Sculptor of steel
Radio free rock’n’roll
Flying go-carts

September 1983
CONTENTS

ISSUES

HITTING THE ONE YOU LOVE ....................................................... 4
By Cheri Hoover An intimate look at physical abuse in relationships.

STUDENT — FACULTY AFFAIRS
THE CONFLICTS OF CONSENT ...................................................... 6
By Lori McGriff An examination of the student-faculty relationship controversy.

MUSIC

RADIO FREE LYNDEN: DANCING IS REQUIRED ..................... 9
By Scott Fisk A local rock band evades "selling out" and maintains its music with a message.

GEOF MORGAN: SPEAKING TO THE HEART ............................13
By Scott Ansley Former Nashville songwriter Geof Morgan lives in Bellingham and writes of intimacy and issues.

FEATURES

CHOCOLATE: THE BITTERSWEET ADDICTION ....................... 15
By Becky Webley Everything you wanted to know about chocolate, but were afraid you’d melt.

THE ULTRAFLIGHT ................................................................. 16
By Richard Bourcier Discover Icarus’ dream for the price of a Pinto.

CASCADE CUTS, A FLOWERING SUCCESS ............................ 18
By Casey Madison Two people have found self-sufficiency can be beautiful.

ON CAMPUS

THE STUDENT STRESS SYNDROME .............................................. 21
By Bruce Moon A look at Western’s multitude of services that help students survive the duress of stress.

BLAKE GRINSTEIN: THE MAN OF STEEL IDEALS ..................... 23
By Jennifer Hahn Sculptor Blake Grinstein turns scrap metal into poignant, participatory art.

CHOOSING A LIFE BEYOND ACCEPTANCE ................................... 26
By Nori Shirouzu Western student Darcie Richardson accepts her gay life and questions society’s discrimination against sexual minorities.

ETC. ................................................................. 28
Nuclear arms freeze, hair styles, Planned Parenthood and the string of time.

RICHARD LYON: DESTINATION UNKNOWN ............................. 30
By Roger Hayden Pursuing an acting career at 40 isn’t easy. Lyon won’t let anything get in his way — except for fate.

Klipsun is a Lummi Indian word meaning “beautiful sunset.”

September 1983, Klipsun 3
Editor's note: The names used in the personal accounts are fictitious to protect the privacy of the couples involved.

Susan and Tom had been planning an evening together for weeks. Because of their busy college schedules, they were having difficulty finding time to spend with each other, even though they lived together. Perhaps the evening would be one step toward solving the problem.

But the evening brought on an unanticipated turn of events. Two out-of-state friends of Tom's arrived unexpectedly. Susan reluctantly agreed to invite them along on the condition that Tom would "get rid of them" by 9 p.m.

They decided to go to a local restaurant for a drink. The evening wore on and Tom made no effort to keep his promise.

At midnight Susan reached her boiling point. They quarreled at the table, which embarrassed Tom in front of his friends. Susan walked home.

Susan was asleep when Tom came home several hours later. She awoke. They argued. But it didn't stop there.

For half an hour Tom sat alone in the living room. Instead of cooling off, he became angrier. He went into the bedroom and began "hitting" Susan through the bedsheets—not hurting her, but nonetheless hitting. She hit back.

Susan and Tom are fictitious names, but the story is an actual account of an event in the lives of two Western students. Following this incident, the couple sought counseling for their problems from Steve Meineke, a minister and counselor, at Campus Christian Ministry at Western.

This type of "abuse," both physical and verbal, is common among college couples, according to some experts. Little or no physical damage results from most of this abuse.

Meineke believes that as many as half of the students at Western experience or deliver this type of abuse. He says his estimate comes
from dealing with couples in happy as well as unhappy relationships.

Tim Douglas, dean of students at Western, said he agrees with Meineke.

"I think that it's prevalent. We've certainly seen evidence of this on campus."

An article printed in the New York Times and reprinted in Family Therapy News in March 1982 said that one of every five college couples experience abuse.

According to the article, 60 percent of 371 juniors and seniors interviewed at Arizona State University said they had "experienced some form of violence during dating and courtship."

Some students have grown accustomed to physical violence, according to the article. Twenty-five percent of the male respondents and 29 percent of the females said they "expected slapping, hitting or scratching in anger in the course of more serious relationships."

Laura, 21, a student at Western, said she believes that physical abuse is common among college students in relationships.

At times, the anger and frustration she feels toward her boyfriend results in a physical attack.

"The only time I do it is when I want attention. If he says something that really irritates me, I might smack him. Not to hurt him, well maybe, but I'm really just trying to get a response.

"Hitting him lets him know that I am mad. It's just one step beyond yelling. It's not a step that I would always take. John only hits me to let me know he could hurt me worse. I'm not afraid of John, because I don't think he would intentionally hurt me. I really don't want to hurt him."

John, 26, reflects some of those feelings.

"I've never hit her first. It's just been retaliatory to let her know that I don't like her hitting me. I think it is effective, but effective in a bad way. It creates ill feelings and more hostility. Hitting someone is an easy way to get out of telling someone how you feel."

The specific reasons why an individual or a relationship may be abusive are uncertain. But several causes seem to be emerging.

Stress, the cause of many psychological and physical disorders, may lead to physical abuse.

If stress is a cause, college students experience more than their share of it, Douglas said.

They are worried about tests, money, the economy and cuts to higher education, he said.

Ann Lohrman Heaps, a counselor at Western's Counseling Center, disagreed College students live in a "protected environment" and experience less stress than the general population, she said.

"It is a known and relatively believed theory that children who are abused have a higher chance of maturing to be abusers themselves."

The reason is because these individuals have seen this behavior as an acceptable way to deal with their problems, Heaps said.

Recent research in the area indicates that the level of intimacy in a relationship is of more importance than ascribed characteristics, such as a child's upbringing.

"The more intimate the relationship, the more serious it tends to become. The pressures get greater and the stakes get higher. It gets worse, instead of better. The pot is boiling, but the lid is on. There's no escape," Meineke said.

Mary Pontarolo, volunteer coordinator for Womancare Shelter in Bellingham, said a line can't be drawn between abuse that doesn't physically harm someone and battering.

"Physical abuse is on a continuum. It begins with squeezing, pushing, shoving. It then progresses to shaking and then possibly results in something requiring medical attention," she said.

The only way this progression can be stopped is through professional help, Pontarolo said.

The reason it occurs so frequently is because of societal beliefs and acceptance of this type of behavior, she said.

"People learn to deal with their problems in an unaccepting way. We have become used to this type of behavior. Even battering doesn't surprise anyone," she said.

Pontarolo stressed that abusive behavior comes from the individual's difficulties in dealing with their problems.

"Chances are that if it occurs in one relationship, then it will occur in the next, because it is a progressive problem."

In his counseling practice, Meineke treats the relationship, not the individual.

"There would be no benefit in seeing only one individual in a relationship. Often you correct the problem, but you lose the patient—the relationship. Their thinking is corrected, but they split up. A balance is needed."

Abusive behavior in relationships can be stopped. The first step involves the abuser making a conscious effort to change the unwanted behavior.

"I think that it is sad that people are willing to accept being pushed, shoved, bitten, scratched or struck in any way. There's a large percentage of people that think it is perfectly OK," Meineke said.

He recommended the line be drawn at the very beginning.

At the first indication, 'a person should make it very clear that this behavior is not acceptable to them, and they don't want it to happen again.' “

"We have become used to this type of behavior. Even battering doesn't surprise anyone..."
He stands in front of the class of 28 students. When he speaks, the students grow quiet and start recording fragments of his lecture in their notebooks. The words, they know, may be needed for the next test. The first lesson they learned, after all, was that the professor has the power to deem them successes or failures — by the grades he places next to their names in his record book.

Many admire his knowledge. Some may resent his authority. A few of the women may even become infatuated with him, staring at him from their desks or talking to him every day after class.

And one of these women may become so attracted to his aura of power and intelligence that she will choose to become involved with him in a secret, sexual alliance.

The number of female students who take their admiration this far is small, but student-faculty affairs are recognized by the rumors that filter through the faculty club and academic departments. Female students and their faculty counterparts are not immune to having affairs. (This article only focuses on the most prevalent type of faculty-student relationships — those between male faculty and female students.)

But what may appear to be a fairy tale romance on the surface can be in reality a complex relationship based on power, insecurity and father worship, some faculty, administrators and feminists say.

Linda, who has been given a fictitious name and age to protect her privacy, had an affair.

(Continued on next page)
with a professor her first quarter at Western.

Her admiration grew from the respect she had for him, because he helped her with a subject she always had failed in before.

After several visits to his office for help, she finally told him frankly, "I'm really physically attracted to you."

"He fell off his chair just about. He coughed," she said, recalling the scene.

She said he told her that normally with a professor her first quarter at Western.

They started going out to dinner once a week. And Linda continued to struggle through the class. She had gotten a tutor upon the recommendation of her professor.

"I probably looked at him as a father figure," the attractive 21-year-old said. Before starting college, she had had two other relationships with men at least twice her age: one, a school administrator and the other, her boss. Her professor was in his 50s, physically attractive, fit, tan and powerful, she said. He also wasn't married.

"I'd rather go out with a man twice my age any day," she said. But she added that she has started to examine her relationships with men more carefully.

Articulately, in a voice that seemed much older than her years, she talked about why she thinks she is attracted to older, powerful men.

"I wouldn't ever have a relationship with someone I thought was not sincere," Linda said. But she also has some other prerequisites.

"It seems like I'm not attracted to any man I'm more powerful than. I get involved with people I sense have power."

But why older men?

"I wasn't daddy's little girl where everything I did was OK. It was like everything I did wasn't." She described her mother as being "cool, aloof, intelligent and very fair. She's not very supportive either.

"As I get older and separate from my parents, I probably will get involved in less relationships where the man has more power," she said.

As far as her relationship with the Western professor is concerned, she said in the end he was the one who got hurt. After a couple of months she started dating a younger man, who also was very powerful, dominating, rigid and uncompromising—the same words she used to describe her father.

A pedestal of power

Linda said there are problems with student-professor relationships because of the power, especially where grades are concerned.

She didn't sleep with the professor until after the final and said she would recommend that any woman or man getting involved with a professor drop the class.

"It isn't fair to the other people in the class, and it isn't fair to yourself," she said that if the student doesn't drop the class, he or she may end up feeling exploited, but added she never felt that way.

Even after breaking up with the professor, however, she went back to ask him if the "C" she had received was deserved. He added up the numbers in front of her, and they came out right, she said.

"I think it's been a good relationship. I'm really glad I got involved with him. I probably would get involved with him again."

"He's got a real sex appeal about him," she said. "But he's actually a really insecure person despite all this."

Today her professor still remains on a pedestal of power. She said a lot of the fear she felt trying to survive his course returns whenever she sees him, but he always hugs her and smiles.

"I gave him the power he had in a sense," she said.

Linda's experience can't be classified as typical nor can her attitude following the relationship. Also, it can't be estimated how many students such as Linda have had affairs with their professors. No studies have been done that concentrate on relationships based on the consent of both parties. The only certainty is that it happens.

A study done, however, to examine the problem of sexual harassment at the University of California at Berkeley in 1977 found that about 30 percent of the 160 faculty responding to the survey indicated they had had sexual relations with one or more students. How many of those sexual experiences were with consent or because of sexual harassment were not reported.

Another study done at a small, private college in the Midwest, and reported in the Journal of Sex Research (November 1982), examined the incidence of flirting between college students and faculty. Of the 184 student responses (59.8 percent female and 41.2 percent male), more than one-third of both sexes reported flirting with their instructors.

Although flirting doesn't necessarily lead to affairs, it does demonstrate the obvious awareness students have of faculty members' sexuality.

Unhealthy relationships

Eldon Mahoney, chairman of the sociology department, said one has to look at the environment to understand why unhealthy relationships may flourish in the classroom. There are "all these 18- to 23-year-old bodies running around," he said.

If faculty followed the pattern of other males in American society, 50 percent would be having extramarital affairs, Mahoney said. But that cannot be assumed, because there are strong societal prohibitions against faculty having sexual relations with students. It simply is not accepted, he said.

Mahoney said he thinks affairs between faculty and students are rare. In the 13 years that he has been at Western, he said, he knows only of three affairs that were not just rumors.

(Continued on next page)
"It's a complex interpersonal situation," he said, and one that he doesn't recommend.

The late Dr. Hayden Mees, a psychology professor at Western for 13 years who had a private practice in clinical psychology, said last spring, before his death, that he knew of no studies done on student-faculty relationships. He said, however, that these relationships definitely are not healthy.

"I think it's not a good thing to happen," Mees said. "It's very much like the child who gets molested."

The damage to the student's emotional state can be great, he said. She may end up with a distorted view of her sexuality. As with the molested child, she may start using her sexuality to get approval. She may start using sex for trade, he said.

Mees said he has heard of cases where students, after leaving such a relationship, have felt exploited. "It depends on the promises," he said.

Some students have changed their majors and even left school because of a relationship they had with a faculty member; he said.

How vulnerable a student is depends on her maturity, her need for dependency, her need for affection and her awareness of her sexuality, Mees said.

Mees said it is normal for a female student to have a crush on a professor. The root, of course, in many cases is "father worship."

But sometimes, if the student's relationship with her father is very strong or very weak, her need for affection and acceptance will be directed only toward powerful, respected and usually older men. If her need to be loved by such a man is very strong, she may find herself consistently getting involved with her professor, her doctor, her analyst or her boss, he said.

These relationships aren't healthy, because she is constantly placing herself in a submissive, inferior role. Mees said.

Whether the student is attracted to a professor because of his power, physical presence or resemblance to her father, she probably isn't gaining as much emotionally as she would from a "healthier" relationship. Mees said. "It's taking advantage of the student," he said about the professor's role in the relationship.

He stressed that a faculty member's motivation, compared to the student's motivation, usually is extremely different.

Most professors probably get involved to have someone confirm their power and influence. Mees explained. "A lot of people lack confidence in themselves and when they get adoration from a student, they enjoy it."

He said that it might be based on physical attraction, but the couple probably doesn't have very much in common, especially if there is a large age difference.

"I wonder about any professor who has much to talk about with an 18- or 20-year-old," Mees said.

The power differential is particularly dangerous, he said. Even after there are no grades to be given, the power still remains.

Mees added, however, that some faculty marry students, and the marriages last. There are always exceptions, he said.

But, if the faculty member is going through a "mid-life crisis," thus just wanting some young woman to spice up his life, and if the student is constantly searching for a powerful male to accept her, the alliance will be far from stable, Mees said.

---

One of the reasons faculty-student affairs are not accepted seems to be because of ethical considerations about conflicts of interest. The faculty are in the position to say no to a relationship and should know the consequences of such a relationship. Mahoney and Mees agreed.

They both questioned how a faculty member can do his job well if he is sexually and emotionally involved with one of the people he must evaluate in a class. If it hurts his teaching, then he is cheating his students, they said.

Lois Spratlen, ombuds-person for sexual harassment at the University of Washington, warned against professor-student relationships that may seem at first to be based on mutual consent.

"It's certainly a misuse of one's (the faculty member's) position," she said. "It's an abuse of their role."

"The faculty person is always in the position to say no and has the responsibility to say no," Spratlen said.

She said that such a relationship usually is exploitative to the young woman involved, because her attraction usually is based on the fact the man is a professor, not on who he is as an individual.

And sometimes, more harmful than the victim's state of mind when she leaves the relationship, is the threat of sexual harassment if she decides she wants out and the professor doesn't.

Once the attention no longer is wanted by the student and the professor continues sexual advances, then the consenting relationship becomes sexual harassment.

Sexual harassment is defined as any unwanted sexual advances by a person in a position of power. Western has a policy against such behavior. Students can complain through the Office of Student Life, either informally or formally. The policy includes steps for dismissal of a professor or administrator found guilty of sexually harassing a student or university employee.

The university, however, has no policy against student-professor relationships that involve consenting adults.

"We effectively have no policies against, quote, normal relationships," Vice President for Academic Affairs James Talbot said.

But he warned faculty to be aware of the power relationships involved. He said the administration tries to stay out of people's private lives, but if complaints of sexual harassment arise, the faculty member could find himself in trouble.
"It's an everyday revolution
Better get on it right away
Time to be living solutions
Make a change with every
new day..."

—"Everyday Revolution"
by Mark Flanders of Radio
Free Lynden

The band is Radio Free Lynden
(RFL), and they're halfway through
practice for their Friday-Saturday
gig at the "World Famous" Up & Up.
The 20-by-30-foot room is tight.
The keyboard, played by Peter Nico-
letta, is inches away from a wood
stove. Flanders, lead guitarist Doug
Ling and bassist Doug Smith stand
"neck" to "neck" trying not to bump
each other as they move with the
rock beat.

After the song is over, it's break
time. Nicoletta and Thompson, the
drummer, immediately roll
cigarettes. Ling slides past a PA
speaker and an amp on his way to
the kitchen for a round of beers.

Smith is the "pusher" in the
group. He always wants to get
going, take short breaks and not
(Continued on next page)
waste time. "We have to do it again, no way is it performable," he says, but not with the tone of a direct order. His voice suggests self-dissatisfaction and a sensitive ear that lets him know when a song isn’t quite right.

Thompson plays intensely — always tries to get it right — and now listens to Ling, who gives him suggestions on how to improve a particular riff, plus a cold beer. Though the crisp night air came through the front door’s screen and settled like dew, Thompson is shirtless and his pants are rolled up to the knees.

The five seem to get along. They work together, they say, without a leader and compromise often whenever a disagreement occurs. Earlier, when Ling left to make the beer run, they virtually fell apart, unable to complete a song.

"We work together extremely well and that’s part of the enjoyment," Ling says, popping the top of a Hamms beer.

One thing RFL won’t compromise on is their music — not even for success. Sure, they all dream about becoming full-time musicians someday, but success is an off-key idea, with a lot of nasty connotations they would rather do without.

"Being successful is a pretty dangerous thing," Nicoletta says. "You start selling yourself as a product."

The one-step-past-the-garage-band syndrome is the essence of the RFL image, one they’d like to maintain. Part of that image is that they are a politically minded and motivated rock n’ roll band.

"Our politics won’t change," Smith says. "Just the issues of our community’s concern."

"Everyday Revolution" is just a sample of their dancing music with a message.

When members of a local rock band start integrating their own music into their live act, it’s usually a big step. It really means something. The band makes a move from imitation to creation, a move toward “making it” in the music business.

Bellingham’s RFL has slowly been doing this since it began, less than two years ago. Twelve of its 40-plus song repertoire are original material. But none were written with the usual in-search-of-a-hot-spotlight-and-contract-hustle future in mind.

What most bands do in the latter instance is play enough top-40 to catch the audience’s attention, and then force-feed what usually amounts to a handful of original, boring-as-shit, commercial-sounding songs.
With RFL, the message, not the money, inspires its songs. "It makes me feel less powerless," Flanders says. He sings most of the political songs and leaves the rest to Ling and, occasionally, Nicoletta. "It's a good feeling to be able to get a message across without having it interpreted by media. Our message of peace, no war, no authoritarianism is received straight from the source."

And sure, they throw in a couple of Stones' songs and even a righteous version of Hendrix's "Watchtower." It seems they play these for another reason than just to make people listen to their material.

Their original music defines itself in two parts: lyrics with a poignant political message and foot-stomping rock — without synthesized, electronic additives. It's all natural. It's all "danceable."

The five members all live and work (when they can) in Bellingham. They have assumed an attitude: "We're a political rock band without much of a fortune-filled future, but we're playing here and now and that's where it's at any way." Of course, political rock bands are nothing new, these days especially, thanks to the mass media-hyped versions cloned by the Clash (brought live to Seattle fans by Schlitz beer). RFL delivers a political message, but it's not garbled and made meaningless via the mass media's hypodermic needle.

The political convictions that surface in their music didn't arrive on the crest of a European wave. Instead, their support for political activism grew up on the back roads of life in the Northwest.

Local nuclear arms reduction groups, anti-draft, anti-Trident and stop-military-aid-to-El Salvador groups inspire many of the songs they write. This is because they usually are involved with at least one group all the time.

This outside involvement gives them the sense they are a part of the community. They serve a social function beyond playing music. "We spark people into action," Ling says.

The 28-year-old Ling says that there are so many political factions in a community, music is a way to unify it. Ling has been in and out of bands since he was 15 and makes his living giving guitar lessons and painting houses.

Indeed, the best way to unify a community very well may be with dancing music. It brings people with a common cause together to have a good time.

But not everyone understands music like RFL. They have their opposition, too.

Let's not forget James Watt. "Of course, Watt hates rock, it's a challenge to the status quo, to his way of life," Flanders said.

Despite their heavy hand in political music with John Lennon's "free your mind instead" overtones, they consider themselves just as strongly a dance band.

RFL considers dancing a participatory sport — one that includes the band. Without the energy from a shaking-all-over audience, RFL's energy would die. It's a symbiotic relationship. "We give energy...OK; but nothing happens until the audience responds by dancing, getting into it," Ling says. "They give us the energy right back. This starts a cycle between the band and the people. That's when we start having a good time." Part of the energy that Ling delivers is his classic rock 'n roll, two-finger leads and possibly the hottest blues harp in the county.

RFL seems to be a band intent on playing with the audience, not for them. This was apparent last spring when they played at their pro-

(Continued on next page)
DANCING REQUIRED

claimed home base, the Up & Up. Those willing to pay the $2 cover charge left five hours later buzzed on Red Hook ale, sweating and satisfied. It’s not a matter of waiting for a good song to dance to, it’s waiting for a bad one to stop for a breather. When RFL plays, dancing is required.

Nicoletta, 38 (also a published poet), lived in the heart of Bob Dylan’s best years. Before discovering how well he could manipulate the keys on a Rhodes, he sang and played political-folk music with an acoustic guitar during most of the ’60s and ’70s. RFL, however, is the first band in which he’s played.

Thompson, 28, started playing drums in junior high and high school. He returned to the dance-band scene, after nearly 10 years of “doing other things,” when he joined RFL in the late fall of 1982.

Ling met the two other original members, Smith and Flanders who already were good friends from working at Blackberry Press. Ling, in 1979 at a Crab Shell Alliance anti-nuclear power rally. The three soon discovered not only their common political interests, but music as well. Soon after, they began playing together.

After nearly two years of once-in-a-while jamming, they got a band together. And even then, “The exploding Poodles” didn’t make it much further than friends’ parties.

“The name was in bad taste and so was our music.” Smith says. “We got the name from the story about the lady who put her poodle in the microwave to dry it and it exploded.” The 24-year-old played guitar for 12 years, “never really knowing what I was doing,” before taking enough bass lessons to start him playing along with records. Now he and his ’63 Fender jazz bass are the heart of RFL’s driving rhythm.

Six months later, in April 1982, Radio Free Lynden took its first professional job at the Up & Up, with drummer Casey Hill and keyboardist Bill Sodt. The two eventually parted RFL’s company, leaving the original three.

That fall Thompson joined them on the drums. Getting a job still was tough. “We’ve always been too weird for a place like Pete’s (Tavern),” Flanders says.

After a couple months of inactivity, Nicoletta joined the band, and they were ready for another spring debut at the Up & Up.

“They’re easy to come to terms with,” Smith says. “We keep all the cover, and they get a boost in beer sales.”

But don’t get the idea that they live just for the out-of-the-way bar scene. They’ve had their taste of the fast-paced, slick-show atmosphere of Charley’s and the benefit dances as well. Last spring it was an all-age event for the Citizens In Solidarity with the People of El Salvador (CISPES).

The benefit, all the members agree, was more RFL’s style. Especially in the Assumption Gym, where wild dancing — one man wore nothing but gym shorts and dance shoes — was permitted.

Playing more and more in public hasn’t affected their music with a message. If anything, RFL will start including more of their own material in their act. The message is clear: “Everyday Revolution,” “No War,” “Children of the Empire” and “Hey Ronnie” (sung to the tune of terrible Ted Nugent’s “Hey Baby”), all ask for peace, social and political change, and the end to violence, racism and sexism in the world. For RFL, the best place to start is in its community.

Even their name is a statement. Ling explains: “Lynden’s (the town 14 miles north of Bellingham and famous for its no-dancing ordinance) view of social interaction — that drinking and dancing leads to lewdness and looseness — is part of the traditional Puritan ethics that can be traced throughout American history. We want to make a jab at it, all of it, not just Lynden. An open society needs to be flexible.”

Ling received his bachelor’s degree in history on the East Coast and now slowly is working on a teaching degree at Western.

Flexible also describes RFL’s songs. Besides the Stones, Hendrix and originals, they bridge the musical gap between the new wave, Talking Heads and country western, Johnny "Take This Job and Shove It" Paycheck.

Besides their music, the difference between RFL and a band such as the Allies, Thompson says, is marketing aspects. Thompson considers it a "real compromise playing for that kind of money...you have to create a marketable image."

Not for RFL. One reason they stick to the rough-cut image is because they really can’t afford to do otherwise. Clean T-shirts, dirty jeans and worn tennis shoes are as close as they get to creating a marketable image. Undoubtedly, their attire will vary little from tonight’s after-work practice to Friday’s appearance.

Even their T-shirt business holds true to their image. Flanders scooped up an armful of shirts in the 50-cent bin at the Salvation Army and printed the band’s name above the image of a man with his fingers in his ears.

Some may recognize the man as General Dozier, the American Army honcho whom the Italian Red Brigade kidnapped. As part of his torture, they forced him to listen to rock music. The picture of Dozier with his fingers in his ears was released to show he was still very much alive.

It has become RFL’s trademark.

Their chances of success? Slim at this point, but it depends on how one measures it. They’ve yet to go outside a 40-mile radius of Bellingham. But that’s not the point. Their true success lies elsewhere.

They are a band that has risen from the roots of a politically active community and they continue to grow with it. RFL has woven itself into the political fabric with music as a contribution to the cause, instead of saturating it like a spilled Schlitz beer.

And that’s fine with the RFL five — as long as there are people who like to dance with them. Not for them, they’ll continue to live by what they play.

But right now, they have a dozen more songs to practice before calling it a night. Smith insists they do “Everyday Revolution” until they get it right. They all agree.
Geof Morgan looks and sounds like a country songwriter—with a strong, sweet, tanging voice. His lyrics contain a lot of the earthy feeling of country music. They are clever and full of puns like country's best.

Morgan has even written some top-selling country songs, including "Busiest Memory in Town," "It's Me and You" and "I've Got 20-20 Vision." Humdingers? Well, if those titles sound a bit humdrum, Morgan understands. His early hits were pretty "soft" compared to what he has written since.

Today Morgan considers mainstream country music to be part of his past. He left the Nashville recording industry to mint two albums of his own — albums that hardly will bring in the bucks of top-selling country music.

Now Morgan performs a new brand of music that is important to him. He sings against sexism, competition, nuclear power and society's fear of homosexuals; he sings in favor of a world with universal love and community, where men as well as women can experience mutual intimacy.

"Politically, we're in a time when all issues intertwine," Morgan said. "The nuclear freeze is connected with sexism, in that the need for more and more bombs is the need to flex our muscles.

"That comes from our culture's concept of masculinity. A lot of our problems are tied to an American concept of masculinity that is dehumanizing.

"We're capable of creating an earth that is peaceful, of having respect for the earth, of cooperating with each other and of learning to love each other," Morgan said.

Morgan said he maintains a close alliance with feminists and gays, because he believes their causes are very similar to his. He has played at conferences sponsored by political groups, such as the National Men's Conference on Men and Masculinity and rallies, such as "Take Back the Night," an anti-rape gathering sponsored by Bellingham's Rape Relief. He also collaborated with gay songwriter Charlie Murphy on Murphy's recent album.

Morgan's involvement with the men's movement paralleled his own process of re-evaluation and discovery. When his first marriage ended in divorce a few years ago, he was starting to become an advocate of the men's movement.

His first wife, Judy, strongly sup-

(Continued on next page)
ported Morgan when he started a men's consciousness-raising group. Morgan had admired the intimacy Judy had with feminists, but he also felt men confronted many obstacles barring them from their own feelings and their experience of intimacy with each other.

Three years after marrying Judy, Morgan decided he had to leave because Judy seemed threatened by his growth within the men's movement. Although Morgan remained heterosexual, his involvement with men made it easier for him to affirm himself. Before, he had relied almost solely on women for support.

"I had to leave Judy because she could affirm my growth only as long as I stayed with her. It was hard to do that and be growing so much," Morgan said.

That year he wrote the title song of his first album, devoted to men's music. The chorus lines go:

"You tell me I need to show more concern
My intellectual games only make you feel burned
You say what I'm feeling I always conceal

Could you explain what you mean exactly by feel?

I get so weary watching men compete
In everything they do at home or on the street
Best job, best car, always on top
But now I'm the best liberated man at the shop."

The subject of the song — his desire to understand intimacy and his awareness of competition as an obstacle to intimacy — were issues for the men at the conference. Those men applauded Morgan, who was overwhelmed by their response.

"It was a transforming experience for me," Morgan said. "I began to see myself as a catalyst for men."

Since the early '70s, Morgan has continued to reconsider his point of view as a man and a songwriter. Many of the songs on his two albums were written for conferences and rallies.

Morgan estimated he spends four months of each year on the road. He met his present wife, Nancy, while he was performing in the Northwest.

"It was really funny how we met. I was immediately attracted to her...She's really centered in herself, and that has been good for me, too."

Their four-month romance led to marriage. Last summer, Nancy and Morgan had their first child.

A year ago Morgan left Nashville to live in Bellingham with Nancy and their nine-year-old daughter, Danielle.

Morgan and Nancy, originally from Arlington, decided to live in Bellingham because the community is supportive of musicians and is progressive. Morgan said.

Family life has inspired Morgan as a songwriter. He recently wrote a song about Nancy's pregnancy and another about fathering.

Morgan also organized a support group and a phone network for men who are violent or sexually aggressive.

"Men need to learn how to be in touch with their feelings and also how to be assertive without getting violent. What causes men to get violent and what causes men to be unable to express their own feelings is the same thing," Morgan said. "I think I could help circumvent the intellect and speak to the heart."

Morgan with his daughter, Danielle. Family life inspires Morgan's most recent songs. "We're capable of creating an earth that is peaceful, of having respect for the earth, of cooperating with each other and of learning to love each other."
She put on her long coat and shoes and grabbed her car keys. It was 2 a.m. She closed the apartment door gently, so she wouldn't wake her roommate. The drive was a short one, and soon she was at the all-night grocery store, buying five chocolate bars.

Then she drove home, filled with anticipation. Once there, she immediately sat down and devoured all five of the bars in less than three minutes.

Do you secretly (or otherwise) crave chocolate? It usually doesn't matter what form the chocolate is in: Oreo's, Frango's, candy bars, brownies, mousse and chocolate cake all are very tempting. Some people actually believe they are addicted to chocolate. But is their addiction physical or purely psychological?

Most of what is known about chocolate, before Cortes first tasted it at the court of the Aztec emperor Montezuma, is based upon myth and conjecture. In 1528, however, the conquering Spanish returned home with a drink they called chocolate. In 1615, at a royal wedding, it was introduced to France. Within 40 years, its popularity had spread to England.

Chocolate is made from the bean of the cocoa tree, which grows only in equatorial regions. The process of refining chocolate is a long one. First, the beans must ferment and be allowed to dry. Then they must be roasted, ground and pressed into a fluid called called bitter chocolate.

Bitter chocolate, sugar, vanilla, cocoa butter and milk all go into the making of chocolate. Despite beliefs that chocolate is really bad for you, it does contain some nutrients.

Shelly Zylstra, nutritionist for the food services on campus, says that chocolate is fairly high in nutrients for a sweet treat, but compared to a carrot or hamburger, it doesn't have many vitamins and minerals. It does have, however, vitamins A and D, calcium, phosphorus and potassium.

Many myths about chocolate are being disproved with current research. One is that chocolate is bad for your teeth. It isn't the cocoa that's bad — it's the sugar in the candy.

A second myth is that chocolate causes acne. Not true. Dr. Edward Kauffman, a dermatologist at the Northwest Medical Center in Bellingham, says chocolate and acne are unrelated.

Another myth is that chocolate is a dangerous drug. It does have some caffeine, but it would take 20 cups of cocoa to equal the caffeine in one cup of coffee, Zylstra says.

Chocolate also contains sugar and theobromine, both stimulants. These may cause mood swings from an artificial high to an artificial low, says Sandra Boynton, author of "Chocolate: The Consuming Passion."

A woman on the East Coast believed that she was addicted to chocolate. She couldn't go a day without eating some, so she went to a Schick Center for overeaters and people with food problems. They made her sit in front of a mirror, chew her favorite candy bar and then watch herself spit it out. By the 10th session she had no desire to eat or probably even to look at chocolate.

Some people believe that chocolate is a substitute for affection. This does have some scientific basis. Chocolate contains the chemical phenylethylamine, which is identical to the substance manufactured by the brain of a person in love, Boynton says.

The conclusion from studies about this finding is that chocolate obsession is a form of self-medication for the jilted lover. He or she may be trying to synthesize the "high" of being in love.

If you crave chocolate, Boynton suggests that:
—You find time to be alone with your chocolate.
—Avoid sudden or prolonged separations.
—Take time to listen to your chocolate.

And when you and your chocolate aren't hitting it off (it melts all over your hands or best pants), just try to imagine what your life would be like without chocolate.■
When his workday ends, Duane Lunde, a teacher at Bellingham Vocational Technical Institute, drops his tools and textbooks and heads to a friend's field halfway between Bellingham and Lynden. There he harnesses himself to his kit-built aircraft, the ultralight.

Classified as motorized hang gliders by the Federal Aviation Administration, ultralights cost about $5,000 and can be assembled in one week. As long as they don't exceed the FAA's maximum weight and speed limits, no pilot's license is required.

Two years ago the ultralight bug bit Lunde. Now he owns a pair of them, one of which he's talked his friend, Catrina Shalton, into flying.

While aluminum and Dacron
have replaced wood and cloth. Lunde's Quicksilver MXs, as with some other ultralight brands, share characteristics reminiscent of early pioneer aircraft. Both old and new models utilize only the essential elements for flight.

The sparse equipment is held together by a skeleton of tubing, which is drawn together tautly with cable. Just as in the "good old days," the pilot is surrounded by air rather than a cockpit or fuselage.

Lunde's latest, a two-seater, is outfitted with a "Joy stick" for steering, similar to a conventional aircraft. His first ultralight, the one Shalton flies, is called a weight-shift model. Shalton straps herself into a harness that is suspended from the wing. When she shifts her position, the cables running from the harness to the steering mechanism change the direction of the ultralight.

Both Quicksilvers have 32-foot wing spans and are powered by light-weight, high-powered snowmobile engines that turn two-bladed wooden propellers. A couple of tugs on the rope-pull starter brings the engine to life, and fuel level checks take only a glance overhead at the translucent plastic fuel tank. Since each plane is equipped with "lots of quick-release pins and wing nuts," Lunde they can be disassembled easily and trucked to other locations. "They're actually quite maintenance free."

Ultralights in Whatcom County still are as much the novelty as their turn-of-the-century counterparts. People in cars pull off the road to get a better look, kids stop playing and wave, and Lunde said he's had no problems when he's landed unannounced in farmers' fields. Lunde is careful not to spook dairy cows by landing too close to them. This common-sense approach should ensure Lunde continues to get the red-carpet treatment in the county's abundant green pastures.

Unscheduled landings are Lunde's biggest concern. Lunde practiced 'dead-stick' landings — coming in without power — during and after his initial ultralight training. He said ultralights get into the most trouble by running into objects, such as power lines and trees.

Even though his Quicksilvers are capable of 10,000-foot altitudes, Lunde prefers flying somewhere between 1,000 and 2,000 feet. If an engine failure should happen at 1,000 feet, his weight shift model can glide for about one mile, giving its pilot enough time to pick an emergency landing strip.

Another reason for sticking to such low heights is the plane's slow cruise speed of 40 mph. "It doesn't seem like I'm going anywhere (at higher altitudes)," Lunde said.

A licensed pilot for seven years, he considers the Quicksilver design to be quite stable. Yet, he likes to pilot his ultralights only when the wind is almost non-existent, so he can relax while flying. "I've found it (high wind) not to be very enjoyable. It's more fun when it's calm out," he said.

Where does Lunde go when weather permits? Anywhere except over large bodies of water. That way if an emergency arises, he can put down on dry land.

Lunde has flown to the Acme Valley east of Deming and to friends' homes in Birch Bay, Lynden and Sandy Point. Any level strip more than 300 feet long is fair game.

And when Lunde wants to drop in for a visit, he literally can do just that.
cascade cuts, a flowering success

STORY & PHOTOS BY CASEY MADISON
Being self-sufficient in this complex world is not easy. Allison Kutz and Paul Troutman have known this for two years. Their business, Cascade Cuts, a small greenhouse operation they own, built and operate independently, will make its first profit this year.

What the recently married couple is doing comes from a lifelong yearning. The hassles of working for others made them want to start their own business, so did their love of plants.

The spirit of self-reliance is everywhere at Cascade Cuts. Kutz designed and painted their business sign. Troutman, with the help of friends, erected the two greenhouses. The greenhouses are partially heated by wood stoves that Troutman built from 50-gallon oil barrels. Even the freesia bulbs—the mainstay of their business—are heat-treated in a "sauna" room that Troutman built.

Together the couple designed an underground heating system for the greenhouses. Now the soil remains at 60 degrees Fahrenheit, alleviating the burden of expensive heating costs. Troutman also designed and installed an irrigation system that feeds from a pond on their property.

Although starting their business was not easy, their previous knowledge helped. Troutman graduated from the University of Georgia in plant pathology. Afterward, he worked for greenhouse operations.

(Continued on next page)
CASCADE CUTS

from California to Washington. Kutz studied plant biology at Western. She also worked for several flora-culture firms in western Washington.

Inside their small home, Troutman and Kutz reflected on the start of Cascade Cuts.

"We started on about $4,000 for the first greenhouse and about $1,200 for the first set of freesia bulbs," said Troutman, reaching for his cup of herb tea. "That's not much to start a business with."

"Ali was going to Hawaii to study orchids. Instead, she decided to put the money into the business. That's how we got into business together — we rented this farm, praying we didn't have to move."

"I can't believe we started with that little," Kutz said, adding "and now we're so in debt."

The debts piled up when they decided to expand their business and buy the property they were renting. This year, the business will make its first profit, with sales grossing more than $40,000 in 1983, Troutman said.

The couple said they owe their sales success to their number-one-selling flower, the freesia. A fragrant bulb flower, originally from Holland, the freesia is catching on in this area, Troutman said.

Kutz said, "The freesia sells itself. It's a beautiful flower with an aroma that acts as a natural room deodorizer."

But conflicting with their success is the outside competition from overseas growers who import cut flowers from Holland and Colombia.

Troutman hopes his locally grown flowers, which have no additional freight costs added in, can offset the imports.

Growing freesias, however, is not easy, Troutman said. "There aren't a lot of growers in the area...so we learn a lot on our own."

One man, "the guru," from Langley, B.C., shares his expertise with the couple. "The guru has been growing freesias for more than 15 years," Kutz said. Since his market is Vancouver, B.C., not Washington, he is generous with his information, she said.

Cascade Cuts is almost 2 years old, but Troutman and Kutz's spirit of self-reliance and growth has not dimmed. They hope the European tradition of giving and receiving flowers every day will find its way into the American culture.

In Europe, flowers are a daily part of life, Kutz said. "Too many other things are important to Americans, like plastic mums," she said, as she rubbed some homemade herb balm on her blistered hands.

"We love our work," Troutman said. Although, he admitted, when the wind blows, sometimes he doesn't get much sleep, or when it gets close to bloom time he gets anxious.

"It's hard work," he said. "But it's satisfying to work for yourself."

right: Kutz's golden lab Sou-sia harasses one of the eight ducks, which eat the slugs in the flower beds. below: The fragrant freesias — a European tradition. bottom: Instead of going to Hawaii to study orchids, Kutz decided to invest her time and money into Cascade Cuts.
What's the matter, kid? You say you're stressed out? You say the accounting society excommunicated you because you screamed and ran out of class after your calculator fell and shattered during the exam?

As a subject of conversation, mental health is about as popular as test-taking or having a cold. No one seems to talk about it unless it already has affected him or is dubbed contagious. It usually isn't an "interesting" problem until some extreme act, such as suicide, draws a gossiping crowd.

While suicide attempts are uncommon at Western, and successful attempts quite rare, milder forms of emotional distress seem to spread like plagues during crucial periods of students' lives at college.

A list of reactions to stress can be a list of opposites because no two people deal with it in exactly the same way.

Some people try to be perfect achievers and take on all their work at once. Others worry so much about one project that they leave no time for other tasks.

Under extreme pressure some people eat more and gain weight, while others forget to eat and lose not only weight but strength. Some even become sick with anything from colds to ulcers. Others exercise more and become healthier.

Midterms, final exams, speeches, reports and choosing a major are academic pressures that can challenge students' ability to control their lives.

An unpredictable social life can combine with these school pressures to turn the road to success into a trail of frustration.

Sometimes all that's needed is a second opinion. Talking to friends about minor problems undoubtedly can help.

But distress affects individuals in complex, often hidden ways that can weaken the spirit and the body. When the only vitality surging through the body is the adrenaline, caused by acute fear, one might consider a third opinion.

Western offers a multitude of counseling services to help students cope with the pressures of college life.

Their theme is early intervention. The approach is to help students help themselves before their minor concerns become major problems.

Among the campus services are the Office of Student Life, the Academic Advisement Center, the Career Planning and Placement Center and Health Services.

Tim Douglas, dean of students and director of the Office of Student Life, said counselors at Western attempt to care for students' needs within the campus community.

His office is open for general counseling and for help in planning major scheduling adjustments, such as leaves of absence.

He said decision making is perhaps the most frustrating responsibility thrust upon college students. Choosing a major often seems like defining the boundaries of their entire futures — as though no other choices exist, he said.

Students' feelings of despair seem to intensify as their financial options appear to narrow, Douglas said. He cited an ill economy, with its high unemployment and cutbacks in social services, as a probable demoralizer that makes some people give up hope and even quit school.

But many students cling to school, because it may be the one structure that gives their lives focus, he said.

Douglas advised students concerned about stress to be aware of changing eating and sleeping patterns, irritability and sudden withdrawals from social life.

The Academic Advisement Center helps students by referring them to the various counseling services.

Students concerned about long-range plans can visit the Career Planning and Placement Center. Its counselors offer vocational advice and a library of career research materials including "The Self-directed Search," a sampler of self-evaluating approaches that help

(Continued on next page)
students recognize their vocational interests. The center also has information about job markets and how to make the transition from school to full-time careers.

Candy Wiggum, assistant director of the Counseling Center, defined stress as "anything that impinges on you, good or bad." She said stress is a physiological reaction in which the body's initial chemical response to unwanted emotions, such as fear, are the same as its responses to positive emotions, such as excitement. This makes tracing the root of a patient's problem especially difficult because each person has a different combination of symptoms.

Counselor Michael King said current attitudes about getting help for emotional strain are more accepted in "recognizing that you've got some sort of problem. It's something you can get help with, just as with a physical illness."

He said different reactions to pressure depend on a person's outlook on life. For many people, a "problem" can be turned into something useful, a way to learn.

He said that of last winter's 9,117 student population, approximately 75 percent, or 6,900 students, were aware of the different counseling services on campus, and that 15 to 18 percent, or approximately 1,500 students, visited the Counseling Center.

King estimated that two-thirds of the patients seek help for personal problems and one-third for vocational guidance.

"It's not atypical for students to put less research into choosing a major than choosing a stereo," he said.

King leads an eight-week workshop called "Overcoming Perfectionism." The group examines a two-sided phenomenon: one, that some students set unrealistically high goals for themselves, only to be discouraged when forced to settle for less; and two, that some become addicted to setting such goals for everything they do, simply because earlier objectives were met.

Therapy includes becoming aware of unrealistic assumptions about achievement and scaling down the work load into tasks small enough to be handled one at a time.

Wiggum said, "The secret of controlling stress is keeping a balance in your life."

Three years ago she began a headache and stress reduction group, having discovered that of 230 students sampled, 55 had headaches at least once every two weeks.

The workshop focused on a method of stress reduction that was common to all of the different therapies: learning how to relax.

An important part of stress reduction therapy is defining academic goals and deciding how serious students are about their work. The counselors can help define this fundamental motivation.

"Patients don't always know why they come in," Dorothy Crow, another counselor, said. Many students come for help after hearing from friends about the Tutorial Center's one-to-one counseling sessions for specific classes. Others receive special assistance with learning disabilities and motivation problems, she said.

The Tutorial Center's resources include motivation/relaxation tapes for relieving test anxiety and improving self-discipline.

The calm but assertive voice on the self-discipline tape says that without self-discipline, more severe forms of emotional instability can arise to upset one's sense of reality. Early correction of work-avoidance habits, therefore, can restore a semblance of control.

The "Systematic Desensitization for Test Anxiety" tapes invite further imagination. The tapes float the listener through five lessons, the first of which establishes a procedure for tuning in to a relaxed state. Follow-up lessons use combined relaxation and visualization techniques to help students "unlearn" their fears.

Visualization is an effective and common method for dealing with stress in most "mind-over-matter" situations. Many athletes train their minds by picturing themselves successfully completing an event before actually doing that event. In his classes, speech professor J. Dan Rothwell describes the need for positive visualization practice the night before making a speech.

In addition to general counseling and workshops, the Counseling Center provides "autogenic training" and "biofeedback."

Autogenic training is an extensive form of combined relaxation and stress reduction techniques that pick up where the test anxiety tapes leave off. Wiggum said.

In biofeedback therapy, electronic machines register impulse responses to specific stress tests. This can help to pin down a patient's specific reaction to real-world circumstances. But King said the machine's great shortcoming is its inability to listen. None of the quick-test methods are effective without some combined counseling.

Reactions to high stress often reveal themselves in more physically obvious illnesses.

Evelyn Schuler, director of the campus health services, said that near exam time, students often wait in lines for treatment of colds, insomnia, nausea, diarrhea and constipation. She said students who are self-conscious about stress should feel free to consult nurses at Health Services.

But, she said, if the illness comes near exam time, students may want to wait to see if it subsides after the test.

Tension, a physical reaction to stress, is a major block to studying. Many students tighten their back, neck and facial muscles to fend off the pressure.

The Counseling Center's booklet, "Healthy Choices: Alternatives for Students Under Stress," offers tips on quick, painless ways to avoid, for example, exploding in a fit over your textbook or collapsing in a stupor of boredom. The concise booklet, edited by Wiggum, is a brief symposium of various counselors' suggestions for reducing stress. Methods include breathing properly, exercise, diet, visualization, study skills and common sense.

The counselors said learning to relax is much like learning anything one truly desires. With purpose, determination and practice, the benefits always outweigh the costs.
When metal sculptor Blake Grinstein dons his furry-eared, feather-chinned welding helmet, he resembles more a character that just “ga-lumped” out of Maurice Sendak’s “Where the Wild Things Are” than an art student with serious pursuits. Yet, from rusting heaps of half-inch iron plate, salvaged pipe and junkyard booty (like arm-length garage door springs), 25-year-old Grinstein produces some of Western’s more amusing and also some of its more controversial sculpture.

“Humor makes the sculpture digestible...like a political cartoon,” Grinstein said, whose life-sized pieces often sprout crescent horns, spiked tails or long, beaked noses.

Some of his works, such as “Suez Canal,” make use of foot-operated pedals to maneuver jagged-tooth jaws. Others, such as the controversial piece “Rape Mechanics,” use spring-loaded arms to launch objects through a channel and finally explode them on impact.

Grinstein calls his sculpture “participatory, because people are encouraged to interact with it.” To encourage participation, Grinstein often provides his sculptures and his viewers with a look-through, masquerade-style face mask. Usually fitted to a vertical pole, at eye level, the mask has a dual purpose, Grinstein said.

“I’m convinced that most people walk down the street and do not look at anything. The mask is pointing your eyes to look at something.”

Grinstein directs people to look at rocks, a grove of trees and even a half-inch thick, rusted steel slab.

In the case of his sculpture “The Kiss” — two welded masks facing nose to nose with a 6-foot slab of steel wedged in between — Grinstein said, “the piece illustrated an experience I had when I was looking at someone: Looking but not seeing; hearing but not listening. The masks stood for the barriers we often set between ourselves.

“I believe a great number of people...” (Continued on next page)
Grinstein said he often works impulsively, guided by a roughly sketched picture of his sculpture. “Sometimes, I’ll be lying in bed, and suddenly I’ll get an idea in my head. It doesn’t matter if it’s 3 a.m.; I walk to the studio and start building...I make a rough drawing, but I never build from the ground up without changing the piece.”

Personal experience is often the primary source for Grinstein’s inspiration and ideas. His sculpture, he said, is not a means in itself, but a vehicle for his experience. “Every sculpture addresses something I’ve either felt or done.”

For one sculpture, however, Grinstein sought outside expertise. He spoke with Kathryn Anderson, a professor of women studies/issues at Fairhaven College, to make sure his sculpture, “Rape Mechanics,” accurately portrayed the issue and his feelings. After three months of reworking his sculpture, he placed it on exhibit at the Viking Union art gallery.

The piece consists of a 12-foot “T”, laid horizontal to the floor and fitted with three moving parts. Two of the parts merge to form a heart-shaped gate symbolizing the effort made to stop rape. The third part—the “aggressor”—a wheeled box fitted with a plaster fist, can be fired down a slender track into the gate. Always, the gate closes in front of the fist. The fist shatters on impact, spewing plaster in every direction.

“We were trying to say,” Grinstein said, “maybe, if you try really hard, you can stop rape every time.”

Welding, grinding, cutting and fitting all are done by hand. Grinstein said he believes people are losing sight of making things by hand. Especially at Western, he said, “where technology and business get the emphasis. The original root of technology, techne, used to mean things people do of skill or art. It included everything from buildings to sculpture.”

Much of Grinstein’s early sculpture addressed the issue of uncontrolled technology. Early works, such as “The Rock Crusher” — a large, smooth rock surrounded by an exoskeleton of metal — were made to show the relationship between things organic (the rock) and technology.

“It hate to get too spiritual,” Grinstein said, raking his black hair with his fingers, “but the rock stands for the earth, too.” For a moment Grinstein grew quiet, touching the spark-worn cloth of his jeans. “But I owe something to technology just by the fact that I weld.”

Grinstein is well aware that art may never make him rich. But then again, he is not creating for the sake of bread and rent. Issues fuel Grinstein — issues such as women’s rights, ecology and recently, the emphasis away from the arts. Like many of his contemporary counterparts, Grinstein is frustrated with the lack of social and monetary support for the arts. “All the arts,” he said, “writing, dance, music, theater...I can’t understand why they are the first to go...why people think they are frivolous.
"I think there is a parallel between the way society viewed the contribution of women’s work and the way people view the contribution of artists today. Because women’s work didn’t make a tangible monetary contribution, people discounted it. I think artists and the art world are in the same position today."

In 4½ years, the science-major-turned-artist has come quite a distance from the sterile setup of a laboratory, to the casual studio-workshop where he received his first and only welding lesson from a graduating senior.

Now Grinstein is preparing for one of the luckier breaks to be offered a new artist: an exhibit in a major gallery. Early this fall, 8 to 10 of his sculptures will be on display at the Jackson Street Gallery in Seattle.

As for the future, Grinstein said, “I don’t think I’ll be in welding forever. I’d like to find some people in the other arts who would be willing to collaborate their efforts. And,” he paused, the corners of his mouth tucked back like parentheses, “I’d like to remain political.”

above left: Sparks fly when Grinstein creates. left: It’s dirty work, but appearance is secondary. below: Grinstein includes masks with his sculptures to direct people to rocks, trees and the barriers between themselves.
Her brother David was shocked.

Darcie Richardson and her lover were staying for the weekend at the Richardson family's cabin on Vashon Island. David appeared unexpectedly. In doing so, he learned something about his sister—something society has taught him not to accept.

He realized that Richardson's lover was a woman.

After the Western senior returned from her vacation, her parents came by her apartment.

"David was calling me a lezzie and calling my friend a dyke," she told her father when he got into the car to leave. "Is she?" her father asked, turning on the ignition. "...Yes," Richardson replied.

She said she still clearly remembers her father, stepping on the accelerator and saying, "Then, he has every right to say it."

For a long time she stood there alone.

After that, she said, her parents didn't want to have anything to do with her. "Needless to say, it was a really hard time."

She understands she is a disappointment to them. "They see no grandchildren. They don't see me leading their values. My mom always brings up the fact (that) I used to get along so well with boys. She doesn't understand. She doesn't think I am that way."

It's been more than five years since her parents' discovery.

"Slowly, but surely, they are starting to see this . . ." she paused, "...is kind of OK."

As with her parents, who found it difficult to accept her lifestyle, society seems to be taking forever to end its prejudice toward sexual minorities.

Meanwhile, against society's expectations of sexuality Richardson has few allies.

Richardson, 27, is a graphic design major. Last year she was the co-coordinator of Western's Sexual Minority Center (SMC). As a member of the SMC's Speaker's Bureau program — which was established to promote better understanding of sexual minorities — Richardson has tried to spread the true picture of homosexuality. She visits psychology and sociology classes seven to eight times each quarter.

About five years ago Richardson realized she was a lesbian.

Her story begins at the University of Washington's women studies program where she met many lesbians. She said she had a long-time interest in feminism. (She had formed a feminist group in high school.)

After meeting many lesbians and talking to them, Richardson started recognizing homosexual qualities within herself. She thought, "the lifestyle (that) I was living, being emotionally and physically involved with men; wasn't where I really wanted to be."

"I felt more drawn to women," she said with a gentle voice.

Because she had a relationship with a man for 2½ years, she said, she wondered for weeks if she was bisexual. Richardson told her manfriend she thought she was, and he was "very understanding," she said.

Viewing closely the lesbian lifestyle, however, "I came to look at myself as a lesbian and felt that was truly where I belonged. I didn't
want to be involved with him any­
more," Richardson said. My new
relationship seemed somehow
"more wonderful and, maybe, more
perfect."

Richardson met her lover
through the University of Washing­
ton's women studies program and
maintained the relationship until
coming to Western two years ago.

She said she wished she would
have had the option of being a
homosexual earlier.

"I would have been better
equipped to know at an earlier
point of my life that I was a lesbian," 
she said.

"Just imagine if people were
raised to be involved with whom
they felt good, and there was no
stigma attached to sex at all," 
Richardson said, "things would be a
lot different." People might not have
to act the way society has
instructed them, she said.

Richardson, who also worked for
Western's Program Commission as
a graphic designer, lives like anyone
else. "I have bills to pay, and I am
just as behind in my classes as
anybody else," she said.

"Anything that is different would
be that we are sometimes
threatened in the heterosexualism-
dominated world."

Despite the growing number of
homosexuals and bisexuals
recently "coming out of the closet,"
and active efforts to develop better
understanding — myths, hostility
and discrimination continue to
exist.

Richardson said that "Western is
a rather tolerant community for
homosexuals."

In everyday life, however, 
Richardson doesn't necessarily
present her homosexuality to her
acquaintances. She avoids
unnecessary hassles.

She said she consciously and
unconsciously avoids words that
immediately reveal her lover's gender.
She uses gender-neutral words because
"it would also be foolish to tell everyone
that I meet that I am a homosexual."

And Richardson won't tell
employers during job interviews
about her sexual preference or a
year's worth of volunteer
experience at the SMC. She's afraid
employers wouldn't hire a lesbian.

Homosexuals frequently are left
behind in society. Richardson,
having gone out with anot­
er woman since moving to
Bellingham, said, "I can't even bring
her home to meet my parents,
because they refuse to see her and
any of my lesbian friends."

And if Richardson and her lover
ever want to get married, she
continued, there would be few
people to celebrate with them.
Their wedding only could include
friends from the small homosexual
community.

Richardson said she hasn't
suffered from much "trauma or
worry" from being a lesbian. She
has survived, being proud enough
to tell the world that she is a lesbian.

The public's "homophobic"
attitudes are nurtured by ignorance
of what the homosexual relation­
ship is really like, Richardson said.
"The homosexual relationship isn't
merely sex. Like the heterosexual
relationship, it's two people trying
to relate to one another and (trying)
to work something out together.

"I think it is very important for
people to know what has been
happening around them and to
have accurate information about
us, rather than distorted infor­
mation."

Richardson said now is probably
a good time for society to question
the established sex roles—how
males and females are supposed to
behave to find acceptance in
society.

"So many doors are closed before
us. Can we break those doors?"

It can be lonely to live up to what
a person really believes in —
"being blocked out in a small gay commun­
ity without any support." But
Richardson is determined to be
honest with herself.

In her renovated-attic bedroom,
in a house on Sehome Hill, Richar­
dson gets ready for school. With a
cup of coffee in her hand, she looks
out the window, perhaps thinking
that today's effort of speaking to a
class won't immediately dispel the
myths about homosexuality.

Outside, a sunny sky stretches
over Bellingham Bay.
Fear of a nuclear holocaust, like a ghost, has been hovering in the consciousness of Western students. But so far few students have risen to confront the ghost — or the real disaster it suggests.

"Nuclear war is so depressing. It's sort of hovering around and few people talk about it. We try to forget about it and just focus on school, even though we know we may be blown up. It's scary," Mary Vanderbosh, organizer of Students Concerned About Nuclear Arms (SCNA), said.

Campus activists, however, hope reluctant fear will change to activism when students begin to realize how to confront the awesome defense establishment and the pro-defense consciousness of Americans, Vanderbosh said.

SCNA likely will broaden its focus from the single nuclear freeze issue to confront what some of its members see as larger, interdependent causes behind nuclear escalation, Vanderbosh said.

"I think we may decide to call ourselves Students For World Peace. It will give us a positive image, and more students will want to get involved," Vanderbosh said.

Western students so far have shown themselves to be concerned about the nuclear issue, but they are not sure what to do about it, Vanderbosh said. Her group amassed more than 3,000 signatures on a petition calling for a bilateral nuclear freeze. It was a predecessor of the nuclear freeze resolution that was passed by the U.S. House of Representatives last April.

But no more than 20 students attended the weekly 9 p.m. candlelight vigils held last year at Red Square. Less than a dozen students attended the organizational meetings.

Vanderbosh looked with dismay at the amended U.S. House resolution, which called on the president to negotiate a bilateral freeze with the Russians.

"It doesn't commit the president to anything as it exists. Look, even the congressman from the district Hanford is in voted for it. And he turned around and voted for more missiles. So did a lot of defense Hawks," Vanderbosh said.

"El Salvador, fear of the Russians, missile building — these issues are related to why we're afraid to negotiate an agreement. There is a huge defense budget, too," she said.

Fairhaven College professor Bob Keller agreed that the causes behind nuclear escalation are not obvious to Americans. The largest obstacle to reducing arms is the military-industrial complex, Keller said. The people who are employed directly and indirectly by the weapons industry could effectively challenge legislation to reduce the defense budget or negotiate an arms freeze, Keller said.

Keller is not an anti-nuclear activist, but he did teach a special course last spring on the nuclear weapons issue in a senior seminar at Fairhaven College. He originally decided to use the nuclear bombs issue as a special topic because the issue was relatively obscure to most Americans.

Keller was surprised that the anti-nuclear movement gained enough momentum to bring the House to pass the freeze resolution. He said most Americans still aren't well-informed enough about the concrete effects of a nuclear war or of the relative power of each side's weaponry.

(Continued on next page)
How long will it take to achieve a nuclear-free world?

The nuclear freeze groups may be just beginning the long road toward flushing the atomic ghost out into the daylight where it can be confronted. ■

BEFORE IT'S TOO LATE....

BY VICKI SIGGS

Where can couples go when seeking confidential and inexpensive contraceptive needs?

The Mount Baker Planned Parenthood clinic, at 500 Grand in Bellingham, provides family planning and medical services at a low cost. The clinic will serve anyone, but most clients are women between the ages of 20 and 29. Men also are encouraged to come in for information with or without their women friends.

All services are provided by a trained staff. Fees are based on a sliding fee schedule (depending on income). Most university students, not living at home, but supported by their parents, are in category B. The client on this plan pays 20 percent of the total value of the service provided. The first visit usually costs $40. On plan B, however, the client would pay only $8.

No one is ever refused service because of inability to pay.

The clinic offers a variety of contraceptives, such as birth-control pills, diaphragms, condoms, spermicidal foams and jellies and intrauterine devices (IUDs).

To purchase prescriptive contraceptives, a woman first must take a brief physical examination. This consists of a counseling session, a height and weight measurement, a blood pressure check, an iron count, a urinalysis, a breast exam and a pelvic examination.

An exam is not required for non-prescriptive contraceptives, such as spermicidal foam and condoms. Anyone can purchase these directly from the clinic.

The counseling session concentrates on various types of birth-control methods, their use and effectiveness.

"Whichever (method) they choose, they are well informed on the risks, the side effects and what to watch for," Patti Newsstedt, community health educator, said.

Also, during the counseling session, a medical history chart is filled out "for our protection and the patient's protection," she said. This way there is less of a chance of prescribing the wrong method for a patient. It also can help the staff decide if a person may have difficulties with a certain birth-control method. The woman may have used a method before and had problems, or perhaps a problem runs in her family.

Other medical services include tests for pregnancy, cervical cancer and gonorrhea.

Counseling and referrals to other specialists are provided for pregnancy alternatives (keeping the baby, abortion or adoption), sterilization, infertility, birth planning, birth-control methods and natural family planning.

The clinic does not perform abortions. The staff refers patients who want an abortion to a qualified doctor.

Before an abortion, however, a patient is well informed of the pros and cons of abortions and the methods used. All personal bias is put aside, Newsstedt said.

Another focus of Planned Parenthood is education and training. Educators are employed to lead programs for schools, churches, community groups, interested parents and professionals.

Books, pamphlets and films are available on various topics, such as birth-control methods, teenage pregnancy and human sexuality.

Funded by service fees, local contributions and private, state and federal grants, the clinic has a staff of 25. They also have 50 volunteers who play an important role in the clinic and give about 4,000 hours of their time.

Planned Parenthood is billed in its annual report as being "an old pro: pro child...pro family...pro choice."
When Richard Lyon was a young boy, his father told him life was like a train on a long journey to a faraway destination. Every now and then, the train stops and people get off. But some people stay on in hopes of reaching that ultimate destination.

For Lyon, life has been full of stops on a journey that has taken him through more territory of changing landscapes than most people cover in an entire lifetime.

Lyon came to Western from Denver in 1980 to pursue acting and a master's of arts degree in directing. By 1982 he had directed and acted in several plays at Western as well as with the Bellingham Theater Guild.

By then he decided that, at age 40, it was time to take the big step every serious actor must — he would go to New York City.

Going there can be a frightening time for an aspiring actor. It can be the apex of a career. It also can be a place where an actor languishes for years, growing older and never knowing if his or her big break will come. It's an enormous gamble that Lyon was willing to take.

But the journey to this point in Lyon's life has been a long one, filled with unpredictable twists and turns characterized by an almost tireless search for personal identity and purpose.

Lyon graduated in 1964 Phi Beta Kappa from Williams College in Massachusetts with a bachelor's of arts in American history and literature and a minor in Spanish. It was his Spanish studies that attracted him to Spain in the summer after his freshman year. The summer after his sophomore year he spent in Chile. After graduation, he landed a job teaching at the American School in Brazil.

One year later, he found himself in Phon Rang, Vietnam. Lyon said all his romanticized conventional beliefs in what the United States stood for were shattered within a few weeks of his arrival. "It was as if the life I had been leading (before Vietnam) was an 'Alice in Wonderland' fairy tale," he said. The irony was that he had enlisted out of a sense of patriotic duty.

Upon his return to the states, Lyon had a difficult time readjusting. "Life wasn't as vivid as in Vietnam. The guy who was mowing his lawn next door when I left was doing the same thing when I got home. They were totally oblivious to what was happening over there."

He then was accepted to Harvard Law School. But before he started, his life came surging to a crisis point, culminating in a nervous breakdown.

Lyon said he began to reassess all his long-held values and beliefs. "I began asking questions I couldn't answer. My head was caught in a whirlwind and I was becoming oblivious to my surroundings. There was an intense feeling of isolation."

Lyon finally told his parents he needed help, and they sent him to the Veterans Administration...
hospital, where he underwent a month-long treatment. He then entered a private hospital where the main difference was better food and cleaner sheets, he said. After another month, he was released. He traveled to Pasadena, Calif., to live with his brother. “The world looked very different now,” Lyon said. “I was totally destroyed in a sense, yet reborn again.”

He moved north to Berkeley after a short time and “became a hippie.” He began using psychedelic drugs. But rather than use the drugs for a mere high, Lyon said he chose to use them more as a “religious experience.”

Lyon said he continued to ask questions and search within himself. His questions eventually led him to “the holy books,” such as “The Bhagavad-Gita,” The Bible and “The Tibetan Book of the Dead.”

He stopped using drugs and became heavily involved in yoga. For the next two years, he continued his search for inner truth through intense meditation. But he was feeling restless. The meditation was too passive, he said. He made several trips to a Trappist monastery where he stayed for weeks at a time. He began to realize that the way the monks were living was more of what he desired. He said the monks were more active than the yogis he had been associated with. The Far Eastern approach emphasized self-denial, whereas he needed something that allowed for individual self-expression.

After nearly five years of living in Berkeley, Lyon made a decision, in 1975, to enroll in studies at the Iowa School of Theology, in Denver, Colo. There he eventually obtained his master’s of divinity degree.

It was in Denver that he also discovered a way to actively express his inner spirituality. Acting classes and theater at the University of Denver provided the perfect arena.

He soon realized that there was an overlap between spirituality and acting. All of his inner searching and diverse experience in life became very useful. He could empathize better with the characters he played.

Lyon said the key to good acting is the ability to become the character you’re playing and to make “real contact” between yourself and the other actors. He said he tries many channels of communication when he is talking to people and when he is rehearsing for productions. When he finds a channel that “works,” he stays plugged into it, and a comfortable rapport results.

When actors are able to reach this level of concentration and become totally absorbed in what they are doing, the audience responds by being drawn into the action, Lyon said. When this occurs, it is sort of a magical moment when “you can really get high off acting.”

Although he has played leading roles before, Lyon said he considers himself better suited to character acting.

Lyon said the 1960s were a “humanizing time.” In the 1980s, when there is a heavy emphasis on technology and economics, a need exists for a humanizing element, such as theater, he said.

At the end of April this year, Lyon and his wife were all but packed for the move to New York. Lyon had arrangements to attend a three-year program at Rutgers University where he would earn a master’s of fine arts degree. His plan was to strive for success in off-Broadway theater and, perhaps, after finishing school, to teach acting part-time.

However, his life suddenly took another sharp turn. He developed a back problem, which he was told required surgery.

By coincidence, the United Methodist Church, where he was ordained, called him the next day and asked him if he would be interested in being the pastor at a church in northern California.

Lyon weighed the possibilities. He realized he would not be able to survive the rigorous physical demands of training for acting at Rutgers. Nor would he be able to survive the financial demands.

So he accepted the offer and now is in California.

Lyon said this only will be a temporary sidetrack. He plans to keep active in the theater there, while still planning to go to New York in two or three years.

Lyon said that although time is running out for his career, the difference between 40 and 42 isn’t that great in theater. And he isn’t worried.

The train that Lyon’s father described to him as a boy is still moving. It’s still making stops. And Richard Lyon is still on board, persistently struggling through change and searching for truth, destiny and purpose, which lie elusively at the journey’s end.