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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.

“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 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.

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 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.
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 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 spurt where improved teaching and learning in both K-12 and higher education result in ever-increasing science literacy.

The impact of this grant on science education will be significant and widespread,” said President Karen W. Morse.

Enrollment sets records

Western’s 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 beyond,” said Eileen Coughlin, vice president for academic and student affairs, says President Karen W. Morse.

Scholars. WWU has a record 1,791 students of color, or 14.1 percent of the student body.

Battle” drew 16,392 fans to Seahawks Stadium Oct. 4, a record crowd for a non-NCAA I college 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 (’96). “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.”

Golden Key honored

The Golden Key International Honors Society, representing the top 15 percent of juniors and seniors at 335 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 started its Golden Key Chapter in May 2000 and now has about 300 members.

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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.

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

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 Evoy, a junior from Olympia, and Kristy Carstensen, a junior from Puyallup, 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 invest in 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.

Our young people need this help. We’ve read in the news that the state’s share of funding for higher education has declined sharply over the past decade, while tuition has risen in order to fill the gap. In 1994, tuition accounted for about 28 percent of the cost of attending Western, with the state picking up the rest. In 2003, students shouldered more than 40 percent of the full cost. Financial aid dollars are stretched, so that in 2003 the average student aid package included 54 percent in loans. We want to ensure that our hard-working students receive stronger scholarship support while they acquire a top-quality education at Western.

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 needy and unrepresented students; academic departments; financial assistance for needy and unrepresented students; and scholarships designated for our scholar athletes.

The recent commitment from Frank and Mary King of $75,000 annually for athletic scholarships and an estate gift from Oscar Edwin Olson (’42) 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.
Journalism major finds alumni eager, helpful and willing to be 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 interviews, networking and compulsively checking Monster.com while still taking classes.

The fear of serving coffee 40 hours a week a few weeks 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.

Angélique 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 emails 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 emailed 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 (Holdener) 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 Bakse ('88), director of Alumni Programs and Outreach, at (360) 650-7283 or Susan.Bakse@wwu.edu.

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, furnishings and elaborate drifts. 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 Belt, Special Collections manager, at (650) 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.
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 in 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 GB Enterprises Inc., established the Kaiser-Borsari Educational Foundation in 1997. Kaiser and Borsari have invested around its financial performance in 2002, generating net income of more than $300 million, the company's best result in four years.

Kaiser, CEO and chairman of Alpha Technologies, and Parker, Smith & Feek Inc.

April 2 with Michael McGavick

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 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 $100 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 snowboarding and design feats

1991 First place National Amateur Championships
1992 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 Karuizawa, Japan, for her biodegradable, soybean-derived plastic flatware.

When Borsari met Carlson at the annual Western Washington University Foundation scholarship luncheon, she said she was thrilled with Carlson's interest.

"She's a great gal and I'm impressed that she's so great at sports," Borsari said. "I have been a ski instructor for 25 years and it's cool that the foundation is supporting her. She earned the scholarship because of her hard work, grades and accomplishments.

For information on supporting scholarships at Western, call (360) 650-3612.
Student Recreation Center named for Wade King

The student-financed, 97,000-square-foot Recreation Center was named in October for Issaquah native Wade King, who died with friend Stephen Tsiorvas and 16-year-old Liam Wood in the June 1999 Olympia 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 whom physical activity, especially organized sports, was life.

"Had he lived and become a student at Western, you would have found him often on its playgrounds and in the Student Recreation Center," the Kings said at a dedication ceremony. "We want to help the memory of Wade live on by providing a setting for support of sports for young people who see the kind of person Wade was. We hope it is on campus during 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.

Faculty, staff, alumni, President's Club members and other individuals who have a significant relationship with WWU are eligible for membership or day passes of the facility, for rates, hours and other information, call (360) 650-3756.

Other initiatives at Western to promote fitness and/or health in all aspects of your life and at all ages:

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 lecturer Pamela Whaley 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 complements 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's Hospital as part of Kathy Knutzen'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, which includes a Treadclimber, a home fitness machine introduced by his company in March 2001, for people with 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 to eat 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.

Angelle Davis ('98), attorney at Williams, Kattner & 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 got 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 Farbary Fitness Center during the week. He also does kayaking, canoeing and bicycling on weekends. Participated in Norway's Birkebeiner ski marathon. Has been known to carry a bicycle when traveling by airplane. Has raced in the 1998 Olympic pipeline explosion in Bellingham's Whatcom Falls Park.

"It's not a problem if you skip exercising for a day or two. But 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 ('99) 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, swimming, cross-country skiing and aerobic classes for 25 years. Commutes to work about three miles each way; teaches eight fitness classes per week and is 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 your primary diet. "Get outside! You won't melt in the rain. Build up your shoes and don't try to do too much too fast. 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.

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 hope)."

Karen Walker ('01), assignments manager at WWU University Residences.

"Has played baseball, skied and enjoyed swimming all her life. After a 1994 back injury, she took up walking, golfing and more swimming. Won first prize in the 100-meter individual medley race in the 2002 Seattle adult summer swim league meet 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 does 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.

"Enjoys the physical and mental challenge of endurance sports and has been participating in running, running, biking, kayaking and hiking since the 1970s. Has completed three Ironman (triathlon) races. Runs, bikes and swims for at least an hour every day, no matter what the temperature.

"Advice to anyone who wants to be more physically fit: "'Get outside! You won't melt in the rain. Build up your shoes and don't try to do too much too fast. 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 information, call (360) 650-3766.
New PEHR faculty member committed to active lifestyle

by Jaclyn Ruckle
UNIVERSITY COMMUNICATIONS

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 had a lesson on fitness. It was a time in her life when she was less active than she had previously been as anathlete, health and physical education teacher, coach and a rancher.

"Before Lindsey could teach the class without feeling hypocritical, 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, and it's fun," 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 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.

1953/54 – Atton and Anne Gregore celebrated their 50th anniversary on Aug. 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 – Kel Kinney was the grand marshal for the Fourth of July Grand Parade sponsored by the Whatcom Genealogical Society, coordinator of the American Revolution. ... Beverly Smith was the President of the Bank of America Performing Arts Center in Wenatchee.

1959 – Bill McKinney and Cassandra Hiller, July 26. ... Barbara Hammingh and Christopher Wallick and Brandon Evenson, Aug. 9. ... Arica Mattson and Ray Kettman, Aug. 3. ... Michelle Harriman and Jason Lee, July 12. ... Marcy Jo Buss, Aug. 30. ... Danielle Schneider and Jacob Rosenblatt, Aug. 30. ... Erin McGreevy and Leaf Seaburg, June 21. ... Candi Carino and Aaron Avery, June 21. ... Morgan Evans and Stephen Mitchell, Aug. 11.

1960 – Greg Rawdon was elected to the Ridgeview School Board. ... After returning to his hometown of Chehalis, Jim Rothlin has been named interim superintendent of the Ridgeview School District.

1969 – Cheryl Peterson Troha and Richard Cory, May 9. ... Eric Gustafson and Meredith Murray, Sept. 20. ... William Skeen and Kristjan Raudkivi, Aug. 16. ... Kathryn Shuster and Adam Resnick, Aug. 7. ... Keith McCrea and Jenni Weisman, July 6. ... Joel Davis, Aug. 31. ... Kristyn Heath and Dave Trisko, Nov. 15. ... Sonja Specht and Andrew Rice, Nov. 1. ... Noreen Bucknum and David Ison, July 26. ... Arica Mattson and Ray Kettman, Aug. 3. ... Michelle Harriman and Jason Lee, July 12. ... Marcy Jo Buss, Aug. 30. ... Danielle Schneider and Jacob Rosenblatt, Aug. 30. ... Erin McGreevy and Leaf Seaburg, June 21. ... Candi Carino and Aaron Avery, June 21. ... Morgan Evans and Stephen Mitchell, Aug. 11.

1979 – Teresa “Teny” 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. In 1990, she was named her university’s most distinguished teaching professor in 2000. In 2002, she re­signed her position to pursue other interests. ... Susan Sandell is the owner of Sandell’s for her store in Barneyville in Bellingham.

1980 – Karen Funston (’80) is acting director of Equal Opportunity Services at Western. She is an attorney with Burt Funston PLLC in Bellingham. ... Kay Jakulis is the special education coordinator in the San Juan Islands. Jakulis 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 Ferrill took the oath of office for the Mercer Island School Board in December. ... JD McAdams is the Principal of Shadow Valley High School and the leader of the newly formed jazz ensemble.

1983 – Jessica Greenway won election to the Knoxville City Council.

1984 – Gregory Rawdon was elected to the Ridgeview School Board. ... After returning to his hometown of Chehalis, Jim Rothlin has been named interim superintendent of the Ridgeview School District.

1989 – Cheryl Peterson Troha and Richard Cory, May 9. ... Eric Gustafson and Meredith Murray, Sept. 20. ... William Skeen and Kristjan Raudkivi, Aug. 16. ... Kathryn Shuster and Adam Resnick, Aug. 7. ... Keith McCrea and Jenni Weisman, July 6. ... Joel Davis, Aug. 31. ... Kristyn Heath and Dave Trisko, Nov. 15. ... Sonja Specht and Andrew Rice, Nov. 1. ... Noreen Bucknum and David Ison, July 26. ... Arica Mattson and Ray Kettman, Aug. 3. ... Michelle Harriman and Jason Lee, July 12. ... Marcy Jo Buss, Aug. 30. ... Danielle Schneider and Jacob Rosenblatt, Aug. 30. ... Erin McGreevy and Leaf Seaburg, June 21. ... Candi Carino and Aaron Avery, June 21. ... Morgan Evans and Stephen Mitchell, Aug. 11.


2001 – Weston Beeman and Bobby Stone (’90), June 14. ... Bill Brookreson, deputy director of transportation, was named Transpor​tation Director 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. In 1990, she was named her university’s most distinguished teaching professor in 2000. In 2002, she re­signed her position to pursue other interests. ... Susan Sandell is the owner of Sandell’s for her store in Barneyville in Bellingham.

2002 – Eric Gustafson and Meredith Murray, July 11. ... Barbara Hammingh and Christoph​er Spoelstra (’93), June 20. ... Jessica Cole and Michael Jerconis, May 9. ... Marcy Jo Wooten and Matthew Eastman, Aug. 9. ... Lindsay Avery and Jonathan King, Aug. 16. ... Arica Mattson and Ray Kettman, Aug. 3. ... Michelle Harriman and Brian Johnson, Aug. 11. ... Nichole Vasser and Aaron Hermann, Aug. 8. ... Jessica Houen and Pete Lupo, May 17. ... Daniel Hagen and Lauren Curcio, July 12. ... Adam Schwaede and Mindy Schmidt, Aug. 26. ... Lindsay Craven and Peter VanCuren, Sept. 20. ... Sean Busa, Aug. 30. ... Danielle Schneider and Jacob Heftman (’03), Aug. 9.

2003 – Nicole Klep and Tad Forney, June 21. ... Kyle Kwan and Anthony Williams (’90), Sept. 7. ... Christopher Spoelstra and Barbara Hammingh (’02), June 20. ... Anna White and Niall Tognini, Aug. 9. ... Rebecca Paul and Niall Tognini, June 19. ... Stacy Moore and Corey Cunnion, July 12. ... Kristin Whittington and Jeyne Blakely, Aug. 31. ... Joel McIvor and Cassandy Hiler, July 26.
Clasp / Notes

been named executive director of the Port of Chehalis industrial park.

1985 — Kris De Brule owns Dream Pick, a web hosting company in Bellingham. ... Karl Gundlach is an outstanding head of state at Mansfield School. ... Mike Schwedtger is Sedoo-Woodly High School's new principal, and has served as principal for five years. Schwedtger hopes to still inter- act with the kids as much as possible. ... Darren Wright is the owner of Gypsy Rose farm, 20 acres of farmland that grows “mostly organic” vegetables.

1986 — Joan Boardley was honored with an Achievement Award by Regional Advanced High School for Chemistry for her innovative and successful approach to teaching chemistry at Sequim High School in Bellingham.

1987 — Morris Malakoff has been named editor of the Kent Reporter. ... Brad Adams won a seat on the Anacortes City Council.

1989 — Erin Weaver is a City Council mem- ber in Maple Valley. Weaver is also the first woman to serve as president at Lake Wilderness Elementary, a Girl Scout leader and a soccer coach. ... David Paul is a principal at Adna High School in Adna.

1990 — Virgil Sweeney is a loan officer at Versans in Lacey. Sweeney is also a certified governmental financial planner and a basket- ball coach for Tumwater Middle School. ... Sherril Caldwell is co-founder of The Rebel Houseweekly web site column. ... Andrew Linn is a former congressional briefing seminar on Tax Saving Strategies for Small Business.

1991 — Derrick Anderson is the director of human resources/payroll for Haggen.... Paul Dennis is a standing Earth Science Teacher Award from Adrienne Hanson.... Shawn Doan won a seat on the Anacortes City Council. ... Darren Wright after being assistant principal in the district


1993 — Faye Baldrey, 88, a retired social worker, in Everett Sept. 5.

1994 — Harold Zwaschka, 90, a former Sul­ tan City Council member and retired school counselor, in Kirkland Sept. 12.

1995 — Amy Thomas Spencer and Jeffrey Spencer ('96) welcomed son Peter Philip on July 29, 2003. He joins big brother Luke Mar­ ton, who is the pastor at St. John's Church in Winslow, Wash. Amy is a stay-at- home mom. ... Kelli Kesler has resigned her position as principal of Mountain View to spend more time with her children.

1996 — Cami Grichel is the owner of Whimsy jewelry, Arts and Gifts in Fairhaven. ... Randy Grillo is going to teach in Mexico for six months on a fullbright exchange. ... Bonnie War­ ren was made design director at Fun & Creative Group, a company that was designed for the 2002 and 2003 Festival of Music; the 2002 and 2003 United Nations Postage stamp; and the Bellingham Centennial Celebration logo. ... Shannon Scott was hired at High Tech in the Classroom School District, helping them graduate from Grand Canyon University with a master of arts degree. She is now a fourth grade teacher in the Conant for this year's Seattle Sketchfest. ... Eowyn Ivey is leaving the Front­ porium newspaper in Hoquiam, where she worked as a reporter for the paper for nearly nine years.

1997 — Michele Henery is co-owner of Harvey's Steak & Seafood's Garden Center in Bellingham. ... Matt Sullivan has been hired as the city ad- ministrator for the city of Eversh. ... Denise McLaughlin is the new principal at Mountain View Elementary School. ... She is currently a physician's surgical assistant.

1998 — Raquel Hansen owns HR insights in fermont, a company that works with small businesses to provide human resources con- sultations, from employee handbook to company filing. ... Aaron Olsens is the new principal of Val­ ley View Elementary School. ... Abbott Elementary School.

1999 — Deborah Wilkinson, 42, who was teaching English literature at WWU while working on her master's degree, in Spokane Sept. 18. He was also active in Whatcom County Republican politics, in the Kesels and the Elks Lodge.

2000 — Brian Blood, a software engi­ neer, has relocated to Boston where he is the new software company.

2001 — Karl Hendrickson is serving in the Peace Corps in Venezuela. ... Richard A. Hergersheimer plays the harp to entertain pa­ tients at the St. Joseph Hospital Medical Re­ habilitation Center. ... Mike Schweigert is the new humanities teacher at Friday Har­ boro Middle School. ... Chris Wolf is the new humanities teacher at Quincy School District. ... Lisa del Bosque is the new humanities teacher at Quincy School District. ... Lisa del Bosque is the new humanities teacher at Quincy School District. ... Lisa del Bosque is the new humanities teacher at Quincy School District. ... Lisa del Bosque is the new humanities teacher at Quincy School District.

2002 — Tanya K. Rowe has resigned her management position at Target. ... Emily Town and her fellow Ten Mile RoadBand performed to a packed crowd at the Community Coffeehouse's fall concert series: The band is a unsigned alternative rock and country and rock with a four part harmony accompanied by acoustic guitar. ... Miki Seagren has been accepted at Kirkville Col­ lege of Osteopathic Medicine in Missouri. ... Shanna Smith is the new advertising designer for the Ferndale Record Journal. ... Katie Allison has joined Archer Group in Bellingham and is now the front office coordinator.
WWU authors are prolific and award-winning

by Kathy Sheehan
UNIVERSITY COMMUNICATIONS

“Abandoned Prayers,” written by true crime writer Gregg Olsen (81) of Challa on the Kitsap Peninsula, was listed on The New York Times’ paperback best-seller 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.” It chronicles the 1972 Sunshine Mine fire in Kellogg, Idaho, the worst hard rock mining disaster in modern U.S. history. Crown of New York will publish the book in hardcover in the spring of 2005.

David Hawkins (’74) writes about female-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.hitechcomm.tv/S2P/, and Clark welcomes feedback from alumni, students and staff at Western. Write him at dc2k30@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 (’00) writes about kayaking solo through Queen Charlotte Sound in the anthology, “Steady As She Goes,” edited by Barbara Shiholtz and published by Seal Press/Avalon Publishing Group.


Associate professor of English Suzanne Paolo 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.”

The book is just one of many authored by members of Western’s family. Charles Hitz (’84) of Kirkland published his first book, “Through the Rapids, the History of Princess Louisa Inlet,” and is at work on a second book, a biography of Thomas F. Hamilton, the builder of Young Life’s Malibu Club in Princess Louisa Inlet. The book contains many of Hitz’ photographs and makes references to Bellingham in the introduction and Chapter 2. The book is available from Skidak Publishing and at http://www.hitehcomm.tv/S2P/.


The History of Princess Louisa Inlet

by Charles William Hitz

The book is just one of many authored by members of Western’s family.

Charles Hitz (’84) of Kirkland published his first book, “Through the Rapids, the History of Princess Louisa Inlet,” and is at work on a second book, a biography of Thomas F. Hamilton, the builder of Young Life’s Malibu Club in Princess Louisa Inlet. The book contains many of Hitz’ photographs and makes references to Bellingham in the introduction and Chapter 2. The book is available from Skidak Publishing and at http://www.hitehcomm.tv/S2P/.


99-year-old fullback brings luck to Vikings

by Jo Collins
UNIVERSITY COMMUNICATIONS

When he faced Monmouth (Oregon Normal) in 1923 as a Bellingham Normal fullback — playing both offense and defense, with a thin helmet and almost no padding — Howard Wilder (29, ’41) wondered unconsciously, probably with a concession, and Monmouth won.

He turned 100 Dec. 6, 2003, a year in which he played “only” 60-plus rounds of golf, but “only nine holes” each. He’s slowing down: Five years ago, he played 212 rounds. In the early ’30s, when he returned to earn additional teaching certification, he played six rounds (54 holes) in one day.

Wilder — who has been a teacher, principal, assistant educational director at the Monroe reformatory and, finally, a businessman — has witnessed many changes in the world and at Western. With a memory rivaling many younger men, he recalls firsts at Western in the 1920s. The Viking mascot was adopted as were the blue and white colors and the Alma Mater. Homecoming was first celebrated. He worked in the kitchen of Edens Hall, then two years old.

When he appeared on the field last Nov. 15 to call the coin toss for the Western Washington-Western Oregon game, there was a much better result than 80 years before. He was interviewed for newspapers, television and radio, cheered by the crowd — and Western won.

Special Collections
for special alumni

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. Burk (’18), chronicler of the life of this enterprising rural educator and Whatcom County newspaper reporter. The daughter of Whatcom County pioneers, Mary Burk taught and farmed all her life near Lynden. She wrote for the Lynden Tribune for more than 50 years. Her papers, which include family history materials and many of her newspaper columns, are the gift of the Burk family.
Alumni Relations welcomes new director

Ron Podmore (‘91), who teaches American Sign Language 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. Podmore, author of two books about American Sign Language, is a recipient of the PBS Golden Apple teaching award and is quoted in the Teacher Magazine article.

Kelly Runge, a freshman at Western and a former student of Podmore’s, is quoted in the Teacher Magazine article. Runge, who is deaf, says Podmore so inspired him that he wants to be an ASL teacher after graduating from Western.

Podmore is also the author of “Profiles of Deaf Americans.”

He says that the ability of ASL courses for hearing high school students in the Puget Sound region to provide opportunities for WWU alumni to connect to their alma mater, “The opportunity and the potential of what can be built is tremendous,” he said.

Farkas has been named Western’s new Alumni Relations director.

“Western is so pleased to welcome Bill Farkas to our team,” 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.

Alumni is advocate for learning sign language

Ron Podmore (‘91), who teaches American Sign Language 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. Podmore, author of two books about American Sign Language, is a recipient of the PBS Golden Apple teaching award and is quoted in the Teacher Magazine article. Runge, who is deaf, says Podmore so inspired him that he wants to be an ASL teacher after graduating from Western.

Podmore is a recipient of the PBS Golden Apple teaching award and is the author of “A Sign To Remember,” a fictional account of a young man with degenerative hearing and vision loss. Podmore is also the author of “Profiles of Deaf Americans.”

“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 Gallaudet University, the world’s only university for the deaf, in Washington, D.C. He has been an advocate for spreading the language ever since.

License plate race is on

Western has a new rivalry with Central. “The License Plate Race.” The competition revolves around the number of WWU and Central Washington University special license plates on the road.

Personalized collegiate plates were first available in July 1995. As of Nov. 30, 2003, Western has 507 and Central has 444 collegiate plates on the road. Part of the proceeds from the sale of WWU plates supports scholarships for Western students.

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Here’s how you can show your “Viking Spirit” by displaying a WWU license plate:

- Request a WWU “vanity” plate from a Washington State Department of Motor Vehicles title and tag renewal office.
- Pay a one-time fee of $40 (standard for any “vanity” plate).
- Renew your tabs as usual (renewal cost will be prorated depending on date of renewal).

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.

Larry Taylor (’72) said he has collegiate plates on all three of his vehicles because “Western is the greatest university in the state. Having a WWU license plate enhances the quality and increases the status of my vehicles.”

Questions? Call a Washington State Department of Motor Vehicles office or log on to http://www.dmv.wa.gov/ or call the WWU Alumni Relations Office at (360) 650-3353 or (800) 676-6885.

The Blue and White bottles sport the Viking ship athletics logo and can be found in many grocery stores.
**Performing Arts Center Series**

Feb. 21: Guitarists Greg Leisz, accompanied by Madelynizing on clarinet/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 accompanied by Madieye Niang on clavichord, 7:30 p.m., PAG Concert Hall

April 22: Guitarists Greg Leisz, accompanied by Madelynizing on clarinet/percussion, with actors Roscoe Lee Brown and Anthony Zerbe. 7:30 p.m. in Old Main Concert Hall

April 27: "Behind the Broken Words" with actors Roscoe Lee Brown and Anthony Zerbe. 7:30 p.m. in Old Main Theatre. Reception for WWU alumni follows the April 10 performance. 

**Prevention Across the Lifespan Workshop**

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.
- Two days of speakers and presentations centered around disease prevention and the promotion of healthy living. Keynote speaker is Dr. Steven Blair, president and chief executive officer of The Cooper Institute in Dallas and the senior scientific editor for the Surgeon General’s Report on Physical Activity and Health. $82. One credit plus continuing education units are available.
- 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.activeforlife.com.

Brown, the city’s wellness director, will speak at the March 12-13 workshop. McDaniel inspects houses for the city’s Office of Neighborhoods & Community Development, traveling to many inspection sites on foot instead of by car. Moline works in computer tech support for the city’s Planning Department. Their goal is to walk 10,000 steps a day.

**Alumni and University Events**

**Feb. 21:** Turning Points Faculty Speaker Series: Charles Sylvester, physical education, health and recreation, 5:15 p.m., Miller Hall 104

**Feb. 13-16:** Alumni Association: Annual Ski Trip to Apex Mountain, B.C.

**Feb. 27:** Olympia Alumni: Rally before the WWU vs. St. Martin’s men’s basketball game at St. Martin’s

**March 4:** Turning Points Faculty Speaker Series: Alan Galay, history, 5:15 p.m., Miller Hall 104

**March 20:** Winter Commencement

**March 20:** Alumni Association: Murder Mystery Dinner aboard the MV Kirkland, 6 p.m., departs from Kirkland’s City Dock

**April 2:** Seattle Business Forum: Keynote speaker is Safeco president Michael McGavick. 11:30 a.m. at the Westin Hotel, Seattle

**April 13:** Distinguished Alumni Dinner: "Smoky Joe’s Cafe" at the Capital Playhouse, 2 p.m., followed by dinner at Ruby’s Restaurant, Olympia

**April 13:** Turning Points Faculty Speaker Series: Carol Janson, art history, 5:15 p.m., PAC Mainstage

**April 14-15:** Retirement reception and banquet for Michael Seal (’65), director of the Vehicle Research Institute, on campus

**April 14-16:** Showtime Family Weekend

**May 20:** Ski-to-Sea Festival: WWU float in Bellingham parade

**May 30:** WWU Alumni Ski-to-Sea race teams

**June 12:** Spring Commencement

**June 18-20:** Golden Vikings Reunion, on campus

**Tickets & Information**

Alumni events
- (360) 650-3353 or (360) 676-6885
- Athletics (360) 650-3109
- Box Office for PAC/Theatre Arts (360) 650-6146

Distinguished Lecture Series
- May 6: Felipe Fernandez-Armesto, University of London historian and author of "Near a Thousand Tables: 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

**Western Gallery**
- (360) 650-3900

**Wilson Library**
- Hours (recorded) (360) 650-3049

**Lecture Series tickets**
- (360) 650-7545

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