

**IN THE FRONT**

**OPINION**



**C-lot parking problems**

PAGE 13

Parking in a dirty, overcrowded lot isn't worth the expensive price tag.

**FEATURES**

**STRESSED  
OUT**



As midterms approach students look for ways to manage stress: PAGE 9

**WEATHER**

Tuesday  
55° / 42°

Wednesday  
52° / 45°

Thursday  
57° / 42°

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## Law pushes profs to cheaper texts



photo by Mark Malijan THE WESTERN FRONT

"Essentially what the bill is trying to do is give students more choice when purchasing their materials," said AS Bookstore General Manager Lara Mann (above).

### New legislation encourages professors to consider cost of materials

**Nick Rohde**  
THE WESTERN FRONT

Cheaper textbooks could be on the horizon due to a new bill in the Washington State Legislature that requests professors to consider the cost of the course materials they require for students.

The bill passed unanimously in the state's House of Representatives and Senate last spring, said Lara Mann, general manager of the

Western Associated Students Bookstore. The bill states that university faculty and staff should consider adopting the least expensive edition of books available and work closely with publishers and bookstores to create bundles with items also available individually, Mann said.

"Essentially what the bill is trying to do is give students more choice when purchasing their materials," Mann said.

The bill does not require that professors choose the most inexpensive course material, but it asks them to consider price when selecting course material when educational content is the same, Mann said.

Robert Perks, the assistant manager of the Western Associated Students Bookstore, said a common practice in the textbook industry is to

see **TEXTBOOKS** page 5 ▶

## Viking volleyball slams Seattle U

**Michael Harthorne**  
THE WESTERN FRONT

The Viking volleyball team won again in near-dominant form against the Seattle University Redhawks in Carver Gym on Oct. 14.

The Vikings won the first game of the match 30-22. The Redhawks got their first lead early in the second game, but their miscommunications allowed the Vikings to take the second game 30-19.

Western volleyball is 13-5 overall and 9-1 for second place in the Great Northwest Athletic Conference.

The Vikings' defense handled the Redhawks' serves

see **VOLLEYBALL** page 6 ▶

## Flu shots available on-campus

**Matt Oak**  
THE WESTERN FRONT

Headache, fatigue, runny nose, sore throat: these are just some of the symptoms that sufferers will experience during the fast-approaching flu season. But, beginning this week, students and faculty can help themselves and others avoid these symptoms by getting a flu shot.

Until Nov. 17, the Student Health Center will offer flu shots to Western students, staff and family of staff members. For an \$18 charge to their student accounts, students can be immunized for this season's most common strain of influenza.

"We are recommending that all staff and students get the flu shot," said Dr. Emily Gibson, director of the Student Health Center.

Since the flu is an upper respiratory disease, people with chronic diseases such as lung disease are highest priority, but everyone can benefit from the immunization, Gibson said.

Shirlee Claret, a pharmacist at the Lakeway Fred Meyer pharmacy, echoed the idea that

see **FLU** page 4 ▶

## Crime high in Happy Valley

### Neighborhood ranks third in reported incidents

**Emily McMahon**  
THE WESTERN FRONT

Sirens and broken windows are no longer strange occurrences in the Happy Valley neighborhood. A rash of recent break-ins and a steady crime rate have put residents of this seemingly quiet neighborhood on edge.

According to the Bellingham Police Department's 2005 Neighborhood Crime Summary, Happy Valley had the third highest rate of reported incidents in all of Bellingham behind the Meridian and Roosevelt neighborhoods.

Happy Valley also had the highest rate of vehicle prowls with a total of 272 in one year. The next-highest neighborhood is Roosevelt which had 173 reported vehicle prowls — that means Happy Valley had 99 more prowls than any other

neighborhood.

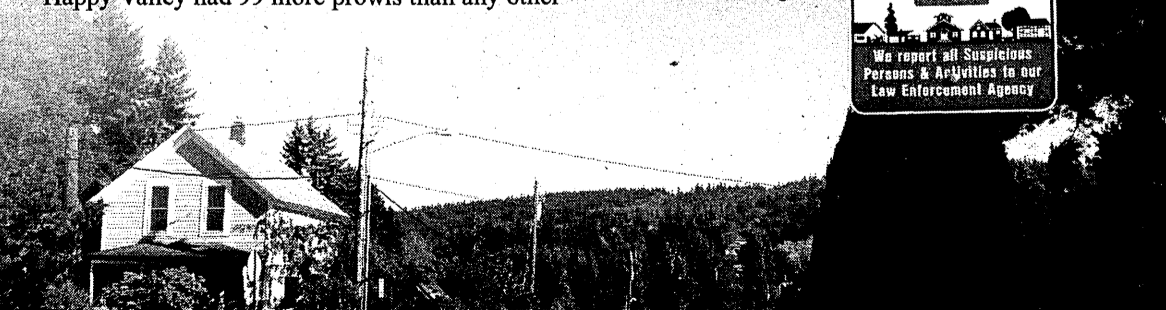
"Vehicle prowls are pretty common," said Jason Monson, a Bellingham Police Department patrol officer for the area around Happy Valley.

Monson suggests that the high amount of crime may be due to the high population density in the area. He said the large number of apartment buildings results in a higher number of people and cars.

Out of Bellingham's 23 neighborhoods, Happy Valley was ranked third in the

see **CRIME** page 5 ▶

photo by Emily McMahon  
THE WESTERN FRONT



## >>News Briefs<<

### Islamic Finance and Economics Symposium

Western's Center for International Business is holding a free symposium on Islamic finance and economics. There will be four guest speakers: Sam Hakim, Clement Henry, Mahmoud El-Gamal and Tarik Yousef. The speakers will address Islamic banking and economics in the Middle East, Nov. 9 from 8:30 a.m. until 5 p.m. in Parks Hall room 441.

### Schwarck receives honor

Nathan Schwarck has been elected to serve on the board of directors of the American Academy of Underwater Sciences (AAUS). Schwarck is a safety professional at Western's Shannon Point Marine Center.

Schwarck serves as a research vessel captain, marine technologist and diving safety officer at the marine center in Anacortes. He is the university's designated representative to AAUS.

Schwarck's one-year term as a board member will begin Jan. 1 and he will serve on the Standards Committee, which reviews the applications of prospective new members.

### Professor speaks on parenting

Ralph Vernacchia, who founded Western's Center for Performance Excellence, will

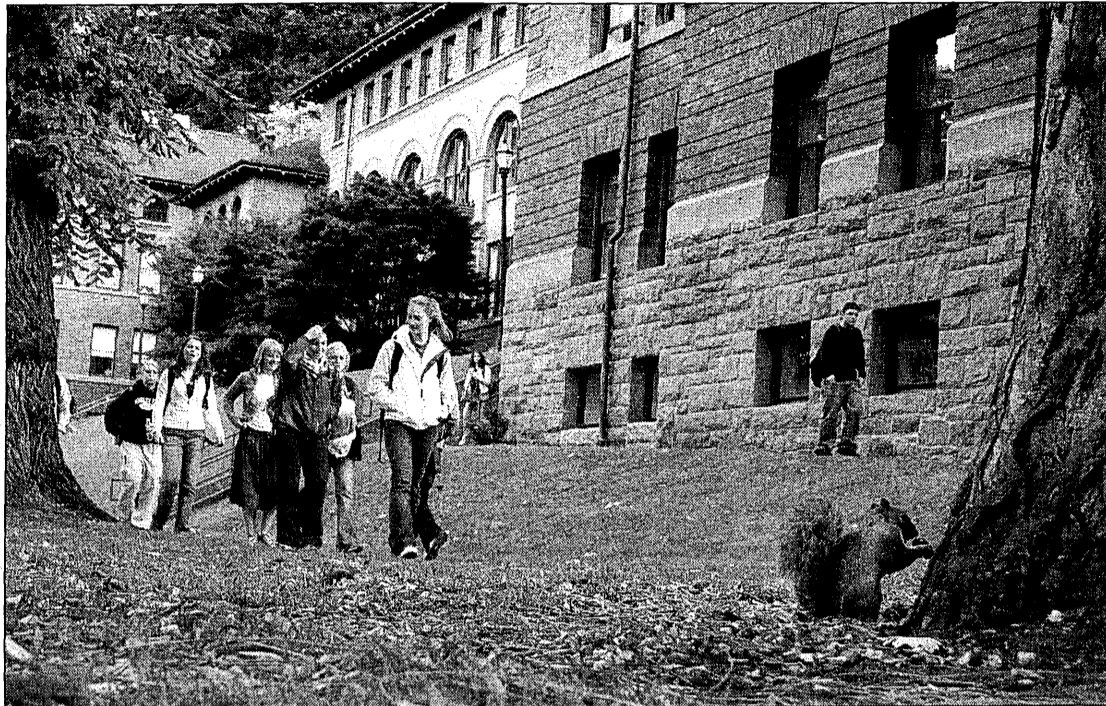


photo by Mark Malijan THE WESTERN FRONT

As classes are dismissed, a squirrel forages for food on a wet day in front of Old Main on Monday.

present a lecture on parenting and an active lifestyle. The lecture, "Perspectives on Successful Parenting in Sport Life," will be at 7 p.m. Nov. 14 in Communications Facility room 115, and is free to the public.

His talk will highlight the goals of the Center for Performance Excellence.

### National Security Lecture set for Oct. 26

Margaret Stock, an immigration attorney and a lieutenant colonel in the Military Police Corps of the U.S. Army Reserve, will speak

at Western at 3 p.m. Oct. 26 in Communications Facility room 120. Stock will speak about her belief that the U.S. immigration system should be integrated into a national security strategy. The lecture is free and open to the public.

### Western to present at geology meeting

Western professors Don Easterbrook and Scott Linneman will present their research at the annual meeting of the Geological Society of America in Philadelphia on Oct. 22 to 25.

Easterbrook will present his paper, "The Cause of Global Warming and Predictions for the Coming Century."

Linneman will also present sessions about two of Western's groundbreaking teacher education programs, "Preparing Future Elementary Teachers That Will Teach Earth Science," and "GK-12 Fellows as Catalysts for Reform of Science Education."

### Western sleepover program set for Nov. 3-4

Western's Sleeping Over with Science and Arts program will take place Nov. 3 to 4.

The program offers up to 70 students in third through eighth grade the opportunity to sleep over in Western's Science, Math and Technology Education building.

Students get to choose from

## Cops Box

Western Campus Police:

- » Oct. 12, 7:29 a.m.: Campus Police requested Bellingham Police help with a three-car accident blocking the exterior of south campus.
- » Oct. 12, 11:02 a.m.: Officers responded to a suspected theft at the Associated Students Bookstore.
- » Oct. 12, 1:09 p.m.: A student was medically transported from the Fine Arts building to the Student Health Center.

Bellingham Police Department:

- » Oct. 15, 2:54 a.m.: Officers responded to a reported hit-and-run on the 2900 block of Woburn Street. A report was taken, but there are no suspects at this time.
- » Oct. 14, 10:56 p.m.: A Bellingham resident reported a pumpkin theft on the 2700 block of Birchwood Avenue.
- » Oct. 13, 2:02 a.m.: Officers responded to report of a prowler on the 1800 block of Alabama Street.
- » Oct. 12, 6:36 p.m.: A 39-year-old male was arrested on suspicion of urinating in a public place on the 1400 block of C Street.

Compiled by Natassia Zabel

four topics in arts, science, music and storytelling. The program's price of \$55 includes instruction, materials, a snack and breakfast. There is also an optional recreation portion on Nov 4, which costs \$15.

Compiled by Emily McMahon

### Corrections for Oct. 13 issue

> In the photo cutline on News page 1, the event pictured was not organized by Western Against War. It was organized by Shirley Osterhaus of Fairhaven College. Pictured was Osterhaus and others.

> In the story "Celebrating the Curves," on Arts and Entertainment page 2, there was an error concerning males involved in the production. Other males involved were Ty Vennewitz and Mark Kuntz.

The Western Front regrets these and any other errors. Any errors should be reported immediately to the Editor in Chief at [thewesternfronteditor@yahoo.com](mailto:thewesternfronteditor@yahoo.com).

## THE WESTERN FRONT

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The Western Front is published twice weekly in the fall, winter, and spring quarters and once a week in the summer session. The Western Front is the official newspaper of Western Washington University, published by the Student Publications Council and is mainly supported by advertising. Opinions and stories in the newspaper have no connection with advertising. News content is determined by student editors. Staff reporters are enrolled in a course in the department of journalism, but any student enrolled at Western may offer stories to the editors. 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 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-9117, faxed to X/4343, or brought to Commissary 111. DO NOT SEND ANNOUNCEMENTS DIRECTLY TO THE WESTERN FRONT. Phoned announcements will not be accepted.

CHECK THE TESTING CENTER WEB SITE for testing schedules at [www.ac.wwu.edu/~assess/tc.htm](http://www.ac.wwu.edu/~assess/tc.htm).

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

THE SECOND ANNUAL PHI KAPPA PHI CHAPTER 250 LECTURESHIP will be presented by Mark Bussell (chemistry) at 5 p.m. Oct. 19 in CF 120. He will speak on "The End of Oil — One Chemist's Optimistic View of Our Energy Future."

FIND OUT ABOUT THE HUMAN SERVICES MAJOR at an information session from 2:30 to 3:30 p.m. Oct. 23 in MH 214, or call X7759 for information.

BIOLOGY SEMINAR. Daniel Schindler (University of Washington), "Big Effects from Subtle Causes: Responses of Aquatic Ecosystems to Climate Change on The West Coast." 4 p.m. Oct. 25, BI 234. Refreshments, 3:50 p.m.

THE MATH PLACEMENT TEST schedule and sample topics may be found at [www.ac.wwu.edu/~assess/tc.htm](http://www.ac.wwu.edu/~assess/tc.htm).

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

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

THE DEADLINE TO APPLY FOR THE RECREATION DEGREE PROGRAM is Friday, Nov. 17. Application materials and a pre-scheduled faculty interview must be completed by that date. For more information, stop by the Recreation Program Office in Old Carver 6, call X/3782, or go to <http://www.wwu.edu/pehr/Recreation/index.shtml>.

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](http://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 Nov. 18, Jan. 13, March 3, April 28, June 9, and Aug. 4.

### On-campus recruiting

For complete, updated information, see [www.careers.wwu.edu](http://www.careers.wwu.edu) or stop by Old Main 280.

• Oct. 17: Moss Adams; • Oct. 18: Clark Nuber, PS; • Oct. 19: McGladrey; Sweeny Conrad; • Oct. 20: Grant Thornton; KPMG LLP; • Oct. 23: Varner, Sytsma, Herndon; • Oct. 25: Consolidated Electrical; Falco Sult; Oct. 26: Consolidate Electrical; • Oct. 26-27: Jostia.com; • Nov. 1: Pacific Capital Resource Group, Inc.

# Water tank becomes a piece of the past

**Owen Finney**  
THE WESTERN FRONT

Pieces of Bellingham's last standing water tank were separated with cutting torches on Oct. 12, and the pieces were dumped into a recycling bin the size of a semi trailer.

Two days later the entire structure was gone.

A large crane was used to lift the pieces from the structure and set them on the ground where workers sliced them into smaller sections.

Located on Highland Drive and College Way, the tank provided water to nearby fire hydrants, said Derek Holz, project engineer for Bellingham Public Works.

The tank was dismantled because the city built a pumping station that replaces its functions, Holz said.

Earlier this year, the city finished installing the pumping station, located at the same site, Holz said.

The new pumping

system can push as much as 3,500 gallons per minute through the hydrants, compared to the 1,000 gallons per minute the old tank could push through the same hydrants.

The new installation means that if any fires break out in the south campus area or the surrounding community, fire crews will be better equipped to extinguish the flames, Holz said.

Inside of the water tank, the walls were coated with tar, which sealed the tank so water wouldn't rust the steel, said Lawrence Butler, co-owner of All Industrial Services. The tar meant that the workers had to be cautious with their cutting torches.

"We'd like to just tip it over but it's a small site so we have to be very careful," Butler said.

The standing tank was the last of its kind in Bellingham and was readily visible from south campus.

"Personally, I'm an old

engineer and I remember water tanks fondly," Holz said.

Made entirely of steel and, in accordance with the Department of Ecology, the structure's pieces were shipped to a recycling plant, Burwell said.

The construction site is several yards from the intersection, so traffic wasn't seriously affected.

Tim Montgomery, vice president of Standard Construction Inc. said traffic would be impeded only when the demolition crew loading or unloading equipment.

There was a general slowdown caused by drivers and pedestrians watching the dismantling of the structure.

The elevated tank also provided a roost for cell phone antennas. As of Oct. 14, Sprint-Nextel was the only company to erect a new tower, said Dan Burwell, an engineer and consultant for All Industrial Services.

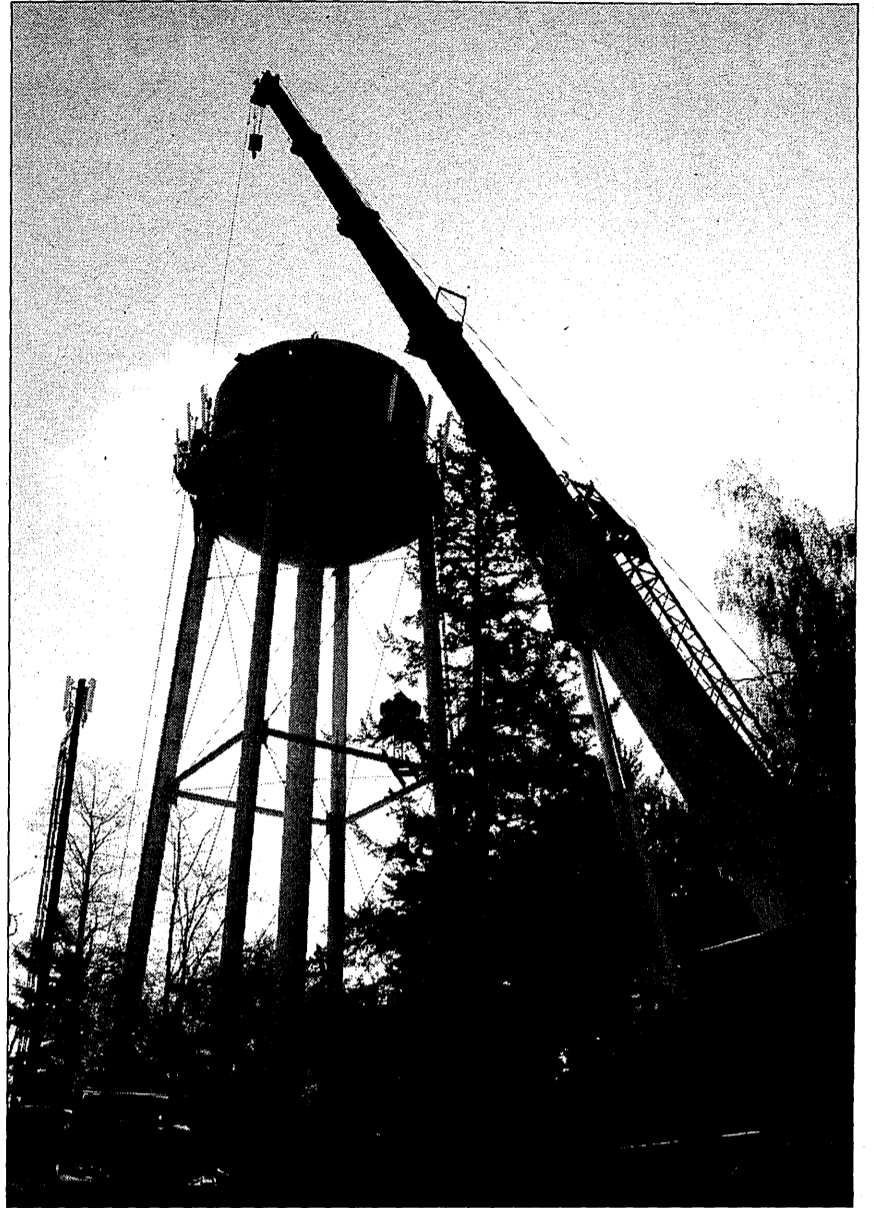


photo by Mark Malijan THE WESTERN FRONT

Workers began dismantling Bellingham's last standing water tower located on Highland Drive and College Way on Oct. 12.



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# Rodin

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This exhibition is organized and made possible by the Iris and B. Gerald Cantor Foundation. Sponsorship support provided by Bellingham Arts Commission and ConocoPhillips-Ferndale Refinery

WASHINGTON STATE ARTS COMMISSION

Auguste Rodin, *The Spirit of War* (detail), cast before 1917, bronze, 44 1/2" x 22 1/2" x 15", Iris and B. Gerald Cantor Foundation

# Flu shots available at Health Center

## ► FLU from 1

everyone should get a flu shot this season, and that unlike past years, there is no priority set for certain individuals.

A handful of people should not get flu vaccinations. Eggs are used when making flu vaccines, so people who are allergic to eggs should not get the flu shot, said Joanne Balsiger, a pharmacist at the Meridian Haggen pharmacy.

In addition, anyone who has had previous negative reactions to the flu shot or other shots, and women who are pregnant should talk to their physician about getting vaccinated, Balsiger said.

The flu vaccine is made each year based on common strains in other parts of the world, but even an unpredicted change in the circulating strain can be at least partially countered by a flu shot, Gibson said.

As a respiratory disease, influenza can cause severe complications for people with asthma, those with a history of heavy smoking, senior citizens, and anyone with prior respiratory issues, Balsiger said.

However, the Student Health Center is careful to screen for allergies and other complications, Gibson said.

According to the Center for

Disease Control Web site, more than 200,000 Americans are hospitalized in an average year for flu-related complications, and 36,000 of those people die.

The Student Health Center diagnoses 50 to 75 flu cases in a mild year, and as many as 200 in a worse flu season, Gibson said.

Claret said there are plenty of shots to go around this year, and flu vaccination can help protect students and the people around them from being ill this winter.

Dr. Gibson (right) gets a Band-Aid from a registered nurse after receiving the flu shot. Dr. Gibson recommends that everyone receive the vaccination. Students can get a flu shot until Nov. 17 at the Student Health Center. This painless procedure provides three months of protection.

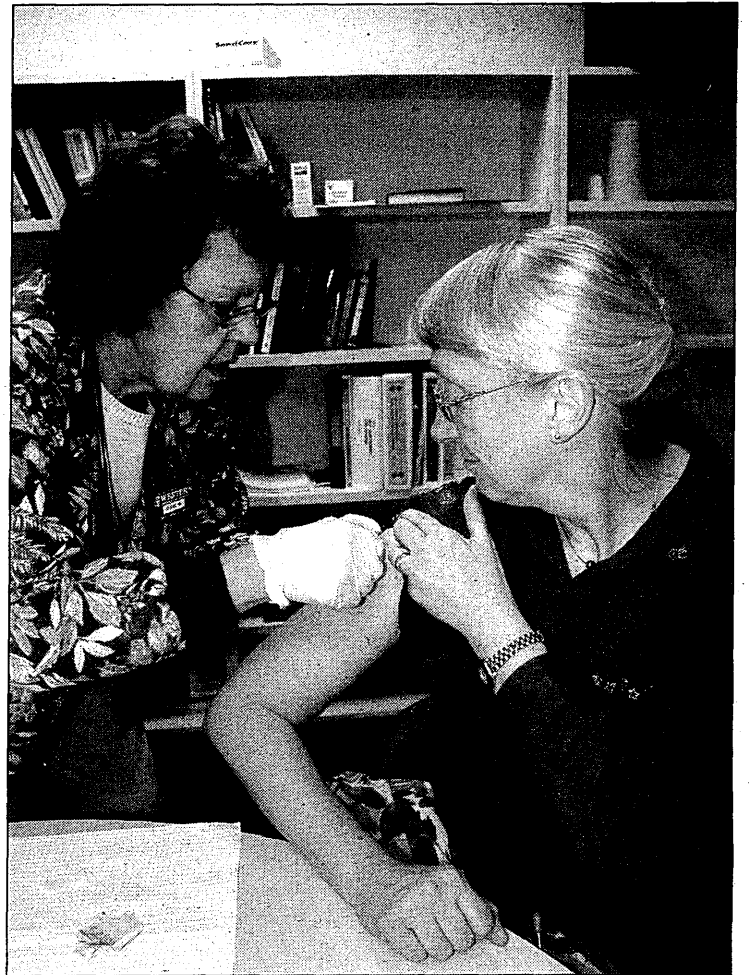


photo by Mark Malijan  
THE WESTERN FRONT

**Location:** Student Health Center, second floor of Campus Services Building  
**Dates:** Oct. 16 - Nov. 17  
**Time:** 10:30 a.m. - 1:30 p.m.  
*More Information: Call Self-Care at 360-650-2961*

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**Let's Talk Forum**

**Living Together in Bellingham:**  
Student Parties, Enforcement Practices, and Neighborly Relations

**Wednesday, October 18th, 7:00 - 9:00 pm**  
**American Museum of Radio and Electricity, 1312 Bay Street**  
(Go north on Holly Street and turn right on Bay Street)

**This forum takes an in-depth look at issues facing students, long-term community members, and law enforcement. Listen, learn, & share how we might better live together in Bellingham:**

- How do off-campus parties impact students, Bellingham neighborhoods, and law enforcement?
- What are local laws and enforcement practices?
- What are the perspectives of students living off-campus and their long-term neighbors?

Event sponsored by the Campus Community Coalition and the Western Washington University Communications Department.  
Funded by NIAAA grant # 1 U18 AA015453-03. AA/EO Institution. For disability accommodation call (360) 650-6516.

**WESTERN FRONT CLASSIFIEDS**  
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**650-3161**

## Happy Valley neighborhood has second-highest rate of assault felonies

► CRIME from 1

following categories: residential burglaries, auto theft and malicious mischief on the 2005 Neighborhood Crime Summary.

It also had the second-highest rate of assault felonies.

"My house was broken into three times," Western junior Katelin Rempfer said. "The first time they just broke our table and ran off. The second time they took me and my roommate's computers and the third time they jimmied the door to my bedroom open and stole my computer, digital camera and mp3 player while my roommates were home."

Officer Monson said the criminals can be anyone: amateurs who just see an opportunity or professionals who use theft as a way to make a living.

Many of the crimes in Happy Valley are crimes of opportunity—crimes that are committed because the opportunity presents itself, and may not have occurred otherwise. Unlocked doors, open windows and leaving valuables in plain sight are an invitation for opportunistic criminals, said Crime Prevention Officer Tara Fleetwood of the Bellingham Police Department.

"We don't feel safe anymore," resident Abigail Plank said, speaking for

herself and her roommate. She said her car was broken into and they were victims of repeated home invasions.

"Every time we've been broken into we've been home," Plank said. "It's scary to think what would have happened if we had caught them."

Regardless of the neighborhood, there are several tried-and-true crime prevention methods.

Be proactive, Fleetwood said. "If you see suspicious people in your neighborhood, alert your neighbors and call 911."

Fleetwood also suggested parking in well-lit areas, keeping porch lights on and leaving all valuables out of sight.

"If you're gone, leave lights or the TV on," Monson said. "Don't leave anything of value in your car — even backpacks."

He also advised people to be careful of who they let in their homes — friends of friends are sometimes not who you think they are.

The Block Watch program, run by officer Fleetwood, has several chapters in the Happy Valley area. Block Watch is a program sponsored by the police for residents to help prevent crime in their neighborhoods. The program's main goals are to have neighbors lock their cars and houses, keep porch lights on, report all suspicious behavior and to put up Block Watch signs to let potential criminals know they are being watched.

"It doesn't matter where or what the crime is," Fleetwood said. "We'll suggest the same thing — neighborhood awareness."

## Bill may increase used book quantities

► TEXTBOOKS from 1

bundle books with extras such as compact discs, workbooks, and online access codes. Many publisher representatives meet with professors in attempts to persuade them to buy bundles rather than just the book alone, said Perks, who is responsible for ordering textbooks.

"The way that the bill has a practical effect with publisher reps is that I can say that the state requires me to find a way to break these bundles up and make these pieces available individually," Perks said.

The legislation requests bookstores communicate with professors to see if they are sure the packages they order will have true educational value, Mann said.

Mann said she hopes the bill will allow the bookstore to put more used books on the shelf because it won't be stuck buying packages.

"The bookstore can't buy back used books if the professor wants a package, and that's where communication with the faculty comes in," Mann said.

Western has put new policies into effect to increase the amount of communication between the bookstore and faculty members, Mann said. The bookstore will work more closely with professors when they order course materials, Mann said.

The bookstore had already received the orders for fall quarter before these

policies went into effect, but it is trying to implement the policies for winter quarter, Mann said.

"We are busily working on compliance right now," Mann said. "This is not only going to affect students, it's going to have a big effect on faculty, so I think students are going to be hearing about this in class as well."

The Associated Students Board of Directors is looking at other ways to make textbooks cheaper, said James Sanders, the Associated Students vice-president for academic affairs.


"I would like to see all textbooks available on reserve in the library," Sanders said.

Eighteen states have adopted similar legislation regarding textbooks in the last few years, Mann said.

"(The bills) are all a little bit different," Mann said, "but this is definitely a national trend."


### AS Bookstore pricing

The publisher decides the price of books. The bookstore adds a 25 percent margin, which is an industry standard, then the bookstore takes a 10 percent discount off the total price.




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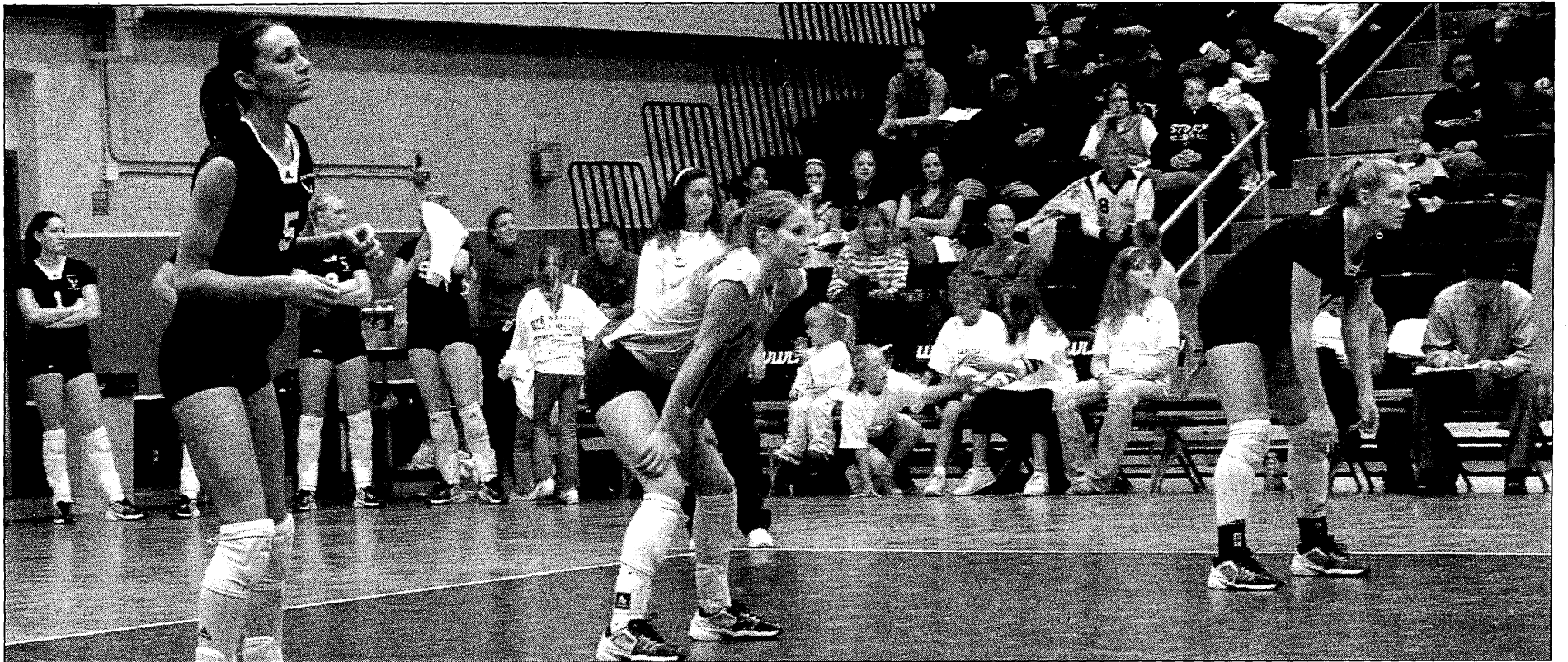


photo by Melissa Blair THE WESTERN FRONT

Western volleyball players Jaime Anderson (left), Courtney Schneider (center) and Emily Castro (right) stand ready to receive a serve during the Oct. 14 game in Carver Gym.

## Western volleyball team beats Redhawks

### ► VOLLEYBALL from 1

and limited their scoring runs, accounting for the Vikings' first two victories, junior setter Katie Robinson said.

The Redhawks challenged the Vikings in the third game and kept the game tense until the final score. The Redhawks held the lead for most of the game, but two consecutive kills from Western sophomore

middle blocker Tiana Roma, who finished the match with 12, turned the game around.

"Most of us do really well under pressure," Roma said. "I just happened to do well at that point."

The Vikings worked for a 29-22 lead, but the Redhawks scored five straight points before the game ended when Redhawk senior Marisa Vierra hit the ball into the net.

Viking head coach Diane

Flick said she was disappointed, but not surprised, by the way the Vikings finished the third game of the match.

"We tend to slow down at the end," Roma said. "We just have to work on finishing it right away."

The Vikings have won 11 of their last 12 matches, including six in a row and two sweeps in their last two matches.

Western junior outside hitter Jaime Anderson finished with a

match-high 14 kills and junior libero Courtney Schneider had 27 digs. Schneider holds the Vikings' career record for digs with 1,618.

The Vikings' overall offensive attack kept the Redhawks from focusing their defense on one Viking player, Flick said.

"We have a balanced offense," she said. "When you have that, you can really take teams out of their rhythm."

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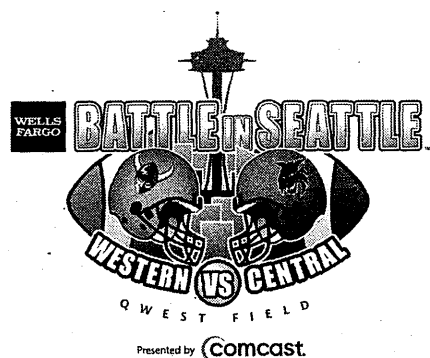


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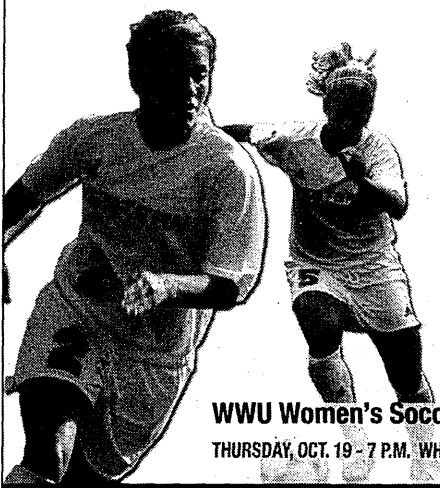
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## Graduate student jazzes up community

**Graig Hill**  
THE WESTERN FRONT

**J**azzing up "The Star-Spangled Banner" at a Seattle Supersonics game in 2000, baritone/bass vocalist Andy Marshall, 31, a Western graduate student, and his a cappella group Kickshaw drew the attention of former Sonics players.

"Gary Peyton and all those guys said, 'Hey man that was sweet,'" Marshall recalled.

Marshall's love of music has evolved into studying for his masters in teaching certification for elementary school music at Western's Woodring College of Education. His experience landed him a job as the music program director for the Bellingham Unitarian Fellowship (BUF).

"What's great about BUF is it's really open to anything. The minister says, 'this is what I'm thinking, but you write it,'" Marshall said. "If I can't find what I want in African, rock, pop, jazz, or classical, I write it myself."

Marshall directs the fellowship's 50-member chamber choir, which debuted his original piece "Enlightenment," a modern choral with a neo-20th century chant influence, Sunday. He also directs the 15-member choir and oversees the children's choir at the fellowship.

"I've been proud to install three consecutive music directors at BUF," said Tim Fitzpatrick, a Western choral music instructor who served as the fellowship's choir director for five years. "What Andy brings to that position is charisma and a connection to West African traditions."



photo courtesy of Rachel Smith Manrique

**Western graduate student Andy Marshall incorporates his love of music into his education. Marshall is the music director of Bellingham Unitarian Fellowship as well as at Western.**

Marshall said that some of the high points in his music career have been opening for his favorite band, Huey Lewis and the News, for Crystal Gayle, and for The Oak Ridge Boys, and singing the national anthem at Sonics and Mariners games.

"I'm a performance-based artist," Marshall said. "I like to write music, to base it on performance experience and what I know works in a stage setting."

Marshall is a mentor for fellow Western Concert Choir members as a section leader.

For his second year, Marshall is also leading the Western Jazz Choir, a group of eight members.

"It's a small group and everyone has to be a good musician," said Dr. Leslie Guelker-Cone, Western's music department director of choral activities and concert choir conductor. "He had really good success last year leading the jazz choir."

"He's very charismatic, people are drawn to him," Guelker-Cone said.

Marshall's music talent can be tracked back to age 5, when he began playing the fiddle. Before long he was playing at old-time fiddle competitions while growing up in Whitmore, a small town in Northern

California.

"Getting together with a bunch of people to see who could play fiddle the best was a lot of fun," Marshall said.

Playing acoustic bass and guitar, and African percussion instruments complement his vocal talents, Marshall said.

Marshall decided on a career as a jazz vocalist while attending Edmonds Community College, where he met his wife Dee Dee, also a jazz vocalist, Marshall said.

"They have a really aggressive program. We were being pushed to do our own music and be professional," Marshall said. "We gigged with the Basie Band and the New York Voices."

After graduating from Edmonds and performing with Kickshaw, Marshall and his wife worked in the Peace Corps for two years, in Dialafara, Mali in West Africa. Marshall worked for a water sanitation program that dug and built wells. He also worked for United States Aid radio productions. His wife worked for a prenatal care program.

In Mali, Marshall learned French and the native language, Bambara.

Marshall wrote and performed an eight-episode, radio-theatre music drama in Bambara, Marshall said.

The radio soap opera had a romantic theme similar to Romeo and Juliet that dealt with United States Aid issues such as HIV/AIDS prevention and education, women's rights and basic education, Marshall said.

The experience continues to shape the Marshall's lives. Their 6-month-old daughter, Adama was named after one of their Malian host mothers and means "queenly" or "beautiful girl," Marshall said.

After returning to the United States and moving to Bellingham, Marshall started a Bachelor of Arts degree at Western, which he completed spring quarter 2006.

"Between community college and Western he was in the Peace Corps in Africa and that made him a strong person and a strong student," Guelker-Cone said. "He'll be a good leader and be very successful. I look forward to watching his success when he goes out into the teaching world."

Between choir rehearsals and performances at Western and the fellowship, writing and arranging music, studying music education, and raising an infant, Marshall said he has little downtime, but when he does, Marshall and his wife enjoy touring the San Juan Islands by bike and playing Ultimate Frisbee.



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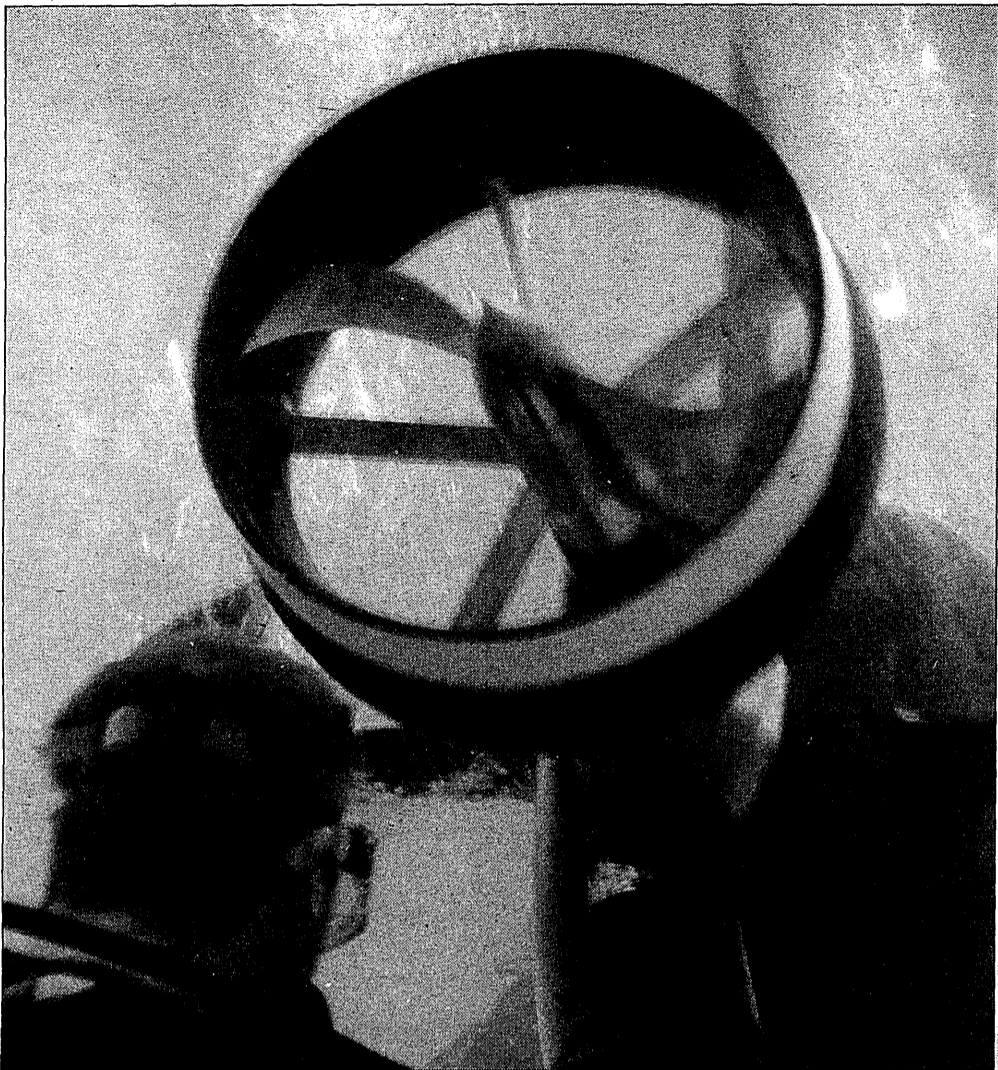


photo courtesy of Nicole Larson

A safety diver is prepared in case of an emergency during the Human Powered Submarine Contest in Escondido, Calif. in July.

# Submarine in a league of its own

WESTERN TEAM SEEKS MEMBERS  
TO BUILD SUBMARINE

Jon Brandenburg  
THE WESTERN FRONT

The air changes when the door is opened. The climate controlled homeostasis of the Ross Engineering building gives way to a cold work room. Tools and machinery scatter the various work stations, signs and placards warn of the dangers of not following rules and instructions. Safety goggles are a requirement. In the middle of the room, on a makeshift dolly, rests the submarine Drekar in all its azure glory.

"Here she is," says assistant team captain and vehicle research institute senior Randy Holt, patting the long blue submarine. "She did a good job last year, but there's still a lot of work to do."

Last year both Holt and fellow senior and team captain Dave Gertler competed in the Human Powered Submarine Contest in Escondido, Calif. The competition offered awards for teams who exhibited the most concern for safety while operating their submarines, best oral presentation of the sub design, greatest innovation, design, construction and operation.

The Western submarine, powered by Gertler and Holt, placed first last year in presentation for Drekar's innovative design, second in overall engineering for the team's use of materials and efficient construction, and fourth in the actual submarine race. This year the team is looking to take it all in the International Submarine Races June 25 through 30, 2007 in Bethesda, Md.

"We were working on a tight schedule last year," Gertler said. "We completed the design in January and began building it in February, then competed in July. It was a learning experience that I am grateful for, but we're trying not to repeat it."

This time around, both Gertler and Holt plan to focus their efforts on first applying modifications to Drekar, but also begin the planning and concept stages of building a brand new submarine. Not condensing the bulk of the submarine work in just a few months is the team's main emphasis.

Gertler said the sheer amount of stress helped motivate the students to complete their goal but he wanted to take things a little easier so as not to drive assistant engineering professor and team adviser, Nicole Larson, insane.

"We have some interesting concepts for the new boat," Gertler said during the first meeting of this year's submarine club. "It's unlikely that we'll use any of them, but they are interesting."

One such prototype, the Octopus, sports a sleek red design, multiple propellers and cool helmets for the pilots to aid in breathing and communication.

"Communication was a big issue last year," Gertler said. "It's very dark, you're underwater and you're wearing scuba equipment. You can't just talk to your copilot."

Last year, communication in the sub consisted of a pull-cord, a stopper and different colors of paint to notify the various pilots of direction or emergency. This year Holt and Gertler plan to implement a new series of light-emitting diodes as indicators and look forward to working with other members of the engineering department to make these changes.

This year, the team members look forward to being open to anyone interested, needing people to fill the roles ranging from design and actual construction and modification to fund-raising and publicity, Gertler said.

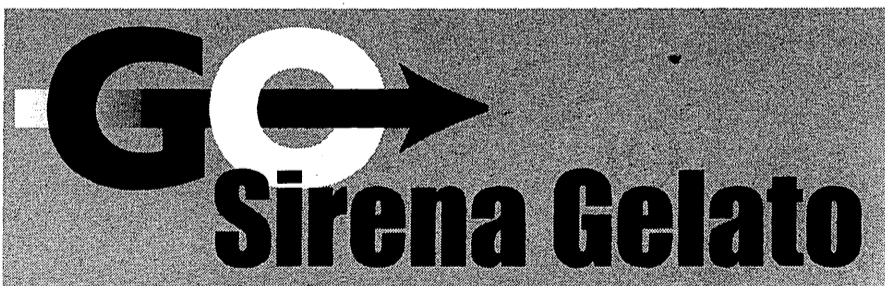
One of the added perks of becoming involved in the team is the opportunity to work toward scuba certification, Larson said.

"You don't actually need to be that interested to get involved," Larson said. "If you just want to take this opportunity to spend some time in the water, that is perfectly fine."

The team meets at 9 a.m. on Fridays in the Ross Engineering Technology building room 107 and is in the planning stage of turning Drekar from a human-powered sub to a true Viking, dragon-headed war ship, capable of defeating the competition, Gertler said.

"It's a great toy," Gertler said. "Now that we should have some more time this year, I look forward to getting to play with it some more."

photo and information by Tanya Williams THE WESTERN FRONT



**Description:** Sirena Gelato is a quaint little shop in Old Fairhaven nestled among an array of local businesses on Harris Avenue.

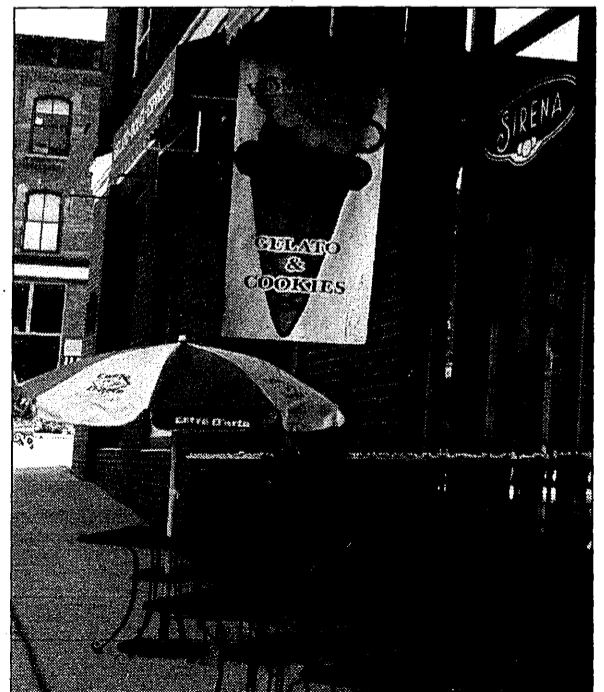
- It serves gelato, as well as espresso and freshly baked cookies. Each day, 20 different flavors are made fresh from a rotating selection of more than 40 choices.
- Situated in the heart of the Fairhaven neighborhood, the shop is convenient for a little treat after a meal or a bit of shopping.

**Prices:** \$3 for a small (2 scoops), \$4 for a medium (3 scoops), and \$5 for a large (4

scoops). Each scoop can be a different flavor. Espresso ranges from \$1.63-\$1.90 for a 12 oz. There's a coupon for buy one, get one of equal or lesser value free in the Fall 2006 Western Blue Book.

**Driving Directions:** From Western take 21st Street (traffic light near Campus Services), then turn right on Harris Avenue. Sirena Gelato is at 960 Harris Ave.

**Hours:** Noon to 10 p.m., Sunday-Thursday and noon until 11 p.m., Friday and Saturday.





# STRESS

# CAN YOU HANDLE IT?

## WESTERN OFFERS HELP TO STRESSED STUDENTS

**G.S. Raugust**  
THE WESTERN FRONT

The busy weeks of the quarter are approaching and along with them come the first tests, papers, and other assignments that can lead Western students into a stressful situations.

Western provides several resources for students who are suffering as a result of the stress that comes from trying to keep up with classes, school, family and more.

### Drop-in Sessions

Counseling Center  
Thursdays 4-5 p.m.

Wellness Outreach Center  
Monday-Friday 10 a.m.-4 p.m.

### Drop-in Relaxation Classes

"Stress is not really so much a thing as it's an experience inside of us, like joy or frustration," said Western counselor John Jordy, a licensed mental health practitioner. "No one escapes stress."

Stress is part of our "fight or flight" instinct, which is a way our body responds to feeling challenged, Jordy said.

"We experience stress to mobilize our resources and bring those resources to bear on that particular challenge," Jordy said.

Jordy leads a 50-minute, drop-in mental relaxation class at 4 p.m. Thursdays in the counseling center in Old Main 540.

"Usually people walk out having experienced at least one major technique for coping with or managing stress," Jordy said.

Each week, Jordy teaches strategies for dealing with stress such as using progressive muscle relaxation, using guided imagery to unwind or using a biofeedback machine to learn what causes their stress, he said.

The biofeedback machine electronically monitors the body's reaction to different stimuli, Jordy said. This allows users to recognize what kinds of things cause them to feel stress, he said.

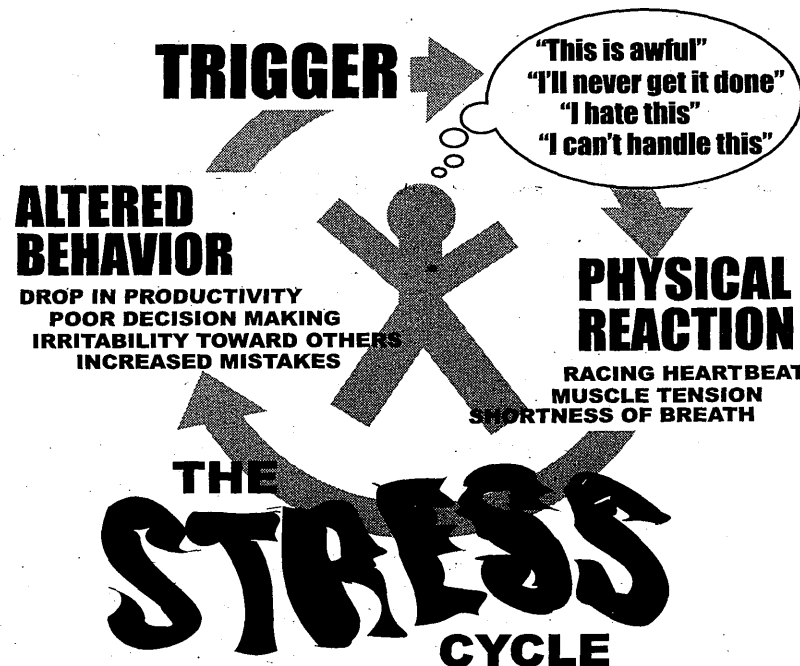
It's important for people experiencing stress to be able to identify what is causing those feelings if they want to address them, Jordy said. Usually there is more than one cause, he said.

"Take some time for yourself and



Western senior Kelly Kasner looks on as Western senior Andrew Simon uses the biofeedback machine, which monitors stress levels.

photos by Melissa Blair THE WESTERN FRONT



art by Matt Gagne THE WESTERN FRONT  
source: John Jordy

begin to take a look at what's triggering the anxiety and sleeplessness," Jordy said. "If you don't know what's causing the problems it's hard to fix."

### The Wellness Outreach Center and Student Lifestyle Advisers

A biofeedback machine is also available for drop-in use in the Wellness Outreach Center in Viking Union room 432, said health educator and center coordinator Jackie Stein. The center is open 10 a.m.-4 p.m. weekdays.

The Wellness Outreach Center is staffed by volunteers, some who are lifestyle advisers, a group of peer educators that provide other students with information about health and referrals to the various resources available on campus, Stein said.

"Sometimes people don't even know they are stressed and to sit down and talk with one of us and vent can really help," said lifestyle adviser Kellie Neumann, a Western senior.

Besides providing someone to talk to, the Wellness Outreach Center also offers pamphlets to ease a student's

worried mind on a wide variety of health-related topics and quarterly planning calendars to help students get organized, said lifestyle advisor Andrew Simon, a Western senior.

"Here at the Wellness Outreach Center we try to give people multiple options for relaxation like visual exercises, meditation and progressive muscle relaxation," Simon said. "They are all different tools that have worked for others in the past."

Whether it is cooking, music, hanging with friends or something else, everybody has something different that helps them deal with stress in their life, Stein said. Lifestyle advisers help students recognize what works for them and show them some things other people do to cope, she said.

"We are college students that care about helping their peers," Simon said, "Any lifestyle adviser can be a friend."

### The Recreation Center

Western's Wade King Student Recreation Center is open every day of the week and provides students with a variety of ways to relax like swimming in the pool, ascending the climbing

wall, lifting weights, participating in intramural sports, and getting professional massages.

"There are some things that reduce stress in everybody," Stein said. "Exercise reduces stress - it is almost like physically sweating out the stress."

Besides giving students opportunities for working out, the recreation center has four licensed professionals on staff to provide massages by appointment every weekday. Prices start at \$10 for a 10-minute chair massage and vary depending on the length of the massage.

Massages can encourage physical relaxation because in the process of a massage, certain chemicals are released into the bloodstream that have a soothing effect on the body, said Sari Seegmiller, one of Western's licensed massage practitioners.

Debra Applin, a post-graduate student at Western, said she gets a massage once a week to relieve the pressure in her back from a displaced disk. The massages loosen the muscle in her back that gets tight better than other techniques she has tried, Applin said.

"I've tried physical therapy, stretches, and they had me on medications, but the massages work the best of everything I have tried," Applin said.

The most important thing to remember when getting a massage is to communicate with the therapist about what it is you want and like so he or she knows how to treat you, Seegmiller said.

"Be sure to tell the therapist exactly what you want or don't want before the massage and if you've never had a massage before don't be afraid to say what you like or don't like during the massage," Seegmiller said. "Massage therapists aren't mind readers."

### Making a Plan to Avoid Stress

The first thing students should do when they feel stressed is take some time for themselves and look for the places where the feeling is coming from, Jordy said.

"The less time and energy you have, the more strategic you have to be to figure out where to use what you do have," Jordy said.

Sometimes students respond to stress by drinking alcohol or using drugs, but that really doesn't help the problem, Jordy said. Drinking sets students up to make bad judgment calls like staying up late and then missing class so they fall behind, which ultimately leads to more stress and then more drinking, he said.

"I think it's important to get some control over your own stress response so you're not in a chronic reactive state," Jordy said. "Practice relaxation strategies, breathing, working with your self-talk, getting perspective about what is really important and what is not. If we go around reacting to everything as a big thing we're constantly going to be reacting to stress."

Finally, the role of perception plays a big part in regulating stress responses, Jordy said. People sometimes make themselves feel worse by thinking negative thoughts, he said. Attitudes, beliefs and expectations have a lot to do with whether a person actually has a stress response or not, so two people in similar situations can have totally different responses, he said.

"Check your thinking patterns," Jordy said. "Are you talking to yourself in the same way you'd talk to a really good friend of yours? If you're not, you need to change that."

## Coyotes clobber Vikings

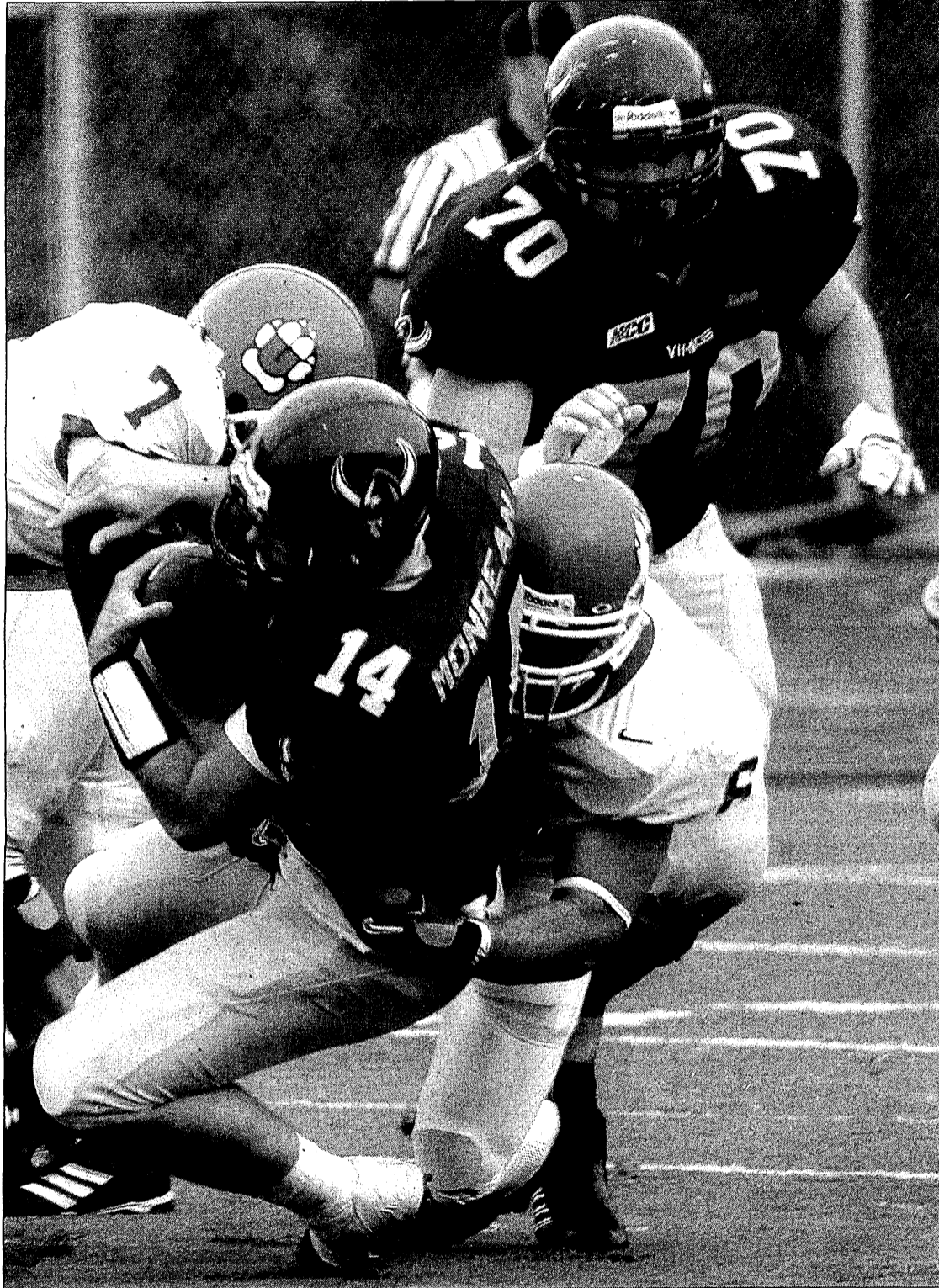


photo by Melissa Blair THE WESTERN FRONT

Senior quarterback James Monrean is tackled by two South Dakota Coyotes in a 42-10 loss Oct. 14 at Civic Stadium.

**Kimberly Higginbotham**  
THE WESTERN FRONT

The Viking football team failed to defend its home territory against the Coyotes on Saturday, falling 42-10 to the nationally ranked University of South Dakota at Civic Stadium.

Coyote quarterback Noah Shepard picked apart the Viking defense, throwing for 204 yards and one touchdown. He ran for another 59 yards and a touchdown.

Viking kicker Robby Smith said the team was optimistic going into the game after last week's win over St. Cloud State University.

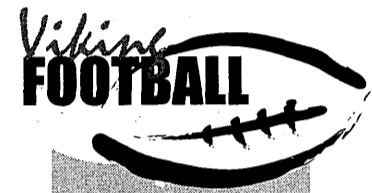
He said the team's pre-game mood was intense and confident.

"We were ready in the locker room," Smith said. "We just didn't execute."

With three seconds left in the first half, Smith capped a Vikings' drive with a 34-yard field goal. The score going into halftime was 21-3 in favor of

the Coyotes.

The Vikings' only touchdown came late in the third quarter. Following a 46-yard kick-off return by Viking freshman running back Craig Garner, the Vikings moved to the 2-yard line on a nine-play drive. With a touchdown pass to Garner from senior quarterback James Monrean, the Vikings brought the score up to 28-10, but they couldn't get any closer.



**VIKINGS 10**  
**South Dakota 42**

**NEXT GAME**  
vs. Central Washington University Oct. 21

Monrean completed 23 of his 34 passing attempts for 209 yards, and Garner had four kickoff returns for 145 yards.

The Viking defense was unable to stop the Coyote offense from

scoring two more touchdowns.

"We had opportunities to make plays, but didn't follow through," said junior running back Calvin McCarty.

McCarty, who hauled in

see **FOOTBALL** page 12 ▶

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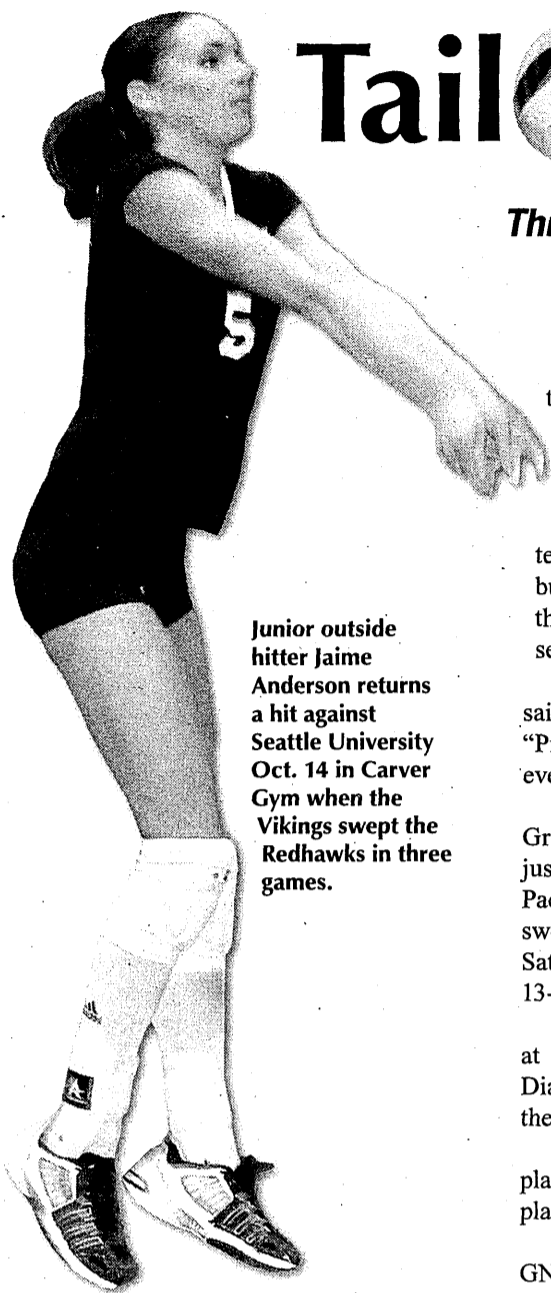
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**Junior outside hitter Jaime Anderson returns a hit against Seattle University Oct. 14 in Carver Gym when the Vikings swept the Redhawks in three games.**

photo by Kimberly Higginbotham THE WESTERN FRONT

# Tailor-made triple threat

**Three players, one mindset: trio catapults Viking volleyball team into second place**

**Kimberly Higginbotham**  
THE WESTERN FRONT

Killing and digging are talents three Western students are proud to say they have.

Courtney Schneider, Angie Alvord and Jaime Anderson are members of the Viking volleyball team. Each has a different personality, but on the court they work together as though they have one mind — a mind set to win.

“We have a lot of team chemistry,” said Anderson, an outside hitter. “Probably the most of any team I have ever been on.”

The team is ranked second in the Great Northwest Athletic Conference, just behind the undefeated Seattle Pacific University. After a three game sweep over Seattle University on Saturday, the Vikings’ record stands at 13-5 overall and 9-1 in the conference.

Anderson has played volleyball at Western for five years. Head coach Diane Flick said Anderson matured on the court during that time.

“She has developed into our go-to player,” Flick said. “She is one of those players that you can really rely on.”

Anderson is ranked fifth in the GNAC for total points per game with 259.5 points in 62 games.

Anderson’s best friend on the team

is sophomore libero Schneider.

“We get along really well outside and inside the gym,” Anderson said. “She keeps me in line and I keep her in line.”

Schneider leads the conference in total digs this season with 440 in 62 games. She holds the university’s career record for digs with 1,618 in her three years at Western. Her success as a libero this season also has her ranked third in the National Collegiate Athletics Association for total digs.

Schneider said she doesn’t think about her national standing often, but her friends and family keep her updated on it.

“When I am playing I don’t keep a count of how many digs I get,” Schneider said. “All I am worried about is winning.”

Flick said Schneider is a smart player who has a knack for implementing winning strategies throughout games.

“As a young team we need some kind of leadership to say ‘this is what we need to do and this is our plan,’” Flick said. “(Schneider) is the one that comes up with that plan.”

Schneider said her highlight wins this season were against Central Washington University.

“Since I’ve been playing (at Western), we haven’t beat them,” she said. “We fought back and took them 3-5 at Central. We’ve knocked them off at home and at Central.”

The win against the Wildcats was the sophomore outside hitter Alvord’s season highlight as well.

“We lost the first two games,” Alvord said as she described how Wildcat fans taunted them and booed. “In the third game we were calm and came back to win the match. After that the fans shut up.”

Alvord is known by her teammates for her positive and competitive attitude.

“I have never seen Angie have a bad day as far as her personality,” Flick said. “She brings a lot of enthusiasm, a lot of fight.”

Despite Alvord’s limited playing time last season, she stepped up as a starting middle blocker this season. She is ranked first in the conference for total blocks with 83 in 62 games this season.

Viking teammates agree that the team’s success this season comes from the lessons it has learned together — teamwork and motivation.

“We’re a new team with no expectations,” Schneider said.

**“We’re a new team...”**  
- Volleyball head coach Diane Flick



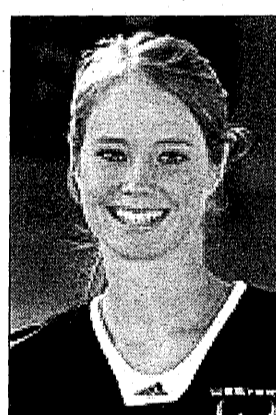
Age: 20  
Height: 5-feet-9-inches  
Position: Middle Blocker  
School standing: Junior  
Major: Human services  
High school: Snohomish  
Games played this season: 62  
Key stat this season: 440 digs.  
Career Digs: 1,618

**Jaime Anderson**



Age: 21  
Height: 6-feet  
Position: Outside Hitter  
School standing: Junior  
Major: Psychology  
High School: Mt. Rainier  
Games played this season: 62  
Key stat this season: 224 kills  
Career kills: 493

**Angie Alvord**



Age: 19  
Height: 6-feet  
Position: Libero  
School standing: Sophomore  
Major: Physical education  
High school: Meridian  
Games played this season: 62  
Key stat this season: 83 blocks  
Career blocks: 100

**Courtney Schneider**

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**Happy Valley Neighborhood Association Meeting**  
Thursday, October 26th, 7:00 p.m.  
Fairhaven Library

**Let’s Talk Forum**  
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American Museum of Radio and Electricity, 1312 Bay Street  
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# Intramural sports still open

**Michael Harthorne**  
THE WESTERN FRONT

Fall intramural sports have already started, but Western students interested in competing can still sign up for a team.

Students can join teams up until the playoffs and roster sizes aren't limited, said Intramural Sports Director Jeff Crane. One soccer team had 64 players in a previous year.

"They forfeited games because they didn't have enough people show up," Crane said. "It was the funniest thing ever."

More than 200 teams were formed for the five sports being offered this fall, the most ever formed at Western, Crane said. Even faculty and professors are eligible to play.

There are only two requirements for Western students to join an intramural sport. They must be enrolled for at least one credit and, if they had played a sport at the varsity level, they must be removed from that sport for at least one year.

The sports being offered this quarter are 11-on-11 soccer, flag football, 6-on-6 volleyball, Wiffle ball and 3-on-3 basketball. The official sign-up period is over for all five sports, but students are still allowed to join established teams.

If students would rather not join a team late, four more intramural sports start during winter quarter: indoor soccer, basketball, 4-on-4

volleyball and dodgeball.

One of the goals in intramural sports is to play as many games as possible, Crane said. Western sophomore Mark Pollack is doing his part. Pollack said he is a member of four intramural soccer teams this quarter.

"It's fun to meet people that like the same sport," Pollack said. "I want to play as much as possible."

Western sophomore Brian Beck, a member of two intramural soccer teams, said he plays intramural soccer because he wouldn't make the Viking soccer team.

"It's a way I can play without being too competitive," Beck said.

Apart from the regular intramural sports each quarter, weekend tournaments are offered throughout the year, Crane said. These tournaments allow students to get involved if they can't commit to a full season, Crane said. Tournaments cost between \$10 and \$20 per team.

Upcoming tournaments are floor hockey, dodgeball, indoor soccer, basketball and the Northwest Regional Flag Football Tournament Oct. 27-29 held at Washington State University and the University of Idaho. The flag football tournament costs \$210.

Students can sign up for an upcoming intramural season or tournament on the Western Web site.



photo by Melissa Blair THE WESTERN FRONT

Junior running back Calvin McCarty carries the ball against the South Dakota Coyotes in a 42-10 Viking loss Oct. 14 at Civic Stadium.

## ► FOOTBALL from 10

47 receiving yards and rushed for 37 more, injured his foot late in the third quarter and didn't finish the game. There is no news as to the extent of the injury.

The team is putting the loss behind it and looking forward to its next game — the Battle in Seattle against rival Central Washington University this


Saturday at Qwest Field.


Defensive lineman Matt Overton said despite it being a tough loss, the team is ready for its next game and trying to stay focused.


"It's been a building year," Overton said. "We have had some key injuries and some setbacks, but the next four teams are beatable. We just have to stay focused."


# FANTASY FOOTBALL


COMMENTARY BY  
**Andrew Irvine**  
THE WESTERN FRONT


 Carolina Panthers wide receiver **Steve Smith** proved his hamstrings are close to healed as he caught eight passes for 189 yards and a touchdown. I expect Smith to rack up some big time fantasy points over the next few weeks to make up for his slow start.

 Seattle Seahawks quarterback **Matt Hasselbeck** threw for 268 yards and three touchdowns, but more importantly, found a red-zone threat in **Deion Branch**.

 Washington Redskins' running back **Clinton Portis** is going to have a monster game against the Indianapolis Colts next week. Portis appears fully healed from his pre-season shoulder injury and is lining up against a weak Colts' line that ranks last in the NFL in rushing defense.

 If you own Dallas Cowboys wide receiver **Terrell Owens** and need to beef up other positions on your team, now is the time to trade him. He caught three touchdowns last week, but he was playing against the lowly Houston Texans.

 New York Jets wide receiver **Laverneous Coles** benefited greatly from **Chad Pennington's** return this season. Coles ranks second in the league in receiving yards and should add to that total next week against the Detroit Lions.

 Pittsburgh Steelers running back **Willie Parker** is handling the goal line duties just fine. He scored two more touchdowns against the Kansas City Chiefs, but his next game should be a real test as the Steelers take on the Atlanta Falcons.

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## C-lot parking overrated; use Park-n-Ride

**Lauren Ross**  
THE WESTERN FRONT

Parking in a lot on Western's campus is an expensive and inefficient way to make it to classes on time. The Bellingham bus system offers student commuters alternative options that save money, time and gas. Students should use the Lincoln Creek Park and Ride to get to school.

The cost difference between parking on campus versus taking the bus is astounding. A bus pass for the entire academic year costs \$90 as opposed to a C-lot parking pass, which is \$233.59, said Julia Gassman, manager of Parking and Transportation Services.

If the commitment of a whole year is intimidating, quarterly bus passes are offered for \$30, while the C-lot passes are \$77.86 with tax, Gassman said.

Western needs to alert students who purchase parking passes that finding spots is a tedious process. If students were informed about the complications of parking, more would opt for the bus pass instead.

If parking passes are this expensive, students should be able to count on having a parking space open. Due to varying class schedules, students don't leave campus directly after class. Instead, it is typical to grab a cup of coffee and kill time between classes. This, and the fact that some classes are more than two hours long, explains why the lot may be full upon arrival, Gassman said.

Western junior Katherine Cammack parks in the C-lot daily and estimates that she spends 10 to 15 minutes on-a regular basis looking for a spot.

Gassman said the C-lot has 961 spaces

available for parking. The Parking and Transportation Office sells spots at a ratio of approximately 1.6 permits per space.

Gassman said a total of 1,538 permits are sold per quarter. The Parking and Transportation Office oversells by 577 spaces, to accommodate for the fluid departure and arrival of students. Gassman said all permit holders should be aware of the time it could take to find a spot and allow 10 to 15 minutes to do so.

**"If commuters are looking to save time, they should use the bus system."**

- Lauren Ross

Parking at Western is expensive and crowded. Students should not have to pay such a large amount if the parking process requires so much time. Parking would take less time if spaces were not oversold.

Students need to know that they are not buying a pass as a time saver. If commuters are looking to save time, they should use the bus system.

The park and ride offers the luxury of parking with ease and the convenience of being dropped off on north campus. The bus swings by to pick up students every 10 minutes, which allows a buffer for those who press snooze on their alarm clocks too many times.

Western senior Brian Haun is in his second year of using the park and ride. Haun said he uses the 12- to 14-minute bus ride to campus to relax before a strenuous day at school. To date, he said he has had no problems with late buses.

While riding the affordable and convenient bus, students help decrease the amount of cars on the road. Parking in the dirty, gravel-covered C-lot almost always covers cars with a gray, dusty residue. Using the bus can help students avoid washing their cars every other day, help the environment and save money all at once.

After factoring in the time it takes



cartoon by Tristan Hobson THE WESTERN FRONT

to drive to school and find a spot, the bus starts to make more sense. The bus system can make transportation easier for students, and more should take advantage

of it. Money is something every college student wants to save, so riding the bus would be a great way to save gas money and almost \$150 each year.

## Up the aid for low-income and first-generation students

**Mary Andom**  
THE WESTERN FRONT

College is expensive: tuition, books, rent, the thought of crippling loans and a rise in tuition can cause any student anxiety.

The University of Washington is launching an ambitious scholarship program next year that will ease these worries and improve the access for first-generation and low-income students to higher education.

According to an Oct. 12 Seattle Post-Intelligencer article, 5,000 low-income students will be able to attend UW free of cost under the university's new scholarship program called the Husky Promise. Regardless of tuition increases, Washington state residents who go to UW and qualify for Pell Grants (or who have incomes less than \$49,000) will have their tuition and fees covered at a cost of \$5,985 a year.

Western needs to adopt a similar program to further assist low-income students.

A primary obstacle that prevents many students from continuing on to higher education is money. For some, the security of receiving sufficient federal aid is what keeps them in college. Without this assurance, many students are forced

to question whether college is actually worth it. Students should not have to weigh this decision.

The University of Washington is not the first university to flex its benevolence. Many Ivy League and other selective universities are now offering their low-income students free rides.

According to a recent Newsweek article, in 2001 Princeton replaced loans with grants for low- and middle-income students.

At Harvard, where about 7 percent of 6,600 undergrads get Pell Grants, those earning less than \$40,000 won't contribute a dime and moderate-income students will pay considerably less.

Although Western does not have the staggering sticker price of an Ivy League university, the cost of college continues to be a hindrance for many students who believe it is out of reach. Western needs to follow the examples set by the University of Washington, Harvard and Princeton in catering to the needs of underrepresented students.

Clara Capron, director of financial aid at Western, said the university will need to take into account the demographics of its student population and the availability of funding before a program like this would be implemented.

Capron said 73.6 percent of Western's undergraduate students who qualify for financial aid were awarded free aid exceeding the standard tuition of \$4,738 by an average amount of \$6,486.

Western also offers scholarships such as the President's Scholarship for academic achievement and the Multicultural Achievement Program to help meet the financial needs of undergraduate students.

Although there are already some measures that help students pay for college, the incentive of free tuition will encourage many first-generation and low-income students to consider higher education.

Even with federal aid, some students who don't have financial support from their parents struggle to make ends meet.

Western junior Bernard Ikegwuoha said he had trouble focusing in class with an empty stomach and the stress of mounting credit card bills. He said his grades began to slip and every day became a struggle to survive.

Ikegwuoha, who was homeless at one point, spent nights sleeping in the library. In the morning he would take showers in the rec. center and hustle a guest meal for dinner.

To help ease his financial woes, he

said he worked more than 40 hours per week at Bellis Fair Mall. Living paycheck to paycheck, saving his meager sum, he prioritized his spending: rent, tuition and then books.

More financial aid can eliminate the stress of paying for college for students who are the first in their family to attain a college education. The university needs to actively recruit students who are low income and first generation. Adopting such a program would give students the message that Western is invested in their future.

Sarah Balz, Office of Admissions program coordinator said 54 percent of Western undergraduate students who are low income were also the first in their family to go to college.

Last year, President Bush proposed budget cuts to federal programs like Upward Bound, which are geared toward getting low-income and first-generation students into college, and to reallocate the funds for the No Child Left Behind program. To cut programs like Upward Bound would be detrimental to students who want to pursue higher education but lack the resources to do so.

Education should be made accessible to all students regardless of the size of their pocketbooks.

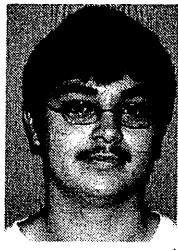
# viking voices

Should the parking office ever sell C-lot spots at a ratio of 1.6 passes per one parking spot?



**Kim Moore**  
JUNIOR

"If you're gonna pay for the service, it should be available."



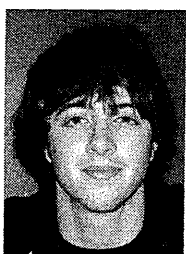
**Nick Facelo**  
FRESHMAN

"It's kind of impossible for all the parking to actually be filled."



**Nate Havko**  
FRESHMAN

"If a casino has to have enough money to back up all their chips then the parking services should have to have as many spots to back up their passes."



**Stephen Hickman**  
SOPHOMORE

"They should put that extra money to re-paving the parking lot so that our cars don't get dirty and we have to pay more money to wash our cars."

Compiled by Kennedy White

# Relax — this stress shall pass

Stress occurs when the body is out of equilibrium due to the influence of an outside source. However, the outside source isn't what stresses us out. We stress ourselves out.

The classes we take don't stress us out. Being unprepared for those classes stresses us out.

Welcome to week four of fall quarter. This is the time of year when the student stress level shoots up, especially for new students not yet into the swing of Western. Midterms are just around the corner, and with them, a harsh reality check.

Be aware that classes are passing from the introductory stage into the content stage and deadlines are fast approaching.

Now is the time to look at your class load and how you are balancing all your classes. Spend less time being stressed out and more time dealing with the stressors.

Try to not add things to your mental to-do list that don't actually have to be done. Focus on your homework and deadlines. Don't let minor annoyances distract from the more important tasks. But make sure you still take time for yourself.

Accept that you can't always complete everything with perfection. Do what you can and don't dwell on what you can't do, so you can focus on being productive and not waste what little time you have on stress and anxiety.

When you are running late, don't freak out. You are late. You already missed it. Consider that at least you tried. In the end, the universe will unfold as it should.

We feel like we shouldn't have to deal with situations such as bad traffic or rude classmates. This is false entitlement. We all have to deal with the little dumb

things life throws at us.

Be realistic about what you need to do, not pessimistic. Find beauty in the irony of your situation. The most stressful moments you have will make the funniest stories to tell in a year or two.

Some people thrive in chaos. They enjoy living on the edge of stress. If this is you, great—as long as you are aware of it.

Put everything in perspective. Stress comes and goes like Bellingham's sunny weather. Remember, this too shall pass.

The editorial board consists of Editor-in-chief Lance Henderson, Managing Editor Ryan Wynne, Opinion Editor Kristi Pihl and student-at-large Randall Ragsdale.

## frontline

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

For more information about stress, see Stress Relief, page 9

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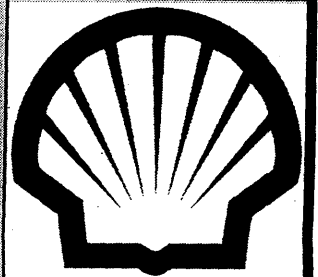
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# Help the environment in your own backyard

**Sarah Mason**

THE WESTERN FRONT

Students sport non-leather clothing on campus to avoid supporting the killing of animals and carry recycled or banana-fiber notebooks to stop the slaughtering of trees, while three minutes from campus one of Bellingham's creeks is affected by environmentally insensitive decisions.

The sparkling water of Whatcom Creek, which is often frequented by swimmers during the warmer seasons and pedestrians year-round, is alive with a potentially harmful bacteria that normally inhabits the colon and intestinal tract, called fecal coliform, according to a state department of ecology report.

It is hypocritical and degrading for such banana-leaf-toting students to champion environmental proactivity while remaining ignorant of their impact on the local community.

Students should volunteer with environmental programs, tell friends to put their gum in the trash rather than the ground and clean up after pets. Only actual action is environmentally proactive.

According to Sharon Sullivan, public information officer for the Bellingham office of the State Department of Ecology, Bellingham residents, including Western students, must take make efforts to reduce the bacteria level by up to 88 percent to comply with state regulations.

**"This is simply a plea for students to bring environmental awareness into action by doing something... not just talking about it."**

- Sarah Mason

This does not mean all students need to physically get their hands dirty and tramp around the waterbed picking up litter—such traffic would probably do more harm than good. This is simply a plea for students to bring environmental awareness into action by doing something, such as recycling on an everyday basis, not just talking about it.

Professor Leo Bodensteiner of the

Huxley College of the Environment said all students have an acquired or inherent talent that may be useful in nature conservation, such as designing a better pedestrian system on Whatcom Creek or assisting with information dissemination to alert those living near a watershed to be extra careful about their waste.

Colleges such as Huxley or environmental programs such as the Learning Environmental Action Discovery group, organize student volunteer groups around Bellingham, Bodensteiner said, but the protection of Western's surroundings is like raising a child—it takes a whole village.

Unfortunately, the "village" of students taking responsibility for the upkeep of the environment in Bellingham has been limited to a portion of the student body — primarily those involved in the Huxley Environmental Studies department.


Graduate student Jen Linkhart of Learning Environmental Action Discovery said out of 800 student volunteers who participated in community projects last school year, 772 students performed the volunteer work to earn credit for a Huxley course.

This system of drafting students to become active in their own natural community is shameful, considering the minimal amount of work it takes to be a part of nature conservation, such as picking up some litter left around Sehome Arboretum or going to a car wash rather than washing the car in a driveway near a watershed. Cleaning up after pet waste alone would cut the level of coliform in Whatcom Creek by a vast amount.

Sullivan said the waste created by a dog in a single day carries 3.4 billion fecal coliform bacteria which could filter into the creek.

Bringing environmentally minded habits into an everyday routine is all it takes to be a proactive student and protect Western's surroundings from the damage humans cause.

Students need to help protect Bellingham's surroundings and prove environmental awareness isn't just a fad or a façade. Everyone has the opportunity to demonstrate that Western students go beyond Haggen and High Street to help contribute to society — an act that validates their membership to the Bellingham community.



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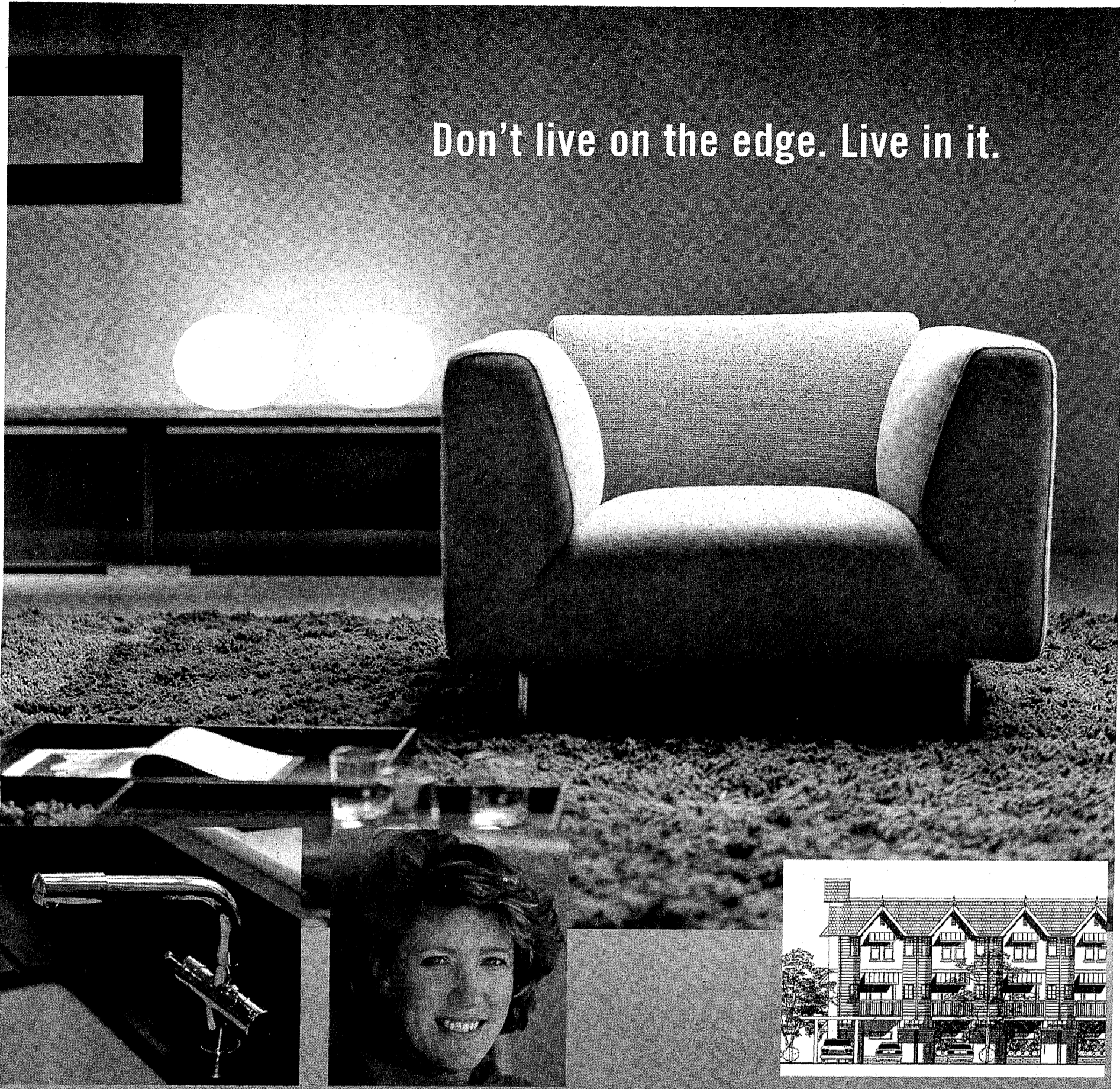
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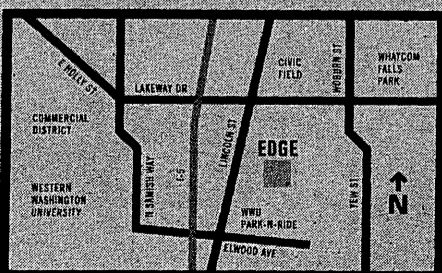
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