

THE WESTERN FRONT

Volume 169, Issue 13

Winner of seven 2013 Society of Professional Journalists Awards

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ON THE WEB

BLOG: FOODOSOPHY UNWRAPS THE MANY HEALTH BENEFITS OF KALE

SPOOKY SOUNDS AND SCARY STRINGS



Top: Western's Symphony Orchestra performed a benefit concert on Friday, Oct. 31, at the Performing Arts Center Concert Hall as a kick off to the year. All proceeds from the concert were donated to Western's Music Library to acquire more material and online resources for students. // Photo by Madeline Takata



Bottom center: A skeleton sits on a chair at the Halloween concert. Bottom right: Ryan Dudenbostel, new to Western's music department, conducts the Halloween-themed concert. // Photos by Madeline Takata



Transfer students struggle with assimilation

University offers programs to facilitate transition

Mackenzie Junor
THE WESTERN FRONT

Despite programs designed to help transfer students make the switch to Western, some transfer students say they feel they're left to fend for themselves and are not given enough information or resources.

Before transfer students begin classes, they are invited to attend an orientation, advising and registration program called Transitions over the summer where they are able to register for classes and become familiar with campus.

"I sat in a session where they were trying to put my plan together and what they told me I was supposed to register for was completely wrong," said Jaymie Baunach, a special education major transfer student from Whitworth University. "I spent the whole day working on my schedule and it ended up being

TRANSFER, page 7

Faculty training aims to prevent campus violence

Kristin Foster
THE WESTERN FRONT

Darin Rasmussen, director of public and safety and chief of police at Western, is offering violence prevention training in an effort to inform faculty and staff on ways to identify possibly violent individuals and how to respond to them.

The purpose of the training is to get Western ready in the event that there is a violent crime on campus, Rasmussen said.

"We want people to understand we have a framework in place to support people who are in crisis and how people can report it," he said.

In the presentation at the training seminar, Rasmussen described how most violent individuals will consider, plan and prepare before acting. He explained that although there is not one profile of an active shooter, if someone knows what to look for, pre-attack behaviors are dis

VIOLENCE, page 6

AS hosts first Rock the Vote event

Monica Griffin
THE WESTERN FRONT

The Associated Students first ever Rock the Vote event faced a low turnout on Thursday, Oct. 30.

The event was one of a series in a nationwide voting campaign and featured local bands, non-partisan election information and a place to print your ballot.

After a successful voter registration drive during which Western Votes! registered almost 3,000 students

to vote, the low turnout was unexpected.

Patrick Eckroth, Representation and Engagement Program coordinator, estimated that 60 to 80 people came and went during the three-hour event.

"I think it had to do with it being [the day before] Halloween and that it was late in the day," said Eli Hanavan, AS Productions Pop Music coordinator. "It would have been better earlier in the day when there were students on campus who would've been

drawn into that music blasting out of the [Viking Union] Multi-Purpose Room."

The program cost is estimated at around \$3,000, but the event was not a waste of money since the cost per person is reasonable, Eckroth said.

Twenty people printed their ballots at the event, Eckroth said.

"One key factor is also that this is the first time we've ever done a Rock the Vote and it takes a while to institutionalize events like that,"

Eckroth said.

If the REP chooses to put on Rock the Vote next year, more people are likely to come, Eckroth said.

VOTE, page 6

Today is the last day to submit ballots. See page 4 for a rundown of ballot measures and local candidates.



FEATURES
THEY SLITHER, SLIDE AND OFFER A SENSE OF COMFORT

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SPORTS
PROFESSOR PUSHES TO FIX CLUB SPORT CONCUSSION PROBLEMS

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A PRESEASON WARM-UP



Senior Drew Hurter, 21, rides a homemade rail Sunday, Nov. 2, in Bellingham. Skiers prepare for the season by constructing an urban ski rail by using pallets, PVC pipe and ice shavings. // Photo by Bailey Barnard

CITY ROUNDUP

THE WESTERN FRONT

HEALTHCARE WORKERS URGE STUDENTS TO GET FLU SHOTS

The U.S. Center for Disease Control estimates that 200,000 people are hospitalized from seasonal flu-related complications in the United States each year. On average, five to 20 percent of the population gets the flu. However, common misconceptions about the vaccine prevent people from getting it.

Long Ha, a pharmacist at the Sehome Rite Aid Pharmacy, said people often tell him getting the flu shot is pointless because they might still it. The earlier a person gets the flu shot, the

less likely they are to get the flu, Ha said.

Some people get sick after they get the flu shot because they came in contact with the flu before they got the vaccine, he said. People can also get the flu after they get the shot because it takes two weeks for the body to start building antibodies against the flu, Ha said.

It is important to get the vaccine each year, because the shot is manipulated to protect against the current strain of the flu, Ha said.

At the Sehome Rite Aid, they have vaccinated more than 1,000 people against the flu this season, Ha said. Ha himself has given more than 400.

Western sophomore Kamalani Brun tried to get the flu shot, but the pharmacy

didn't take her insurance. When they told her the shot would be \$35 and she decided it wasn't worth it.

Brun hasn't gotten a flu shot in three years, but she used to get them every year. "My mom always made me get one when I was young, but I didn't mind it," Brun said.

Western sophomore Dakotah Ramirez hasn't had a flu shot since he was a child.

"I can't remember the last time I had a flu shot, and I haven't gotten the flu in that time period," Ramirez said.

However, if it were convenient, he would, he said.

"If there was a booth [on campus] like the blood drive, I would get one," Ramirez said. "But I'm not going to go out of my way to

get a flu shot."

Dr. Emily Gibson, director of Western's Student Health Center, said in an email interview that the benefits of getting a flu shot at the health center are convenience and lower prices.

The health center gives flu shots at a lower price for students without health insurance, Gibson said. Without insurance, it is \$25 at the health center and \$32 at Rite Aid.

The health center is currently out of flu shots. There is a shipment of 450 doses on its way, Gibson said. She hopes the shipment will get here soon enough to vaccinate students before Thanksgiving and winter break, she said.

By Brooke Hanson

The Western Front

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Corrections

In a photo depicting the "Carry that Weight," march that ran on page 1 of the Oct. 31 issue, The Western Front mistakenly identified two subjects. Emma Palumbo is a Western junior and Elle Papageorge is a Fairhaven sophomore.

In an article about Chris and Brooke Jespersen, a married student couple, that ran on page 8 on Oct. 31, The Western Front mistakenly reported Chris paid for his wife Brooke's trip to Guatemala. Chris and Brooke both paid for the trip.

The Western Front strives for accuracy and will correct errors of fact promptly and courteously. Please notify us of any factual errors at westernfrontonline@gmail.com.

INTERNATIONAL EDUCATION

Faculty workshops discuss globalizing curricula

Lexi Ortiz
THE WESTERN FRONT

In an effort to better integrate international elements into the curriculum of Western professors, the Center for International Studies and the organization One World are holding workshops to start a discussion that will be explored later in the year.

The workshops, held on Tuesday, Oct. 28, and Wednesday, Oct. 29, invited faculty from across campus to learn and discuss what it means to internationalize Western's curriculum. These workshops served as an informational discussion that will be further explored in future hands-on workshops.

Western plans to globalize professors' curricula by teaching representative for One World, got involved in the workshops after he took a few classes that had cross-cultural representation, which opened him up to a new perspective of what's happening in the world right now.

Western Provost Brent Carbajal supports the idea of holding workshops to get more faculty involved in redesigning courses with integration of internation-

alization, said Vicki Hamblin, executive director for the Center for International Studies.

One World is a task force of Western faculty with a three-year mission to plan, design and implement an internationally-focused curricular initiative on campus. They want to embed global learning into the existing curriculum, so every student can have the opportunity to achieve global competence, according to the workshop pamphlet.

Over the past two years, One World has researched and analyzed the benefits and support behind internationalizing curriculum through surveying staff, faculty and students on campus, Hamblin said.

Evan Rumble, the student representative for One World, got involved in the workshops after he took a few classes that had cross-cultural representation, which opened him up to a new perspective of what's happening in the world right now.

"[From these classes], I started to put the pieces together on how things worked," he said. "I began to build a personal position of where I stood in the

world."

Rumble believes a lot of students miss out on global learning in their classes because of their majors.

Western is close to the cutting edge with internationalized curriculum, said Judy Pine, associate professor of anthropology and co-chair of One World.

Pine said she wants to see Western push its potential so that all students can have access to global learning.

Hilary Kahn, director of the global center at Indiana University, joined the workshop via Skype. She talked about her experience with internationalization on campus and produced general guidelines for faculty to keep in mind when forming their internationalized course, such as assessment of the learning, teaching methods, learning objectives and transparency to students.

Kate Miller, a women's studies and American-cultural studies professor, attended the workshop because she believes it's important to get a global perspective in gender and feminism classes.

Miller felt positive about what One World has in mind with trying to move forward with the curriculum change, she said.

FUTURE WORKSHOPS

- The winter workshop will be hands-on exercise in creating an international syllabus for one course.
- The spring workshop will use syllabus from winter workshop as a stepping stone for discussion on how programs can integrate international content.
- Applications for both workshops close on Monday Dec. 1

"I think one of the challenges is [the ability] to acknowledge multiple voices and multiple histories, not only in this country, but other countries with silent histories," Miller said.

Rosalie Romano, One World team member and secondary education professor, described how she hopes to move forward the curriculum

change.

"It has to be cogent, cohesive and coherent, and that is now bringing us to stage three — our third year — of how we should internationalize in a way that weaves together a common thread," Romano said.

Two follow-up workshops are already planned, and faculty is invited to apply to attend. From the applications, 15 to 20 faculty members will be chosen to attend winter and spring workshops to help mold the stepping stone for infusing international content and perspective into Western's curriculum, according to information given at the workshop.

The faculty members who participate will receive a \$1,000 stipend paid in two installments, according to a pamphlet at the workshop, according to information given at the workshop.

Currently, Western has a variety of courses that offer international content, as well as a minor in international studies. However, what's missing is the coherence and coordination of the courses for students to recognize the course having value to their degree, Hamblin said.

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RING FSI

Upcoming events

Tuesday, November 4

Tango Lessons
What: Drink tea and learn how to tango
When: Tea and social time at 6:30 p.m.
Beginner lessons at 7 p.m.
Intermediate lessons at 8 p.m.
Where: Viking Union Multi-Purpose Room
Drawing Jam Opening Reception
What: Draw, write and fill empty canvases with creativity. No experience needed
When: 11 a.m. to 5 p.m.
Where: Viking Union Gallery
Cost: Free

Wednesday, November 5

Fall Planetarium Shows
What: Come watch "Stars of the Pharaohs" in Western's Planetarium
When: 6-7 p.m.
Where: Dr. Leslie E. Spanel Planetarium in Haggard Hall
Cost: \$5 per person, \$3 w/ student ID
Free Classical Music
What: Come relax and listen to classical music through Bellingham Music Club
When: 10:30 a.m.
Where: 119 Texas St., Bellingham WA
Cost: Free

Cops Box

Friday, Oct. 31, 6:00 p.m.

Police were called by a woman on the 800 block of Lakeway Drive who reported an argument with her husband. There was no domestic violence involved.

Friday, Oct. 31, 5:15 p.m.

Police responded to a report on the 500 block of 16th Street of vandalism of the cover of a man's camper.

Cops Box and upcoming events compiled by Jenny Freitag

Saturday, Nov. 1, 12:01 a.m.

Man reported daughter as a runaway after failing to return home from a Halloween dance on the 200 block of West Kellogg Road.

Saturday, Nov. 1, 6:30 a.m.

On the 100 block of North Samish Way, a woman reported stolen possessions from her motel room after she let an acquaintance use her shower.

Breaking down the ballot

Tuesday, Nov. 4, is the last day to vote

Republican Democrat

State Senate for 42nd District

Senator Doug Ericksen (R):

- Advocates stability and growth in agricultural industry
- Does not implement new taxes unless they are voter approved
- Wants to utilize private sector to save tax dollars
- Pushing land use and planning reform.

Seth Fleetwood (D):

- Working to create "Made in Washington" law that creates higher paid jobs in Washington state
- For oil-by-rail safety legislation
- Pushing equal pay for women
- Wants to protect funding for education

State House of Representatives for 42nd District

Luanne Van Werven (R):

- Aims to protect farmers' way of life
- Wants to avoid bureaucratic bloat in education funding and get money to the classrooms
- Wants to make performance data of state organizations available to the public.

Satpal Sidhu (D):

- Wants state to do more to address mental health problems
- Aims to compromise in legislature
- Emphasizes technical education programs, math and science education

Vincent Buys (R):

- Believes government should do all it can to help small businesses
- Wants an affordable budget that can be met with current tax revenue
- Aims to pass legislation requiring a two-thirds voter majority to raise taxes

Joy Monjure (D):

- Wants to address causes behind poor student test scores, such as poverty and inadequate health care
- Will push for minimum wage increase legislation
- Aims to give more funding to transportation projects

State House of Representatives for 39th District

Elizabeth Scott (R):

- Hopes to reduce tax burden on businesses
- Supports choice in education, with strong public and private schools
- Aims to adjust funding of higher education to at least 50-50 balance between taxpayer and student

Charles Jensen (D):

- Promises not to put politics about the people he would be representing
- Works with at-risk youth to teach them employable skills
- Aims to reduce unemployment

Information pulled from candidates' campaign pages

Initiative Breakdown

Initiative 591

Initiative Measure No. 591 is an act relating to the protection of gun and firearm rights and adds new sanctions to an existing act. The act is titled "Protect Our Guns Rights Act," and states that it's unlawful for the government to confiscate firearms without due process as well as require background checks, according to the initiative.

Initiative 594

Initiative Measure No. 594 would concern those who want to purchase, sell or transfer the possession of a firearm. This initiative would apply the criminal background checks currently used when purchasing a firearm at a licensed dealer to all firearm sales and transfers, including gun show and private sales. According to the initiative, Washington's current background check requirements apply to sales or transfers by licensed firearm dealers, meaning that many guns are sold or transferred without a background check. The initiative would require private sales to happen through a licensed dealership so a background check could be performed.

Initiative 1351

Initiative No. 1351, the Washington Class Size Reduction Measure, will require fewer students in kindergarten to 12th grade classrooms. For kindergarten through third grade, classrooms would not have more than 17 students. Fourth through 12th grade classrooms would have no more than 25 students. These restrictions will require approximately 15,000 new teachers to be hired, according to the initiative.

"This measure would direct the legislature to allocate funds to reduce class sizes and increase staffing support for students in all K-12 grades, with additional class-size reductions and staffing increases in high-poverty schools," according to the initiative.

NURSING

Western nursing program seeks accreditation

Nursing directors receive positive report from national organizations

Nicole Shapiro THE WESTERN FRONT

Western's Registered Nurse to Bachelor of Science Nursing program received a site visit from national accrediting organizations, who reviewed the program to determine if it meets state and national standards to become accredited.

Accreditors from the national Commission on Collegiate Nursing Education and the Nursing Care Quality Assurance Commission reviewed Western's program from Wednesday, Oct. 29, to Friday, Oct. 31, by talking to the dean, provost, students, faculty and community partners involved in the program to see if Western met its standards.

Dr. Mary Baroni, visiting professor from University of Washington Bothell and a member of the CCNE, has been helping Western with the program and accreditation process.

The program was evaluated on four basic standards to help with the final review

process in their state and national offices.

The four standards that the commissions looked at were the program's mission and governance, institutional commitment and resources, curriculum and teaching practices and the effectiveness of the program, according to CCNE's standards for accreditation.

"The third standard has to do with curriculum, and they said it's a cutting edge nursing education curriculum," Baroni said. "We thought it was, but it was really nice to hear other people say that too."

The CCNE highlighted that the program had a strong sense of community support, Baroni said.

"They found that we met all four of the standards," Baroni said. "The report we got was as positive as we could ask for."

Dr. Casey Shillam, director of the RN-to-BSN program, has been working on getting accreditation since the beginning of the program last year.

"I feel really comfortable with [the accreditors], and I know they have the best interest of the program in their hearts," Shillam said. "It's going to be a really intense endeavor, but I feel really good about it; I think we're well prepared."

Accreditation determines whether the credits earned



Casey R. Shillam, director of Western's RN-BSN nursing program // Photo by Photographer Credit

in the program could be accepted or transferred to other universities. This is important when applying to graduate school and seeking acceptance into national honors societies.

"It is such an important program," Shillam said. "It's meeting a need in this community that has long needed to be filled."

Based on the recommendations from the CCNE and NCQC, Western's program is going to minimize long classes — which can sometimes go as long as 10 hours — as well as including systematic evaluation and fix space issues in the classroom, Baroni said.

The final decision on the accreditation status will be

determined in the spring, and it will apply retroactively to the time of the site visit to include both students who will graduate in December and to future students, Shillam said.

Currently, Western's students are not eligible for nursing honors societies — such as Sigma Theta Tau International — because of their accreditation status, Shillam said.

However, the state chapter plans to induct the entire January's graduating class of Western's RN-to-BSN program. At that point, the students will be community members, which will allow STTI to get around the requirement, Shillam said.

Zachary Doobovsky, one of the first students in the RN-to-BSN program who will graduate in December, has been very involved in the program and helped with the self-study requirement for accreditation.

"It's exciting to do something new, and to be a part of the first of something," Doobovsky said. "Even without the accreditation initially, it's still an exciting opportunity to be a part of that."

RN-to-BSN student Terry Sanzo said she felt strongly about Western's standing for accreditation.

"I think it's a fantastic standing," Sanzo said. "It's another way to show off our education pedigree, and [shows] we should be a part of that U.S. criteria of being the best among the best."

While accreditation has been the focus for some time, Doobovsky and other members of the program have been thinking of pushing for a master's program in nursing at Western.

"If Western did create a master's in nursing, which is a thought right now, I would definitely take it here," Doobovsky said. "I wouldn't want to miss the opportunity to be the first of that class either."

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Training focuses on attack behavior, prevention

VIOLENCE from page 1
played and detectable.

These behaviors include newly acquiring weapons, a fascination with previous violent crimes, an intense interest in target practice, developing a long-lasting grievance and a new interest in explosives, according to Rasmussen's presentation.

In addition to naming these behaviors, Rasmussen listed some common motives for violent attacks including extreme anger, depression, a major loss, paranoid ideation and delusions.

It is important for faculty and staff to know they should report things early and bring behaviors of concern forward in order to assess them and do something about them at an appropriate level, Rasmussen said.

"The idea is prevention rather than prosecution," Rasmussen said. "If we don't know about it, we can't help."

Ashia Radke, program assistant for special events and stewardship at Western, attended the training because she felt concerned about what seems like an increase of violence in schools.

"I just wanted to know, mostly for my own peace of mind, what I could do to help

THE PATHWAY TO VIOLENCE

1. Grievance
2. Ideation
3. Research and planning
4. Preparation
5. Breach
6. Attack

prevent something like that from happening here at Western," Radke said.

Rasmussen also shed light on three myths about violent crimes: people just snapped, problems will resolve themselves and people will do it anyway.

"It was really interesting to have some of the myths debunked about what behaviors actually occur during these acts of violence," Brittany Schade, assistant professor of interactive design, said. "For example, people just don't snap. There is a trail of evidence leading to things like this."

Schade also appreciated the list of pre-attack behavior signs Rasmussen provided that could help her spot an individual in crisis.

"The recent events that took place in Marysville brought

to light just how little training people have that work on campus," Schade said. "It was reassuring to know how many programs, departments and services on campus there are that are available for students, faculty and staff."

Western maintains a safety assessment team, which is a multidisciplinary threat management team of trained professionals who contribute to the identification and disruption of targeted violence, Rasmussen said during his presentation.

"[The team] gets the right heads in the right room to talk about it," Rasmussen said.

Another resource provided by Western is the Network, which is a group that gets together to support and aid students in crisis, Rasmussen said.

The Network includes members from Residence Life, Student Health Center, Counseling Center, Prevention and Wellness Services, University Police, University Communications, the Registrars Office, disAbility Resources for Students and is convened by staff from the Dean of Students office, according to Western's website.

Rasmussen is planning to offer similar violence prevention training for students in January.

Low turnout at voting event



Attendees watch the band "Minor Plan" play at Rock the Vote. // Photo by Monica Griffin

VOTE from page 1

This year's advertising for Rock the Vote included posters and banners on and off campus, passing out handbills in Red Square, tabling and a "dorm storm" called Trick or Vote, which took place on Tuesday, Oct. 28, Eckroth said.

Costumed Western Votes! volunteers went to the dorms and reminded people to vote, but had many students report that they had already submitted their ballots, Eckroth said.

According to the Washington Bus, a statewide organization aimed at registering students to vote, Western's Trick or Vote was the largest door-knocking event on any Washington state public university campus ever, Eckroth said.

Western Votes! volunteers, AS Productions Pop Music and the REP staff members are planning a debrief to discuss what could be changed if the event is done next year, Hanavan said.

Jeff Bates, Publicity Center coordinator, said that perhaps the low turnout could be due to how the advertising was geared more toward voting and less toward the music.

Despite the low turnout, the speakers invited to the event still read their speeches that encouraged voting to attendees.

"I think it was one of those things where [the event] was really focused on the people that are there, not how many there are," Hanavan said.

Transfer students say transition resources lacking

TRANSFER from page 1
completely wrong. It was really stressful."

The advisors were attempting to help a room full of 50 students, but everyone was in different majors and were too diverse for the general advising, Baunach said.

The university should provide more basic information, like knowing that you need to have your card renewed, where more things were around campus and ways to get involved in clubs on campus, said Azuka Chiedu, a kinesiology transfer student from Green River Community College.

The university knows that transfer students struggle to find community at Western, and even feel like step children sometimes, said Joan Ullin, assistant director of Student Outreach Services.

"The Transitions program is for transfer students who come in fall quarter and have an opportunity to meet with academic advisors, departmental advisors, student peer advisors, have a brief orientation to campus and attend an info fair in conjunction with lunch on the [Old Main] lawn," said Anna Carey, director of New Student Services.

This is a time where students can walk around and talk to people, and find out

about the resources offered in the many service offices around campus, like parking or the Wade King Recreation Center, Carey said.

"Transitions was very hectic and I don't feel like I got a lot from it," Baunach said. "I feel like it was really hard to insert myself."

Transfer students receive the same information freshman do, though with different events emphasized, Carey said.

"All of the Western Welcome events from the Associated Students Info Fair to the workshops to the reminder to take care of your ID card are the same, and the transfer students are very much encouraged to be a part of those program," Carey said.

Due to the accelerated state of their time at Western, transfer students usually need to be in their major quickly after coming to Western. Some find that they have not been advised correctly at their previous university and are having to make up for lost time now.

"I think it's harder to meet people because you are coming from a different place," Baunach said. "A lot of the things to let people get to know each other are geared toward incoming freshman and I didn't feel like I could insert myself."

Transfer students admitted



Junior transfer student Azuka Chiedu studies communications theory on Sunday, Oct. 27 in Wilson Library. // Photo by Alyssa Pitcher

for winter or spring quarter are able to attend one of three orientation and advising dates which are usually held before the upcoming term, according to the Western Admissions' website.

On the admissions website, transfer students are guided through the requirements to transfer, how to apply and opportunities for financial aid.

There were over 1,000 transfer students admitted to Western fall 2014, according

to enrollment report from the Western Registrar's Office.

The university had a club specifically for transfer students, but it died down after about three years, Ullin said.

Ullin recommends that transfer students look at clubs and study groups within their major or visit the Associated Students website, where they list over two hundred clubs that students can get involved in.

"About one-third of transfer

students choose to live on campus, and have instant community, but we really point transfer students in the direction of getting involved in clubs and organizations that are department based," Carey said.

It would be more helpful to have specific events for transfer students to meet people and get to know each other better, and get more information on how to get involved with scholarships and financial aid, Baunach said.

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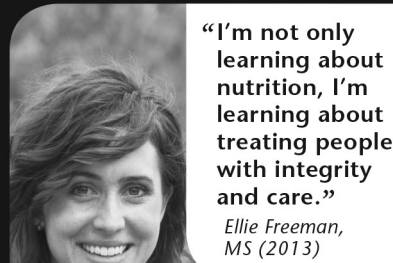
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Scales of comfort



Sophomore Penelope Kipps with her service snake Milo around her neck in her dorm room. Kipps got Milo during the summer to help her with anxiety. // Photo by Alyssa Pitcher

Reed Strong
THE WESTERN FRONT

When a student leaves a lecture hall in the middle of a lecture, they may just be bored, tired or feel they have better things to do. But in some cases, they could be undergoing a panic attack.

Whether a student's condition comes from depression, anxiety or other issues, many students have to deal with stress at school, and many have their own ways to deal with it.

At Western, a way that some students choose to deal with stress is approved emotional-support animals. ESAs are companions that are allowed in the dorms after a doctor's note stating the need for an animal in dealing with mental illness and distress.

The procedure for getting an emotional-support animal at Western aren't complex, but they are dependent on legitimate emotional need for a pet companion. Disability Resources for Students services handle emotional-support animal registration at Western.

Penelope Kipps, 19, a Western student majoring in business management who has an emotional-support animal, a corn snake named Milo, to help her handle her anxiety.

Having a pet in the dorms can help a student by always having a companion there, Kipps said.

"It's easier for me to relate to animals than people," Kipps said.

Living at college is a new experience for many students, especially when it comes to losing the support network

they may have had at home. Without family, friends or general loved ones, living among new people can be a real struggle, Kipps said.

When living in the dorms her freshman year, feelings of loneliness and anxiety often drove Kipps to leave her room at night and sit in Red Square where she could be by herself.

This would happen a few times a week, resulting with Kipps sitting by herself to gain solace from Ridgeway Gamma, where she didn't feel like she fit in.

"My roommate was fine, just everyone else around me wasn't welcoming. I didn't feel right there," Kipps said. "I would often get up and leave to go on my own. I'd go to Red Square

because it's super peaceful."

Sitting down in class or in her room, sometimes a panic attack would set in. A panic attack is not something that can be controlled easily, and it is an impulse that usually requires a quick trip outside and time to breathe, Kipps said.

Despite panic and stress being common issues for students, most don't really know how to best deal with it, she said.

With the hectic life of living in the dorms and going through classes, a panic attack can come at any moment.

"Panic attacks suck," Kipps said. "You don't know what



Milo, a 3-year-old service snake, wraps himself around sophomore Penelope Kipps in her dorm room. Milo is a full-grown corn snake. // Photo by Alyssa Pitcher

to do. You can't really breath, every- thing is just heightened; for me, I need to go out and be by myself and calm down a little bit. Usually there's no one to help me calm down, so it's just me."

Depression is something that can be an awkward subject among students, due to a social stigma of making it sort of inappropriate to talk about, Kipps said.

Vulnerability is something that someone has to become comfortable with in order to get help, and that can start by recognizing that more people are struggling than just those who are willing to talk about it.

When someone is struggling there can be a fear of being blamed for having a problem, rather than accepting that everyone has the potential to be hit with something, Kipps said.

For students who struggle with anxiety or even suffer panic attacks, having something to come home to is important.

"Now, I can go right outside my room and Milo's there," she said. "Every time I sit down in my chair in front of my desk he always peeks his head out and knows it's me; it's really awesome. He's my escape now; I don't have to go out in the cold."

With animals, it is easier to understand the wants and needs of a creature, who really depends on you to get along, Kipps said.

"I've always liked reptiles in general," Kipps said. "Snakes are really cool, they just wrap up around you and it's like giving you a hug. You feed them once a week and they're easy to take care of."

For Kipps, a cold-blooded creature can still provide companionship, even when slithering around the room and occasionally getting stuck behind a dresser.

Tales of her support snake have already spread more than she had originally thought they would, Kipps said.

"At the beginning of the year, an RA came by to say hello to my roommate," Kipps said. "He looked at my desk, saw the tank, and he said, 'What's in there, like a lizard or a fish or something?' I said, 'No, it's a snake.' And he said, 'Oh, you're the girl with the snake!' And then word spread."

While the process could be viewed as just a way for a student to get an animal on campus, the papers and notes students have to get usually ensure legitimate need, said Karen Walker, associate director for Occupancy, Communication and Administrative Services.

"I think with the medical documentation that we require from a medical provider that says you have a disability that an animal takes a key role in assisting, if someone goes through all that trouble to get the pet on campus,

they may really need that animal," Walker said.

Western's policy for emotional-support animals allows them to follow their owner wherever they have access in their dorm hall, but not into buildings on campus or places a service animal may be allowed.

Emotional-support animals are not trained for a specific service like a service animal, but they can still provide the natural comfort and support that a warm, or cold, body can give, Accommodation Counselor Kim Thiessen said.

The laws around both types of animals are very different, despite both providing similar services of supporting people.

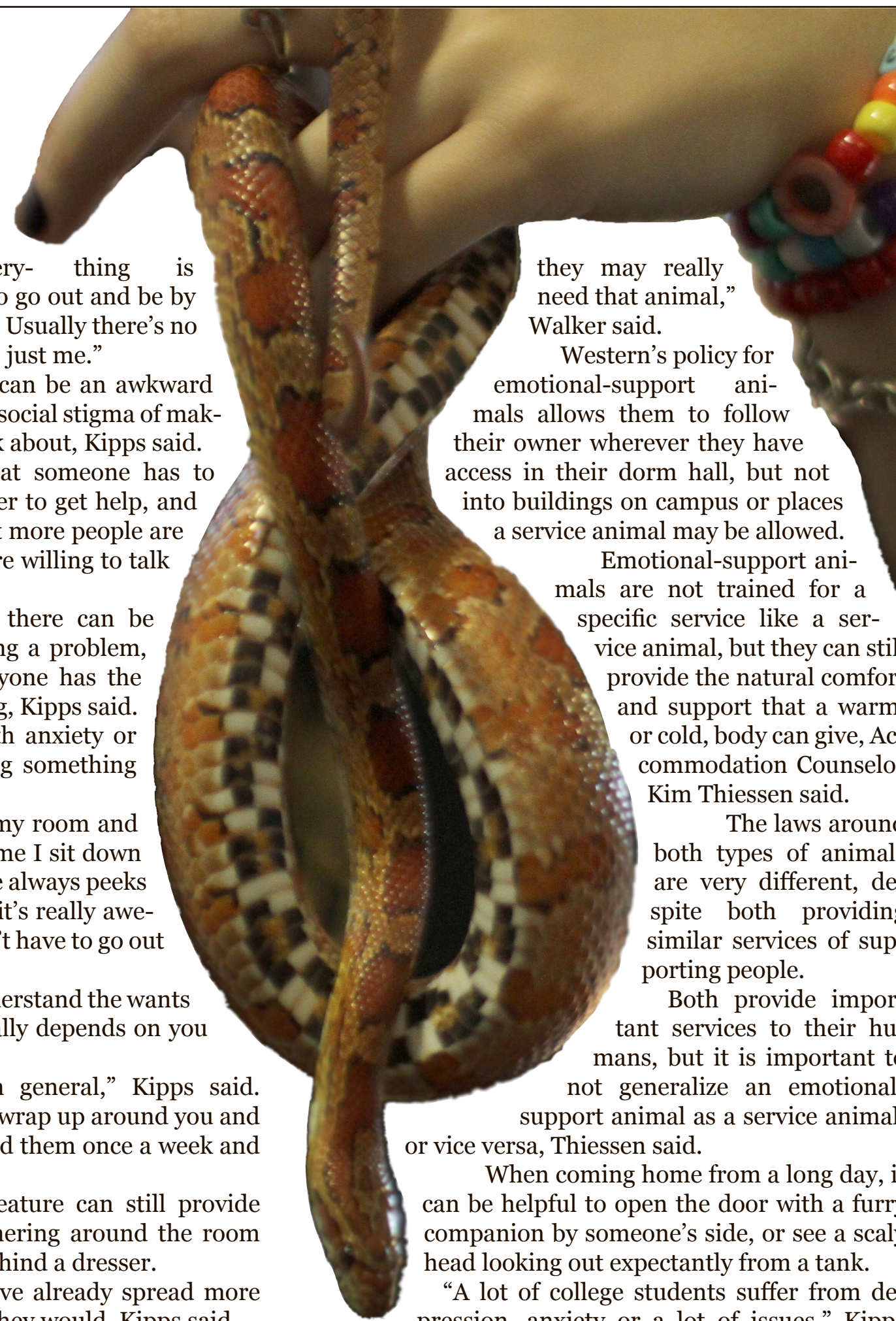
Both provide important services to their humans, but it is important to not generalize an emotional-support animal as a service animal, or vice versa, Thiessen said.

When coming home from a long day, it can be helpful to open the door with a furry companion by someone's side, or see a scaly head looking out expectantly from a tank.

"A lot of college students suffer from depression, anxiety or a lot of issues," Kipps said. "It's a new thing being out in the world. Having an animal around you helps by calming you down and being there for you."

Dealing with anxiety is an ongoing battle, and something that probably isn't limited to any one part of someone's life, but they can ultimately only get through it by not giving up, Kipps said.

DisAbility Resource for Students services are available to students who are struggling, as well as counseling services.



Milo hangs from sophomore Penelope Kipps hand in her dorm room in Buchanan Towers where she is allowed to keep her snake. // Photo by Alyssa Pitcher

COMMUNITY MUSIC

From basement floors to iTunes

Evan Keen
THE WESTERN FRONT

"No perfect people allowed" is the mantra of Ekklesia, a branch of Bellingham's Christ the King Church, that is a place of worship, music and, most importantly, companionship for many students at Western.

Ekklesia began in 2011 with a large group of friends hanging out on Wednesday nights in a basement and listening to worship music. The group kept growing until it became too big to fit in just one room and moved to Norway Hall on North Forrest Street in downtown Bellingham.

Now, upward of 500 young adults attend every Thursday to praise God, hangout with friends and listen to worship music.

Seniors John Hays and Logan Myers are worship leaders at Ekklesia and also co-founders of the Ekklesia band that has been picking up momentum the last couple of years. Myers is a manufacturing engineering technology major while Hays is majoring in manufacturing and supply chain management.

They have both been passionate about music for nine years and have played together since high school. Their bond has helped them grow as a band while also maintaining their values and spreading the love of Christ to as many people as possible through music.

Ekklesia's band's first EP, "Be Exalted," was released on Sunday, Oct. 12 on Spotify, Bandcamp and iTunes. The four-song EP has been a long-time-in-the-making for Hays and Myers, who started out in a basement making music, they said.

For Hays and Myers, writing worship music is different than any other genre because



Ekklesia band members Katherine Limpin, left backup vocalist, and Mike Hohnholz, right lead vocalist and guitar, perform Thursday, Oct. 30 at Norway Hall off North Forrest Street. // Photo by Bailey Barnard

it has to remain truthful, they said.

"I work hard in my writing to not mess with the truth of the scripture, and to put the spotlight on the power of the gospel," Hays said in an email.

On Thursday, Oct. 16, at Norway Hall, the Ekklesia band performed their new EP live for the first time.

Sam Hinson, sophomore, was one of the nearly 500 students that went to the show.

Hinson has been involved with Ekklesia since the first week of his freshman year. He was introduced to it through his brother, who played guitar for the band while he was a student at Western.

What Hinson loves most about Ekklesia is the community that it fosters through the church services and programs, he said.

"You know when you have close friends and people that you can always count on or call up and say, 'Hey I need someone to talk to or someone that will listen,'" Hinson said.

"There are so many quality people at Ekklesia and it's so easy to be plugged in there."

Junior Alex Landes shares the same sentiment.

"Even if you aren't focused in your faith, it's just a solid group of people to be around," Landes said.

Hays has watched Ekklesia grow over the last three years, he said.

"It is difficult to think of too many other places where I have found so many people my age who are genuine, loving and earnestly supportive of one another," Hays said.

Myers also spoke highly of the community that Ekklesia has helped foster and spoke first hand on how it has impacted him.

"Through Ekklesia I've gone from times of loneliness and depression to feeling absolutely surrounded by people that truly love and care about me and having more joy than I've ever felt before," Myers said in an email.

Ekklesia's band is very

Hinson and Landes became friends through Ekklesia.

"I appreciate the fact that everyone seems to encourage one another toward the same goal to see a generation worship Jesus and make disciples who are working toward the restoration of all things," Hays said.

This goes back to the mantra of Ekklesia: "No perfect people allowed." Everybody involved in Ekklesia is a 20-something trying to better themselves in Christ's image, Hays said.

Hays and Myers strive to create enjoyable, contemporary, Christian music, while also sharing the biblical aspects of their music, they said.

"The character of Jesus and all that he has done pretty much sums up our message. Each song expresses a different attribute of the character of God," Hays said.

Hays and Myers have both had a myriad of rewarding moments being a part of the Ekklesia band and agree on the most rewarding aspect, they said.

"To know that this music, and the lyrics behind it, could bring people to a better understanding of God's love for the world and for them, specifically makes every single second we've invested more than worth it," Myers said.

Three years ago, Ekklesia was comprised of just two students at Western in a basement meeting up and listening to worship music.

Now, Ekklesia has grown to hundreds of people coming together.

No perfect people are allowed in the Ekklesia ministry. While this may seem harsh at first glance this is in fact the kindest invitation you can receive. Nobody is perfect and Ekklesia recognizes that and thrives off of this concept by accepting and welcoming anybody into their family.

unique in the way that they perform as well. Their live shows are very structured while also being improvised. On Thursdays at the Norway Hall, the band will usually play improvisational music that will go along with a particular worship song being played.

While their EP had never been played live before, Landes was impressed by the devotion of Ekklesia's fans at their first performance. He was surprised at how many people at the show knew all the words to Ekklesia's songs.

Many students at Western are surprised that not everybody who goes to Ekklesia is religious, Landes said. Many who come are there because they simply like to be there. Ekklesia encourages those who haven't found Christ and that are curious to attend, he said.

Both Hays and Myers have seen people come in alone and leave with a strong group of friends and a love for Ekklesia and what they preach. In fact,

HALLO-WEEKEND

BAAY haunted house takes over hallo-weekend

Ashley Hiruko
THE WESTERN FRONT

Young girls laid across the floor dressed in white, torn clothes. Their eyes are painted black and their faces painted white. Screams could be heard throughout the building. Groups of people sat and watched as a sly character emerged from the dark and greeted the audience.

The Bellingham Arts Academy for Youth Theatre hosted its annual halloween-inspired Haunted House on Saturday Nov. 1, from 6 - 9 p.m. The event took place at 1059 N. State St. and featured a guided tour through a haunted house with creatures and ghouls all played by children, ages 9 to 15, in the theatre group and a performance by the dance company. The haunted house is an opportunity for the BAAY community of students to get

together and put on a creative event that entertains friends and family, and gives the students a chance to think outside the box and make something original, BAAY Executive Director David Post said.

BAAY is a non-profit organization that focuses on promoting the exploration of the arts in children. The theatre offers classes in dance, choir and theater arts, among other classes.



Bottom: Bellingham Arts Academy for Youth actresses lay on the stage floor as visitors file into the theatre at the BAAY Haunted House. **Bottom left:** Dancers perform at the Haunted House presented by the BAAY. **Top left:** BAAY actresses and dancers stare down guests as they enter the Haunted House presented by the BAAY. **Right:** BAAY actors terrify guests at the Haunted House in the BAAY building while playing a doctor operating on a patient. // Photos by Alyssa Pitcher

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FRONTLINE

Opinions of the Editorial Board

The problem with charter schools

A coalition of teachers, parents and community groups is suing Washington state in an effort to strike down charter schools, arguing that they are unconstitutional.

Voters passed the charter law in 2012, making Washington the 42nd state to allow schools that are privately run but publicly funded. Now the Washington State Supreme Court must answer the core question: do charter schools meet the constitutional definition of public (or common) schools?

For readers who know very little to nothing about charter schools, they are elementary, middle and high schools that get state funding, but are run independently. Because they are free of some restrictions placed on public schools, charters are meant to have more flexibility in teaching curriculum. Charter schools are free and use a lottery system for enrollment.

Or, at least, that's what I was led to believe when I voted in support of charter schools in 2012. It seemed so straightforward. In my mind, our public school system is awful — teachers are forced to teach to the lowest common denominator, creating a sub-par education for all.

The main counter argument I considered before voting was that charters take money away from already underfunded

public schools. But, I thought, perhaps if we change the system first, the funding will later come with it. This was naive, of course.

Now that the state is being sued, here are some things I've learned about charter schools.

Some charters use selective outreach and recruitment, which has contributed to under-enrollment of students with disabilities and English-language learners, according to the National Education Association.

This practice flat out negates any claim charters might have to public funding and status as public schools. By definition, public schools must give equal access to all students. If a school can recruit students, that ideal of equality comes crumbling to the ground.

On a national scale, about four out of 10 charter schools are managed under contract by for-profit or non-profit charter "chains," according to the NEA. To top it off, the management headquarters might not even be in the same city as the schools.

The idea that schools can be run as for-profit businesses with a main office overseeing a chain of schools spread out across a state like so many branches of McDonald's, is honestly horrifying. Save it for college, because state and public universities that profit from

taxpayer funding is a business best saved for higher education. Don't make children's education into a business plan.

The final death blow for charters has to do with how effective they actually are on average. Charter schools must show academic results through standardized testing. If performance goals aren't met, a school can be closed. Not only can this put added pressure on 6 year olds, but studies looking at achievement between public schools and charters show very small differences. Some studies even show higher achievement for public schools over charters.

To be fair, there are some exemplary charter schools out there across the nation. Some cater specifically to low-income and minority students — these are the outliers that get media attention. But those outliers blind us to how horrible the charter system really is.

Last year, a King County Superior Court judge ruled that funding charters with money restricted for public schools was unconstitutional, according to a report from KUOW. We'll have to wait to see if the state supreme court agrees.

This article was written by Michelle Dutro with additional input from the Editorial Board, which includes Joshua Hart and Shelby Rowe.

Front Funnies



Cartoon by Max Singler

Viking Voices

Do you plan to vote in the Nov. 4 election? Why or why not?



Katie Savinski
senior, English and secondary education

"I already voted. I think it is so important for everyone to exercise their rights. It's their civic duty to participate in democracy, and make sure student issues are heard by our state legislators."



Marya Draw
sophomore, political science and French

"I do plan to [vote]. I just want my voice to be heard. Midterm elections don't get enough attention."



Evan Ingalls
Masters in music composition and linguistics

"Yes. I am planning to vote because I have a say in how our country runs and our city runs, and I'd like to use it. There are issues I care about that I want to help change."



Erik Thompson
senior, manufacturing and supply chain management

"I actually haven't thought about it. I always sign up every year, but I never vote. I don't have a reason why I do or why I don't. I guess I wasn't planning on it."



Daniella Navarro
freshman, biological anthropology

"Yes. I just want to take part in my community and the decisions and have a voice in what happens."

Submission Policy

The Western Front publishes submitted opinion items on a space-available basis.

Submit letters to the editor and guest columns, along with your name, title (such as "Western sophomore") and major to westernfront.opinion@gmail.com. Anonymous letters or those containing hate speech will not be published.

The Western Front reserves the right to edit for length, spelling, style and grammar.

Word count limits
Letters to the editor: 250 words

Guest columns: 400 words

Compiled by Brooke Hanson

CLUB SPORTS

Living with concussions: a real threat

Club sport players run the risk of playing with undiagnosed concussions

Katya Shachkov
THE WESTERN FRONT

Western soccer players know they run the risk of getting involved in rough play when taking the field. On the sidelines, medical staff wait to assess any injury.

However, club sports, such as rugby, don't have medical staff on hand — they only have coaches who aren't fully trained in medical procedures. A player who hits their head on the field could get a concussion, have it remain untreated and continue to play.

Dr. Michael Fraas, assistant professor of communication sciences and disorders at Western, is working toward establishing a medical staff for club sports that is available to professionally assess players' injuries.

"They have no medical staff at their competitions," Fraas said. "In varsity athletics, there's usually an athletic trainer or a team doctor that is on hand on the sidelines for their games. If something happens, they can pull an athlete off [the field], do an assessment, conclude if they're concussed and pull them out of the game. In club sports, that's not the case."

Fraas noticed a problem after conducting a study with a colleague on the professional Irish Rugby Football Union in Ireland to determine incidences of concussions in professional rugby. The research indicated that 45 to 50 percent of rugby players had sustained a concussion at some point, he said.

Last year, a Western rugby player sustained five concussions over the course of six months, Fraas said. The Western Front has decided to allow the rugby player to remain anonymous.

When Fraas first met the player three weeks after their last concussion. Neurocognitive-testing designed to assess a patient's mental abilities showed the player had problems with paying attention, executive function, reaction time and processing speed.

"School's been hard," the player said. "[I'm] also more aggravated and frustrated."



The Western men's rugby team hosting rugby tournament on the weekend of Saturday, Sept. 27 and Sunday, Sept. 28. // Photo by Margaret Degman

Fraas said the player had to eventually reduce his coursework from fulltime to only one class because of he wasn't able to concentrate.

After the player had his sixth concussion and temporarily lost his vision, he made the decision to stop playing for the rugby team.

"It hasn't been anyone's high priority to look for [concussions]," the player said. "Players don't want to admit they have a concussion, and the coaches want the kids to play, so there hasn't been much done about it."

Paul Horne, director of the men's rugby program at Western, said there have been several incidences of concussions within the past couple of years, but because the university doesn't supply a trainer, the evaluation process of an injured player is conducted by the coaches. Players for club-level

funding for establishing medical trainers for club teams, Roberts said.

Clark Cripps, assistant director for sport clubs and departmental assessment, said they have created a concussion protocol agreement that all students are required to sign when they become involved in club sports. The agreement informs student athletes that they are at risk for concussion, and notifies them of the signs and symptoms associated with the risk, he said.

"I think concussions have become something more in mainstream media because people are paying attention to them," Cripps said. "I think 10 years ago we didn't know the long-term effects of concussions, because it wasn't something that people were paying attention to."

Fraas recently gave a lecture titled "Concussion in the Youth Athlete: Considerations for Safe Return-to-Play and Return-to-Learn."

"These [players] are also students, so we need to look at how to get them back to the classroom, because the demands for the classroom are different, but equally as challenging as the demands as getting back to return to play," he said.

Horne said they educate their players on how to tackle properly. Historically, the rugby tackle is known to be safe in comparison to football tackles, because the head is placed behind the opponent's shoulder, and rules prohibit players from leading with their heads.

Fraas has been working with Cripps to implement a professional medical training team for club sports. He said all 50 states have legislation in place to protect young athletes from concussions, but there are a lot of leagues around the state and country that aren't abiding by these laws.

Fraas recommends that the state abide by the listed laws for all levels of sports, where athletes and coaches are educated about concussions.

There should be medical staff available to assess possible concussions, and then have those athletes removed from competition. They should then be cleared by someone who is medically trained to identify concussions, and make the decision on when that athlete should be able to play again, he said.

"These [players] are also students, so we need to look at how to get them back to the classroom, because the demands for the classroom are different, but equally as challenging as the demands as getting back to return to play."

Dr. Michael Fraas
Assistant Professor

sports, such as men and women's rugby, ice hockey, lacrosse and equestrian, have the highest risk of getting concussions, Fraas said.

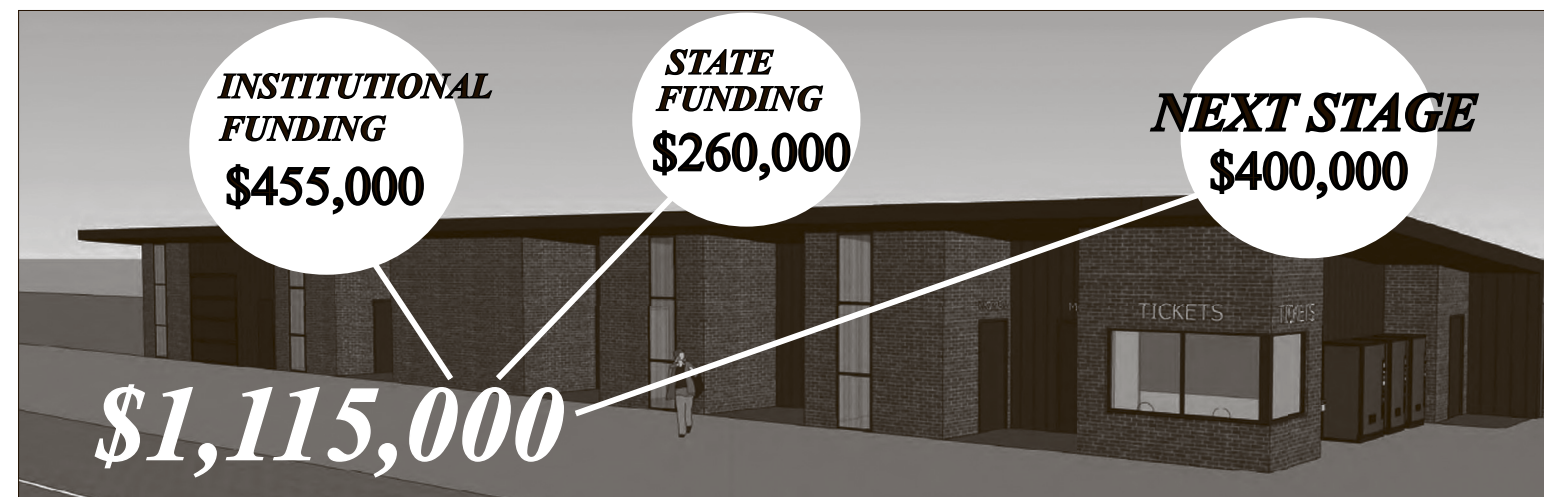
Coaches follow a standard protocol for concussions that governs regula-

tions in rugby that ensure players have no headaches for a week and slowly ease them back into play, Western men's rugby head coach Adam Roberts said.

The program is currently working on getting extra

ROBERT S. HARRINGTON FIELD

Funding for 'next stage' skyrockets



Breakdown of the funding behind Robert S. Harrington Field's projected amenities // Illustration by Max Singler, rendering courtesy of Linda Beckman

Planned construction will add locker rooms and storage for teams

Jenny Freitag
THE WESTERN FRONT

Bellingham's stormy weather has brought to attention multiple drawbacks of Robert S. Harrington Field. The lack of locker and storage rooms have created a hassle for athletes and Western is starting to make additions to the field.

Western women's soccer forward Catherine Miles said due to the lack of locker rooms, an outside tent is the only place the team has to change and store their belongings.

"At the game [on Saturday, Oct. 25], the wind and the rain kind of just took over the tent," Miles said.

Fans at games can't quite see the sidelines closest to the stands, and they lack covering which creates challenges during Bellingham's rainy days. The fans need umbrellas to protect themselves from the rain, Miles said.

Locker and storage rooms

were originally included in the plan of construction for Harrington Field and were designed alongside the rest of the facilities. However, the budget for the plan of construction was too high for initial completion, Western's Division Director of Budget and Administration Linda Beckman said.

"We knew [locker and storage rooms were] the next amenity that was important to students and the programs there," Beckman said.

Western has now been awarded a contract for the construction of two locker rooms and extra storage. The contract contains a 2,700 square feet addition, which would be connected to the ticket building at Harrington Field, Beckman said.

"The locker rooms and storage will be for multiple users including athletic teams, campus recreation intramurals, sport clubs and general recreation," Beckman said. This is a similar set up to the locker rooms in both the Sam Carver Gymnasium and the Wade King Student Recreation Center.

This project is a collaboration between Western and the Wade King Student Recreation Center, and will cost around \$715,000. The fund-

ing came from a collaboration between student fee revenues and institutional funds. Student fee revenues made up \$260,000 of the funding, and \$455,000 came from institutional funding, Beckman said.

After an initial bid coming in higher than what West-

Beckman said.

The locker rooms should be available for use by mid-April 2015, Beckman said.

Overall, the student athletes appreciate the contribution from the Harrington family, Miles said. The locker and storage rooms will only make

"The locker rooms and storage will be for multiple users including athletic teams, campus recreation intramurals, sport clubs and general recreation."

Linda Beckman

Division Director of Budget and Administration

ern anticipated, Western is looking for other ways to fulfill funding for the interior renovations of the project, Beckman said. It is estimated that the interior project will cost between \$350,000 and \$400,000. This estimated cost would cover bathrooms, shower facilities, floor and ceiling finishes, doors, wall interiors, lockers and benches,

the experience for both fans and the athletes a better and more convenient one.

Western men's soccer midfielder Uche Ugwoaba appreciates having a home field instead of having to drive to Whatcom Community College for games. The atmosphere and having more fans, makes him feel at home, Ugwoaba said.

WOMEN'S SOCCER

Star scorer's season over

THE WESTERN FRONT

Western women's soccer junior forward Jessica Bertucci was playing strong against Central Washington University on Saturday, Oct. 25, when the unexpected happened.

In the final overtime minutes, with the game tied at 0-0, Bertucci tore the anterior cruciate ligament in her right knee.

As a freshman, Bertucci only played five games before she injured the same knee and was unable to finish out the season.

"Our hearts break for Jessica," head coach Travis Connell said in a press release. "She has worked so hard to battle back from her first injury. She is a talented player that has been fantastic for us this year scoring goals, creating chances for her teammates and being a leader on this team."

As a sophomore, Bertucci played in 17 games, starting in four. She had four goals and three assists.

Bertucci graduated from Sehome High School, where she tied the team record for most goals in a season, with a 6-1 win Saturday, Nov. 1, at Robert S. Harrington Field.

Going into Saturday's game, senior midfielder Tye Hastings said he felt good after the win over the South Dakota Mines Hardrockers two days before, and that winning with such a big lead gave the team quite a bit of



Jessica Bertucci

MEN'S SOCCER



Sophomore Derek Zimmerman, 8, grimaces after a header during the Western game against University of Mary Saturday, Nov. 1, at Robert S. Harrington Field. // Photo by Bailey Barnard

Vikings snag landslide 6-0 win over Mary

Western men's team scores highest amount of goals since 2010

Alex Killian
THE WESTERN FRONT

Riding on the tails of a 4-0 victory against South Dakota Mines, Western men's soccer performed well in front of its fans during the last home game of the season. Western finished off University of Mary with a 6-1 win Saturday, Nov. 1, at Robert S. Harrington Field.

Going into Saturday's game, senior midfielder Tye Hastings said he felt good after the win over the South Dakota Mines Hardrockers two days before, and that winning with such a big lead gave the team quite a bit of

GAME STATS

Western		University of Mary	
Shots	16	Shots	14
Saves	1	Saves	4
Corner kicks	3	Corner kicks	4
Yellow cards	2	Yellow cards	1
Red cards	0	Red cards	0

confidence.

Hastings scored two goals against U-Mary, one of which was a diving header that came less than five minutes into the game, and the second off a rebound just shy of an hour into the match.

"I think that [goal] was really instrumental in us racking up the points over the course of the game," Hastings said. "It kind of crushed [the other team's] spirits a little bit with a goal so early."

After Saturday's contest,

Hastings has scored seven goals this season, leading the team in goals. Forward Chad Radulovich was credited with three assists in Saturday's game, after claiming two of the goals against the Hardrockers on Thursday, Oct. 30.

Two other seniors — midfielders Matt Temple and Gabriele Zaccagnini — also scored during the game; Temple with a pair of goals and Zaccagnini with one.

"It was a great senior night," head coach Greg

Brisson said in a Western Athletics press release. "Our finishing was really good tonight, and I was happy with the overall performance."

Freshman midfielder Drew Barker scored his first career goal with less than five minutes left on the clock, finishing the game off.

Seniors, including defender Pat Cole, goalkeeper Keegan Rogers and forward Caden Sowers, played their final game at home on Saturday.

Western stayed consistent and scored throughout the game, getting three goals in each half. With the victory, the Vikings' record improved to 9-7-1 overall and 7-5-1 in the Great Northwest Athletic Conference.

Hastings said the win felt even more special since it was the first year they were playing on the new field, as

well as being part of the first graduating class since the field's inception.

With six goals total, the game was the highest scoring output for Western's men team since 2010, when they scored seven against Northwest Nazarene University.

Western and U-Mary were close in shot attempts with 16 and 14 respectively, but the Vikings had 10 on target whereas Mary had only two.

The Vikings scored four more goals on Saturday than their last meeting with U-Mary on Thursday, Oct. 9, when they claimed a victory 2-1.

The Vikings aim to finish their season with a win against Simon Fraser University in Burnaby, British Columbia, on Saturday, Nov. 8, at 7 p.m.

Scoreboard

GNAC STANDINGS

MEN'S SOCCER			
	W	L	T
Seattle Pacific	12	1	0
NW Nazarene	10	2	1
Simon Fraser	8	3	2
Western	7	5	1
MSU Billings	6	6	1
Mary	3	9	1
Saint Martin's	3	10	0
SD Mines	0	13	0

WOMEN'S SOCCER

	W	L	T
Western	11	0	3
MSU Billings	9	3	2
Seattle Pacific	9	3	2
Central Wash.	7	4	3
Western Oregon	4	6	4
NW Nazarene	3	10	1
Saint Martin's	3	10	1
Simon Fraser	2	12	0

VOLLEYBALL

	W	L	Pct
NW Nazarene	14	1	.933
Anchorage	13	2	.867
Western	10	4	.714
Central Wash.	10	5	.667
Simon Fraser	8	6	.571
MSU Billings	6	8	.429
Seattle Pacific	5	9	.357
Alaska	3	12	.200
Western Oregon	2	12	.143
Saint Martin's	1	13	.071

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ROWING

Braving the cold for tough competition

*Men place 5th,
women 7th in 5k
race*

Libby Keller
THE WESTERN FRONT

The winds of change blew more than just fallen leaves for Western's crew and rowing teams at the Head of the Lake Regatta on Sunday, Nov. 2 at University of Washington.

For the women, the race marked the final event before they transition into their winter training period. The men only have a few more races before their transition.

The teams were maneuvering somewhat uncharted waters in Lake Washington. A five-kilometer head race was their challenge, as opposed to the more familiar two-kilometer races.

Head races also come with the unusual characteristic of starting teams at 10-second intervals. The courses are also more dynamic, often featuring turns that must be maneuvered while boats attempt to finish with the best time.

"It felt long, but it was kind of exciting to just try something new and do something a little bit different," senior rower Megan Marler said. "I felt like it really challenged my focus and I had to be really dis-

ciplined."

That discipline also filtered into the men's team as they worked to set it precedent for its next race against Washington State University and Gonzaga University on Saturday, Nov. 8, as well as the conference races they will face next spring.

"WSU usually puts up a pretty good fight against us. We only see Gonzaga usually every other year ... so hopefully next week we'll be able to keep up with them," senior and team captain Carl Smith said.

Keeping up proved to be a bit of a challenge for Western at the Head of the Lake.

The men came in 5th with a time of 17:45.793. The women clocked in at 20:11.763 to finish their race in 7th place.

Improvement is a goal that will come, as it takes time to develop cohesion among new and old team members, Marler said. Winter training will be a time for the rowers to develop both individually and as whole teams.

To get to no. 1, working on the tempo of the strokes and maintaining drive will be key to moving up in the spring, Smith said.

The rowing team has already been putting in 20 hours of training each week, and that pace will continue until the weather takes a turn for the worse and they are forced



The men's rowing team brings their boats out of the boathouse for practice on the morning of March 10, 2014, at Lake Whatcom. // Photo by Evan Abell

to move indoors, head coach John Fuchs said.

Then when the spring comes, the women will fight for a chance to compete in the NCAA Division II National Championships. Just last season, they were edged out of contention after coming in just a few milliseconds behind Nova Southeastern University.

The men will be looking to qualify for the Western Intercollegiate Rowing Association Championships, as well as the newly-formed American Collegiate Rowing Association Na-

tional Championships.

"It's always the goal of the season to be no. 1 in the country," Fuchs said. "But first we have to get there. We have to be good enough to get there, and then once we get there, anything can happen."

Marler, who traveled with the women to nationals last year and is now in her final season, is also looking to this season as a final opportunity to do her personal best.

"I just want to really perfect my rowing technique. I feel like the last few years I've been

learning it, and now I just want to be able to have that power," Marler said.

Also facing his last season as a Viking crew member, Smith is hoping to make the most of the year as well.

"It's weird to have this large part of my life coming to an end in a way," Smith said. "I'm trying to enjoy the season while still in the mix."

While the cold months ahead may find the crew and rowing teams absent from Lake Samish, a winter hibernation will not be on the agenda.

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