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## Ecotones: The Heartbeat of Huxley, 2002, Fall, Issue 08

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# ECOTONES

The Heartbeat of Huxley

Fall Issue 8  
November 25, 2002

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Vegetarian alternatives to turkey. See page 5.

Scholarship available to interested Huxley student. See article, page 3.

**Heads Up!**

Huxley T-shirts available in the main office in ES 539

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## Thanksgiving: Vegetarian Style

By Erik McKenna

This time of the year is difficult for many vegetarians. They are surrounded by people whose actions they find morally wrong, though vegetarians have more options available to them this holiday season.

Turkeys are the main course for many holiday celebrations. Some vegetarians believe the killing of animals to provide food for people is morally wrong. "I became a vegetarian because of my moral belief about raising animals for eating," Western student Ceann Knox said.

Knox believes strongly that animals should not be raised to provide food for people. As a

result of her belief, she does not eat meat.

Some students attending Western have made the choice to change their lifestyles and join the ranks of vegetarians. They are against the mistreatment of animals and look at vegetarianism as a way to eat healthier. Vegetarians consume less fat and calories, which leads to a healthier lifestyle.

Thanksgiving is a holiday focused on eating meat, and is a time when very few vegetarian options are available.

According to People for the Ethical Treatment of Animals' (PETA) Web site, people's Thanksgiving meals consume approximately 45 million turkeys each year.

"I eat the stuffing, cranberries, and salads,"

*Continued on page 5-*



The Large Tofurky dinnerplate, complete with stuffing and imitation gravy.

Photo courtesy of [www.tofurky.com](http://www.tofurky.com)

## 'Food Not Lawns' Building Gardens

By Anne Chapin

Food Not Lawns has been around for a little over a year, but is already changing the landscape of Bellingham by turning lawns into organic gardens.

The not-for-profit group has about 25 volunteers, including Western students and

Bellingham community members. Eric Conn, a Huxley graduate, is one of the founders and current leader of Food Not Lawns.



Food Not Lawns leader Eric Conn.

Photo by Tyler Faulstich

"It's a way of empowering people into making a change in their own community and then the whole world is going to change."

Food Not Lawns' mission is to "help Bellingham become more sustainable by restoring abused and unused land into organic gardens."

Lawns are unhealthy for the environment because they use up water resources, pollute the air and water with pesticides, and do not turn carbon dioxide into oxygen as well as organic gardens.

The group planted organic gardens on donated land at the Community Food

*Continued on pg 4-*

## Native American Student Has Strong Connection to Bison

By Laurel Eddy

As he spoke to the Environmental Education class, Huxley junior Cetan Wanbli Williams' head was lowered and he said 'um' or 'you know' a lot. Clearly, he was not comfortable in front of the class. Equally clearly, he had a passionate message of animal rights and respect that was far more important to him than his shyness, which, as he went on talking, disappeared. His head came up and the 'ums' magically went away.

Williams recently attended the Inter Tribal Bison Cooperative on Nov. 7-9 in Denver. He was moved to talk about the importance of bison, or buffalo, and to share pemmican, a dish made with bison meat and plains berries, with the class.

"I felt a certain responsibility, not only to my tribal community, even my family community, but the community I seek knowledge with, to share and exchange that gift of knowledge," Williams said. "That's something people learn from the bison, from their generous nature."

Wearing an Intertribal shirt and

bandanna over his customary single braid, Williams said bison are generous because they have provided his tribe with essential materials for their way of life.

He said killing a bison should not be done lightly, and they should be killed only if their meat is needed.

*"They gave us who we are, our origin, traditions, we speak of coming into this world with the bison. They gave us a way of life and now we feel it is our duty to help them live this life again," Williams said.*

"The death of that animal would be as important as the death of your grandmother," Williams said.

When asked about the Makah's whaling expeditions, Williams said he supports them.

"They're going out and killing their grandfather," he said. "But that grandfather is giving them life...we truly believe that we can communicate

respect to this animal, that love...and in exchange, it will give us its life."

Williams said bison is necessary to his culture and his tribe's way of life, and is a staple of their diet. He said his tribe gives bison refuge and a home, and in exchange, uses them for food.

"These animals were harvested in a way that preserves their integrity," Williams said. "In order to preserve their integrity...each animal is only killed after our proper ceremonial protocols have been taken care of or performed and in that way, we truly believe as with any family member or in any kind of relationship with anyone that if you have that respect, then giving your life becomes a symbol of that generous nature."

He said by using high-quality facilities, his tribe both shows their respect for the bison and ensures a high-quality product.

"The actual facilities used for butchering are a state-of-the-art mobile slaughter unit that's specifically designed for prairie grass-fed bison."

He said bison meat was also the healthiest red meat on the planet, especially when raised naturally.

## QUESTION OF THE WEEK

**"How do you feel about eating turkey this Thanksgiving?"**



Photos by Tyler Faulstich

"I'm a meat eater. I (also) think that people should eat only as much as they need."

-Mike Eckerman,  
Accounting  
major

"I enjoy turkey... It's not what you eat, it's giving thanks that we have the option of choosing."

-Linda Alvarado,  
Finance and  
Marketing  
Department

"I love it!"

-Brett Witaker,  
Accounting major

"I'm a vegetarian so I don't. I never really liked turkey. I always preferred the stuffing instead."

-Regina Amodeo,  
Creative Writing  
major

"I think it's cool if people want to adopt a turkey, but I also eat turkey."

-Carrie Meredith,  
Public Relations/  
Journalism  
major

"I think eating meat in general is a waste of resources."

-Sharon  
Wherland, Music  
and Art major

"There are no pesticides used, there's no growth hormone, they're not



A herd of bison grazes peacefully on the plains.

Courtesy of <http://elib.berkeley.edu>

knowledge of our children."

He said educating people about bison was important to him for that reason.

While bison are not endangered, they are not populous either, and Williams said his tribe fears their extinction.

"If the bison aren't restored, then we'll cease to exist along with them," Williams said.

He said without becoming connected to the natural world again,

all of humanity would die.

"(There's such a need to restore that connection with the different species that inhabit those different environments," he said. "It could be the wind, it could be the sun, it could be the night, it could be the mud.")

He said people need to make connection with some natural force or animal, and need to learn to measure quality of life in terms of humans instead of domestic product.

"What does that really mean to be native to a place?" he said. "It's more than just a philosophy, more than just a religion, more than just a science."

He said all these disciplines were connected, and everything in life was based on connections, right down to the molecules.

"How do our atoms know how to bind?"

For more information, write to the Bison Intertribal Cooperatives at 1560 Concourse Drive Rapid City, S. Dakota 57703, call them at 605-394-9730 or check out their Web site at [www.intertribalbison.org](http://www.intertribalbison.org).

put in a feed lot."

Williams said the meat makes him whole, spiritually and physically, and because of a buffalo diet, Native Americans never had cancer or many other diseases. He said archeologists have never found evidence of cancer in Native American skeletons.

He said his tribe struggles to market their buffalo products without giving up the respect for the buffalo.

"How do we sell out without selling out?" he said.

Williams said his tribe hopes to educate people in respect for buffalo so their products can be sold without "selling out the integrity," and so the product can go to those who need it, such as those in hospitals, women's shelters and orphanages.

"They gave us who we are, our origin, traditions, we speak of coming into this world with the bison. They gave us a way of life and now we feel it is our duty to help them live this life again," Williams said. "We really get a chance to show our appreciation by giving our best gift...and that being the

## The Humanity of Bison

### How Bison Act Like Human Beings

"Bison management is really an oxymoron," Williams said, because bison are so wild. "If they want to go somewhere, they'll go somewhere." Sound like anyone you know?

"I could tell you a story about attending a bison funeral."

Williams said the biggest bulls tried to help a bull who had just been shot. They nudged him, lifted him with their horns and got him up. He fell down in a few steps and they tried again and got him up.

"And pretty soon, as hard as they tried, they couldn't get him back up," Williams said. "You may not believe me...but I saw those buffalo cry that day, and mourn that member of their family."

"They're really playful," Williams said. "If you really get to know them, you can see how they even tease each other. One time we had this herd of young bulls, probably yearlings, comparable to a group of young teenage boys."

He said at times, males stay separate from females and young, but one bull kept getting run back to Mama.

"He was a little bit smaller, his horns weren't as big, he was real light in color," Williams said. "They really kind of picked on him...Every time he'd come around, they'd specifically chase him back into the females...He grew and he got bigger and he kind of turned out to be one of the more ornery ones."

"You just have to be around these animals, when you see how they nurture. Some of the cows will act as surrogate mothers."

## Scholarship Available for Student

Field Biology and Geology Course in Baja California, Mexico  
Dec. 27<sup>th</sup>-Jan 17<sup>th</sup>

David Silverberg, a Huxley graduate and owner of the Arizona based Environmental Learning Institute is offering the scholarship along with the course. The program

costs are covered and the student only pays transportation to and from the San Diego airport.

Students must submit an essay explaining why they should be selected. Important criteria will include academic scholarship, background preparation, interest in the Baja/Mexico region, and the student's degree/career plan. A letter form faculty or advisor is also needed. For more information go to <http://www.environmentallearning.org>.

# Student Began Teaching Conservation in Kenya

By Tara Nelson

Some people believe changing the world is beyond their reach. Fairhaven student Wanambisi Wesakania does not. He began to change the world at a community level, teaching organic farming in his native Kenya.

"I was teaching as a volunteer in Kenya," he said. "I started a youth group and organized it to work on environmental conservation and organic farming. Through that group, I started teaching the community, but I needed more formal training in that field."

He said there was a need for environmental conservation in Kenya because the practice of chemical farming was ruining the soil and was becoming unaffordable.

"Before chemical farming, we had very fertile soil...Delicious mushrooms grew everywhere," Wesakania said.

"Then with chemical farming and spraying, all the termites, which are very important ecologically in the tropics, were killed and the mushrooms disappeared."



Wesakania displays his organically grown kale at the Outback in Fairhaven.

Photo by Tara Nelson

In 1993, Wesakania

left his wife and two children to attend a local training center where he earned a diploma in organic farming. He then decided he would need additional training in environmental conservation.

"After my training to teach organic

farming, I realized that it wasn't enough because people were cutting down trees,



Wesakania teaches a community about organic farming in Kenya, 1999.

Photo courtesy of Wanambisi Wesakania

that they had a two-year program about environmental conservation that was not offered in Kenya," Wesakania said. "I decided to go back to school and get the knowledge I needed to be able to work with the community."

Wesakania graduated from SVC in June of 2002. He was a recipient of the 2002 McIntyre scholarship, but says he struggles financially because tuition rates are around \$4,000 per quarter for international students.

"Right now, because of financial hardships, I'm doing an upside down degree. I do not get financial aid...The scholarship is about \$20,000 for two years, but it is not enough for me because I am an international student," he said. "I live with a woman and her husband. They give me food and a place to stay. That is how I am able to get my education here."

Wesakania said he enjoys the U.S. but misses the sun and the animals in Africa, especially the monkeys.

"The U.S. is a very good place to go to school...I'm learning what I need," he said. "I'm very fascinated with the technology here because the technology in Africa is so low."

Wesakania says he has started to look at graduate schools but is still interested in Western.

"My dream is to finish here on campus and get my master's degree so I can teach in an institution in Africa and continue to work with communities," Wesakania said.

ruining the hillsides and also draining and clearing wetlands which caused major drought," he said. "Therefore, I took the challenge to have more training in environmental conservation to have skills to combine with organic farming so that I could teach people skills of managing their own resources."

After working with his community, Wesakania was recognized by international environmental organizations. They invited him to speak at workshops of his experience. From then on, he said he "just networked."

Wesakania first came to Seattle in 1997 to learn more about conservation. He worked with King County Wild Conservation Core Program, now called Earthcorp. For four months, he maintained trails in parks, imported exotic plants and animals, cleaned solid wastes from streams and restored salmon habitats. From there, he was invited to Skagit Valley College to speak to the Environmental Conservation Program.

"When I came to SVC, I realized

permaculture style of land use in the downtown and it's really visible," Conn said.

Permaculture is a type of agriculture that uses plants that produce food year after year. Planting a variety of organic food plants allows them to grow well in a smaller area and

keeps the soil healthy and productive without the use of pesticides.

Organic gardens are beneficial to the soil and produce nutritious food. The cereals and grains that work best in organic gardens, such as the South American quinoa

(pronounced "keen-wa"), are generally more nutritious than American wheat. Fruits and vegetables, such as tomatoes and carrots, also grow successfully in organic gardens. The time put into creating an organic garden is small compared to the

Continued from pg 1-

## Lawns

Co-Op, in the Fairhaven neighborhood, and near Bellingham High School.

The first major planting was at the Co-Op in downtown Bellingham.

"It's really the only

Continued from pg 1-

## Tofurky

Knox said.

She admitted most stuffing is cooked with the turkey, and is therefore not a vegetarian dish, but said she liked stuffing too much to give it up.

According to the PETA Web site there are over 20 million vegetarians in the United States, about 12% of the U.S. population.

"I am the only vegetarian, (in my family)," Knox said, "My family is good about having other dishes besides dishes made with meat products."

There are many meals people can substitute for turkey and for dishes created using meat. Un-Turkey is a popular alternative to real turkey. Un-turkey was reported to have been created by a restaurant trying to create a

traditional looking vegetarian meal. The Un-turkey is made of wheat gluten and stuffed bread dressing. Un-turkey has skin made of soy, which looks

located at 1220 N Forest.

"Tofurky tastes just like turkey," Western student Chris Jackson said.

Tofurky and Un-turkey give vegetarians more



You can be sure a 'turkey' made from tofu would not do this.

much the same as real turkey skin.

Another popular alternative is Tofurky, which is made with a cultured cake of beans and/or grains and comes with imitation gravy. Tofurky is available at the Food Co-op

options than just eating salads and vegetables during the holidays.

"This year I have convinced my family to get a Un-turkey instead of a real turkey," Jackson said.

Jackson convinced his family to get a smaller

turkey and also get a Un-turkey so they can try the Un-turkey. It is Jackson's hope that his family will like the Un-turkey and only have that next Thanksgiving. He also hopes he can encourage his family to become vegetarians, so they can enjoy the healthier lifestyle he leads. Being a vegetarian is difficult as there are not as many meal selections available.

"There are not a lot of options when I go out to dinner," Knox said.

Vegetarians have few choices when they eat out. They are forced to make most of their own meals, as many restaurants have a very limited vegetarian menu if they have one at all.

For information contact Action for Animals via e-mail at [sfal.u.washington.edu](mailto:sfal.u.washington.edu) or Bemel at (206) 227-5752 or [www.tofurky.com](http://www.tofurky.com).

amount of food the garden produces.

"In one year we had a lush garden [at the Co-Op]," Conn said. "We spent one day coming in and converting this whole space."

Food Not Lawns is trying to get residents of the Bellingham community to convert their lawns into organic gardens. They have a pamphlet available on how to plant your own organic garden.

"It's a lot easier to grow carrots and pepper and broccoli [on your own], and the savings are significant," Conn said. "Cost is something that most people can relate to and say, 'yeah, I want to save some money.'"

When you buy food from the grocery store, you are paying for the cost of putting pesticides on that food and transporting it an average of 2000 miles

from the farm to the store.

"The best quality of organic food comes from being able to step outside the door and pick what you need for dinner," Conn said.

A hidden cost of buying food from the grocery store instead of growing it is the air pollution caused by trucks that carry the food.

"More people with gardens means there would be less pollution," Conn said.

Food Not Lawns would like to get Western more involved in the benefits of organic

gardening by turning some of the grassy, unused areas of campus into productive gardens.

"We'd like to start doing more with schools and working with the grounds

here," Conn said. "On campus there's a lot we could be doing along trails that people take to class, even if we just planted blueberries."

They would also like the school to utilize the natural food sources they already have. The campus already has fruit trees, including Indian Plum, pear, cherry, and apple trees out by the tennis courts, Conn said.

"It's not being taken care of at all, so that's something we could offer to the school free of charge," Conn said.

Funding for the club's projects is provided by donations and fundraising. The Co-Op is giving a portion of the proceeds from one of their upcoming 'community shopping days' to Food Not Lawns.

The club will also be raising money by running concession stands at the Dec. 7 concert put on by Community Concerts.

For more information on Food Not Lawns, e-mail [bhamfoodnotlawns@hotmail.com](mailto:bhamfoodnotlawns@hotmail.com) or call Eric Conn at 671-1064.



Food Not Lawns volunteers work on the Co-op site.

## What's Happening Around Bellingham and WWU

### Ongoing

#### Lake Whatcom/Lake Padden need your pledge

The Mt. Baker Group of the Sierra Club seeks help with the "Salmon Friendly Lawn" campaign. To participate, send a self-addressed, stamped envelope to:

Sierra Club - Mt. Baker Group  
P.O. Box 1722

Bellingham, WA 98227

Or, if you've already taken the Lake Whatcom or Lake Padden Watershed Pledge, call RE Sources at 733-8307; leave your name address and phone number and they will send you a sign for free.

For more information, go to [www.watershedpledge.org](http://www.watershedpledge.org).

### Ongoing through November 26

#### Fall Flu Vaccinations Available

Vaccinations are available to students, faculty, staff and family members ages 13 and older while supplies last. Purchase a flu shot ticket at the cashier's office in Old Main 245 to present at the time of vaccination. Medical staff will give the shots from 8:30 a.m. to 2:30 p.m. Mondays, Tuesdays, Wednesdays and Fridays and from 9:30 a.m. to 2:30 p.m. Thursdays. \$12

Student Health Center  
(360) 650-2961

### November 26

**Colorado River Controversy:** Writer Chuck Bergman presents a slide lecture about his book, "Red Delta: Fighting for Life at the End of the Colorado River," taking place at 7:30 p.m. at Village Books.

### November 27

**Post Point Herons:** The North

Cascades Audubon Society presents a discussion on the endangered Post Point heronry at 7 p.m. at Bellingham Public Library's downstairs lecture room. Free. 671-6192.

### November 27

**Mind, Body, and Spirit Connection:** Join a discussion of Carolyn Myss' "Sacred Contracts" at 7:30 p.m. at Barnes & Noble Booksellers, 4099 Meridian St. 647-7018.

### November 28

**Special Turkey Time:** The 30th annual Old Town Cafe's free Thanksgiving dinner is from 10 a.m. to 3 p.m. at the cafe, 316 W. Holly St. All volunteers, food donations by local unions, businesses, religious organizations and individuals. Features live music. 671-4431.

### November 28

Auditions for the Celebrate Bellingham New Year's Eve production are from 1 to 4 p.m. Nov. 24 at Central Lutheran Church, 925 N. Forest St. Singers, dancers, actors, instrumentalists, backstage crew are needed. Show runs from 6 to 8 p.m. Dec. 31 at Mount Baker Theatre. Prepared songs, dances and monologues encouraged. 739-8386, 734-6639. Sponsored by Bellingham Parks and Recreation Department.

### December 6-8

**Gingerbread House Contest:** The Port of Bellingham sponsors its annual gingerbread house contest, with entries going on display Dec. 6-8 at the Holiday Port Festival at Bellingham Cruise Terminal. No charge to enter the contest. The entries are used for a silent auction that benefits the American Red Cross of Whatcom County. Entry forms available at all Port of

Bellingham offices, Bellingham Cruise Terminal and Bellingham Public Library. Also available online at the Port Web site, [www.portofbellingham.com](http://www.portofbellingham.com). Details 676-2500.

### December 1-2

Auditions for the Barn Theatre at Sudden Valley's musical production of "Oliver" are at 6 p.m. Dec. 1-2 at North Shore Church, 247 Marine Drive. Roles for 10 adults, 32 youth ages 7-18. Rehearsals begin Jan. 6. Production runs March 13-27. 671-5970.

### December 10

**Herbal Crafting at the Co-op,** 7-9 p.m. with Lisa Brown \$15 members, \$18 non-members Learn to make herbal crafts for giving (and keeping). Class participants will learn to make flavored vinegars, herbal treats and aromatic gifts such as dream pillows and sweet bags. Everyone will

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### Ecotones Mission Statement:

Ecotones is a student publication devoted to providing a voice for the Huxley community and reporting on current events and issues affecting everyone. We appreciate comments and criticisms about any aspect of Ecotones.