

1,238  
Saints alumni

30

% of students  
receive  
financial assistance

99

% of the class of 2012  
matriculated to college  
and university

80

% of students  
participate  
in athletics

30

% of students  
participate in  
drama or band

67

% of teachers  
with advanced  
degrees

136

League  
championships



### Ring of Honor a Success!

by Bryon Friel, Booster Club President and Tim Morgan, Booster Club Vice-President

Thank you to all who attended the first Ring of Honor dinner on Saturday, April 13. This was a great opportunity to celebrate SLHS community members who have made a positive difference in the world—both at SLHS and in the world beyond. Bob Matthews, SLHS teacher and coach, and Brian Smith, Bernie Buck and the Men's Soccer Team of 1990 joined Shirley Vradenburgh on the

Ring of Honor in the gymnasium. Todd Crooks, father of Masie '16, was our emcee and host and Craig McCord, Defensive Coordinator of the Pacific Lutheran University Football team, addressed the crowd with an inspirational speech on the translation of sports to daily life, particularly in regards to learning respect, courage and persistence.

We raised \$1350 to help purchase a new bus for student athletes. If you missed the event and want to contribute to our efforts, please contact Jeanne Flohr, Director of Development, [jflohr@seattlelutheran.org](mailto:jflohr@seattlelutheran.org)



We hope to see you at meets and games in the future. Athletic schedules can be found on the school's website, [www.seattlelutheran.org](http://www.seattlelutheran.org). Go Saints!

Clockwise, l to r: Bob Dowding presents the 1990 Men's Soccer Team with their award. Williamson Family. Alumni. Tim Morgan and guest speaker Craig McCord.

With help from students, alumni, parents, past parents and friends, Seattle Lutheran High School recently created a new mission statement. Thank you to everyone involved in this important work. Now, we need your help to successfully implement the School's mission to educate "servant-leaders."

Please consider making a gift of \$150 to SLHS this year.

150

class notes continued . . .

### Rest in Peace

Bonnie Spaulding, Charter Member, December 2012

Vito LaBellarte, Jr. father of Vito LaBellarte III '03, December 2012

Mrs. Kim, January 2013. For many years Pastor and Mrs. Kim have served as guardians of our Korean international students.

Eric Richmire, husband of Katie Rose Oliver '99, February 2013

Bonnie Dockter, mother of Meagan Dockter '91, March 19, 2013.

Janet Knight, mother of Kristina Bakke '92, October 2012.

### Welcome Babies

Cara Wall Scheffler '96, welcomes a daughter.

Jack Menashe '99 and wife, Bailey, welcomed a son, Malachi on March 3, 2013.

Darren Rice '00 and Jennifer Kranich Rice '00 welcomed their second son, Henry, in December 2012.

Your gift will ensure students are provided with:

- ✦ personalized, one-on-one daily attention
- ✦ opportunities to be an active part of athletics and social clubs
- ✦ a personal relationship with Christ
- ✦ personal development with dynamic teachers for an enriching educational experience

### 3rd Annual Alumni Reunion & Tribute to Bob Christian

Friday, June 14, 2013  
Menashe Gymnasium  
5:30 pm – 9:00 pm



Please join us for the third annual Alumni Reunion! Plan to meet up with your classmates and former teachers. Enjoy a special tribute to Bob Christian, founding principal, who continues to support SLHS; he serves on the Board of Directors and continues to support students at athletic events. Bob's convivial nature endears him to all who meet him. Enjoy food, drink and fellowship with friends, and catch up on life at Seattle Lutheran High School. We look forward to seeing you there!

*We hope our alumni have been and continue to feel nourished by Seattle Lutheran High School. This publication is for you; we look forward to your feedback so we may continue to improve and communicate with our Saints on a regular basis. Please "Friend" us on Facebook at Seattle Lutheran High School for good news and information. Please contact the Development Office with questions or corrections. [jflohr@seattlelutheran.org](mailto:jflohr@seattlelutheran.org) or 206.937.7722 ext. 21*

 **Seattle Lutheran**  
HIGH SCHOOL  
4100 SW Genesee Street, Seattle, WA 98116

### It's Personal.



[www.SeattleLutheran.org](http://www.SeattleLutheran.org)

MARK YOUR CALENDAR

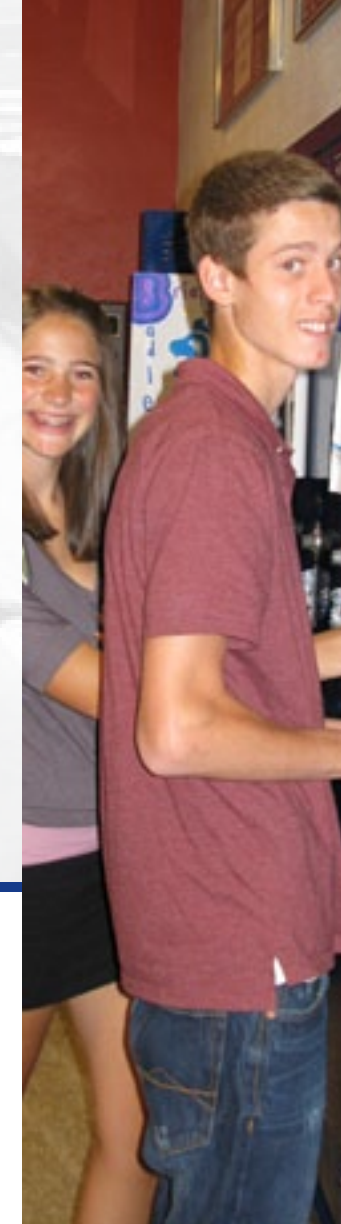
## REUNION

### Class of 1988 25th Reunion July 5 and 6, 2013

July 5 is an evening party for Class of 1988 Alumni and their partners hosted by Rory and Shari Aoyama Leid at their Seward Park home. Great food, specialty cocktails, palm readers/future tellers, photographers, music and good ol' 80's FUN! Complimentary.

July 6, 2013 is family day for friends and family of 1988 alumni. Step back in time as you tour the high school and enjoy a potluck and a relaxed afternoon with family and friends at Lincoln Park and MORE! Small fee to help pay for costs of the event! Invitations to be mailed in May.

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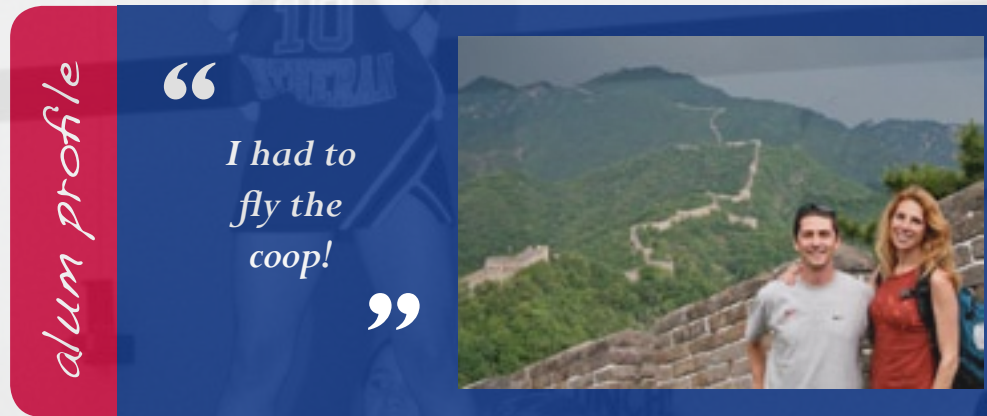
### Mission

Seattle Lutheran High School provides a Christ-centered and student-focused environment that equips young people in their educational and spiritual journey to be servant-leaders in the world.

CONFIDENCE. HOPE. INTEGRITY. PASSION.

## the SAINT

Spring 2013



alum profile

“ I had to fly the coop! ”

### Alumna Lori Hinton '92 Rediscovered Home

After high school I went on to become an Oregon Duck (I know, it's a sore subject with Husky fans, but I had to fly the coop). I majored in journalism and studied abroad in Queretaro, Mexico. Upon graduating, I tried to satisfy my wanderlust by moving back to Mexico and working for an eco-tourism company that took me from Alaska to Latin America, Scandinavia to Europe, and Asia to the Middle East. But my wanderlust just got worse. At the same time, I was ready to start my writing career. So I combined the two by freelancing for travel magazines and writing and producing documentaries that took me to Africa, India, Peru and beyond. I finally returned to West Seattle and became a scriptwriter and producer for "Bill Nye the Science Guy." Then I decided to start my own company, Hinton Creative, so I could work on anything from film and TV to marketing and writing. Coming home also inspired me to write my first book, "West Seattle 101," similar to the guidebooks I used in my travels, only this was about discovering adventures in my hometown.

Recently I had a chance to work with Jennifer Witsoe '92 on new marketing for the school, specifically writing a new tagline. The winner was: "Seattle Lutheran High School: It's Personal." This idea really rang true for me and summed up what students are still saying today, 20 years later (gulp!). The relationships students can have with teachers, coaches and friends and the ability to be involved in everything from clubs to sports due to the size of the school and the attention they receive—it's personal.

So, what now? I'm currently working on a live show for NASA that travels the country teaching science to middle school students through a hip hop concert with music, dance and videos. I wrote the original show which has been running for 10 years, and I am now preparing to launch version 2.0 in L.A. just two weeks away! On the home front, another launch is also in the works—my husband Scott and I are expecting our first baby in May—likely the biggest adventure yet! Stay tuned...





The Proust Questionnaire has its origins in a late 19<sup>th</sup> century parlor game popularized, though not devised, by Marcel Proust, the French essayist and novelist. Proust believed that, in answering these questions, an individual reveals his or her true nature. In an effort to get to know our own faculty better, we asked veteran teacher Jeff Norton to respond to the Proust Questionnaire.

Jeff has taught at SLHS for 24 years and has coached at SLHS for 30 years. During that time he has been the Dean of Students and Principal and has taught the following classes: Biology, Physical Science, Environmental Science, Earth Science, Art, AP Art, Wood Shop, Ceramics, P.E., Religion, Life Skills and Computer Aided Design. He has also coached golf and currently coaches Robotics and Women's Soccer and is the Sailing Club moderator.

## FACULTY FOCUS

### What is your idea of perfect happiness?

Being with my family.

### What is your greatest fear?

Forgetting something I was supposed to do.

### What is the trait you most deplore in yourself?

Forgetting something I was supposed to do.

### What is the trait you most deplore in others?

Forgetting something they were supposed to do.

### Which living person do you most admire?

My father.

### What is your greatest extravagance?

Going out fishing.

### What is your current state of mind?

Happy.

### On what occasion do you lie?

About my age.

### What do you most dislike about your appearance?

Nothing.

### Which living person do you most despise?

No one.

### What is the quality you most like in a man?

Honesty.

### What is the quality you most like in a woman?

Honesty.

### Which words or phrases do you most overuse?

I try not to overuse phrases because that bothers me.

### What or who is the greatest love of your life?

My wife.

### When and where were you happiest?

I've been consistently happy.

### Which talent would you most like to have?

Be good at math.

### If you could change one thing about yourself, what would it be?

Be better at math.

### What do you consider your greatest achievement?

I'm still happily married.

### If you were to die and come back as a person or a thing, what would it be?

I think it would be fun to be an eagle.

### Where would you most like to live?

Seattle in the summer.

### What do you regard as the lowest depth of misery?

Feeling like you are alone.

### What is your favorite occupation?

Teaching.

### What is your most marked characteristic?

Calm.

### What do you most value in your friends?

Having fun together.

### Who are your favorite writers?

Stephen King, Ernest Hemingway.

### Who is your hero of fiction?

Superman of course.

### Who are your heroes in real life?

My father and both of my grandfathers.

### What is it that you most dislike?

Licorice.

### What is your motto?

Sail on.

## ALUMNI NEWS

**Heidi Sommerhalder '84** lives in Sugar Land, Texas where she works as a Child Support Officer for the State's Child Support Division. She has a seven-year-old son.

**Doug Fullington '86** attended the University of Washington where he earned a BA in Music, an MA in Music History and a JD. A fluent reader of Stepanov dance notation, he is Education Programs Manager and Assistant to the Artistic Director at Pacific Northwest Ballet. In addition to his work in ballet, he is the founder and director of the Tudor Choir in Seattle.

**Marianne Goold Smith '86** earned a master's in Special Education from Western Washington University in 1992 and lives in Manitowoc, Wisconsin where she is a special education teacher. Her husband, **Stephen Smith '86** is the CEO of Two Rivers YMCA in Manitowoc.

**Bil Hood '87** is the new Director of Community Relations at Concordia University in Irvine, CA.

**Julie Dart '88** recently returned to the Seattle area after 16 years living in Colorado, Iowa, and Spokane. She lives in Auburn with her partner, Steve Wall, and their daughter Lia, age four. Julie is the Communications Manager for the World Association for Children & Parents, an adoption and child assistance agency based in Renton.

**Jerry Huerta '89** has two terrific children, Alexander 11, and Andrea 10. He is currently earning his commercial helicopter pilot rating, with a PhD in business administration to follow, and is three years away from retiring from the Air Force. After retiring, he intends to focus on running a small business while flying helicopters commercially both for enjoyment and stress relief on the side. Upon retiring, he will be VERY HAPPY to finally return home to Seattle and grow some roots! Since high school graduation and joining the Air Force, he has lived in Iceland, Colorado, Utah, Ohio, California, and traveled either on business or for personal reasons to nearly every state in the US plus Jamaica, Mexico, and Canada. Despite all his travels, western Washington is still the greatest place on earth — with Hawaii a close second!

**Jason Buck '90** is a US Army veteran. He earned an Associate Degree from BCC. He is married to Joani Buck and has three children; Jonathan 17, Christian 15, Harrison 13 and two step children; Garret 22, and Jason 21. He works for Edmonds CC at the Washington Aerospace Training and Research Center where he trains the next generation of aerospace machinists.



**Ene-Liis Arrowsmith '91** and **Meagan Dockter '91** (left) chat with Bob Matthews at the SLHS first annual Ring of Honor Award Dinner and Celebration this April.

**Andrew Kautz '92** graduated from the Air Force Academy and now works in Everett with TramLo on freighter airplanes.

**Heather Knight Steffens '93** graduated from Westmont College in 1997, and received her master's is Organizational Development from University of San Diego in 2000. She lives in Newport Beach, California, with her husband, Nate, and their three children, Elle 9, Shae 7, and Charlie 2. Heather presides as the President and CEO of her home, where there is never a dull moment.

**Kirsten Larson Valencia '93** has been married to Jose Valencia since July 2000. They have twin sons, Aiden and Diego who are nine years old. Kirsten completed her master's degree in Educational Administration last October.

**Amy Antonino Wadley '93** Attended Seattle Pacific University for a few years where she met her husband. She has a paralegal degree and worked as a paralegal for seven years in Seattle. She currently lives in Phoenix, AZ with her husband of 15 years, Jay, and their daughter, Sophia 7. She volunteers at her church, Sophia's school and in Bible Study Fellowship. Her family loves to serve and travel together.

**Liz Iben Johnson '94** graduated from Western Washington University in 1998 and lives in Bellevue with her husband, Pete, and daughters, Elle 11 and Cadence 6. She is a decorator for Pagliacci Pizza, Macrina Bakery and DeLaurenti's in the Pike Place Market.

**Keri Shoemaker '94** graduated from Washington State University in 1998 and currently lives in our nation's capital where she heads up the DC office of a Seattle-based communications consulting firm, PRR, Inc. She works on national communications and marketing campaigns for transportation, environmental and public

**Denae Restad Fergel '91** After spending a few years in Maryland and Louisiana, Denae settled in Mandan, North Dakota, in 2004 with her husband Steve, and their sons Bradley, age 12, and Andrew, age 10. Denae works as an RN at Missouri Slope Lutheran Care Center, Bismarck, ND, serves on the school board at Martin Luther School in Bismarck, and volunteers at church and school. Their family enjoys football games, way too many pets, and camping.

health issues. Keri will celebrate nine years in DC in March and is excited as she plans her wedding this year.

**Deana Carlsen Thayer '95** and husband Scott enjoy spending time with their five children.

**Amy Richter Edmondson '95** Married Tyler Edmondson in 2005 and has a five-year-old daughter Isabella. She currently works as a Loan Officer for Prospect Mortgage.

**Marshall Nelson '95** is a Marine Corps veteran and lives with his family in Yuma, Arizona where he is a Border Patrol Agent with the United States Border Patrol. He enjoys spending time with his wife and three children, Charlotte age 5, Shannon age 3 and Connor age 1.

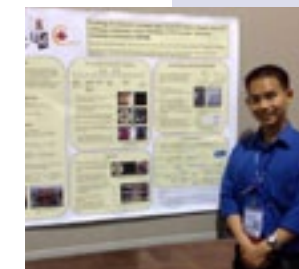
**Kristin Tarabochia '95** works for the Department of Defense teaching in their STEM (science, technology, engineering and math) program to low socio-economic 5<sup>th</sup> graders. She volunteers at Hope Church with the confirmation class.

**Cara Wall Scheffler '96** was selected by her peers at Seattle Pacific University as Teacher of the Year in the College of Arts and Sciences, Sciences and Technology. A Gates Scholar recipient, Cara is an Assistant Biology Professor at SPU and an Affiliate Assistant Professor of Anthropology at the UW.

**Julia Linville '97** earned a B.S. in Psychology from the University of Washington, an M.A. in Clinical Psychology from Long Island University in 2002 and an M.A. in Marriage and Family Therapy from Argosy University in 2009. Julia lives in Haiku, Hawaii where she enjoys beach outings and shell collecting with her husband Hirokazu Nakajima and two children, Nina age 5 and Kazu age 4. They are expecting their third child this spring.

**Lora White Ferguson '98** was married in June 2012 and looks forward to finishing pharmacy school at the UW in June 2014. She is working at MultiCare Medical Oncology Clinics as a Pharmacist Intern.

**Tumnoon Charaslertrangsi '99** (above) enjoys life as a grad student. After graduating from SLHS in 1999, he returned to Thailand and finished his B.Sc. (Biological Science degree) at Mahidol University International College. Next he continued on and finished his M.Sc. (Toxicology) at Faculty of Science, Mahidol University. Currently he is pursuing a Ph.D. in Food Science at University of Guelph in Ontario, Canada,



because he received scholarship from the Royal Thai Government to study Food Safety, specifically Food Security and Risk Assessment. He'll be assuming a faculty post at Mahidol University International College after completing his degree and will probably teach food microbiology, food safety and food toxicology back in Thailand. Tumnoon concludes, "As I will become a teacher in the years ahead, I hope to be half as good as Ms. Vradenburgh. I do look up to her as a role model of hard work and dedication."

**Joanna Menashe '04** and **Katie Strong '04** may be found helping customers at Menashe and Sons Jewelers in West Seattle. If you are in the market for jewelry or in the neighborhood, please stop by to say hello!

**Hayley Peterson '04** graduated from Western in 2008 with a degree in Communication and a minor in Sociology. She currently works at Brooks Sports.

**Dianne Rider '04** lives in Pullman, WA where she is currently working on a master's degree in Food Science.

**David Sauter '04** earned a B.A. in Secondary and K-12 Physical Education at Jamestown College. He currently works at Cedar Crest Academy as Head Physical Education Coordinator/Instructor and Curriculum Development.

**Tim Allen '07** is the new 7th grade teacher at Hope Lutheran School.

**Kelly Morgan '07** attends Pacific Lutheran University where he is on the football team in the fall and runs for the track team in the spring.

**Brianna Peterson '07** is working at Salty's, on Alki, in the marketing department.

**Barbara Lisko '08** (left) graduated from Concordia University in Portland, OR. She is engaged to **Alex French '07**.

**Katie Nolan '08** just moved back to Seattle from Chicago.

**Rebecca Krebs Baker '09** recently moved to North Carolina where her husband is stationed with the US Army.

**Chloe Wake '09** completed the baking program at South Seattle Community College and works at Whole Foods.

[class notes continued on back]