

THE WESTERN FRONT

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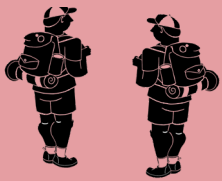
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Wednesday, November 7, 2018



Student Senate

Learn how to run for one of 21 new positions. pg 2



Into the woods

AS Outdoor Center excursions train students for adventure. pg 11



Pet Adoption

Community helps dogs find their forever home. pg 6-7

"This fight is not about me."

Ana Ramirez takes legal action against university



Ramirez filed a wage claim requesting her unpaid wages. // Photo courtesy of Ana Ramirez

Ian Ferguson
THE WESTERN FRONT

Ana Ramirez is taking legal action against Western for not receiving \$7,408 in wages for her work as part of the Associated Students elected government. The university refused to pay Ramirez following her election because she was not yet covered by Deferred Action for Childhood Arrivals, the neces-

sary documentation for undocumented student workers.

On Tuesday, Ramirez filed a wage claim against Western with the Washington State Department of Labor and Industries requesting her unpaid wages.

Ramirez was elected by the student body in spring 2017 for the position of AS vice president of governmental affairs. She said she worked an average of 19 hours per week without pay from June 19, 2017 to Feb. 5, 2018.

Although she was elected in April, Ramirez said she was not told she wouldn't be able to fill her position until June. On Aug. 17, AS created a volunteer position for Ramirez.

The Western administration said it was in

accordance with federal law that Ramirez could not be paid until her status DACA was approved, according to a 2017 Western Front article.

"Until or unless an undocumented student candidate receives DACA approval, that student cannot be employed by the university in any capacity," Director of Communications and Marketing Paul Cocks said in a 2017 email.

Ramirez applied for DACA after being elected for the position. She received approval for DACA shortly after stepping down from her volunteer position in winter quarter 2018. She reassumed her position on the AS government in April 2018, receiving compensation.

At the time, Ramirez

said her lawyer believed there were other ways for her to assume the position with payment until her DACA was approved; she could have been paid through stipend, accepted payment for tuition or housing or received scholarships.

Although Ramirez hopes to receive payment from the university, she said she also sees this as an opportunity to hold the institution accountable for their actions.

"If I do not do this, the university and the world will never learn that we, as immigrants, will no longer stand for the injustices perpetrated against us," Ramirez said in a statement regarding the legal action. "I do not like doing this, I never have. But this fight is not about me."



Vehicle design legacy on the line

Students, alums raise concerns over potential end to program

Julia Furukawa
THE WESTERN FRONT

Nestled in a far corner of the Ross Engineering Building is the second home of a small community of students in the industrial technology vehicle design program, the Vehicle Research Institute.

Drill bits, wrenches and welding equipment line the walls, and cars hand-built by Western students await maintenance, their aerodynamic outers emblazoned with the Vikings logo.

Pointing to a blue and grey race car on the far side of the room, senior Mitch Hooper smiled.

"We built that," he said.

The vehicle design program is small, with about 12 students per class and one faculty member, but its students have been designing and building cars from the ground up since 1979. But now, the students in the program have a cloud of uncertainty looming above them: they don't know how long it's going to be there.

In May 2018, the Engineering Technology Department announced

see JUMP, page 4

Effectiveness of business and sustainability under question

Graduates say program did not prepare them to succeed in the field

Ian Haupt
THE WESTERN FRONT

Students and faculty of Western's business and sustainability major are concerned about the program's effectiveness. Graduates say they left Western without the necessary skills to succeed in the field or even be considered as a hireable candidate. The program is no longer recommended to other students.

"Paying \$20,000 out of your own pocket and not getting the education you deserve is pretty disheartening," graduate Holly Knutson said.

Those already invested in the major have complained of repetitive classes and little skill-based training and even



Dunn teaches ENVS 359, Greening Business Policies and Practices on Nov. 6. // Photo by Jaden Moon

filed a petition against faculty adviser Craig Dunn in fall 2017.

Many of these complaints were focused on the overwhelming power of Dunn, the person behind the major and,

some believe, its flaws.

The business and sustainability major is a bachelor's degree managed by both the College of Business and Economics and the Huxley College of the Environment.

Most sustainability degrees at schools around the country are offered as Master of Business Administration programs.

According to Dunn, there are currently 50

students enrolled in the program, 27 pre-majors and 32 interested students. A total of 79 students have graduated from the program since its formation in 2014.

As a new program, business and sustainability is still in development. An energy studies concentration major was developed within the program a year ago. The major is made up of 12 core classes offered by either CBE or Huxley, seven elective credits under advisement and two major-restricted classes, which Dunn regularly teaches.

The major-restricted courses are Greening Business Policy and

see B&S, page 3



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Students print their ballots and vote in Red Square on Tuesday, Nov. 6. // Photo by Jaden Moon

AS creates Student Senate

Years in the making, the AS Board finalizes plans and opens the floor for 21 new students in power

Simon Thomas
THE WESTERN FRONT

The Associated Students Board has reworked the organization of Western's student government to add a new legislative branch, the Student Senate. This restructure was first considered three years ago but will take effect this year, quadrupling the number of elected student positions from seven to 28-giving students a stronger voice in the AS decision making process.

Levi Eckman, AS vice president of Academic Affairs, has been overseeing the transition this year after making the restructure a priority.

"Students indicated that they did, in fact, want a student senate, so the AS wrote a structural proposal and for about three years it was on the docket. However, it never actually happened," Eckman said.

Eckman said the board has pushed for adding the senate in an effort to increase and diversify student engagement with the AS.

"Right now we have [board members] with all different walks of life but we are only seven people," he said. "I think bringing more perspectives to the table is always really

important. I think what needs to be done is look at who is sitting at the table and ask 'Who's not there?'"

To do that, the senate is structured to hold two spots for every college in the university, including the graduate school, as well as four spots for undeclared students.

Eric Alexander, associate dean of Student Engagement and Viking Union facilities director works with the AS as an adviser serving as counsel for the students.

"The original feeling was that there was a lot of power that came to only seven people without a lot of checks and balances," Alexander said.

Alexander said it will be positive to have this checks and balances system regarding legislative or large budgetary issues regarding the AS.

"There is not that much accountability for the seven of us as board of directors in what we do and having the Student Senate be equal to us lets them hold us accountable," AS President Millka Solomon said.

Solomon was a part of the task force created to establish a senate along with AS Eckman and Alexander. There was previously a student senate on campus, but it was radically different to the structure of the newly emerging branch of government, according to

Solomon and Alexander.

"The AS had a senate, it was put on moratorium for a number of years because it wasn't a very functional senate," Alexander said. "It was called a senate, but was more of a sub-committee of the board so it didn't have any sort of authority other than that [which was] delegated to them from the board."

Eckman said Western plans to have more than 20,000 students on campus in the future, so this restructuring is also to accommodate for that growth.

"As we move toward having more students on campus, I think we need to look at current models of government we have aligned," Eckman said. "I don't know if all power should be centralized at the top, especially at a university our size. Maybe

when our university was around 7,000 students it made more sense."

The paid senate positions require 19 hours of work per month, which will be easier than for students than the other student positions which require a 19-hour-per-week regimen, according to Eckman. Solomon said the Student Senate will have its own meetings and set their own agenda, and that a task force consisting of board and senate members will exist for collaboration.

"Having one student representative, myself, on all the AS academic committees isn't a great model," Eckman said. "The AS president being the only student at the Board of Trustees meetings might not be a great model. Having the senate diffuses that power into not only the colleges but also many different groups of students."

Solomon said as senate members get acclimated to their new positions they will join different boards and committees, diversifying the representation of students in these groups will have. The hope is that this will give more power to the students in decisions regarding the school's future policies.

"We are all here for a degree at the end of the day, but making sure that everyone's emotional well-being, psychological well-being and social well-being is fully met is also equally important. I think that by having the senate we will find more diffused power and more enriched voices," Eckman said.

Those interested in running for a senate position can find out more information in the AS Board Office located in Viking Union 504 as well as on the AS' website. Filing for candidacy ends Nov. 16.

The Western Front

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Have story ideas?
Email us at

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to send them our way or discuss sharing information confidentially.

Corrections:

Anna Stensland was not the first woman to compete on the Western men's hockey team.

B&S continued from page 1

Practice, ENVS/MGMT 359, and Greening Business Applications, ENVS/MGMT 466.

Frustrated with one of her courses, Knutson drafted a petition in spring 2017 to give to Scott Young, CBE Dean, that received 16 student signatures. The petition outlined students' disappointment with Dunn's class, ENVS/MGMT 359.

In the petition, students explicitly stated: "We are not getting the education we deserve," and demanded that Dunn be confronted. Issues included a lack of a course syllabus and completed assignments being graded.

The petition resulted in an apology, which Dunn issued through a Canvas message on Nov. 16, 2017. By the end of fall quarter, the final grade in the class was based on four of 12 assignments for the class.

Despite Knutson's efforts, comments from current students reveal that little to no changes have been made to the course.

Current ENVS/MGMT 359 student Michael Mayo said the class does not necessarily relate to a business and sustainability degree as the course material is centered around

conceptualizing the big picture and career preparation.

"We had an assignment recently that was to write your resume and create a LinkedIn profile," Mayo said. "Do I think that should be something in an upper division course? No."

Students have similarly expressed concern with Dunn's other class, ENVS/MGMT 466, Greening Business Applications.

At the end of spring quarter, an "exit survey" for those graduating from the program to reflect on their experiences was issued by Dunn through the business and sustainability Canvas page.

In the exit survey, a student wrote, "[The business and sustainability major] is at a crossroads right now. I think it is on the verge of repelling potential students, but has the possibility to be extremely useful if the program wanted to devote adequate resources to it. As of my final quarter, I do not feel like I have been prepared to perform adequately in the professional world as a [business and sustainability] graduate."

The survey consisted of questions relating to how the major benefited students and what changes could be made so that students take away more from it.

The main concern students expressed was a lack of structure and skill-building, specifically in ENVS/MGMT 359 and 466. Students mentioned a need for classes specifically designed for the major that merge business tendencies with environmental thinking in order to teach sustainability.

A student enrolled in ENVS/MGMT 466 last spring who chose to remain anonymous said that since Wilhelm has retired, Dunn has full control of the program.

"Wendy was the only one that stood up to Craig," the student said. "And now that she's gone, he now has free reigns to do whatever he so pleases again."

According to the Washington State Employee Salaries government website, Dunn was the 14th highest paid Western employee in 2017 with a salary of \$156,500.

Wilhelm, who has a doctorate in marketing and psychology from the University of Washington and specializes in sustainability and green marketing, said the major hasn't done an adequate job combining the two areas of study.

"The whole idea was to teach business students how to run a sustainable business - closing the loop, no waste,

all that kind of stuff," Wilhelm said. "So, that was the idea. The problem is there aren't any courses that integrate the two."

In an email to Young, Dunn, Wilhelm and Dean of Huxley College Steve Hollenhorst, graduate Katie Secrist said, "The B&S degree as it stands does not prepare students to be a sustainability professional after graduation."

In the email, Secrist laid out courses she considers necessary for anyone to be a hireable candidate into the field - courses that Western does not offer.

The list included courses such as: Sustainability Reporting and Certifications, Stakeholder Engagement Practices, Sustainability Policies for Decision Making, Change Management for Sustainability and a Culminating Capstone course.

"I think the program as a whole would benefit from introducing classes throughout the business curriculum that integrated sustainability all the way through, for example Wendy's sustainability and marketing class," Secrist said.

Dunn said the primary concern he hears about the curriculum is redundancy. As a result, he has focused his classes on mentality.

"I know enough about what employers have told me about what they are looking for and generally they will say they are more concerned to get people with critical thinking ability, because they can train for skills but it is much harder for them to train for critical thinking ability," Dunn said.

Graduate Ryan Roberts, 27, works for Kulshan Services LLC., a family-owned sustainability and environmental consulting firm. He said he left Western missing crucial pieces of how sustainability professionals do their job.

He said sustainability reporting is the most important technical skill as a sustainability professional. Roberts said he was lucky enough to have the space to train himself with these skills that the program did not provide him with.

Knutson said she had never heard of sustainability reporting until Secrist spoke in Wilhelm's marketing and sustainability class.

"If somebody were to ask me in an interview, 'What do you know about sustainable reporting?'" Knutson said. "I would be like, 'I don't.' That would be my response. I don't know anything about sustainable reporting. I should."

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VEHICLE PROGRAM

continued from page 1

a proposal to put the industrial technology vehicle design program into moratorium. A moratorium would mean an end to the 49-year-old program that has produced graduates who now work at engineering companies including SpaceX, Paccar, Boeing and Tesla.

In October, the proposal was approved to move forward by the College of Science and Engineering and was sent to the Academic Coordinating Commission for a vote to put the program into immediate moratorium, meaning no new cohorts of students would be accepted.

However, after students, faculty and alumni came forward with complaints about a lack of transparency surrounding the issue and the voting process, the proposal is back on the docket.

Junior Ruth Runge was a student in the program before switching to the manufacturing major. She said she felt many students were left in the dark throughout the process and were given little to no opportunity to share their perspectives with faculty and administration.



Alumni Edward West, third from left, with Viking 25, built in the VRI. West's team brought the car to the Hybrid Electric Vehicle Competition in 1995 // Photo courtesy of Eric Leonhardt

"[The meeting and vote] was very secluded and only a few people knew about it," Runge said. "I think that because it affects so many students that it should be more broadly known and talked about."

Runge said students were informed about the ongoing issue over email and that no meetings or discussions about it were held with students. She said that lack of commu-



Alumni Edward West, third from left, with Viking 25, built in the VRI. West's team brought the car to the Hybrid Electric Vehicle Competition in 1995 // Photo courtesy of Eric Leonhardt

nication from the department meant students were left with lingering questions about their educational futures. Some weren't sure if they'd even be able to get their degrees.

That uncertainty brought students to consult people they knew would share the same

passion for their program: alumni.

Former vehicle design post-baccalaureate student and researcher Edward West has been mentoring students in the program for the past several years. West graduated with an engineering accreditation from the University of Florida, but crossed the country to Bellingham to work in the VRI.

West said he regularly



Alumni Edward West, third from left, with Viking 25, built in the VRI. West's team brought the car to the Hybrid Electric Vehicle Competition in 1995 // Photo courtesy of Eric Leonhardt

meets with students from the program to advise them, but that the mood of one of their last meetings changed dramatically.

"I met with students two days after the [moratorium] email came out and they were shell-shocked, I could see it in their faces," West said. "It was palpable how different their moods and sense of wellbeing was that night. It was gut-wrenching for me to be with those students that night and I still get choked up when I talk about it, because of how impactful it was."

West said after seeing the reactions from students, he knew he wanted to take action. Along with other alumni, West collected 38 letters written in support of the program and met with students and faculty.

Department Chair Jeff Newcomer said since the proposal became more public,

there has been widespread confusion within the department about the motivations behind the move and what the future will look like for students currently enrolled. Newcomer said the department has effectively entered into a contract with its students, guaranteeing them the education in the program they were admitted to. So, the college will work to ensure all vehicle design students can still graduate, even if the program goes away.

He said the decision to propose a moratorium was motivated by multiple factors, including declining popularity of the program, lack of space and funding, and accreditation issues.

Currently, graduates from the industrial technology vehicle design program leave Western with an engineering and technology certification. However, students in other similar programs, like manufacturing and plastics and composites engineering, receive an engineering accreditation, which requires more courses.

Newcomer said he and other faculty members felt the program was not setting students up for success because of this difference in accreditation, which is highly-valued in the industry. He said in recent years, graduates from the vehicle design program have been turned away from jobs because they aren't considered as competitive as candidates with full accreditations.

"We want our graduates to stay ahead of their peers, we want to them to move into



Vehicle design student Mitch Hooper in his natural habitat, the Vehicle Research Institute lab. // Photo by Julia Furukawa

leadership positions and we want to them to be setting the standards," Newcomer said. "But this degree, as it is now, is not getting that job done."

For West, this didn't seem like a strong enough reason to bring the program to a close. "[This is] a program that has a tremendous legacy of doing amazing things and doing a lot for its university and the community and graduates," West said. "And to make it about the emotional frustrations in the faculty and lack of accreditation is missing the point."

"Every fall quarter, the junior class is assigned a project called ReMade," Dahlgren said. "The goal of the project is to address sustainable design by designing and producing

of America club on campus. "This is an event that has been put on with Ideal every year for the past 11 years. Each

of America club on campus. "This is an event that has been put on with Ideal every year for the past 11 years. Each

ReMade, reuse, recycle

Western's industrial design third-year students use trash to make culinary treasures

Donella Lalas
THE WESTERN FRONT

Making culinary products by hand seems unrealistic, but not for Western's industrial design majors. Not only did they make their own products, they used waste to do it.

Western's third-year industrial design majors sold their handmade products at Ideal, a design boutique downtown, at the Bellingham Art Walk on Friday, Nov. 2.



Two designs for sale at Ideal boutique. // Photo by Ryan Rothaus

Their art will continue to be on sale in the store for the next two weeks or until supplies last.

This is an event that has been put on with Ideal every year for the past 11 years. Each

year, the students are given a different theme, and this year it was culinary innovations.

The store was filled with community members, friends and family in support of the industrial design students during their opening night. Proceeds will be split between Ideal and Western's industrial design program.

Henry Dahlgren is a third-year industrial design major and works to raise funds for the Industrial Design Society

20 products made of recycled materials."

The juniors in the class began working on their projects starting on the first day of class, Dahlgren said. They used materials such as wine bottles, bike spokes, tin cans and more.

"We really hit the ground running," he said. "It's basically been nonstop since the first day of school."

Fellow third-year industrial design major Ryan Rothaus chimed in about the project as well.

They met with their professor the week before school started, Rothaus said. Their project for the first day of school was to look for waste and bring in six materials they could use for their products.

Dahlgren himself made salt shakers using wine bottles and recycled plastic with the wine bottle as the base, he said. He melted the plastic and made it into a marble-look for the cap.

For Rothaus' project, he used old sails to make tote bags, he said. He used a variety of sails so the bags will be lightweight and durable, and will be able to hold gallons of milk.

A few other products on display included whisks, bowls, coasters and phone stands.



Members of the industrial design program and curious shoppers visit Ideal in downtown Bellingham to see the culmination of weeks of work. // Photo by Ryan Rothaus

The best part of the show is having a space for other people to see what they're doing, Dahlgren said. It's not like people can go into their studio and see what they do. This is their chance to put it out there.

Rothaus also put together a video that was shown throughout the event showing the process of making each product.

"The product is cool but the process and what goes into work behind it is really cool," Rothaus said.

Through this project and event, the industrial design program has been able to make good relationships within the community, Dahlgren said.

"That's a big thing that we're trying to emphasize this year: is supporting and creating a kind of community of local businesses," he said. "Really getting people behind our program and excited about what we're doing."

Jordyn Pal attended her first ever ReMade event for the first time this year.

She said it's cool that these students actually made everything here.

There will also be another show in about a month for all classes, Dahlgren said. This upcoming show will not only include the junior class but the program as a whole.

Faculty Senate starts mentorship program

The program will pair new faculty members with tenured advisers in order to reduce turnover

Anjali LeGrand
THE WESTERN FRONT

Western's Faculty Senate has begun a new mentorship program focused on pairing incoming faculty with experienced faculty on campus.

A new initiative focused on providing mentorship for new tenure-track faculty members, by pairing them with more experienced faculty, has been launched by Western's Faculty Senate.

A main goal of the mentoring initiative is to provide new faculty

members with connections as well as helping them fit and settle in at Western in all aspects, Deylami said.

Political science associate professor Shirin Deylami is the director of the Faculty Mentoring Initiative.

The creation of the program is timely. The university will welcome 40 new tenure-track faculty members this year, a number that has increased significantly from 27 last year. The number is expected to rise further to 50 members next year, Deylami said.

"The university and

administration have been really interested in diversifying the faculty so that it reflects the student population," Deylami said. "The next thing is, you've got to get those faculty to stay."

While the program initially had a focus on underrepresented minority faculty, the program is being used for all new faculty. Deylami said she eventually hopes to make the program available to non-tenure track faculty.

"There's lots of studies that have shown that when new faculty are mentored

they're more likely to stay at their institution, retain tenure and become leaders," Deylami said. "My short-term goal is to help people feel like they fit, long-term goal is to see those people become leaders at the university."

Deylami, who was appointed to the position of director after applying and being selected by the faculty senate, now has the New Faculty Mentoring Initiative Advisory Group to work with as well.

The advisory group is a five-member committee of faculty who were appointed

at the Faculty Senate meeting on Oct. 22.

Deylami said the group will be assisting her in the construction of the program itself and in the matching of mentors and mentees.

Western's faculty members who make up the advisory group include Johann Neem, Jackie Rose, Cat Armstrong Soule, Veronica Velez and Jason Kanov, all of whom are faculty members in different departments.

The advisory group will have its first meeting on Nov. 6.

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FROM FOSTERING TO FOREVER HOMES

Hannah Blank
THE WESTERN FRONT

The sound of squeaky toys and barking resounded through the Bakerview Petco as Whatcom County's Alternative Humane Society set up their monthly Adopt-a-thon on Saturday, Nov. 3.

According to their website, the Alternative Humane Society has been operating since 1977 as an all-volunteer, nonprofit organization. Unlike the Whatcom Humane Society, the Alternative Humane Society does not have a formal shelter or office. Instead, all their animals are housed with foster families until they are adopted out.

Petco is one of four locations the organization holds adoption events where their available dogs and cats are able to socialize with potential adopters, according to their website.

Board President Tish O'Keefe said she had been looking for somewhere to volunteer since she discovered the organization at Bellingham's Ski to Sea event. After browsing their information booth, the volunteers there invited her to an orientation. She said the rest was history.

According to O'Keefe, the Alternative Humane Society has roughly 50 to 70 volunteers and 40 approved foster homes. In any given month, there are about 20 to 30 cats and dogs in their foster system.

She said the organization also has a network of other groups within the community, including Northwest Kennels and Rover Stay Over,

that helps provide foster families with the support they need, like providing emergency housing for families when they can't house an animal.

Ferndale High School sophomore Emily Sharpe is one of the many volunteers who opens her home to dogs in need. In the past year, Sharpe said she has fostered 12 dogs, housing each of them for anywhere from three weeks to four months before they were adopted by loving families.

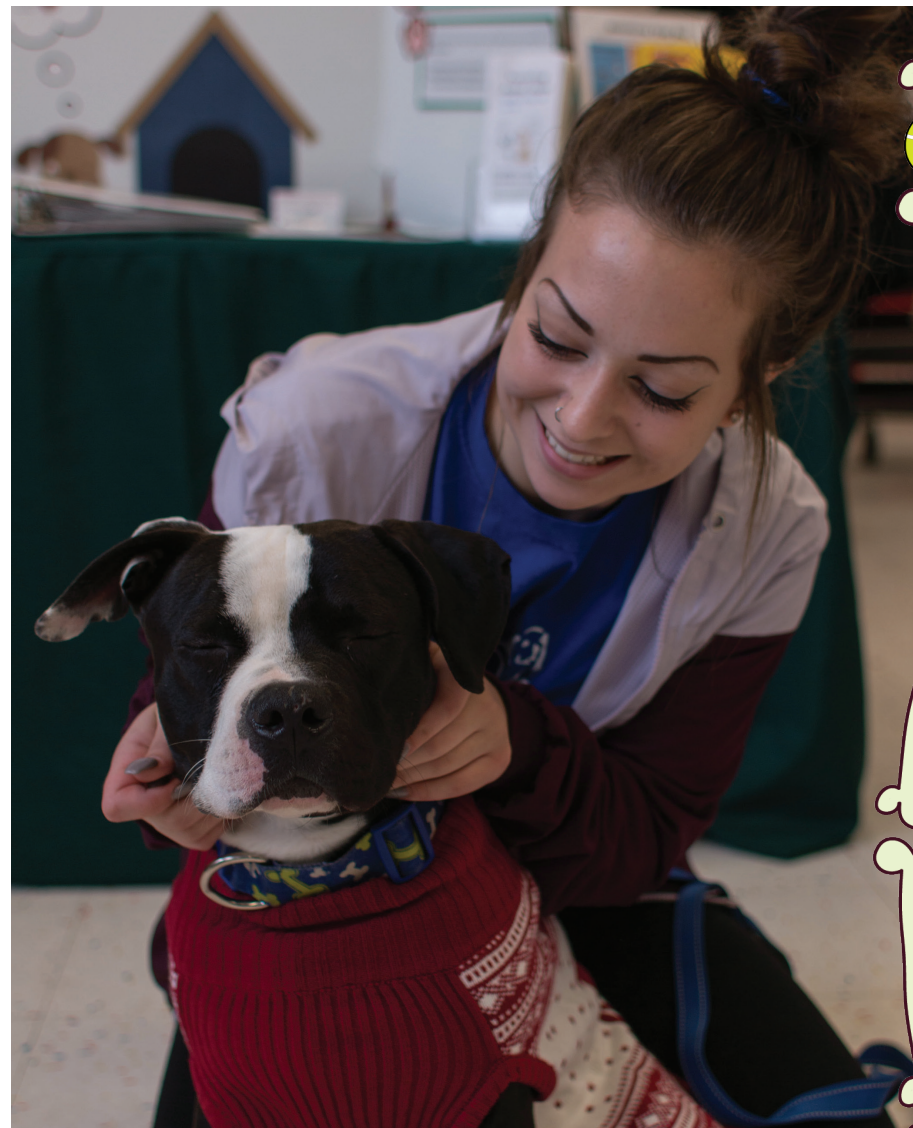
Sharpe said she became interested in fostering after one of her teachers recommended the Alternative Humane Society after she proposed a thesis project about how teens can be involved in pet adoption.

Sharpe said she is now on her 13th foster, Winston, who is a 9-month-old, 40-pound pitbull mix rescued from Southern California. She said she is hoping to find Winston his forever home.

"Normally, the pitbulls seem to be a big hit," Sharpe said. "We're hoping that taking him to the adoption events will get him a little more attention."

The Alternative Humane Society makes fostering accessible by providing veterinary care, food, bedding and toys for foster families. According to their website, foster parents only need to contribute their time and love for the animals they bring into their home.

When it comes to the adoption of that special furry friend, the Alternative Humane Society follows a specific process. According to the organization's website, a statement of interest must be filled out which is then reviewed by the animal's case manager.



Emily Sharpe pets 9-month-old pitbull Winston as they wait to meet potential adopters. // Photo by Hannah Blank

ager. The case manager will promptly contact the interested party about the animal's potential adoption.

Michelle Gitts, a student at Bell-

ingham Technical College, said she knows how long the adoption process can take from personal experience. As the case manager for the dogs she fosters, she reviews applicants and helps determine where the dogs are placed.

Gitts said it has been difficult to find the right home for her current foster dog, Walter. While he's had a lot of meet and greets and about 20 statements of interest, she says that none of them have been the right fit.

"I like to really get to know the dog and make sure that I'm placing them in the right home," Gitts said. "That it's a good fit for the dog and the home."

The Alternative Humane Society has many opportunities for those interested in volunteering. According to their website, they can use volunteers at events but also on specific teams such as the Alternative Humane Society Education Program, Canine and Feline Foster/Adoption Program and their digital marketing team.

For more information, you can find the Alternative Humane Society online at www.alternativehumane-society.com or you can give them a call at (360) 671-7445.



Michelle Gitts and her foster puppy Walter bond at the Bakerview Petco. // Photo by Hannah Blank

YOGA, MEDIA LITERACY AND LOVE

Emma Kivlin
THE WESTERN FRONT

With conversations around self-love, body positivity and self care on the rise in recent years, women around the world are looking inward and discussing the ways media influences them.

The Embody Love Movement is an international nonprofit organization founded with a focus on empowering women and girls, according to their website.



Embodiment Love Movement uses yoga in their workshops to help people connect with their bodies.

In their mission statement, the organization states their goal is to help women of all ages celebrate their inner beauty, commit to kindness and contribute to meaningful change in the world through workshops and community organizing.

The organization was founded by clinical psychologist and yoga instructor Melody Moore, who has spent over seven years in a private practice that specializes in eating disorder recovery and body image issues.

To meet the widespread need for discussions around these issues, the organization hosts workshops around the world, with each regional program run by trained facilitators who follow a curriculum created by Moore.

Minta Allred, the lead facilitator trainer in Bellingham, has been working with Moore and the Embodiment Love Movement since 2015.

"It's a program that's ultimately trying to save lives and prevent this epidemic of young girls and women of all ages having to feel like they're not enough simply because of the body that [they're] in," Allred said.

Participant ages range from seven years olds to women in their mid 70s. According to their website, in order to accommodate all age groups, there are three levels of workshops that vary in focus and intensity.

According to their website, work-

shops facilitate activities that help participants embrace and love their bodies, as well as learn to reduce negative self-talk by breaking down media influences that make many people feel bad about themselves.

Allred said Embodiment Love Movement started as female-only and was primarily at girls-only schools, but the organization has since become more inclusive and open.

According to Allred, all workshops have a component of yoga and meditation with the goal of showing women

that all bodies and people from all walks of life can be active. She said contrary to the popular belief that women have to be a certain body type, age, ability level or economic status to afford to go to a yoga studio, Embodiment Love Movement aims to make yoga accessible to all people.

Allred said she became more focused on yoga and the positive effect it has on body image while she was studying to achieve a Bachelor of Arts in human development through yoga studies at Prescott College. Allred was focusing her senior thesis around body image and the healing aspects of yoga when she first heard about the Embodiment Love Movement.

Allred also works as a yoga instructor at 3 Oms Yoga off of Cornwall Avenue in downtown Bellingham and has facilitated over 35 Embodiment Love Movement workshops, she said.

"If we want others to feel respected, we must respect ourselves," Allred said. "It all starts with how we first engage with ourselves."

Other activities include media literacy exercises and discussions on dismantling beauty myths and common cultural beliefs on what makes a person beautiful or attractive, standards that are very difficult if not impossible to achieve, Allred said.

In each workshop, participants analyze physical and digital media such as popular magazines, Facebook and Instagram.

Allred said she often co-facilitates workshops with other Bellingham facilitators like Liz Clift. Clift, who completed the facilitator training in February under Allred's instruction, has since started leading teen and adult workshops in Bellingham.

She said her most recent workshop was with 16 teenage girls, the largest group of teenagers she's facilitated so far. She said there were siblings, schoolmates, a few repeat attendees and some younger girls mov-

ing into the older age group in attendance.

Allred said the Embodiment Love Movement also works on strengthening the relationships women have with other women. She said many women view each other as competition in life, but it doesn't have to be that way.

"One of the most powerful pieces of the movement is that it shows women that they can be friends with each other," Allred said.

Michelle Christensen, a Western student who has been a facilitator for a little over a year, got involved after learning about the organization through 3 Oms Studio. She said she is currently working on ways to welcome people into the organization's community and create ways for those already a part of the Embodiment Love Movement to continue their growth.

Christensen said at the end of each workshop, there is a call to action that encourages participants to use what they learned in their everyday life. She said since it can be intimidating to apply the workshops teachings, she wants to help participants on furthering the work they do in the workshops.

To get the word out, Christensen said she is currently working on creating a newsletter that would get sent to workshop attendees with an updated calendar of local events and organizations they might be interested in.

The Bellingham chapter of the movement is looking to expand their workshops to Western's campus, Christensen said. Junior Zoe Kromer is also interested in expanding the organization to Western. Kromer has been participating in workshops for over two years and is also a facilitator. She said she plans to host a workshop on campus later this year.

"The experience [of the workshop]

impacted me profoundly, and I became addicted to experiencing and facilitating this important work," Kromer said.

Founded in Dallas, the Embodiment Love Movement has since flourished, becoming an international organization with facilitators located in Australia, Czech Republic, England, Canada and the United Arab of Emirates, according to the website.

With the evolving conversation of gender and what it means to be a woman becoming more widely discussed, the topic became increasingly important to Embodiment Love Movement, Allred said. She said the group is increasingly focused on intersectional inclusion for participants with varying gender identities.

Allred reinforced the importance of having a space to relate to others' experiences and to come together to heal.

"[It's important to] realize that when we overemphasize our appearance, we underemphasize everything that we are on the inside: Our talents, our gifts, our contributions," Allred said. "And when we do this, we miss the possibility of being able to make a difference in the world in whatever way matters most to each of us."

For more information on upcoming workshops, please visit the Embodiment Love Movement homepage at: <https://www.embodimentlovemovement.org/>.



Facilitators guide participants in media literacy activities to break down the messages they take in on a daily basis. // Photo courtesy of Minta Allred

From the studio to Kyoto

Art students take their learning to the next level in Japan

Emilee Kyle
THE WESTERN FRONT

Students at Western don't always have the opportunity to immerse themselves in the cultures they study in class. However, 15 art students are embarking on a journey to study abroad in Japan through the end of the quarter.

Participants in this 15-credit program have spent seven weeks taking courses at Western to prepare for their new and exciting experiences in Japan. Courses included an art history class that discussed the visual culture in Japan, two studio art courses, an advanced studio seminar and a fiber and fabrics class.

Seiko Purdue, associate professor of fibers and fabrics in the art department, is the instructor for the studio courses for this program and will be traveling with the students.

Before being hired at Western in 2001, Purdue graduated from Kyoto Seika University in Japan in 1992 with a Bachelor of Fine Arts. She then moved to the U.S. and got her Master of Fine Arts from the School of the Art Institute of Chicago in 1997.

Purdue said students have learned about different traditional Japanese art practices like katazome, a method of dyeing fabric after using stencils and rice paste to create designs. She said students will have the opportunity to show some of the smaller art pieces they have created throughout the quarter in Kyoto.

On Thursday, Nov. 1, the students left for Kyoto, Japan, where they will spend three weeks visiting temples, and art galleries, practicing meditation and immersing themselves in the Japanese culture, according to Purdue.

Purdue said the majority of the trip will be spent in Kyoto, but students will also spend time in Tokyo, Hiroshima, Miyajima, Osaka and Mount Koya.

The art department's study abroad program in Japan usually takes place during the summer, Purdue said. She said changing the time of year will offer a completely different experience for participating students, as the tour and itinerary were created completely from scratch.

"Those are life-changing experiences and that's going to affect how they see the world totally differently," Purdue said. "You really have to see it in person to understand."

Julia Sapin, chair of the department of art and art history, is also going abroad with the students.

Sapin said throughout her education, she spent about six years living in different parts of Japan and studied at Kyoto University while doing field research for her doctorate.

Sapin said the experiences students get from studying abroad are completely different than learning in a traditional classroom setting.



Students learn katazome, a method of dyeing fabric by using stencils and rice paste to create designs. // Photo by Emilee Kyle

"The ability for the students to study Japanese art history and textile technique, then immediately go to Japan and see aspects of those artistic practices and art history in person binds that understanding to the core of their being the way only study abroad can," Sapin said.

Senior art major Morgan Patten is one of the students in the program. She said the trip is about artists and students getting inspiration while being able to fully experience Japanese culture and apply their learning.

Patten said she has always wanted to study abroad, so when the program was announced she didn't think twice about taking the opportunity. She said she was drawn to traveling to Japan specifically because of her personal and academic connection to the country, having studied Japanese for a year and her parents even living in Japan for a period of time.

Patten said she believes the art department chose Japan for the program's study abroad opportunity because of the connection many of her professors have to the country. She said having the experience of learning from instructors who have spent time in the country is a unique privilege.

Patten said she expects to feel both homesickness and culture shock on the trip, but she is mostly excited for all of the new experiences to come. She said she hopes to have an enriching time and bond with her classmates while she's away.

"I just want to have a spontaneous experience there and just go out and see what happens," Patten said.

She said everyone should at least try and study abroad while they are in college because it is hard to travel and find these same opportunities when real life kicks in.

"You're already paying money to go to Western so if you can research and find out about the programs they offer and save up money, you should," Patten said. "If you can study abroad, go."



Students work on their pieces in the weeks before their trip to Kyoto, Japan. // Photo by Emilee Kyle

OPINION | 9

FRONTLINE

Student need outpaces mental health resources

As the second half of the quarter begins, student stress amplifies across campus. With midterm tests and projects in full swing, anxiety reaches a high.

The sudden change in weather, in conjunction with the shorter days, can make it more difficult for students who may already be grappling with their mental health on a daily basis.

Approximately one in three college freshmen reported poor mental health last year, according to the United States National Library of Medicine.

Anxiety affects almost 15 percent of total college students across the United States, according to an article from Health Day.

With this knowledge under its belt, Western's Counseling Center provides a myriad of services for students. They offer short-term individual guidance, crisis counseling, group therapy, workshops and referrals to outside providers when more long term counseling is necessary. At first glance, it may appear that students have an abundance of services.

However, even with what seems like many different resources, only 12 percent of Western students utilize the Counseling Center, said Interim Director and Assistant Director of Clinical Operations, Anne Marie Theiler.

This low percentage leaves counselors and mental health advocates searching for answers and a new approach to bringing students in.

Western's Counseling Center now offers "Let's talk," a drop in, informal consultation program for students. "Let's

talk" does not replace regular counseling, the hope is that it encourages students who normally wouldn't to come into the center and explore services.

Unfortunately, "Let's talk" is only offered on Tuesdays from noon to 1 p.m. which closes the program off to any students who have class during that hour.

When it comes to weekly and biweekly counseling, scheduling appointments can remain strenuous. Individual counseling sessions are offered on a short-term basis. This model works for many students who come to the counseling center to address concerns often faced by college students. But for students seeking longer, more intensive therapy, getting the help they need and deserve can be challenging.

During a student's initial appointment, they will be asked to answer a series of questions which determine what kind of services would be most beneficial for them. If it appears that long-term counseling will be most helpful, they are then considered "outside of the scope of services" and transferred to the center's case manager who provides referral options in the community, according to the center's website.

I disagree with this method of counseling.

When students take the time and energy to focus on their health, they deserve to be taken care of and provided for. When students pay tuition, they contribute fees that go specifically to the Counseling Center. So, why can't we take the time to help them in a more comprehensive way?

Currently 64 percent of students who stopped attending college did so because of mental health reasons, according to a study at Chadron State College. We cannot procrastinate a solution when this is so obviously the glaring problem across college campuses.

Over the last ten years, the number of college students seeking counseling increased by 30 percent. Counseling centers across the nation do not have the space, staff or funding to keep up with such growth. The average university has one professional counselor for every 1,737 students, according to a New York Times article.

Everyone is suddenly talking about mental health, but we cannot simply discuss these issues, we must find solutions.

Currently the Counseling Center is confined to a small space located in Old Main. Even if the University found the finances to hire more counselors, we do not have the room for them.

We cannot continue to tell people to "seek help" if we are not going to follow up and provide it. Our school needs to invest funding into this issue and so does our government. Until every public entity works as a team, students will not receive the quality educations they pay



Illustration by Cole Sandhofer

for. It can be exhausting enough coping with mental illness, so seeking help is a big step that costs a lot of energy. It is discouraging and disheartening to be sent elsewhere because your health is "outside of the scope of services" the Counseling Center can offer.

In her opinion piece surrounding mental health for The Guardian, Hannah Parkinson wrote, "enough awareness has been raised. We – the public, health professionals, politicians – need to make our actions count."

Parkinson is right, enough conversation has occurred. It is time for action to take place.

If we can find the funds to build a new gymnasium and bring musical performers to campus, we can invest in the well-being of our students.

The editorial board is comprised of Alyssa Bruce, Julia Furukawa and Ray Garcia

VIKING VOICES: WHAT RESOURCES DO YOU USE FOR MENTAL HEALTH?



Diana Ramos
Fourth Year

"Personally I don't really seek any outreach from any sort of professional services. I know friends that do seek, I think it's CASAS on-campus, that use that quite frequently, but me, myself, I don't really seek any help."



Rita Tarraf
Third Year

"I don't. I don't really know what resources there are for mental health. I know Western has like a counseling service. I've never gone to it. I haven't heard great things. I heard it's like really busy and their under resourced."



Elizabeth Pronove
Fourth Year

"I use the counseling center. Now, it's like monthly, not super frequently, just as needed. But, before, I've gone like every other week with one particular counselor there, and I do yoga."



Walt Ellis
First Year

"I guess I don't really. I talk with my friends. I'll talk with my RA sometimes, but other than that I haven't really used any."

Compiled by Ian Haupt

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Vikings head straight to the top

Western women's volleyball crushes Western Oregon State for GNAC title

Mitch Farley
THE WESTERN FRONT

Western women's volleyball team clinched the number one seat in the Great Northwest Athletic Conference with a powerful win on Thursday night, Nov. 1. The win over Western Oregon University continued the Vikings' winning streak, elevating them to near perfection with 22 straight wins this season.

As the players took to the court, Sam Carver Gymnasium went dark and a highlight reel of the season played on the big screen. The Vikings were then introduced and as the announcer boomed their names, each player lobbed a white ball into the crowd.

The first set was a gold-star win by the Vikings, who won by 18 points. The Vikings came out firing with junior Mae Thunge as server and scored four quick points. Junior Kayleigh Harper also got off to a fast start and showed her high reach, looming above the net with a solo block—the only solo of the match.

The Vikings played a strong game at the net. Both middles, Harper and senior Michaela Hall, took turns teaming up with senior Brette Boesel to make a wall that Western Oregon couldn't seem to break through.



Abby Phelps celebrates the Vikings' win over Western Oregon on Thursday, Nov. 1 after snagging the number one spot in GNAC. // Photo by Oliver Hamlin

"Our goal tonight was to touch any ball coming over the net," head coach Diane Flick-Williams said.

Senior outside hitter Abby Phelps continued her reign of terror as Western's all-time leader in kills. Phelps was all over the floorboards, scoring a double-double with 13 kills and 11 digs.

Perhaps the clearest display of the Vikings' synergy came in the middle of the first set when they went on a 7-0 run with Phelps as server. Five Vikings contributed to either a kill or

an assist during the run, working flawlessly together.

The second set was met with an equal amount of intensity from the Vikings. Phelps explained how they practice this "keep the water boiling" mentality.

"We practice on competitive loafing a lot," she said.

Phelps explained competitive loafing as a theory in volleyball which says if a team wins a set by more than 10 points, then typically the next set is either much closer or ends in a loss for the team that

floor space.

Phelps scored the game point of the second set after teaming up with Harper for a double block and then sending Oregon's volley back over the net as an unreturnable missile.

Boesel and Hall were also a force to be reckoned with, playing together with near-perfect teamwork all game.

"[Boesel and Hall] lived together for five years, they share a brain," Flick-Williams said of their uncanny chemistry.

The Vikings continued to dominate in the third set, winning 25-8. Flick-Williams said a big challenge is always the longer break between the second and third sets.

"We practice for those moments and bringing the intensity back up after the break," Flick-Williams said.

The Vikings did just that as they went on a 12-0 run and almost completely shut Western Oregon out for the second half of the third set. Boesel continued with impressive assisting in the final set and ended the night with a game-high total of 37 assists.

The Vikings' sidelines were bubbling with excitement as Thunge lined up for the game-point serve. Phelps said the moment was surreal for her.

"It meant so much to share that with such a special group of teammates," she said.

Put good in, get good out

Western health specialists talk about the effects of a well-balanced diet on student athlete success

Alexia Suarez
THE WESTERN FRONT

"If you eat good, you feel good; and if you feel good, you perform good."

This is Alex Taylor's motto, a junior and track and field athlete who runs the 100-meter sprint on Western's track team. In his third year of running collegiate track, Taylor said he's noticed the foods he puts in his body directly correlates to how he competes.

Taylor said that what he finds hardest in his efforts to eat healthy is affording adequate food and making the time to prepare healthy meals with a busy schedule of classes, homework, practices and meets.

Two of Western's health specialists give some tips of what student athletes need to eat to be in the best shape for training and competition.

Advice from Westerns Student Health Center came from Dr. Tom Schneider. He said, "My best advice is to eat good food both before and after exercise, and moderation in everything."

Schneider said nutrition and a good diet are key to a healthy lifestyle in general. The basic nutritional staples for an athlete are a blend of carbohydrates, proteins, healthy fats and fiber. Eating small amounts of critical nutrients such as sodium, calcium, vitamin D and folate are also important.

One quick tip Schneider has to help with recovery after heavy exercise like practice or a game is to eat something with both carbohydrates and protein 30

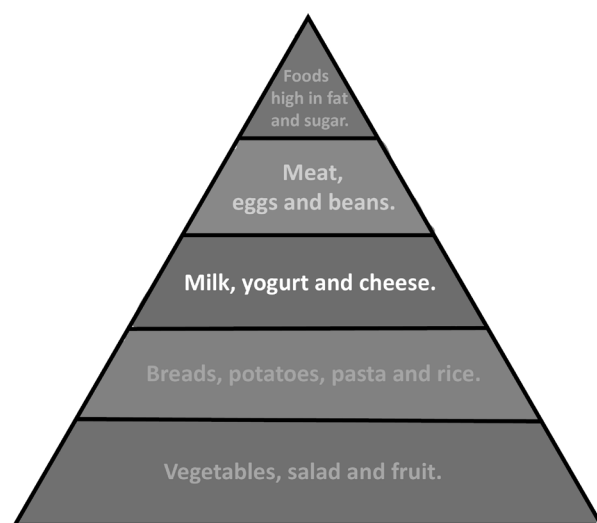


Illustration by Stella Harvey

minutes after exercise.

Schneider also gave advice regarding ideal alcohol intake for athletes preparing to compete.

Student athletes need to stay hydrated with water, Schneider said. Alcohol is a diuretic, which means it can cause dehydration, so it should be limited to no more than one drink per day for women and two drinks for men to retain as much water as possible.

Damien Fisher, Western's head strength and conditioning coach oversees all the sports teams at Western and works with athletes to help them stay in the best shape possible.

"It shows itself in athletes as far as eating healthy in that if your body is in a poor state, it's hard to perform," Fisher said.

"The more processed food you eat, the less of those micronutrients you get," Fisher said. "The more whole foods you eat, the more micronutrients you get."

Fisher said micronutrients contribute to gut health, intestinal health and overall bodily functions. Fisher emphasized the importance of a healthy breakfast for athletes, explaining that they should be eating complex carbohydrates, foods that are prolonged sources of energy.

Breakfast is very important part of the day, Fisher said. If a body doesn't have fuel in the morning, it can't run correctly for the rest of the day.

Regarding Taylor's issue on time-management for athletes, Fisher mentions meal prepping for student athletes. Meal prepping is a commitment, but once routinely followed, athletes will begin to see results, Fisher said.

In general, athletes should know what types of nutrients they're trying to get out of that meal when prepping. Fisher noted athletes should also be taking into account the types of nutrients they need to be getting, and at what time of the day to best prepare for practice and/or training, Fisher said.

"Have a plan," Fisher advised. "Have an idea of what I should have at this time."

Over the river and through the woods

AS Outdoor Center gives students the means to get outside no matter their experience level

Ian Ferguson
THE WESTERN FRONT

Western's campus is cozily nestled alongside the hills of Sehome Arboretum, and at any given moment students are minutes away from rock climbing, biking,

and hiking trails. Travel a bit further, and the road will lead to a vast amount of outdoor opportunities; whether it's a six-day trip through the North Cascades, or a quiet hike through rolling hills of the Chuckanut, adventure is waiting right outside your door.

The Associated Students Outdoor Center strives to get students who are eager to enjoy the outdoors to embark on explorations with the Pacific Northwest as their playground. The Outdoor Center offers student excursions and equipment rentals, including mountain and road bikes, backpacking camping gear and a host of winter sports equipment.

Emily Schauble, the Outdoor Center excursions coordinator, said the center aims to make many of their excursions as beginner-friendly

as possible. This fall, the center offers 16 excursion opportunities, 15 of which require no prior experience.

Schauble said excursions like Intro to Backpacking, Intro to Outdoor Sport Climbing and Intro to Sea Kayaking are specifically designed to orient beginner students to the outdoors. They give students many of the skills and safety knowledge needed to enjoy their time in the outdoors.

"Our leaders are super compassionate and supportive through all steps," Schauble said.

She said the Outdoor Center understands that some students may find obstacles in obtaining the necessary gear to be safe in their outdoor ventures. Outdoor gear can be a pricey investment for beginners who just want to get their boots dirty. To combat this, students can borrow gear such as headlamps, raincoats and thermal layers free of charge as part of an excursion.

"If that's a barrier, we can sort that out for you,"

Schauble said.

Emma Vasilj, a senior and Outdoor Center trip leader, said her love for the outdoors began when she came to Western and began rock climbing. She started working at the front desk of the Outdoor Center in spring of her freshman year and is now an avid rock climber and nature enthusiast.

"The Outdoor Center is such a friendly and empowering environment," Vasilj said. "I went on a few trips and I felt really confident."

Vasilj said the Outdoor Center does all they can to create a safe environment on their excursions. All of their trip leaders at least have their Wilderness First Aid certification and every trip features at least one trip leader.

On beginner-level excursions, trip leaders assume that students have no previous knowledge, Vasilj said. Something as trivial as putting up a tent might be something that a student has never done before.

The more intensive courses, like overnight backpacking trips, start out with an instructional day on campus prior to the trip. Instructors go over all safety precautions and students are encouraged to ask questions and voice their anxieties.

Whether the fear be rolling an ankle on the trail, or turning a corner to the sight of a massive bear, Vasilj said this practice tends to remedy any worries students might have.

And while she said they have encountered bears on their excursions, Vasilj said she has never had a bad encounter and all of the trip leaders are well-versed in what to do if they see wildlife.

Vasilj said the Outdoor Center sees themselves as an introduction to the outdoors.

"At the Outdoor Center, we put safety first," Vasilj said. "If you learn to do something safely first, from there on it's all you."

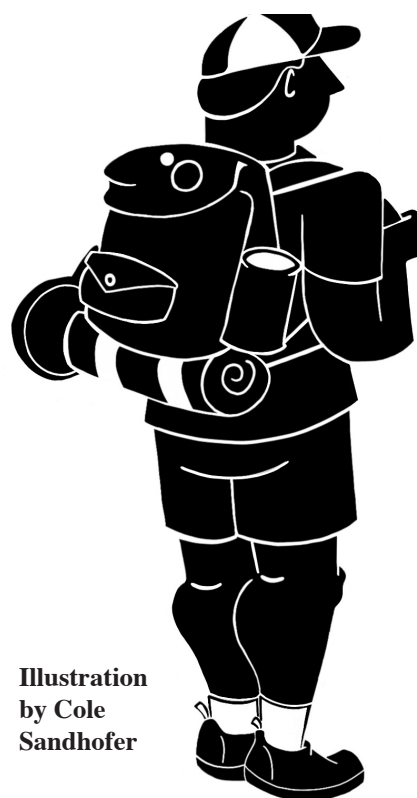


Illustration by Cole Sandhofer

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GIDDYUP WITH THE SPORTS ROUNDUP

After a regular season finish of 16 wins, three losses and one tie, the *women's soccer team* has been named third seed in the NCAA Division II West Regional Championship. This is their seventh consecutive appearance in the seven-team tournament. The Vikings will take on sixth seed Sonoma State on Thursday, Nov. 8 in the first round of the championship. Kickoff will be at 11 a.m. at the Concordia University campus in Portland, Oregon and the game will be livestreamed on the Western Athletics website.

Men's cross country placed third and the women took fourth at the Great Northwest Athletic Conference Championships hosted by Western Oregon University Saturday, Nov. 3. All five of the men's runners placed in the top 16 out of 95 total runners in the mens 8,000-meter race. The five women's runners competing in the 6,000-meter race placed in the top 23, with four runners placing top 20.

Men's basketball officially opens the season this weekend at the California Collegiate Athletic Association/GNAC Challenge at University of California San Diego's campus. The Vikings will play California State University Dominguez Hills on Friday, Nov. 9 at 5:30 p.m., and on Saturday, Nov. 10 at 7:30 p.m. against the UC San Diego Tritons. Both games will be live broadcasted on the Western athletics website.

Women's basketball opens their season hosting the Western Region Crossover Classic this Friday and Saturday, Nov. 9 and 10. The Vikings will host Humboldt State, Fresno Pacific and Seattle Pacific. Friday, at 7:30 p.m. the Vikings will play their season opener against Humboldt State, on Saturday they will play Fresno Pacific at 7:30 p.m. Both games will be played in the Sam Carver Gymnasium.

Men's soccer tallied a 1-0 shutout win against Concordia on Saturday, Nov. 3. The win marks the Vikings' fifth consecutive win, finishing out the regular season and sealing a second place finish in the GNAC with an overall record of 11 wins, six losses and one tie.



Brette Boesel sets the ball during a game against Concordia University on Thursday, Nov. 3. // Photo by Oliver Hamlin



Sports roundup compiled by
Ian Ferguson

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