Winter 2004

Window on Western, 2004, Volume 10, Issue 02

Kathy D. Sheehan

Western Washington University

Alumni, Foundation, and Public Information Offices, Western Washington University

Follow this and additional works at: https://cedar.wwu.edu/window_on_western

Part of the Higher Education Commons

Recommended Citation


https://cedar.wwu.edu/window_on_western/28

This Issue is brought to you for free and open access by the Western Publications at Western CEDAR. It has been accepted for inclusion in Window on Western by an authorized administrator of Western CEDAR. For more information, please contact westerncedar@wwu.edu.
Fitness for LIFE

by Kathy Sheehan
UNIVERSITY COMMUNICATIONS

Physical inactivity among Americans of all ages has reached epidemic proportions, with ominous implications for our health and lifespan. But you won't find many sedentary people among Western Washington University's extended family or on the campus.

Students, faculty, staff and alumni have made more than 145,000 visits to the Wade King Student Recreation Center since it opened in September, climbing its practice rock wall, running on a new indoor track, playing water polo and basketball and doing other physical activities.

Many students, faculty and staff spend the lunch hour training for marathons on the outdoor track or power-walking across campus.

In the College of Humanities and Social Sciences, founding Dean Ron Kleinknecht and Associate Dean Kathy Knutzen ('72/’77) are establishing the Center for Healthy Living.

Its "Walking with Pedometers" program, a health intervention project begun in the fall and co-sponsored by the Whatcom Physical Activity Coalition, is encouraging 200 people in Whatcom County to walk 10,000 steps a day.

The center has scheduled two conferences on healthy living for later this year, including one March 12-13 on preventing chronic diseases through increased physical activity. (See page 12 for more information.)

The mission of the Center for Healthy Living is to enhance the health status of citizens in the Pacific Northwest through education, research and collaboration with the community on activities that improve or sustain healthy daily living for people of all ages.

“People need to wake up to the fact that this is a serious problem,” Knutzen said. "You can’t just pay attention to your health when you’re 60.”

Knutzen said the recommendations about physical activity are designed to have a direct impact on basic, good health. She draws a distinction between physical activity to sustain daily, healthy living and physical activity to promote "fitness" or endurance training. The distinction has to do with the intensity of physical activity and the level of expected health benefits.

"We want to make a contribution to the community and we also want to engage the community," says Knutzen, a faculty member in the department of physical education, health and recreation since 1977 and the director of the center. Among the center's advisory board members are faculty from the political science, anthropology, sociology, psychology and physical education, health and recreation departments.

"The important thing for people to know is we have had a real crisis in terms of inactivity and the impact on health in our country," she says. "The Centers for Disease Control say that inactivity is the number 2 health problem in the USA, behind smoking." Inactivity is blamed for a 61 percent increase from 1991 to 2000 in obesity among adults; accounts for 300,000 preventable deaths a year in the United States, many from diabetes, and cost some $77 billion in direct medical expenses in 2000, according to the CDC.

The Center for Healthy Living is working with the Northwest Physical Activity Coalition, the Whatcom Physical Activity Coalition and other agencies to promote the Surgeon General’s recommendation that American adults should engage in moderate physical activity for 30 minutes almost every day to sustain healthy living. Children are advised to spend at least 60 minutes a day in physical activity, including at least two days a week in vigorous activities.

Knutzen said Americans should be particularly concerned about inactivity among children, who spend an average of four hours a day sitting virtually motionless in front of a television. This year, sedentary lifestyle means children today will reach adulthood with significant medical problems like heart disease, arthritis, diabetes and cancer, research shows. And they are expected to have a shorter life expectancy than their parents.

"The important thing for people to know is we have had a real crisis in terms of inactivity and the impact on health in our country," she says. "The Centers for Disease Control say that inactivity is the number 2 health problem in the USA, behind smoking." Inactivity is blamed for a 61 percent increase from 1991 to 2000 in obesity among adults; accounts for 300,000 preventable deaths a year in the United States, many from diabetes, and cost some $77 billion in direct medical expenses in 2000, according to the CDC.

The Center for Healthy Living is working with the Northwest Physical Activity Coalition, the Whatcom Physical Activity Coalition and other agencies to promote the Surgeon General’s recommendation that American adults should engage in moderate physical activity for 30 minutes almost every day to sustain healthy living. Children are advised to spend at least 60 minutes a day in physical activity, including at least two days a week in vigorous activities.

Knutzen said Americans should be particularly concerned about inactivity among children, who spend an average of four hours a day sitting virtually motionless in front of a television. This year, sedentary lifestyle means children today will reach adulthood with significant medical problems like heart disease, arthritis, diabetes and cancer, research shows. And they are expected to have a shorter life expectancy than their parents.

"People need to wake up to the fact that this is a serious problem," Knutzen said. "You can’t just pay attention to your health when you’re 60.”

Knutzen said the recommendations about physical activity are designed to have a direct impact on basic, good health. She draws a distinction between physical activity to sustain daily, healthy living and physical activity to promote “fitness” or endurance training. The distinction has to do with the intensity of physical activity and the level of expected health benefits.

You don’t have to run three miles a day to enhance your health, Knutzen said. In fact, gardening, scrubbing the kitchen floor or taking the stairs instead of the elevator are simple physical activities that can improve your health.

CONTENTS
2-4 Campus Connections Items of interest about the university, including a fund-raising campaign for scholarships and the WWU oral history program.
5 Investments in Excellence Julia Carlson is an active, grateful scholarship recipient. Safeco CEO will keynote at the Seattle Business Forum in April.
6-7 Profiles in fitness Class Notes, Weddings, Memoriams
10-11 Accent on Alumni Bill Farkas is your new Alumni Relations director. Read about alumni of all ages.
12 Calendar

The new Student Recreation Center was named in October for the late Wade King (below) whose parents have pledged a substantial gift for athletic scholarships and future support of the center. See page 6 for more information about the center and the largest single private gift to the university.
OFFICERS
Cheryl Dickinson, ’80, Bellingham, president; Angelique Davis, ’95, Seattle, president-elect; Mike Perry, ’98, Bellingham, secretary-treasurer

EXECUTIVE BOARD

BOARD MEMBERS

CHAPTER PRESIDENTS

VIEW ON WESTERN is published three times a year.

EDITOR
Kathy D. Sheehan

CONTRIBUTORS

GRAPHIC DESIGN/PRODUCTION
Aaron Logue (’94)
Western Student Newspapers
Publishing Services

EDITORIAL BOARD
Susan Bakes, ’88, Margy Bagley, Jo Collinge, Kathleen Howard, Kristine Lundstrom, Lyndie Madland, Kathy Patrick, ’91 and Ted Pratt, ’81/’93

Western Washington University is committed to assuring that all programs and activities are readily accessible to all eligible people without regard to race, color, religion, national origin, sex, age, disability, marital status, or Vietnam era or disabled veteran status.

Window on Western
Western Washington University
Bellingham, WA 98225-9199
(360) 650-3353 or (360) 676-6885

This publication is also available in an alternate format. Call (360) 650-3617.

NSF grant is largest ever
Western's science education initiative has gained momentum from two recent National Science Foundation grants: $12 million, awarded in September, to form a North Cascades and Olympic Science Partnership and $1.9 million, awarded in November, to help recruit the nation's top scholar students to conduct graduate research in science and work in middle school classrooms. The $12 million NSF grant for advancing the teaching and learning of science in northwest Washington is the single largest grant Western has ever received. The North Cascades and Olympic Science Partnership consists of 26 school districts in the region, five higher education institutions and several other educational institutions. Its goal is to create a positive achievement spiral where improved teaching and learning in both K-12 and higher education result in ever-increasing science competencies for all students and teachers," said George Nelson, the grant's principal investigator and director of the Science, Mathematics and Technology Education program at Western. "The impact of this grant on science education will be significant and widespread," said President Karen W. Morse.

Enrollment sets records
Enrollment at the fall 2003 enrollment of 12,680 students reflects its commitment to the state's high school graduates and community college transfer students, says President Karen W. Morse. Western enrolled 12,493 students the previous fall. WWU received 7,648 applications from prospective freshmen last year, an increase from a record 7,464 in 2002. The campus welcomed 2,213 new freshmen in September, compared to 2,227 in fall 2002. There were 939 new transfer students, and, of those, 730 come from Washington's community colleges. "It is notable that so many students are choosing to apply here, and also that this academically talented and diverse group of students continues to excel and grow during their time at Western and beyond," said Eileen Coughlin, vice president for academic support services and student affairs. Enrolled freshmen have an average high school GPA of 3.52. Among Western's student body this quarter are 52 Washington Promise Scholars. WWU has a record 1,791 students of color, or 14.1 percent of the student body.

Rich retires from Residence
Kathleen "Kay" Rich, the director of University Residences, retired in December after serving 26 years at Western and 31 years in higher education. In recognition of her commitment to student learning, an endowed scholarship fund is being established in her name. Donations to the scholarship fund may be sent to Christina VanWingerden, MS-9106, WWU, 516 High Street, Bellingham, WA 98225-9106.

Golden Key honored
The Golden Key International Honors Society, representing the top 15 percent of juniors and seniors at 333 colleges and universities in seven countries, gave its prestigious Key Chapter Award to Western. The national award honors the chapter for excelling in community service. Some of the Western chapter service projects include highway cleanups, feeding the homeless and collecting canned food. Western's Golden Key Chapter in May 2000 and now has about 300 members.

BRIEFLY
Barbara Audley is the new executive director of Extended Education and Summer Programs. She is responsible for Western's Summer Session, off-campus centers offering education and human services degrees in Seattle, Oak Harbor, Everett and Bellingham and a wide range of on-campus professional development, youth education and Elderhostel programs. She is the former dean of continuing education and director of Summer Session at the University of Nebraska, Kearney. She brings to Western 35 years experience in university outreach and adult education. Her doctorate in public administration is from Nova Southeastern University in Florida.

State award recognizes prevention program
Lt. Gov. Brad Owen recognized Western's WE CAN Works program for exemplary work in substance abuse prevention. Pat Fabiano, director of Prevention and Wellness Services, accepted the award at the Washington State Prevention Summit in Yakima in October. The Exemplary Substance Abuse Prevention Award acknowledges outstanding organizations and individuals across the state that work to curb substance abuse. Western's nationally recognized program expanded in 1999 to create the Center's First Campus Community Coalitions in which campus and community leaders recognize that substance abuse, specifically at-risk youth, is a common and shared problem requiring shared solutions. The coalition consists of law enforcement officials, property owners, business leaders, the voluntary sector, social workers, students, campus health and safety leaders, representatives from the mayor's office and WWU President Karen W. Morse.

'Battle' drew 16,392
The inaugural "Battle in Seattle" drew 16,392 fans to Seahawks Stadium Oct. 4, a record crowd for a non-NCAA I collegiate football game in the state of Washington. Although Western lost to Central Washington, 29-20, the game was "hugely successful," said Western director of athletics Lynda Goodrich (’66). "The only thing that could have been better was the score, but it was a good, exciting game. What an awesome experience to be in that venue with that crowd."
General Motors donates electric car to VRI

by Andrea Boyle
UNIVERSITY COMMUNICATIONS

Students at WWU's Vehicle Research Institute are converting an electric car donated by General Motors into a hybrid vehicle running on bio-diesel fuel derived from recycled vegetable oil and grease.

GM donated an EV1, two-seater electric vehicle to Western in October. Dave Barthmuss, GM's manager of California environment and energy communications, presented the EV1 to President Karen W. Morse and Bradley Smith, dean of Huxley College of the Environment.

"At a leader in sustainability, Western has made significant contributions in the last three decades to further the development of energy-efficient vehicles," Smith said.

Western's volleyball team won a third straight Great Northwest Athletic Conference championship with a perfect 18-0 mark and reached the semifinals of the Pacific Regional. The Vikings ran their league victory string to 54, the fourth longest in NCAA II history. They ended the season in a loss to Cal State Bernar-

Several players and Coach Diane Flick also earned honors during a brilliant season. Setter Liz Bishop, a senior from Seattle, and libero Nicole Parker, a senior from Auburn, were both named for the second straight year to the American Volleyball Coaches Association/NCAA Division II Pacific Region all-star team. The pair, with GPAs of 3.88 and 3.82 respectively, was also chosen by the College Sports Information Directors of America as second-team choices on the Academic All-America College Division Volleyball Team.

Bishop was also selected the GNAC volleyball player of the year for the second straight year, and Parker joined Bishop, middle hitters Meghan Every, a junior from Olympia, and Kristy Garstensen, a junior from Payzullup, on the first team GNAC all-conference squad.

Flick was voted the GNAC Coach of the Year for the third year in a row. In four years at Western, she has a career record of 95-18, including a remarkable 54-0 conference mark over the past three seasons.

Scholarships help recruit, retain talented students

by Karen W. Morse
UNIVERSITY PRESIDENT

Behind every scholarship awarded to a bright, promising Western student is a donor’s personal story. A recent graduate wants to help women succeed in the sciences. Families turn grief for a beloved child into a legacy to help future students. A local corporation decides to increase the number of talented freshmen on campus by creating a “best of the best” scholarship fund.

Our WWU Foundation is in the midst of an 18-month, $5 million campaign to boost the number of scholarships we can offer to top students. We’re asking individuals, businesses and foundations to help us fulfill the educational aspirations of some of our state’s brightest young people.

Although the Foundation currently gives out about $800,000 in annual awards, most of those scholarships go to Western students who are already in their major field of study. To remain competitive with other state public and private institutions, we need to greatly increase the number of merit scholarship awards we can make to incoming students.

We know that other institutions can offer more and bigger merit-based scholarships to incoming freshmen, and we need to be able to compete in that arena for top students.

Bringing those students to Western benefits other students as well as the university.

The Scholarship Campaign has focused on four areas of need. Recruitment scholarships will attract more entering students to Western. Other target areas include scholarships for majors in academic departments; financial assistance for needy and unrepresented students; and scholarships designated for our athletic athletes.

The recent commitment from Frank and Mary King of $75,000 annually for athletic scholarships and an estate gift from Oscar Edwin Olson (’52) to benefit students in fine and performing arts and the sciences, have provided a big boost to the drive.

Your generosity can help us recruit and retain talented students. By establishing a scholarship or contributing to the scholarship fund, you will be helping to support the goals and aspirations of current and future Western students.
Carol Diers, with dog: Foshua

Jaclyn Ruckle

CAMPUS Connections

Retired WWU faculty recall special moments

by Andrea Boyle

UNIVERSITY COMMUNICATIONS

After spending almost her entire life at Western, psychology professor emerita Carol Diers ('56) has expended little time in Bellingham or in psychology since retiring in 1991. She now spends her days relaxing with her dog and traveling the world. In 1998, she moved from a Bellingham house she had lived in for 32 years to Talent, Ore.

Diers, 70, attended Western's campus school as an elementary student and received her B.A. here before going on to the University of British Columbia for her master's and the University of Washington for her doctorate. Diers returned to Western in 1963 to teach psychology courses and to direct the Honors Program.

"When I directed the Honors Program, it was a time when students were very involved," she said. "Students were so confrontational, they didn't mind objecting to something you said or asking for more evidence, which really makes a classroom exciting."

Diers' recollections about life at Western are now part of the Western Libraries Special Collections Oral History Program. The collection is a compilation of interviews from faculty, alumni and friends of Western who contributed greatly to the university.

Paul Ford, 69, a professor emeritus of educational administration and foundations who served as acting provost and as vice president for academic affairs in the 1980s, also participated in the Oral History Program from his home in Wenatchee.

Ford arrived at Western in the fall of 1979 after teaching for several years at Washington State University.

One of the first major projects Ford helped develop was Project Turn About.

"Project Turn About was a different way to prepare teachers for the classroom, and it was also a different way to educate elementary school children from financially impoverished backgrounds," he said. Western literally took over Garfield Elementary School in Everett as part of the federally-funded project.

Ford was involved in many foundational transitions at Western, serving as chair of a review committee that studied Fairhaven College during the Olicamp administration. He retired in 1993.

"Life has been a rush since I left Western," Ford said. "I've fly-fished giant tarpon in Florida, caught Spanish mackerel in the Everglades, gone fishing in secret places I won't tell you about; and met fascinating people from all walks of life and ethnic styles in these travels."

Ford, who has written edited and collected books since retiring, says he will "continue along these paths for the rest of my life."

Ford and his wife Mary Ann recently made a substantial gift to the university of their fly-fishing collection, which includes rare books, art work, first editions and elaborate diaries. An endowment in his estate will ensure the preservation of his gift in Special Collections.

For information about the Oral History Program, contact Marian Alexander, head of Special Collections, or Tamara Beltz, Special Collections manager, at (360) 650-3191. Transcripts of Diers', Ford's and other interviews can be read online at the Western Libraries Web page (http://www.library.wwu.edu/) or by visiting Special Collections at Wilson Library.

Journalism major finds alumni eager, helpful and willing to be career mentors

by Jaclyn Ruckle

UNIVERSITY COMMUNICATIONS

"What are you going to do after graduation?"

That is the most annoying question to college seniors who face a daunting job search and who have no concrete plans.

As a senior journalism and public relations major, I know the job market is competitive. It's nerve wracking to balance interviewing, networking and compulsively checking Monster.com while still taking classes.

The fear of serving coffee 40 hours a week after graduation encouraged me to get an early start on the job search. I decided to dedicate my senior year to gaining professional experience and networking.

A senior breakfast, sponsored by the Alumni Relations Office and the Career Services Center in October, was a great venue to show me and 200 other seniors how Western is prepared to help us with the job hunt and life after college.

Angelique Davis ('95), president-elect of the Alumni Association Board, was the keynote speaker at the breakfast and encouraged seniors to find a mentor. We learned about the WWU Alumni Mentoring Program, which links students and graduates with alumni in their profession. The interaction can be brief, a few e-mails or phone calls, or as extensive as a job shadow or a dinner meeting.

I was unable to immediately connect with a mentor through the program, but I found a different avenue to meet an alumna working in public relations.

While skimming through the journalism department's Alumni Newsletter, I was thrilled to read that Jill Carnell ('97) is working as a public information specialist at the University of Washington in Tacoma. I e-mailed her and asked if she would meet with me.

She responded immediately and was willing to meet for dinner. She brought along her Western journalism buddy, Alisha (Holderen) Mark ('97), communications director at Harris and Smith Public Affairs in Seattle.

We met for dinner in November and both Carnell and Mark eagerly dispensed interviewing tips and shared honestly about their careers. Despite being hopelessly interrupted by an overly conscientious waitress ("Yes, we're still OK."), I left dinner encouraged and excited about my major.

They told me that networking is an important part of building a career. No matter what place you are at on the career ladder, it is always good to be connected with people in your profession.

I encourage other alumni to be available to Western students. Sign up for the alumni mentorship program and know that you are taking valuable time to impart encouragement and direction to students.

Alumni can benefit from the mentor relationships by being aware of talented Western students who will soon enter the job market and become colleagues in their profession.

The program is open to all alumni in every professional field. To sign up, contact Susan Bakoe (588), director of Alumni Programs and Outreach, at (360) 650-7283 or Susan.bakoe@wwu.edu.
INVESTMENTS in Excellence

Scholar, snowboarder chose Western for programs in design, engineering

By Jaclyn Ruckle
UNIVERSITY COMMUNICATIONS

As a professional rider for Burton Snowboards, Julia Carlson knew she was intrigued with design when she realized she was the only pro rider who labeled each snowboard with its specific measurements.

"I kept asking the (Burton) engineers for a specific board," said Carlson, who placed second in North America and seventh in the world in 1993. "They finally made me one to shut me up."

Later in her career, she worked for Burton as a product development coordinator for boots, bindings and boards.

In fall 2001, Carlson trekked from her hometown in Stowe, Vt., to Western to pursue a degree from the engineering technology industrial design program.

Carlson is a senior and the recipient of a $5,000 Kaiser-Borsari Educational Foundation Scholarship. The scholarship is for Western students who major in engineering technology and demonstrate high academic potential combined with creativity and leadership qualities.

Carlson represents many active and talented students at Western who depend on scholarships to support their education.

"The Kaiser-Borsari scholarship is the difference between me being here and not being here," Carlson said. "This was the scholarship I needed to cover the difference between my loans and bills."

Bellingham business executives Fred Kaiser, CEO and chairman of Alpha Technologies, and Grace Borsari, president of Kaiser, CEO and chairman of Alpha Technologies, and Grace Borsari, president of Kaiser, created the scholarship in honor of their daughter, Grace Borsari, president of Kaiser, CEO and chairman of Alpha Technologies.

The scholarship is intended to cover the annual tuition ($35), call (360) 650-6825 or e-mail investments@wwu.edu.

Julia Carlson's snowboarding and design feats

1991 First place National Amateur Championships
1993 Second in North America, seventh in the world
1993 Fourth place in U.S. Open Halfpipe competition
2002 Honorable mention at the 6th International Design Resource Awards competition in Karasawa, Japan, for her biodegradable, soybean-derived plastic skateboard.

WWU's Seattle Business Forum
April 2 with Michael McGavick

Michael McGavick, chairman, president and CEO of Safeco Corp., will be the keynote speaker at Western's seventh annual Seattle Business Forum Friday, April 2.

The event, at 11:30 a.m. in the Westin Hotel grand ballroom, is presented by the Western Washington University Foundation with sponsors Key Bank, Moss Adams, and Parker, Smith & Feek Inc.

The luncheon forum brings together WWU alumni and parents, corporate and civic leaders, and friends who are interested in the university and its business trends.

Prior to beginning his insurance career in 1992, McGavick held a series of public affairs positions in the Seattle area and was vice president of the Washington Round Table.

Under his leadership, Safeco turned around its financial performance in 2002, generating net income of more than $300 million, the company's best result in four years.

To reserve a table (at $500, $1,000 or $1,500) or make an individual reservation ($35), call (360) 650-6825 or e-mail special.events@wwu.edu.

Julia Carlson's scholarship program brings together WWU alumni and parents, corporate and civic leaders, and friends who are interested in the university and its business trends.

It's our belief that education is our future," she said. "Students today will eventually be our leaders."

The Kaiser-Borsari Foundation provides two scholarships for both the computer science departments and engineering technology at Western.

"Those areas of study are closest to our hearts," Borsari said. "They tie in best with our interests in business."

As a Burton employee, Carlson worked with engineers but needed a design degree to do any hands-on designing. Carlson said while researching university design programs, it was hard to find a program that balanced engineering and design.

"It's not only how a product looks, but how it works," Carlson said. "This program combines the strengths of both engineering and design."

Carlson came to Western without a guarantee she could major in industrial design. Sophomores take a rigorous class load of 15-17 credits per quarter. At the end of the year, sophomores submit a portfolio, and from the 40-50 candidates, only 12 are admitted into the major and the program for juniors and seniors.

Carlson said she has enjoyed doing projects for the transportation industry and working in sustainable design while studying at Western. But she has not forgotten her first love for snowboarding equipment.

Carlson said her dream job would be engineering and designing women's equipment.

"Traditionally (there are) lots of women in clothing," Carlson said. "But all the engineers in boards, boots and bindings are men. Women's board, boots and bindings design opportunities are endless."
Student Recreation Center named for Wade King

The student-financed, 97,000-square-foot Recreation Center was named in October for 18-year-old Wade King, who died with friend Stephen Tovoy and 16-year-old Liam Wood in the June 1999 Oly pipeline explosion in Bellingham's Whatcom Falls Park.

His parents, Frank and Mary King, have pledged a substantial gift for athletic scholarships and to provide funds for support of the center to honor a young boy for whose physical activity, especially organized sports, was life.

"Had he lived and become a student at Western, you would have found him often on its playing fields and in the Student Recreation Center," the Kings said at a dedication ceremony. "We want to help the memory of Wade live on by supporting scholarships for young people who are the kind of person Wade was and continue his love for the center." Their gift, estimated to be worth more than $4 million over time, is the largest single private gift in the university's history.

The center's gym, pool, climbing wall and fitness equipment provide students with enhanced recreational opportunities, which research shows plays a significant role in integration of students into the social community of the campus and higher grade point averages. The center will also help establish patterns of physical activity that students can make part of their lifestyle after graduation.

Marie Sather ('81) is the director.

Other initiatives at Western to promote health and fitness include:

Financial Fitness for Life Workshop: sponsored by the WWU Center for Economic Education and funded by a grant from the Bank of America Foundation and the National Council of Economic Education. Economics department chair David Nelson and economics intern Pamela Whalley offer teachers, parents and others programs throughout the state that provide age-appropriate exercises for youngsters to learn about money management. Topics covered include borrowing, saving, investing and personal finance.

Center for Performance Excellence: Opened in fall 2001, the center promotes sports psychology programs at Western with educational resources and classes for students and community members interested in enhancing athletic, exercise and personal performance through the use of mental skills training.

Mature Adult Training Program: On campus since 1994, this program seeks to improve the health and fitness of senior citizens through a strength training program. The program has expanded to the Bellingham and Blaine Senior Centers and St. Joseph Hospital as part of Kathy Kuhn's plan to develop a senior wellness network across the county. A fifth center has been proposed for Lynden.

PROFILES IN FITNESS

Brian Cook ('73), chairman of the board of The Nautilus Group, a manufacturer, marketer and distributor of health and fitness products based in Vancouver, Wash., and co-founder of Bowflex, a strength training equipment company.

"Works out at home three or four times a week on various pieces of his company's equipment. Owns a Treadclimber, a home fitness machine introduced by his company in March 2003, for cardiovascular benefits and Bowflex and Nautilus equipment for strength training."

"Cook notes that adults didn't always have sedentary jobs. 'Our forefathers used to work for a living. They got a lot of physical activity, whether it be as a farmer or something else,'" he said. Today, 'you've got to interject some form of physical activity to stay healthy,' and to combat the chronic diseases associated with physical inactivity.

Angeline Davis ('91), attorney at Williams, Kastner & Gibbs in Seattle and president-elect of the Alumni Association.

"Walks to work, a four-mile roundtrip, and lifts weights regularly. Taught aerobics at WWU. Finished the 1998 Marine Corps Marathon in Washington, D.C., but was up running recently due to joint pain."

"Davis gets so busy sometimes, it's hard to fit in a regular physical fitness program. But, 'I want to live a long and healthy life. I just had to make it part of my daily routine.' Exercise also helps to alleviate the stress of her work."

Steve Walker ('97), recreation coordinator and program advisor at the Viking Union.

"Commutes by bicycle and works out at Lou Faberry Fitness Center during the week. Rides in marathons, sprints, beach and mountain bikers on weekends. Participated in Norway's Birkebeinre ski marathon. Has been known to try a bicycle while traveling to keep up his physical fitness program."

"It's not a problem if you skip exercising for a day or two. But if it is a problem if you skip exercising every day. The more you 'regularize' exercise, the easier it becomes. ... There is plenty of great food and drink that would be a shame to go without. The more calories you burn, the more you can consume!"

Becky Schindler ('90) department manager, physical education, health and recreation at WWU; group fitness instructor and personal trainer at the Whatcom Family YMCA and at WWU.

"Involved in bicycling, skiing, cross-country skiing and aerobics classes for 25 years. Commutes to work about three miles each way; teaches eight fitness classes per week and a fitness instructor training course. And that's just during the week."

"Making exercise a top priority in your life is the only way it will become a consistent part of your day. ... Consider regular exercise as part of your primary diet. "Get outside! You won't melt in the rain. Build up to something and don't go too far at first. Become part of a group, or work out with a buddy. ... You get to know your body and learn a lot about physiology and nutrition in the process of preparing for endurance events."

Donna LeBlonde ('86), information services manager for university advancement at Western and running coach for the Lymphoma and Leukemia Society.

"Began running about eight years ago after her second child was born, not to get back in shape, she says, but "to relax and it's fun. Try running up Schenone Hill twice during a lunch hour. It feels so good when you stop!"

The Vicotria, B.C., marathon in 3 hours and 54 minutes. Is participating in running with "Team in Training" program, through which she has coached about 300 people, has made it more social. "When we run, we talk about work. We figure things out on the track. It's a really good way to network. ... For me, when I'm running, I can really focus, and my more creative side picks up. I'm much more creative when I'm running."

Joseph Garcia ('75), professor of management and director of the Center for Excellence in Management Education at the College of Business and Economics.

"Enjoys balancing an active intellectual life with an active physical life, so he runs three days a week, does a weight workout two days a week and hikes, climbs, bicycles or skis at least one day on the weekend."

"Keeping fit is a way of life. Most folks (I hope) brush their teeth. I am active (I also play tennis and golf). Some memorable moments in that way of life: 'Climbing Mount Kennedy in the Wrangell St. Elias Range in 1994 with friends I first met climbing in 1978. ... Anytime I can get good turns in untracked powder in a remote location.' Running impacts my dieting. I eat lots of grey whales while paddling on the west coast of Vancouver Island. Training for the Victoria and Vancouver marathons with my soulmate and partner Karen Copetas."

Karen Walker ('91), assignments manager at WWU University Residences.

"Has played baseball, skied and enjoyed running all her life. After a 1994 back injury, she took up walking, golfing and more swimming. Won first place in the 100-meter individual medley in the Seattle adult summer swim league in 2002 and got a hole in one in the 2003 Davis Invitational Tournament at Lake Padden."

"Because I pay attention to my fitness, my back stays healthy and so do I. Plus my energy level at work is much higher and lasts all day long when I work out. I rarely get colds and am convinced all the exercise helps in this regard."

Tjalling Ypma, professor and chair, math department at Western.

"Likes the physical and mental challenge of endurance sports and has been involved in triathlon, running, hiking, kayaking and biking since the 1970s. Has completed three Ironman (triathlon) races. Runs, bikes and swims in half (or about half an hour almost every day, no matter what the time of year."

"Advice to anyone who wants to be more physically fit: "Get outside! You won't melt in the rain. Build up to something and don't go too far at first. Become part of a group, or work out with a buddy. ... You get to know your body and learn a lot about physiology and nutrition in the process of preparing for endurance events."

"Other initiatives at Western to promote fitness and healthy living include:

Financial Fitness for Life Workshop: sponsored by the WWU Center for Economic Education and funded by a grant from the Bank of America Foundation and the National Council of Economic Education. Economics department chair David Nelson and economics intern Pamela Whalley offer teachers, parents and others programs throughout the state that provide age-appropriate exercises for youngsters to learn about money management. Topics covered include borrowing, saving, investing and personal finance.

Center for Performance Excellence: Opened in fall 2001, the center promotes sports psychology programs at Western with educational resources and classes for students and community members interested in enhancing athletic, exercise and personal performance through the use of mental skills training.

Mature Adult Training Program: On campus since 1994, this program seeks to improve the health and fitness of senior citizens through a strength training program. The program has expanded to the Bellingham and Blaine Senior Centers and St. Joseph Hospital as part of Kathy Kuhn's plan to develop a senior wellness network across the county. A fifth center has been proposed for Lynden.
New PEHR faculty member committed to active lifestyle

by Jaclyn Ruckle
UNIVERSITY COMMUNICATIONS

From toasting bales of hay as a cowgirl to cruising on a stationary bike, Billie Lindsey practices an active lifestyle. As community health program coordinator at Western, she encourages her students to make a commitment to a life of activity. "An active lifestyle is not necessarily organized sports or an exercise program," said Lindsey, associate professor of health education. "An active lifestyle is as simple as choosing to park your car at a distant spot to walk to the store, instead of searching the lot for the closest spot."

From the mesas of New Mexico to the concrete canyons of Manhattan, Lindsey has found ways to integrate activity into her life while pursuing her teaching career. She participated on the basketball and track teams in high school, various intramurals in college and was a part of the modern dance company as an undergraduate at the University of Texas at Austin.

Now she golfs and plays tennis regularly and is a fixture on the stationary bike.

Lindsey says none of this would have happened if she had not made a personal commitment to an active lifestyle in graduate school. While teaching a holistic health class with a colleague at the University of Northern Colorado, Lindsey kept a journal on fitness. It was a time in her life when she was less active than she had previously been as an athlete, health and physical education teacher, coach and a rancher.

"Before Lindsey could teach the class without feeling hypochondriacal, she knew it was time to make a personal commitment to an active lifestyle. So she began running three to four days a week and playing tennis for the first time."

After a knee injury 10 years ago, however, she had to forfeit her passion for running. Instead, Lindsey turned to the stationary bike as a new means of getting exercise and returned to golf, which she had played in college.

"After being an athlete, an active lifestyle is making a commitment to activity not because a coach asks you to, but because you are now doing it for yourself," Lindsey said. "I ask all my students if they have made a commitment to an active life."

Lindsey came to Western in June 2002 with 22 years of experience in health education. She may be best known for the Web site she and her staff created at Columbia University, Go Ask Alice!, one of the Internet's first health question-and-answer services. At Western, she teaches courses ranging from nutrition, to "Sex and Society" to "Health Communication and Social Marketing."

She said one of her favorite responsibilities is being the supervisor of health education interns. A 10-week internship is required of all community health majors. Lindsey receives weekly reports from them and visits them at their internship sites.

"Seeing light bulbs go off with students when they apply the theoretical concepts they learned in class is one of the best parts of the internship process," she said.

McKenna Fink, 21, a senior community health major, says Lindsey keeps up on current research and new topics in the field.

"She has a lot of energy in the classroom, and it is contagious," Fink said. "Her students know she is enthusiastic about what she is doing."

In addition to a full teaching load, Lindsey finds time to accommodate her other passion: research. She presented a paper about the effects of Sept. 11 on college students at the Society for Public Health Education's mid-year scientific conference last June and is working with Pat Fabiano, director of Prevention and Wellness Services, on a study about how depression affects Western students.

"Lindsey exemplifies the combination of a researcher and a teacher," Fabiano said. "She is very creative and is eager to collaborate with others. Western is lucky to have her."

Lindsey said making the move to Bellingham from Virginia was wonderful. She said she looks forward to exploring new activities that capitalize on the Northwest, as a new dimension of her active life.

Physically fit people are mentally fit, too

by Andrea Boyle
UNIVERSITY COMMUNICATIONS

In an age filled with overwork and abundant responsibilities, Western alumni and faculty have some tools and suggestions on how to be "mentally fit" in the face of everyday busyness.

Audrey Swanson ('73/80), a retired school counselor, suggests taking a holistic approach to the body is the best way to stay mentally fit.

"Stay physically fit," said Swanson, who has a bachelor's degree in psychology and sociology and a master's in school counseling. "Find something you really enjoy doing and make it a life habit. This will help you feel more balanced and emotionally healthy."

Susanna Hayes, a Western psychology professor, recommends individuals practice self-awareness by intentionally taking time out to assess physical, relational and personal well-being.

Practicing what some call, "positive psychology" is a helpful way to refocus energy during a frustrating experience, Hayes said. Focusing on positives helps motivate us and contributes to the common good.

Leita is coordinator at the Center for Performance Excellence and teaches in the physical education, health and recreation department. She says people who can recognize patterns of negative self-talk can also create a pattern to beat those habits.

"Many times we don't pay attention to our inner-self talk and do not realize we are listening to negative self-defeating comments," she said. "Learn to recognize what you say to yourself and stop those thoughts. Redirect comments toward what you want to have happen for yourself."

Leita also recommends setting tangible goals based on long-term priorities as well as daily achievable goals.

Pat Fabiano, director of Prevention and Wellness Services, encourages individuals to practice positive thinking and to practice an attitude of gratitude.

Understanding the normal cycle of ups and downs in life can help you be flexible in your response to daily challenges, she said. Make your days count by engaging in activities that are meaningful and contribute to your community.
1952 - Bill Garrison was elected to the Stanwood Camano School Board. Garrison is a retired teacher.

1952/53 - Atton and Anne Gregor celebrated their 50th anniversary on August 15.

1956 - John Jack Stark is a retired bank project manager who was re-elected to the Mill Creek City Council. He also writes a column. Start on your city to keep citizens informed.

1958 - Cal Kinney was the grand marshal for the Fourth of July Grand Parade sponsored by the Whatcom Genealogical Society, coordinator of the Whatcom County Gen Web and members of the Whatcom Museum.

1959 - Al T. Lynch III joined CWC Capital in Bellevue as a loan officer. Beverly Sheeum recently retired from teaching and built a house on the five-acre farm she grew up on. Gregory Pau has been named interim superintendent of the Tulalip School District.

1963 - Susan Nahas is president of the Whatcom Genealogical Society, coordinator of the Whatcom County Gen Web and member of the Lakota Chapter of the Daughters of the American Revolution. Beverly Sheeum watched with Dean and Diane (Cowsle) Steele as divers located the submerged wreckage of their car, which crashed and sank in Lake Crescent, Clallam County, in January 1960. The three, plus Gary Lind, who now lives in Istanbul, survived the accident but were curious about their belongings.

1968 - John Jack Stark is a retired bank project manager who was re-elected to the Mill Creek City Council. He also writes a column. Start on your city to keep citizens informed.


1971 - Laura Amtson is moving to Uganda to work as a program monitoring and evaluation adviser for Save the Children. Jan Kinney has assumed the position of children’s librarian at Longview Public Library.

1975 - John McQuail has been named president of the Bank of America Performing Arts Center in Vancouver, Wash. Scott Mississi is applying his fascination with land development to his law practice where he specializes in land use and development law, municipal law and government permitting.

1976 - Lori Husa is the district manager for northern Washington at Wells Fargo Bank. Dawn LaBec and Richard Copsey are living in Vancouver, Wash. Elizabeth Sobol and Richard Copsey are living in Vancouver, Wash. They’ve joined Hedge Fund’s new high school for talented and creative students of Japanese culture with the community.


1980 - Karen Funston (’80) is acting director of Equal Opportunity Services at Western. She is an attorney with Burt Funston PLLC in Bellingham. Kay Jakutis is the special education coordinator in the San Juan Islands. Jakutis will conduct psychological testing; coordinate the Washington Assessment of Student Learning exams; and write grants for federal programs.

1982 - Randy Karch spends his lunch hour teaching children to play chess. Leslie Ferrell took the oath of office for the Mercer Island School Board in December. JD Mason is the head basketball coach at the University of Washington.

1983 - Jessica Greenway won election to the Whatcom County Council. She is an attorney with Woodinville High School and the leader of the newly formed jazz ensemble.

1984 - Greg Rawden was elected to the Riverview School Board. After returning to his hometown of Chehalis, Jim Rotherill has

1989 - John Jack Stark is a retired bank project manager who was re-elected to the Miller Creek City Council. He also writes a column.

1990 - Alan Kinney is actively involved in the Boys and Girls Club and many other community activities in Arlington.

1991 - Bill Garrison was elected to the Stanwood Camano School Board. Garrison is a retired teacher.

1992 - Carol Jorgensen celebrated their 40th wedding anniversary Sept. 7.

1993 - Beth Spearman joined the Auckland-based Argus Biomedical team to launch a newly applied artificial cornea in the U.S. Spearsman is the clinical account manager for the United States and is located in Alpharetta, Ga. Keith Wildman won a fifth term as Whatcom County Assessor. Matthew Morgan is a high school teacher in Snohomish and his wife Mikaela has started a Japanese cultural network at Everett Community College.

1997 - Teresa "Terri" Martin of Yakima, an English professor at Central Washington University, was named the state's top college professor for 2003. The award was made by the Carnegie Foundation for the Advancement of Teaching and the Council for Advancement and Support of Education. Martin, who has had a lifelong passion for literature, has been an instructor at Central since 1978. She was named university’s most distinguished teaching professor in 2000. In 2002, she re-introduced the college’s Pre-Dentistry and Pre-Med curricula.

1998 - Dusty Sandell is the owner of Sandell's Hot Dog store in Barclay Village in Bellingham.

2000 - Scott MIssall is appointment adviser for Save the Children. Jan Kinney has assumed the position of children’s librarian at Longview Public Library.

2001 - Westerner Beeman and Cricket Stone stadtsaugen, June 14.... Melissa Lyons and Bradley McDowell, June 28... Jeann-Patrick and Randy Nohant in June 2001... Shanna Buckleyham and Robert Nelson (’92) Sept. 7.

2002 - Eric Gustafson and Meredith Murray, July 11... Barbara Hammel and Christopher Shoplöff (’93), June 20... Jessica Ceo and Michael Jacques, May 9... Marcy Jo Wofford... Shannon Anderson, and Mike Lindstrom, Dec. 27, 2002... Judy Newton and Joel Davis, Aug. 31.... Kristin Heath and Dave than 1999, 1... Michael Cohn, July 9,... William Vogel (’79), Aug. 2... Heather McKenisan and Travis Boba, Sept. 13.

2003 - Westerner Beeman and Cricket Stone stadtsaugen, June 14.... Melissa Lyons and Bradley McDowell, June 28... Jeann-Patrick and Randy Nohant in June 2001... Shanna Buckleyham and Robert Nelson (’92) Sept. 7.

2004 - John Jack Stark is a retired bank project manager who was re-elected to the Mill Creek City Council. He also writes a column. Start on your city to keep citizens informed.

2005 - Westerner Beeman and Cricket Stone stadtsaugen, June 14.... Melissa Lyons and Bradley McDowell, June 28... Jeann-Patrick and Randy Nohant in June 2001... Shanna Buckleyham and Robert Nelson (’92) Sept. 7.

2006 - Eric Gustafson and Meredith Murray, July 11... Barbara Hammel and Christopher Shoplöff (’93), June 20... Jessica Ceo and Michael Jacques, May 9... Marcy Jo Wofford... Shannon Anderson, and Mike Lindstrom, Dec. 27, 2002... Judy Newton and Joel Davis, Aug. 31.... Kristin Heath and Dave than 1999, 1... Michael Cohn, July 9,... William Vogel (’79), Aug. 2... Heather McKenisan and Travis Boba, Sept. 13.

2007 - Westerner Beeman and Cricket Stone stadtsaugen, June 14.... Melissa Lyons and Bradley McDowell, June 28... Jeann-Patrick and Randy Nohant in June 2001... Shanna Buckleyham and Robert Nelson (’92) Sept. 7.

2008 - Eric Gustafson and Meredith Murray, July 11... Barbara Hammel and Christopher Shoplöff (’93), June 20... Jessica Ceo and Michael Jacques, May 9... Marcy Jo Wofford... Shannon Anderson, and Mike Lindstrom, Dec. 27, 2002... Judy Newton and Joel Davis, Aug. 31.... Kristin Heath and Dave than 1999, 1... Michael Cohn, July 9,... William Vogel (’79), Aug. 2... Heather McKenisan and Travis Boba, Sept. 13.

2009 - Westerner Beeman and Cricket Stone stadtsaugen, June 14.... Melissa Lyons and Bradley McDowell, June 28... Jeann-Patrick and Randy Nohant in June 2001... Shanna Buckleyham and Robert Nelson (’92) Sept. 7.
been named executive director of the Port of Whidbey Island, a company that works with small businesses in the region.

Andrew Olsen has joined Archer Group in Bellingham and is now the new advertising designer for the company. Olsen was previously a graphics designer for the Federal Aviation Administration (FAA) in Seattle.

Tanya K. Rowe is the new advertising designer for BEST High School in Bellingham.

FACULTY, STAFF & FRIENDS

William A. Brown, '81, professor of physics, earned a doctorate in theoretical and experimental physics from the University of Washington in 1986. He is currently working on a project that involves using lasers to create smaller, faster computers.

Kari Hendrickson is serving as the new humanities teacher at Friday Harbor Middle School. Hendrickson earned a degree in English from the University of Washington.

Rivka Avni is a software developer who has been working on a project to develop a new tool for improving user experience on the web. She earned a degree in computer science from the University of Washington.

Deborah R. Baker, '02, a professor of psychology, earned a doctorate in cognitive science from the University of Washington. She is currently working on a project that involves using a new technology to improve memory retention.

Korey Lenker is a digital media artist who has been working on a project that involves creating digital art for use in video games. He earned a degree in digital media arts from the University of Washington.

KEVIN G. SWANSON, 37, a log scaler, was recently promoted to the position of chief pre-medical adviser for the Seattle Police Department.

Kentech's role as chief pre-medical adviser is to provide medical advice to officers in the field. Kentech earned a degree in pre-medical sciences from the University of Washington in 1986.

CLASS Notes

It was a great honor to be included in the Class Notes section of the magazine. The notes included information about recent events and updates from some of our classmates.

The notes section included information about a variety of topics, such as career advancements, family news, and personal updates. It was a great way to keep in touch with our classmates and stay up-to-date on what was happening with them.

It was also a great way to see how much our classmates have accomplished since graduation. Many of them have gone on to successful careers and have become leaders in their fields.

It was a reminder of the strong bonds that we share as classmates and the importance of staying connected.

It was a great way to see how much our classmates have accomplished since graduation. Many of them have gone on to successful careers and have become leaders in their fields.

It was a reminder of the strong bonds that we share as classmates and the importance of staying connected.
WWU authors are prolific and award-winning

By Kathy Sheehan
UNIVERSITY COMMUNICATIONS

"WWU! As It Was," a 690-page history of the university written by the "Lunch Bunch," who describe themselves as "nine old men who devoted their working lives to Western Washington University and its predecessors," is now out in paperback. The authors are former university president Jerry Flora and retired professors Don Brown, Harvey Gelder, George Lamb, David Marsh, Al Nickelson, Irwin Slesnick, Stewart VanWingerden and Loren Webb. To order a copy of "WWU! As It Was," call Jerry Flora at (360) 398-2491.

"Abandoned Prayers," written by true crime author Gregg Olsen ('81) of Challa on the Kitsap Peninsula, was listed on The New York Times' paperback best-sellers list last summer, 13 years after its initial publication. Olsen, a journalist for more than 20 years, has written five other non-fiction books, including "If Loving You Is Wrong," which will be re-released this spring, and "Mockingbird," which will be released under a different name and publisher in spring 2005. He's also working on a seventh book, "The Day the Men Died: Tragedy and Redemption in America's Richest Silver Mine."


David Hawkins ('74) writes about male-female relationships in "Men Just Don't Get It, But They Can: Nine Secrets Every Woman Should Know."

Richard E. Clark ('52/70) has completed the first draft of a history of the International Peace Arch at the border in Blaine. "Sam Hill's Peace Arch: Remembrance of Dreams Past" is available on the Web at http://www.thecshop.com, and Clark welcomes feedback from alumni, students and staff at Western. Write him at dcklar30@peoplepc.com.


Gary Luke ('76) is editorial director of Sasquatch Books.

Ivan Black ('97) is a partner in Dead End Street, LLC, a multimedia "entertainment" publishing company in Hoquiam.

Jennifer Hahn ('96) writes about kayaking solo through Queen Charlotte Sound in the anthology, "Steady As She Goes," edited by Barbara Spihozino and published by Seal Press/Avalon Publishing Group.


Associate professor of English Suzanne Paola was a finalist for the Lenore Marshall Poetry Prize.

Also, Julia Glass thanks "The Bellingham Review" for supporting and encouraging her writing in the acknowledgment for her National Book Award-winning "Three Janes."

An extensive archive of writings by "Dick and Jane" author Elizabeth Rider Montgomery (25) is now available in Western Libraries' Special Collections, courtesy of her son and daughter-in-law, Monty and Eileen Montgomery. Elizabeth Rider Montgomery is best known as the author of reading primers featuring Dick and Jane, pal Sally and dog Spot, books that taught millions to read.

Also available in Special Collections, the papers and memorabilia of Mary K. Burke ('18), chronicler of this enterprising rural educator and Whatcom County newspaper reporter. The daughter of Whatcom County pioneers, Mary was the first girl to graduate from Western, attending classes the last day of school before the year's end. She was a correspondent for the Lynden Tribune for more than 50 years. Her papers, which include family history materials and many of her newspaper columns, are a gift of the Burke family.
Alumni Relations welcomes new director

Ron Podmore ('91), who teaches American Sign Language to hearing students at Decatur High School in Seattle, was featured in the November/December 2003 issue of "Teacher Magazine." The article explores the increasing availability of ASL courses for hearing high school students in the Puget Sound region.

"Communicating through American Sign Language is different than communicating via spoken language," he explains in the Teacher Magazine article. "Because there is a poetic intimacy in being able to freely communicate your thoughts and be wholly understood from the inside."

Podmore is a recipient of the PBS Golden Apple teaching award and is the author of "Profiles of Deaf Americans." He has created ASL endorsement programs at Butler University in Indianapolis, Ind., where he has worked from 1992-94 and from 1998 to 2003. His successes at Butler include improving electronic communication among alumni and increasing alumni involvement in alumni events, career mentoring and investment opportunities.

Podmore, who is partially deaf, learned to lip read while growing up in Chehalis and became fluent in ASL after spending a semester of his junior year at Western. "His energy and experience are just the right combination to move our programs forward," said Stephanie Bowers, vice president for University Advancement. "His energy and experience are just the right combination to move our programs forward."

Farkas, who is to begin Feb. 17, was executive director of Alumni and Development Programs at Butler University in Indianapolis, Ind., where he has worked from 1992-94 and from 1998 to 2003. His successes at Butler include improving electronic communication among alumni and increasing alumni involvement in alumni events, career mentoring and investment opportunities.

Farkas said he is looking forward to providing similar opportunities for WWU alumni to connect to their alma mater. "The opportunity and the potential of what can be built is tremendous," he said.

Each year, when you renew your tabs for $30 and your WWU license plate for $30, $26 of the plate renewal fee goes directly to Western's Alumni Scholarship Fund. The $28 is tax-deductible, and your WWU license can be transferred to any car you own. It's yours for as long as you like.

To date, six students have benefited from scholarships that provide $2,500 per year for four years. Customized plates are a great way to show your pride in Western and help deserving students complete their education.

"Communicating through American Sign Language is different than communicating via spoken language," he explains in the Teacher Magazine article. "Because there is a poetic intimacy in being able to freely communicate your thoughts and be wholly understood from the inside."

Podmore, who is partially deaf, learned to lip read while growing up in Chehalis and became fluent in ASL after spending a semester of his junior year at Western. "His energy and experience are just the right combination to move our programs forward," said Stephanie Bowers, vice president for University Advancement. "His energy and experience are just the right combination to move our programs forward."

Farkas, who is to begin Feb. 17, was executive director of Alumni and Development Programs at Butler University in Indianapolis, Ind., where he has worked from 1992-94 and from 1998 to 2003. His successes at Butler include improving electronic communication among alumni and increasing alumni involvement in alumni events, career mentoring and investment opportunities.

Farkas said he is looking forward to providing similar opportunities for WWU alumni to connect to their alma mater. "The opportunity and the potential of what can be built is tremendous," he said.

He said his first major task would be to call and meet with as many alumni, faculty, students, staff and administrators as possible so that everyone can take part in his development of a strategic plan for Alumni Relations. He said he would welcome Western family members calling him at the Alumni Relations office: (360) 650-3353.

Prior to his work at Butler University, Farkas was director of Alumni Relations and director of athletic fund raising at Embry-Riddle Aeronautical University in Florida.

Farkas, who earned a bachelor's degree in communications at Butler University in 1988, replaces Chris Goldsmith, who retired in 2001 as director of Alumni Relations.

Tedd Pratt ('81/'93), who served as interim alumni director last year, is returning to his position as dean of students.

Alumni Relations welcomes new director

Ron Podmore ('91), who teaches American Sign Language to hearing students at Decatur High School in Seattle, was featured in the November/December 2003 issue of "Teacher Magazine." The article explores the increasing availability of ASL courses for hearing high school students in the Puget Sound region.

― Ron Podmore (center) signs to Adam Martin (right) and Colin Prior in his ASL class.

Podmore, author of two books about signing and deafness, began teaching ASL at Yelm High School in 1992 and has taught at Decatur since 1997. More than 2,000 hearing high school students around Puget Sound have taken ASL classes from some 40 teachers trained to teach it, he says.

Although teachers can no longer get ASL endorsements on their regular teaching certificates, Podmore says, "I would like to believe that at some time in the future, universities can make ASL a major akin to French and Spanish."

Podmore, who is partially deaf, learned to lip read while growing up in Chehalis and became fluent in ASL after spending a semester of his junior year at Western. "His energy and experience are just the right combination to move our programs forward," said Stephanie Bowers, vice president for University Advancement. "His energy and experience are just the right combination to move our programs forward."

Farkas, who is to begin Feb. 17, was executive director of Alumni and Development Programs at Butler University in Indianapolis, Ind., where he has worked from 1992-94 and from 1998 to 2003. His successes at Butler include improving electronic communication among alumni and increasing alumni involvement in alumni events, career mentoring and investment opportunities.

Farkas said he is looking forward to providing similar opportunities for WWU alumni to connect to their alma mater. "The opportunity and the potential of what can be built is tremendous," he said.

He said his first major task would be to call and meet with as many alumni, faculty, students, staff and administrators as possible so that everyone can take part in his development of a strategic plan for Alumni Relations. He said he would welcome Western family members calling him at the Alumni Relations office: (360) 650-3353.

Prior to his work at Butler University, Farkas was director of Alumni Relations and director of athletic fund raising at Embry-Riddle Aeronautical University in Florida.

Farkas, who earned a bachelor's degree in communications at Butler University in 1988, replaces Chris Goldsmith, who retired in 2001 as director of Alumni Relations.

Tedd Pratt ('81/'93), who served as interim alumni director last year, is returning to his position as dean of students.

Alumni Relations welcomes new director

Ron Podmore ('91), who teaches American Sign Language to hearing students at Decatur High School in Seattle, was featured in the November/December 2003 issue of "Teacher Magazine." The article explores the increasing availability of ASL courses for hearing high school students in the Puget Sound region.

― Ron Podmore (center) signs to Adam Martin (right) and Colin Prior in his ASL class.

Podmore, author of two books about signing and deafness, began teaching ASL at Yelm High School in 1992 and has taught at Decatur since 1997. More than 2,000 hearing high school students around Puget Sound have taken ASL classes from some 40 teachers trained to teach it, he says.

Although teachers can no longer get ASL endorsements on their regular teaching certificates, Podmore says, "I would like to believe that at some time in the future, universities can make ASL a major akin to French and Spanish."

Podmore, who is partially deaf, learned to lip read while growing up in Chehalis and became fluent in ASL after spending a semester of his junior year at Western. "His energy and experience are just the right combination to move our programs forward," said Stephanie Bowers, vice president for University Advancement. "His energy and experience are just the right combination to move our programs forward."

Farkas, who is to begin Feb. 17, was executive director of Alumni and Development Programs at Butler University in Indianapolis, Ind., where he has worked from 1992-94 and from 1998 to 2003. His successes at Butler include improving electronic communication among alumni and increasing alumni involvement in alumni events, career mentoring and investment opportunities.

Farkas said he is looking forward to providing similar opportunities for WWU alumni to connect to their alma mater. "The opportunity and the potential of what can be built is tremendous," he said.

He said his first major task would be to call and meet with as many alumni, faculty, students, staff and administrators as possible so that everyone can take part in his development of a strategic plan for Alumni Relations. He said he would welcome Western family members calling him at the Alumni Relations office: (360) 650-3353.

Prior to his work at Butler University, Farkas was director of Alumni Relations and director of athletic fund raising at Embry-Riddle Aeronautical University in Florida.

Farkas, who earned a bachelor's degree in communications at Butler University in 1988, replaces Chris Goldsmith, who retired in 2001 as director of Alumni Relations.

Tedd Pratt ('81/'93), who served as interim alumni director last year, is returning to his position as dean of students.
Performing Arts Center Series

Feb. 21: Guitarists Greg Leisz, accompanied by Madlene Nixing on cymbals/percussion, 7:30 p.m., PAC Concert Hall
Feb. 27: Naida Cole (The Sanford Piano Series) Proceeds from tickets, priced separately from the PAC Series at $8 to $14, benefit the music department's piano scholarship fund, 7:30 p.m., PAC Concert Hall

April 8-10: "Behind the Broken Words" benefit the music department's piano Series.)
Featuring Madieye Niang on clavichord/piano, with actors Roscoe Lee Brown and Anthony Zerbe. 7:30 p.m. in Old Main Schacht Hall.

April 15: "Of A Thousand Times: A History of Food." His stories use food as themes in world history, 6:30 p.m. at the PAC Mainstage. Free, but tickets required through Special Events or Box Office. (360) 650-7545 http://www.ac.wwu.edu-lectures

Tickets & Information

http://calendar.wwu.edu

Distinguished Lecture Series

May 6: Felipe Fernandez-Armesto University of London historian and author of "Near a Thousand Table:A History of Food." His stories use food as themes in world history, 6:30 p.m. at the PAC Mainstage. Free, but tickets required through Special Events or Box Office. (360) 650-7545 http://www.ac.wwu.edu-lectures

Prevention Across the Lifespan Workshop

March 4: Turning Points Faculty Speaker Series: Carol Janzen, art history, 5:15 p.m., Miller Hall 104
March 12: Turning Points Faculty Speaker Series: Alan Gallay, history, 5:15 p.m., Miller Hall 104

The Center for Healthy Living is sponsoring a year-long "Walking with Pedometers" program and a two-day "Prevention Across the Lifespan" conference in March.

* Sponsored by the Center for Healthy Living, March 12-13 at St. Luke's Community Education Center, 3333 Squalicum Parkway, Bellingham.
* For more information or to register, call: (360) 650-3055.

Walking with Pedometers

Some 200 employees at Western, St. Joseph Hospital, the city of Bellingham and Haggen are wearing pedometers and documenting their physical activity for a year in a program co-sponsored by the WWU Center for Healthy Living. John McDaniel (77), Kim Brown (88), Jodi Moline (91) and Jackie Lynch (76) (left to right) are participating as city employees and record their steps on an interactive Web site, http://www.wwu.edu/beactiveforlife.com.

Brown, the city's wellness director, will speak at the March 12-13 workshop. McDaniel inspects houses for the city's Planning Department, traveling to many inspection sites on foot instead of by car. Moline works in computer tech support for the Vehicle Research Institute, and Lynch is a planner for the city's Planning Department. Their goal is to walk 10,000 steps a day.

http://calendar.wwu.edu

Non-Profit Organization
U.S. Postage Paid
Western Washington University

3000 College Street
Bellingham, WA 98225-9030
(360) 650-3049
www.wwu.edu