

MODUS VIVENDI

A WAY OF LIFE



**THE IMPACT OF
A MENTOR**

**GREEN AND GOLD
GOING GREEN**

**FACULTY PROFILE
BILL MACKENNEY**



This page

Robert Kelley '10 finished fourth at the Seatac league championships in Port Orchard, WA in October 2008. Robert was named the Grizzlies' most valuable runner and earned first team all-league honors. See more athletic highlights on page 8.

Photo by Cindy McCahill

On the cover

Beth Graham '09 as Olivia in Shakespeare's *Twelfth Night*, performed by The Bear Creek School's Upper School drama class in January 2009. See more about Bear Creek's nationally recognized Shakespearean Immersion program on page 3.

Photo by Terri Coleman

Modus Vivendi Winter 2009

Modus Vivendi is translated as a way of life or a manner of living. The Bear Creek School seeks to develop individuals for whom the classical ideals of excellence in all things, love of learning, spiritual commitment, and self-discipline have become a way of life.

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Articles, photographs, and ideas are welcome and may be sent to modusvivendi@tbc.org. We reserve the right to edit submissions for length, clarity, and style.

Modus Vivendi is published twice yearly by The Bear Creek School. If you are interested in writing for the *Modus Vivendi*, or have comments or questions regarding the publication, please contact Sue Sanford, director of marketing & communications, at ssanford@tbc.org or 425-898-1720 ext. 308.

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The mission of The Bear Creek School is to provide a high-quality, Christian liberal arts education in a nurturing environment that will enable each student to become the individual God intends.

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Message from the Head of School



A life well lived. You have heard me frequently use this phrase to extol the virtue of a Christian classical education and to define the goal we strive to accomplish on a daily basis. But what is “a life well lived”? It is seen in the dedication of a teacher like Bill MacKenney, whose devotion for students is visible in the photos arranged on the walls of his classroom. It is evident in alumnae following the Lord through missionary work in India or delivering babies in Africa. It is found in students striving to succeed in academics, arts, music, athletics, and extra-curricular activities.

The pages of the newly redesigned *Modus Vivendi* (The Bear Creek School’s community magazine) highlight lives well lived by celebrating community accomplishments, sharing stories of those who have gone before, talking about ideas, hearing about the pursuits of our alumni, and remembering the words and images which capture the essence of our community.

Our goals in redesigning the magazine were fairly straightforward: create a publication to highlight past, present, and future Bear Creek lives well lived; tell the whole Bear Creek story; and consolidate various publications into one to streamline costs and increase efficiency.

During the redesign process we assembled a volunteer editorial advisory board comprised of parents,

alumni, faculty, and administration to brainstorm content. We also reviewed each element of our existing publication. It became clear as a result that the magazine’s name held historical value for our community, as well as future relevance, so, while we changed the content and format of the magazine, the title remains the same. *Modus Vivendi* is translated from Latin as “a way of life or a manner of living,” and The Bear Creek School seeks to develop individuals for whom the Christian classical ideals of excellence in all things, love of learning, spiritual commitment, and virtue have become a way of life.

We hope you enjoy the redesigned *Modus Vivendi* and see in it evidence of the rich legacy being forged as students, faculty, staff, families, and graduates contribute to the world by living well. May each of us find inspiration within these pages to pursue lives of excellence, faith, and virtue before the Lord as *a way of life*.

Blessings and peace,

Patrick B. Carruth
Head of School

BEAR CREEK HIGHLIGHTS

News, stories, and accomplishments from around campus

Shakespeare program recognition

By Sue Sanford

The Bear Creek School's Shakespearean Immersion program was recognized by the Association of Christian Schools International (ACSI) *Christian School Education* magazine and was featured on the magazine cover of the Exemplary School Programs 2008-2009 issue. Exemplary School Program selections are made by a team of experienced Christian school educators at ACSI. Each program undergoes a rubric-based assessment. The following are part of the criteria that guide the assessments:

Unique, innovative, cutting-edge. The program is different from what a school typically does. The program reflects innovation on the part of a school to go beyond the usual and customary in order to better serve its constituency. The program represents a new and often radically different forward-thinking approach to the issue being addressed.

Extraordinary. The program represents a paradigm shift in thinking and reflects an uncommon approach to the area addressed or affected. The program reaches above and beyond the norm.

The following are excerpts from that article. The entire article can be found in the Fine and Performing Arts section of our school Web site.

Program Objective

“To cultivate in students a deep understanding of human virtue and frailty by examining the great works of William Shakespeare through stage performance and curricular parallels.”

Program Summary

“At The Bear Creek School, the Shakespearean Immersion experience allows students at various grade levels to investigate and theatrically experience how aspects of character, cultural context, power, and social status affect and potentially alter life outcomes. This window into the world of others is an exceptional platform to teach and expose the condition of the human heart while making substantive connections to Biblical themes.”



“We tie drama performances to Greco-Roman social studies, Latin content, and biblical history. The Lower School immersion experience is foundational to the Middle School and Upper School curricular preparation in music, drama, literature, and history.”

“By the end of the high school journey, students have experienced a substantial repertoire and have developed a deep appreciation for the beauty, emotion, tragedy, comedy, treachery, and conflict illustrated throughout all these great works. This intentional sequence of Shakespearean immersion achieves the following goals that we have set for students: memorization, linguistic appreciation, expansion of vocabulary and root meaning, stage presence, and, most critically, the exposure to human beings' inherent fallen nature. At all grade levels, the simulation of life while on stage and the connection to other curricular experiences serve as powerful tools for examining with students the impact of life choices. Through an immersion in the masterful works of Shakespeare, students experience the earthly and eternal consequences of Shakespearean characters.”

Sixth grade classes spread warmth and cheer at Seattle Children's Hospital

For the third consecutive year, the 6th graders at Bear Creek created gifts of joy for Seattle Children's Hospital. The hospital's volunteer coordinator, Denise Green, worked with Bear Creek parent Melissa Isbell to allow our students to have opportunities to both give their gifts and receive a tour of the hospital. Bear Creek student Julia Scambray noticed, "Since some children stay a long time, they try to make the hospital feel like home."

In groups of three (one from each class) students decorated gingerbread houses to be displayed at nurses' stations throughout the hospital. Another parent, Moira Arrigo, generously created from scratch all 18 gingerbread houses for decorating. Each group's house was creative and unique!

In addition to the gingerbread houses, each student made a tied fleece blanket to contribute to the hospital's blanket program which gives each patient a blanket they can then take home. Again, parent volunteers helped out by cutting the fleece material ahead of time. The students had a great time making the blankets.

Not only did the students have the joy of giving tangible gifts, they also sang Christmas carols on the 5th floor of the hospital. With the guitar accompaniment by sixth grader Whitney Isbell's older brother Ian, the students sang exuberantly and many in the hospital stopped to listen. When sixth grade teacher Lisa Dineen asked the students if they felt it was worthwhile they answered with a resounding yes! Mrs. Dineen shares, "I then asked the students to give me one word that would encompass the experience. These are the words they chose: impressed, emotionally touched, safe, amazed, charmed, grateful, giving, sad, appreciated, uplifted, lucky, thankful, helpful, and blessed. All in all it was a great experience."



Lisa Dineen

Jesse Domingo, Jayna Wang, and Miwako Ito decorate a gingerbread house together for the enjoyment of patients and families at Seattle Children's Hospital.



Lisa Dineen

Matt Miller and his mother Cherie Miller work together making a tied fleece blanket for the hospital's blanket program.

Operation Christmas Child

Valley buddies pack boxes

First and third grade “buddies” from Mrs. Gladwish’s and Mrs. Weinz’s classes packed 45 boxes for Operation Christmas Child in November. The boxes, which are full of fun surprises, will bring Christmas joy and the good news of Jesus Christ to needy children somewhere in the world. Thanks to the children and the help of many parent volunteers, the boxes were colorfully wrapped, letters were enclosed, and prayers were said for the child who would receive each gift.

Middle School and Upper School

The Middle School and Upper School also packed shoe boxes full of gifts for Operation Christmas Child. They donated close to \$1500 and prepared 148 gift boxes which is a 50% increase over last year’s donation. These boxes will be sent to needy children all over the world. Since Samaritan’s Purse started the Operation Christmas Child project 15 years ago, over 60 million boxes have been delivered worldwide.

Rwanda Partners

During the first two weeks of November, the Redmond Campus Lower School students brought in money from their piggy banks, or earned money by doing extra chores, to buy goats and chickens for orphans in Rwanda. Students were not allowed to ask their parents for money for this project. Teachers reported nearly 100% participation and students raised \$1,239.53, which was enough to buy 29 goats and 87 chickens! In January Rwanda Partners delivered the goats and chickens to orphans in two of the most disadvantaged villages in Rwanda.

Valley Campus “Hidden Treasures” sale

For the third year in a row, the community service chairs at Valley Campus have organized a “Hidden Treasures” sale to benefit the Indra Silva Nutritional Program in Moratuwa, Sri Lanka. This community was devastated by the tsunami in 2004. Bear Creek families donated unused items from their closets which were tagged and priced for quick sale and Bear Creek’s sixth grade Girl Scout troop made and donated a variety of craft items.

When the forecast of snow threatened to close the school on the day scheduled for the Hidden Treasures Sale, the sale was quickly held a day early. Kids and teachers enjoyed shopping for treasures to give as gifts to friends and family at Christmas. With the help of some generous parent donations and a very large gift from Bear Creek dad Brian Fritz’s company, Avalon Bay Communities, the total raised was \$4,700.40! Sale coordinator Cindy Daugherty said, “It was again like the loaves and fishes; with the excess that came from our closets, God worked a miracle. We give thanks to all of the parents who took time to send in treasures, to those who sent money with their children, and especially to the volunteers whose passion for the orphaned children was the inspiration behind the success of this endeavor!”



Alex McCraw and Scott Carlson run with the fourth graders at the Lower School Walk-a-thon.

Lower School Walk-a-thon

On the first Friday in October each year, the Bear Creek Lower School students put on their walking shoes to walk or run in support of our school. Rain was not able to dampen the students’ enthusiasm at this year’s event! The Bear Creek Parent Teacher Fellowship (PTF) sponsors this fun event to support the events and services it provides for students and teachers. This year Valley Campus students raised a total of \$14,233.42. Mrs. Krupin’s Kindergarten class and Mrs. Gladwish’s first grade class went “over the top” to raise the most money. In addition, Redmond Campus students raised \$15,146.78 and Ms. Larson’s first grade class was the “over the top” class who brought in the most money.

As a result of all that walking, the PTF purchased digital cameras, memory cards, and USB pen drives for the Lower School teachers. The PTF will decide how to disperse the remaining funds raised from the Walk-a-thon.



Jennifer Acheson

Juniors Michael Davisson, Jamie Meyer, and Kyle Blankenbeckler converge on a piece of trash during the NHS Adopt-a-Road service project last October.

National Honor Society (NHS)

Bear Creek's National Honor Society (NHS) chapter members are juniors and seniors who have demonstrated outstanding performance in the areas of scholarship, service, leadership, and character and who meet the academic criteria of at least a 3.30 cumulative GPA. The NHS chapter's goal is to serve the local and larger community.

In the fall of 2008 they accomplished this through a food drive for Hopelink, a mock presidential election, and continuing their Adopt-a-Road commitment. Our NHS chapter also supported two local area charities, Nothing but Nets and The Smile Chain.

Using funds from its \$25 mem-

bership dues, NHS donated \$250 to each of these charities during the holiday season.

NHS Adopt-a-Road

In October, Bear Creek's National Honor Society volunteered with Adopt-a-Road. Members spent the afternoon collecting trash along the roadside and bagging it for pick up. Their adopted road, 116th Avenue NE, is located in Redmond near PCC. The project is a practical demonstration of how NHS is serving our community and being stewards of God's creation.

NHS food drive results

In early November, NHS sponsored its annual canned food drive for Hopelink. The Hopelink volunteers were grateful and impressed that such a small school could donate nearly three tons of food. The senior class exceeded its goal of 2009 cans. The 8th grade girls and the senior class earned a free dress day for donating the most food. At Valley Campus, Mrs. Weinz's 3rd grade class and Miss Vuletich's 5th grade class were honored for their large contributions.

Mock presidential election

Bear Creek NHS, in conjunction with the National Student/Parent Mock Election (www.nationalmockelection.org), sponsored a mock presidential election on October 30. The Pohlman Computer Lab served as the electronic voting station and 74% of Upper School students participated in the mock election. Ballots were counted and submitted as part of a nationwide student election. At Bear Creek the Upper School students voted on President/Vice President, U.S. Representative, and Governor. The McCain/Palin ticket won 62% of the vote. Representative Dave Reichert captured 60% of the vote; his rival Darcy Burner only 10%. In the governor's race Dino Rossi won with 83% of the vote.

The Bear Creek journalism class published a special election edition of *Current*, the Upper School newspaper. Student reporter Adelaide Tillinghast remarked, "The goal is objective journalism. I focused on Obama's history and legacy and what he is going to bring to our country." Another journalism student, Anton van der Stroom, did the same for John McCain.

All-Northwest and All-State music honors awarded to Bear Creek students

Several Bear Creek music students earned regional honors in being chosen for All-Northwest and All-State performing groups. Students were chosen for All-Northwest and their respective All-State ensembles from over 5,000 students who auditioned from schools of all sizes (4A to 1B) in six states (Alaska, Idaho, Montana, Oregon, Washington, and Wyoming). In the music world this is the equivalent of winning state and regional competitions in athletics. Last fall Bear Creek students worked with Judy Loudonback, Bear Creek's choir director and fine and performing arts department chair, and Scott Higbee, Bear Creek's band director, to create audition tapes which follow competition criteria.

Bear Creek senior John Geiger (French horn) was selected to participate in the 41st biennial MENC All-Northwest Band. Junior Collette Sackman (soprano) was selected to participate in the All-Northwest Treble Choir. Senior Rebekah Hamilton (flute) was selected to participate in the 54th annual WMEA All-State Concert Band. In early February these students will join other All-Northwest and All-State band and choir members to work with world-renowned conductors culminating in finale concerts held at the INB Performing Arts Center in Spokane.

In addition, three Bear Creek eighth grade students were also selected for performance groups. Alyssa Buchanan (clarinet) was selected to the Junior All-State Band. Katie Matthews (soprano) and Riley Loudonback (baritone) were selected to the Junior All-State Choir. These Middle School students will perform in March with the Jr. All-State groups.



MUSIC!

A Forrester Family Tradition

By Sini Fernandez

Photos courtesy of the Forrester family

Isaac Forrester plays his Wood Violins "Viper," a six string electric violin.

Isaac and Hannah Forrester were born into a large Southern family whose musical roots run very deep. It started with their North Carolina born great grandfather, Arthur Dewey Forrester, and his eight talented children, all avid singers, who graced every family reunion and many church services with the tight harmonies of Southern gospel music. Many have carried on this musical tradition in their own families. Carl Dewey Sr., Isaac and Hannah's grandfather, has been a minister of music in a small Southern Baptist church for 47 years and loves to have his grandchildren tour the local church circuit when they visit Georgia each summer. Their dad, Carl Dewey Jr. is an avid piano player and was raised as the accompanist for the many family musical gatherings. When Isaac and Hannah came along, they learned to nap listening to their daddy play piano and were often bounced in his lap to the beats of Jerry Lee Lewis, classic "rockers," and old time gospel music. Both kids had no choice except to join in the family tradition and become musicians themselves! Although they take their music lessons very seriously, they understand that the most important thing is to have fun with their music.

Fifteen year old Isaac is a 10th grader at The Bear Creek School and plays violin, mandolin, and guitar with the Bear Creek Chapel Team. His electric violin (the blue "Viper") was built by friend (camp instructor) and co-founder of the Trans-Siberian Orchestra, Mark Wood. Isaac is classically trained but also plays bluegrass

fiddle and mandolin with his buddies at the Maltby Jam on the first Saturday of every month. Isaac has been lucky to have great local teachers (four currently) but has also enjoyed participating in Mark O'Conner's strings camps for the past six years in Nashville, Tennessee and San Diego. He has also attended Mike Marshall and David Grisman's Mandolin Symposium in Santa Cruz, California. These camp experiences have given him the opportunity to study a variety of genres (classical, rock, bluegrass, Celtic, blues, klezmer/Jewish, and choro/Brazilian) from some of the finest strings players in the music industry.

Thirteen year old Hannah is an 8th grader at The Bear Creek School and was "moving and grooving" to the music in the Forrester home as soon as she could sit up! To no surprise, Hannah has become an excellent drummer and is a percussionist for the Middle School band. She currently takes lessons from Eric Samse, who was once a drummer for The Carpenters. God has also blessed her with a beautiful alto/tenor voice that closely resembles the sound of many of her great aunts. She was a five year member of the award winning and internationally acclaimed Columbia Choirs of Metropolitan Seattle and had the opportunity to tour southern Italy and sing at the Vatican in summer of 2007. Today you can catch her singing bluegrass at the Maltby Jam, doing specials for her Dad's gospel choir, or providing special music at her church.

Isaac and Hannah are both featured



Hannah Forrester plays the drums in the Middle School band concert.

performers with The Sojourners, a gospel choir that tours churches and retirement communities in the Pacific Northwest. They are also often called on to provide special music at Bear Creek United Methodist Church. These talented students have done a great job keeping up the family musical tradition!

The Forrester family will provide another "Dining and Music Extravaganza" to the lucky winners of this always anticipated auction item, offered at the Bear Creek Auction in March, 2009.

Boys soccer

The Bear Creek boys soccer team finished the year with a 13-4-1 record and ended the season just one game shy of the State tournament. A district playoff against Kings West eventually did them in as the boys lost in an action packed shootout (5-4). First team league honors were awarded to senior Michael Castle, and sophomore Ryan Strandin. Second team league honors were awarded to senior Jin Ihn, junior Kyle Blankenbeckler, and freshman Nima Abtahi.



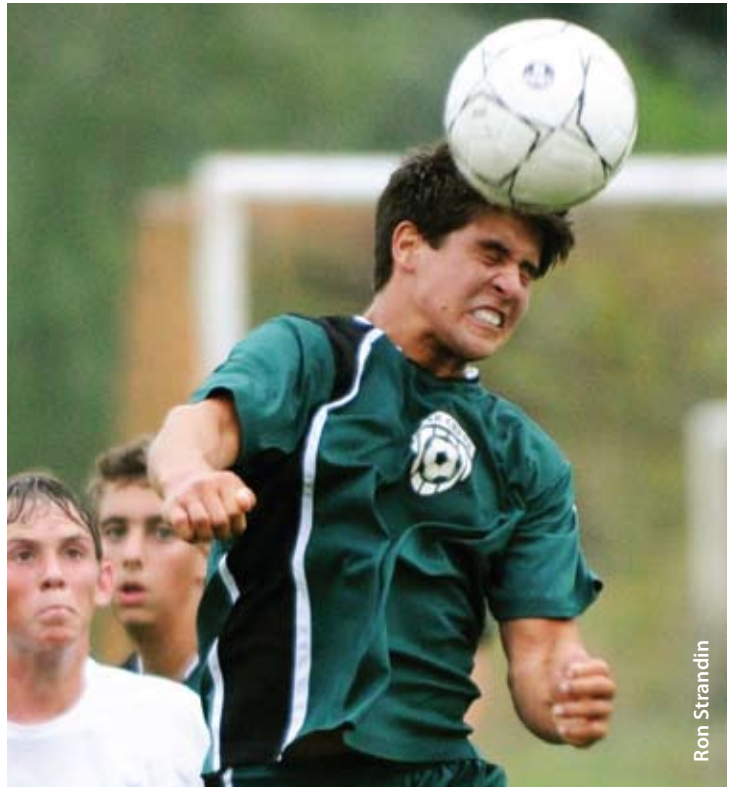
Cindy McCahill

Junior Josh Erickson runs his race at the "Hole in the Wall" Cross Country Invitational last October.

Cross country

In what turned out to be a very successful season, the Bear Creek cross country team sent both the boys and girls teams to the state meet in Pasco, WA. After winning the Tri-District meet, the girls finished by taking eighth place at State. The boys finished second at Tri-Districts and placed tenth at State. In addition to their successful team finish, the Bear Creek girls team was also awarded the 2B Academic State Championship!

First team league honors were awarded to junior Robert Kelley and junior Josh Erickson. Second team league honors were awarded to senior Matt McLaughlin, junior Jake Matthews, junior Jeanine Gorzalski, junior Adelaide Tillinghast, and freshman Joy Twentyman. Freshman Maddie Magee was awarded honorable mention.



Ron Strandin

Senior Michael Castle goes up for a header during the Grizzlies boys varsity soccer victory at Riverside Christian, Yakima, Washington.



Sini Fernandez

Sophomore Jenny Price, with junior Yu Na Jung in support, prepares to score during the Grizzlies girls varsity soccer match against Rainier Christian.

Volleyball

For the second year in a row, Bear Creek's lady Grizzlies finished within one game of the State tournament. Even with that loss there was a lot to celebrate this season. The varsity team finished the year third overall in the SeaTac league with a 12-2 record. First team league honors were awarded to Bear Creek senior Katie Wolfram, senior Alexis Miller, and junior Jasmine Miller. Senior Madison Stump was awarded honorable mention.



Sini Fernandez

Senior Madison Stump passes the ball, as team captain senior Katie Wolfram calls encouragement, during a Grizzlies girls varsity volleyball match at the Tri-District tournament last October.

Girls soccer

The Bear Creek girls soccer team finished the regular season in second place in the SeaTac League and, for the sixth season in a row, went on to post-season play. The girls endured a heartbreaking loss just one game shy of the State tournament. First team league honors were awarded to Bear Creek seniors Molly Miller and Beth Graham. Second team league honors were awarded to sophomore Catherine Pomeroy, sophomore Jenny Price, and freshman Morgan Rial.

National Merit Scholars

David Ersek and Tim Hughes were named semifinalists by the National Merit Scholarship Program. The nationwide pool of semifinalists, which represents less than one percent of U.S. high school seniors, includes the highest scoring entrants in each state.

Bear Creek students think Math is Cool

In November, the Bear Creek 7th and 8th grade math teams competed at the Seattle area Math Is Cool championships held at Mount Rainier High School. Bear Creek took first place among the 7th grade team category and first place in the 8th grade team category for Division II (smaller schools). Competing in the 7th grade contest were Anthony Tzen, Blake Denniston, David Broaddus, Hayden McCraw, Jaco Dippenaar, and Tim Van Baak. Competing in the 8th grade contest were Andrew Benson, Jay Kim, Joshua Cheung, Kaley French, Karen Diamond, Katie Cho, Sarah Witt, and Yoon Lee.

As a result of their win, Bear Creek sent a four-person 7th grade team to the Math Is Cool Masters contest in Moses Lake in December. David Broaddus, Hayden McCraw, Jaco Dippenaar, and Tim Van Baak represented Bear Creek and took second place in Washington State.

(Bear Creek did not send an 8th grade team to the Masters competition since the team members were all participating in the FLL Robotics competition on the same date. See article on page 24.)



Cresty McCraw

Seventh graders Jaco Dippenaar, Tim Van Baak, David Broaddus, and Hayden McCraw earned second place in State at the Math is Cool Masters competition last December.

BEAR CREEK EAGLE SCOUTS

By Adelaide Tillinghast, as reported in the November 2008 issue of *CURRENT*, a publication of the Upper School journalism class.

Four Bear Creek Upper School students earned the rank of Eagle Scout, the highest attainable in the Boy Scouts of America program. Eagle Scouts must have earned 21 merit badges and advanced through five lower ranks in addition to completing an Eagle Scout service project.

Will McCahill & Ryley Watson

These two seniors completed a joint service project, building a tool shed and a fire pit at the First Baptist Church in Redmond, where their troop meets. Will McCahill started as a Cub Scout in 2nd grade and earned his title as an Eagle Scout last June with Ryley Watson at their Court of Honor ceremony. As senior patrol leaders, they gained a lot of experience working with their troop and planning meetings. "All the other stuff, outdoors stuff, is good to know...survival skills and making fires," Watson said, "but the most helpful is the leadership experience."

Hank Frantz

Bear Creek junior Hank Frantz became an Eagle Scout in May, 2008. For his final service project, he led his troop in clearing an overgrown trail through the Wetherill Nature Preserve, demonstrating the leadership skills he acquired through six years of dedicated scouting. Frantz said it was the ability to take charge of situations and lead others, weighing the consequences of the decisions you make, that he has found to be really important.

Zach Witt

After four years of preparation as a scout, Bear Creek junior Zach Witt built a storage shed at Bear Creek's Valley Campus for his service project. He said that, through his experiences with Boy Scouts of America, especially since he became an Eagle Scout last April, he has learned lessons that will prepare him for anything in life.



Kristen Sanger

Eagle Scouts Will McCahill, Hank Frantz, Ryley Watson, and Zach Witt

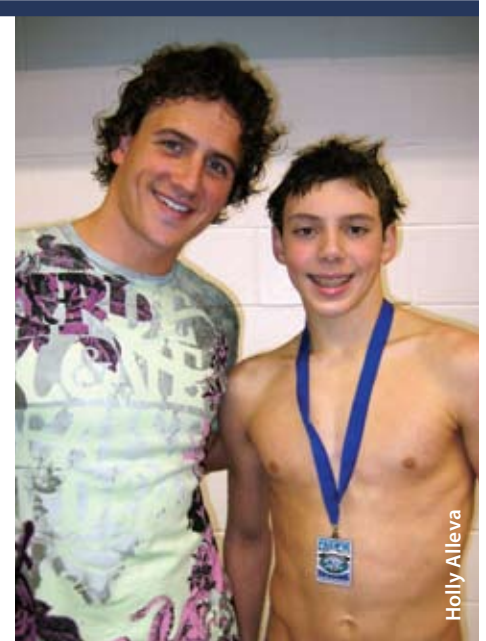
Bear Creek Swimmer Making Waves

By Sini Fernandez

Freshman Zach Alleva is making waves in the pool this winter. Zach has been swimming competitively for the WAVE Aquatics swim club since he was 10 years old. This fall he qualified for the 14 and Under Pacific Northwest Swimming Championships held in December. There were 41 teams represented at the meet. Zach placed first in both the 100 yard and 200 yard breaststroke races. Zach was awarded his medal in the 100 breaststroke by Ryan Lochte, Olympic Gold medal winner and World Record holder in the 200 meter backstroke. Zach also placed 7th in the 100 yard freestyle, 9th in the 50 yard freestyle,

and 14th in the 200 yard individual medley. During the meet, Zach broke two 12 year old team records at WAVE Aquatics in the 50 yard and 100 yard breaststroke. He earned a spot at the All-Star Meet held in early January at which he raced against the best swimmers from California, Nevada, British Columbia, and the Pacific Northwest.

In addition to swimming for WAVE, Zach also swims for the Eastlake High School swim team where he is piling up the wins. At swim meets this season against Juanita, Skyline, Interlake, and Redmond high schools, Zach swam the 100 breaststroke, 200 freestyle, 200 individual medley, 200 freestyle relay, 400 freestyle relay, and 200 medley relay events. He and his relay teams placed first in all of these events. Zach's primary goal this season is to qualify for the class 4A State swim meet in the 100 yard breaststroke event.



Holly Alleva

At the PNS Swimming Championships last fall, freshman Zach Alleva was presented his first place medal for the 100 breaststroke by Olympic gold medalist Ryan Lochte.

RIDING THE ROADS OF DEATH VALLEY

By Adelaide Tillinghast, as reported in the November 2008 issue of CURRENT, a publication of the Upper School journalism class.

Katelyn Culbert-O'Leary is an athlete with a purpose. She is not a participant in a sport at Bear Creek but a dedicated participant in Juvenile Diabetes Research Foundation's Ride to Cure Diabetes. For the last two years Culbert-O'Leary has trained with two coaches in preparation for the Ride to Cure race. Last year she completed 65 miles in Sonoma, California, but this year she rode a more challenging course, completing 90.6 miles in Death Valley, California in over 105 degree temperatures. She alone raised \$3,500 and her team brought in a total of \$128,000 for the foundation. "It was a very emotional experience because I was racing to raise money for a good cause," said Katelyn. She started cycling two years ago after being introduced to the team and thought it would be a great way to serve others. "One thing about me is that I like to help others before I help myself," said Culbert-O'Leary.



Photo courtesy of the Doneskey family

Michael Doneskey proudly wears his gold medal at the USTA Zone Team Championship last summer.

BEAR CREEK TENNIS PLAYER WINS GOLD

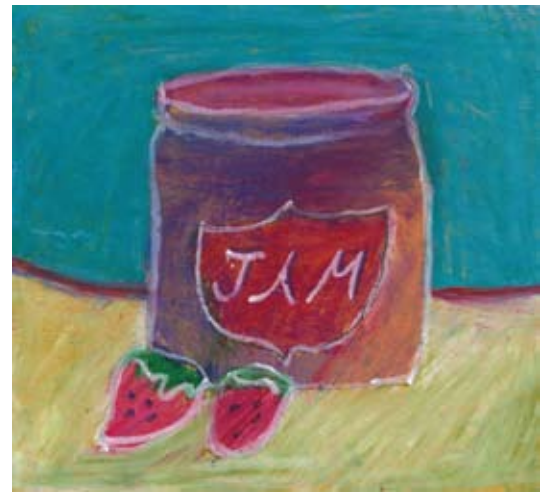
By Sini Fernandez

Bear Creek student Michael Doneskey had been playing competitive tennis for only a year when his tennis team claimed a national championship last summer by winning the gold medal at the USTA 12's Zone Team Championships in Tucson, Arizona. Michael's team from the Pacific Northwest section, playing against teams from Southern California, the Southwest, Northern California, and Hawaii, had not won this competition for over a decade. Michael started competing in September 2007 as a 10 year old with the Pacific Northwest US Tennis Association, and had to be ranked in the top 12 to participate in this annual Zone Team Championships.

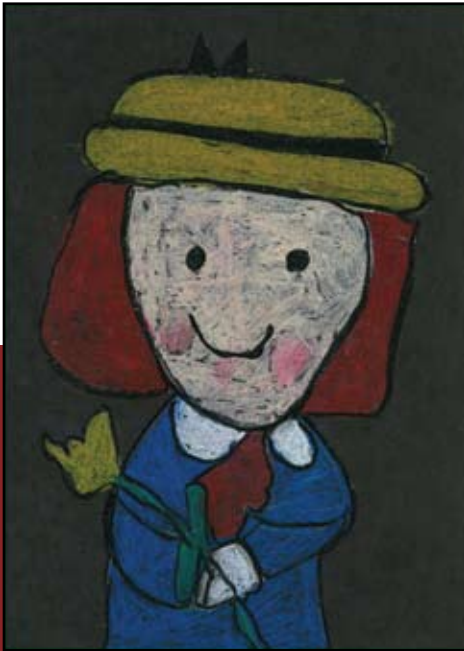
The USTA Pacific Northwest section consists of athletes from British Columbia, Alaska, Idaho, Oregon, and Washington.

Although Michael is a busy sixth grader at Bear Creek, he continues with a full practice schedule that gets him out of bed at 5:15 a.m. every morning and on the court practicing from 6 a.m. to 8 a.m. Michael also participates in off court training after school and plays tennis with friends on the weekends when he is not studying or competing in regional tennis tournaments. Michael's current tennis goal is to once again participate in this summer's Zone Team Championships in Arizona. Michael shares, "On the tennis court I feel relaxed and at peace. It's the one sure place that I can go and guarantee I will have fun."

Gallery



▲ Jordan Block
Grade 5
Oil pastels
Shading, perspective
& complementary colors



◀ Kate McDonough
Kindergarten
Oil pastels
Composition & color



▶ Colin Diamond
Grade 6
Pencil & watercolor
Figure drawing



◀ Timothy Van Baak
Grade 7
Positive/negative shapes
Middle School art class

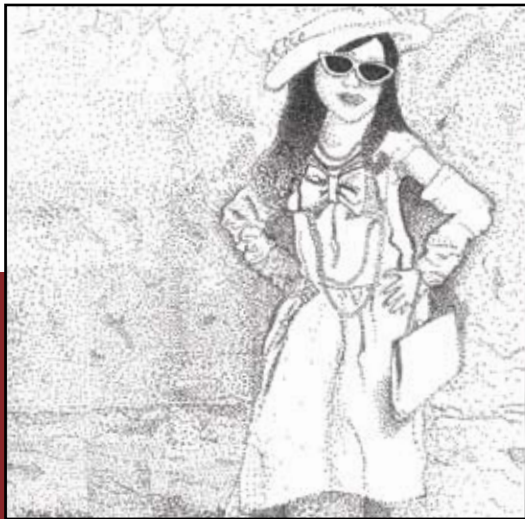


▲ Henry Johnson
Grade 5
Pen & ink, colored pencil
Logo design using words

Gallery pieces created under the instruction of Debra Mason, Lower School art teacher, and Kailee Blankenship, Middle School/Upper School art teacher.



◀ Lauren Forbes
Grade 12
Monochromatic landscape with acrylic paints with Upper School art class



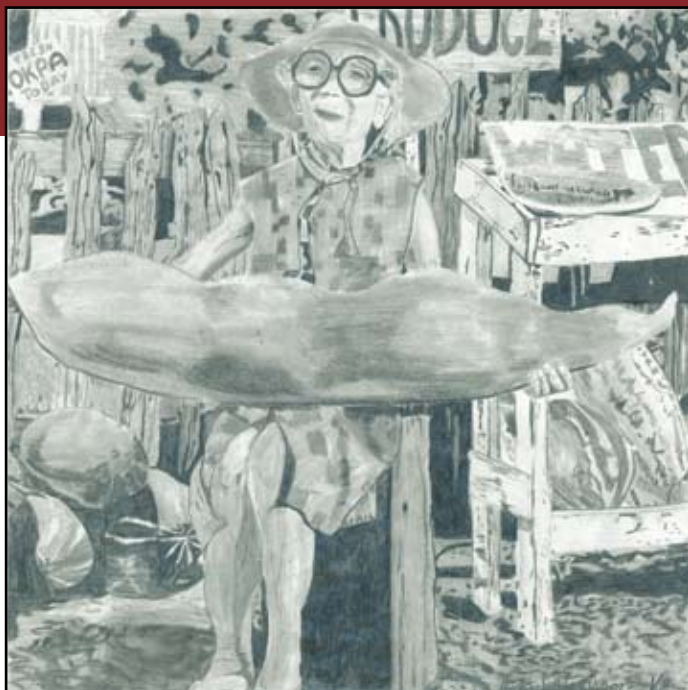
▲ Annie Worman
Grade 11
Pointillism with ink pen
Upper School art class

▼ Michael Davisson
Grade 11
Pencil grid drawing showing value
Upper School art class



▲ Jeanine Gorzalski
Grade 11
Wake My Soul CD jewel case
Graphic Design class

▼ Angela Martucci
Grade 11
Magazine ad
Graphic Design class



PreK students *learn,* explore, and **PLAY!**

By Sue Sanford

Photos by Kellie Anderson and Sini Fernandez



Background photo:
Charlie McDonough conquers the
climbing wall on the playground at Bear
Creek.

Far Left:
Joshua Linnenkohl counting and
stacking pegs at math stations.

Left:
Clara Santodomingo practices writing
the letter "B" in shaving cream.



Each week, the children in Mrs. Kellie Anderson's pre kindergarten class at The Bear Creek School eagerly anticipate the arrival of a new Letter Person. Mr. T has Tall Teeth, Mr. M has a Munching Mouth, and Mr. H has Horrible Hair! Parent Holly Fritz says, "Our daughter has bloomed into quite the crazy reader because of Mrs. Anderson and those fantastic Letter People." Whether kids already know their letters or not, each of them is captivated by the whimsical introduction, and Mrs. Anderson expertly accomplishes her teaching goal in a fun and engaging way.

Mrs. Anderson uses the Letter People series to introduce and reinforce the alphabet and beginning phonics to her class. Each Letter Person has his or her own unique song, and reading station activities revolve around the letter of the week. Consonants are represented as boys and vowels are represented as girls (Miss A, Miss E, and so on), giving the children both a visual and auditory distinction between the consonants and vowels. Math stations focus on the same basic skills taught in kindergarten at Bear Creek, using the Math Their Way curriculum, but are adapted to the concrete level of the PreK students. Foundational number concepts are built through the almost exclusive use of manipulatives. Kids are learning, but they are also having fun. Holly Fritz continues, "We have been delighted with the program. Not only is the curriculum wonderful, it's such a safe haven where growth and love abound."

In designing the pre kindergarten program, The Bear Creek School set a goal to teach students in a way that develops a thirst for knowledge, peaks enthusiasm, and creates a delight for learning. Mrs. Anderson diligently works to ensure that her PreK students learn through a variety of activities that are kinesthetic, auditory, and visual, allowing them to explore, have fun, and learn at the same time. "One of the most satisfying aspects of this first year is working closely with the kindergarten teachers in developing the PreK program," she shares. "They know which

skills are most critical for an incoming kindergartener, and I have been able to incorporate activities that develop these skills in the preschool classroom. I'm looking forward to seeing what impact this uniquely Bear Creek PreK experience has on our future kindergarten classes."

Mrs. Anderson comes to The Bear Creek School with a wealth of experience. She earned her Bachelor of Science degree in Early Childhood and Special Education from Northern Arizona University. For eight years she taught preschool and helped to develop a program for developmentally delayed children. She also opened a daycare/preschool and kindergarten program and directed it for five years. Now that she is back in the classroom, Mrs. Anderson says, "The most rewarding part of this whole experience is developing the program from scratch and then implementing it with these dear children. I lie awake in bed at night and think of all the things I can do with them to bring forth who God has created them to be. The children are such a blessing, and I thank God every day for the opportunity to be here."

Parent Christine Jenson has seen her daughter flourish in the program. As she reflects on student interactions and her daughter's enthusiasm for school, she says, "They enjoy an environment that nurtures and challenges them to explore and grow. The teacher uses teaching tools that capture the students' interest and take them on a fun learning adventure that continues for them beyond the classroom."

Parents Scott and Cereana Roberts agree. "The PreK teacher teaches with love, warmth, and Christian methods which all are building blocks for a prosperous learning environment. It has been a complete blessing to be a part of the program and our daughter is having a wonderful experience with the children, teachers, and staff. The curriculum is very energizing and stimulating for the children. We are so happy to have this experience for our daughter and look forward to many more years at The Bear Creek School!"



THE IMPACT OF A MENTOR

By Jeff Gephart, Dean of Students

Photo by Joy Jacobson '10

Tom. Ky. Doug. Earl. Art. To you these are probably just random names. To me, however, they are a roster of the spiritual legacy of influence in my life. With these men I have laughed, cried, questioned, provoked, listened, and loved. I have shared a burger and shake at Kidd Valley, a grande vanilla latte at Starbucks on The Ave, a donut in an office at 6:30 a.m. on a Wednesday morning, or a plate of pasta at a small Italian café in Albania.

What names would you include on your list of influencers and what concrete memories cement your relationship to them?

Barna Research has discovered in recent years the importance of relationships in forming our faith as children. (See George Barna's books, *Transforming Your Children into Spiritual Champions* or *Revolutionary Parenting*.) Children and youth need the presence of loving adults to journey with them through the ups and downs of their life, to discern Christ in their midst, to

sort out the big questions, and to discover what true commitment and passion for God looks like. Faith lived in front of these youth by a mature adult gives them a tangible example, a model to follow.

The pattern is thoroughly Biblical. Moses had his Joshua. Elijah had Elisha. Jesus chose his twelve, and then invested even more time in three: Peter, James, and John. Timothy and Titus were mentored by Paul. Barnabas chose Mark. My guess is, if you have formed a life-giving faith in Christ, someone chose you.

Every day children are given the opportunity to look to adults in their lives. First and most important, there is no question that parents remain front and center. Research points to the utmost importance of parents in the lives of their children. Our children will look to us as their primary example of faith, which points to the fact that we as parents remain the primary influencers of our children.¹

We also know that throughout the development of adolescents, parents remain the most important person a teen looks to for wisdom in making the right kind of decisions, contrary to the looks of disdain we might experience from our teens when we suggest what they should do! The opportunity we as parents have to impact our kids' lives cannot be matched.

At this point, if you're like me, I'm imagining you might be thinking, "Yeah, but I feel so inadequate. I mean, who knows how to give kids what they need? Who can find the time between juggling work, church, sports, volunteering, our kids academic pursuits, etc.?" Perhaps this raises another point about the over-scheduled lives we lead, but let's leave that aside for now. For a moment, let's take on the perspective of inadequacy head on. When it comes to taking on our role in discipling, mentoring, and just plain ol' parenting our kids, we have to begin with ourselves.

For example, every day I wake up and have the chance to turn toward my spouse or turn away. I can turn toward my children or away. I can choose to model graciousness, forgiveness, peace, love, and patience in the way I deal with my son's disobedience or rude attitude. Or I can get angry, pout, yell, or slam doors. I have to face the hard reality that as much as I'd like to say, "Do as I say and not as I do," it just won't be that way. My kids will do what I do as actions really do speak louder than words. In the end, I must accept that I cannot lead my children further than I have gone myself.

Thankfully, God knows I'm not perfect—as do my wife and kids! Thankfully, every day I also have the opportunity to acknowledge my failures, to ask for strength, to do better, and to say "Now but by the grace of God go I!" In light of all that, what can we do to mentor our kids?

Tim Elmore, in his book *Nurturing the Leader Within Your Child*, lists six suggestions to help us help our kids. These are things we can encourage and nurture in our children:

- Know themselves
- Develop their gift
- Find their passion
- Value people
- Learn perseverance
- Pursue excellence

Elmore's book is one of my recommended reads as it gives helpful strategies for pursuing these six goals in the lives of our children. The good news is that we do not have to go it alone. We are part of a larger network that includes our friends, the parents of our children's friends, teachers, coaches, pastors, youth leaders, and other important people of influence in our kids' lives. This brings us back to that roster of spiritual heroes in my life.

We know that while parents are important, so too are the other adults who journey with our kids for a season. While I received the foundation of faith from my parents, my list of mentors needed to include other adults. There was a time when I

wasn't sure I wanted to follow my parents, and that's when those mentors came in. For those of us who work day in and day out with children and youth, it's obvious that kids are seeking mentors. They are curious about life from our perspective. They want to know how we've wrestled with the questions. Contact with wise adults gives our children an opportunity to ground Truth in something beyond their own family experience.

In my own life, I remember sitting on bunk beds in a cabin late one night with my Young Life leader, Ky, and a bunch of my buddies. As we unrolled one Tootsie Roll after another we talked about girls, our struggles, our hopes for sports, or future college.

I remember one season where I constantly checked in with Ky about my parents' divorce, how difficult it was to go back and forth, etc. I needed another adult for perspective and Ky brought the presence of Christ into my life in many caring ways.

Or there was the time in college I went into Doug's office in the church armed with my list of questions and doubts and peppered him for over an hour. I can still see that affirming head nod and the reply, "Wow, those are really great questions for you to be asking." You see, Doug knew that the wisdom I needed at that moment wasn't a quick resolution to my problems, but a gracious encounter that opened up exploration, discovery, and ownership for my own faith.

I would not be the person I am today without these two men and the other men and women who have mentored me in life and faith. Our children will be the same.

Two questions arise in light of this. First, who are the adult mentors for your children? Second, how does The Bear Creek School fit in?

Only you can answer that first question as you take stock of the adult relationships your child maintains. As to the second question, I'll attempt to highlight relevant points. First, it's no surprise to many that most teachers chose their career to impact the life of a kid. The Bear Creek School is known for the quality of its teachers' commitment to excellence and individual attention in the lives of students. I can tell you firsthand that our teachers pray regularly for our students and take seriously each student's whole development, not just in their studies but in their faith and their emotional lives as well.

Second, in Middle School and Upper School, Bear Creek has developed an advisory program where the students meet weekly in a small group to build relationships, talk about faith, and other topics or aspects of school life. The advisory experience creates an opportunity to build and nurture relationships outside of the confines of the classroom. Currently, we are in the process of evaluating and further developing this program to include an intentional leadership development thread and to more effectively build those intentional mentoring relationships.

Third, another important yet behind-the-scenes aspect of encouraging mentoring with kids is to establish mutual

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MEET THE NEW DEAN OF STUDENTS —JEFF GEPHART

Sini Fernandez

Where did you grow up?

I'm an Eastside kid! I grew up in Kirkland, went to Juanita High School, then the University of Washington. After that my wife and I were missionaries in Albania. We then moved to Princeton, New Jersey so I could attend Princeton Theological Seminary and Kristen could teach 2nd grade.

What were you doing before coming to Bear Creek?

The past nine years I was a pastor for College and Mission in Chico, California. It was awesome! I loved hanging out with students, leading a rock band for worship, preaching, discipling, mentoring, and developing leaders. Kristen and I sensed a call to move back to Washington and pursue a slight change in ministry, be closer to our family, and such.

Do you have kids?

I have two great boys, Alex (3rd grade), and T.J. (kindergarten). Alex is our extroverted, do-everything-with-exuberance-and-gusto kid.

He loves reading, playing sports, and beating me at Madden for PS2. T.J. loves anything that allows him to move his body including soccer, cartwheels, drawing, and wrestling.

What books or authors have influenced you?

Earl Palmer, the former pastor of University Presbyterian Church in Seattle, has influenced me personally throughout the years. I was in a discipleship group with him for awhile, listened to his weekly sermons, and I've read all his books. My understanding of ministry has been greatly shaped by many of Eugene Peterson's books (he translated *The Message*). He helps me stay focused on what's important. In college I read *Life Together* by Dietrich Bonhoeffer and it cemented my commitment to the local church and particularly to doing life in community. Recently books like *The Missional Church*, edited by Darrel Guder, have challenged my thinking about the church in America. I loved Donald Miller, *Blue Like Jazz*. I'm a huge Tolkien fan!

What do you do when you're not at Bear Creek?

I'm an avid reader and try to read in all kinds of areas. My family likes to bike, go hiking in parks, and walk on beaches, when the weather is nice. We love music and it's constantly going in our home, everything from John Coltrane to Switchfoot to Hillsong United to Jack Johnson, and even the occasional soundtrack to *High School Musical*. We're known for coming up with goofy tunes on our own every now and then. I like to do anything on my iMac or Macbook. I also like the occasional splurge of a grande caramel machiatto!

What does the Dean of Students do?

My position is similar to being a campus pastor for the Middle School and Upper School students, but within the structure of a school. I'm available to meet, pray, and give spiritual direction to students. I lead the Chapel, our time of worship as the body of Christ at Bear Creek. In addition I lead mission trips and community service, teach classes in Christian Studies, and give shape to the Middle School and Upper School student leadership culture at Bear Creek. I partner with administration and faculty in promoting the overall health and spirituality vitality of our community.

MENTOR continued from page 17

partnerships with local churches. As a Christian school we want to partner with local churches, especially those our Bear Creek families attend, to encourage and nurture the spiritual lives of our students. We believe that the church is the primary focus of spiritual life for the family and anything we can do as a school to encourage families to connect to a local church, and specifically to help their children be a part of the church family, will go a long way in building a spiritual legacy in our students.

May I encourage you to help your children find places to be mentored in faith by loving adults? Certainly we will do our part at The Bear Creek School. But the team goes beyond us. You might start by encouraging your son or daughter to be in a small group as part of a ministry to children or youth; often these are some of the most significant experiences. Or perhaps, like my family experienced for many years, you do not live near grandparents.

Why not adopt an older couple in your church who has raised their own children and now has time to build relationships with yours? Invite them out to lunch after worship or perhaps to your house for a game night. These are just a few ideas. I'm sure you have some of your own that fit your family well.

We can only enhance the future success of our children's spiritual lives by encouraging these mentoring opportunities and by re-committing to our own efforts to pass on our faith to our children. Every time I reflect on how I've grown over the years, I find myself coming back to that list of names and I thank God for Ky, Doug, Earl, Art, and others. I'm sure you have your list too. Let's continue working together to help our children write their own lists.

'For additional information visit www.familybasedyouthministry.org and click on the link to "Support Statistics."

Green & Gold Going Green

By Marla Zylstra

Photos by
Sini Fernandez



When Camille DeYoung arrived on the job last August as the new food services manager at The Bear Creek School, she brought more than a talent for preparing delicious and healthy school lunches. Coming directly from the Seattle Culinary Academy where composting and sustainable practices are standard, she brought those values and habits with her and was eager to continue similar practices in her new position.



Hannah Bienkowski (grade 5), Josh Behm (grade 6), and Tara Leuenberger (grade 5) finish lunch by placing utensils in soapy water for reuse, scraping food into the compost bin, and putting paper products in the bin for recycling.



The Green Club created this poster to help students learn about the new composting system used by the kitchen.

Chef DeYoung's goal was to make a positive change in Bear Creek's kitchen, which dumped 12–16 bags of garbage each day. She reports, "Virtually everything that left the kitchen, except the food trays, never returned." Food waste, paper plates, food containers, wrappers, and plastic cutlery all ended up in a landfill. This year, the kitchen is washing and reusing all trays, silverware, and serving platters. For food taken to eat outside of the lunchroom, most of the materials are compostable or recyclable. As a result, the kitchen is now dumping only 3–4 trash bags per day. That's twenty five percent of last year's volume.

Chef DeYoung knew the change would require education and support from the school community. In September, she visited most of the Redmond Campus Lower School classrooms and spoke at the Valley Campus chapel. She states, "It was wonderful to hear how much the students already knew about biodegradable items and that they knew the definition of composting. They were eager to learn about it too." While looking for older students who might be interested in the supporting the program, she met Lauren Forbes, senior, who had her own ideas about bringing change to Bear Creek. (Read Lauren's story on page 22.) Lauren had started the Green Club in the Upper School and eagerly joined forces with Chef DeYoung.

"The whole big picture came together," Chef DeYoung remembers with a smile. "The Green Club members have been wonderful, and Lauren has done a great job. She made the sign that shows the different compostable items, illustrating for students what is recyclable and what they can compost." The Green Club also helped establish the new program by sending one or two members to each lunch period to assist other students and help them sort their trays at the recycle and compost bins. During the Lower School lunch periods, sixth grade students also took turns assisting younger students.

How has the program been received? "Very well," Chef DeYoung says. "The younger students have been the quickest to embrace the new practices, but the



Chef Camille DeYoung recycled the old “TBCS” abbreviation to describe how students should dispose of their lunch items when they are done eating.

Green Club has done a great job helping to educate Middle School and Upper School students.” What do you do with an old acronym when it is no longer used? Recycle it of course. Although Bear Creek no longer uses “TBCS” as an abbreviation, T.B.C.S. is being used in the kitchen to help students remember where things go. “T” stands for trash—items that will go to a landfill. “B” stands for be green—items that can be recycled. “C” stands for compost—items that are biodegradable. “S” stands for save—items that can be washed and reused.

Material that can be composted, including food waste as well as used paper plates, cups, and napkins, is stored in a special compost dumpster outside of the school. Once a week, Cedar Grove Composting (a family-owned company with compost plants in Maple Valley and Everett) picks up the dumpster. Although they charge a truck fee, the expense is offset by the reduced garbage cost. When Cedar Grove representatives came to Bear Creek to make a presentation shortly after the program was started, they were so impressed with how well the students had accepted the process that they found they had little to add. Christina Graham from Cedar Grove said, “The Bear Creek School has gone above and beyond to make this program successful, and it has

been a pleasure working with Camille and her staff. It is so refreshing to see people so dedicated to making this earth more sustainable. The students play such a major role in this process and are really pioneering the way of the future by closing the recycling loop!”

Kelly Saulsbury, director of building operations for The Bear Creek School sums it up, “I believe the program is a success on a number of levels: first, by reducing the volume going to the landfill and lowering the associated garbage costs; second, by setting an example of good stewardship; third, by engaging students in an awareness of sustainability.”

Both Mr. Saulsbury and Chef DeYoung imagine a time when composting of kitchen waste and biodegradables is done on site—thus closing the circle and producing compost for the school’s own use. “Sustainability is such a big issue and anyone and everyone can participate,” Mr. Saulsbury says. “We are willing to support the students as far as they want to take this. Composting? Vegetable gardens?”

Chef DeYoung is pleased with the early success of the program and excited for the future. “The attitude is really shifting toward green—everywhere—and the fact that we are leading that effort as a school is fabulous.”

More “green” around campus

Middle School and Upper School are using online forms instead of paper waivers and sign-up sheets.

The Office of Admissions sends announcements and receives RSVPs for open houses and events through the school Web site.

School calendars are posted on the school Web site rather than printed and distributed in a paper format.

PTF, ParentNet, and Grizzlies Boosters send invitations and announcements by e-mail.

Students in Mrs. Weinz’s sixth grade class write their names on one paper cup each day rather than using several throughout the day.

Mrs. White, eighth grade English teacher, is assigning a power point presentation rather than the paper intensive scrap book assignment of previous years.

Family directories and the family handbook are both available online rather than in print.

Changing the

One compostable cup at a time

By Lauren Forbes '09

Green Club members
(clockwise, l – r)
Paige Connell (grade 12),
Chelsea Baker (grade 11),
Robert Ross (grade 11),
Madison Stump (grade 12)
Katie Wolfram (grade 12),
Lauren Forbes (grade 12),
Molly Kernan (grade 12),
Jake Matthews (grade 11).
Not pictured: Haley Peterson
(grade 10), Billy Arrigo
(grade 9), and Tim Hughes
(grade 12)



Sini Fernandez

Being a part of a very small private school means occasionally bonding at a campout. This year was no different. During Icebreaker we ventured to a camp in Yakima, Washington. In the beginning the camp was fun! Playing games, running around, and swimming in the lake—then it was meal time. After I finished eating, I made my way to the trash. But there I stood, in front of one single can.

“Excuse me sir, but where are your recycling or compost bins?” I asked the camp manager, a confused look on my face.

“Ummm... *We don't do that here.* People keep saying we should. But no, we don't.”

His words hit me like a shard of recycled metal. So candid. Blunt. I was shocked. Eventually I let my food slowly slide into the black plastic trash bag that

I knew would be dumped into a landfill or worse, our ocean. Coming from an environmentally friendly family, I felt guilty throwing all of the wasted materials into the trash. Sometimes I was lazy and forgot to recycle, but this time was different. It bothered me that I didn't have a choice, and how the camp manager spoke, seeming so indifferent about the matter at hand. How could someone not even make an effort to try and recycle?

World

I had never had such strong feelings towards throwing away “garbage” before.

My name is Lauren Forbes. I am a senior at The Bear Creek School, and this is my story of how I came to discover my passion in life—to change the world and make it “greener.”

It was this event that triggered my epiphany. What if everyone had the same mindset as the camp manager? What if everyone thought, “Well, somebody somewhere is recycling so *I don’t have to*.” These questions kept repeating themselves over and over again in my head. Every plastic bottle, every aluminum can, every newspaper unconsciously thrown into the trash, contributes to our world’s pollution. Right now, we should be thinking about and planning for the future. We need to educate others on the importance of recycling and renewable resources, so that future generations won’t be living in filth. Call me a self-righteous hippie. Call me a tree hugger. Call me different. But it was at the camp in Yakima where I discovered my passion and what I want to do for the rest of my life. Every morning I wake up, just waiting for the moment when I will help revolutionize the way people think about the environment. I realized from that simple encounter that I want to change the world, one compostable cup at a time.

My next step into revolutionizing the world came on a much smaller scale. I decided to start a “green club” at our school. I was very excited to get to share my passion for the environment with other people and to help Bear Creek become “greener.” I developed goals and ideas for the club and then went to Miss Bell, Upper School chemistry teacher, and asked her to be the club’s advisor.

Miss Bell was very supportive; and, after we met a couple of times to finalize the structure, we presented the club to Mrs. Beman, Upper School division head, for approval. I also met with Chef DeYoung and discussed how the Green Club could partner with the kitchen staff.

The progress that the kitchen has made is remarkable and should not go unnoticed, going from plastic silverware to metal, replacing non-compostable plates and bowls to re-usable plates and bowls, and finally having a compostable bin, recycling bin, and a garbage bin available for students. The Green Club members help with this process. After lunch, well armed with gloves, we help other students sort their trash, showing them the proper bins to which their garbage belongs. In our latest meeting we came up with other ideas that can be beneficial for the school. We talked about the possibility of putting composting bins in the bathroom for the paper towels that are only used to dry your hands, so that we will be minimizing the amount of paper towels that we actually have to throw away. We also want to have more recycling options around the school, so that everywhere there is a garbage can, next to it is a larger recycling bin.

Going “green” is not as difficult or expensive as you think and going “green” is exciting! There are some easy ways that you too can put a little more “green” into your life. (See side bar.) It is a new way of life that will save you money and help preserve the planet. It is time that we look at how we affect our environment. It is necessary that we all take an active part in changing our world. We can make a difference if we just take the time to reduce, recycle, and reuse!

Ten steps to green

1. **Dry your laundry outside.** Not only will you save electricity, the UV rays from the sun will brighten your whites and your clothes will have a clean fresh smell.
2. **Packing your lunch.** Use plastic containers instead of plastic bags. Not only will you save money, but Ziploc-type bags cannot be recycled.
3. **Think before you throw your batteries away!** Many office supply stores, such as Staples, will recycle them for you.
4. **Change your light bulbs.** Next time a light bulb goes out in your home, replace it with a fluorescent light bulb. Fluorescent bulbs will last 10 times longer and are more energy efficient, consuming 75% less electricity than incandescent light bulbs.
5. **Buy local/buy in season.** Did you know that the typical carrot travels 1,838 miles before it ends up in your kitchen? Buying local food not only saves the energy costs associated with shipping but it supports local businesses.
6. **Unplug idle appliances and electronic devices.** Just because the TV is off does not mean that it is not still drawing energy. You can save hundreds of dollars a year just by unplugging your appliances while they are not in use.
7. **Skip the bottled water.** Use your own re-usable water bottle instead. Plastic water bottle containers generate large amounts of container waste, and using your own water bottle can save you money.
8. **Conserve water and take shorter showers.** Shorter showers mean you will be rewarded by reducing your water and heating bills.
9. **Create your own compost.** Food waste from egg shells to banana peels can be composted. All that is needed is food scraps, grass clippings and a composting area; composting boxes are available at your local garden shops. Creating your own compost benefits landfills and your own garden.
10. **Print on both sides of the paper.** Using both sides of the paper will reduce paper usage, time, and money!

10 Steps referenced from Chris Baskind’s *Ten First Steps Toward Lighter Living*



Students and parents watch intently as a robot completes the FIRST LEGO League Robotics Challenge Puzzle Power on the last day of summer camp.

GRIZZLY ROBOTS SERVE UP SALMON SUCCESS AND FUN

By Patricia Jones
and Sue Sanford
Photos by Linda Graham

Take one committed teacher, three students eager to cast their energy into learning about robotics, and parents willing to lend a hand. Toss in a robot to design, a research project to tackle, a regional tournament to attend, a fish costume to find, and the end result is The Bear Creek School's first Robotics Club, coached by physics teacher Linda Graham!

In December, club members Alex Johnson (grade 7), Joe Wilson (grade 8), and Andrew Benson (grade 8) worked on the 2008 FIRST Challenge *Climate Connections* and competed with twenty-four teams in the regional FIRST LEGO® League tournament at Highland Middle School in Bellevue.

For the research portion of the Challenge, the Bear Creek team presented a creative solution to a climate problem in our local area. Team member Alex Johnson states, “The challenge for the FLL this year was climate change. We chose to research how global warming affects the Bear Creek salmon population. The robot challenge was based on climate change related tasks, e.g. flood barriers or homes being raised or lowered.” With the help of Brian Reese, biologist for The Mid-Puget Sound Fisheries, the team examined data gathered by King County over the course of thirty years and realized that the salmon habitat is declining. The dissolved oxygen content in the water is down and water temperature has increased in most streams.

Their proposed solution? Build trellises across the streams and cover them with native vines to provide shade to streams. Currently, the county is planting native vegetation along some salmon streams. The team’s idea was that when the vegetation takes root, the trellises can then be moved further downstream until the next area is regenerated.

Students creatively choose how to present their research project. The Bear Creek team decided to perform a skit featuring a grizzly bear (Joe Wilson wearing The Bear Creek School mascot costume) and a salmon from a local stream (Alex Johnson wearing a fish costume). Andrew Benson helped write the research project and felt relieved not to dress as a stream.

For the robot design and performance portions of the competition, the Bear Creek students perfected a pusher/ bulldozer robot design to perform most of the Challenge tasks. They wrote several different programs for the LEGO® MINDSTORMS™ robot in order to accomplish this, but used the same basic



Bear Creek Robotics Club members Alex Johnson, Joe Wilson, and Andrew Benson hold the salmon costume they used to creatively present their research project at the FIRST LEGO League regional tournament last December.

robot design for greater efficiency in their project.

During the tournament, the Bear Creek team’s robot faced tasks simulating climate problems and consistently performed in five out of the 18 tasks. One task the team had to complete was to move four gray balls representing carbon dioxide to a pre-printed spot on the map which represented an underground reservoir. Another task was to move tiny LEGO blocks representing insulation to a model LEGO house. This is the first year for the Bear Creek Robotics club, while some teams had been programming and designing robots for up to two years. Bear Creek’s team scores were in the mid-range of tournament scores at the competition which is excellent for a rookie team.

All of the Bear Creek Robotics Club members contributed equally to the different portions of the Challenge. However, Andrew worked very hard on the research project, Joe was the inventor of the trellis idea, and Alex greatly improved his programming skills during the course of the project. Alex reflects, “One of the challenges was that we were a

small team, and we each individually had to take on leadership roles. Designing the robots was my favorite role. I think my most important contribution to the group was playing the part of the salmon for our presentation; it was one of the most fun parts as well. The tournament portion was a bit tedious at times; but amazingly, we won the Judges’ Award!”

Awards were given to eight teams at the competition and six of those teams will go on to the State competition. The Bear Creek Robotics Club received one of two Judges’ Special Awards conferred at the regional tournament. The Judges’ Special Award is given when “during the course of competition the judges may encounter a team whose unique efforts, performance, or dynamics merit recognition... This award gives the judges the freedom to recognize the most remarkable teams for which a standard award does not exist.” While the Judges’ Special Award does not take the Bear Creek team to State, it is an incredible accomplishment for a first time competitor.

Mrs. Graham states, “Bear Creek students tend to be very busy in lots of



Seventh grade campers Jacqueline Hom, Mary Brady, and Naomi Lee demonstrate the robot they built during robotics camp last summer.

different areas, but I am hoping more kids will want to give the Robotics Club a try next fall. We will get started right away in September and the season ends by mid-December. I'm extremely proud of what the team accomplished this year. They worked hard and had fun in the process!"

SUMMER ROBOTICS FUN

Prior to Robotics Club, Mrs. Graham created a summer camp program and this past summer twelve Middle School students participated in the second robotics camp at Bear Creek. The camp followed the FIRST LEGO® League 2007

Robotics Challenge *Power Puzzle* where students programmed their robots to perform tasks for a challenge course with an energy-related theme.

"Working with robots causes students to use the scientific method, logic, and critical thinking skills while having a lot of fun! They learn perseverance, how to work in a group to solve a problem, and how to think outside the box." Mrs. Graham continues, "I love seeing students excited about what they've accomplished and feeling good about some clever way they've gotten a robot to perform a desired task. As a physics and former geometry teacher I am delighted that they

are making connections between some of the concepts they have learned while sitting at a classroom desk (circumference of the wheels, gear ratios, speed, distance, the physics behind the various sensors, etc.) and are actually putting these concepts to work!"

Bear Creek seventh grade student Jacqueline Hom reflects, "Robots were a mystery to me until I took this camp. Going with my friends and watching a robot go round and round in circles without stopping (due to not putting in a command to stop) was really fun. I enjoyed trying to decipher how a robot works and figuring things out." She continues, "The sensors were fun to play with and the creations the others came up with astounded me. On the last day, when we were presenting our robots, it just made me proud to see how far my friends and I had progressed during the time span of only five days. Even though we got confused a lot, it was worth it!"

Working in groups of one to three students, the campers learned how to manipulate the robots and navigate the *Power Puzzle* board. Each day, they learned how to program different features of the robot such as moving forward a specified distance, backing up, turning, and using touch or light sensors. At the end of each day the students competed in a different challenge like moving forward from a starting line and literally stopping on top of a dime.

The finale of the week was a competition using their robots on the *Power Puzzle* board to complete a series of tasks. These tasks included manipulating LEGO models with the robots such as pushing a dam into place on a river, moving power lines into the correct location, and lifting tiny oil drums off

Mrs. Graham graduated from Whitworth College with double degrees in chemistry and physics, earned her master's in chemistry from the University of Washington, and her teaching credentials from Gonzaga University. Mrs. Graham taught General Physics, AP Physics, and Geometry for five years at University High School in Spokane before taking a long leave to stay at home with her children, Mac and Beth. Currently in her tenth year teaching at Bear Creek, she teaches conceptual physics and advanced placement (AP) physics, is the Upper School math team coach, and until this fall, served as the National Honor Society advisor.

an oil rig without dumping them into the ocean.

Naomi Lee and Jacqueline Hom, both Bear Creek seventh grade students, were part of a team who designed a robot that was very consistent in performing the tasks – truly the most reliable model. Another seventh grade classmate, Tim Van Baak, had a clever design using touch sensors to control his robot through a set of cables, although such a configuration would not have been allowed in an actual competition.

Bear Creek ninth grade student Nick Prekeges won the grand finale with a robot that completed more tasks in the allotted 2.5 minutes than any of the competitors. “I was surprised that I won, because all the kids here are so smart,” Nick comments, “I really liked being able to try things out and then immediately see the results and make changes. It’s a great way to learn logical thinking, and now I’m interested in learning more about computer programming. This was the best thing I did all summer.”

Mrs. Graham’s wish, “I would love to see more kids coming to the camps in the summer. I have enough equipment for 14 campers per session. I would especially like to see more girls get involved!”

HOW DID ROBOTS SWIM INTO THE BEAR CREEK SCHOOL?

Mrs. Graham first became interested in robotics when she was asked to design and teach an elective science course for seniors in the spring of 2007 entitled Technology and Design. She determined that one of the units in the semester-long class should involve robots. At a national conference, Mrs. Graham talked with other AP teachers who were coaching robotics teams or clubs at their schools. She determined that the LEGO® MINDSTORMS™ NXT robots would be the best fit given the parameters of Bear Creek and the needs of the class. Mrs. Graham reports, “The Bear Creek administration graciously bought the necessary equipment including laptops and gave me great technical support; thanks to Veronica Mickelsen, director of

WHAT IS FIRST LEGO® LEAGUE ROBOTICS?

FIRST (For Inspiration and Recognition of Science and Technology) was founded in 1989 by inventor Dean Kamen. As founder of the non-profit organization his vision is, “To transform our culture by creating a world where science and technology are celebrated and where young people dream of becoming science and technology heroes.”

FIRST LEGO League (FLL) is a national robotics program in which teams of young people aged 9 through 14 assemble and compete robots (based on the LEGO® MINDSTORMS™ kit) designed to accomplish tasks involved in a ‘real world’ scenario. Teams also conduct a research project related to the tasks in that year’s competition. The Challenge culminates in local, qualifying and state/provincial tournaments in which teams present their research projects

and compete with their robots for a variety of awards.

Each LEGO® MINDSTORMS™ kit begins as a basic “brick” with a rectangular controller, sensors, and wheels. Using LEGO pieces, students add widgets to the robots to help them perform various tasks. These tasks involve manipulating little LEGO models around the Challenge board, such as pushing a model into position or carrying it from place to place. Students program their robots to efficiently perform these tasks. Tasks must be completed in 2.5 minutes. Judges award points for how many tasks are finished in the allotted time. At the tournament, how well the robot performs is only 25% of the final score. Judges also look at the robot’s design (25%), teamwork (25%), and the students’ research project (25%).

information technology.” Luckily, Mrs. Graham also had a next door neighbor who had been coaching a middle school robotics team for several years. She was invited to watch a FIRST LEGO League competition and the team loaned her one of the competition mats for her class.

After creating and teaching the Technology and Design class, Mrs. Graham’s schedule didn’t allow for an open period to continue teaching the class. Mrs. Graham says, “It was breaking my heart to see that equipment sit on a shelf, so I had the idea of starting a robotics camp in the summer to give students a chance to work

with the robots and to see if there might be enough interest to start a Middle School robotics team.”

Alex Johnson sums it up well, “I guess the whole robotics thing sort of got into my head. When I visited LEGOLAND some time ago, I did a LEGO MINDSTORMS event, and I was hooked! The FIRST LEGO League combined my two favorite things, technology and LEGO...I definitely will be on the robotics team again next year.”

Bill MacKenney

By Robin Maass

Photo by Sini Fernandez



Spend much time with Upper School math teacher Bill MacKenney and you start to notice a recurring phrase. “It’s just fun,” he says about almost everything: teaching math, his relationships with students, Icebreaker, riding his bike to work, chaperoning ski trips and school dances.

Mr. MacKenney joined The Bear Creek School faculty in 2000 after spending 26 years teaching math in the Seattle, Bellevue, and Lake Washington public school districts. His son, Kyle, had just graduated from Redmond High School that year, and “it was time for a new calling,” he says. His wife, Heather, had heard about The Bear Creek School, and Mr. MacKenney was drawn to the school’s more traditional math curriculum.

“I like teaching math in a non-integrated way,” Mr. MacKenney explains, “where geometry is geometry and algebra is algebra, and it’s up to the teacher to do the integrating.” He also enjoys Bear Creek’s smaller size and the opportunity to teach the same students in multiple years, in contrast to large high schools where teachers typically see students only one year.

“It’s much more personal here,” Mr. MacKenney says. “The smaller class size at Bear Creek gives you more personal rapport with students as you see them in other activities like choir, sports, and musicals.” He notes that when he and his wife went to the State cross country meet recently, five members of the boys’ team were his current students.

Upper School Division Head, Karen Beman reflects, “Bill MacKenney is an exceptional teacher. His mastery of the subject matter continues to inspire students and develop in them a comprehensive mathematical skill base. What is most striking about Bill is his long-standing love of our students as evidenced by his faithful attendance at athletic events and student socials; in addition to the genuine care and concern for students which he expresses daily.”

A visit to his classroom shows Mr. MacKenney’s connection with his students in a tangible way. His walls are covered in

collages of photos, one for each year he’s taught at Bear Creek. He’s taken hundreds of photographs of students, teachers, and staff in classrooms and in the halls, at sports events, Icebreaker, dances, plays, and concerts. He points with pride to one of himself going down a water slide at Icebreaker. “Where else do you get to start the year by going off to play?” he asks.

Cindy Kim, class of 2008, reflects, “Mr. MacKenney is an amazing math teacher...not only that, he has great faith. I really respect how he prays every Monday; he prays for us and prays for the week. I learned so much from him and am so glad I had him as a teacher.”

In addition to photography, Mr. MacKenney enjoys hiking, biking, camping, and gardening. He’s completed the Seattle to Portland bike ride (STP) fifteen times. “You’d think I didn’t know how to get to Portland!” he jokes. He



Bill MacKenney has completed the 200-mile Seattle to Portland (STP) bike ride fifteen times.

missed the STP last year because he’d developed heart problems which resulted in having a pacemaker installed. When his heart condition prevented him from riding his bike uphill, his wife encouraged him to purchase a motorcycle, which he enjoys riding still. But now he’s glad to be back on his bike and hopes to ride in another STP soon.

Besides the photo collages, Mr.

MacKenney displays pride in his students with permanent lists on his classroom walls of names of those who received a 5 (the highest possible score) on their AP Calculus exam, beginning with Nathan Shomber in 2003. Like any teacher, he is happy to have inspired some of his students, including Hugh Foskett, class of 2004, and Bobby Morgan, class of 2005, to pursue studies to become math teachers themselves.

Another highlight of the year for Mr. MacKenney is the annual singing of calculus carols.

Calculus carols?

“Christmas carols with calculus words set to them,” he says with a smile. “On the last day of school before Christmas break, we serenade other classes with calculus carols.”

Jimmy Rehfeld, class of 2008, says, “AP Calculus is more about book work and classroom material, but there were still some times when Mr. MacKenney made it a lot of fun. Mr. MacKenney really is a character—though you wouldn’t know by looking at his typical ‘math sweater vest’...One day we had to remember a certain order of operations. He created a dance for it that he called the ‘low D high rule’. There was Mr. MacKenney, this wonderful math teacher, standing up there doing his ‘low D high’ dance in front of the whole class! That’s probably my favorite calculus memory.”

Really, the photos on Mr. MacKenney’s walls tell his story. “It’s a joy to know everyone here,” he says.

Bill MacKenney grew up in Pennsylvania in a small public school where students were pulled out of class once a week to attend a Bible class at the local Baptist church. He graduated from Washington and Lee University in Lexington, Virginia, received a master’s degree in math at Temple University in Pennsylvania, and received his teaching credentials from Seattle Pacific University. A retired reservist, he was a Navy navigator for five years flying C-130s for the Air Force, including flying in and out of Vietnam from 1965 to 1967.

Cara Linnenkohl, Class of 2008

By Vicki Kaiser

Class of 2008 alumna Cara Linnenkohl won silver in the Junior Women's Single Sculls at the 2008 FISA¹ World Rowing Junior Championships held in Linz, Austria. Competing in a sport that is not considered an American forte, Cara's second place finish is the highest in U.S. junior men's and women's single scull crew event history.

Introduced to the sport at age 13 by her older sister, Jessica, this young athlete says rowing became a great way to relieve stress from school and daily life. However, as she became more competitive, this "outlet" became another consideration in terms of priorities and responsibilities.

"My senior year it became tough to study and row at the same time, with both a national and world championship on the line," Cara recalls. "You know you will need to work hard; but, for the long term, school became more and more important when considering college."

Now a freshman at the University of Virginia on a rowing scholarship, this student athlete says it has become easier to balance priorities in college but, she admits, balance and time constraints are still very challenging.

In addition to collegiate scrimmages and the NCAA national championship race this spring with her University of Virginia team, Cara will be preparing for the World Rowing Under 23 Championships that will take place this July in the Czech Republic. She is also training for her long-term goal—to earn a place on the 2012 U.S. Olympic Rowing team. This Olympic hopeful is doing everything she can to reach this goal.

"In rowing, especially when preparing for competition, your lifestyle determines your performance, so every choice you make has an impact on your training and preparation," Cara explains. "It is also important to be mentally and spiritually prepared for your work, approaching every competition as an opportunity to show God's blessing in your life, and how hard you are willing to work to be a champion."



Cara Linnenkohl '08 now rows for University of Virginia.

¹FISA, "Fédération Internationale des Sociétés d'Aviron" in French, or the English equivalent International Federation of Rowing Associations is the governing body of the sport of rowing.

Morgan Bader '08

I'm in a play at the University of Pepperdine entitled "Defiance" by John Patrick Shanley which opened in December. The play addresses the problems of racism, discrimination, adultery, and greed for power and takes place in the Marine Corps at the end of the Vietnam War. I play a chaplain by the name of White.

Todd Lien '08

I am studying biochemistry and Spanish at University of Washington. In the fall quarter, I took a Music Ensemble class, called University Singer. We had two concerts and I had the honor of being selected to sing the solo part for the song Silent Night in one of the concerts. This was my first time ever to take a choir class, my first time to sing with a group on stage, and my first time to sing solo in front of a crowd. This was an exciting event in my life.

I am having so much fun at college right now. I have joined several clubs at UW to keep myself busy and my life eventful. I joined the running club to continue my passion for running; the cuisine club to try many varieties of food; the Foundation for International Understanding Through Students to make more friends and help new international students smooth the transition into American culture; the Taiwanese Student Association and Taiwanese Oversea Student Association to show my patriotic spirit; and The Inn (a Christian group) to keep building my relationship with the Lord. The Inn has a weekly fellowship and in October I shared my testimony/my story of how I became a Christian in front of college students. The Inn also has a freshman group that meets weekly for more fellowship. I also joined a Core Group that functions as a youth group.

Tara Sackman '07

I have joined the Whitworth University school paper, the Whitworthian, as a photographer. I also auditioned for and joined the women's choir. We toured on the west side of the state with our Christmas program in early December.

Leah Bangs '06

This has been an exciting year for me here at Western Washington University! I am a junior this year working towards a degree in kinesiology with a specialization in pre-health care. This summer I am planning to begin a nursing internship while attending summer school to acquire my Nursing Assistant Certification. Then in the fall I will apply to programs for a master of nursing degree.

I've developed a passion for running in college. In the past six months I ran the North Olympic Discovery Half-Marathon and the Bellingham Bay Half-Marathon in addition to running with the WWU Women's Cross Country team, until an overuse injury cut my season short in October.

I'm learning new things about myself constantly, and the Lord has proved faithful time and time again!

Kristina Aronson '05

Geneva, Switzerland is not the most common place for college students to study abroad, but it provides unique and amazing opportunities. I have traveled to eighteen different countries in the past few years and Geneva is unlike any other city that I have visited. It is home to the United Nations headquarters and more international organizations than one could imagine. I had the opportunity to spend my fall semester working at an organization that researches global armed violence and small arms proliferation. My co-workers were from around the world, and I made valuable academic and professional contacts. I also capitalized on Geneva's prime location in central Europe and spent a few memorable weekends in various neighboring countries.

Katie Moravec '05

Katie is a senior at the University of Washington in the College of Engineering. She is set to graduate in June with a degree in aeronautics and astronautics. She interned at Boeing last summer and is applying to graduate school in the same field with hopes to work and attend graduate school next year.

Sarah Switzer Kidd, Class of 2004

By Vicki Kaiser

Alumna Sarah Switzer Kidd says she loves weddings, is a veteran road-tripper, and enjoys experiencing the world through the lens of her camera and walking through metal detectors. Perhaps it's no surprise, then, that this recent college graduate has, in the last 12 months, walked down the aisle as a bride, driven across the United States, visited strange airports and train stations, and taken hundreds of photos of her remarkable journey through India with her groom.

In September, Sarah and her husband Nathaniel flew to India, on one-way tickets, to begin a journey they call a pilgrimage. "We are a young married couple trying to find our roots in God and our place in the world," they explain. "We are currently on a pilgrimage, of sorts, to India. There we hope to learn about the Church, the meaning of missionary activity, and how to live our lives together in God." The couple says they want to "drink in the effect of loving Jesus in India."

In their short time in India, the newlyweds already have immersed themselves in the Indian culture. They are studying the Hindi language, learning to navigate foreign cities and culture, learning the business practices, government-sanctioned and otherwise, and are getting to know the people. Through these experiences, Sarah says, "We've already gained a lot of compassion for immigrants trying to make their way in the U.S."

Though careful of whom to trust, the couple says they are "looking for ways to make relationships and bless people with good hearts." Two such people are Amar and Nicky, English-speaking, bright, but uneducated young men who shine shoes in the main bazaar to support their families. The boys have helped Sarah and Nathaniel navigate through some of the complexities of the Indian culture. In another step toward friendship, Sarah and Nathaniel have begun teaching these new friends to read and write and hope to share with them the love of God.

The pilgrims have not set a date to return to the U.S. They plan to stay in India as long as the Lord directs. Sarah's mother, Kellie Anderson, says she does not worry about Sarah because, "She has always listened to the Lord and followed His leading. I know she is where she is supposed to be."

To follow Sarah's journey in India, visit the couple's Web site:
nathanielandsarah.wikidot.com



Sarah Switzer Kidd '04 and her husband Nathaniel visited the Taj Mahal during their pilgrimage to India.

Photo by Lydia Imhoff '04



First year medical student, Melissa Blankenbeckler '03, rejoices after the birth of one of the many babies she helped deliver during her medical mission trip to Uganda last summer.



Melissa Blankenbeckler interacts with Ugandan children while participating in a mobile HIV clinic in the local community.

Melissa Blankenbeckler, Class of 2003

By Vicki Kaiser

After completing her first year of medical school at Loma Linda University School of Medicine, class of '03 alumna Melissa Blankenbeckler traveled to Uganda to serve on a medical mission team. Melissa and four of her university classmates spent four weeks this past summer serving at the Ishaka Adventist Hospital in the Bushyeni District of Uganda. She worked under the supervision of two Filipino missionary physicians, one an OB-GYN doctor and the other a general surgeon.

Melissa and her team brought to the hospital a large quantity of much-needed medical supplies, including scrubs, surgical instruments, and an EKG machine. She was able to be involved in every aspect of life in the hospital.

"Because they are short-handed and willing to accept help from anyone who is able, we were allowed to participate in procedures and surgeries that would never be given as tasks to medical students with only one year of training in the States," Melissa explained. She was most surprised by the opportunity to perform a C-section, "with physician supervision, of course!" she adds.

In addition to serving at the hospital, Melissa participated in the mobile HIV clinic out in the community where she conducted HIV testing and counseling and helped provide follow-up checkups to HIV-positive patients.

Melissa returned to California in September to begin her second year of medical school after what she calls a "life-changing and incredible opportunity" in Uganda.

Celebrate Science

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