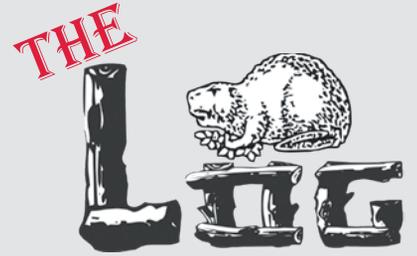


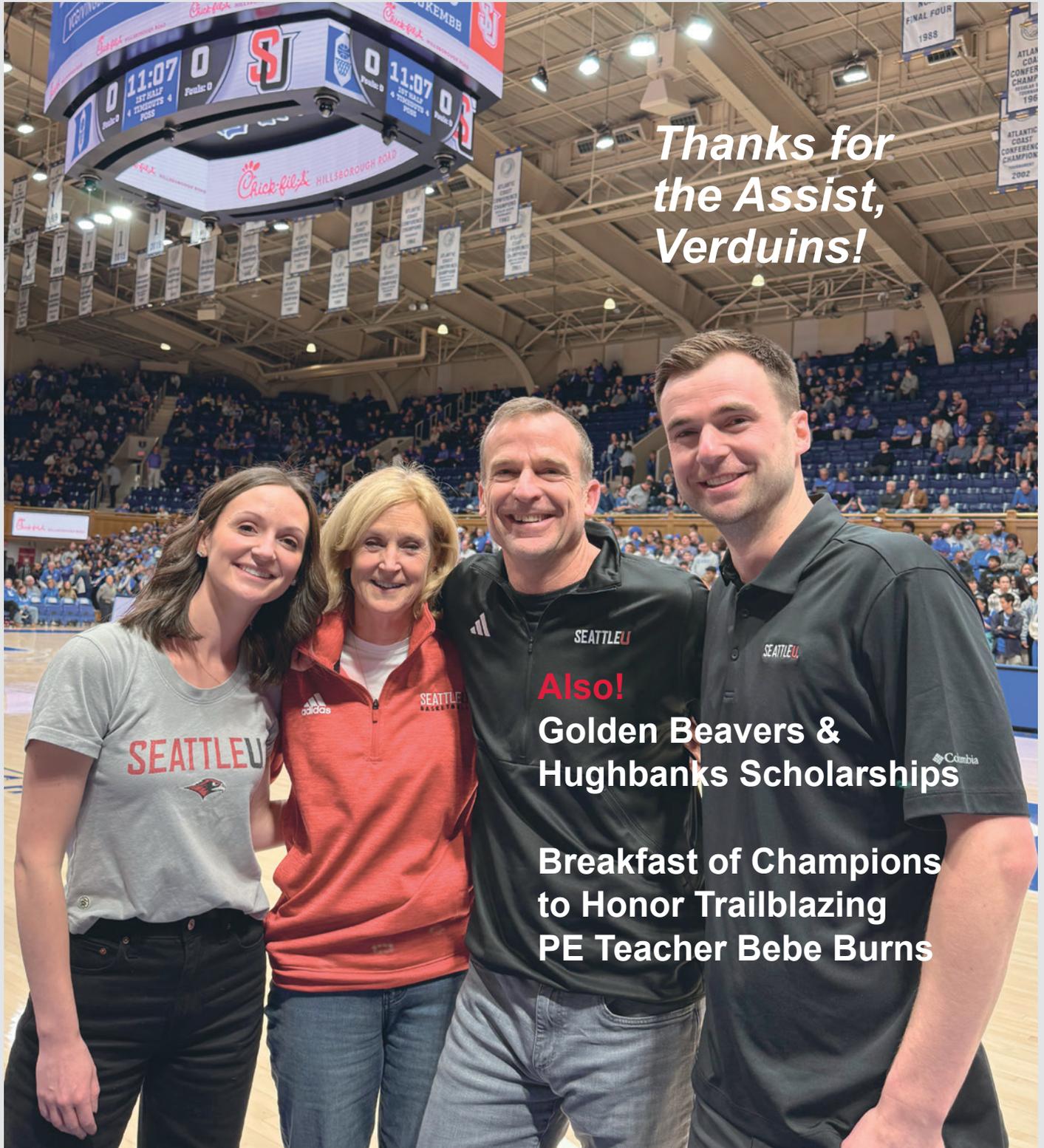
Verduin Family Gives Back to Ballard



Spring/Summer 2025

Ballard High School Foundation

Volume 38, No. 1



*Thanks for
the Assist,
Verduins!*

Also!
Golden Beavers &
Hughbanks Scholarships

Breakfast of Champions
to Honor Trailblazing
PE Teacher Bebe Burns

Behind the Scenes Scholarship Magic

Since its inception in 1988, the Golden Beavers Scholarship program has awarded \$1.2 million in scholarships to more than 500 students. This includes the generous infusion of support from the estate of our beloved friend and Foundation co-founder, **C. David Hughbanks '54**. His legacy continues through the Hughbanks Family Scholarships, providing \$150,000 annually for the next decade to expand educational opportunities.

We wouldn't be anywhere without the thoughtful, behind the scenes efforts of the Scholarship Committee, capably led by **Ryan Carlisle '93** and **Maggie Murphy Moffett '69**, and Head Counselors **Sonja Petersen** and **Gail Olsen Laing**, who reviewed the initial applications with the entire Counseling Center team.



We also want to thank **Jinoo Mattila** who recently stepped down from his Board of Directors position. Jinoo was exceptional at outreach for the Ballard High School Foundation, engaging with the Class of 2025 at their spring Senior Class meeting and encouraging the students to apply for our scholarships.

Finally, we are indebted to, and are going to miss, the outstanding force that is **Carol Bristol**. After 29 years with the Seattle School District (19 years as Eckstein Middle School Attendance Specialist and 10 years as Ballard Counseling Secretary) Carol is retiring this fall. We were happy to recognize her at our June 1 Scholarship Luncheon with our **Captain William R. Ballard Award** for her years of service to students and the scholarship process. The award honors exceptional contributions to BHS. We will miss working with you Carol, and congratulations on your well-earned retirement.



Photo by Briane Henak



Before signing off, I was sorry to hear about the passing of good friend and GREAT Beaver, **Laurie (Detert) Anderson '53**. Laurie was a champion of the scholarship program, and a strong believer in giving back and supporting all things BHS. Her motto, shared upon receiving the Captain Ballard Award in 2019, was *"Do your giving when you're living, then you're knowing where it's going."* Thank you for always giving, Laurie.

~ Dick Lee '61, Executive Director and Co-Founder
Ballard High School Foundation

Help Us Continue Our Great Work!

The Ballard High School Foundation can only continue our great work in support of ALL Ballard High School students and staff with your goodwill. **Please consider sharing a donation** using the envelope enclosed in the center of this month's Log magazine. Thank you.



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THE LOG SPRING/SUMMER 2025
VOL. 38, NO. 1

BALLARD HIGH SCHOOL FOUNDATION

P.O. Box 17626 Seattle, WA 98127
ballardhighschoolfoundation.org

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Paul Plumis, Christie Spielman, Diane Taylor

Community Distribution

Charlie See '56

Cover Image c/o Verduin Family

Beverly '14, Sue (Stimac '78), John and Johnny Verduin '13 enjoyed a visit to Cameron Indoor Arena at Duke University in November.

Golden Beavers Scholarship Luncheon 2025

At our 36th Annual Scholarship Luncheon, on June 1, 2025, in the Ray's Boathouse Northwest Room, we celebrated our 41 Golden Beavers and Hughbanks Family Scholarships recipients.

Principal **Abby Hunt** shared a warm welcome, and Foundation Executive Director and Co-founder **Dick Lee '61** served as emcee. Alumni Speaker **Sue Stimac Verduin '78** shared advice for the students about being prepared in life. "It's not the night before," she said, quoting UCLA coaching great John Wooden. "It's the night before the night before."



Photos by Briane Henak/Rowland Studio

Principal Abby Hunt with the 2025 Golden Beavers Scholarship recipients.

Congratulations to these hard-working students and their families.



James Sand was awarded the Tim Nygard '01 Legacy Scholarship.



Alumni speaker Sue Stimac Verduin '78 chats with Principal Hunt.



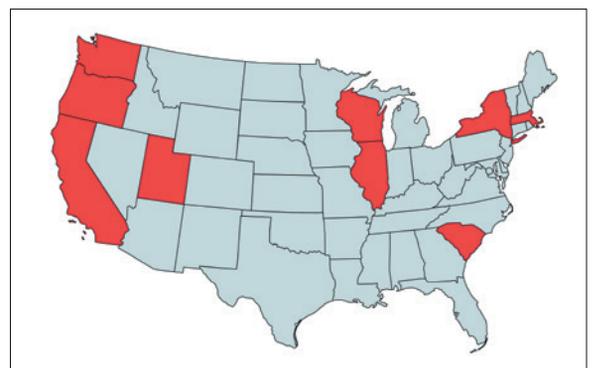
Co-Presidents Phil Brockman '76 and Ryan Carlisle '93, and Emcee Dick Lee '61 present Carol Bristol with the Captain Ballard Award.



Scholarship Committee Chairs Maggie Murphy Moffett '69 and Ryan Carlisle '93 present Audrey Rasmuss her Golden Beavers award.



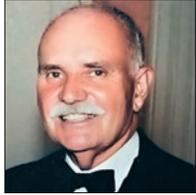
C. David Hughbanks' '54 cousins Kathy Madden and Therese Rehn present Alexander Davis with a Hughbanks Family Scholarship, one of 20 of this year's Hughbanks recipients.



These are states where scholarship recipients will be attending school, starting next fall. Congratulations on all their accomplishments!

Hughbanks Family Scholarships

Our 2025 scholarship efforts were again magnified by the massive donation from the **C. David Hughbanks '54** estate, this year assisting 20 students planning to attend college in Washington State.



C. David was the co-founder of the Ballard High School Foundation. Outside of his great love of his alma mater, he found a myriad of ways to give back to his Seattle hometown before his passing in 2023. Hughbanks Family Scholarships expand how we

can help students who want to study at colleges or trade schools locally, through two-year scholarships. This year's \$150,000 grant is the second disbursement of a 10-year commitment. **Thank you, C. David!**



Maya Bean
University of Washington



Rachel Berry
University of Washington



Sean Brine
University of Washington



Helen Brixey
University of Washington



Tristan Cooper
Seattle Central College



Saffire Crane
Western WA University



Alex Davis
University of Washington



Lazlo Davis-Rudin
University of Washington



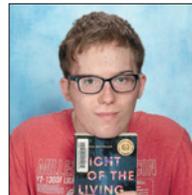
Soren Fosnick-Davis
University of WA



Jennifer Garcia-Cruz
Seattle Central



Ziraheun Herrejon-Crutcher
Seattle University



Alfie Koll-Williams
Western WA University



Mia Mozgovaya
University of Washington



Lavrenty "Larry" Orlov
WA State University



Vanessa Osuna Navarro
University of WA



Fulton Reynolds
Western WA University



Ryan Sander
University of Washington



Claire Spinosa
Seattle University



Zoe Thompson
University of Washington



Violet Vargas
Western WA University

Thanks to Our Golden Beavers Scholarship Committee

We are again indebted to this year's Golden Beavers Scholarship Committee who always celebrate the opportunities to open doors for Beaver graduates.

Led by Co-Chairs **Ryan Carlisle '93** and **Maggie Murphy Moffett '69**, the committee includes (left to right) Ryan, Maggie, John Anderson '01, Meredith Davison, Ann Fitzmaurice, Kathy Madden, Becky Marion '93, Christie Spielman, and Beverly Verduin '14.

We also thank our support team of BHS Counselor Sonja Petersen; Counseling Secretary Carol Bristol; Foundation Secretary Marianne Baker '70; Executive Director Dick Lee '61; and Communications Director Gloria Kruzner.



Golden Beavers Scholarships

Over the past 35 years, more than 500 Ballard students have received more than \$1.2 million in **Golden Beavers** and (from 2024 onward) **Hughbanks Family Scholarships**. At this year's Scholarship Luncheon, on June 1, along with the second year of the Hughbanks Family Scholarships, we celebrated these Golden Beavers Scholarship recipients.



Brooke Adkins
University of Washington



Caitlyn Adkins
North Carolina State



Nina Ando
University of Wisconsin-Madison



Alyson Chew
Santa Clara University



Brynn Czesla
Cal Poly, San Luis Obispo



Hazel Engstrom
University of Washington



Tommy Fewel
Cal Poly, San Luis Obispo



Zachary Jamir
University of Utah



Grace Jenkins
Oregon State University



Ruth Jenkins
Oregon State University



Elena Malone
Boston University



Carina Mazzola
Loyola University Chicago



Ruby Mundy
Cal Poly, San Luis Obispo



Penelope Neireiter
New York University



Piper Obenauer
Oregon State University



Audrey Rasmuss
University of Chicago



James Sand
University of South Carolina



William Souza-Ponce
University of WA



Amare Srinivasan
University of CA, Berkeley



Joey Thee
Gonzaga University



Brandy Williams-Gurian
Whitman College

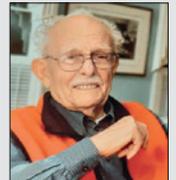
More than 35 Years of Scholarship Assistance

Our Golden Beavers Scholarships include the following special named scholarships. We thank the families who have donated to this important program:

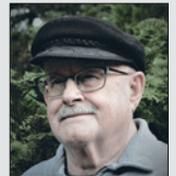
The second year of the **Tim Nygard '01 Ballard "Legacy" Scholarship**, awarded to **James Sand**, in memory of the son of our good friends Gordie '69 and Mary Nygard.



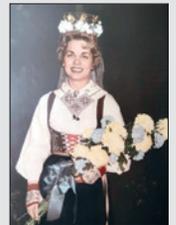
The third year of the **Einar Johanson '47 Memorial Scholarship**, awarded to **Ruby Mundy**, in gratitude to Beaver alum Einar Johanson, who passed in December 2023, for his significant donation.



The fourth year of the **John "Jack" Lawson '52 Memorial Scholarship**, awarded to **Nina Ando**, in memory of Golden Beavers Past President and Scholarship Chair Jack Lawson.



The third year of the **Judith "Judy" Olson Rikansrud '58 Memorial Scholarship**, awarded to **Brynn Czesla**, in memory of Foundation Board Member and Past President, and Golden Beavers Membership Chair.



McMuldrech-Lathrop Family Scholarships, awarded to **Alyson Chew** and **Tommy Fewel**. This gift is shared by BHS parents **Chris McMuldrech** and **Jennifer Lathrop** to honor their connection to Ballard High School. Chris was a longtime Robotics Team mentor.



We Have Recently Lost ...

Lauretta "Laurie" (Detert) Anderson '53

Laurie, 89, of Seattle and Wailea, HI, passed away peacefully on March 16, 2025. She was a proud Ballard High School graduate and worked as an executive assistant for many years at Burlington Northern Railroad.



In 2019, Laurie was a recipient of the Captain William R. Ballard award, given by the Ballard High School Foundation in recognition of exceptional contributions to BHS. As part of her work with the Foundation, she was a past recording secretary, a member of the Scholarship Committee, and a very generous donor in support of Beaver scholarships.

Jim Demetre '49

Jim, devoted and beloved husband and father, died peacefully on April 2, 2025. Those who knew him will remember a man whose kindness and generosity of spirit manifested itself in all he did.

Born in Seattle in 1931, he attended Ballard High School and the University of Washington, where he competed on

the school's celebrated rowing team.

After a stint in the Air Force, he acquired his father's sweater company, and with his brothers Vic and John, established Demetre Ski Sweaters in Ballard. The iconic brand, worn by the U.S. Olympic Ski Team in the 1970s and 80s, is still remembered by Seattleites and skiers everywhere.



The true focus of Jim's life was always his family. He married Julie Paloukos in 1963, and together they raised their sons Jim and Andy in Seattle. Jim's knowledge of knitting and passion for good design were gifts he shared with many in the clothing industry. He also assisted Julie at Paideia Academy, the Montessori school she founded.

In his final days, Jim spoke with gratitude of his life's good fortune. He is survived by his wife and sons; brother John; and nieces and nephews.

Scott A. Satterlee '60

Scott, 82, peacefully passed away on Oct. 13, 2024, after a valiant three-year battle with cancer.

The oldest of three children, Scott graduated from Ballard High School in 1960, playing basketball and football and earning the "Most Inspirational" award, as voted by teammates.

He then earned his business degree at the University of Washington, where he also played football and rugby. Scott met his first wife, Louise, there and ignited a passion for all things Husky.



After an amiable divorce, he reconnected with childhood friend, Jeanne, and they married in 1990. The couple enjoyed vacationing in sunny locales and being 60+ year Husky Football Ticket holders.

Scott also loved the outdoors, including fishing, hunting, archery and playing golf with his best buds.

He is survived by his wife; children Duncan, Sara, Mark, Kathryn (Steve), Kristin, and Carolyn (Torey); grandkids Alex, Hunter, Madison, and Reed; along with his sister Sue and his brother Mark.

In Memoriam

- LAURETTA (DETERT) ANDERSON '53
- GARY CARD '61
- THOMAS HERBERT CLAYTON '61
- ROBERT CLEVELAND '64
- BILL CLOGSTON '61
- MARY KAY CRISMAN BIRUM '61
- JOHN BRUCE '65
- BERNARD DECILLIA JR '55
- JIM DEMETRE '49
- JOHN DILLERY '67
- TAISA DJAKOW '66
- ARNE EINESS '40
- PAULINE (EDWARDS) GOODMAN '44
- BEVERLY (JACOBSON) HAGGARD '53
- HOWARD HAGEN '62
- KAREN HAMMERSBURG PETTIJOHN '70

- KEN HAWKINSON '52
- JOYCE HORBACH '44
- GLENN IRVINE '64
- HAROLD KUSULOS '43
- RODNEY LOVELESS '44
- MARCIA MADDOCK '70
- VIRVE MAGI '56
- JERRY LOU (SIBLEY) MCCANN '53
- MARILYN MCDANIEL GRAY '61
- DEAN MCREYNOLDS '57
- RONALD (BUD) MCINTOSH '43
- DENNIS MCKNIGHT '65
- BRUCE OLSON '65
- MICHAEL D PEARCE '74
- CHRISTOPHER J.T. PETERSEN '87
- JOYCE ALBERTA PROUDLOCK '58



- ARTHUR RASMUSSEN '48
- JUDITH RAYMER '59
- GAIL (JACOBSON) SANT '61
- MYRNA (VANDERHOOF) SAVAGE '57
- JUDY (ROCKOM) SCHNEBELE '61
- SCOTT SATTERLEE '60
- EILEEN ANN STRAND HIPPE '48
- PATRICIA THORNBURGH '55
- BURNS THORP '62
- JOHN TUFT '54
- ROGER ULSKY '61
- JASON VIYDO '75
- CHRISTINE VORDAHL SMITH '47
- (MARTHA) JOAN WEAVER '61
- ROBERT (BOB) WEBER '44
- NINA WEST '74

John Tuft, former UW hoops player and amateur golfer, dies at 90

By Shane Lantz

SEATTLE TIMES STAFF REPORTER

John Tuft, a Ballard High School basketball standout who gained notoriety for walking away from the University of Washington men's basketball team with eight games left in his senior season, and later became one of the Seattle area's best amateur golfers, died on April 27 at 90 years old.

His obituary, which ran in *The Times* on May 5, said that Tuft died after a short battle with cancer.



Tuft played guard for the Huskies from 1954 to 1958 under head coach Tippy Dye,

who coached UW for nine seasons during the program's time in the Pacific Coast Conference. Dye led UW to the only Final Four appearance in program history in 1953.

Tuft seemed to chafe under Dye's sometimes harsh coaching style and the two butted heads often.

"It was very exasperating to play for Tippy Dye," Tuft told the *Seattle Post-Intelligencer* in 2008.

Those tensions came to a head on Jan. 31, 1958, when Tuft quit the team after being benched in the middle of a game against Stanford.

"What I heard over 53 years was that Tippy Dye ruined his basketball career," his wife Nancy Tuft said. "Absolutely ruined it. Trashed it."

Tuft finished with 243 total points with the Huskies, scoring a career-high 120 points and a 35.6 shooting percentage in his sophomore year, and had a 31.2% shooting mark for his Husky career, with 116 rebounds in 52 games.

Tuft and Dye eventually saw each other at a reunion in Dye's honor at UW in the late 1990s, and the two seemed to make peace after decades without speaking to each other.

Tuft wasn't sure at first why he was invited to the event, but went and said hello to his old coach for the first time in decades.

"John had a few words to say with Tippy, very few, and that was about it," Nancy Tuft said. "I mean, they didn't sit there and talk a lot."

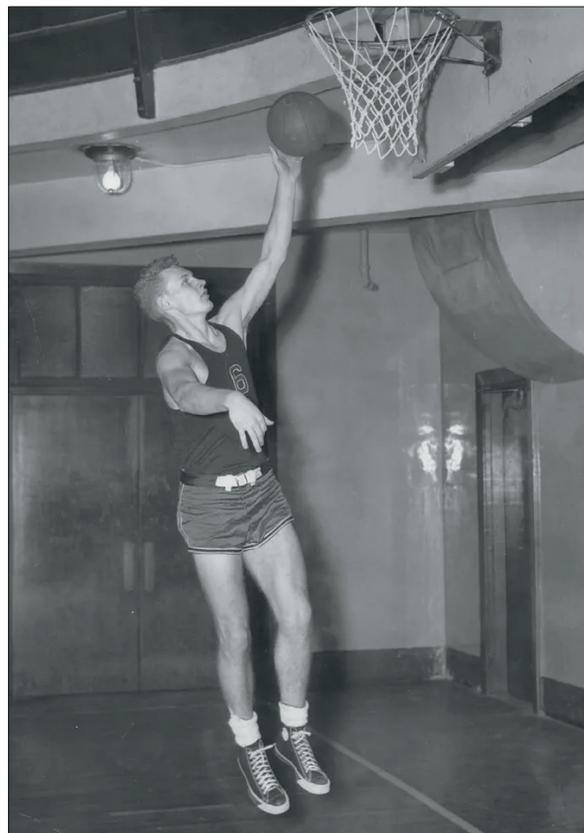
He went on to be one of the Pacific Northwest's top amateur golfers for several decades, with victories in 125 tournaments, including Seattle Amateur Tournament wins in 1978, 1979, and 1982.

He also became the first person to win the Kitsap Amateur five times, with victories in 1974, 1976, 1978, 1990 and 1994, and was reported to have shot 11 holes-in-one.

His son Brian Tuft caddied for him a few times out at the Seattle Golf Club, and recalled hearing his dad brag about beating Seattle's most famous golfer on the links when the future star was about 17 or 18 years old.

"Fred Couples was an amateur, and I know my dad actually beat him," Brian Tuft said.

"Not in a tournament, but they played golf and my dad beat him, which was pretty cool. I thought, not too many people could say that they beat Fred Couples when he was an amateur."



Seattle Times Information Bureau, 1954

John Tuft '54 played basketball for the Beavers before playing guard for the University of Washington Huskies from 1954-58.

After quitting golf at 65 in 2000, Tuft found his next passion in oil painting, another place in which he could showcase his fiery competitive spirit.

"The first year he painted, he got a couple of Bob Ross books, and he watched a lot of Bob Ross on TV," Nancy Tuft said. "There was a couple of other artists that were painters that he watched on TV, and the first year he painted 400 paintings."

Reprinted with permission from The Seattle Times (article originally published May 24, 2025). Please send "In Memoriam" notices to Log Editor Gloria Kruzner at bhsfcomm@gmail.com

Celebrating All Things Ballard Auctions & Salmon Dinner

Tickets Now Available for August 14 Salmon Dinner

Join your Ballard High School friends at Pacific Fishermen Shipyard on Thursday, August 14, 2025, for our **Celebrating All Things Ballard Salmon Dinner** celebration and live auction, featuring auctioneer Stephen Kilbreath. Enjoy a cool beverage and a delicious salmon barbecue at this storied Ballard venue, all while raising money for Ballard Athletics, Dance, Cheer, and Performing Arts.



Ballard's best salmon grillers and Stephen Kilbreath will be back on August 14 at Pacific Fishermen Shipyard. Photos by Bruce Johnson.



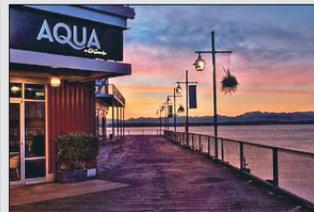
Special thanks to Salmon Dinner Event sponsors **Mason '68** and **Linda '67 Williams** (Covich-Williams), and **John Goodman '71** (Goodman Foundation).

Can't wait to bid? We're also eagerly anticipating another successful **Celebrating All Things Ballard Online Auction**, from Saturday, August 2 through Sunday, August 17. Choose from great local getaways, golf outings, and dining options galore. Thanks to the Williams and Covich-Williams for sponsoring the online auction, too.

Last year's fundraiser events (including the *Golf Classic*, page 9) raised more than \$138,000 for Ballard Athletics, Dance, Cheer and Performing Arts! Dinner tickets and online auction info at tinyurl.com/BHSCATB25.

Bid at Dinner or Online Too!

During this year's online auction, running August 2-17, we'll have travel excursions to beautiful Roslyn Ridge, waterfront dining options at Ray's Boathouse and AQUA by El Gaucho, an Aldarra Golf Club foursome and much, much more! Look for a special July preview at tinyurl.com/BHSCATB25.



Looking Sharp!

Proceeds from last year's Salmon Dinner Event raised more than \$57,000 for the school's Strength and Conditioning program, and helped purchase new uniforms for the Flag Football and Fastpitch Softball teams.



Briane Henak/Rowland Studio



Mac Jahn

25th Annual Victor Salvino Golf Classic

We are eager to again host a full field of golfers for the Victor Salvino Golf Classic on Friday, August 15, 2025, at Newcastle Golf Course. Our annual tournament is about much more than golf. It's about community and, of course, raising money for Ballard Athletics, Cheer, Dance and Performing Arts. And this year, we're celebrating 25 years of support!

The tournament will begin with a Barbecue and Putting Contest at 11:30 a.m., followed by a 1:30 p.m. shotgun start on the China Creek and Coal Creek courses.

Even though amazing alum **Victor Salvino '51** completed his three years of hosting the Golf Classic in 2024, the event will continue with his name, in honor of his years of Beaver spirit and financial support.

Special thanks to **John Goodman '71** (Goodman Foundation) and **Mason '68 and Linda Williams '67** (Covich-Williams) for all stepping forward with \$25,000 sponsorship donations (\$50,000 in total), to host this year's event in Victor's stead.



We're also grateful to **Art Olsen '63** who is returning for this year's event as apparel sponsor (at the \$7,500 level). This year's apparel will be provided by **Cutter & Buck**, thanks to a new partnership developed with BHS parent and company CEO **Joel Freet**.

We look forward to seeing you for a great round of golf on Friday, August 15, at Newcastle, while supporting BHS students.



Bruce Johnson/Rowland Studio Course Photo c/o Newcastle.



Register for the
25th Annual Victor Salvino Golf Classic
tinyurl.com/25golfclassic



Thank You Golf Classic Sponsors

The following sponsors have been identified, so far, for the 2025 Golf Classic at Newcastle. We appreciate their participation!

If you're interested joining our list of sponsors, and sharing your business as a proud BHS supporter, reach out to Dick Lee at: rjlee@seattleschools.org

Title Sponsor
John Goodman '71
Goodman Foundation

Presenting Sponsors
Mason '68 and Linda '67 Williams
Covich-Williams

Apparel Sponsor
Art Olsen '63

Golf Cart Sponsors
John & Sue Stimac Verduin '78
DY Sports

Hole Sponsor
Walt Spady
Dick's Drive-In Restaurants

Hole Sponsor
Brown Bear Car Wash

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Ryan Carlisle '93
Western Ventures

Signage Sponsor
SuperGraphics

Beverage Cart Sponsor
Russ Katz & Team
Windermere Real Estate

Prize Sponsor
Salmon Bay Sand & Gravel

Longest Drive Sponsor
Dylan Jones
Mike Montgomery

GAINS Coordinator Updates

The Foundation's longtime support of the Graduation Assistance Impacting Needs of Students (GAINS) program helps foster a community where BHS students can aspire for their dreams. GAINS Coordinators work with school administration, counselors, and teachers to identify and engage at-risk students.

We'd like to thank GAINS Coordinator **Malik Prince '11**, who recently accepted a promotion within Seattle Public Schools as the African American Male Achievement (AAMA) Family Support Worker for Ingraham, Roosevelt, Lincoln, Nathan Hale and Ballard high schools. While we will miss Malik in his GAINS position, we are excited for his opportunity to inspire even more students in his new role. Also, after serving as interim coach last season, Malik was recently named the Beavers' Head Football Coach. We look forward to rooting the team on in the fall.



Dale Griffith will continue in his roles as GAINS Coordinator and 504 Building Coordinator. Dale also coaches the school's Girls Slowpitch and Fastpitch Softball teams, and recently celebrated his 100th win as softball coach. Both teams had successful playoff runs this year, and Dale has been honored as All-Metro Fastpitch Coach for three consecutive seasons, from 2023-25.



The Foundation Board recently approved the additional funding needed (beyond a Grousemont Foundation grant and existing budget dollars) to cover staffing costs for two GAINS coordinators for the 2025-26 school year. Principal Abby Hunt is now in the process of hiring a second GAINS Coordinator.

Permitting Process Delays Bleacher Installation to Fall



Efforts to get bleachers installed at Ballard Athletic Field by Seattle Public Schools this summer have hit a short delay, as the design now goes through a permitting process, said **Principal Abby Hunt**.

Memorial Stadium, home of many Metro games, will be unavailable for the next few years as the stadium is being replaced, in a project expected to be completed by the end of 2027. As a result, School District officials have been looking to enhance viewing opportunities at school facilities. For BHS, this means the addition of bleacher seating for up to 438 fans and new portable bathrooms too.

Project Manager **Paige McGehee** said a new, realistic time-window will be November, 2025, for the BHS Athletic Field bleacher installation.

Thanks to Foundation Co-Presidents **Phil Brockman '76** and **Ryan Carlisle '93**, who have been working with SPS and Principal Hunt to keep this project moving forward, and who have also provided helpful input for the best fan viewing experience.



>>> **Your generous donations help sustain the GAINS program**, assisting all BHS students on their paths to graduation. Please consider a contribution, using the enclosed envelope in *The Log*. **Thank you!**

Mascot Mayhem Continues, Send Your Ideas!

It turns out chasing a Beaver mascot's name origin story is just as tricky as chasing an actual beaver! Second call to all keepers of BHS lore! Do you know when the mascot name changed from Benny the Beaver to Bucky the Beaver? Since we first posted this question in *The Log* last fall, the wheels have been turning.



Thanks to BHS parent alumni and Athletic Booster Club Trivia Night Hosts **Kelly Jones** and **Cindy Peterson** for their investigative work. The dynamic duo have interviewed a myriad of alums at the Ballard Elks, helping us narrow the timing down to the early 1970s ... So, please join the fun, all ye Ballard historians! Send your suggestions to Log Editor Gloria Kruzner at bhsfcomm@gmail.com.



Welcome New Board Member Frank Airey '13



Our newest Foundation Board Member, **Frank Airey '13**, was born and raised in the Crown Hill neighborhood.

Frank graduated from Ballard High School with six letters: four on the Baseball team and two on the Football team. After high school, Frank graduated from the School of Business & Economics at Pacific Lutheran University and was a four-year letter on the Baseball team.

Frank now works as an insurance broker and consultant for Cummings, Fraser & Associates. Frank is also deeply involved in the Ballard community.

From 2021-24 he served as the Ballard Rotary Treasurer. He was recently elected President of the Board of Directors for the Ballard Rotary Club and the Ballard Rotary Foundation.

Frank is an assistant coach for the Ballard High School Baseball team which finished tied for third in the 3A State Tournament this year.

He resides in Shoreline with his Ballard High School sweetheart and fiancé McKenzie Cordero '13 and they hope to move back to Ballard to raise a family.

Brothers Four Celebrates 60 Years

Getting their start by harmonizing for sorority girls at the University of Washington, the Brothers Four went on to become one of the longest-performing and best-selling musical groups in history.

The group recently celebrated its 60th anniversary as one of the pioneering voices from the Great American Folk-Renaissance movement. And Ballard alum and Brothers' bassist **Bob Flick '56** has been along for the whole ride.

Flick's interest in music first developed while he attended Whittier Elementary. He began putting together skits and magic acts. These acts earned him a place in the Elks USO Troupe, entertaining servicemen at nearby bases. His interest in performing continued at Ballard High, where he was a member of the eight-singer group "Double Quartet". While a student at the UW in 1956, Flick joined fellow Phi Gamma Delta fraternity members Dick Foley, Mike Kirkland, and John Paine to form a musical group. They began playing folk and calypso tunes for parties.



The group then performed at the "Hungry I" club in San Francisco while on Spring Break. After, they recorded a demo. Columbia Records signed the group in 1958, timed perfectly with the beginning of the folk music explosion.

The group then performed at the "Hungry I" club in San Francisco while on Spring Break. After, they recorded a demo. Columbia Records signed the group in 1958, timed perfectly with the beginning of the folk music explosion.



Photos c/o The Brothers Four
The Brothers Four today includes (l-r) Mike McCoy, Karl Olsen, Mark Pearson, and Bob Flick.

The Brothers Four took off, calling New York their home for seven years. They performed for President Kennedy's inauguration, and they were the first U.S. group to perform in Vietnam in 1964. The group hung on through the "British Invasion", opening for the Beatles at their last U.S. show in New York.

The Brothers Four released classic folk standards including *This Land Is Your Land*, *Try To Remember*, *Where Have All The Flowers Gone*, and more. *The Green Leaves of Summer*, from the *The Alamo* was nominated for an Academy Award.

The Ballard High School Foundation inducted Flick onto its Wall of Recognition in 2000. And folk music continues to be Flick's first love. "People all over the world are always connecting to this music, these wonderful memories," he said. "And to be able to bring our songs and stories, live to the people everywhere ... it's the greatest job in the world!"

Ballard High School's Wall of Recognition

Started and maintained by the Ballard High School Foundation and located in the school's first floor foyer, the **Wall of Recognition** acknowledges alumni of 25 years or more who have achieved prominence in science, arts, athletics, business, military, political, or public-service careers.



Class of 1975 50th Reunion



Here's the Class of 1975 in all their glory from the 1975 Shingle Yearbook.

The Class of 1975 will be celebrating its 50th Reunion at 5 p.m. Saturday, September 20, 2025, at Old Stove Brewing, 1550 NW 49th St.

The class also has a Facebook group at Ballard High School-Class of 1975-50th Reunion. For more information, email Paula (Wasmund) Williams '75 at eptt11@comcast.net.

Send your Class Notes to Editor Gloria Kruzner at bhsfcomm@gmail.com.

BHS 'Reunion' at Dick's



Cyndy Clegg '78 enjoyed a mini reunion with BHS friends, all while being transported by limo for a dinner at area Dick's Drive-ins. Cyndy was the top bidder for this event at our summer Salmon Dinner.

Bid on this package at our Aug. 14 Salmon Dinner Event! Learn more on page 8.



Courtesy of Cyndy Clegg '78
Joining the fun were (l-r) 1978 classmates Mark Hatcher and Cyndy Clegg, as well as 1979 classmates Ron Smevik, Jacquie Taylor, Janice McCants Davis, and Mike Lambert.

Class of 1960

Celebrating 65th at Nile Golf Course

Calling all Class of 1960 grads! We're having a 65th year reunion party on August 20, 2025, at the Nile Golf Course and you're invited! If you've already RSVP'd, we'll be so excited to greet you on Wednesday, August 20 at the Nile Shrine Golf Course Ballroom (6601 NE 205th St, Mountlake Terrace). If you would like to join the fun, please reach out to ballardhigh1960@aol.com.

The celebration runs from noon to 4 p.m. Good food, good friends and a good time will be had by all. Let's celebrate our 65th Reunion together! It won't be the same without you!

~Carol McLean Jackson, '60

Class of 1955

70th at Chinook's!

The Class of 1955 will be hosting its 70th Reunion (the last "big one!") at noon on Monday, September 15, 2025, at Chinook's (Fisherman's Terminal). The event will be in the restaurant's glass-enclosed room. The group will also enjoy a guided tour at Ballard High School after lunch.

The Reunion Committee is Donna Barbour Myhre, Dixie Hellum Rohde, and Barb Lippmann Krull (with the capable help of Dixie's daughter-in-law Sue Rohde). Please email Barb at mamakrull4@gmail.com for more information or to RSVP.

~Barbara Lippman Krull, '55

Largest Field Flocks to Running of the Beavers

The sixth annual Running of the Beavers included its largest field ever, with more than 350 participants joining the fun on March 22, 2025, at Golden Gardens.



The Ballard High School Foundation 5K Fun Run and Walk, held in partnership with the Athletic Booster Club, raised \$9,551 for BHS Athletics, Band, Cheer and Dance. (See sidebar for details.) Race organizers, sponsors, volunteers, and the BHS Pep Band and Cheer Team all helped make this community event another great success. The freshmen won the class competition, earning \$500 for their ASB account, by having the most participants. It was a close contest between the freshmen and the seniors, only separated by three Beavers!



Special thanks to Presenting Sponsor **Anchor QEA**, Event Chair **Sue Stimac Verduin '78**; BHS Foundation Board Member **Beth Sylves** and Executive Director **Dick Lee '61**; BHS Athletic Booster Club (President **Suzanne Dale Estey**); BHS Activity Coordinator **Laura Lehni**; Pep Band (Director **Jay Gillespie**); Cheer Team (Coach **Brandi Mattila**); **Jeff Orswell** (Orswell Events); and **Erick Vazquez** (Ready, Set ... Time!). Thanks to the Lacrosse, Dance, Cross Country and Track teams' support at the course too!



Photos by Nick Lewis/Rowland Studio

We hope to see you at the Running of the Beavers on Saturday, March 21, 2026, at Golden Gardens! Race starts 9:30 a.m.

Men's Division Winners:

1. Jack Rousseau (right), 15:23
2. Dexter Stevens (middle), 16:32
3. Andrade Whissell-Cote (left), 16:49

Women's Division Winners:

1. Ciana Johnson (middle), 17:48
2. Dahlia Jansson (right), 20:11
3. Sydney Marion (left), 20.52

Running of Beavers Team Totals

Funds distributed from the Running of the Beavers to BHS programs totaled \$9,551. Donors also contributed \$750 to Ballard Food Bank.*

Boys Lacrosse	\$1,659
Dance Team	\$1,120
Track & Field	\$1,025
Cross Country	\$991
Band	\$884
Girls Lacrosse	\$791
Cheer	\$540
Ultimate Frisbee	\$416
Girls Swim & Dive	\$234
Greatest Need	\$224
Girls Soccer	\$210
Golf	\$188
Tennis	\$172
Girls Basketball	\$150
Boys Swim & Dive	\$129
Volleyball	\$119
Boys Soccer	\$115
Softball	\$99
Gymnastics	\$98
Boys Basketball	\$91
Baseball	\$84
Flag Football	\$63

**Team allocations were tabulated through stipends earned from event support and 70% of donor directed registration proceeds. (Remaining 30% applied race management fees.)*

Once a Beaver, Always a Beaver

John & Sue Verduin Continue to Give Back to Ballard

By Gloria Kruzner
THE LOG EDITOR

More than 10 years after their students graduated from Ballard High School, John and Sue Verduin continue to give back to the Beavers.

Sue (Stimac) Verduin '78 has been scoring points for Ballard decades after her basketball playing days, through her community activism, work on local PTSA's and the formative years of the Athletic Booster Club (ABC), as well as her eager participation with Ballard High School Foundation fundraising events.

John also has a long resume of volunteerism through the years, serving as Ballard Little League president, coaching youth basketball, participating in and helping to sponsor the Foundation's annual Golf Classic and Running of the Beavers, and serving as Ballard High School PTSA President.

THEIR ROOTS in school involvement came naturally as their children Johnny '13 and Beverly '14 made their way through Loyal Heights Elementary School, Whitman Middle School, and ultimately Ballard High School. The couple fostered friendships, as well as strong service-minded partnerships, with other parents through the years.

"We developed an amazing community of friends in Ballard through the kids and their athletics and their schooling," Sue said.

Sue is a former PTSA President at Loyal Heights and Whitman, served on the ABC Board (including a term as president), founded the Foundation's Running of the Beavers 5K Fun Run, and served as co-chair of the Foundation's Golf Classic. Her more

than 20 years of experience in coaching youth basketball teams include a recent spin as the Varsity Girls Basketball Assistant Coach for the 2021-22 and 2022-23 seasons.

In addition to his turn as PTSA President, John helped set up a fun and competitive teacher-student basketball game fundraiser for the football program. The couple also supported the PTSA Auction Bash annual fundraiser during their children's high school years.

It's no wonder both were honored with the Foundation's Captain William R. Ballard Award "in recognition of exceptional contribution by individuals or businesses to Ballard High School" in 2011, as well as Ballard High School's highest honor for volunteers in 2014, the PTSA Golden Acorn Award.

Family Roots

Sue has been serving as a community ambassador since her acclaimed Ballard playing days. Like her kids, she also attended Loyal Heights, Whitman and Ballard High School. Her older brother John ('74) attended Ballard, while younger brother Vince attended Kings High School. (*John passed on Oct. 4, 2024. His family remembers him "as a joyful soul, a true friend."*) The Stimacs' mom, Beverly (Olson), also was born and raised in Ballard, graduating from Ballard in 1950. Their



Courtesy of Beverly Verduin '14

Beverly, Sue, John and Johnny Verduin watched the Seattle University Men's Basketball team play Duke at Cameron Indoor Arena last November. Beverly is now Assistant Athletic Director at Seattle U, where her mom had her jersey retired.

dad, George, grew up in the small mining town of Ronald, WA. George was a well-loved Ballard pharmacist for more than 55 years. Sue credits their small-town beginnings with her lifelong desire to give back locally.

"Community is so important," she said.

Get in the Game!

You don't have to be a Hall of Fame basketball player to give back to the BHS community!



Simply use the enclosed envelope to **make a great assist** on behalf of ALL Ballard students.

Thank you for your support!



Bruce Johnson/Rowland Studio

The Seattle U Girls Basketball team and Athletic Director Shaney Fink helped honor SU Hall of Fame player Sue Stimac Verduin at the 2023 Breakfast of Champions.

Ballard MVP

Besides her long-standing area roots, Sue is also one of Ballard's most successful female athletes. At the beginning of her Beaver basketball days, she hit the court running, leading the varsity squad in scoring. By the end of her high school career in 1978, she averaged 17.2 points per game, finishing with 345 points, 239 rebounds, 97 assists, and 50 steals.

The Beavers' Team Captain also celebrated with her teammates as they made it to the State 4A Regionals. She was named the team's MVP and BHS Student Athlete of the Year. She also played varsity tennis and was the first to compete at the state tournament during her senior year.

Sue said her playing days were timed well, in those first few years after the passage of Title IX, allowing girls to compete in sports. She recalled enjoying her morning commute to school with her friends from Loyal Heights, and all her athletic endeavors: volleyball, basketball and tennis. "We were lucky," she said, but there were differences from today's prep-level sports. "At the time, the girls only played in the afternoon."

SUE'S #15 jersey was retired in 2011. She was the first female BHS basketball player to have their jersey retired. "It was nice to receive that recognition. I was proud that my school recognized female players," she said.

Sue was inducted into the Seattle Public Schools Hall of Fame in 2019. She was also the recipient of the Sam Schulman Scholarship Award, given to an outstanding player by the owner of Seattle Supersonics. With scholarship and high school accolades in hand, Sue continued her basketball career at Seattle University.

See **VERDUINS**, continued page 16

A Shared Desire to Give Back

Johnny & Beverly Verduin shared thanks for their parents' volunteerism, although the two may have disagreed on who still has the best hoops prowess ...



Jerry Gay/News Tribune

How did your parents inspire your own desire to give back to the community?

The siblings were featured in a Ballard News-Tribune article in 2012.

J: Their support showed me how much of a difference volunteering can make. They had a huge impact on not just our sports but all athletics at BHS. Seeing this impact firsthand makes you want to give back as well.

B: I grew up watching my parents regularly volunteer, so giving back has always been a big part of my life. I earned my Masters in Nonprofit Leadership but eventually found my way back into sports. Luckily, I've still been able to stay involved by volunteering with the BHS Foundation Board and opportunities at Seattle U.

What was it like having them so involved when you were a student-athlete for the Beavers?

B: It was great. I love my parents so even in high school I enjoyed having them around. They never missed a single game and that lasted through college too. It made me feel incredibly supported as a kid, and I enjoyed it.

J: If it wasn't for their time and effort our experiences at BHS as athletes would have been a lot different. They were a huge part of fund raising that helped more than just our sports out.

Are you generally a competitive family when it comes to basketball?

J: We used to be when growing up. And then I became bigger than everyone else and no one wanted to play me any more.

B: Yes, a little too competitive. My mom quit playing me 1 on 1 when I started to beat her. I even used to beat Johnny (he has about 8 inches on me), and I think he stopped playing me after that. We haven't played in a few years, but I know I could out shoot the entire family.

Verduins: Impact on BHS Continues

Continued from page 15

Before graduating Magna Cum Laude from Seattle University with a degree in Business Administration, Verduin set 11 school records, including most points in a season with 566. Her 1,675 career points are third all-time for the team. She was named to the American Women's Sports Federation All-American first team. Her #33 jersey is now retired at Seattle University, where she was inducted into the school's Hall of Fame.

A Meeting on the Diamond

Fresh after earning his Master's Degree in Engineering from Purdue University, John landed in Seattle with a position at the engineering firm Hart Crowser. He met Sue when her best friend and Seattle U teammate, Julie Wukelic, recruited Sue to play on the firm's softball team. Sue was told to play first base, which was John's position on the field.

"I got kicked off," John said chuckling. But he ended up asking his new teammate out on a date.

Perhaps foreshadowing their one-day participation in the Foundation's Golf Classic, the couple's first date was at a golf tournament. Sue still describes her golf game as "a work in progress." They dated a few years before getting married and settling in Loyal Heights.

John soon moved over to Anchor Environmental, where he led many of the company's design projects. When Anchor Environmental merged with QEA, he became more involved on the managerial side, serving as CEO for five years before selling his ownership.

The Verduins got involved with the Ballard High School Foundation through the Dinner of Champions auction fundraiser. Soon after,

Sue rolled up her sleeves to coordinate the first Running of the Beavers Fun Run.

"The inspiration was to create an event that would support the high school but also bring many different people from the community together," she said. "We wanted to show all the new families in the neighborhood that there is a high school here, while showing off Golden Gardens and literally the home of the beavers."

And you can find the Verduins at Golden Gardens each spring for the event with their golden retriever, Winston. John's company, Anchor QEA, also has served as a major sponsor of both the Golf Tournament and the Running of the Beavers.

Sue calls John her "best teammate," while he lifts her by mentioning her continued accomplishments, including her current work on the Boys and Girls Club of King County Board of Directors.

THE VERDUINS also coached their children in basketball, with Sue taking on Beverly's team as well as other area teams, and John coaching Johnny's.

Beverly and Johnny played varsity basketball for the Beavers, with both averaging double-digit scoring during their careers. Johnny also played quarterback for a time. Both played college basketball and have moved on with their professional lives closely aligned with their formative years as successful student-athletes. Beverly



Bruce Johnson/Rowland Studios

Sue Stimac Verduin '78 was honored as Ballard's inaugural Woman of Impact at the 2023 Breakfast of Champions. The award is also named for Sue and her "best teammate" John joins the standing ovation.

works as the Assistant Athletic Director at Seattle University, and Johnny is the owner of DYSports LLC, offering basketball tournament opportunities for developing youth teams.

The Verduin kids have also participated in giving back to their community, with Bev joining the Ballard High School Foundation Board and

Johnny organizing a 3-on-3 Tournament at Seafoodfest. "It's great and fun to see them giving back, knowing how important community is," Sue said.

Johnny and Beverly presented Sue with

the Woman of Impact Award at the fall 2023 Breakfast of Champions fundraiser, in the BHS Commons, with the Seattle University Women's Basketball team, young athletes, alumni, family and friends watching.

"We are both known as the kids whose mom's jersey is hanging in the gym, both here and at Seattle U," Johnny quipped. Sue's multigenerational table of family and friends beamed with pride while she accepted the award.

"Community ... it's woven in my DNA," she said, fighting back tears. "My parents instilled in me and my brothers the love of their hometown."

Community ... it's woven into my DNA. My parents instilled in me and my brothers the love of their hometown.

~Sue Stimac Verduin '78

Community Thanks for John and Sue

No matter what the ask, John and Sue Verduin have been there for the Ballard High School Foundation, and, in turn, all Ballard High School students. It was a no-brainer to give them the Foundation's highest honor, the Captain William H. Ballard award, and as a lifelong Beaver myself, I value their friendship and loyalty.

~Dick Lee '61

Ballard High School Foundation Co-Founder & Executive Director

I first met John Verduin in 2011 when my youngest started at BHS. As John was the president of Ballard's PTSA and a previous PTSA President myself, we quickly connected and shared ideas. It was during this time that I learned of John's active involvement in the Athletic Booster Club. His PTSA leadership and dedication to supporting athletics were instrumental in enhancing the overall experience for BHS students and staff.

A year later, I became aware of John's wife, Sue. I was in the gym watching my youngest play basketball and found myself watching a ceremony where Sue had her jersey retired. Sue's impact extended beyond her personal achievements; she was a basketball coach at the Ballard Community Center and the first to advocate for girls needing a team of their own. Her dedication to empowering young female athletes has left a lasting legacy. John and Sue's contributions have enriched the lives of countless students, staff, and community members.

~Lisa Fitch

Former BHS PTSA President and Golden Acorn Winner

Breakfast of Champions Celebrates Bebe Burns Oct. 4

Teaming up once again with the Athletic Booster Club, we're eagerly planning for the next Breakfast of Champions event on Saturday, October 4, 2025, in the BHS Commons. The event will honor the next Sue Stimac Verduin '78 Woman of Impact Award recipient, **Bebe Burns**. (Learn more about the award below.)



Bruce Johnson/Rowland Studio
FOX-13's Erin Mayovsky will be back to emcee the Breakfast of Champions on Oct. 4, when we'll honor longtime PE teacher, Bebe Burns.



Bebe taught PE at Ballard for 30 years, from 1966-96. She was Sue's coach. ("I could never beat her," Sue mentions about facing her mentor on the tennis court.) Bebe is also proud to state that she was the first woman in the state to coach boys' sports as the Beaver tennis coach!

The pancake breakfast will feature performances by the Pep Band, Dance Team, and Cheer Team, as well as inspirational speakers. We're also pleased to announce that FOX-13 News Anchor and BHS parent Erin Mayovsky will again serve as emcee. Proceeds will be directed to registrant's choice of team or program.

Our last 2023 event raised more than \$13,500 for BHS Athletics, Performing Arts, Cheer, and Dance, as well as a special ask for mental health. Mental health donations helped pay for Positive Coaching Alliance training for BHS coaches, promoting wellness for student athletes.

Interested in hosting a table?
Email Dick Lee '61 at rjlee@seattleschools.org.

Sue Stimac Verduin '78 Woman of Impact Award

Dedicated to and named after Sue Stimac Verduin '78 (shown with children Johnny '13 and Beverly Verduin '14), the **Woman of Impact Award** honors Sue's sense of community, teamwork and personal drive on and off the courts. Not just an athletics honor, the Woman of Impact Award will be presented, as merited, to future Beaver female recipients for outstanding efforts in a variety of capacities, be it in the classroom, on the performance stage, through volunteer service, and/or school community leadership.



We look forward to honoring longtime BHS PE teacher Bebe Burns on Oct. 4.

Beaver Athletes Shine at State

This has been an historic year for Ballard Athletics! In addition to Gymnastics winning the 2A/3A WIAA State Championships (see article, page 19), the following teams also had success at State:

Fall Sports

Girls Swim & Dive competed in several events at this year's State Championships at the King County Aquatic Center. **Maddie Yovanovich** finished in ninth place overall for the 200 Individual Medley and in eighth place for the 100 Backstroke A Final. **Kaya Scheuerell** placed fifth in her 50 Freestyle and seventh in her 50 Backstroke. The **200 Medley Team** (**Maddie Y, Penelope Guist, Alyson Chew, and Mia Onkels**) finished 12th in the finals.

Cross Country set 31 season-record efforts at the Metro Championships. **Girls Varsity** placed eighth at the District Meet, led by **Cassidy Armstrong** and **Ciana Johnson**. Cassidy and Ciana raced at the 3A State Meet in Pasco, finishing fourth and seventh, respectively. Both made All-Metro First Team as well. Cassidy also posted the 12th-fastest girls' 5K time in the US this season.



Yuriko Brunelle

Cassidy Armstrong and Ciana Johnson lead the Girls Cross Country Team at the start of the District Meet.



Baseball Coach Doug Montgomery hoists the Metro Championship trophy.

King Alverson

Congratulations to **Lucas Williams** who finished second in the 3A State Golf Tournament in Spokane in May. Along with Williams, the **Boys Golf** team members participating at the State included Senior Captains **Sven Swanson** and **James Sand**, as well as **Matt Wesche** and **Owen Cutting**. According to Coach **Scott Cachopo**, this may have been the first time a Beaver Boys Golf team competed in the State Championships.

Winter Sports

Miles Price was the first Ballard wrestler to make it to the State Semifinals since 1996 – he lost that match 5-4 to the eventual state champ but he bounced back to win his next two matches and take third place.

Under the leadership of Coach **Jared Daniels**, the Brawlin' Beavers finished 23rd overall out of 70-plus teams at the MatClassic, the best state finish by any Ballard wrestling team. This year's seniors included Captain **Miles Price** (two-time Metro Champ, third at state), Captain **Hayden Wiggins** (Metro Champ), **Luka Sadler-Miller** (Metro Champ), **Tommy Megal** (Metro Champ), and **Jona Shull** (Metro finalist).

Spring Sports

Baseball won its first Metro Championship since 1994, behind the program's first 20-win season in school history. The team tied for third in the 3A State Championship after a weather-

related game change caused WIAA to cancel the consolation game and name both teams as third-place finishers. Metro MVP and First Team Catcher **Truitt Madonna** has signed to play for the UCLA Bruins next year. Joining Truitt with First Team All-Metro Honors were pitcher **Aiden DePaula** and infielder **Brady Mialovich**. Coach **Doug Montgomery '03** said the team's future is bright.



Boys Soccer team competed in the always tough Metro Mountain Division to earn a third trip in a row to the 3A State Tournament. It took a shootout to eliminate the Beavers in the opener.

Softball repeated as Metro Champions and lost the District Championship game on a controversial call at home plate. The Beavers qualified for the State Tournament for a fourth consecutive year. The team is graduating All-Metro pitcher and Team Captain **Colette Howren**, who will continue playing at Saddleback College (CA). In addition to Colette, **Wren Wald** (outfield), **Grace Shiotani** (infield) and **Katie Davis** (utility) were also named to the All-Metro Team, while **Annika Jahn** (infield), **Brooklyn Morris** (outfield) and **Alexa Hunt** (utility) were named to All Mountain Division Team.

Congratulations to **Dale Griffith** who earned his third Metro Fastpitch Softball Coach of the Year recognition and collected his 100th career win on May 13, 2025.



Track & Field hit the postseason running as both the Boys and Girls teams finished in the top five at both the Metro and District Championship meets. At the District Meet, multiple top three Ballard finishes qualified a school record high of 17 students



Ballard Fastpitch Softball repeated as 2025 Metro Champions.

Mac Jahn

to the 3A State Championship Meet. The Girls Team placed 15th with the help of **Ciana Johnson**, who won the 800m run while tying the 3A State Meet record. Ciana also placed third in the 1600m. The Boys Team finished in 39th place, behind **Alex Davis** finishing fifth in the 400m dash and **Jackson Scott** finishing tied for eighth in pole vault.

Tennis singles players **Mia Aldahondo, Sabi Yoon, Edgar Aldahondo, and Sebastien Calhoun**, along with doubles teams **Kira Helman/Quinn Alejano, Georgia Preston/Izzy DeLanda, Cole Nguyen/Alton Naumann, and Sean Brine/Holden Fuller**, represented Ballard at Metros. With his success at this tournament, Edgar Aldahondo advanced to Districts and became a State alternate. **Angel Le** was named Metro-Sound Division Coach of the Year.



For the second consecutive year, **Boys Lacrosse** advanced to the 3A State semifinals. The following players got All-Conference honors: First Team: **Owen Willis, Davis Brewster, Aiden Gray**; Second Team: **Sam Frech, Grant Nordfors** and Honorable Mention: **Parker Milesi**.

Dance Team

Dance Team finished in eighth place in the Dance category at the State Championships in Yakima. At the event, the Beaver dancers also hit their highest scores of the season.

Gymnastic Team Tops in State!

Ballard Beavers everywhere celebrated in February, when the Gymnastics team won the 2A/3A State Championship, becoming the first Seattle Public School to ever win a Gymnastics state championship and Ballard's first WIAA team sport state champion in any sport!

The team won seven individual medals, with one more state title coming on floor from **Mari Puckett**. **Brooke Adkins** placed second on bars, **Caitlyn Adkins** and **Claire Spinosa** tied for fourth on bars, and Caitlyn was fourth all-around and seventh on beam. **Dylan Kelly** was sixth on vault, and Mari added a 10th place finish on beam. The Beavers finished the season undefeated (their fifth consecutive undefeated regular season) while winning their fourth straight Metro League title, first District Championship and first State Championship! Congratulations to Coach **Stephanie Gundel**, and team members Brooke Adkins, Caitlyn Adkins, Viviana Corsini, Dylan Kelly, Claire Spinosa, Ruby Stan, Mari Puckett, Aspen Pfeiffer, Ella Carter, Carli Pecoraro and Heloise Priolet!



c/o Stephanie Gundel

Ballard Gymnastics hoists the WIAA 2A/3A State Championship Trophy, with their Coach Stephanie Gundel (right).



Cheer Repeats as National Champs



*Congratulations to **Ballard Cheer**, with then Coach Brandi Mattila, who repeated as National Champions in second, back-to-back USA Spirit National Championship Feb. 16, 2025, in Anaheim, CA, earning first place in Varsity Band Chant and Fight Song categories.*

Helping Create Ovation Worthy Performances

We are proud supporters of Ballard Performing Arts (BPA). Inspired by its talented directors and students, we continuously seek ways to strengthen and promote this incredible program. Through ongoing outreach, the Ballard High School Foundation addressed a variety of needs this school year:

In December, we helped raise \$10,000 — including our \$5,000 match — for the Music Lessons for All initiative, making private lessons more accessible and affordable for all BPA students.

We also hosted a Dine Out fundraiser at Duke's Greenlake in May, in support of BPA, with a special appeal for donations toward new cellos for the orchestra. Orchestra Director **Daniel Valdez** informed us that if every student attended class, they would be short one cello — and many existing instruments were showing their age. Thanks to the event's success, we helped fund one cello, and at our June meeting, the Board agreed to purchase three more.



BPA students serve as wonderful community ambassadors, performing at local schools, neighborhood events, and more. Choir Director **Courtney Rowley** requested additional leather folders to help students look professional while also



Courtney Rowley directed "Selections from Handel's Messiah" at the Winter Concert in the Performing Arts Center.

The sweeping performance featured members of each of the school's music groups.

Courtesy of Courtney Rowley

protecting sheet music, and we were happy to provide this easy solution.

Band Director **Jay Gillespie** sought new quad drums for the Marching Band, as the school's current instruments were deteriorating. The drumline plays a vital role in parades and football halftime shows, and we were eager to help. Gillespie also requested a bass trombone, an E-flat clarinet, a contrabass clarinet, and trumpet mutes with carrying cases to expand the Band's musical range. We will be purchasing these needed instruments as well.



In support of BPA's multiple theatrical productions, Theatre Director **Miller Shor** also recently requested wireless headsets and belt-pack transmitters for the stage crew — it's now in the works.



Finally, as part of our broader efforts to boost learning environments around BHS, we will be funding audio system upgrades for the Band and Choir classrooms, as well as the Commons lunchroom. (We also plan to financially support the installation of a new audio system in the Library.)

BPA has also benefitted from our \$50,000+ in renovations to the Performing Arts Center. This two-year effort included wireless microphones, audio components, and updated LED lighting. This year, we added a spotlight, risers, and an acoustic shell to further enhance performances.



Thanks to the BPA Committee, led by Chair Chris Witeck. This incredible team includes the BPA Directors (pictured in article), BPA Boosters Chair Cynthia Kemp, Principal Abby Hunt, Cyndy Clegg '78, Joel Niemeyer '78, and Foundation Executive Director/Co-Founder Dick Lee '61.

Bravo for BPA & For Your Support Too!

Remember, your unrestricted donations allow us to remain flexible in addressing BPA's evolving needs, as well as other important initiatives around Ballard High School. If you'd like to contribute, please consider a donation using the enclosed envelope.



School Hosts Record Breaking Heart Screening Event

Student leaders collaborate with administration to honor the life of Ingrid Phariss

By Marley Helfer

TALISMAN CO-EDITOR-IN-CHIEF

With the collaboration of students, staff, administration and volunteers, the entire school community came together on January 8, 2025, to host an EKG Youth Heart Screening event, providing free heart screenings and CPR training to BHS students.



Students get their blood pressure checked by local firefighters at the Nick of Time EKG Youth Heart Screening January 8 at Ballard High School.

Lake Neill/Talisman

After the loss of senior Ingrid Phariss in the summer of 2024 due to a heart arrhythmia event, students and administration sought to honor Phariss' life and memory at BHS. The event was organized through the Nick of Time Foundation, a nonprofit that works to educate about Sudden Cardiac Arrest in young athletes.

"When, over the summer, we tragically lost a student due to a heart arrhythmia event, it was one of the first things I thought of in terms of taking action as a school community," Principal Abby Hunt said. "A close friend of Ingrid's reached out to me within days with the same idea, which I thought was pretty incredible."

That close friend, senior Kaia Hofsass, along with seniors Eli Pitcock and Bianca

Maurer, sought to host this event to recognize and honor Phariss' life and prevent other heart issues from going unnoticed in the community.

"I want to make sure that doesn't happen to anyone else, and I want to honor her memory," Hofsass said. "It was

also really cool to see that we could have a hand in something that involved so many people."

With sudden cardiac arrest being the leading cause of death for active teenagers in America, Hunt emphasized the importance of student health and wellbeing.

"As principal, when I think about caring for the school community and making sure that students are safe, there's a range of factors involved in student safety and care, and this is one of those," Hunt said.

Pitcock similarly noted how making heart screenings accessible for students, both in cost and location, was a main goal behind organizing the event.

"It's not a common thing done in physicals, or yearly checkups at the doctor," Pitcock said. "When I heard about this I thought it was awesome, because it's a way to get this out to a big group of people for completely free, and I want to try to make that happen in more places."

As Hofsass shared, although they were initially only allowed to register 500 individuals for a heart screening, 540 people signed up within a few weeks of even announcing the event on social media. As a result, the Nick of Time Foundation recruited more volunteers to accommodate for the high registration numbers, and ultimately 680 students were screened in a single day, breaking the record for the Nick of Time Foundation by around 120 students.

"I think the convenience of it being at school can lead a lot more people to sign up than would just want to go to their doctor for it," Hofsass said. "I think it made people a little bit more comfortable that it was something that they and their friends all could be signed up for. It wasn't as isolating."

Hunt said that the school administration is hoping for the school to host more events like this in the future.

"With the right partnerships and the right student interest, the Ballard administration wants to support more events of this type and scale as a way of supporting our school community beyond the classroom," Hunt said.

Abridged from a February 14, 2025, Talisman article. The Talisman is Ballard High School's student newspaper.

The Ballard High School Foundation teamed with the Athletic Booster Club to provide a refreshment station for medical professionals and volunteers at the Nick of Time Heart Screening Event.

From the War in Ukraine to Finding Refuge

By Sabi Yoon

TALISMAN REPORTER

Darkness filled the sky as plumes of smoke rose and enveloped the city. Fallen trees torn from the ground laid scattered. Buildings were left in ruins. Destruction from relentless bombings by Russian military jets was everywhere. Devastation wasn't just in the physical destruction of the city's rubble, but also the countless casualties suffered by families, mourning of loved ones and the heavy burden of psychological and mental trauma inflicted by war.

For many, the war in Ukraine is just another headline they see when perusing through emails or a search engine's home page portal. But for high school students like Milana Vasilieva and Nika Zinchenko's, it's a harsh reality – a ceaseless fight for survival and a search for safety.

"I remember this day like all day, very, very clearly," sophomore Milana Vasilieva said. "It was 4:34 p.m., our dogs started to bark and then (my family) woke up and heard a big 'bam.' It was a big bomb to our military city which we were staying at. My uncle and his family who lived a mile away from us were hurt and they escaped the military city running to the forest. I was very scared."

Milana and her parents fled to Seattle in mid-2023, leaving behind her home, friends and extended family in Ukraine. Her uncle, grandparents, cousins – including one she considers a brother – remain there, holding onto the hope of joining her in the United States soon.

"My other family is still in Ukraine and

I want them to come cause it's dangerous there," Vasilieva said. "For my brother (cousin), the war was very bad for his mental health because he saw big rockets (military aircraft) that drop bombs on the house and he is also in the military. Now he has a twitch in his eye and every night (when I was in Ukraine) he wakes up and says to my parents 'go and run away!'"

Before fleeing to Seattle, Vasilieva and her family endured dangerous journeys in search of safety, living in constant fear and chaos. Surrounded by military aircraft in the sky, like a swarm of hornets ready to attack, the uncertainty of when or where bombs might drop was extremely stressful. Vasilieva and her family were on the constant move seeking refuge with no clear

destination. All of this happened when Vasilieva was just 11 years old.

"My family and I drove to West Ukraine from Kyiv, which took two to three days," Vasilieva said. "It was very dangerous and we had to go on other roads and we

were like a pigeon cause we always go somewhere else. We were driving in the forest and stayed at another military town and saw many soldiers with big metal (missiles) and tanks. We



Sabi Yoon/Talisman

Milana Vasilieva (left) and Nika Zinchenko (right), founders of the Slavic Club, pose in front of the Ukrainian flag displayed in the classroom where they hold their Slavic Club meetings.

were very afraid and every night there were big noises from air alarms and bombs from aircrafts."

For many families, finding a new home doesn't mean the journey is over. The emotional and physical toll of escaping a war zone lingers long after the immediate danger has passed. The fear, the grief of losing or being separated from loved ones and the uncertainty about what comes next continue to weigh heavily on them, even in their new "home." For sophomore Nika Zinchenko, this reality is all too familiar.

"Before coming to the U.S., I lived in Germany for one and a half years," sophomore Nika Zinchenko said.

"Me, my mom, dad, brother and sister were able to live there but my older

For my brother (cousin), the war is very bad for his mental health because he saw big rockets that drop bombs on the house.

~ Milana Vasilieva
BHS Sophomore

brother who is 28, couldn't because he needs to serve in the Ukrainian military for the war."

Adjusting to life in a new country wasn't easy, especially after experiencing a war. Even in Germany, Zinchenko faced challenges as she tried to fit in. She did not receive the support from her school to help with the transition.

"They (kids) would surround me, and the kids would say 'Russia is good,'" Zinchenko said. "Also in school, we can't use the translator on our phone. I just sat there in class. No way (to communicate), because I don't know really good (German)."

However, coming to Ballard was a different experience for Zinchenko. For the first time since escaping war-torn Ukraine, she felt accepted and heard, and has been able to share her stories and express her feelings that had been difficult to voice before.

"I was always scared thinking about where we were going to go, our house, like where we will stay, making friends and going to school," Zinchenko said. "I am happy when I come to Ballard because I've been able to make a lot of friends and I can talk to them like Milana (Vasilieva) who is also from Ukraine."

THE TWO STUDENTS created the Slavic Club this fall, aiming to provide a space for students to connect, share their experiences, celebrate their culture and to bring awareness of the situation in Ukraine. They hope the club will become a welcoming environment for all.

"We want to communicate and want everyone in this club to find friends even if they don't know Slavic language," Zinchenko said. "Everyone can come."

Like homing pigeons that roam the skies and seeking a place to rest,

Vasilieva and Zinchenko's journey continues. But in the moments when they feel lost or uncertain, they know that their family is always there. And in that, there is peace. There is hope. Peace, after all, is found in the presence of those who love and care for you, even when the world around you feels uncertain.

"In Ukraine, even when we were scared and afraid, I had my brother (cousin)," Vasilieva said. "We live together and everything, we did together and we're like brother and sister. He made me very happy. Also, my mom, dad, my dogs, were with me all the time so I was able to be less scared."

Zinchenko also reflected on the importance of family as well as her hopes to expand the Slavic Club. "I really miss my brother who is in the Ukraine military and we (my family) want him to move here so we can be together," she said.

"But I'm glad I have my mom, dad and brother, especially when we were scared when we came here trying to find a house. We were at the church for two months together before they found us a home. I'm happy at Ballard because of the friendly people and I want more people to join the Slavic Club."

Support BHS Journalism

This article appeared in the Dec. 19, 2024 Talisman student newspaper. Sabi Yoon's story received 9th Place at the April

Journalism Education/National Scholastic Press Associations' awards ceremony. Yoon is also a Student Board Member for Seattle Public Schools. We thank the Talisman staff for sharing their work. To learn more, search for Journalism/Talisman on the BHS website.



New Projector Included in Recent PAC Improvements



Steven Bradford

Move over, Bay Theatre, the addition of a new projector in the Performing Arts Center will increase the facility's use for learning and community presentations, including short film offerings from the school's award-winning Digital Filmmaking Program. This is all thanks to the Foundation Board's unanimous support at our March meeting for the purchase of a new projector for the Earl Kelly Performing Arts Center. The upgraded Panasonic laser projector was originally proposed by Principal Abby Hunt and Digital Filmmaking Teacher Steven Bradford.

"As you can see it is bright enough to still be very bright with all the PAC lights up, and so it's great for presentations, and to use during performances, not just to show movies with the lights down," Steven said of the projector's performance in the photo above. "Thanks for making this happen!"



Congratulations to BHS Digital Filmmakers who recently earned a slew of awards, including NW Emmy Awards. Read more about the program on the BHS Website.

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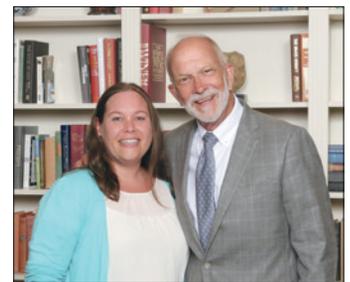
For the Logbook



- August 2-17 2025 | Celebrating All Things Ballard
Online Auction
- August 14, 2025 | Salmon Dinner Event and Live
Auction, Pacific Fishermen Shipyard
- August 15, 2025 | Victor Salvino 25th Annual Golf
Classic, Newcastle Golf Course
- September 23, 2025 | Foundation Board Meeting,
4 p.m. Ballard High School Library
- October 4, 2025 | Breakfast of Champions,
honoring longtime PE Teacher/Coach Bebe
Burns, 9:30 a.m. Ballard High School Commons
- December 2, 2025 | Foundation Annual Board
Meeting & Reception, 5 p.m. Blue Ridge
Community Club
- March 10, 2026 | Foundation Board Meeting, 4
p.m. Ballard High School Library
- March 21, 2026 | Running of the Beavers, 9:30
a.m. Golden Gardens
- June 7, 2026 | Golden Beavers Scholarship
Luncheon, noon Ray's Boathouse Northwest
Room

A Final Word Many Ways to Tell Our Story

Rowland Studio has provided photography services for Ballard High School since 1951. The company was founded in 1947, when Gustav Rowland Johnson decided to leave ironwork behind and follow his passion for photography. His family den/studio was later renovated to include two camera rooms, a dark room and an office with up to 22 employees (including Gustav's son and our friend **Bruce Johnson**). In 2015, **Briane Henak** was hired as studio manager. With Bruce's retirement in 2017, Briane took over studio ownership. Thanks to Bruce, and now Briane, for their quality shots of Foundation events throughout the years.



Rowland Studio/2017

Briane Henak and Bruce Johnson

I've known Bruce for many years. He brings me cheer every morning by texting me a photo that's caught his eye. Though he's supposed to be retired, Bruce still shows up at Foundation events with his camera and a smile. At our June 1 Scholarship Luncheon, he watched as Briane caught all the joyful shots, and, of course, lifted his viewfinder to grab a few of this own. I want to wish Bruce a happy 80th birthday this summer, and thank him for his friendship and longtime service to the BHS community.

WE NOT ONLY reach our audience through *The Log* but also through Ballard's *Talisman* student newspaper. I wanted to thank their award-winning editorial staff as well as their advisor, **Mike Smith**, for their excellent work.

~ Dick Lee '61, Executive Director and Co-Founder
Ballard High School Foundation