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WWU couple stroll in Arboretum. (See story on page 2.)
In these days of environmental awareness, more and more attention is being given to preserving our disappearing natural areas. Western is participating in that effort.

The University now maintains five such areas, according to campus preserves committee chairman and biologist Dr. Ronald Taylor.

Recently Western obtained Dot Island through a lease agreement with the Nature Conservancy, a non-profit organization dedicated to preserving lands for educational, recreational and scientific purposes.

The five-acre island, situated a short distance from campus in Chuckanut Bay, will be used by students and faculty for research and local field trips.

In 1968 Western acquired Deering Wildflower Acres, a 25-acre wooded site near Marysville now used as a living outdoor laboratory for ecological research.

The land was donated by Mrs. Ivah Deering of Marysville and her late husband, Tam Deering; Mr. and Mrs. Paul Unger of Cleveland, Ohio, and Mr. and Mrs. Edward Schafer of Berkeley, Calif.

Another area owned or maintained by Western or the Biology Department is the Alger Bog, an old and now stabilized bog covering several acres near Alger off Interstate 5. Some 15 acres of Western-owned land is near an 80-acre parcel by Lake Whatcom. That property is known as the Lake Louise Natural Area.

Taylor said most of the Lake Louise area (80 acres) is owned by the state and managed by the Department of Natural Resources (DNR). Western has asked DNR to keep the area in a natural state to preserve a large beaver pond and one of the few remaining mature lowland Douglas fir-red cedar forests in northwest Washington.

Over the years Western students have used Lummi Rocks off the eastern shore of Lummi Island as an outdoor laboratory. The University maintains, with the City of Bellingham, the 80-acre Sehome Hill Arboretum which borders the campus to the east.

Acquisition of the Dot Island Preserve will add a new dimension to Western's field research areas, said Dr. Richard Fonda, who serves as preserve director.

Fonda, a biologist, is an expert on the San Juan Islands' vegetation.

He said the island, though less than a mile from the mainland, represents a miniature of the San Juans in terms of plant and animal populations.

Fonda said Western will have two priorities for the island. First the University is obligated to maintain the area as a natural preserve. Secondly, its nearness to Western's campus makes it an ideal location for marine and terrestrial research.

Some work has been completed in past years to catalog the plants and animals of the island. Several graduate students are using the island for field research and Fonda said he expects to begin taking class field trips to the island by next fall.

Spring quarter enrollment at Western is 9,002 students, highest spring enrollment in the school's history.

University Registrar Eugene Omey reported this year's spring enrollment tops last year's total by 202 students. There were 8,840 students enrolled spring quarter of 1976.

The totals bring Western's average enrollment for the 1977-78 academic year to 9,191, Omey reported.

Undergraduates attending Western number 7,124 for the quarter, with graduate and other students totaling 1,878. Of the total student population, women outnumber men, 4,645 to 4,357.

New transfer students at Western spring quarter numbered 190. Washington community colleges contributed 28 percent of Western's students, Whatcom 20 percent, Pierce nine percent, Snohomish seven percent, and Skagit four percent.

Three percent or 302 of spring quarter's students came from British Columbia with 11 students from elsewhere in Canada adding to the total.

CORRECTION

Why is it that small, but critical, errors have a sneaky way of creeping into Resume? In last month's issue, we noted that the 50th anniversary reunion of the Class of 1928 would be held on Thursday, June 9. It should have read Thursday, June 8.
Dr. Peter returns as Intalco lecturer

The man described by University President Paul Olscamp as the best read graduate of Western returned to campus last month to share the wit and philosophy which have made him a best-selling writer in 35 languages and to receive Western’s Distinguished Alumnus Award.

Dr. Laurence J. Peter, also a noted educator and columnist, is the author of such books as The Peter Principle and The Peter Prescription, which have sold more than 40 million copies. He is also the author of a 10-volume compilation on teacher competence, the research for which required 20 years.

Peter donated the original manuscripts of this latter work to Western, where he received his bachelor’s and master’s degrees in the late 1950s. He took his doctorate at Washington State University.

Peter’s lecture, presented by the College of Business and Economics as one in its four annual Intalco Distinguished Lectures, was full of rapid one-liners and witticisms.

Peter, a Canadian, noted that Americans and Canadians share a common language—broken English. “Americans are more exciting and emotional; Canadians are more stable,” he said. After a pause he added, “What they are, actually, is dull.”

As proof of this contention, he cited the story of a Canadian manufacturing group which spent its three days trying to come up with an exciting slogan which would sell Canadian products. The result: “Made in Canada.”

Peter said the period from 1850 to 1875 was a Golden Age. “The fixed bathtub was invented in 1850; the telephone in 1875,” he said. “What that meant was that for 25 years it was possible to sit in the bathtub without the phone ringing.”

Speaking of his discovery of the Peter Principle, which dictates that individuals will rise to their level of incompetence, Peter cited “teachers who can’t teach, governors who can’t govern and civil servants who are uncivil.”

He described, as examples of incompetence, a teacher “whose varicose veins kept her from being completely colorless,” a principal “who had a straight-forward way of missing the point,” and a superintendent of schools now in charge of a multimillion dollar operation “whose wife used to take his check and give him an allowance.”

Badly written communications are another form of incompetence, Peter told his audience.

“At the University of British Columbia, there was a memo going around which said, ‘Professors who have no secretaries of their own may take advantage of the girls in the secretarial pool,’” he said. “The counter-intelligence service had a line in their application which asked, ‘Have you or any member of your family ever committed suicide?’”

There would be less incompetency in the world, Peter believes, if people learned that more is not necessarily better. “If you have one watch, you know what time it is. If you have two, you’re never quite sure,” he pointed out.

The notion that everyone must move up the ladder of success is what causes people to move up from the things they do well to positions for which they’re unsuited, Peter said.

“Upward is not the only direction to go. Progress is made not by doing more and different things necessarily, but by doing the same things better,” he said.

Lifestyle, creativity, confidence, beauty and love are other factors that must be balanced with material success, he pointed out.

“A successful life is a lifetime job,” Peter said. “You can’t burn the candle at both ends if your pilot light’s out; you can’t paint the town if your brush is dried out.”

Peter was professor of education at the University of Southern California until 1970 and director of the Evelyn Frieden Center, an on-campus facility for training teachers of the handicapped. Since leaving USC, Peter has been professor-in-residence at California State College at Stanislaus.

He’s been allowed to continue doing the things he does best by avoiding unwanted promotions and advising others to use any means necessary to do the same.

“I avoided one promotion by parking in the dean’s parking space,” he said.

Madison runnerup in SID balloting

Paul Madison, sports information director at Western, was runnerup in the first NAIA Sports Information Director of the Year balloting.

The NAIA currently consists of approximately 500 member institutions. Selection for awards were made on the basis of outstanding achievement in the promotion of sports activities on campus, throughout the community served by the institution, and in the NAIA.

Madison has handled the sports information duties at Western the past 11 years. He entered the institution in 1966 and received his bachelor’s degree in journalism in 1971.

The 30-year-old Madison has earned four NAIA All-America awards for programs and procedures. He also handles publicity for the Evergreen Conference (five years) and the Northwest Women’s Basketball League (two years) on a part-time basis.
On any day it would be hard to outshine the likes of Seattle Supersonics Coach Lenny Wilkens, Seattle Seahawks running back Sherman Smith, and Warren Moon, the most valuable player in this year’s Rose Bowl.

But the stars that shone brightest during April’s Whatcom County Sports Personality of the Year Banquet at Bellingham’s Holiday Inn were the local folks.

With Wilkens, Smith, Moon and Washington State University Athletic Director Sam Jankovich adding pizzazz to the night’s festivities, Blaine’s Tim Evans, all-stater at Blaine High and star basketball player at the University of Puget Sound the last four years, was named Sports Personality of the Year.

Western’s cross country All-American Bruce Manclark and Bellingham amateur golfer Fred Urquhart were runners-up for the personality honors.

Prep Male Athlete honors went to Western freshman Doug Groves for his three-sport starring role at Nooksack Valley High last year. Former Mount Baker High track standout Kathie Kinniburgh won the Prep Female Athlete award.

Lynden’s Jake Maberry took the Coach of the Year honors, competing against Western’s women’s basketball coach Lynda Goodrich and Vel West of Bellingham High School in the finals.

John Utendale, associate professor of education at Western, was a runner-up in the Contributor of the Year category. Utendale was one of the co-founders of Bellingham’s Minor Hockey Association, coaches teams and is chief training officer for hockey in 11 western states, including Hawaii. He also coached track, pee-wee and Babe Ruth Baseball teams during the year.

Lynden’s Hub DeJong took the Area Contributor award with Utendale, Rocky Hughes and Bernie Laverty, the other finalists.

Sports Family of the Year honors went to the Jim Emersons of Bellingham. Two of their six children are attending Western this year.

During the banquet Roger Repoz, Bill Tomaras, Dan Gagnon and the late Dick Bruiand were inducted into Western’s Sports Hall of Fame.
Western Front
is named top college paper
in state contest

Western Front was recently named first-place winner as best college newspaper in the state at the annual awards banquet of Sigma Delta Chi—Society of Professional Journalists in Seattle.

The Front was selected for the award over 13 other four-year schools in the state. Laurie Dunham, winter quarter editor, accepted the award on behalf of the staff. The issues entered were for February 3, 7 and 10. The February 10 issue carried the story on David Rorvik's book, In His Image, The Cloning of a Man. This story broke nationally first in the Front.

Additionally, the Front was awarded a First Place Certificate from the Columbia Scholastic Press Association, Columbia University. Universities and colleges around the nation send in all issues from the calendar year for an extensive evaluation. Scores of 850 to 1,000 points earn a first place. The Front scored 933 points.

Four students and adviser Lyle E. Harris went to Spokane April 21-23 to receive additional awards in the regional competition of SDX/SPJ for four-year schools. The region takes in Washington, Oregon, Idaho, Montana and Alaska.

Summer Session expecting one of its biggest years

Graduation ceremonies for Western’s current academic year are just around the corner, but that doesn’t mean that school will be out. The Office of the Summer Session already is gearing up for what could be its biggest year ever.

Learning opportunities this summer will range from courses for high school seniors to graduate study. Standard six- and nine-week sessions will be offered, as well as an enlarged workshop program.

“I think that reflects the type of clientele we’re getting,” Richard Riehl, director of admissions, commented. He said a substantial number of persons who attend the summer session are non-traditional students—housewives, people in business, anyone who can't attend college full-time but want to further their education. The workshops (more than 70 are scheduled this year) provide a perfect opportunity to do so.

Topics include nutrition, labor relations, human evolution, soccer, infant development, political parties, volcanos and dozens more. They run from one week to a month and can be taken for college credit.

The largest single group of students on Western's summer campus is made up of persons working on master’s degrees. Sam Kelly, Western’s dean of graduate studies, said almost half of the summer enrollment is involved in graduate work.

“In the summer,” Kelly said, “the undergraduate program sort of goes to sleep and the graduate program wakes up. I think that’s because most of our regular graduate programs are available in the summer. That’s not necessarily true at other places.”

The Office of the Summer Session is now working to keep Western’s undergraduates awake by publicizing the University’s summer opportunities. “Summer Session Day,” an informational program featuring displays and demonstrations, is scheduled for Wednesday, May 10, in Western's Viking Union lounge.

Publicity Director Bruce Hyland said most students don’t take advantage of the summer session because they don’t know what it’s all about.

“The learning opportunities during the summer are almost as good as during the regular year,” he said, “and the atmosphere is much more relaxed. This is an appealing place to be in the summer.”

Part of that appeal comes from smaller, informal classes, as opposed to the large lecture hall sessions most students encounter during the regular school year.

Hyland also pointed out that tuition at Western and Washington’s other colleges and universities will increase again this fall, leaving the summer session as the students’ last opportunity to further their education at the present rate.

MUSIC CHAIRMAN — Richard Goldner, internationally known string musician, is the new chairman of the Music Department in the College of Fine and Performing Arts. Goldner, a native of Romania, succeeds Phillip Ager, who recently was appointed dean of Fairhaven College.
Thirsk new associate director in Career Planning/Placement

Bob Thirsk was recently appointed associate director of Career Planning and Placement at Western. The 1965 graduate has been Western’s associate registrar for seven years and previously was assistant director of admissions and for the 1975-76 academic year was acting director of Continuing Education.

In his new post, Thirsk will be primarily involved with the business, government and industry division of the center. He will be developing career information programs for students and alumni. He also will spend considerable time making prospective employers aware of Western's programs and students.

Thirsk will assume leadership in developing cooperative education programs, similar to the internship programs currently being used in education and political science, where a practicum in a specific field is included in the students’ course of study.

Also high on Thirsk’s list of priorities is development of research tools that will help evaluate early employment experiences of alumni. This information will be incorporated into the University’s overall career planning programs.

“I hope I will be able to give the academic departments a clearer image of what career avenues their graduates have followed,” Thirsk said. “This information should assist departments in the preparation of their students.”

Thirsk, and his wife Dova, are the parents of four children. He is an avid boater and skier.

ALASKA SPEAKER — Secretary of the Interior Cecil Andrus, keynote speaker at Western’s recent “Year of Alaska Conference,” explains the Carter administration’s proposal for preserving almost 100 million acres of public land in Alaska. The largely student audience appeared in agreement with the proposal which would set aside 92 million acres for inclusion in either national parks, wildlife refuges, wild and scenic rivers or national forest. The two-day conference, sponsored by Western’s Associated Students Outdoor Program, featured workshops, speakers, movies and panel discussions.

‘East Asia House’ set up at Western

Experiencing a bit of East Asia, rather than just studying the subject, is the goal of a new program set for next year by the East Asian Studies Program at Western.

According to the program’s Dr. Toru Takemoto, up to 48 students will be invited to live and participate in an “East Asia House” project, which will be based in a house in Fairhaven, a district of Bellingham.

Takemoto said students will learn East Asian languages from native speakers, exchange ideas and obtain information about East Asia from resource persons, observe East Asian practices through field trips to business firms in Vancouver, B.C., and Seattle, and develop academic skills through house-sponsored seminars.

The group also will schedule special movies on East Asia and enjoy the “fraternity of students with similar interests,” Takemoto added.

Faculty for the program will come from the East Asian Studies Program and Western’s College of Arts and Sciences. A graduate student or instructor and a student assistant will supervise East Asia House.

“Our East Asia House can accommodate only about 46 to 48 students, so space is limited,” Takemoto emphasized.
Stress:

Rehearsing a fight with your wife or boss can reduce it

Can rehearsing a fight with your boss or spouse help you live longer?

According to Dr. Christopher Taylor, associate professor of psychology at Western, such rehearsals can be effective as a means of reducing stress, that 20th century villain which plays a major role in many illnesses.

Taylor, who is frequently asked by business and professional groups to do both speeches and workshops on stress management, believes it is too easy for people to shun responsibility for their own health.

"We get paid for being ill," he said. "Health insurance is really disease insurance; life insurance is really death insurance. We also get paid in the attention of our families and time off from work. Because we don't get paid for having good life habits, it's too easy not to take responsibility for our health."

Part of that responsibility, Taylor believes, is learning to recognize how great a part stress plays in illness.

"It's easy to get the flu and say 'I was a passive actor; a bug got me.' But research shows that animals injected with viral strains—flu bugs—respond differently depending on how they're treated at the time of injection. Those handled and injected gently don't get ill; those handled and injected harshly get sick," Taylor said.

While the role of stress may not be readily recognizable in flu, its effects in relation to illnesses such as hypertension and cardiovascular disease are evident.

"Our lifestyle is killing us off," Taylor said. "We lead the world in heart attacks for both men and women, and despite our incredible medical technology, we're 20th in the world in terms of longevity. That figure is bolstered by excellent low infant mortality statistics."

In his stress management workshops, Taylor urges his students to recognize the factors which cause stress. While many of these—job pressures, divorce, deaths of family or friends—are readily apparent, many more are not, Taylor said.

"We need to understand what our emotional Achilles' heels are, what things we over-react to, what people in our lives cause us stress and how other people affect us," he said.

Taylor and many other researchers see life changes as being particularly stressful situations.

"When we have a whole lot of changes in our lives in a short time," Taylor said, "research shows we have roughly a 90 percent chance of becoming ill. Also, anticipation of events, both pleasant and unpleasant, can take a bigger toll than the events themselves. We create our own juices and literally stew in them."

To combat stress, Taylor advises students to develop a better equilibrium of body, mind and emotions. He suggests a program which includes exercise, better diet, relaxation and learning new reactions to old problems.

Exercise is important among other reasons, he noted, for reducing a person's resting heart rate and thus maximizing survival chances in the event of heart problems. Coupled with proper diet, Taylor added, exercise can also help a person look and feel better, an aid to self-confidence, which in turn brings about a better attitude.

Diet information in this country is very poor, Taylor said. "If you walked through a supermarket picking out food items at random every three feet, half of it would be useless from a nutritional standpoint. We beat the nutritional value out of food, then add sugar and color. We really eat garbage in this country, but cutting back on meat, sugar, caffeine and alcohol will help you survive."

Taylor is enthusiastic about the benefits of relaxation for better health.

"You can't be relaxed and stressed at the same time," he said. "Rather than be constantly involved with the here and now, drift away from the present to someplace else, through prayer, meditation, day-dreaming, cat-naps or self-hypnosis. You'll feel rested, alert, energized and better able to carry on."

Learning to use less volatile reactions in uncomfortable situations is another stress management aid, Taylor said.

"Worrying about being chewed out by the boss is often worse than the actual encounter," he pointed out as an example. "It's helpful to practice beforehand, perhaps getting someone to help you. Imagine you're seeing the boss in that situation. Take deep breaths. Relax. Tell yourself, 'I won't let this get to me so much.'"

Taylor also advises students to spread their life changes out carefully to avoid too much change in too little time.

"Some changes you can't do anything about," he said. "But when a lot of unavoidable change is taking place, you can decide not to add to it by buying that house or taking that vacation. Spreading change out gives the body more chance to adapt slowly."

"Part of being healthy involves how we're dealing with our lives," he said. "People need to realize that they're making choices that effect their longevity."
'47 MILTON "MICKEY" SMITH retired last July after seven years as superintendent and 30 years with the Longview School District.

'50 BOB WILCOX, Sedro Woolley insurance agent, was elected to the board of directors of the Washington Lung Association.

'59 JERRY BAKER, manager-purchasing and material control for Foss Launch and Tug Company in Seattle, has been named to the 16th edition of Who's Who in the West.

'61 DALE WARR is teaching music at Sardis Secondary School in Sardis, B.C. He has organized a recorder quintet called "The Four Winds," who represented Canada at a concert at the International Society of Music Education Conference in Switzerland. Last year they represented British Columbia at the Canadian Music Educators Association Conference in St. John's, Newfoundland.

'62 JIM DE YOUNG is assistant manager of the Metropolitan Branch of People's Bank in Yakima . . . CHARLOTTE YORK teaches physical education at Olympic College.

'64 GARRY NAKAYAMA teaches band at Renton High School.

'67 Mr. and Mrs. TOM CAMPBELL (ELAINE MEIER, '72) are living in Edmonds.

'68 The Rev. JAMES WHIPPS has joined the staff of the Italian Bible Institute in Rome, Italy.

'69 Susan Benco and JAY CASTLE were married in May and are living in Denver.

'70 DEAN STENSBY is manager of Pioneer First Federal in Redmond . . . GARY SEIFORD is a salesperson with Diversified Imports Corporation in Seattle. They are importers of premium table wines.

'71 FRED C. LARSEN has been elected to the position of Whatcom County Freeholder and is working on a new home rule charter for the county . . . WILSON "KIM" PERRY has joined the insurance firm of Nystrom-Peery & Associates, Inc., of Camas in the sales and production department . . . BRUCE POTOCKI is associated with the law practice of Jerry Heller, a Woodland attorney.

'73 BONNIE LONGWORTH DOLAN received her master's degree in library science in August 1975 and is currently the legislative librarian for the State Legislature of Colorado . . . DENNIS ORGAN is an industrial engineer with Associated Grocers in Seattle . . . GREG BOEHNE teaches music at Shorecrest High School.

'74 MARY McFARLAND is a CETA assistant in the Skagit Valley College Job information center . . . DEBBIE DICKHAUT and BOB BUSK ('77) were married in Seattle in March. They are both teaching elementary school in the White River School District.

'75 GAIL PULLAR and Randy Jones were married in February and are living in Blaine . . . JOE HUNTER, JR. is senior merchandising manager at the J.C. Penny store in Everett . . . DOLORITA REANDEAU has returned from Jamaica where she spent a year and a half as a Peace Corps volunteer. She worked in a school for the deaf there.

'76 CHRISTINE ANNE ERICKSON and JOHN BALLEG were married in February in Bothell . . . SHARON MORKIN is the director of career planning, placement and alumni relations at Green River Community College,

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