

## FRONT ROW

### NEWS

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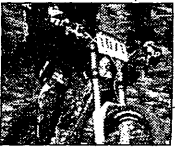
### ART & LIFE



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### OPINION

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### WEATHER

FRIDAY	54° HIGH	45° LOW
SATURDAY	52° HIGH	42° LOW
SUNDAY	48° HIGH	39° LOW
MONDAY	48° HIGH	39° LOW

Source: National Weather Service



## Antibiotic-resistant staph infections on the increase

**Isabelle Dills**  
THE WESTERN FRONT

What started as a pimple turned into a nightmare for Western junior Keiosha Williams, who suffered from a staph infection this past summer.

During the end of June, Williams noticed a small pimple on the top of her forehead. Then, she hit her head on her car door.

A week after the car incident, the pimple increased so much in size Williams said she decided to pop it. That night, she realized something was wrong.

"My whole head swelled up," Williams said. "I looked like a totally different person."

A different strain of staph than Williams caught, called methicillin-resistant staphylococcus aureus (MRSA), made recent news due to a Centers for Disease Control and Prevention (CDC) press release. According to the press release, MRSA caused more than 94,000 infections and approximately 19,000 deaths in the United States in 2005.

After her head swelled, Williams said her dad decided to take her to the emergency room. The doctors could not identify what type of infection it was at first, but recommended Williams stay in the hospital overnight.

A culture, taken from the

infected area on Williams' head, allowed the doctors to identify the infection as staphylococcus aureus, Williams said.

According to the CDC Web site, staphylococcus aureus, or staph, is a bacteria often found on the skin and in the nose. Occasionally, staphylococci can enter the body, causing an infection.

Dr. Emily Gibson, director of Western's Student Health Center, said the Student Health Center has seen an increasing number of MRSA cases in the last three years.

More than 50 percent of the Student Health Center's staph

cultures are now MRSA and at least three to four new MRSA infections are diagnosed per week, Gibson said.

Some of the earliest cases were from students returning from vacation in Mexico who were exposed to MRSA while foam dancing, Gibson said. MRSA then became more common in athletes, who experienced regular skin abrasions due to injury, she said.

Last spring quarter, a Western student got a staph infection from an injury she received when playing soccer on Western's

see **STAPH** page 16 ▶

## Western honors veterans



photos by Mark Malijan THE WESTERN FRONT

Above: Veterans (from left) Jefferey L. Wier, Ken Eiriksson, Al Shaulis and Gordon Anthony listen to veteran Dr. Michael A. Colson speak during the Veterans Day ceremony Thursday in the Viking Union Multipurpose Room. Below: Veteran Ron Clapp holds the American flag during the Veterans Day ceremony Thursday afternoon.



**Allison Milton**  
THE WESTERN FRONT

Four men in bifocals wearing blue uniforms and hats decorated with medals and pins sat in the front row of the Viking Union Multipurpose Room in complete silence as they listened to the Western Brass Trio play American ballads at Western's Veterans Day celebration Thursday.

The men were sitting as still as statues, but from close up a smile appeared on their faces as they listened to the melody of "The Star-Spangled Banner."

"We shall not forget what they have done," said Robert Marshall, coordinator of Western's Veteran's Outreach Center, which hosted the event. "These men deserve our gratitude."

On stage behind the podium, the veterans stood at parade rest, with one hand behind their back and one grasping a flag or a weapon. The men of the Bellingham American Legion Post 7 presented the colors at the beginning of the ceremony.

The men of the legion carried flags as they marched onto the stage in a single-file line. As they passed by audience members, the veterans in the crowd sharply put their right hand to their forehead,

see **VETERANS** page 6 ▶

## Holocaust survivor shares memories

**Sarah Gordon**  
THE WESTERN FRONT

Holocaust survivor Noémi Ban said she remembers looking into her mother's eyes for the last time as she was separated from her and the rest of her family at the Auschwitz concentration camp in the mid-1940s.

An SS Nazi officer carrying a horse whip sent her mother, grandmother and young siblings to the gas chambers, as Ban, from Budapest, Hungary, was sent to the camp, she said.

Despite the tragedies Ban faced as a young woman, she said she has reasons to continue telling her story, as she did Thursday to a full room of Western students, faculty and Bellingham community members in Fraser Hall Room 2. One of these reasons is personal to her, she said.

"I don't know where the ashes are scattered in that huge, huge camp," said Ban, now 85 years old. "The ashes of my dear ones. I don't have a grave to go to. So whenever I speak of them, I feel I give my love in honoring them."

Ban said she hopes her story will lead audience members to see what prejudice, bigotry and hate can do when it continues uncontrolled as it did during the Holocaust.

"It's so inspiring to hear someone who's been through hell to be so vivacious and loving about life," said Western junior Julie Miller. "I cried only twice."

Ban has spoken in more than 300 different classrooms within the past couple years, said Ray Wolpow, The Northwest Center for Holocaust, Genocide and

see **BAN** page 5 ▶

## News Briefs

### Anti-violence activist to speak at Western

Jackson Katz, creator of the film "Tough Guise," will speak at Western at 7 p.m. Nov. 13 in the Performing Arts Center. Katz is a male anti-violence activist and has led hundreds of trainings and lectures on gender violence, sexual assault and masculinity. His audiences have ranged from middle school students to Marines, and he has become an outspoken visionary of a safer society. He will speak about The Macho Paradox: Why some men hurt women and how all men can help.

### Viking Union accepts artwork for Black History Month

The Viking Union, in collaboration with the Black Student Union, will be accepting all forms of art for an event called "Redefining 'Black': The Endurance of a People," for Black History Month in February. Entries will be accepted until 5 p.m. Dec 15. To submit an entry, send electronic images or slides of artwork with contact information and a

short statement describing how the artwork relates to the show to [asp.vu.gallery@wwu.edu](mailto:asp.vu.gallery@wwu.edu). Submissions can also be mailed to VU Gallery 507, c/o Heidi Norgaard and Abby Wilson, VU 422 ASP, Bellingham, WA 98225.

### Public encouraged to write memories

The Whatcom Creek Scrolls is an art project that deals with the history of Whatcom Creek. Community members are invited to write their memories of the 1999 Whatcom Creek fire and the recovery onto memory tags at Memory Boxes Polling Stations.

More than 10,000 memory tags are needed. The Memory Boxes Polling Stations are located in the Bellingham Public Library and the Bellingham Public Market.

### Center to host open house

The Center for Educational Pluralism (CEP) will host an open house Nov. 13 through Nov. 16. The kick-off will be from 4 p.m. to 7 p.m. Nov. 13 and will feature a performance by the Lummi Nation School Song and Dance Club.

compiled by Amanda Melde

## Corrections

In the Nov. 6 article "Western professor, student study dam removal," the quote, "Whether successful like we think it will be, or unsuccessful, I think it's going to be a huge step forward in restoration for the environmental movement" should have been attributed to Jean Snyder.

The Western Front regrets this and any other errors. Errors should be reported immediately to the Editor-in-chief at [editor@thewesternfrontonline.net](mailto:editor@thewesternfrontonline.net).



SEND PRESS RELEASES TO: [press@westernfrontonline.net](mailto:press@westernfrontonline.net)

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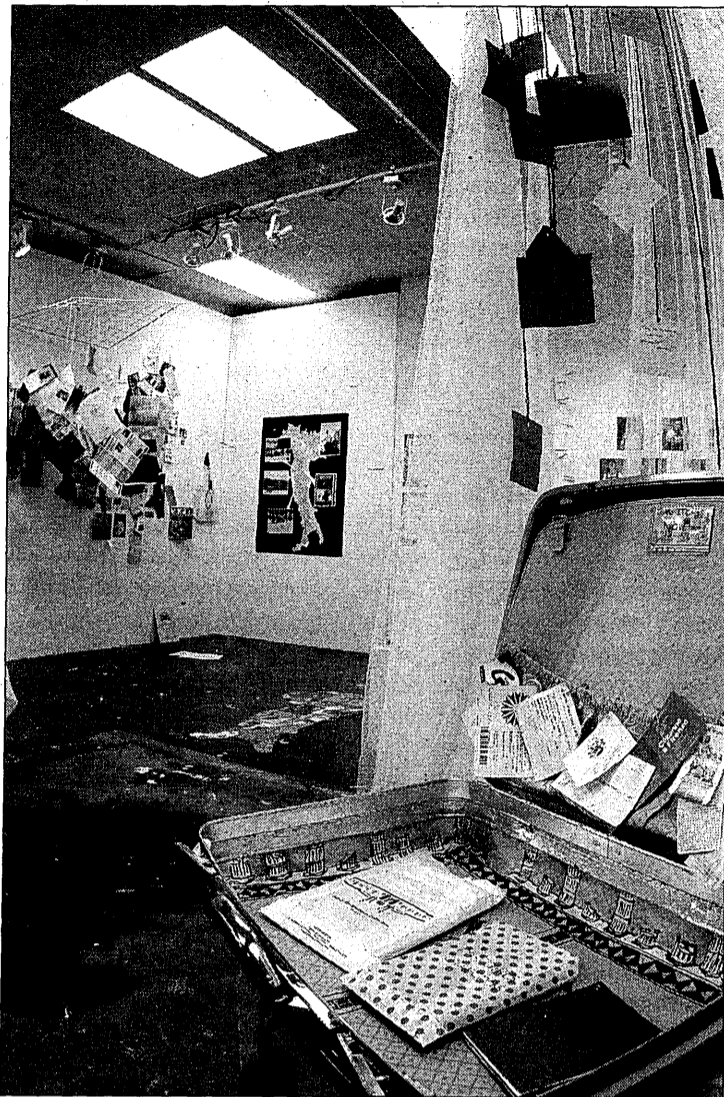


photo by Jon Bergman THE WESTERN FRONT

Western art student Sheryl Bale's "My Journey through Italy" is a mixed media piece inside a suitcase that chronicles her travels through Italy as a part of a class trip during the summer, displayed at the B Gallery in Fine Arts Hall.

**Western honors Veterans**

An audio slideshow  
**By Anna Renzetti and Mark Malijan**  
 THE WESTERN FRONT

MORE ONLINE

## Cops Box

### University Police Nov. 5

- » A security alarm went off in the Communications Facility, and students were found working in the building.
- » An alarm went off in the Performing Arts Center because of custodians in the building.
- » A fiber optic alarm was set off in Arntzen Hall. The area was secured.

### Nov. 6

- » Suspects were found at Buchanan Towers near fresh graffiti, but jurisdiction fell to Bellingham Police.
- » Police responded to alleged malicious mischief in progress in which suspects fled on foot.

### Bellingham Police

#### Nov. 5

- » A man was arrested on suspicion of burglary on Bellis Fair Parkway.
- » Police assisted a citizen who was confused about a bank account transaction.
- » Police assisted an individual who apparently fell in the road on East Maple Street. The individual was transported to the hospital for medical care.
- » A vehicle collided with a deer on East McLeod Road and the deer walked off before officers arrived on the scene.

#### Nov. 6

- » Police investigated a 911 hang-up call on Dean Avenue.

compiled by Chelsea Crump

### 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](mailto: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 X/6817, or brought to Old Main 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 2007-08 are Jan. 5, March 8, May 10 and July 12. Registration deadlines are several weeks in advance. Visit [www.west.nesinc.com](http://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](http://www.ets.org/praxis/prxwa.html) for description and online registration 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 2007-2008 are Nov. 17, Jan. 12, March 15, April 26, June 14 and July 26. Register online at [www.ets.org/praxis/prxwa.html](http://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 fall 2007 are given twice a week during the remainder of the quarter at 3 p.m. on Mondays (Nov. 19, 26; Dec. 3, 10) and Thursdays at 9 a.m. (Nov. 15, 29; Dec. 6, 13). 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. Preliminary scores will be available immediately; official results will be mailed within 15 days.

**EMERGENCY COMMUNICATION SYSTEM**—Western students, faculty and staff are asked to enter their cell phone numbers and update any address changes via the Web4u application. Western's new emergency communications system, which is nearly complete, will allow rapid distribution of emergency messages via text messaging to cell phones, e-mail, voice or "text to voice."

**RELAXATION TRAINING**—Mondays from 2 to 3 p.m. and Thursdays from 4 to 5 p.m. in Old Main Room 540. Drop-in group. For a complete list of groups and workshops offered this quarter, visit the WWU Counseling Center Web site at [www.wwu.edu/counseling](http://www.wwu.edu/counseling). To register or for more information, stop by Old Main Room 540 or call (360) 650-3164.

**TAMING YOUR TEST ANXIETY**—4:30 p.m. Tuesday, Nov. 27, in Old Main Room 540. No registration necessary. For a complete list of groups and workshops offered this quarter, visit the WWU Counseling Center Web site at [www.wwu.edu/counseling](http://www.wwu.edu/counseling). For more information, stop by Old Main Room 540 or call (360) 650-3164.

**ON-CAMPUS RECRUITING**—For complete and updated information, including new recruiting visits and deadlines, see [www.careers.wwu.edu](http://www.careers.wwu.edu) or stop by OM 280.



# Legislation may affect birth control prices

## Proposed bill would negate effects of Deficit Reduction Act and lower birth control prices

**Sharon Savage**  
THE WESTERN FRONT

Due to legislation that went into effect this year, Western students may have had to pay more for birth control, but a new bill has been proposed that may repeal that act and bring prices down.

The Deficit Reduction Act of 2005 was originally passed with the intention of decreasing Medicaid and Medicare costs.

However, the act has unintentionally cut off university health clinics from access to low cost drugs, said Christina Carr, public policy coordinator for Mt. Baker Planned Parenthood.

Western junior Valerie Brogden Jr. said she is outraged by the increase in prices. The cost of birth control is now going to be higher than her cable bill, she said.

The act made it expensive for pharmaceutical companies to offer discounts on birth control to university health clinics and safety-net providers, which has led to higher prices, Carr said.

Safety-net providers, according to the U.S. Department of Health and Human Services, are

organizations that deliver a significant level of health care and other health-related services to the uninsured, Medicaid and other vulnerable patients.

"It's just another way to control female sexuality," Brogden said. "This legislation is definitely affecting women in our age group specifically, and I think it's also targeting low-income women as well."

Approximately 750,000 low-income women across the nation have been affected by the rise in prices, Carr said.

Approximately 1,370 university health centers and approximately three million undergraduate women who take oral contraception will or have already been affected by the rise in birth control prices, Carr said.

Prices can be expected to rise from approximately \$5 to \$10 to as much as \$40 to \$50 per month, Carr said.

Western sophomore Meghan Flannigan said she does not understand why the prices are so high.

"It's scary," Flannigan said. "I know I couldn't afford it, and birth control really seems like an important thing to have readily available, especially for college students."

The Mt. Baker Planned Parenthood has not been affected by the act because they

**"It's a no-brainer, really. It restores benefits, and costs nothing to the taxpayer."**

- Rohit Mahajan, communications director for New York Democratic Rep. Joseph Crowley

receive federal funding, Carr said.

But, 23 percent of Planned Parenthood centers nationwide suffered as a result of the legislation, Carr said.

Western students have not allowed this legislation to remain in place without a fight, Carr said.

Together, Planned Parenthood and Western students gathered 500 signatures on a petition, and e-mailed Washington Democratic Sen. Patty Murray 50 times in

protest of the act, Carr said.

"We were really excited," Carr said. "I'm sure that the work Western's students did made a difference."

On Nov. 1, Democratic Rep. Joseph Crowley from New York introduced a bill that has the potential to fix the problem and to make low-cost birth control available to women, Carr said.

According to the Library of Congress Web site, the bill, House of Representatives bill 4054, is meant to restore and protect access to Medicaid discount drug prices for university-based and safety-net clinics.

The bill, called the Prevention Through Affordable Access Act, has already been supported by 101 Democratic and Republican sponsors in the House of Representatives, Carr said.

Crowley's communications director Rohit Mahajan said the act is an easy way to fix the problem.

"It's a no-brainer, really," Mahajan said. "It restores

benefits, and it costs nothing to the taxpayer."

There is no guarantee that President George W. Bush will sign the bill, so supporters of the bill are hoping to make the bill veto-proof, Carr said.

**HR 4054:**

To amend Title XIX of the Social Security Act to restore and protect access to Medicaid drug prices for university-based and safety-net clinics.

HR 4054 is currently in the first stage of the legislative process, where a bill is considered in committee and may undergo significant changes in markup sessions.

HR 4054 was referred to the committee of House Energy and Commerce Nov. 1.

for more information on HR 4054 and Joseph Crowley:  
crowley.house.gov  
Source: GovTrack.us

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# Play highlights banned books

Steven Chea  
THE WESTERN FRONT

Ray Bradbury's "Fahrenheit 451," Cecily von Ziegesar's "Gossip Girl" and Dalton Trumbo's "Johnny Got His Gun" are three literary works from different genres, settings and time periods. But the books all have one thing in common: Each has at some point been banned or challenged at libraries and schools in the United States.

The novels were brought to the stage for the presentation of "Danger: Books! A Celebration of Intellectual Freedom" at the Fairhaven Auditorium Wednesday.

Actors from Seattle-based Book-It Repertory Theatre performed some of the more controversial excerpts from each book such as the sexual content in the "Gossip Girl" series, and the graphic imagery of Trumbo's story of a soldier's life after war.

The intent of the show was not to offend, but to start a discussion about free speech, said Sara Lachman, an education intern at the theater.

"We're trying to start a dialogue about the First Amendment by bringing to life books that have been banned or challenged and have people question why that is," Lachman said.

The performances were followed by a recitation of the First Amendment, which led into a discussion between the actors and the audience about censorship.

Daniel Lerner, a Fairhaven College professor who arranged to bring the performance to Western, said he wanted to raise the issue of censorship because he believes offensive



photo by Jon Bergman THE WESTERN FRONT

(From left to right) John Ulman, Hilary Pickles, Jose Abaoag and Kelly Kitchens introduce themselves to the crowd at Fairhaven Auditorium prior to their performances of selected passages of famous controversial banned books Wednesday.

and controversial issues are better dealt with through open discourse than being covered up.

"What that means is that everyone's thought process is respected; that we have available

of Woodring College's Journal of Educational Controversy, said she supported bringing the presentation to Western because censorship issues have become more relevant with increased state surveillance under the USA Patriot Act.

Woodring post-baccalaureate student Alia Hines attended the presentation and said the performances made the excerpts more powerful by putting faces and visuals on them.

The presentation brought attention to an important issue, but Hines said adding a speaker who supported censorship would have challenged the audience with a different angle and made the discussion more interesting.

"Danger: Books!" is in its eighth year and stems from Book-It All Over, the educational wing of Book-It Repertory Theatre, Lachman said.

The show presents different books every year and visits schools and libraries throughout the state, she said. Even with the same performances, new ideas are brought up in every discussion, she said.

"It's totally driven by what the audience thinks, so every conversation we have is different," Lachman said.

Lerner said he hoped to bring the presentation to Western in time for Banned Books Week, which was on the final week of September, but the theater was so booked with requests that he could not get a show earlier than November.

**"We're trying to start a dialogue about the First Amendment by bringing to life books that have been banned or challenged and have people question why that is."**

- Sara Lachman, education intern at the Book-It Repertory Theatre in Seattle

to us all kinds of knowledge, understanding and experiences," Lerner said. "We learn how to choose, and we learn how to regulate our own world without having others do it for us."

Lorraine Kasprisin, editor

# Students discuss gender issues

Anna Renzetti  
THE WESTERN FRONT

Western men and women came together at the Associated Students (AS) Civil Controversy Gender Mending Workshop Nov. 7 to break the silence and miscommunication between genders.

Civil Controversy, an AS club, along with Men's Violence Prevention Project (MVPP) and Women's Empowerment And Violence Education (WEAVE) joined to create a space for students to discuss the advantages and disadvantages to being a man or woman.

WEAVE and MVPP are both part of the Lifestyle Advisor Program at Western, a peer education program on campus committed to creating a positive and healthy campus community, said WEAVE representative Melanie Estes.

"Gender Mending is not only a fun program, but it's just that first step to dialoguing between genders and breaking down all the myths about manhood, whatever that means, and what it means to be a woman," said Josh O'Donnell, staff coordinator for MVPP said. "I think it's such an important conversation that a lot of people don't have."

Western senior and assistant coordinator for Civil Controversy Jamie Wulfekuhle said the club wanted its last event for fall quarter to be a

see GENDER page 16 ▶

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# Survivor's life a lesson in positivity, friend says

► **BAN** from 1

Ethnocide Education director.

The center, which sponsored the lecture, invites Ban to lecture at Western once every quarter, and the lecture seat reservations usually fill within a week.

The center helps educators teach about the Holocaust and other genocides, Wolpov said.

"The more we can learn about genocide, the more we can learn how to actively stop it," he said. "This is somebody who survived a time frame of history that is indescribable. Eventually it will only be in textbooks."

Students should learn about what happened during the Holocaust from survivors, said Western graduate Jennifer Mason, who attended the event.

"There isn't much time left to hear about the Holocaust from actual survivors," Mason said. "If people don't learn about it, then we'll lose its history. And it gives us reasons to take the genocide in Darfur or other conflicts seriously."

Harriette Wojciechowski, a close friend of Ban's who attended the lecture, said she has gained a lot of knowledge from Ban.

"She is a remarkable lady, so full of love and kindness,"



photo by Mark Malijan THE WESTERN FRONT

Holocaust survivor Noémi Ban talks about her struggle to survive the horrific experience during World War II, Wednesday in Fraser Hall Room 2. The photo behind Ban is of her and her mother, who died in the concentration camps.

Wojciechowski said. "A lot of people are bitter about what happened, but if you're bitter that means they won."

Shirley Murty, another friend of Ban's, said she was impressed with how Ban shared her story.

"She's so dedicated to what she is doing," Murty said. "It is not a script — it comes straight from her heart."

Murty said Ban has helped her learn how to look at the positive aspects in life.

"She has such a twinkle and

such a sense of humor," Murty said. "Could I have gone through what she has gone through and become the person that she is? I don't know."

Ban's next lecture at Western will take place Feb. 20, Wolpov said.

## What's happening with the AS Board of Directors


At the second Associated Students (AS) Board meeting the board discussed:

- A new form of AS election, which the members view as an opinion poll, to find out what students care about on campus. It will occur during the week of Jan. 21.
- The AS gave \$500 to the Women's Center to help fund the upcoming event CoochieMagik with the acclaimed spoken word poet Christa Bell in the Fairhaven Auditorium.

On Nov. 13, the AS Senate will vote on the legislative agenda, which AS Vice President Erik Lowe proposed. The agenda addresses issues students want Washington state legislators to focus on in the next year. The board will vote on the final document at the next board meeting.

For more information about the AS Board, contact AS President Ramiro Espinoza at 650-3265. The next board meeting is 6 p.m. Nov. 14 in Viking Union room 567.

compiled by Chelsea Crump



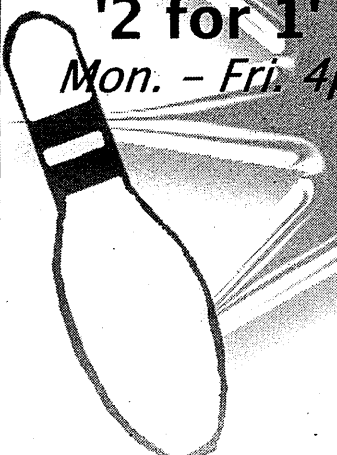
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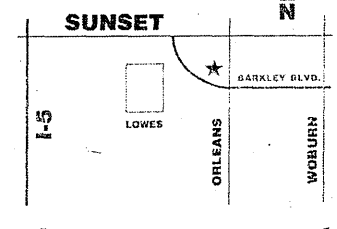
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# Journalist spreads news of Iraq problem

**Ben Jones**  
THE WESTERN FRONT

More than four million people are on the run and few have anywhere to go. Refugee camps are full, and neighboring countries are waning in their hospitality. No, this is not Darfur. This is the fastest growing refugee crisis in the world, according to the Refugees International Web site.

Karen Button, an independent journalist, spoke at the Brigid Collins Family Support Center in Bellingham Wednesday. Button, who has been published in Turkey, Egypt, Italy, New Zealand and the United States, has made multiple trips to Iraq and seen this problem firsthand.

"U.S. occupation in Iraq has produced a humanitarian catastrophe of global proportions," Button said.

Her presentation was aimed to address this catastrophe.

More than one million Iraqis are dead, and more than four million have fled to neighboring countries such as Syria, Lebanon and Jordan, Button said.

More than 370,000 refugees remain in Iraq in shanty town type camps, where 47 percent do not have access to adequate food or water, Button said.

Most are trying to leave the country out of fear for their lives, she said.

The U.S. military in Iraq gives tribal groups cash payments to publicly support the U.S. perspective, Button said. The tribes use this money to arm themselves and create various militias, which run rampant in Iraq, she said.

Button said she remains an independent journalist so she will not be censored. Financially, it is far more difficult, but she said she can sleep at night knowing the news she spreads is not tailored to an agenda, and doesn't conform to the censorship involved in working for a corporation.

The Iraqi refugee problem is one of the largest crises currently affecting the world, and yet it receives less than 1 percent of U.S. media coverage, Button said.

Button said while she was in the Middle East, the United Nations Office of the High Commissioner for Refugees (UNHCR) was processing approximately 3,000 Iraqis coming into Syria each day. The refugees who have taken residence in Syria now constitute about 10 percent of the country's population, Button said.

Button was asked to speak by the Whatcom Human Rights Taskforce and the Whatcom Peace and Justice Center.

"Huge amounts of the resources of our country are being spent making war," said Barbara Rofkar, a member of the taskforce and event coordinator. "We need to understand the human rights implications that put all of us at risk."

Syria, Jordan and Lebanon do not recognize the fleeing Iraqis as refugees, instead they label them illegal immigrants, Button said. If the countries do not recognize the immigrants as refugees, then the UNHCR has little power to help them, she said.

In Jordan it is illegal for Iraqis to join the workforce, Button said. The Jordanian government does not usually arrest children and many children find illegal jobs to support their entire families.

One man Button spoke to was supported entirely by his child's income.

"You can't imagine what this does to a man's pride," Button said the father told her.

Evan Knappenberger, Peace and Justice Center employee and Iraq war veteran, said he wants to spread knowledge of the conflict. The center works for non-violent change in the community and it is focused on

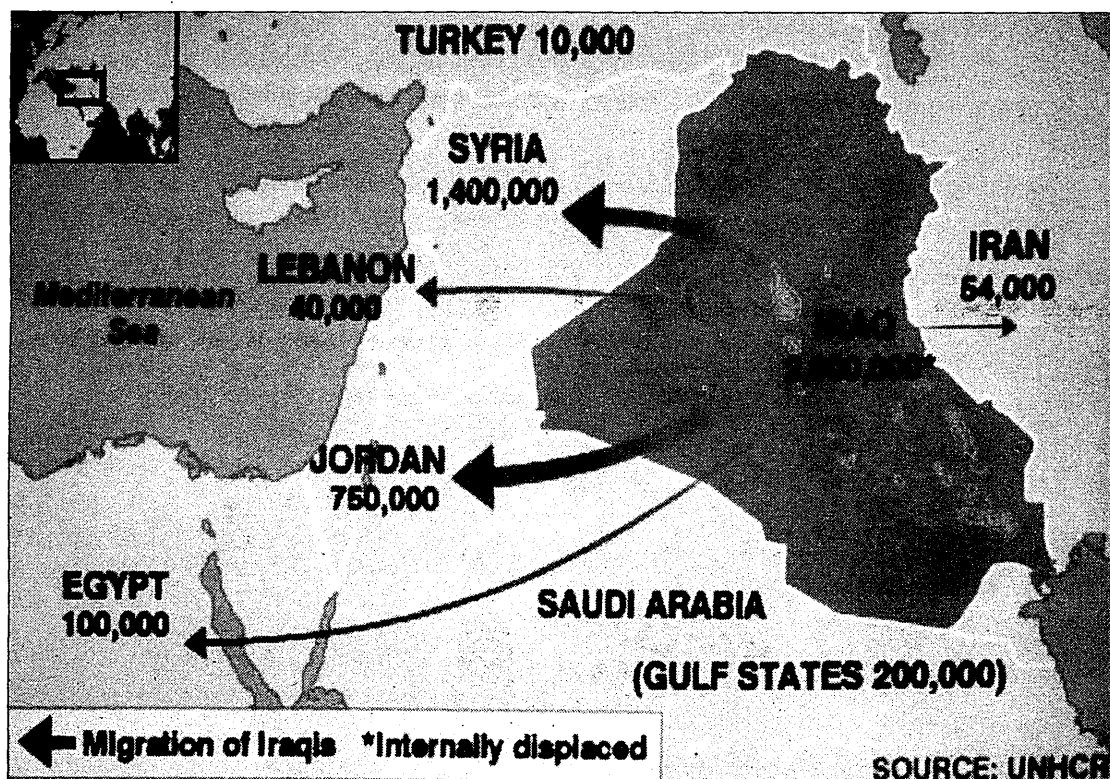


**Karen Button**

foreign relations now because Iraq is such a big issue, he said.

Eighty percent of the violent attacks in Iraq are currently directed at U.S. troops, Button said.

If the U.S. military pulls out, Button said, it stands to reason that violence in Iraq will decrease substantially.



Karen Button, an independent journalist, used this map to show the numbers of Iraqi refugees fleeing from their home country into their neighboring countries. Her speech Wednesday focused on the problem with refugees caused by the Iraq War.

## More than 100 Western students in military reserve

► VETERANS from 1

saluting the legion. Once they stopped walking, the veterans put their hands back to their sides, synchronized, as though they had done it one thousand times before.

David Brunner, former Air Force officer and director of Western's disAbility Resources for Students, shared a story of his uncle, a veteran in the Marines, who was paralyzed from the waist down.

Brunner said he hoped students and community members who attended the ceremony would find a human connection in the stories shared by the veterans.

"It is important that we don't forget veterans, because I assure you, veterans do not forget us," he said.

There are between 100 and 200 military reserves who are Western students, said Western junior and marine reserve Benjamin Nelson.

Reservists and U.S. veterans can receive gratitude in many ways, whether it is a care package, a hug or a conversation. It is important to commemorate their unselfish fight, he said.

"It's important for students to know what we're celebrating this coming Monday and know that it's something more than just a free day from class," said Western sophomore Emily Hooper, who attended the ceremony. "These veterans have done so much for us and our country. We need to acknowledge them for that."

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# Health center tests for metabolic syndrome

**Amanda Winters**  
THE WESTERN FRONT

Height, weight and...waist measurement? A new dimension has been added to the routine students will go through during their appointments at the Student Health Center this fall.

Beginning this quarter, the health center is taking the waist measurements of students who come in for appointments to screen for a condition called metabolic syndrome, said Kerry Mitchell, an advanced registered nurse practitioner.

"Metabolic syndrome is on the rise, along with overweightness and obesity," Western's registered dietitian Jill Kelly said. "They're correlated."

After seeing an increase in overweight students and the resulting health conditions, Mitchell said she has been working to get screenings on campus for the past few years.

If a waist measurement is more than 35 inches for a woman, or 40 inches for a man,

the individual may be at risk for a group of prediabetic symptoms known as metabolic syndrome. The symptoms include elevated blood pressure, high blood sugar, high cholesterol and insulin resistance.

People with metabolic syndrome are at high risk for developing diabetes and cardiovascular disease, Mitchell said.

The syndrome is common in older Americans, but the age of onset for diabetes has gotten younger and younger as childhood obesity has increased, Mitchell said. Some children develop metabolic syndrome, and have diabetes by the time they enter college, she said.

Twenty-five percent of Western women and 30 percent of Western men are overweight, which means they have a body mass index (BMI) of more than 25, Mitchell said. The BMI is a number calculated from a scale of average height and weight proportions.

When a measurement past the cut-off and a BMI more than 25 is found in a patient, Mitchell said she recommends the patient check cholesterol and blood glucose levels. The patient Kelly.

Abdominal obesity puts extra strain on the pancreas, which leads to metabolic syndrome, she said.

Even if a student has just one of the symptoms, Kelly said the student should still come see her.

"I definitely see somebody almost daily with at least one symptom," Kelly said. "It's a wake-up call."

Kelly said she then creates a diet and exercise plan catered to the lifestyle of the patient. Personal trainers at the Wade King Student Recreation Center are available to help create a routine, and Kelly said she encourages students to eat whole grains and fresh vegetables and avoid foods high in sodium.

Mitchell recommends

students exercise at least 20 minutes per day and make good choices in their everyday diet.

"Walking to school instead of riding your bike, riding your bike instead of driving, walking across campus instead of taking the shuttle — every little thing everyday makes an impact on your health," Mitchell said.

Registered health center nurse Teri Bodensteiner said she has seen a range of reactions since the start of the screening program this fall.

Bodensteiner said it can get a little personal, since sometimes students have to lift their shirts so she can locate their belly button and measure the right spot.

"I didn't really know what was going on," said Christopher Mak, a Western junior, who had his waist measured in a screening three weeks ago.

Mak said the screening caught him off guard, but it didn't make him uncomfortable.

"They're just looking out

for your health," Mak said.

While the idea of someone measuring her waist makes her nervous, Western junior Sarina Lariviere said she sees its benefits.

"It seems like a good idea, and the college campus is a good place to do it," she said. "It's good to help."

Mitchell said she has high hopes for the screening program.

"This is the perfect population to be working with," she said.

If metabolic syndrome is detected at its early stages, treatment is easier, more effective and the chances of it turning into diabetes are decreased, she said.

**For more info**  
on metabolic syndrome:

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## Seattle indie heroes Minus the Bear support ne

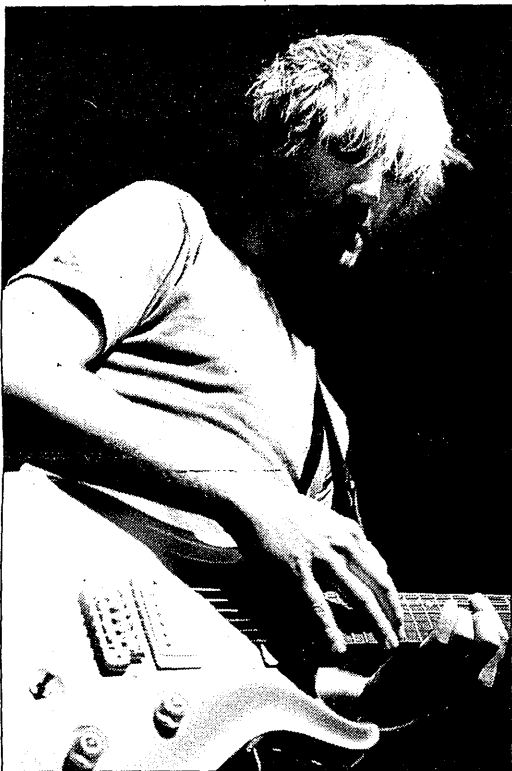


photo courtesy of Matt Kenny

Guitarist Dave Knudson performs onstage in the Viking Union Multipurpose Room the last time Minus the Bear came to Western, Nov. 17, 2006.

**Colin Simpson**  
THE WESTERN FRONT

Cory Murchy, bassist for Seattle-area rock band Minus the Bear, said he remembers a smoky, multi-colored room with shirtless assailants running up to him holding giant white tigers.

Was this a haunted house? A drug-induced dream?

No, Murchy said, it was their performance last year at Western's Viking Union Multipurpose Room, when he threw cardboard tiger displays into the crowd and shirtless Western students barraged the stage with them.

"It's always great to play there," he said. "We always like playing where the kids are."

Minus the Bear will play at 7:30 p.m. Nov. 9 in the Multipurpose Room. Northwest acts the Helio Sequence and Grand Archives will be joining them.

"This was one of the first shows we booked for this school year," said Victor Cuellar, Associated Students Pop Music Assistant Coordinator. "They had such a good time last year; they were totally down

**Minus the Bear**  
w/ **Helio Sequence and**  
**Grand Archives**  
Tonight  
Viking Union Multipurpose Room  
\$13/Western Students  
\$16/General  
Doors/7:30 p.m.

to do it again. And people love them here."

Last year's show was only 50 patrons away from selling out, Cuellar said.

"This time we want to 'seal the deal' and 'hit a home run', as it goes," Cuellar said, meaning he hopes the show will sell out.

He said this year's show should attract an even bigger turnout from the students, namely because the band just released their critically-acclaimed album "Planet of Ice".

"On this record, we breathed a little bit," Murchy said. "Before, we'd cut a 16-bar piece into three bars. We deliberately decided to let things go on as long as it felt good."

Murchy said the record features a lot more experimentations, an aspect he believes fans find most appealing about the band. He said the band has been able to build a strong fan base because they are constantly trying different things.

"There will never really be a time when we stop refining or experimenting," he said.

"And we'll always be Minus the Bear because of that. That's who we are. That's the idea."

Bekah Zietz, in-house publicist of Minus the Bear's home label Suicide Squeeze Records, said the

new record is like Pink Floyd meets Yes meets Minus the Bear.

"It's a very complex record," Zietz said. "But that being said, it converts well into a live show."

Zietz said in addition to their devotion



Minus the Bear will return to Bellingham tonight to play an all-ages show in (synthesizer, drum machine, vocals, electronics), Dave Knudson (guitar)

to making music, the members of the band are surprisingly business-savvy. She said for the "Planet of Ice" record-release party the band decided to hold a custom laser show at the Seattle Laser Dome in the Pacific Science Center. The event drew more than 400 people.

"No one has really done anything like that before," Zietz said. "But it worked out really well."

In mid-September, Minus the Bear was selected as MTV's "Band of the Week." The station ran ad spots of 8mm film showing the band hanging out around Seattle bars, having in-depth

**"We awoke on the e  
The ice melts off and  
The record plays bu  
It lets the playe  
Move the speakers  
To make us march for**

from



# MORE

new album 'Planet of Ice' with a return to Western



photo courtesy of Suicide Squeeze Records

at the Viking Union Multipurpose Room. Minus the Bear left to right: Alex Rose (lead vocals, guitar), Erin Tate (drums), Cory Murchy (bass), Jake Snide (lead vocals, guitar).

edge of this winter.  
flows in like a song.  
at the needles old.  
take control.  
how they're told.  
something more."

- Minus the Bear,  
the song "Double Vision Quest"

discussions about lasers, and playing beer-pong in front of the Experience Music Project.

Murchy said, while the acknowledgement was cool, their "Band of the Week" week felt like any other seven-day span.

"As a rabid MTV-watcher, I was glad to hear them playing in the background of 'The Hills,'" Zietz said in all seriousness.

The band has upcoming tours in Europe, the United Kingdom, Japan and

Australia, and many are wondering if the band's elevating success and MTV exposure will prompt them to defect to a major label or move out of town.

"They are really not one of those bands that would sever ties or anything, like Band of Horses [a Seattle band that moved to South Carolina]," Cuellar said. "They're a national act, but they're not too big for the local scene."

On the business side, the Suicide Squeeze staff looks optimistically to the future of the band, Zietz said. Minus the Bear was signed to Suicide

Squeeze before they had even played a live show and owner David Dickenson knew the band would be a success, Zietz said.

"Obviously, we want to work with them as long as they want to work with us," Zietz said. "But at the same time, we would always want whatever is best for the band."

Murchy, who was born in Seattle but grew up in Santa Fe, N.M., said they are not planning on moving around any time soon.

"We definitely are, and will be, a Northwest band," Murchy said.

## PLANET OF ICE

Chart ranking  
direct from KUGS 89.3

Positions are decided by weekly spins.  
Charts show the 30 most played artists of the week.

Aug. 14: 14<sup>th</sup> place (one week  
before record was officially released)

Aug. 21: 1<sup>st</sup> (week record was  
officially released)

Aug. 27: 1<sup>st</sup>

Sept. 3: 2<sup>nd</sup>

Sept. 11: 1<sup>st</sup>

Sept. 18: Didn't chart

Sept. 24: 7<sup>th</sup>

Oct. 2: 1<sup>st</sup>

Oct. 9: 3<sup>rd</sup>

Oct. 23: 1<sup>st</sup>

Oct. 30: 26<sup>th</sup>

Nov. 5: 11<sup>th</sup>

# Growing up 'Honky'

Western Reads author Dalton Conley visits Western for discussion and book signing

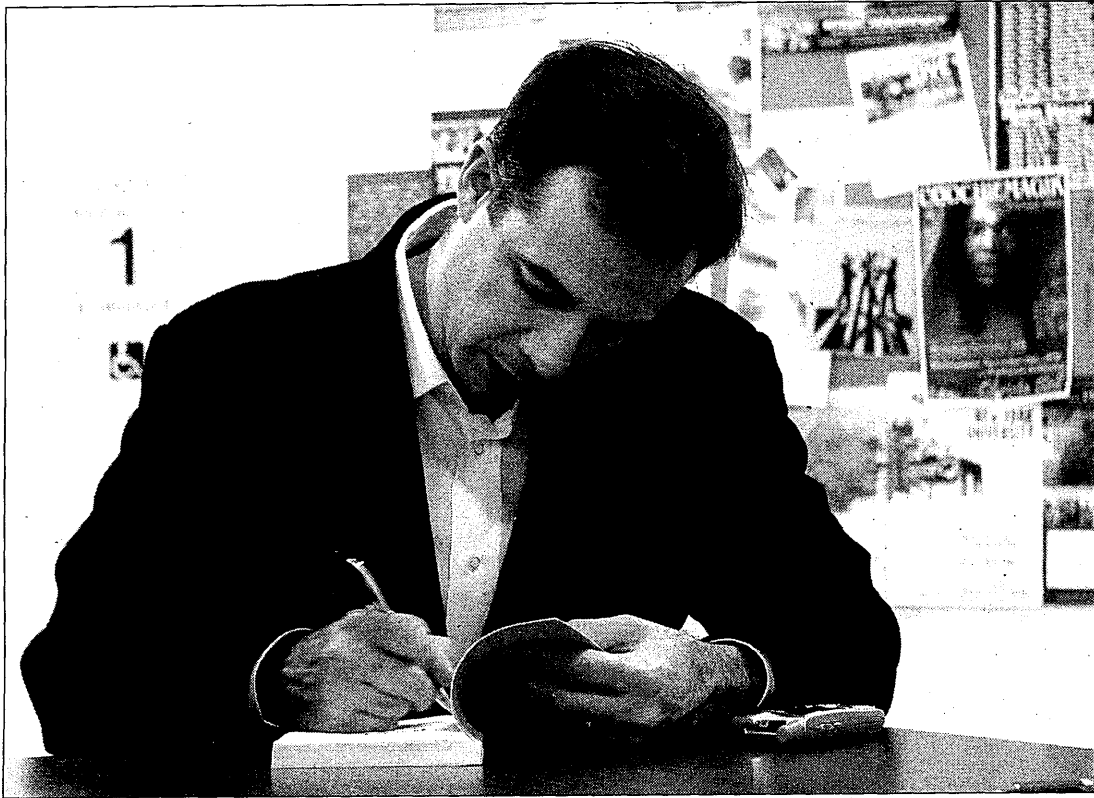


photo by Mary Truman THE WESTERN FRONT

Dalton Conley signs copies of his book "Honky" in Fraser Hall Nov. 6. Conley's book is a memoir about growing up white in a primarily black and Puerto Rican neighborhood.

**Isabelle Dills**  
THE WESTERN FRONT

Dalton Conley, author of this year's Western Reads book, visited Western Wednesday to talk about "Honky," his memoir about growing up in the projects of Manhattan's Lower East Side.

Conley spoke to a full auditorium in Fraser Hall, engaging students and faculty by recounting chapters from his novel.

Many of his stories were met with laughs, such as the time he was 3 years old and stole a baby girl from the playground because he could not wait for his own little sister to be born.

From another chapter, he remembered that children who were strong, athletic and knew how to tell a good "yo mamma" joke were the most popular in the projects.

While Conley said his stories are meant to entertain, they also help illustrate racial and class privilege.

As one of the few white children in a largely black and Puerto Rican neighborhood, Conley said he experienced the disadvantages of being a minority while still benefiting from opportunities his peers did not have.

In one chapter, Conley is held at knifepoint when he tries to retrieve his stolen baseball glove from a Puerto Rican gang member.

In the following chapter, Conley remembers riding in an Oldsmobile luxury sedan for family trips to Pennsylvania.

Conley said his decision to write "Honky" came from both conscious and unconscious motivations.

He said he knew he wanted to tell his story, and he enjoyed

writing in the narrative form.

Conley said he was unaware at the time of his need to better understand his life and what motivated him as a researcher and scholar.

"If you're totally self-aware of why you do everything, what makes you who you are, it takes away the edge of the urge to go out and do research to answer questions or to understand the broader issues in a deeper way because you are at peace with yourself already," Conley said. "Being a little emotionally unconscious about what drives you can be a good thing."

Conley's talk, which included time for questions and answers, was followed by a book signing.

Conley asked questions and spoke with students as he signed each of their books.

Western freshman Jordan Stead said he was not required

to read "Honky," but he enjoyed the book and was glad he attended Conley's lecture.

Books about racial inequalities are normally written by authors who belong to a minority group, Stead said.

It was interesting to read the account of a white person, who normally belongs to the dominant racial group, being put in situations where he is the minority, Stead said.

Mary Janell Metzger, director of the Western Reads program, said students from different backgrounds can appreciate Conley's story.

"People who share his experience are moved by it, and people who don't share his experience are moved by it," Metzger said.

Western history lecturer Anna Booker said she assigned the novel for her students in American history class. Booker said her class compared the social issues raised in "Honky" to those of the 1920s.

Conley visited Booker's class for a discussion and to answer student questions.

Booker said she thinks memoirs, or learning through an individual's experience, can help students better understand history. Memoirs have limits, but they also have value, she said.

"Honky" was a good choice for the Western Reads program, Booker said.

"It was interesting and relevant to the students, and it was also a unique perspective," she said. "On the other hand, I think a lot of students didn't relate to his experience, but that was OK."

Students were excited to meet him and many of them brought their books to have Conley sign at the end of class, Booker said.

"He was the big star on campus today," she said.

## FIVE QUESTIONS

with Jennifer Richardson, Viking Commons Salad bar prep/server



**Western Front: If you could have dinner with anyone, dead or alive, who would it be?**

Jennifer Richardson: If I could have dinner with anyone in the world, it would be Chris Farley because he is my favorite actor and he's hilarious.

**WF: Why do you work as a food server?**

JR: I worked at a fast-paced deli for 15 years before this, so I'm just doing what I love. I enjoy socializing with all kinds of people, and there is something new all the time. New people walk through that door every day.

**WF: What kinds of music do you like to dance to?**

JR: Hip-hop; anything on the radio. I like Vancouver's Beat 94.5. Timbaland and Gwen Stefani have some hits out right now, and then also my kids like Will Smith, so we all dance around to that. But mainly anything I can get down to.

**WF: Are there any foods you hate?**

JR: Tofu! It looks and feels fake. The texture of tofu makes me cringe. Every time it is served, I try and let the other servers deal with it.

**WF: What was your favorite cartoon growing up?**

JR: I love "Tom and Jerry," I couldn't get enough of it growing up. I still watch them all the time since my kids love it too.

compiled by Ian Wright

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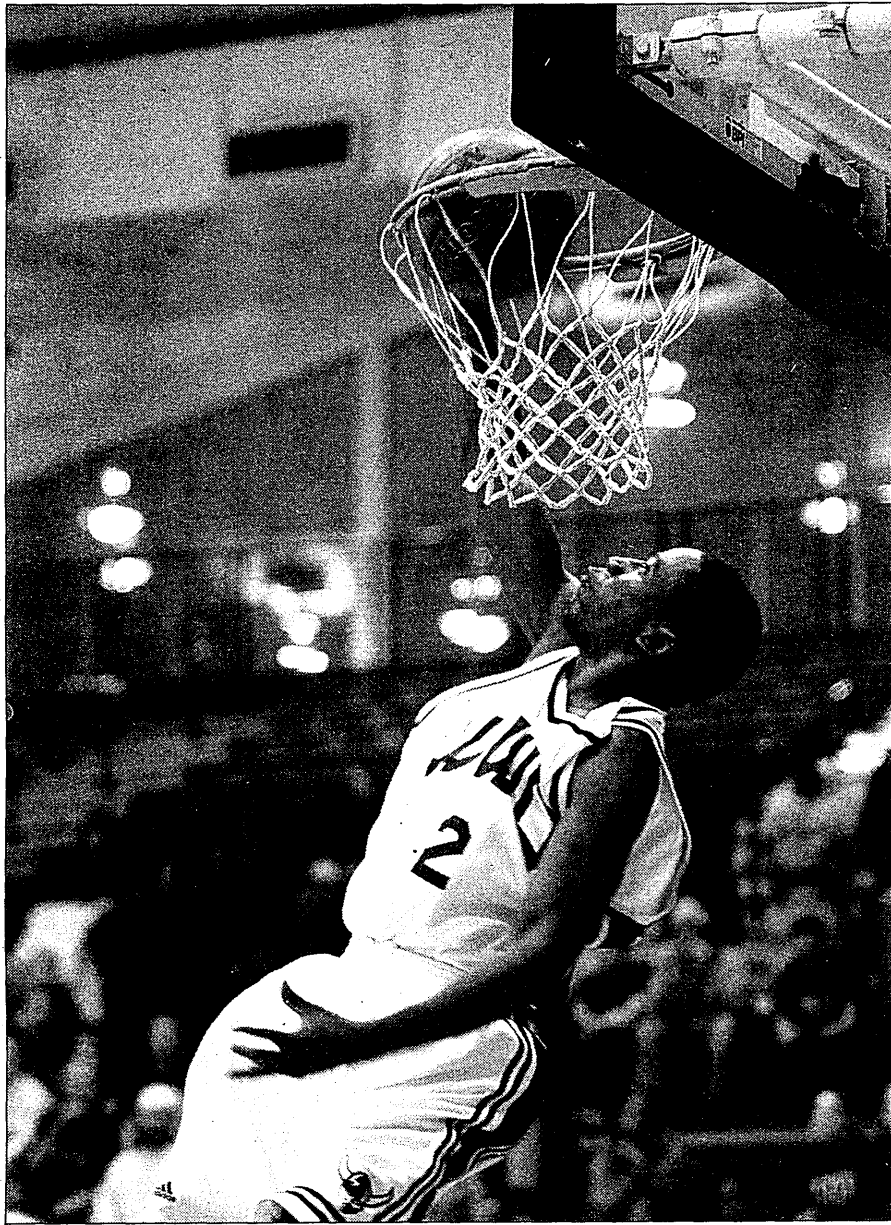


photo by Jon Bergman THE WESTERN FRONT

Western junior guard Jason Pegues wins the slam dunk contest with a one-handed reverse dunk at the Viking Jam Wednesday in Carver Gym.

## Slammin' at the Jam

Annual Viking Jam showcases men's, women's basketball teams

**Daniel Balabanis**  
 THE WESTERN FRONT

A three point contest, a slam dunk competition, a mascot dance-off and more entertained fans of Western's men's and women's basketball teams at the annual Viking Jam Wed. in Carver Gym.

The women's team took

the court first for an intra-squad scrimmage. Despite the non-competitive nature of the scrimmage, the fans gave the team energy and a reason to play hard, said junior center Claire Pallansch.

"We didn't really take the scrimmage too seriously, but I still wasn't going to give up easy

buckets down low," Pallansch said. "The atmosphere in the gym was awesome, and I'm glad there were a lot of fans that showed up."

After the women played, the men got a chance to scrimmage in front of the crowd. The men's

see **JAM** page 13 ►

## Western mountain biker rides to nationals victory

Senior Leana Gerrard wins first place in dual slalom race

**Sarah Cannard**  
 THE WESTERN FRONT

Dollar bills placed by spectators dotted the dual slalom race track on Oct. 28 at the USA Cycling Collegiate Mountain Bike National Championships in Banner Elk, N.C., serving as compensation to the unfortunate mountain bikers who fell during their races and lost precious seconds on their finishing time.

Seven members of Western's mountain bike club, a part of the cycling club, competed in nationals.

Before her second race in the quarterfinals, Western senior and mountain bike club member Leana Gerrard came up with an idea. If she had a big enough lead in front of the rider she was competing against, Gerrard would stop and snatch a dollar bill on her way through the course, she said.

The crowd caught on to the idea and started shouting for her to follow through with her plan, she said.

Spotting a dollar bill above a steep drop off, Gerrard unclipped her shoes from her pedals and jumped off her bicycle to retrieve the cash, she said.

It made for a close finish, but Gerrard still won the heat and went on to win first place in the event, she said.

"The chick pulls up even with me and I just had to out sprint her to the finish line," Gerrard said. "It was really cool, like everybody was so stoked. All the spectators were cheering; I was excited. It was kinda cocky, looking back on it now."

Gerrard won the national title in the women's individual Division II dual slalom race and won second place in the downhill race.

Gerrard was the only member of the mountain bike club to place first in any of the events.

The downhill race, the

see **GERRARD** page 13 ►



photo courtesy of Leana Gerrard

Western senior Leana Gerrard competes in the dual slalom race at the USA Cycling Collegiate Mountain Bike National Championships Oct. 28 in Banner Elk, N.C.

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# Last home game marks end of career for Western seniors

**Justin Morrow**  
THE WESTERN FRONT

For the 11 seniors on Western's football team, the week of practice leading up to the last game of the season against Minnesota State University, Mankato (MSUM) had a sentimental overtone to it, said Western senior linebacker James Day.

He said the seniors are starting to comprehend that Nov. 10 could mark the last competitive football game of their lives.

"You think about it a little bit at the beginning of the season, but during the last week of practice it starts to hit you," Day said. "I've played football 16 of the 18 years I've been in school, so it has become part of my life."

Western, 2-7 overall and 1-6 in the North Central Conference (NCC), will take on a MSUM team that is 4-6 overall and 2-5 in the NCC. The game is at 1 p.m. Saturday at Bellingham's Civic Stadium.

Western head coach Robin Ross, who played offensive line for Washington State University, said he still remembers the last college game he played



photo by Jon Bergman THE WESTERN FRONT

Western senior defensive lineman Ryan Conwell (99) and senior linebacker Shane Simmons (9) are two of 11 seniors who will play their last game for Western against Minnesota State University, Mankato at 1 p.m. Saturday in Civic Stadium.

in, which was the 1975 Apple Cup against the University of Washington.

"You'll never forget your last game," Ross said. "You walk in as a freshman and think school is going to take forever, and then senior year you go,

"Wow, I can't believe it's over." For most of the players, Saturday will be the last time they put pads on; and to have their last game at home will be fun for them."

Western junior quarterback Tony Gardiner, who is starting

at quarterback for the first time in his college career, said he will do his best to send the seniors out on a winning note.

Gardiner will replace Western junior Adam Perry, who dislocated his shoulder during Western's 24-14 loss to

Augustana College Nov. 3.

"Even if I have to get carried off the field from exhaustion, I'm going to do whatever I can to send these guys out with a win on Saturday," Gardiner said. "I'm close friends with a lot of these guys. Guys like Shane [Simmons], Ryan [Conwell] and Taylor Wade need to leave their college career in the right way."

### Long hours bond team

Day said the preparation it takes to play college football is similar to a year-round job. He said the players start conditioning drills during winter quarter, and their season does not end until the final snap in November.

The cross-country travel, meetings, practices and studying of game film forms a bond between teammates that lasts a lifetime, he said.

"It's an entire family experience," Day said. "Football is not just a game that you play. When you leave this team, it's like leaving family members. The hardest part will be not being around the guys

see SENIORS page 13 ►

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**Pegues overcomes height disadvantage to win**

► **JAM** from 11

scrimmage showcased a lot of outside shooting with the first 12 points coming from three-pointers.

The men's team defeated the women in the three-point contest before taking the court to compete in the slam-dunk contest.

Six players from the men's team participated in the dunk contest, which concluded the Viking Jam. Five judges rated two dunks per contestant on a one to 10 scale.

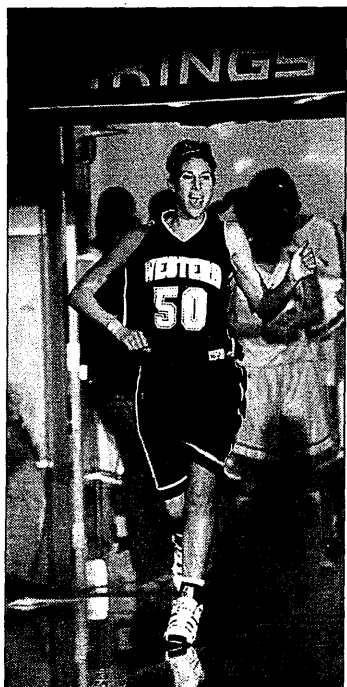
Junior guard Steve Alford made it into the final round with a one-handed reverse dunk and a windmill dunk, which earned him a perfect score of 50. Junior guard Jason Pegues met him in the finals after executing a two-handed reverse dunk thrown off the backboard.

Pegues won the contest after his one-handed reverse dunk edged out Alford's dunk. Pegues, listed at 6 feet 2 inches, defeated Alford despite a three-inch height disadvantage. Pegues said he was surprised his spontaneous dunks out-scored Alford's.

"I never really planned out my dunks," Pegues said. "I just threw up the ball and decided in the air what I was going to do. Beating Steve might have been a fluke; he's pretty good."

**Next home games:**

- **Viking women** vs. Pacific Lutheran University at 6 p.m. tonight.
- **Viking men** vs. California State University Monterey Bay at 7 p.m. Nov. 19.



**SIDELINECHAT**

Q & A with a Western athlete

**Name:** Claire Pallansch  
**Team:** Women's basketball  
**Position:** Center  
**Age:** 22  
**Year:** Senior  
**Hometown:** Redmond, Wash.

**What are three things you have to bring with you to road games?**

One, sweatpants. Two, food; I can't eat wheat. I'm gluten intolerant, so it's hard to find food I can eat on the road. Three, Vitamin Water.

**Do you have any superstitions?**

I usually wear my lucky sports bra or hair band in games.

**How do you pump yourself up?**

I talk a lot with the rest of the team. It helps us mentally. The warm-ups we do as a team give us good energy.

**What are three artists that have to be on your iPod?**

Citizen Cope. I really like Britney Spears' new CD. Other than that, rap and R&B mixes.

**Do you have any nicknames?**

When I was younger, my teammates called me TC, for Tall Claire, because there were two of us on the team. As of now, I have no nicknames.

**What's your favorite meal the night before a game?**

Chicken fajitas.

**What is the most embarrassing thing that's happened to you while playing?**

Missing crucial shots, like air-balling a free throw.

compiled by Ian Wright, photo by Jon Bergman

**Seniors look forward to free time**

► **SENIORS** from 12

anymore."

Western senior running back Tieba Bropleh said he will miss the bonding between players that comes along with playing football.

"The behind-the-scenes stuff that people don't see is what makes us so tight," Bropleh said. "When you're in the weight room, your fatigued, your exhausted, and someone comes over and says, 'Come on, man, you can do it.' That sort of stuff helps bring everyone closer together."

Some seniors refer to their future freedom as moving to civilian life, Bropleh said.

Western senior linebacker Nick Warren said his life has revolved around football since he was 7 years old.

He said he is excited for his post-football life, but he knows

a part of him will always miss the on-field competition.

"It will be nice to not have a set schedule, and have a chance to study more or get a job," Warren said. "At the moment, you're all smiles and happy that you get to do something else, but next fall when we don't put the pads on, it will sink in and hit me."

**End of era for players, parents**

Simmons, who leads the NCC with 113 total tackles, said the seniors and their parents will join together for a ceremony at the 50-yard line before Saturday's game.

He said the ceremony will commemorate the football journey the players and parents have taken together over the last 10 to 20 years.

"I think playing my final game is going to be just as rough on my dad as it is me,"

**Western Football**

**Next game:** vs. Minnesota State University, Mankato at 1 p.m. Saturday at Civic Stadium.

Simmons said. "He has traveled with me and watched all my games in junior high, high school and college. I talked to him yesterday and he has had a tough time with it, so I'll be interested to see how he copes with everything."

Western senior defensive end Ryan Conwell said he'll miss playing for Western, but is looking forward to new experiences.

"I have mixed emotions about playing my last game," Conwell said. "I'll miss it, but it will be nice getting the chance to explore life after football. There is definitely a life after sports, so now it will be on to the next adventure."

**Gerrard doesn't let thick mud, rocks slow her down**

► **GERRARD** from 11

first event of the competition, is a single-rider event where the rider steers straight down a steep hill, through clusters of trees and thick mud.

The dual slalom is a race between two riders. The two competitors are released by a gate at the top of the course and ride side-by-side down similar courses laden with rocks, trees and steep turns. Gerrard proved her talent in the dual slalom by winning all eight heats.

This was Gerrard's last major competition of the season, which usually ends in late October or early November, she said. She'll be spending her free time training for next year and focusing on completing her bachelor's degree in marketing.

"I've got big plans for next year," she said. "So I've got to get it together."

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## Western should be thankful for dining halls

### Dining halls are plentiful, varied, inexpensive compared to other schools



**Lisa Hust**  
 COLUMNIST

I never thought I would say it. I miss the dining hall. I miss standing in line, swiping my card and taking plate after plate of steaming, hot, fresh food. Now that I have to fend for myself, I have learned the value of having food prepared for me.

I'm so jealous of my meal-plan wielding friends. They get to walk into any dining hall to mounds of delicious hot meals every day. What irritates me more is how ungrateful people are. I constantly hear people whining about dining hall food or not wanting to walk there to eat.

People may argue over the cost of our meal plans. Our gold meal plan, the most popular on campus, gets you unlimited meals, 10 guest meals and \$45 in Flex Points for approximately \$890 per quarter, except fall quarter, when it is approximately \$970.

The University of Washington gold meal plan costs \$1,020 per quarter and includes 12 to 15 meals a week — not even close to our unlimited plan — according to the university's housing and food services Web site.

Evergreen State College's green meal plan allots 121 meals for fall quarter priced at \$752, according to the Evergreen dining Web site.

Central Washington University's most inexpensive meal plan is \$1,227 for fall quarter, according to their dining hall Web site.

Another complaint is the quality of the food and that the dining hall does not provide healthy choices. If you have ever been in the dining hall, you would know there are options.

No one is forced to eat greasy pizza and hamburgers every day. There is always a salad bar filled with different types of lettuce, toppings and salad dressings. Instead of choosing ranch or bleu cheese salad dressing, you can try Italian, or just go without. There is also the deli bar, where you can make your own healthy sandwich.

It is all about choices.

You can choose to eat a hamburger or have some beef stir-fry from the international section in the dining hall. You can eat some pepperoni pizza or have some chicken and rice from the classic section. You can drink pop or have juice; it is your choice as to what you eat. We are lucky to have such a great variety at our dining halls.

When I visited a friend at Colorado State University,

her closest dining hall offered two things, Mexican food and wraps. If you wanted anything else, you would have to see when the other dining halls were open and walk half-way across campus to get there.

**"Now that I have to fend for myself, I have learned the value of having food prepared for me."**

We are lucky to have all the variety we could want in one simple building near all the large residence halls.

Our dining halls provide incredible food in gargantuan quantities. The employees there are mostly students who probably have better things to do — such as study for a

midterm — than clean up after messy college students.

It is frustrating considering all the hard-working people that work at the dining halls and to see how little respect they receive. They spend their breakfast, lunch and dinners preparing food and serving it. Most of them are student workers. Some, like the student managers, work up to 20 hours per week and attend school full time.

Start showing a little bit of pride in our dining halls. They feed you. They fill you up when you are too lazy or unable to cook for yourself.

If you really have a problem with the dining hall cuisine, you can always resort to spending money on groceries and end up living off Easy Mac and cereal.

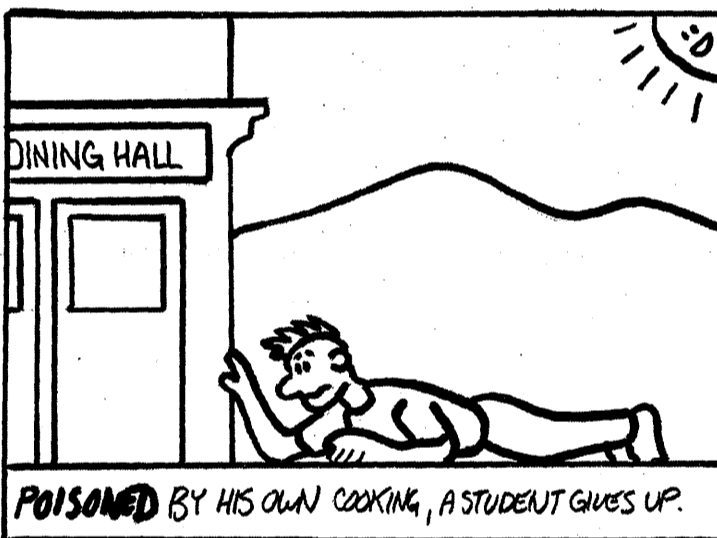


Illustration by Caleb Long

## More than a day without classes

### Spend some of Veterans Day holiday actually celebrating veterans

#### FRONTLINE

Opinion of the editorial board

The long weekend could be spent playing video games, partying or possibly catching up on the housecleaning. Or, it could be spent actually celebrating the holiday.

Veterans Day is an opportunity to look at what we have, and what others have done to ensure that others are able to continue living the life they are accustomed to.

Regardless of how a person feels about the current war or wars in general, veterans have sacrificed a lot to serve so not everyone has to.

This is not a holiday about war. This is not a holiday about peace. This is not a holiday about Iraq or President George W. Bush. This is a holiday about remembering those who have given to the United States; and it is a holiday about thanking them.

Approximately 200 veterans call Western home, according to the Veterans

Affairs office. Many of these students stay under the radar. Not all veterans want to be acknowledged as such for a variety of reasons. Because there is controversy about the current war, some members of the armed forces feel attacked because of their choice to support their country. Even if the war is offensive to you, you should still be thankful that in a time of war, men and women stood up and served our country.

Veterans Day events are happening all this holiday weekend. Go support veterans and enjoy some live entertainment.

The annual Musical Salute to Veterans will feature performances by Mt. Baker Toppers, Realtime A Capella Quartet and the 60-voice Saint United Voices from British Columbia. It tells the story of U.S. and Canadian soldiers who fought in Europe as the 1st Special Forces Brigade in World War II. It takes place at 7:30 p.m. today at Christ the King Church Theater.

The annual Forget Me Not fundraiser will take place all weekend at

Haggen, Cost Cutter and Wal Mart stores. Donations collected will go to services for veterans.

The city of Bellingham Veterans Day ceremony begins with a march led by the Bellingham Pipe Band, it will also feature speeches and a 21-gun salute. It will be held at 11 a.m. Monday at City Hall's Flag Plaza.

The city will also be holding a public service 11 a.m. Sunday at the Veterans Plaza in Bayview cemetery. Included in the event is an opportunity to volunteer. The effort will focus on cleaning Civil War veterans' memorials after the service.

Get out and enjoy the holiday. Just be sure to remember why classes are cancelled.

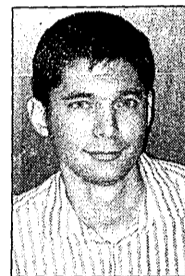
The editorial board is comprised of Editor-in-chief Matt Gagne, Managing Editor Brady Henderson, Opinion Editor Maureen Tinney, Student-at-large Robert Marshall and Program Manager for the College of Humanities and Social Sciences Catherine Shornick.

## VIKING VOICES

Opinions from around campus

compiled by Amanda Melde

## What are your plans for the holiday?



**Andy Andrewson**  
 JUNIOR

"Unfortunately, I will be doing homework all weekend."



**Steve Walker**  
 JUNIOR

"I am writing my grandfathers letters because they are both veterans. One served in Vietnam and the other served in World War II."



**Paul Neiland**  
 JUNIOR

"I'm going to Lopez Island with a friend."



**Kamuran Chabuk**  
 SENIOR

"I'm going to catch up on my schoolwork."



GUEST COLUMN

# A day worth celebrating

Veterans are currently being made, more reason to celebrate them



**Benjamin Nelson**  
WESTERN JUNIOR,  
MARINES CORPS  
RESERVE CORPORAL,  
VETERAN OF  
THE IRAQ WAR

For members of the armed forces, celebrating holidays in Iraq is an extremely popular pastime. On Halloween, people try to come up with creative costumes (it's not too difficult, because anything other than camouflage and boots qualifies).

For Thanksgiving, the chow halls serve turkey and cranberry sauce. And during Christmas, colorful neon lights do their best to permeate the vast and lonesome desert. Sure, there is no champagne for New Years Eve or Roman candles on the Fourth of July, but even so, observing these special occasions — though in many ways bittersweet — provides a chance to laugh, smile and hope that next year you might be home with friends and family.

Of all the holidays I celebrated while in Iraq, Veterans Day was not one. At the time, it didn't seem worth remembering, because every day in Iraq is in some way Veterans Day. This is because each day, servicemen and women in Iraq, Afghanistan or wherever they may find

themselves are involved in the work, fight and sacrifice. We here at home spend a Monday in November to commemorate this.

Of course, it is not just those who are currently serving in the armed forces that we honor. We think about those veterans who fought in past battles: World War II, Korea, Vietnam and many others. Yet on this Veterans Day, my thoughts cannot help but drift and settle on our present state of affairs.

It is sometimes easy to forget that we are a nation at war.

More than 200,000 U.S. service members are currently deployed overseas, with many of them constantly in harms way. These individuals venture forth leaving behind families, careers and countless daily comforts, which we at home take for granted.

And though we will never all agree on the motivations and circumstances which compel us to take part in humanity's most tragic enterprise, we can stand united in our praise for those Americans who willingly shoulder the burden of war, so that others do not have to.

I remember once asking someone in boot camp his reason

for joining the Marine Corps, to which he replied, "So my friends can go to college." This is but one example of the noble spirit which guides so many young men and women to volunteer for a cause much larger than themselves. And, it is also a powerful reminder of

why these courageous individuals are deserving of our thanks.

How can we here at home show our appreciation to those who have come forward in answering the nation's call? Our gratitude can be expressed in many ways: by consoling a friend who has lost a loved one, chatting with a veteran of an earlier conflict, sending a care package, giving a hug or just saying thank you. At the least, I would encourage you to pause and think about someone you know who has served or is currently serving overseas — to consider their situation, their purpose, their hopes and fears. Perhaps it is this simplest of tributes which brings us to most admire their efforts.

On Sunday, we must honor those who will not be here to take part with us in such a meaningful holiday. For while we are celebrating Veterans Day, they will be living it.

**"It is sometimes easy to forget that we are a nation at war."**

LETTERS TO THE EDITOR

## Drivers should take more care

I am writing in regards to the article "Projects aim at bicyclist, pedestrian safety" printed in the Oct. 26 issue. I think that it is great that we are working to make the roads around campus a little safer. However, if those of us who drive actually drove safely, this would not even be an issue that needs to be addressed.

It's sad that we have to put up all of these extra signs and indicators.

So many bicycle accidents would be avoided if drivers remembered the basic rules we all learned in driver's ed: drive the speed limit, drive at a safe speed according to external

conditions (like bicyclists on narrow roads), always be aware of your surroundings, use your turn signals, and most importantly, be aware of your vehicle and know just what an incredibly large, heavy and powerful machine it is.

Not all drivers out there are unsafe. But, the ones who speed up and swerve around the speed bumps just to impress their friends make us all look bad, and potentially harm the lives of pedestrians and bicyclists. The emphasis should not be placed on bicyclists, but on drivers.

Gwendolyn Peebles,  
Western senior

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### Pollster

#### How do you feel about the Bellingham elections?

- A. I am happy Dan Pike won
- B. I wish Dan McShane had won
- C. I am fine with how things turned out
- D. I am unhappy with the outcome
- E. I am surprised so few people voted

#### Last issue's results What do you do on Daylight Saving Time?

5.6%	I mess with my roommates and change all the clocks back two hours
5.6%	I show up early to class for a week
11.1%	I run around the house changing all the clocks
16.7%	I stay up a little later
61%	I get an extra hour of sleep

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# Good hygiene protects from staph

► **STAPH** from 1

artificial turf field, according to a May 31 Western Front article.

A staph infection can be identified as a tender, red swelling on the skin. Gibson said. Red crusted rashes and open wounds that increase in pain and redness should also be tested for staph, Gibson said.

People with immune deficiencies, either due to disease or immune suppressing medications, are most vulnerable to staph infections, Gibson said.

It is difficult to determine how healthy people become infected with staph, but stress, lack of sleep, alcohol and drug use can weaken the immune system and increase a person's vulnerability to infection, Gibson said.

Most people can avoid

MRSA by practicing good hygiene, said Tim Church, communications director for the Washington State Department of Health.

People should wash their hands more frequently, avoid eating food off of dirty surfaces such as desktops, and cover open

wounds with a bandage, he said.

People who exercise at the gym should wipe down equipment before and after each use, he said. MRSA can easily be spread by people with open sores who share equipment without using a disinfectant, Church said.

## The five C's of MRSA

Factors that make it easier for MRSA to be transmitted:

- Crowding
- frequent skin-to-skin Contact
- Compromised skin, such as cuts or abrasions
- Contaminated items and surfaces
- lack of Cleanliness

The five C's are commonly found in schools, dormitories, military barracks, households, correctional facilities, and daycare centers. Most MRSA skin infections can be treated by drainage of pus with or without the use of antibiotics

Information from the Centers for Disease Control and Prevention

# Workshop helps bridge gender gap

► **GENDER** from 4

gender mending workshop.

"[Students] can see that man, woman or transgender all have their differences. And getting together to learn about those can help make a more inclusive community on campus," Wulfekuhle said.

During the workshop, women and men separated into groups to discuss what they liked and disliked about being a man or woman. A transgender group was made available but was not represented at the workshop.

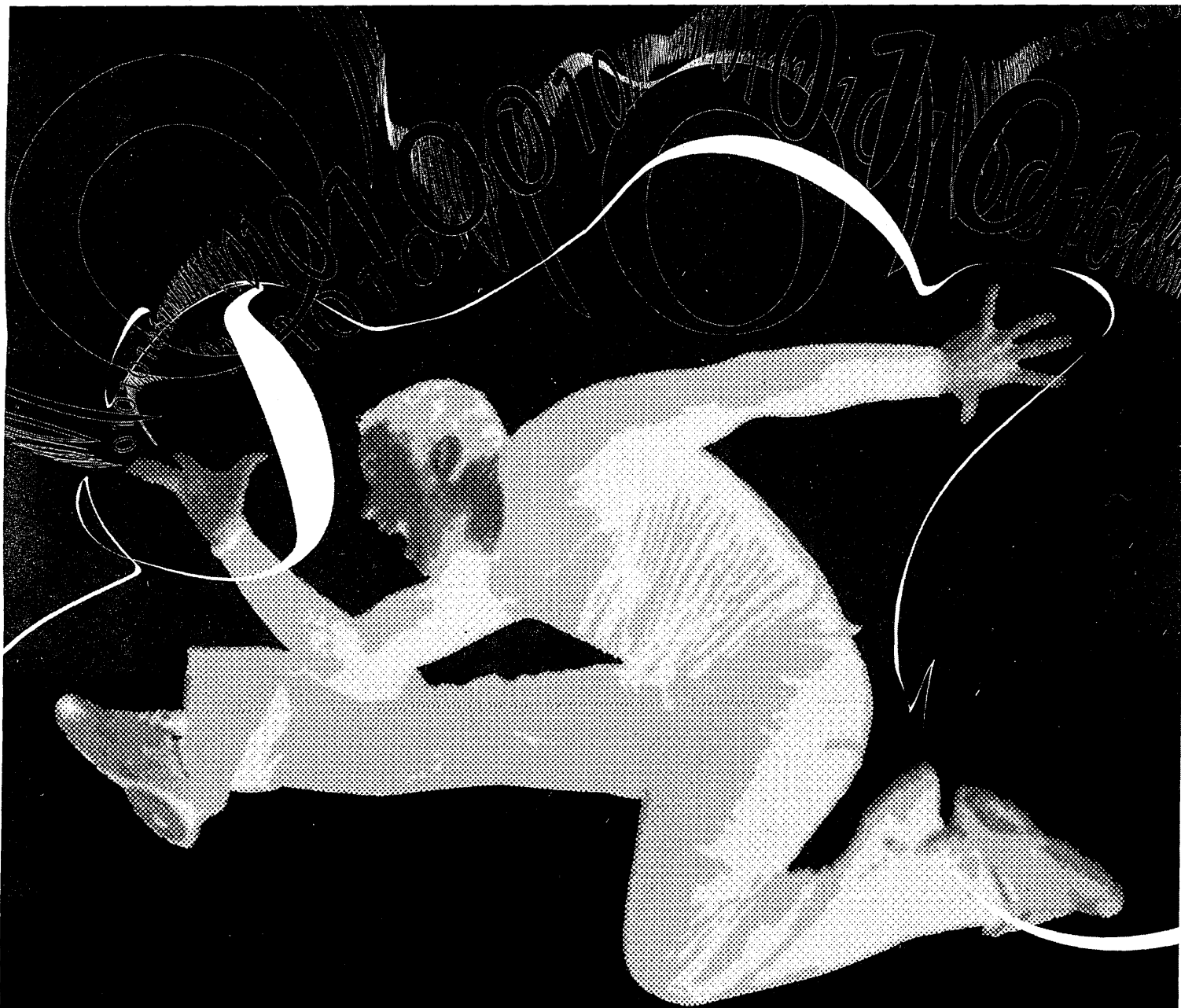
After each group discussion, the men and women met to share their likes and dislikes about their genders. Western junior and MVPP representative Casey Proud said he gained a new perspective on what it is like to be a woman from the discussion.

Western graduate student Andrew Holcom said the workshop helped him realize how much privilege plays a role in gender issues.

"This dialogue helps me further to recognize how much I benefit from a lot of these socially constructed, cultural ideas," Holcom said. "The more that I can recognize how I benefit from it, the more I am able to change my pattern of behavior and reflect that in my values."

Gender Mending was a workshop for students of all academic levels to learn something new, Wulfekuhle said.

"Even as someone who knows a lot about gender issues, I feel that I have come out of this workshop learning something about gender that I never thought about before," Wulfekuhle said.



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