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Poison partying



photo by Beckie Rosillo THE WESTERN FRONT

Drinking too fast and not knowing one's limit are common factors that lead to alcohol poisoning.

Fall quarter sees highest rates of alcohol poisoning

Michael Lee
THE WESTERN FRONT

It is called alcoholic gastritis. It depresses reflexes and, most importantly, respiration. It makes breathing difficult and since another main symptom is uncontrollable vomiting, it has the potential to make the victims choke on their own throw-up. In its most severe cases it can cause death.

It is also more commonly known as alcohol poisoning.

As fall quarter comes around, so do the highest rates of alcohol poisoning among students, said Dr. Emily Gibson, physician and director of the Student Health Center. Freshman flood the dorms, many with little or no drinking experience, and an abundance of liquor and beer suddenly surrounds them.

Oftentimes these are the students who drink too much, too fast and do not know their limit, Gibson said.

Senior Vanessa Jones saw the effects of this disillusioned drinking when she attended a house party last year. The host, a girl of about average size, started taking shot after shot and doing multiple keg stands.

"A little while later she went to the bathroom and just started puking and puking," Jones said. "She would puke and then pass out and then wake up and puke again."

Eventually some partygoers took the girl to the hospital where medics had to pump her stomach.

Uncontrollable vomiting is a telltale sign of alcohol poisoning, Gibson said. Other things to look for include passing out, inability to walk without help, inability to speak or saying nonsensical things, not knowing where they are or what they are doing and not being roused easily. If these symptoms are present, it can mean the individual has alcohol poisoning and are in need of medical attention.

"The most common mistake people make is to assess that someone is sleeping pretty comfortably and not realize they have had too much to drink,"

Gibson said.

Elva Giddings, the interim director for prevention and wellness and the coordinator of Alcohol and Drug Consultation and Assessment Services (ADCAS), said another common mistake is being reluctant to call 9-1-1 once someone gets alcohol poisoning.

"This is a medical emergency," she said. "If your friend fell and broke their leg would you call 9-1-1? You want them to wake up in the morning."

Another problem is oftentimes people are afraid of police arresting them for being a minor in possession of alcohol, Giddings said. If that is the case, she said a smart decision is to alert everyone an ambulance and police are on their way and anyone who does not want to be present should leave.

In most cases, police are more concerned with the wellness of the sick individual and not giving out MIPs, Gidding said. But even if they do it is worth it for the sick individual's health, she said.

Senior communications major Austin Mankey was 14 when he got his only case of alcohol poisoning. When he began to vomit and pass out his friends stuck him in a room and kept partying. Eventually they took money from his wallet to buy a cab ride home and had to drag his limp body into the cab and into

the house.

Mankey said he recalls events up to the moment he started vomiting, and then he blacked out. The morning after he felt horrible and it took three days to fully recover.

Alcohol poisoning renders a powerful hangover, Gibson said. Side effects include muscle and joint aches, nausea, lack of appetite and diarrhea. Usually the actual alcohol poisoning lasts six to eight hours, but recovery time can last anywhere from three days to a week.

"You're pretty toxic for a few days," Gibson said. "It's a pretty nasty chemical experience for the brain and the rest of the body."

see **ALCOHOL** page 3 ▶

Applications decrease, but enrollment stays steady

Steven Chea
THE WESTERN FRONT

Despite a decrease in the number of applicants, following a statewide trend, the number of new students expected to enroll at Western in fall 2006 remains similar to the numbers from the same time last year.

While there is no clear explanation for the decrease in applicants across the state, Western Director of Admissions Karen Copetas said some possibilities include an increase in the application fee from \$38 to \$50 and a lower overall number of high school graduates in the state compared to previous years.

Western received about 8,621 freshman applications in 2005, but that number dropped to about 7,991 this year, a decrease of 7 percent. Four-year public universities and colleges across the state also saw notable decreases, including drops of 18 percent at Central Washington

see **ENROLLMENT** page 13 ▶

Pulitzer prize winner joins Huxley staff

Adriana Dunn
THE WESTERN FRONT

This quarter, journalist and author Bill Dietrich will embark on a new challenge. After chronicling the 1989 Exxon Valdez oil spill, covering politics in Washington D.C., authoring six historical fiction novels and three non-fiction books, Dietrich will make his first venture into academia as professor of environmental journalism in Huxley College of the Environment.

Dietrich, who graduated from Fairhaven College in 1973 with a Bachelor's Degree in journalism, says the journalism program is exceptionally strong and he is eager to work with students.

"I'm fascinated to see whether students have changed at all," he says. "I suspect they haven't in terms of personality



courtesy photo
Bill Dietrich

see **DIETRICH** page 20 ▶

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>> News Briefs <<

Western and Federation reach labor agreements

On Aug. 2, Western and the Washington Federation of State Employees concluded labor negotiations that affect many of the university's classified employees. University officials said they were pleased with the cordial and constructive tone of the negotiations.

The two parties reached an agreement on a two-year package that includes base wage increases of three percent in the first year of the contract, and 2.2 percent in the second year.

Once ratified, the agreements will take effect July 1, 2007.

Governor appoints new Western student trustee

Western undergraduate Chiho Lai, who is studying history and accounting, is the newly appointed student trustee at Western.

Appointed by Gov. Chris Gregoire on July 26, Lai will serve on Western's Board of Trustees until June 30, 2007.

As a trustee, Lai will represent all citizens of Washington state, but will also give a valuable perspective to the board because of his

experience as a Western student.

Western master's student earns national award

Western master's student Pema Kitaeff won the prestigious Harold C. Bold Award for an outstanding student talk at the Psychological Society of America's annual meeting in July in Juneau, Alaska.

Kitaeff lectured about her thesis, which examines differences between populations of algae living in giant green sea anemones in both Oregon and Southeast Alaska.

Western team takes top honors at sub contest

Western engineering students won best presentation and fastest two-person propeller driven submarine at the Human Powered Submarine Contest in Escondido, Calif. in July.

The team also placed second in overall engineering.

The students designed and built the vessel over a six-month period as part of Western's submarine team club. This was their first year competing in the contest.

Compiled by Lance Henderson

Women, smaller people often have lower tolerance

► ALCOHOL from 1

Although anyone can get alcohol poisoning, a person's size, gender and drinking experience play an important role in how much alcohol it takes to make someone sick, Gibson said. What might give an experienced drinker a buzz may get an inexperienced drinker raging drunk. What may get an experienced drinker drunk may give an inexperienced drinker alcohol poisoning.

Smaller individuals typically have a lower tolerance for alcohol and women's blood alcohol levels and metabolisms make them more prone to alcohol poisoning than men, Gibson said.

"There seems to be a pride thing that women want to drink as much as their guy friends," she said. "But they're just not constitutionally built to drink like the guys."

In one case, Lawrence Ream, a senior general studies major, witnessed a petite male friend of his attempt to drink a fifth of whiskey by himself. He ended up vomiting and passing out on a couch.

"He was white as a sheet, sweating and couldn't stop twitching and shaking," Ream said.

Many cases of alcohol poisoning may have been avoided if the students involved had been more educated and aware of the risks involved with excessive drinking, Giddings said.

As coordinator of the ADCAS program, Giddings said she is responsible for informing students about drugs and alcohol and helping them find alternative things to do other than drink. She said her focus is to find the most up to date and accurate information possible and present it in an accessible way to students.

"If a student is going to do drugs or drink, then they're going to do that," she said. "But if that's what they decide then I want them to know what might happen and what risks might be associated

Alcohol poisoning tips

Things that lead to alcohol poisoning

- Drinking rapidly
- Drinking too much in a short period
- Not knowing personal limits or when to slow down
- Drinking on an empty stomach

Ways to avoid it:

- Drink slowly — sip instead of gulp
- Drink water between drinks
- Eat before drinking
- Determine personal limits and don't cross them

source: Dr. Emily Gibson

Alcohol and Drug Consultation and Assessment Services

Old Main 560C • 650-3643
Monday - Friday: 8 a.m. - 5 p.m.
Visit online at www.uw.edu/chw/
and click on Alcohol and Drug Services

Student Health Center

2001 Bill McDonald Parkway
650-3400
Visit online at www.uw.edu/chw/
and click on Student Health Center

with it."

She said the worst-case scenario is when an individual goes into a situation completely unaware of what to expect and is taken by surprise when alcohol poisoning effects take hold.

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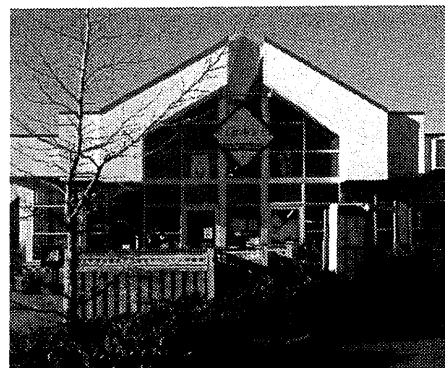
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Shuttle ends after two years of service

Annie Runnels
THE WESTERN FRONT

After two years of service, Western's daytime shuttle bus ended last June due to lack of funding, leaving students who live in the near by neighborhoods searching for an alternative way to get to campus.

Funding for the shuttle came from a variety of sources including the Associated Students, facility management, and the division for business and financial affairs, said Carol Berry, Western's alternative transportation coordinator.

To keep the shuttle running, funding would have to be allocated to pay for the drivers, fuel, replacement and repair for the buses, Berry said.

For the past two years Western has been leasing the Lincoln Creek Transportation Center and is planning to buy the property, said junior Kevin

McClain, AS vice president for campus and community affairs.

The AS discontinued the shuttle's funding because they wanted the money to go towards payments for buying Lincoln Creek. The payments for buying the center are higher than the payments for leasing it, McClain said.

Western junior Matt Anderson said he took the shuttle five days a week to get to class without being late and to not get clammy from walking.

"It gave me a few extra minutes in the morning,"

Anderson said. "I could always get to school and not be all sweaty and flushed, but feel normal still."

Dale Monroe, director of business services purchasing, said one of the problems with the shuttle was that it was free

and students who were able to walk to campus were the ones benefiting from the shuttle but it

The Western Shuttle pulls into a stop behind the Communications Building last fall. The shuttle program lost its funding and will not be in service this year.



photo by Matt Gagne THE WESTERN FRONT

was unfair to the students who lived farther away who had to pay for a parking pass.

"You had a small number of students who could get to the campus for free but you had a much larger majority that had to buy a pass," Dale said.

Students and faculty who live and work on 32nd Street will probably be the most affected by the discontinuation of the shuttle, Berry said.

McClain said an application to build another apartment building on 32nd Street is already being processed, which

increase the number of students living in that area.

McClain said he is working on alternative transportation plans with the sustainability coordinator for the 2006-2007 school year and has also been working with Whatcom Transportation Authority to implement a Go Line down Bill McDonald Parkway.

Route 105 used to run once an hour down Bill McDonald Parkway and 32nd Street. WTA extended the Blue Go Line Sept. 24 to run down Bill McDonald Parkway every 15 minutes.

"I am lobbying for this year to the WTA to redesign how the WTA services goes to Western and really serve the areas with a high density of students," McClain said.

The shuttle was a nice way to get on campus if it was raining and a way to get last minute work done without being late to class, Anderson said.

"It really helped me be lazy, which I like to do," he said. "Sometimes I would finish up my homework on the shuttle, like look over something before a quiz."

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Living off campus may cost up to twice as much as the dorms

Jon Sayer
THE WESTERN FRONT

Students who decide to live off campus could be paying twice as much on rent, food and utilities as students who live on campus, according to statistics from University Residences and the Whatcom County Real Estate Research Report.

Students who live on campus in a double room in a normal residence hall during the 2006-2007 school year will pay approximately \$4,433 or roughly \$584 per month.

This price includes the cost of utilities such as electricity and Internet access not usually

included in rents for off-campus units.

Off campus, one can find rent that is typically less than \$584 per month. For example, the average rent of a studio apartment or a small apartment similar to a dorm room — where the bedroom doubles as the living room — in Bellingham's Sehome neighborhood to the north and west of campus is \$431.60, according to the 2005 WCRRR. The average rent for a one bedroom apartment in the same district is \$547.04.

If two roommates were to replicate the same living conditions they had on campus

and share a room in one of these smaller apartments, each roommate would pay only \$215.80 per month for the studio and \$273.52 for the one bedroom apartment.

The price of living off campus is still cheaper after adding the cost of utilities. Property management companies in Bellingham, such as Landmark or Apex, typically include the cost of several utilities within rent. The specific utilities covered varies from company to company, but renters typically have to pay for their own phones, cable television, Internet access and

electricity.

An average renting household in Bellingham would spend approximately \$163 per month on those utilities. Divide that between two roommates and each person would pay only \$81 per month.

Students can typically spend less on rent and utilities by sharing a house or apartment with more people. Two renters sharing a two-bedroom apartment in the Happy Valley neighborhood, which is south of campus, would pay an average rent of \$359.32. Four renters sharing a four bedroom apartment would pay \$289.38 each. The renters in this example each have their own rooms and are spending less than that of a resident of a triple room on campus.

Students who choose to live alone may or may not find an apartment cheaper than a dorm room, but the apartment they find will typically be much larger than a dorm room. A single room on campus costs \$683.90 per month and a super single, a double room with only one occupant, costs \$740.74. A resident of these rooms might have to share a bathroom if they are in a hall with communal facilities such as Nash.

A one bedroom apartment would cost \$547.04 per month in the area around campus, or approximately \$710 a month with utilities. That is more than living in a single room on campus, but with more space to call home than in a single.

"I am ready to not be living on campus anymore," said Western senior Anna Steele. "(I'm ready) to have my own space, to have my own bedroom that's not also my living room, kitchen, and study area."

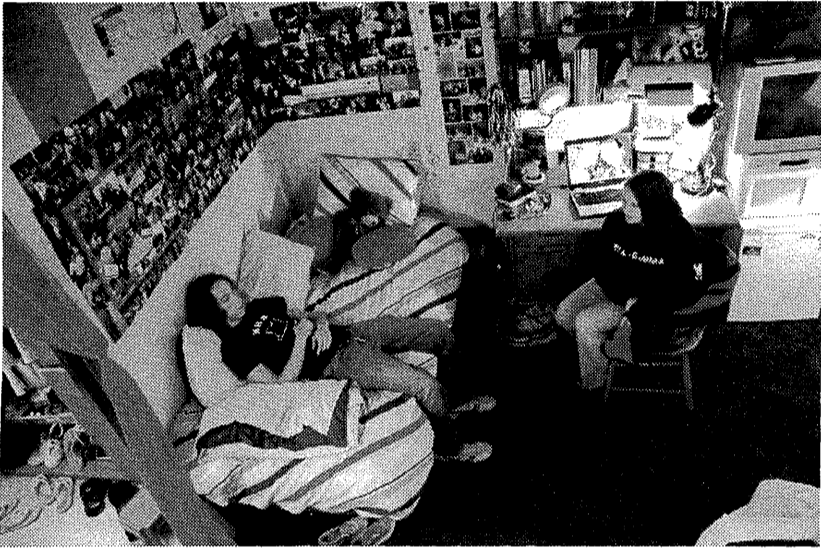
Steele recently decided to rent an apartment by herself.

Western senior Alex Larson, who lived in the dorms for four years, said he felt the high price of campus living has to do with convenience. Dorm residents only have one bill to pay per quarter, while students off campus have multiple. Students on campus also don't have to travel very far to go to school — they live at school.

Headed that dorm residents don't have as many chores to do since each residence hall has its own janitorial staff.

"Your room itself doesn't get cleaned, but you're in a clean space," Larson said. "If nothing else, the bathrooms are clean."

see **DORMS** page 22 ►



Brooke Bramely, 19, Western sophomore and Beta resident advisor spends time relaxing with some friends in her dorm room before incoming residents move in. Bramely said she strung curtains across her vaulted ceilings and hung pictures and posters to make the room feel more like home.

photo by Beckie Rosillo
THE WESTERN FRONT

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We hope you will pursue your educational goals in a healthy and safe environment.

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- Workers' Compensation
- Chemical & Biological Materials Management
- Hazardous Building Materials Management
- Indoor Air Quality
- Occupational Safety
- Environmental Management
- Safety Training
- Fire Safety
- Ergonomics
- Industrial Hygiene
- Emergency Planning
- Chemical Spill Response

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- **Learn First Aid and CPR**
- **Prepare for an Earthquake. They are infrequent, but they happen!**
 - ⇒ Keep heavy or breakable things from over your bed or desk
 - ⇒ Secure your computer to the table with velcro-type fasteners.
 - ⇒ Place your bed and desk chair away from windows.
 - ⇒ If that isn't possible, sleep with your head away from the window to avoid broken glass.
 - ⇒ Know where you will "Stop, Drop and Hold" during an earthquake, and do it!
 - ⇒ Identify safe places such as under furniture, in an interior corner, in an interior hallway.
- **Get Emergency Information**
 - ⇒ In an emergency, tune to KVOS-TV (Channel 12), KUGS 89.3 FM, or KGMI 790 AM.
 - ⇒ Check the campus storm-line/ emergency hotline at 650-6500. Check Western's homepage.
 - ⇒ There are no longer emergency sirens in Bellingham.

Personal Safety at Western is a Community-wide Effort

- ⇒ Support services are available for victims of crime via a 24-hour help line.
- ⇒ Adopt a security conscious lifestyle – stay ALERT to your surroundings.
- ⇒ Trust your instincts – If you feel uncomfortable in a situation or place – LEAVE!
- ⇒ Report suspicious activities to the University Police on campus or Bellingham Police off campus.
- ⇒ Keep your doors locked, whether at home, in the dorm or in your car.
- ⇒ Plan a safe route in advance. Travel on busy, well-lit streets or pathways.
- ⇒ Walk and park near emergency telephones when possible. Use them for police/escort assistance.
- ⇒ Get a whistle from University Police or Prevention and Wellness. Use Western's Escort Service.

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- Stay in control of your bike.
- Avoid congested areas and use back roads when possible.
- Obey the dismount policy and obey all traffic laws.
- Dismount and walk your bike when in crowded areas.
- Minimize impact - stay off the lawns.
- Park and lock bikes only at bike racks.

Loss to Student Property

- Western assumes no responsibility for the loss or damage to any personal property owned by students or employees.
- Western **strongly recommends** that students obtain insurance coverage:
 - ⇒ Purchase a renter's insurance policy.
 - ⇒ Verify that coverage is available under a parent's or guardian's homeowner's or renter's insurance policy.
 - ⇒ If a resident in University Housing, participate in Western's Student Personal Property Insurance Program by contacting Risk Management or University Residences.

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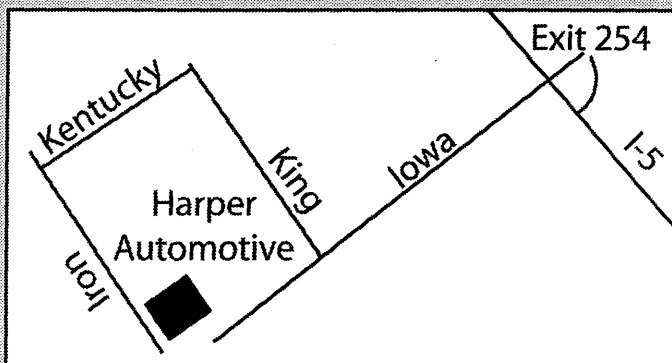
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Campus may feel cozy, but crime is still present

Lisa Harvey
THE WESTERN FRONT

To many students and staff members, Western's campus may feel as safe as their own back yard. However, campus safety officials say it's important for those frequenting the campus take preventative measures to protect themselves and their property from crime such as theft, vandalism, and violence as well as familiarize themselves with on-campus safety resources.

To support a safe and healthy community at Western, the university has safety features such as emergency phones, limited-access residence halls, personal safety escort services, a bike registration program and a campus law enforcement staff.

The Western Washington University Police Department employs 14 fully-commissioned officers, one or more of who are on campus 24-hours a day, 7-days a week.

University Police Sgt. David Garcia said the department usually tries to maintain double-officer coverage at on campus.

"There is always at least one officer on campus," Garcia said. "We'll do overtime if we have to."

According to the campus safety Web site, these officers receive the same training and are vested with the same powers and authority as other Washington state police officers.

Western's office for resident life also employs a staff of

public service assistants, known throughout campus as Greencoats, who patrol campus nightly from 4 p.m. to 8 a.m.

"Greencoats serve as the eyes and ears of the police department," said Public Service Assistant Perry Lewis.

Lewis said Greencoats perform tasks, such as locking and unlocking buildings, so university police officers are free to respond to situations.

While Greencoats do not receive conflict management training and cannot make arrests or write tickets, they patrol

unsafe or too severe for an RA to manage, he or she can call in a police officer.

Students can call the police dispatch at campus extension 3555 any time of the day for assistance.

Garcia said most of the violations on campus pertain to the on-campus bike and skateboard policy. A dismount zone is in effect for Red Square and all pedestrian arterials for bikes. Skateboards are prohibited everywhere on campus.

A first-time offense will result in an \$11.50 fine, \$28.75 for the second and \$57.50 for subsequent offenses. Fines double if the offender collides with a person or object.

Students may feel invincible because of Western's many safety features. However, officers strongly suggest students be cautious and use common sense to protect themselves and others from unwanted fines, dangerous situations and crime.

"Keep your personal awareness up," Garcia said. New students who are away from home for the first time should pay particular attention to their surroundings and the company they keep, he said.

"Don't accept a drink if you don't know where it came from and don't leave a drink unattended," Garcia said. "Be safe. Migrate with a group of people. If you're invited to an unfamiliar room or apartment, think before you leap."

Garcia said many new

"I've honestly had people report missing bikes who don't even remember the brand name."

- Sgt. David Garcia
University Police

campus and report crimes and safety problems back to police dispatch.

Lewis said there usually aren't many violations on campus and that most of them are minor offenses such as drinking or smoking in dorms and violating quiet hours.

In the event of a violation, Lewis said the Greencoats first contact the student's resident advisor. If the situation seems

WESTERN CRIME STATISTICS 2002-2004			
	2002	2003	2004
Forcible sex offenses*	0	3	2
Robbery	0	0	1
Aggravated assault	2	0	0
Burglary	10	13	11
Motor vehicle theft	3	4	13
Arson	0	1	2
Arrests for liquor law violations	99	38	193
Arrests for drug related violations	36	22	35
Disciplinary referrals for liquor law violations	614	737	543
Disciplinary referrals for drug related violations	80	96	76
Disciplinary referrals for illegal weapons possession	0	6	3

Department of Public Safety: 2001 Bill McDonald Parkway • 650-3555
Online: ps.wvu.edu • On campus emergency: 3911
* rape and attempted rape, forcible sodomy, sexual assault with an object and forcible fondling
source: Western Department of Public Safety

students are unaware of the danger of leaving their personal space unattended and not closely monitoring who visits the area.

"Know who is coming into your living area and keep valuables stowed," he said, "Many instances of on-campus theft are the result of a crime of opportunity. The majority of the time, an unattended guest is the culprit."

Garcia said it's difficult to resolve cases of dorm theft because the victim often has no idea who has visited their room. Many students may not know all of the people who frequent their room, such as friends of roommates.

Additionally, many dorms encourage an open door policy in order for residents to meet each other. In many cases, dorm rooms are high traffic areas and can make it difficult to track potential suspects.

Garcia said these cases are difficult to resolve: "Sometimes a witness comes forward, but more often than not it's hard to track dorm thefts."

He said students shouldn't be

afraid to report theft committed by a roommate.

"Report all incidents, no matter how trivial you think they are," he said.

Garcia said students should keep a close eye on their book bags and try not to carry around large amounts of cash or expensive items, such as iPods. Car prowlers are still a problem at Western, so he said students should keep the same concept in mind when it comes to what to leave in their cars.

He said students who bring bikes to campus should register them as soon as possible. Registering the bike helps make it easier to recover if it's stolen. Serial numbers are important because when officers find an abandoned bike, the first thing they check is the registration listings.

"I've honestly had people report missing bikes who don't even remember the brand name," Garcia said.

Bike registration is available

see **CRIME** page 18 ▶



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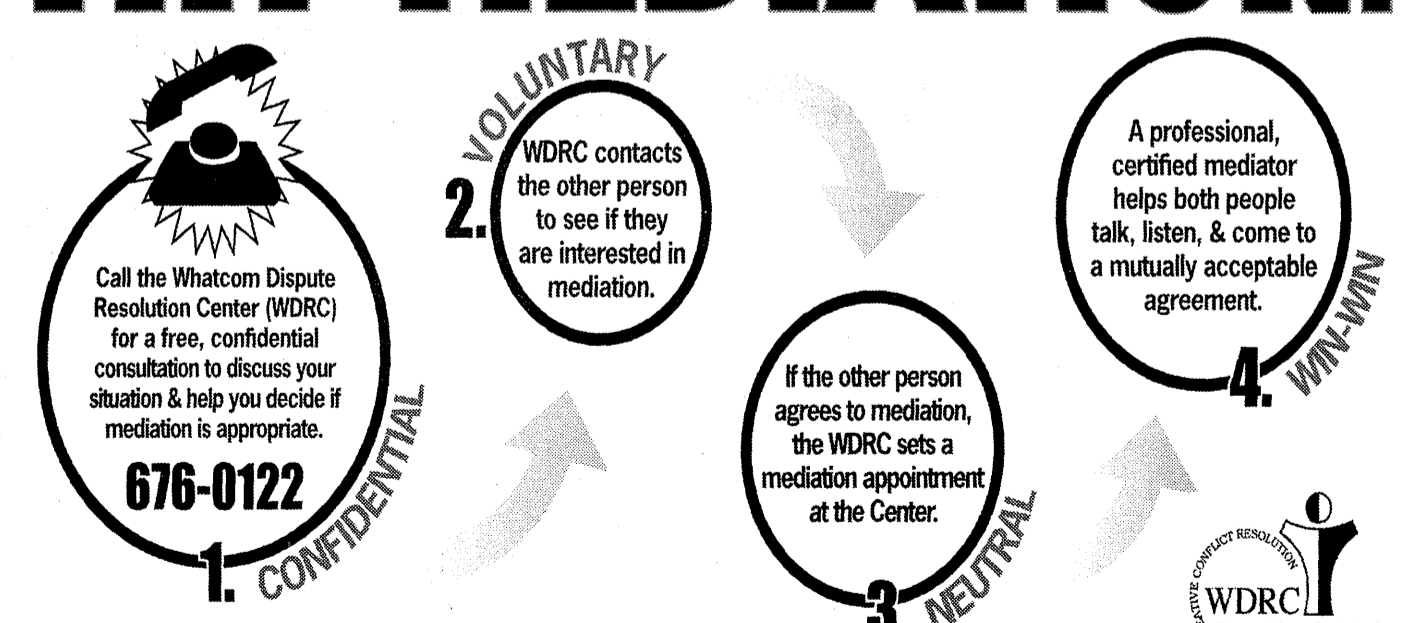
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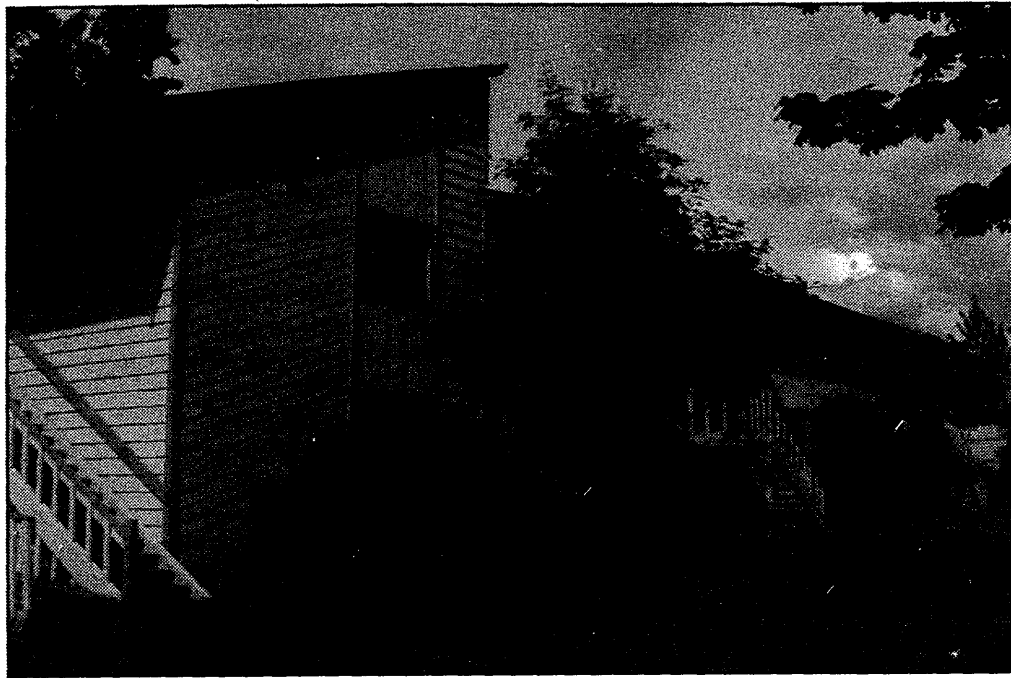
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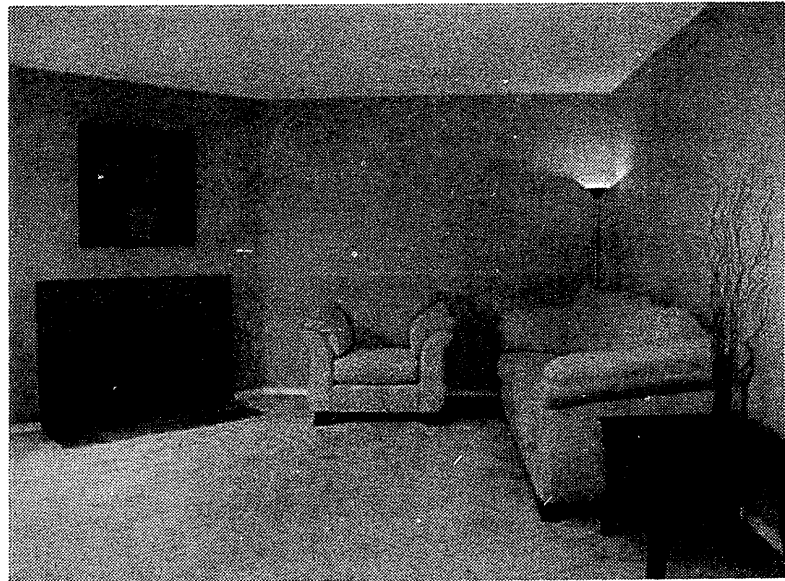
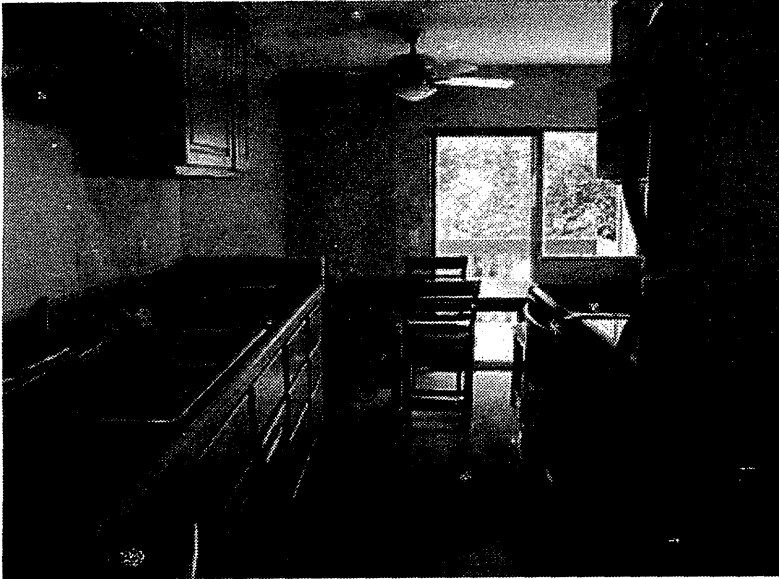
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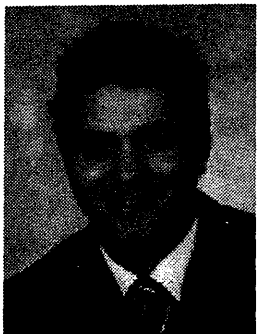
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The College Store
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August 4, 2006

Re: Commercial Activities on WWU campus
(Delivered by facsimile transmission)

To whom it concerns:

I write as counsel for Western Washington University (WWU). It has recently come to the attention of the WWU administration that your business is advertising on campus in direct violation of law.

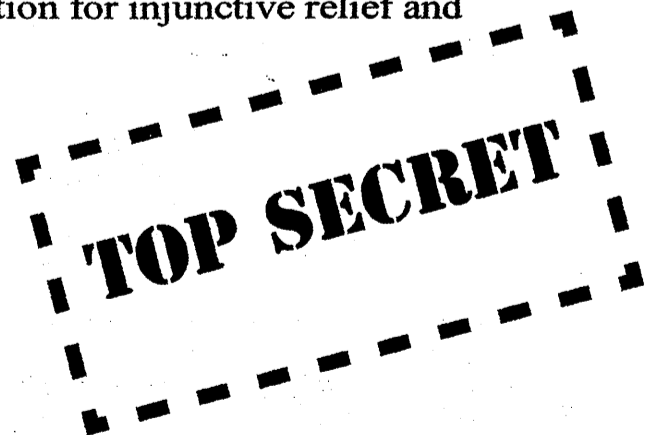
Specifically, chalk advertisements of the College Store were prominently displayed on the paved surfaces of Red Square – photographs taken August 3rd 2006 are being retained by WWU as evidence of this commercial activity. Additionally, individuals were observed distributing handbills in several university locations and were asked to leave the Viking Union when they attempted to gain entry.

WAC 516-24-110 mandates that “[a]ll unsolicited sales contacts shall be restricted to the purchasing office.” The commercial activities conducted yesterday are clearly illegal and in direct violation of the prohibition against unsolicited commercial activities on campus.

You are hereby directed to cease and desist from conducting any commercial activities or solicitations on the campus of Western Washington University. Please be advised that future violations will result in the filing of a court action for injunctive relief and damages.

Sincerely,

Lisa E. Wochos,
Assistant Attorney General



Cc: Dr. George Pierce, Vice-President of Business and Financial Affairs
Linda Beckman, Student Affairs
Lara Mann, General Manager of the Western Associated Student Bookstore

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College meals: fast, furious or enjoyable?

Jamie Cox
THE WESTERN FRONT

It is 2 a.m. and a student pulls up to the Taco Bell off Sunset Drive to order a late snack after a long night of studying. He orders two tacos, a side of nachos and a large Coke to wash it all down. After eating and finally feeling satisfied, the student climbs into bed and falls asleep with a stomach full of little nutrition and a lot of calories.

When it comes to eating habits, college students aren't exactly labeled as health nuts. A generalization is students rarely think about what they put into their bodies and focus more on the cost and availability of food.

"College students often eat on the run so they choose fast food which tends to be higher in fat, calories and salt," said Dr. Emily Gibson, the director of medical services at Western. "If eating in the dining halls, they tend to eat more calories because of the availability and variety of foods."

Ginger Oppenheimer, marketing manager of the Community Food Co-Op, said the best thing for students to do is eat in moderation and drink more water.

"It sounds simple, but a lot of hunger pains are really because we're thirsty," Oppenheimer said. "Staying hydrated is truly the key. Exercise regularly and don't eat too much or too fast. Drink a lot of water while you eat so you'll feel full and satisfied with what you've eaten."

Western's campus offers a variety of healthy foods, Gibson said, but it is the vending machines available 24-hours a day that can tempt even the healthiest of students.

Like food, alcohol consumption is one factor in weight gain for college students. But it does not play a major role in having a healthy lifestyle at Western.

"Heavy alcohol use is on the decline as students realize not just the calories and expense involved, but how much it is affecting their academics and the safety issues involved with consuming large amounts of alcohol," Gibson said.

According to Cherish Shope, a 21-year-old Western junior, students use food as a form of entertainment.

"Whenever all of my friends get together it seems like the first suggestion is to go out to eat," Shope said. "Food brings



photo by Beckie Rosillo THE WESTERN FRONT

Students can get more food for their money by shopping in stores with bulk foods sections. The Community Food Co-op offers a wide range of local, organic and natural bulk foods and spices.

everyone together because it's something we all have in common. Everyone loves to eat."

With the health risks of being overweight, students should try and develop more healthy eating habits to avoid future problems, Gibson said.

"They are carrying more weight than they need for their height, their blood pressure is higher than it should be and they have blood sugar and lipid elevation," Gibson said. "These are students who are already on a pathway to diabetes, hypertension and heart

disease."

Students should try to enjoy food and not be in a constant battle with it, Gibson said.

"Meal times are to be enjoyed with other people and involve far more than just body nourishment," she said. "It is soul nourishment as well."

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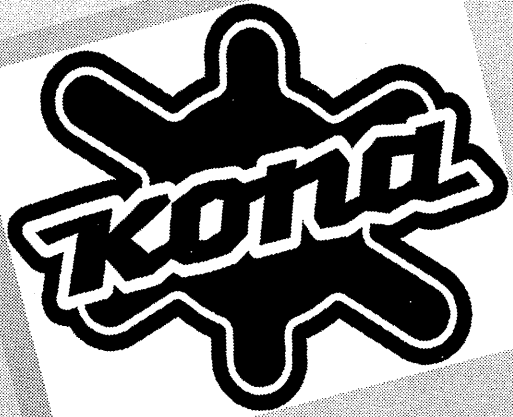
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Fewer students apply to Western

► ENROLLMENT from 1

University and 16 percent at Eastern Washington University.

The number of freshman applicants accepted this year is roughly 2,400, compared to 2,381 in 2005, said Assistant Director of Admissions Michael Barr. About 2,301 of those accepted this year are Washington state residents, while that number was 2,169 last year.

The number of transfer students expected this fall is about 975, compared to 880 in 2005.

Academic achievements of the incoming students remain consistent with those in 2005 in terms of grade point average. The median grade point average for the students in 2006 is 3.53, compared with 3.56 last year, Barr said.

Diversity among incoming students this year is also similar to 2005, with a projection of about 18.5 percent of them being students of color, compared to 19.1 percent the year before, Barr said.

Even with a smaller pool of applicants, incoming students are expected to closely match the type of community that Western aims to have, Copetas said.

Western is looking for students who are a solid academic match, not necessarily because

of a high grade point average, but because they demonstrate a willingness to try new and difficult classes, Copetas said.

Western also recognizes the importance of diversity and looks for students who will be leaders in a multi-cultural world, such as students who speak multiple languages or who show an interest in other countries, Copetas said.

"You don't have to conform to a certain mold to be successful at Western," she said. "There's no such thing as a perfect student."

The consistency in numbers also hold true for the international students who come to Western from about 28 different countries. In 2005 there were 61 international students, comprised of undergraduates, graduates, and exchange students, while there are currently 62 in 2006, said Richard Bruce, the assistant director of international programs and exchanges. These numbers do not include students involved in Western's intensive English program and the Asia University America program.

Western currently has agreements for an exchange program with 16 schools in 11 countries. Thirty-three exchange students came to Western last year and there will be about 31



photo by Allison Rock THE WESTERN FRONT

Campus tours help attract potential students, fewer and fewer of whom are applying to college, following a statewide trend.

this year, Bruce said.

The exchange program has expanded in recent years, with schools in France and Mexico added to the roster over the past two years, and there is a large interest in including Spain as well, Bruce said.

"We're always looking at expanding and creating more opportunities for students to go abroad," he said.

Copetas said another major factor in the decrease of applicants could be that this marks the first year freshman applicants are being accepted by the University of Washington-Bothell, University

of Washington-Tacoma, and Washington State University at Tri-Cities. Washington State University at Vancouver will also take freshmen applicants beginning next year.

Statistics for 2006 have not been finalized and are subject to change. Also, the statistics for 2005 stand out as an anomaly over the past several years and the increase for that year is above the trend line. There were roughly 7,600 applications in 2003 and about 7,900 in 2004 before surging in 2005 and dropping back down to expected levels the following year, Barr said.

Kiosks replace Visitor's Center

Michael Lee
THE WESTERN FRONT

Fans of the decrepit old Visitor's Center are in for a bit of bad news.

The small brick building is no longer in use, after a transformation to a kiosk system and a move down the block to the Campus Services Building.

Construction workers began installing the two drive-up kiosks at the new location after spring commencement and were mostly finished by mid-July, said Ed Simpson, planning manager for Western's facilities management.

The simple cream-colored kiosks include video and audio functions that allow users to speak with an attendant inside the Campus Services Building as an attendant watches on a live video feed, said University Police Chief James Shaw, who is also Western's director of public safety.

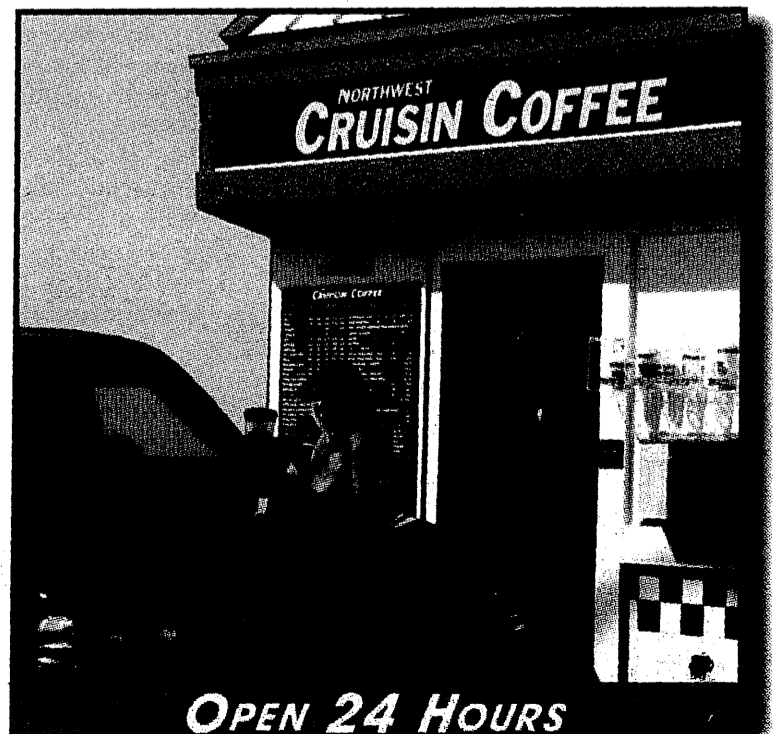
see **KIOSKS** page 24 ►

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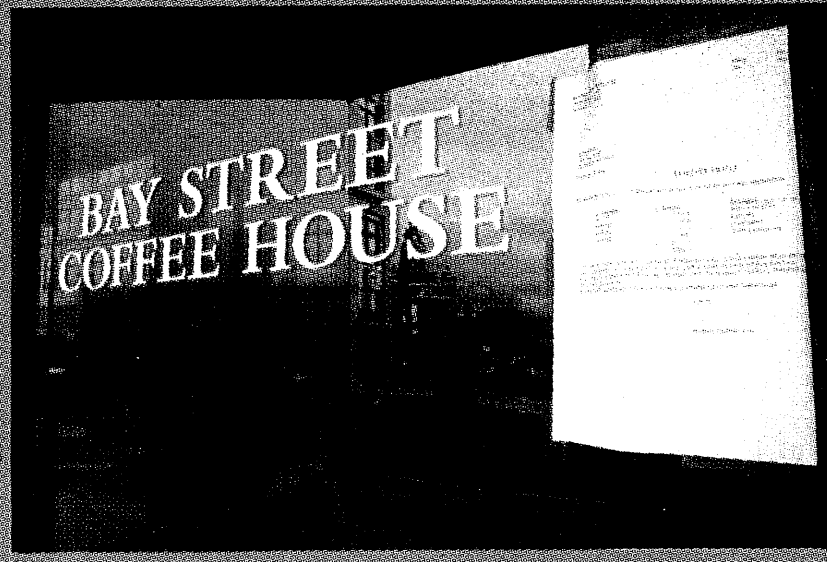
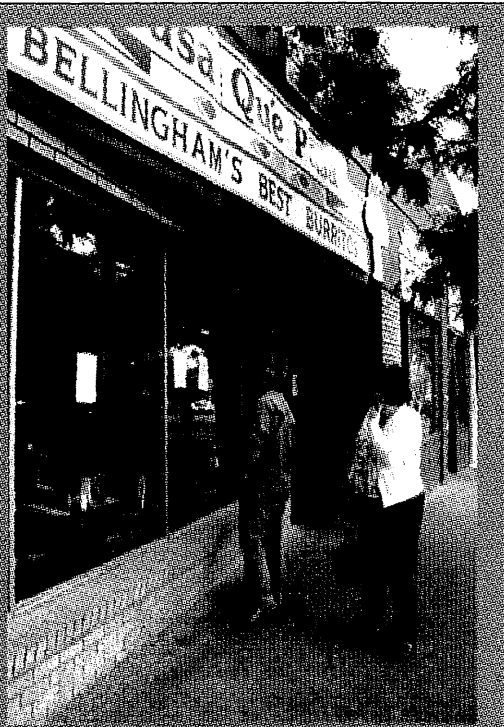
OPEN 24 HOURS CRUISIN COFFEE

CRUISIN COFFEE

¿Que pasa? No hay mas Casa ...or coffee

Eviction notices now dot the windows of two mainstay Bellingham businesses: Casa Que Pasa and Bay Street Coffee House (below).

Long-time Casa Que Pasa patrons John Busch and his wife Karin Maya (at right) said they were shocked to hear their favorite restaurant had closed. "It makes me said," Bush said. "It's a landmark."



photos by Beckie Rosillo
THE WESTERN FRONT

When Bellingh

Michael Lee
THE WESTERN FRONT

When 2006 social studies graduate Andrew Elias packed for his celebratory trip to Western Europe, the last thing on his mind was missing the place he was leaving. After all, the whole point of leaving was to get away and see new things.

But as he spent week after week enveloped in foreign lands where many spoke no English, he sometimes felt a nagging feeling in the back of his mind that pulled him down a little bit.

"I just missed chilling with my friends, you know," Elias said as he motioned his hand around the yard of his Bellingham home. "This."

In fact, Elias was experiencing a normal emotion called homesickness, a feeling many freshman and transfer students feel all the time, said counselor and coordinator of the outreach and crisis center and counseling center Toi Geil.

The causes

Oftentimes homesickness is brought on by not knowing what to expect, Geil said. Incoming students may have ideas of what college will be like, and it can be difficult to handle when those expectations do not play out exactly as planned.

For example, one may expect to hit it off with their roommate in the dorms right away and quickly become best friends, only to find their roommate is nothing like them. Sometimes this type of situation can blindside a student and spur feelings of homesickness, Geil said.

"It's really hard when our expectations don't match with what happens," Geil said.

Other times, things they have. Some people feel more than others, but to some degree.

Homesickness is the anticipation of leaving. Positive anticipation of a move, Geil said, can bring fear, worry and other feelings that will likely be felt after the move.

Everyone gets it

Being homesick is completely normal. Individuals feel it differently.

Jackson Higgins, a social studies graduate, is an introverted type. Higgins said he's homesick.

"A lot of people feel it every weekend," he said. "I don't get enough fun and excitement."

Higgins, a Seattle resident, is immune, however. He said he never gets homesick when he leaves the aroma of a Dishwasher.

Other people are homesick but are able to shake it. They're in their current situation, but they're yet happy to be there.

When he would be homesick, his friends' MySpace

Studying on speed: Fear of failing is leading cause behind black market demand for Adderall

Sara Edmonds
THE WESTERN FRONT

Eight years ago, Bellingham resident Robert Calvin had trouble paying attention in his sixth grade class. He sometimes fell asleep, struggled to keep his grades up and seemed spaced-out to his teachers.

A trip to his family doctor resulted in a diagnosis of attention deficit disorder and hypoglycemia, or low blood sugar. The doctor prescribed Adderall.

For Calvin, Adderall saved his education, but lately he has been asked to sell his prescription by students who want it for a study aid, Calvin said.

Adderall, a common amphetamine prescribed to treat symptoms of ADD and attention deficit hyperactivity disorder, is commonly sold on the Western campus black market, Calvin said.

Adderall is the pharmaceutical equivalent to speed, said Bellingham family physician Dr. Matt Werner. It's an amphetamine and keeps the person up just like speed, but the person is less jittery; it is also safer than speed, Werner said. For persons diagnosed with ADD or ADHD, the drug calms them and helps focus their attention on the task at hand, he said.

"It's not the stereotypical druggies that ask for it," Calvin said. "It's the straight-A students who ask for Adderall."

Black market

Although Calvin has never sold his prescription, he said he is asked up to 10 times a week to sell his pills and he knows people who sell Adderall and other ADHD drugs.

The street name for these stimulants is "study buddies" because the drugs help keep students up late at night to study. The drugs also cause weight loss — another reason why students want the pills, Calvin said.

Students will pay up to \$5 for a 5 mg tablet of Adderall to get the added kick they need to keep studying or to get through finals, Calvin said.

Western senior Hilary Figgs said she knows a lot of students who take study aids like Adderall. Not only do students take it for studying, but it is a popular drug to take when students go out to a bar, Figgs said. Adderall is extremely easy to get near campus and it helps people stay up all night and keep drinking, Figgs said.

Although Figgs has never taken it to study, she did take it once while she was in Las Vegas. She said she was club hopping all night and needed an aid to help her stay awake.

"I took a pill to stay up," Figgs said. "Because you can't sleep in Las Vegas."

Western senior Nicholas Delauder said he and some of his friends took Adderall before they went to a bar one

DRUG:	Adderall	Ritalin
Type	capsule / tablet	capsule / tablet
Duration	6-8 hrs	Capsule: 10-12hrs, Tablet: 1-8 hrs
Active Ingredients	Dextroamphetamine Dexadrine Amphetamine	Methylphenidate
Effect	Helps focus	Helps focus
Side Effects	Increased heart rate Insomnia Loss of appetite Sexual dysfunction	Reduced appetite Headache Jittery feeling Gastrointestinal upset

source: Student Health Center

by Isaac Bonnell

night. They took a 10 mg every couple of hours until the night was over. The pills are discreet to take and kick in quick, Delauder said.

Study buddy use

Students' fear of failing is the main reason taking Adderall for studying is so popular, Figgs said.

Renee Collins, associate dean of students at Western, said she works with students who come into her office and complain about the expectations of parents and the difficulties that come along with college level classes.

"Most students are able to succeed with the pressures of college," Collins said.

Although Collins said she doesn't get questions about Adderall, she does see the fear of failing and trying to succeed away from home in the students she counsels.

Elva Giddings, the director of prevention and wellness services at Western, said she doesn't think the

university has a problem with Adderall or amphetamines.

However, she also said, "I do hear frequently that it is extremely easy to get."

Health risks

Werner said he prescribes some kind of ADD/ADHD medication to one to two patients per month, mostly adults between the ages of 20 to late 50s. Although Adderall helps patients who need it, he said he worries about the dangers for people taking the drugs illegally.

"It's a new drug and we don't understand how it completely works yet," Werner said of Adderall.

Although some students find the prescription helpful, those who don't have ADD or ADHD have a different reaction to the medication. A person's heart begins to race. They become jittery and unable

am doesn't feel like home...

students are simply aware of the lost when they moved, he said. These feelings more intensely nearly everyone feels them to

is also stems from the leaving home. Some students have and look forward to their while others have feelings of nervousness. These anticipatory affect how the individual feels

ts homesick

ick and missing what is familiar mal, Geil said, although some more intensely than others.

gins, a recent political science example of the not-so-affected he was usually too busy to feel

ople I knew were going home he said. "But I was having excitement in Bellingham."

attle native, was not completely r. He said he would sometimes en he thought of his friends and ck's Deluxe burger.

like Elias, feel it more severely, ke the feelings off in light of their In Elias' case he was homesick, raveling and exploring. He said miss home particularly badly, it go to an Internet cafe and check pace.com accounts to listen to

the new music they made.

Still others have more trouble shaking the common emotion, for which there are many remedies.

Lessening the effect

Lessening homesickness can be as easy as recognizing that it takes time to become comfortable in a new surrounding, Geil said. It also helps to work at meeting new people.

"Take some risks," Geil said. "Put yourself out there in terms of connecting with people."

Geil suggests staying active and finding a student group that seems interesting. Being around people who have similar interests is a great way to make friends and spend time doing something fun.

A common deterrent to homesickness is to decorate with pictures of family, friends and pets as a reminder of things back home. Also, staying in touch with people who have shown support in the past is a great way to stay connected and helps ease the feelings.

Maintaining a balanced lifestyle is also essential to feeling better, Geil said. Eating well, getting sufficient sleep, exercising and dedicating time to social and educational goals makes it easier to cope with feelings of homesickness.

Individuals that find they are still struggling or suffering severe homesickness have options as well. The counseling center and the wellness and prevention center offer counseling and peer advising under strict confidentiality.

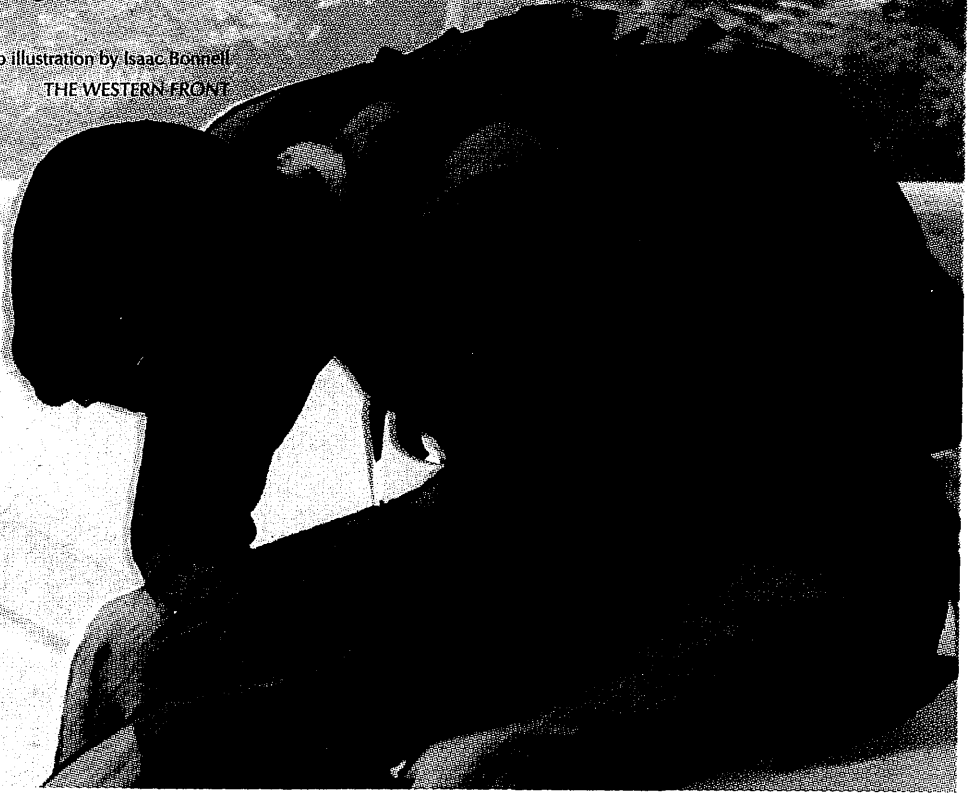
Jackie Stein, health educator for prevention and wellness services, said the Wellness Center

is an excellent resource for students who feel homesick, need help finding an activity to join around campus or just want someone to talk to.

"One of the important things we do is we hear, we listen," Stein said. "Sometimes people just want to be heard."

The peer lifestyle advisers for the Wellness Center are trained to help students identify things they might like to do and lead them to a resource. All students are welcome at the center and are encouraged to utilize the resources.

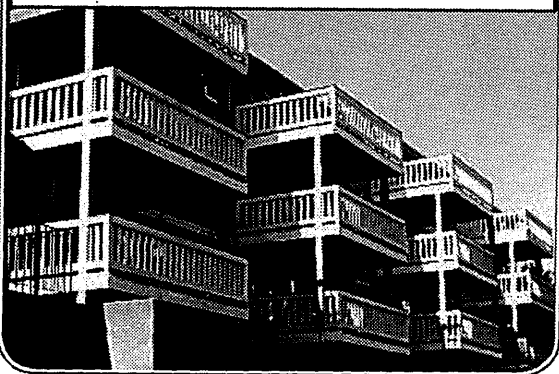
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THE WESTERN FRONT



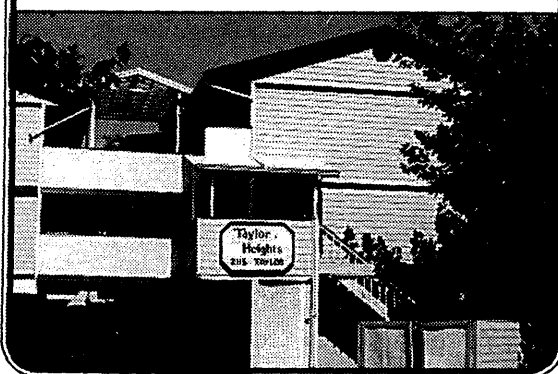
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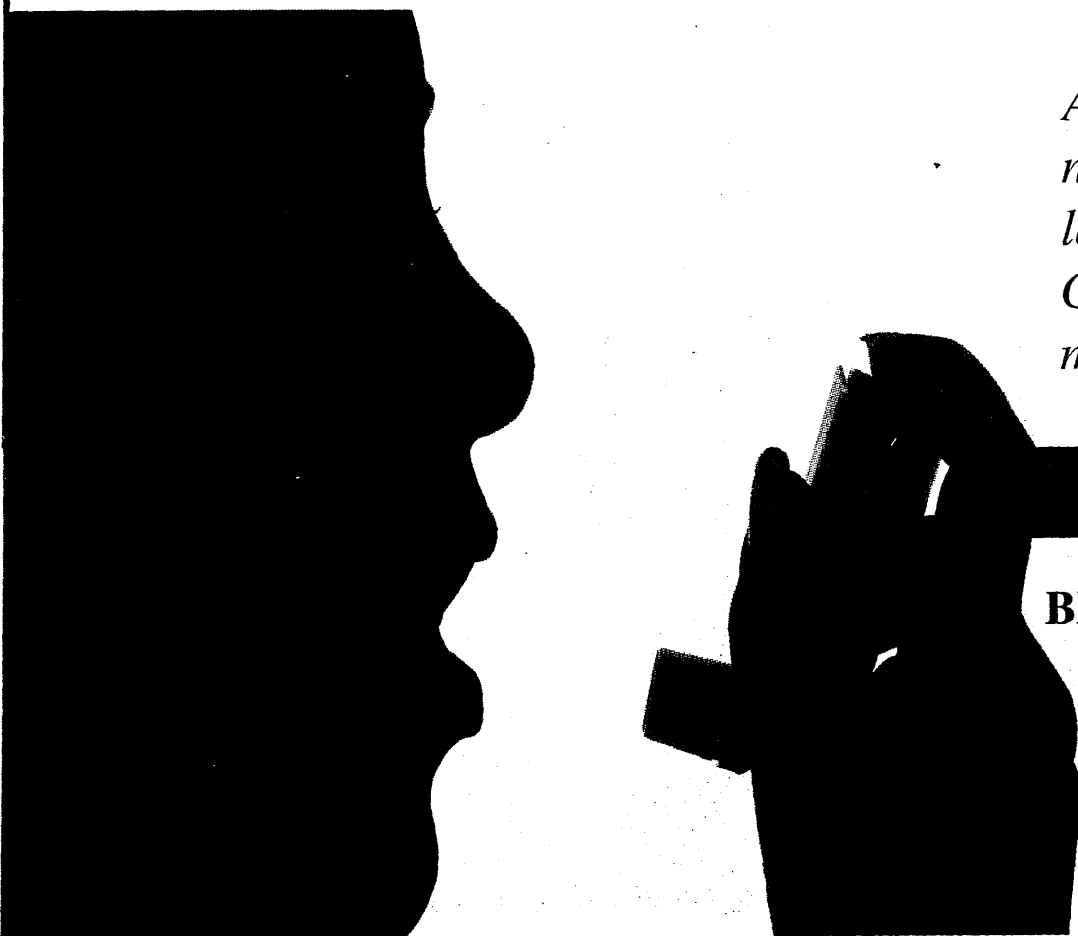
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Drinking and driving most common in May

Michael Lee

THE WESTERN FRONT

Frank Kingsman barely made the turn from Ellis Street to Lakeway Avenue as his 2001 Subaru Impreza careened around the bend at nearly 60 mph. Less than two blocks later his rearview mirror reflected the unmistakable sight of blue and red flashing police lights.

"I must've been so drunk I didn't think I was," the 23-year-old Bellingham Technical College graduate said as he recalled the officer approaching his car door, in October of 2004.

Kingsman spent the earlier part of the evening in downtown Bellingham drinking pitchers of Mack and Jack's, shots of miscellaneous liquor and Tanqueray gin and tonics with his friends. He had just dropped off the last of his buddies and was heading home when he was pulled over.

The officer asked him if he had had anything to drink, Kingsman said, to which he

replied 'I don't drink at all.' The officer quickly decided he was not telling the truth and soon Kingsman was sitting handcuffed in the hard black seats of the officer's squad car.

After searching Kingsman's car and finding a quarter-ounce of marijuana and a scale in a backpack, the officer drove Kingsman to the Western police headquarters and administered two back-to-back Breathalyzer tests.

The legal limit in Washington state is 0.08 for individuals 21 and over and 0.02 for minors, the equivalent of having one beer and then immediately driving. Kingsman blew 0.23 his first try and 0.28 his second. He was arrested on charges of DUI,

reckless driving, possession of marijuana and possession of drug paraphernalia.

"After that it was pretty

"In most cases the suspect is booked and they go home and sleep in their own bed."

- Cpl. Josef Bailey
University Police

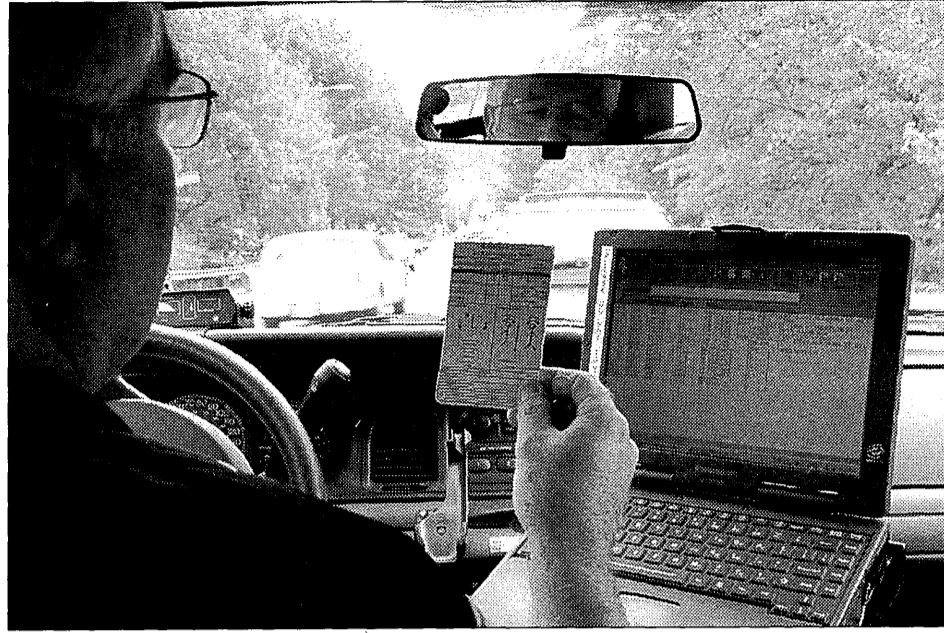


photo by Beckie Rosillo THE WESTERN FRONT

"I've had people hand me their credit cards before," said Bellingham police officer Sgt. David Richards. All officers are equipped with a blue sobriety test card listing various tests one must complete if stopped on the suspicion of driving under the influence.

much a full-time job," Kingsman said.

The facts and the police

Bellingham Police Department statistics show that Kingsman was one of 20 individuals to get DUIs that month. Whatcom County officers had arrested 155 individuals for DUI this year as of August. The most occurred in May, when 29 of the 35 total alcohol offenses came from driving under the influence.

"The whole point behind a traffic stop is based upon the actual driving," said Corporal Bianca Smith, a five-year member of the University Police.

"Once the driver is stopped, then we determine whether alcohol is involved or not."

Smith said even individuals who blow lower than 0.08 may be arrested for DUI if they appear to be impaired.

Corporal Josef Bailey, a seven-year member of the University Police, gave nearly 40 DUIs last year and is one of the two main DUI officers on the police squad. He said he has seen cars going up Garden Street at 70 mph and cars taking up the entire bicycle lane going up Bill McDonald Parkway. He feels it is his responsibility to make sure the roads are safe for pedestrians and bicyclists as

well as other motorists.

Enforcement of DUIs is much stronger than it used to be 10 to 15 years ago, Bailey said. The police department pays officers like Bailey to work overtime and dispatches them around the city and broader county specifically to catch intoxicated drivers.

Once a driver is arrested for DUI it is in their best interest to cooperate and not fight with the officer, Bailey said. Assaulting an officer in any way is an immediate Class C felony charge.

"In most cases the suspect is

see **DUI page 18** ▶

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Even designated drivers can receive a DUI, says university police officer

► **DUI** from 17

booked and they go home and sleep in their own bed," he said. "But if they cause trouble, absolutely they will be getting another charge and booked into jail."

After the DUI

Kingsman's family was torn apart immediately following his arrest for DUI, and his mom did not speak to him for a few days, he said. His sister was furious as well because she had friends who had died in drinking and driving accidents. He kept busy by attending every Alcoholics Anonymous and alcohol treatment meeting he could to make his case stronger in court.

Kingsman's high blood alcohol content meant his case would be a rather serious one.

He hired the services of a lawyer and over the course of four to five court appearances, he was able to defer the case until 10 months after the incident, he said. During that time he lost his driver's license for a month and had to get rides from friends constantly.

When negotiations with the prosecutor and Kingsman's defense attorney finally concluded, he settled upon a plea bargain in which he pled guilty to DUI in the third degree and all the other charges were dropped. His punishment: 40 hours of community service, 40 hours of outpatient treatment, five years of probation, attendance to 26 Alcoholics Anonymous meetings, an ignition interlock device installed in his car for one year and a \$3,000 fine. On top of all this, Kingsman had about \$1,000 in court fees and \$2,500 in lawyer fees to pay off.

"It was a pretty sweet deal," Kingsman said.

Today, nearly two years later, Kingsman still feels the effects of his DUI, he said. He must check in with his probation officer every month and has weekly urine tests.

He removed the ignition interlock device from his car last June.

The device requires the driver to blow or hum into a tube before the vehicle starts. If the tube registers alcohol on the breath of the driver, it will disable the vehicle. The process repeats itself about every three minutes once

the car is running.

"I didn't really care about the money," Kingsman said. "It just took so much time and effort, especially in the first year."

Alternative options

Smith said other options exist besides driving home impaired. Taxicabs and designated drivers are smart options that eliminate the possibility of a financially and time consuming DUI.

Deb Logan is a staff member and former driver for Yellow Cab Co. She said it is important to keep in mind that four can ride a taxi for the price of one, and ride sharing is encouraged. She also said she has seen a huge increase in responsible drinking awareness over the last decade, particularly among students.

Bailey warns against designated drivers that think they can have a few drinks and still drive.

"I can't tell you how many times I've contacted someone and they said they were the designated driver, and then arrested them for DUI," Bailey said.

Other options exist, such as the Sober Rovers, a company that drives the customer's car home for them and then leaves on a scooter.

"And if all else fails, everyone's granted two legs," Smith said, "You can walk home."

Kingsman still drinks on occasion, but will not touch a steering wheel if he has had even one beer all day. He said he spends a lot of money on taxis these days, but it is well worth it.

Safety services available for students

► **Crime** from 8

online at the campus safety Web site.

The University Police Department also offers engraving services and gun armory services to students, said Garcia. Weapons are not allowed on campus, but if a student goes shooting recreationally, they can have their weapon housed in the public safety-office where it will be accounted for at all times.

Despite the constant risks, many feel safe and comfortable on Western's campus.

"I feel really safe on this campus," said first-year student Rachel Bjarnason. "I've left here [campus] in the middle of the night and felt fine."

Lewis also said he considers Western to be a safe campus to walk around.

"I feel very safe here," he said, "I've been to many campuses, but I like the security measures here most."

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Source: Yellow Cab Co.

By Isaac Bonnell

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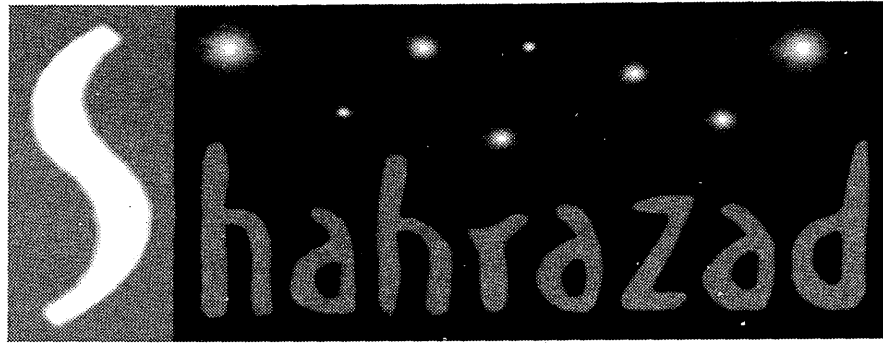
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Dietrich plans improvements for Planet

► DIETRICH from 1

and intellectual ability, but certainly they live in a vastly different world than I did when I went to Western."

The Huxley position was the ideal way to begin a career in teaching, he says. The tenure-track position is part-time, allowing him to continue writing novels and articles for The Seattle Times' Sunday magazine. Western is also within driving distance from his home on the West side of Fidalgo Island near Anacortes, where he lives with his wife, Holly, an elementary school teacher.

"One of the things I like about Western is that, partly due to its geographic location, it does have this sense of identity and people feel really passionate about Bellingham and the school," he says. "For a state institution I think that raises it a little above the ordinary. I really like that."

Dietrich has been a journalist for 35 years, most of which he spent in the Northwest. He began his career writing articles for The Western Front and working early mornings as a stringer for The Everett Herald. He then reported for The Bellingham Herald after graduating, and eventually covered several different beats for The Seattle Times including science, the military, the environment and politics. Dietrich was part of a four-person team at The Times that won the 1990 Pulitzer Prize for its extensive coverage of the aftermath of the Exxon Valdez spill. His sixth novel "Napoleon's Pyramids," set in 1798 in Egypt, will be published by HarperCollins in February 2007.

Dietrich says environmental reporting

is often difficult because people on all sides of the topic are so passionate about the disputes — whether it impacts their livelihood, their aspirations to save the planet or otherwise. He says the wealth of information can be difficult to condense for readers and scientific debates will often continue for years.

"If you try and be a storyteller you have to bring a lot of creativity to it," he says. "I tried everything under the sun, from Q and A format to humor to personality profiles to a feature approach to a hard news approach to a science approach. They all have their pros and cons, but what I want to expose students to is all the different ways to

"One of the things I like about Western is that, partly due to its geographic location, it does have this sense of identity and people feel really passionate about Bellingham and the school."

- Bill Dietrich

approach the subject matter."

Dietrich will teach environmental journalism this quarter and advise The Planet magazine, which is published by students three times yearly.

"There is a strong legacy of student leadership and I don't want to interfere with

that or fix something that's not broken," he says.

Since its beginning in the late 1970s, The Planet has investigated local stories and related them to national and international issues.

"Really, what The Planet is about is taking an environmental issue and breaking it down for community members," editor in chief Shawn Query says.

Gigi Berardi, chair of the environmental studies department, says she wants the staff to revise The Planet's mission statement so that it better addresses the student's ideas, while Dietrich says he wants to better identify the readers and the articles being read using strategies such as post-publication reader surveys.

Dietrich says he wants the staff of The Planet to practice analyzing reader demographics because it's constantly a topic of discussion in professional newsrooms.

Engaging people who are typically unaware of environmental issues can be difficult for journalists, Dietrich says.

"It's a challenge for environmental journalism because there is a tendency for environmental writing to be read by the already converted," he says.

He hopes to increase readership by providing subscriptions to community leaders in Whatcom County and statewide. Query says she also wants to increase readership by getting the magazine on the stands earlier in the quarter to encourage more readers both on campus and off.

She says Dietrich has been helpful by providing her with story ideas for The Planet and by relaying his experience in the field. Dietrich says he hopes to be a resource for aspiring student journalists like Query.

Selling Adderall a felony

► ADDERALL from 14

to sit still. The amphetamine will keep the person up for six to eight hours, said Dr. Sara Cuene, who works at the Student Health Center.

Misuse of the pills can lead to dangerous consequences including overdoses, elevated blood pressure and in rare cases, strokes. In addition, the drugs are addictive — Ritalin and Adderall are derived from dextroamphetamine, the original speed, Werner said.

Not only is taking Adderall dangerous if a person doesn't have ADD or ADHD, it is illegal to possess the drug without a prescription. It is a felony to sell prescription medication on the black market, said Jennifer Howson, a criminal defense attorney in Skagit County.

For a first-time offender selling the prescription the sentence is up to six months in jail, Howson said.

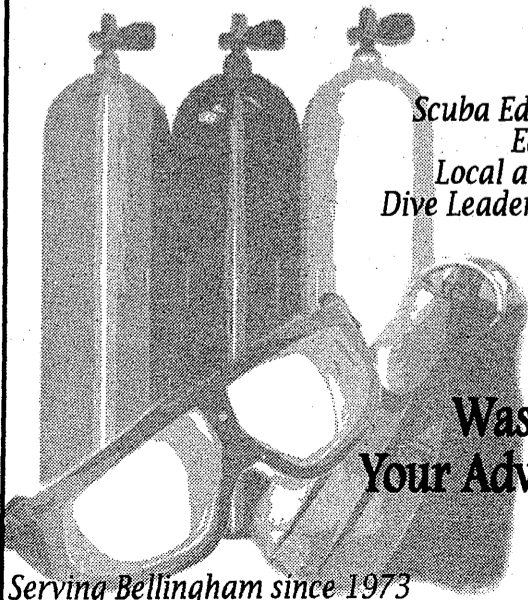
"With a good attorney, the offender can usually get the sentence time down to three months," she said.

University Police Sgt. David Garcia said no students have been arrested for selling the pills, but that doesn't mean illegal sales of Adderall are not taking place.

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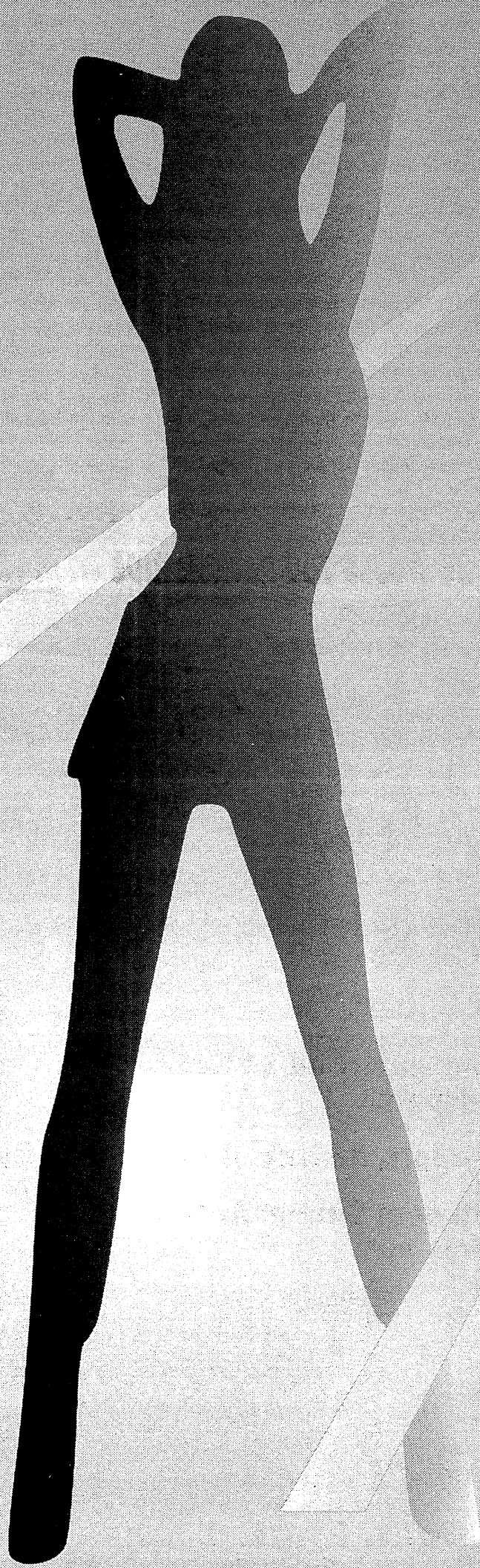
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Dorm life convenience rivals freedom of living off-campus

► **DORMS** from 5

That counts for a lot.”

He also said his current living situation, off campus with several friends in a house north of campus, is very unclean compared to the residence halls. He said his roommates have no experience or interest in keeping a clean house.

“It’s been pretty gross,” Larson said. “You know, finding living creatures in the fridge. Whole new life forms.”

One of those chores dorm residents are exempt from is cooking. Students who live on campus, with the exception of Birnam Wood residents, are required to have a meal plan, Willis said.

Willis feels having a meal plan is a good deal. He said the Gold Plan costs \$9.62 per day and students get all the food they can eat.

“You darken that doorway three, four, five times a day, its up to you, for \$9.62 a day, and don’t leave until you are satisfied with what you’ve eaten,” Willis said. “I say that’s a good deal. You couldn’t do that off campus.”

But paying that \$9.62 every day adds up. The Gold Plan costs \$288.60 a month or \$2,260.94 for an entire school year.

The price of a meal plan was too much for Western alum Phil Swenson. He and his three roommates managed to eat well on \$197 per person for all of Fall Quarter in 2005 living in Birnam Wood by shopping only at discount grocery stores such as Bellingham Grocery Outlet and Deals Only and keeping their eyes open for sales. That is approximately \$79 per month, more than \$200 a month cheaper than the Gold Plan.

“It’s been pretty gross, you know, finding living creatures in the fridge. Whole new life forms.”

- Alex Larson
Western senior

Swenson said he and his roommates agreed to a system where each roommate had a night where he would cook whatever he wanted for the group. Any one of them could buy groceries at any time and they kept the receipts, dividing

the cost between them at the end of the quarter.

“I think it worked out so cheaply because we are all such cheap people,” Swenson said. Swenson admitted he did not know anyone else who managed to keep their grocery bills so low. Although

he moved out of Birnam Wood after fall quarter, he said his roommates were able to keep their grocery bills low for the rest of the academic year.

Some students who don’t bargain hunt like Swenson say they still save money by not having a meal plan, such as Western Junior Briana Glover.

“I eat lunch on campus, but I eat breakfast and dinner at home,” Glover said. “And dinner is, like, a dollar.”

Despite the high cost, Willis said there are other factors that should affect a student’s housing choice.

“Cost shouldn’t be the only reason to live off campus,” Willis said. He said students should consider other factors that dorm life provides, such as programs held on campus and the feeling of being connected to the campus and other students.

Larson said it is commonly believed that it is easier for dorm residents to make friends than students living off campus, but he disagreed with that.

“I knew plenty of people who lived on campus that were shut-ins,” Larson said. “You have to be proactive anywhere you live as far as making friends [goes].”

Some students felt that new students should at least spend some time in the dorms to get acclimated to their new surroundings.

Dorms vs. off campus

	DORM	STUDIO
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FOOD	\$289	\$180
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OTHER FACTORS		
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	Dining hall	Kitchen
	On campus	Car, foot, bus, bike

* Based on average in Sehome neighborhood
** Based on basic cable, phone, Internet & electricity averages
†Based on the Gold Plan
††Based on average in U.S. Consumer Expenditure Survey

by Matt Cagne

“I knew that starting at a new school and a new living situation, that is if I had moved off campus when I was starting here, it would have been too much at once,” Steele said.

Larson said he enjoyed living on campus, but he said he had to leave campus. It is part of growing up, he said.

“It really is a necessary step as far as learning how to do some of the other important life skills, like handling your own finances and finding stuff to do,” Larson said.

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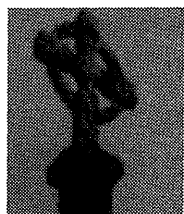
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Visitor's Center to be demolished

► **KIOSKS** from 13

The kiosks deliver maps, parking passes and other information using pneumatic tubes that operate on compressed air, Shaw said.

"The tubes are similar to the ones at a drive-up bank," Shaw said.

The old center could serve one car at a time, while the new center allows two cars at once and has more room for vehicle cueing, Simpson said.

Visitors who require additional help may enter the Campus Services Building and speak directly to an attendant at the Visitor Center office, similar to the old center, Simpson said.

The move precedes the old center's upcoming demolition to make room for the new Academic Institutional Center, Shaw said.

"It looked kind of like it was abandoned," said sophomore Emily Wagner of the old brick Visitor's Center, constructed in 1980. "I wasn't sure, most of the time, if it was even open."

Wagner, who purchased hourly parking passes from the Visitor's Center, said the new kiosks look much better and serve the same functions as the old center.

Simpson said the idea for the kiosks was to maintain the services of the old center. The idea was conceived in the summer of 2005, Simpson said.

The new system is not necessarily better or worse, Shaw said. Although there is now room for two vehicles at a time, the human interaction is diminished and there is the potential for a pile up in the Campus Services parking lot. It does, however, make staffing easier and allows more freedom to give attendants breaks, Shaw said.

The new Visitor's Center officially opened Aug. 21, but operations began one week earlier in order to ease into normal functioning.

The kiosks are open from 7:15 a.m. to 8 p.m. Monday through Friday. Attendants are available at the parking office, open 7:30 a.m. to 5 p.m., Monday

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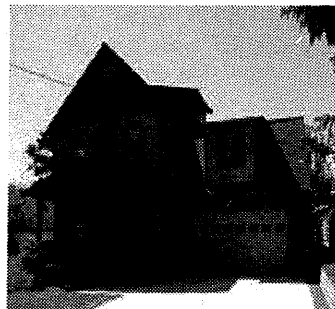


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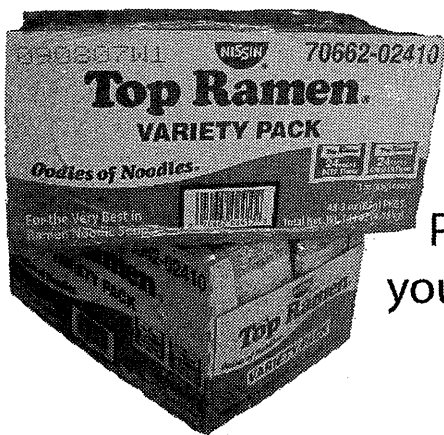
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WWU Official Announcements – PLEASE POST

Deadline for announcements in this space is noon Friday for the Tuesday edition and noon Wednesday for the Friday edition, except when otherwise noted. Announcements should be limited to 50 words and be typewritten or legibly printed. Announcements may be sent to FAST@wwu.edu — in the subject line include a one-word topic and clearly note that the item is for Official Announcements. Items also may be sent to "Official Announcements," MS-9117, faxed to X/4343, or brought to Commissary 111. **DO NOT SEND ANNOUNCEMENTS DIRECTLY TO THE WESTERN FRONT.** Phoned announcements will not be accepted.

CHECK THE TESTING CENTER WEB SITE for testing schedules at www.ac.wwu.edu/~assess/tc.htm.

THE MATH PLACEMENT TEST (MPT) will be given at 9 a.m. Sept. 27, 28 and 29 in OM 120, at 3 p.m. Mondays in OM 120 on Oct. 2, 9, 16, 23, 30; Nov 6, 13, 20, 27; Dec 4, 11, and at 9 a.m. Thursdays in OM 120 on Oct 5, 19, 26, Nov. 2, 9, 16, 30; Dec 1, 8 and 15. Registration is not required. Students must bring photo identification, their student number, Social Security number, and a No. 2 pencil. A \$15 fee is payable in the exact amount at test time. Allow 90 minutes.

THE MATH PLACEMENT TEST schedule and sample topics may be found at www.ac.wwu.edu/~assess/tc.htm.

AN APPOINTMENT TO TAKE THE MILLER ANALOGIES TEST (MAT) must be made either in person in OM 120 or by calling X/3080. A \$60 fee is payable at test time. The test takes approximately 1.5 hours. Preliminary scores will be available immediately. Official results will be mailed within 15 days.

WEST-B TEST. Anyone applying for admission to state-approved teacher education programs must meet the minimum passing score on the basic skills assessment by the application deadline. Visit www.west.nesinc.com for registration information and a study guide with sample test questions. Test dates for 2006-07 are Sept. 9, Nov. 4, Jan. 20, March 10, May 12, and July 14. Registration deadlines are several weeks in advance.

WASHINGTON EDUCATOR SKILLS TEST — ENDORSEMENTS (WEST-E PRAXIS) Washington state requires individuals seeking teacher certification and teachers seeking additional endorsements to pass a subject knowledge assessment in the chosen endorsement area (the Washington Educator Skills Test — Endorsement, or WEST-E). Washington state has chosen specific Praxis II series tests to meet this requirement, now referred to as the WEST-E Praxis. Visit www.ets.org/praxis/prxwa.html for description and online registration information. Registration bulletins are also available in MH 216.

WEST-E (PRAXIS) test dates for 2006-07 are Sept. 16, Nov. 18, Jan. 13, March 3, April 28, June 9, and Aug. 4.

ALL ONLINE REGISTRATION (ADD/DROP) ends promptly at 5 p.m. on Tuesday, Oct. 3. Beginning Wednesday, Oct. 4, students must come to the Registrar's Office, Old Main 230, to add or withdraw from classes.

TRANSCRIPTS WILL REFLECT A "W" GRADE for all course withdrawals beginning Wednesday, Oct. 4.

WRITTEN PERMISSION OR AN OVERRIDE IN THE SYSTEM will be required beginning Wednesday, Oct. 4, to add a class.

On-campus recruiting

For complete, updated information, including new recruiting visits and deadlines, see www.careers.wwu.edu or stop by Old Main 280.

- Oct. 2-3: Student Conservation Association; Oct. 5: Larson Gross; Oct. 13: Clothier Head; Oct. 16: Deloitte, Ernst & Young; Oct. 17: Moss Adams; Oct. 18: Clark Nuber, PS; Oct. 19: McGladrey; Sweeny Conrad; Oct. 20: Grant Thornton; KPMG LLP; Oct. 23: Varner, Sytsma, Herndon; Oct. 25: Consolidated Electrical; Falco Sult; Oct. 26: Consolidate Electrical; Oct. 26-27: Jostia.com; Nov. 1: Pacific Capital Resource Group, Inc.

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WF Classifieds

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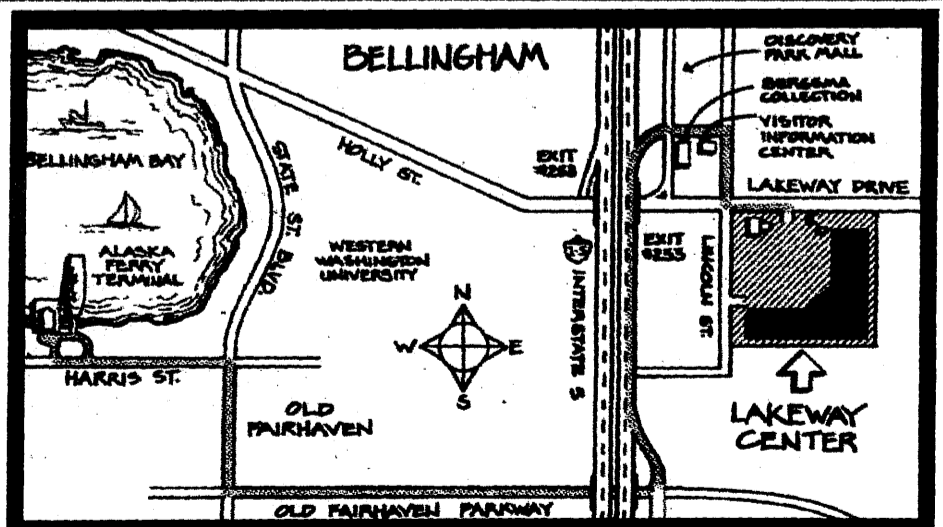
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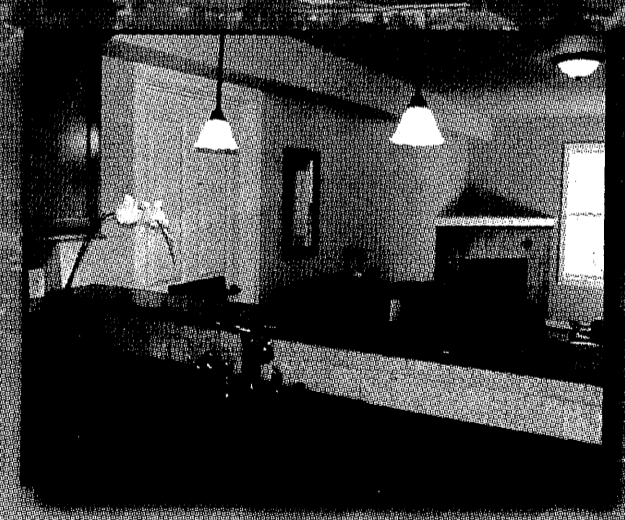
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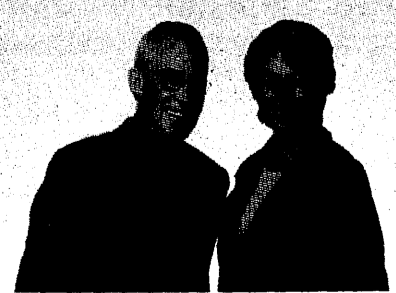
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viking briefs

Former Vikings goalie signs with Sounders

Former Viking soccer goalie Ben Dragavon signed with the Seattle Sounders as a backup goalkeeper July 20.

Dragavon is Western's all-time leader in career shutouts with 18 and has played in 76 games, the second most of any Viking. His goals-against average per game is third best in school history at 1.38.

Dragavon still has to finish his degree and plans to do so at Western winter quarter.

The Sounders play in the First Division of the United Soccer League, the highest level of professional soccer in the United States, Canada and the Caribbean. The Sounders won the USL First Division title last year, but are 11-13-4 this season as of Sept. 17. Dragavon has yet to play in a game for the Sounders and is nursing an injury.

Carbajal tapped for faculty rep job

President Karen Morse appointed Brent Carbajal as the new faculty athletics representative in late July.

Carbajal, a Spanish professor, is also the chair of the department of modern and classical languages.

The faculty athletics representative reports to the president on academic and compliance matters in athletics. Carbajal replaces Ron Riggins, who served in the post for 10 years.

inside



**One
wheel
at a time**

PAGE 14



**Fans
catching on
to Western
spirit?**

PAGE 10



Sophomore Tony Tomsich runs to a win at the Emerald City Invitational Sept. 9. Tomsich won the race and placed 12th at the Sundodger Cross Country Invitational Sept. 16.

photo courtesy of the Western athletic department

Off to a running start

Cross country teams place high in first two meets, look towards nationals

Matt Gagne
THE WESTERN FRONT

At the end of summer when campus was empty, packs of skinny students were running around campus.

These were not deranged students missing the college life all too much, but rather the cross country team preparing for a promising season.

The Western men's cross country team entered the season ranked 21st in the National Cross Country Coaches Association poll.

After two meets where the men placed first and second, the Vikings have moved up to 21st in the poll.

But the Vikings are not looking at the polls. They're looking ahead to nationals.

"It's going to be a battle," said Western head coach Pee Wee Halsell. "But we have a lot of depth. I'm very excited about the season."

The Viking women, while unranked, are also looking up after several down seasons. The women's team is missing their top runner Laura Trevellyan, who graduated last year. But senior Molly DePasqual the team has a lot of good old runners as well as some promising

freshman.

"Yeah, we lost Laura," DePasqual said. "But we have a really good group."

Leading the men so far is sophomore Tony Tomsich, who won the Emerald City Invitational Sept. 9 and placed 12th in Sundodger Cross Country Invitational Sept. 16.

The men won the Emerald City Invitational and second at Sundodger, well ahead of the other regional teams.

The Vikings took four of the top five spots at Emerald City even with four of their top 10 runners sitting out.

The top three teams in the region advance to nationals each year. Western is currently ranked fourth behind Alaska Anchorage, ranked No.17

nationally, Seattle Pacific University and Seattle University. Those rankings may change after the Sundodger result.

The women placed second overall at the Emerald City with three finishers in the top 10 and 11th at Sundodger. Halsell said the women's team may break the top 10 in the region soon.

Vikings Cross Country

Emerald City Invitational
Men: 1st • Women: 2nd

Sundodger Cross Country Invitational
Men: 2nd • Women: 11th

NEXT MEET:

Willamette University Invitational
Saturday, Sept. 30 • 10:30 a.m.
Salem, Oregon

* Saint Martin's University Open on Sept. 23 was not available by press time

Viking athletics rank high in academics

Nate Warren
THE WESTERN FRONT

Western is ranked fifth in the nation for a power ranking that grades top academic and athletic NCAA Division II colleges. Western moved up two spots from last year and is ranked 67th overall.

"A power ranking matches the strength of academics and athletics of a college," said basketball coach Tony Dominguez.

The power ranking is announced by The National Collegiate Scouting Association. NCSA's power rankings are listed by averaging the U.S. News & World Report ranking, the U.S. Sports Academy Director's Cup rank and the

student-athlete graduation rate of each school.

Athletic department strengths are ranked by the U.S. Sports Academy Director's Cup, while the U.S. News & World Report ranks academic excellence. The NCAA provided the student-athlete graduation rate.

"Of all the rankings we could have, this is the one that matters," said Western Athletics Director Lynda Goodrich. "It takes all things into consideration."

Dominguez said that Western is a prestigious school, so the ranking is very impressive and helps attract student-athletes.

Western student-athlete graduation rates are far above the

national average, as calculated by the NCAA. Student-athletes also graduate at a higher rate than the Western student body in general. Calin Schell, a basketball player at Western, attributes these numbers to his strict schedule.

"You have a routine and you don't have time for anything outside of school and sports," Schell said.

Schell said his coach hands out a schedule accounting for each hour of the week. On this list, athletes must list each hour's activities, even including when they're hanging out on the weekends. Athletes are also required to document grades

see **ACADEMICS** page 15 ►

2006 Division II NCSA Collegiate Power Rankings

1. Stonehill College
2. University of California-San Diego
3. Truman State University
4. Drury University
5. **Western Washington University**
6. Presbyterian College
7. Rockhurst University
8. Winona State University
9. Bloomsburg University
10. Barry University

Other GNAC schools

19. Central Washington University
27. Seattle Pacific University

Western athletics start off 2006-2007 season strong

Caleb Breakey
THE WESTERN FRONT

Western may not be known for its athletics, but honors and accolades keep piling up for Viking athletes. From the basketball court to the green, Western is producing credible student-athletes. Here's a look at what they've accomplished this year:

Football

Taking down No. 15 ranked Washburn University was just the beginning for the Vikings football team. Freshman place kicker Robby Smith, who clinched the victory with a boot between the uprights against the Ichabods, was named a Don Hansen's National Weekly Football Gazette/NCAA Division II Special Teams Player of the Week. He finished the game with three field goals. Ex-Western kicker Michael Koenen, who kicks for the Atlanta Falcons, was the last Viking to accomplish that feat. Smith also received the North Central Conference Special Teams weekly honor.

Basketball

Ex-Western basketball stars Craig Roosendaal, Tyler Amaya, Ryan Diggs and Tina Donahue are headed overseas to continue their basketball careers. Roosendaal signed with the Svendborg Rabbits in Denmark, Amaya and Diggs signed with the Woon!Aris in Holland, and Donahue signed with the Mackay Meteorettes in Australia.

Donahue, the Great Northwest Athletic Conference Player of the Year, averaged 13.8 points and 5.7 rebounds per game for the Vikings

this season and earned All-American honors. Diggs, co-MVP of the inaugural NCAA II senior all-star game this season, received first-team all-West Region honors after averaging a team-best 21.4 points per game. Amaya led the Vikings with eight rebounds per game.

Women's soccer

Katie Weber, a senior midfielder for the Vikings women soccer team, scored a hat trick by netting three goals against Grand Canyon University at Orca Field on the Whatcom Community College campus Sept. 11.

Track and field

Former Western track-and-field star Jessica Telleria received a \$1,000 post-graduate scholarship as she was named the 2006 United States Track & Field and Cross Country Coaches Association/NCAA Division II Women's Outdoor Track and Field Scholar-Athlete of the year.

Telleria, who ranked as high as third nationally with a mark of 156-2 in the discus, graduated with a 3.76 grade point average and is now attending medical school at Stanford University.

Golf

Western senior golfer Katja Trygg placed fifth — the highest finish by a Viking player at nationals — in medalist play at the NCAA Division II Women's Golf National Championship in May. A few days later the Vikings women rowing team brought a title home by 1.08 seconds from the NCAA Division II rowing nationals.

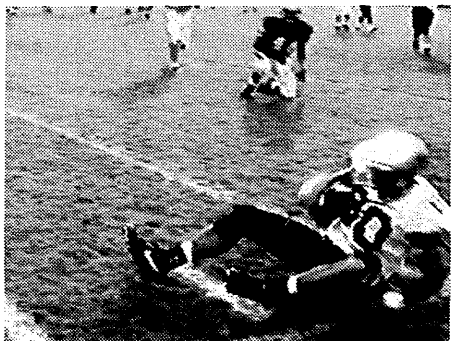
Fox to air 1992 Western play, "The Catch" tonight

A Western football play from 1992 is one of the top 50 most spectacular plays on The Best Damn Sports Show Period on Fox Sports Northwest.

The show will air tonight at 10:30 p.m.

The play, nicknamed "The Catch," happened Oct. 17, 1992 in a 28-0 win over the University of Puget Sound. Viking sophomore Chris Moore made a diving catch, with the ball bouncing off his body.

Western student Rick Medved caught the catch on tape, ESPN awarded it the College Football Play of the Year.



The Catch

The Best Damn Sports Show Period top 50 most spectacular plays 10:30 p.m., Sept. 26 Fox Sports Northwest

photos courtesy of Western Washington University

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WESTERN vs CENTRAL

Volleyball hopes to serve up a good season

Vikings start off strong, three All-state WCC transfers promise bright future

Michael Lee
THE WESTERN FRONT

The Vikings volleyball team underwent a makeover this off-season, and a young team will have to build off last year's success.

The changes include the loss of all senior players, the addition of two Whatcom Community College players, and the addition of three all-state honored freshman. head coach Diane Flick said. These are major changes to a squad that took three GNAC titles in the past five years and had an impressive 18-9 record last season.

Vikings Volleyball
Record:* 7-5 • GNAC 3-1

NEXT GAME:
University of Alaska Anchorage
Thursday, Sept. 28 • 7 p.m.
Carver Gym

*not including Sept. 23 game against
Central Washington University

where it was quickly established that although they are a young team, they still have expectations of winning the Great Northwest Athletic Conference championship and winning their conference, which would earn them an automatic playoff berth, team captain and Western junior Courtney Schneider said.

The fact that the team is young is not necessarily a bad thing, Flick said—it gives them two years to improve their game.

"It's a good position to be in," Flick said. "We still want to

see **VOLLEYBALL** page 15 ►

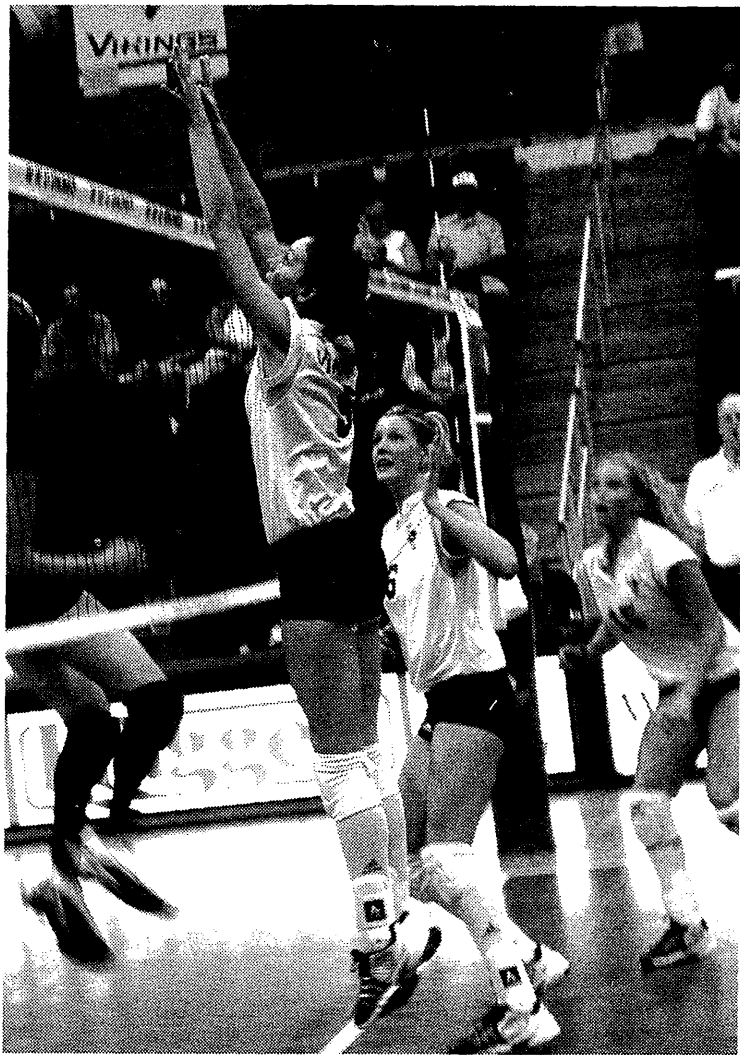


photo by Matt Gagne THE WESTERN FRONT

Vikings junior Jaime Anderson makes a block against Western Oregon University while sophomore Angie Alvord looks on Sept. 7. The Vikings swept the Wolves 3-0.

Coach sets win mark, Schneider breaks dig record, Roma gets honors

Coach Diane Flick became Western's winningest coach Sept. 1 when the Vikings volleyball team won at the Grand Canyon Cactus Classic in early September. The win over Armstrong Atlantic State University gave Flick 134 career wins.

Libero Courtney Schneider had 28 digs in the match, which moved her into second place on Western's career dig list.

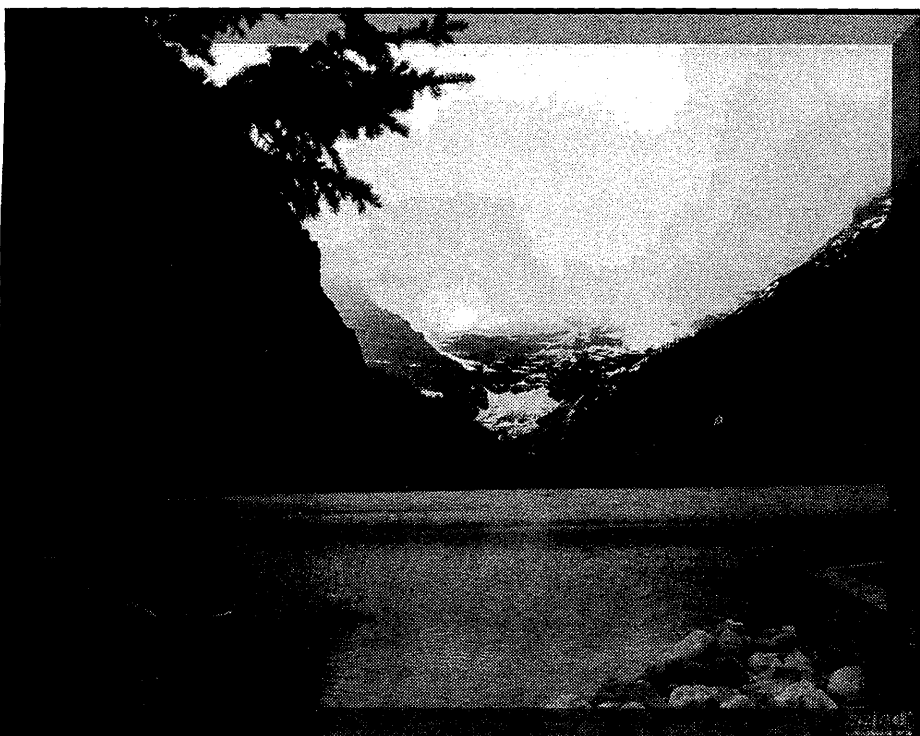
Schneider, a junior, broke the record Sept. 16 with 20 digs in a losing effort to Seattle Pacific University.

In three years, Schneider has totaled to 1,445 digs, 10 more than the previous record set by Nicola Parker in 2003.

Middle blocker Tiana Roma was named the Great Northwest Athletic Conference Player of the Week Sept. 11 after the Vikings swept Western Oregon and Northwest Nazarene.

The sophomore from Edmonds had 21 kills and a .375 attack percentage in the conference matches.

source: Western athletic department

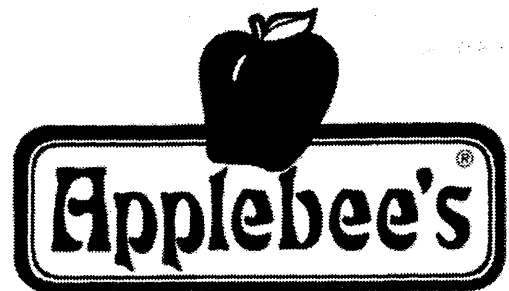


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Cycling competes on national level

Club team rides all year, open to anyone with a bicycle

Tanya Williams
THE WESTERN FRONT

The Western cycling club team closed their road race season last year with a stunning loss. In the lead, they fell in the last race.

This fall season, they're preparing to win.

Five of the seven riders crashed or their equipment failed in the dramatic loss to Whitman during the championship last spring. The contest was a close call at a 22-point loss. But now the team is motivated and ready to win this spring.

"We definitely have a pretty solid chance at winning nationals," said Chris Daifuku, the cycling club team president.

The club competes in four disciplines of cycling.

Cyclocross, a style of cycling originating in France and Belgium, combines road biking with mountain. The only discipline that competes in the fall, this technical category involves navigating barriers and obstacles, riding over rough terrain, and turning corners at high speeds.

Mountain cyclists, who compete in the spring, race up

and down different mountain courses. This is also a technical style, commonly with jumps and obstacles.

Track cyclists ride on a velodrome, a concrete track with curved banks to eliminate the need to slow down for turns.

Road racers, the most popular and emphasized division

Western Cycling

wwucycling.com

at Western, are distance oriented. The national competition is about 85 miles.

The road team is extremely active and successful because the Northwest has a collegiate road competition every spring, Daifuku said. Twelve schools from Washington, Oregon, Idaho, and Montana, come together and compete for points for five weekends in a row. After the championship race, men and women's points from the entire season are added together to determine the winner.

These races are held in

different spots throughout the four states, requiring the team to often travel outside Washington state.

Western has placed second at nationals the past two years. Daifuku said he hopes to improve team performance with a better-organized training program.

In addition to the traditional team ride every Saturday, Daifuku hopes to add one on Sunday. Daifuku said he will schedule the skills they will work on for each ride, so the team can work on technical aspects of racing as well as endurance and speed.

"Road racing isn't just fitness," Daifuku said. "You don't just go out there, train at certain intensities, and then you're done."

A common technique used to improve performance is drafting. Cyclists ride in a line, each one taking a turn in the lead — the most tiring position. A cyclist can use 30 percent less energy when following another rider, said to second-year team member Kristen Stouder.

Stouder said the team can be pretty social at times and they bond over funny memories.

"It becomes a group of

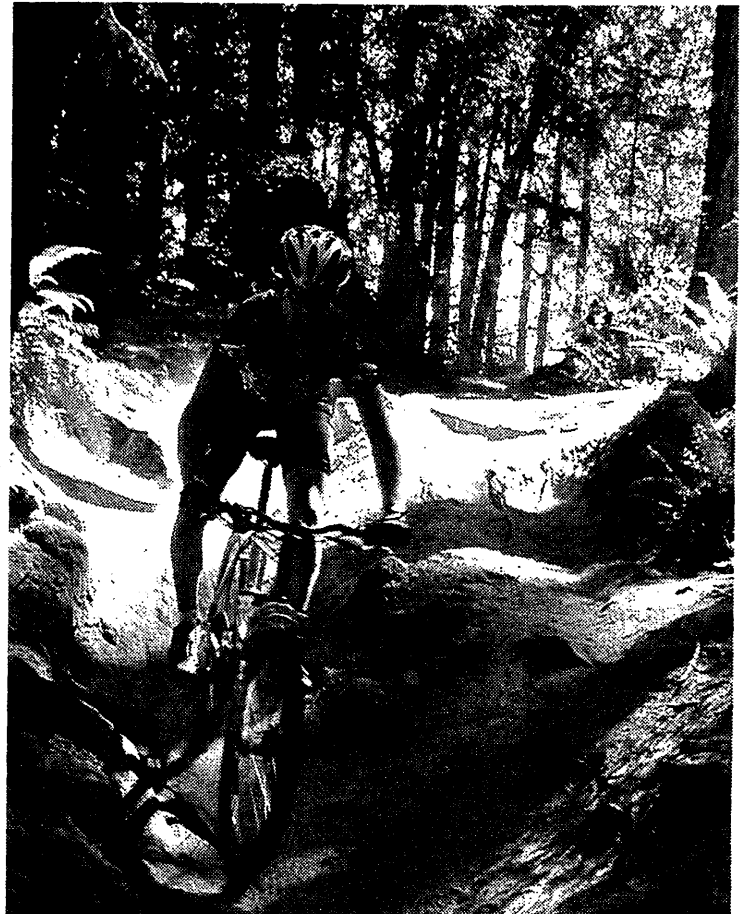


photo courtesy of the Western cycling club

Western graduate Ryan Rickerts mountain bikes at Lake Padden. Rickerts helped start the cycling club three years ago.

friends, not just a team," Stouder said.

Stouder recalled last year the team was road racing at Oregon State University when nature called.

"So the entire group stopped at the side of the road,

went in the ditch, and everyone is pulling down their shorts and then the guys came by," she said. "The guys were like, 'We were riding by and all of a sudden we see all these butts.'"

see **CYCLING** page 12 ►

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Men's soccer still positive despite slow start

Team looks to change losing mentality, mature with season

Marissa Harshman
THE WESTERN FRONT

Beginning the 2006 season with eight losses and only one win has left Western's men soccer team frustrated. But the players remain optimistic about their chances of post-season play.

"We're not starting out well but I

Vikings Men's Soccer

Record:* 1-8 • GNAC 0-1

NEXT GAME:

Regis University CO
Sunday, Oct. 1 • 12 p.m.
Whatcom Community College
Soccer Complex

*not including games against Cal State Bakersfield, UC San Diego, Notre Dame de Namur and Pacific Lutheran University - unavailable before press

really believe we can turn it around," said Joel Grossman, Western senior midfielder and team captain. "I do think it's very possible that we'll get stronger as the year continues."

Head coach Travis Connell said he is confident his young team, with five freshmen starters, will mature

by the end of the season and contend with the tougher teams in the region.

"Out of 11 starters, we have seven who didn't play as starters last year," Connell said.

But he said he expects good things for the team long-term, but not without growing pains.

One of those growing pains has been the suspension of freshman goalie Christian Warman. Western suspended Warman, 19, from the team indefinitely after police arrested him Aug. 28.

"There will be mistakes. We're not perfect," he said. "The question will be, can we keep those mistakes minimal?"

The mistake the team has struggled with most this season has been losing focus late in games, said Western sophomore midfielder Matt Zigulis.

"We're a really good team," he said. "We play a good first half or good second half or a whole good game and just get unlucky. If we can just stay focused and stay positive we'll go out there and get some W's."

see **SOCCER** page 12 ▶

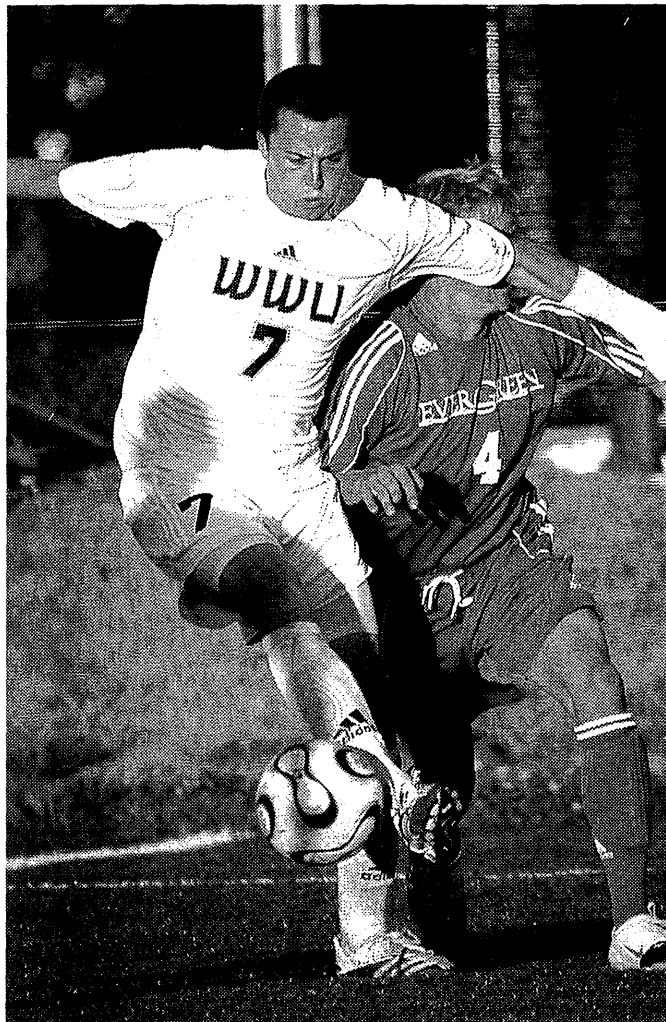
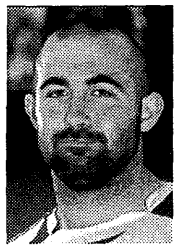


photo by Luke Harris THE WESTERN FRONT

Senior midfielder Kory Pope battles an Evergreen State College opponent for the ball Sept. 11. The Vikings lost 3-2 in overtime.

Freshman suspended indefinitely

The Vikings men's soccer team lost one of their top recruits early in the season. Western suspended freshman goalkeeper Christian



Christian Warman

Warman, 19, from the team indefinitely after police arrested him DATE for second-degree trespassing, a minor in possession of alcohol and obstruction after allegedly refusing to not give his name to officers.

Bellingham police said Warman is under suspicion for allegedly attempting to enter a stranger's home while intoxicated.

Warman was the Northwest League's Player of the Year last year and started in the Vikings' season opening loss to Humboldt State University.

source: Western athletic department

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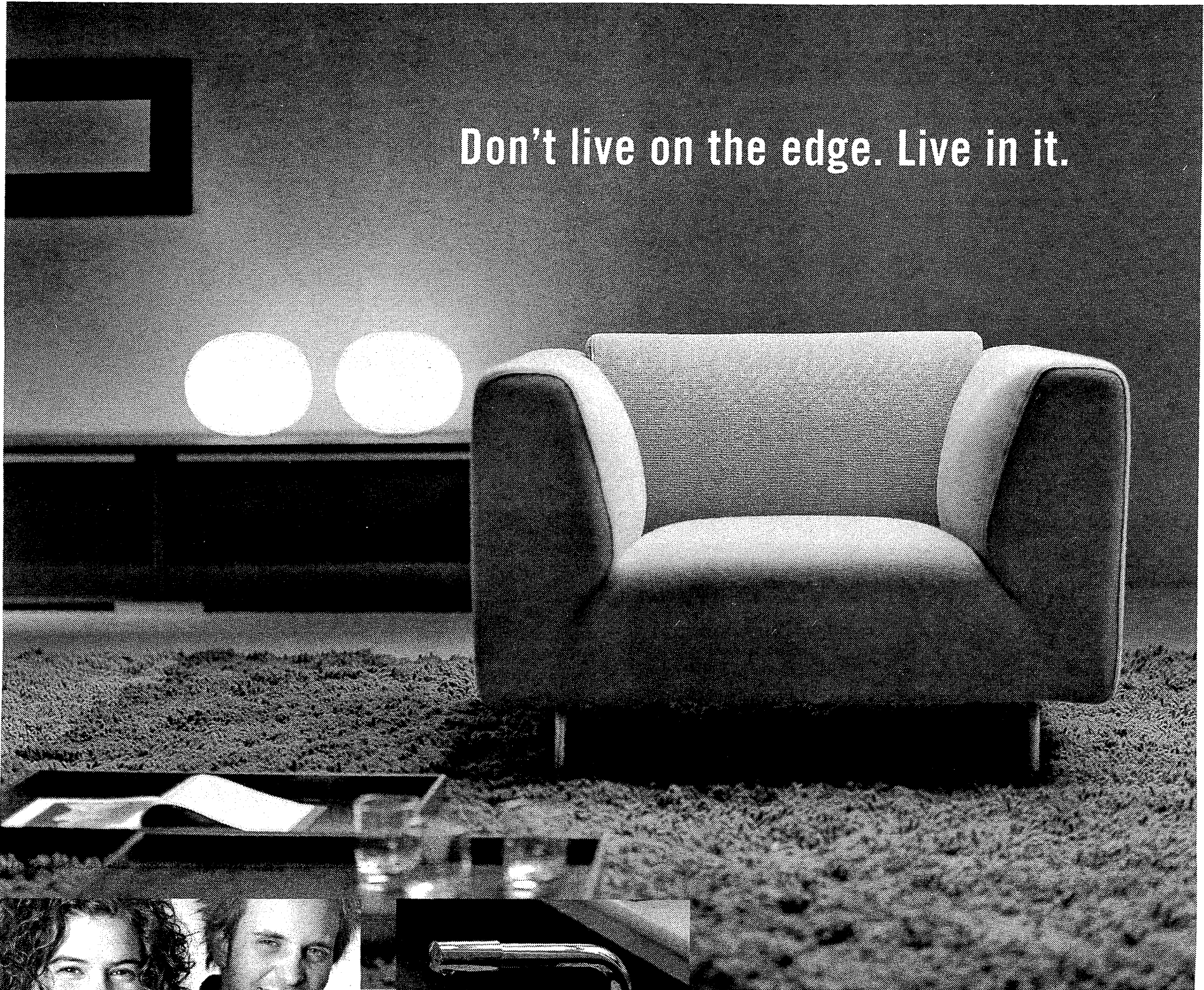
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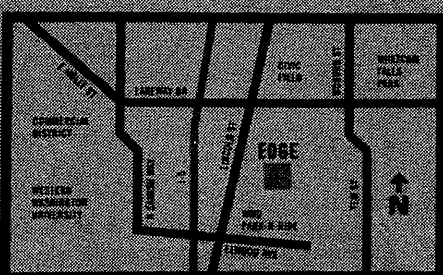
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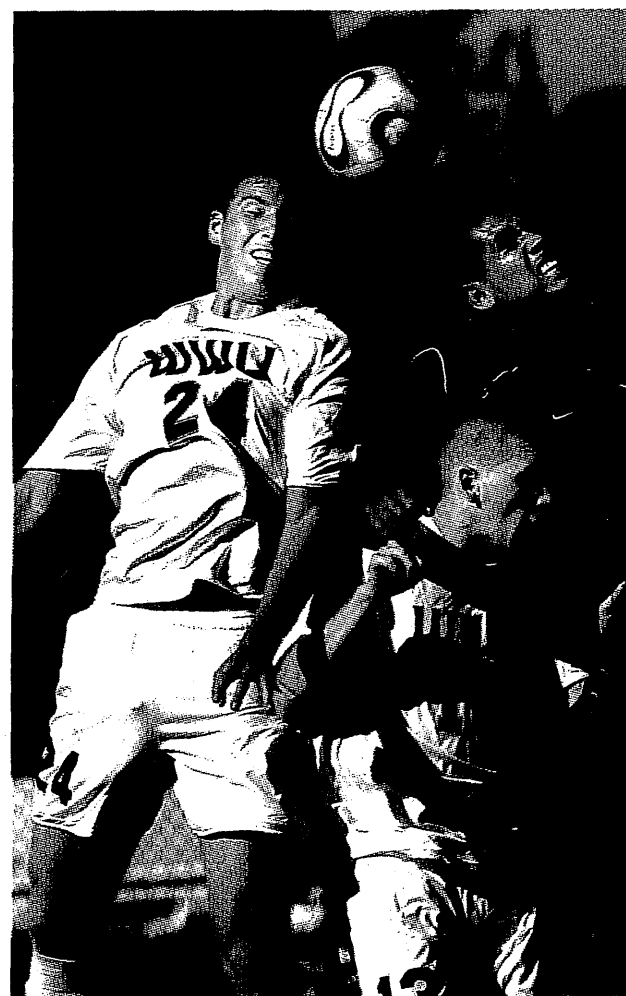


photo by Luke Harris THE WESTERN FRONT

Above: Sophomore Matt Pele, left, and freshman Mitch Barr battle for the ball with Mario Guerrero of California State University-Dominguez Hills Aug. 27.

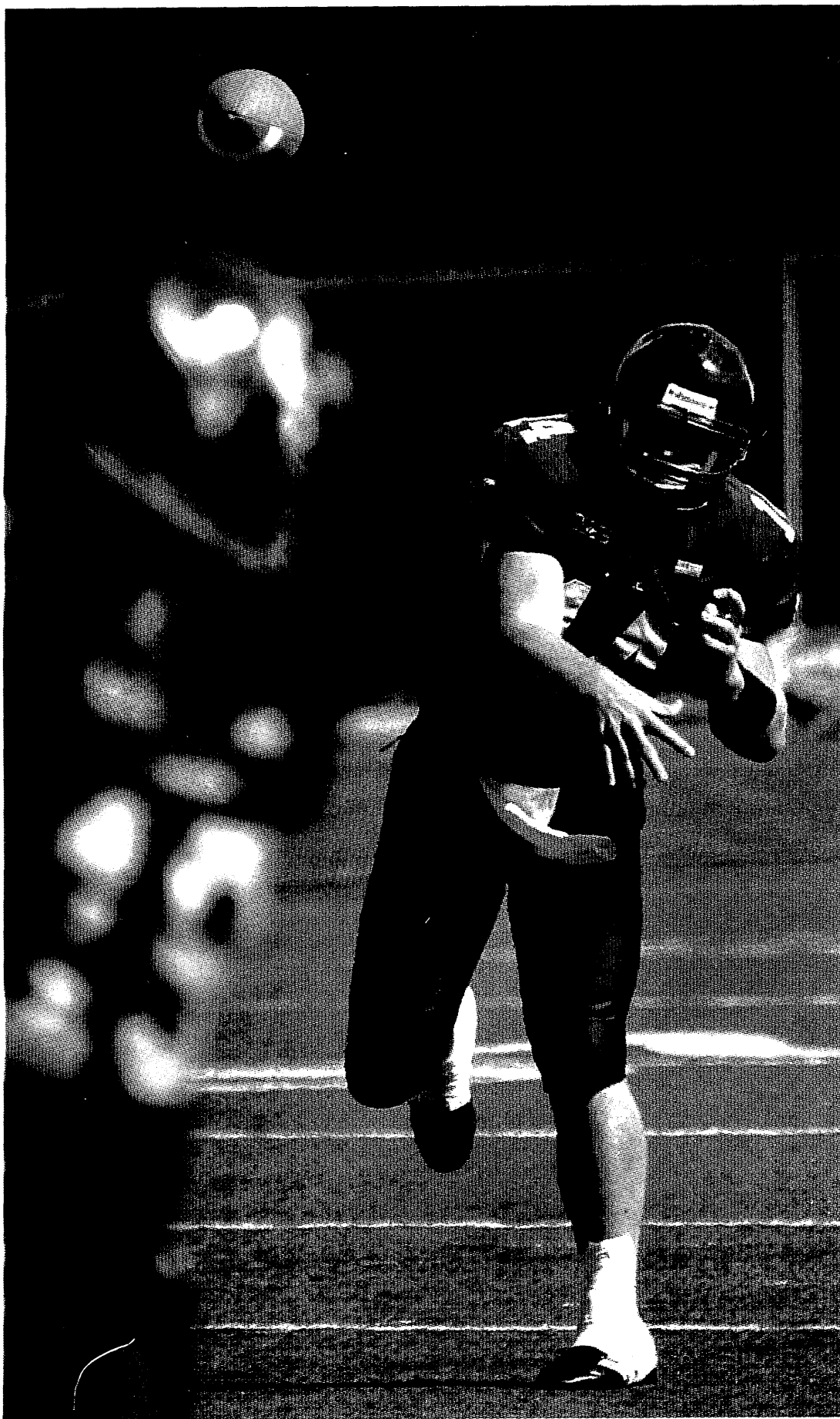
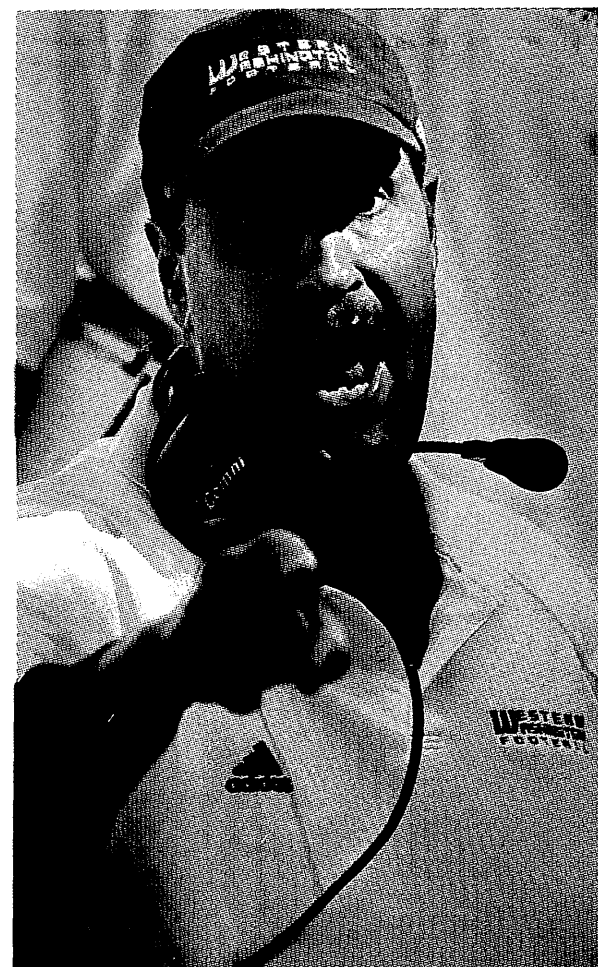


photo by Luke Harris THE WESTERN FRONT



Above: New Western head coach Robin Ross addresses his players during the Vikings' game against University of Nebraska-Omaha at Civic Stadium Sept. 16.

Left: Western quarterback James Monrean passes during the Vikings' game against the University of Nebraska-Omaha. Monrean is a senior at Western.



photo by Matt Gagne THE WESTERN FRONT

Below: Senior Todd McClellan, freshman Rick Copsey and junior Taylor Wade stop Washburn University's Jarod Tetuan Sept. 9.

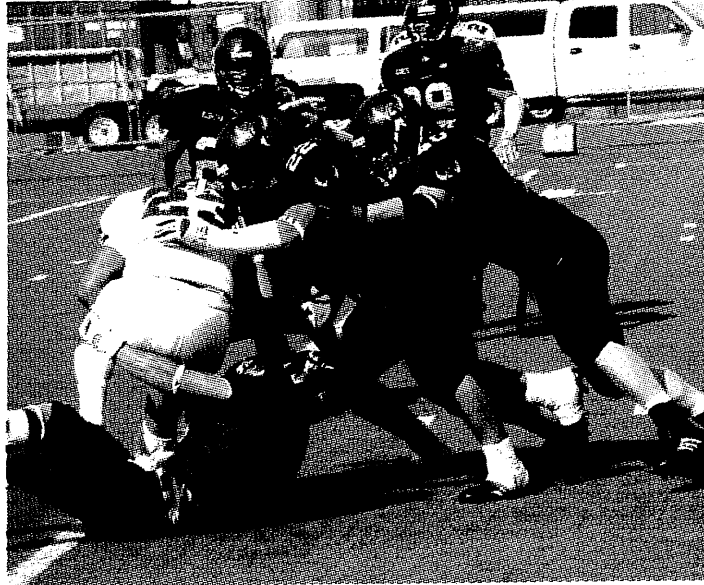


photo by Matt Gagne THE WESTERN FRONT

Left: Freshman Samantha Sommer goes for a header against Grand Canyon University.



photo by Matt Gagne THE WESTERN FRONT

Right: Vikings sophomore Angie Alvord jumps at the Sept. 7 match against Western Oregon University.

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Football team looks to make new Vikings fans

Jamie Cox
THE WESTERN FRONT

As fans gather in the stadium and cheer on the home team, the players' adrenaline begins to rush through their bodies. It's cold and warm air streams from beneath their helmets. The noise from the fans grows louder as the football



photo by Matt Gagne THE WESTERN FRONT

is thrown into the end zone for a touchdown.

This scene isn't typical at Western — not because the football team lacks talented, but because fans haven't been showing much support.

Although the fan base at Western may not be strong, the football team has plans for changes this season.

"We want as many students at the games as possible," said new head coach Robin Ross. "I want students to make Saturday games and keep coming to cheer the team on."

According to Steve Brummel, the marketing and promotions director at Western, the team plans to employ a marketing and promotions strategy that appeals to Western's broad base of fans.

"We have advertisements that utilize cable television, print in The Western Front and Bellingham Herald and radio,"

Senior James Monrean throws a pass against then nationally-ranked Washburn University Sept. 9. The Vikings won 16-13 on a last second field goal.

Brummel said. "We run community relations programs such as our Junior Viking Kids Club, player appearances, autograph sessions and coaching clinics."

One clinic held in August was for women only, and was for women only.

see **FOOTBALL** page 15 ►

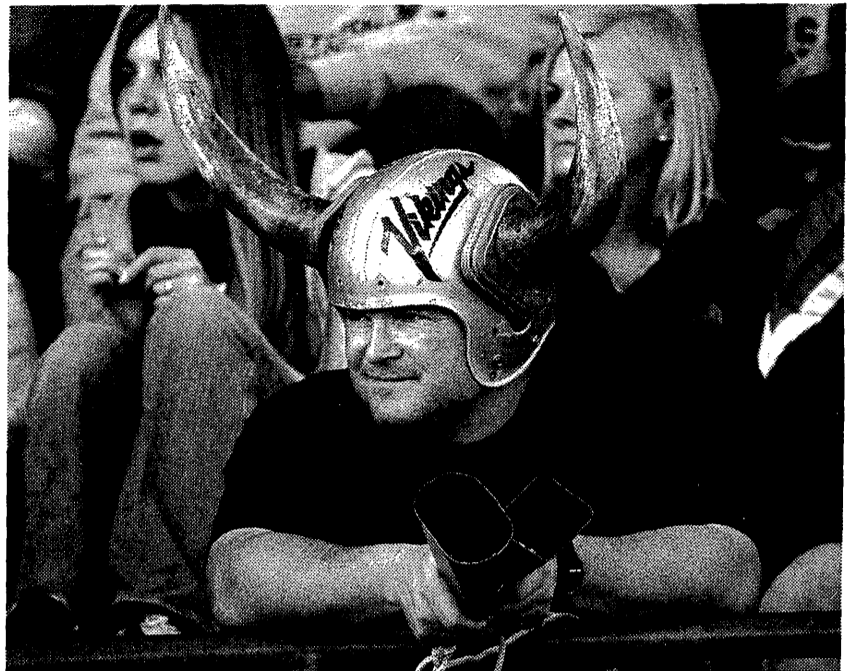


photo by Luke Harris THE WESTERN FRONT

Viking fan and Western alumni Kevin Beason takes in the Vikings' football game against the University of Nebraska- Omaha Mavericks. Beason graduated from Western in 1991.

Vikings Football

Record:* 1-2 • NCC 0-1

NEXT GAME:
Minnesota-Duluth*
Saturday, Sept. 30 • 1 p.m.
Civic Stadium • KBAI Radio 930 AM

*not including Sept. 23 game against North Dakota University unavailable before press

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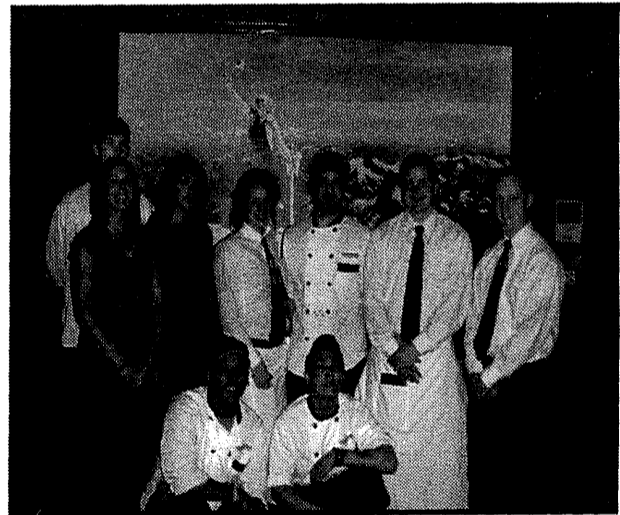


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Vikings kick it in gear

Women's soccer off to strong start with new faces

Jessie Knudsen
THE WESTERN FRONT

The Western women's soccer team kicked off their season with intense summer practices and focused training sessions, which have paid off in a 6-2 start. The Vikings are optimistic about what this season will bring after a 9-8-2 record last year, 6-5-1 in the Great Northwest Athletic Conference.

The Vikings are looking to implement

new attacking schemes that will boost the team's scoring from 34 goals in 19 games last year.

New offensive firepower, in the form of five new freshmen, will help reach the scoring goal. Forward Samantha Sommer has two assists and a goal in the first eight games, midfielder Jenny Barton two goals and midfielder Alex Marquard two assists.

The Vikings return seven of their top 10 scorers from last season, including Kelly Gagne, who led the team with four goals and five assists. Midfielders senior

Katie Weber and juniors Rosie Zadra and Amanda Font are strong forces for the team.

Weber already has six goals so far this year, including a hat-trick against Grand Canyon University Sept. 14. Font has two goals and two assists, and Zadra, last year's GNAC newcomer of the year and a first-team league all-star, has two assists. Font was also named the co-GNAC Player of the Week for Aug. 20-27.

But the Vikings lost standout goalie Teresa Fish for the season to a broken leg while she was working with a youth soccer team last spring. Fish, a second-team all-GNAC selection three years in a row has a school record 20 shutouts.

Some of the top competition will come from Seattle Pacific University and Seattle University. The two division rivals have strong lineups this season, particularly Seattle Pacific, who are favored to win their fifth GNAC title

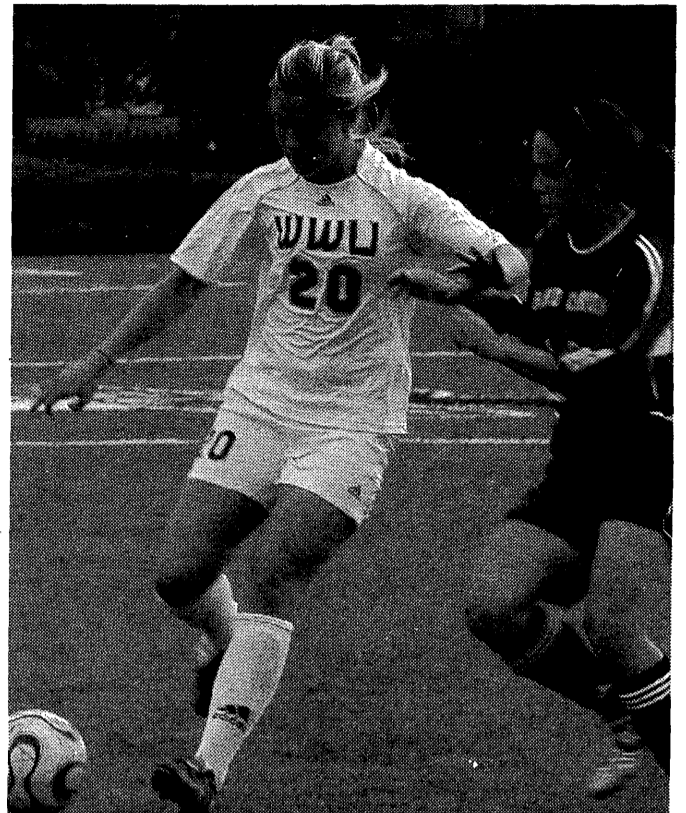


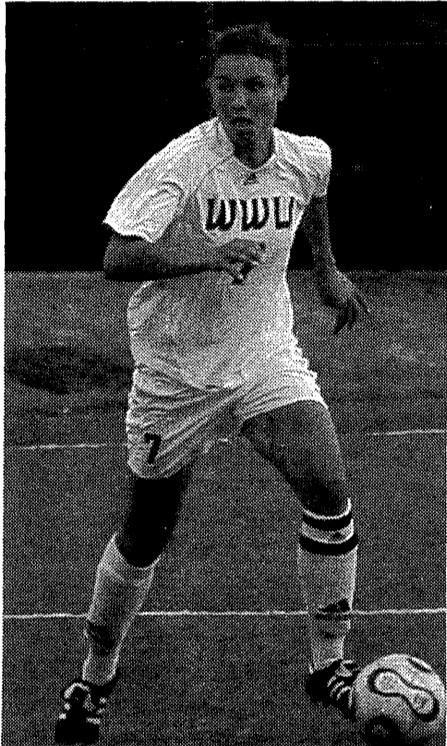
photo by Matt Gagne THE WESTERN FRONT

Freshman Samantha Sommer gets away from a Grand Canyon University opponent in a game the Vikings won 5-1. Sommer is one of five freshmen on the women's soccer team.

despite losing three of its top four scorers, its starting goalkeeper and half its starting lineup. The Falcons have a 57-game regular-season unbeaten streak.

Seattle has three first-team all-stars returning this year and four returning players who ranked in the top 10 in the conference in scoring.

The Vikings play Seattle Thursday and Seattle Pacific Oct. 3.



Vikings Women's Soccer

Record:* 6-2 • GNAC 1-0

NEXT GAME:
Seattle University
Thursday, Sept. 28 • 7 p.m.
Whatcom Community College
Soccer Complex

*not including game against Northwest Nazarene University, unavailable before press

Junior Amanda Font looks to pass in a game against Grand Canyon University Sept. 14. The Vikings are off to a strong start with a 6-2 record.

photo by Matt Gagne THE WESTERN FRONT

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Cycling club hopes to get more sponsors

► CYCLING from 5

As well as traveling, each member trains extensively for most of the year. Daifuku said he averages 20 to 25 hours a week, and Stouder said she puts in approximately 12 to 15 hours. Training consists of riding, as well as weight lifting and cross training.

"The thing about cycling is it rewards huge numbers of hours of training," said third-year member Adam Schwind. "You learn to make the most of your study time. If you gonna sit down and study for an hour, make sure it's a really good hour."

While the season ends after nationals in the spring, Daifuku said he hopes team members will train throughout the summer.

Last summer, Daifuku joined cyclists from all over the world in France. He rode for Western in the amateur race, a was a 120-kilometer stretch of the Tour de France. This was the hardest stretch of the professional tour, which opened to 9,000 amateurs a few days before and after the actual tour.

"There's people all along the road, kinda like in the Tour

de France in those movies that you see," Daifuku said. "There are people shouting at you."

Daifuku said the team is also hoping to gain more sponsors and therefore get the best equipment. Sponsors pay for and supply all resources for

The cycling team kicks off the season with the first team ride of the year the first week of school. The club is open to anyone.

Cycling is for everyone, and a great way to be a part of Bellingham culture, Schwind said.



photo courtesy of the Western cycling club
Zach Guy races in a mountain bike race last year. The cycling club competes in cyclocross, track, mounain and road races.

the team, including uniforms, medical needs related to cycling, and all equipment.

"We're trying to ride the wave of our success and we're hoping to pull off five figure sponsorship amounts," Daifuku said.

"It's important that people know that anyone can get into the sport at anytime," he said. "All you need is a working bike, strong legs, and some determination and you can have some immediate success."

Men's soccer looks to get out of funk

► SOCCER from 6

In the Vikings' game against California State University-Stanislaus on Aug. 30, Grossman said his teammates were aggressive in the first 15 minutes of the game. But once Stanislaus scored its first goal he said the mentality of the Vikings changed. The team lost focus and started to panic, he said.

"We forget or get scared, Grossman said. "We don't want to lose so much that we forget our game plan and we aren't disciplined."

Stanislaus was a team the Viking should have beat, he said.

"We thought we could win — that we should win," Grossman said. "So once that goal was scored, we went into panic mode."

The change to a losing mentality was not something Grossman had seen since last year's 3-16-1 season with a 1-5 record in the Great Northwest Athletic Conference.

After the disappointing season, which Grossman missed much of because of a knee injury in the fourth game, he and other veteran players decided the team needed a makeover.

"Last year was like a disease — a funk we can't get out of," he said. "But the mentality is different. There is a more positive outlook at practices and games."

Connell also said the team's losing mentality needed to be

changed. He said players need to work hard, become mentally tough and learn how to compete with the belief to win — something the team didn't have last year.

"I have to give the credit to the players," Connell said. "We had great leaders step forward and set the tone for the team."

He said the new leaders took over the team as seniors left and decided how they were going to do things.

"Then these new guys come in — they'll be freshmen at Western and they're eating it up," Connell said. "It's a contagious thing that was started by guys who said: 'We're going to be better.'"

Zigulis said the biggest change he has seen from last year's team is the stronger bond between players.

"We all have heart, we're all tenacious and we all give 110 percent," Zigulis said. "Everybody likes each other and we all get along better than the team did last year. There are not as many egos either."

Aside from the mental uplift, Connell said the team trained more in the off-season than past teams.

"This is the most physically fit team I've had in a while, maybe since I've been here the last 10 years," Connell said. "We're in great shape. It'll be fast pace, up and down the field play that'll be exciting to watch. It'll be an exciting brand of soccer."

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Tennis club holds Fall Ball to recruit new racquets

Allison Rock
THE WESTERN FRONT

Western's club tennis team is holding its annual Fall Ball beginning the second week of school and will last about a month. Although tennis is a spring sport, the team starts every school year with Fall Ball, an open practice for those who have an interest in playing tennis for the club.

This year, Fall Ball will be at the new courts built this summer below the baseball fields as well as the old courts, which will be taken out this winter to make way for the new Academic Learning Center.

Even though the tennis season does not start until spring the team has its sights set on the NIRSA National Tennis tournament. Last year the co-ed team placed first in the Bronze division at Nationals in Austin, Texas, beating Cornell, Texas A&M and University of North Carolina.

This year the tennis team has set even higher goals. Instead of taking one team to Nationals, Western will hopefully be able to take two this year at the University of North Carolina. Each team going to Nationals consists of six men and six women and compete in men's and women's singles, doubles and mixed doubles.

"The goal is to place first in the Silver division and place top five in the Gold division and I think we can do it," said team captain and coach Justin Cooper.

Western's tennis club is not only making a name for themselves at Nationals and within their league which they placed third this last year. Cooper said the team works hard, has bonded a lot, the players are committed and want to be there.

"Tennis has moved up and done a really good job competitively and organizationally," said Jeff Crane, Western's sports clubs and intramurals advisor. "They are one of the best sports clubs we have. They have made a commitment to their club and continue to get better."

To get to Nationals, the coaches said they would like to see as many players as possible turn out for Fall Ball and later in the year at tryouts. Although tennis is not a varsity sport, the team has found dedicated members.

"I have played tennis me whole life," senior Josh Glick said. "My

goal was to play tennis in college. The Western team has a great attitude and is a perfect fit for me. It's my favorite thing to do at school."

In the past the team has raised traveling funds by working at Seattle Seahawks playoff games, University of Washington football games, as well as small local fundraisers throughout the school year. With all of the new funds the coaches would like to set the team up with more matches and California is number one on their list.

Cooper said he hopes to arrange matches with schools like University of California Los Angeles and the University of Southern California

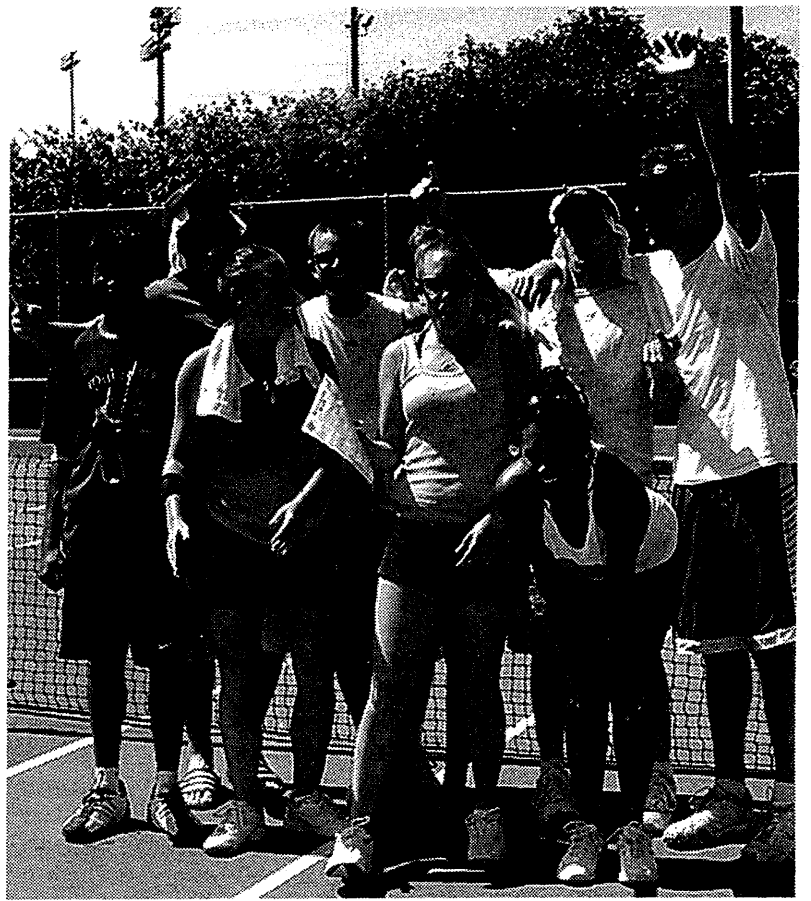


photo courtesy of the tennis club

Western's tennis club placed first in the Bronze division last year at the NIRSA National Tennis tournament in Austin Texas. The club is holding its annual Fall Ball the second week of fall quarter to recruit new players.

"The competition is good there," he said. "We can get a lot of experience if we play in exhibition matches down there against the schools we want."

Western Tennis Club

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Unicycling not just for clowns

One-wheeled cyclists ride anything from Galbraith to Boulevard

Isaac Bonnell
THE WESTERN FRONT

Last spring Western junior Dustin Randall and his friends were riding down Lower Bob's Trail, one of Galbraith Mountain's classic trails, when Randall lost control going off a small drop.

"Half of me said, 'Abandon ship' and half of me said, 'Stick with it,'" Randall said.

The result was a flying dismount and an unexpected meeting between his shoulder and a nearby tree.

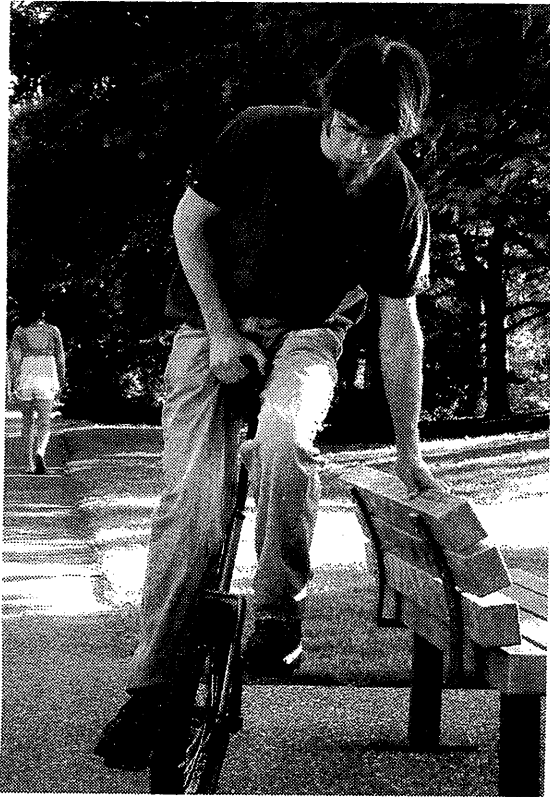


photo by Isaac Bonnell THE WESTERN FRONT

One more important detail: Randall and his friends were all on unicycles.

"Galbraith Mountain is quite an experience on a unicycle," Randall said, who started unicycling in January with some friends in Western's juggling club.

But Randall doesn't limit his unicycling adventures to the mountains—he also rides around campus. Unicycling to class is faster than walking and it takes the weight off the feet, Randall said.

It can also be a great workout for the legs, midsection, and back, said

Collin Topolski, a fellow Juggling Club member. Topolski, 29, owns nine unicycles and occasionally rides at Galbraith.

Topolski started unicycling three years ago after he met some jugglers who had a unicycle and let him try it.

"Of course, I couldn't do it," Topolski said. "So I got one for Christmas."

It took about a week to become proficient and comfortable on the unicycle, Topolski said. Now he owns nine unicycles and can perform a variety of tricks, such as hopping onto a park bench and riding off the other side.

Topolski said he enjoys unicycling because it's a

Vern Coffey uses a bench to brace himself while riding a unicycle.

combination of personal challenge and oddity.

"I would've done it years ago if I'd seen one," Topolski said.

Interested yet? Want to see one? Most bike shops have unicycles in stock, Topolski said, who recommended Unicycle.com as well. A beginner unicycle can cost \$60 to \$100.

For those who are just beginning their own one-wheeled adventures, Renee Dimond, also

a juggling club member, gives a few suggestions: First, sit down. Don't try to stand on the pedals; sit in the seat. That will make it easier to balance, Dimond said.

Second, lean forward and then pedal.

"A lot of people forget to pedal," Dimond said.

To mount the unicycle, Randall recommended using a tree or a wall to brace against. Holding on to a friend's arm for the first few pedal strokes also helps, Randall said.

Then, of course, it's time to practice. This can be done on alone, but like most activities, it's more enjoyable when done with others.

"It can be fun as a social activity," Dimond said. "You find a lot of jugglers and unicyclers simply because you do it in public."

"Galbraith Mountain is quite an experience on a unicycle."

- Dustin Randall

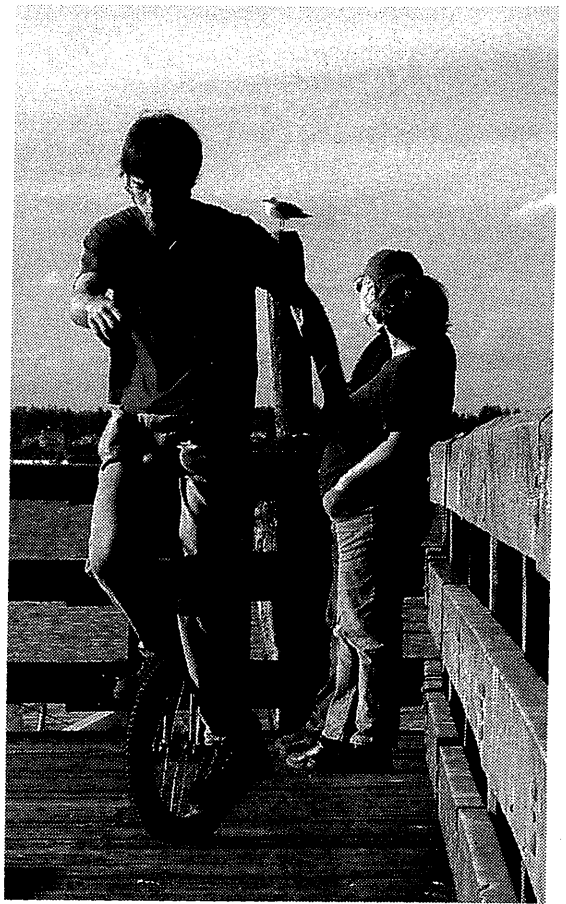


photo by Isaac Bonnell THE WESTERN FRONT

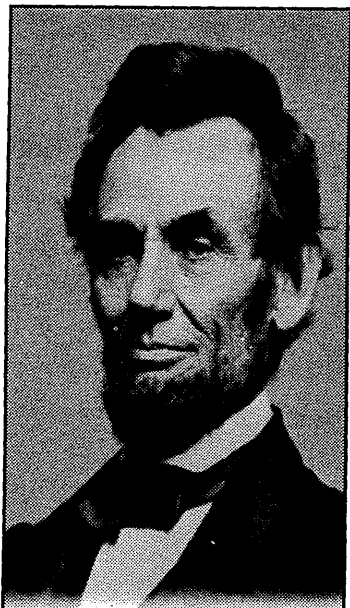
Vern Coffey, 25, rides a unicycle on the boardwalk near Boulevard Park.

The chances are that most of the unicyclists in public, especially on campus, are members of Western's juggling club.

"I don't see too many people who do it outside of the club," said Topolski.

To witness some spectacular unicycling and juggling—perhaps even both at the same time—visit the juggling club Mondays at 6 p.m. at Boulevard Park.

And for first-timers, the flat, paved trail at the park is much more forgiving than the roots and mud at Galbraith.



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Young volleyball team has room to grow

► **VOLLEYBALL** from 4

set the bar high this season so next year we can go even higher."

The team faces some more experienced teams in their conference, such as Seattle Pacific University, Central Washington University and Seattle University, but the focus is now on improving their technique so they can expand their tactics, Flick said. That means incorporating the freshmen into a system that earned last year's successful record.

Kari Rice, Shasta Bennett and Andrea Watanabe join the team having already garnered many awards and honors.

Rice, a 5-11 setter from Eisenhower High School in Yakima, was the Big Nine Conference player of the year her senior year. Flick said Rice will help solidify the setter core.

Bennett, an outside hitter from Prairie High School in Bush Prairie, was a second-team Class 4A all state pick as a senior, and Flick commended her excellent anticipation and natural sense of the game.

Defensive specialist Watanabe, from Kentwood High School in Kent, was a first-team all-South Puget Sound League selection her senior year. Flick said her toughness and ball handling would add depth and defense to

the squad.

Proving themselves to the rest of the team is a challenge, but Watanabe said they are up for it and have been doing well so far.

"We have been working our butts off," Watanabe said. "But we need to show them that we won't stop until they tell us to stop."

Having no seniors provides a unique opportunity to build on the team's experience and grow over time, Flick said.

"We are in a constant learning curve," Flick said. "We can really make this a two-year process."

But the Vikings are confident. Rice said the team already has many talented players they should be a serious competitive force this season.

The team started the season 2-3 at the Aug. 24-26 UC-San Diego Invitational, where the Vikings played five teams, including four against some of the top teams from the California Collegiate Athletic Conference.

In early September the team went 2-1 at the Grand Canyon University Cactus Classic in Phoenix, Ariz., before starting conference play against Western Oregon University at home on Sept. 7. The Vikings won that match 3-0 and went on to beat Northwest Nazarene University and Seattle Pacific University before losing to Seattle Pacific University Sept. 16.

More fans would bring excitement to games

► **FOOTBALL** from 10

This season the football team plans on using the same approach as the Seattle Seahawks did last season.

"It starts off with the team doing well and then the fans showing up and having support," said junior Ben Shelton, who plays tight end. "It's like the Seahawks and the 12th man. Once we start winning, we will gain the support of the fans."

With fans' support, Western's football team hopes to get as many students and community members out to the games as possible.

"We have a new coach, new uniforms, a new conference and a renovated stadium," Brummel said. "We have a lot of exciting things to offer this year."

The Vikings have six home games this season, plus the Battle in Seattle against division rival Central Washington University at Qwest Field Oct. 21.

Ross said the Vikings have the making of a great team and just need the support of the fans to help bring more excitement.

"We want the fans to make other teams feel scared to play at Western," Ross said.

Western students and the community will get to see some great football teams come to town, Brummel said.

"It will be great football against some of the top-level teams in NCAA II," Brummel said. "It's a tough schedule for the team but also a very attractive schedule for the football fan."

Shelton said playing is more exciting when fans are there.

"It gets you more pumped up and ready to play instead of the stands being half empty," he said.

Ranking reflects philosophy of college

► **ACADEMICS** from 1

and discuss classes. Struggling students will get help as needed.

"The reason athletes do well academically is based on time management and accountability," Dominguez said.

Coaches monitor athletes in classes, compile progress reports and provide a study hall. Dominguez said that athletes, unlike the general student body, have several people watching over their progress in school.

"Mom and dad both care about their student, but no one can take a specific interest in [the average college student] once they're in school," Dominguez said. "Athletes have more people looking out for them."

Goodrich said coaches are very involved in their players' lives, because a two-fold goal exists — to be eligible and successful.

"Just like a performing arts student, when students have an activity it keeps them busy," Goodrich said.

Dominguez said that Western's power ranking reflects its philosophy and environment.

"The area itself is gorgeous, professors want to live here," Dominguez said. "With great professors and athletics across the board, you have no choice but to succeed."

Other Washington schools that made the list include Central Washington University at 19th and Seattle Pacific University at 27th.

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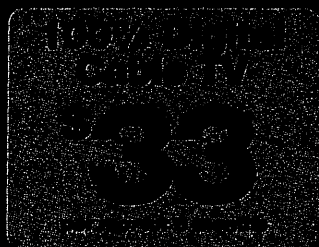


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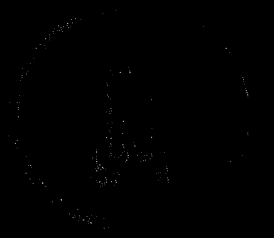
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Western students, led by an Outdoor Center trip leader, climb for the summit of Mount Baker last spring.

photo courtesy of the Outdoor Center

Get outside & play

Graig Hill
THE WESTERN FRONT

Abundant ocean and sound, rivers, lakes, mountains, rock, and snow draw outdoor enthusiast's to Bellingham and the Northwest to fill passions for adventure.

At Western that adventure connection is made at the Outdoor Center and Lakewood facility at Lake Whatcom. Getting students outside and exploring the adventure potential of the region and beyond is the goal of the facilities.

The Outdoor Center and Lakewood provide students with accessible outdoor recreation opportunities and plan to bring outdoor adventure experiences within easy reach of students this school year.

"Our goal is to raise the bar and take the Outdoor Center to the next level," said James Schuster, director of Viking Union Facilities. "I think that we have one of the most unique outdoor habitats that you could ever want."

Outdoor Center

Western's Outdoor Center on the first floor of the Viking Union offers an abundance of affordable outdoor fun. The center offers a plethora of high-

Outdoor Center

Viking Union 150
Near the Garden Street entrance
M-F 10 a.m. to 4:30 p.m.

Lakewood

2410 Lake Whatcom Blvd.
www.union.wvu.edu/lakewood

Western facilities offer cheap ways for students to have outdoor adventures

quality gear rentals, a do-it-yourself bike shop, a free resource area and leaders organize excursions and adventure trips. Biking, camping, climbing, skiing and snowboarding, rafting, kayaking and surfing trips are common on the center's schedule.

The Outdoor Center makes it easy for students to get out and have a quality experience.

"It's an opportunity for them to try something that they haven't, but wanted to do," said Ben Sokolow, a senior in sociology and Outdoor Center equipment shop coordinator. "We can take you out and do it safely while making friends, expanding knowledge and exploring the world."

The Outdoor Center rents snowboards, downhill, telemark and cross-country skis, climbing gear, camping gear, kayaks and more at affordable prices.

"You name it we do it," said Frederick Collins, interim recreation coordinator for the center. "We have all the best equipment to get you there."

At the center's bike shop students can use stands, tools and get advice from the staff on

see **OUTDOORS** page 15 ►

Volunteering benefits everyone

Students can help others while learning about the community and boosting their resume

Mollie T. Foster
THE WESTERN FRONT

Students looking to network, get involved with the community and feel good about their work need to get familiar with one word: volunteer.

Volunteering helps students earn scholarship dollars and bolster resumes, said Dan Hammill, volunteer program director at Whatcom Volunteer Center in downtown Bellingham.

"We can guide the student to

an opportunity that's appropriate for them and they enroll," Hammill said. "There's the self-interest aspect with giving back to a great community."

Students new to Bellingham and the community should especially get out and volunteer, he said. By volunteering, students get a sense of what surrounds them and network with people they wouldn't have the chance to meet otherwise, he said.

Many students volunteer to

find their passion or to earn credit toward their existing passion in their major, he said. For example students believing in saving the environment can connect with the Nooksack Salmon Enhancement Association.

Addy Clapp, a political science Western graduate, said she is volunteering for one year for VISTA, a branch of AmeriCorps she connected with through Whatcom Volunteer Center.



photo courtesy of Addy Clapp at the Whatcom Volunteer Center

Volunteers gather potatoes as part of the Small Potatoes Gleaning Project, which gathers produce after the main harvest and gives it to those in need.

see **VOLUNTEER** page 16 ►

Hub of the community

Co-op shop does more than sell bikes

Mollie T. Foster
THE WESTERN FRONT

Nestled between North State Street and the Interurban Trail sits The Hub Community Bike Shop. The front entrance faces the bicycle-friendly interurban gravel trail, which runs from Old Fairhaven Parkway on the south side of town and winds through the woods along the hillside of Chuckanut Mountain for approximately six miles.

The idea of The Hub began as a free bike program in 1997, said Kyle Morris, shop's executive director. A group of people got together to form a nonprofit organization that painted bikes and for the public to share. The idea dissolved because people were taking more bicycles than they were donating, Morris said. The idea transformed into of The Hub Community Bike Shop in March 2004, he said.

The Hub is a bicycle recycle center, said shop manager Chris Brunson. The focus of the shop is used bicycles for commuters and providing utilitarian bicycle riding, he said.

The shop offers self-service repair for a rental fee for tools. The tool rental fee is \$5 an hour which includes stand rental, tools, rags, lube, degreaser and other goods, Brunson said.

"We have an immense amount of used bike gear that's hard to find in new retail shops," Brunson said.

The Hub makes profit off the service the experienced staff provides, Morris said. People come in and do their own work and the staff assists them.

The Hub is useful to the community because the bicycles are being reused, he said. Reusing bicycles diverts

the waste stream, Morris said.

The Hub has grown in popularity in the last four years, Brunson said.

"The demand for used bikes continues to outweigh our ability to build them," he said.

When the shop first opened most of the customers were in their early 20s, he said. Now The Hub customer age range has evolved to families and adults. The shop does not advertise, so everything is by word-of-mouth, Brunson said.

Not only is bicycle recycling effective, but it's also a healthy activity, he said.

Bicycling is important and your body benefits plus it can be a form of transportation.

"You kill two birds with one stone by commuting with your bike," Brunson said. "Get on your bike and ride home and you get your exercise for the day."

Bellingham is a bicycle friendly town, he said. Bicycling is more self-reliant than cars, and they are easier to fix.

The Hub can always use help from community volunteers, Morris said. Tuesday nights from 5 p.m. to 8 p.m. is volunteer night — a chance for volunteers to help with organizing the parts and disassembling the bicycles. They learn to break down bicycles and once they learn some skills, the staff gives volunteers jobs with more responsibility, Brunson said.

**The Hub
Community
Bike Shop**

903 1/2 N. State Street
225-2072

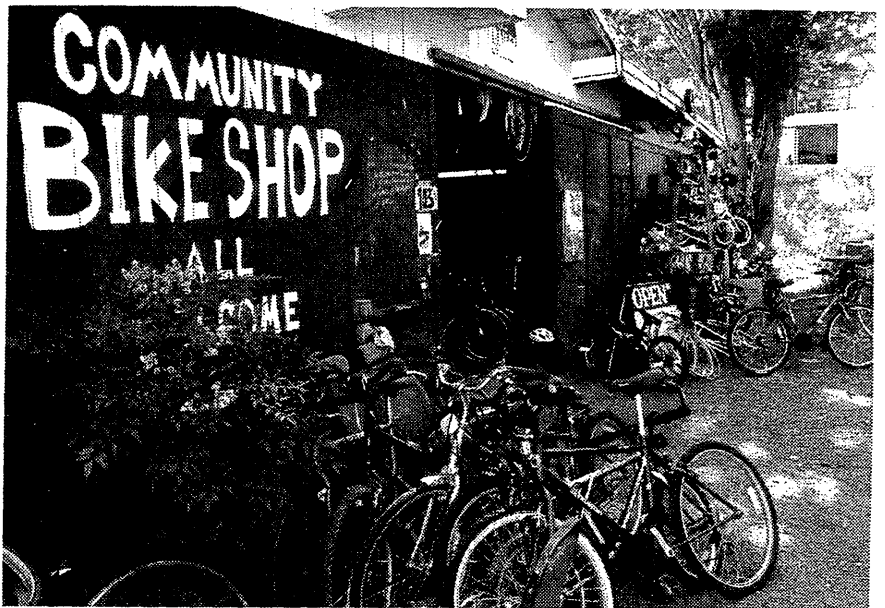


photo by Evan Clifhorne THE WESTERN FRONT

The Hub Community Bike Shop recycles and rebuilds old bicycles. The shop has a work area with stands, tools, rags, lube and degreaser people can rent for \$5 per hour to work on their own bicycles.

"Volunteers help process the used bicycles, clean up the shop and see how bikes work when you take them apart," he said. "It's an important first step."

Another way to help The Hub is to donate whole bicycles or parts and tools for them, he said. All of the bicycles at The Hub are donations from the community.

The Hub is in many ways more beneficial than buying a bicycle from a new shop, said Kurt Larsen water quality scientist from Vancouver, B.C.

"You can go to Wal-Mart and get a bike for \$150 that was made in China that's disposable," Larsen said. "Or you can come here and give them an idea of a bike you want and for cheaper than at Wal-Mart you put a bike together. Most importantly the profits are going back into the community."

What do I know about me?

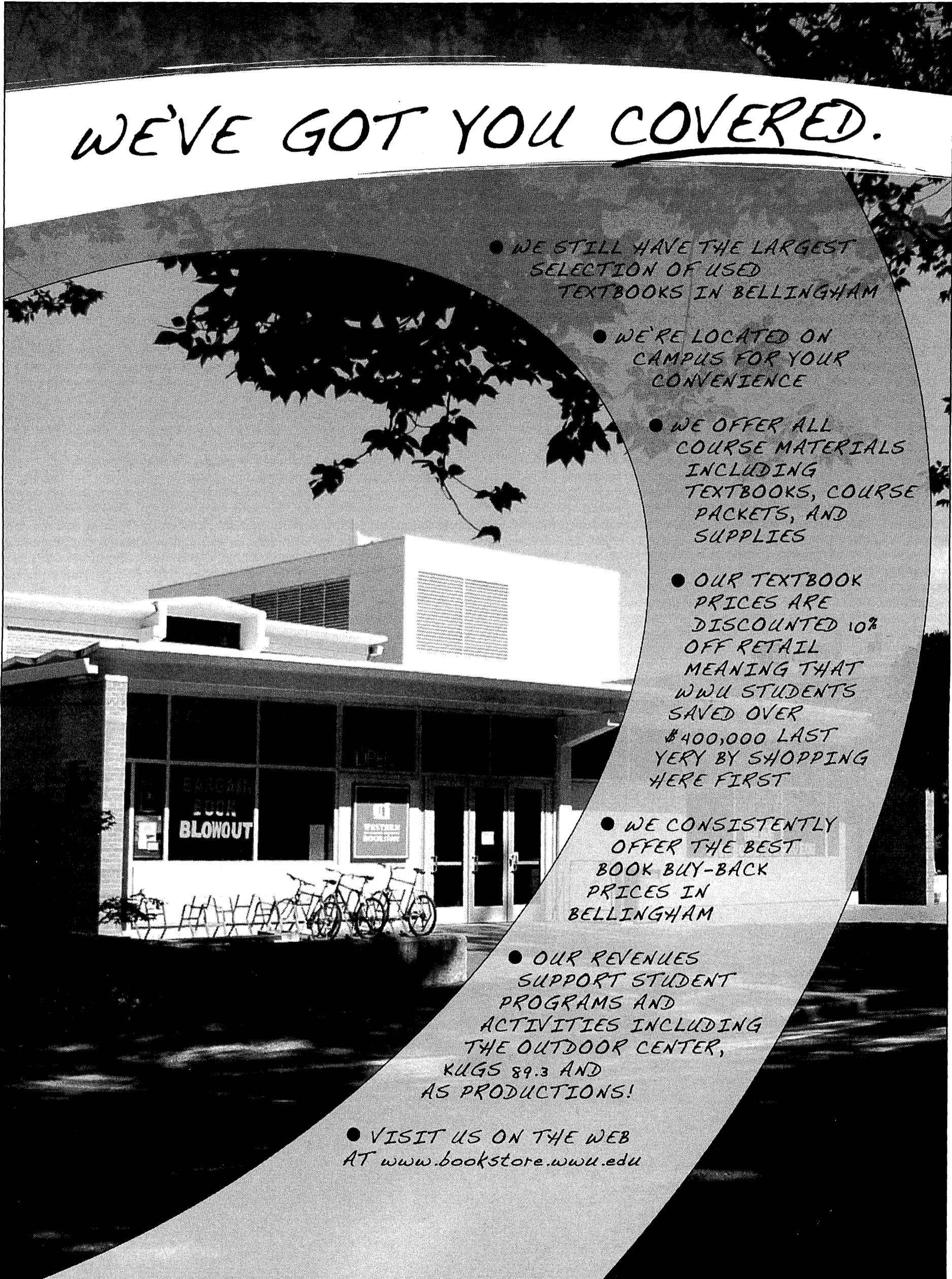
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G.S. Raugust
THE WESTERN FRONT

Western senior Clover van Steenberghe sits in front of a computer in the Huxley Map Library in Arntzen 101 scrutinizing a digital map of the southwestern United States. She is working on a project to determine 10 to 15 locations suitable for a hypothetical research site. By comparing her list of criteria, such as proximity to an Interstate, a water source or other geographical data on the digital map, she can find the most ideal spots to place the research site.

Open to students and the general public every weekday during the school year, the Huxley Map Library offers a plethora of resources, according to Head Librarian Janet Collins.

Van Steenberghe, a geography major and an assistant at the map library, is using one of five computers equipped with Geographical Information Systems — or GIS — a cartography program which allows users to create, analyze and store geographical information based on data downloaded or

scanned from existing databases, Collins said.

"We have tons of digital data here and we're always creating more by downloading off the Net," Collins said.

She said people can use the GIS software to make maps with many layers of data on them, such as where railroad and power lines are located, boundaries, springs and wells, ore deposits and much more.

Collins said in the past people made these maps manually by etching the information into flaps of a material called peel coat which were then stacked on top of each other, and took much longer.

"In a sense GIS automated what was traditionally a handmade project that was very labor intensive," she said.

Besides GIS, the map library has more than 250,000 maps, 1,000 atlases, around 34,000 aerial photographs and, thanks to student technology fees, three scanners and color printing.

Tom Terich, a geography professor at Western for 33 years, said he has students analyze a topographic map as part of their

final exam. He's used the map library for classes he's taught in the past.

"I don't think most people understand the variety of maps available," Terich said. "Most students, if they've looked at maps at all, have seen AAA maps or online maps, but there's something to be said for being able to hold, look at and analyze a physical topographic map."

Huxley's Map Library is a federal depository for maps, which means it receives government produced maps and related materials for free on the condition that they are stored properly and made available to the public.

Another resource in the library is Collins herself. She will be starting her 30th year as Huxley's map librarian in September, so she knows how to find her way around the stacks and drawers filled with years of accumulated maps.

The various resources Collins keeps tabs on in the map library are not only useful for students with interests in the sciences, she said.

Collins said some of the

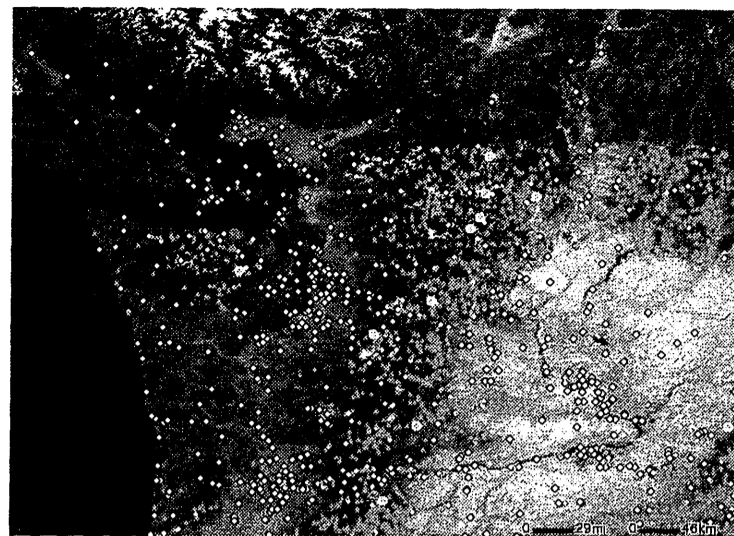


image courtesy of geodata.gov

The Huxley Map Library has access to thousands of both paper and digital maps like this one from geodata.gov of the fires in Northwest Washington in the last five years.

people she has seen use the map library have included art students who have used images from old maps for projects; history students who have used maps and aerial photographs to look at changes over time; political science students who have used maps for classroom presentations; recreational users who have found information on things like hiking and boating; and property owners who have used the library to resolve disputes.

In addition, people seeking lost treasure or spots to pan for gold have poured over the maps for clues. Western's theater arts department has also used the

library to find information about Argentina for its production of "Evita." The library also has Braille maps for the sight impaired, Collins said.

"The users (of the map library) are so diverse and a lot of them are doing really interesting things with the materials that they obtain here," Collins said.

Terich said regardless of a student's major they should be aware of the map library because there may be a time when they will want to know something that deals with geography.

"A picture is worth a thousand words," she said. "There is a lot of information to be gleaned from a map."

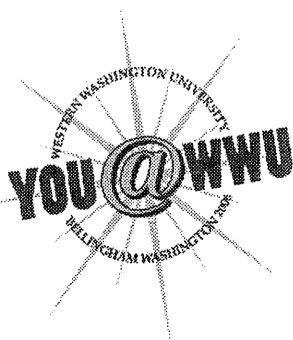
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- Bus and bike tours, September 26
- Welcoming Convocation, September 26
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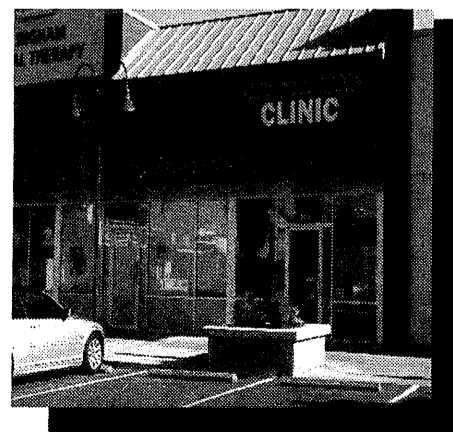
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Butting OUT

Quitting smoking may still be hard, but it's never been easier

Jessie Knudsen
THE WESTERN FRONT

When Western junior Ryan Gleeson started smoking at age 16 he never thought that the "every once in a while" social habit would become a significant part of his life.

"It was something I did at parties with my drinking buddies, because most of them smoked," Gleeson said.

But by the time he had reached the end of his first year of college Gleeson had gone from being a social, weekend smoker to one who easily went through a pack a day.

"At college smoking became a social habit for me in many ways," he said. "There were opportunities to light up everywhere — between classes, at parties, between homework assignments, and when I was hanging out with other smokers so as a result, it became harder and harder to limit myself."

By the spring of his sophomore year Gleeson recognized his smoking was becoming a real problem and decided to do something about it. But as many smokers know, the process of quitting is easier said than done.

"I wanted to quit because I was sick of not being able to walk to school or up a flight of stairs without having to stop and catch my breath," Gleeson said.

After trying common methods such as quitting cold turkey and Nicorette Stop Smoking Gum, Gleeson found himself unable to permanently quit and decided to try a new tactic. He made an appointment at the Student Health Center and explained his problem to a physician.

"We see several students a week asking for help dealing with nicotine addiction," said Dr. Emily Gibson, director of the health center.

When students come into the health center requesting help to stop smoking cigarettes the first step is assess their willingness to quit.

"The student has to want to quit in order to make it happen," Gibson said.

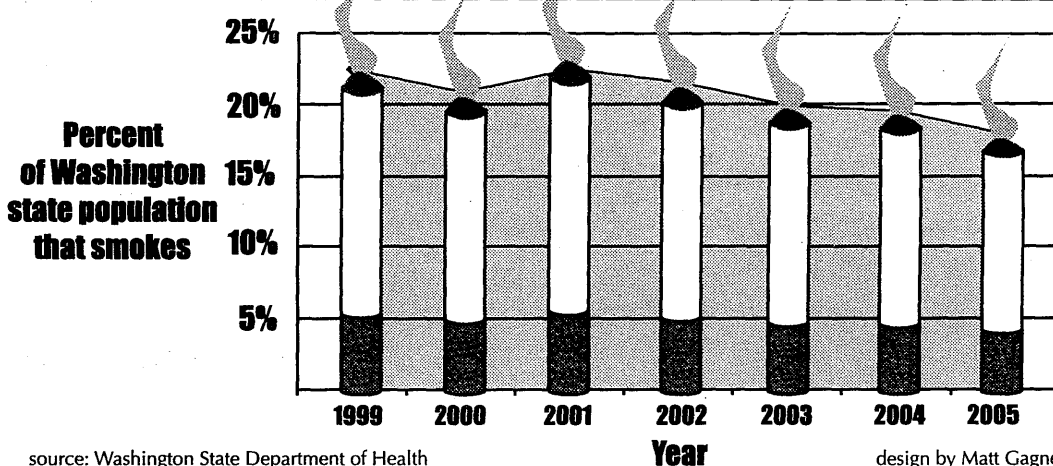
see **SMOKING** page 7 ▶



photo by Matt Gagne THE WESTERN FRONT

While quite a few smokers struggle with the habit, some, like Grand Avenue Alehouse bartender Laura Nelson, above, are still die-hard puffers. Washington state ranks fifth in the nation with the lowest smokers at 17.8 percent of the adult population. The state recently banned smoking indoors and new aids to help quit are available.

Decrease in smoking for Washington state from 1999 to 2005



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► SMOKING from 6

During the assessment health center staff analyzes the student's smoking habits and behaviors. Behavior modification processes and strategies to begin the process of cutting down and eventually quitting are then put into place for the smoker to use in order to avoid situations in which they would normally light up.

"We discuss why the student likes to smoke and why he or she wants to quit. It looks at what your triggers are...with a cup of coffee, between classes in Red Square," said Catharine Vader, RNC, the self-care coordinator of prevention and wellness services at the health center. "It helps the person come up with a game plan of what they are going to do during those trigger times before they even quit."

But for some students strategies are not enough for them to succeed in curbing their cravings, for those students there is another option.

After going through his plan for quitting and discussing the pros and cons of his addiction Gleeson was prescribed a generic version of a drug primarily used to treat depression called bupropion in order to subdue his cravings for nicotine.

Anti-depressants such as bupropion, marketed in sustained release form as Zyban and Wellbutrin, are nicotine-free prescription medications that have been found by patients taking them for depression to simultaneously suppress their desire to smoke cigarettes.

Gleeson agreed to try the drug, but was skeptical.

"I had never taken an antidepressant before Wellbutrin and I knew that it wasn't something I wanted to get hooked on, so I was a little worried at first," he said.

But after taking bupropion for just one week, Gleeson's cravings for cigarettes had subsided and by his second week he had lost all interest in smoking.

Although these type of results are not 100 percent typical, bupropion has a significantly high proven success rate among smokers, especially those who

"I wanted to quit because I was sick of not being able to walk to school or up a flight of stairs without having to stop and catch my breath."

*- Ryan Gleeson
Western junior*

have tried to quit numerous times.

According to a study conducted in 2001 by researchers at Oregon Health Sciences University, smokers who tried bupropion a first time usually experience a better than 30 percent long-term success rate — compared to 6 to 8 percent, the success rate of the average smoker who tries to quit cold turkey.

The medication works to curb

nicotine cravings by replacing some of the stimulant effect of nicotine. Bupropion is a stimulating-activating anti-depressant involving the dopamine, norepinephrine and serotonin neurotransmitter systems.

"Many smokers also comment that cigarettes don't taste as good when they take bupropion," Gibson said

Since bupropion went on the market as an a smoking cessation aid there have been other advances using the same basic idea of the drug in order to bring the success rate even higher. The FDA recently approved a new drug called Chantix.

Unlike anti-depressants used to cease nicotine addiction, Chantix acts on areas of the brain affected by nicotine. With a success rate at 44 percent, Chantix may also prove to make withdrawal symptoms less intense and block the effects of nicotine if people resume smoking, according to the Office of Drug Evaluation II and Center for Drug Evaluation and Research.

But the Health Center will not prescribe Chantix any time soon because the FDA only approved the drug in the last few months, Vader said.

"We are not quick at the Health Center to jump on the new drug band wagon, especially given the cost of brand new medications," she said.

Health Center staff maintains the most important factor for students to consider when starting smoking is that nicotine is one of the most highly addictive drugs and that the accessibility of cigarettes compared to alcohol and other drugs makes them one of the most difficult drugs to combat.

Up in smoke: smoking in the United States

Smokers in the United States: 20.9% of adults

Approximately 80% of adult smokers started smoking before the age of 18

Every day, nearly 3,000 young people under the age of 18 become regular smokers

18-24 year-olds make up 23.6% of smokers in the United States

Average price of a package of cigarettes in the United States: \$3.81

Average wholesale price for bupropion is approximately \$2/day

Success rate of smokers who quit cold turkey: 5%-7%

Success rate of smokers who quit using alternative methods such as gum, or patches: 10%-30%

Success rate of smokers who try to quit using bupropion: 33%

Success rate of smokers who try to quit using Chantix: 40%

source: Washington State Department of Health

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Going

abroad

Finding peace

Entering Peace Corps a valuable life experience for staff and alumni

Kyra Low
THE WESTERN FRONT

The Peace Corps. For many these words inspire visions of third world countries, dusty desserts or cool beaches. For others it results in a feeling of pride or wistfulness for a dream of helping others. For some Western staff and alumni, it brings back memories.

"Western always had that tradition here. It's the combination of interest in other parts of the world and service to others," said Susan Anderson a counselor for Western's Career Center Services.

Anderson isn't just a mouthpiece for the Peace Corps — she's a former volunteer.

Anderson went to Lesotho, a small country in Southern Africa, 30 years ago with her husband to serve as teacher trainer.

"I would have never picked it, but it turned out to be the best place," she said.

At 5,000 feet at the lowest point, Lesotho's weather is like New Mexico, Anderson said.

But the people were friendly and welcoming, she said.

"People were so tolerant, they made it really easy. The hardest cultural adjustment was coming back," she said. "You think everything will be the same but something really really changed and was you."

Anderson recalled one of her first experiences after returning to the United States — going into a supermarket to buy peanut butter and encountering an entire shelf of choices.

"In Africa it was simple — it was there or it wasn't," she said. "There was more in that store than for miles in the village."

Anderson's taught science her first year at a high school. For the next two years she worked at an elementary school.

"I would travel by horse to watch lessons," Anderson said. "It was mostly student teachers but I would also give workshops for teachers trying to update their skills."

Anderson is not the only Western staff member who has participated in the Peace Corps. Eric Smith, the student services coordinator for the Asia University America Program, has also traveled abroad in service.

A year after graduating from Western, Smith, seeking adventure and overseas experiences, traveled to Mongolia in 1997. He worked as an English teacher at the secondary school in a small community of about 4,000 called Ikh Tamir.

The language barrier was an obstacle, Smith said.

"I hadn't worked on any Mongolian before I got there," he said. "There aren't a lot of opportunities to

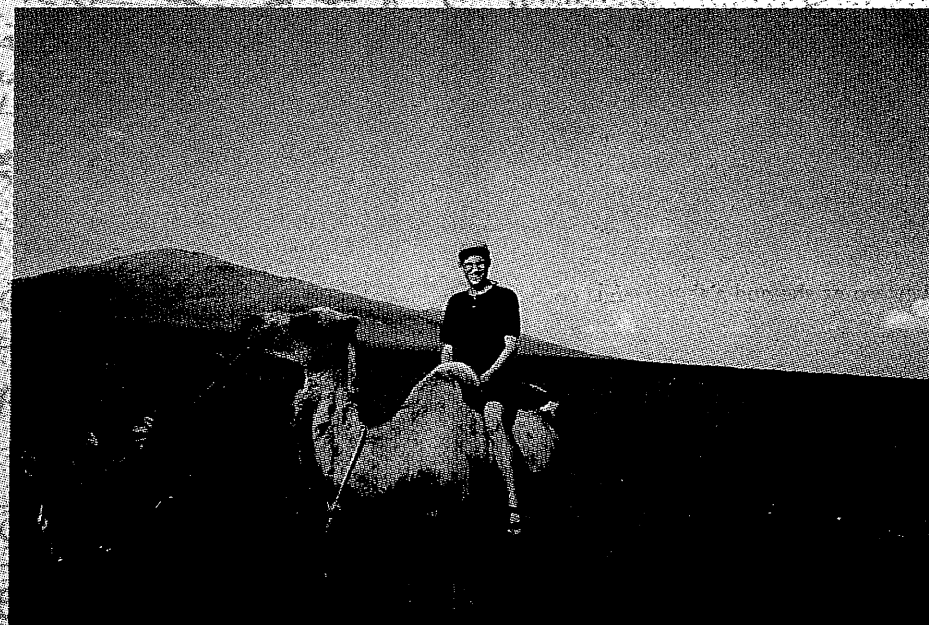


photo courtesy of Eric Smith

Eric Smith, the student services coordinator for Western's Asia University America Program sits atop a camel in Mongolia during his Peace Corps stay there.

speaking here."

Connecting with the people, however, was unproblematic.

"They were very easy going and generous," he said.

Western alum Mike Woods is currently serving in Honduras where he works with three elementary schools, two kindergartens, a middle school and high school, a health center and an NGO — a non-governmental organization — called Shoulder to Shoulder, Inc.

"I chose Peace Corps because I felt that 'life was calling' and I knew I wanted to work with youth from other cultures and Peace Corps offered that opportunity," Woods said in an email. "I also knew that Peace Corps would by far be the biggest challenge I had ever confronted in my life thus far — just think...leaving behind your friends, your family and all that you have ever known."

Volunteers have a lot to consider before entering the Peace Corps, and the first is time. A volunteer has six to 12 weeks of training and then placed in a country for two years, Anderson said.

"Students interested should talk to as many people as possible. Go into it with your eyes open, be flexible," Anderson said. "You're never going to be 100 percent sure. It's like going to Western, you may not have been 100 percent sure."

Anderson still gets mail from people she met in Lesotho more than 30 years ago.

"Developing those relationships that last a lifetime. There's something really special about that," she said. "It never ended."

Two kisses or three?

Western students learn about the world by studying abroad

Erica Ham

THE WESTERN FRONT

When Western junior Michaela Rollins studied abroad in St. Petersburg in the summer of 2004, she learned to adjust to globs of sour cream on entrees, to tying her shoes without placing her foot on a chair and to wearing a rag over eyes at night because of Russia's White Nights.

Rollins found she had to deal with not only the language barrier, but with the differences in customs and ways of life. She learned Russians consider it impolite to place one's feet on high surfaces, after being scolded by her host-sister for using the chair to tie her shoe.

During the 2004-2005 school year, more than 445 Western students studied abroad in more than 60 countries, according to Western's International Programs and Exchanges.

Study abroad students must learn to accustom themselves to the culture of the places they visit. In countries such as Japan and China, it is polite to make loud slurping noises while eating. And in Spain and the Netherlands, they give acquaintances kisses on the cheek upon greeting — in Spain, they give two kisses and in the Netherlands, three.

Today, Rollins brings the Russia that she fell in love with back to her Birnam Wood apartment at Western as she and a few friends celebrate the Russian spring-welcoming holiday, Maslenitsa. Rollins mixes flour and eggs together to make traditional Maslenitsa food, blini, which are like thin pancakes that can be filled like burritos with anything from ham and cheese to jam. Her mix of Russian music fills the room with the disco-pop of Umaturman (named after actress Uma Thurman) and the ska-punk of Leningrad.

"It's been a month since I've cooked these," Rollins said from the kitchen as she poured blini batter on to a pan. "They have a proverb in Russia: when something's hard to do, they say 'this was like making my first blini.'"

Western alum Tim Wellman and Will Lasky, 27, sit at a table around tea, hard pretzels and biscuits and talk about Russia's post-communist economics, the meaning of freedom and how the music reminds them of being back in North Asia.

Wellman, who took Russian classes before he left for Russia, said he still found it hard to understand spoken Russian. When Wellman arrived in Russia, he asked his host mom the directions to the grocery store so he could buy some laundry detergent, but he didn't understand what she said. He walked up and down the streets searching for the store until he came across a meat shop.

"I knew how to say 'I'm looking for' in Russian, so I looked up laundry detergent in my dictionary," Wellman said. "Then I asked the woman at the desk, and she replied, 'Well, you can't find it here.'"

Wellman said he now understands why people tend to hang out with other people from their own country when visiting a foreign place.

"Looking back I should have made more Russian friends," Wellman said. "It's just such a relief to speak your own language when you're surrounded by a different one."

Before going to another country, it is necessary to do some research — though too much may

impede one's experience in the country, said 2004 Western alumna Megan Stidolph, who has been to most of Western Europe, Cambodia, Thailand, Costa Rica and Italy.

"If you bombard yourself with research, you're gonna go with preconceived notions," she said.

Stidolph studied for a year in Italy in 2004 and found that the language barrier made her feel isolated. Because she didn't speak much Italian when she arrived in Italy, she found it hard to communicate.

"The second you spoke English, they didn't take you seriously," Stidolph said.

She enrolled in an intensive Italian program, a four-hour-a-day class, which consisted of trips to cafes, churches and walks through the city where she could only speak Italian.

When Western sophomore Kim Ngan-Huynh visited Bien Hoa, Vietnam for a month in 2001, she knew how to speak Vietnamese — something she had retained from the first seven years of her life that she spent in Vietnam.

Twelve years ago, Ngan-Huynh moved to Olympia from Vietnam, knowing only how to say the alphabet and a few simple words like apple in English. Now she speaks English as if it was her first language, though, she still remembers some Vietnamese.

"I can speak Vietnamese conversationally," she said. "I just can't have deep conversations."

When talking about Vietnam, Ngan-Huynh talks frequently about her three younger siblings and her mother and father, who play in a traditional Vietnamese folk band together — her father on electric guitar and her mother singing vocals. Ngan-Huynh said that in Vietnam they regard age highly, and the older one is, the more respect they receive. They even have different titles of greetings for people of different age groups.

Western senior Zerina Bermudez, who went to Manila with her family in 2003, had the benefit of having her dad with her, who is fluent in Tagalog, the official language of the Philippines. Although Bermudez had her dad to help her speak with the Filipinos, she found some of the smaller cultural differences hard to adapt to, such as the shower facilities.

During her visit, Bermudez stayed at her father's friend's house where the bathrooms had shower knobs she had to adjust to by bending over, and then she had to collect water — cold water — in a bucket to rinse over her head.

One of the narrow streets in Italy where Megan Stidolph studied in 2004. Stidolph took a crash course in Italian so that she could talk with those around her.

photo by Megan Stidolph

"It was kind of refreshing, though, since the weather was hot," Bermudez said. "It's just a shock at first because we're used to warm water. After going there I realized how I took for granted having showers and air conditioning."

Richard Bruce, the International Programs advisor for Western's International Programs and Exchanges, suggested that students interested in studying or traveling abroad stop by Western's study abroad office and talk with the peer advisors who can share experiences from their visits to other countries.

Bruce recalled a time from his travels in Japan when he suffered from a language barrier. He was spraying water on the window sill and didn't realize some water had dripped to the downstairs apartment onto his neighbor's clothesline. The woman came upstairs to explain what happened, but because Bruce could understand very little Japanese at that time, it took him a while to realize what she was saying. He said he could pick up through her body language that she was angry, and when he finally figured out what she was saying — through her pointing to the deck and reenacting it — he apologized and offered to pay for any damages.

"You're bound to make mistakes. You have to learn how to say you're sorry," Bruce said. "Learn how to apologize profusely."



Completing the circuit

Western recycling program keeps old computers from entering landfills

Codi Hamblin
THE WESTERN FRONT

On a shelf, deep inside Western's commissary building, sit unusable computer parts waiting to be dismantled. Western senior Stacey Keller, an environmental science major, carefully pulls a large, box shaped component off of the shelf. She carries the old computer into a small room where stacks of DVD players, keyboards and boxes of computer plastic occupy most of the space.

She pulls back her reddish-brown hair into a ponytail, slips on clear safety goggles and a pair of oversized leather gloves. Crouching below the counter Keller rummages through toolboxes where she finds a screwdriver. After removing four screws she removes the plastic top of the computer, revealing a component of blue wires and a green circuit board resembling an aerial view of city neighborhoods and streets. She rips out bunches of wires and unscrews the circuit board.

Dismantling computers is part of Western's process for discarding and recycling old, unusable electronics that the university no longer uses. Western's campus is full of older and newer computers that are used almost everyday and eventually face retirement.

Dumping these electronics into landfills is illegal for businesses in Washington state. So Western has devised a process that prevents the university's electronic waste from

entering landfills.

Western has approximately 4,200 to 4,800 computers on campus, said Larry Gilbert, director of Western's Academic Technology and User Services.

"It's hard to pinpoint the exact number of computers in use because there are a lot of older computers on desks and in closets that are not currently being actively used," he said.

A typical replacement cycle for university computers is four to five years, Gilbert said. Western does not have a reason to upgrade its equipment that often because the computers the university received approximately four years ago still work with most current software, he said.

If Western receives 25 new computers, the university will typically take old computers and provide them to graduate students and part-time faculty, place them in smaller labs or use them for student/employee workstations around campus, Gilbert said.

The problem the university faces is getting rid of the old, large monitors, he said. Western now purchases flat-screen monitors instead of the old box monitors. And these days, individuals and organizations do not want large monitors anymore, he said.

Western used to participate in a

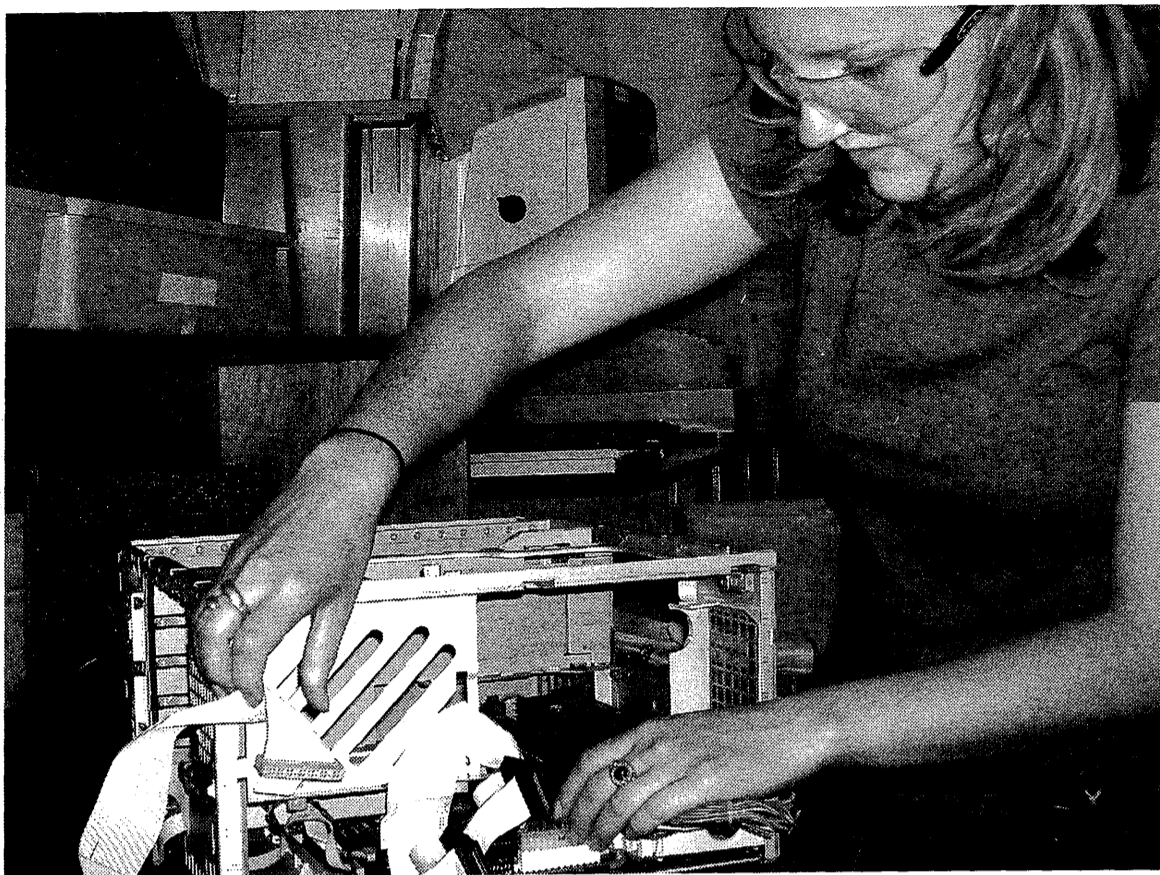


photo by Codi Hamblin THE WESTERN FRONT

Western senior Stacey Keller takes apart an old Western computer for recycling, a part of a process to keep used electronics from entering landfills. Dumping electronics into landfills is illegal in Washington state.

program called Computers for Kids, said Jack Herring, central services supervisor I at Western's Equipment Inventory Control. Computers for Kids is a state program that provides used, working computers to public schools throughout Washington state.

The university used to work exclusively with the organization when getting rid of older computers, Herring said. But he said the program's standards became too stringent.

"We would have a 15-inch monitor to give them, but they wouldn't take anything less than 17 inches," he said.

Computers faculty and students cannot use anymore are sold or recycled.

Most of the computers no longer used around campus are sold to private companies or non-profit organizations, Herring said.

Western's Environmental Health

see **COMPUTERS** page 11 ▶

Computer and electronic recycling facts

▶ More than 20 million personal computers became obsolete in 1998 and only 13 percent were reused or recycled.

▶ Electronic circuit boards, batteries, and color cathode ray tubes (CRTs) can contain hazardous materials such as lead, mercury and hexavalent chromium. If improperly handled or disposed, these toxins can be released into the environment through landfill leachate or incinerator ash.

▶ In just one year, more than 112 million pounds of valuable materials were recovered from disposed electronics for recycling and reuse. Materials includes steel, glass, plastic and precious metals.

SOURCE: EPA

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► **COMPUTERS** from 10

and Services Department takes computers that are no longer operable to dismantle and send to Total Reclaim, a Seattle recycling company, to recycle the parts, he said.

"Getting rid of computers is an ongoing process and is not a fixed cycle," Herring said. "It just depends on the condition of the computers."

Student employees at Environmental Health and Safety, like Keller, take apart the computers that can no longer be used, said Sue Sullivan, a safety professional

"There is very little that actually gets thrown into the solid waste stream after we are done dismantling the computers"

*- Sue Sullivan
Western safety professional*

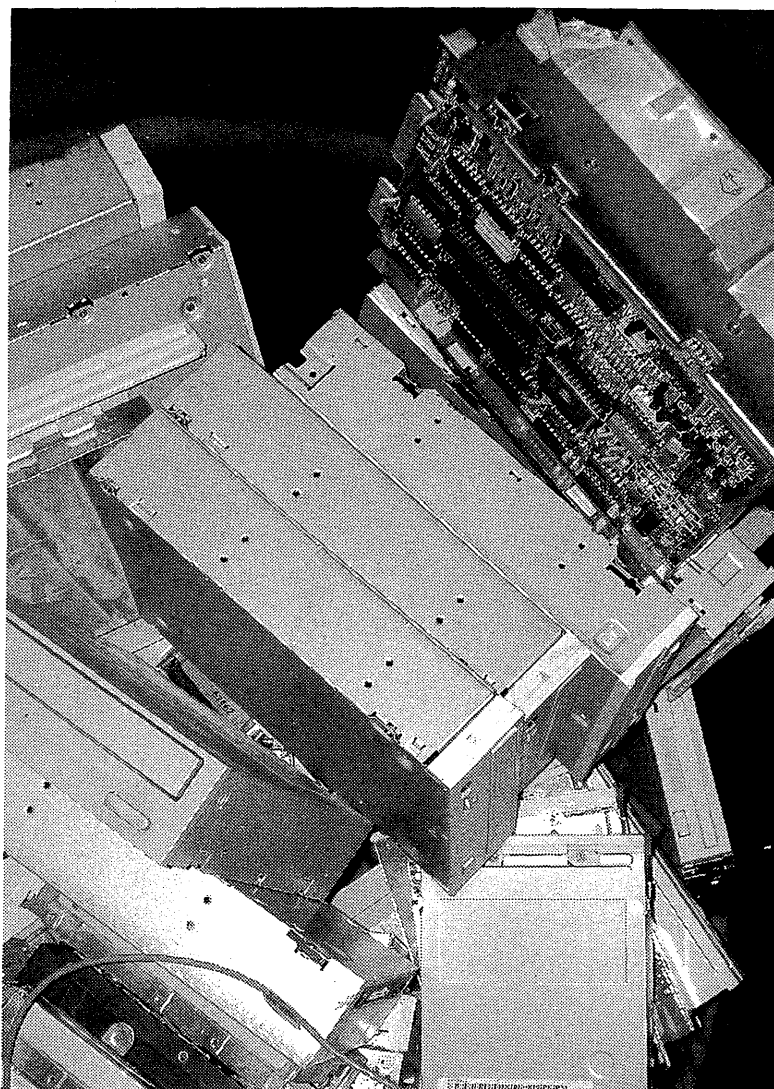


photo by Codi Hamblin THE WESTERN FRONT

Old CD drives are piled up in a container before they are shipped off for further dismantling and recycling. Western has between 4,200 and 4,800 computers on campus, all of which will need to be retired someday and replaced by new ones.

at Western.

The central processing unit — a device in the computer that controls its functioning — and keyboard need to be dismantled for recycling, she said.

Large monitors consist of a cathode ray tube — a device that puts the image on the screen — that carries a high lead content, Sullivan said.

Keyboards are also important to recycle because they have circuit boards that may contain lead, cadmium and other regulated materials, Sullivan said. Discarding of the metals properly is important because they are considered hazardous waste and regulated by the Environmental Protection Agency and Department of Ecology, she said.

When employees dismantle the CPU, they remove the circuit boards, power supply, CD and DVD drives and send the parts to Total Reclaim, she said.

The plastic shell is also recycled at Total Reclaim and the metal casing is recycled as scrap metal, Sullivan said.

"There is very little that actually gets thrown into the solid waste stream after we are done dismantling the computers," she said.

When electronic equipment arrives at Total Reclaim each item is disassembled for shipment to destinations where it can be put back into the production of new products, said Craig Lorch, vice president of Total Reclaim. These destinations are both within the United States and around the world, he said.

"[Total Reclaim] works to ensure that all of the materials from computers end up being recovered, and used as raw material to manufacture new products," Lorch said. "Less than five percent of the material we receive ends up in the waste stream."

The proper management of computer monitors is the issue of greatest concern to most people because of the presence of lead in the glass and on the circuit boards, Lorch said. Monitor screens — which contains lead — are broken, all steel components are removed and the glass is shipped to LG Phillips in Brazil for use in new television screens, he said.

The circuit boards are removed and are sent to a precious metals refiner in Belgium that extracts lead, copper, gold, silver and platinum, he said.

Lorch said it's important to dispose of computers properly for two reasons. First, there are potentially hazardous materials contained in the equipment, but nearly as important is the recovery of valuable raw materials that would otherwise go to waste, he said.

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Looking for God(dess)

Western students come from all faiths

Religion on campus

Associated Students religious clubs

Baha'i
Baha'i Campus Association

Buddhist
SGI-USA Buddhist Group

Christian
Campus Christian Fellowship
Campus Crusade for Christ
Campus Episcopal Ministries
Catholic Youth Organization Club
Chabad Jewish Student Organization
Elevate
The Inn Ministries
Latter Day Saints Student Association
Live Differently Network
Lutheran Student Movement
Newman Catholic Campus Ministry
Restoring Eden (Christian)
Rock for Life (Christian)
United Ministries in Higher Education
The Way Christian Fellowship
University Unitarians (Uni Uni)

Jewish
Hillel of WWU

Muslim
Muslim Student Association

Pagan
Pagans and Students Together

For more information about all of the religious clubs visit www.as.wvu.edu/programs.

Allison Rock
THE WESTERN FRONT

For the last three years the University Unitarian group has been making a point to become more visible on campus, Kelly Aleen said. The groups whose practices are based from mainly Jewish and Christian beliefs abide by seven main principles, including acceptance of all people, creating a society with liberty, peace and justice, and the search for truth and meaning.

Through the Associated Students, religious clubs and organizations have been able to practice their beliefs on campus with other worshipers and find new members. Religious groups have been able to sustain and grow steadily in the past. But some students may be unaware of the large variety of religious groups available on campus.

The Latter Day Saints Student Association has a long history at Western. Founded in 1973 the group now sustains about 120 active members. The Latter Day Saints Institute across the street from the Ridgeway dorms was specifically built for students at

Western and offers religious classes each day during the regular school year.

"It's a comfortable place for young people to come together who share the same values," Institute Counsel President, Cody Bloomquest said.

Brother Nelson, director of the student program, encourages everyone to come to Friday night socials, where about 10 to 20 percent in attendance are non-members.

While the Muslim Student Association has only been on campus for two years it has had about 12 members each year. Club president and founder Kamran Raham said he wants anyone to come to meetings whether students have grown up in strict or liberal Muslim homes, or those who are not Muslim at all.

"It's a real progressive liberal group that doesn't impose anything on anyone," he said.

Another growing group on the Western campus is Pagans And Students Together, or PAST. Pagan is the universal



Western students gather around the maypole on Beltane last spring to celebrate the Pagan holiday. Clubs and facilities around the campus give students a wide variety of options to fulfill their spiritual needs. photo courtesy of Barbara Martin

term for religions that worship the elements of the earth. PAST president, Riley Sweeney, who has been involved with the pagan religion since high school said PAST has no intention of converting people.

Becoming Pagan it does take time Sweeny said. Typically Pagans will wait a full year and a day before fully converting. Throughout the year the Pagan group holds many religious ceremonies the most important is the Harvest Festival on Oct. 31. Meetings usually feature a member who will speak and has spent time studying a particular aspect of

the religion.

The Chabad Jewish Student Organization has been at Western in some form since the early 1990s. The group spends a large amount of time focusing on three main goals, social action which includes charitable work, studying the Jewish religion, and educating others about traditional Jewish culture, Yeal Shuval, said.

In the last year the group has grown to about 35 members and meets at the Shalome Center across from the Ridgeway dorms at 7:30 p.m. on Tuesdays.

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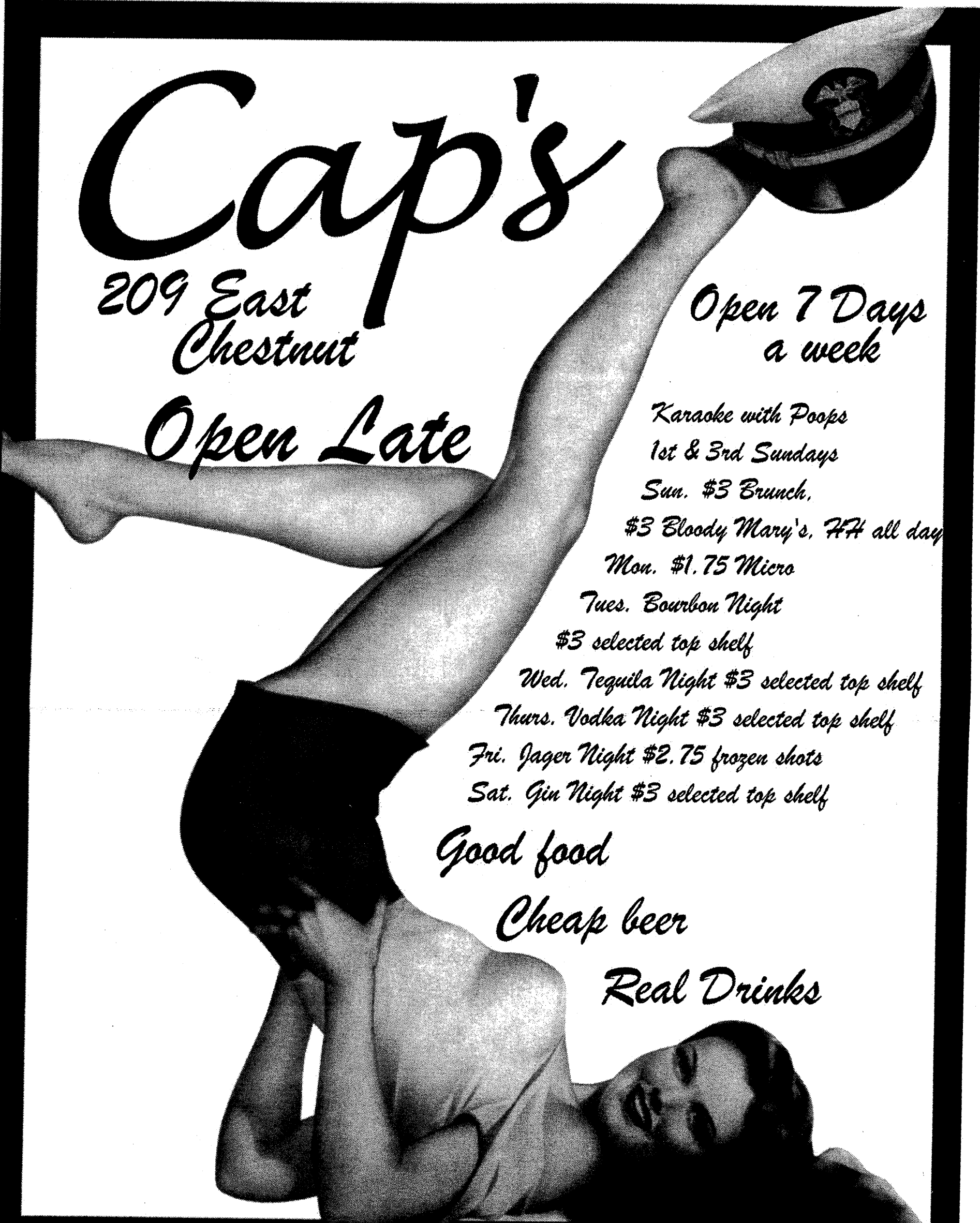
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The specter of anorexia

Lance Henderson
THE WESTERN FRONT

Georgina Holmes, a 21-year-old Western junior, has been dealing with an ominous specter for most of her life. She ran through the night. She ran every night, but poor body image was always half a step behind her.

"I would always do my jogging at night," Holmes said. "That way no one could see me."

It didn't matter how little she ate or how much weight she lost, she said. In the eyes of the anorexic, it is never enough.

"I never wanted to research it because I knew I was wreaking havoc on my body," Holmes said.

According to the National Eating Disorders Association, anorexia nervosa is a serious, potentially life-threatening eating disorder characterized by self-starvation and excessive weight loss.

As Holmes' self-starvation continued she said she became increasingly desperate. But Holmes insists that anorexia is very much an act of desperation, and at one point her body had enough.

One night after a round of induced vomiting, Holmes' esophagus ripped under the stress of constant deterioration caused by her stomach acids.

"I started throwing up all this blood," she said.

Adequate nutrition is one of the building blocks of being healthy, said Western's Registered Dietician Jill Kelly.

"Generally your body will send signals when hungry," she said.

Kelly said it is healthiest to listen to the signals by eating a balance and variety of whole grains, fruit, vegetables, proteins and plant fats.

Lack of food deprives the body of total energy, protein, and essential fatty acids and prevents normal metabolism, she said. The effects can include: an irregular heart beat, ceasing of menstruation, dehydration, the growth of a fine body hair called lunago on the face and arms, wasting away of muscles, constipation or bowel irritation, and osteoporosis, Kelly said.

But Kelly said every body is different and therefore healthy eating habits are not specific, but she can help students discuss their individual nutrition needs and provide ideas for making beneficial modifications to daily food intake.

Holmes said she has dealt with her anorexia since she sought treatment when she was 18.

"It was about middle school that I became very aware that I was the chubby kid," Holmes said.

Although poor body image had been with her all her life, Holmes said things really escalated in high school.

"It didn't help that I had very thin friends that always had dates," she said.

Competing with some of her thinner friends, Holmes said she began to starve herself to achieve her goal of decreased body fat and therefore increased date-

ability.

"I kept telling myself if I lose all this weight, then Prince Charming would come along and save me," she said.

Deena Rathkamp, a counselor at Western said many of the women she talks to starve themselves in hopes that they will become ultimately thin and thereby attractive, self-confident, loved and live happily ever after.

"But I've yet to see that happen," she said. "Beauty is ever evasive, and is not all it's cracked up to be."

Rathkamp defined healthy eating habits as being able to eat when hungry and stop eating when satisfied. Normal eating, she said, is eating sometimes just because one is happy, sad, bored or just because it feels good.

"Strict eating rules and behaviors, over time, can turn caring individuals into selfless shells of people who feel empty inside," she said.

Rathkamp said she can work with students to move away from these feelings and into a more positive self-image.

The complexity of anorexia requires a comprehensive treatment plan, Kelly said. A psychiatrist or psychologist can help those with anorexia overcome low self-esteem and address distorted thought and behavior patterns, she said.

"Generally, the sooner the issue is addressed, the better the outcome will be," Kelly said.

Rathkamp said the road back from

Anorexia danger signals

- ▶ Losing a significant amount of weight
- ▶ Continuing to diet (although thin)
- ▶ Feeling fat, even after losing weight
- ▶ Fearing weight gain
- ▶ Losing monthly menstrual periods
- ▶ Preoccupation with food, calories, nutrition and cooking
- ▶ Exercising compulsively
- ▶ Bingeing and purging

Physical complications

- ▶ Hair loss, dry skin, bruises
- ▶ Gaunt, hollow facial features
- ▶ Shrunken breasts
- ▶ Sharply protruding bones
- ▶ Cold and blue hands and feet
- ▶ Delayed puberty
- ▶ Irregular or no menstruation
- ▶ Infertility
- ▶ Permanent bone loss, susceptibility to stress fractures and osteoporosis
- ▶ Mood changes: impatience, irritability, depression, suicidal tendencies
- ▶ Insomnia, constipation, sensitivity to cold, kidney failure, abnormally low heart rate and blood pressure

source: Boston College Eating Awareness Team

anorexia nervosa is about discovering basic wants and needs in life.

"Recovering is a process of reconnecting with your feelings and treating yourself with greater compassion and nurturance instead of abuse and self-denial."

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Outdoor Center looking to make activities even more affordable

► **OUTDOORS** from 1

how to perform repairs.

"For \$2 you have free access to the tools and our specialists will work with you, but not do the work," Collins said.

To start off the quarter the center has organized a free group bike ride of Bellingham's Southside led by a center trip leader, scheduled for 1 p.m. to 2:30 p.m., Sept. 26.

And the staff can recommend more hot spots.

"Come in and talk to the staff," said Collins. "Talk to the people that do this everyday and you will get more than you bargained for."

The center also offers a free resource area stocked with maps, books, and videos on all kinds of outdoor activities. Students can rent books and videos free of charge that cover skiing, snowboarding, mountain biking, kayaking, hiking and climbing, Collins said.

"If you are going to climb Mount Baker and want to do some particular pitch, you can come in and look at that on video and talk to the staff about it," he said. "We have had two great Mount Baker climbs in the past month. We provided everything we could to make this happen."

The Outdoor Center staff is committed to expanding recreation opportunities for students and is working to attract newcomers and campus groups to its programs with a new marketing campaign, Collins said.

Making recreation affordable is the goal of the new Outdoor Center coupon program that offers free and discounted rentals and activities, such as a free bike shop use coupon, a two for one bike clinic coupon, discount kayak rentals and discount T-shirts, Collins said.

"We absolutely do anything to provide access to non-traditional groups," he said. "For some campus groups we

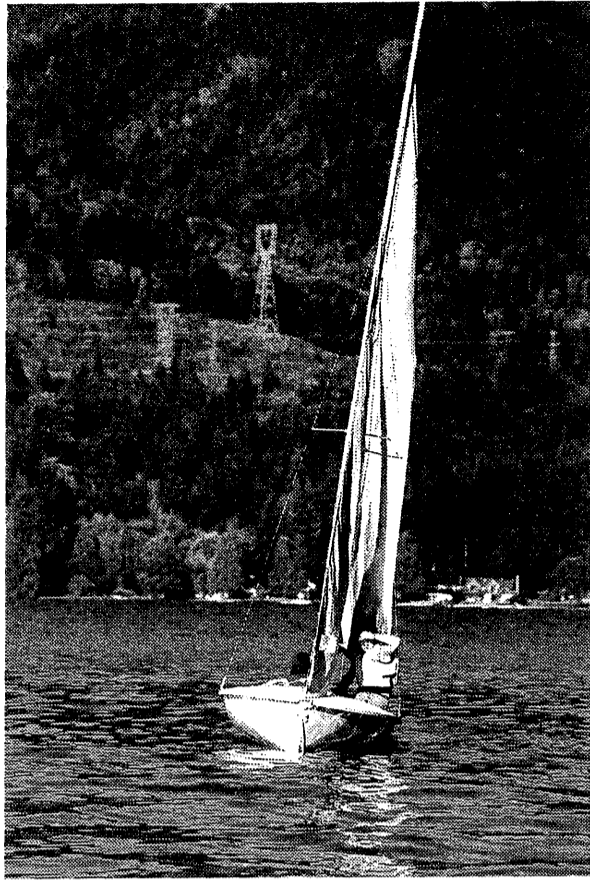


photo by Graig Hill THE WESTERN FRONT

Western senior Clover Muters and alum Angela Martin enjoy a sunny summer day sailing on Lake Whatcom they rented from the university's Lakewood facility.

haven't been affordable. That's changing."

Another goal of the campaign is to expand the services of the challenge course at Lakewood, Collins said. Use of the course is pre-arranged through the Outdoor Center and Lakewood and participants work with course facilitators on group initiatives and on personal challenges in a non-competitive environment.

The course is comprised of low and high elements

— low for individuals and high for groups. In the Mohawk Walk, groups attempt to cross a suspended cable strung between a series of trees, Schuster said.

"Each element is designed to get the group to work together to solve a problem," Schuster said. "Some of it is just to have fun and it's a way of getting closer to each other and building better working relationships."

The center is in search of leaders. Training is free and some positions are paid.

"We need more students involved in the challenge course," said Collins. "We are always looking for good trip leaders for our excursions like climbing, biking, skiing, backpacking, rafting and kayaking trips," Collins said.

Lakewood

Lakewood is Western's waterfront facility on Lake Whatcom. Lakewood rents kayaks, canoes, sail boards, row boats, and sailboats. Visitors can go out on the lake on boats, swim, play volleyball on the sand court, have a picnic and barbecue, or relax in the McDonald Lounge. The lounge is also available for rent for special events.

Lakewood is also home to the Western men's crew team and the co-ed sailing team. Cruse said the sailing team holds a regatta race about once a season.

Ryan Cruse, senior in environmental policy, whom has worked at Lakewood for about a year and a half, said visitors to Lakewood often come to rent the kayaks and small sailboats or just to swim off the docks.

Lakewood is open to students, alumni, faculty, staff and their families and operates spring, summer, and fall quarters but is closed winter quarter. Boathouse attendants offer minimal instruction, Lakewood Manager Jeff Davis said.

"Even people that have never tried boating before have fun," he said.

Students can take sailing as a one credit class that meets at Lakewood twice a week, Cruse said. Private sailing lessons are offered at Lakewood and cost \$40 for four, two-hour sessions. Lakewood requires some sailing experience to rent sailboats, but kayak row boats and canoe rentals do not require experience.

Welcome to Bellingham's neighborhoods!



Connect with your neighbors at these local events

York Neighborhood Association Picnic

Saturday, September 23, 3:00-6:00 p.m.

Franklin Park, one block south of Lakeway Dr.

York Neighborhood Association Meeting

Tuesday, October 3, 7:00 p.m.

Garden Street United Methodist Church, 1326 N. Garden St.

For more information contact Anne Mackie 738-0542

Sehome Neighborhood Association Meeting

Tuesday, September 26, 6:30 pm

Whatcom Educational Credit Union Education Center, 511 E. Holly St.

For more information, contact Allen Matsumoto 671-7076

Not sure what neighborhood you live in?

Download a Bellingham neighborhood map at www.cob.org/documents/gis/maps/cob_nhoodmap.pdf

Looking for off-campus living resources and tips?

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Look for Us in the Community

Volunteering can open doors for students

► **VOLUNTEER** from 1

Her job is to help with poverty, and part of the program is to live off the same wage as the people she works with, Clapp said. Helping with projects that might not have funding but benefit from a person's time is important, she said. Volunteering with AmeriCorps was the right choice for her after college to network and give back to the community, she said.

In addition, when students volunteer, the Whatcom Volunteer Center provides secondary insurance to those that keep track of their hours, Clapp said.

"We provide secondary insurance," Clapp said. "It covers injury and a bit of secondary auto insurance, whatever isn't paid by your insurance."

Kira McKenzie, a sophomore at University of Washington began volunteering because it was a service

requirement for Seattle High Schools. After fulfilling the requirement McKenzie continued to volunteer for the Crisis Center in downtown Seattle. She volunteers for Teen Link, a division of the Crisis Center where she answers the phones, she said. Approximately 50 percent of the calls are relationship issues, and a relatively small number are actual suicide calls, she said.

McKenzie said the job's goal is to empathize with the caller and let them do the talking. Teen Link operators are taught not to give advice, but to help them help themselves, she said.

"Every time you do get a call with someone

who's in a domestic violence situation you're able to help them, that's rewarding," McKenzie said. "If I have to be there for hours and only help one person, that's worth it knowing that I helped that one person."

Whatcom Volunteer Center

725 N. State St.
734-3055
whatcomvolunteer.org



photo courtesy of Addy Clapp at the Whatcom Volunteer Center

Volunteers help work on the YMCA Daycare Center in downtown Bellingham.

When joining an organization and helping them by volunteering many benefits happen, McKenzie said. She has the opportunity to promote the Crisis Center at shows and events around Seattle that otherwise she would not have had the

chance to do, she said.

"There's many fields that are hard to get into, and if you volunteer your time you can get the job experience than you could not get any other way," she said.

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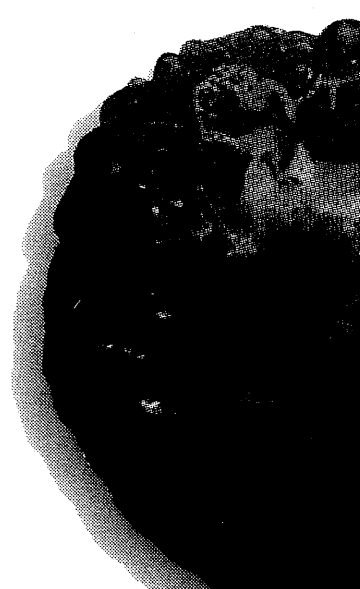
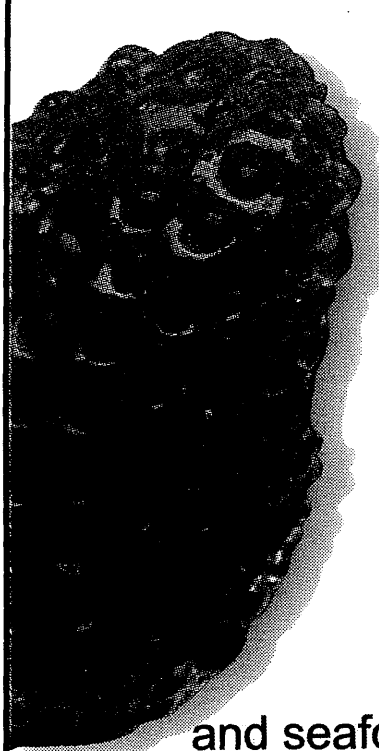
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**Contrasting Objectives:
15 Pacific Northwest Photographers**
ARCO Exhibits Building Gallery
Ongoing through Sept. 10

Rodin, In His Own Words
Whatcom Museum
Ongoing through Dec. 10

Shoot the Family
Western Gallery
Oct. 2 - Dec. 1

live music

Tonight
Buju Banton w/Assassin & New Kidz
Nightlight Lounge • 6 p.m. door
21 and over • \$20

Weekly Blues Invitational Jam
Wild Buffalo • 8 p.m.
21 and over • FREE

**Woody Guthrie & Gene Autry
Memorial Jam**
Green Frog Cafe • 9 p.m.
21 and over • FREE/donation

Wednesday, Sept. 27
Acoustic Oasis Open Mic
Wild Buffalo • 7 p.m.
21 and over • FREE

Mofro w/ Beautiful Girls
Nightlight Lounge • 6 p.m. door
21 and over • \$10

Scott Greene
Green Frog Cafe • 9:30 p.m.
21 and over • FREE/donation

Thursday, Sept. 28
CR Avery Band
Green Frog Cafe • 9:30 p.m.
21 and over • FREE/donation

Kitty Kitty
Boundary Bay Brewery • 6 p.m.
21 and over • FREE

Sway and Megatron
Wild Buffalo • 9 p.m.
21 and over • \$8, \$5 student

Friday, Sept. 29
**Ben Kweller w/ Sam Roberts & The
Lonely H**
Viking Multipurpose Room • 7 p.m.
All ages • \$16, \$12 student

Berth
Three Trees Coffeehouse • 7 p.m.
All Ages • FREE

Clumsy Lovers
Nightlight Lounge • 8 p.m. door
21 and over • \$12

Gertrude's Hearse
Green Frog Cafe • 9:30 p.m.
21 and over • FREE/donation

The Margaret Wilder Band
Wild Buffalo • 9 p.m.
21 and over • \$8

readings

Tonight
Willa Schneberg
Poetry, Storytelling in Cambodia
Village Books • 7:30 p.m.
All ages • FREE

Wednesday, Sept. 27
Mary Getten
Communicating with Orcas
Village Books • 7:30 p.m.
All ages • FREE

Friday, Sept. 29
Wayne Bernhardson
Moon Handbooks-Patagonia
Village Books • 7:30pm
All ages • FREE



Miguel Calderon's Family Portrait, 2000, is one of about 50 works of art at the Western Gallery's Shoot the Family exhibit.

Artist: Miguel Calderon, photo courtesy of Shoot the Family

Photos bare all sides of families

Shoot the Family photography exhibit comes to Western

Codi Hamblin
THE WESTERN FRONT

Four men with black stockings over their heads gather around a small wooden table. The table is filled with empty plates and teacups, and the men with dark heads are laughing together.

This photograph, titled Tea Party, is the family portrait of artist Yasser Aggour, who is one of 16 artists to be featured in the Western Art Gallery's exhibit called Shoot the Family. The exhibit opens Oct. 2 and goes through Dec. 1.

The exhibit consists of artists working mostly with photography, said Western Art Gallery director, Sarah Clark-Langager.

"[The artists] have taken pictures of their families and are interested in how they go about portraying their families," she said.

The photographs demonstrate how the artists view their families and how a family is defined, Clark-Langager said. For instance, someone who has only a mother will photograph her as their family; or an artist who photographs everyone in their family because that is what they perceive to be family, she said.

The exhibit is also about how a family is defined based on the

artists' cultural background, Clark-Langager said.

"There are 16 different artists from North America, Europe and Asia," she said. "So artists with different backgrounds and cultures will define their families differently."

Approximately 50 different works of art will be displayed in the exhibit with the medium ranging from photography, video and DVD.

Viewers can plan on seeing something that they would usually not expect, said Sue Scott, communications and operations manager at Independent Curator International. ICI is an independent company that puts together art exhibits that travel through the country and abroad.

"The exhibit is quite unusual," Scott said. "The show is meant to make viewers reassess their ideas about portraiture and family."

ICI organized and booked this traveling show, with dates ranging from February 2006 until February 2008. The show began in Michigan and is currently in Tennessee. Its next stop is Bellingham at the Western Art Gallery.

SHOOT THE FAMILY

Western Gallery
Oct. 2 - Dec. 1

Monday-Friday, 10 a.m. - 4 p.m.
Wednesdays, 10 a.m. - 8 p.m.
Saturday, 12-4 p.m.

Ben Kweller kicks off AS Pop Music shows

Western is popular musician's only college stop on world tour

Taylor Scaggs
THE WESTERN FRONT

If you don't like to be bothered while watching Planet of the Apes on T.V., for some odd reason sex reminds you of eating spaghetti, and you're a fan of infectious folk-pop, you'll be more than pleased with Associated Students Pop Music's selection for their first concert of the year.

On Friday Sept. 29, Ben Kweller makes the only college stop on his world tour at the Viking Union Multipurpose Room.

Kweller is touring behind his new, self-titled album,

out Sept. 19. Kweller recorded his new album solo, leaving his band behind and laying down all the instrumental tracks himself.

AS Pop Music coordinators Victor Cuellar and Hunter Motto are hoping this caliber of show can attract a large audience of mainly freshmen, which in their first week on campus can catch a good impression of what Pop Music has to offer them from the get go.

"Having music for people to go to right off the bat is important for support for future

Ben Kweller
The Lonely H
& Sam Roberts Band

Friday, Sept. 29, • 7 p.m.
\$16, \$12 w/ student ID

Viking Union
Multipurpose Room



photo by Ray Lego, courtesy of Ben Kweller

shows," Motto said. "Ideally half of the students there will be freshmen."

AS Pop Music said the Ben Kweller show just sort of fell into their lap, and it was something that they accepted with open arms.

"You'll talk to maybe 200 bands a year, and maybe one or two of those will go through,"

Motto said.

AS Pop Music was in search of bringing another band to campus when the booking agent they were in contact with said they were booking Kweller's see **KWELLER** page 14 ▶

Music for the masses

KUGS airs radio for the student, by the student

Mollie T. Foster
THE WESTERN FRONT

High above Western's campus on the seventh floor of the Viking Union building many students have never ventured into what is known as 89.3 KUGS-FM, Western's student-run radio station. Many students are unaware they can volunteer and soon be on the air themselves.

Program Director Cory Watkins began volunteering at KUGS because she thought it would be a way to meet more people at school, she said. Her assumptions were right. Now, over two years after joining the KUGS family, Watkins said she has met some of her best friends at the station.

KUGS offers many things no other radio station in town provides, said Promotions Director Oliver Anderson.

"We provide a venue for local bands to be heard outside of house parties," Anderson said. "We're noncommercial and we're tuned down to the underground. We play things we consider good music no matter where they come from and how it was pressed."

KUGS will accept demo CDs from bands, even just burned copies, he said.

"Dope music is dope music and there's no two ways about it," Anderson said.

General Manager Jamie Hoover said students should get involved if they enjoy

music and are interested in learning about new music. Volunteering at KUGS is a break in the middle of a student's busy school week, and it requires minimal experience, she said.

Anna Rankin signed up and got a Disc Jockey position this summer after three years of thinking about it, she said. She kept putting off applying because she was uncomfortable with the sound of her voice. Finally, two of her housemates convinced her she would be a good DJ, and she applied.

The minor things she worried about disappeared after a few weeks, Rankin said. The payoff for assuming the DJ position has been endless, she said.

"KUGS is an amazing exposure to all the music out there," Rankin said. "It pushes me to check out other genres that I normally wouldn't."

After doing the Music for the Masses show for a few weeks, Rankin decided she is going to carry the skills she's learned at KUGS to a possible career. Rankin is applying this fall for an internship for a radio show called "This American Life" in New York. The show picks a subject to talk about every week, and they have different stories on that subject. The show also interlaces the spoken word with music, she said.

Rankin said she is happy she finally did a show on KUGS. Her nervous

feelings quickly went away and she began to feel comfortable speaking on the air when she subbed for a specialty show.

"I find it calming and therapeutic now. I'm not organized and I feel sometimes that brings out a more natural personality," Rankin said. "When I'm on air I treat it as I'm talking to a friend, as opposed to talking to a microphone. I don't really concentrate on how many people are listening."

Rankin said that the Music for the Masses show can be hardest because she wants her shows to have smooth transitions. When

picking the music she plays, Rankin said she tries to concentrate on the flow of the music and what's going to fit.

Rankin said she is planning to do Music for the Masses show again in the fall and apply for a specialty show in the winter. She said she enjoys the radio and being involved in the community.



photo by Evan Clifhorne THE WESTERN FRONT

Erika Lerner smiles on the job during her last show after a long career at the student-run KUGS radio station.

"I think KUGS is great. They do things for the community," Rankin said. "They give students and non-students the opportunity to do things that I've always wanted to do. I think it's great that it's volunteered powered."

Editor's note: Mollie T. Foster volunteers at KUGS.

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Grilled skinless chicken breast
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- Grilled Chicken Caesar** 5.39
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New club brews good times

Student homebrewers make more than good beer

Codi Hamblin
THE WESTERN FRONT

Nick Gislason took an interest in homebrewing six years ago after purchasing his first beer brewing kit on a sailing trip to Saltspring Island, British Columbia.

After mixing the ingredients for fermentation for his first batch of pale ale, Gislason awoke the next morning to the smell of malted barley and hops. He heard peculiar popping and gurgling sounds from the brew kit in his closet.

He opened the closet door revealing fermenting foam that had spewed out all over the glass container and to the closet floor. He was not aware this was supposed to happen and that it was necessary to place a tube on top of the container to prevent foam from covering the floor.

Learning the processes and techniques of homebrewing comes with practice and exchanging information among other brewers. That's the idea of the WWU Homebrewer's Association, founded in spring 2006 by Western seniors Gislason, who is majoring in chemistry, and Jennifer Angelosante, a math and chemistry double major.

The purpose of the club is to create a forum where people can exchange their knowledge on brewing equipment, the brewing process, different techniques and recipes, Gislason said.

Also, if people are interested, he said the club plans to attend tours of different microbreweries in the Northwest.

"The homebrewing community is usually open and

willing to share their information," Gislason said.

Aside from exchanging brew tips, club members hope to organize and host a homebrew contest where brewers can enter their beers, Angelosante said.

"The idea for the club sort of got started when someone from the chemistry department suggested we have a homebrewing contest," she said. "But we found out that we couldn't do that on campus, but we could off campus."

It helps with having people trade brew recipes, said senior Nate Lundgren, who studies environmental science. Lundgren said he plans on joining the club this fall.

"Brewing is not a science, but there are a lot of variables involved and it helps to have advice for that," Lundgren said.

In the Northwest, most people are into good beer, and there are definitely quite a few young people that are interested in homebrewing, Gislason said.

People under 21 can join the club, they just can't drink, he said. A person

doesn't have to be 21 to buy the ingredients, but they need to be at least 21 to brew and drink the beer, Gislason said.

People who have never brewed before can join as well, Angelosante said. The club is a good way for those interested to get started, she said.

A brewer who is just starting should expect to spend \$100 to \$150 in equipment, Gislason said. This includes the carboys (glass jugs used to ferment the beer), a kettle, miscellaneous equipment such as funnels and strainers, bottles and a bottle capper, he said.

"Brewing is not a science, but there are a lot of variables involved and it helps to have advice for that."

- Nate Lundgren



photo courtesy of Nate Lundgren

Nate Lundgren weighs malted barley, one of the main ingredients needed to brew a batch of beer.

For the ingredients, a brewer can expect to pay \$20 to \$35 for the barley, hops and yeast for a five gallon batch, Gislason said.

"Anyone can get started brewing because it entails really minimal equipment and space," he said. "I recommend getting a book about [the process]."

Lundgren said he began to have more of an appreciation for good beer when he turned 21 last year and brewed his first batch.

see **HOMEBREW CLUB** page 13 ▶

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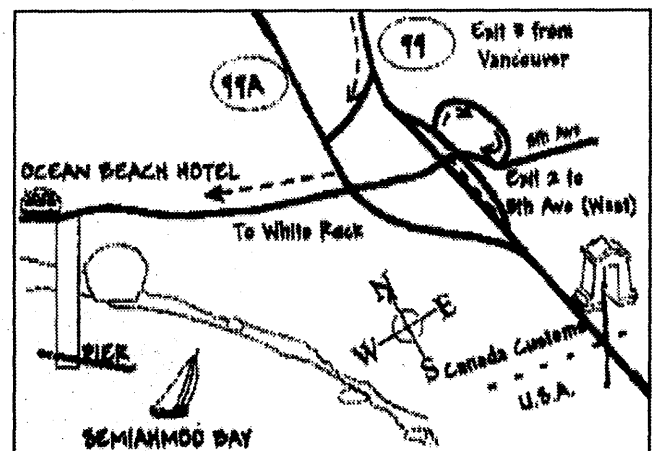
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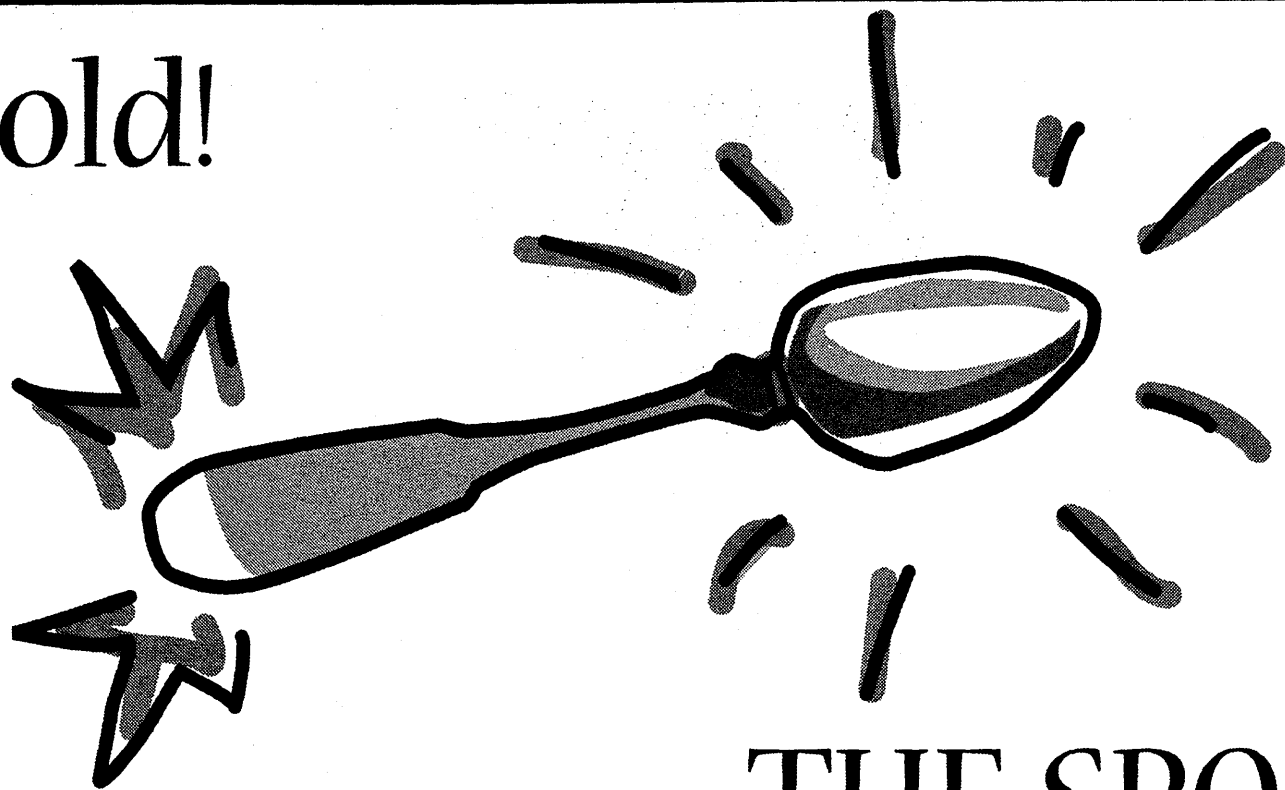
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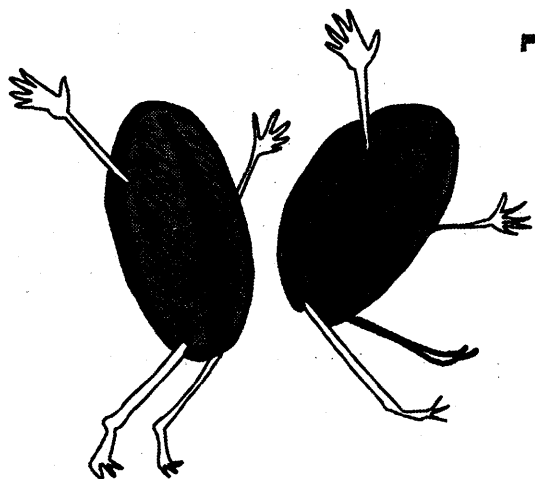
The spoon is a lovely, graceful tool. It can spin granules of sugar into a whirlpool of coffee. It can scoop the sweetest foam out of the bottom of a nearly empty cup.

The spoon, for us, is an accoutrement, not a tool. Oh sure, we have a spoon or two behind the bar. Sometimes the handle is particularly useful to melt thick caramel sauce into espresso crema, for example. Or, if a customer orders a particularly dry cappuccino, the spoon can come in handy to slide every dollop of foam off of the surface of the steamed milk.

The point is, the spoon is not an integral part of the process. Why? Because when your milk is steamed properly, there is no need to "hold back" the foam. There is no need to plop chunks of overstretched foam on the top of a cappuccino. When the milk is right, it marries the espresso in a velvety way, filling the cup, filling your mouth, filling you with happy, happy, coffee wonderment.

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Lights! Camera! Pickford!

New Pickford Film Center promises movie screens, more seating, more popcorn and more movies

Allison Rock
THE WESTERN FRONT

Bellingham's famed Pickford Cinema may be changing its location this fall, but not its appeal, charm or devotion to independent films and documentaries.

The new movie theater at 1318 Bay St., presently The Pickford Dream Space, will be equipped with two new state-of-the-art movie screens — one with 87 seats and the second with 161 seats.

While the old Cornwall Avenue theater serviced moviegoers with a tiny concession stand, the new location will be more customer friendly.

The new Pickford Film Center will have a spacious lobby with tables and chairs seating up to 40 and a concession bar outfitted with the classic movie snacks, a few healthier choices and serve beer and wine.

The new theater will not only greet viewers with a classic marquee and more comfortable seats, but also a wider variety of films.

"One reason we need to move is because we are in competition with all the corporate theaters," said Alice Clark, Executive Director of the Whatcom Film Association, which runs The Pickford.

Movie studios decide where to play films based on predicted revenue from the

site. The Pickford Film Center will have more seating for larger audiences and the theater will have a better chance to get big-name films.

"Al Gore's 'An Inconvenient Truth' should have been at the Pickford," Clark said.

Instead, another larger theater in town got the film.

But the majority of the Pickford's films do not come from big studios. Instead they are usually small productions by filmmakers who have submitted their work to film festivals around the country.

"Last year I went to four festivals — Toronto, the largest in North America; Vancouver International Film Festival; Sundance, and True/False in Columbia, Mo.," said Michael Falter, program director for The Pickford.

Throughout the year Falter finds, researches and books the films to show. Falter is also in charge of the Whatcom Film Association's annual True/False West Film Festival, which features international documentaries.

"After the first year or so of working on programming, I quickly realized that my own personal tastes, while they inform the decisions I make to some degree, take a back seat to what the patrons, members, and film fans of Bellingham want to

Whatcom Film Association

For information about programs, movie times, volunteer opportunities and donations visit whatcomfilm.org or call 738-0735.

Manikins at the Pickford Dream Space advertise the new Pickford Film Center, a two-screen movie theater scheduled to open this fall.

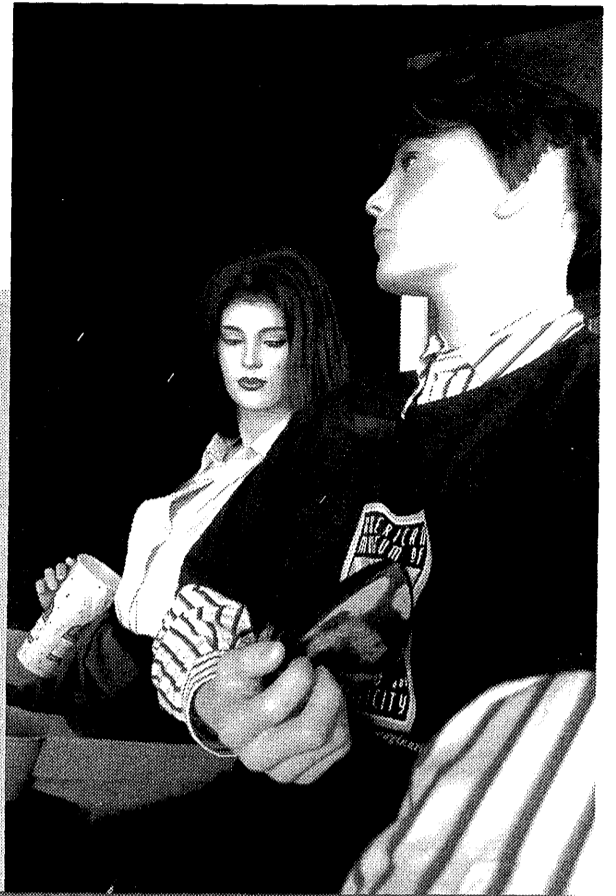


photo by Evan Clithorne THE WESTERN FRONT

see," Falter said. "I attempt to view films through what I perceive as the eyes of Bellingham."

Putting on the True/False West Film Festival and other programs would not have been possible without the formation of the Whatcom Film Association.

In 1988, a group of strangers met who all had one goal in mind — to make sure Bellingham would have an independent

movie theater after another went out of business.

These strangers founded the Whatcom Film Association and their first project was the current theater they named after Academy Award-winning actress Mary Pickford.

Since their inception, the association

see **PICKFORD** page 18 ►

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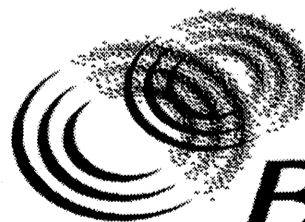
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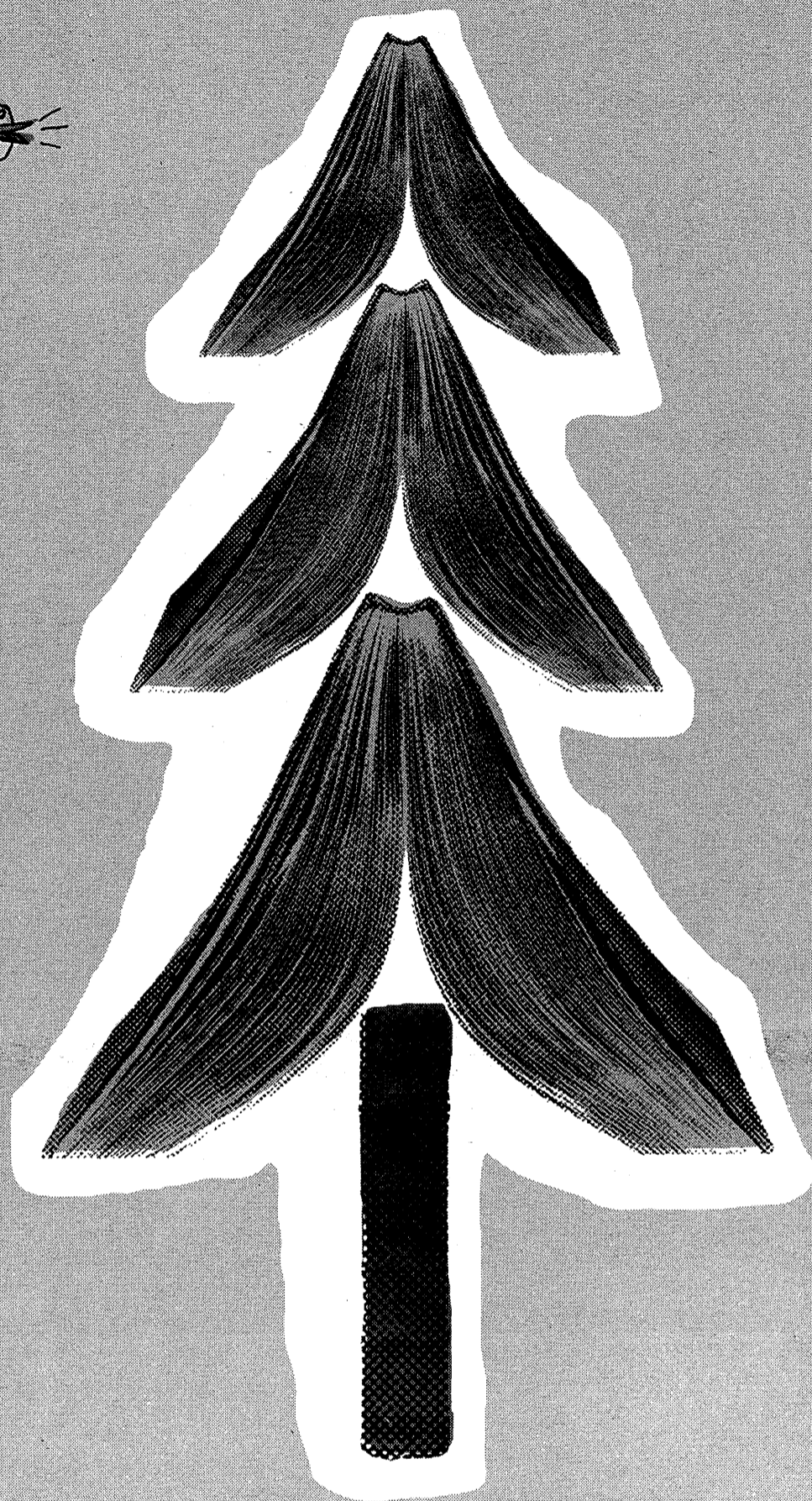
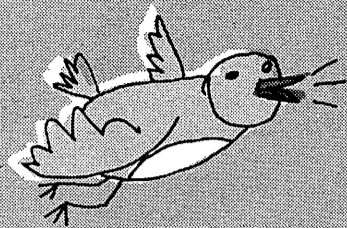
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Mi Shoes fills female footwear niche

Owner wants downtown to be like the ultimate shoe closet

Nancy Bruce
THE WESTERN FRONT

Nestled between Avenue Bread and Deli and Sojourn clothing store on Railroad Avenue stands Mi Shoes — a dream come true for women who love shoes.

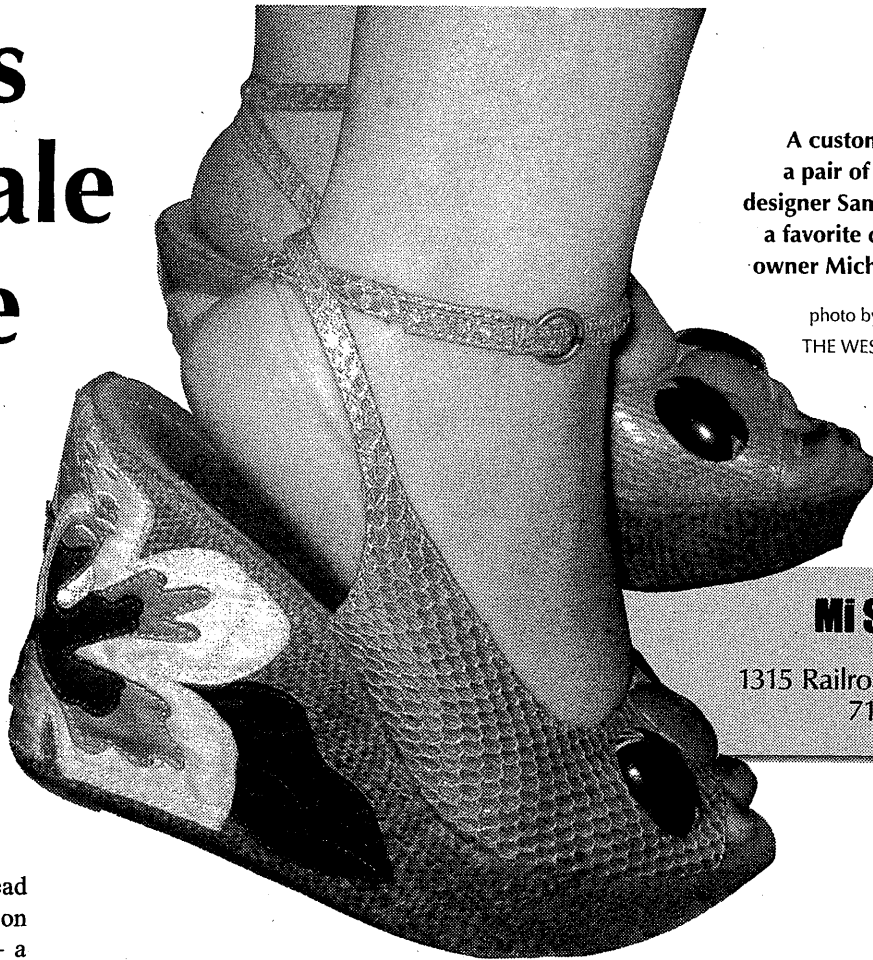
Mi Shoes first opened its doors last October, and has since been adorning the feet of Bellingham women with the latest in footwear.

Upon entering the store, customers step into a girly-girl's fantasy of pink and gold decorated walls with three large crystal chandeliers seemingly floating from the ceiling. Customers are also likely to be greeted with a warm smile and friendly hello from a stylish red-head, the statuesque owner Michelle Millar.

Millar said she envisioned her store as a space that resembled the ultimate shoe closet.

"Kind of every girl's dream," Millar said.

Mi Shoes is possibly the only shoe store in Bellingham that sells only women's shoes.



A customer tries on a pair of shoes from designer Sam Edelman, a favorite of Mi Shoes owner Michelle Millar.

photo by Nancy Bruce
THE WESTERN FRONT

Mi Shoes

1315 Railroad Ave.
715-2046

"No boys allowed," she said with a laugh.

Millar, a former Sojourn employee, got her idea to open a shoe store because of frequent questions about where customers could find shoes to go with their new outfits. Even though few downtown stores sell trendy women's shoes, Millar was reluctant to direct customers to the mall.

She said she thought a trip to the mall after shopping downtown was too much of a hassle. Also, the mall did not provide an adequate selection of unique styles in shoes that a small boutique could offer. She preferred that customers stayed downtown to shop and contribute to local small businesses.

"I think women in Bellingham were ready for a shoe store like this," Millar said.

Friends of Millar agree that Mi Shoes brought a touch of class and style to

Bellingham and especially to the Railroad Avenue area.

Millar's friend and mentor, Karen Sofie, 40, has been a Bellingham resident for more than 20 years and remembers when Railroad Avenue had a bad reputation. Transients, prostitutes and drug users frequently hung out there making it a unpleasant area for downtown shoppers, she said.

However, in the past several years with the addition of new shops such as Mi Shoes, that kind of activity is less frequent, Sofie said.

The name Mi Shoes derives from "Mish," a nickname given to Millar by her grandmother. Millar originally thought of the name Mish Shoes, but later dropped the "sh" because she thought the name sounded better.

Downtown shoppers are constantly surprised by the presence of such a store

as Mi Shoes, Millar said. Shoppers are also surprised to discover that she is only 27 years old.

"You own this store? But you're so young," one customer said while trying on shoes.

Mi Shoes is the first business Millar has owned. With no formal business training she learned the ropes of running a business from more than five years working in retail.

While working at Sojourn, Millar heard the space next door was available. Recognizing a need for a fashionable women's shoe store downtown, Millar immediately jumped at the chance of buying the space.

With the help of her husband and business partner Ben Millar, she went to work on making her long-time dream of owning her own business a reality.

"Before opening the store I'd never sold a pair of shoes in my life," Millar said.

That's not to say she lacked the customer service to sell shoes. Friends Danielle Starr, owner of Four Starrs Boutique and Becci Camp, a local massage therapist both met Millar while shopping at Sojourn and sang praises of excellent customer service.

Starr said Millar was an extremely friendly and warmhearted salesperson who genuinely wanted to help customers.

Millar's friendliness and dedication to her customers is evident while visiting her store. She takes the time to greet each customer and find out a little bit about each one.

Friends of Millar said her store's appearance is a reflection of her classic and chic personal style, which has inspired other women to embrace their own fashion sense.

"She's helped a lot of women not feel so mom-ish," Sofie said.

Although the price of shoes range from \$40 up to \$120, Mi Shoes customers come to find the latest trends in shoes from brand names such as Seychelles,

see **SHOES** page 19 ▶

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Coffeehouse fills the community cup

Despite Christian roots, a diverse clientele drinks, meets and talks at Three Trees

Jacob Lunden
THE WESTERN FRONT

Behind an unassuming brick and glass storefront on West Holly Street, a group of committed volunteers brew organic espresso at a recent addition to the Bellingham coffeehouse scene, and part of a larger dream brewing in the mind of Mitch Senti. As co-executive director of the coffeehouse, Senti wants to use Three Trees Coffeehouse to build community within Bellingham, part of which he feels was lost with the demise of Stewart's Coffeehouse.

"I felt like when they closed there was a real void in the community. I was a Stewart's regular," Senti said.

A Tuesday open mic night, Wednesday discussion night and free live music Friday and Saturday night are all part of Three Tree's approach to building community since opening last December.

Inside, it looks like any other downtown coffeehouse. Vintage couches arranged for conversation sit near old tables and chairs. A wide but shallow stage area consumes the one side, facing art across the café, which seems to have taken over the entire wall. The back of the café houses the coffee bar and stainless

steel espresso machine. Walking toward it, the aroma from the freshly ground beans becomes stronger.

Volunteers have closed for the evening, and are gathering to plan and prepare for the weeks ahead. And some are praying. A few volunteers have bibles with them.

Senti explained that the café is run by a group of friends who are all Christians.

"I don't like to call it a Christian coffeehouse because everybody comes here. It's very diverse," Senti said.

In the Three Trees brochure nothing of a religious nature is mentioned.

He said personal beliefs do not determine who plays at the Friday and Saturday night shows.

"People of all different walks of life play and perform here," Senti said. "People just want a good gig, you know?"

He said while the discussion nights are facilitated by a Three Trees volunteer, everyone is given equal time — three minutes — to express their viewpoint. Topics have included urban growth, the effectiveness of voting, to whether or not morality can be legislated.

Three Trees is incorporated as a non-profit business. Senti expressed that it is

**THREE TREES
COFFEEHOUSE**
threetreescoffee.com

118 W. Holly St.
4 p.m. - 10:30 p.m.

not a branch or ministry of any one church, nor does it raise money for one. Rather, he said coffee sales scarcely cover expenses.

"It barely breaks even," Senti said. "Christianity has the reputation of being right-wing and narrow minded. We're students of Jesus. We are who we are, we don't try to beat people over the head with a bible."

He stressed that everyone is welcome, no matter what.

During the day, the café is sometimes used to offer free classes to the community. Topics run from personal finances to art

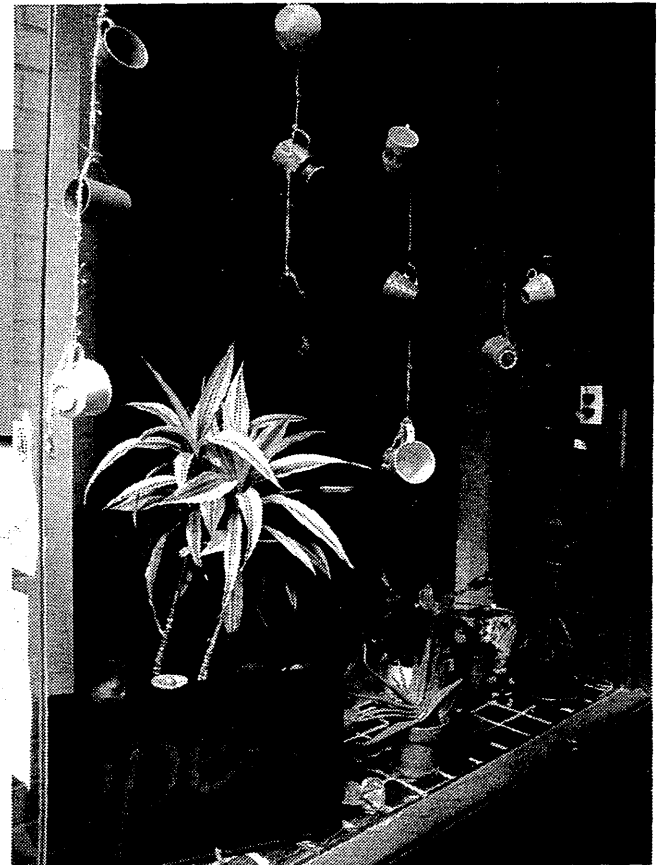



photo by Evan Clifhorne THE WESTERN FRONT


Coffeecups dangle from string in the window of the Three Trees Coffeehouse in downtown Bellingham.

and guitar lessons.

"We're trying to help people in practical ways," Senti said.

see **Three Trees** page 19 ►





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DOWNTOWN'S NEW SCENE

With the passing of The Factory, The 3B and Casa Que Pasa, new blood keeps the nightlife pulsing

Jumping around at the Green Frog

Lance Henderson & Matt Gagne
THE WESTERN FRONT

Music venues in Bellingham feature some of the best local and national shows, but none quite like The Green Frog Cafe Acoustic Tavern. While local and national acts play nearly daily at the tavern, the stage, when empty, is an open invitation for anybody to get up and play one of the instruments that hang on the wall.

"It's the only place I've ever heard that has guitars, banjos and mandolins on the wall that people can take down and play," co-owner James Hardesty said.

Hardesty named The Green Frog after a line in songwriting legend Guy Clark's "Desperados Waiting for a Train."

"This place is sort of a tribute to all those singers that put out great music and that not a lot of people know about," he said.

One of those is Hardesty's father Ron, a musician who has played country and folk songs for more than 40 years, plays once a month with the Cainthardly Playboys at the Green Frog. A record he cut in 1967 hangs on the cafe's wall.

"When word gets out that you can have a beer and get up on stage, singer-songwriters will adopt this place," Ron Hardesty said.

Word has gotten out. Hardesty said he does not have to book acts — they call him.

"It took off faster than we thought it would," he said. "We hit some sort of vein Bellingham needed that we didn't know existed. We must have had some idea it was needed."

That vein is not one of gold. Hardesty said that while he gives 100 percent of the door donations to the artists, they still do not make much money. But they have a good time, and he said they come back.

Coming back on Sept. 28 is the C.R. Avery Band, which Hardesty said put on one of the best shows ever at the tavern.

The concept for the guitars on the wall came from weekly barbecues Hardesty and a group of friends had been hosting for more than a year

before the tavern opened last fall.

"We sit around, have some food, drink some beer and play music," Hardesty said. "It began to dawn on us that it would be amazing to have the same atmosphere in a bar setting, but to also involve people from outside our circle."

Hardesty said he wants patrons to feel comfortable playing their music and collaborating with people they might not otherwise meet.

And the tavern is comfortable. Local musician Thomas Deakin said he loves the small size and atmosphere of the tavern and is excited about the opportunity to just take a guitar off the wall and play.

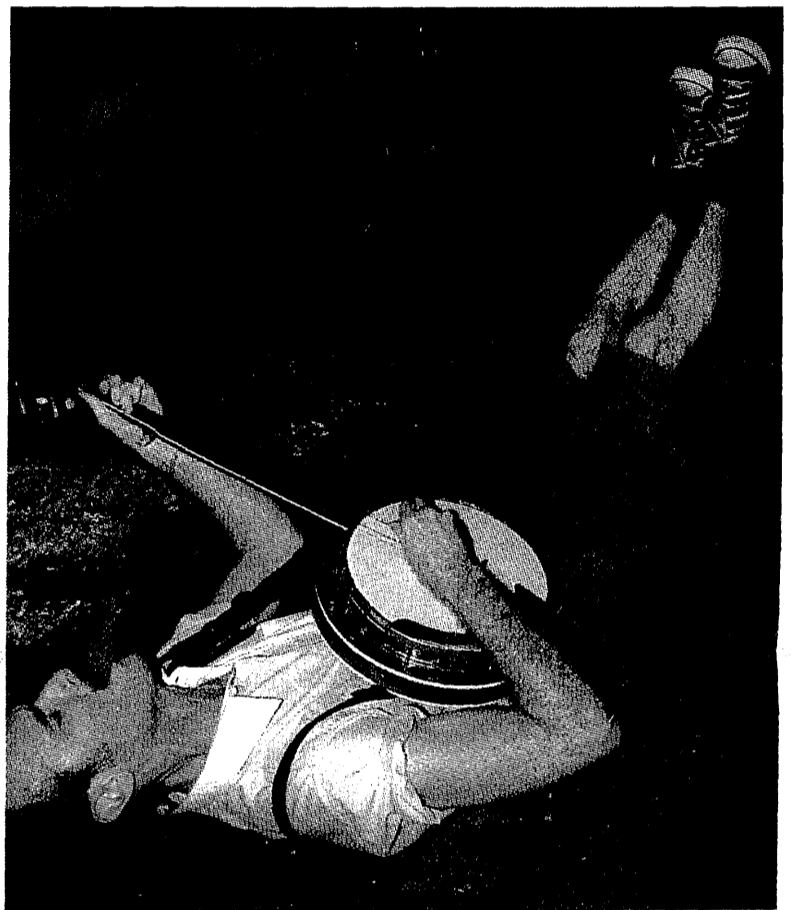


photo by Evan Clifthorne THE WESTERN FRONT

Green Frog Cafe Acoustic Tavern

902 N. State St. #104
myspace.com/acoustictavern

All photos: Banjo player Curtis Eller livens up the Green Frog Cafe Acoustic Tavern. The tavern hosts live music nearly every night, along with free peanuts.



photo by Evan Clifthorne THE WESTERN FRONT



photo by Evan Clifthorne THE WESTERN FRONT

Uisce
Pasa,

Water or whiskey? It's all the same to the Irish *Irish bar Uisce (pronounced "ish'kah") has mellow scene and European flair*

Jessica Harbert
THE WESTERN FRONT

Bellingham's newest bar, Uisce, had its grand opening last St. Patrick's Day with live Irish bands and bagpipes. But the celebration was not only in honor of the Irish holiday.

Uisce is Bellingham's only Irish bar, and the owners, Molly McGarry, 27, and Dave Rooney, 35, are both Irish. Rooney speaks with an authentic Irish accent.

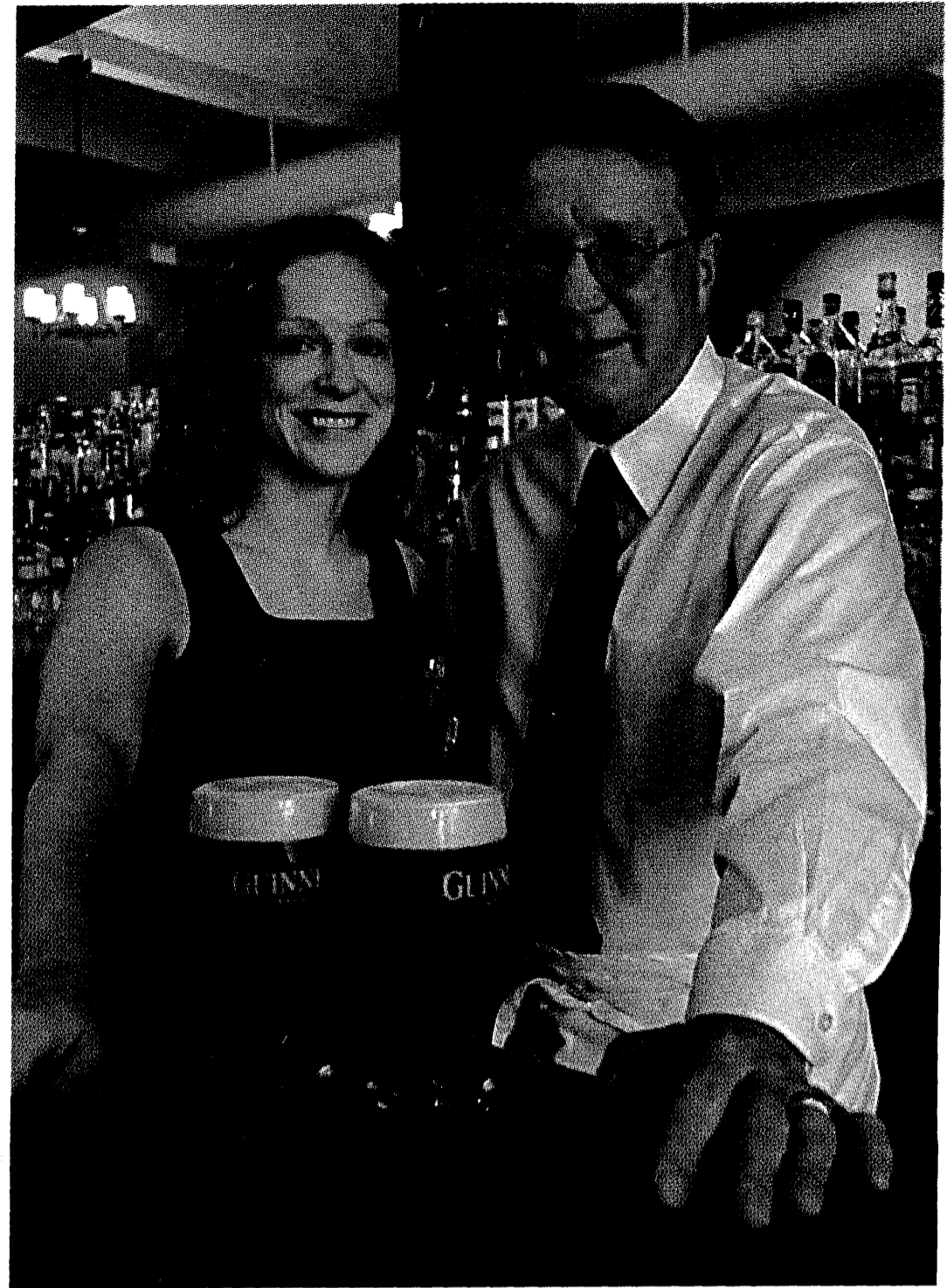


photo by Evan Clifthorne THE WESTERN FRONT

Molly McGarry, who co-owns Uisce with her husband Dave Rooney, stands with her father John McGarry. The bar is primarily run by family members.

Uisce, pronounced "ish'kah," means water or whiskey in Irish Gaelic. McGarry said she and Rooney wanted the name to relate to water.

The Irish bar provides a different setting from the rest of the Bellingham bar scene, focusing more on European

influences rather than the Pacific Northwest.

Eight out of ten beers on tap are European, ranging from Guinness to Stella Artois. McGarry and Rooney said they want to serve European beers not available in Whatcom County.

"We want to provide alternatives to the other beers available in town," McGarry said.

Unlike other bars in town, Uisce serves a true pint of beer — 20 ounces. Other bars typically serve 16 ounce pints or smaller, she said. However, Uisce pints are \$7 to \$8 each.

"The drinks are a little more expensive but you're paying for the atmosphere and a real pint of beer," McGarry said.

Irish bars are typically simple with uncomplicated decor, blank walls and open space to make them feel bigger than they really are.

The warm and inviting bar has a large open room scattered with wood tables and chairs, high ceilings and dark orange walls. A small fireplace sits opposite the bar and is surrounded by a small, half-circle of cozy couches.

"I like that I'm able to have a conversation and it's really mellow," said Bellingham resident Brooke Jillian.

The bar is classy and has a metropolitan feel with a clean and finished look, McGarry said. Sunday nights Uisce has live Irish music.



photo by Evan Clifthorne THE WESTERN FRONT

Co-owner Molly McGarry works the bar at Uisce, the new Irish bar on Commercial Street in Downtown Bellingham.

Uisce

1319 Commercial St.
4 p.m. to 2 a.m. weekdays,
noon to 2 a.m. weekends

Songs for all ages

Bellingham lacks a permanent all-ages venue, but some are leading the way towards to give underage shows a home

Taylor Scaggs
THE WESTERN FRONT

Bellingham's musical atmosphere has the perfect ingredients for a successful and thriving scene. Major label acts, like Death Cab for Cutie and Idiot Pilot call the city their home and almost every downtown club has a packed bill nightly. Unfortunately the city is missing one key element that could help put it on the map for good.

"We're at a turning point, and based on how Bellingham embraces it, we can become the next Vancouver or Seattle, or it could just go down the drain," said slightly weary Victor Cuellar of Western's Associated Students Pop Music.

Of the more than 14,000 students at Western, more than half are not allowed past the front door of downtowns music meccas. The scene is hot, but only those of legal drinking age are able to experience it. Places like the Pickford Dream Space

and The American Museum of Radio and Electricity have served as temporary host to occasional all-ages shows, but they are not officially concert venues that can be frequented.

Regardless of the lack of opportunities, underage kids are still going out there and seeing live music. But the lack of a structural entity to keep these shows organized and safe is where the problem lies. A few local individuals are striving to make safe all-ages environments a Bellingham staple, something they say could make or break this scene that is on the verge of a sink or swim scenario.

"When you combine large groups of people together with loud music underage drinking becomes a problem, and the house becomes an easy target for police," said David Woods of The Coat Exchange, a local all ages-venue/private household.

"The organization and regulation of official all-ages venues would keep this from

being a problem," Woods said.

Last year Western student Woods and his roommates Joshua Young, and Chad Fox turned their home on Ellis Street into The Coat Exchange — an all-ages, live music venue.

Woods said the Bellingham underage crowd is getting the short end of the stick. The Coat Exchange and other residents putting on house shows are giving them a chance to get a taste of how the other half lives, he said.

"Bellingham is severely lacking in all-ages venues," Woods said. "A lot of the shows are at bars, which in my opinion are not good venues. The people there are more concerned with getting drunk than watching the bands play."

While house shows are a great way to expose underage kids to music they might not be able to see elsewhere, they have



photo courtesy of WhAAM

Members of WhAAM (Whatcom County All-Ages Arts and Music) an organization that brings all-age shows to Bellingham, pose after a show at the Pickford Dreamspace.

their flaws, Woods said.

The Coat Exchange saw these flaws first hand back in May when a noise complaint lead to a disorderly conduct charge and a large fine for Woods.

Because of the incident, Woods has decided to not continue to be a part of putting on house shows. Young and Fox are currently planning on putting on shows at a new location in the fall.

"It's an unfortunate situation," Woods said. "Holding shows at our house was not only fun, it was doing

the community of Bellingham a service, whether the cops realize it or not."

On the more organized side, the university is also doing its part to make sure kids under the age of 21 have a chance to participate in local shows.

AS Pop Music brings local and national acts to the Viking Union Multipurpose Room for the all-ages crowd. Part of Western student's activity fee funds AS Pop Music and its coordinators do their best to put

see **UNDERAGE** page 13 ▶

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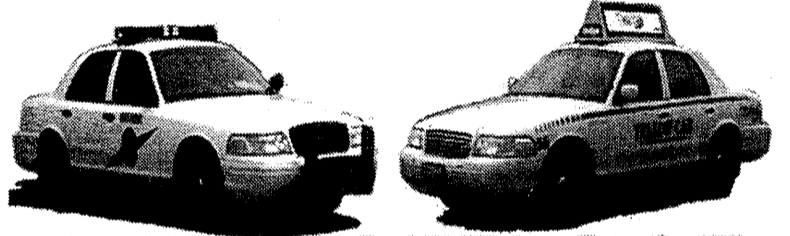
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photo by Evan Clifhorne THE WESTERN FRONT

The Picford Dream Space has hosted many underage shows during the last few years, but will transform into the Picford Film Center this fall. No permanent underage venue exists in Bellingham.

► **UNDERAGE** from 13
it to good use.

"Once you recognize the music that is available in Bellingham, and you realize that 90 percent is 21 and over, it becomes a frustration," said Hunter Motto, AS Pop Music Coordinator.

Motto and Assistant Coordinator Victor Cuellar are strong advocates for live music for the masses, not just those with fake I.D.'s or pre-1985 birthdates.

"Bellingham is on the verge of becoming a Seattle-like music town, but right now is really the breaking point," Cuellar said.

Cuellar and Motto said that not only is the establishment of some sort of venue important for the well being of students under 21, but it is also important for Bellingham's music scene as a whole.

"A big pro is that underage venues keep the music scene going, and when these kids get older, they're going to keep going to shows," Motto said. "It's perpetual and it's what will keep Bellingham music alive."

Cuellar says that it's

understandable that no one has gone out of their way to make a concrete all-ages venue because it is a huge financial risk that not many people are willing to take.

"It's a double edged sword, no body wants to take the fall and loose money on something like this," Cuellar said. "But until somebody tries, Bellingham won't become a staple and we won't be able to get headlining acts that would make a place like that worth running."

Although it's a big risk, so is the risk underage kids are taking because they don't have safe haven to go enjoy live music.

"The alternative is to let these kids run around, go to random parties and get MIPs," Cuellar said.

Cuellar and Motto say that Bellingham needs a better network for the communication and promotion of the all-ages concerts that are actually happening, because if they could draw larger crowds, that larger crowd would be able to draw attention to the need for more all-ages venues.

Bellingham residents have also formed grassroots

organizations like WhAAM (Whatcom County All-Ages Arts and Music).

WhAAM formed in late 2005 as a collaborative effort between musicians, booking agents, community activists, artists, youth advocates, and those involved in previous underground all-ages music.

WhAAM's first event was the 2005 Bellingham Pop Music Festival. The October event showcased local and regional acts in a three-day event at various venues where all-ages could attend.

Tina North, WhAAM's booking agent said the attention Bellingham's music has been getting lately has been very galvanizing for the scene.

"There are about five or six organizations putting on all-ages shows now, as opposed to two years ago when it was very sporadic," North said.

WhAAM is currently working on making a connection with city officials to find a way to get a safe, legal place for the 13- 20-year-old age bracket to enjoy live music, something North said is long overdue in

Whatcom County.

"Hopefully visionaries will keep the underage kids in mind because what better service can you offer to a community then to bring up healthy, happy kids, who turn into adults that care about the place they live," North said.

WhAAM is also in the process of planning this year's all-ages festival, which should be coming up soon sometime this fall.

North said the best way to get things in motion is for the underage crowd to get out to shows, play music and donate their time and money to organizations that are really trying to make all-ages music happen.

"All-ages venues are places kids can go to escape the tedium of everyday life," Woods said. "I remember going to see my first hardcore show at The Paradox, and it was the single most exciting experience of my life. There is something special about the culture that exists in these places, something that no cheap pitcher of beer or dance club could ever match."

Homebrew club brings brewers together to share techniques

► **HOMEBREW CLUB** from 4

"Brewing is a very methodical process, but there is also a lot of leeway to tweak [the recipes] and come up with something new and different," he said. "It's really satisfying when you come up with a good batch."

Gislason said he enjoys the creative aspect of brewing.

"I can make up my own recipe and try to shoot for just the beer I

"I can make up my own recipe and try to shoot for just the beer I want."


- Nick Gislason

want," he said. "You can get all the ingredients, brew it, and then compare it to what you had in mind."

The club offers an opportunity to accommodate different learning styles, Angelosante said. For instance, those who learn by observing as opposed to reading a book can make connections with experienced homebrewers and then learn by participating in the homebrew process, she said.

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Market no longer just for summer

New square allows Bellingham Farmer's Market to stay open through December

Allison Rock
THE WESTERN FRONT

Each Saturday beginning in April and every Wednesday beginning in June the Bellingham Farmers Market is buzzing with vendors selling produce, pastries, sandwiches, homemade crafts and jewelry. There is almost always some sort of musical entertainment provided by local musicians with their donation buckets filled with change and dollar bills.

This feel of community is exactly what the market coordinators were going for.

"We want people to experience the market, not shop at it," Market Manager Robin Crowder said.

For the last 14 years Bellingham's Saturday Farmers Market has been at the same location on Railroad Avenue across from Boundary Bay Brewery in downtown Bellingham. This main market location hosts up to 94 vendors, while the smaller Wednesday market in Fairhaven held behind Village Books usually has about 20 vendors.

This year the new Depot Market Square, a project that took three years to finish, on Railroad Avenue has made it possible for the market to be extended for the first time into December. This will be especially good for produce vendors who often still have crops available even after the market ends and for craft vendors promote their business through the market.

Gloria Ruyle, a 2001 Fairhaven College graduate has put her education to use and created a business using the Farmers Market. After studying native cultures and their respect for the land, this vendor photographs natural settings around Western Washington and creates cards, magnets, and bookmarks. Ruyle's work is now sold in over a dozen local stores including the Western Bookstore.

Bellingham Farmers Market

Saturday Market
Railroad and Chestnut
April through December
10 a.m. - 3 p.m.

Wednesday Market
Fairhaven Village Green
June through September
3 p.m. to 7 p.m.



photo by Evan Clifhorne THE WESTERN FRONT

Pat Hirschhorn of FarmSide Fare helps a customer at the Bellingham Farmers Market in the new Depot Market Square.

"I have made a lot of contacts, it's a great way to get known, with out this there are so many people I wouldn't have connected with," Ruyles said.

Renee Brougault another Western graduate owns the Breadfarm Bakery in Bow, Wash. with her husband. Brougault has been a Farmer's Market vendor since 2003 when the Breadfarm first opened and has no plans to leave.

"I think it has helped my business tremendously," Brouglaut said. "It's a great way for a new business to get their product out there and for people to try."

Currently there are no Western student vendors Crowder said, but the market has had a number of Western interns from the English, sociology, and marketing departments as well as Huxley College.

Applications for the 2007 fall season are now being accepted. Applications will need to be turned in by February. For more about the Bellingham Farmers Market information can be found at bellinghamfarmers.org.

AS hopes to reach freshmen with shows

► **Kweller** from 1

tour and they were looking out for colleges and bars.

Motto and Cuellar have been working with New Student Services, and also at Summerstart to try to get the word out about the Ben Kweller show. The Associated Students tagline "This is what the AS is," is a troubling one for Motto and Cuellar, because most of the students don't actually know what it is.

"It's easy for freshmen to ignore the AS banners and flyers around campus," Cuellar said. "With this show we can let them know what it is, and try to get them involved from the get go."

It's the goal of Associated Students to eventually have something going on campus every single night, Cuellar said. They are also trying to recruit as many freshmen as possible to get involved with the AS.

AS Pop Music is also bringing buzz worthy Seattle hip-hop act Blue Scholars to the Viking Union on October 7.

Motto and Cuellar are pleased with the buzz that is generating about the first two shows of the year.

"Ben Kweller is the best show to hit campus since Andrew W.K.," said Western Junior Diana Duggan. "It's pretty cool that they were able to get such a big name."

With two big acts in the first two weeks of school, Motto and Cuellar are setting the course for a big year at AS Pop Music.


"The Ben Kweller show is only one of the shows people will remember from this year," Cuellar said. "We're going to go bigger."

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photos by Evan Clifhorne THE WESTERN FRONT

Monday

Monday evening poetry night at Fantasia Espresso and Tea on Cornwall Avenue is a great way to finish off the first day of the week, where anyone is welcome to read, so long as they sign up on time. Occasional theme nights and spoken-word slams make this free weekly event even more interesting.

Barista Sean Lyons, 24, said Fantasia often hosts free or cheap shows, but not at any set day of the week. Fantasia books all types of musical genres for their shows. "Talent is the only prerequisite," Lyons said.



Fantasia Espresso and Tea

Tuesday

At the Underground Coffeehouse, Western students display their musical talents at the weekly open mic series Tuesdays from 7 p.m. to 10 p.m. The Underground is run by AS Productions and is on the third floor of Viking Union. Anyone can sign up and it doesn't cost a penny. Overstuffed couches abound in the Underground, which looks out over Bellingham Bay, and couples meet up and enjoy live music from friends and fellow students.

For the over 21 crowd, the Up & Up Tavern on State Street sells \$2 pitchers of beer everyday, including Tuesday. The funky, relaxed atmosphere of the bar and its outdoor patio make for a popular hangout spot. The music is never loud enough to impede conversation, which seems to flow as freely as the beer.



Up & Up Tavern

Wednesday

On Wednesdays, Karaoke singers brandish their talents (or lack thereof) at the Fairhaven Pub and Martini Bar on 1114 Harris St. in downtown Fairhaven.

Meanwhile in the Viking Union multipurpose room, swing dancers and later salsa dancers meet to practice their moves. New people are always welcome. Swing dancing begins at 7 p.m. with Latin dancing taking over at 9 p.m.

Three Trees Coffee House on Holly Street hosts free discussion nights every Wednesday, where topics have run the gamut from Bellingham land use to religion. Everyone gets to speak their mind — provided they keep their rant, rave or diatribe under three minutes.

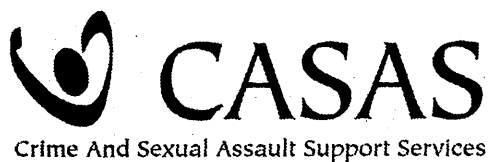
Also on Wednesdays is free live music at the Underground Coffeehouse on campus from 8 p.m. to 10 p.m.

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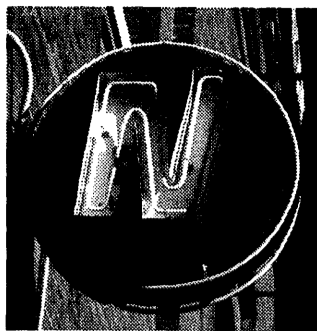
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Thursday

Thursday night is 80's night at the Nightlight Lounge, where DJs spin top-40 hits from the decade most dancers were born in. Cover is \$2 at the popular East Chestnut Street bar, where there is never a shortage of Western students.

The Nightlight Lounge The Upfront Theater at 1200 Bay St. hosts local improv troupe The Good, The Bad and The Ugly every Thursday at 8 p.m., and admission for this riotous night of laughter is \$5.



**three trees
COFFEE HOUSE**

Friday

The Underground Coffeehouse hosts free music yet again Fridays, but with a new twist for fall quarter. AS Productions will screen free movies at 10:30 p.m. after the usual 8 p.m. to 10 p.m. concerts.

Three Trees also hosts concerts on Friday as well as Saturday, which are almost always free. Co-executive director Mitch Senti said only when they fear going over the café's capacity do they charge admission, which has never been more than \$4 and is usually cheaper.



The new Depot Square Market

Saturday

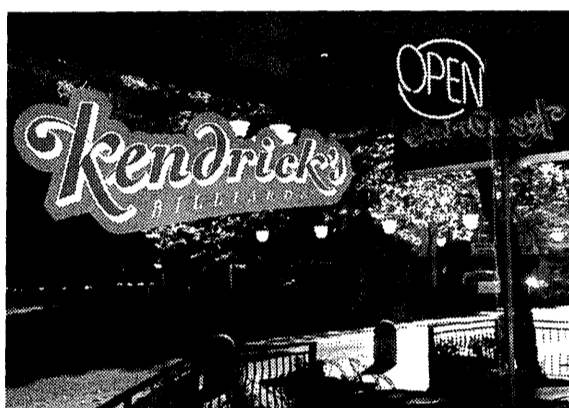
The bustling Bellingham Farmers Market at the Depot Market Square is open through fall quarter every Saturday located downtown on the 1500 block of Cornwall Ave., across the street from Boundary Bay. From 10 a.m. to 3 p.m., shoppers are treated to an al fresco bevy of merchandise, from produce to fresh baked bread, plants and custom screen-printed T-shirts, flowers and barbequed sandwiches.

Beyond the variety of things to buy, the market resounds with the music of street performers and other talented displays. Many who go to the market leave with nothing more than a smile and the experience of having spent a part of their Saturday basquing in the uniqueness of Bellingham.

At The Black Drop coffeehouse, at 300 W. Champion St., the Bellingham School of Comics hosts a free doodle session every Saturday at noon, where artists convene to compare and critique their work and interested people can go to learn more about comic drawing style.

Sunday

Kendrick's Billiards on Cornwall Avenue just two doors from Fantasia hosts cheap pool night every Sunday, where a couple can get a table for \$5 an hour, or \$6 for 3 to 4 players. Beyond pool, Kendrick's is a restaurant serving up food and snacks as well as beer and wine in an all-ages facility.



Kendrick's Billiards

Kendrick's is open at 11 a.m. and closes at midnight every day of the week. Emily Hodgin, 19, works at Kendrick's and said from 11 a.m. to 2 p.m. that customers get a free half hour of pool with lunch.

Every day of the week, boredom goes unjustified in the city of subdued excitement.



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Join the club

Western students start clubs from animation to zombie awareness

Jake Lunden
THE WESTERN FRONT

From S.C.U.B.A. divers to astronaut enthusiasts, Pagans to pro-lifers, and marathon runners to 4-square players, Western offers student clubs encompassing a vast array of viewpoints and activities. Two-hundred and sixteen different clubs were listed for the 2005-2006 school year on the Associated Student's website.

Students who want to form their own club do so through the AS, according to Lisa Rosenberg, the AS student activities coordinator. She said that for the 2006-2007 school year a new position within the AS, the club coordinator, will handle the forming of clubs.

Clubs are broken down into four types: general clubs, which cannot discriminate in membership; limited-membership clubs, such as honor societies, which rely on grade point average; and pre-professional organizations, where a student's major determines membership; and lastly religious clubs, which cannot receive funds from the AS.

At least five interested students are required to get their club off the ground. Once together, a club member must meet with an AS adviser who will walk them through the process and explain the benefits they will have to them, should they be approved.

Students must fill out appropriate forms, available at Viking Union room 425, then attend an AS board of directors meeting to get final approval for their club.

Rosenberg said she can think of only one club which wasn't approved. During the 1991-1992 school year, a Riot Grrrl club was proposed, named for the influential feminist punk rock movement at the time. Because the leaders who proposed the club would

not allow men to join, their proposal was denied on grounds that a general interest club cannot discriminate in membership.

At the board meeting, students pitch their club idea to the AS, who decides whether or not to give the new club \$50 in funds to help start up their club and purchase supplies. Once formed, a club can submit funding requests to the AS should they seek more money.

Greg Handmacher of the Capture the Flag club said he had to work hard to convince the board to grant his group the \$50 in start-up funds.

"They weren't too enthusiastic about people running around in camo and dark clothes at night, jumping out in front of people on Western's campus," Handmacher said.

Clubs are listed alphabetically and by category, including arts and music, cultural, political, special interest, social issues, departmental, limited-membership, service, religious and recreational.

Gregory Barrett of Western Students Against Zombies said he was initially concerned about appearing in front of the board to start his club.

"I was nervous at first but when I saw their reaction and pitched the idea I saw there was no reason to be nervous. They made the whole process very stress relieving," Barrett said.

He formed his club in the spring of 2006, but did not request funding as late-starting clubs can only receive \$25. The group's mission is to educate people on how to prepare for a zombie uprising should it occur in Bellingham. When he renews the club, he will seek funding, which he believes he will receive.

Film Association has come a long way

► PICKFORD from 6

has branched out and hosts several film festivals and events around the county.

The Traveling Pickford Show shows movies at various locations across Bellingham and has programs such as Read the Book, See the Movie, Do the Art — a family and children film series in collaboration with the Bellingham Library.

The association also puts on the NWProjections Film Festival, which showcases narrative features, documentaries, shorts, and experimental films from local and Washington state directors.

The Whatcom Film Association also plans to get more community members involved in their programs.

Currently the association leases the top floor of The Dream Space as studio space to local artists and will continue to do so after the opening of the Pickford Film Center.

The organization may also expand the space into a place for local filmmakers to come and use film equipment to create their own films, a plan which includes Western.

"I hope to expand the Pickford's reach on campus to collaborate with interested professors and bring students to experience the magic of cinemas, the masters of art," Falter said.

In 2006 the Whatcom Film Association was invited to participate in the famous Sundance Film Festival. After only eight years, the once small non-profit organization has 1,500 members and brings in more than \$250,000 in annual ticket and concessions sales. The current Pickford Cinema now draws more than 50,000 people per year.

But volunteers help keep the Pickford going. Volunteers who work at the concessions and sell tickets get free Pickford passes after each movie.

"I started volunteering to learn to appreciate quality cinema," said Melanie Merz. "I thought this would be the best place to do so. There is a real sense of community."

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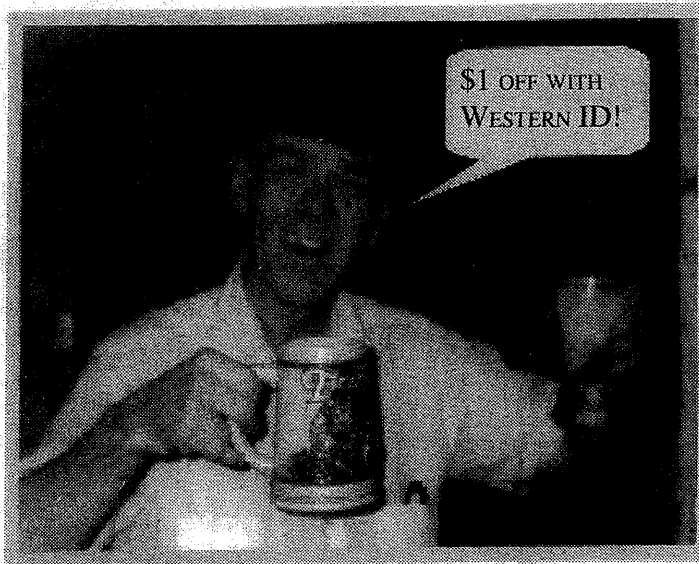
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Women's shoe store brings a sense of fashion to downtown

► SHOES from 8

BCBGirls, and BC Footwear.

"Before Michelle opened up her store I was a 10-pairs-for-100-bucks kind of person," Starr said. "Now almost every single of pair of shoes I have are from her store."

Although Mi Shoes isn't even a year old, it has managed to catch the attention of the big shoe brand Seychelles. The company selected the store to carry several special styles before any other store in the world can carry them, Millar said.

For the upcoming fall season Millar said the latest trends in shoes will be in the form of platform wedges and stacked heels, vintage inspired designs such as the those from the Victorian era and Russian royalty styles in rich opulent colors such as plum and olive green.

With the start of school just around the corner, Mi Shoes as well as Four Starrs Boutique and several other local retailers, are planning to host a back-to-school fashion event for Western students as well as Bellingham residents. The purpose of the event will be to showcase the variety of fashionable shops Bellingham has to offer.

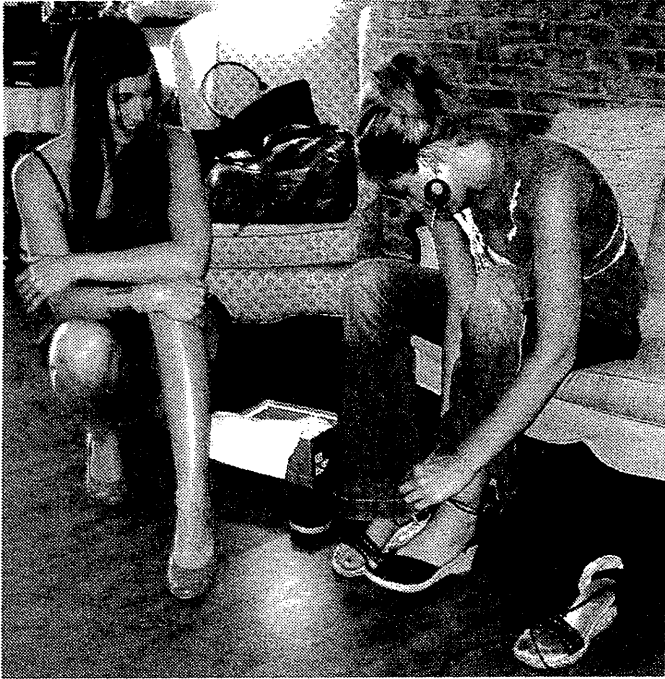


photo by Nancy Bruce THE WESTERN FRONT

Mi Shoes owner Michelle Millar helps Western senior Alicia Stiles try on a pair of heels.

Christians started Three Trees, but the coffeehouse is not religious

► THREE TREES from 9

He said that the café serves customers from all walks of life, and that they offer referrals to charitable organizations for those in need. He said that often, customers without money can pay for their coffee by doing chores and helping out around the café.

Marc Creelman is one such customer. Out of work for four weeks with a fractured jaw, Creelman washes windows and sweeps for his coffee.

"I love it here. I come here almost every night," Creelman said.

Dan Warick stands at the espresso machine. A former manager at Starbucks, he is now Three Tree's coffee manager. He trains all new volunteers, and coordinates with the farm where their coffee is raised.

He buys the coffee from a Guatemalan man in Bellingham whose family farm, Finca Vista Hermosa, cultivates it in Northwestern Guatemala. Warick explained that the coffee is organic and shade grown, and that the wages paid to the workers are higher than required by international fair trade standards.

For both drip coffee and espresso, Three Trees uses the same medium-dark roast beans.

"We stuck with a coffee of excellent quality and characteristic, and we just want to highlight that coffee. We're doing something unique," Warick said.

He explained that all pastries sold are from Grace Café, a local Bellingham bakery.

Senti said that a staff of over 30 volunteers work at the café as baristas and in other capacities. Only Senti and Warick put in many hours as paid employees, along with Senti's wife as another paid employee putting in around six paid hours per week.

He said that every month, money from the tip jar is given to a different non-profit organization in the community. Past recipients have included Old Town Christian Ministries and the Sean Humphrey House. None of the employees keep their tips.

The café is open Tuesday through Thursday from 6:30 p.m. to 10:30 p.m., and until 11:30 p.m. Friday and Saturday. Senti and others at the café hope to open progressively earlier in the day, just one of the many goals of this faithful, committed group of people.

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Superheros by the book

Comic store serves up heros by the page full

Jon Brandenburg
THE WESTERN FRONT

When Jason Ufkes was 12 years old he fell in love for the first time. He fell quickly and he fell hard with each page turn of the newly printed "Wolverine" comic his mother purchased for him. The intriguing story, the memorable characters and the stylistic violence were everything he had been searching for in his short life.

"It was at that point, with my first real comic, that I took the chaotic and quick decent into geekdom," Ufkes said.

Now he sits in a nerd Shangri-La. The walls are slathered with comics, collectables, games, toys, and other comic paraphernalia and behind the counter sits not a cruel, stereotypical comic store owner, but a man who his kind, compassionate, and not just hungry for a customer's money. Ufkes is a hero. Sure, he has yet to battle a radioactive mega-beast and maybe he wouldn't be the best candidate for stopping a runaway train, but if not for him, the real superheroes would be bankrupt.

"This place is my crack house and Jason is certainly my pusher man," said Eric Barker, a Whatcom Community College student and regular customer.

Ufkes is the proprietor of the The Comics Place, a comic book and tabletop

game retail establishment located at 301 W. Holly St., Suite U8 and had been part of Bellingham for 22 years.

"We're the oldest comic store in town," Ufkes said. "And by far we are the most sociable."

Ufkes has worked in the store for the past six years, first as a cashier, then upgrading to management, until finally becoming the owner of the store in January 2005.

"I got my start here just being a regular customer," Ufkes said. "The old owner needed some additional help one day and since I had nothing better to do I came in. I didn't know it then but this place was quickly to become my store."

Ufkes admits that unlike most college towns, Bellingham does not have a popular demand for independent comics.

"Bellingham is essentially a hero town," Ufkes said. "This is by no means a bad thing. There is nothing wrong with a good old fashioned superhero."

One thing that does not worry Ufkes or Barker is the negative stigma applied to comic book fans.

"With the successes of various comic book movies, comics are becoming more accepted by the mainstream," Barker said. "More and more people who see the movies are now becoming interested in the source material that spawns these



photo by Evan Clifhorne THE WESTERN FRONT

The supply of comics — and heros — seems endless at The Comics Place, the oldest comic book store in Bellingham.

blockbuster flicks."

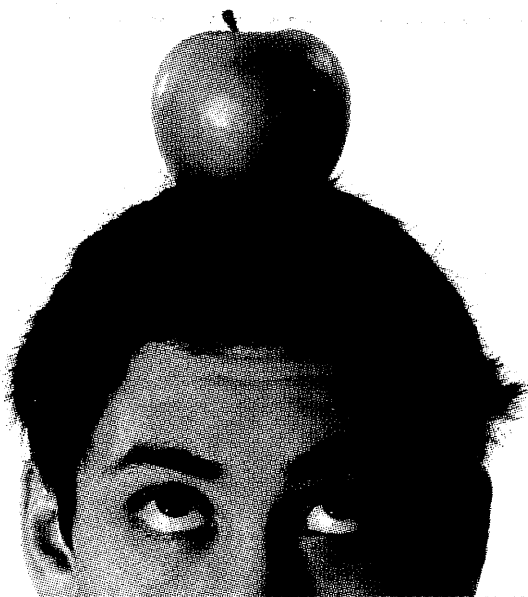
Ufkes agrees that having an interest in comics is nothing to be ashamed of. Comics are no more than a serialized form of fiction. What Ufkes does warn about are the people who buy comics for the sole purpose of collection.

"It's when people buy comics, or anything for that matter, and don't take them out of their packaging for fear of depreciation in value that worries me," Ufkes said.

Bellingham has much to offer new Western Washington University students

who are leaving the nest for the first time and ready and willing to try new things. But Bellingham also retains many of the essentials that keep homesickness at bay, like a good comic book store, said Kurt Wildeforester, a Western sophomore majoring in engineering technology and an avid comic book reader.

"A good comic book store is so much more than a place that takes your money," Wildforester said. "It can be a debate ground, a think-take and a support system. Comics Place is such a store."



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