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# THE WESTERN FRONT

Winner of seven 2013 Society of Professional Journalists Awards

Volume 173, Issue 19

westernfrontonline.com | @TheFrontOnline

FRIDAY, DECEMBER 4

## Drumming for the 12th man

*Alumnus drums for Blue Thunder Drumline*

By **Stephanie Davey and Ian Koppe**

THE WESTERN FRONT

Standing on the turf of CenturyLink Field amidst the deafening roar of the 67,000 fans, alumnus Jesse Whitford pounds on his drum to the beat of "Another One Bites the Dust" by Queen.

The Seattle Seahawks have just won the National Football Conference Championship over the Green Bay Packers.

Whitford is part of the Blue Thunder Drumline, the official drumline for the Seattle Seahawks. Being part of the band means performing at every home game and appearing at bars and venues around Seattle for away games, Whitford said.

Attending Western from

2004 to 2009, Whitford earned degrees in music performance and percussion.

During his time in Bellingham, Whitford played with the Viking Band just before Western's football program was cut, he said.

Whitford's rise to such a professional level has been a long time coming. At 9, he got his first drum from his parents, and was passionate towards drumming at a young age, he said.

"When I first started I just had this one drum and I was trying to find other things to play on. I was down in my friend's basement and we found a [circular] saw blade. We stuck it up on a stick and we would

*continued on page 10*



Western alumnus Jesse Whitford, center, performs with Blue Thunder at CenturyLink Field before the Seahawks game on Sunday, Nov. 29. // Photo by Daisey James

## Top times in half-marathon for alumni

By **Karina Soennichsen**

THE WESTERN FRONT

Western alumni finished first and second in the Seattle Half-Marathon on Sun-

day, Nov. 29. Dylan Peterson, who finished first with a time of 1:14:25 and long-time friend Chip Jackson, who finished second with a time of 1:16:15, were both cross

-country runners at Western. Both have since moved from the Pacific Northwest to pursue other careers. Jackson, who graduated in 2014, now works at a software startup in Los Angeles. Peterson, a 2013 graduate, is currently teaching in Anchorage, Alaska. The two recently reunited to run the half marathon over the Thanksgiving vacation.

**Dylan Peterson**

**Q: What made you decide to do Seattle's half-marathon?**

**A:** I think this is actually the fourth or the fifth time that I've done it. I did it back in high school, growing up and I did it once while I was at Western. I was planning on doing a full marathon and

*see ALUM, page 5*

## Students talk racial climate, exclude admin

*Students hold meeting to express thoughts regarding recent hate crimes*

By **Kyra Bruce**

THE WESTERN FRONT

The racial climate of Western's campus and recent hate speech on social media were the center of discussion at the student-led dialogue, "For the Record," on Wednesday, Dec. 2.

More than 30 students met in the Miller Hall Collaborative Space for an open forum to share their experiences without the presence of faculty and staff.

Students were informed about the event through word of mouth, vinyl records that were

hung around campus and the social media platform Yik Yak.

Senior Sreilak Mao said she felt more comfortable expressing herself without faculty members present. The lack of an administrative presence allowed her to connect with other students of color going through similar experiences, she said.

The event was left "intentionally unapproved" by Western administrators to emphasize the importance of student-led discussion, according to the flyers

*see RECORD, page 4*



Western alumni Chip Jackson and Dylan Peterson after the Seattle Half-Marathon. // Photo courtesy of Ann Jackson



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## ON THE WEB

**Bellingham celebrates first-ever Cocktail Week**

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## RELIEVING STRESS FOR DEAD WEEK



Danny Boy (center) is petted by students in the library on Thursday, Dec. 3. Danny Boy is one of the therapy pets that visits the library during dead week and finals week. // Photo by Christina Becker

## The Western Front

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*The Western Front is published twice weekly in the fall, winter and spring quarters, and once a week in the summer. The Western Front is the official newspaper of Western Washington University and is published by the Student Publications Council. It is mainly supported by advertising. Opinions and stories in the newspaper have no connection to advertising. News content is determined by student editors. Staff reporters are involved in a course in the department of journalism, but any student enrolled at Western may offer stories to the editors.*

### Corrections

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.

# Millennials to retire later than average

Students feel the weight of student debt and have concern for saving for the future

**McKenna Kloes**  
THE WESTERN FRONT

The millennial generation is now projected to work until age 75, according to a recent study by NerdWallet.

Reasons for the older retirement age include increasing student loan debt, an 11 percent raise in cost of rent nationwide and millennials' approach to money management and saving, according to personal finance advice site, NerdWallet.

*"Right now I'm just doing my best to graduate with the least amount of debt as possible."*

**Madi Krueger**  
Junior

This year, the Retirement Report calculated that the new

retirement age is more than a decade older than the current average retirement age of 62.

Junior Madi Krueger said there's absolutely no way she could be saving for retirement right now.

"Right now I'm just doing my best to graduate with the least amount of debt as possible because that's going to affect me in the next few years," Krueger said.

She's not alone. The average student graduates with \$35,051 in debt, according to an analysis by Mark Kantrowitz, the publisher of Edvisors.com.

The average starting wage of students who graduated college in 2014 was \$45,478, according to The National Association of Colleges and Employers.

Western's Debt Counselor Mary Nichols said one of the best ways to handle student debt is to work during college.

"It can seem a lot harder to work in the beginning, but when you get out, that's when you really reap the benefit because then you're

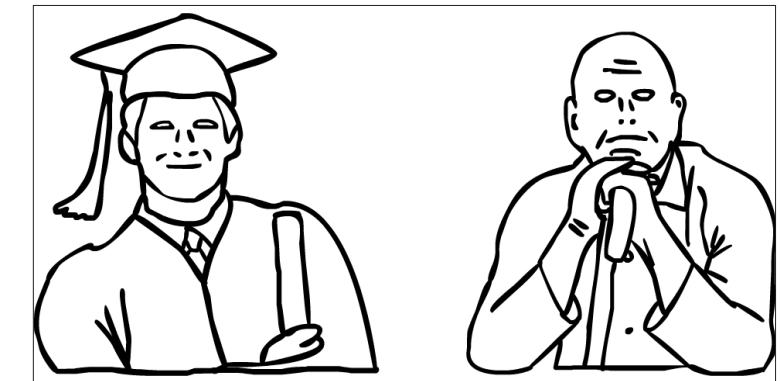


Illustration by Tyler Hillis

not in debt up to your eyeballs," Nichols said.

Nearly 80 percent of students work part-time or full-time jobs while in school, according to a study by Citigroup. The average student works 19 hours a week during the school year to avoid more debt.

Senior Grace Miller said she would rather work a job she doesn't love if it provides good financial opportunities.

"[If you're able to retire earlier], your life won't be your job and you can experience things outside of

that," Miller said. With the Social Security Administration's life expectancy estimate being about 85 years old, millennials are estimated to have about nine years of retirement.

One difference between the baby boomer generation and the millennial generation is college-aged people are not willing to invest in the stock market, Nichols said.

Many students are weary of the stock market because of how much the millennial generation has been through with fluctuation, Krueger said.

Krueger wants to invest in the stock market at some point, she said, but right now she wouldn't know where to start.

When someone starts to save in their early 20s it makes a huge difference, Nichols said. It's the only way to pay loans, have something to invest and avoid deep debt.

Nichols said she has seen many students who are surprised at how much they owe in student loans. She gives tips to students for avoiding getting buried in loans and retiring late such as working while in school.

"Subsidize your expenses by at least having a part-time job. Know what you're spending as far as what you need for tuition and what you need to live on," Nichols said.

Nichols encourages students to make an appointment with the Student Business Office to become educated and financially literate. Another option is to go to the Career Center to get tips on retirement plans and job choices after graduation.

## What's happening? Events on campus and in the community

Friday

**Friends of the Bellingham Public Library Book Sale**  
10 a.m. - 6 p.m.  
Bellingham Public Library  
It's the last day to purchase from a large selection of books and media for the average price of a dollar.

**Deck Downtown Bellingham**  
5:30-10 p.m.  
Depot Market Square  
Attend Bellingham's annual Tree-Lighting Ceremony with a special holiday market art walk.

Saturday

**Christmas Ornament Embossing Workshop**  
1 - 2:30 p.m.  
The Foundry Makerspace  
Create your own ornaments with the art of metal tooling, learn about the art and make two works for \$15.

**Home for the Holidays- Improv Comedy**  
8-9:30 p.m.  
The Upfront Theatre  
Watch the Upfront Theatre's improvised holiday show about family that will be heartwarming and hilarious.

## Cops Box

**3:45 p.m., Dec. 1**

A woman with British Columbia license plates intentionally slammed her car door into a man's parked vehicle on the 1100 block of East Sunset Drive

**3:32 p.m., Dec. 2**

Officers checked on a call of a suspicious person dressed in brown who appeared to be taking packages from homes. It turned out to be a UPS employee delivering packages.

**9:59 p.m., Dec. 1**

A man reported two generators were stolen from the back of his truck on the 100 block of East Kellogg Road.

**11:32 p.m., Dec. 2**

Officers investigated some lively, drunk behavior on the 1500 block of Cornwall Avenue,

**2:15 p.m., Dec. 2**

A woman had her rims stolen off of her car the night prior.

**11:49 p.m., Dec. 2**

A very intoxicated person punched and shattered a large window on the 1300 block of Bay Street.

// Compiled by Stephanie Cheng

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# RECORD: Dialogue continues on hate speech

continued from page 1

at the event. Student organizers of the event said students were worried administrator involvement would be negatively perceived and lead to the event getting prematurely shut down.

During the event, students in the collaborative space who were not participating were asked to leave. This was done in an effort to maintain a safe space and give students the opportunity to speak up without feeling threatened.

During discussion in small groups, Mao shared her frustration with being broadly categorized as Asian, when she said she strongly identifies as Cambodian. Students in attendance acknowledged and reaffirmed Mao's feelings of being compartmentalized.

Other student-led dialogue was centered mainly on whether or not students of color felt supported and safe on campus.

Junior Amber Brown said she no longer feels safe on campus in light of recent hate speech targeted at students of color on social media. Brown and her sister, Breanna Brown, said they hope recent events will motivate students to educate themselves about racism on campus.



Students hosted an unofficial event in the Miller Hall Collaborative Space on Wednesday, Dec. 2. // Photo illustration by Christina Becker

Junior Anel Ruiz said she thinks discussion surrounding the issues of racism need to be truly all-inclusive.

Before discussion began, students of color were encouraged to speak up. White students were advised this event was not "an event for education" but a time for listening and were asked to give speaking priority to students of color.

To protect the identities of the event organizers, Stephanie Sisson said she was asked to read these parameters to attendees at the beginning of the event.

Sophomore Alicia Christianson expressed disagreement with the setup of the meeting.

"People want to mobilize into segregated groups of minorities," Christianson said.

feel a sense of camaraderie in their skin color and culture, but that's not the only thing that ties people together."

As a person of color, Ruiz said she has not personally experienced being attacked because of her race. She said she found the discussion to be very constructive to her perception of racism.

"It's really important that people are getting together and sharing ideas," Ruiz said.

Ruiz said she thought students were more comfortable speaking up because the discussion did not seem as official as it may have with administrator involvement.

There is a lot of diversity on Western's campus, Ruiz said, and the opportunity to hear and share different ideas has helped her realize the importance of being a minority, sharing ideas and not staying silent.

Students were encouraged to continue expressing their thoughts and feelings. The organizers of this event hope to have more events like this in the future.

*Editors note: The Western Front made an exception to cover this story with special conditions. The Front would not take photos in the collaborative space or approach students for interviews for the story.*

# Huxley hosts faculty-led diversity discussion

Initial session used to hear concerns of students, staff and faculty

**Ben Johnson**  
THE WESTERN FRONT

Students and faculty members of Huxley College of the Environment were given the opportunity to voice their opinions regarding recent hate speech posted to social media.

Huxley hosted a student-led open forum meeting in Communications Facility 120 on Thursday, Dec. 3, to reflect upon events that have unfolded since class was cancelled before Thanksgiving break. Nearly every seat was filled in the lecture hall where discussion lasted for over an hour.

The forum, facilitated by Huxley instructor Sheri Russell, was provided to give students the chance to speak their minds directly to administrators. Each talking point was

written down on a poster-sized sheet of paper until it was filled up. The discussion led to 10 posters full of ideas and feelings about a variety of topics.

"The specific goals of this initial, very brief session were to provide an opportunity for students, staff and faculty to voice their concerns, their fears, their perspectives and interests," Russell said.

The suggestions and feedback will be used by administrators at Huxley College of the Environment to increase inclusion and diversity within the college, Russell said. In order to achieve this, the administrators made sure students were the ones offering their thoughts.

Some students shared how surprised they were to hear racist remarks at such a liberal university. Others claimed

controversies had on students. "Students who have been talking to us or emailing us felt very overwhelmed with the [hate speech] event," Paci-Green said. "It was clear to me that we needed some sort of wider discussion."

The final moments of the forum gave attendees an opportunity to propose plans of action for the university. Some suggested increasing the number of faculty members of color in an effort to create more positive minority role models. Others claimed the incident at Western was indicative of a societal issue that would require long-term changes.

Junior Willa Cooksey, president of the Students for

Environmental Equity and Disaster Reduction club said the forum was intended to alleviate some of the burden that recent events have placed on minority students.

"We felt like students of color have been working and voicing their opinions for so long, they're getting exhausted by it. They don't feel like people are responding to it in a proactive way," Cooksey said.

The forum was an attempt to break this cycle, Cooksey said. Huxley has been working on a new Diversity Inclusion plan, but recent events made it much more urgent, Cooksey said. The forum will be used as the first step in a long-term change on campus.

"We're using this as a catalyst to move forward," Cooksey said.

*"It was clear to me that we needed some sort of wider discussion."*

**Rebekah Paci-Green**  
Director of Resilience Institute

Western's curriculum wasn't inclusive enough, and that it subtly enforced a white master-narrative.

Rebekah Paci-Green, director of the Resilience Institute at Western, helped coordinate the event in response to the emotional impact that recent

# ALUM: Q&A with Western winners

continued from page 1

**A:** I was planning on coinciding the trip home for Thanksgiving with the marathon, and that event works out perfectly for doing that, but then I ended up getting injured back in August and September so I decided to do a half-marathon with less training involved. I just kind of switched, I was signed up for the full but decided to go for the half.

**Q:** How long did you train for before the marathon?

**A:** I put in a couple months, two or three months of pretty decent training. Sometimes it's pretty hard to train up

here. The past month has been a lot of snow on the ground, and sometimes it's



Illustration by Tyler Hillis

been pretty icy and it's dark pretty early. It's pretty odd but it's been a lot of lonely

runs with a headlamp, and cleats or studs to keep you from slipping. It's definitely not a runner's environment up here.

**Q:** What was involved with your training for the marathon?

**A:** Just like for all different types of running events, there are different periods of training, or periodized training. I would start just kind of getting my weekly volume up, and once I kind of had a base fitness, then I started doing more strength-type runs, kind of trying to hit a target pace.

Then the past three or four weeks I've been kind of doing relatively faster stuff on

**READ THE FULL Q&A ONLINE**

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the track to just simulate the speed and make sure my actual race pace is more comfortable than it would be if I hadn't run a pace that's faster than it, if that makes sense.

**Chip Jackson**

**Q:** What made you decide to do Seattle's half-marathon if you're in Los Angeles?

**A:** It was a good way to see old friends, and just being on Thanksgiving weekend, I wanted to come home anyways. It was kind of like the perfect race where a lot of my old friends were going to be in town. It was mostly a way to connect with my

friends in Seattle.

**Q:** Have you run marathons with Peterson before?

**A:** I haven't run any marathons [with Dylan]. We've both done the Seattle Half-Marathon before, but I don't know that we were in the same race. This was our first half-marathon together.

**Q:** Are you and Dylan usually competitive against each other?

**A:** In college we were very competitive. We lived together for a year and we trained together for five years. We were always pushing each other. It was interesting to get to race with him again.

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# Staying safe amid winter months

Tips for dealing with slick, snowy and dangerous weather conditions

**Ben Johnson**  
THE WESTERN FRONT

As the temperature continues to drop and students bundle up for the winter, it's important to remember that cold conditions require extra safety measures. Whether students are on campus, on the road home or bundled up on the couch, there are a few tips to follow to make sure this winter goes as smoothly and safely as possible.

## WALKING SAFETY

Before the quarter ends, students may find that Western's campus can get a little slippery during the winter months, Environmental Health and Safety Director Sue Sullivan said. In the event of snow, students are urged to walk on major pathways that have been shoveled by school groundskeepers, Sullivan said. Once the major walkways are clear, secondary paths will be cleared.

"We hope that people use those shoveled pathway so they're not bringing in a bunch of snow into the building," Sullivan said.

Nathaniel Tate, a second year student, has found that getting to class in the winter can be treacherous.

"Some paths, especially in the morning, get really icy and wet," Tate said. "There are some places I don't like walking around here."

Since much of the school was built on top of a peat bog, major pathways have been constructed with brick to allow the ground beneath to flex and compress. The bricks can become slick when it's snowy or rainy, and can potentially lead to falls.

Western junior Rosa Rice-Pelepko said that wearing proper footwear on campus is the trick to traversing campus safely.

"I try to make sure I have



Illustration by Nicole Swift

proper shoes so I don't slip and fall and so my feet don't get wet," Rice-Pelepko said.

## DRIVING SAFETY

Many students and faculty members will be hitting the road this winter break. There are a few measures that travelers can take to make sure they are prepared for snow and ice on the roadways, Sullivan said.

First, be sure to plan not only a primary route but any backup

routes available. If a roadway becomes inaccessible due to an accident or any other blockage, drivers should be familiar with any backup routes that they take to ensure a safe trip.

Secondly, Sullivan urges drivers to avoid driving at night – especially while it's raining or snowing. If driving at night

can't be avoided, drivers should decrease their speed.

"If it's a 60 mph speed limit, typically if it's raining you want your speed to be up to 10 mph below that limit," Sullivan said.

"And of course with snow, it will be decreased more than that." Drivers who travel long distances can sometimes feel tired, uncomfortable or drowsy. Sullivan suggests when this is the case drivers should pull over to a safe space and rest.

Information on storms can be found through the storm hotline, at (360) 650-6500.

## BE PREPARED

Those who choose to stay in the safety of the indoors can also take steps to make sure they're prepared for adverse weather conditions. Students can stay up-to-date on campus emergencies through email and text messages sent by Western Alert system. Students and faculty can make sure their contact

*"Inevitably when you have situations like this, people go to measures like bringing in their grills to heat their homes, and suffer from carbon monoxide poisoning."*

**Sue Sullivan**

Director of Environmental Health and Safety

information is up-to-date by logging on to their MyWestern account.

In the event of a power outage at home, be sure to proceed with caution. Being aware of the risk of carbon monoxide poisoning in this scenario is important, Sullivan said. Never use appliances like grills indoors in

an effort to fight the cold.

"Inevitably when you have situations like this people go to measures like bringing in their grills to heat their homes, and suffer from carbon monoxide poisoning," Sullivan said.

Furthermore, keeping good neighbor relations can help create a support system in case of an emergency.

Personal preparedness is the final piece of advice that students should keep in mind, Sullivan said. Members of Western's community should prepare to meet their own unique needs in the event of an emergency, like medications and basic necessities.

"If you're not, you're having to rely on others to help you, and while that's not a bad thing entirely, they might not be prepared to help you, or it might take some time for you to get that help," Sullivan said.

To contact campus police in the event of an emergency on Western campus, students can call (360) 650-3911. Safety and emergency information can be accessed at <http://www.wvu.edu/emergency>.

Information on storms can be found through the storm hotline, at (360) 650-6500.

## QUICK SAFETY TIPS

- Stay on snow-cleared walkways
- Have a backup route planned for car trips
- Be prepared in the event of a power outage

# Time outside lessens stress

Escaping outdoors brings more focus, higher energy

**Rachel Hunter**  
THE WESTERN FRONT

As Western students look for a way to handle the stress of dead week and finals, a new study by the TKF Foundation claims being outdoors for even a short period of time can help restore mental health.

Research regarding outdoor health shows that spending at least 10 minutes in nature, as little as two to three days a week, can restore and benefit mental health. These 10 minutes can be spent doing something active or just sitting in the backyard, according to TKF Foundation press release.

Junior Katherine Feltner said spending a minimum of an hour outside every day is important to her mental well-being.

Feltner works at the AS Outdoor Center and often spends time biking, hiking and exploring outside, she said.

"When you go outside, all your walls are down. You are able to connect to people, yourself and nature," Feltner said.

The TKF Foundation partners with organizations to create outdoor green spaces in urban neighborhoods.

Green spaces are outdoor spaces filled with grass and trees open to the public for sitting or recreation. They are meant to encourage reflection and relaxation to improve mental health in a community, according to the TKF Foundation's mission statement.

The study released by the

foundation is one of five being done throughout the country. The research was meant to influence city government to continue designing green spaces throughout urban cities to offer more users mental restoration, according to the press release.

After spending just 10 minutes outdoors, participants in the study reported feeling less

stress, more focus and higher energy levels, according to the press release.

Getting outside gives senior Alexa Brandt a chance to

"Bellingham is such a gem being by Mount Baker, by the bay and Chuckanut."

**Katherine Feltner**  
Junior

clear her head from her to-do list, she said. Brandt journalled outside once a week as an assignment for her environmental education and sustainability class, she said.

She often journalled at Maritime and Boulevard Parks. "I found it was very therapeutic," Brandt said. "[Outside] is a space where you can clear your mind, soak in what is around you and let go of your worries."

A separate sports medicine study showed that the brain indicates more relaxation when an exercise is being done in an urban green space than when it is done inside, Western Health Center physician Tom Schneider said.

As part of the study, participants were asked to walk two miles in either a city or an arboretum. The study found that those who walked through the arboretum had a 20 per-

cent increase in memory over those who did not, the press release said.

Various articles and studies highlight the mental and physical benefits of being outdoors, Schneider said.

"Any exercise is beneficial and exposure to sunlight is good," Schneider said. "If you combine the two, it's even more powerful."

More than 130 urban green spaces around the country have been created in the past 20 years, according to the TKF Foundation's website.

"Bellingham is such a gem being by Mount Baker, by the bay and Chuckanut," Feltner said.

It is important that people get outside and find time to take 20 to 30 minutes for their mental well-being, Feltner said.



**Junior Ben Menard, an environmental science major, walks through Sehome Hill Arboretum to get to class most days, he said. The arboretum runs parallel to campus and has six miles of trails.** // Photo by Daisey James

# Salish Sea research gets new home



**A map of the bodies of water that make up the Salish Sea // Photo courtesy of Western Washington University**

**Ian Koppe**  
THE WESTERN FRONT

Western's new Salish Sea Studies Institute was recently approved by Western's Provost Council to offer new courses, discussions and a Salish Sea studies minor at Western in the next couple of years.

The institute will be a hub for programs across the Salish Sea basin to create a dialogue for both ecological and cultural problems around the sea, Western Associated Vice President of Academic Affairs Brian Burton said.

Many of the issues focused on the Salish Sea are ecological, but the institute will aim to include more than just the political and environmental problems of the area, said Bert Webber, professor emeritus of environmental and marine science.

One large role of the institute will be becoming the home

for the Salish Sea Ecosystem Conference that gathers scientists, policy makers, students, business leaders, First Nation and tribal government representatives and more together, according to a Western Today press release.

The sea's resources are stressed, the waters are polluted and many of the species of interest are depleted, he said. Governmental agencies in Washington and British Columbia have recognized this and are trying to combat this environmental degradation.

"As well as being a good educational opportunity, the institute is an opportunity for Western to engage with the rest of the community in understanding and improving the health of the Salish Sea," Webber said.

A 101-type course on the Salish Sea will most likely be offered in fall of 2016. The minor is going through the process to be made available in fall of 2017.

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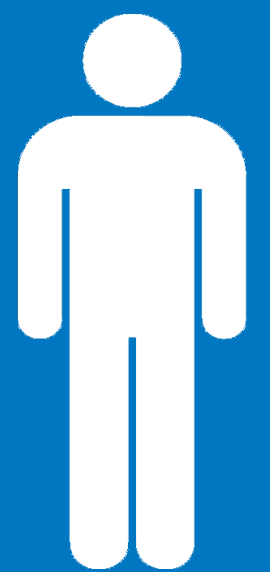
# SEXTISTICS OF WWU

Mikayla King  
THE WESTERN FRONT

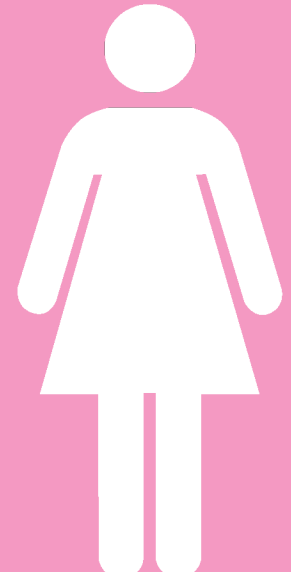
Have you ever wondered what goes down behind closed doors of Western students? The Western Front sent out a survey to various Western groups on Facebook in order to get a better idea of the nature of students' sex lives. The following data was based off of the 286 individuals who responded.

\*Editors Note: The following responses are from those who chose to take the survey and may not be completely reflective of the entire student body.

OUT OF THOSE WHO PARTICIPATED IN THE SURVEY...



23.9% were male

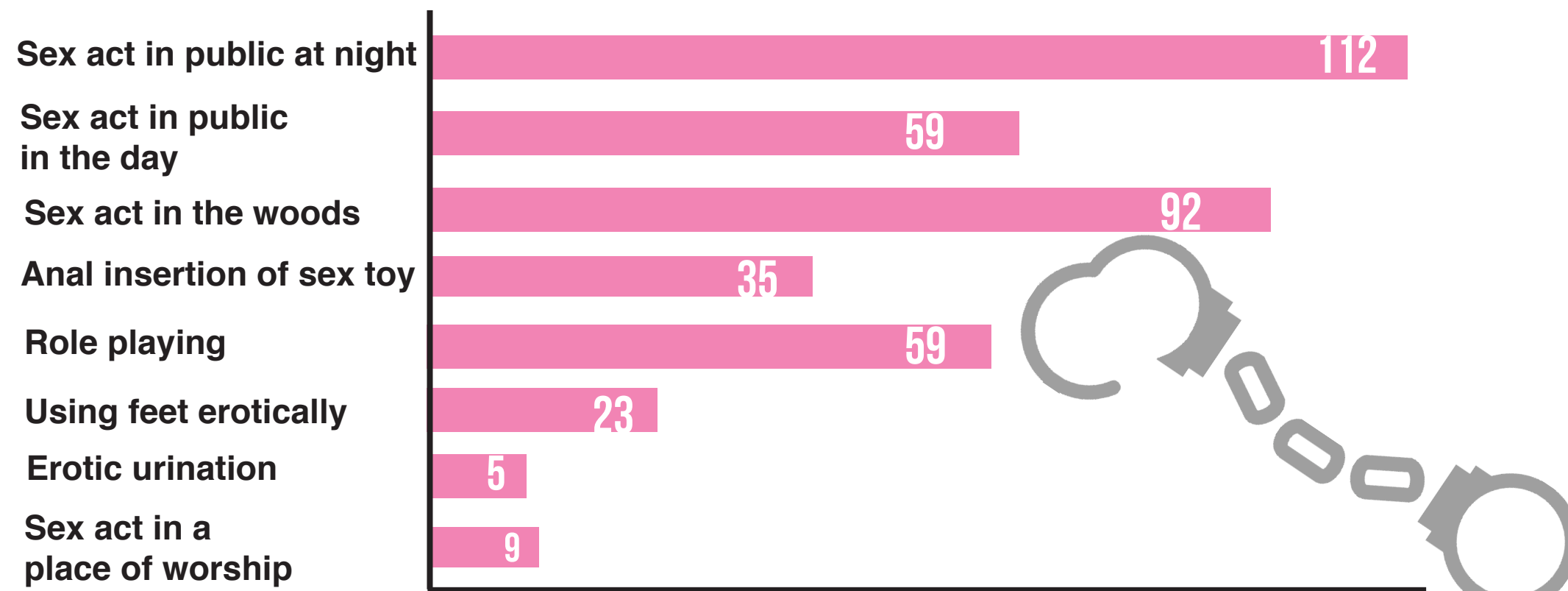


73.3% were female

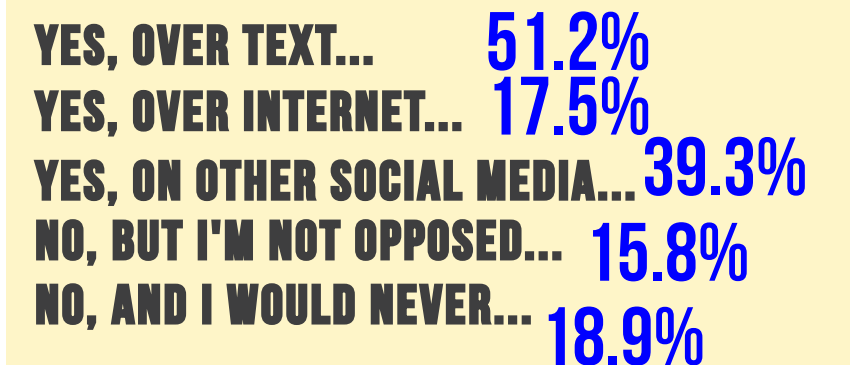
2.8% were other or nonbinary

## ...HOW KINKY ARE YOU?

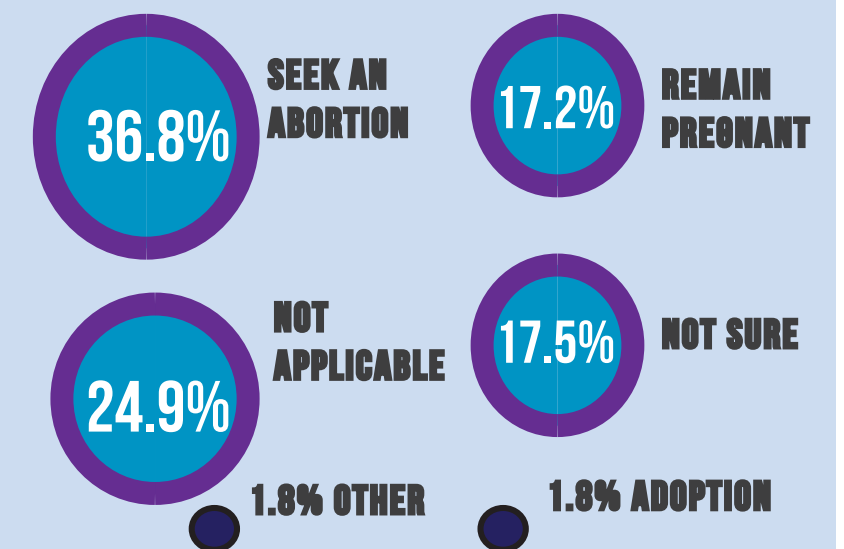
38.7% OF STUDENTS SAID THEY HAVE USED CHAINS, HANDCUFFS, GAGS OR BLINDFOLDS IN A SEXUAL MANNER.



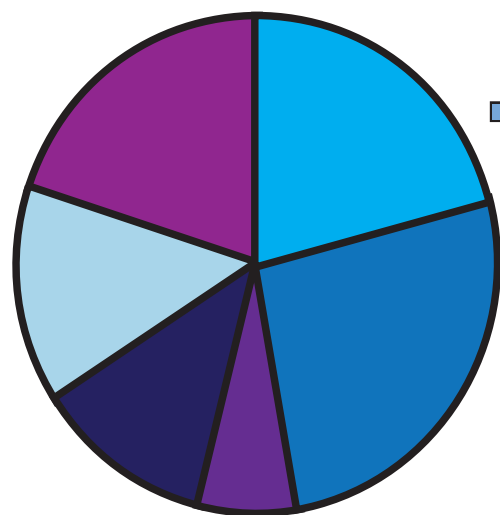
## ...HAVE YOU EVER SENT NUDE PHOTOS THROUGH SOCIAL MEDIA?



## ...WHAT WOULD YOU DO IF YOU GOT PREGNANT?

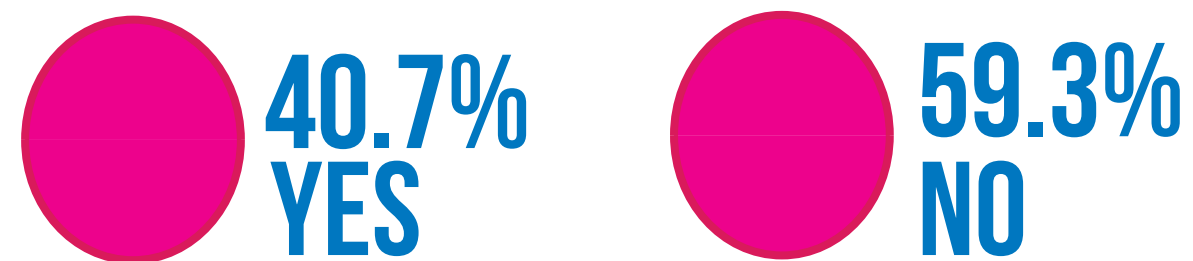


## ...SEX: CONDOMS OR BARE?



14% Never	26.3% Most of the time
21.1% Every time	11.9% Less than half of the time
6.7% Half the time	20% Not sexually active

## HAVE YOU EVER BEEN "SEX-ILED" AKA ASKED TO LEAVE YOUR RESIDENCE IN ORDER FOR A ROOMMATE TO ENGAGE IN SEXUAL ACTIVITY?



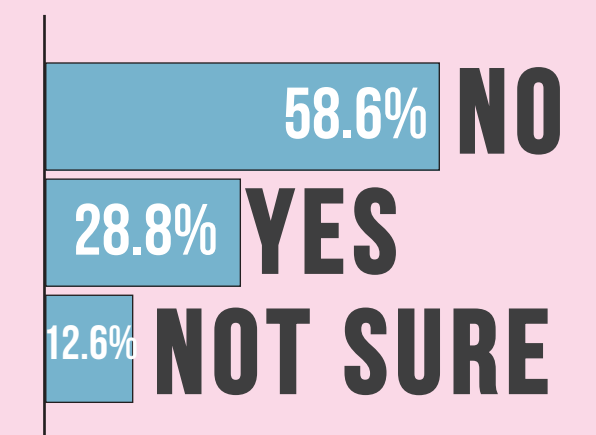
## IF YOU DECIDE TO SKIP THE RUBBER...

IT'S BECAUSE OF

- 76 SAID COMFORT
- 142 ARE USING OTHER FORMS OF PROTECTION

- 88 ARE CONFIDENT THEY WON'T GET PREGNANT OR CONTRACT A STD/STI
- 51 ARE NOT WORRIED ABOUT CONTRACTING STDS OR STIS
- 37 OTHER
- 60 NOT SEXUALLY ACTIVE

## ...HAVE YOU EVER BEEN CHEATED ON?





# BRINGING THE BLUE THUNDER

Western alumnus Jesse Whitford drums up excitement for the Seattle Seahawks as part of the Blue Thunder Drum Line

continued from page 1

hit it [along with my drum]," Whitford said. "It was pretty dangerous looking back on it."

A year later, Whitford got his first drum set. He took lessons and played all throughout high school in his hometown of Vashon Island, he said. Drumming gave him a physical outlet to release his artistic passion.

"Playing drums, you're playing music and you're [using] musical ideas, but you get to hit stuff," Whitford said. "Then just seeing other drummers who looked cool and I [tried to learn] as much as I could."

When pressed to apply for college, Whitford was not without options. After getting accepted to University of Washington, Berklee College of Music in Boston and Western, Whitford decided to attend Western because he wanted to practice under Percussion Area Coordinator Patrick Roulet.

Finally Western bound, Whitford came to campus only to find that Roulet had gone elsewhere to teach that year; he decided he would stick it out, he said.

He didn't find himself regretting it. "It was good. I kind of picked Western because it was a smaller school. You get access to your professors and I always liked the classroom environment," Whitford said.

The music program at Western has about 240 majors and minors to work in, so there are smaller units that function pretty tightly, said Christopher Bianco, chair of Western's music department.

Whitford played in the Viking band



Jesse Whitford prepares to perform on the field at CenturyLink before the Seahawks game against the Pittsburgh Steelers on Sunday, Nov. 29. // Photo by Daisey James

and the wind symphony, which Bianco is the conductor of.

Although Bianco hasn't spoken with Whitford for a couple years, he keeps track of how he's doing through another student who plays in the Blue Thunder, Bianco said. The music profession is a small world, and staying in touch

with students for professional reasons is common, he said.

"When [Whitford] was here his talent was obvious, and we gave him an opportunity to play with the wind symphony as a timpani soloist," Bianco said. "He performed admirably with us as a soloist."

**READ MORE ONLINE**

Read the full story online at [westernfrontonline.com](http://westernfrontonline.com)

# COMFORTABLE IN HIS OWN SKIN

Senior Marcus Micheles shares his recovery from an eating disorder

**Sarah Sharp**  
THE WESTERN FRONT

To avoid being bullied, senior Marcus Micheles hid underneath layers of sweat-shirts. He checked the bathroom scale every day, but lied to his parents about what it said.

But standing at 6 foot 1 inch and weighing 105 pounds, his body betrayed his secret.

From eighth grade through high school, an eating disorder revealed Micheles' internal struggle with self-image.

"I would turn sideways and people wouldn't be able to see me," Micheles said. "I became really, really conscious of my weight, how thin I was, if you could see my ribs on certain days."

Micheles doesn't want anyone else to experience the bullying he faced at Puyal-

eaten in a month," he said.

At family reunions, Micheles was constantly greeted with the same line: "You're so skinny!" before family even asked, "How are you doing?"

Even in the company of friends, he never felt normal. He always belonged to a sub-category because of his body type. It was "unusual and weird," Micheles said.

It made him wonder, "Does my body figure come before who I am as a person?"

**Finding community**

Since coming to Western in 2012, Micheles has fully recovered. He found a second home in the Wade King Student Recreation Center where he lifts weights for two to three hours every day, sur-

*"I know what it's like to hate yourself. I know what it's like to have a lot of people against you, a lot of people putting you down."*

**Marcus Micheles**  
Senior

lup High School. Some of his classmates mocked, humiliated and pushed him around the halls because he was smaller and unable to defend himself, he said.

"People would walk up to me and say, 'Hey Marcus, do you need me to buy you lunch today? It looks like you haven't

rounded by people who support him.

He gained 65 pounds during his freshman year at Western, and no longer grimaces at his reflection in the mirror.

Now, people often ask Micheles if he played football or basketball in high school. When he shares his story and pic-



Marcus Micheles works out in the rec center on Thursday, Dec 3. Micheles hopes to one day work with students who face similar troubles he faced. // Photo by Christina Becker

tures from high school, they're speechless.

**Giving hope**

Micheles' past experience with an eating disorder motivates him to continue graduate study in Western's school counselor program with the goal of mentoring high school students in after-school programs.

"Otherwise, I would feel that everything I've gone through to this point has been a trial that I never saw the benefit of," Micheles said. "I want to be able to use this to benefit the lives of others who need that kind of support system in the schools."

He believes his experiences with an eating disorder will allow him to identify with the emotions and negative body image young adults face, he said.

"I know what it's like to hate yourself. I know what it's like to have a lot of people against you, a lot of people putting you down, a lot of people questioning whether or not you'll ever be 'normal,'" he said.

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# FRONTLINE: Reflecting on Fall Quarter

Opinions of the Editorial Board

This is it; we've reached the final days of fall 2015, and the final issue of The Western Front for this quarter.

It's always a bit astounding just how much we can learn during the course of three short months, and not just what we learn in the classroom. College is a time of exponential growth in many areas: relationships, identity, academics and more.

There's always something going on in our lives that's teaching us new lessons and influencing us. But because of that large amount of activity, sometimes we miss out on learning all we can from these instances.

Perhaps you have a particularly impactful conversation with somebody, but then must immediately rush to take a big exam in your most difficult class. That conversation might lose some of its luster in the process.

That's where self-reflection comes in.

At this point, we all have several weeks of experiences to look back on, some of which may have been obscured by others. So what better way to ensure we end this quarter happy and fulfilled than by going back and analyzing what exactly we learned?

In a 2014 Forbes article, authors Thomas Ehrlich and Ernestine Fu say that, unfortunately, reflection is a practice that often gets pushed to the

wayside when students are in college.

"All too often, undergraduates have an instrumentalist view of college, viewing it solely as a way to prepare for a career, and perhaps have some fun along the way. They wear their academic honors and achievements like a soldier's decorations, rarely looking deeply at their inner selves. Self-reflection is not on their

radar screens," Ehrlich and Fu said.

This isn't to say we shouldn't view college as a time to enjoy ourselves and prepare for our careers. Rather, we should enhance those experiences by looking back on them and savoring the lessons they taught us.

After a particularly long lecture, take a moment after class to think to yourself, "What am I feeling?" and

"Why do I feel this way?"

If you feel confused and frustrated because you don't understand everything, visit your professor's office hours and ask for a little extra help. If you feel confident because you feel you know the subject matter well, then you can recognize it as a lesson well-learned.

After a night out with friends, ask yourself the same questions. Feeling relaxed and happy can help you see it's important to spend time with people you like and doing things you enjoy.

Programs at Harvard, Stanford and other universities teach students how self-reflection can benefit their academic careers as well as their personal lives.

It doesn't take long to look back and think about some of the things that have been accomplished over the last few months, and doing so can help us make new goals for the future.

So now, at the end of another quarter, take a few moments to look back on what you've accomplished, what you could have done better and where you want to go from here.

Keep moving forward, Western.

The Western Front Editorial Board is composed of Libby Keller, Heidi DeHart and Stephanie Bishop.



Illustration by Nicole Swift

### 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.

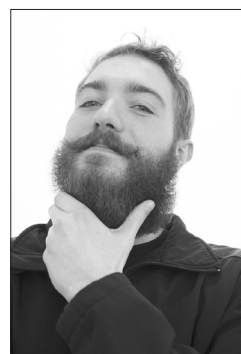
Word count limits: letters to the editor: 250 words, guest columns: 400 words

### NEED ADVICE?

Seek the sage advice of The Western Front's opinion editor by sending a question for Libby's Corner to libby.westernfront@gmail.com and see the answers at westernfrontonline.com

## Special Edition of Viking Voices Featuring WF Staff

What's the most important lesson you've learned during this quarter?



**Caleb Gallbreath**  
sophomore, visual journalism

"Take risks. Good or bad, you will be a better person for have taken a chance."



**Katie Rickel**  
senior, public relations

"John Lennon said, 'Happiness is inside you, not with another person.' I've learned from all my relationships and friendships in college that you can't depend on other people to make you happy, you'll never be happy that way."



**Madeline Mohn**  
senior, marketing

"You can save money on textbooks by just not buying them. Also, growing a beard is a good way to hide your double chin."



**Elizabeth Kayser**  
senior, journalism

"Probably to make decisions for myself not based on others opinions. I think it's important to figure out if you made the right decision or not, on your own. Also, Adele can do no wrong."

Compiled by Western Front Staff

# Seven athletes break WWU record

Vikings athletes rank highly at NCAA Division II Women's Cross-Country Championship



**Robert Dudzik**  
THE WESTERN FRONT

This season, the Vikings' women's cross-country team made university history finishing sixth at the NCAA Division II Women's Cross-Country Championships.

Western was welcomed to Joplin, Missouri, with cold wind and rain, creating a familiar running environment for the Vikings. With 32 teams competing, the start line was packed with runners ready to do their best, senior Taylor Guenther said.

The race on Saturday, Nov. 21, was 6 kilometers in distance and had the following results:

- Senior Taylor Guenther finished 24th with a time of 21:09.40
- Freshman Tracy Melville finished 52nd
- Junior Brittany Grant finished 63rd
- Junior Sara Taferre finished 104th
- Sophomore Lillianna

- Stelling finished 114th
- Sophomore Shawna Troupe finished 115th
- Sophomore Alexandra Laiblin finished 169th

"They had a great season and it was a great accomplishment, best in school history," head coach Pee Wee Halsell said. "I'm very proud of the young ladies. They had a great season and that was a great way to end it."

At the end of the race, Western initially thought they placed seventh behind Alaska Anchorage. But when the final results were tallied up, the Vikings actually finished in sixth place above Alaska Anchorage.

Western returned to Bellingham with heads held high, knowing that they had beaten a school record and had set the bar even higher.

This season, the Vikings worked hard both individually and as a team to push one another and become stronger.

"They grouped together

and worked well as a group," Halsell said. "We just got better every meet."

The Vikings knew they had to finish within the top five teams at regionals to qualify for nationals. Western ended up ranking fourth and finishing second, Taferre said.

This second-place finish allowed the Vikings to move forward to the NCAA championship and head to Missouri along with Alaska Anchorage and Seattle Pacific University.

"Overall we just had a really good progression from the beginning of the season to nationals, without a lot of hiccups," Guenther said. "We all just smoothly progressed to our peak, so we really didn't have a lot of injuries."

Western finished off the season in Missouri on a very high note. With that mindset, the Vikings look toward the upcoming track and field season, which kicks off in the spring.

Senior Taylor Guenther crosses the finish line at the Great Northwest Athletic Conference Cross-Country Championship at Lake Padden. // Photo by Jake Tull

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## WESTERN SOCCER

Western's women's soccer team was eliminated from the NCAA Division II Women's Soccer Tournament after losing a tough battle against two-time defending NCAA Division II National Champion the Grand Valley State University Lakers 3-2 on Thursday, Dec. 3.

Senior defender Delanee Nilles scored the first goal for Western off an assist from junior midfielder Becca Cates at the 41-minute mark putting the team one goal behind the Lakers, 2-1. Freshman forward Gabriela Pelogi scored the second goal for the Vikings at the 74-minute mark making the score 3-2. Senior goalkeeper Ashley Haden had four total saves.

The Vikings finished the season at 21-2-1, breaking the record of wins in a season and advancing to the Final Four for the second time in three years. This loss for Western ended a 20-game winning streak.

Information provided by Western Athletics



Illustration by Nicole Swift

# Vikings dominate season opener

Robert Dudzik  
THE WESTERN FRONT

Western's women's basketball team beat the University of Alaska Fairbanks Nanooks 90-59 in the team's Great Northwest Athletic Conference opener on Thursday, Dec. 3.

As the game ended and the team celebrated the win, an announcement was made that Head Coach Carmen Dolfo had just become the coach with the most wins in Western history — 519. The last head coach to hold this title was Brad Jackson with 518 wins during his 1985-2012 career, according to Western Athletics.

The Vikings came out with high intensity. Senior center Kayla Bernsen threw up two points followed by a three-pointer from junior forward Kiana Gandy to start the game. At the end of the first quarter, Western led Alaska 19-13.

In the second quarter, the Vikings were persistent on defense, pressuring the Nanooks at the net and dominating on offense. At the rim Western was fierce, coming up with the rebound 47 times, compared to 20 for Alaska. Bernsen alone had a game-high of 11 rebounds.

"Our defense is getting better," Dolfo said. "I think we really shared the ball and we



Western junior guard Taylor Peacocke dribbles up the court past a University of Alaska Fairbanks defender during a game on Thursday, Dec. 3, at Whatcom Community College Pavilion. Western won 90-59. // Photo by Daisey James

did a really good job of finding the open person."

The Vikings kept the lead, entering halftime eight points ahead of the Nanooks.

"We said the score was 0-0," Bernsen said. "Fairbanks is a good team and for the past few years, they didn't have a super good record, so they know how to play when they're down."

Starting the second half, the Vikings were determined to stay ahead, and to continue

to widen the team's lead. With back-to-back three-pointers by freshman guard Amanda Lance and redshirt freshman forward Alyssa Evans, Western began to bury Alaska.

"We really felt like the third quarter would be huge for us. We didn't want to give them confidence coming back into it," Dolfo said.

As the Vikings carried the game, the team continued to scream and shout

encouragement to each other.

"During the start of the season, our third quarters have been downhill," Bernsen said. "We really wanted to make sure we came out with fire and that we keep attacking."

Western is now 1-0 in conference play.

The Vikings take on University of Alaska Anchorage at 4 p.m. on Saturday, Dec. 5, at the Whatcom Community College Pavilion.

## Player Q & A: Maia Barnett

Karina Soennichsen  
THE WESTERN FRONT

The sophomore and Los Angeles native sat down with the Western Front to talk about her career as a varsity athlete.

**Q: Why did you choose to attend Western?**

**A:** I chose Western because I felt the school was a great place and the academics here are really good. Basketball was always something I wanted to do after high school. I was able to have the opportunity here, and to be away from home was also something I wanted to do for college.

**Q: When did you start playing basketball?**

**A:** I started when I was 8 years old. I wanted to try something new and my family kind of was really interested in basketball as well, so I just



Photo courtesy of Western Athletics

followed that pattern and then continued playing from there.

**Q: What position do you play?**

**A:** I play guard.

**Q: Have you always played that position?**

**A:** Yes. When I started out I was a guard, I've always been

one of the smaller people on the team and so I kind of am fit for my position I think.

**Q: If you didn't play guard, what position would you play?**

**A:** I think being a post would be fun. It's pretty physical and I think being a post is exciting. It's a hard position but I think it would be something fun to try.

**Q: You played in high school, did you play for any other teams besides the school team?**

**A:** Yes, I played on a club team, or a select team as they called it. We travelled, mostly in the summer, and there was a variety of girls from my community and from other areas around L.A. We just competed against other, more competitive teams.

**Q: What makes playing for Western different than other teams you've**

played for?

**A:** The level of intensity is a lot more than other teams. Definitely the speed of the game is definitely a bigger change.

**Q: What's the best part of playing with this team?**

**A:** I would definitely say our team chemistry and how we all want to play for each other. It's really unselfish and we're really competing together. It's really competitive in practices and we make each other better. I like being able to have such great chemistry with my team because they make it a lot more fun.

**Q: What do you hope for the rest of the season?**

**A:** I hope that we can continue to be a really disciplined team and we're always there for each other and we keep getting wins because we can do it if we focus and we're all there for each other.

# From player to coach: The Anye Turner Story

Former Western's men's basketball player steps into a new role for the Vikings this season



Anye Turner sits on the sidelines during a Western men's basketball game on Thursday, Dec. 3, at the Whatcom Community College Pavilion. A former player for the Vikings, Turner is now an assistant coach for the team. // Photo by Caleb Galbreath

Sara Fontenot  
THE WESTERN FRONT

Anye Turner may have finished his career as a Western basketball player last winter, but he cannot seem to stay off the court. This year, he can still be found on the bench amongst the players, but now he goes by "coach."

Though his time repping number 10 is over, Turner is now an assistant coach for the Vikings. He attends practices, games and is a guiding force for the players.

Turner's time as a coach has given him a different perspective. He now also has more time to focus on school, getting ready to graduate this spring.

"It's pretty weird from this side of the fence, but it's cool to still be involved with the team," Turner said. "I don't have as much responsibility and I don't miss as much class time, which is nice, but I definitely miss it and it makes me want to play more."

As for his coaching style

and approach, Turner says he is rather energetic.

"I yell a lot," Turner said. "Last game, I lost my voice."

Turner said being a recent retiree helps with his ability to relate to the players. It gives him credibility, he said, rather than having a stranger come in. The team played with Turner and he feels he can understand their struggles and what it means to be a part of this particular team.

*"Our players really respect and enjoy [Turner] and feel as though he has great insight into the game and life."*

Tony Dominguez  
Head Coach

During his time on the team, Turner bonded particularly well with junior guard Jeffrey Parker. The two roomed together three years ago and have remained close friends ever since.

"I've always looked to him as an older brother. He

took me under his wing. He's really a great brother," Parker said.

Though no longer teammates, Parker still has Turner to motivate him on the bench.

"He's been doing wonderful [as coach]. I like the way he communicates one-on-one," Parker said. "He will come up to me and say things like, 'You can do this better or you're doing great with this,' that's the one

key thing I really appreciate him doing as coach."

Parker was able to learn a lot from Turner during his time on the squad. His energy and intensity never went unnoticed, along with his ability to block, Parker said.

Head coach Tony

including first-team Great Northwest Athletic Conference all-star and GNAC pre-season all-star in the 2014-15 season. He led the GNAC in rebounds and blocks during the 2013-14 season, according to Western Athletics.

Turner graduated from Black Hills High School in Tumwater, Washington, in 2011 where he led the Wolves basketball team to its first appearance at the state tournament.

*"It's pretty weird from this side of the fence, but it's cool to still be involved with the team."*

Anye Turner  
Assistant Coach

From there, Turner went on to play at South Puget Sound Community College before getting picked up by the Vikings his sophomore year. Since then he has noticed some changes.

"From my first season to the last, I had matured quite a bit and grew into more of a leader from when I was a young sophomore," Turner said.

Mariah Kerrihard, a friend of Turner's and a student at Whatcom Community College, attended high school with Turner and enjoys watching him on the court.

"He was always one of the best players. A little hot headed sometimes, but always fun to watch," Kerrihard said.

Following his basketball career to Western, Kerrihard has watched Turner improve to the player he is today.

"I've seen a lot of growth in his playing and in him as a teammate. He always had a lot of excitement and he knows how to use it in the right way," Kerrihard said.

Turner, who is in the beginning stages of his coaching career, has a whole team behind him that is happy to have him on their side.

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# MEN'S BASKETBALL WINS OPENER

*Vikings battled until the end of a tough competition to eventually beat Saint Martin's University*

**Colin Floyd**

THE WESTERN FRONT

The Vikings' men's basketball team began Great Northwest Athletic Conference play on Thursday night, Dec. 3, and what unfolded was an electric home opener.

The game saw multiple lead changes. Both teams traded a 10-point lead and Western, as the GNAC pre-season favorite, was tested by a rebuilding Saint Martin's squad.

With eight minutes left in the first half, Saint Martin's led 22-12. Head Coach Tony Dominguez was able to rally his players and the Vikings bounced back and headed into the locker room at halftime holding a 34-32 lead.

"Defensively we played much better in the last 10 minutes of the first half," Dominguez said. "That's what turned the tide and obviously we hit a couple of shots at the end."

The second half was much closer. Western held the lead until Saint Martin's tied it up with an open three at 39-39. The Vikings took back the lead with seven minutes left, up 58-48.

"We built up the lead and I think with about a minute and a half we just kind of fell asleep. And they hit three threes which was the exact opposite of what we told them in the timeout,"

Dominguez said.

In the final minutes, the Saints would outscore the Vikings 20-13. In that time, the team would knock down three back-to-back three-pointers.

"We had three lapses in a row where we didn't switch the screens and they hit three threes in a row and that made the game close," senior guard and captain Ricardo Maxwell said.

## UP NEXT

Western vs Seattle Pacific University

**When:** 7:30 p.m., Saturday, Dec. 5

**Where:** Whatcom Community College

With just under a minute to go, Western led 69-67.

The Saint's point guard drove through an open lane and threw up a shot. It was rebounded by senior guard Kyle Impero. He was fouled and made both his free throws, putting Western ahead 71-67.

Saint Martin's guard Cole Preston dribbled down the court and was fouled on the shot. He made the first free throw and missed the second. Still the Vikings were up 71-68.

Senior forward Colby Mitchell rebounded the ball

and was also fouled. He missed both shots, which gave the Saints 11.9 seconds to dribble the length of the court and fire off a three-pointer.

The shooter missed as the buzzer sounded.

The Vikings won the game 71-68. Impero lead all scorers with 16 points and nine rebounds while junior forward Jeffrey Parker had 14 points, Maxwell finished with 12 points and senior center Mac Johnson added 11 points.

Western shot 22.5 percent from beyond the arc, a considerably lower shooting percentage than most of the team's games.

"For everyone, our percentages were down and we don't usually shoot that bad and so it was kind of nice that we still came away with the win knowing that we didn't play our best," Impero said.

From the bench, injured sophomore forward Evan Scholten shared his thoughts on the game.

"It was a great team win. We didn't come out hot but came together as a team, fighting through that adversity," Scholten said. "I think it showed resilience on our part and it's something we can definitely build off of. A wins a win. Starting off conference play with a win, we are going to keep rolling from here."



Western senior guard and team captain Ricardo Maxwell maneuvers for a layup against the Saint Martin's University Saints on Thursday, Dec. 3, at the Whatcom Community College Pavilion. // Photo by Caleb Galbreath

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