

THE WESTERN FRONT

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Issue 17 | Vol. 144

Friday, March 14, 2008

westernfrontonline.net

Earth Day run winds through campus

Jenny Seibert
THE WESTERN FRONT

Runners and walkers in the Pacific Northwest can participate in races to support the military, walks in memory of loved ones and runs to promote fitness, but few walks and runs support the environment.

This is what prompted Western senior and exercise-science major Tahoma Khalsa to plan and prepare the 1st Annual Earth Day

5K and Alumni Run, which will take place April 20 on Western's campus.

"The World Health Organization and United Nations have a slogan of 'think locally, act globally,'" Khalsa said. "That is exactly what this event will help students and community do by promoting tree planting here in our own backyards and providing support to organizations that help restore and conserve large amounts of natural habitat in places where it is needed."

All proceeds from the race will go toward the Western track and field team and MAP, a non-profit organization based in Port Angeles, Wash., that works to conserve and restore mangrove forests and coastal ecosystems.

The event will start at 10 a.m. at the Performing Arts Center Plaza, and the course will wind through Western's campus. Registration fees are \$10 for students and \$20 for

see **RUN** page 4 ▶

WHERE: Performing Arts Center Plaza

WHEN: 10 a.m. April 20

COST: \$10 for students, \$20 for non-students. Prices rise after April 7. Register at the Western Bookstore, their Web site or Fairhaven Runners, located in downtown Fairhaven.

Skydivers' families sue Cessna after crash

Brett Williams
THE WESTERN FRONT

The families of Western student Cecil Elsner and the eight other skydivers killed in an October 2007 plane crash near Washington's White Pass have sued Cessna Aircraft Co., alleging the company knew the plane performed poorly in cold conditions.

The lawsuits were filed in the U.S. District Court in Seattle and seek more than \$25 million in damages, according to the Associated Press.

The Cessna Caravan 208 was returning from a weekend skydiving trip in Idaho when it went down in the Cascade Mountains 45 miles west of Yakima.

The Federal Aviation Administration had cautioned Caravan 208 pilots from flying in icy conditions after receiving multiple reports that the plane had difficulty operating safely in such conditions.

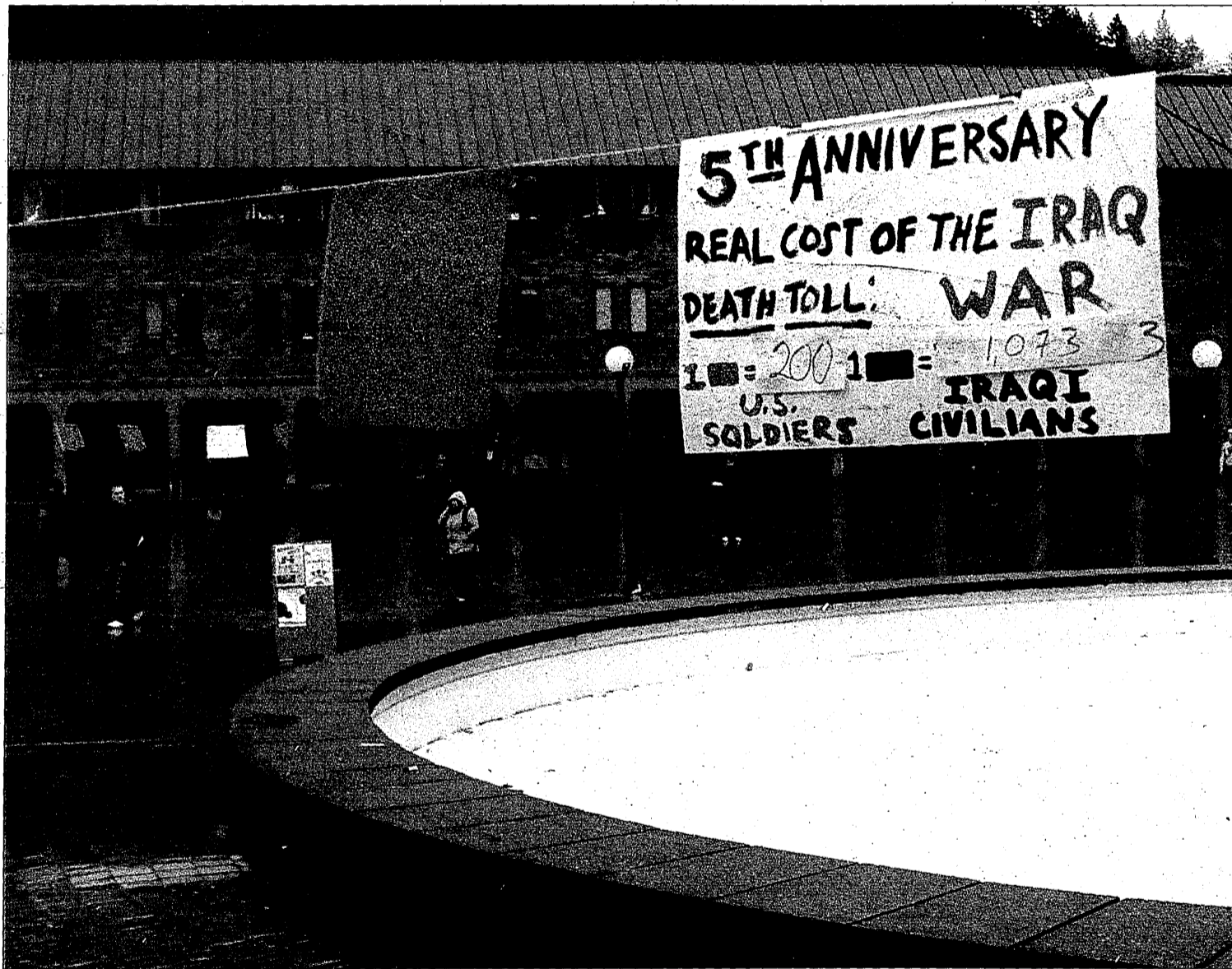


photo by Graig Hill THE WESTERN FRONT

Red and black flags were strung from light poles around the fountain March 13 in Red Square. Each red flag symbolized 200 U.S. soldiers killed and each black flag symbolized 1,073 Iraqi deaths since the start of the Iraq war nearly five years ago.

Western's waterfront growth could be completed by June 2012

Alex Roberts
THE WESTERN FRONT

A milestone has been reached; the waterfront redevelopment project is in its fifth year, and more progress has been made, said Mike Stoner, a representative from the Port of Bellingham.

Based on the aggressive approach taken to the project, the earliest possible completion date for the Western buildings on the waterfront property is in June 2012, said Douglas Graham, a strategic

consultant from the Stratus company.

An open forum March 11, discussed four potential development strategies for Western to get involved with the renovations of the approximately 220 acre waterfront property, Graham said.

The first model involves Western joining with other public partners to develop the entire 220 acre property, Graham said. This would establish similar development across the roughly 220 acre property.

There will be multiple developers, but they all will have a common aim for the property.

The second model involves Western purchasing or leasing approximately 20 acres of the waterfront property from the city of Bellingham for the development of a waterfront campus, Graham said.

One of the biggest issues with this proposal is that purchasing or leasing the land will cause considerably higher costs. Also Western would have no control over

what is constructed in the other approximately 200 acres, which would be owned by other groups.

The third model has a developer buying or leasing the waterfront property, which the developer would lease or donate land to Western, Graham said.

This strategy also has the issue of Western's lack of authority about what is built on the rest of the property.

see **WATERFRONT** page 4 ▶

NEWS BRIEFS

Guest meals to be used to feed the homeless

Kera Wanielista
THE WESTERN FRONT

Western students with extra meals from their meal plans have the opportunity to put them to a good use.

Sophomore Joe Homes said he hopes to gather 150 of Bellingham's homeless people together with students who have extra meals.

Homes will be gathering with students and the homeless at 5 p.m. March 15 at the corner of Holly Street and Railroad Avenue.

They will then walk to the Viking Commons.

Homes said he was inspired to do an event like this because of the amount of extra meals he usually has at the end of the quarter.

By having this event, Homes said he hopes to put a good use to meals that otherwise would be wasted.

Woodring College awarded scholarships

Woodring College of Education has been awarded two scholarships for \$1,250 from



photo by Graig Hill THE WESTERN FRONT

Sehome Hill begins to green-up as visitors to the Arboretum make their way through the tunnel. Due to the leap year, the first day of spring, March 20, comes a day early this year.

the School Employee Credit Union, which will be used for the college's Future Teachers of Color Scholarship program.

The college was also awarded nine \$100 scholarships from PEMCO Insurance. The \$100 scholarships from the PEMCO foundation will help students enrolled in the college cover fees required to complete the certification.

The scholarships will be awarded to students enrolled in Woodring College of Education and are administered through the Western Washington University Foundation.

For more information, contact Carole Morris, Woodring College of Education (360) 650-4419.

Woodring College receives \$15,000 grant for education program

Woodring College of Education has been awarded a \$15,000 grant from Washington Mutual, Inc.

The grant is to support a program between the college and Mount Baker School District that addresses student district needs in mathematics, reading and writing.

The summer program will

allow students in the special education and teacher certification programs at Woodring to develop classroom skills.

The program will also help develop communication skills as they implement instructional and assessment plans while working with district students and their families.

Twenty-five Woodring students worked with 100 students from grades K-6 in the Mount Baker school district during summer 2007.

The grant from Washington Mutual will allow the program to expand and cover district students up to eighth grade.

compiled by CJ Huxford

COPS BOX

Bellingham Police

March 8

» Officers responded to a report of an individual sleeping on a front porch on 32nd Street. The suspect was issued a lifetime notice of trespass.

March 9

» Police contacted a man on Elizabeth Street. The man was sitting in his vehicle using his laptop and police suspected he was using a nearby residence's unsecured wireless internet.

March 10

» Police were called to report of a dine-and-dash on Telegraph Road.

University Police

March 6

» The UP was called to mediate a civil matter in the biology building where several male students were suspected of being verbally aggressive with an instructor.

» The UP was called for assistance to the central area of campus for the transportation of a student to St. Joseph Hospital from the Counseling Center.

March 10

» A Ridgeway Kappa student reported receiving multiple calls at unwanted hours. Police contacted the suspect and warned him about telephone harassment. The suspect agreed to stop and stated that he meant no harm.

compiled by Erin Miller

CORRECTIONS

The March 11 photo cutline on page 1 incorrectly stated that Western owns the old Georgia Pacific property. Western has not purchased any property at the old Georgia Pacific waterfront site.

The Western Front regrets this and any other errors. Errors should be reported to the editor in chief at editor@westernfrontonline.net

THE WESTERN FRONT

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The Western Front is published twice weekly in the fall, winter, and spring quarters and once a week in the summer session. 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. Members of the Western community are entitled to a single free copy of each issue of The Western Front.

WWU Official Announcements - PLEASE POST

Deadline for announcements in this space is noon Friday for the Tuesday edition and noon Wednesday for the Friday edition, except when otherwise noted. Announcements should be limited to 50 words and be typewritten or legibly printed. Announcements may be sent to FAST@wwu.edu—in the subject line include a one-word topic and clearly note that the item is for Official Announcements. Items also may be sent to "Official Announcements," MS 9011, faxed to ext. 6817, or brought to Old Main Room 300. DO NOT SEND ANNOUNCEMENTS DIRECTLY TO THE WESTERN FRONT. Phoned announcements will not be accepted.

WEST-B TEST. Anyone applying for admission to state-approved teacher education programs must meet the minimum passing score on the basic skills assessment by the application deadline. Test dates for 2008 are March 8, May 10 and July 12. Registration deadlines are several weeks in advance. Visit www.west.nesinc.com for registration information and a study guide with sample test questions.

WEST-E PRAXIS. Washington state requires anyone seeking teacher certification and teachers seeking additional endorsements to pass a subject knowledge assessment in the chosen endorsement area. The state has chosen specific Praxis II series tests to meet this requirement, now referred to as the WEST-E Praxis. Visit www.ets.org/praxis/prxwa.html for information.

NEW WEST-E TESTS administered by National Evaluation Systems will be implemented in two phases beginning fall 2008. Candidates who are completing teacher certification or an additional endorsement program after Aug. 31, 2008, are responsible for viewing the Woodring College of Education's WEST-E Test Resource Site to determine which WEST-E tests will be applicable.

WEST-E (PRAXIS) TEST DATES for 2008 are March 15, April 26, June 14 and July 26. Register online at www.ets.org/praxis/prxwa.html. Although WWU is a WEST-E test site, refer to the Woodring College of Education's WEST-E Test Resource Site for current registration and testing information. On test day, report to the Fraser Hall lobby for room assignment.

MATH PLACEMENT TEST DATES for winter 2007 are given twice a week during the remainder of the quarter at 3 p.m. on Mondays (March 17) and Thursdays at 9 a.m. (March 20). All tests take place in the Testing Center, Old Main Room 120, unless otherwise posted.

MILLER ANALOGIES TEST (MAT)—To arrange an appointment to take the MAT at the WWU Testing Center, contact the Testing Center in person at Old Main Room 120 or by phone at ext. 3080. The test takes approximately an hour and a half to complete. The testing fee is \$60, payable at the time of the test.

STUDENT ART ON DISPLAY—Works in fiber created by students are being shown in the president/provost offices in Old Main Room 450. The show will be on display through winter quarter.

SPRING ADVISING & REGISTRATION—Spring Advising & Registration is Western's advising, orientation and registration assistance program for Spring 2008 new students. Transfer students may attend on March 21 or March 31. Freshmen must attend on March 31. Advanced reservations are required. Noon to 3 p.m. Info: http://www.nssfo.wwu.edu.

PLANNING TO GRADUATE IN SUMMER?—March 14 is the last day to apply for a bachelor's degree for summer 2008. More information: http://www.wwu.edu/depts/registrar/degree_application.shtml.

BIOLOGY SEMINAR SCHEDULE FOR APRIL—Wednesdays at 4 p.m. in Biology Building Room 234. Everyone is welcome. April 2: "The community ecology context of infectious disease in amphibians," by Reid N. Harris, a professor in the Department of Biology at James Madison University in Harrisonburg, Va. April 9: "Biogeography of bacterioplankton communities in coastal and estuarine systems," by Jude Apple, a post-doctoral researcher at WWU's Shannon Point Marine Center. April 16: "Telomeres and chromosome breaks in Drosophila," by James M. Mason, a principal investigator at the National Institute of Environmental Health Sciences in Research Triangle Park, N.C. April 23: "Sociomicrobiology: Communication and Coordination of Group Activities in Bacteria," by E. Peter Greenberg, a professor in the Department of Microbiology at the University of Washington School of Medicine in Seattle. April 30: "Six Dam Fish Studies: the Genetics and Morphology of Resident Rainbow Trout," by Gary Winans, a research geneticist at NOAA Fisheries in Seattle.

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RUN: Organizer hopes 500 people participate in race

► from 1

non-students before April 7. The fees rise after this date.

"[In addition to students,] we hope community members, children and even dogs come out to this exciting event," said Susan Baske, director of alumni programs.

The Alumni Association, in addition to the Western Bookstore, the Western Road Racers, a running club on campus, Western's Environmental Center, Fairhaven Runners and the Mangrove Action Project (MAP) are helping to sponsor the event.

The Western Bookstore is helping with registration, said Tana Richins, Western Bookstore assistant manager. Participants can also sign up on the Western Bookstore Web site or at Fairhaven Runners, an athletic store located in downtown Fairhaven.



graphic courtesy of Tahoma Khalsa

All registered racers will receive an organic cotton T-shirt designed by Khalsa, a tree for planting and plenty of food and prizes.

Registrants will also have the opportunity to hear an environmental presentation from Alfredo Quarto, the executive director and co-founder of MAP. Khalsa is also working to get a student or faculty

member from Western's Huxley's College of the Environment to give a presentation.

"I'm looking forward to the friendly competition and helping to improve the environment doing something I love: running," said Western freshman Kevin Ng, who plans to participate in the run.

Khalsa hopes approximately 500 people come out and participate in the event.

He said Western's Alumni Association has sent out more than 1,600 flyers to alumni and more than 70 people have confirmed they will attend on the Facebook group he created.

To help encourage participation, Khalsa is working to get a disc jockey to play music before and after the race.

He is also working with many food sponsors, including Robeks, which agreed to donate smoothies, and the Great Harvest Bread Company. Western's dining service has donated \$500 as

well.

Awards will be given to the top male and female finishers.

Prizes include outdoor jackets donated by REI, gift baskets donated from Fairhaven Runners, prizes from the Western Bookstore and potted Japanese maple trees.

The Alumni Association will also offer prizes, including a prize wheel, Viking bobble heads and water bottles, Baske said.

"I really see this becoming a yearly event and feel that it has the potential to grow each year," Khalsa said. "[This] will really help out the environment in a few ways, such as a tree giveaway, guest speakers and proceeds going to benefit nonprofits that help restore habitat not just locally but globally."

Khalsa said he hopes future exercise-science majors will continue to host the run in the future.

WATERFRONT: Huxley College of Environment a frontrunner for waterfront facilities

► from 1

The fourth model is similar to the third one, except Western would be the developer and would sell or lease properties to other groups, Graham said.

In Washington state, it is illegal for a public institution like Western to act as a developer, and sell or lease land to other groups, so the last model is unlikely.

"The first model seems to be the most likely," Graham said. "It is the most advantageous to Western and gives Western some control over what happens to the property."

One major benefit of the fourth development strategy is that it gives the opportunity to build a Leadership in Engineering and Environmental Design certified neighborhood across the entire property, Graham said.

This would mean the neighborhood as well as the new classrooms and other buildings Western is planning to construct would be designed from the

ground up with sustainability and minimal environmental impact the main focus.

"The Huxley College has a strong reputation and I am excited to see so many students interested in joining the program," Western President Karen Morse said.

Last year, there was a 113 percent increase in the number of students interested in joining the Huxley College of the Environment, the department most likely to be moved down to the waterfront buildings.

Transportation seems to be a major concern for people in regards to the waterfront development project, Morse said.

The transportation issues will be addressed in depth, but many things need to be developed before the transportation system can be decided.

An environmental impact study was completed for the property and experts are revising it, Stoner said. The study looks at fourteen different aspects of development, such as transportation, water quality and

the heights of buildings with there potential impacts on the environment.

The next step in the development process is to use the in-

formation in the study and help from developers to determine a master plan, said Lydia Bennett, a representative from the Port of Bellingham.

The master plan is a rough idea of how the final development will work on the property, and it should be completed by mid to late summer.

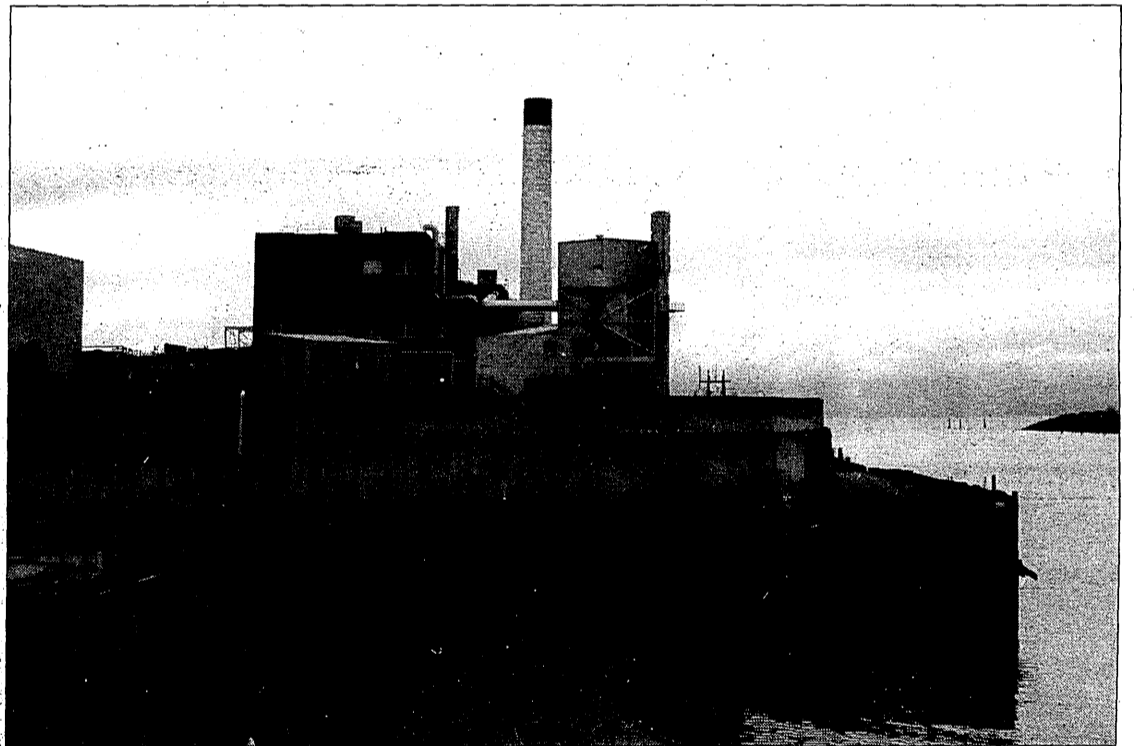


photo by Alex Roberts THE WESTERN FRONT

The old Georgia Pacific Plant site may turn into the Huxley College of the Environment's satellite campus.

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Lifestyle advisors educate students about gender differences

Alcohol prevention informational session explains how men metabolise alcohol faster than women

Lisa Carrouger
THE WESTERN FRONT

Most students are unaware alcohol affects men and women differently due to physical differences, said Casey Proud, Western junior and member of the men's violence prevention project.

The gastric alcohol dehydrogenase, the enzyme that breaks down alcohol in the stomach, is approximately 50 percent higher in men than in women.

Western students gathered at the first alcohol prevention informational session March 10 in Viking Union Room 565.

Another difference discussed was the amount of alcohol absorbed by men is also much less than the amount absorbed by women.

This increases the blood alcohol concentration in women by about 7 percent more than a male of equal weight, drinking the same amount in an equal amount of time.

Women and men also differ in body size and composition. In general, most college men are larger than most college-age women.

This means alcohol be-

comes more diluted in a man's body because of a larger volume of blood.

A woman's body is composed of 45 to 50 percent water, compared to a male's body, which contains approximately 55 to 65 percent water. The lower volume of fluid in women means they will have a higher concentration of alcohol in their bloodstream.

"We work to create a safe space on campus through discussing traditional ideas of masculinity. We want to create a discussion about gender roles and how they are affected by alcohol."

- Casey Proud,
member of the men's
violence prevention
project

The men's violence prevention project is a sub-group in the Lifestyle Advisor Pro-

gram at Western teamed with the Center for Alcohol and Another Drug for this informational event.

"We work to create a safe space on campus through discussing traditional ideas of masculinity," Proud said. "We want to create a discussion about gender roles and how they are affected by alcohol."

Joshua O'Donnell, men's violence prevention project coordinator, said the purpose of the event was to break down the myth that everyone drinks and goes to parties. O'Donnell said more than 30 percent of Western students choose not to drink and more than 70 percent have four or fewer drinks in one night.

Many students are unaware that alcohol has a different affect on a person depending on their gender, said Western junior Madeline Praye, Alcohol and Another Drug lifestyle advisor.

Praye said the center's goal is to provide and promote differing issues associated with gender, which is something not covered often.

Students who attended the session said they learned in-

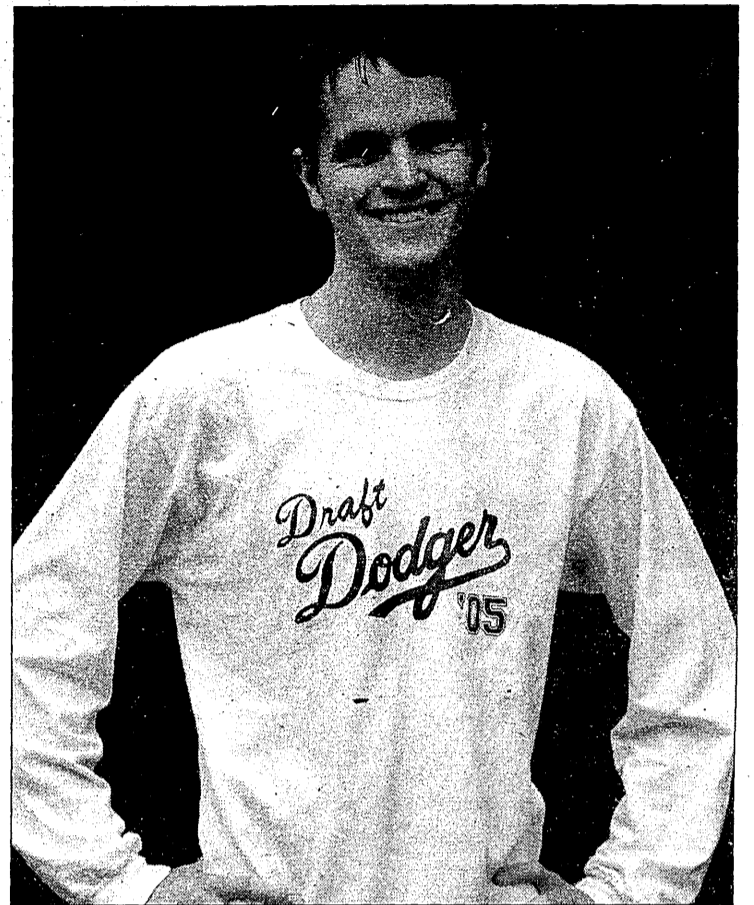


photo by Graig Hill THE WESTERN FRONT

Casey Proud is a member of the men's violence prevention project.

formation about alcohol and gender differences they did not know before.

"I am really glad I came,

and I learned a lot of information," Western junior Latasha Nix said. "I'm glad they were able to put this together for us."

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Graduate students offer free group counseling to Western

A program that has been offered to the community for the last ten years will now help Western students

Julio Cortes
THE WESTERN FRONT

Stressed out? Relax, Western graduate students will offer free group counseling April 7

with the supervision of a clinical psychologist, graduate student Claire Mannino said.

"We hope to teach people to deal with anxiety and de-

pression in a positive way and give them support," Mannino said.

The counseling sessions start April 7 and usually last for three months, Mannino said.

People from the community have attended these group counseling sessions at Western for 10 years. This year is the first year it is open to Western students who need support with anxiety or depression issues, said David Sue, group counseling professor.

The groups are small, so each member will receive support not only from the group counseling leader but from each other as well, Sue said.

The sessions will start off with a large group so everybody can get to know each other and then break up into smaller groups, Sue said.

Trying to identify areas that are the source of bad emotions is important because bad thoughts can often interfere with an individual's happiness and give the individual more anxiety, Sue said.

In order to find the right solution to these problems,

three types of issues must be examined: cognitive issues, which have to do with the way people think; emotional issues, which can vary from person to person depending on the problem; and communication issues, which can cause anxiety to people who don't have strong communication skills, Sue said.

One of the major issues students deal with is stress, graduate student Jennifer Hegel said.

Through these group counseling sessions people can learn about stress tolerance. A way to handle stress is to let stressful thoughts pass and not dwell on them, Hegel said.

It was a valuable experience to be able to work with people last year, Hegel said.

The rewards she said she feels of being a counselor are the opportunity to help people and, as a student, to learn new techniques to help.

There are four main concepts the group counselors use to help the participants that can be adjusted to each individual's specific needs.

The first is mindfulness, which is the act of being aware of one's thoughts and being able to focus on the here and now.

The second is emotional regulation, which puts the participant in a position where he or she can take control of their emotions.

The final concepts are interpersonal skills, which can help a person communicate in a better way with other people. And distress tolerance, which can help one cope with the many stresses in life, Hegel said.

The group counseling sessions received positive feedback last year from community members, saying that the group counseling was beneficial and it really helped them improve their problems and provided help to the community Mannino said. It also provided hands on experience for students, she said.

Hegel will conduct the first two sessions in Miller Hall Room 266 starting on April 7 and then he will turn it over to students, he said.

Counseling sessions start at 3 p.m. April 7 in Miller Hall Room 266

ANXIETY DISORDER FACTS

Anxiety disorders affect about 40 million American adults age 18 years and older. That's about **18% of the population** in a given year.

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information from the National Institute of Mental Health

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UW studies Xpress Pass¹ effects on traffic

Study aims to show how pass has changed students' driving behavior, suggests future steps

CJ Huxford
THE WESTERN FRONT

In 2006, Associated Students lobbied to the Washington Legislature to address the student contribution to traffic congestion around campus.

They made such an impression that the legislature authorized to identify traffic congestion around schools at the statewide level.

The legislature expanded the Community Trip Reduction program, which supported programs such as carpooling for employers and employees, to cover K-12 and higher education schools.

The legislature designated \$200,000 to the University of Washington to conduct a study that would collect data and make recommendations on how to implement solutions to traffic congestion around schools, said Daniel Carlson, University of Washington (UW) principle investigator and director of the study.

More than 25 percent of traffic congestion around peak school hours occurs when parents are dropping students off or students are driving themselves to school, Carlson said.

The Viking Xpress pass, along with other similar programs, will become pilot programs in the study to learn how

they affect the travel behavior of students, Carlson said.

Western Alternative Transportation will submit a proposal to the office of research and Sponsored Programs for \$5,000 in additional funding to assist the UW study in collecting data, said Carol Berry, Western Alternative Transportation coordinator.

If the proposal is accepted, the Western transportation office will offer job positions to Western students interested in collecting data for the study, Berry said.

"[The study team] is trying to offer a menu of options for schools to find out what works best for them."

- Deric Gruen, UW research associate

A survey will be sent out to all Western students by e-mail to gather information on how each student travels to campus.

Western conducted a similar traffic study in the late 1990s, which analyzed traffic congestion created by students and faculty driving to work.

This study will show how the Vi-

king Xpress pass has changed students' driving behavior around campus, Berry said.

The main goal of the study is to look at existing models and programs already in place, then propose recommendations to the legislature to identify what the next steps to assist these programs might be, said Keith Cotton, commute options developer for the Washington Department of Transportation.

The study will assist Western in the survey and evaluation of its traffic congestion, and then use that information to recognize what's working and what could be improved, said Deric Gruen, a UW research associate.

"[The study team] is trying to offer a menu of options for schools to find out what works best for them," Gruen said.

Every school will have a transportation program different from the others because each school is unique in its own way, and the program needs to be appropriate for each school's needs, Gruen said. In the case of Western's Viking Xpress pass, the student body opted to make the bus fee a mandatory part of Western's tuition.

"It's not often that a student program blossoms on its own," Gruen said. "It usually takes a nonprofit or government involvement."

Timeline of UW's study

Phase 1: January through March

The UW study team conducted a research overview and identified programs around the state, which targeted traffic congestion around schools, to be used as pilot programs. The Viking Xpress Pass was chosen as one of those pilot programs.

Phase 2: April through June

UW study team will assist these pilot programs in collecting data and evaluating their performance. The team will help Western put together and evaluate the student transportation surveys.

Phase 3: Fall 2008

The UW study team will report to the Washington legislature with the results of the study and make recommendations as to where resources should be allocated in the future to relieve traffic congestion around schools.

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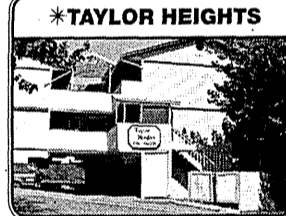
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Whole lotta' love

Local band The Love Lights to be featured on next Presidents of the United States of America record

Alexis Tahiri
THE WESTERN FRONT

Getting involved with the Presidents of the United States of America was completely by chance, said Western alumnus Diana Dizard, baritone saxophone player in local band The Love Lights.

"It seems sort of like random serendipity," Dizard said.

The Love Lights' horn section will be featured on three tracks on the Presidents' new album, "These are the Good Times People," Dizard said.

Dizard said The Love Lights first met the Presidents when they opened for them at Western in September.

Before the show, The Love Lights' guitarist and vocalist Rob Stauffer sent the Presidents front man Chris Ballew a MySpace message telling him that The Love Lights had a horn section that he could use on a few songs, Dizard said.

Ballew took them up on the offer and said The Love Lights' horn section, consisting of two trumpets and a baritone saxophone, played "Lump" and "Froggie" with them at the show.

Ballew said the only time The Love Lights rehearsed with the Presidents was during the sound check.

"The set was amazing," Dizard said. "We didn't get much time to rehearse with them so we were all pretty nervous."

After the show, Ballew said the Presidents started to think about having The Love Lights' horn section play on their new album.

"There were a couple songs that just felt like they needed horn tracks," Ballew said.

On Oct. 25, The Love Lights' horn section, made up of Sarah Jerns and Jeremiah Austin on the trumpet and Dizard on the baritone saxophone, recorded at a studio in Wallingford, Wash., Dizard said.

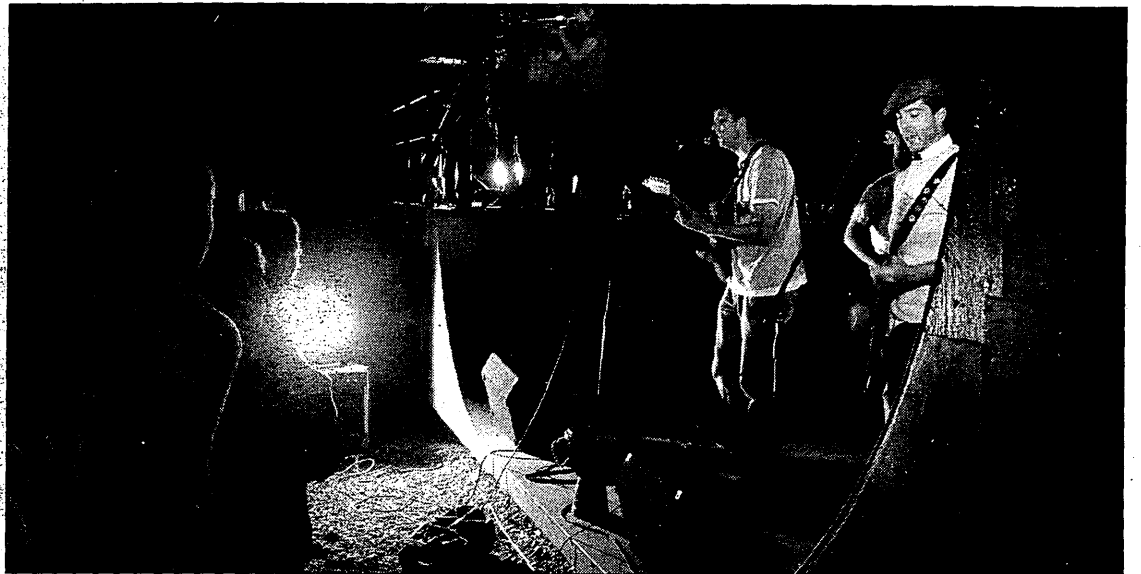


photo by Emily Raymond THE WESTERN FRONT

The Love Lights performed a free concert Aug. 8, 2007, on the skate ramps at Camp Firwood.

"It was just me, Jeremiah and Sarah with headphones on in this huge studio," Dizard said.

Ballew said he had the horn section play at the end of "Sharpen Up Those Fangs," "Flame is Love" and "Deleter," three songs that will be on the Presidents' new album, coming out March 11.

"There were definite parts that I wrote out, but the parts expanded with input from the horn section when we were in the studio," Ballew said.

The Love Lights had their start in 2005 with Ben Ballew, no relation to Chris Ballew, and Stauffer playing guitar together, Dizard said.

Dizard said Jeff Ballew, Ben Ballew's brother, was added on the bass and shortly after, Alex O'Farrell joined on the drums.

"Once Alex joined, people started turning their amps up," Austin said. "The band really came together then."

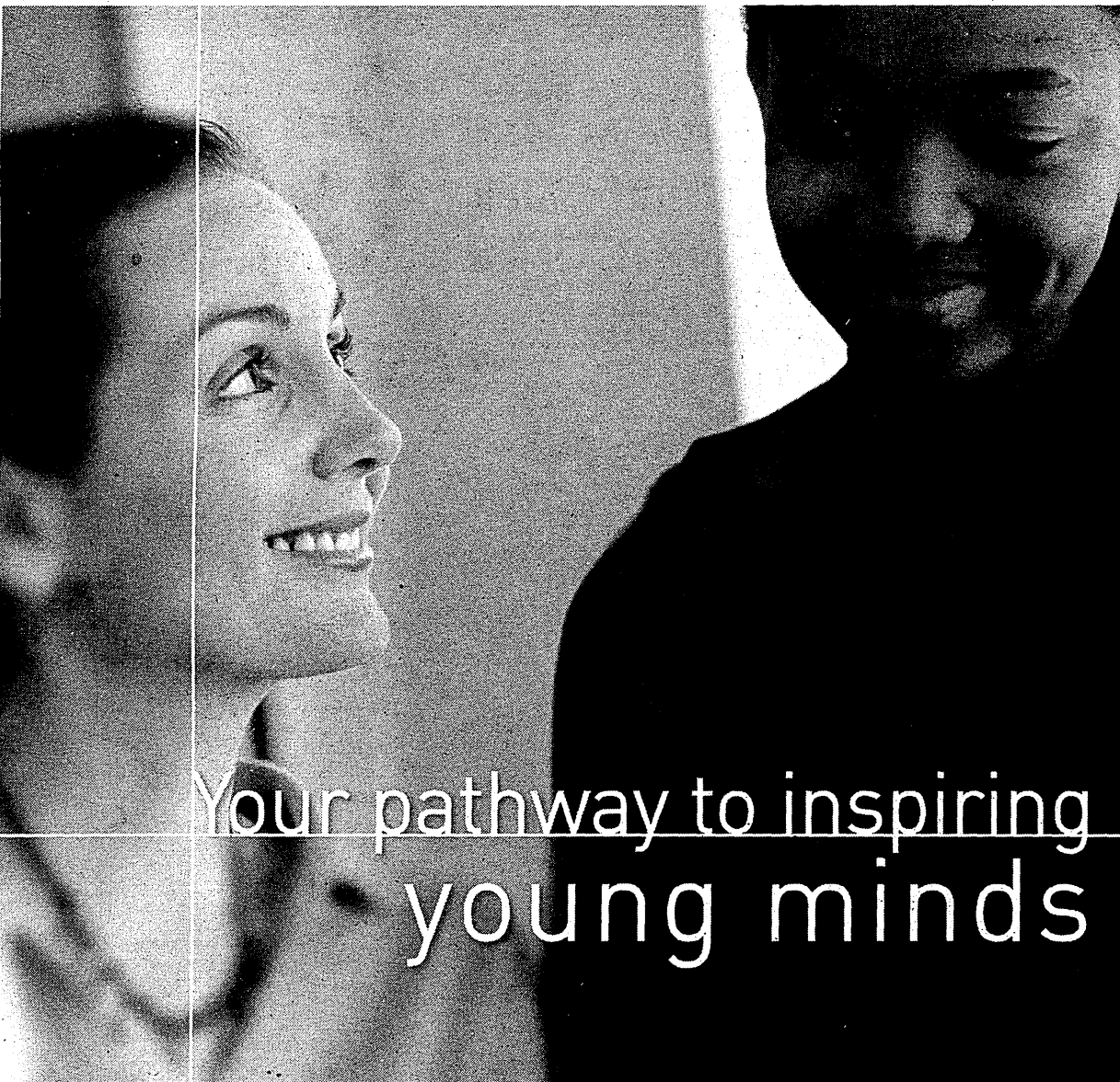
Dizard said the horn section was added after Ben Ballew

talked to Austin about adding a horn section to the group.

Dizard, Austin's girlfriend, joined the group and when Jerns was found over MySpace, The Love Lights were completed, Austin said.

The Love Lights' new album, "Young Lions," is in the final stages of production and is scheduled for release April 3.

Dizard said The Love Lights will be playing two CD release shows, one on April 12 at WHAAM and the other April 19 at The Rouge Hero.



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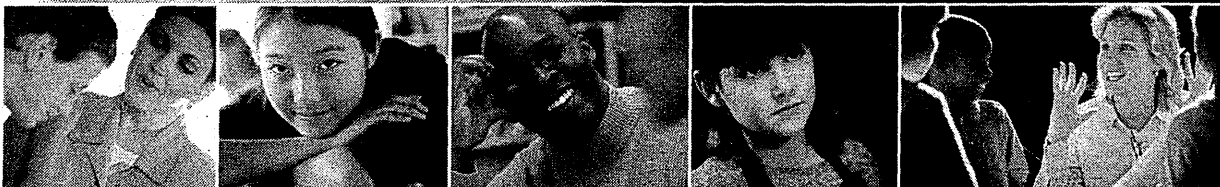
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Loa Records brings local bands to students

David Husa
THE WESTERN FRONT

Many energetic young musicians reside in and around Bellingham, giving the town a diverse music scene, Western senior Cleveland Harris II said. In spite of this, Western students are often isolated from the local music scene, but Harris and the other members of the Associated Students (AS) club Loa Records aim to remedy this, he said.

While AS Pop Music books well-known acts for large shows, Loa Records is all about booking smaller bands to give them an audience, and exposing audiences to music they wouldn't normally hear, said Sarah Lloyd, Western junior and Loa Records member.

All Loa Records shows are free, open to all ages and feature a diverse selection of bands from Bellingham, as well as a few from Seattle and Vancouver.

The free, all-ages shows make it easy for Western students to expose themselves to new genres of music, said Anjali Kusler, Western senior and Loa Records member.

Harris said Loa shows are

meant to be a bridge between the music communities on and off campus.

If Western students have an opportunity to see local bands on campus, they will be more inclined to see shows at downtown venues like WhAAM (Whatcom All-ages Arts and Music) or Fantasia Coffee, Harris said.

Kusler said she organized a metal and hardcore show March 6 in the Viking Union Multipurpose Room in association with Western's Metal and Hardcore club. Local bands Piano Mover, Dragline, Ghost Dad and Lung Panther were a far cry from the usual fare on campus, with their tendency toward trashing and screaming vocals, but the show's turnout exceeded expectations, she said.

Earlier this year, Loa Records held a show in the Multipurpose Room with downtown rock band Frozen Cloak and minimalist rock duo The Mission Orange.

Aside from organizing campus shows, this school year Loa Records hosted showings of the live music films "Burn to



photo courtesy of Sarah Lloyd

Local band The Contra play a Loa Records show on Friday the 13th, 2006 at the Viking Union Multipurpose Room.

Shine" and "Edge of Quarrel," as well as operated the sound system for a campus event held by STAND: A Student Anti-Genocide Coalition, Harris said.

Loa hasn't organized shows as frequently this year as it has in the past, Lloyd said.

All the shows are put together on a small budget provided by the Associated Students Activities Council, Lloyd said.

In the past, the club could secure funding from Western's Activities Council and an on-campus venue in a matter of weeks, but due to stricter policies

on the part of the council and reduced access to on-campus venues, they now need to plan their shows at least a quarter in advance, Lloyd said.

The Multipurpose Room is in frequent demand by other clubs, and while Loa Records used to cooperate with campus residence halls to have smaller shows in them, they have not been able to do so recently, Harris said.

Loa has the Multipurpose Room reserved for a big show May 31, but they are still uncertain what kind of show it will be and what bands will be

playing, Kusler said.

Shows and events are planned communally at Loa Records, Kusler said. The various tasks in show organization are often split up between willing members, but it's not uncommon for one member to handle everything, Olmstead said.

Olmstead said the experience he gained in Loa Records helped him get a job at AS Pop Music as an assistant coordinator.

He said working at Loa is like an internship, and led to him getting his current job at Epic Events and Promotions, a company in Fairhaven that organizes outdoor cinema events, Olmstead said.

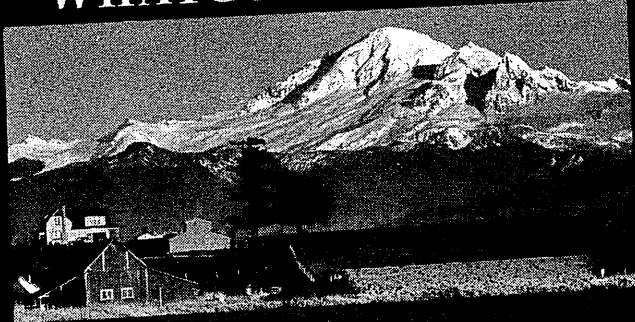
Loa Records currently has only seven members, and has less free time to plan events since the members are becoming upperclassmen, Lloyd said.

She said it is valuable when the club has more input, and the club is always looking for new members.

Club members not only help in planning shows, but also contribute their different tastes and connections that help diversify the shows put on by the club.

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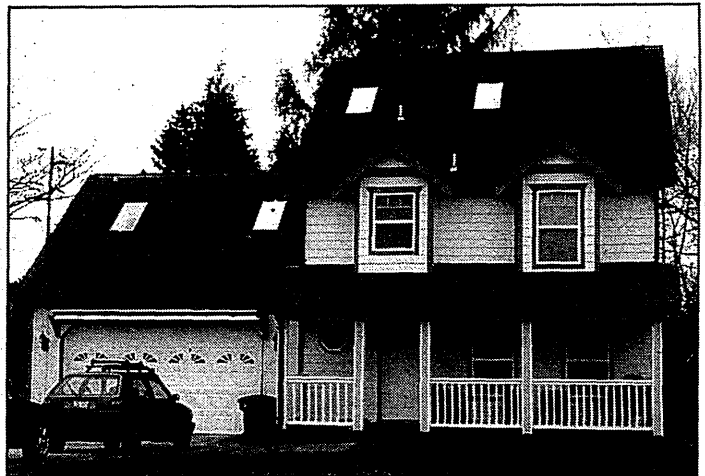
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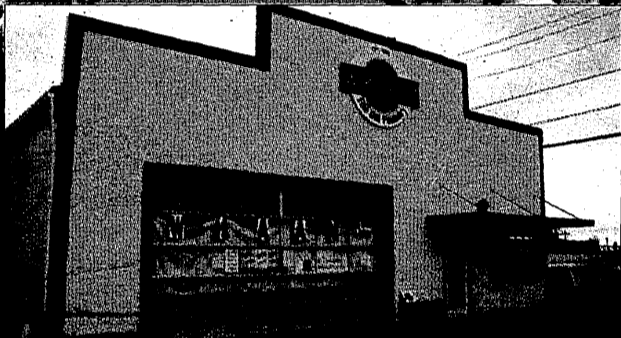
Get Jiggy with it

Rumors Cabaret
1119 Railroad Ave.

Rumors has been providing shows since November of 1997. They are primarily a DJ club, but they have started having bands play and hosted the What's Up! Magazine 10-year Anniversary show on March 7. Shows are 21 and older.

Upcoming Events:

- DJ Q bnza – March 21 at 10 p.m.
- DJ Mike Tolleson – March 22 at 10 p.m.
- DJ Postal /DJ Shortwave – March 25 at 10 p.m.
- DJ Velveteen – March 26 at 10 p.m.



The Old Foundry/WhAAM
100 E. Maple St.

No drinking, no drugs and no violence are the rules at Whatcom All-ages Arts & Music (WhAAM), Bellingham's only nonprofit all-ages organization. Since it's opening in the summer of 2005, WhAAM has held over 150 shows at The Old Foundry, the venue the organization uses. People of all ages can see all types of live music ranging from acoustic rock to dance pop to metal. Multiple shows are held weekly that bring bands from Bellingham, Seattle and even Portland.

Upcoming Events:

- Surge Spittable, The Roaming Monies – March 21 at 8 p.m.
- Deerseekingheadlights, No Go Know, Jet Lag Palm – March 22 at 8 p.m.
- Strait A Students, Shotty, The Cherubs – March 29 at 8 p.m.
- Piano Mover, Merrick Diaries, Into the Storm – April 4 at 8 p.m.

Fairhaven Pub & Martini Bar
1114 Harris Ave.

Martini's and live music have been the focal point of The Fairhaven Pub & Martini Bar since it's opening in 2002. Those over 21 can see live music every Friday and Saturday starting at 9 p.m. with bands that cover everything from AC/DC to 90s dance hits. Open Mic night is offered on Mondays starting at 9 p.m.

Upcoming Events:

- Hell's Belles – March 21 at 9 p.m.
- One Eyed Jack – March 22 at 9 p.m.
- The Chryslers – March 28 at 9 p.m.
- Spaceband – March 29 at 9 p.m.



Boundary Bay Brewery & Bistro
1117 Railroad Ave.

Every Tuesday features Jazz Jam with Julian MacDonough and crew. Every Monday, Wednesday, Thursday and Friday, Boundary Bay offers live local, regional and national music with genres ranging from reggae to country to rock and roll. Shows are 21 and older after 10 p.m., but minors can watch the show at the bistro until 11 p.m.

Upcoming Events:

- The Paddy Whackers with Robert Sarazin Blake, Chriss Glass & Jan Peters – Every Monday at 8 p.m.
- Jazz Jam – Every Tuesday at 8:30 p.m.
- Phil & Phil – Wednesdays at 8:30 p.m.
- El Olio Wolof, The Rooftops – March 21 at 10:30 p.m.

Green Fr
902 N. St

The Green older crowd seven night The Green that feature Paris. Mostl of The Gree aren't oppos the second S Acoustic Ta Singer Song songwriters The other S open mic.

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All-ages venue
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The Western Front's map of music venues

Stuck in Bellingham during Spring Break? Don't fret — local music fans will have plenty to do, especially with this handy map of Bellingham's best venues.

Frog Acoustic Tavern 1324 State St.

Frog Acoustic Tavern offers the 21 and 23 beers on tap and live local music every week. Since its opening in 2005, Frog Acoustic Tavern has had shows with bands everywhere from Bellingham to Everett. Many acoustic acts come through the doors of Frog Acoustic Tavern, but the owners prefer to have a few louder bands play. On the first Sunday of every month, The Green Frog Acoustic Tavern also features the "Second Sunday Singer Slam" which puts eight singer-songwriters head-to-head in a musical competition. The first two Sundays in the month are dedicated to acoustic acts.

Upcoming Events:

- **Brokers, Lund Brothers** – March 21 at 8:30 p.m.
- **Julien, Kristen Ward** – March 22 at 8:30 p.m.
- **Unsinkable** – March 24 at 9:30 p.m.
- **Byrd** – March 25 at 9:30 p.m.



Fantasia Espresso and Tea 1324 Cornwall Ave.

Fantasia Espresso and Tea just recently started having shows again, but since they reopened their doors to bands, they have had an all-ages show four nights a week. Tuesdays are Jazz nights, on Wednesdays and Thursdays local bands perform and Fridays are open mic nights. Fantasia also offers an assortment of coffees, teas and pastries.

Upcoming Events:

- **Ghost Dad, Into the Storm, Lung Panther, Irrelevant Prophets** – March 19 at 7 p.m.
- **Vadinska** – March 20 at 7 p.m.
- **The Mission Orange, Megasapien, The Braille Tapes** – March 26 at 7 p.m.
- **Octagon Control, Batman vs. Predator, Atlases, The Russians** – March 27 at 7 p.m.

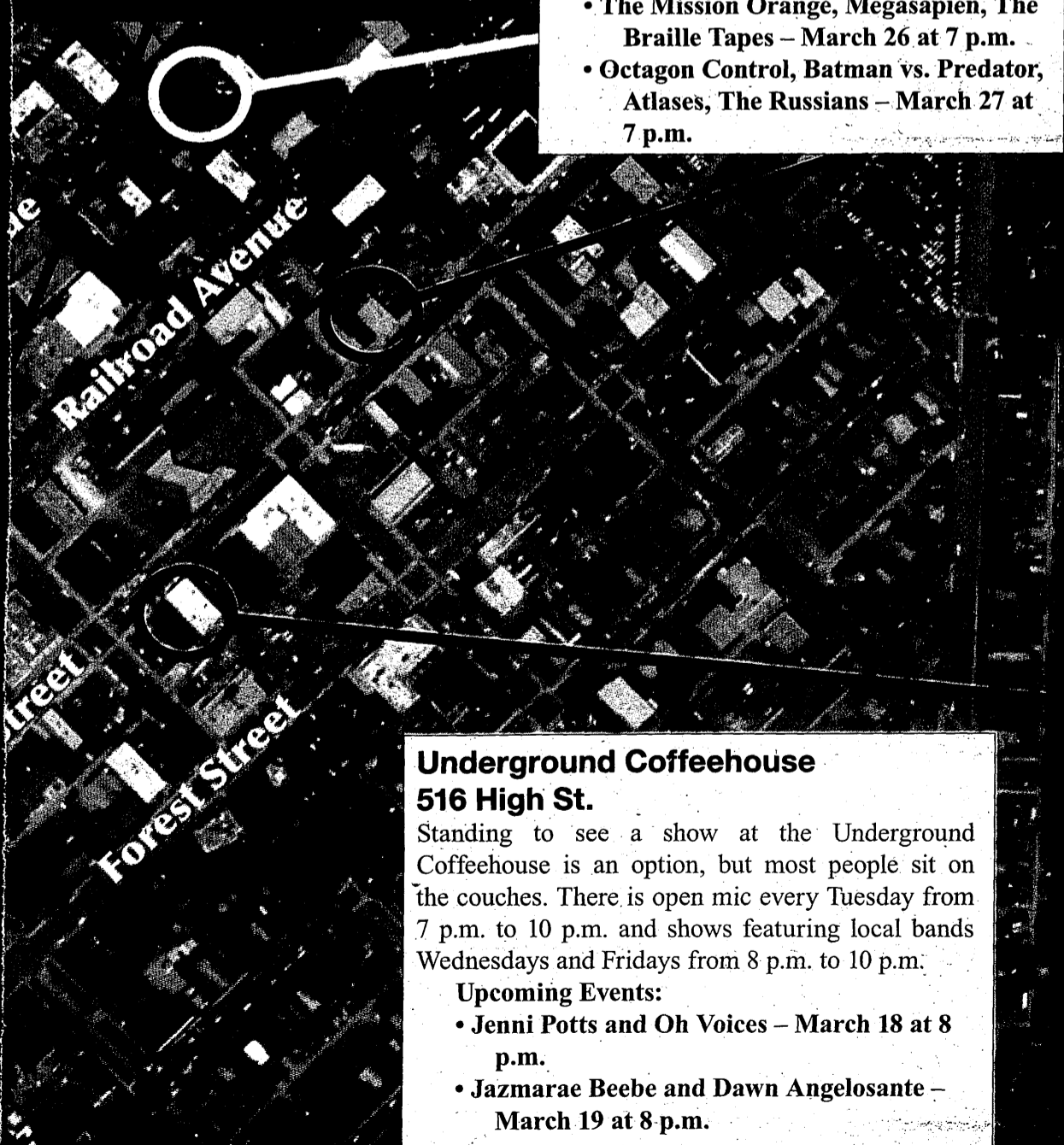


The Rogue Hero 1313 N. State St.

The Rogue Hero's red walls hold in drinks, dancing and most importantly, a stage. Since The Rouge Hero opened in 2002, it has been holding shows for people that are 21 and older. Hip Hop, electronic, metal and rock are just some of the many types of local acts that come to The Rouge Hero's doors. Shows are held multiple times a week and start at 10 p.m.

Upcoming Events:

- **Watts, Police Teeth, The Valley** – March 21 at 10 p.m.
- **Full Frontal Assault, Shim, Piano Mover** – March 22 at 10 p.m.
- **Karate Kitchen, Rooftops, Mistress and the Misters** – March 28 at 10 p.m.
- **The Dt's, Black Eyes & Neckties, Skullbot** – March 29 at 10 p.m.



Underground Coffeehouse 516 High St.

Standing to see a show at the Underground Coffeehouse is an option, but most people sit on the couches. There is open mic every Tuesday from 7 p.m. to 10 p.m. and shows featuring local bands on Wednesdays and Fridays from 8 p.m. to 10 p.m.

Upcoming Events:

- **Jenni Potts and Oh Voices** – March 18 at 8 p.m.
- **Jazmarae Beebe and Dawn Angelosante** – March 19 at 8 p.m.



The Callaloo Caribbean Kitchen 1212 N. State St.

The Callaloo Caribbean Kitchen has been providing Bellingham with local world music and DJ acts since 2005. They have shows weekly starting at 10 p.m. for those who are 21 and older. Tuesdays are funk night and feature local live music. DJs perform at the Callaloo every Thursday and Friday night. The Callaloo also offers Caribbean-themed dinners and drinks everyday starting at 4 p.m.

Upcoming Events:

- **DJ Cide** – Every Thursday at 10 p.m.
- **Friday Night Fire** hosted by DJ Triple Crown – Every Friday at 10 p.m.

On the up & up



photo courtesy of Mike Preuss

Bellingham band The Growers have more than Rainier Beer in common

Kathryn Bachen
THE WESTERN FRONT

In a basement somewhere in Bellingham, three men stand in the total darkness imposed by their blindfolds. A rhythm of melodies stream from the instruments their fingertips hit, strum and pluck. Without words, the band members of The Growers carry a fluid conversation.

"It makes you focus on your other senses," said Richard Reeves, bassist of The Growers. "When you cover up your eyes you can't look at each other, so communication is through the music instead of through sight."

The organic, raw style of music the trio of Western seniors produce has become more structured and solidified from their jam-band beginnings, said lead singer and guitarist Mike Preuss.

"The elements of The Growers are definitely rooted in music people can dance to," Reeves said.

The band formed in 2004 after Preuss had little luck getting together with people who wanted to play music in

his first year at Western. That year he described as 'miserable and painful,' as it was his first year without a band since eighth grade.

Preuss was first introduced to Reeves by mutual friend Evan Williamson, owner of local record label Murder Mountain Records.

The two guitarists had little luck finding a drummer until they convinced Reeves' roommate Aaron Guest, who had never played drums, to buy a drum set and join the band.

Guest said he formulated The Growers while sitting in biology class with Preuss. The two were brainstorming names by going through the alphabet. When they hit 'g', Guest thought of The Growers, which may or may not have been influenced by the discussion on cells they were having that day, Guest said.

Pinning the local band to a particular genre isn't possible, Preuss said.

"We can put on a lot of hats," he said.

The Growers describe their music as a mix of funk, pop, reggae, blues, indie and rock,

depending on which member you ask.

The band draws from influences as diverse as the genres of music used in their own.

The three members listen to 90s rock, African music, Paul Simon, The Jackson 5 and Pink Floyd, Preuss said.

In the summer of 2007, The Growers toured southeast Alaska with a group called the Bad Dog Blues Society, playing as a backup band and also playing their own sets.

Alaska provided on-stage experience as well as some offbeat adventures, Reeves said.

The Growers had an album release show Feb. 8 at the Wild Buffalo for "To the Threads", their independently-produced debut album.

The free performance drew more than 300 people, packed the venue over maximum capacity, and sold it out of alcohol, Preuss said.

Though playing in front of that many people is nerve racking, the energy the crowd gives the music is amazing, Reeves said.

"If we're feeling good and playing music great, you can totally see it in the crowd and they just respond and it becomes

a feedback cycle," he said.

The trio is a mixture of personalities and talent. Guest is described by his two bandmates and Williamson as suave, handsome, and the ladies man of the group. Reeves is described as genuine and positive, nicknamed "the captain."

"He knows the water and he loves women, maybe more than me," Guest said.

The others describe their admiration of Preuss' dedication to his music and his quirky personality.

"He foregoes a lot of things that most people wouldn't be willing to sacrifice in order to become a better musician," Williamson said.

When asked what strings the three personalities and talents together, Reeves responded that all three of them have the capability of consuming Rainier Beer. The band discovered their love for the beverage on their tour in Alaska.

The real bond between band members is the devotion to music, Reeves said.

The dedication to music in general is apparent in the group's years of experience with music. Preuss said he has been writing songs and singing since he could talk.

"I used to stand on tree stumps and they'd be my stage," he said. "I'd sing to the trees."

The subjects of the songs have a broad range – some are love songs, some about friends, and others are about people who do or don't exist, Preuss said.

As of now, Preuss writes most of the lyrics, but the other two members are working on material as well.

When pieces of ideas come to him, Preuss sits on them until they formulate into lyrics.

"I just put it away and put it away, and it gets to the point where it's like 'Kaboom' – this little miniature volcano eruption out of the top of my head, straight to the paper and pencil," he said.

The group is planning a west coast tour this summer through Oregon and California. The band has yet to sign a record contract.

Preuss said he'd like to stay independent, while Reeves said a record contract is something that is a priority for the band in the future.

The Growers' next show is at 8:30 p.m. March 17 at The Wild Buffalo. An all-ages show will take place at 8 p.m. March 29 at Fantasia Coffee House.

Where's the BEAF? In Bellingham

Bellingham Electronic Arts Festival coming up April 23 to 26

Cassie Gallagher
THE WESTERN FRONT

Electroacoustic music, or "art music" made with computers or electronics, may be something people have heard of but never really experienced.

That is until Western professors Bruce Hamilton and Sebastian Mendes help bring this underground world of music out into the light with the annual Bellingham Electronic Art Festival.

The festival is a multi-venue event that spans across many businesses and venues around Bellingham, all showing works of different artists, or performances from those who create this style of music.

The festival is a way for artists to incorporate many different styles of art and music, not only electroacoustic but experimental hip-hop, electropop and other styles, said Hamilton, professor of electroacoustic music



photo by Alex Roberts THE WESTERN FRONT

Western graduate student Billy Coogan sits in the electroacoustic music studio. He anticipates helping out at the Bellingham Electronic Arts Festival this year.

at Western.

It's a way not only for Bellingham's community to showcase electronic music but also video and art installations that incorporate sound, Hamilton said.

The festival got its start in July 2004 by Fairhaven student Nicholas Brittain, Hamilton said. Brittain had become in-

terested in the style after taking several of Hamilton's classes and working in Western Washington's electroacoustic music studio, Hamilton said.

Hamilton said the festival got its start simply as a diverse marathon show of various artists that would run in the Pickford Dream Space, a theatre in Bellingham for independent movies

and shows. These would mostly only showcase regional artists, Hamilton said.

The program started gaining support from local businesses, and every year since then it has branched out into what it is now becoming a multi-venue community collaboration, Hamilton said.

The festival has been able to

grow with the help of community sponsors, and grants from the Western music department, Hamilton said.

"The event has been able to grow to include national and international artists," Hamilton said. "But there is always a healthy dose of regional and local — both community and WWU — support."

Billy Coogan is a master's student at Western and is helping Hamilton out by creating an installation art piece. Coogan said he has been working in the studio to create a doll that detects light changes in its eyes to create varying levels of sound.

"The more shadows it reads, the more articulated the sound will be," Coogan said.

The list for confirmed 2008 artists keep growing, and coordinators of the festival keep people updated by keeping a list on their Web site, Hamilton said.

The festival can include anything from synthesized rock bands to interactive media, Hamilton said.

To stay updated on the festival, listen to Sebastian Mendes' radio program "Yellow Radio" from 4 p.m. to 6 p.m. Saturdays on KUGS 89.3 FM.

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Shipping out to SXSW

Former Western student Kellen Rack is heading to Austin, Texas, with Seattle band the Terrordactyls for the annual music and arts festival South by Southwest.

Alexis Tahiri
THE WESTERN FRONT

Kellen Rack, a former Western student and drummer for local band Yes, Oh Yes, said he embarked on the longest tour he's ever been on with a band March 6.

Rack said he will be on a six-week tour with Seattle-based band, The Terrordactyls, that will span both coasts.

The band is playing 37 shows across the United States, including three at the 22nd South by Southwest Music Conference and Festival (SXSW), one of the largest music events of the year, Rack said.

SXSW brings more than 10,000 people from around the world to Austin, Texas every year, according to the event's Web site.

The music festival features five days of music by more than 1,500 acts from 33 different countries playing almost every genre of music, according to the

Web site.

Rack said the band will be spending March 12 through 16 at SXSW.

"It sounds pretty crazy, I don't really know what to expect," Rack said.

The Terrordactyls are normally a two-piece group consisting of Michael Cadiz and Tyrel Stendahl, but Cadiz said they added Rack on the drums for their tour.

"Having a drummer adds a lot to the group," Cadiz said. "We are constantly changing the way we play live and it helps to have input from another person."

Rack said he knew Cadiz and Stendahl since they went to high school on Vashon Island and was asked if he wanted to tour with the group when they went on a U.S. tour.

Cadiz said he has mixed feelings about playing at SXSW.

"I'm both excited and nervous," Cadiz said. "From what I hear, it's absolutely

insane, but I think it'll be a great experience."

Cadiz said anyone can apply to play at SXSW as either an individual band or as a record label.

The Terrordactyls got involved with SXSW with the help of their promotions company Fanatic, Cadiz said.

SXSW showcases artists, labels and promotions companies, Cadiz said.

The Terrordactyls played at the Fanatic showcase on March 12, he said.

Cadiz said the band will also be playing two other shows at SXSW on March 13 and March 15.

Jordan Morris, a Western alumnus who plays synthesizer and sings in Yes, Oh Yes, said the band will keep busy while Rack is on tour.

"We're working on finishing up an album and we're starting to book a tour for the fall," Morris said.

Yes, Oh Yes started with

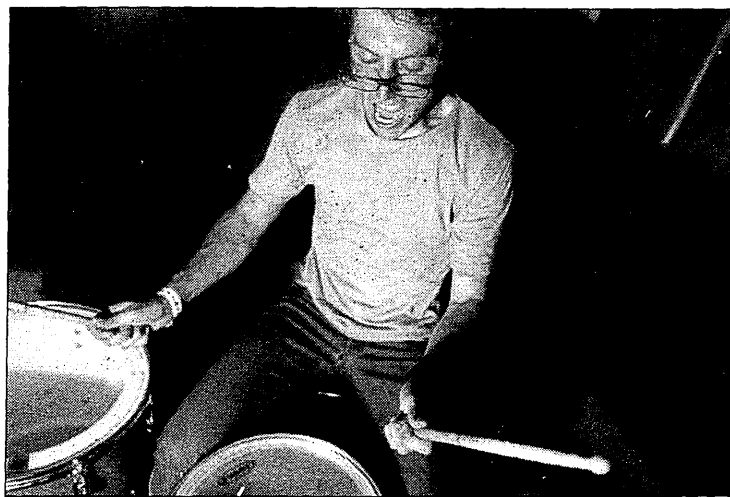


photo courtesy of Gunther Jose Frank

Western alumnus Kellen Rack drums with local band Yes, Oh Yes.

Rack and Morris playing music together when they were 15 years old, Morris said.

When they moved to Bellingham to attend Western, Rack and Morris started to play in another band that covered 80s punk songs, Morris said.

"We would just play some punk riffs, like the Buzzcocks or something," Morris said.

Aaron Khawaja and Mike Molvar were the other two members of Yes, Oh Yes when they started rehearsing regularly with Rack and Morris, Yes, Oh Yes was formed, Morris said.

"Our name is sort of a play on words of S.O.S.," Morris said. "When we first started the band, all our songs had a positive spin on the end of the world."

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Student should be charged after lying

FRONTLINE Opinion of the editorial board

The incident that took place Feb. 22 in Nash Hall locked down residence halls, created a sense of fear on campus and was completely fabricated inside the mind of one Western student.

University Police Chief Randy Steigmeier said to punish this young woman would be damaging to her future and said he was confident the university disciplinary system would provide appropriate actions to the student.

From what has been reported, this young woman is hardly getting the equivalent of a slap on the wrist for a crime that terrified the entire Western campus.

The woman was not the only person directly affected by her decision. Students were afraid to use restrooms, they did not feel safe in their own rooms at night and police officers wasted time looking for

an attacker that didn't exist.

Western students should be held to the same standards as anyone else. A person who lies to the police by filing a false police report deserves to be charged with that crime, not just by Western but by the city of Bellingham as well.

As members of this community, Western students are required to follow the same laws as any other member of the community.

Students can now ask themselves, what other crimes will police let them get away with if it happens on campus?

This student's decision to fabricate the story should have resulted in a gross misdemeanor in which jail time and a fine would have been given to the student. Western should hold itself to a higher standard by applying state and federal laws to students on campus.

The message the Nash Hall incident sends to the rest of Western is that it is okay for students to partake in illegal activities and then make up a

story about it.

If the underage woman were caught drinking in her dorm, she would most likely have been referred to Alcohol and Drug Consultation and Assessment Services, according to the University Residences Web site.

Since she consumed alcohol and lied to the police, she should get a more severe punishment. This woman created a state of panic among students on campus.

She demeaned the gravity of assault. Now, some assaulted women may be too afraid to come forward because this student "cried wolf."

Crimes should not be overlooked by authorities on campus and legal actions should have been taken the moment police realized the story was false.

The editorial board is comprised of Editor in Chief Paul Moore, Managing Editor Maureen Tinney and Opinion Editor Chelsea Crump.

Got homework?

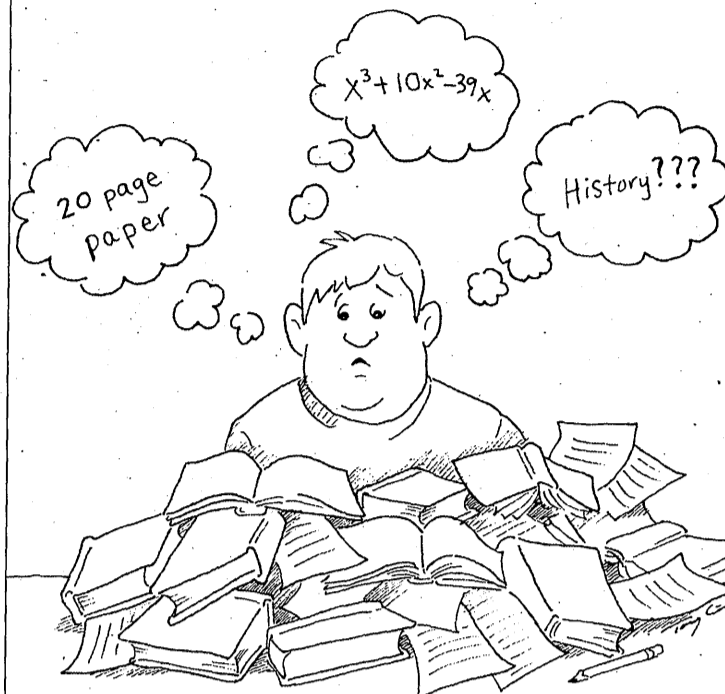


Illustration by Tony Cicca THE WESTERN FRONT

Want to write a guest column?

The Western Front is looking for faculty members, club leaders, staff or other community members who want to write a 400- to 500-word column about an issue at Western. If you do not include a name and a contact number, it will not be printed.

Send your column ideas to
opinion@westernfrontonline.net

Sunshine Week: exercise your right to public documents



Kristi Pihl
COLUMNIST

Without open records laws, we might as well repeal the First Amendment.

What good is freedom of speech and freedom of the press if we can't access information government employees use and create in the decision-making process?

If we didn't have open records laws, we might as well not vote. How can we hold the government accountable if we can only access the information government officials see fit to grant us?

Next week, March 16 to 22, is Sunshine Week. Started in March 2002, Sunshine Week is coordinated by the American Society of Newspaper Editors to remind citizens of the importance of the federal Freedom of Information Act and state open records acts, according to the Society of Professional Journalists Web site.

Open records and meeting laws, commonly referred to as sunshine laws, legally protect our right as citizens to

receive information from government agencies.

Government agencies include public universities such as Western, the Whatcom County Health Department and the Washington state Liquor Control Board.

To celebrate Sunshine Week, I requested three types of documents available through the open records act.

I requested the health code violations from the county health department for three of my favorite Bellingham restaurants - La Fiamma Wood Fire Pizza, Mallard Ice Cream and On Rice Thai Cuisine on Samish Way.

I discovered when On Rice was inspected Aug. 9, the inspector found improper cooling procedures and insufficient hot and cold storage practices, according to the health inspection report. La Fiamma employees couldn't find the cooling standard documentation for pasta during a Sept. 14 health inspection, according to the health inspection report.

From the liquor control board, I received case files containing complaints, warnings and violations for the liquor licenses of Boundary Bay Brewery & Bistro, the Beaver Inn and The Royal.

I only found one liquor law violation in the case files. According to the documents, the board fined the Royal \$500

for violating Revised Code of Washington 66.44.200. On Oct. 27, 2005 an apparently intoxicated person possessed or consumed alcohol, when four liquor control officers did an undercover inspection.

As of press time, I have not received the two incident reports I requested from University Police.

Without the sunshine laws, we would have no guarantee the government would respond in a timely manner to document requests.

We still don't have a complete guarantee since state law requires state and local government agencies to respond in five business days, and a response doesn't always mean getting the actual records.

Limitations exist on what documents are public. Exempt categories include trade secrets, terrorism and individual patient records, according to Access: A Guide to Government Information.

We employ the government. Like any employer, we should have the right to view documents produced on our time with our money. If we don't use sunshine laws, we will lose them.

A San Francisco court ordered Wikileaks to suspend its domain name, according to the Society of Professional Journalists Web site. Julius Baier Bank and Trust brought Wikileaks to court because

it posted leaked documents showing alleged money laundering and tax evasion schemes, according to the Web site.

The judge reversed the injunction against the site, according to a Feb. 29 Seattle Post-Intelligencer article.

Government officials attempt to limit citizen access to information.

In 2006, U.S. senators introduced the Official Secrets Act bill to prohibit unauthorized classified information leaks, according to the Library of Congress Web site. Thankfully, nothing has happened since it went to the Committee on the Judiciary as of Aug. 2, 2006.

We need to use our rights as citizens to access public records and protect those rights from encroachment. As the Washington state Open Records Act states: "The people of this state do not yield their sovereignty to the agencies that serve them. The people, in delegating authority, do not give their public servants the right to decide what is good for the people to know and what is not good for them to know. The people insist on remaining informed so that they may maintain control over the instruments that they have created."

Protect your right to be an informed citizen by supporting sunshine acts.

See westernfrontonline.net for the received documents.

V I K I N G V O I C E S

What are your plans for spring break?

compiled by CJ Huxford



Andy Bishop
JUNIOR

"Working as much as I possibly can."



Abell Teale
FRESHMAN

"I plan on going back to my home town and kickin it with my buddies who are coming to visit."



Ian Shives
JUNIOR

"Going to an ultimate Frisbee tournament in Washington D.C. with the school team."



Heidi Hoff
JUNIOR

"Riding my bike then going to crew practice all week."

Hadouken!

Enter the
Viking

The Western Front's coverage of the martial arts, the final chapter

Western students learn self-defense with time-tested disciplines at karate church

Rebecca Rayner
THE WESTERN FRONT

The karate students breathe deeply and loudly in unison, with a sound reminiscent of Darth Vader's raspy exhale. They then bow to all sides of the practice room, ending with a bow for their sensei, or teacher.

The sensei stands up from his kneeled position at the head of the class and walks out of the room, followed by the sound of students clapping together.

The students, beginning with the black belts, then stand up one by one, with some leaving for home and others staying to practice on a punching bag.

The practice of karate is based in tradition, and the closing ceremony at the end of each class is a part of that tradition, said Todd Stewart, president of the Western Students for Self Defense club.

In karate, students are taught with a heavy emphasis on traditional techniques and motions because they are proven to work, Stewart said.

The self defense club was

formed in 2007, Stewart said. Karate classes serve as meetings for the club, and they are held at the Bellingham Academy of Self Defense, a former church on the corner of High Street and Maple Street that was converted to a karate dojo in the 1970s.

Despite the classes, karate is an individual activity — the teachers are there to help with techniques, but improving takes hours of individual work outside of class, Stewart said.

"This isn't like a club or a hobby," Stewart said. "It's what you do with your life."

The club is part of the Goju-Ryu Karate-Do Kyokai, a loose organization that provides rank certification, teaching credentials and support for members of the Goju-Ryu style of karate.

Goju-Ryu literally means "hard-soft," Stewart said, where hard means a person is using his or her own force, such as a block or a kick, and soft means a person uses his or her opponent's speed or technique against them.

While the self defense club is part of a larger organization,

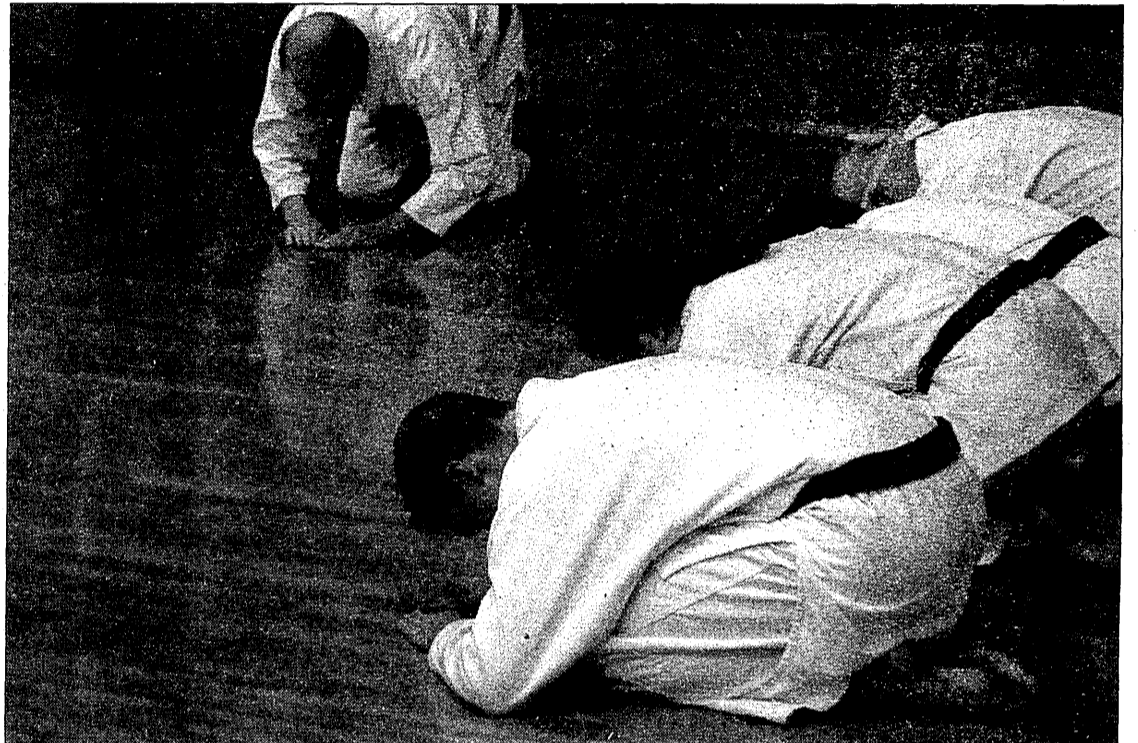


photo by Graig Hill THE WESTERN FRONT

Students at the Western Students for Self Defense club bow their heads with sensei and dojo owner Duane Sammons. While the club formed in 2007, the dojo has been around since the 1970s, when the former church was converted into a karate dojo.

the members are not controlled by it, Stewart said. Karate is an individual and independent practice, and unless a member was doing something outrageous, the organization would not interfere, Stewart said.

"This isn't like a club or a hobby. It's what you do with your life."

- Todd Stewart, club president

In classes, the emphasis is on memorizing the basic moves and building upon those to more complicated motions. Even the highest ranking black belts are always working on the basics and improving, Stewart said.

Stewart said as a black belt, his job is to answer questions and help new students learn the basic steps, without chastising them for mistakes.

"I can't go up to a student and tell them they're doing

something wrong," Stewart said. "I'm still learning, too."

The purpose of the self defense club is to teach students self-defense techniques, said Duane Sammons, owner of the dojo and one of the highest ranking black belts in the United States.

There are ten degrees within the black belt ranking, and advancing gets more difficult for

see **KARATE** page 19 ▶

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Men's lacrosse shoots for playoffs

Western enters spring break two wins away from reaching the national tournament

Danny Cumming
THE WESTERN FRONT

Like most Western students, the Western men's lacrosse team will be taking time off in the coming weeks for finals as well as spring break.

However, once the break ends, the team will find themselves right where they left off

— in the middle of a season with the playoffs riding on two final conference games.

Western plays a regular season schedule with games from the beginning of February to the end of April. Two of the team's four remaining games are conference games that will be played at Western and may determine

whether the team goes onto the playoffs.

"We're going to have to win the next two games, then see where we're seeded," said assistant coach and Western sophomore Dan Lynn. "Right now the [University of Puget Sound] is the only undefeated team. The rest have two losses. We're go-

ing to have to wait and see where everyone ends up these last two games."

So far this season, Western has an overall record of 5-3 and is ranked 13th in the nation, according to the March 5 Men's Collegiate Lacrosse Association Division II Top 25 Poll.

In the Pacific Northwest Collegiate Lacrosse League, Western has a record of 5-2 and is in third place behind Puget Sound and Central Washington University.

Western has had big wins against their rivals Central, Whitman College and Pacific Lutheran University and is looking to finish the season strong with a solid showing in the playoffs, Lynn said.

The top six teams in the 10-team conference go on to the conference playoffs, with the top two teams automatically advancing past the initial rounds to the semifinals, said head coach and Western senior Russ Chiupka.

"I think we can still win the league with the right moves," Chiupka said. "With a strong work ethic, we can head back to

nationals for the second time."

Last season, Western finished the regular season second in the conference after losing to the University of Montana in the conference championship. The team earned a spot in the national playoffs where they lost in the first round.

"I think we can still win the league with the right moves. With a strong work ethic, we can head back to nationals for the second time."

- Russ Chiupka, Western head coach

This year has been more up and down, especially due to a large numbers of injuries to key players, said senior co-captain and attacker Jake Schuit.

"Last season was different," Schuit said. "We maintained the same basic lineup and were never plagued by injury. Just last weekend we lost two kids

see **LACROSSE** page 18 ▶

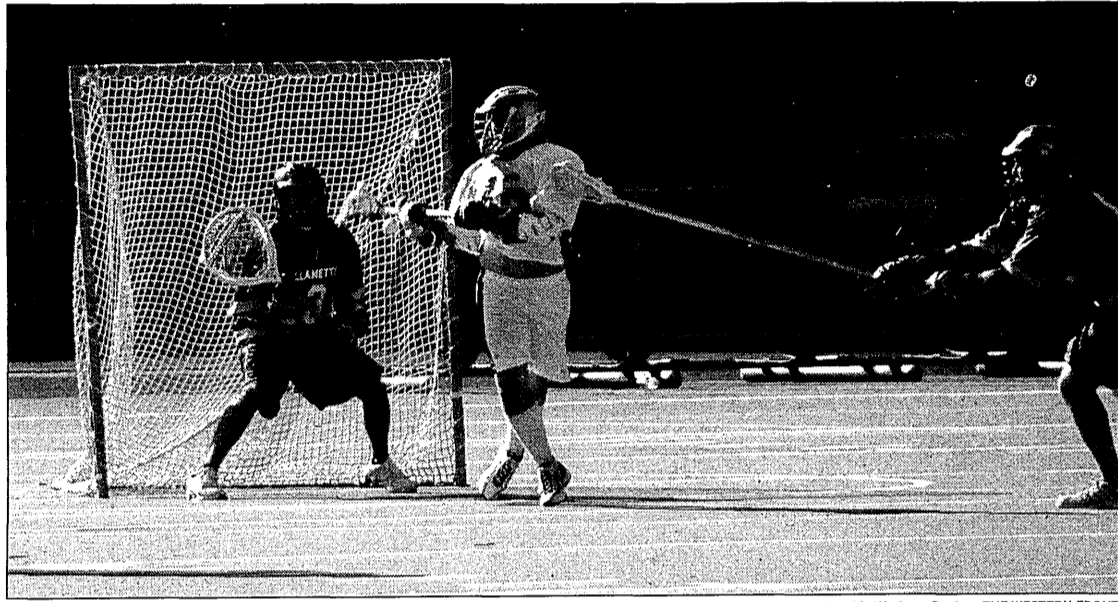


photo by Kathryn Bachen THE WESTERN FRONT

Western senior David Pedersen, 12, makes a behind-the-back shot in a game against Willamette University Feb.17. The goal was Pederson's first goal on the lacrosse team. Western won 28-3.

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photo by Kathryn Bachén THE WESTERN FRONT

The 2008 Western men's lacrosse team poses for a team picture with their faithful home-game fan "Bruce the Bear." Bruce has been with the team longer than any current member could say, Western head coach Russ Chiupka said. Chiupka said stories of his origin range from smuggling the wooden bear out of bars to off of other schools' campuses.

LACROSSE: Team captains adjust to 90 percent roster turnover from last season

► from 17

to a dislocated shoulder and an MCL injury."

Both coaches this year are players who were unable to compete this season due to injuries suffered prior to the season.

Chiupka was originally a captain but tore the ACL in his left knee. Lynn played last year

but tore ligaments in his hand during a fall lacrosse tournament.

The season has been rocky, with the team forced to replace 90 percent of the team from last year but is still looking confident, said senior co-captain and attacker Jesse Savage.

"No one is pissed-off about not having an undefeated sea-

son," Savage said. "Lots of guys thrive on being the underdog. It hasn't been disappointing; it's been challenging."

Spring break will give the team approximately three weeks of much needed time to get healthy.

There will be some light practicing, with everyone relying on each other to stay in shape

on their own, Schuit said.

Both Schuit and Savage said Western should be able to win the final two conference games against Southern Oregon University and Lewis and Clark College.

"I think we've already played against the teams we're more than likely to see in the playoffs," Schuit said. "We

know what we need to do, it's just a matter of following through."

Both games will be played on Western's turf field at 1 p.m. April 12 and 12 p.m. April 13.

Western will finish out the regular season with non-conference games against Montana State University and University of Wyoming April 19 in Bozeman, Mont.

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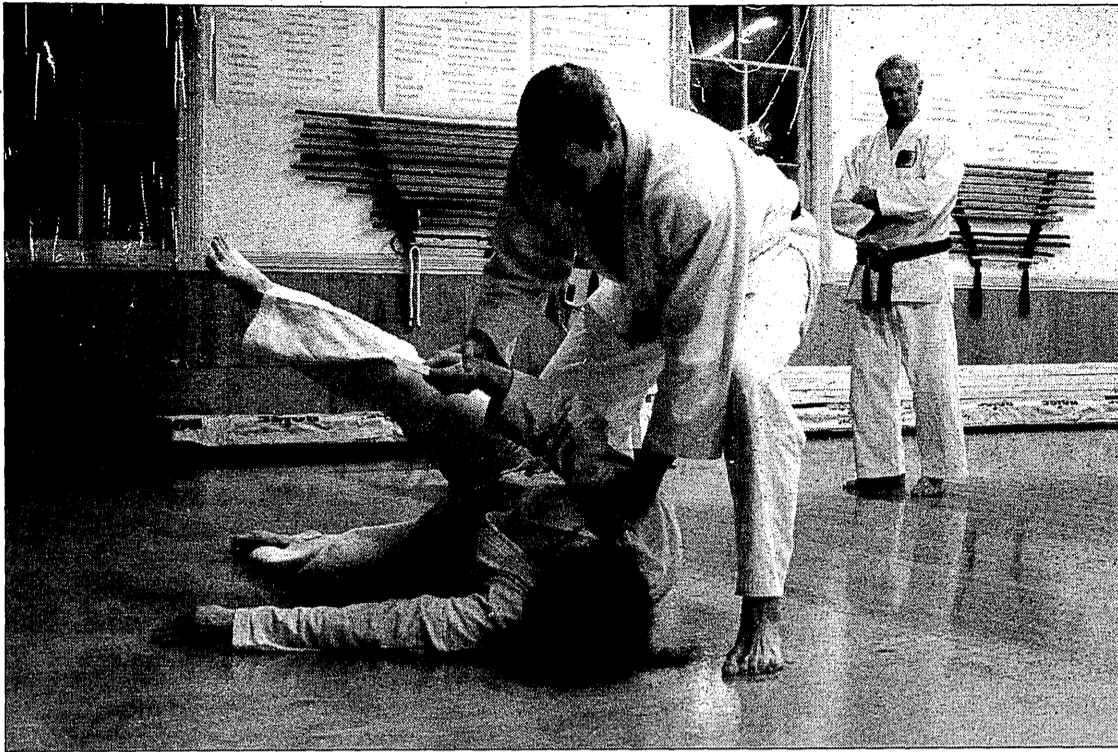


photo by Graig Hill THE WESTERN FRONT

Students practice karate maneuvers under the watchful eye of sensei Duane Sammons. In addition to hand-to-hand fighting, students are trained on how to use weapons as a form of defense.

KARATE: Self defense club teaches skills at a steady pace

► from 16

higher degrees, so few people attain the highest rankings, Sammons said.

Students practice individually, with partners or on equipment, such as a punching bag.

Individual exercises are called katas. Each kata is a set of movements that includes basic motions, such as blocking and striking. There are different levels of katas, each one more difficult than the one before it, Sammons said.

The dojo doesn't just teach students how to use their hands and feet to defend themselves, they also learn how to use and protect themselves against a variety of weapons, Sammons said.

Weapon instruction is mostly focused on using weapons that don't have blades, since police tend to frown upon people carrying knives around, Sammons said.

"There are objects that can be carried openly and function as a weapon," Sammons said. "A cane makes an excellent weapon."

Since many weapons are impractical to carry, only about 30 percent of class instruction involves weapons, Sammons said.

The dojo also teaches jujitsu, kenjutsu (partner katas), knife throwing and a women's self-defense class, Stewart said.

Women have twice as many pain receptors in the skin as men, said Bobbie Carter, a black

belt and teacher of the women's self-defense class. As a result, women trying to defend themselves will often do something to a man that doesn't do any damage, Carter said.

"The way men and women think about defending themselves is very different," Carter said.

In her class, Carter said she teaches women about pressure points and how everyday objects, such as a mascara case, can be used as a weapon.

Karate is a good overall form of exercise, Carter said. She said she and her husband, also a black belt, are both in their early 60s but feel much younger. Training at the dojo keeps her young, Carter said.

Karate keeps the reflexes of

older people alert while teaching younger children responsibilities because they train with adults, Carter said.

While karate is an individual sport, some students rely on their peers to help them learn new skills, such as with Western senior Jennifer Shurtleff, who has been deaf since birth.

While Shurtleff said she can read lips, it doesn't help in class because Sammons often turns his back to the class to better demonstrate techniques.

Shurtleff's partner in class taps her shoulder to get her attention and demonstrates a technique that Sammons had explained verbally and then demonstrated with his back to the class.

Shurtleff, who wrote her responses, said she is used to learning by watching and copying other people, and since she has been deaf her whole life, she doesn't know if it would be easier to learn karate if she could hear.

Shurtleff said karate has improved her physical, mental and spiritual strength through the karate exercises, meditation and work with other students.

Karate has also increased her confidence, Shurtleff said.

"It helps me a lot, especially being deaf," Shurtleff wrote. "It helps me feel like I can actually do things."

Despite the benefits, the discipline needed to succeed in karate can put some people off, Stewart said. Membership at the dojo has been declining for the past year, with fewer and fewer white belts, or new students, each month, he said.

Karate requires regular practice outside the classes, and some people are disappointed they aren't doing action stunts

they see on TV, Stewart said.

Even though membership is low, the kitchen, where some students gather after class is crowded. After the students change into their street clothes, there is a rush for the fridge to grab a can of soda and a spot around the long table.

"There are objects that can be carried openly and function as a weapon. A cane makes an excellent weapon."

- Duane Sammons, dojo owner

Shurtleff said while she wants to get a black belt, the confidence she has gained from karate is her motivation for her to continue.

She said she plans to continue to make karate a part of her life after she graduates from Western and for years after that.

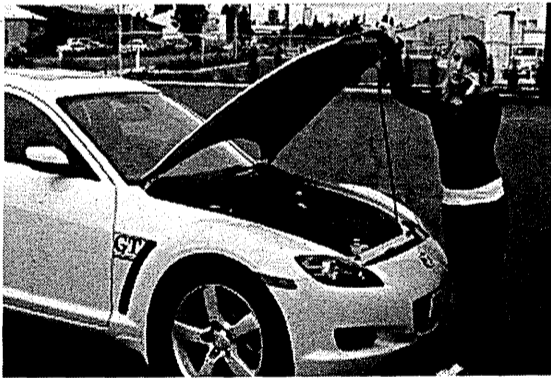
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The Western Front presents the Athlete of Winter Quarter

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Jeff Richards
THE WESTERN FRONT

As Western junior guard Ira Graham went, so went the fortunes of the men's basketball team this season.

Graham led the team in scoring all year long, finishing with team-highs in 19 of 27 games.

Western finished the year with a 15-12 overall record and an 8-10 record in the Great

Northwest Athletic Conference.

While the team failed to make the postseason this year, Graham said it has only motivated him further for next season. Graham promises postseason

play, so long as he steps on the court for Western next year.

"I'm going to be a warrior on the court," Graham said. "Expect to see a man who gives it his all — somebody who wants to win."

Graham led the conference in scoring for most of the season, ultimately finishing third with 18.5 points per game.

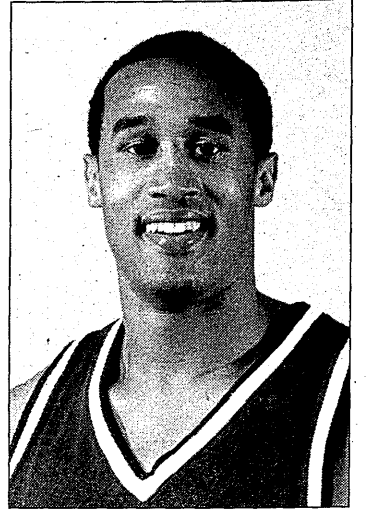
Graham had a school-record 10-game streak as the team's leading scorer and scored more than 30 points three times, including a career-high 33 points against Western Oregon University Jan. 12.

For his efforts this season, Graham was named a first-team conference all-star.

At six feet one inch, Graham did most of his damage being aggressive in attacking the basket and producing consistent scoring for the team, Graham said.

Western head coach Brad Jackson said Graham has improved every year he has been at Western, especially in his shot selection.

Graham shot 52.3 percent from the field this season, an im-



Ira Graham

provement of almost 10 percent from last season.

"There's a difference between a saturation scorer, who shoots a lot and scores a lot, and someone who shoots a high percentage," Jackson said. "[Graham's] really developed an understanding of when to go to the basket and when to pull up."

In addition to leading the team in scoring, Graham led the team in assists with 78.

When looking back on the 2007-08 season, Graham said his favorite moment was against Northwest Nazarene University Jan. 3, a game in which he failed to score many points.

While Graham struggled with foul trouble, the rest of the team stepped up in an 82-63 victory, Graham said.



photo by Alex Roberts THE WESTERN FRONT

Western junior guard Ira Graham scores in the men's basketball team's season finale, a 70-63 victory against Northwest Nazarene University March 8 in Carver Gym. Graham scored a team-high 15 points.

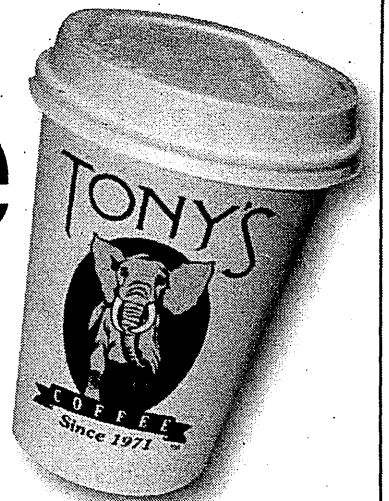
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