

IN THE FRONT

FEATURES

Facing holiday
grief



PAGE 8



SPORTS

Cycling club gains
women riders

PAGE 11

OPINION

Zune loses to iPod



PAGE 15

Weather

TUESDAY
42° / 29°

WEDNESDAY
47° / 31°

TUESDAY
47° / 32°

INDEX

Week in photos	6
Features	8
Go	10
Sports	11
Fantasy Football	13
Opinions	14
Frontline	14
Viking Voices	14

To walk or not to walk?

Two Western students explain their decision to attend fall commencement

Jenny Leak
THE WESTERN FRONT

Western seniors Jennifer Bell and Sarah Chhim are business administration majors with concentrations in marketing. Bell and Chhim said they are graduating after more than four years of college. Each has different reasons for choosing to walk in the fall commencement ceremony on Dec. 16.

"I only have one friend who graduated in four years exactly," Bell said.

Bell transferred to Western

from Spokane Falls Community College and she said she needed to take two extra quarters beyond the traditional four years to complete college because transferring schools put her behind. Chhim is graduating after taking one extra quarter.

More than 350 caps will fly into the rafters of Carver Gym after the fall commencement ceremony. The actual number of students graduating in December is 600, but for personal reasons, only half of graduating students usually choose to walk at the ceremony,

Western Commencement Coordinator Dixie Doran said.

The cost of walking in the graduation ceremony is \$40, which includes a cap and gown, Chhim said. The ceremony in December will last two hours. For the spring commencement, Western holds two graduation ceremonies, each two hours long, which has 1,600 to 1,700 graduates, Doran said.

Bell said she is looking forward to graduation because it means the end of homework and forking out thousands of dollars for school, although there are

some drawbacks to entering the real world.

"The greatest thing about college is that you get to change what you do every three months," Bell said. "You get a new set of people to talk to and a new set of information to learn."

Bell said she interned as an event coordinator for the Downtown Renaissance Network last summer. She said she helped put on concerts for Downtown Sounds Summer

see **GRADUATION** page 6 ▶

Outback coordinator hired



photo by Mark Malijan, THE WESTERN FRONT

The Outback, located between Fairhaven and Buchanan Towers, provides students with an environmentally conscious project area. A greenhouse and multiple compost piles are just a few of the projects implemented in the Outback.

AS appoints student to revitalize Outback program

Graig Hill
THE WESTERN FRONT

Melanie Swanson loves dirt and wants to make the five acres of organic gardens and open space on Western's south campus, known as the Outback, a household name, she said. Swanson, a Fairhaven College junior designing her major in self-sufficiency, was hired as the first Outback Experiential Learning Program coordinator Nov. 20.

"I think it would be really awesome to have the Outback be a vital part of campus," Swanson said. "My job is to create more continuity and make the Outback more accessible to students."

The Outback coordinator position will cost the Associated Students approximately \$6,000 annually and the program will receive \$900 annually for supplies. The program also continues the Outback's primary funding — a \$5,000 annual grant from the Provost's office — allocated through the Dean of Fairhaven for maintenance and operation expenses. The program offers organic gardening plots to Western students and campus community members.

Swanson managed an organic farm in Ann

Arbor, Mich. from 2002 to 2004 and worked for the past year on disaster relief in Biloxi, Miss. for Americorps after the 2005 Hurricane Katrina devastation.

Swanson was attracted to Fairhaven College in part by the hands-on learning potential she envisioned for the Outback where she could practice her passion for growing things, she said.

Stefan Kalb, a Western senior and the vice president for business and operations for the Associated Students Board of Directors negotiated for the past four years with Fairhaven and Western administrators to draft the program, he said. The board approved the program Oct. 18.

"The Dean of Fairhaven oversees the land and we [Associated Students] run the program," Kalb said. "I think the Outback program is really going to improve our relationship with academics."

The program's academic mission is to provide the campus community with a place to practice organic and ecological land use, sustainable design, experiential education, community outreach and group decision making, according to

see **OUTBACK** page 4 ▶

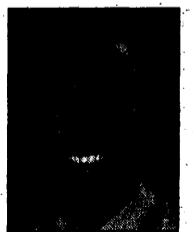
Campus computers may get free updates

Nick Rohde
THE WESTERN FRONT

Early next year, Microsoft plans to release a new operating system and a new version of Microsoft Office, the current versions of which are installed on a majority of campus computers. The Western Foundation is working on a campaign to put these updated programs on campus computers at no charge to the university or its students, faculty and staff, said Mark Bagley, senior director of Advancement Services.

The Western Foundation plans to obtain this software through the Microsoft Software Donation Program, which allows Microsoft employees to make a monetary donation to the university. For every \$5 of that donation, one software license is awarded to the university, Bagley said.

The campaign for donations to make Office 2007 and the Windows Vista operating system available for Western is already underway, with e-mails being sent to inform alumni of the campaign, said Brian



Mark Bagley
WWU Foundation

see **DONATIONS** page 6 ▶

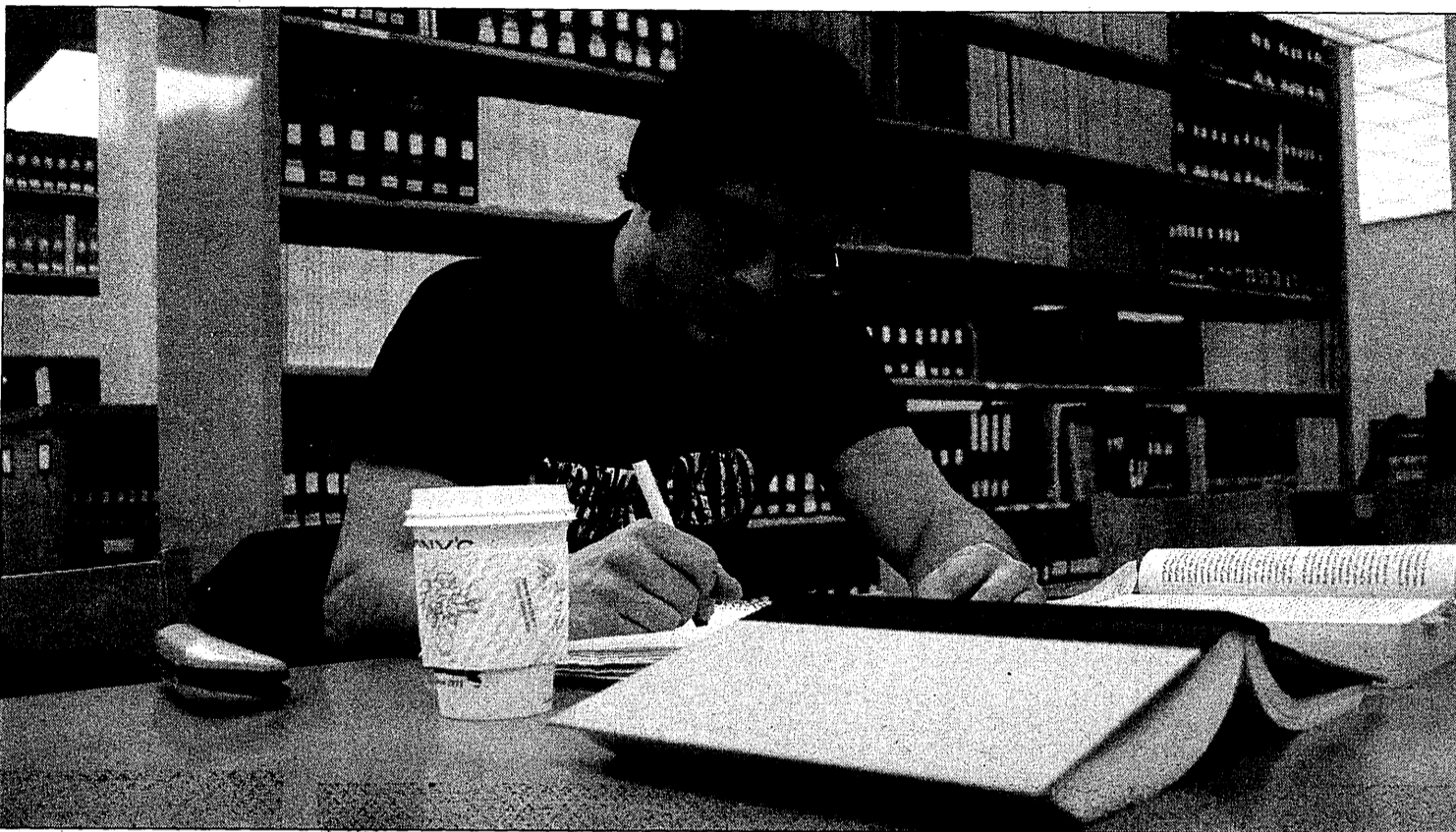


photo by Justin Steyer THE WESTERN FRONT

Western senior David Woods works on a 15-page paper during "Dead Week" Dec. 4 in Wilson Library.

>> News Briefs <<

Slick roads still a problem for drivers

Slick roads and below-freezing temperatures are still a problem for drivers throughout Whatcom County.

There is compact snow and ice covering many of the roadways. Damage from snow-related accidents are still left on streets off Garden Street and others.

Missing hiker found

After being lost in the wilderness of Church Mountain for four days, a hiker was rescued Saturday at approximately 1 p.m. He

was sent to St. Joseph Hospital in Bellingham after the Coast Guard Air Station received a call from local authorities concerning a Customs Department helicopter.

The customs helicopter flew over a sign spelling "help" written in the snow, which led to the discovery of the hiker. An HH-65 helicopter crew from Port Angeles was sent to the scene to do the rescue.

Freeman Dyson to speak at Western

An English-born mathematician and physicist, Freeman Dyson, will speak at noon on Dec. 6 at the Fairhaven College of Interdisciplinary Studies' auditorium, as part of Fairhaven's World Issues Forum.

Dyson is a professor at Cornell University working on topics including nuclear reactors, solid state physics and biology.

Western Front photographer featured in 'The Nation'

Mark Malijan, photo editor for The Western Front, has a photo from the Red Square "Die-in" featured as "StudentNation Photo of the Week." The photo can be viewed at www.thenation.com/student.

Compiled by Ryan White

Cops Box

Campus Police:

- » Nov. 29, 10:44 a.m.: Campus police responded to a report of a person who collapsed outside the Ridgeway area. The person was transported by medics to a hospital.
- » Nov. 29, 10:44 a.m.: Campus police responded to a report of a person stuck inside an elevator on the first floor of Haggard Hall. Upon arrival, police found the elevator still stuck, but containing no person.
- » Nov. 29, 11:11 a.m.: Campus police responded to a report of a 20-year-old female with reduced consciousness in a stairwell. She was transported by medics to a hospital.
- » Nov. 30, 8:20 p.m.: Campus police responded to a broken window in Ridgeway Dining Hall suspectedly caused by students throwing snowballs. There are no suspects at this time.

Bellingham Police:

- » Nov. 29, 2:56 p.m.: Officers responded to a report of a suicide threat on the 2300 block of Bill MacDonald Parkway.
- » Dec. 1, 2:00 a.m.: Officers cited a person on suspicion of being a minor in possession on the 1300 block of State Street.
- » Dec. 1, 2:06 a.m.: Officers responded to a report of an assault on the 600 block of Forest Street.
- » Dec. 1, 11:00 a.m.: Officers responded to a report of a vehicle parked in the bike lane on the 800 block of Indian Street. The vehicle was towed soon after.
- » Dec. 2, 10:44 p.m.: Officers responded to a loud party complaint on the 1000 block of Puget Street.

Compiled by Kamryn Masters

Read & Recycle

jokes, notes, voters' pamphlets, this newspaper

THE WESTERN FRONT

WesternFrontOnline.com

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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. Advertising inquiries should be directed to the business office in CF 230 or by phone at 650-3161. 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 10:00 a.m. on the Tuesday before the announcement. Announcements should be submitted to the Business Office, Communications Building 251, Western Washington University, Bellingham, WA 98225. For more information, contact the Business Office at 650-3161. Announcements are subject to space availability and may be edited for clarity and brevity. Announcements are not accepted for publication if they contain profanity, obscenity, or are otherwise inappropriate. Announcements are not accepted for publication if they contain false information. Announcements are not accepted for publication if they contain information that is not in the public domain. Announcements are not accepted for publication if they contain information that is not in the public domain. ANNOUNCEMENTS DIRECTLY TO THE WESTERN FRONT: Printed announcements will not be accepted.

THE MATH PLACEMENT TEST (MPT) will be given at 3 p.m. Mondays in OM 120 on Dec. 11, and at 9 a.m. Thursdays in OM 120 on Dec. 7 and 14. Registration is not required. Students must bring photo identification, their student number, Social Security number, and a No. 2 pencil. A \$15 fee is payable in the exact amount at test time. Allow 90 minutes.

BIOLOGY SEMINARS: • Juergen Gadau (Arizona State University), "The Genetic Architecture of Speciation and Adaptive Traits in The Parasitic Wasp Genus *Nasonia*." 4 p.m. Dec. 6, BI 234. Refreshments, 3:50 p.m.

A PRE-LAW SCHOLARSHIP IS AVAILABLE for students interested in pursuing a career as a lawyer. Harold and Lyla Lant Scholarship applications are available in Academic Advising and Tutorial Services, OM 380. Application deadline is Feb. 1.

FACULTY ARE REMINDED THAT RESERVED PARKING SPACES are available for their use after hours and on weekends with a valid parking permit or Vking Xpress bus pass, as posted in lots 10G, 17G and the Parks Hall lot.

AN APPOINTMENT TO TAKE THE MILLER ANALOGIES TEST (MAT) must be made either in person in OM 120 or by calling X/3080. A \$60 fee is payable at test time. The test takes approximately 1½ hours. Preliminary scores will be available immediately. Official results will be mailed within 15 days.

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

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

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

On-campus recruiting

For complete, updated information, see www.careers.wvu.edu or stop by Old Main 280.

Professors turn to Blackboard in snowstorm

Sarah Mason
THE WESTERN FRONT

Avoiding Bellingham's intermittently torrential weather and attending classes in pajamas have gotten easier as Western professors have become aware of the tools to deliver all the necessities of their courses to the homes of students. Through Blackboard professors can transmit regular in-class activities from PowerPoint lectures and class discussions to tests and assignments.

Bonnie Southcott, a Western journalism professor, said she just discovered the opportunity to hold classes online last Wednesday, when her morning class was canceled and she was hedged in by heavy snow at her Ferndale residence.

"It was well worth giving [Blackboard] a go," Southcott said of her chat-room class discussion. "[The chat] was like this cacophony of student voices and ideas."

Though this was the first online class Southcott conducted, she said she has been using Blackboard for years to post grades and announcements.

"It takes more time, but I hope that it actually helps students manage their coursework better," Southcott said.

Sophomore Sasha Fleiman, who took part in Southcott's online class discussion last Wednesday, said Blackboard is a useful tool, allowing students to keep up with courses despite snow days.

"I think it was productive for the time that I was there," Fleiman said, explaining that a weak Internet connection caused her to leave the session early. "We're more ahead than if we had missed the whole week."

Though communication professor Karen Stout also experienced difficulties Wednesday as she tried to post a message on Blackboard, she said technology has helped her communicate with students.

"It really has changed the way teaching happens," Stout said. "I can feel okay saying I can't make it in and still be sure my students can get what they need to get their work accomplished."

Stout said while technology alleviates some of her stress, it can still malfunction, leaving professors with no

back-up plan without a tool on which they have become dependent.

"If technology fails now, it's like we've lost an appendage. It doesn't replace, by any means, face-to-face communication because it's not the same exchange."

- Karen Stout
professor

"If technology fails now, it's like we've lost an appendage," Stout said. "It doesn't replace, by any means, face-to-face communication because it's not the same exchange."

Stout said though she is more technologically inclined than some—she was the only female member of her junior high's first computer club—she still needed the training provided by Academic Technologies and User Services to understand and operate Blackboard.

As a professor now in the position of a pupil attempting to learn a new skill, Stout said the difficulty of mastering such technologies as

Blackboard lay not in an absence of assistance from Western, but in the time needed to learn the new skills.

"That learning curve just takes such a long time," Stout said.

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photo by Graig Hill THE WESTERN FRONT

A rough frame marks the future home of a wooden stage and amphitheater in the Outback.

Outback lacked paid coordinator position until now

► **OUTBACK** from 1

the program proposal.

Fairhaven College students have used the Outback's potential for academic experience, integrating volunteer work there into their degrees. Fairhaven offers a course in applied human ecology, which uses the Outback for experiential learning.

However, until now the Outback has lacked a paid coordinator who could help facilitate and organize volunteer efforts such as work party scheduling, open-space project planning and execution such as the amphitheater, Kalb said.

Fairhaven College junior Carl Wollschlager, a major in sustainable horticulture, has volunteered in the Outback to develop a forest garden of fruit trees and edible plants that are replacing the Outback orchard, which was destroyed by fungus, removed and left idle for the past seven years.

"It's a long term,

developing, biodynamic forest garden that is all edible," Wollschlager said. "In 15 to 20 years it will be fully developed. Once established it's the most sustainable horticulture system you can have that produces the most bio-mass per area of any other system."

The "Outback Community," a loose-knit volunteer group of students, faculty and community members, has worked the gardens for approximately the past 30 years. Located between Buchanan Towers and Fairhaven residences, the Outback sprang from the Utopist visions of early 1970's Fairhaven College students interested in environmentalism, organic gardening, communal living and sustainability, according to the 2001 Outback Experiential Learning Site Advisory Group report.

"Basically you come up with an idea and it's your opportunity to make it happen," said Arin Smith, a Fairhaven College and Huxley College

of the Environment major who has volunteered in the Outback. "It's the ability to take the textbook out of school and the sky is the limit. That's possible with the fact that there is a big green space on campus that they haven't put a building on and that is available for students to design."

Open-space projects proposed in the program include finishing the amphitheater, which can be used as a teaching station and for small performance events, developing the forest garden and restoring the registered class II wetland and wildlife habitat.

"I encourage people that are interested in the Outback to stay tuned — it's in the process of being a great place," Swanson said. "I just tell people that I want to take over the world for the people. Hopefully this position will do that for the Outback."

Students from Wyoming not intimidated by B-ham snow

Jamie Callaham
THE WESTERN FRONT

Some students across Western's campus come from other states that have had more snow than that which covered Western Washington Nov. 27.

Bellingham residents woke up to an unprecedented 10 to 15 inches of snow last Monday morning, but for some out-of-state students, the snow brought them closer to home.

Patrick Sprague, an exchange student from University of Wyoming, said January through March are the worst snow months in Laramie, Wyo.

The snow doesn't affect the closure of schools or getting to work for students from other states such as Wyoming or Colorado, Sprague said.

Sprague said he had one snow day living in Wyoming for 20 years, and

he said it was a surprise to him to have school cancelled for two days.

Sophomore Amanda Robbins-Lilley and junior John Glassburn are at Western on exchange from University of Wyoming as well. Wyoming winters are cold and windy, Robbins-Lilley said. Sprague said the winters are long and the cold weather can even run into June.

In Washington, it's rare to have more than a couple inches of snow in a day, but many out-of-state students see snow as often as Washington residents see rain.

Wyoming has four to five months of complete snow, Sprague said. In an average year, students at University of Wyoming see snow September through April — almost the entire school year, Robbins-Lilley said.

Unlike Washington drivers, Wyoming drivers are more used to the

slick roads and there are better cleanup crews for snow, so they don't miss as much work or school, Sprague said.

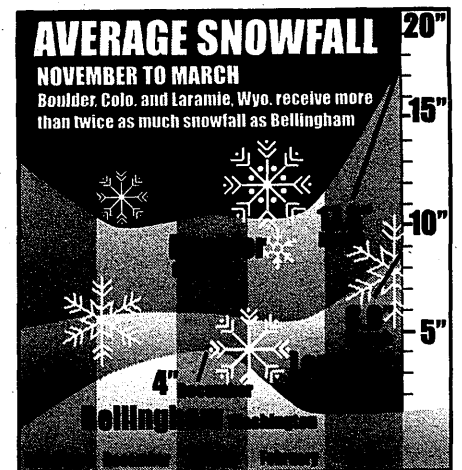
Wyoming drivers aren't afraid to drive in the snow, Sprague said. "They can't be — it snows too much."

The only difference between the snow Bellingham received last week and the snow in Laramie, Wyoming is the ice, Glassburn said. It doesn't get warm enough during the day in Laramie for the snow to melt and then freeze at night.

The terrain in Wyoming is also much flatter compared to Bellingham, Sprague said. The hills in Bellingham can be tricky and may cause drivers to be even more cautious, but Sprague said he still isn't concerned about Washington snow.

"[The snow] never really disabled anyone where I'm from," Sprague said. "It's a lot worse when people freak out

about it. I've been driving in [snow] since I was 15. People just have to be careful and cautious."



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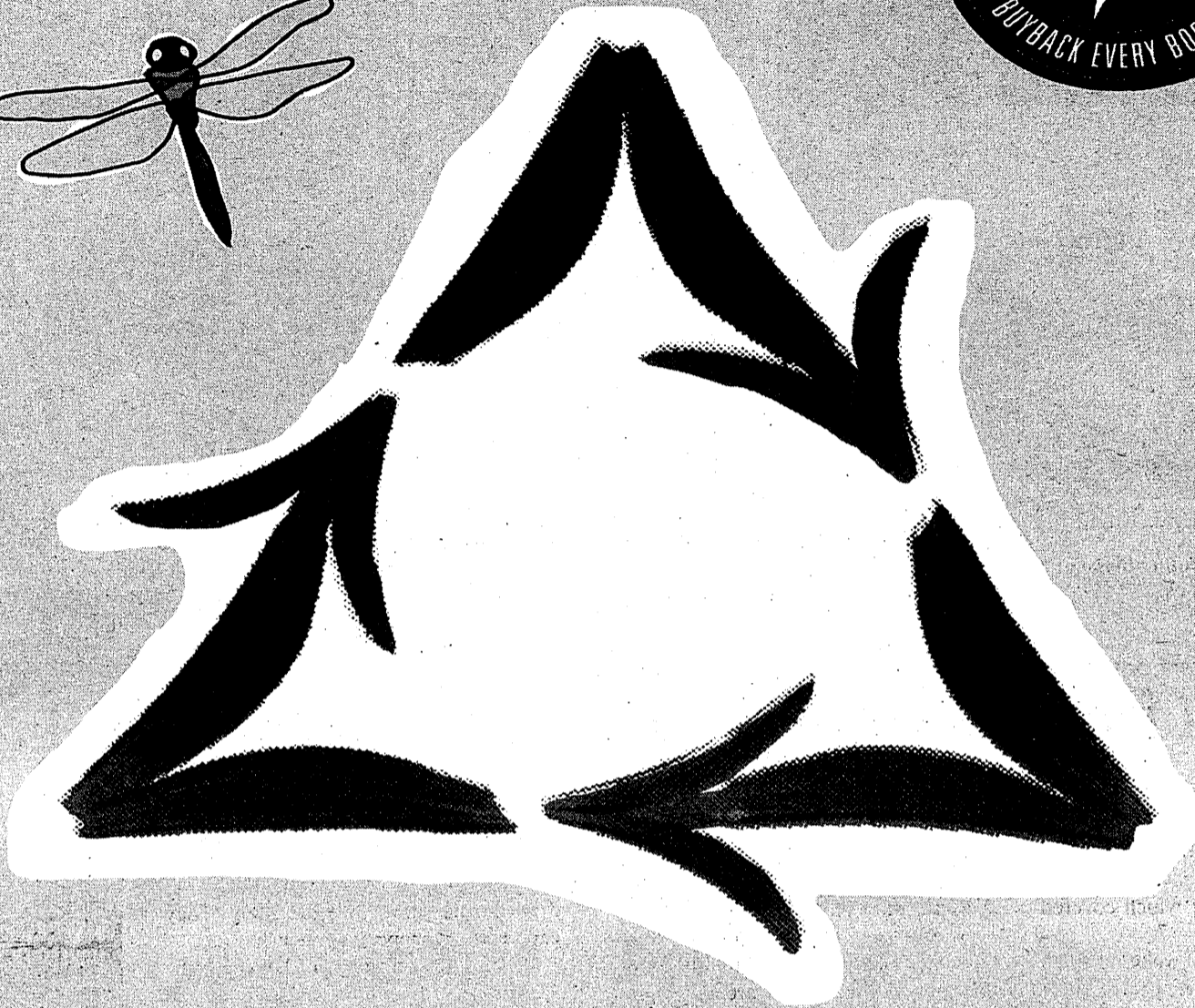
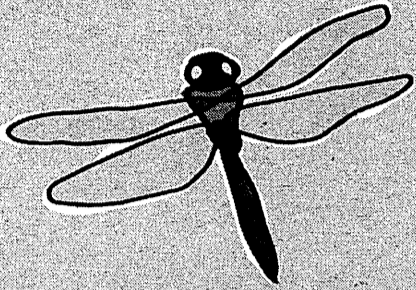
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This week in PHOTOS



Above: Dropping temperatures this week froze a pond in the Outback, near Fairhaven College.



Right: Lawn art or remnants of November windstorms? More seating will be available in the Outback upon completion the amphitheater.

Below: A brief rain shower on Monday adds to the puddles in front of the Fairhaven Commons.

All photos by Mark Malijan
THE WESTERN FRONT



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350 expected to walk this fall, compared to 1,600 in spring

► GRADUATION from 1

Alley Concert Series in the alley behind the Wild Buffalo.

Bell said she decided to walk in the ceremony because she does not intend to pursue another degree and wanted to celebrate her accomplishments and the end of school. Bell's family is coming to watch.

"I wasn't going to walk [in the ceremony] because I thought it would be really impersonal," Chhim said. "At the University of Washington, they don't call your name, just the major, and there is no personal recognition."

Chhim said her decision changed when she found out Western acknowledges each student by calling his or her name. She said the

acknowledgement makes the ceremony more important and her family will be attending.

Chhim said she plans to attend graduate school to earn her masters in business administration.

"I think there's a lot more to learn than what you can learn in four years," Chhim said. "The two main reasons I want to go are for knowledge and eventually I want to hold a higher position in the corporate structure."

Bell said she has job prospects in Seattle lined up after graduation. She said she kept in contact with guest speakers in her advertising class and she developed contacts through her work as program coordinator and officer for the Student Marketing Association this quarter.

Western could save up to \$375,000 on software updates through donations

► DONATION from 1

Daugherty, a Western alumnus and employee at Microsoft.

"I know I will be making a donation as soon as the licenses are available and I know there are others waiting to do the same," Daugherty said.

Academic Technology and User Services (ATUS) anticipates the donation program will award approximately 2,500 licenses for Microsoft Office 2007 to Western, which should be enough to cover all computers on campus that would need the upgraded software, ATUS Director Larry Gilbert said.

The donation program saves Western a significant amount of money from the technology budget, as each license for Microsoft Office Professional costs approximately \$150, Gilbert said. If the Western Foundation receives the anticipated 2,500 licenses, which would normally cost \$150 each, the program could save Western roughly \$375,000.

Microsoft Office is a bundle of software that is installed on most

campus computers. It contains programs such as Word, Excel and PowerPoint for students to use for educational purposes. A license for the program is an electronic authentication system that gives the purchaser legal rights to use the program.

The several hundred licenses for Windows Vista that ATUS expects to receive are a secondary priority for donations through the programs. Not all computers on campus have the hardware needed to run the operating system and many will have operating systems upgraded through other means, Gilbert said.

In the past, the Foundation also obtained many other benefits for Western. Western received approximately 3,500 licenses for Office XP, which turned out to be more than the university could use. When Office 2003 was released, the program received 2,500 licenses for Western, Gilbert said.

Bagley said he hopes the Western Foundation will be able to bring the new licenses and software to campus computers by February.

8 Furnishing to Minors citations were issued at parties by the Bellingham Police Department's Party Patrol in the first five weeks of fall quarter last year.

[If you buy for, or sell, or give alcohol to minors, you can get a furnishing citation.]



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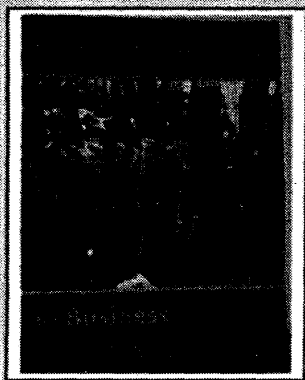
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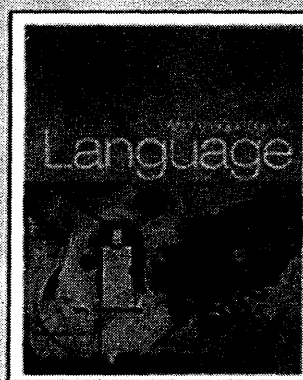
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Legal Environment



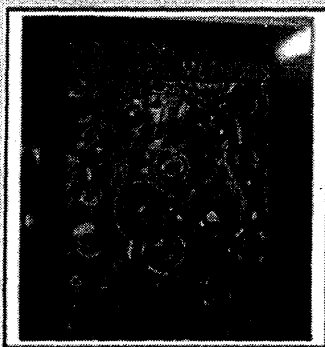
\$70.75

Intro to Language



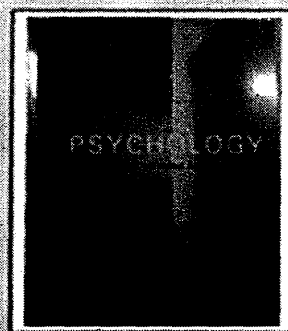
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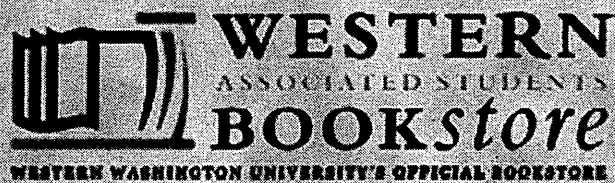
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Location:
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Phone: 650-3164

Scheduling an appointment:

- ▶ Students must be taking six or more credits
- ▶ Call or go in to make an appointment
- ▶ A session will usually be scheduled within a week of making an appointment, but students can call if it's more urgent.

Emergency appointments:

The center reserves several hours each day for emergencies during business hours.

For after hours emergencies:

- ▶ Contact a resident adviser
- ▶ Off campus contact: University Police 650-3555
- ▶ If the situation is more urgent call 911 or go to emergency room
- ▶ Crisis hotline: 1-800-584-3578

Dealing with

A student's first- pe coping with the lo

Ryan White
THE WESTERN FRONT

Nothing can fill the void of losing someone. Each day seems like a struggle to get through. Breathing seems more like a chore than a natural function. A person's perspective and sense of reality are changed forever. Grief has the ability to put a dark cloud over every day in spite of what is going on around you. Holiday cheer turns into holiday depression when faced with past memories and their void for the present and future. Grief has the potential to consume a person, if he or she lets it.

Losing my older brother changed my life. Before he passed away two years ago, I led my life with different priorities. After he passed, life stopped. Doing things I used to love didn't have the same meaning to me anymore. Everything became tainted. I often felt guilty for being happy. My family wished it had been us instead of him. It seemed as if no other family we knew had experienced this type of loss.

I was often baffled by people leading their normal lives when my world was crumbling around me. It was even harder during the holidays.

Seeing my brother's empty chair at Christmas dinner was difficult. The gravity and permanence of his absence affected us during the holidays. The Christmas season can be a difficult time for any grieving person.

Waking up to a new morning with a fresh perspective is challenging at first. And waking up with another emotion besides utter depression is rare; though with time and courage, life can get easier.

There is light at the end of the dark tunnel of grief. Surrounding myself with friends, family and loved ones helped me replenish my attitude. My friends and my family saved me. Their love and support enabled me to process my grief in a loving environment. Support is important especially during the holidays. Having the ability to escape from the fog of depression for a couple of hours and spending time with friends gave me strength to smile. In my experience, laughing was the best medicine.

When dealing with the loss of a loved one, a supportive

holiday sadness

person account of ss of a loved one

network of friends is imperative. Being able to openly express how I felt was freeing and helpful. Open discussions with other grieving family members allowed my family to normalize our feelings. Being able to rationalize emotions and know that others were experiencing the same feelings helped me to stabilize my own emotions. It's comforting to know others feel the same way.

It's hard to know how to act when you don't know the emotions your friend is feeling, but continue to reach out. Everybody grieves differently. For some, it is comforting for them and being a shoulder to cry on is necessary at first. It got awkward and discouraging when people started to tiptoe around the issue, like there was an elephant in the room that they were trying to avoid. They were afraid to say or do the wrong thing to unleash my grief or add to my depression. When I felt like my world was spinning out of control, it was stabilizing to be treated like nothing was wrong and to stay connected to my friends and family. The normalcy helped to make life seem less chaotic and allowed me to be more spontaneous.

Being a pillar of strength for other grieving family members is empowering. It helped me work through a lot of emotions when I would help comfort my family. Although it seems like my world was the one that was crashing down, my family's world was crashing down also. My family made the decision to donate to others in my brother's name during the holidays and on his birthday and to raise funds to support a local charity during the rest of the year. Selflessness can help bring some satisfaction and emotional support to the depressing holiday time.

Despite life seeming utterly hopeless, I felt thankful I was able to wake up to a new day. To this day I still take one day at a time. It helps to disentangle the much grander and inauspicious thought of life without my brother. The holiday season is a time for togetherness. In my experience, the same togetherness helped me make it past the pain of the holidays.

photo illustration by
WESTERN FRONT staff

STAGES OF GRIEF

DENIAL

A conscious or unconscious refusal to accept facts
A defense mechanism

ANGER

Anger toward themselves or others, especially those close to them

BARGAINING

Seeking to negotiate a compromise spiritually or with the source of grief

DEPRESSION

Sadness, regret, fear, uncertainty
Shows the person has begun to accept reality

ACCEPTANCE

An indication of some emotional detachment and objectivity

By Matt Gagne
source: "On Death & Dying"
Dr. Elisabeth Kubler-Ross

Western psychologist gives advice about holiday grief

When people think about the holidays, they typically think of happy family get-togethers, parties with energy and the joy of the holiday season. But not everyone has the luxury of being jolly during the holidays.

The time of year can be depressing for those who are grieving. Dr. James Orr, a counseling and clinical psychologist at Western, advises students on how to deal with grieving and holiday depression.

Orr said he believes in promoting routine schedules for those suffering from the pain of grieving to promote normalcy. Doctors typically don't prescribe medicine for grief because without medication, people suffering are allowed to confront their grief, Orr said. Sedatives are sometimes prescribed to those having trouble sleeping.

"Grieving is not something to be treated, it is something to experience," Orr said.

The cause of holiday depression can be traced to change of routine. More free time, the anxiety of shopping and the high expectations society places on the holidays can trigger depression, he said.

In an effort to stabilize students' lives, the Western counseling center offers next day appointments and a 24-hour crisis phone line. Starting in January 2007, a grief and loss group will hold sessions. The group will be led by Dr. Tom Geil, Orr said.

Orr discourages self-medicating with substances. People who are grieving can often fall subject to alcohol and other drugs, he said. Orr also advises shoppers to watch their credit card spending habits, debt will ruin a person's Christmas, he said.

compiled by Ryan White THE WESTERN FRONT

GO

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compiled by Kennedy White
THE WESTERN FRONT

Whistler College Weekend provides escape

Jenny Leak
THE WESTERN FRONT

Each January, a gathering of thousands of snow bunnies and snow bums from universities around the Northwest venture to Whistler Village in British Columbia for Whistler College Weekend.

"It's like Cancun in the snow," Western senior and skier Scott Newell said.

The weekend attracts college students to Whistler for three days of snow sports and social interactions.

Many of Western's skiers and snowboarders hit the slopes of Whistler Blackcomb by 10 a.m. and warm up in the bars at night in Whistler Village, Newell said.

This year, College Weekend will be Jan. 12 to 15. Hype Entertainment offers a trip package for \$250 that includes a roundtrip bus ride and hotel accommodation. Depending on weather conditions, the bus will leave from Western's C parking lot or the Lincoln Park and Ride on Jan. 12, Hype Entertainment's Western Representative Ian Kirkpatrick said.

From Whistler Village, skiers and snowboarders can ride gondolas to either Whistler Mountain or Blackcomb Mountain,

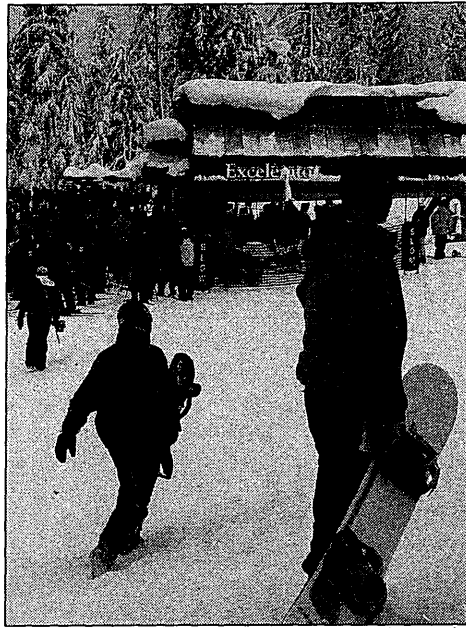


photo courtesy of Amber Jacobs

Skiers and snowboarders wait in line for the chairlift on Blackcomb Mountain during College Weekend at Whistler last year.

snowboarder and Western senior Phil Gesell said.

Snowboarder Sean McKillop, a Western senior, said he went to College Weekend twice and stayed in a condominium on

Whistler Mountain. At night, he said he and his friends soaked in the hot tub before going out around the town.

The first year McKillop went to College Weekend, he said the temperature was three degrees Fahrenheit, the coldest temperature he had ever felt. He said he and his friends laughed when they saw girls wearing tank tops and shivering at the clubs.

"Some people go to College Weekend just to party and shop but not to ski," McKillop said. "I definitely think they're missing out."

Some skiers and snowboarders drive the three hours from Western to Whistler without a guaranteed place to stay, said skier Shawn Cliney, a Western senior. The hotels and timeshares in Whistler Village fill up quickly, Cliney said.

When Cliney and his friends piled their ski gear into Newell's Jeep, Cliney said they assumed they would have to sleep in the car, but they found friends from Western who let them stay in their hotel.

"Whether you meet them in class once, whether they're your ex-girlfriend, current girlfriend or future girlfriend, you will see everyone there," Cliney said.

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Cycling speeds up

2007 team gets boost in women cyclists

Katie Regan
THE WESTERN FRONT

Western's club cycling team is wrapping up fall quarter with more women on its roster than ever before.

Formed in 2003, the cycling team is comprised of both men and women. Men compete against men, and women compete against women.

"The team is open to anyone," said club president Chris Daifuku. "We encourage everyone to come out, whether they have experience or not."

Not many women have joined the team in the past, Daifuku said. There was one female member in 2004, two in 2005, and seven in 2006, he said. More than a dozen women

will ride in the upcoming 2007 season, Daifuku said.

"It was intimidating for a while because there were no other women on the team, just a bunch of guys," said Western senior and second-year rider Laura Trevelyan. "It's really cool to be a woman cyclist right now because it's growing incredibly fast. It's great to be a part of that."

Western junior and second-year rider Erin Smart said many women don't take up cycling because they don't know about the team, which requires no experience.

"I'd never really done anything like it before," Smart

see **CYCLING** page 12 ►



photo by Mark Malijan THE WESTERN FRONT

Viking guard Brandon Williams goes up for a shot, but gets blocked by Notre Dame de Namur University players Dec. 3 at Carver Gym. The Vikings fell 84-70 and dropped to 5-2 for the season.

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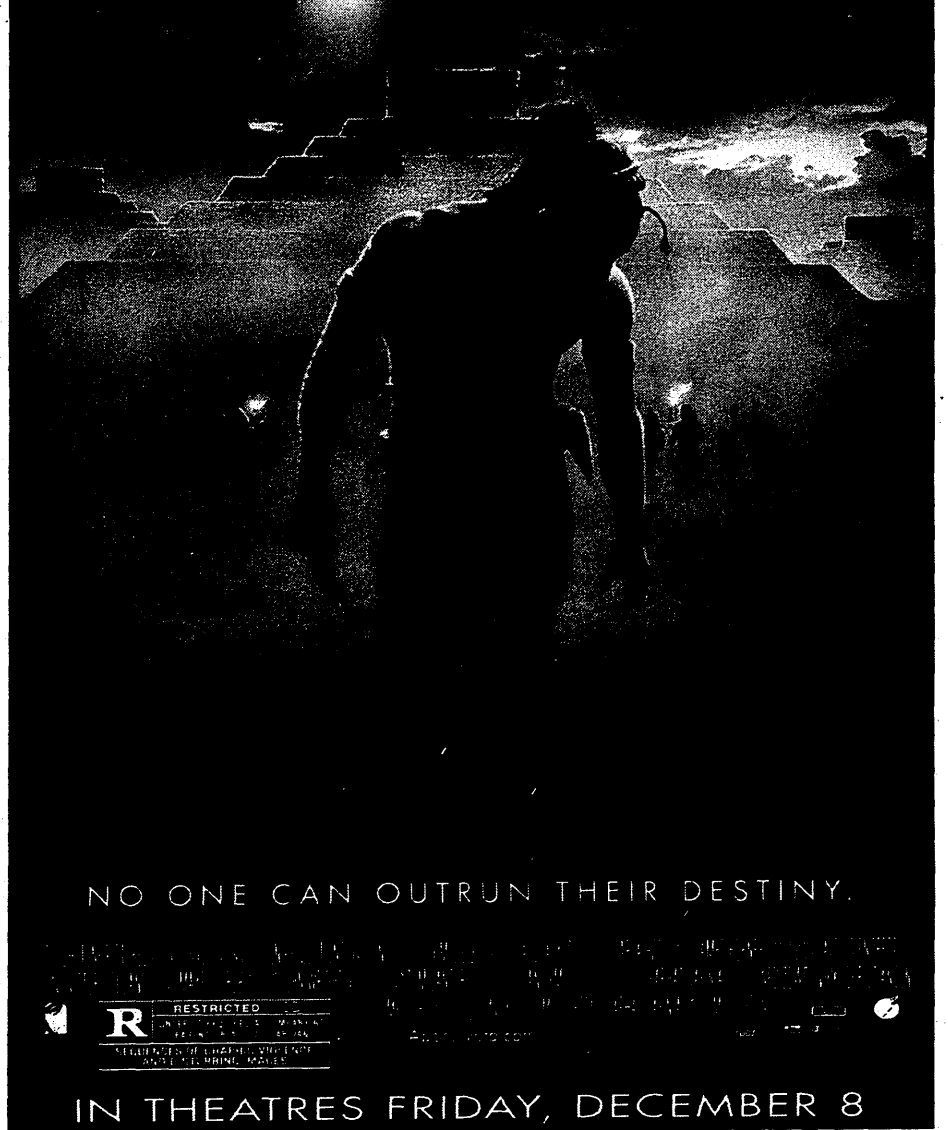
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Hitting the road: tough, rewarding

► **CYCLING** from 11

said. "A girl in my Spanish class saw me riding a road bike to school and let me know about the team. Everyone was really welcoming."

Many of the team's members learned about the sport through friends and Western's Red Square InfoFair, Trevellyan said.

Western sophomore and first-year rider Heidi Hoff said she saw the table at Western's InfoFair and it piqued her interest.

"I joined this year, and I'm really glad I did," Hoff said. "It's a lot of fun and I can't wait to start racing."

There is an organized ride every Saturday throughout fall quarter that is open to non-team members, Hoff said.

"It's hard at first, but you get better," Hoff said. "I felt more comfortable from my first to second week — it just takes

time."

Trevellyan agreed that cycling is hard, but even people without experience can be a part of the team.

"It's tough, but it's fun," Trevellyan said. "You just stick with everyone. When the pack goes, you go. You don't decide when you'll hurt and not hurt."

After fall quarter, rides are held Saturday, Sunday and Wednesday to emphasize race drills and tactics for the race season that starts in the spring.

The team has a reputation for doing well in races, Daifuku said. Last season, they took second place in the regional conference and fourth place in the country.

The first Western women to go to road nationals last year got fifth place in the team trial event, Daifuku said.

"We did amazing last year, but we'll do even better this year," Smart said. "We have a great team."



photo courtesy of Chris Daifuku

Members of the Western club cycling team talk last spring at a competition. The number of women cyclists on the team increased from seven last season to 12 for the upcoming 2007 season.

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FOOTBALL

COMMENTARY BY
Andrew Irvine
THE WESTERN FRONT

For those fantasy owners lucky or good enough to make it to the playoffs, it's already time to start looking ahead for match-ups. Whether your league championship is in week 16 or 17, now is the time to plan ahead to ensure your team comes home with the title. Here are some good plays heading into the final four weeks of the season.



The 49ers have a favorable schedule, but they only have one player worth starting. Running back **Frank Gore** could have some monster games as he faces the Packers, Seahawks and Cardinals in the next three weeks. Wide receiver **Antonio Bryant** could be a solid player as well.



The Jacksonville Jaguars face two of the worst rushing defenses in the NFL in the next two weeks. After hosting the Indianapolis Colts, the Jaguars travel to Tennessee to take on the Titans. Both of these match-ups will be key for running backs **Maurice Jones-Drew** and **Fred Taylor**. Expect Taylor to pile up the yards and Jones-Drew to score a couple of touchdowns in each game.



The Giants face the Carolina Panthers, Philadelphia Eagles, New Orleans Saints and the Washington Redskins in the next four weeks. Aside from the Panthers, all of those teams can be scored upon. The match-ups for running back **Tiki Barber** and quarterback **Eli Manning** should be advantageous. Considering that Barber plans to retire at the end of the season, you can bet he would like to go out big.



The Seattle Seahawks face the Arizona Cardinals, San Francisco 49ers, San Diego Chargers and the Tampa Bay Buccaneers in the closing weeks. Aside from the Chargers game, the Seahawks should put up big numbers as they prepare for the playoffs. Running back **Shaun Alexander** is a must-play, and wide receiver **Deion Branch** should have at least two solid games.

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Why would you consider taking a martial arts class?



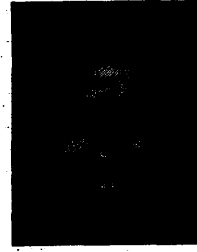
Justin Donais
FRESHMAN

"I would take a martial arts class to try and get all those Kung Fu moves that are in the movies."



Kosta Fassillis
SENIOR

"So I could go to The Royal every night and be safe."



Rachael Barnett
SENIOR

"I probably wouldn't be inclined to unless I was going with a friend."

Compiled by Lauren Ross

Students should learn defense

Keeli Archer
THE WESTERN FRONT

Western provides classes that teach self-defense techniques, such as martial arts and beginning self-defense through the university and the Wade King Recreation Center.

Students should take advantage of this opportunity, not only to learn how to protect themselves but to also build confidence.

Beginning self-defense, a university course, is taught by Mike Ashby and Mick Jolly, both law-enforcement agents trained in self-defense tactics. They do not teach students how to beat up an assailant; rather, they show students how to escape a situation where one might become a victim, Ashby and Jolly said.

The goal of this course is first and foremost about defense, they said.

So perhaps next quarter when everyone is signing up for English or science, students should consider taking a course in self-defense. Students should know how to protect themselves.

Beginning self defense teaches students to draw attention to themselves if they are being attacked: by making a lot of noise to try to create witnesses, Jolly said.

"Students should know how to protect themselves."

Students are taught physical and emotional fitness in the course through various methods such as creating scenarios in their heads of how they would react to situations where they may be threatened by another person, Jolly said.

Students are not only taught what to do in a situation of assault, but also how to avoid being a target, Ashby said.

Ashby and Jolly both teach techniques for gaining awareness of the surrounding environment. If a person's posture is straight as he or she walks and he or she is looking around, alertness is demonstrated, which may dissuade a potential assailant, Jolly said. Assailants often target people who look lost or distracted, he said.

Students taking the self-defense course have different reasons for enrolling. Some students will be traveling overseas and wanted knowledge of self-defense since they will be alone in an environment they aren't used to, Ashby said.

Erin Dewey, a student enrolled in the self-defense course, said she took the class because she wanted to learn how to use martial arts in case she needed to protect herself.

It's not an everyday occurrence that a student is assaulted in



cartoon by Tristan Hobson THE WESTERN FRONT

Bellingham, and some people may never be put in a situation where they must decide whether to fight or take flight.

However, assaults can happen. It is better to be prepared than sorry.

Use dead week for finals prep

Welcome to dead week.
Not week of the dead.

That happens after finals.

No, this is dead week.

This is the presumably empty week where we have the chance to review before finals without the added burden of non-final-related assignments.

Dead week is meant for studying and preparing for finals.

We should not fall into the trap of using this time for extracurricular activities. Instead of blowing off the work we have ahead of us we need to put a higher percentage of our focus into school.

We need to practice time and space management.

Cleaning out workspaces is helpful as we shift gears from producing work to retaining what we have learned throughout the whole quarter.

Whether your workspace is a desk or the floor of your bedroom, focusing is easier without the clutter of every assignment you spat out in the last 10

frontline

Frontline editorials reflect the opinion of the editorial board and not the staff or advertisers of The Western Front.

weeks that has overflowed into a faceless blob.

Take an inventory of your assignments and notes. What should you keep to study from and reference later in life? What should you recycle — or burn

— now?

Cleaning your workspace is like cleaning your head. An ordered workspace reflects an ordered mind — we hope.

As you clean, you do yourself the favor of preparing not only for finals, but also the post-final vacation. And when you return to your workspace, it will be ready for a new quarter instead of reminding you of last quarter.

Reflect upon previous dead weeks — both what helped and what didn't. Ask yourself, what did I blow off last time that I should do differently this time?

Then do it.

If you are a new student, with your first experience of the wonder called dead week, ask an upperclassman or a professor what their advice is for how you

should use this time.

Take advantage of the time you have by figuring out each thing you have to do. Make a list of what you hope to finish prior to each final and figure out how much time you need to spend studying, writing that paper or finishing a massive project or presentation.

If you live on campus, respect the extended quiet hours that are set by your hall council. Be quiet for those who need quiet to study. Find your own quiet time if you need it.

Use dead week in the way it was meant to be used — a built-in time for you to prepare for finals however you need to.

This time is for you to use, but don't ignore your friends and loved ones. A simple message that you are extra busy shows responsibility and will encourage others give you your space. By letting people know you need more time for your academics, you prevent

them from feeling ignored while giving yourself the time you need to prepare for finals.

The editorial board is comprised of Editor-in-Chief Lance Henderson, Managing Editor Ryan Wynne, Opinion Editor Kristi Pihl, student-at-large Randall Ragsdale and ad office representative Kayla Britt.

POLLSTER

How do you use dead week?

- A. Studying
- B. Cleaning
- C. Drinking
- D. Sleeping
- E. What's dead week?

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Zune a flop — iPod conquers all

Katie Regan

THE WESTERN FRONT

Microsoft has created an MP3 player, the Zune, which is being marketed as the new iPod.

But students who are thinking about trading in their iPods should give it another thought.

The Zune is big, bulky and more than half an inch thick. That's even bigger than the 80 gigabyte (GB) iPod, and the Zune only holds 30GB. The rubbery casing around the Zune, while protective, also makes it difficult to slide into a pocket.

The controls on the Zune are also difficult to master, according to former Western student Alex Anderson.

One of the features advertised with the Zune is the Marketplace music store and the ability to share music wirelessly. It's a great idea, but the music store doesn't live up to the hype.

When music is shared between two Zunes, the person receiving the music gets it for three days, or they can listen to it three times, depending on which comes first. If he or she wants to keep the song, he or she has to buy it.

Microsoft offers unlimited downloads through the Marketplace music store for \$14.99 a month, according to Western junior and Bellingham Best Buy wireless expert Derek Bender.

"If Microsoft hopes students will be trading in their iPods, it has some work to do."

But these songs will only go onto the Zune. They can't be downloaded onto the computer or burned to a CD. And if subscribers decide they want to end their subscriptions or get a new MP3 player, all the music they downloaded will be lost.

Microsoft has developed a music-renting service as opposed to a music-buying service.

If Microsoft hopes to draw people in with the Marketplace, the music subscribers download needs to become theirs permanently.

Any music purchased from the Apple iTunes store can be burned to a CD seven times, which frees the buyer from the limits of the Zune Marketplace. The iTunes store may charge more at 99 cents per song, but it provides a more stable service and a wider selection of music.

The Zune isn't going to be a possibility for everyone, either. Zune is only compatible with PCs, which means Mac users are left in the dust.

Bender said the Zune isn't selling as well as it was expected to. The store only sold 40 players in the two weeks since its release, but sold more than 22 iPods on the day after Thanksgiving alone.

If Microsoft hopes students will trade in their iPods,



cartoon by Randall Ragsdale GUEST CARTOONIST

it has some work to do. The Marketplace and the player itself need to be revamped, and made more user-friendly. Microsoft needs to come up with something simple and creative and not just a difficult iPod knock-off.

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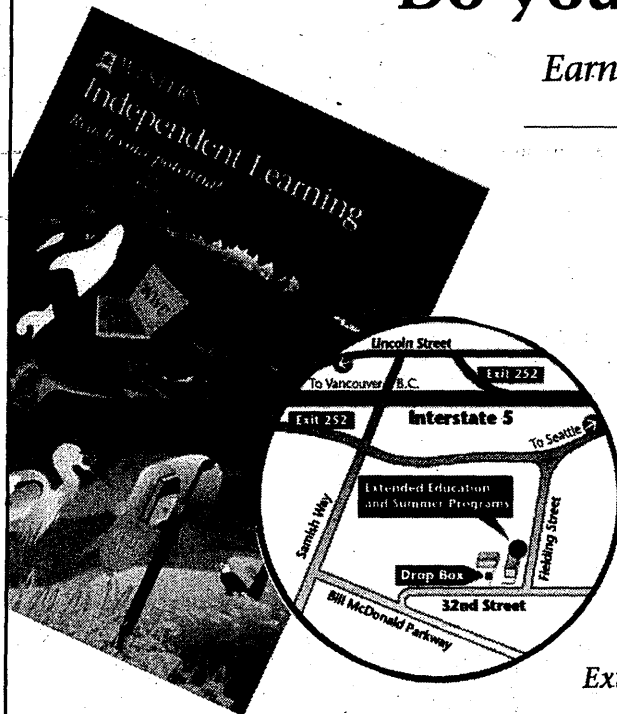
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Letters to the Editor

Die-in worth the effort

The Nov. 17 Western Front coverage of the Die-in included a comment by a passer-by about how the Die-in is an "ineffective way to make change." As one of the organizers, I heard this eager criticism daily.

We collected more than 160 signatures for petitions to Sen. Murray, Sen. Cantwell and Rep. Larsen calling for the withdrawal of U.S. troops and the beginning of reparations to Iraq.

To publicize the Die-in, we advertised on KUGS FM and gave away more than 600 fliers, spoke on KGMI radio station, advertised on The Nation's Web site, made "Latest News" on Michael Moore's Web site, and we were featured on a Ukrainian radio Web site to show that there are Americans opposed to the war.

One conversation the Die-in started was one against U.S. troop withdrawal, arguing, as in last week's letter to the editor, that it would allow for a "full-scale civil war in Iraq" (as if Iraq doesn't have one already).

As of this September, 71 percent of Iraqis wanted us out within a year and 91 percent of Iraqis wanted us out within two, according to the Program on International Policy Attitudes, University of Maryland.

Meanwhile, we are fortifying permanent bases in Iraq and considering sending more troops. Estimates of Iraqis killed range from 150,000, according to the Iraq Health Ministry to the Lancet Study's recent 650,000 estimate.

We're making Saddam and his 300,000 killings in fewer than 24 years, according to the U.S. Department of Defense, actually look good.

If these are the kind of conversations the Die-in galvanized on campus, then that alone is worth the effort. These conversations don't just matter — they are the reason we have a democracy.

- Kate Gould
Western senior

Naughty nights misleading

"Drat" as W.C. Fields used to say.

I read one day too late the entrancing Ocean Beach Club & Grill ad in the Nov. 17 Western Front. My particular point of reference is "Saturday Naughty Night" and the offer of either a party bus or a limo at half price.

The American dream



Additional information by the White Rock, British Columbia, nightclub included a no-cover policy on both Fridays and magical Saturdays. Also prominent in the self-described "legendary" club's entreaties was a reference to Western Wednesday Night whose featured frolics are \$2 well drinks and \$2.75 draft beer.

I guess it was the Naughty

Night copy that caught my veteran eyes with offers of free drinks for girls who dress up as "School Girls*Cheerleader s*Nurses*Tennis Hoes*French Maids."

I did find it a bit disappointing that free drinks are not provided to girls doing impressions of Playboy Playmates but, this is, indeed, a less than perfect world.

Admittedly, I'm not entirely sure what "Tennis Hoes" are, it strikes me that I should dress for the occasion when I stand out on I-5 ready for a limo or bus pickup while all revved up for "Naughty Night." I'll be the guy in charmingly rural tennis attire with a hoe pointed jauntily over a shoulder.

-Bob Sanders
Bellingham resident

THE real eve

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THURSDAY DEC 7	7:30A - MIDNIGHT
FRIDAY DEC 8	7:30A - 5:00

SATURDAY & SUNDAY, DEC 9-10 CLOSED

MONDAY DEC 11	7:30A - MIDNIGHT
TUESDAY DEC 12	7:30A - MIDNIGHT
WEDNESDAY DEC 13	7:30A - MIDNIGHT
THURSDAY DEC 14	7:30A - 5:00P
FRIDAY DEC 15	7:30A - 1:30P

Extended hours at THE MILLER MARKET

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TUESDAY DEC 5	7:30A - 6:30P
WEDNESDAY DEC 6	7:30A - 6:30P
THURSDAY DEC 7	7:30A - 6:30P
FRIDAY DEC 8	7:30A - 5:00P
SATURDAY DEC 9	11:00A - 5:00P
SUNDAY DEC 10	11:00A - 5:00P

MONDAY DEC 11	7:30A - 6:30P
TUESDAY DEC 12	7:30A - 6:30P
WEDNESDAY DEC 13	7:30A - 6:30P
THURSDAY DEC 14	7:30A - 6:30P
FRIDAY DEC 15	7:30A - 3:00P

you're up all night, we might as well be up too.