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# THE WESTERN FRONT

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## Viking 46 rolls into Seattle auto show

David Gonzales  
THE WESTERN FRONT

From Lamborghinis to Ford Fusions, sparkling new cars filled the Qwest Field Event Center on Wednesday at the 2010 Seattle International Auto Show. Included in the exhibition is the Viking 46 Formula Society of Automotive Engineers' (SAE) racer designed and built by Western students.

The Formula SAE team is one of five automotive engineering teams associated with Western's Vehicle Research Institute (VRI). The team will showcase the Viking 46, modeled after Formula 1 racers, through the end of the auto show on Nov. 15.

"We are essentially a 35-person business," manufacturing team leader Erik Kremsner said. "Just the psychological part of holding the team together is 60 percent of the challenge."

The team is showing the car in order to publicize the VRI and raise funds for the Michigan Formula SAE West competition in May 2010.

Team captain Matt Hill said The Viking 46 is the VRI's latest completed Formula SAE racer, but the program is about more than just racing.

"We're here to build better engi-

see **AUTO SHOW** page 4



photo by David Gonzales THE WESTERN FRONT

Erik Kremsner presents the Viking 46 to two prospective Western students at the 2010 Seattle International Auto Show.

## Student sold car to shooting suspect



photo courtesy of Carey Rose THE WESTERN FRONT

In the summer of 2008, Western Front reporter Carey Rose sold his 1980 Datsun 210 to Christopher Monfort. More than a year later, Monfort has been charged with aggravated first degree murder, three counts of attempted first degree murder and one count of attempted arson for events dated as far back as Oct. 22.

**Editor's note:** Christopher John Monfort, 41, who is suspected of killing Seattle police officer Timothy Brenton Oct. 31, in a drive-by shooting, was arrested Nov. 6, after a car matching the description of the gunman's vehicle was found outside his Tukwila apartment complex. Western Front reporter Carey Rose sold the car—suspected to have been used in the shooting—to Monfort a year ago.

Carey Rose  
THE WESTERN FRONT

**W**hen I sold my 1980 Datsun 210 hatchback to Christopher Monfort in the summer of 2008, everything went as normal. We haggled over my asking price. He said he liked the stereo. He complained that the gas mileage wasn't as I advertised. He said he played guitar and I told him I played drums. He said he wanted to jam sometime.

Now, more than a year later, Monfort has been charged with the murder of Seattle police officer Timothy Brenton on Halloween night. Life-ending shots were reported to be fired from the very car I sold him that summer.

I know I had nothing to do with the killing; that's not why I've been uneasy this past week. The fact that such a distinctive car was reportedly used helped the Seattle Police Department's investigation, and I should probably find some comfort in that.

But I looked Monfort right in the eyes and saw nothing there but a man. Maybe not a man I fully trusted, but I certainly didn't see anything to fear. I sold him the car from my home in Bellevue, and he knew where I lived.

The thought chills me.

I first met Monfort outside Newport High School in Bellevue. Summertime meant an absence of classes, kids, faculty and parents. When Monfort pulled up behind me in an early-1990s

see **DATSUN** page 6

## Officials weigh Olympics' impact on northern border

### U.S. Rep. Rick Larsen led the discussion as state's Olympic task force chair

Keegan Prosser  
THE WESTERN FRONT

Representatives from a variety of agencies from both Canada and the U.S. met on Western's campus Tuesday, to discuss preparation of the United States-Canada border for the 2010 Winter Olympics in Vancouver, B.C.

"There has been so little discussion of the Olympics, at least on this side of the border," said Don Alper, director of Western's Border Policy Research Institute. "But it is a huge deal up in Canada."

Tuesday's meeting featured keynote speaker U.S. Rep. Rick Larsen, the co-chair of Gov. Chris Gregoire's task force

for the Olympics.

The discussion was sponsored by four Western organizations: the Center for Canadian-American Studies, the Border Policy Research Institute, the Ross Professorship and the Center for Performance Excellence.

"We are excited about being able to support the Vancouver Olympics, [but] we also understand this is Canada's Olympics," Larsen said.

Yet, the impact of the games, which open Feb. 12, will extend well beyond Vancouver into the U.S., Larsen said.

In his update, Larsen addressed concerns related to border security, transportation and the advantages Washington has

as a result of the Olympics being so close.

In September 2008, Sen. Patty Murray announced that \$4.5 million of the money allotted for critical spending for the 2010 Winter Olympics security preparation would fund an Olympic Coordination Center located in a warehouse near Bellingham International Airport.

The purpose of this center is to coordinate U.S. agencies south of the border in case a natural disaster or terrorist attack were to occur during the games, Larsen said.

The center has the capacity for approximately 80 people, but only 42 mem-

see **BORDER** page 4





photo by Skyler Wilder THE WESTERN FRONT

The ski and snowboard season at Mount Baker opened Nov. 12, with both base areas open, all chairlifts running and more than 65 inches of snow was measured at the lower base. By 8:30 a.m., a line had formed that stretched from the bottom of Chair 1, in front of the Heather Meadows lodge, down to the First Aid building. Filled with enthusiasts ready for a day of riding beneath crisp blue skies, the line broke into cheers when the first riders hopped on.

## Ex-parliament member discusses Afghanistan

**Christopher Wood**  
THE WESTERN FRONT

Room 100 of Western's Arntzen Hall was filled to capacity on Thursday, with people listening to Malalai Joya as she gave a speech on her perspectives on the Afghanistan conflict as part of a tour for her new book, "A Woman Among Warlords."

Joya said she was the youngest woman ever voted into the Afghani parliament and was removed from the parliament after she called the members warlords.

The Western Front spoke with Joya after her speech on Thursday.

**Western Front (WF):** Why did you come to Western?

**Malalai Joya (MJ):** I came here because of the launch of the book. I came here to meet with the democracy and justice-loving people of the U.S. We need their solidarity against the occupation and the war.

**WF:** What do you think your chances are of getting back into the Afghani parliament?

**MJ:** The parliament will not allow me back in until I apologize for telling the truth. There is no need to apologize. I wish to bring them to the International Criminal Court, together with my people as I am here in this country to bring the message of my people and ask for your helping hand for this good cause of justice.

I lost the tribute of [the parliament], but I gained the tribute of the justice-lov-

ing people of my country.

**WF:** If the U.S. does leave Afghanistan, how do you perceive Afghanistan being shaped after that?

**MJ:** I believe no nation can bring liberation to another nation. As the famous saying goes, the nation who liberates themselves can be free, but the nation who calls themselves liberators of others will lead them to slavery. You saw what they did in Afghanistan, and what they're doing in Pakistan.

We all believe that democracy does not come at the barrel of a gun. We need the support of you to cause the U.S. government to help end the occupation. This

is not a war on terror, it's a war on innocent civilians.

**WF:** Are you optimistic in the near future for a turn around?

**MJ:** We always have to be optimistic. If you don't have hope before they collapse, you will die. If you believe in truth, freedom, justice, democracy and women's rights it is important to never give up.



photo by Hailey Tucker THE WESTERN FRONT

Guest speaker Malalai Joya during her speech in Arntzen Hall on Thursday.

### CORRECTIONS

In an Oct. 27 article, "Comics convention checks in at local inn," information about Eric Burris was stated incorrectly. Burris is from Smokey Point, Wash. He has been an exhibitor in past comic book conventions for 25 years, but ComiCon was the first show he hosted himself.

### Cops Box

#### University Police

Nov. 11

- At 12:52 p.m., University Police responded to a call from a student's mother, who said her daughter's ex-boyfriend and two other males were in her daughter's dorm room.
- University Police responded to a call at 1:05 a.m., which resulted in an intoxicated student being transferred by an emergency medical vehicle to St. Joseph Hospital.

#### Bellingham Police

Nov. 10

- At 4:31 p.m., Bellingham Police arrested a 74-year-old man in connection with urinating at Battersby Field. The man was cited and released.

Nov. 11

- At 1:11 p.m., Bellingham Police responded to a report of a beaver in distress at Maritime Heritage Park. Upon arrival, police were asked to euthanize the beaver by the Fish and Wildlife Department because the beaver would not move and was having trouble breathing.

Cops Box compiled by Anna Atkinson

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# Coffee funds water purification system

**Andrea Davis-Gonzalez**  
THE WESTERN FRONT

A small Bellingham-based business has joined the trend of other coffee businesses and companies across the nation that are making efforts to give back to regions around the world where coffee beans are grown. This week, Moka Joe was able to determine the location where a water filtration system will be installed—San Antonio, Peru.

Bellingham's Moka Joe teamed up this past summer with Atlas Coffee Importers, LLC., to benefit the Clean Water Foundation of Washington, which provides clean water to people in developing countries.

"Coffee for Clean Water" has helped raise money to install a water purification system.

Two million children die yearly across the world due to water-borne illnesses, McLaughlin said.

"Forty-nine thousand children die a day, so we must act now," McLaughlin said. "We can't wait. They need water now."

The purification system will produce 740 gallons of water an hour, said Leon McLaughlin, founder of the Clean Water

Foundation of Washington. The date of installation has not yet been determined.

"[Poor] drinking water is responsible for a lot of diseases," said Craig Holt, founder of Atlas. "It's one of the fundamentals of health. We can't live that long without good water."

Between July and September of 2009, Atlas and Moka Joe raised \$1,500 through coffee sales, said Trudy Scherting, owner of Moka Joe.

Atlas provided Moka Joe with coffee, while Moka Joe employees volunteered to roast and pack the coffee, Holt said.

The money raised through "Coffee for Clean Water" goes to the Clean Water Foundation every quarter, Scherting said. She said she anticipates raising at least another \$1,500 by the end of December.

"It's a fundamental human right to have access to clean water."

**Eric Harrison,**  
Owner of Eco Café

After visiting Peru, Scherting said she saw the poor conditions in which the people were living and felt the need to help them.

The only clean water in the entire region can be found in water bottles, Scherting said.

"You see such need and you can't leave without thinking you need to give back," Scherting said.

Atlas, Moka Joe and the Clean Water Foundation worked with other organizations to choose the location and install the purification system.

Atlas and Moka Joe decided to install the water purification systems in Peru because the two already had pre-existing relationships with coffee farmers, Holt said.

Eric Harrison, who owns Eco Café



photo by Hailey Tucker THE WESTERN FRONT

Moka Joe employee Shea Hagen keeps an eye on the roasting espresso blend in the shop's 30-pound roaster Monday morning. He said the beans roast approximately 12 minutes to 17 minutes depending on the blend.

in Bremerton, said it is easier for coffee businesses to help people in need in other countries once they have established relationships with them.

"The locals determine the type of help they need," Harrison said. "It's important to listen to those needs."

Eco Café brews coffee from the western mountains of Honduras. One-hundred percent of Eco Cafés profits go to Water and Sanitation Health, a nonprofit organization that helps build water purification systems in villages around Marcala, Honduras.

"It's a fundamental human right to have access to clean water," Harrison said.

During a trip to Mexico, McLaughlin said he met a woman whose entire month's supply of water was drained from her bathtub after a visiting American

thought he was doing her a favor.

"When she told me that story, she really blew me away," McLaughlin said.

He said the woman made him realize how many Americans take their clean water for granted.

Harrison said he noticed the locals' drinking water was contaminated when he was in Honduras.

"The water looked like chocolate milk after the rain because of runoff and pollution," Harrison said. "Different villages use open sources of water, like rivers and creeks, for their drinking water."

The money made from the coffee should go back to benefit the communities from which it came, McLaughlin said.

"We definitely want to put a machine where they are picking the beans. We want to give back," McLaughlin said.



photo by Hailey Tucker THE WESTERN FRONT

Trudy Scherting, owner of Moka Joe, holds up a package of the shop's Coffee for Clean Water roast Thursday afternoon.

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## BORDER: Coordination center aims to contain potential emergencies

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bers of federal, state and local law enforcement agencies will be stationed there during the games.

While the coordination center is not affiliated in any way with Olympic security organized in Canada, the Royal Canadian Mounted Police will have a liaison stationed at the center for coordination purposes.

In addition to the coordination center, which will continue to operate after the Olympics, agencies south of the border have been working to ensure that traffic brought to the border during the games will not be unmanageable, Larsen said.

"One place that I think we have had a lot of success, and we could have even more, is on the border," said Ian Burkheimer, program manager of Tourism for the Pacific Northwest Economic Region.

Burkheimer said the U.S., especially Washington state, has been proactive in avoiding border complications via the enhanced license program, which allows travelers to cross the border using a specialized driver's license in place of a passport.

"That project was actually very much

driven by making the border more accessible during the games," Burkheimer said.

The General Services Administration and the Customs and Border Protection, both components of the U.S. Department of Homeland Security, have also committed to operating four extra booths—for a total of 10—at the Peace Arch border crossing during the games, Larsen said.

The four temporary booths will be installed in the secondary inspection lanes at the Peace Arch crossing in December to make sure the crossings will be operational come February.

Additional lanes will be incorporated at the Lynden and Sumas border crossings as well, where current bypass lanes will be converted into fully functioning border crossings.

Bellingham Mayor Dan Pike said he sees the exposure the region will receive as a result of the Olympics as a great opportunity.

"If there are businesses looking to expand to this part of the world, they will think about it more closely and have that thought in their brains because of the Olympics," Pike said.



photo by Hailey Tucker THE WESTERN FRONT

U.S. Rep. Rick Larsen talks at the meeting Tuesday afternoon. Many aspects of the upcoming 2010 Vancouver Olympics and its expected impacts were discussed throughout the conference.

While Burkheimer said he hopes there is a direct impact of people coming through the area and staying in hotels during the Olympics, what happens after the Olympics is more important.

"One of the things we don't want to see happen is [that] we have people come

through the United States to go to the Olympics and have a really bad experience at the border," Pike said. "I'm confident that we will get to a place where that won't happen, as long as we pay attention, because we are running out of time."

## AUTO SHOW: Team shows car to raise money for 2010 competition

from 1

neers," Hill said after citing his least favorite question the team is regularly asked: "How fast can it go?"

Hill said the Formula SAE team's goal is to design and manufacture a speedy racer, but their ultimate accomplishment is running the team like a fluid machine.

"The racing is cool, but the bigger accomplishment is that we just got a bunch of students to build this car," Hill said.

The team certainly got this point across at the auto show this year as spectators from the Seattle area "Oooed" and "Ahhhed" while learning about the race car, the VRI program and the opportunities available to Western students.

Seventeen-year-old Brian Funcke said he was already planning on applying for undergraduate studies at Western, but was even more encouraged to do so after seeing what the VRI has to offer.

"We should have a stack of Western applications with us," Kremsner said after talking to interested high school students.

The team placed sixth last summer at the Formula SAE competition on the Auto Club Speedway in Fontana, Calif., advancing them from an international standing of 63rd out of 400 universities to 18th place.

Hill said the team plans to roll back



photo by David Gonzales THE WESTERN FRONT

Formula SAE Team Captain Matt Hill describes the manufacturing process of Western's Vehicle Research Institute to passers-by at the 2010 Seattle International Auto Show.

their sleeves and enter the new Viking 48 against fiercer Formula SAE competition at the Michigan International Speedway in Detroit this May.

The competition is made up of seven events, which are judged by professionals in the automotive field.

Making up part of the judges panel in California last year were executives from Nissan and Toyota, the Mazda speed di-

rector of communications and the CEO of Ford Motor Company, Hill said.

"It's legit judges that are really scary to sit in front of," Hill said.

The first three events test the Formula SAE team's design and engineering, cost of manufacturing and assembly and presentation to sell the concept to a motor company.

The last four events will test the

Viking 48's acceleration on a 75-meter track, its turning capabilities on a figure eight skid pad, its maneuverability around cones on the half-mile autocross and its endurance and economy on the 22-lap, one-kilometer racetrack.

Kremsner said he was most excited about the autocross. This is the event he said the Viking 46 performed 4 seconds faster than the Porsche GT3.

"The best way to explain it is it's a time attack," Kremsner said. "All you are trying to do is beat the clock."

In order to fund the trip, Hill said the team needs to raise approximately \$45,000, though the majority of these donations will be the cash value in car parts.

The largest contributor to the program is Porsche Club NW, which Hill said donates \$10,000 annually.

Western junior Ryan Ringstad said though the team placed sixth last year, they might have performed better if they had completed the Viking 46's tuning once they arrived in California rather than back in Bellingham before the trip.

He said the tuning was not properly calibrated to the humidity and temperature of Fontana, but he knows the team has learned from that mistake.

"If we stay on track we will do really good," Ringstad said.

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# Voices from Veterans Day presentation

Story by Carey Rose  
Photos by Nicholas Johnson  
THE WESTERN FRONT

On Nov. 10, Western faculty and students attended the Veterans Day presentation at the Viking Union Multipurpose Room.

The event, which was hosted by West-

ern's Veteran's Outreach Center, discussed how veterans are recognized at Western and any issues veterans have faced while attending the university.

Tuesday's event also touched on

veteran experiences during service and what being part of the U.S. military really means.

The Western Front was on-hand to get reactions from the attendees.



"I was disheartened to hear that veterans don't feel welcome or that they have a place here on campus, and I think that's important because Western is a pretty liberal campus. We're anti-war and anti-military, that stood out to me."

-Lara Welker

Coordinator of the  
Campus Community Coalition



"So much of [the presentation came] from these guys' hearts. The global perspective that [veterans have]. [There was] a guy up there talking about everything from democracy to world peace."

-David Brunner

Associate registrar and  
director of Disability Resources

"I was glad to see that veterans are being recognized on campus. That's been going on for a long time, but it was kind of special to have people—such as freshman students at Western—who have completed careers in the military get up and talk to us.

I think it shows that Western is working at integrating not only veterans, but the population in general: diversity."

-Warren Howe


Physician for Western's  
Student Health Center and Athletics



"I think it was great that they highlighted what a veteran is and what that means, and what they can bring to campus. It's important to highlight the specifics and the accomplishments of their service."

-Phil Coomes

Western student and veteran

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# DATSUN: Western Front reporter recalls car sold to Monfort

from 1

Mustang GT, we were alone.

As he circled my car, surveying his find, he said he was looking for something with better gas mileage, and my car fit the bill. But a many cars get better gas mileage than a Mustang GT, with its thirsty V8 engine—many cars that are perhaps more bland, contemporary or ubiquitous than a 29-year-old Datsun.

Many of those other cars would have been more difficult to trace from witness accounts and in-car police cameras as well.

Monfort came on strong. Not threatening or desperate, but with a healthy confidence that gave his words weight. He was direct. He would point out a problem on the car, like the rust-colored stain on the carpet from a leaky heater core, and tell me that would affect his offer.

And so he made an offer, and I gave him my home address where we'd meet up later that day to carry out the exchange.

When he drove up to my house, there was a woman with him. She never left the car and I never met her.

Monfort came into the kitchen to fill out the paperwork. He spotted my drum set in the other room and said we should jam. I said maybe.

**"The car I had received as a gift, that I had repaired and grown to love, the car that had become synonymous with my high school memories was now a tool that had been used for suspected murder."**

**Carey Rose,  
Western Front reporter**

We signed our names. I handed him the keys, he handed me \$900 in cash, and I thought that was that.

Monfort called me a day or two later, saying he was in the area and asking if I was at my house. He said he had driven 30 miles, or roughly the distance from Bellevue to his home in Tukwila and then back again. He said he had clocked the gas mileage at approximately 20 miles per gallon. I had advertised it as 27.

At first, I was concerned. This man I barely know lives in Tukwila but is suddenly back in my neighborhood with complaints. I still wonder why he thought it was appropriate to come to my home to tell me about this when no more than a phone call was needed. In addition, I was irritated because 30 miles isn't a long-enough distance to measure fuel consumption. I politely explained that to him, and he agreed to go through a full tank.

He then asked if I wanted to jam. I said not today.

I continued to receive the occasional text message and voicemail from Monfort during the weeks that followed. At first he continued to complain about the gas mileage, though he eventually conceded that he was mistaken in his measurements.

He continued to insist that he wanted to jam with me, and I continued to make excuses.

As his contact with me mercifully



photo courtesy of the Seattle Police Department

A car matching the description of a 1980 Datsun 210 can be seen passing Officer Brenton and Britt Sweeney's patrol car Halloween night in this image captured by the in-car camera.

diminished and eventually vanished altogether, Monfort fell off the grid for me. I chalked up his behavior to a nice enough man with his fair share of foibles. Most people searching for deals on Craigslist .org seem to fit this description anyway, I reassured myself.

That was until Sunday, Nov. 8. I received an e-mail from my dad, Robert Rose, with a link to an article titled "Suspect in officer's slaying shot by police," courtesy of The Seattle Times.

"Was this the guy who bought your Datsun?" my dad asked.

I clicked through to the article. My jaw dropped. A familiar face smiled at me from my computer screen. I clicked to the next picture. A car under a tarp in an apartment complex parking lot bore a suspicious resemblance to the profile of my old Datsun.

My memory of Monfort, dulled by the passage of time, suddenly swelled as details of our encounter came flooding back. My awe and disbelief grew.

On Monday, Nov. 9, I saw the pictures of my car sitting in an evidence

garage in Seattle. The license plate, inexplicably ravaged but readable, showed "313-UHG," still portraying the numbers and digits I remember from more than a year ago.

The car I had owned for two-and-a-half years was in custody, an accessory to suspected murder. The car I had received as a gift, that I had repaired and grown to love, the car that had become synonymous with my high school memories was now a tool that had been used for suspected murder.

I had named the car Watson.

Until I saw that photo of my old license plate, a part of me thought I might have been mistaken. I told my friends I was 99 percent sure I had sold my car to Christopher Monfort, but a part of me couldn't be convinced. But now I know.

I know the man I met, talked with, joked with, became mildly annoyed with and invited into my home is charged with the shooting and killing of a Seattle police officer in cold blood.

Now I know.

## Monfort's charges, medical condition



photo courtesy of Facebook page

Monfort was charged Thursday with aggravated first-degree murder in the killing of Officer Timothy Brenton, three counts of attempted first-degree murder and one count of first-degree arson for events as far back as Oct. 22. Monfort was paralyzed from the waist down in Nov. 6 standoff with police and is recovering at Harborview Medical Center, according to a statement from the family.



photo courtesy of Carey Rose THE WESTERN FRONT

Western Front reporter Carey Rose drives his 1980 Datsun 210 north on Interstate 5 toward Bellingham with Western juniors Molly Hoffman and Erin Bynum.



## Poets compete for slam champ title

**Caleb Hutton**  
THE WESTERN FRONT

A year's worth of sweaty palms and barbaric yelps will come to a head Monday at Poetrynight's first Grand Slam.

Six poets will compete for a prize of more than \$100 and the title of Grand Slam champion. The slam will be held at 8 p.m., Nov. 16, in Jinx Art Space. The event is put on by Poetrynight, an organization that holds weekly poetry readings at the Anker Café, located at 1424 Cornwall Ave.

During a poetry slam, each poet has three minutes to perform an original piece that is immediately scored by five judges. After everyone has performed twice, the two poets with the highest scores compete

in the third-and-final round. Judges are randomly picked from the audience.

"A blessing and a curse about slam poetry is that you never know, going in, what the judges are going to think," said competing poet Jessica Lohafer, a Western junior majoring in English literature. "You can't make any predictions, because the judges are [almost] always people who have never been to a poetry slam before."

The poets who accumulated the highest total scores for the year made it to the Grand Slam.

Western senior and poet Robyn Bateman said slams are sometimes pegged as a gimmick to get people to listen to poetry, but that just does not tell the whole story.

Bateman said the urgency, the rhythm and the musicality of spoken-word poetry are what draw her to compete in slams.

"You can definitely have that in written poetry, but I feel like when you're speaking it, it just turns into a song without music," she said. "You get in this zone where you're not really thinking anymore."

In addition to the weekly readings, Poetrynight has been holding slam competitions every month since December 2008.

As the elder statesman of the bunch, full-time poet Jack McCarthy, 66, has been performing at poetry slams since the mid-1990s.

One of the first things he said he learned about slams was the importance of memorizing each poem—not just to impress the judges, but so he can see how the crowd reacts.

"When I found out what a joy it was—what a thrill, really—to be able to look my audience in the eye while I was delivering the poem and to watch their faces change, I thought, 'Wow, this is what I was born to do,'" he said.

His poems touch on subjects such as alcoholism, poverty and death. Not exactly cheery topics on the surface, but he has won several awards as a love and humor poet.



photo by Hailey Tucker THE WESTERN FRONT

Chris Gusta reads a new poem he wrote at Poetrynight Monday at the Anker Café. Gusta will perform in the slam on Nov. 16.

McCarthy said most of the audience comes to a slam to watch a contest, while poets are more concerned with watching each other perform.

"That's one thing that really surprised me about the poetry slam. I thought it would be cutthroat competitive until I got into it," he said. "I found out that practically everybody understands that it is all about the show."

Bateman said she started going to Poetrynight readings in February, when she was taking a slam poetry class with Western English professor Bruce Beasley.

She said even now, months after her first reading, it is still nerve-wracking to perform.

"Every time, before I get up to a mic, I'm almost peeing-my-pants nervous," Bateman said. "It's not even so much, 'What if these people don't like my poetry?' It's more, 'What if I can't remember my poetry?'"

Lohafer said she has to keep reminding herself to take her time and breathe

during a performance so she does not trip over her words.

Despite slam poetry's aggressive-sounding name, Lohafer said sometimes the most restrained performances are the ones that do the best.

"You don't have to be excessively aggressive or angry or loud, which is the stereotype of what slam poetry has to be," she said. "I think you can be quiet and contemplative and sort of different from what people expect, but you have to present it in a way that makes people believe what you're saying, because that's the most important thing."

McCarthy, Bateman, Gusta, Lohafer, Robert Lashley and Melissa Queen will compete Nov. 16.

"Our hope is that this week they'll come for the slam, maybe next week they'll come back for the poetry," McCarthy said.

Tickets for the Grand Slam are \$7 and can be purchased at the door or online at [www.poetrynight.org](http://www.poetrynight.org).

### Q & A

with slam poetry finalists

**Western Front:** Does the competition of a slam get in the way of the poetry itself?

**Robert Lashley:** Competition—it's fun to an extent. But, I mean, Don King isn't going to sign you. There isn't going to be a slam heavyweight championship.

**WF:** Why is it important to read poetry aloud?

**Jack McCarthy:** I think a poem read aloud becomes a communal experience. There is a shared emotional experience that can run through a room with a spoken poem. Nothing like that happens with a written poem.

**WF:** What cliché about poetry do you try hardest to avoid?

**Chris Gusta:** I don't like when people use poetry only to whine. I feel like that has been done to death.

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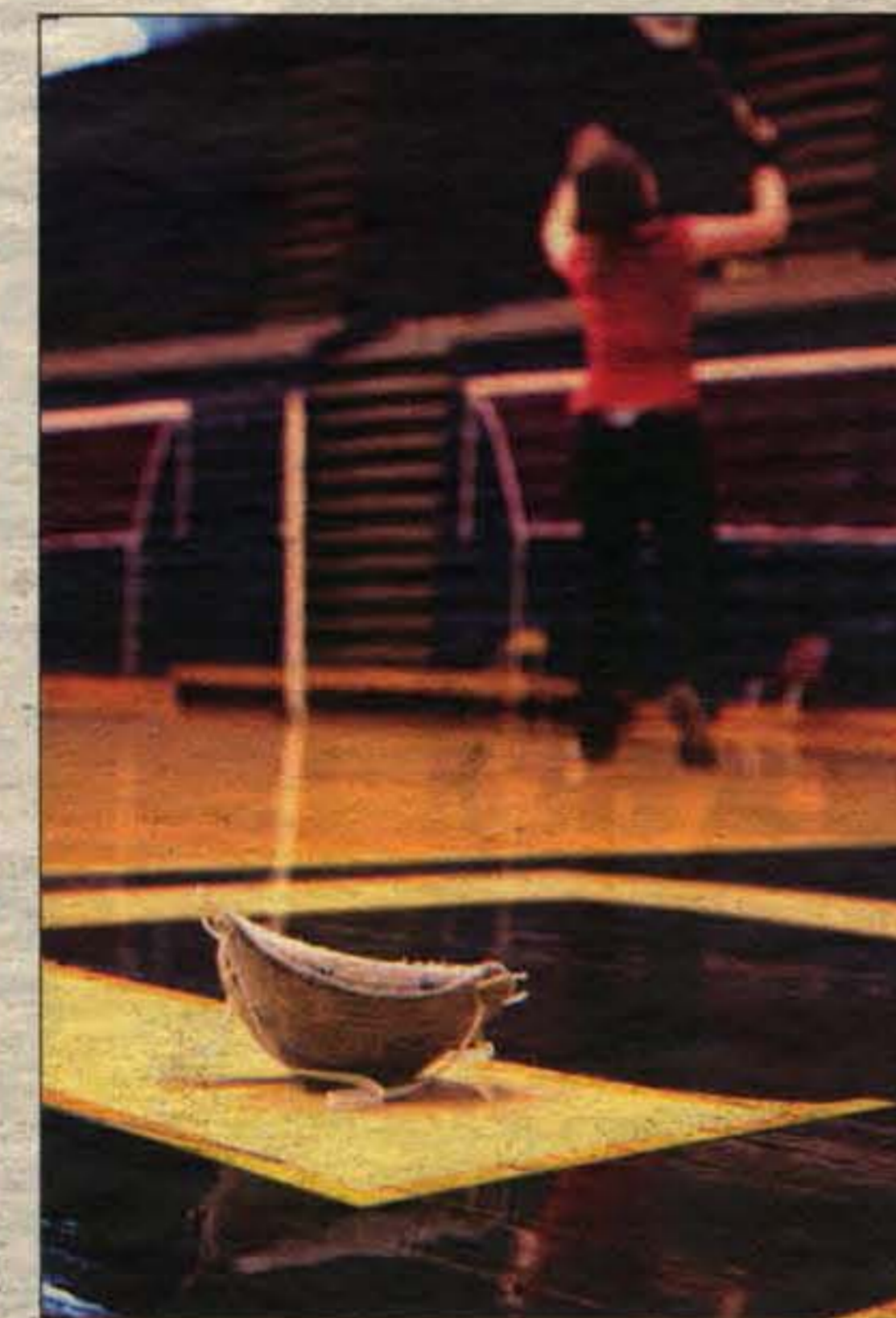
Western freshman Kelsey Moreno poses for a portrait in her Higginson dorm room Thursday, Nov. 12. Moreno holds a mask she must wear due to her body's overreaction to petrochemicals. Moreno must avoid certain perfumes, detergents and shampoos found in many materials with fragrances—all fumes from petrochemical products, or suffer debilitating migraines.

# A day in the life of Kelsey Moreno



7:45 a.m.

Kelsey Moreno leaves her Higginson dorm room to get her breakfast every day at the Viking Union.



9:50 a.m.

LEFT: Moreno warms up for her round robin badminton tournament in Carver Gym for PE 132. Moreno said many buildings do not incite her symptoms; it's mostly people.

1 p.m.

BELOW: Moreno said all of her professors have been accommodating, even making announcements to students informing them about her sensitivity to perfumes. "Communication is key—I tell all my professors because if I have to high-tail it out of a classroom, they will know what's going on," Moreno said.



12:30 p.m.

Moreno and some of her classmates work together on a worksheet for her Math 125 calculus II class.



# Accommodations for an education

Christopher Wood  
THE WESTERN FRONT

Imagine the start of your day; it is just like any other day.

Alongside your backpack is an oxygen tank to aid in breathing during calculus, because the fumes from the white board pen can cause a migraine that lasts for weeks.

For Western freshman Kelsey Moreno, every day is like this. She suffers from a condition called Multiple Chemical Sensitivity—a reaction to common substances. She wears a painter's mask over her nose and mouth for most of the day.

Moreno said she uses an oxygen tank in areas that are more toxic for her, specifically her calculus class, which involves heavy use of a white board.

"It would be nice if it's in a room with a chalk board, but it's not," Moreno said. "But I can work around that."

The symptoms of Multiple Chemical Sensitivity vary on a case-by-case basis. The specific substances that cause symptoms also vary, but it is petrochemicals in Moreno's case.

Petrochemicals are products such as plastics and synthetic fragrances derived from petroleum.

Medically there is no agreement on the cause or how to diagnose Multiple Chemical Sensitivity due to a lack of objective standards to test for it, said Dr. Kevin Dooms, allergist at the Bellingham Asthma, Allergy and Immunology clinic.

Moreno said the specific condition with which she is diagnosed is migraines from exposure to petrochemicals, but her doctor and her family recognize it as Multiple Chemical Sensitivity.

"[Multiple Chemical Sensitivity] is pretty rare, but not unheard of," said Anna Talvi, Western's disability management and accommodation counselor.

DisAbility Resources for Students, which provides equal access for students with dis-

abilities, accommodates students with Multiple Chemical Sensitivity if it has been documented by a medical professional and it affects the student to a degree that it interferes with major life activities, Talvi said.

A major life activity, as defined under the Americans with Disabilities Act, includes learning. If the ability to learn is impaired, disAbility resources provides accommodations designed to reduce the impairment, Talvi said.

"We try to make learning accessible to all students," Talvi said.

There are no statistics available for Multiple Chemical Sensitivity because no medical organization is tracking it, Dooms said.

Western's Environmental Health and Safety department, which ensures the safety of people on campus, helps with accommodations for someone with sensitivity, but what they do depends on the individual situation, department Director Gayle Shipley said.

"We try to respect everyone's bodies and needs," Shipley said.

Moreno said she first developed her chemical sensitivity when she was 15, when a boy in one of her classes sprayed cologne in the classroom, resulting in a three-week migraine, Moreno said.

"Guy sprays cologne in my class; I end up with a three-week migraine," Moreno said.

"I think it's pretty obvious what the trigger is."

After a semester at Juanita High School, Moreno said she made the choice to leave the school due to being out sick one-third of the semester because of her migraines.

After leaving her high school, Moreno said she took online Running Start classes through Seattle Central Community College to finish her high

school education.

When she started at Western, DisAbility helped Moreno find a dorm room on campus that was chemical-free. She was placed in a suite in Higginson Hall, Moreno said.

"The outdoor walkways are nice," Moreno said. "I don't have to worry about smells lingering in the hallways."

All of her suitemates had to agree to be chemical-free in order to live in the same suite as her, Moreno said. All the other residents living on Moreno's floor are aware of her sensitivity.

DisAbility also placed a washer and dryer in her suite, Moreno said. She is sensitive to fragrances in most laundry detergents, so her clothing must be kept clear of them.

She uses fragrance and dye-free detergents to

do her laundry, and for other cleaning products she shops online, Moreno said.

"There are artisan shops downtown [that sell fragrance-free soaps]," Moreno said. "But I prefer the larger selection online."

One of those shops is Otion at the corner of West Holly and Bay Streets in downtown Bellingham.

The store sells the ingredients for a person to manufacture their own soaps, which allows control of what goes into the soap, Otion store manager Erik Faiola said.

"People shop here to avoid the extra stuff in their soap," Faiola said.

He said there are approximately 3,500 different chemical fragrances used in soaps.

Western's janitors actively try not to use cleaning products that contain chemicals, such as fragrances, that can cause reactions in people who have Multiple Chemical Sensitivity, Shipley said.

It would be nice if [my calculus class was] in a room with a chalk board, but it's not. But I can work around that.

- Kelsey Moreno



# Student production reinterprets Greek myths

Anna Atkinson  
THE WESTERN FRONT

Blood poured from Western junior Rachael Chapman's mouth and spilled into her hands as she touched her lips. Western junior Adam Syron had just cut out her tongue.

Chapman, playing Philomela, Princess of Athens in Greek myths, and Syron, playing Orpheus, a mythical Greek poet, are performing in Student Theatre Productions' "Polaroid Stories."

With an abundance of blood packets, Greek mythology takes modern form in the entirely student-run show that opens Friday.

"It's really awesome to be with your peers and just create this art that you can claim as your own," Western sophomore Noel Wamsley said. "It's more of a collaborative effort rather than a dictatorship."

"Polaroid Stories" was written by Naomi Iizuka and produced by Western's Student Theatre Productions. Western junior Emilie Landmann directs the performance.

The play involves several story lines that follow different groups of characters from Greek myths.

In Greek mythology, Euridice is almost saved from the underworld by her lover Orpheus after she dies. "Polaroid Stories" follows the basic storyline but adds a spin in which Euridice becomes morally unsound.

Wamsley said the performances are unique because students take care of every aspect involved in a student-run production.

"Everything that we do has a student stamp on it," Wamsley said.

"It's more of a production that we're all in on," Syron said. "I feel like the directors in

student productions are a little bit more open to listening."

Wamsley said she was drawn to the play because of its modern spin on Greek mythology and the plot's twists and turns.

"If you enjoy to see things that aren't necessarily what they seem, then this would be the show to come to," she said.

Western sophomore Rachael McLachlan, who plays Euridice, said the play is audience inclusive. Characters walk up and down the aisles of Old Main Theater during the production, as if the audience is part of the scene.

Landmann said she stumbled upon the play while looking for monologues in the library two years ago and has wanted to do it ever since.

Landmann said she likes the intensity and the life-and-death element of the stories. Some scenes have large amounts of blood, reflecting traditional Greek tragedy, she said.

Faculty supports Student Theatre Productions, but the play is a student collaboration, Landmann said.

Western junior Truong Nguyen, who plays Narcissus in the play, said he feels he can explore more with his acting in a student-run play because the environment is more relaxed and positive.

Landmann had to propose the play to a board of students with Student Theatre Productions, then held auditions to select the cast.

"I'm excited about the whole cast," Landmann said. "Because they work together so well as an ensemble, and they are all very strong actors."

"Polaroid Stories" runs at 7:30 p.m. on Nov. 13, 14 and 15 and at 2 p.m. on Nov. 14 and 15 in Old Main Theater. Admission is \$3.



photo by Anna Atkinson THE WESTERN FRONT

Western junior Rachael Chapman, playing Philomel, struggles with Western junior Adam Syron, playing Orpheus, during a dress rehearsal for "Polaroid Stories."



Lauren, Audit Associate at KPMG, Alumnus '09

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# Tournament rocks dining halls

Michelle Naranjo  
THE WESTERN FRONT

Western students took their Rock Band talents out of their dorm rooms and into the dining halls during late night meals on Wednesday. All three campus dining halls hosted Rock Band tournaments. At Fairhaven Commons, the tournament started at approximately 11 p.m. and did not wrap up until 1 a.m.

Rock Band is a video game in which players act as musicians performing popular rock songs and try to hit as many correct notes as possible on controllers that mimic the-look and feel of musical instruments.

Teams performed songs such as Kansas' "Carry on My Wayward Son" and the Red Hot Chili Peppers' classic "Give It Away."

Each team brought its own special flair, whether in the form of matching bandanas or a unique performing style, such as the guitarist jumping off chairs and running around the room while still playing each note perfectly.

Some bands came decked out in costumes to stand apart from the other participants.

Western freshmen Brandi Ball and Ashley Kampe were dressed in rain boots, winter hats, colorful tights and feather boas. Their band, The One Man Band, performed "Float On" by Modest Mouse and "Bad Reputation" by Joan Jett. They took the title of best dressed at the end of the night.

Ball and Kampe said they participat-

ed just for fun, unlike some of the other contestants who took the tournament more seriously.

"Our Rock Band radars went off; we did it more just for fun, hence our outfits," Kampe said. "It's just a game. We hadn't planned on winning."

Each team at Fairhaven's tournament was allowed to play two songs of their choosing. Many started with an easier song to warm up and then chose a more difficult and impressive song that they could really go crazy with.

University Dining Services and General Mills coordinated the event as a promotion.

"When this opportunity came up, we jumped on it," said Lisa Philbrook, director and business developer for dining services.

Paul B. Jones, sales and business developer for General Mills, was the master of ceremonies for the evening at the three Rock Band events and helped teams set up, kept score for the evening and awarded prizes at the end of the contests.

The grand prize was a complete Rock Band 2 gaming set.

This was Jones' first time leading a Rock Band event but not his first time doing promotional work on a college campus.

"Rock Band is one of the hottest selling video games out there especially to students at the college level," Jones said. "There is a small population of students who enjoy Rock Band at a much higher level than the casual player."

At one point, a student ripped off his shirt and started to head bang while still playing. Another student put his guitar behind his head and played it upside-down, which prompted the audience to hoot and holler as he surprisingly hit every single note in rhythm with the rest of his bandmates.

Several performers took advantage of

the game system's microphone controller to give a speech before their performance. Others simply let their performance do all the talking.

Western freshman Gabriel Tutone keeps his focus while playing "Float On" by Modest Mouse as the crowd claps and sings along.

photo by Michelle Naranjo  
THE WESTERN FRONT



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# Preserve historic Bellingham homes

## Frontline

Opinions of the Editorial Board

Bellingham has recently put forward recommendations nominating three sections of town to become historic districts. The proposed names for these districts are the Cissna Cottages National Historic District in the Lettered Streets, the South Hill National Historic District in the South Hill Neighborhood and the York National Historic District in the York Neighborhood.

The move toward recognizing historic districts in Bellingham is a positive one because it allows the city to express its rich history and valuable older architecture.

Older buildings can make a city

much more appealing to both tourists and its residents. Areas such as the Fairhaven Historic District are staples of the community. The older buildings provide a homey, lived-in feel to the city that is often lacking in larger cities. Few people enjoy looking at the concrete of industrial buildings or the cold steel of high-rises all day long. The red bricks and squat buildings of Fairhaven are much more preferable.

Older homes are valuable because they offer a glimpse into the history of the area. Bellingham was founded in 1853 and incorporated several other local towns into its territory in 1903, including Fairhaven. The historical value of the city's older buildings is high because while Bellingham has not been around for very long, it has a colorful frontier history.

Perhaps old American homes don't

have the grandeur of old European or Asian cities, but they are reminders of our history that should be recognized and preserved for future generations to enjoy.

Some might say it would be more efficient to replace old homes with apartment complexes and large housing units, but new construction and large buildings can have negative environmental impacts.

Large buildings create paved surfaces around them for parking spaces and sidewalks. This increased water runoff can carry the pollutants lying around on the pavement into Bellingham Bay and other bodies of water. Large buildings generate more greenhouse gases with their consumption of electricity and natural gases.

Smaller, older homes provide a nice alternative with their plots of grass and older heating systems. Their impact on the

environment around them is much smaller than that of a condo complex with dozens of people crammed into it.

It's a good thing Bellingham's government and residents are taking steps to recognize the valuable historic resources present in this city in the form of its older homes and buildings. These structures inform us about the past and preserve those lessons for future generations. They have a minimal environmental footprint and they are aesthetically pleasing. They should be catalogued and hopefully protected for a long time to come.

*The Editorial Board is comprised of Editor-in-Chief Rebecca Rice, Managing Editor Audrey Dubois-Boutet and Opinion Editor Tristan Hiegler.*

# Try to celebrate a different kind of Thanksgiving; give the turkey a break

Francesca Valente  
Guest Columnist

The moment my mom set that first Tofurky down on the table in front of me six years ago, I knew I made the right decision. Even though many people thought it defied logic, becoming a vegetarian right before Thanksgiving solidified my commitment to my new meat-free diet. It was my freshman year of college and to this day, I still consider it the best, and perhaps most life-changing decision, I ever made.

Growing up, we're taught that Thanksgiving is about celebrating life and giving thanks for our families, friends and fortunes. Going around the table, expressing to each other what we're thankful for, I'd never thought about exactly what—or whom—we were about to feast on.

That is until my 18th Thanksgiving celebration. That day, I was thankful to be carving into my first Tofurky dinner. And

I was celebrating my decision to choose a meal that doesn't involve killing animals.

The overwhelming majority of the turkeys on our tables spent their short lives—about 5 months—crammed inside poorly ventilated warehouses that typically house up to 25,000 birds in a single shed. Each bird is afforded as little as one square foot of living space.

Such intensive confinement denies birds the opportunity to perform many of their most natural behaviors and often leads to stress and disease. To make matters worse, turkeys are bred to grow large so quickly that their skeletons often cannot keep up with their abnormal body weight—many suffer crippling leg disorders preventing them from reaching food or water.

About 20 weeks later, turkeys are transported to slaughter without food, water or protection from extreme temperatures. At the slaughter plant, they're dumped onto conveyors, shackled upside down by their legs and their throats slit.

Animal agribusiness is a cruel and inhumane industry responsible for slaughtering more than 225 million turkeys each year, more than 65 million of whom are killed for the winter holiday season alone. The day-to-day horrors of factory farming are kept hidden from public view because, let's face it—if most people saw how their Thanksgiving turkey was raised and killed, they probably wouldn't feel like celebrating anymore.

The abuses that turkeys and other farmed animals are forced to endure would lead to criminal prosecution if inflicted upon the cats or dogs with whom we share our homes.

To most people's surprise, turkeys are inquisitive, affectionate and social animals who enjoy life and have individual personalities much like the dogs and cats with whom we are familiar. Throw an apple to a group of turkeys and they'll play a game with each other. Should a fight start, some will play peacemaker by deliberately standing in the way of a charging

turkey.

One of the kindest choices we can make this holiday season is to pardon a turkey from our table and carve into a vegetarian roast instead.

Losing the turkey doesn't mean losing those traditional flavors and tastes that we all crave this time of year. At my first Thanksgiving as a vegetarian, my mom prepared a Tofurky roast. Since then, I've discovered many more delicious, easy to cook cruelty-free options. From Tofurky to Field Roast to Gardein, finding animal-friendly Thanksgiving options is easier than ever. Every time we sit down to eat, we can each make compassionate choices—and that's something we can all be thankful for, even turkeys.

*Francesca Valente is the office manager at Compassion Over Killing (COK), a national nonprofit animal protection organization based in Washington, D.C.*

## Letters to the editor

### WTA cuts will affect many riders

As a college student and resident of Whatcom County, I am voicing my concern at the possibility of the WTA cutting services on Sunday due to state monetary issues. This will limit rides to students, to families and to others who work on, travel on and use the WTA on Sunday. My biggest concern immediately stresses the employees of the WTA who depend on their hours on Sunday to earn an income, and some may lose their jobs. My thought also goes to family members who rely on the

WTA to get to work and back, without the added expense of using their car. The WTA services are a blessing to those who do not use or own a vehicle to transport them to where they need to go.

It may not be the only solution, but with an increase in taxes we can save rides on Sunday for those who desperately need it. I urge you to act now and think about the consequences of this change. In these difficult economic times, we don't need another group of people losing their jobs and thus their way of bringing food to the table.

Tiffany Go  
Western junior



Cartoon by Alan Crow THE WESTERN FRONT



## Baker's back!

Mt. Baker Ski Area officially began its 2009-10 season Thursday with prime weather conditions



Elizabeth Hansen  
THE WESTERN FRONT

photo by Rhys Logan THE WESTERN FRONT

Teachers, be prepared for an onslaught of absences. Mount Baker is open.

With 65 inches of snow at the base and more expected in the coming weekend, the Mt. Baker Ski Area opened at full operation on Thursday.

The unique terrain and location of Mount Baker has made it internationally respected by snowboarders and skiers alike. Gwyn Howat, operations manager for Mt. Baker Ski Area, said she has been flooded by calls from riders around the U.S. asking about current snow conditions on Mount Baker.

"The terrain at Mount Baker is literally world famous," Howat said. "People and pro riders around the country are dropping everything and hopping on an airplane for opening day."

Mount Baker offers 38 trails composed of mostly challenging routes with a wide variety of steeps, chutes and canyons. Howat said she believes this opening weekend will be one of the top 10 opening weekends in Mount Baker's history.

"[Baker] is not corporate like other mountains are. They try really hard to help the community any way they can. They really care about the mountain and the people that are there."

Stacie Smith,  
Western senior

"With the storm cycle we are currently in, the mountain has received 40 inches of new snow in the past three days," Howat said. "That is much more than anticipated, and with more on the way this is near perfect conditions."

Western senior and Outdoor Center employee Devin Lee said he enjoys Mount Baker for the large amount of snow it receives.

"The views from the mountain are incredible," Western senior Stacie Smith said. "Being surrounded by the national park makes it feel like you are in the middle of nowhere. It's amazing."

Howat said the ultimate condition for a snowboarder is powder snow, and the place riders are most likely to get powder snow is at Mount Baker.

"It's like living next to the perfect surf break," Howat said. "You still never know when [the perfect powder] is going to happen, but the chances are that you're in a good spot for it to happen."

In the winter of 1998 and 1999, Mount Baker set a world record with 1,140 inches of snow, the most snow ever recorded on earth to fall in one winter season. Howat said a main reason for why Mount Baker receives so much snow has to do with its unique geography.

"Because Mount Baker sits so close to the Pacific Ocean, storms coming in off the ocean hit Mount Baker first," Howat said. "These storms are just saturated with moisture. Mt. Baker Ski Area, in particular, is in a very unique location because it sits just north of the volcano itself, so storms coming from the south are uplifted and cools right over us, giving us more snowfall."

Smith, who is working for Mt. Baker Ski Area for the first time this season, said the ski area is run like a big family.

"It's not corporate like other mountains are," Smith said. "They try really hard to help the community any way they can. They really care about the mountain and the people that are there."

Howat said the ski area gives up thousands of dollars a year in potential revenue by refusing to allow corporate advertising at the ski area.

"There is no advertising on the Web site or the trail maps," Howat said. "We even made the Pepsi guys take the Pepsi logo off the vending machine. So when you come to the ski area it doesn't feel like another 'logoized' place."

The Mt. Baker Ski Area Web site links students to AlterNetRides, a free carpooling service available for individuals throughout the U.S.

Starting winter quarter, the Outdoor Center will provide students rides to Mount Baker on the Ski Bus. Students will be able to sign up for the bus during the week for one of three pick-up times, the latest being 7:30 a.m., Lee said. He said pricing for the Ski Bus is still being worked out.

In 2008, Mount Baker was rated by Ski Area Management magazine as the best-valued lift ticket in North America.

Prices range from \$36 to \$44, depending on the day of the week or holidays. Howat said though there is not a daily college student's price, the ski area does have a special season pass price for students.

"We understand all the financial challenges students are up against these days," Howat said. "That is why we try and make it as affordable for students as possible, so that they can come and enjoy the mountain."

A college student season pass to Mount Baker costs \$602 before taxes and is valid through April 25, 2010.

"The price is pretty reasonable," Smith said. "At Stevens pass they don't have a college student rate, and it's almost \$900 for a season pass."

Howat said a current printout from the Registrar's Office is required to show proof of enrollment and full tuition has been paid for 12 or more credits to be eligible for the student price.

### Never tried skiing or snowboarding?

The Mt. Baker Ski Area offers a 'Best for Beginners package' for those looking to try their hand at snowboarding or skiing. The package includes an hour-and-a-half lesson, full day rental equipment and a beginner lift ticket for \$47. Howat said this is a great deal, considering the cost of a regular lift ticket alone is \$47. There are three sessions a day, starting at 9 a.m. and running until 1 p.m.

Howat said new riders should not get discouraged for not picking it up after their first time snowboarding.

"The first three days of snowboarding are what I call the hot tub days," Howat said. "Snowboarding has a very steep but short learning curve. Usually by the third day something magical happens and people just start to get it."

### Not looking to buy new equipment?

The Outdoor Center offers the rental of alpine touring skis, snowboards, cross-country skis, snow shoes and avalanche safety equipment. They also offer waxing facilities and teach students how to wax and maintain their skis and snowboards.

Howat said students starting out have numerous places to get gear without paying too much money.

"Any regular ski shop will have some used gear to purchase," Howat said. "Craigslist is OK as long as you know what you are looking for. But the best options are gear grabs or ski swaps. You can get phenomenal deals on everything from gear to clothing."

The Outdoor Center is hosting a Gear Grab for students, local vendors and community members to sell new and used outdoor equipment. The cost is \$10 for students with ID and will be held at 10:30 a.m. Nov. 30 at the Viking Union Multi-purpose Room.

### Western Outdoor Center rental rates (prices listed: daily, weekend)

Snowboard Package (board and boots): \$14, \$31.50  
XC Ski package (skis, boots, poles): \$7, \$15.75  
Telemark Ski Package: \$15, \$33.75  
Snowshoes & Poles: \$6, \$13.50  
Avalanche Transceiver: \$5, \$11.25  
Avalanche Probe: \$2, \$4.50  
Snow Shovel: \$3, \$6.75  
Snow Saw: \$1.50, \$3.25

### Mt. Baker Ski Area (for all-day rental)

Snowboard Package: \$35 basic, \$48 premium  
Ski Package: \$35 basic, \$48 premium  
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photo by Rhys Logan THE WESTERN FRONT

Three-year Mt. Baker Ski Area employee Joe Paudette scrapes snow off Chair 1 Wednesday. Paudette said the mountain should receive snow through next weekend.





photo by Hailey Tucker THE WESTERN FRONT  
Western junior Meagan Adolfson practices her holds on the Wade King Recreation Center rock wall Thursday evening.

# Rock climbing: A beginner's guide

## Types of Climbing:

**Bouldering:** No ropes, but you use a crash pad, which is a portable foam mat.  
**Sport Climbing:** In a gym or on a route that has already been set.  
**Lead Climbing:** Using ropes and a harness.

## Places To Climb:

**Indoor:**

- The Wade King Student Recreation Center
- YMCA (1256 N. State St.): climbing is free to all members.

**Outdoor:**

- Sehome Arboretum Park
- Clayton Beach
- Larrabee State Park

"Anywhere near the water, there's a ton of [climbing] rock," said Western junior and Outdoor Center employee Ryan Askey.

## What Will You Need:

**Climbing shoes**  
 "Some people go without [climbing shoes], but they make it easier for you to grip with your feet," said Western junior and Outdoor Center employee Ryan Askey.

**Chalk bag:** This is a small pouch that a climber carries while climbing. The pouch holds the chalk that the climber uses on his or her hands to get a better grip on the rock.

**For big climbing:** Ropes and anchors, but if you are going up a set route there are already anchors. Crash pads, which are large padded surfaces to land on, are also recommended.

Samantha Oberholzer  
THE WESTERN FRONT

## Where You Find Help:

**Rock-climbing excursions:** Held during fall and spring quarter through the Outdoor Center. The excursions can help you learn how to rock climb, and they also help you develop connections with other people who are on the same climbing level.

**The Rec Center:** "People at the gym can help you climb if you're looking for basics," Askey said.

## Advice From Max Wilbert:

- Have fun.
- Trust your feet.
- Let your body tell your mind what to do.
- Challenge yourself.
- Put in the time and practice. "[After practice] the skills and movements you need become a part of you," Wilbert said.

As you walk into the Wade King Student Recreation Center you cannot help but notice the massive rock wall towering above a sea of blue foam mats. You notice several people watching a fellow climber slowly make his way to the top of a challenging course. Chalk dissipates through the air as he claps his hands. His feet, fastened into tight climbing shoes, softly touch the ground and he releases the harness around his hips.

You find yourself halfheartedly walking up the stairs to the cardio center, dreading the 30 minutes of redundant movements and sounds from the treadmill on which you've been working out for so many days in a row.

The climbing wall at the recreation center offers a different option for a workout to those who are stuck in a vicious cycle of cardio machines. It opens at 11 a.m. every day and closes just before the building does. Monday through Thursday the recreation

center closes at 11 p.m., Friday it closes at 10 p.m., Saturday it closes at 8 p.m. and Sunday it closes at 9 p.m.

"Climbing can happen in some of the most beautiful places in the world," Western senior Max Wilbert said.

Wilbert works at the Outdoor Center and leads various excursions, including rock-climbing trips.

"I like exploring ways I can express myself physically," Wilbert said.

The Outdoor Center will not be organizing any more outdoor rock-climbing excursions this quarter (a trip to Vantage, Wash., was held Nov. 6-8) or winter quarter, but more information about other trips will be posted on the Outdoor Center's Web site at the beginning of the quarter.

You can also visit the office on the first floor of the Viking Union. Now get climbing!

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# Fantasy football fever

Andrew Lang  
THE WESTERN FRONT

Every Sunday, thousands of football fanatics become one with their couch. With their eyes fixated on the television screens, the gridiron worshipers pray to the all-mighty football gods, willing their favorite player through broken tackles and miraculous leaps into the end zone.

Rising to one's feet in astonishment, a chest bump typically ensues. Frito Lays and a bean dip platter fly through the air because Adrian Peterson just solidified the "Favre from Retiring" team's first-round bye into the 2009 Aaron Curry is the Man league playoffs.

If National Football League double coverage means watching the NFL network and scouring ESPN for instant updates simultaneously, you may have a fantasy football symptom. If by 8 p.m. on Sunday you have wedged a permanent butt groove in your favorite recliner, you have contracted the virus.

For those who are completely confused, welcome to the craze taking the sports world by storm: fantasy football.

With the age of the Internet and social networking sites such as Facebook, it is hard not to fall victim to the fantasy "flu" that all types of NFL fans are contracting these days, said Bellingham resident and Whatcom Community College student Max Wilcox.

"Fantasy football is just so accessible," Wilcox said. "It's advertised everywhere you look and it's on every search engine, like Yahoo and all over ESPN."

Fantasy football provides fans who grant their fandom allegiance to an NFL team with an alternative way to look at the game.

Seahawks fans, such as Western junior Geoff Johnston, often become frustrated watching their favorite team get off to 3-5 starts. By the time Seattle is out of the play-off race, Seahawks enthusiasts do not find much of a reason to follow the NFL.

"Fantasy football gives me a reason to watch all the games every Sunday, not just the Seahawks," Geoff Johnston said. "I also love the trash talking with friends; it's a big part of fantasy."

Fantasy football is fairly simple to learn, and most leagues follow similar formats. One to two weeks prior to the start of the NFL season, friends get together in per-



photo by Rhys Logan THE WESTERN FRONT

Geoff Johnston, left, celebrates his 21st birthday at the Quarterback Pub and Grill with his brother, Brett Johnston, for Monday night football on Nov. 9.

son or online to draft their football teams. Rosters are composed by drafting quarterbacks, running backs, wide receivers, tight ends, kickers and defenses.

One's fantasy team earns points based on how their players perform during their real NFL games.

While some leagues have a cash incentive for Super Bowl winners, others award the ultimate prize: bragging rights.

Western student Brett Johnson, who is currently working on his post-baccalaureate, said having a great team is essential to enjoying a fantasy season. He said it is a great way to socialize in college.

"You come to college and it's a big activity," Brett Johnston said. "It's an easy way to keep in touch with

all your friends; it's just fun. You familiarize yourself with all the players and get to know guys you never really knew before. I love to trash talk. If you're winning at the end you get to hold it over everyone's head."

Fantasy football was not always so accessible. It was not until the turn of the century that Web sites allowed football fans to play online for free.

Web sites such as ESPN.com, CBS Sportline, NFL.com, Yahoo and Facebook now all have free sites for fanatics to use.

Geoff Johnston, who has been playing fantasy football since he was in seventh grade, attributes these free online sites to the rise in popularity in the last five years.

"Really, it's the increase in technology," Geoff Johnston said. "Having all the online sites allows everyone to stay connected to the game and is a good way to connect with your friends through sports for free."

## 2009 standouts

### Quarterbacks:

**Brett Favre** — According to FantasyFootballToolbox.com, Favre was ranked as the 20th best quarterback available in fantasy drafts to start the season. Favre currently has 16 passing touchdowns—tied for second in the league—and only three interceptions. He is also ranked 13th in the league in passing, accumulating 1,925 yards. Favre is blessing fantasy rosters for those lucky enough to pick him in later rounds of the draft.

**Drew Brees** — If you have Brees on your roster, you are most likely in good shape. He is tied for the league lead in touchdown passes with 17 as of week 10. Brees also ranks fourth in passing yards with 2,336 so far. Brees plays for the offensively high-powered New Orleans Saints.

### Running backs:

**Maurice Jones-Drew** — Although Jones-Drew plays for the lowly Jaguars, he has a league-leading 11 rushing touchdowns equalling big points and smiles for fantasy owners. Jones-Drew also has the sixth best yards per game, average accumulating 92.1 yards per game.

**Cedric Benson** — Maybe the steal of the 2009 fantasy football draft, who would have thought Benson would be posting such big numbers after a dismal season with Chicago. Benson is currently tied for seventh in the league with six rushing touchdowns. He ranks second in the league with 837 rushing yards and has four 100-yard rushing games.

Other Notables: Chris Johnson, Michael Turner.

### Wide receivers:

**Larry Fitzgerald** — Not much of a surprise here; through week nine Fitzgerald is tied for the most receiving touchdowns in the NFL with seven. He is also ranked fourth in receiving yards with 632. Fitzgerald continues to be a fantasy powerhouse with no slowing down in sight.

**Vincent Jackson** — Another great steal of the draft for fantasy owners. His seven receiving touchdowns have him tied for first in the NFL. Jackson also ranks third in receiving yards with 722 so far this season. Jackson has four 100-yard receiving games and is averaging 90.2 yards an outing.

Other Notables: Reggie Wayne, Andre Johnson and Miles Austin.

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# Just getting started

Western junior Jordan Welling has his eyes set on loftier goals than collegiate victories

**Jordan Stead**  
THE WESTERN FRONT

Finding a happy medium between work and play is imperative for every college student. Western junior Jordan Welling has enough on his plate to keep two students busy: he is an All-American runner, GNAC scholar-athlete and cross-country MVP.

An All-American athlete in cross-country ever since his first year at Western, Welling recently finished second individually at the 2009 NCAA Division II West Regionals, qualifying for nationals on Nov. 21 in Evansville, Ind.

Welling said he aspires to make the Olympic trials—both marathon trials in fall 2015 and track trials in spring 2016—after his projected graduation next year.

**“We all love each other, straight up. When we are all around each other, it makes us want to work harder.”**

**Bennett Grimes, Welling's teammate**

“The only problem with [the trials] is that they could delay any potential career moves,” Welling said. “I don’t want to drag running out to the point that I’m

starting my career in my 30s.”

Welling has risen to the top in both collegiate cross-country and academics at Western. In 2008, Welling was awarded the scholar-athlete award for his 3.63 GPA.

“We’re a very competitive team. We want to beat other people, but we want to have fun, too,” Welling said. “It’s so much harder to do things on your own. When you have such good guys, it’s easy to keep yourself going and in shape.”

Welling said he dropped basketball to focus solely on cross-country in the summer before his junior year of high school in Burlington.

“I started to train year-round,” Welling said. “I took a lot of initiative on myself, and I started seeing success in my running performance.”

Welling attended Northern Arizona University after high school only to find it unsuitable for his tastes after freshman year.

Welling returned to Washington and transferred to Western in his second year of college.

“I’ve been very happy with my choice since returning,” Welling said. “I love Bellingham—it’s just right.”

Western cross-country coach Pee Wee Halsell has known Welling for the past two years and has watched him grow as a person and improve as a runner.

“Welling is one of our top athletes,” Halsell said. “He brings in the passion for

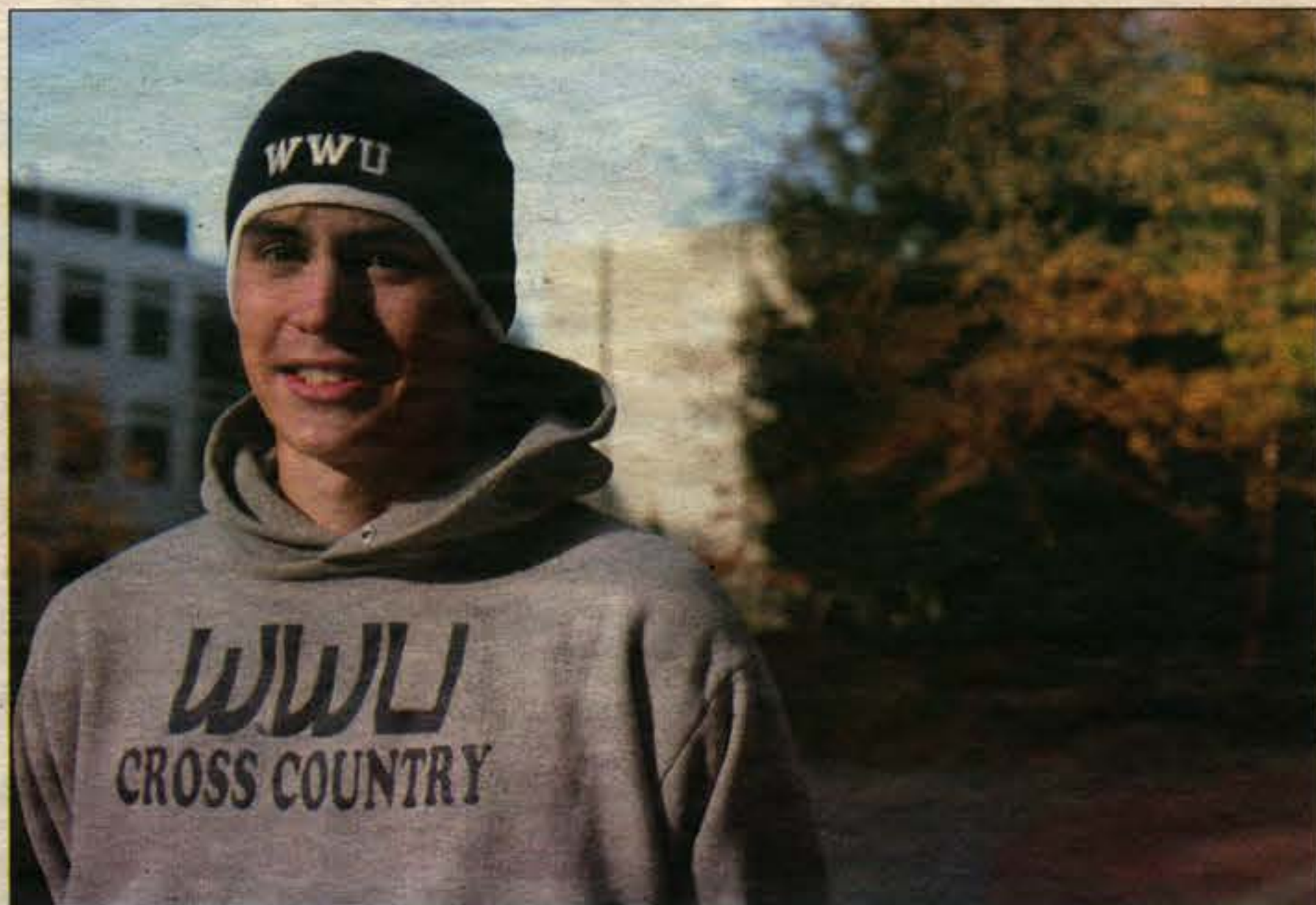


photo by Jordan Stead THE WESTERN FRONT

Western junior Jordan Welling is an All-American cross-country runner, decorated scholar-athlete and what he hopes to eventually be - a future Olympic contender.

the sport, and that passion will take him further into life—beyond running.”

Welling said the team encouraged him to have a healthy, strong lifestyle.

“We all really trust each other,” Welling said. “After all the suffering of training together, it’s cool to have [my teammates] around.”

Western junior Bennett Grimes, also on the cross-country team, has become friends with Welling since Welling’s return from Northern Arizona University.

Grimes—also one of the top runners on the cross-country team—said the friendly competition between Welling and himself keeps team spirit and work ethic high.

“[Welling] is a very driven and passionate guy,” Grimes said. “He has big goals that I’m sure he will achieve.”

Welling has career goals in mind, but

**NCAA Division II Nationals  
Nov. 21 in Evansville, Ind.**

he said he plans on pursuing running for several years following graduation.

“There’s not a whole lot of money in running,” Welling said, “but there are ways an accomplished runner can survive, through sponsorships and the like.”

Grimes said he has seen growth in both individual runners and in the team attitude.

“We all love each other, straight up,” Grimes said. “When we’re all around each other, it makes us want to work harder.”

After hearing of Welling’s plans to enter the Olympic time trials, Grimes offered friendly support.

“When [Welling] is in the trials, I’ll be right there with him,” Grimes said.

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