C R E D I T S

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He had that look in his eyes -- you know that far-off, glazed look people get when they start thinking about what they'd buy if they won the lottery.

"Think about it. We could be rich. Make a million bucks!" he exclaimed. "Everyone would want us. Almost Live -- no bigger! Arsenio, Dave, Johnny, Pat -- maybe not Pat. His hair is pretty goofy. Anyway, they'd all want to talk about the book."

I stopped doing dishes mid-rinse and looked at him. His eyes were the size
of the saucers I had just washed. The excitement in Fred’s eyes had his whole body wiggling like a caffeine freak on a two-pot binge.

Uh-oh, he’s thinking about “the book” again, I thought. It’s the usual topic he dwells on when his current “sure thing” lottery scheme isn’t working.

I shot him the it’ll-never-work look, but he wasn’t daunted. His blond, poodle-styled mop of hair bounced as he enthusiastically professed the way to riches in the publishing game.

“I’m serious man, this could be bigger than encyclopedias.”

“The Guy Book” isn’t a new idea for Poodle-head Fred. He first started talking about it in high school. He came up with this concept of a book for guys telling them everything they needed to know about growing into manhood.

I know, it’s not what you think. This isn’t one of those books that tells 11-year olds how their penis works or even how divorced 30-year olds can “pick up chicks like a pro.” Sure, those things would be in the book, but they’re only part of the concept. But “The Guy Book” is more than that. It would tell everything -- about sex, cars, body hair -- the works.

The book would eliminate the need for uncomfortable parental discussions. Wimpy dads who got beat-up in high school could avoid embarrassment by referring their sons to the chapter on “How to Handle Bullies.” It would make the perfect gift for single mothers plagued with raising boys.

“I don’t know...look it up in the book,” would be the catch phrase of the ’90s.

Poodle-head was talking up a storm. ‘Tim, I’ve got it all planned out. We could start with the book -- maybe in a binder format so we could sell yearly revisions. Yeah, what a great idea. It would guarantee sales. They’d be stupid not to buy the updates after they’ve plopped down $79.99 for the book.”

“You’re going to charge $79.99 for this thing? Fred, people can buy a Batman video for $15.99, do you think...”

“Video!” his eyes lit up. “Yeah, man we could come out with a video edition.”

He’s gone, I thought. “The Guy Book” will consume all of his free time until something dramatic happens -- such as getting fired from his job at Dairy Queen for daydreaming. I know, I’ve seen it before. It all started so innocently.

In high school he seemed so normal, only referring to the book in passing. It was just something we joked about.

Some girl would ask us how we learned to jump start a car and we’d tell her we learned it in the book.

“The book?” she’d ask.

“Yeah sure, the Guy Book,” Fred or I would answer. “Chapter 9, ‘Electrical System Troubleshooting In Foreign Cars.’ It’s near the chapters on ‘Car Dating,’ ‘How To Fool Your Girlfriend’s Father’ and my favorite, ‘Why wear a Jockstrap?’

Usually she’d laugh and be distracted enough so one of us could look down her shirt. I was usually content with the shirt thing, but Fred really enjoyed her reaction to the “Guy Book.”

“Come on,” he’d pry. “You probably have a girl’s book too. You know with chapters on hair like ‘How To French Braid’ or with dating tips like the “You’re a nice guy but let’s just be friends speech.”

“I KNOW the ‘let’s be friends’ dating tip’s there. Hell, our book...”

devotes two whole chapters to recovery from it!”

Pretty soon Fred had most of the girls, and even some of the guys at school believing him.

A born business major, Fred was always trying to make the quick buck. He started with a lemonade stand on his street corner and soon progressed to selling Bubble Yum out of his lunch box at a 200 percent mark-up. So it didn’t surprise me

"I'm serious man, this could be bigger than encyclopedias."

Poodle-head

when he first started talking about making the book into reality.

“Someday I could see this book thing actually making some cash for us,” he would muse, trying his best to get me interested. “I even had a football player -- you know, the guy who shaved his chest -- ask me if he could photocopy the chapter on jockstraps for the team handbook.”

He dropped the book idea when he found out he couldn’t write -- he got a ‘D’ in English 101. But started to dredge it up again when I decided I was interested in writing.

However, I have no interest in writing a book the size of the Bible, so I have done my best to kill his plans. Usually the it’ll-never-work look and some discouraging words from me on the high cost of publishing were enough to shoot him down.

But this time it wasn’t working. He had done some research on the efficiency of desktop publishing and I couldn’t shake him of the idea.

“Look,” he said, with his poodle doo still dancing. “How hard can it be to write a book? We’ve got a great idea. Besides,
What Every Girl's Father Expects,' and 'Hiding an Erection in Class -- Tips From the Pros.'"

The crack about how easy it would be to write a book because of the innovation of desktop publishing was the out I needed. Acting quickly, I flicked the soap from my dish-pan hands and rushed to my bookcase. Forcing three writing guidebooks into his hands, I shoved him out the door and onto the street.

In the silence that followed I was overcome with inspiration. I reached for a note pad and scribbled, "How to Deal with Obnoxious Roommates: The Final Chapter."

Poodle-head Fred sulked in a few minutes later with eyes emptied of enthusiasm.

"Whatcha doing?" he asked.

"Writing a chapter for 'The Guy Book.'"

"I thought you said it wouldn't work?" he asked.

"It probably won't," I said, "But, you probably won't win the lottery either."

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Dos and Don'ts
While Western seems caught up in a whirlwind of enthusiasm for cultural diversity and recruiting minorities into the student body, students in one group say they feel left out.

They're sexual minorities -- homosexuals -- and though they claim all the rights and privileges of other minorities, they say "straight" attitudes make it tough to even come out and publicly join their group.

Take the case of "Roxanne". She is a lesbian who lives with her female lover in Bellingham. She's also a senior in English who intends to pursue graduate work, and is soliciting letters of recommendation from professors. She wasn't sure if giving her real name and going public about her sexuality would make a difference, but she didn't want to take the chance.

Bryan Fujimoto, past coordinator of Western's Sexual Minorities Center (SMC), said going public about one's homosexuality can mean exclusion from the college crowd.

"Western, I've found, has a lot of religious fundamentalists, a lot of political conservatives in general," he said. "The people who are truly accepting of homosexuality -- there don't seem to be as many of those as you would think."

"I wouldn't recommend men walking arm in arm on this campus," said "Jane", a sophomore in apparel design who asked for anonymity because of her roommate/lover's concerns.

"Even wearing buttons on gay pride day, you get looks, lots and lots of looks," she said.

The majority of homosexual students at Western are still "in the closet," said Topher Jerome, present SMC coordinator.

Jerome said he knows of about 40 homosexuals on campus, "but there are more out there. There are a lot of people who don't know about the office, or who are unsure of whether to go public.

"Bellingham is a closet community," he said. "They're just not sure whether it's safe."

The SMC, located on the second floor of the Viking Union, sponsors gay and lesbian support groups, plays a part in AIDS awareness week and works to help homosexual students who are suffering harassment or simply need a place to fit in, Jerome said.

He said the campus atmosphere can create problems unique to homosexuals.

"The majority of gay people on this campus aren't open about it. Most people, especially in residence halls, have to deal with their roommates. A lot of people don't tell their roommates."

Jerome said he was fortunate in his upbringing and life experiences that he's never had to pretend to be something he's not. Raised in a Pennsylvania commune and educated at home, he said his parents did not condemn his decision at age 15 to be a homosexual, and never pressured him to go "straight."

But for some, denial is a daily part of life.

"I don't tell many people on campus that I'm gay," Roxanne said. "I don't have a lot of friends on campus -- straight friends. They don't really know who I am, and I'm not taking the chance. It's hard when you're rejected."

"I don't try to present myself as a heterosexual. I don't pretend anything. Like, talking about guys at work, and I say I'm going out. I don't make a point of saying I'm going out with a
On Western’s campus, Jane said, being open can be difficult. “There’s a lot of ignorance and a lot of hatred and misunderstanding. Like our rap (support) group posters; they last maybe half an hour before they’re defaced and ripped down.”

Jane said such acts can send a message to gays and lesbians about their own worth and status on campus. “I must be a horrible person then if people are going to say that about who I am. That wouldn’t happen to a heterosexual women’s support group,” she said.

She recalls last year, when shortly before Gay Pride Day, posters appeared around campus announcing Anti-Gay Day. “Somebody had gone to the trouble to put them on their computer and put them up, parodying gay pride. I saw those and my heart just sank.”

Jane’s lover, Mary, also a Western student, said, “Living in this environment . . . there should be more people out there with open minds.”

Both women say they’re annoyed by reactions they get when they’re seen together. “The looks that people give you,” Mary said. “Just knowing that you can’t go up to your lover and kiss her in Red Square.”

“Sometimes it gets me and I think ‘I have just as much right to walk around as they do.’ I don’t scowl at men and women walking together,” Jane said.

Ann Heaps, counselor at Western’s student health services, said fear of gays (homophobia), or anger directed at them is not uncommon, and will not be easily eliminated. “My sense is, people are very scared about AIDS and many other things that are blamed on homosexuals,” she said. “There’s also a lot of anger about it connected with the fear.”

She said she has counseled people suffering from homophobia the latest being a young lesbian “who absolutely wanted to deny” she was gay.

Heaps said “homosexuals don’t make choices about that. Their sexuality is determined early on. You can’t say I’m going to unmake myself.”

He said understanding between straights and gays is the first step to breaking down the hostility or fear that is sometimes there. She also noted that no amount of education or understanding would change the opinions of some who oppose homosexuality.

“You just have to ignore those people,” she said. Another issue homosexuals face is the question of self-worth, Jerome said. “You have to deal a lot with who you are and what you mean to yourself, because you’re constantly being judged.”

“Every time you deny your sexuality you’re sending yourself negative messages,” he said. “And most every gay person has to deny their sexuality in certain situations. Every time you do, it’s like saying you’re a bad person, there’s something wrong with you, and there’s not.”

Those interviewed said denial begins at home for most homosexuals.

Roxanne remembered when she had to finally tell her mother she was a lesbian, and the tension that followed. Her mother was coming to visit her at Western, but Roxanne’s roommate was also her lover.

“I didn’t want to put my lover out, I mean, it was her house. So I told my mother,” Roxanne said.

“Everyone who ever tells their parents, the mom thinks it’s her fault. ‘Oh, what did I do wrong?’” Roxanne laughed.

“She said that was okay, if that’s what I wanted to do, but she doesn’t accept it. I’m glad I told her, but now I don’t feel comfortable talking to her about it. At least she doesn’t ask me if I’m seeing anyone (male) anymore.”

Jane said her parents probably know she’s a lesbian, but the subject has not been openly discussed.

“I’ve been wanting to tell them for a long time, because I want their support and I want them to know I’m happy,” she said. “But I think they’ll go through a lot of shock before they can share in my happiness.”

Though all stressed that homosexuals must be treated as individuals, not a stereotypical group, they all had some of the same concerns. All those interviewed expressed strong feelings on AIDS, including the need to educate heterosexuals about the disease. “It’s amazing to me that there are people out there who don’t know how you get AIDS,” Mary said.

Jerome said the SMC, along with the rest of the Human Services department, tries to educate students about AIDS with programs such as AIDS Awareness Week.

“The whole program’s oriented toward educating college-age students about AIDS and the HIV virus -- that they’re very much at risk along with everybody else.”

“There’s a lot of the attitude that it’s their (homosexuals’) problem, not ours, and we’re trying to get rid of that by showing that heterosexuals are very susceptible at this point,” he said.

On other issues, Jane, Mary and Jerome said someday they’d like to have children. It’s not so important, they said, to have the standard man-woman-child family as to have a loving, caring home unit.

All mentioned that they considered themselves a minority community as much as Blacks, Hispanics or other groups. Jane said homosexuals want to know where they fit into Western President Kenneth Mortimer’s push for a culturally diverse campus.
"Where does the diversity stop?" she asked.

Although Western sponsors the Multi-Cultural Center for minorities and international students, it has no specific branch to deal with homosexuals. (The SMC is a student-run organization.)

"We haven't had the funding or the resources to get that specialized," said Saundra Taylor, vice president for student affairs. "We're just now getting something for disabled students."

She said homosexual students are directed to the university's counseling center. Taylor said Western might be reluctant to set up a university-sponsored center for gays and lesbians because of the unwanted attention it would bring to students attempting to use the facility.

Fujimoto pointed out that although the civil rights gains of the 1960s and 1970s have helped decrease ethnic racism, prejudice against gays is widespread.

"Most people on campus would not think of saying, 'there goes a nigger,' but a lot of people would say 'there goes a faggot,'" he said.

Though homophobia is still strong on campus and across the nation, Fujimoto thinks straight attitudes are slowly improving.

On gays being completely accepted in society he said: "Maybe. I can see that happening, but I don't see it happening in my lifetime."
In the search to find a long distance company that will save money and provide necessary services, an unsuspecting customer can find themselves lost in a technological jungle of mileage bands and fiber optics.

Although industry deregulation has allowed consumers to target the long distance company that best suits their calling habits, it has also led to customer confusion.

Bellingham's local telephone company is U.S. West Communications. Subscribers are not assigned a long distance carrier when they are connected to local service.

The only way to decipher which long distance company is the best catch is to narrow your cross-country chatting habits and examine your options.

In choosing a long distance carrier, cost isn't everything. Convenient customer service and quality communication can save time and frustration. To prepare for your own long distance adventure, here are some suggestions:

**DETERMINE YOUR CALLING HABITS:**

Which areas do you call most often? How often do you call? What time do you place the majority of your calls? How long do you usually talk?

**ASK SPECIFIC QUESTIONS:**

Do I have or want local phone hookup? Has dividing the phone bill among roommates become more trouble than it's worth? Do I have a choice of billing cycles? Will my parents pay for my calls to them? Is it important that I can pay my bill locally or be able to walk into a nearby office to solve a problem in person?

**DETERMINE YOUR SPECIAL NEEDS:**

Every company has a different system. Ask them if they can give you the service you need. If not, eliminate them from the hunt.

**CALL THE COMPETITION:**

What are your rates per minute from Bellingham prefix 671 to Seattle prefix 443? Do you charge increased first minute rates? Do you require a deposit or extra fees for initial or monthly service? Do you charge a fee for each credit card call? What times during the day do you offer discounts? Do you offer special discount programs? If so, what fees accompany them?

On the following page is a chart with eight long distance carriers and the rates each charge for the same call at different times of the day and on weekends.

The comparison is based on a call within area code 206 from Bellingham prefix 671 to a Seattle prefix 443. (This call would be billed by U.S. West Communications unless your long distance company bypasses U.S. West's reserved right to calls within the 206 prefix.)

By Kristi Warren

Illustration by Jerry Lessard
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* No first minute rate increase.
Comparison is based on a call within area code 206 from Bellingham prefix 671 to a Seattle prefix 443.
The sign on the front door reads "Fireman save my Pets".

Opening the door, Laina Jansma, volunteer for the Bellingham Alternative Humane Society, stands smiling with a friendly black and white spotted dog at her feet, enthusiastically wagging his tail.

In Jansma's living room, two older rust-colored dogs sleepily lie on the couch, lifting their heads only long enough to inspect the visitor. Two cats recline on the back of the couch, ignoring everyone else in the room, but turn slowly toward the sun seeping through the window. A striped cat chews on the phone cord ignoring the young calico swatting at her gray and white tail. In an easy chair, three kittens huddle together in a snoozing pile.

Jansma became a member of the Bellingham Alternative Humane Society (an option to the animal shelter) in 1978, and soon after offered her home as a foster shelter for unwanted animals. Jansma said the group didn't have a foster service for animals when she joined; they mainly tried to place animals who needed homes. The society has three or four other volunteers who offer their homes as foster shelters.
"There was a need for somebody to take some animals in. I took the first foster animals," she said.

Jansma has eight cats and three dogs of her own. The rest—12 kittens, seven puppies, five adult cats and four dogs all need homes.

As Jansma walks through her home, she stops to pet or pick up an animal that looks in need of affection. In the kitchen, frisky kittens scamper under the table. The kittens dodge the huge bags of dog food and slide across the linoleum.

"Besides the fact that I love animals," Jansma explained, "I started taking the animals in because I never had children. I felt the need to mother something, and that need had to be fulfilled."

Jansma said she also took the animals in because she is married to a recovering alcoholic. "He's been sober eight years now, but he was drinking when I joined the group. I felt the need to help someone. I couldn't help him, but I could help the animals."

At about the same time she joined the Alternative Humane Society, Jansma and her husband adopted three year old Miguel, who is now 15.

"My family puts up with it. My son helps out a lot and my husband is very patient. From time to time he gets irritated, but it makes him feel good to see an animal go to a good home. He knows it pleases me and makes me feel good about me."

Jansma said she is very choosy in finding homes for her animals.

"I always interview on the phone first. I ask them: What kind of home would you provide for my pet? They can't just answer yes or no, they have to think. I'm fussy about who I give them to."

Jansma said she occasionally places animals with students. "I feel good about it, but it doesn't happen very often."

The society's animals are mostly owner-released, but occasionally volunteers take animals from the free column in the Bellingham Herald, Jansma said. If she sees a stray, she picks it up and tries to place it if it isn't claimed. Mistreated animals are also given to the group.

"A group member saw these puppies playing in the road by a cement factory, with cement trucks whizzing by," Jansma said, referring to four of the seven puppies that romp about her backyard. "The puppies were soaking wet with no shelter but a lean-to, so the volunteer asked if she could have the puppies. The owner of the puppies said 'sure.' He didn't care."

Jansma's backyard is taken up by two huge fenced-in areas for her foster animals. Jansma opened the back door, and immediately seven frisky puppies flocked to her ankles. Three adult dogs in the other area barked for her attention.

"Be Quiet!" she yelled and they obediently ceased their noise-making.

"They're just showing off," she said. Jansma picked up a golden-colored small bundle of fur and explained the reasons for the abundance of unwanted puppies and kittens.

"There are 11 times as many animals as there are people in the U.S.,” Jansma said emphatically. “The main problem is irresponsibility. Ignorance also plays a big part. People don't know when to get an animal fixed or even know about the pet problem. They have no idea. A lady called wanting a cat, and when asked why, she said that she
she wanted her son to watch the cat have kittens."

Jansma said there just aren't enough homes for all the animals. Many of them end up at the animal shelter. A large number of them aren't wanted and they are put to sleep.

I realize the need for [euthanasia], but there are still dead. There is always going to be a need until people are responsible. It is better than starving to death, being abandoned, or being killed by a train or a car."

The society supports euthanasia, Jansma said.

"But you'll never see us practice it."

Jansma said the overabundance of animals is the society's main concern.

"I'm against pet and feed stores that don't require spay and neutering. People don't realize the potential their puppy will have for producing more puppies in six months."

The society requires all puppies and kittens that are adopted to return to be fixed when they are old enough. All adult dogs are fixed before they leave the foster homes.

The society also provides a pet-food bank for the low-income, Jansma said.

"It's run almost the same as a human food bank." The people first must show they are low-income and must save their grocery receipts. When they send the grocery receipts in, they are eligible for a pet-food voucher.

The society gets no funding, but relies entirely on donations and grocery store receipts, Jansma said. "The receipt program is important for us. We couldn't do what we do without it. We depend on it."

Donation cans located at cash registers of various businesses around town are also a source of funds. Several Bellingham-area stores give one percent of the total grocery bill to the society. Receipts must be sent to the society.

"We survive, but we never have an abundance of money. We may have an adult dog for six months or more before it's placed. We've put a couple hundred dollars into it. Nobody is willing to pay that much for an adult dog. That's why the receipts are so important -- we don't make money from the adoptions," she said.

Adoption of an animal costs $40, which includes shots.

Jansma said the short term goal for the society is to acquire a shelter.

"In some ways I'd give anything for a shelter, but in other ways, it's scary. We'd get more animals -- and I wouldn't want to have to consider euthanasia. Also, I like having dogs in a yard, not in a cage."

But for now, the society is concentrating on educating others -- by calling people who are giving away puppies and urging them to carefully choose the people they give their animals to, by advising owners to spay or neuter their animals and by providing them with animal care and pet-control information.

"There are 11 times as many animals as there are people in the U.S.,"

Laina Jansma

Miguel Jansma cuddles one of many cats at his home.
CATCHING A SECOND WIND

BY CHRIS WEBB

An athlete's quest to be the best sometimes results in setbacks that could end promising careers.

For one 35-year-old Bellingham cyclist, however, a life-threatening heart attack became his second wind.

After open heart surgery two years ago, Jim Sullivan proved himself to be an exception.

Last August, he raced back into competition, winning the veteran's division of the World Mountain Bike Championships in Mammoth Mountain, Calif.

Sullivan's heart attack occurred while riding his mountain bike on a 70-mile training ride in the northern California mountains two years ago.

"My legs immediately turned to stone," Sullivan explained while making espresso in his small cabin near Lake Padden.

"I had to ride a mile up a hill, while I was having the heart attack, to inform the rest of the group that I was having problems."

He managed to ride partly down the mountain before a truck driver stopped and took him to the hospital.

Sullivan was born with only two heart valves, one less than a person normally has. His aortic valve went out, which caused a collapsed lung and the heart attack.

Five days after his collapse, during open heart surgery, Sullivan's aortic valve was replaced by a mitral valve, a larger valve that had been taken from a pig.

"I guess it matches my personality," Sullivan said laughing and putting on his favorite jersey, a rainbow colored bicycling jersey with Ritchey (his sponsor) printed in bold black letters across the chest. Only world champions receive this jersey.

"The doctor had a hard time justifying the surgery because of the shape I was in," he said as he took a couple of steps over to the kitchen sink, camouflageing a coffee cup among the

Photo by Charlotte Anderson
other dirty dishes.

When the hospital attempted to test his aerobic capacity, he "literally burned up the electronic exercycle," Sullivan said, smiling.

Soon after being released from the hospital he began the long recuperation process.

"I didn't let my ego get in the way of my recovery," Sullivan said as an early morning rain began to dance on the roof. "I took my time; listened to my body and gradually worked myself back into shape."

Sullivan began his training almost immediately after getting out of the hospital. He started by riding a one mile loop and gradually increased the miles with time.

"It was months before I could even ride up a hill."

Sullivan finished 32nd in his first major race, eight months after the heart attack.

"I knew it would be hard at first," he said sipping a cup of freshly brewed coffee. "But I knew, eventually, my time would come.

"I didn't think I would win (the world championships). It was just a matter of peaking at the right time."

Sullivan dedicated the victory to his 9-year-old son, Danny. "He was worried about his old man," Sullivan said leaning against a torn black and white clipping of Muhammad Ali taunting a knocked-down Joe Fraser. "I showed him I was alright."

Danny wants to follow in his father's footsteps, someday becoming a world champion himself.

"I called all my friends and told them my dad was champion," the blond-haired fourth grader said bashfully, glancing up from Donald Duck cartoons playing on T.V.

Sullivan said he isn't fully recovered.

"I don't know if I'll ever get back to normal. There's always a little bit of pain."

He now helps others who are recovering from surgery. Most come out of surgery with a negative attitude or depressed about the world, Sullivan said.

"They all got another chance on life. So make the best of it and go for it."

When Sullivan isn't riding about 200 miles a week and racing, he is busy taking care of his business, EJ Services, which specializes in repairing espresso machines. Sullivan said he tries not to work more than two days a week.

Sullivan's idea of success isn't necessarily winning a race and it definitely isn't money. He'll be lucky to break even this year on the race circuit, even with sponsor's help paying expenses.

He views success as happiness; for him, that's riding his bike, high in the solitude of the mountains.

The 35-year-old did much more than beat 70 of the best riders in the world on a hot summer weekend in California. He beat the odds that were stacked against him two years ago when he lay on the operating table.

He won the biggest victory of all; the victory of life.
Shopping For More Amore

By Tina Stevens
ome college students ride skateboards, others climb buildings, still others watch strippers in Canada and quite a few students actually have sex.

But when sex becomes boring (okay even when it isn't), the bored can go shopping.

The Love Pantry, which can be considered a gourmet shop for lovers, welcomes curious customers inside its doors with festive decorations -- a black negligee beckons from one door.

Inside, tasty treats designed to soothe a sexual sweet tooth tempt customers. The connoisseur can buy anything from chocolate sex organs to edible undies.

The Love Pantry, however, stocks items designed to whet a variety of appetites. Best-sellers include lingerie, greeting cards and massage oils.

Sexual literature from hardbacks ("Guilt Without Sex") to nude comic books and erotic magazines line shelves. Greeting cards along one wall supply suggestive sexual messages for a "special someone" and condolences for newlyweds.

A few young women huddle around in the far corner discussing the size of one huge, plastic, male sex organ. One woman asks what to do with it.

The small shop, located on Telegraph Road, opened its doors in October and caters to a variety of customers, manager Carolyn Gynp, said.

A sense of humor is essential to appreciate the atmosphere of the Love Pantry, Gynp noted.

"Everybody has fun in here. Nobody leaves in a bad mood," she said.

Western student Tami Richardson said she thought the store was a little too wild, but had a fun time browsing.

"The only thing I would buy would be the cards and posters. I thought it was funny. You have to look at it with a sense of humor, otherwise many of the items sold would be offensive," Richardson said.

Some of the Love Pantry's "regulars" spend more than $100 on a variety of items each visit, Gynp said.

A great deal of what the store has is shock value, Richardson said.

"I couldn't believe some of the things in there," she said, adding she couldn't even identify some of the items.

Western student Amie Lewis, who visited the store out of curiosity, said the store was not for him.

"It catered to a certain kind of person with something missing in their personal life or relationship," Lewis said.

Although he said he finds a certain novelty in sexual humor, he said he thought sex was too private to be sold in a window display.

For those who disagree with this philosophy, and want to add some spice to their sex life, the lingerie section contained a green teddy equipped with removable feathers for washing and men's underwear complete with an elephant trunk attached to the front.
Every day on the bus, on skateboards and behind fast food counters--high school students can be seen.
Most college students probably don't think much about high school students, but they may be surprised at how much high school students think about them.

Aaron Grim is on his home turf. In the late afternoon sunlight, playing hoops with friends, the Sehome sophomore talks about college parties.

"High school parties are boring," he said. "At college parties there's alcohol, sexual situations, more beds and more room."

Getting invited to a college party isn't easy, said Grim. The key is having friends who are high school seniors and know Western students.

Ben Price, a Sehome freshmen said Western parties are more intense and bigger than high school parties. Because of his age Price was skeptical of the first Western party he attended, but found the students very friendly.

"At college parties usually everybody is together," Grim said. "There are no separate groups."

Sitting in a student lounge at Bellingham High School, senior Julie Hatfield said college guys party better than high school guys. "There aren't fights like there are at our parties."

All three high school students agreed the age difference gives college students a more mature perspective on life.

"My parents don't mind when I'm out with my college friends," Grim said. "They know they're responsible."

College guys are more mature, Hatfield said. "They talk about things more interesting."
A
fter meeting a couple of college guys at a recent concert at the Viking Union, Hatfield said they were cool because they treated her as an equal.

Robin Wood, a Sehome sophomore recalled seeing a movie with his sister and her friend, both Western students.

After watching "The Abyss" at the Bellis Fair movie theater, they went for ice cream and talked about the movie's plot, theme and actors.

But going to a movie with a high school girl is much different. Wood said. "There isn't any talking. Basically, you make-out in the theater. Then you have to go to a party."

Grim, who claims to have dated college women, said they are hard to get to know unless a college friend makes introductions.

"Sometimes, if you walk up, and if she doesn't know you, and doesn't know how old you are, she won't talk to you."

College women are sexually more experienced than high school girls, he said. "With high school girls, you have to ask them 'do you want to go to bed?' College girls already know the stuff. They can be more mature in sexual situations."

Grim said college women who date high school guys think these guys are more experienced than other high school guys. He said other high school students are impressed when high school guys date women who drive and are old enough to drink.

Because only a small number of high school students go to Western parties or date college students, many high school students in Bellingham develop their impression of college students from older brothers or sisters attending Western. Others base their impressions on college students riding the bus or riding down streets on bicycles.

Rob Munson, a Bellingham sophomore, occasionally meets his brother, a Western student, in the Viking Union building. "Nobody is screwing around there. They're doing a lot of work."

Lifestyles change when people enter college, Munson said. "They take life a lot more seriously. A lot of high school students don't check their budgets. College students have to be right on. No spending here, there and everywhere."

Life gets more hectic in college, said John Benson, a Sehome senior who has an older sister at college. "You get up, go to school, take classes, study a lot, have a little time for working, and a little free time."

Jim Davis, a Bellingham freshman whose older brother attends Western, said "half of college students study and the other half party, hardy, hardy."

College students set trends for high school students, said Toby Reece, a Bellingham freshman. "We want to go out and buy clothes like them."

Tristan Wolfe, a Sehome freshman agrees. "They look pretty cool, dress nice. They seem handsome, they seem prettier."

Jeff Hube, a Sehome sophomore, said "We are interested in their style of living. High school students live at home. College students are on their own."

Hube said Western students add a lot more night life to the city. "There are more incidents because of college students. The cops are out all the time looking for parties."

Hube summed up his impression of college this way: "lots of coffee, staying up late studying, going to parties on Friday and Saturday nights. The way life should be. Lots of fun."

But some of these dreams of life at Western may come to a screeching halt when they hit the red bricks of reality. In recent years Western has been inundated with applications for enrollment. The administration was forced to raise admission requirements, possibly shutting out Bellingham students.

Hube said he hears many of his friends talk about attending Western. "It has definitely changed from a little college to a big university. You used to not hear about it. I have friends in Tacoma who talk about Western."

"My mom said everyone in town who used to want to go to college went to Western," Munson said. "For me, hopefully I'll get into Western. I've had to work harder to keep my grades up to Western standards."

Western's grade point requirements have been raised too fast, Hube said. He said he plans to attend Western for a couple of years and then transfer somewhere else to go to law school.

"They offer good courses," said Hatfield. "But I won't go there because I want to get out of town. There's not much to do here."

"half of college students study and the other half party, hardy, hardy."  
Jim Davis
College students face high risks and new challenges.

BY MICHELE PARTRIDGE

Scott Lennon is 27 years old. He has his whole life ahead of him still, at least he thought he did. Four years ago, when Lennon was a Western sophomore, getting AIDS was the furthest thing from his mind. Now, it's about the only thing on his mind.

In 1985, Lennon tested positive for the Human Immunodeficiency Virus (HIV). He contracted the virus during a homosexual experience. Now in the advanced stages of AIDS, he spends a lot of his time talking to college students about the risk of unsafe sex. Being a former college student, Lennon says he understands the students' views that contracting the virus is not high on their list of worries.

"When I went in to get tested, I never expected there was a one in 10 billion chance that the test would come back positive," he said.

But, according to a study recently completed by the American College Health Association and the Centers for Disease Control, one in 500 college students is infected with the HIV virus.

College students are at a higher risk of contracting AIDS than the general population because of sexual promiscuity and experimentation with drugs, said Nathan Church, director of the Counseling Center and Health Services.

Church said college students between the ages of 18 and 22 are at their peak of sexual activity, putting them at a greater risk than most people.

"Students, when they enter college, are in a transition from late adolescence to early adulthood," Church said. "Substance use and abuse is high and can distort students' perception of their own sexuality. All these factors contribute to college students being at a higher risk of contracting the AIDS virus than the general public." Although most people believe the virus spreads faster among homosexuals, Church said AIDS is growing fastest in the heterosexual population.

Lennon said even when he found out he carried the HIV virus, he didn't think he would advance to the final stages of AIDS. He now knows differently, as this year he developed Pneumocystis carinii, an HIV-related
parasitic pneumonia that occurs when the immune system is suppressed and can't keep the parasite under control.

"At the time I was diagnosed as having the virus, everyone, including my doctor, thought there was only a 35 percent chance of getting sick from it," Lennon said. "I thought there was a better chance that I would get hit by a city bus. The chances have since gone up to about 98 percent. No one has survived it yet."

Rachel Bravmann of the Seattle-based AIDS Prevention Project said there is a progression of four stages, called classes, from being infected with HIV to having full blown AIDS. Class one, acute infection, occurs several weeks after a person is infected with HIV. He or she experiences cold or flu-like symptoms which soon disappear.

During class two, the person shows no physical symptoms of illness but would test HIV positive in a blood test.

In class three, the person begins to show some symptoms, such as swollen lymph nodes.

Class four is considered "full blown AIDS" and is the final stage of AIDS. In this stage, the HIV positive person contracts either Pneumocystis carinii Pneumonia or Kaposi's Sarcoma. Usually a person in stage four will not live longer than two years, Bravmann said.

Since the AIDS virus was first isolated in the United States in 1983, it has spread rapidly, reaching epidemic proportions, Church said.

As of Sept. 30, 1989, Bravmann said, 109,167 cases of AIDS have been reported in the U.S. Of those, 64,849, about 59 percent, have died. In Washington State 1,501 cases have been reported and of those, 825 have died.

Although it's impossible to know the exact figures, Bravmann estimates more than 2 million people are infected with the HIV virus.

Church said many college students who are HIV positive don't know it because they haven't taken the test and aren't showing signs of illness yet.

"Many high-risk students don't come in for testing for fear of having the virus and being detected," Church said.

He said high-risk students are those who use IV drugs, have sex with people who use IV drugs, or have had several sexual partners. He said the Student Health Services has not tested many of the high-risk students on campus.

Symptoms of AIDS may not show up for several years after a person contracts the virus, Church said. The virus may take up to 10 years before it reaches its final stages, when the body's immune system begins to deteriorate. He said it is especially hard to spot symptoms in young, healthy people.

One of the largest age groups of HIV infection is 22 to 32 years, Bravmann said. But many aren't aware they're infected because they haven't developed any symptoms and still look and feel healthy.

The virus can be deceiving, she added, because after a person is infected, it can go into hibernation for seven to 10 years, before any symptoms occur.

"Young people are healthier than the general populations," Church said. "They may have the virus and not know it for a long time. They continue to be sexually active in college and after college."

He believes most students have a basic understanding of the risks of AIDS, or "AIDS 101" as he calls it. But students still put themselves in high-risk situations.

Church, along with Western students, faculty and staff, has formed a Commission on AIDS Education to research the best ways to educate students about the risk of AIDS and to teach protection methods from the virus.

The Commission is in compliance with the Omnibus AIDS Bill, passed by the state legislature in 1988, requiring all four-year institutions to create an AIDS curriculum for freshmen and transfer students.

"We don't want to focus on the technical details of AIDS, because students have had enough of that. We want to emphasize real life situations," Church said. "We are concerned about people in a party environment. People will be drinking, and using marijuana and cocaine. The likelihood of having unsafe sex, either cooperatively or coercively, is extremely high."

Church said the AIDS committee hopes to create a curriculum that will affect student behavior. He said the group will incorporate refusal skills and condom etiquette.

Lennon has given several presentations in Western dorms on the risk of AIDS and on the importance of using condoms. He said many people believe using condoms can ruin sex, but Lennon said that is only true if they are used wrong or if the wrong kind are used. He said the best place to get condoms is on campus at the Student Health Center or at the Sexual Awareness Center.

"You have to prepare for safe sex," Lennon said. "If you look outside in the morning and you think it might rain sometime in the next month, you bring an umbrella. If you are heading to a prime place where sexuality is likely, you must be ready. If you have a condom you can, if you don't you can't."

Lennon also stressed the importance of talking about and planning for sex.

"Sex can't just be something that happens late at night when you least expect it," he said. "You have to think about this stuff before hand."

Information on AIDS, condom use and how to lower your risks of contracting sexual transmitted diseases is available in the Sexual Awareness Center.

Linina Severance works in the
AIDS Commission. She said knowing people with AIDS has made her reevaluate her life in many ways.

"When you know someone who is going to die it makes you think," she said. "I have realized that if it can happen to them it can happen to me."

Severance said it's important for people to talk about sex in their everyday lives. Because college students are afraid to ask questions, Severance said the center has to reach out to the students, instead of them coming to the center.

"It's like sex is a real mystery, and you can't talk about it," she said. "(People think) if you talk about it or ask questions, it means you don't know."

Church said right now the emphasis of AIDS education should not only be to inform students, but to make them change behavior patterns that put them at high risk of contracting the virus.

"In the midst of all this frightening information, student's behavior still isn't changing," Church said. "At the ages of 18 to 22, they think of AIDS as distant and something that won't happen to them. But the truth is, they couldn't be at a higher risk than right now."
DOUBLE EXPOSURE
**DOU-BLE**
('døb-əl)
having a twofold relation or character.

**EX-PO-SURE**
(ik-'spo-zhər)
the treating of sensitized material (as film) to controlled amounts of radiant energy.
WAKING UP WITH A dry mouth and no eyelashes can make the body yearn for some good grub. To find your way back to the "right side of the bed" in the morning, sometimes only a nutritional boost will do.

Fighting with your habitually weird roommates for the week-old, saucy tofu might seem a little too frightening, but your stomach's a-growling. Your glasses are still collecting last night's dresser-dust, so you allow your hand to reach in the dark, crowded fridge and pull out what you've, out of habit, called breakfast.

(Naming the morning mystery "breakfast" takes the fear out of the meal found in a smelly refrigerator.)
Some students don't have this luxury. They can see what's in the fridge even without glasses -- nothing.

When a few "average" college students were asked to bare their iceboxes, we found everything from vegetarians (animal lovers) to the junk-food grease-balls to boring, middle-of-the-road eaters.

When asked, "What kinds of food do you have in the refrigerator?" Leilani Towe said she always has pickles, mustard, mayonnaise and ranch dressing "for dipping" in the fridge, and three boxes of frozen spinach -- in microwavable boxes -- in the freezer.

Opening the door for in-depth inspection, eight jars of prepared sauce rattled in the shelves. Excessive sauce consumers, Towe and her roommate save barbecue sauce from the Puyallup Fair, share two large containers of Kikkoman soy sauce and pour Mrs. Richardson's Hot Fudge Topping on their ice cream. They save calories with Fred Meyer sour cream substitute.

To keep their spread from going bad or becoming moldy, they put two, not one but two, containers of Arm & Hammer baking soda in the fridge and freezer.

Unfortunately, her sour cream has a two-month growth of mold anyway, she said, as she fried up some fish sticks for dinner and picked at some really, really burnt peanut-butter cookies with soggy tops.

"We have lots of moldy items," Towe shamelessly admitted, offering the burnt peanut-butter cookies, as any kind hostess would.

Mold seems to be a common complaint with college students who own a working refrigerator. Edie Granger described how mold took over some applesauce in her packed-too-full fridge.

Her roommate got braces and she couldn't eat anything except soft stuff. She moved out in June and Edie removed the applesauce in November. (That's five months Edie!)

"I always thought she'd come back and get it." She said the tiny little patches of icy mold finally made her give in and throw the sauce away. (Her roommate's probably at Ennens right now buying apple sauce for her brace-filled mouth.)

Last year, Linna Severance had a plan to conquer her mold problems. She said she and her roommates waited until Dec. 10, 1989 to defrost the entire fridge -- no sooner and no later. They stopped buying food in November so all the food would be eaten by the time they defrosted the fridge.

"We ate our way down (to the bottom of the freezer). We planned it for months," Severance explained.

Careful planning saved food from the mold monster and helped Severance save money, otherwise spent on food, for Christmas shopping.

Many college diets require careful preparation and refrigerator planning.

Scheduling a tofu dinner gives Darci Utterback and her roommate a staple of nutritious protein that won't go moldy.

"You can steam it, stir-fry it,
mix it with beans and other yummy things, put it in soups and make burgers with it," she happily explained. "It's extraordinary, versatile and nutritious. That's why I eat tofu.

Utterback and her roommate usually cannot finish an entire tofu meal, so they do rely on the cold fridge to keep the food from spoiling.

"I don't have moldy food 'cause I can't afford it. We eat all the leftovers throughout the week," she said.

She also indulges in humous -- a spicy garbanzo bean paste. She can store this appetizing paste in her fridge for days and eat leftovers. Some argue the humous tastes like dirt on a pita. Utterback said, in other words, it has an earthy taste. The name of the bean has a foreign ring to it, but Utterback said the origin of the bean is not relevant in her taste selection.

Her cupboard is filled brown paper sacks, Tupperware and bowls all containing some sort of legume (a fancy name for beans).

"Legumes are a tasty choice for a low-budget, environmentally sound and politically conscious consumer," she said, while fidgeting on top of the kitchen counter.

Bruce Halabisky likes to store tofu in his refrigerator too. "Tofu's great stuff," he said. "But today I'm cooking peas that I bought for 30 cents a pound. They're a really good source of protein."

Like Utterback, Halabisky tries to eliminate mold and keep a clean fridge. However, he admitted he just bought a mold prospect -- a huge bundle of parsley. "It looks like a huge bush in the back of my fridge," he said.

Halabisky complained his fridge is too small to store his variety of vegetables. He had to cut a squash into little pieces because there was no room for it. (Maybe it's because his fridge is filled with a huge block of cheese that has hard crust on the edges.)

Other than moldy sour cream, hard crusty cheese and ice coated frozen spinach, refrigerators contain -- and even produce -- some interesting science projects.

Imagine a perfect, unopened milk carton with only one fault -- it's more than three weeks old. It looks like a pregnant lady retaining water because the carton is giant and swollen -- it has fermented! It smells really yucky too.

Watch out, this could be happening in your own home! At this very moment, mold may be lurking in your fridge, ready to take over, changing your rice casserole into a fuzzy green landscaped miniature golf course.