

[ WINTER 2014 ]

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CLARK COLLEGE FOUNDATION MAGAZINE

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## All in the Vegan

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## Rat Race

Clark couple build custom rat rod, convoy to Tennessee's Redneck Rumble, a custom car and motorcycle swap meet.

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Cover: A taste of what the Clark College's Culinary Arts, Food program will be cooking up when it launches a fresh curriculum and opens a new facility in 2016.



Oswald showing the money during the Ensuring a Bright Future Campaign celebration in September.

## From the president



Lisa Gibert visits with retired faculty member Shirley Sackman.

The resounding success of the Ensuring a Bright Future Campaign has forever changed the direction of this college. We purchased land for a new campus in North County; broke ground on a 70,000 square-foot STEM building; and renovated our dental hygiene learning lab, while partnering with local industries for the equipment and technology.

Our littlest penguins—some of whom live well below the poverty line—now have stories read to them in front of a warm fireplace for the first time in their lives. They play in the safety of our gardens and receive caring and compassionate instruction from our faculty.

In our science labs, nursing, phlebotomy and pharmacy tech now work together in one building, learning and exchanging ideas in an environment that mirrors their future workplaces.

We've retrofitted many of our facilities with smart classrooms—meaning they can deliver video, audio and other types of modern, high-tech interactions that students expect and deserve.

All of these improvements affect how our faculty and instructors teach and how our students learn. All of this has been made possible because of your support, in combination with gifts from the community.

However, our work is not done. You know that state support has dwindled over the past few years. This makes

private contributions even more critical, but it is exactly the generosity that we get from our donors that puts Clark head and shoulders above the rest.

I give because it makes me feel good. I believe what I contribute changes lives. Alumni tell us they give because Clark prepared them to be productive, contributing members of our community. You know that what Clark offers wouldn't exist if it weren't for your contributions and those of other supporters who believe in the college.

To encourage a new level of giving, we've created The Clark Fund, which will provide positive change at every single level across Clark College. The fund provides for professional development, technology, scholarships and more.

The gifts you give open doors for students and education unveils opportunities for them as community partners join us to tap into their future employees.

If you've given before, please renew your gift and consider adding a little more. If you have never given, please consider making that investment today. When everybody gives, everybody gains and every gift counts. Thank you for all that you do for Clark students.

Lisa Gibert  
President/CEO, Clark College Foundation

# New Culinary Arts facility promises fresh and healthy



Left to right, Clark's Culinary Arts' buffet line hasn't been updated in more than three decades. The area lacks an inviting space for people to gather. A proposed new facility will offer outdoor dining, an open-kitchen design, modern food-court kiosks and ethnic food choices.

Clark College's Culinary Arts, Food program opened on campus in 1958. Today's facility was built in 1980 and at that time considered state of the art. Over the years there have been minor upgrades, but there have been no structural or service improvements to the facility.

That needs to change. We must be relevant. Clark is committed to producing healthy food options for our students so they stay on campus to learn, remain engaged and complete their educational goals.

The college will make that change by expanding the footprint of the facility by about one-third, remodeling existing space, enhancing classrooms and the retail dining room, adding a food court and new equipment for an estimated \$6.5 million.

As Clark College Foundation begins raising funds for this project, the Culinary Arts' curriculum is undergoing a face-lift too. Based on input from public and industry partners and a survey, the updated teaching methods will focus on demonstration training, theory and skill development.

The new program proposal recommends:

- holding lab activities on fundamental culinary skills and techniques,
- demonstrations by certified instructors and visiting chefs about local, regional and international cuisines,

- providing vegetarian, vegan and food-sensitive options,
- teaching industry trends and career options, and
- accepting new students only in the fall with several certificate and degree options.

For the new curriculum to thrive, the facility will be modernized to include classroom technology, a demonstration kitchen, restaurant and production kitchen, stand-alone production kitchen for food-court options, multiple kiosks for cook-to-order items and renovated space for the Baking program.

The Culinary Arts, Food and Baking programs have consistently been at or over capacity. By remodeling our existing facility to make it relevant in the marketplace, students will have the resources to produce healthy and fresh food options that will nourish their bodies and those of other students and Clark employees.

A further result is enhanced learning, which the local food service industry will reap the benefits of as Clark students arrive ready for employment. 🍷

**\$6.5 million will expand Culinary Arts' footprint, add food court, new equipment**



Like these current students gathered around instructor Daryl Oest, alumnus Brian McCarthy cut his teeth in Clark's kitchens. A new curriculum focuses on fresh and healthy foods like this spring green salad with hazelnuts, bleu cheese and pears.

# ALL in the Vegan

*Chef, alumnus, author and longtime  
vegan champions healthy eating*

BY RHONDA MORIN

If it's hard enough to get your kids to eat broccoli once a week, imagine feeding them green, red, yellow and other colored vegetables every day. Now throw in quinoa, barley and wheat berries. Is there any hope or would they starve?

Clark College alumnus, chef and longtime vegan Brian McCarthy has spent his career creating delicious, healthy foods. He's perfected some of the best comfort foods—muffins, pancakes, pastries—into vegan culinary delights that have rich and satisfying flavors.

He began his foundational training at Clark, where in 1984 he majored in Culinary Arts. But it was a woman, whom he met while attending the college, who helped steer him toward a vegan way of eating.

McCarthy cut his culinary teeth serving traditional American fare at The Kilt while attending David Douglas High School. The school's eatery was both a culinary program and a full-service restaurant catering to faculty and students.

Clark had a reputation as a leader in culinary education in the 1980s. College representatives came to David Douglas High School in Portland, Ore., and sold McCarthy on the program. He enrolled at age 18. "It was one of the top 10 in the nation at that time," he recalls.

## *In the soup*

The soup station at Clark was one of McCarthy's favorites. "To do a good soup, it has to be flavorful." He learned about the art of spices; how to combine flavors to enhance the taste and what to avoid. The presentation of the soup is also critical. Garnishes such as minced herbs, cool cucumbers or orange zest can dress up an otherwise bland-looking mixture.

McCarthy recalls a particular culinary disaster as a student. During a local competition, he concocted a homemade gelatin by boiling beef bones. His plan was to line the platter with a crust, include a pâté in the center, vegetables on the side and gelatin over the top of the entire dish. Gelatin coats and protects fresh food for hours for presentation purposes.

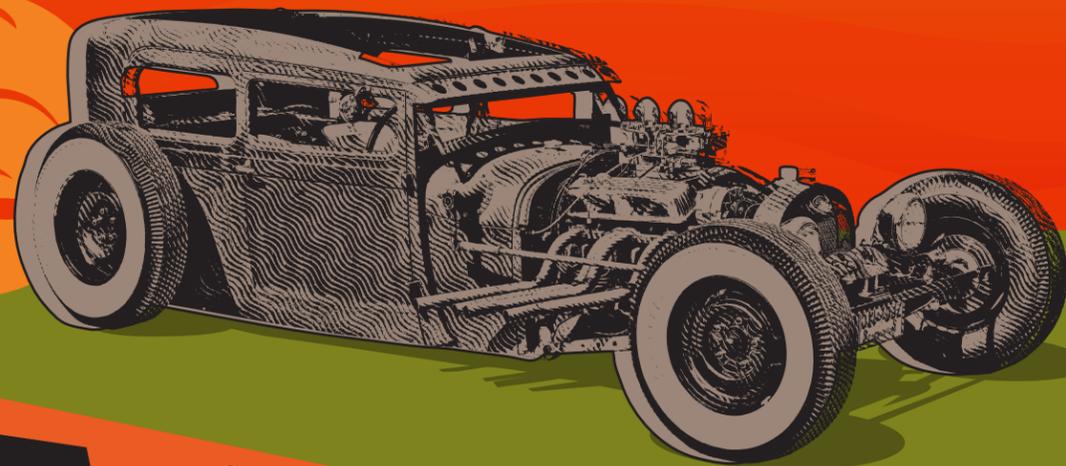
Unfortunately, he added too much water to the gelatin, which melted on the platter, leaving a coagulated mess of sticky gelatin and limp, pale vegetables.

Classmate Karen Davis got first place for her rolled pasta dish at that same student competition. McCarthy was impressed. He had noticed Karen for months and had attempted to approach her several times, but she indicated little interest.

Soon there would be a spark.

*(Continued to page 16)*





# RAT RACE

CLARK COUPLE BUILD CUSTOM  
RAT ROD, CONVOY TO TENNESSEE'S  
REDNECK RUMBLE

BY EDEE LEMONIER '11

David Hubbard has worked on cars since he was 15 years old. So when the 29-year-old spotted a link on Facebook about a race in which he'd have to build the car first, he thought, "Why not?"

The Rat Hard Race challenges participants to build their vehicles in 30 days for \$3,000 or less. The cars—called rat rods—are custom-built cars that start with bodies and other parts from classic cars, like an early Ford Model T or 1950s Chevy. To keep the feel of a time-worn classic, no shiny new paint, rust repairs or any other cosmetic work is allowed. Anyone is welcome to participate in the open class, but to secure a spot as a competitor, racing hopefuls must first enter their names in a lottery that is drawn by sponsors at Rat Rod and Ride Hard magazines.

David Hubbard was stunned to hear his name during a video announcement. "At first I wondered if there was another David Hubbard who'd entered," he said.

Now he had to break the news to his wife of nearly four years, Jessica, that he had entered the contest. "I didn't tell her initially because I just didn't think we'd get picked."

He confessed over Skype because Jessica Hubbard was on duty at Travis Air Force Base for the Air National Guard. He needn't have worried; she was excited to get on the road.

## VETERAN BUILDERS

David and Jessica Hubbard met while serving in Afghanistan for the United States Air Force. They married and celebrated their first wedding anniversary during a second deployment.

They both now serve in the Air National Guard and attend Clark College. Fitting another task into their day seemed reasonable. But then they read the fine print. They had 30 days to create the rat rod from a 1951 Ford F3—a farm truck. It was August 15, and two days would be spent driving to the race in St. Louis, Mo. That left 28 days to build.

David Hubbard worked 12 straight hours each day. He only stopped long enough to attend business management classes at Clark College and study. Jessica Hubbard also worked as much as she could between prerequisite courses for the Nursing program.

"She did most of the interior, while I worked on the engine and body," said David Hubbard. Jessica Hubbard added, "We like to say I'm the grinder, he's the welder."

Many of the parts were repurposed from other cars, like the truck bed's cover. They scrapped the original wood bed cover and replaced it with a metal one from another truck. For the bed cover handle, Jessica Hubbard used the door handle of an old Model A. Because the car would be driven a minimum of 300 miles, safety was critical. David Hubbard installed new brakes and tires, which turned out to be the most expensive part of the project.

## DRIVING LESSONS

They learned some lessons before they left the Northwest. The first test run was at Portland International Raceway in Oregon. They used the car's original engine, but the oil-sending unit leaked, leaving them with about a half quart of oil for the practice race debut. There was also a faulty water pump that had to be fixed before leaving for St. Louis.

Such occurrences were not unusual. "Most people have issues because it's hard to test these cars ahead of time," David Hubbard said. The couple also discovered a camaraderie and willingness to help other competitors with vehicle issues.

"Everybody helped everybody. If one person had a problem, people pitched in, whether they knew each other or not."

This sense of community was also apparent during the drive. Twelve competitors hauled their rat rods on trailers from their hometowns to the starting point in St. Louis. From there, they drove to Chattanooga, Tenn., for the Shapiro Steel Fest. David and Jessica Hubbard traveled in a group of three vehicles, each hauling trailers. One of the rat rods blew a radiator hose during the journey. Every competitor pulled over. The vehicle was a convertible and, though it had a windshield, everyone feared that boiling water had sprayed the drivers. Fortunately, the liquid was coolant, and therefore not hot. The group worked together to fix the broken radiator before getting back on the road.

After spending a day in Chattanooga, the rat rods formed a two-mile-long convoy and drove to Lebanon, Tenn., for their

final stop at the 9th Annual Redneck Rumble. The Rumble is a gathering event and swap meet for classic and custom vehicles and motorcycles. It is also where the winner of the Rat Hard Race is announced.

"It was 12 acres, completely packed," said Jessica Hubbard. "We bought a bike just to get around the swap meets and see all the other cars."

Nine judges were embedded in the convoy to Tennessee to observe, while the public was encouraged to vote online for their favorites. The Hubbards didn't place with the judges, but they took second place in the Web voting.

## HOMeward BOUND

Flush with the vote of confidence from their peers, the Hubbards now had to hightail it back to Vancouver in time for class. Rat rod on trailer, they drove 44 straight hours, stopping to take quick breaks and switch drivers. They arrived home the night before the first day of the fall quarter at Clark College.

The experience has already incited new goals for the couple. David Hubbard got his business license and plans to turn his hobby into a business, called DJ's Hotrods and Fabrication. In May, he will graduate from Clark with an associate degree in Business Management. He says the education he received has primed his entrepreneurial spirit. David Hubbard is also considering a second degree and certification from Clark College in the welding and fabrication program.

In the spring, Jessica Hubbard will complete her prerequisites and apply to Clark's Nursing program. After graduating, she plans to continue her studies at Washington State University.

If you should hear a low, throaty rumble in Vancouver, step outside. You might just sneak a glance at the Hubbard's tail lights. 🚗

The Hubbard's rat rod. Jessica and David Hubbard return home from deployment. See more photos at [clarkcollegefoundation.org](http://clarkcollegefoundation.org)



# THE CHANGING FACE OF DENTISTRY

## Dr. Gary Gilbert believes dentistry needs to reclaim patient trust

By Rhonda Morin

The face of dentistry has changed in Dr. Gary Gilbert's lifetime. When he opened his first Vancouver business in 1973 with three staff members, he intended to expand and become a practice that catered to everyone.

What occurred instead was that he established the trust of locals, got to know their families on a first-name basis, witnessed the start of dental insurance and began to burn out. He sold the practice in 1979.

"I tried to be everything for everybody—crowns, dentures, prostheses—I got overextended," said Gilbert. He needed to reset his priorities and identify his passion.

In 1981, Gilbert tried again. "I hung out my shingle with visions this time of limiting the practice to restorative procedures for adult patients," he said.

There was one treatment room, no jumping from chair to chair, little multitasking and he did most of the procedures

himself. He employed several Clark College hygienists over the years. He prided himself on honesty, integrity and trust with his patients. The business flourished for 32 years.

It's hard to find a boutique dental practice these days, Gilbert claims. Given the high cost of dental school—students can graduate with an excess of tens of thousands of dollars in debt—setting up a practice is cost prohibitive. Dentists and hygienists instead flock to entities with business models that pay for procedures; not always for performance, according to Gilbert. The risk, he says, is that patients may be sold on procedures they don't yet need.

"As a practicing dentist, I took the words 'your tooth needs' out of my vocabulary," he said. "A good practitioner explains the situation then gives options of what to do."

Gilbert bristles as he explains how some dentists tell their patients more X-rays, crowns and removal of metal fillings are immediately necessary.

"It is how you say it that makes a difference. I used to phrase it as 'your tooth is probably headed toward a crown.' But that didn't mean the time was now; it could be ready in six months or longer," he said.

This style of care is what set Gilbert apart from many other dental practices, he said. Giving patients choices such as tools and information to take care of themselves, built a foundation of trust.

"People want the attention. If you give them your time and attention, they will become loyal and dedicated to your practice," Gilbert said.

### New degree

Teaching interpersonal skills and best practices for educating the public on how to care for their teeth is part of what Clark College offers. Each year, Dental Hygiene students practice techniques on 2,000 actual patients who visit the clinic from the community. Students perform a variety of procedures and services, including developing radiographs, removing calculus and biofilm from tooth surfaces, managing and treating periodontal conditions, placing and finishing dental restorative materials, applying preventive materials to teeth and more.

Additionally, students participate in oral health sealant exams at regional schools and care for patients at a variety of social service venues such as the Boys & Girls Clubs of Southwest Washington, Share House, Russell Street Clinic and Head Start and others.

And the opportunities for learning just got better. In October, the college announced approval from the Northwest Commission on Colleges and Universities to add its first baccalaureate degree.

The new program expands on the current curriculum by emphasizing research and educational methodologies. The dental industry expects students to attain baccalaureate degrees to work in dental sales, public health and research.

Clark will begin offering a Bachelor of Applied Science in Dental Hygiene in fall 2015.

### Legacy

After giving decades of attention to his patients, Gilbert now enjoys retirement life. A longtime amateur photographer, in October he traveled to New England to capture the fiery colors of autumn leaves. Photos from his previous adventures—Egypt, Antarctica, South America, Galápagos Islands—have decorated the walls of his former practice. He sold the business in 2012 to Dr. Amy Pugh, a dentist who has kept the practice small so that she too knows her patients by their first names.

"Having the photographs in the office has proved to be an excellent way of keeping connected to my former patients," Gilbert said. "I love and care about my former patients and they love and care about me."

Another way Gilbert keeps in touch with the community, as well as leaving a family legacy, is by donating to Clark College. His gift to Dental Hygiene helps offset some of



*"I took the words 'your tooth needs' out of my vocabulary.*

*A good practitioner explains the situation then gives options of what to do."*

– Dr. Gary Gilbert  
Dental Hygiene donor



The Firstenberg Family Dental Hygiene Education and Care Center underwent a remodel in 2014, transforming the space into a modern learning lab for students.

(Continued to page 18)

# Nurturing the souls of Clark students

Professor Debi Jenkins explains the steps of identifying privilege, power and inequity

By Rhonda Morin



Left to right, Clark paralegal student Letisia Ford and Professor Debi Jenkins.

A woman with stylish hair, chiseled cheekbones, wide eyes and a smooth, creamy face adjusts her gray-fitted blazer as she eases her small frame into the chair before the search committee.

A second candidate, larger framed, hair hurriedly pulled back in a messy clip, heavy facial powder trying to obscure rubbed-red acne, takes a seat later in the same day.

Both have impressive résumés and give excellent interviews. Candidate number two has a few more qualifications that align with the job. Nevertheless, candidate number one gets the job. Was it systematic privilege?

Debi Jenkins, a Clark College professor in the Early Childhood Education and Psychology departments, dedicates whole courses to the topics of privilege, power and inequity. She helps her students understand how they benefit—or

not—from systems of prejudice and discrimination that use identities such as race, gender, class status and others.

One three-credit course focuses on self-reflection. It challenges students to dig deep, into uncomfortable places, to examine how systems that are in place within our society collectively affect us.

The online course, called Reflective Practices in Early Learning (ECE 133), is highly popular; people from around the globe register because they've heard how rewarding and thought-provoking it is.

Jenkins is the brainchild of a theory called the IST of an ISM. It's a way to talk about cultural and intercultural competence, as well as power, privilege and inequity. She teaches this method in her class.

“The theory is about historical inequity that has led to present-day inequity providing unlimited access and resources for some societal groups (the IST), while limiting access and sustaining systemic oppression for other societal groups (not the IST) and the societal structures of power and privilege (the ISM),” she explains.

## Not personal

The concepts are deep; they require critical thinking, multiple conversations and the reading of many resources to begin to understand the complexities.

That's where Jenkins begins to peel back the layers. She spends time explaining how the IST of an ISM is not about a personal experience; rather, it's the benefits reaped from having prejudicial systems in place.

Jenkins explains: “Appearance plus systemic power equals look-ISM. The IST of this ISM (the look-IST of look-ISM) would be those who meet societal standards of beauty or attractiveness. If you are considered attractive in size and facial structure, then you are provided access to privilege in part on how you look. Those who do not meet the societal standards of beauty receive less access, privilege and even oppression.”

Students tell her these systems of privilege don't apply to them or that they don't stereotype people. But she's quick to offer examples of how they do in fact gather power or she challenges them to reach deeply into their “soul” to examine their beliefs.

“We are not vases to be filled; rather, we are flames to be lit.” This African proverb embodies words by which Jenkins lives and teaches. She refers to the proverb frequently in a single conversation and it appears on her website, Share the Flame.

She's been teaching for more than 20 years. Throughout that time, Jenkins has incorporated strategies that nurture the souls of her students and ignite the flame in them so that they are encouraged to dismantle oppression and nurture the souls of those with whom they connect.

Those strategies include tools for identifying and moving forward in how one develops over a lifetime. She uses national survey products that show how people can move from denial and polarization to acceptance and adaptation when recognizing and responding to cultural differences.

The two decades of preparation have entailed years of academic work. She holds an associate degree in Early Childhood Education from Clark College, a bachelor's, two master's degrees and is working on her doctorate. Jenkins, Clark's Behavioral Sciences' division chair, is also an experienced life coach, bicultural development specialist and dynamic presenter specializing in diversity and equity issues, institutional change and human development. In 2009, she received the YWCA Woman of Achievement accolade.

## Conflict is OK

Conflict is OK; in fact, it can open doors. And though it may be uncomfortable, the feeling can be motivating if you're equipped with skills for moving through the conflict to the next level.

“Students fear the disconnect. But then we get to talk about conflict maintenance such as ‘How can you keep everyone on the same bridge despite the discord?’”

She describes it like the flu shot you get at the doctor's office. “It's going to sting a little at first, but then it'll stop.”

You take risks learning about others, but there is a rich return in getting to know someone despite what public opinion says about a person or group of people. Helping students learn strategies for handling different situations, allows them to process and grow, according to Jenkins.

“I want to be present to help them process their disequilibrium. I am always excited to read their responses because I can see their growth, development and change,” she said.

Jenkins fills their toolboxes with ideas and strategies for formulating authentic solutions. She warns against the pitfalls of comparing yourself to others, for example, because such a mind frame limits one's capacity for getting to know what is different about others.

“A relationship is not just about the part that works for you,” she explains, adding, “It's not about just filling a vessel.”

Instead, adding skills that teach how to be on the bridge with others assists with all aspects of life, from being a student or an employee at a job to other interpersonal relationships.

The abundance of course offerings at Clark College is deep. Though Jenkins' course falls under the Early Childhood Education curriculum, it's an example of a life-skills course that has overarching benefits for navigating the complexities of relationships and helping to shape, and reshape, belief systems. 🧠

“We are not vases to be filled; rather, we are flames to be lit.”

– African proverb

# NUMBER REVEALED

## Campaign Celebration a Success

Rain clouds parted and sunshine lit up the faces of Clark College students as they revealed the final amount raised for the college's fundraising campaign in late September. Oswald, the penguin mascot, held the dollar sign that began the line of numbers for a total of \$26,593,789.

As the Columbia River High School marching band, bedecked in black and gold uniforms and high-crowned shakos, made their way up the campus' mall and positioned themselves behind the line of students holding blank placards, the crowd of more than 150 students, faculty, staff, alumni and guests stood with rapt attention.

Lisa Gibert, president/CEO of Clark College Foundation and Robert K. Knight, president of Clark College, called out the numbers, one at a time, as students turned their placards to reveal a colorful number. When it was done, the band's drums pounded, the horns blew and the crowd erupted in cheers to see \$26,593,789 raised for student success at Clark.

"The Ensuring a Bright Future Campaign has been instrumental in bridging the challenges facing our community. The funds raised have made it possible to offer relevant and accessible education and training for people in tandem with industry workforce needs," said Gibert.

The festivities held on September 30 were a culmination of five years of fundraising spearheaded by Clark College Foundation. More than 4,000 donors contributed to the successful campaign that raised money for scholarships, programs, facilities, endowments and faculty development.

Rain saturated the lawns early in the afternoon, but didn't dampen the spirit of the people who gathered under large, peaked carnival tents to explore interactive demonstrations at a variety of tables. There were microbes in Petri dishes being tested for antibiotic properties, mini catapults made with tongue depressors and cotton balls, body composition testing, network cable making and more.

Hot dogs, rice and vegetable bowls and sweet desserts such as funnel cupcakes and mini strawberry shortcake cups were popular with students and guests.

Bryce Ruppe, a business major at Clark, described how Clark's faculty members are invested in his success. He also thanked the foundation and the audience for supporting him financially through a scholarship.

"Having access to scholarships is life changing. It's great comfort for me to receive a scholarship that helps relieve the pressure of paying bills while I'm in college. Thank you so much for helping me," said Ruppe.

# Official STEM groundbreaking ceremony draws a happy crowd

By Rhonda Morin

**A burst of rain accompanied Clark's Pep Band as they played Pharrell Williams' Happy song before a crowd of about 60 people on a late September afternoon during Clark College's official groundbreaking of its science, technology, engineering and mathematics (STEM) building.**

Clark College's President Robert K. Knight was joined by Vancouver Mayor Tim Leavitt, Dena Horton, representing U.S. Sen. Maria Cantwell and Clark student Audreyana Foster, in relaying why STEM education is critical to Southwest Washington and the Portland Metro regions.

"When completed, this project will continue to help us do what we have done for over 80 years: train and educate those who will lead Vancouver and the region forward. At more than 70,000 square feet, the facility will be the largest single classroom building on campus. The final investment in Clark will exceed \$41 million between state funds and those provided by Clark College Foundation for equipment," said Knight during the September 30 event.

Leavitt spoke about the economic advantages of having citizens trained for highly skilled and family-wage jobs such as in the STEM field. Cantwell's message outlined the state's commitment to education and jobs growth and her excitement about watching the building evolve over the next 20 months of construction.

Foster, a mechanical engineering student who began her studies at Clark when she was a teenager through Clark's Running Start program, said the faculty has opened up a new world for her and is satisfying her appetite for knowledge.

"I have learned how things function in the world outside of the classroom. And though not all of the lessons have been enjoyable, Clark College's STEM program has provided me a safe learning environment that has helped me to learn in spite of my mistakes," said Foster.

Knight, Leavitt, Horton and Foster were then joined by Lisa Gibert, president/CEO of Clark College Foundation and Clark County Commissioner Edward Barnes to shovel the ceremonial dirt that christened the project. The sun shone through the cloud breaks, while cheers erupted from the

crowd. Knight thanked the guests for their continued belief in Clark College and for all that they do to enrich the Southwest Washington community.

Construction is well underway at the Fort Vancouver Way site and is expected to be completed in February 2016. Currently, the building is slated to open for students by summer 2016, according to college officials. Walking paths from East Fourth Plain Boulevard have been rerouted and the Clark College Foundation building is only accessible via East Fourth Plain Boulevard.



Middle, Clark's Pep Band kept the mood happy during the event. Bottom, left to right, Robert Knight, Greg Wallace, Lisa Gibert, Tim Cook and Peter Williams in front of the STEM building construction.



Ensuring  
a Bright Future  
CAMPAIGN for CLARK COLLEGE

WE DID IT.  
Thanks to you!

(Continued from page 7)

## Love story

McCarthy started life in Boise, Idaho, but by age five, his parents had settled in the suburbs of Southeast Portland, Ore. Karen Davis was a country girl raised in Hillsboro.

For the first part of his collegiate career, McCarthy couldn't get Karen to go out with him, until one fall evening when she called him out of the blue.

"Rocky Horror Picture Show is playing at the Clinton Street Theater. Want to go?" she asked. The theater is in Portland and the cult film started at midnight. McCarthy couldn't believe his luck and jumped at the chance.

He was getting ready to quit the business when he learned of a weekday job at Intel Corp.—the giant semiconductor chip-maker with offices in Hillsboro. It was a food management job through Bon Appétit Management Company, an on-site restaurant and food-service business for universities and corporations that specializes in environmental sustainability. He got the job and has worked for Bon Appétit since 2003.

Then three years ago, the McCarthys were ready for a change in location as well as careers, so they moved to Boston, Mass. A coveted job as a chef manager opened up at the Massachusetts Institute of Technology (MIT).

Now at MIT, McCarthy promotes the preparation of healthy foods—something he partakes in personally. Twenty years ago McCarthy and his family switched to a vegan diet.

Gluten free or vegetarian dishes at MIT are welcomed by

**"The American diet can be fatty and salty. We present healthy cooking that is well balanced with vegetables, whole grains and complex carbohydrates."**

— Brian McCarthy

They dressed up—she in a grey dress with intricate black patterns that outlined her curvy figure, black gloves, pumps and red lipstick; he in a Greek sailor's cap, vintage brown Army coat with technical sergeant stripes and an earring.

"She looked exceptional that night," he recalled.

After the date and a dreamy kiss goodnight, McCarthy was walking back to his apartment when he realized that he would marry Karen. They were 19 years old.

Sixteen months later in 1987—a week before Valentine's Day, they got engaged—five months later, they married. They've been together ever since.

## Life on the line

Food service is tough on your body and mind; ask any line cook, server or pastry maker. McCarthy's experience wasn't any different. After graduating from Clark, he worked at a steakhouse as a cook, deli chef at a grocery store and other similar jobs that demanded long hours, nights and weekends. It wasn't long before he burned out.

the students. McCarthy tweaks recipes, like traditional pasta dishes, to be gluten free, or brings in Thai or Indian dishes that are traditionally vegan or vegetarian.

"The American diet can be fatty and salty," he said, adding, "We present healthy cooking that is well balanced with vegetables, whole grains and complex carbohydrates."

## Killing zucchinis

Sometimes it's tricky to get people to try vegetarian or vegan dishes. McCarthy takes pride in finding the right combination of ingredients to make food flavorful and good for you. He recalls a time when he "killed a lot of zucchinis" in an effort to make a good-tasting, vegan zucchini bread. He eventually succeeded.

At work, he also uses cage-free eggs, free-range chicken and pork without added hormones. He regularly partners with local farmers to offer the "Farm to Fork" experience in MIT's cafeterias and eateries, all hallmarks of Bon Appétit, which is owned by Compass Group, an international food service and support corporation.



Left to right, Brian McCarthy's new book about vegan cuisine written for commercial chefs. McCarthy prepares a dish at Clark in 1985. The first date, the night Karen Davis and Brian McCarthy went to the Rocky Horror Picture Show. The McCarthys in New York City. Karen (Davis) McCarthy prepares sweets in Clark's Bakery kitchen in 1985. Photos provided by Brian McCarthy.

But how does a vegan chef get past the obvious dilemma of sampling meals made with meat? McCarthy relies on his kitchen staff to provide feedback.

It requires brutal honesty. "There is no place for getting on my good side here," he said.

## Quick and easy

Students are often a hard crowd to please, so cooking for them has prepared McCarthy for a larger challenge: the American diet.

Americans love cookbooks and they seemingly adore making easy meals. The market is flooded with every sort of how-to book. But it's the restaurant business that McCarthy believes needs help in producing quick, easy and nutritious family foods.

"This is one of the last stones on the path to kick away," he said about getting professional eateries to embrace lower fat, grain and vegetable dishes. His latest cookbook—*The Professional Vegan Cookbook*—highlights food that is as good as, or better than, non-vegan meals. The book is a team effort. He created all of the recipes, while his wife, Karen McCarthy, edited and formatted them for print.

Chefs will find staples such as muffins, quick breads, cakes, dips and sauces, among other recipes. Cooking styles include Italian, Asian, American and more. The book claims 450 recipes for large to small culinary professionals.

Load up on broccoli, but try it with Thai coconut red curry sauce and a bit of fresh Thai basil to unleash a taste explosion. Then wash it down with vegan coconut Oreo ice cream—even healthy needs to cheat once in a while. 🍪

For recipes, books and videos visit Brian McCarthy's blog at [brianpmccarthy.blogspot.com](http://brianpmccarthy.blogspot.com).



(Continued from page 11)



After decades of attending to his dental patients, Dr. Gary Gilbert now enjoys retirement by traveling extensively and capturing moments in time. A train makes its way along the tracks in Skagway, Alaska, and a newborn camel enters the world in Cairo, Egypt, alongside its weeping mother.



Photos by Dr. Gary Gilbert

the financial burden of higher education costs for students, while honoring his family name.

Gilbert's father, Dr. Robert Gilbert, was a professional luminary and community leader in his time. An optometrist, he ran a small office on Main Street in Vancouver for 40 years. While the city was developing in the 1950s, Robert Gilbert and his peers—such as Ed Firstenburg and Al Koplan—were prominent business and civic-minded leaders. Koplan is the father of Keith Koplan, a longtime Clark College Foundation board member and generous donor.

Gilbert's father died in 1984 and his mother Grace passed in 1996. Gilbert believes in giving back to a community that has supported his family his entire life.

"I also want other dentists to know that they can step up and give back," Gilbert said.

Two classrooms in Clark's newly renovated Dental Hygiene facility are named after the Gilbert family—the Dr. Gary S. Gilbert Family Learning Center.

There is still room in the world for personal service and integrity. Clark students learn this daily as they treat community members with

compassionate care. In addition to working with adults, more than 300 children receive free care when the college partners with the Clark County Dental Society during Children's Dental Health Day. Donors like Gilbert enable students to learn a combination of technical and interpersonal skills that prepares them for their careers. 😊

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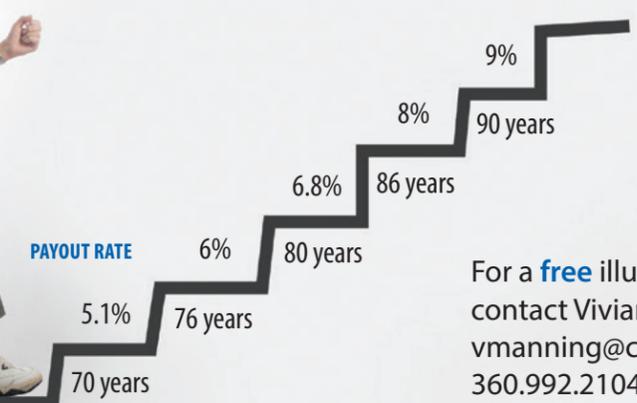
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# LAST GLANCE

Sunhawk Alvin Thomas is 8 years old and is a member of the Confederate Tribes of the Umatilla Tribes of Oregon. Each year, Clark holds the Educating for the Seventh Generation event, celebrating diverse cultures. This year a new scholarship was announced, called the Dream Catcher, to assist with college tuition for a Native American student.

