, Heather; son, Richard; and grandchildren.

Margaret (Penny) Aaen by Cynthia Yee
Margaret (Peggy) Bell, '51 by Audrey & Bruce Anderson
Vernon Kaiser, who served as PUC's director of registration and records for a number of years and was an administrator and educator in Seventh-day Adventist educational institutions for 45 years, died September 7, 2005, in Battle Creek, Mich. He was born on October 8, 1929, in Calgary, Alberta, Canada. Vernon is survived by his wife, Doreen; daughters, Debra, Karen, Carol and Candice; and son, Randall.

Myrtle L. (Reimer) Penner, '51 who received her bachelor's in nursing at PUC, died May 13, 2005, in Madera, Calif. She was born on January 24, 1918, in Battleford, Saskatchewan, Canada. Myrtle is survived by her daughter, Judy; and sons, Douglass and Jerry.

Roland "Bill" Ernest Plummer, '51, died in Simi Valley, Calif., on October 31, 2005. Born on August 1, 1921, in Verdugo City, Calif., Bill graduated from PUC Preparatory School before being drafted into the U.S. Army in 1945. After completing his tour of duty, he returned to Angwin to attend PUC. He worked as a pressman at Pacific Press Publishing House, Color Press and Center Graphics, retiring in 1992 after 42 years of denominational service. He is survived by his wife, Juanita; three daughters, Lois Ann, Sharon, and Larissa; four sons, Dan, John, and Marvin; six grandchildren; brother, Paul; and stepbrother, Lester Margert.

Richard E. Rehngren, '55, holder of medals for valor during World War II air combat and a 27-year career with the Pacific Union College Press, died October 7, 2005, in Napa, Calif. He was born November 20, 1917, in College Place, Wash. During World War II Richard received the Distinguished Flying Cross and the Air Medal for heroic action as a crew member of a B-24 aircraft during combat missions in the China-Burma-India theater of operations. He was a pressman, and for 22 years associate manager of the PUC Press. Richard is survived by his wife, Betty, daughter, Christina McCoy, son, Russell Burr; and five grandchildren.

Robert M. Reynolds, former faculty, see tribute on page 10.

Stephen A. Roos, att. '69-'72, a physician who served as a medical officer in the United States Air Force and had a medical practice in Fresno, Calif., died November 4, 2004, in Madera, Calif. He was born on July 4, 1923, in Yakima, Wash. Kenneth is survived by his wife, Juanita; three daughters, Lois Assink, Sharon and Alisa; his brother, Paul; and five grandchildren.

Mark T. Williams, '37, a physician who served as a medical officer in the United States Air Force and had a medical practice in Fresno, Calif., died November 4, 2004, in Madera, Calif. He was born on July 10, 1927, in Verdugo City, Calif., and had a medical practice in Fresno, Calif. He was the driving force in a foundation that raises charitable support and provides a health care infrastructure for the community of Riverside.

The president and CEO of Riverside (Calif.) Community Health Foundation, Mark T. Williams, '37, died September 3, 2005, in Bishop, Calif. He was born in Bishop on January 20, 1948. In addition to his bachelor's degree in history from PUC, Mark received a master's in health management from Weber University, and a master's in divinity from Andrews University. He was the driving force in a foundation that raises charitable support and provides a health care infrastructure for the community of Riverside. His earlier work in health care was at Riverside Community Hospital, San Antonio Community Hospital in California, and Boulder (Colo.) Memorial Hospital. Mark is survived by his wife, Melinda; three sons, Joshua, Brian and Mark; his father, Paul Jacob Williams; and a brother, Paul.
The Armstrongs Take on the Berries

In our fall 2005 issue we presented 50 relatives of the Berry clan who attended PUC. The Armstrongs took on the challenge and are presenting 99 relatives who attended PUC. If you have more than 99 blood relatives who attended PUC, please send your list to ViewPoint@puc.edu.

Can the Berry’s be Bested? — More Berries!
Several people wrote to say the following PUCites are related to Lois Berry and should have been included in the list we printed in our fall 2005 issue of ViewPoint.

Michael W. Hamilton, great nephew (father of Michael B. Hamilton, no. 92).
James Boyd III and Jessee Boyd Chinnock, cousins (through Paul Bond line, no. 42).
Shirley Wheeler-Engel and Beverley Wheeler-Hall, great nieces (daughters of Walter Wheeler, no. 18, and granddaughters of Rollo Wheeler, no. 3).

Scrapbook
... On page 8, fall 2005, your picture, labeled “Students Scrapbook” of my siblings later were PUCites also. The nostalgic issue of the Berry clan who attended PUC. The Armstrongs took on the challenge and are presenting 99 relatives who attended PUC. If you have more than 99 blood relatives who attended PUC, please send your list to ViewPoint@puc.edu.

... The two girls in the picture of the bus departure (page 13, fall 2005) were Elisa Shepherd and Roma Kalfus. I wonder if they are still around, and if they are, that they will remember departure day … Maybe I’ll hear from them, with their changed names. (Send responses to: 23406 Wekiva Ridge Road, Apopka, FL 32772.)

Alta Elligard-Robinson

If any of our readers have more information about the cover photo on the fall 2005 issue, including date and names of those pictured, please send your information to: ViewPoint@puc.edu.

We welcome letters to ViewPoint. They should be sent to ViewPoint Editor, One Angwin Avenue, Angwin, CA 94508; or email us at ViewPoint@puc.edu. The editors reserve the right to edit for content, style and space. The opinions expressed are those of the writer and not necessarily those of Pacific Union College, PUC’s alumni association or ViewPoint editors.

Experience a special Resurrection Weekend with former classmates during Homecoming Weekend. The first service begins on Friday evening with an Agape Dinner, followed by a musical service the seven last words of Christ and wafer. The program will conclude with a reception, honoring missionaries, in the Prayer Garden.

After a full day of Sabbath activities—including a church service featuring H.O. Burden (class of ’56 president), talk by Professor Terry Trivet. Then the party begins! The history, English, and business departments and honored classes (’26, ’36, ’46, ’56, ’66, ’81, ’96) are holding special receptions. There will also be a retirement farewell for Professor Terry Trivet.

Sunday morning there will be a brunch honoring Professor Emeritus James Kempster.

For more information, contact the alumni office: alumni@puc.edu, or (707) 965-7500, or Alumni Office, One Angwin Avenue, Angwin, CA 94508.
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<td>College Days</td>
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<td>Organ Concert: Wendy Markosky, Sanctuary, 4 p.m.</td>
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<td>February 18</td>
<td>Rasmussen Art Gallery: Visual Arts Faculty, New Work opening reception, 7-9 p.m.</td>
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<td>February 22-25</td>
<td>Academy Basketball Tournament</td>
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<td>Organ Concert: Han Hielscher, Sanctuary, 4 p.m.</td>
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<td>Math/Science Workshop</td>
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<td>March 2</td>
<td>Longo Lecture: Robert Alter, Sanctuary, 7:30 p.m.</td>
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<td>March 3-5</td>
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<td>March 4</td>
<td>Concert: PUC Choral Ensembles, Paulin Hall Auditorium, 7 p.m.</td>
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<td>General Student Recital, Paulin Hall Auditorium, 7 p.m.</td>
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<tr>
<td>March 11</td>
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<td>March 24 – April 2</td>
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<td>April 13</td>
<td>Rasmussen Art Gallery Student Art Show: Alumni Weekend Exhibition awards presentation, 7 p.m.</td>
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<td>April 13</td>
<td>Heubach Lecture, Dauphinee Chapel, 7:30 p.m.</td>
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<td>April 15</td>
<td>Rasmussen Art Gallery Student Art Show: Alumni Weekend Exhibition alumni reception, 1-3 p.m.</td>
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<td>Music Department Concert, Sanctuary, 4 p.m.</td>
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<td>April 16</td>
<td>Alumni Golf Tournament, 7:30 a.m.</td>
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<td>April 17-21</td>
<td>Student Week of Prayer, Sanctuary, 9:40 a.m. and 7 p.m.</td>
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<td>April 23</td>
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<td>May 13</td>
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<td>May 13</td>
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<td>May 18</td>
<td>Educator of the Year Colloquy</td>
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<td>May 20</td>
<td>Organ Concert: Kenneth Logan, Sanctuary, 4 p.m.</td>
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<td>May 20</td>
<td>Concert: Symphonic Wind Ensemble, Paulin Hall Auditorium, 9 p.m.</td>
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<td>May 25</td>
<td>Rasmussen Art Gallery: PUC Visual Art majors Degree Projects opening reception, 7-9 p.m.</td>
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<td>May 26 – 29</td>
<td>Albion Spring Bird-Watching Workshop</td>
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<td>June 3</td>
<td>Choral Ensembles Concert, Sanctuary, 4 p.m.</td>
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