The Alaska Connection
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Editor:
Judy Gish

Photo Editor:
Lori Caldwell

Production Managers:
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Typesetting by Sharon K. Smith

Consultant: Gregg Olsen
Cover by Lori Caldwell
Inside photo and back cover by Darrell Butorac

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April 1979
He is a full-time faculty member and a full-time drinker. His students have been talking about his state of intoxication for years.

Standing before a class, his behavior is not overwhelmingly affected by alcohol. But he doesn’t hold a train of thought and sometimes he is abrasive to students.

He teaches quarter after quarter. And he will until his drinking problem becomes so far-advanced that administrators can’t turn their heads. “He” is a composite of traits exhibited by what administrators here estimate as two or three cases of faculty alcoholism a year.

“Alcoholism is not rampant through the institution, but when it shows up it is a significant case,” Tim Douglas, associate dean of students, said.

Cases of faculty alcoholism at Western might not be frequent but they exist and, by unwritten code, are usually treated only when the effects are glaring.

A drinking problem is a sensitive condition to point out, especially in the initial stages, but “if you read about it in an arrest in the Bellingham Herald, then I’d say the problem has been identified,” James Davis, dean of the college of arts and sciences, said.

No office or agency exists at Western specifically to treat, refer or identify employees with drinking problems.

“In most cases an alcoholic is or has been a good worker. He has friends. Fellow workers have a tendency to carry an alcoholic. Things can go along pretty well, then all of a sudden it’s out of control,” Fillip Leanderson, Western’s labor relations director, said.

Alcoholics don’t develop overnight, Leanderson said. “But we can’t analyze their behavior and say, ‘why are they acting like this?’ We can’t delve into their personal life, we can only look at their work performance.”

Davis said he requests a professor with a drinking problem take sick leave, but only when it begins to impair teaching ability. “I don’t consider myself a professional,” in
recognizing alcoholism, Davis said. The National Council on Alcoholism (NCA) agrees with Davis. Managers have the responsibility to take corrective action but most do not have the medical qualifications to recognize symptoms of alcoholism. Thus, a manager can act only when alcohol takes a toll on an employee's work performance, according to the NCA.

The NCA has reported four million employed problem drinkers cost business and industry about $7 billion a year. It states the loss accumulates from absenteeism, in work poorly done, in time-wasting and in accidents on or off the job.

Because Western has no formal administrative policy on disciplining faculty alcoholics, little is done until someone complains, administrators here said.

As dean of students, Douglas said he receives occasional student complaints about faculty alcohol problems. "We try to contact the dean of the particular college or the chairperson and let them follow it up. Some have indicated they don't know what to do. First of all, it is an awkward situation. And second, there is no real resource here to do anything about a problem," Douglas said.

The administrative process for identifying and dealing with alcoholics here is "very informal," James Talbot, vice-president for academic affairs, said.

"I get complaints about once a quarter ... probably closer to a couple times a year," Talbot said. "For 450 faculty members, that is not bad."

National statistics indicate about 10 percent of a work force will have alcohol problems, Leanderson said. If Talbot handles two or three complaints a year, then Western is slightly under the national percentage. Although, that assumption rests on the premise that Western administrators are recognizing all cases of faculty drinking.

When Talbot receives word of a drinking problem, it is usually brought to him by one of the deans. "I discuss strategies with them on how to deal with the problem ... where we are concerned is in bringing them (the drinking professor) back to a productive role in society. And we will bend over backwards to do it," Talbot said.

Bending over backwards entails "helping them contact physicians, discussing psychiatric care and, if they are on sick leave, a program to dry out," Talbot said.

The Department of Health, Education and Welfare has identified alcoholism as the nation's number one health problem. It has been formally recognized as a disease by the American Medical Association.

The Department of Health, Education and Welfare has identified alcoholism as the nation's number one health problem. It has been formally recognized as a disease by the American Medical Association.

Sick leave is recommended when a faculty drinking problem is identified, administrators said. "If someone is sick, you don't just throw them out," Davis said. Davis recalled no case of a professor fired for drinking on the job but mentioned one case where a teacher was put on sick leave twice before finally resigning of his own accord.

Leanderson pointed out that because alcoholism is an illness, a professor with a drinking problem might have used much of his sick leave by the time the problem is widely recognized. Then there is the option of leave without pay, he said.

Leanderson, who works with classified staff rather than faculty members, said he has referred people with alcohol problems to county detoxification agencies four or five times in the last several years. Probably more staff members than that are alcoholics, he said, but not at "that level" where they had to be attended to.

The National Council on Alcoholism recognizes several major problems inherent in treating drinking problems — and they say all can be counteracted.

— Difficulty of early detection is often a deterrent to treatment but the NCA said even in the early stages deteriorating job performance can become evident.

— A stigma is associated with alcohol that can lead to an attempt to hide the problem out of embarrassment. The NCA stresses alcoholism should be treated as an illness, rather than a character flaw, in order to alleviate feelings of guilt.

— Addiction to alcohol is powerful by nature, according to the NCA. But the addiction can be combatted by the more powerful desire to keep a job, which is "the most effective motivational tool known to date" in treating alcoholism, the NCA maintains.

Because of the nature of the illness, however, an alcoholic might not be able to recognize avenues for treatment, according to the NCA. Lack of professional help within the employee's organization is viewed by the NCA as a hinderance to treatment.
Western's buildings have been designed or remodeled to be earthquake proof, Eric Nasburg, facilities director, said. Design formulas, such as response to motion, have been developed to keep buildings flexible in earthquakes, "but it's not an exact science yet," he said.

Western is in an area where zoning laws require buildings must be able to withstand the worst quake possible to happen, Nasburg said.

Quakes that could produce minor damage average about one every 10 years west of the Cascade mountains, University of Washington seismologist Norman Rasmussen said. The 10-year average is derived from the more than 850 earthquakes logged in this state since 1840.

UW seismologists also have mapped the epicenters of recent quakes. Although hundreds gently shake the state each year, particularly in the southern Puget Sound region, very few occur over the 3.5 Richter measurement.

A fault south of Mount Vernon isn't known to be active but any fault that moved within the last 100,000 years is considered able to produce a quake of equal severity, Easterbrook said.

That fault moved in 1872 to produce the state's worst earthquake, he said. Although the instruments didn't exist to measure density then, the quake was said to have been felt over 150,000 square miles.

Western no longer has any means of measuring earthquakes. Three seismometers owned by the geology department stand idle in the basement of Haggard Hall. "They just cost more than the geology budget can bear," Easterbrook said.

In the event of an earthquake, several campus buildings could be like "something balanced on a pencil point with a desk shaking underneath it," Western geologist Don Easterbrook said.

Carver gym, Bond Hall, the Art Annex and Miller Hall all rest on pilings driven through a peat bog on which much of the campus rests.

The structures are, in a sense, "built on jelly," Easterbrook said. Earthquake waves have greater amplitude through peat than through bedrock, he said.

"The structures aren't dependent on peat for support. But since they rest on pilings they have a high center of gravity venerable to shaking," he said.
Showdown at Copper Creek

by DAVE HATCHER

Next time you drive up scenic Highway 20 to your favorite campsite on the Skagit River or run its rapids or catch a salmon, imagine everything under 150 feet of water.

Seattle City Light, which furnishes that burgeoning metropolis with electricity, has proposed building the 180-foot high Copper Creek dam just inside Ross Lake National Recreation Area, six miles east of Marblemount.

Copper Creek dam would create a 2,200-acre reservoir, almost three times the size of Lake Samish. Prime wildlife habitat for deer, eagles and bear would be lost, according to City Light's draft environmental report released in January.

This draft environmental report (DER) is the result of 18 months of research by a private consulting firm hired by Seattle's mayor and City Council to assess the impacts and alternatives to Copper Creek dam.

Other impacts include relocating 11 miles of Highway 20 and existing power transmission lines. Almost 300 campsites and related facilities would be lost. Air and water quality would decrease during construction, proposed to begin in 1984 and to last five years.

Copper Creek dam would reduce the value of sport and commercial fisheries by $1.4 million. Destruction of nine archaeological and historical sites would occur when the reservoir is filled.

The last stretch of rapids on the Skagit River would be destroyed, eliminating all white water recreation.

City Light's DER includes,
The Copper Creek dam would be in the North Cascades complex, which is surrounded by National Forest.

This is not say I'm opposed to all dams, she said. "I wouldn't oppose it if it were really needed."

Jim Blomquist, assistant northwest representative for the Sierra Club in Seattle, said his organization hasn't taken an official stand on Copper Creek, but is "skeptical, to say the least, about more dams on the Skagit."

City Light has built three high dams on the Skagit. Gorge dam was built in 1961 to replace a smaller one constructed in 1924. Diablo dam was built in 1929 and 540-foot high Ross dam was completed in 1949.

Ross dam was designed to be raised eventually to 665 feet. That plan has met stiff opposition and prolonged delays because valleys in the NRA and British Columbia would be flooded.

Herb Sargo, secretary-treasurer of the Skagit River League, said his group isn't too happy with the prospect of another dam because "it takes a lot of energy to fight these things."

"The Skagit has been dammed enough already," he said.

Copper Creek's predicted impact on fisheries has raised the eyebrows of local Indian tribes who only recently have been allowed to comment on such projects as a result of Judge George Boldt's 1974 decision.

This controversial court decision allowed Indian fishermen the opportunity to catch 50 percent of the annual harvest of Washington's salmon and steelhead.

Don Bread, of the Skagit System Co-op, said his tribal organization has been developing its own estimate of the fisheries' value and of the possible impact from Copper Creek dam.

He refused to elaborate because of the confidential nature of his group's legal matters.

The commercial fishery was estimated to be worth $17 million in odd-numbered years when pink salmon are migrating, and $6 million in even-numbered years when pink aren't running, according to 1975 study done in the...
response to the 1968 Wild and Scenic Rivers Act.

This act required the Skagit River, just below Copper Creek damsite downstream to Sedro Woolley, to be studied for possible protection as a wild and scenic river.

In 1977, most of that section was so designated, which prohibited any dams from being built.

"Why build a dam on the Skagit that'll destroy the fisheries when protecting the Skagit in the first place was to protect the fisheries?" Jim Blomquist asked.

"Hatcheries rarely mitigate the loss," he said.

The U.S. Park Service, which manages Ross Lake NRA, has its hands tied from stopping Copper Creek dam.

The recreation area was created to "Provide for the public outdoor recreation use and enjoyment of portions of the Skagit River and Ross, Diablo, and Gorge Lakes, together with the surrounding lands, and for the conservation of the scenic, scientific, historic, and other values," according to the 1968 North Cascades National Park Act.

In the same legislative breath, however, Congress said nothing in the act would override the power of the Federal Power Commission, now the Federal Energy Regulatory Commission, which is responsible for licensing power projects on federal land.

John Jensen, district manager for the national park complex, said he would rather not comment on the conflict between the NRA's purpose and Copper Creek dam until the Park Service has taken an official position.

Jim Fielder, whose commercial rafting outfit operates on the Skagit, said his company, Zig Zag River Runners, isn't fighting Copper Creek dam just because of his business.

"For me, it's not an economically-motivated fight," he said. "The eagles are the most important issue."

City Light's DER says 15 to 20 bald eagles will be "displaced" by the flooding of their habitat and loss of spawned-out salmon upon which they feed.

Brian Forist, a Western student working with Huxley's Environmental Reference Bureau on a study of the Skagit's eagles, said City Light's figures are accurate, but wondered "why should any be lost?"

Forist said a survey done in January by the National Wildlife Federation showed 307 eagles wintering along the Skagit.

A federal law prohibits killing bald eagles, Fielder said. He personally feels City Light should pay the $500 fine and serve the six-month jail sentence for each eagle displaced because he sees no difference between killing eagles and cutting off their food supply.

A city utility company building a municipal power project in a federal recreation area might seem curious, indeed, until one examines the history of the proposal.

In 1968, when Congress was debating the establishment of the North Cascades National Park complex, which included Ross Lake National Recreation Area (NRA), City Light's former superintendent John W. Nelson testified that he wanted Copper Creek damsite included in the NRA.

Nelson wanted to avoid any future conflicts with the proposed protection of the Skagit River downstream from Ross Lake NRA. And he got what he wanted.

"Congress made sure there wouldn't be any problem between building the dam and flooding a national park," Jim Blomquist said.

Jim Fielder, owner of Zig Zag River Runners, said, "By classifying the land along the Skagit as a NRA, Congress made it easy to dam the river."

"It was a plain old political deal" that former U.S. Rep. Lloyd Meeds made purely to allow construction of Copper Creek dam, Ruth Weiner said.

Director Peter Henault said some people might construe Congress' inclusion of the damsite in the NRA as approval of construction.

"Some other people would say Congress was leaving the door open for future consideration," he said.

City Light's DER doesn't mean the utility company can build Copper Creek dam or even that it will apply to the Federal Energy Regulatory Commission, which licenses power projects on federal land, for a permit to construct the dam.

Before Seattle's mayor and City Council even decide to apply to FERC, City Light must write an environmental impact statement (EIS) to satisfy Washington's Environmental policy act. City Light's DER differs technically from an EIS.

If Seattle Light wants to apply to FERC after preparing its state EIS, the utility company must write another EIS to meet requirements of the national environmental policy act.

"I don't expect overwhelming support for the dam," Jim Fielder said. "There are too many environmentally-conscious people in Washington."
Catching the Alaska ferry
by MARK HIGGINS

photo courtesy of the Bellingham Herald
The political battles have all been fought and ultimately lost. Bellingham's city officials have gamely surfaced, struggled for it and successively sunk with it. But the near 20-year battle has at last reached its peak. In an all-or-nothing gamble, the city of Bellingham has made its last grab for the elusive but extremely lucrative Alaskan Ferry Terminal.

The terminal, currently located on Pier 48 in the Port of Seattle, is the primary marine link among all of Alaska, British Columbia and the continental United States.

'We've done everything humanly possible short of bribery to promote our cause.'

The amount of revenue assessed each year has made the ferry system a multi-million dollar operation.

The effort to woo Alaska's southern ferry terminal away from Seattle began in 1962. Then it was merely in the idea stage. Robert Stevens, chairman of the Bellingham Chamber of Commerce, said. In 1965 the idea began to take form as Alaska became increasingly interested in the possible economic advantages of a terminal located in Bellingham.

The Chamber of Commerce is not alone in its effort to relocate the ferry terminal to Bellingham. Along with the Port of Bellingham, the principal backers are the Whatcom County Development Council and the Alaska Ferry-Bellingham Terminal Task Force.

Task Force chairman, Chuck McCord of Chuck McCord Chevrolet, said the task force has raised $50,000 to help bring the terminal up from Seattle.

Along with $20,000 donated by the Whatcom County Development Council, the funds have been spent on brochures sent to every voter in Alaska and each Washington legislator. In addition, two professional lobbyists were hired in Alaska to publicize and promote the move.

"We've done everything humanly possible short of bribery to promote our cause," McCord said.

The proposed ferry terminal will cost an estimated $800,000. Funding for this construction could come from either Alaska or the Port of Bellingham.

The terminal would be built on six acres between the end of Cornwall Avenue and the present Port of Bellingham main office. The Port now uses this area for occasional repair and service to the Alaskan ferries.

Planners are proposing some added features for the Alaskan Ferry system. Such extras could include a 200,000 gallon fuel storage facility, disposal of all sludge oil and a variety of hotel, restaurant and bus services for the passengers, Stevens said.

"Bellingham needs the ferry terminal. For a healthy economy growth is necessary. I feel the Alaskan terminal could have great and far reaching effects on Bellingham," Roy Gillespie of the Development Council, said.

The city's final push for the terminal began again in 1976. Now, after three years of work, Stevens said, "At this point we've put all our eggs in one basket. We've spent nearly $80,000 on this last effort. We have spent more man hours, put more effort out than ever before. If we don't get the terminal this time, I see no reason to try again."

"If Bellingham was granted the southern ferry terminal, a study indicated the entire operation would produce 2 million dollars a month for services in this community. Our own opinion is somewhat higher. Taken as a whole, the ferry system could generate up to 60 million dollars a year for Bellingham," McCord said.

In part, this money would come from the tourist. Bellingham, rather
than Seattle, would be the first point of entry into the country from Alaska. "Tourism," McCord said, "offers one of the best forms of a viable economy — dollars without growth. The terminal could produce four times the amount of jobs presently available from Georgia Pacific."

Not everyone favors the terminal relocating to Bellingham. Although no groups are formally against the terminal, in a recent KGMI radio survey, 36 of the respondents were for the terminal and approximately 38 were against the idea.

"It was roughly a 50-50 break in the opinions," Bill Quern, KGMI program director, said. "When Dixy Lee Ray visited Bellingham she was met by picketers at the Leopold Hotel. Many of these individuals carried signs against the proposed terminal," Quehn added.

"We have paid careful attention to any opposition. We do realize there will be growing opposition the closer we come to getting the terminal," Stevens of the Chamber of Commerce said. "I think one of the fears of the community is the social problem with transients, 'hippies' or undesirables coming to Bellingham due to the low passenger rates on the ferries. We don't want to see that kind of element in this community," he said.

The question now remains whether or not Alaska will relocate the terminal to the Port of Bellingham. In Alaska the issue is an emotional one. The current system is running on a $17 million deficit every year. Alaskans must make up the losses in part through their income and property taxes.

The populace in northwestern Alaska generally favored the move to Bellingham. The controversy begins in the bigger cities where some people are adamantly against any change.

The reason stems from the strong business ties between Alaska and Seattle. Despite the possible financial savings in relocating to Bellingham, business men in Alaska are unwilling to break their current ties and start over in Bellingham, Gillespie said.

Seattle, on the other hand, isn't eager to lose Alaskan business either. George Duff, Chairman of the Chamber of Commerce Alaskan Committee for Seattle, has spent many thousands of dollars in social activities for political persuasion, persuasion.

In short, Seattle is entrenched in a power structure in Alaska. "For us to take on Seattle would be political suicide," Gillespie said.

Officials in Bellingham are hoping Jay Hammond, Alaska's governor, will make the executive decision to relocate the terminal. Hammond has stated here that he favors such a move but he has yet to announce publicly his opinion since his re-election.

The chance also exists that Hammond, described as a careful politician by Gillespie, will go to the Alaska Legislature for a decision. The legislature could take up to a year to make any kind of decision on the terminal, causing worry by supporters that the move might get lost in the shuffle of more important Alaskan problems.

"It's been a long fought battle. Actually we're in the same hole as we were four years ago. Hammond himself will have to make the decision in the weeks to come. God himself couldn't tell us whether we'll get the terminal or not," Gillespie said.
This story is true. Recently, however, Serena [not her real name] completed an alcohol therapy program and has successfully maintained her sobriety for several months.

Serena had fallen off the wagon and the thud could be heard for miles.

When I caught up to her, she and another friend were sitting in the lounge of a local Chinese restaurant, attempting to play "pong." Serena was on her seventh "panther" (gold tequila in a sherry glass with a lime and sugar mixture floating on the top) and the combination of the alcohol and two sleeping pills she had taken earlier (her favorite mixture) made the upright posture and hand/eye coordination necessary to the game a bit of a difficulty.

"Bring her a panther (pronounced paanthuur)," she ordered as I sat down at the table. "Bring her two panthers, a fleet of panthers." I declined, settling instead on a sedate glass of wine and searching for an attitude appropriate to the occasion.

I had been a witness, three weeks earlier, to Serena's solemn forswearing off liquor. "It's killing me," she had said. Thinking of her ulcer, of the four small kids who were left alone night after night with only the TV for guidance, of bills that went unpaid because the money had been spent on drinks, of hasty and ill-considered liaisons that often left her feeling squemish and remorseful in the morning, I couldn't help but agree.

In the intervening time, I had served as a regular "hotline" to the morbid outpourings that accompanied her withdrawal. I felt that my now soggy shoulder had given me a certain investment in her recovery. I was more than a little disappointed that all her effort had ended her back where she had started. But I wanted to conceal my disapproval; censure was the last thing she needed and besides, as anyone who has dealt with them knows, a guilt-ridden drunk is not much fun.

The lounge offered little in the way of entertainment. Its main attraction was the bartender's penchant for pouring triples for his friends in order to ensure their total degeneration and thereby supplement his store of barroom tales. One generally left "Dan's bar" in a coma and merely to leave at all was considered something of a feat. It was ordeal by liquid.

This night Serena was in good company. Over at the bar, Jake, a bartender from a neighboring establishment, was trying to subdue a restive barstool that kept toppling him off. His eyes looked like two stricken seals drowning in a pool of...
tomato juice. He was a "serious" alcoholic whose symptoms included the classic blackouts and binges. Most places that knew him refused to serve him but Dan had no such inhibitions. "He's going to get it anyway," he said. "It might as well as be here, where he has friends to keep an eye on him."

"You're my favorite person. Why don't you come home with me?" Jake repeated to everyone who was within grabbing distance. He finally conceded to the stool's obvious superiority and fell into the waiting embrace of a taxi.

Meanwhile, Serena was becoming expansive. "I'm so happy," she said over and over. Her newly recovered sense of well-being increased her naturally affectionate tendencies. I soon found her in my lap, as did everyone else in the bar.

As I said, there wasn't much else going on — a few people playing Scrabble, a jukebox. That was about it. Serena had by now flung herself on to the bartender and was adhering with a persistence that put Crazy Glue to shame. In trying to shake her off, he broke a bottle. The spectacle delighted the Scrabble players, who encouraged her to start dancing on top of the bar. Never one to disappoint her public, she enthusiastically complied.

The manager of the bar where she worked walked in and became the new focus of her intense, if unstable, affections. When he said he was leaving, she seized his arm. "Okay, Serena," he said, "fun is fun but let go of me now so I can leave." "Uh uh," she said. "Not until you hug me." With amused resignation, he gave her a paternal pat and sped out as soon as she released him.

I kept expecting that she would pass out and put an end to my vigil but her energy was relentless. She wanted to go downtown. A group of us, including the bartender who was closing, decided we'd better accompany her.

We ended up at a Mexican restaurant whose bar provided live music. As always, I entered the place warily. Its dark, narrow interior reminded me of a mine shaft and I could never quite convince myself that it wasn't about to collapse.

Once inside, I lost track of Serena. I stationed myself at a table near the door (in case I had to make a quick escape) and she went off to teach a new class of bartenders about panthers. Reports of her would filter back from other members of the party. "She just grabbed the bass player" and "you should see what she's doing on the dance floor."

More people began to drift in and I overheard conversations about The Concert. Then I remembered that Jesse Collin Young had been playing in town that night. I had heard that a couple of other musicians had come into this bar after their concerts and wondered if he might too.

And, in the style of a bad cliche, he turned up moments later. I noticed that he was with a woman I knew slightly and I was curious about the connection.

When I saw Serena again I mentioned that the singer was there. She immediately decided that he had come to a party at her house after the bar closed. She went up to him and offered the enticement of every uncontrolled substance she could think of. She might even have told him that she had some good records. He looked like he was sorry he hadn't brought some big dogs with him. He kept repeating that he was going home with the lady at his side, who looked at him with pleased disbelief, as if she had just had incredible luck at a sale.

They finally walked off to the accompaniment of Serena crooning, "Don't worry Jesse. When everybody has forgotten you, when nobody else likes you, I'll still like you."

I wondered then and since if that particular thought has ever brought him any comfort but the return of the lights to full wattage combined with a few subtle hints from the staff ("It's time to leave," one waitress said, with an accent on the last word and the bartender added, "Yeah. You don't have to go home but you can't stay here.") jolted my thoughts from Jessie to the task at hand: delivering Serena to her door.

After we were all safely outside, a process which had taken some time...
because Serena had insisted on kissing goodnight every person she encountered along the way, she produced a small packet.

A quick glance at it told me that the already interminable evening was about to be prolonged indefinitely.

"Well," she said, waving it around, "Here's the party."

"Serena, where did you get that?" I asked.

"Someone just gave it to me," she said.

We turned to her and glared like suspicious owls under the streetlight. "Someone gave it to you?"

"Well, I have it, don't I?" she said, pleased with her logic. "I certainly don't have the money to pay for it so he must have given it to me. Wasn't that nice of him? He just wanted me to have fun. What a good friend."

I wondered what bargain had been struck with this good friend since even the nicest people do not usually give away $100 gifts to acquaintances in bars. But, as she clearly wasn't about to give it back to the mystery donor, we all shuffled into the car and headed to Serena's house to "have fun."

The four-year-old greeted us at the door, wearing an assortment of clothes. She had been wandering around the house, playing "dress-up." Serena picked her up, hugged her and then sat down with her daughter on her lap. They seemed happy to see each other.

Razorblades were produced with the speed of rival gangs at a "rumble" and the contents of the packet circled around the room like restless dust.

Soon, we were all talking earnestly about important issues.

"That's what I mean. You can't compare the Amazing Rhythm Aces with the Charlie Daniels Band. It's a whole different form. Besides, that song you were talking about was written by Jackson Browne. You ready for another line?"

Someone in the corner was crouched over the phone, dialing every toll-free 800 number he could remember.

Serena was still holding her youngest child, swaying to the music with her eyes closed and murmuring about the sterling qualities of whoever it was who was responsible for our still being awake at 4:00 a.m.

I looked at the floor strewn with overturned ashtrays, empty beer bottles and people whose mouths were moving with compulsive regularity even after their brains had retired for the night and thought, "If this is escape, I'll take reality."

Serena and the baby had collapsed in a heap on the couch, alcohol and fatigue taking precedence over other impulses.

I knew that soon the fine line between tonight and tomorrow, already blurring, would disappear and I wanted to be asleep when it happened. I sneaked out quietly, not wanting to risk detention by another one of Serena's pleas that no one leave. The last thing I heard was her sleepily asking someone if he thought she was going to end up like Karen Ann Quinlan.

When I phoned the next day to see how she was doing, Serena informed me in a weak and hoarse voice that she didn't have time to talk. She had to run down to the bank to cover a $100 check she apparently had written the night before.
Rugby
A small but vocal percentage of the Bellingham Herald's newspaper carriers have formed an association in protest of the Herald's newspaper carrier policy. The organization, Herald Carriers' Association, is arguing for what it considers its right to a fair share of the Herald's profits.

George Drake, associate professor of sociology at Western, and the father of a newspaper carrier working for the Herald, is the driving force behind the association.

The two main points of protest, Drake said, are the Herald's billing system and district managers giving too many or too few papers to a carrier without giving him sufficient credit.

The billing system, Drake said, "could be illegal. It doesn't show items for which they are billed or get credit."

The protests formally started when some of the carriers and their parents demonstrated the nights of Feb. 13, 14 and 15 in front of the Herald building, 1155 N. State, expressing their disgust with the Herald's carrier policy.

Relatively few of the Herald's 270-280 carriers were at the protests that started with 16 the first night, grew to 30 the second and added a few more the third night.

"We got started in this problem because our kids are there," Drake
said, "Then you not only wonder what is happening to your kids, but also to kids in general. One has to go beyond the personal involvement and look at the entire system."

Drake said he contacted Charles Wanninger, publisher of the Herald, six months ago suggesting Herald management and parents of carriers work together to form a policy for the carriers.

Up until a carrier handbook was written, Drake said, no policy stating the requirements and duties of carriers had ever been in written form.

Drake said the policy, drawn up in December, now "meets the Herald's needs."

"They're out to destroy us," he said. "They overreact with no understanding of the kids' needs. It's something I would expect from a Ford or a Carnegie."

Jerry Rhea, Herald marketing director in charge of circulation and the newspaper carriers, said the Herald is responsible to the carriers' needs.

Rhea said some of the protests by carriers and their parents were valid, such as improving the Herald's billing system.

"—Nobody gets ahead by ripping off 12-year-old kids."

A computer billing system that would itemize credits and charges and allow more capacity to handle bills paid in advance, and thus alleviate the Herald's billing problems is on order, Rhea said. The computer was supposed to arrive in April, he said, but "God only knows when it will come now."

He attributed the delay of the computer to the decision of Gannett, a communications conglomerate that owns the most newspapers in the world.

If the computer does not arrive by midsummer, Rhea said, they will use their current equipment to itemize the carriers' bills. They are now itemizing all bills by hand, he said, beginning in February.

Other complaints from carriers and parents, however, were not received warmly by Rhea.

"He (Drake) bluntly told us we were ripping off the kids. Let me tell you — nobody gets ahead by ripping off 12-year-old kids," Rhea said.

Rhea said Drake also said 30 percent of the Herald's carriers were 10 and 11 years old, and being a newspaper carrier was too big of a responsibility for children this young.

Ten (or less than 8 percent) of the Herald's carriers are younger than 12, Rhea said. Rhea or someone of his department talks with the parents or teachers of those under 12 seeking a carrier job to assure the youth's abilities to handle the responsibilities of the job, he said.

Most of the carriers rarely have problems if they keep tabs on their expenses, Rhea said, and with the new itemized computer they hope to eliminate all problems.

Christopher Walbeck is a carrier for the Herald who is not protesting and said he has had relatively few problems with the Herald's billing system.

His father, Lee, said he helped Chris learn how to keep track of his subscriptions.

"The Herald's ways were confusing, mind you," Walbeck said, "But once Chris learned them, he's had no problems."

Chris said he was satisfied with what he was earning, about $95 a month for a route of 76 subscribers, and saw no need to protest. He said he understood the paper boys who were protesting were doing so because they thought an association would make them a stronger unit.

Chris said he wouldn't strike, even if he were displeased with the Herald, for fear of losing his job.

At a Feb. 22 meeting of carriers and their parents, Lee Walbeck said parents were leading kids to believe they couldn't lose their jobs.

"All parents should realize they're entering a contractual agreement," Walbeck said.

The Herald contract states that the carriers' jobs can be terminated without cause within 28 days. Older contracts allow 15 days.

"So when a parent says he'll take the Herald to court for firing his kid, he had better think twice because he doesn't have much ground to stand on," Walbeck said.

Walbeck also said without a lawyer representing the carriers' association he couldn't find many of the proposals credible. He regarded the organization as being in the "lightweight" division.

A committee of eight, four carriers and four parents, was formed at the Feb. 22 meeting to present the association's proposals to Wanninger.

Among the 12 proposals were requests for a new billing statement, monetary compensation for delivery of inserts which make the paper heavier to deliver, and making the training of new carriers the responsibility of the Herald, not of the carriers.

A change of the billing system will not satisfy Drake, he said, and he wants to change the relationship between the carrier and the management.

Rhea said he would like to see each of the dissatisfied parents or carriers call him. "I'll be happy to sit down with them and work out problems on a one-to-one basis."

Drake said he could see "this going a lot further than the Herald."

"I gave them their chance to cooperate," he said, "and now we're going to go all out to get what we want ... our fair share."
See Johnny study for a test and fail it because he didn't understand the questions. See Johnny attempt to write without any understanding of the difference between a subject and a verb. The much maligned Johnny of "why can't Johnny do this or that" fame has graduated from high school and has been admitted to Western.

Clearly, Johnny College does not have as severe language deficiencies as his grade-school counter-part, yet his presence is being felt at Western and other colleges and universities.

Scholastic test scores have nose-dived. "Back to basics" has become a standard phrase of legislators looking for a safe cause. And most teachers readily admit student literacy has deteriorated.

The problem is not an especially new one. Only within the last couple of years, however, have educators and institutions really mobilized to erase illiteracy in Bellingham.

Western added a remedial English class last fall. Bellingham's high schools were one of the leaders in devising an English competency test about two years ago. Whatcom Community College expanded its basic reading program when it hired its first full-time reading instructor.

Barbara Sylvester, English 101 instructor at Western, said although she sees the decline in student literacy as tremendous, it is not illiteracy per se. After all, she pointed out, these are students who did well enough in high school that they were able to go on to college.

This does not defend students' performance at the college level. Sylvester said that has deteriorated steadily during the last decade or so.

"When you look at student work today and compare it with the same type of work from ten years ago, the result is shocking," she said.

In addition to "normal" mistakes like misplaced semi-colons, students today frequently make such blatant errors as substituting a word like "enhance" for "entrance." Add that to a substantial list that includes punctuation, spelling, usage, sentence structure, rules of grammar . . .

Sylvester illustrated the problem. "I recently saw a game show that featured high school students against one another. The kids were brilliant — they got the answers right and left — until they came to the language section. Getting two out of eight was considered good."

What was this tough part of the show concerned with? One student couldn't define the word "jovial." "They weren't hard words," Sylvester said, "yet many of them didn't have even a clue."

Fall quarter, Western made a major step to curb the "college
illiteracy" problem when it added English 100 as a mandatory prerequisite to English 101 for some in-coming freshmen.

English 100 instructor, Christy Kyckelhan-Wilkens, said that of the 40 students enrolled in her section Winter quarter, 11 were repeats from fall.

Illiteracy is a product of the television/instant dinner mentality that predominates now.

"Many of those students don't even know the difference between a subject and a verb," she said. "It's a pathetic situation when you have people in college who cannot write an essay or make a resume."

One student who gained admission to Western with a 2.85 grade point average is on his second attempt at passing the remedial 100 class. He said his literacy problem went back to high school in Bellevue.

"The basics were not emphasized enough there. They could have told us more than they did. It seems like they never really got around to showing us how to write a paper," he said.

His attitude is typical. Kyckelhan-Wilkens said many of her students are bitter about the lack of education they received in high school or even elementary school.

"There is definitely a lot of resentment and anger coming from some of my students — not toward me, but toward their high schools," she said.

Difficulty with reading is another literacy problem that has been surfacing at high schools and colleges. Donna Myers, a grad student who teaches a class in reading and study skills through Western's Reading Center said by the time some students with reading problems contact her "it's almost too late." After poor reading patterns have been established it takes a great deal to change them, she said.

Myers stressed that schools don't teach students how to study or read in preparation for an exam. "Students don't know how to use the skills they've acquired. Over 300 freshmen received less than a 2.0 grade average fall quarter — they're smart enough to get to college but they can't use the skills once they get here."

The Writer's Clinic, through the English department, also offers aid to students with language problems. Eight student tutors are available to those having difficulty with writing.

Sylvester, who is the clinic's director, was quick to note that students who go there for help shouldn't expect miracles. "It takes practice and more time than a 12-week quarter to eliminate lifetime habits," she said.

Bellingham's high schools are making efforts to see that students who graduate from Sehome and Bellingham are in command of the language skills they need.

Teachers Tom Conley and Richard Anderson devised an English competency exam that seniors are required to pass in order to graduate.

"We were one of the first to make such a test," Anderson, chairman of the English department at Sehome, said. "In part, it was a response to the 'back to basics' cry. We knew it was up to us or someone else would come in and make one for us," he said.

Twenty percent usually fail the exam, given in their junior year, and are required to enroll in a remedial English course to meet the graduation requirement.

"Those who don't pass the test are probably the ones who aren't going to graduate at all," Anderson said.

Conley, head of the English department for the school district as well as department head at Bellingham High, called the competency test "a long way from a literacy exam." It measures the minimal amount of language skills that a student would need to "get by in the outside world," he said.

The test is divided into several sections including punctuation, use of the library, usage and writing. "Many college freshmen would have a hard time with the questions also," Conley said. The test is based on what knowledge a "bright 9th grader" should know.

Typical usage questions: There (was/were) no corrections on my paper. July or August (are/is) the best time for a vacation.

They seem simple enough, yet students miss them "all the time," Conley said.

The problems regarding illiteracy are not always as shallow as those encountered at a high school. There are people in Bellingham who lead normal lives in all aspects except they cannot read. Sis McManus, a full-time reading instructor at Whatcom Community College, teaches them how.

Now, teachers must take the attitude that a student has no sense of judgment whatsoever.

"It takes tremendous courage for a person to come here and say 'I can't read','" McManus said. Whether the person is 17 or 55 the situation must be handled very delicately, she said. Testing is kept to a minimum.

"All you have to do is give a person an hour and a half of testing and you'll never see them again," she said.
The program's drop-out rate is high, she said. "It isn't easy for a person who works all day to support a family to come and spend the time it takes to master reading skills," McManus said.

"It takes a lot more time to acquire the skills than some people can afford to give."

Adults who can't read are often very skillful at covering up their illiteracy. "They learn to get by — either by sheer avoidance or by picking up the information orally. Some will order the same food at a television/instant dinner mentality" that predominates now.

"Everything is so immediate now. People sit at home and watch stupid sitcoms and think that that's real life. They watch TV and spend less time reading and writing."

Myers blames TV in part also, but places the gist of her complaints on the breakdown in communication. "If people would turn off the TV and sit and read or talk, their skills would improve. Can you imagine some people reading instead of watching television — restaurant every time they go there because they know that they serve it there."

A profusion of finger-pointing ensues when one asks the inevitable question: what is the cause? College instructors blame the high schools, who in turn blame the junior highs. They blame the elementary schools and then they blame the parents. As one might expect, the perennial scapegoat of the '70's, the tube, is lashed at frequently.

Kyckelhahan-Wilkens said that illiteracy is a product of "the what a novelty," she said.

Conley links their poor performances to the student's attitude.

"Now, our kids are basically lazy and unmotivated. Not much is being demanded from them in the way of homework. Many teachers don't even give homework assignments anymore because they know it isn't going to be turned in," he said.

At the college level, many students don't pick up on the basics because "it isn't in my major" or "what good is it going to do me?" One teacher has news for them: "If they can't spell or write how do they expect to fill out a job application?"

Some teachers compound the problem by having an attitudinal problem themselves, Conley said. "A lot of them wonder why should they bust their butts teaching students who aren't going to absorb it anyway."

Many of the students with language skill problems at the college level are victims of the '60's and early '70's emphasis on the creative aspect of language and not the basic techniques, Anderson said.

"In the '60's, the student cry was 'grammar is irrelevant'. The schools answered that cry with a series of shallow courses that omitted the basics," he said. Students were permitted to forego traditional English classes and substitute "relevant" courses like photography or drama.

The days of such options and electives are on the wane, Conley said. "At first, it was the general assumption that students would make the right decision and take the classes best for them. It just didn't hold true.

Now, teachers must take the attitude that the student has no sense of judgement whatsoever," he said.

Western followed that trend when it made English 100 mandatory for some students — they must take it and pass before they can enroll in 101.

Public schools also must deal with the students who do not want to be there. This wasn't the case 20 years ago, Syllvester said. "Now schools are full of kids who would rather be somewhere else — anywhere else." It follows that a student who resents the system isn't going to get much out of it, she said.

Conley makes it clear: it is entirely possible for a student to slip his way through school and graduate virtually illiterate.

"It happens more often than you might think," he said.

Anderson agreed. "We do everything in our power to make students literate — but we're not always 100 percent successful."
He slammed the door shut. Echoes reverberated throughout the empty room. The door had no inside knob. The walls had no windows. I saw no escape — no way to avoid being beaten. I panicked.

After all, this was my first game of racquetball and I was not even sure which wall to aim for. I wondered why I so desperately wanted to try this game. Gripped with fear, I gripped my racquet. My partner told me I was facing the wrong wall.

He continued coaching me, suggesting I remove the racquetballs from the can before hitting them. I immediately perceived his expertise and followed his advice. I listened carefully for the can to "siss," as tennis ball cans do, but I heard nothing.

Were the balls dead? I never dreamed of losing a game by default of dead racquetballs. "Don't worry," my partner said, "these new balls aren't pressurized. That means they last until you break them."

Why were they red, I asked. I thought racquetballs were black. He said the colored balls move faster. I could tell we were off to a great start.

"Racquetball is easy," he assured me. "That is why it's so popular. It doesn't take as much skill as handball or tennis." All I knew was I would not have to chase the ball as far as in tennis.

My partner began the instruction: "The ball can hit any wall and the ceiling, except it cannot hit the ceiling or more than two walls on a serve. Of course, it can hit a third wall after it bounces on the floor. If the serve is short or long you can take it over, but only once. It can
hit the floor only once, but when you hit it, it can hit as many walls as you want. Any questions?"

"Just one," I replied, "Could you repeat that?"

"You will catch on," he said as he hit the ball. A few minutes later I returned a serve and soon we had short rallies going. I decided then and there that racquetball was my kind of game.

Racquetball appeals to all types of people because it is easy, requires no teams and is never rained out, several players have said. The latter factor attracts many students at Western.

Western has offered racquetball classes for eight or nine years and they always fill up, Margaret Aitken, physical education department chairman, said. The gym has four courts, limiting class enrollment to 16.

Although classes fill quickly, Aitken said she doubts the department will add more sections. Racquetball, handball and squash classes already occupy the courts from 8 a.m. to 2 p.m. Monday through Thursday.

Students liked racquetball from the start and Aitken said players have always needed reservations for courts. Each day a long line of people wait for the men's cage to open at 7:45 a.m. for reservations.

Western's are the least expensive but not the only courts in town. The YMCA starts taking reservations at 7 a.m. and within 10 minutes all times are taken, Jeanne Arntzen, at the front desk, said. Non-members pay $3.50 for one of the three racquetball or one squash courts.

Muenscher Athletic Courts (MAC) provide two racquetball courts for members, who pay a $200 initiation fee and $20 monthly dues, Teresa Ralston, of MAC, said. She said the phone is ringing when she arrives each morning and spaces fill up for the next day within one-half hour.

"I have really noticed an increase in the popularity of racquetball," she said. Muenscher, owner of Bellingham's Shakey's Pizza Parlor, built the courts about four years ago, Ralston said.

This is Park Athletic and Recreation Club's third year in Bellingham, manager Gene Altman said. For $20 a month students have access to all facilities, including six racquetball courts. The club takes reservations no more than three hours in advance, he said, and members seldom need reservations during the late evening.

Why is racquetball worth the time waiting in line or the money to join a club? Boyd Long, racquetball instructor at Western, said it is worth it because beginners "can have instant success."

While learning to play racquetball is easy, learning to play it well is difficult, Long said. He knows very few players who have really developed their skill, he added. Western offers no advanced racquetball class because of the high demand for the beginning classes.

If you decide to follow the crowd to the racquetball courts, consider the hazards. Long said the most common injury is sore elbows. He explained, "Students use the racquet more like a fly swatter and don't learn the technique of swinging."

But, if you like a fast-paced game that is easy to pick up and hard to put down, just find a partner, racquet, ball and court. If you dislike high ceiling rooms with no windows or door knob, however, wait for a nice day and play tennis.
Snow geese band together

by DIANE BRAINARD

Each October 10,000 to 30,000 Lesser Snow Geese come to the soggy marshes of the Skagit River Delta, fleeing the harsh winter of their Siberian nesting grounds.

The snows begin their more than 2,000 mile journey, 100,000 to 200,000 strong. Approximately 20 percent of the birds settle in the Skagit Valley and the Fraser River Valley in British Columbia. The remaining travel on to California’s Central Valley.

A 50-mile stretch of river, delta and bay area, near the towns of Conway and Stanwood, is home to these five to six-pound snow white birds for seven months of the year. Here they feed and play and wait for the signs of spring to tell them to return to the frozen tundra of their nesting grounds on Wrangle Island, 300 miles northwest of Alaska.

The Wrangle Island geese have been neckbanded by the Soviets each year since 1974 in an attempt to learn more about their habits and migration patterns.

This year the Washington State Department of Game and 4-H clubs will join the neckbanding program and band 50 Skagit geese, John Munn, Washington State University Extension Service naturalist and program coordinator, said.

Much of the area they occupy now is the Skagit Wildlife Recreation area.

“They call it a refuge but, in essence, it is not,” Munn said. “The definition of a refuge is a place that provides food and shelter. This refuge allows hunting and encourages it.”

It provides boat landings and parking areas for the hunters, as well as maps of the area and pamphlets for identifying the dif-
ferent species, he added.

"I have nothing against hunting," he said. "It is a good tool for controlling the population when needed but it's not needed now."

In the 1960's the Wrangle Island population was four times what it is today. Harsh weather during the nesting season and extreme predation by the Arctic fox are believed to be the major factors of the decline, Munn said.

No immediate fear of extinction exists, since another quarter million geese live in the high Canadian Arctic and migrate to other parts of the United States. Yet, the Soviets are worried about their birds and would like to see hunting stopped until the population stabilizes, Munn said.

Munn concedes there is a problem. During the hunting season the birds stay far out in the bay to avoid the hunters. But in cold weather they are forced to come in for shelter and then have no refuge from the hunters.

Officials at the Department of Game in Mount Vernon disagree with the need for a refuge. Wildlife biologist Bob Jeffrey said one isn't necessary or financially feasible at this time, but "neckbanding would give us information to set guidelines for management of such things as hunting season lengths and bag limits."

The Skagit snows migrate back to Wrangle Island along the coast and it is a relatively safe trip, Jeffrey said. But the California geese migrate through Oregon, Idaho, Montana and up through the Yukon. This trip subjects them to spring hunting seasons in the states and native subsistence hunting in Alaska. This has led some game officials to theorize the hunting situation on the California geese should be studied and possibly stopped and the emphasis should be taken off the Skagit geese.

Game officials said the hunting isn't a problem with the population decrease, since only 2,250 of the estimated 27,000 geese here were killed during this hunting season. These figures are, at best, just an estimate, Jeffrey said. The hunting season runs from mid-October to January.

Another problem the geese face is the continuous harassment by motor boats and low flying aircraft. Jeffrey said even a refuge wouldn't protect them from this without strict patrolling. This would require additional manpower.

For a refuge, Munn said they would simply have to establish the area and identify the boundaries.

"The area is so wide open it wouldn't be hard to enforce the law. One person could glass (with binoculars) the entire area from a point on Camano Island," he said.

One of the most feared problems is the threat of commercial, motorized clam dredging. It is easy to see how this would upset the delicate ecological marshland. Dredging would harvest a type of rush grass that is the main food of the snow geese, Munn said.

"This would only affect certain portions of the marshland but an area with a lot of bull rush would be included," he said.
Hand clam digging is now permitted and dredging is currently illegal.

“A lot of money is just waiting to be invested in clams. There is a lot of pressure coming from these groups,” Jeffrey said.

Dredgers have almost depleted the clam sources on the East Coast, so now they are looking at the West Coast, he added.

“Another challenge is coming up. They’ve applied for new permits in Port Susan Bay,” Jeffrey said.

The snows will remain in the Skagit Valley until late April. Then, within a few weeks they’ll be gone, bound for Wrangle Island.

The Department of Game would like to see some sort of arrangement for the public to be able to view the snow geese away from the hunters but many say a refuge wouldn’t be practical at this time. A refuge would require several thousand acres of marsh, bay and agricultural fields.

“We would need at least 10 percent of the Skagit flats.” Jeffrey said. The state doesn’t have funds for that type of arrangement, he added.

During February and March, after the hunting season, it is possible for the public to see the geese. Being rather shy, the snows usually stay far out in the bay. But in the early morning hours at high tide one usually can catch them close to shore.

Jensen access road, just west of Conway in the Wildlife Recreation Area, is a likely spot to find them. Parking quietly, it is possible to crawl up the dike and peer over. The snows might be just a few feet away.

Snows are easily identified by their solid white plumage and black-tipped wings. If one with a neckband (probably orange) is spotted, the engraved code should be remembered and reported to the Department of Game in Mount Vernon.

The neckbanding program and the effort to establish refuge is all part of the United States-Soviet Union Environmental Protection Agreement, a collaborative study of northern migratory waterfowl by Soviet, American and Canadian scientists.

The Wrangle Island banding has proven its geese are migrating to California, the Fraser and Skagit areas. Banding here would tell what proportion of the Skagit geese return to Wrangle Island or if some join the Canadian Arctic geese.

Banding the California geese proved those birds to intermix with those of the Canadian Arctic, Munn said.

Banding also could help in gaining information for managing the birds by verifying where they breed, where they travel and how freely they intermix with the Fraser River geese.

“The Fraser population could be the same one we’re seeing here,” Munn said.

In 1976, after two years of study with the Soviets, the United States representative to the agreement, William Sladen, stated in his report, “It is important that the major effort of management aimed at recovery of the Russian population should focus on Alaska, British Columbia and Washington. There is only one small non-hunting refuge, the Reifel Migratory Station, in British Columbia and none on the Skagit River Delta in Washington. We believe there is an urgent need for a federal or state refuge in the Skagit delta area.”

So refuge or no refuge, all parties agree, these magnificent creatures must be preserved. The banding program will help scientists learn how the snows live, so we can learn to live along side of them.
Schick Centers—An aversion to smoking

by SUE BORTER

A client sits in a small rectangular room, hardly larger than a closet. Pictures of beautiful people smoking surround a mirror that reflects his face. Cigarette butts are spread out on the counter in front of him. The stale reek pervades the tiny room, making it difficult to breathe. A diseased section of lung sits next to a normal, healthy section in a glass plate on the counter.

Secured to his right forearm with a plastic band and velcro strips are two electrodes. From there, a wire leads into the next room.

The therapist asks if he is ready, then turns on the electro-stimulus machine. At first, he feels nothing but as she turns up the charge, he feels a slight discomfort, nothing more. Each time he brings the cigarette to his lips, he receives the stimulus.

This treatment, known as aversion therapy, is used by the Schick Center to control smoking.

Carroll Nickerson, director of the Redmond clinic, said “It’s important to note that there’s no such thing as a cure.”

The center was once called The Schick Center for the Cure of Smoking. But if a client is cured, she said, that would imply he could still smoke from time to time. All Schick promises to do is “help people control the smoking behavior,” Nickerson said. “You can’t ever do it again or you’ll be right back where you started from,” she said.

Claudia Glaze, a 33-year-old Seattle resident, learned the hard way. She went through the program—twice. “I never totally accepted that I wasn’t going to smoke again,” she said. After a year without cigarettes, she smoked one at a party and became hooked again to one pack a day. Before treatment, she had been a two-pack-a-day smoker for nine years.

“You forget all the bad things and forget why you quit.”

“The associations with that first cigarette were negative and I didn’t have any great desire to smoke again,” she said. In fact, it “tasted terrible.” But, she added, “you forget all the bad things and forget why you quit.”

She returned to the center, paid again and quit again. But this time, she says, it’s for good. She hasn’t had a cigarette for four months. “Most people who go through the first time are really through with cigarettes,” she added.

Lawrence Miller, a psychology professor at Western agrees, since Schick is “working with a very select audience.” “The people who go to the center must have a true desire to quit or they wouldn’t be there.” But, he added, if it’s not their decision, it’s unlikely they will quit.

Schick estimates 97 percent of the people quit in the first five days, Nickerson said. But after a year, it decreases to 73 percent. The center has a money-back guarantee for the first five days only, but free services for a year. “They can’t have the money back anymore,” she said, “because they did quit smoking, and going back is really their own fault.”
"We follow people mostly for about one year, and after that, I guess I really don't feel much responsibility, she said. "A person who goes for one whole year without smoking and starts to smoke again . . . will generally come back to the center and pay again because he knows that's probably the only way he'll be able to quit."

Glaze said she tried to quit on her own before going to the center but found it was too hard. She decided to try the program after hearing about it from a four-pack-a-day smoker who quit successfully. During the mild stimulus used in aversion therapy, she thought, "How can this do anything?"

But Nickerson said the stimulus doesn't have to be very strong. "The subconscious mind is where the habit is, and in order to deliver a negative stimulus, we don't have to have it very strong. A small sensation is negative enough."

Glaze was younger than the average age of the program's clients. Most clients are around 44, "but that means average; we have many younger and older ones. The youngest client was 11 and the oldest was 89," Nickerson said. Nickerson asked the man why he wanted to quit smoking after so many years. He decided since he had to live so long, he might as well feel better.

About 15 to 20 percent of the clients are between 18 and 25, Nickerson said. "The people who come . . . are a little bit older than college age, and a little more heavily addicted to nicotine."

No plans have been made for a branch in Bellingham since "there isn't a population that would support a center," she said. The Schick centers, begun in Seattle, are located in large cities as far east as Denver.

About 14 years ago, Patrick J. Frawley, Jr., chairman of the board for Schick Safety Razor Company, went through an alcoholism treatment program at Shadel Hospital in Seattle.

After his treatment, he bought the hospital and gave the Schick name to the smoking and weight loss programs. They were taken out of the hospital when it was discovered they didn't need to be medically administered. "Therefore," Nickerson said, "they can be less expensive and available to more people."

The cost of the 10-week smoking program is $495. Nickerson said the client first comes in for an initial interview, fills out a questionnaire and learns about the treatment for his habit. He goes through a countdown phase for the first week and aversion therapy during the next. Although the client does smoke, he doesn't inhale. Within 72 hours, his body is almost nicotine free. "From there on, it's a recovery process," she said.

Miller said the program should work since it has "psychologically sound principles." But when told about the cost of the treatment, he said, "I just wonder if these people could stop smoking without the help of the center."
Like television or morning coffee, the newspaper is an institution the average North American takes for granted. The newspaper is a staple, whether it’s the morning “rag” hidden behind to escape too-early-in-the-morning chatter, or the evening edition that never seems to arrive quite early enough. Like milk was in the old days, it is delivered to the doorstep for daily consumption and heaven help the paper boy who drops the bundle of newsprint on the wrong side of the fence.

For the past few months residents of the Vancouver, British Columbia area have learned what it’s like surviving a severe newspaper drought. With both major dailies, the morning Province and the evening Vancouver Sun, on strike, the daily newspaper has become a specialty item.

On Nov. 1, 1978, the pressmen of the Pacific Press, publishers of both Vancouver dailies, walked off the job. The mailers' and drivers' unions, along with the Newspaper Guild, walked off in support, leaving the International Typographical Union locked out.

The strike issue is similar to that suffered by the New York Times in their recent strike. Technological changes which have been taking place in the newspaper industry are pruning workers and even making some jobs obsolete. The pressmen, who tend the printing machines, are hardest hit. The machines they tend are rapidly becoming out-dated.

But a union clause exists which out-dates any of the printing presses. The clause maintains job security not only for the union members, but also for their children. Management, however, says it will allow life-time employment for all current employees, but when they leave, the job leaves with them. This would end the retention of unneeded employees, known as featherbedding, because of the union clause forbidding firing.

Meanwhile, the pressmen resumed talks with management on Valentine’s Day after 10 weeks of showing their backs to each other. There seems to be no immediate end to the strike, but Jim Broiling, Canadian Press Vancouver bureau chief, says negotiators point to April as a goal for settlement. “But what’s a date?” he said.

So while some members of the unions dutifully amble around the Pacific Press building wearing either LOCKED OUT or ON STRIKE sandwich boards, other members are putting together a strike newspaper — The Vancouver Express.

The Express is published by Pugstem Publications, a name for the composite of the striking unions, including the local chapters of the typographical, printing pressmen, graphic arts and mailers unions and the Newspaper Guild. It first appeared on newstands Nov. 3, just two days after the strike began.

The Express publishes three times a week and relies exclusively on street sales, which is obvious by a glance at the front page. Large, bold, sensational headlines, and articles framed in red leap out and grab the reader.

Despite this, the Express tries its best to satisfy news hungry Vancouverites. It squeezes entertainment, travel and finance into an eight page section entitled Ex-
expressions. It even manages four pages of sports. But wire service news is limited to a few small fillers scattered throughout, with "Express Foreign Desk" appearing above the dateline.

In addition, the Express maintains a national and a provincial (Victoria) bureau. But the major stories, besides very local fast-breaking stories, are features, one of which appears on the front page of almost every issue (framed in red, of course).

Even without the Express, the Vancouver area is not totally deprived of print media. A suburban daily published in New Westminster, The Columbian, does carry "real, live" wire service, but the selection is meager compared to a daily's coverage. Nevertheless, the stories are more up-to-date than those of the Express, and definitely more in-depth in what they do cover.

The Columbian's subscriptions have increased substantially since the strike began. But the Columbian is retaining its character as a mainly suburban newspaper, and has not drastically altered its content to accommodate the huge "news hole" left by the striking dailies.

Many local weeklies circulate in and around the lower mainland and the Fraser Valley, but none have the facilities to provide the comprehensive want ads, movie ads, comics, editorials, national sports, wire services and so on covered by the major dailies. Some have begun to include weekly television guides, where before they had none, but this is about the extent to which they are catering to the public's news needs.

Most of the weeklies are experiencing noticeable increases in ad sales and subscriptions, but the newspapers don't seem to be getting fatter, just fewer.

So although newspapers are to be had in and around Vancouver, they are not so easy to acquire. Obtaining a newspaper becomes more like having to milk the cow instead of having the milk dropped on your doorstep, already packaged and pasteurized.

The small corner stores are constantly short of whatever newspapers they can get their hands on. Any stray copies are snatched up as soon as they appear on the stands. In many drug stores, a pile of Seattle Times appears on the floor beside the newsrack, the Sunday edition selling for 65 cents — 15 cents more than in the United States.

Although the newspapers may not be missed as sorely as beer was in last summer's beer strike, or as mail is in B.C.'s recurrent mail strikes, the daily newspaper is at least no longer taken for granted.

For now, however, reporters are idle, except for perhaps columnist Jim Taylor who has taken to doing his opinions on television. Weeklies and twice weeklies are experiencing a temporary mini-boom in business and the public is discovering firsthand why radio and television never managed to outmode the major metropolitan daily.

And around the city, certain red billboards are beginning to pop up more frequently between tangled wires and old-style cafes. They read simply,

"We miss you too."

THE VANCOUVER SUN