

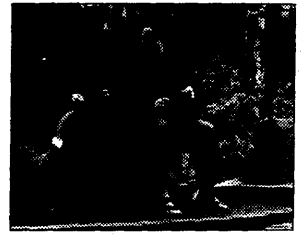


Softball in action

Viking softball team returns home after weekend road tourney. See Story, Page 11.

Bitchin' styles

AS club members knit and stitch their own threads. See Story, Page 8.



TUESDAY, April 9, 2002

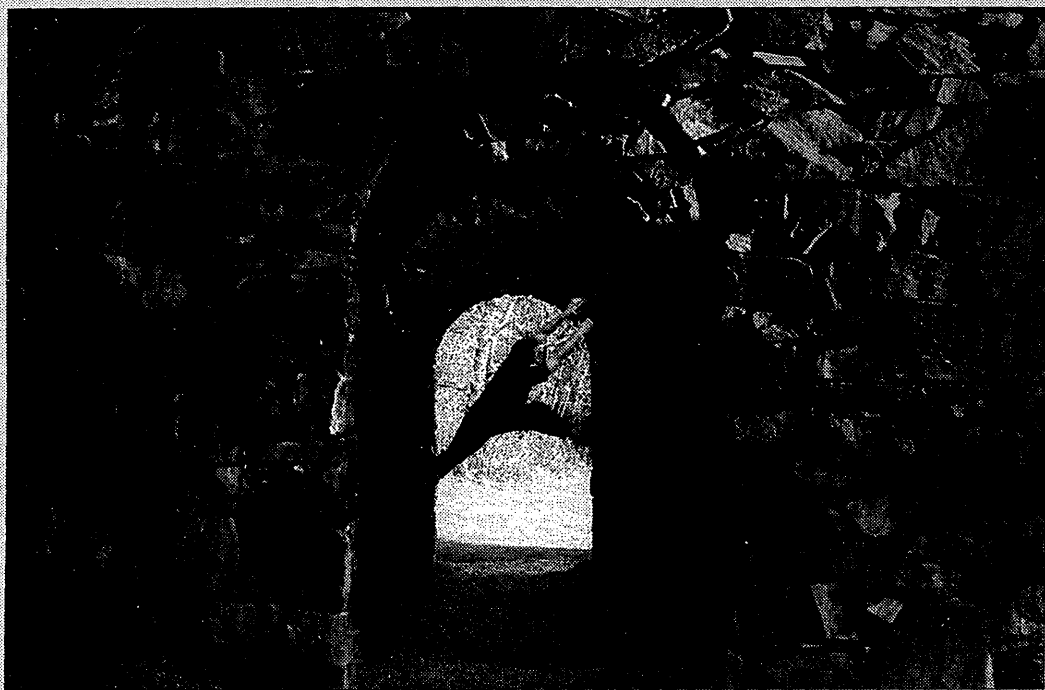
The Western Front

Western Washington University

Volume 121 Issue 2

Bellingham, Washington

Hanging out, enjoying spring on the rocks



Evan Parker/ The Western Front

Rock rings prove to be irresistible to Western student and rock climber Mike Sullivan on a sunny Monday afternoon. "It has gotten a bit addicting," Sullivan said. "Almost every sunny day I'm out here."

Residents share concerns about pipeline policies

By Ailey Kato
THE WESTERN FRONT

After three recent pipeline proposals, Whatcom County Council has adopted new pipeline policies to protect the community.

Debate has emerged over how effective the policies will be and the amount of authority county government can have over pipeline companies.

"(County Council) ended up with a feel-good document," Councilwoman Barbara Brenner said.

Brenner said the County Council did not want to take the time to go through the 52 amendments she developed for pipeline policies.

One of Brenner's amendments that was not adopted required pipeline companies to compensate property owners within 1,000 feet from pipelines for property devaluation.

Budd Askew, a community member and horticulturist, is upset because his mature evergreen trees will be torn down on his property because of the Georgia Strait Crossing Project.

This new pipeline will transport natural gas from Sumas, Wash. to Vancouver Island, British Columbia.

"I'm basically taking the tree-hugger approach," Askew said.

He said he purposely left the 80- to 100-year-old trees on his property to protect other trees and provide privacy.

"It's a monetary thing," Askew said. "Rather than follow the old gas line, it's cheaper to go through my property."

Askew said the pipeline company values his trees at the cost of timber, but to him they are worth much more.

"(The pipeline) is going to ruin my land," Askew said. "It's going to ruin my neighbor's land. It's going to ruin the trees I purposely left on my property."

Councilman Dan McShane said he hopes the new policies will influence the way pipeline companies are regulated.

"As a county government we have no authority of compensation value to property owners," McShane said.

He said the new pipeline policies are guidelines for how the County Council will deal with pipeline companies in Whatcom County.

Frank King sued Olympic Pipe Line Co. in a family lawsuit for the death of his son, Wade King, in the gas pipe leak on June 10, 1999. He is waiting for a settlement to be finalized. If the lawsuit is not settled out of court, the trial is scheduled for April 22.

"I'm not against pipelines," King said. "I'm for pipelines, but I know pipeline operators are not safe."

King said until the city cannot do much until the government passes meaningful safety laws.

See PIPELINE, Page 4

Linguistics department final exams lost for the second time this year

By Gig Schlich
THE WESTERN FRONT

A car break-in at a Ferndale grocery store involved more than just the thief's standard fare of pricey gadgets – the perpetrator also made off with a Western professor's briefcase full of ungraded final exams and projects from winter quarter.

Rudi Weiss, director of the linguistics department, left the case in a friend's car after collecting the assignments from his Linguistics 314 class earlier in the day.

"I was totally crushed," Weiss said, upon learning that his

briefcase was among the missing items. "I've never lost a test or even an assignment," he said.

Weiss said he was upset because the exams and project were two-thirds of the class grade.

Weiss' loss marks the second such incident to strike the department this academic year.

In September, linguistics professor Dwan Shipley's midterm exams were stolen from his car in Vancouver, British Columbia.

The theft of Weiss' exams occurred on the evening of March 21 at the Ferndale Cost Cutter, said Ferndale Police Chief Dale Baker. The vehicle

was not locked. The thief also took a cellular phone, radio and sunglasses.

Students in Weiss' phonetics class were to be graded on two exams and a project. With only one exam score recorded, Weiss said it would be difficult to provide an accurate grade without requiring the students to resubmit their work.

With grades for winter quarter due March 25, Weiss consulted Western Registrar Joe St. Hilaire for a solution.

Together, Weiss and St. Hilaire decided students who

See EXAMS, Page 4

Whatcom asthma and allergy center offers medical relief from allergies

By Mike Baab
THE WESTERN FRONT

For many people, spring means outdoor activities and suntans, but for Western student Laura Edelstein, it means swollen watery eyes, a stuffy nose and an itchy throat.

"I feel like my brain is a hazy fog," Edelstein said. "Sometimes I just don't want to go outside."

Edelstein has suffered from springtime allergies for as long as she can remember.

She often gets lower grades in spring quarter because she is affected so much by allergies.

"It's like going to class when you're sick," Edelstein said.

According to the American Academy of Allergy, Asthma and Immunology, 50 million Americans suffer from springtime allergies.

Symptoms of pollen allergies include itching around the eyes, ears, nose and throat, nasal congestion and sneezing, said Catharine Vader, coordinator for the Student Health and Information Center.

"It's like having a big weight on your chest," Western senior Joey Engle said.

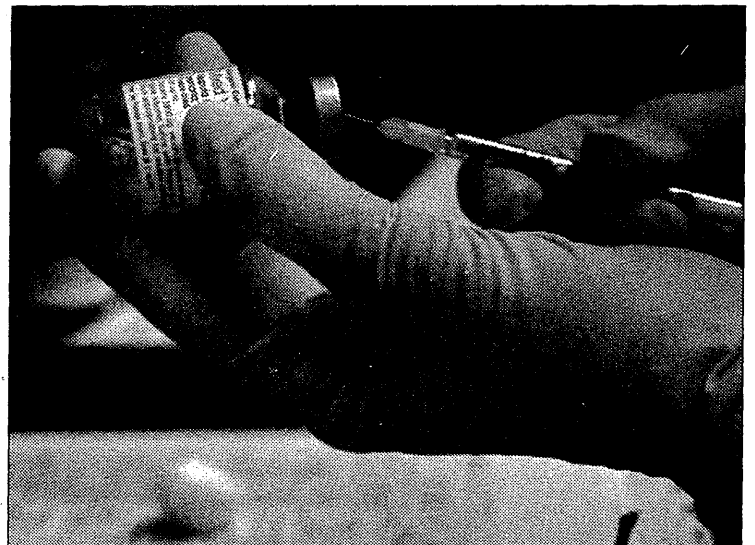
Dr. William Anderson, a

physician at the Asthma and Allergy Center of Whatcom County, said he has seen patients with allergies so severe that they could not breathe because of nasal congestion and could not see because of swelling around the eyes.

Allergy symptoms are caused by an overactive immune system. The body releases histamines to prevent illness and the histamines cause the symptoms, not the pollen itself.

When she saw a doctor for her allergy, Edelstein was told she

See ALLERGIES, Page 4



Stephanie Kosonen/ The Western Front

The Student Health and Information Center also assists Western students who suffer from springtime allergies. Allergy shots are available until 3 p.m. on week days.

COPS BOX

University Police

April 7, 6:32 p.m.: UP responded to a report of brown water leaking from a custodian cabinet.

April 7, 2:22 p.m.: Play Station 2, games and DVDs were reported missing from a room in Higginson Hall.

April 7, 9:52 a.m.: A vehicle was cited for speeding in the 700 block of 25th Street.

April 6, 6:49 a.m.: A student reported receiving harassing phone calls in Buchanan Towers.

April 6, 12:22 a.m.: A three-car accident was reported in Parking Lot 3.

Bellingham Police

April 8, 1:43 a.m.: Officers responded to reports of burglary and assault in the 100 block of North Samish Way.

April 8, 1:37 a.m.: A male was arrested for shoplifting and minor in possession of alcohol in the 1000 block of Lakeway Drive.

April 8, 1:24 a.m.: A man was arrested on domestic violence charges in the 2900 block of Meridian Street.

April 7, 7:08 p.m.: A robbery was reported in the 500 block of West Holly Street.

April 7, noon: Officers responded to a hit and run in the 3500 block of Northwest Avenue.

Compiled by Tyler Hicks

STATE NEWS

Suspects in nightclub murder still at large

Police are still searching for a suspect in the shooting deaths of two men outside McCabe's American Music Cafe in Tacoma. The suspect fatally shot the two men when fights broke out after the nightclub closed early Friday.

Police spokesman Jim Mattheis said investigators are continuing to follow leads.

Court dismisses Kaiser in wrongful death charges

A state appeals court has ruled in favor of the Kaiser Aluminum and Chemical Corporation regarding the accidental death of a mechanic at the company's Mead plant in October 1997.

The Department of Labor and Industries appealed a judge's decision to dismiss four of five violations cited against Kaiser following James VanDoren's death.

NATIONAL NEWS

Newly elected mayor has lengthy criminal history

Kathy Rodeman of Oak Creek, Colo., has been arrested more

than a dozen times, admits having tried illegal drugs and recently got into a bar fight. She has just been elected mayor.

Rodeman — whose nickname is Cargo — received 64 percent of the vote in the town of 800. She doesn't think her past will get in the way of her ability to govern.

"I don't think I'm better than anyone," Rodeman said. "But I know no one's better than me."

One of the first things Rodeman wants to do is reduce the size of the Oak Creek Police Department from three full-time officers to one part-time officer. She said the money could be better used elsewhere.

Rodeman's critics say her criminal past makes it difficult to take her seriously. One resident said the election "just labeled us as the scum bucket of the county."

Child literally sent to the doghouse

A Delaware woman and her boyfriend are accused of barricading her 12-year-old son in a doghouse.

Police said Diane Belonte and Mark Owens locked the boy in the doghouse with the family dog as punishment.

Police said the couple then

blew cigarette smoke into the doghouse while the boy was inside.

Belonte and Owens are charged with two counts of endangering the welfare of a child and one count of unlawful imprisonment.

INTERNATIONAL NEWS

U.S. military could be sent to Philippines

Hundreds more U.S. troops could soon be headed for the Philippines, a Philippines army officer said.

The United States already has 660 soldiers in the country to help train soldiers to fight terrorism.

Three hundred more could join the soldiers to help rebuild roads, seaports and an airstrip on an island where the army is fighting a Muslim extremist group linked to the al-Qada terrorist network.

The Philippines military wants the U.S. soldiers to concentrate solely on non-combat activities.

The joint counter-terrorism exercise is scheduled to end in July, although it might be extended to the end of the year.

Six Palestinians sentenced for collaboration with Israel

A Palestinian military court sentenced six Palestinians to death for collaborating with Israel.

The sentences came during a secret court session in the early morning Sunday in Gaza City.

The sentence of one of the individuals a 15-year-old was commuted to 15 years of hard labor because of his age.





The other five were described as adults who had been arrested over the past six months, and who had given information to Israel on Palestinian security installations.

They also allegedly provided details on Palestinian men who were later killed by Israelis.

Yasser Arafat would have to approve the death sentences before they can be carried out. About 40 similar sentences await his approval.

*Compiled by Brandon Ivey
AP Wire courtesy of KUGS 89.3-FM*

Western Weather

Tuesday	Wednesday	Thursday	Friday
			
Showers 56-39	Showers 58-39	Showers 56-40	Showers 54-38

Corrections and Clarifications

In the April 5 issue, in "First baseman Carlena Herd fuels Viking bats in playoff hunt," Alex Rodriguez batted .318 last season. We sincerely apologize for these and any other mistakes.

The Western Front is published twice weekly in fall, winter and spring; once a week in summer session. Address: The Western Front, Western Washington University, CH 110, Bellingham, WA 98225-9100. The Western Front is the official newspaper of Western Washington University, published by the Student Publications Council, and is mainly supported by advertising. Opinions and stories in the newspaper have no connection with advertising. News content is determined by student editors. Staff reporters are enrolled in a course in the Department of Journalism, but any student enrolled at Western may offer stories to the editors.

Advertising inquiries should be directed to the business office in College Hall 07, or by phone to (360) 650-3161.

Members of the Western community are entitled to a single free copy of each issue of The Western Front.

WWU Official Announcements

Deadline for announcements in this space is noon Friday for the Tuesday edition and noon Wednesday for the Friday edition. Announcements should be limited to 50 words, typewritten or legibly printed, and sent through campus mail to "Official Announcements," MS -9117, via fax to X/7287, or brought in person to Commissary 113A. DO NOT SEND ANNOUNCEMENTS DIRECTLY TO THE WESTERN FRONT. Phoned announcements will not be accepted. All announcements should be signed by originator.

PLEASE POST

TUITION IS DUE APRIL 15. If not paid by that date, late fees will accrue at \$35 per week.

FALL QUARTER DEGREE APPLICANTS must have their applications on file in the registrar's office, Old Main 230, by June 7.

A DEBATE ON AFFIRMATIVE ACTION, sponsored by The Associated Students Diversity Task Force and the WWU Debate Club, will be held from 7 to 9 p.m. April 9 in FR 3. For more information, call X/3463 or send e-mail to asvp.diversity@wwu.edu.

THE MILLER ANALOGIES TEST (MAT) will be given in OM 120 at 2 p.m. April 10, May 15, and June 5. Registration is required in OM 120 or by calling X/3080. A \$35 fee is payable at time of testing. Not administered individually. Test takes about 1½ hours. Limited to 16 students.

THE MATH PLACEMENT TEST is offered in OM 120 at 3 p.m. April 15, 22, 29, May 6 and 20, and June 3 and 10, and at 9 a.m. April 11, 18, 25, May 2, 9, 16, 23, 30, and June 6 and 13. Registration is not required. Students must bring photo identification, student number, Social Security number and a No. 2 pencil. A \$15 fee is payable in the exact amount at time of testing. Allow 90 minutes. The schedule and sample problems may be found at www.ac.wwu.edu/~assess/tc.htm.

A TEACHING ENGLISH TO SPEAKERS OF OTHER LANGUAGES (TESOL) information session will be held at 5 p.m. April 17 in MH 162. For more information, call Trish Skillman or Holly Carr at X/4949.

SITAR PLAYER Kartik Seshadri will return to Western to perform at the PAC Concert Hall at 8 p.m. April 26. Tickets are \$5 student/\$7 general public, and are available at the PAC box office.

THE TEST FOR ENTRANCE INTO TEACHER EDUCATION (TETEP) will be given in OM 120 at 2 p.m. May 2 and June 4. Registration is required in OM 120 or by calling X/3080. A \$25 fee is payable in the exact amount at test time. Not administered individually. All 2½ hours.

THE WRITING CENTER IS RECRUITING writing assistants for the 2003 academic year. Do you have such a passion for words that you write even when you don't have to? Fabulous! Pick up an application packet in WL 389 or request one from Robert Bucik@wwu.edu.

A COURSE IN CROSS-CULTURAL COMPETENCE, Edu 427k, begins May 6. Tuition for the 2-credit course taught via the Internet is \$278. The course requires access to a computer and printer, and Netscape or Internet Explorer 4.0 or greater. To register or for more information, call X/3308. Grading is S/U only.

CAN'T FIT THOSE LAST COUPLE OF CREDITS in your schedule this summer? Try taking an online course through Woodring Extension Services. There is no specific class time to meet — fit your education around your schedule. For detailed information, call X/3308 or X/3717.

INFORMATION ABOUT NATIONAL TESTING is available at the Testing Center, OM 120.

SEVERAL JOB SEARCH AND CAREER WORKSHOPS are offered through the Career Services Center. Signup is required. For detailed workshop information or to sign up, see www.careers.wwu.edu, stop by OM 280, or call X/3240.

U.S. poet laureate to speak April 18

By **Brianne Holte**
THE WESTERN FRONT

In honor of National Poetry Month, Western's Distinguished Lecture Series will feature 1995-1997 U.S. Poet Laureate Robert Hass.

Hass will speak at 6:30 p.m. April 18 on the Performing Arts Center Mainstage. Tickets are free to all Western faculty, staff and students and available now at the PAC Box Office.

Hass was named poet laureate by the Librarian of Congress for achieving distinction in his field. Hass' poetry focuses on the environment, especially the environment of his native California.

The job of a poet laureate is to raise national consciousness to poetry.

Fran Maas, distinguished lecture series coordinator, said Hass is a good choice to speak at Western.

"What better person to speak than a poet laureate during National Poetry Month," she said.

His interest in ecology and literacy are the qualities that

brought him to Western, said Harriet Wender, special assistant to Western President Karen Morse.

"We chose Robert Hass as someone who would appeal to students, faculty and the community," Wender said. "We thought this lecture would be something for the soul."

Hass speaks nationwide about the environment and youth literacy. He founded River of Words, an international art and poetry program for youth.

The lecture will include a poetry reading by Hass, with commentary, and a 15-minute question-and-answer session. For more opportunities to ask questions, Hass will participate in a live Internet chat from 8:30 to 9:30 a.m. April 19. English Professor William Lyne will mediate the chat.

"We think this is a good way to reach out to more students," Maas said. "This way students who couldn't make it to the lecture, or who are too shy to ask a question in such a big setting, can post their questions on the Internet."

The Distinguished Lecture Series is intended to encourage thought and discussion, Wender said.

"We look for an opinion we don't hear all the time," Wender said. "We want speakers who are controversial but respected and experts in their field."

Wender recommended speakers to Morse, who then chooses the speaker. Former speakers have included Helen Thomas and Freeman Dyson.

Hass is a professor of English at the University of California-Berkeley. The North American Association on Environmental Education named him Educator of the Year in 1997.

Hass has published several books of poetry, as well as translations of the poetry of Czeslaw Milosz and the haiku of Basho. He also participated in the White House Millennium Nights.

Questions can be posted at any time before or during the chat on the Distinguished Lecture Series Web site <http://pandora.cii.wvu.edu/hass/>

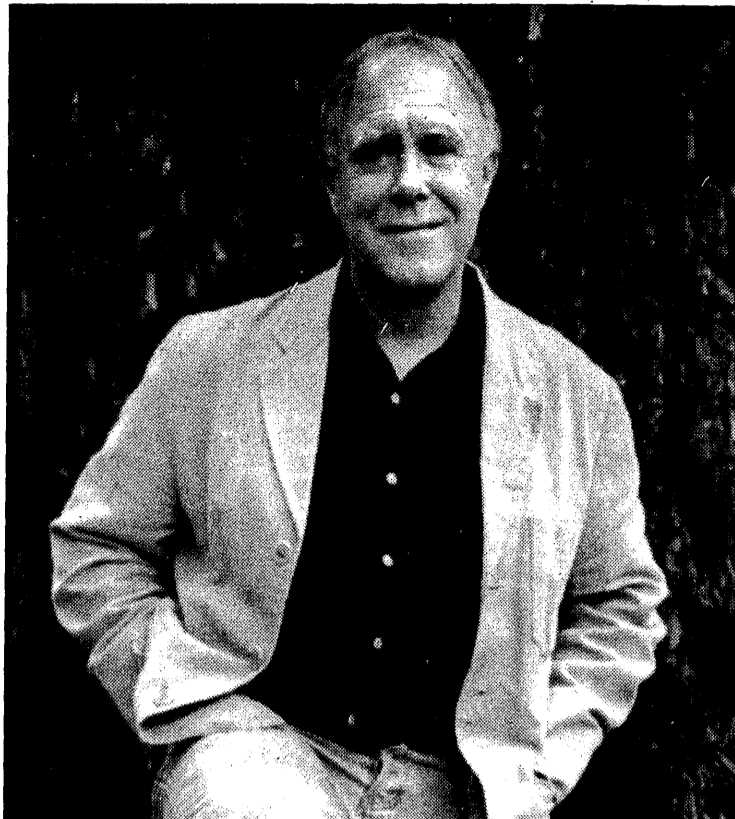


Photo courtesy of the Public Information Office
U.S. Poet Laureate Robert Hass will speak April 18 at Western. He is the third distinguished lecturer this year.

Students may tour dorm rooms, dining halls at Housing Expo

By **Juli Robinson**
THE WESTERN FRONT

University Residences is putting a new spin on the Housing Expo this year by allowing students to tour the residence halls. Housing renewal is coming soon.

Students now have the opportunity to visit rooms in each residence hall and the nearest dining facility and meet with staff and residents to discuss questions or concerns.

The Housing Expo will run from 6 to 8 p.m. April 8 on north campus, April 9 on Ridgeway, and April 10 on south campus. The campus shuttle will start at 6

p.m., an hour early so students can visit the residence halls.

"We decided to do (this) because some students really don't get to see the inside of all the buildings and don't really know what the building is like until they've been there," said Karen Walker, assignment manager for University Residences who helped organize the Housing Expo.

Walker said it is important for students to visit residence halls before making a decision to get a better sense of what they want in a residence hall setting.

She said the change will benefit students who currently live on campus because they will be able to view the halls before move-in

day. "We really value students who return," Walker said. "They bring a really nice sense of balance and quality to the buildings. We want to make it fun and easy for students who live with us now to think about coming back next year."

Previous years, the Housing Expo was in the Viking Union. Each residence made a booth to represent the hall.

Last year Walker asked a focus group of students for their input in revising the exposition and received a positive response. They agreed it would be beneficial to visit the residence halls before choosing one.

"I had actually been wanting

to make it a visit program for a couple of years," Walker said.

"I think it's great," said

"We really value students who return."

Karen Walker
University residences assignment manager

Western senior Tillie Gallagher, a student in the focus group. "It's nice to be able to go in and see it firsthand."

Walker encourages students to attend the the trial exposition.

"I'm really interested in feedback," Walker said.

Students will receive feedback cards to give their opinions on the exposition and e-mail university residences.

"I think it will be a positive change," said Ruby Mount assistant Resident Director and expo coordinator.

Mount said she believes the event may not run smoothly the first time since the Housing Expo has never had visits in residence halls before.

"One of the reasons that we really thought this was a good thing to do was because I knew that if I was ever going to rent an apartment or a house I wouldn't want to do it without getting a chance to see (it)," Walker said.

"I taught a boy named Sean to explore the world on the Internet ... to think big. People say you can't change the world. But I made a difference. Just ask Sean."
— Jason McLaurin, AmeriCorps Member

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Exams: Weiss' linguistics students receive unexpected grades after winter finals stolen

Continued from Page 1

achieved an A- or higher on the midterm would receive an A for the course, while the rest would receive a grade of P or "pass."

Normally, the pass or no-pass option is reserved for elective classes and cannot be applied to courses within a student's major or minor degree. Because of the unusual circumstances, the grade point average for students who received a P will not be affected positively or negatively and the course will apply to their degree, St. Hilaire said.

Weiss mailed a letter to those students receiving a P for the

class to inform them of the circumstances.

"I felt violated. It's of no value to anyone, but it's so valuable to me."

Rudi Weiss
Linguistics Department Director

Josh Putman, a junior who received a P in Weiss' course, said he felt the solution arrived at was fair.

"It's not really his fault that he lost it," Putman said. "He could have made everyone come in and retake the test, but nobody really wanted to do that."

Putman was also pleased the P would not affect his grade point average. He said it would have taken high grades on the finals to raise his grade above the C he received on his midterm.

Any students not satisfied with the grade were given the option to retake the final exam. A grade would then be determined from this exam and the

midterm grade, Weiss said.

"My main concern was that the student wasn't disadvantaged," he said. "They had done their work and deserved to have a grade for the course."

No students have yet challenged the grades given for the course, Weiss said.

The briefcase also contained graded final exams from Weiss' German 202 class. He was able to recall the scores for those exams and feels comfortable that final grades for the class are accurate.

Weiss returned to the site of the theft for the next several

days, searching the surrounding area and hoping that the thief had ditched the briefcase.

"I felt violated," Weiss said. "It's of no value to anyone, but it's so valuable to me."

No arrests have been made in connection with the car prowl in which Weiss' briefcase was taken, said Baker, nor have any of the stolen items been recovered.

Shipley's briefcase was later returned to him, missing only the exams.

St. Hilaire said in Shipley's case the remaining exams were averaged to determine grades.

Allergies: Tree pollen and grasses cause spring allergies, medications alleviate symptoms

Continued from Page 1

has "the immune system of someone from a third-world country."

Edelstein used over-the-counter medications for her symptoms, but she said she felt drowsy and sluggish from the side effects.

Anderson recommends prescription nasal sprays such as Rhinocort, Nasocort or Flonase for severe sufferers.

A more permanent solution is allergy shots, which allow sufferers to slowly build up an

immunity to pollen.

Engle received allergy shots nearly every week for five years and is now nearly free of his pollen allergy.

The shots are quick and painless, Engle said.

"Getting stuck with a blackberry thorn is worse."

For mild allergic reactions, Anderson recommends flushing the nose and eyes with salt water or saline solution, available over the counter at many drug stores.

Wearing lightweight clothing

or removing some clothing before going inside can prevent pollen particles from getting indoors.

Many spring allergies are caused by tree pollen and grasses, Anderson said.

Alder and birch trees, which grow throughout Bellingham, usually begin pollinating in the middle of winter.

However this February's cold weather delayed pollen production.

"Pollen counts may be higher because (pollination) was

delayed," Anderson said.

"I feel like my brain is a hazy fog. Sometimes I just don't want to go outside."

Laura Edelstein
Western student

Tree pollination typically lasts until April.

Grass pollination begins in

mid-May and lasts until mid-July, peaking in June.

Grass pollen reactions are caused by tall grass, not the green grass found in most yards.

Mowing the lawn can cause an allergic reaction because it churns up the pollen that has settled on the ground.

Edelstein handles her allergies optimistically.

"There are worse problems than just feeling miserable for a few months of the year," she said.

Pipeline: County Council adopts policy for safer Whatcom pipes

Continued from Page 1

Mike Kausman, chairman for the Utilities Planning and Advisory Committee said that after the pipeline explosion, Olympic Pipe Line Co. could not start operating again until a franchise agreement was negotiated with the County Council.

He said a franchise agreement is an example of the power a county government can have over pipeline companies.

Kausman said a franchise agreement is basically a leasing agreement. Pipeline companies do not have eminent domain over county land, he said. Eminent domain is the power the government has to obtain

land through a court order.

Kausman said the County Council should evaluate the use of franchise agreements to reach community goals.

"Here's a place where the community has some leverage," Kausman said.

The pipeline companies must obtain a franchise agreement before working on county property, which gives the County Council power.

"Eminent domain is the sword pipeline companies don't use, but they swing it around a lot," Kausman said. "The county now has the armor (a franchise agreement) to protect themselves from that."



Annie Johnson/ The Western Front

The June 1999 Olympic Pipeline explosion occurred here along Whatcom Creek.

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Outdoor Center sponsors second annual spring outdoor film contest

By Jaclyn Ruckle
THE WESTERN FRONT

The Outdoor Center invites amateur filmmakers to enter the second annual spring Outdoor Film Contest for an opportunity to have their film played on the big screen.

Western students who captured outdoor events on tape during spring break are encouraged to submit their films at no cost.

"The main criteria for the film is that it documents an outdoor event, is filmed by a Western student and is edited to under 30 minutes," said Western sophomore Sarah Regan, events, resources, and publicity coordinator for the Outdoor Center.

At the public screening, the audience will decide which film will be purchased for \$20 from the director and added to the Outdoor Center video collection for student checkout.

The current collection consists of documentaries and instructional videos of outdoor events and maneuvers. Topics include rolling kayaks, mountain biking, skiing and rock climbing.

"Students use the video library often, we probably check out two or three videos each day," Regan said.

"The film doesn't have to be from spring break, but we're hoping that students captured their outdoor events from break on film," Regan said.

The contest was created last year to serve as an outlet for the outdoor filmmaking talent on campus.

"We wanted to give people an opportunity to get their movies on the big screen. It's hard to get them up there without being sponsored," said Western senior Maggy Witecki, last year's events, resources, and publicity coordinator for the Outdoor Center.

Jenny Barna was last year's winner. She filmed a rock climbing documentary called "Ascend." The movie was about a Bellingham couple that rock climbs together. Most of the movie was filmed locally.

"The movie had a story line, and I enjoy outdoor movies with a story line as opposed to a movie that just shows all the cool maneuvers a person can

do," Witecki said.

Last year only three contestants entered, and all of them were shown on the big screen, Witecki said.

"Activities like this are a good way for students to connect with the outdoors. The Outdoor Center is there to inform students of all levels about different outdoor activities."

Kari Bolton

Outdoor Center Employee

"There is still time for students to make a video in the next week and turn it in," Regan said.

"Activities like this are a good way for students to connect with the outdoors," Outdoor Center employee Kari Bolton said. "The Outdoor Center is there to inform students of all levels about different outdoor activities."

Entries must be submitted by 4:30 p.m. April 17 at the Outdoor Center in Viking Union 150.

Entry forms and a list of official rules are available in the Outdoor Center office. For further information contact the Outdoor Center at 650-3112 or ocpubli@cc.wvu.edu.

"We wanted to give people an opportunity to get their movies on the big screen, it's hard to get them up there without being sponsored."

Maggy Witecki
Western senior

After all the entries are received, a panel of judges from the Outdoor Center will decide the top three films to show on the big screen. The panel of judges and date for judging is undecided.

AS candidates announced

By Stacey Gorgen
THE WESTERN FRONT

The Associated Students Board of Directors elections will be April 23 and 24. Candidates met their opponents Friday night at a meeting to discuss campaign rules. The following students are running for spots on the board.

• President: Junior Allison Smith and Sonchatha Meng. The president is the chief administrative officer and is required to serve as a representative for the Board of Directors.

• Vice President of Academic Affairs: Junior Julie Krom and junior Leslee Bickford. This position requires involvement in the academic affairs division of Western.

• Vice President of Activities: Sophomore Christian Nossum, junior Stephen Olsen and junior Ben Carroll. The vice president of activities works with AS clubs and organizations.

• Vice President of Diversity: Sophomore Nikki Lac, sopho-

more Lamesha Melton and Jolyn Gardner. The vice president of diversity focuses on any group that may be under-represented on campus.

• Vice President of Student Life: Junior Trista Sandberg and junior Tony Seaward. Vice president of student life oversees residence halls, on-campus dining and off-campus student issues.

• Vice President of Legislative and Community Affairs: Sophomore Paul Graves and Western graduate Doug Boling. This position works with Western's External Affairs Division, the city of Bellingham, Washington state and the U.S. government.

• Vice President of Business and Operations: Sophomore Tony Russo is running unopposed. This vice president is responsible for smooth operation of the AS organization.

New candidates also discussed a \$5-increase in the technology fee, the only referendum that will be on the ballot.

Elections are 9 a.m. to 7 p.m. April 23 and 24 in Red Square.

The Western Front Online

It was a long exposure.
www.westernfrontonline.com

Depo-Provera® Contraceptive Injection

medroxyprogesterone acetate injectable suspension

DEPO-PROVERA® Contraceptive Injection (medroxyprogesterone acetate injectable suspension, USP)

This product is intended to prevent pregnancy. It does not protect against HIV infection (AIDS) and other sexually transmitted diseases.

What is DEPO-PROVERA Contraceptive Injection?

DEPO-PROVERA Contraceptive Injection is a form of birth control that is given as an intramuscular injection (a shot) in the buttock or upper arm once every 3 months (13 weeks). To continue your contraceptive protection, you must return for your next injection promptly at the end of 3 months (13 weeks). DEPO-PROVERA contains medroxyprogesterone acetate, a chemical similar to (but not the same as) the natural hormone progesterone, which is produced by your ovaries during the second half of your menstrual cycle. DEPO-PROVERA acts by preventing your egg cells from ripening. If an egg is not released from the ovaries during your menstrual cycle, it cannot become fertilized by sperm and result in pregnancy. DEPO-PROVERA also causes changes in the lining of your uterus that make it less likely for pregnancy to occur.

How effective is DEPO-PROVERA Contraceptive Injection?

The efficacy of DEPO-PROVERA Contraceptive Injection depends on following the recommended dosage schedule exactly (see "How often do I get my shot of DEPO-PROVERA Contraceptive Injection?"). To make sure you are not pregnant when you first get DEPO-PROVERA Contraceptive Injection, your first injection must be given ONLY during the first 5 days of a normal menstrual period, ONLY within the first 5 days after childbirth if not breast-feeding and, if exclusively breast-feeding, ONLY at the sixth week after childbirth. It is a long-term injectable contraceptive when administered at 3-month (13-week) intervals. DEPO-PROVERA Contraceptive Injection is over 99% effective, making it one of the most reliable methods of birth control available. This means that the average annual pregnancy rate is less than one for every 100 women who use DEPO-PROVERA. The effectiveness of most contraceptive methods depends in part on how reliably each woman uses the method. The effectiveness of DEPO-PROVERA depends only on the patient returning every 3 months (13 weeks) for her next injection. Your health-care provider will help you compare DEPO-PROVERA with other contraceptive methods and give you the information you need in order to decide which contraceptive method is the right choice for you.

The following table shows the percent of women who got pregnant while using different kinds of contraceptive methods. It gives both the lowest expected rate of pregnancy (the rate expected in women who use each method exactly as it should be used) and the typical rate of pregnancy (which includes women who became pregnant because they forgot to use their birth control or because they did not follow the directions exactly).

Percent of Women Experiencing an Accidental Pregnancy in the First Year of Continuous Use

Method	Lowest Expected	Typical
DEPO-PROVERA	0.3	0.3
Implants (Norplant)	0.2*	0.2*
Female sterilization	0.2	0.4
Male sterilization	0.1	0.15
Oral contraceptive (pill)	-	3
Continued	0.1	-
Progestogen only	0.5	-
IUD	-	3
Progestasert	2.0	-
Copper T 380A	0.8	-
Condom (without spermicide)	2	12
Diaphragm (with spermicide)	6	16
Cervical cap	6	18
Withdrawal	4	18
Periodic abstinence	1-9	20
Spermicide alone	3	21
Vaginal Sponge	-	28
used before childbirth	6	18
used after childbirth	9	26
No method	85	85

Source: Trussell et al. *Obstet Gynecol.* 1990;76:558-567.

Who should not use DEPO-PROVERA Contraceptive Injection?

Not all women should use DEPO-PROVERA. You should not use DEPO-PROVERA if you have any of the following conditions:

- if you think you might be pregnant
- if you have any vaginal bleeding without a known reason

Birth control you think about just 4 x a year.

- if you have had cancer of the breast
- if you have had a stroke
- if you have or have had blood clots (phlebitis) in your legs
- if you have problems with your liver or liver disease
- if you are allergic to DEPO-PROVERA (medroxyprogesterone acetate or any of its other ingredients)

What other things should I consider before using DEPO-PROVERA Contraceptive Injection?

You will have a physical examination before your doctor prescribes DEPO-PROVERA. It is important to tell your health-care provider if you have any of the following:

- a family history of breast cancer
- an abnormal mammogram (breast x-ray), fibrocystic breast disease, breast nodules or lumps, or bleeding from your nipples
- kidney disease
- irregular or scanty menstrual periods
- high blood pressure
- migraine headaches
- asthma
- epilepsy (convulsions or seizures)
- diabetes or a family history of diabetes
- a history of depression
- if you are taking any prescription or over-the-counter medications

This product is intended to prevent pregnancy. It does not protect against transmission of HIV (AIDS) and other sexually transmitted diseases such as chlamydia, genital herpes, genital warts, gonorrhea, hepatitis B, and syphilis.

What if I want to become pregnant after using DEPO-PROVERA Contraceptive Injection?

Because DEPO-PROVERA is a long-acting birth control method, it takes some time after your last injection for its effect to wear off. Based on the results from a large study done in the United States, for women who stop using DEPO-PROVERA in order to become pregnant, it is expected that about half of those who become pregnant will do so in about 10 months after their last injection; about two thirds of those who become pregnant will do so in about 12 months; about 83% of those who become pregnant will do so in about 15 months; and about 93% of those who become pregnant will do so in about 18 months after their last injection. The length of time you use DEPO-PROVERA has no effect on how long it takes you to become pregnant after you stop using it.

What are the risks of using DEPO-PROVERA Contraceptive Injection?

1. Irregular Menstrual Bleeding
The side effect reported most frequently by women who use DEPO-PROVERA for contraception is a change in their normal menstrual cycle. During the first year of using DEPO-PROVERA, you might have one or more of the following changes: irregular or unpredictable bleeding or spotting, an increase or decrease in menstrual bleeding, or no bleeding at all. Unusually heavy or continuous bleeding, however, is not a usual effect of DEPO-PROVERA; and if this happens, you should see your health-care provider right away. With continued use of DEPO-PROVERA, bleeding usually decreases, and many women stop having periods completely. In clinical studies of DEPO-PROVERA, 55% of the women studied reported no menstrual bleeding (amenorrhea) after 1 year of use, and 68% of the women studied reported no menstrual bleeding after 2 years of use. The reason that your periods stop is because DEPO-PROVERA causes a resting state in your ovaries. When your ovaries do not release an egg monthly, the regular monthly growth of the lining of your uterus does not occur and, therefore, the bleeding that comes with your normal menstruation does not take place. When you stop using DEPO-PROVERA your menstrual period will usually, in time, return to its normal cycle.

2. Bone Mineral Changes
Use of DEPO-PROVERA may be associated with a decrease in the amount of mineral stored in your bones. This could increase your risk of developing bone fractures. The rate of bone mineral loss is greatest in the early years of DEPO-PROVERA use, but after that, it begins to resemble the normal rate of age-related bone mineral loss.

3. Cancer
Studies of women who have used different forms of contraception found that women who used DEPO-PROVERA for contraception had no increased overall risk of developing cancer of the breast, ovary, uterus, cervix, or liver. However, women under 35 years of age whose first exposure to DEPO-PROVERA was within the previous 4 to 5 years may have a slightly increased risk of developing breast cancer similar to that seen with oral contraceptives. You should discuss this with your health-care provider.

4. Unexpected Pregnancy
Because DEPO-PROVERA is such an effective contraceptive method, the risk of accidental pregnancy for women who get their shots regularly (every 3 months [13 weeks]) is very low. While there have been reports of an increased risk of low birth weight and neonatal infant death or other health problems in infants conceived close to the time of injection, such pregnancies are uncommon. If you think you may have become pregnant while using DEPO-PROVERA for contraception, see your health-care provider as soon as possible.

5. Allergic Reactions
Some women using DEPO-PROVERA Contraceptive Injection have reported severe and potentially life-threatening allergic reactions known as anaphylaxis and anaphylactoid reactions. Symptoms include the sudden onset of hives or swelling and itching of the skin, breathing difficulties, and a drop in blood pressure.

6. Other Risks

Women who use hormone-based contraceptives may have an increased risk of blood clots or stroke. Also, if a contraceptive method fails, there is a possibility that the fertilized egg will begin to develop outside of the uterus (ectopic pregnancy). While these events are rare, you should tell your health-care provider if you have any of the problems listed in the next section.

What symptoms may signal problems while using DEPO-PROVERA Contraceptive Injection?

Call your health-care provider immediately if any of these problems occur following an injection of DEPO-PROVERA:

- sharp chest pain, coughing up of blood, or sudden shortness of breath (indicating a possible clot in the lung)
- sudden severe headache or vomiting, dizziness or fainting, problems with your eyesight or speech, weakness, or numbness in an arm or leg (indicating a possible stroke)
- severe pain or swelling in the calf (indicating a possible clot in the leg)
- unusually heavy vaginal bleeding
- severe pain or tenderness in the lower abdominal area
- persistent pain, pus, or bleeding at the injection site

What are the possible side effects of DEPO-PROVERA Contraceptive Injection?

1. Weight Gain
You may experience a weight gain while you are using DEPO-PROVERA. About two thirds of the women who used DEPO-PROVERA in clinical trials reported a weight gain of about 5 pounds during the first year of use. You may continue to gain weight after the first year. Women in one large study who used DEPO-PROVERA for 2 years gained an average total of 8.1 pounds over those 2 years, or approximately 4 pounds per year. Women who continued for 4 years gained an average total of 13.8 pounds over those 4 years, or approximately 3.5 pounds per year. Women who continued for 6 years gained an average total of 16.5 pounds over those 6 years, or approximately 2.75 pounds per year.

2. Other Side Effects
In a clinical study of over 3,900 women who used DEPO-PROVERA for up to 7 years, some women reported the following effects that may or may not have been related to their use of DEPO-PROVERA: irregular menstrual bleeding, amenorrhea, headache, nervousness, abdominal cramps, dizziness, weakness or fatigue, decreased sexual desire, leg cramps, nausea, vaginal discharge or irritation, breast swelling and tenderness, bloating, swelling of the hands or feet, backache, depression, insomnia, acne, pelvic pain, no hair growth or excessive hair loss, rash, hot flashes, and joint pain. Other problems were reported by very few of the women in the clinical trials, but some of these could be serious. These include convulsions, jaundice, urinary tract infections, allergic reactions, fainting, paralysis, osteoporosis, lack of return to fertility, deep vein thrombosis, pulmonary embolus, breast cancer, or cervical cancer. If these or any other problems occur during your use of DEPO-PROVERA, discuss them with your health-care provider.

Should any precautions be followed during use of DEPO-PROVERA Contraceptive Injection?

1. Missed Periods
During the time you are using DEPO-PROVERA for contraception, you may skip a period, or your periods may stop completely. If you have been receiving your DEPO-PROVERA injections regularly every 3 months (13 weeks), then you are probably not pregnant. However, if you think that you may be pregnant, see your health-care provider.

2. Laboratory Test Interactions

If you are scheduled for any laboratory tests, tell your health-care provider that you are using DEPO-PROVERA for contraception. Certain blood tests are affected by hormones such as DEPO-PROVERA.

3. Drug Interactions

Cytadren (aminoglutethimide) is an anticancer drug that may significantly decrease the effectiveness of DEPO-PROVERA if the two drugs are given during the same time.

4. Nursing Mothers

Although DEPO-PROVERA can be passed to the nursing infant in the breast milk, no harmful effects have been found in these children. DEPO-PROVERA does not prevent the breasts from producing milk, so it can be used by nursing mothers. However, to minimize the amount of DEPO-PROVERA that is passed to the infant in the first weeks after birth, you should wait until 6 weeks after childbirth before you start using DEPO-PROVERA for contraception.

How often do I get my shot of DEPO-PROVERA Contraceptive Injection?

The recommended dose of DEPO-PROVERA is 150 mg every 3 months (13 weeks) given as a single intramuscular injection in the buttock or upper arm. To make sure that you are not pregnant at the time of the first injection, it is essential that the injection be given ONLY during the first 5 days of a normal menstrual period. If used following the delivery of a child, the first injection of DEPO-PROVERA MUST be given within 5 days after childbirth if you are not breast-feeding or 6 weeks after childbirth if you are exclusively breast-feeding. If you wait longer than 3 months (13 weeks) between injections, or longer than 6 weeks after delivery, your health-care provider should determine that you are not pregnant before giving you your injection of DEPO-PROVERA.

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FEATURES

Campus & Community

April 9, 2002

The Western Front • 7

Strange Days

Prisoner sues for wrongful death

A woman from Brooksville, Fla., who hanged herself April 29 in the county jail wants a lawsuit from beyond the grave.

Laren Sims, 36, left a suicide note asking her lawyer to sue the jail for failing to prevent her suicide, authorities said.

Guards found Sims in her cell Saturday. She died the next day.

In her suicide note, Sims said the jail was negligent because staff members did not check on her on a regular basis.

According to the note, any money gained from the lawsuit should be used to support her two children.

"This is all I can give to my children," Sims wrote in a separate note to her attorney, Tom Hogan.

"My actions now will allow them to move into the future without this heavy burden," she said. "They won't have to watch my trial on Court TV."

Steven Owen, spokesman for Corrections Corporation of America, the company that operates the jail, said an internal investigation found Sims

had been properly supervised by jail staff.

"If somebody is so determined to commit suicide, then it's hard to stop them," he said.

Burglary suspect caught in police dormitory

Police arrested a 50-year-old Chinese man after the Tokyo building he sneaked into turned out to be a police dormitory.

According to a local newspaper, the would-be burglar took off running when an off-duty officer challenged him.

The man then ran into the dormitory.

"I'd never have guessed police lived here," the man said.

Tokyo police used the unmarked building to house police officers and their families.

According to the newspaper, the arrested man carried lock-picking equipment and a notebook with the names and addresses of contacts, two of whom were later arrested on suspicion of possession of stolen goods.

A spokesman for the Metropolitan Police Department declined to comment.

Dog wins award for fighting alligator

A Miami, Fla., dog fought an alligator to protect his owner.

Heinz Pet Products hosted an event to honor 2-year-old Blue and award him the "Dog Hero of the Year" award.

Ruth Gay, 85, was walking Blue along a canal behind her house last July when she slipped on wet grass and fell.

The impact from the fall broke Gay's nose and dislocated her shoulder.

Blue growled, sensing the alligator that had climbed out of the canal nearly 50 feet away.

Blue suffered multiple puncture wounds while fighting off the reptile.

When Gay's daughter and son-in-law arrived at home nearly an hour later, Blue led them to where Gay was lying.

"I heard the alligator and Blue fighting, and I thought Blue was dead," Gay said.

"It wasn't until my daughter came home, and I heard Blue barking that I realized he was still alive and that he saved me from the alligator," she said.

Patti Jo Lambert, coordinator

of the Dog Hero program, said Blue's story stood out among other applicants because of the unusual circumstances involved in the rescue.

"In all 47 years of this program, we've never had a winner who fought an alligator," she said.

Bikers steal Harleyville's town sign

In Harleyville, S.C., the town limits sign has disappeared from the same spot for the fourth time in five years.

Town officials said they suspect Harley-Davidson fans are the culprits.

Swiping Harleyville signs, which have been spotted as far away as Florida, is a matter of pride among some bikers, a motorcycle shop owner said.

"I've seen them coming with a beer in one hand and a sign in the other like I'd give them a brownie point or something," he said.

Football seats mark man's grave

A Mount Lebanon, Pa., man's

family found the perfect marker for his grave — blue plastic seats from the Three Rivers Stadium auction.

Paul Wellener, a lifelong football fan and Pittsburgh Steelers season ticket holder for 42 years, died unexpectedly March 16.

When Wellener's son and widow bought three pairs of stadium seats for \$2,100 at an auction, they said they knew the seats would make the perfect gravestone.

Shoplifter caught after forgetting purse

Police arrested a Muskegon Heights, Mich., shoplifter when she called them to claim the purse she dropped at the scene of the crime.

The woman allegedly set off an anti-theft alarm as she fled a Family Dollar store.

She dropped her purse in a parking lot while being chased.

When the woman went to the police station to retrieve her purse, police arrested her.

Compiled by Andrea Jasinek

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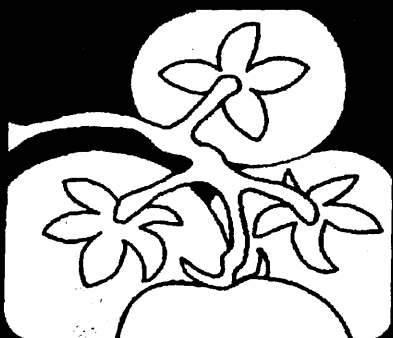
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Stephanie Kosonen/ The Western Front

Freshmen Mae Kessler and Lyndsey Runyan work on scarves before their Bitchin Stitchin meetings. Runyan learned how to knit after she joined the group winter quarter. Kessler is knitting a scarf as a gift for a friend.

One Stitch at a time

By Sarah Loehndorf
THE WESTERN FRONT

Mending a broken seam and sewing clothes might have lost its popularity with the poodle skirt, but one Western club is striving to teach what many students might not have learned in a high school home economics class.

"Sewing and knitting is a lost art and if we don't preserve it in this generation, it will fade away," Bitchin Stitchin President Elissa Ball said.

Created last quarter, the Associated Student club Bitchin Stitchin has grown to more than two dozen people who meet weekly to sew, knit, mend clothes and chat.

"Bitchin Stitchin is a place to go do knitting or sewing or talk about whatever you want to be doing," Bitchin Stitchin Treasurer Mae Kessler said.

Ball explained the meaning behind the name.

"Bitchin comes from the statement 'that's bitchin'," she said. "It is more like, 'That pair of pants is bitchin'.'"

Some members sew or knit because of political reasons, while others do it to earn money, Kessler said.

"So many people go out and buy Abercrombie and Fitch and GAP clothes and don't understand where it is coming from," she said. "It seems that people are very disconnected about the power

they have as consumers. The ability to make your own clothes is a way to reconnect."

Kessler said another reason members sew is to be more independent and reduce the amount of money they spend on clothing.

"Learning how to make your own clothes and provide for yourself is something we want to promote through the club," she said. "It is a goal of ours. We know there are a lot of people out there that were sick of paying \$17 for a GAP scarf."

One of the reasons club members make their own clothes is to avoid purchasing clothes made in sweatshops, Ball said.

"How can you go wrong?" she said. "You don't have to worry if it was sewn together by some Malaysian 5-year-old."

By making her own clothes, Ball said she has more selection than some companies can provide.

"When I was in second grade my mother made me take (sewing) lessons and I despised them," she said. "And then I realized there were clothes that I wanted that manufacturers didn't make, so I took it up again two years ago."

Since Ball took up sewing again she said she noticed stereotypes associated with sewing and knitting.

"There is a tendency for girls to view it as a domestic household task," she said, "but it is really an art and that is what we want people to view it as. It is a powerful contribution that women have made in the past. You can see that when you look at your grandmother's quilts."

The weekly club meetings are very relaxed, Ball said. Normally, people drop in to learn a new stitch, mend clothes on one of the sewing machines or hang around to chat with the group in the Viking Union.

Not all the members know how to sew or knit.

Fairhaven junior Katherine Greiner has mended her own clothes for years and is now learning how to sew.

"I like meeting other women that are interested in knitting," she said. "It's a social circle."

While the club is open to men and women, there tends to be more women than men. Knitters and sewers of all levels are welcome at the club, Ball said. Most members have not done a lot of sewing or knitting.

"(I am) just a beginner myself," she said. "We are all just beginners. No one is an elite sewer."

Ball said the club is planning to do community service projects, like donating scarves to people in need or working on blankets for premature babies. Ball and other members of the club are organizing a campus clothing swap in May.

"We know there is a lot of waste that goes on," she said. "This is a way to recycle and hang out with friends and swap clothes for free."

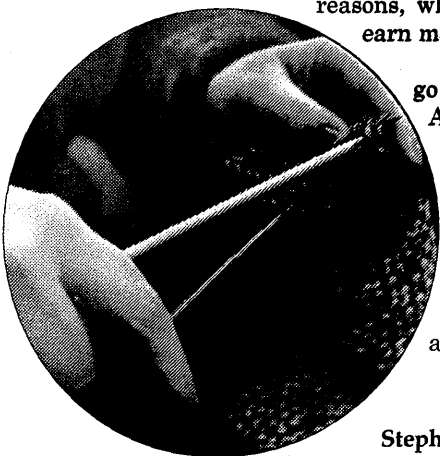
The club is also planning a "mend in" that would provide sewing kits and teach students basic mending skills. The date for the "mend in" is not yet set, but will take place later this quarter in Red Square.

"We feel like old ladies must have back in the day, sewing up socks and chatting," Ball said. "It is a nice feeling."



Candace Nelson/ The Western Front

Freshman Elissa Ball made this purse at Bitchin Stitchin.



Stephanie Kosonen/ The Western Front

Girls will be girls

College-age women discard drinking taboos

By Mike Baab
THE WESTERN FRONT

Crawling on the floor, frantically searching for her purse isn't how Western senior Rochelle Eixenberger had pictured her night. But after guzzling nearly six drinks during happy hour at a Seattle bar, employees asked her to leave the club because she had "obviously had too much to drink."

"It was just a couple of hours," Eixenberger said. "I just drank too fast."

Eixenberger left the crowded bar even though she didn't know where her purse was.

"I was just bawling," she said. "I didn't know what to do with myself."

Although the bar employees let Eixenberger and her friends search for her purse once the bar closed, she eventually gave up and went home without her wallet, driver's license and cellular phone.

College women are drinking more than ever, according to an April Time magazine article. Between 1993 and 2001, the number of female students who reported being drunk 10 or more times in the previous month tripled.

At the same time, frequent binge drinking — defined by the researchers as the consumption of more than four alcoholic beverages six or more times a month — increased by 125 percent at all-women colleges.

This trend does not apply to Western, said Pat Fabiano, Prevention and Wellness Services director.

According to a 2001 Prevention and Wellness Services survey, nearly 80 percent of female Western students said they typically have three drinks or fewer on an average weekend evening.

Heavy drinking can be especially dangerous for women, Time reported. Women have a higher fat-to-water ratio than men, which causes them to get drunk faster.

Eixenberger said the night she lost her purse, she saw the effect gender has on alcohol tolerance.

"They (her male friends) drank a lot more than me and my girlfriends did," she said, "but I don't think any of us were obviously more drunk than others."

According to Time, women also stay drunk longer because they have lower levels of an enzyme that breaks down alcohol.

Despite the health risks, college women are drinking as much as men and sometimes ending up in the hospital as a result, Time reported.

"We have seen women's behavior

become similar to men's in other areas," Western sociology professor Mick Cunningham said. "If women are thinking of themselves as equal to men in terms of work and other things, then drinking could be a consequence of that."

Western freshman Lauril Sachet said binge drinking comes with the territory of equality between the sexes.

"It's now more acceptable for women to do a lot of things," she said. "Drinking is just one of them."

Western sociology professor Jen Lois said certain activities that demonstrate self-control are associated with masculinity, and being able to handle drinking a lot of liquor could be seen by some as an admirable skill.

"There's more blending of masculinity and femininity now," Lois said. "What's masculine in our culture is more valued."

Eixenberger said some women drink to break out of typical gender roles.

"Binge drinking is an extreme form of masculinity," she said. "It's more acceptable for us to act like boys."

Western senior Carissa Coleman said women might simply be more willing to admit they binge drink, as opposed to the more conservative females of previous generations.

"It was a taboo back then," she said.

Western senior Jessica Sparks said drinking is part of a normal social life.

"There's nothing wrong with having a martini after work," Sparks said.

Eixenberger said the drinking behavior of women can be seen as an aspect of the feminism movement that pushes women toward equality.

"I think it's a little more acceptable now for girls to go sit and have a beer," Eixenberger said.

Although changing gender roles allow women to participate in heavy drinking, Eixenberger said she never wants to get as drunk as she did that night in Seattle.

"I normally try to pace myself and know what I'm drinking," she said. "I don't want anything that bad or embarrassing to happen again."



Evan Parker/ The Western Front

According to Time magazine, more college-aged women are binge drinking. The researchers defined binge drinking as consuming four alcoholic beverages six or more times a month.

Track dominates in weekend meets

By Paul Nicholas Carlson
THE WESTERN FRONT

The Western Men's track team and Seattle Pacific University Women's track team remained reigning champions of the 21st annual Ralph Vernacchia Team Track and Field Classic last Saturday at Civic Field. The Western women's team placed second at the meet.

SPU narrowly beat the Western women by a score of 101-99 to win the Vernacchia Classic for the third year in a row. Well ahead of the competition, the Western men finished with a score of 108 points, while Central Washington University earned a distant second place with 89.

With only three events left in the meet, the Western men trailed Central by 3 points — but a last minute 1-2-3 sweep of the men's 5,000 meter run vaulted Western into the lead.

The Western men also excelled in the throwing events. They won the javelin, discus and shot put.

Western athletes James Deaver and Todd Gowing placed

first and second in the men's shot put. Deaver, who is first in the conference, said he needs to throw three more feet to get a provisional qualifying mark.

To qualify for the NCAA Division II Championships, athletes must earn an automatic or provisional qualifying mark, said Western sophomore Stacey Hopkins. Hopkins earned a provisional qualifying mark in the women's javelin at the Spring Break Open Meet in Edmonds, Wash., earlier this season.

Athletes who earn automatic marks go to nationals automatically. The top 16 competitors in the nation below the automatic mark are also invited to compete.

Deaver not only won the shot put, he also set a new personal record despite the rain.

"Especially on a day like this, it feels pretty good (to set a personal record)," Deaver said. "I still need to work on a lot of things, but (the rain) psychologically wears on you."

Deaver said he was happy all the Western shot putters were throwing over 40 feet.

Western senior thrower Travis



Paul Nicholas Carlson/ The Western Front

Western senior Natalie Svenvold sprints to the finish line during her heptathlon victory in the Spring Forward Multi-Meet hosted by Western on Sunday and Monday.

Huntsinger led the 1-2-3 sweep of the men's javelin. He threw 188-2, to earn him the victory. Western senior Tony Kyle finished second and freshman Justin Brewer finished third.

Two provisional qualifiers for the national meets fueled the Western women's team toward its second place finish.

After earning a provisional qualifying for nationals in the

women's javelin last week, Hopkins said she was slightly disappointed with her performance Saturday.

"I've been (setting a personal

See TRACK, Page 12

NBA players display lack of commitment, lack of passion, still earn millions



Richard
Bean

SPORTS
COMMENTARY

Crunch time has come in the National Basketball Association playoff race, but who cares? The NBA lacks the passion and emotion that made the NCAA tournament entertaining, because NBA players only care about money. College players play

because they love basketball.

Enjoyable basketball has come and gone with the college basketball season. Sadly, its encore is the NBA playoffs.

Pride and passion is gone from the NBA. The only thing that matters is the playoffs and the money to be made. It's not until playoff time when the players show they really care about the game.

While the Seattle Supersonics were getting more press for their off-court antics than their playing, the Viking men's basketball

team pushed toward its goal of post-season play.

Because the team members worked hard in the classroom and on the court, they kept a campus and community rooting for them while striving for the post-season. They reeled off nine straight victories and were supposed to be a sure shot to make the playoffs.

Ultimately the team fell short, but its courage and determination showed the power of college basketball.

Watching the NBA is purely a

waste of time. Supporting a bunch of overgrown, hypocritical, overindulgent, self-righteous millionaires is not something anyone should have to endure.

True, emotion can be seen during the games. Occasionally fights will break out or someone will come down from a dunk screaming like a hyena. Is it because they care about winning or because showing up their opponent looks cool? In most cases it is the latter.

How many times has a fan

witnessed Western center Brian "Yogi" Dennis getting in the face of an opponent after one of his famous monstrous dunks, or guard Darnell Taylor jawing with someone after one of his many three-pointers.

Everything wrong and sad about professional athletes is, and has been, epitomized in current NBA superstars. More and more college kids are leaving school in search of money.

Decreasing the talent pool in college basketball can make it

See NBA, Page 12

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Vikes look to build on tourney success against Saint Martin's

Two Vikings receive honors for performances in Tournament of Champions

By Chris Smith
THE WESTERN FRONT

At a glance

Wednesday

Viking softball double-header versus Saint Martin's College. The Games were originally scheduled for March 9, but were postponed because of rain.
Viking Field beginning at 1 p.m.

Most softball players try to hit hard line drives to get on base, but Jessi Williams has another tactic.

Western's junior outfielder bunted for 12 of her 16 hits during the Tournament of Champions last weekend in Modesto, Calif.

The other teams knew what she was going to do and she still got hits, Western head coach Lonnie Hicks said.

Williams received the Great Northwest Athletic Conference Player-of-the-Week award and all-tournament honors in the process.

"Jessi had a breakout weekend, which is exactly what she predicted," Hicks said.

Williams raised her batting average from .191 to .342 after her 16-26 tournament hitting performance. She was a perfect six for six in stolen base attempts as well.

"(Williams getting on base) makes my job easier as a number two hitter," junior outfielder Candace Adamo said.

"She (Williams) had been struggling a little bit," junior pitcher Amanda Grant said. "but she put it together."

Grant shared the spotlight, receiving an all-tournament award and GNAC Pitcher-of-

the-Week, and helped the women's softball team to a sixth-place finish in the 18-team tournament.

"She (Grant) leads the team when she's out there," Adamo said. "She just dominates."

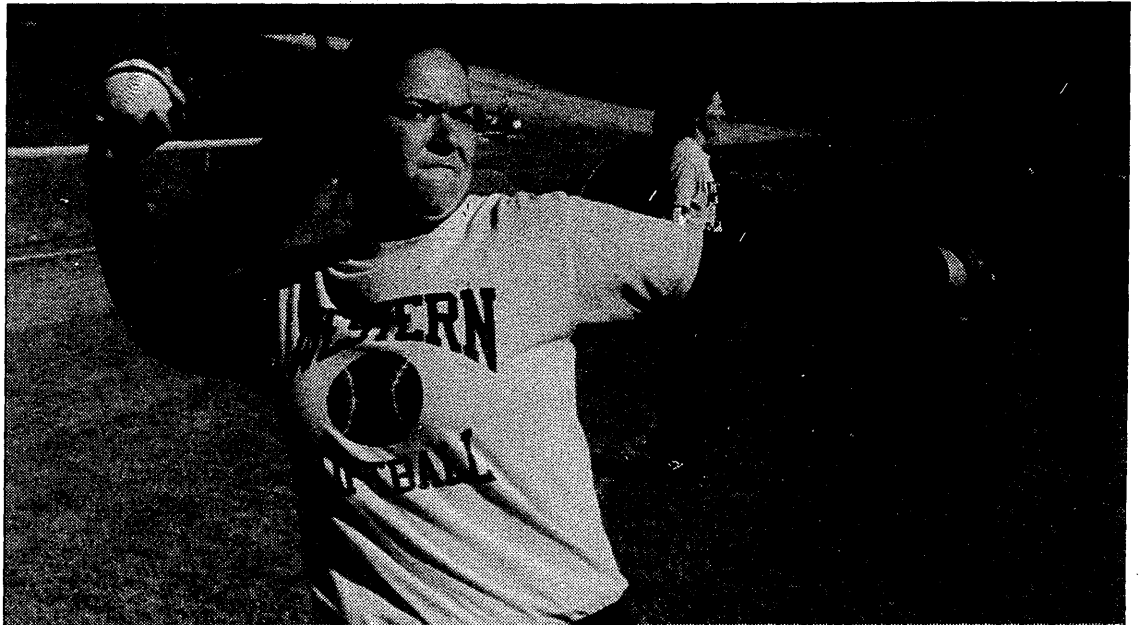
Grant pitched to a 4-1 record, including two shutouts during the tournament. She is now 8-4 with a 0.60 earned run average for the season.

Two of her streaks ended during the tournament. She allowed her first earned run in 67 innings and her complete game streak ended at 28.

Western lost the championship game of the Silver Bracket to Humboldt State University 4-2. The Vikings defeated Humboldt 1-0 in nine innings to open the tournament and finished 5-2 overall.

The 11-10 Vikings return home for a double-header at 1 p.m. Wednesday at Viking Field against GNAC opponent Saint Martin's College.

Coach Hicks has not decided who will pitch during the double-header, but he said he will have confidence in whoever he puts on the mound.



Stephanie Kosonen/ The Western Front

Senior first baseman Carlena "Car" Herd plays catch with a teammate in practice. Herd and the Vikings battle Saint Martin's College in a double header on Wednesday.

"My entire pitching staff can beat any team on any day," he said.

Western is currently fourth in GNAC with a 2-1 conference record while Saint Martin's is No. 2 at 5-1.

Because of the poor weather this season, several of Western's games have been either postponed or canceled, including the original Saint Martin's games scheduled for March 9. GNAC leader Humboldt State played more than 40 games this season,

compared to Western's 21. Players said they believe with more games the team will continue to get better.

Saint Martin's record is 12-9 this season and at one point it

won nine in a row. Western won 7-1 earlier this year after Kristen Keikenapp's strong pitching performance. She pitched the entire game allowing just one run.

Tournament of Champions seven game totals

	AB	R	H	RBIs	BB	SO	PO	A
Jessi Williams cf	26	3	16	1	1	3	14	0
	IP	H	R	ER	BB	SO	AB	BF
Amanda Grant p	33.2	19	7	5	7	16	109	126

*Both players were selected to the All-Tournament team, as well as received Great Northwest Athletic Conference player and pitcher-of-the-week awards, respectively.



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Extended Education & Summer Programs

Track: Senvold opts out of Vernacchia, wins multi-meet

Continued from Page 10

record) every meet until today," Hopkins said. "But I threw over 130 feet, so I'm happy with that."

Hopkins' throw of 133-4 was enough to win the event.

Western junior Marianne Scott established a new school record of 133-9 in the women's hammer throw. She placed second in the event.

The Western women have a new national provisional qualifier for the NCAA Division II National Championships with freshman Ashlee Vincent in the women's 1,500-meter run. Vincent clocked in at 4:40.05 to place second in the event.

Top Western senior high-jumper Natalie Senvold sat out the meet.

"We thought about (having Senvold compete Saturday), but decided to have her compete Sunday in the heptathlon," said

Western track and field coach Kelven "PeeWee" Halsell.

He chose correctly as Senvold won the Heptathlon.

Top Viking Spring Forward Multi-Meet finishers

• Senvold finished first out of five in the women's heptathlon event with a score of 4,280 points.

• Senvold set personal records in the 100-meter hurdles and 200-meter dash events.

• Western sophomore Josh Freeman finished second out of seven in the men's decathlon with a score of 5762 points, coming back from third place after the first day.

• Western senior Kate Herber also competed, finishing fifth, with 1,573 points.

• Top Viking finishes in 21st Annual Vernacchia Classic

High Jump, Men 2. Peter Allan 6-02.75; **3.** Mike Tully 6-00.75 **Pole Vault, Women 1.** Danielle Juarez 10-08.0 **Pole Vault, Men 1.** Hunter Verner 13-11.25; **2.** Scott Romney 13-05.25 **Long Jump, Women 3.** Kaye Stephens 15-10.5 **Long Jump, Men 3.** Nick Dewing 19-03.5 **Triple Jump, Women 1.** Kaye Stephens 34-10.25 **Triple Jump, Men 3.** Nick Dewing 39-10.0 **Shot Put, Women 3.** Brianna Barrett 36-02.75 **Shot Put, Men 1.** James Deaver 49-00.25; **2.** Todd Gowing 45-09.0 **Discus Throw, Women 2.** Laura Burch 120-00.0 **Discus Throw, Men 1.** Tony Kyle 156-07.0 **Hammer Throw, Women 2.** Marianne Scott 133-09.0; **3.** Brianna Barrett 123-06.0 **Hammer Throw, Men 3.** Tim Jolin 145-01.0 **Javelin Throw, Women 1.** Stacey Hopkins 133-04.0 **Javelin Throw, Men 1.** Travis Huntsinger 188-02.0; **2.** Tony Kyle 183-01.0; **3.** Justin Brewer 178-03.0 **4x100-meter Relay, Women 1.** Western Washington 49:55 **1500-meter Run, Women 2.** Ashlee Vincent 4:40.05 **100-meter Hurdles, Women 1.** Kate Herber 15:33 **100-meter Dash, Women 1.** Melissa Behrens 12.85 **400-meter Hurdles, Women 3.** Laura Burch 1:08.66 **200-meter Dash, Women 2.** Dania Swosinski 26.17 **5000-meter Run, Men 1.** Martin Ranney 15:28.59; **2.** Steve DeKoker 15:34.43; **3.** Kirk Larson 15:35.46 **4x400-meter Relay, Women 2.** Western Washington 4:11.22

NBA: College players deserve more credit, support

Continued from Page 10

more like watching third and fourth grade youth sports. It should be viewed as a blessing, however.

The players wishing to leave school early for the NBA do not have the heart and determination that makes the NCAA Championship Tournament so enjoyable to watch. If they did, they would stay in school and take the more difficult, yet fulfilling, path of education before recreation.

College basketball players deserve the right to the same amount of support and attention

because they give 100 percent the entire year, Western players included.


Student athletes are not just around to make millions of dollars. When they graduate, they will have more to contribute to society because they value their education above their skills on the court.

Increasingly, the NBA is finding itself with intellectuals such as superstars Kevin Garnett, Jonathan Bender, Jermaine O'Neal and many others who skipped an all-expenses paid college education, jumping from

high school to the NBA. They should have taken advantage of their chance to go to school because of their abilities allowing them to get scholarships.

When these guys are done playing, they will have nothing to offer society other than a 6-foot-8-inch rich guy who needs someone to remind him the difference between right and left.

Millions of people will watch the NBA playoffs. But will they ever have the passion, the love and the cult following March Madness receives year after year? Not in this lifetime.




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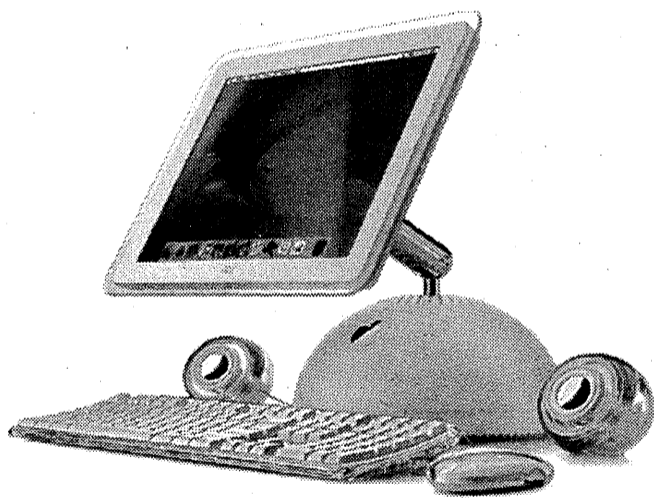
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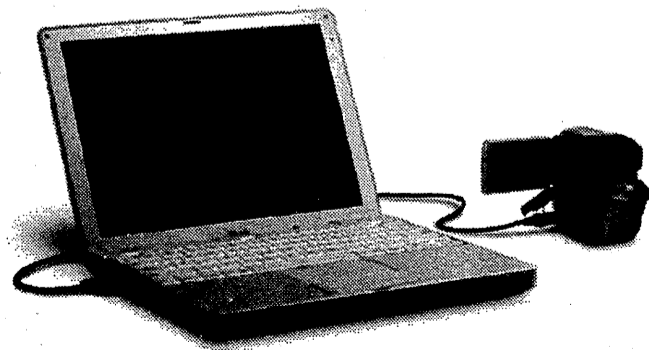
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Letter to the Editor

People hypersensitive about ethnic mascot

With all the attention that is periodically focused on sports teams using ethnic mascots, you'd think this was a really big problem in this country.

We really need to lighten up in this country. The University of Northern Colorado Fighting Whites "experiment" has backfired on its originators because most people aren't offended by such mascots, and thought the Fighting Whites idea was funny, because they don't take themselves so seriously.

I've never seen white people

get upset over mascots like Celtics, Vikings, Highlanders, Norsemen, etc. A recent poll done by Sports Illustrated showed that the vast majority of people- American Indians included- are not offended by using American Indian tribes' names as mascots.

I think this country should be more concerned about real problems, not a minority of hypersensitive people who are offended by anything and everything.

Brett Davis

Editor, Tacoma Daily Index
1996 Western journalism grad

Fualaau lawsuit unfounded, parents bear responsibility



Romeelah Payofelin

COMMENTARY

Though laws exist to protect minors, it is the parents' responsibility to protect and watch over their children.

Eighteen-year-old Vili Fualaau and his mother, Soona Fualaau, are currently suing the Highline School District and the Des Moines Police Department for \$1 million. They are claiming the school district and city did not do enough to stop the relationship between Fualaau and his former sixth-grade teacher, 40-year-old Mary Kay Letourneau.

Soona should have been aware of questionable activities between her son and his teacher. She allowed her son to spend the weekend at Letourneau's home and also allowed Letourneau to take her son to dinner. By allowing these questionable actions, she showed indifference that silently condoned her son's behavior.

Most surprising is Soona's reaction to the phone call she received June 19, 1996 after Fualaau and Letourneau were found in the back of Letourneau's parked van at the

Des Moines Marina.

Police followed procedure and called Soona while she worked the graveyard shift at a local bakery. She told the officers who called that her son was supposed to be with Letourneau and gave permission for Vili to return home with Letourneau.

The lawsuit filed this March stated officers did not do enough when Fualaau and Letourneau were found at the Marina. During the trial, officers testified they did all that was required of them by law.

When asked by officers, Vili denied anything inappropriate had taken place. The officers found no evidence of a crime, so Vili was not contacted to obtain a statement confirming that no sexual contact occurred.

Police followed procedure, so how can they be held responsible for the actions of others?

Going to dinner and being out late with a teacher should raise red flags in a parent's mind. What parent would allow this behavior to continue without suspecting something inappropriate was happening?

Attorneys for the school district claim the staff of Shorewood Elementary School in Burien did not know about the relationship. However, Fualaau said in his testimony on April 4, that he kissed Letourneau in her classroom

while other students were at recess.

Vili also said another teacher heard him cry out, "I love you" to Letourneau in the hallway. In addition, when he started seventh grade at another school, Vili signed in at the office to visit Letourneau.

Vili also said he and Letourneau were intimate on school grounds: In her van in the school parking lot, the girls' restroom and the gym.

School officials have many other responsibilities and do not have time to keep tabs on every detail of their students' lives. While it is advisable for school officials to be aware of students' behavior, it simply is not possible for officials to be on full alert at all times.

Instead, parents should be responsible for being aware of their children's activities, as children spend most of their time with their parents. Children are in school six hours per day but are home for the other 18. During these hours, it is the job of the parents to keep watch over their children.

Though outside forces are in place to protect and watch over minors, parents should take the largest responsibility for protecting their children. Parents should not depend on the school district or police to safeguard their children.



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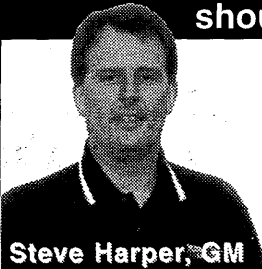
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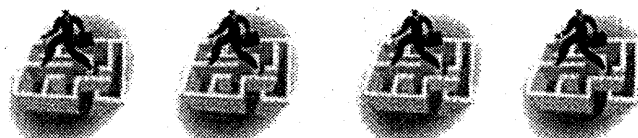
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Frontline

Students deserve stolen final policy to assure fairness

The recent theft of a professor's briefcase containing two of his classes' final projects has illustrated the need for a standardized policy to deal with the unintentional loss by professor or theft of students' work. Western's Registrar office should develop a policy that allows students to resubmit or retake lost class work or tests. This policy could save further confusion and would provide students with a fair and uniform process.

Class members waited in final-grade limbo when an unidentified person stole the final projects of Rudi Weiss' Phonetics 314 class March 21. Western does not currently have a policy to deal with lost work, so students were kept waiting a full week while Weiss consulted with Western Registrar Joe St. Hilaire to devise a solution.

Students were eventually given an A final grade if they received an A- or better on the midterm while all other students received a Pass, or could retake the final. Though this decision was ultimately fair, the unpreparedness of both the department and Western's administration put students at a great disadvantage.

For many students, the class was part of their major requirement. These students deserve the chance to get a letter grade on their transcripts and the possibility to raise their final GPA. A Pass or No Pass listing on a transcript could delay graduate school or transfer applications by forcing students to individually explain to admissions officers the circumstances surrounding the unusual grade. It could also require graduating seniors to go through a lengthy appeals process to have the grade changed.

The need for a consistent policy is further heightened by the fact that the final tests for Weiss' German 202 class were also in the stolen briefcase. However, Weiss said he was able to recall the grades well enough to assign quarter grades to his German class students. This leaves the German 202 students with no documentation or basis for appeal if they feel their grade is inaccurate. Such inconsistency puts students at the mercy of the Western administration and provides them no forum for feedback.

While creating a policy that would fit every circumstance would be difficult, its value to students would far exceed the inconvenience. The new policy should be printed in Western's Bulletin for easy reference so students feel they are being treated fairly and without bias.

Frontlines are the opinion of The Western Front editorial board: Paul Olund, Sonja L. Cohen, Brendan C. Manning, Alaina C. Dunn, Candace M.E. Nelson, Dian McClurg, Courtney L. Howard, and Heather June Olah

The Western Front

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And we quote:

"Me fail English? That's impossible."

-Ralph Wiggum
"The Simpsons"



World domination begins here



Rémy P. Kissel

THE WORLD IS MINE

I lost someone very important to me last week.

Everywhere I went, she was by my side — or in my backpack. And last Wednesday someone stole her from me.

She gave so much and asked so little, but I took her for granted. I didn't follow the example of my peers. I didn't cover her in stickers or permanent marker.

I am mourning the loss of my Nalgene bottle. Sadly, my 32-ounce wonder is only one of a gaggle of beloved plastic containers to be ripped from the hands of a Bellinghamster.

"So what's the big deal?" some freshman is asking out loud. "It's just a water bottle!"

Silly freshman. Water bottles are for kids. Nalgene bottles are an institution. Doubtless, you have all seen one of these (or 12) in your classes. Even thieving bastards know that they're practically unbreakable, easy to transport, somewhat stylish and hold a lot of damn water.

Most importantly, almost every student I know has owned one. It's an unspoken bond I share with that peppy girl in psychology class.

Inane water bottles, frisbee golf discs and hands stamped outside of skanky Canadian clubs are part of what makes us Western students and makes the Western experience so great. Nobody else has a campus statue unofficially called "man humping bear" or can justify the existence of the potato burrito.

As great as it is, though, Western lacks the proverbial pat on the back it needs. I think almost everyone here has at one

time experienced what I call "Pac-10vy."

Mention Western to most in-state employers and college-worthy high school students, and they'll probably know what you're talking about.

Some of us — like myself — however, will be trading in our residency for some decent weather after graduation. So why should an employer in sunny Florida give half a damn about some school in Bumslap, Washington — let alone recognize it? Why do we bother attending it?

Because not only is Western a halfway-decent university, it's an utopia. We Bellingham few are spoiled with scenery (the hippies seem to like Sehome Hill), proximity (nestled safely in between two metropoli) and über-liberalism (Hooray!). If George W. Bush had any clue this city existed, he'd declare

See NALGENE, Page 15

Hollywood manipulating 9-11 patriotism



Matthew Saxe

COMMENTARY

The film industry has taken advantage of Americans during a difficult time, using people's sentiments and the circumstance of impending military action to increase ticket sales.

Shortly after Sept. 11, five big-budget studio war films were rescheduled for release to manipulate the patriotic atmosphere.

Films such as "We Were Soldiers," "Black Hawk Down" and "Behind Enemy Lines" were all released early by studios to target the post-Sept. 11 hyper-patriotic market. The films were originally scheduled for spring and summer release dates.

Since Sept. 11, studios have

exceeded last year's ticket sales for the same period, and expect to make 2002 the highest grossing year ever.

Hollywood film producers are abusing Americans' unsettled sensibilities to make up for poor ticket sales during the first few weeks after Sept. 11. It is no coincidence that five war-genre movies were released in the two months following the attack.

Americans should be ashamed of allowing their patriotism to be manipulated for profit. Moviegoers should become informed consumers aware of the film industry's manipulation. Consumers can avoid the ploys of the film industry by approaching films as entertainment, rather than truth.

The film industry has realized America's almost frantic need for reassurance that everything will be all right. While movies provide an acceptable escape from the harsh reality of the

21st century, Americans should not rely upon movies for emotional stability.

Movies containing questionable content such as "Collateral Damage" and "Windtalkers" were further postponed for violence and sensitivity issues connected to the attack. Many TV organizations simply refused to run movie trailers for such films. Radio stations banned songs that hit too close to home, like Rage Against the Machine's "Killing in the Name."

Such censorship is simply un-American. Those who preach of America's strength as a nation should feel secure enough to uphold the ideals of the First Amendment.

The right to dissent is at the heart of the American experience. No movie should be able to strengthen or erode one's faith in the nation. True patriotism cannot be found on the silver screen.

Nalgene: Taking over the whole world, one public university at a time

Continued from Page 14

war on it. Yet Western is not the big-name school it deserves to be. Clearly our athletic programs can throw down with at least the worst of the best — bring on Division I.

But how to get Western a seat at the grown-ups' table? Simple. A rose by any other name still smells pretty sweet, but Washington wastes Western's flavor. Listen up, Morse. Western Washington University is blasé. What about Western University? Instead of representing Western Washington, it'd be poppin' all up and down the West Coast. Snoop Dogg would probably endorse it: "I smoke tweeds with my Western nizzels fo' sheezy," he'd say. "Crack-a-lackin'," I'd respond.

Believe me, this strategy

works. Northwestern University hasn't been Northwest of a damn thing for 150 years, but you know where it is and probably somebody who goes there. The name packs a punch that "Northwest Territories University" — or worse, "Northwestern Illinois but not really University" — couldn't hang with.

The uninitiated might not know that Western has already gone through many name changes. It was originally called New Whatcom State Normal School, then Western Washington College of Education, then Western Washington State College.

Through all of the changes, however, Central and Eastern went through equivalent changes at the same time (think Eastern Washington College of Education). So why are we still

attached to Central and Eastern when we spank them in every way? All the more reason for the name change. Western is the only university that could go through with it, anyway. We alone have the luxury of being west in a very west way. Plus, we'd get the drop on Western Oregon, Western Montana and other usurpers.

I'm not saying I want Western to be flooded with frat-asses. I'm just saying the world outside of Washington deserves to know who the hell we are. We are that damn good.

If for no other reason, we could sell more sweatshirts to those "special" people who advertise a college before attending one: "Mom, where's my UCLA hat?"

Interestingly enough, Nalgene will personalize their products with a minimum order of 144

bottles. I wonder if The Western Front has 143 dehydrated readers who want water bottles adorned with a picture of Deputy Dog (though I'm open to Top Cat).

If anyone did pick up my Nalgene bottle from Environmental Studies 313 — she dresses in orange and wears a yellow hat, but otherwise goes commando — it would be in your best interest to let me know. Don't make me bring the fury.

My name is Rémy P. Kissel (respect the initial and the accent), and I am both the official columnist for The Western Front this quarter and a bad mamma-jamma. I have a lot to say and am more than willing to say it.

For reasons I will explain later, everyone's homework assignment is to watch an inexplicably "straight-to-video"

movie called The Boondock Saints. Trust me on this.

Also, one thing I want to encourage as your columnist and personal hero is open dialogue. While the last thing I want to do is stem the tide of correspondence to this fine semi-weekly paper, I am providing a personal e-mail address through which my readers can query me.

Your letters can give me ideas and things to bitch about, and I might be so inclined as to respond in print. If you have any feedback, please e-mail thedamnworldismine@yahoo.com

I hope to have piqued your interest (or pissed off somebody relevant) enough to get you back next week, when I will explain exactly why "The World is Mine." Until then, I'll be petitioning the university for a 4.0 for all the grief I suffered at the hands of a Nalgene-napper.14

Deadlines

Academic Year:
 Tuesday Paper = previous Friday, 3:00 p.m.
 Friday Paper = previous Wednesday, 3:00 p.m.
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I LOVE DARREL: You mixed my paint at Home Depot and it was love at first sight! Can I be your Nancy?

HURRAY FOR Hippies!: Thank you very much to everyone at the hospitable Hippie House for letting a poor sick girl


stay while I was locked out of my own. You guys rock!

HEY QUEENIE: As you walked thru campus I saw your awesome smile! You are such a Hottie! Let's go out some time!

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garage, etc. that could be used for shows, let us know! Call James or Ross at 733-8469 or spaces@gafc.info.

INTERESTED IN a career as a firefighter? The city of Bellingham will be holding an information Session Monday, April 8th 7-9 pm St. Luke's Community Health Center 3333 Squalicum Pkwy Bellingham, WA. The following will be addressed: job requirements, Testing procedures, Description of physical agility test, Question and answer period Questions: 360-676-6960 EOE

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Stephanie Kosonen/ The Western Front
All central body muscles are strengthened in Ardha-Chandrasana, or Half Moon Pose.

Locals twist to new kind of yoga

Couple open downtown's first Bikram Yoga studio

By Courtney Hiatt
THE WESTERN FRONT

Bellingham's first downtown Bikram Yoga studio, owned by Troy McFadden and his wife, Karis, opened March 15.

The Bikram's Yoga College of India-Bellingham is temporarily located at 1213 Cornwall Ave., but will move sometime this year after September to a permanent location at 1321 Railroad Ave.

The couple said they chose Bellingham because it offered a community that would be supportive and inspired by their teachings.

"Even if you come to try it whimsically, you will find that you connect with it on some level," Troy said.

Their studio focuses on the style of Bikram Yoga. Bikram uses both a heated studio (90-105 degrees Fahrenheit) and what is called the "tourniquet effect." Bikram Yoga positions work the body by first cre-

ating pressure like a tourniquet, and then releasing pressure to flush out veins and arteries throughout the body.

Results often include improved circulation and an increase in the distribution of white blood cells and joint flexibility, the couple said.

Bellingham resident, Margaret Currin has attended Bikram's Yoga. Determined to attend every day for two months, Currin said she has already seen significant changes in her life.

"Everything that hurt and every physical problem that I have has benefited from the class," Currin said.

By stressing the accessibility of Bikram Yoga, the McFaddens said they hope to attract people of all ages and body types.

Heather Whip, 23, said she practiced Ashtanga Yoga before trying Bikram Yoga. She said with the new yoga her trapped emotions have been

released, especially during the posture where the spine is elongated by twisting the body.

"That, for me, brings up anger," Whip said.

Bikram Yoga transformed more than just emotions for Bellingham resident Hal Lavers.

Two days prior to attending his first Yoga session, the 55-year-old quit smoking. He practiced Bikram Yoga for 20 days and did not touch tobacco once.

"It just puts you in a situation where smoking is not an option anymore," Lavers said. "It gives me something to focus on."

After the couple met, they went to Thailand to expand on Troy's Sanctuary Spa and Wellness Center.

Troy said this experience transformed their lives and encouraged them to share their knowledge with others.

"The West has much to learn," Troy said.

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