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 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 yearful, 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.

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Frank Williams, '72, Vancouver; Lottie Williams ('82) and Mel Blackman, ('74), British Columbia; Pam Smith-Largo, ('74), Chesapeake/Montgomery; Patrick Lockett, ('74), Japan, Grant Boettcher, ('74), Southern U.S.

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 science scholars to conduct graduate research in science and work in middle school classrooms. The $1.2 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 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
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 7,464 in 2002. The campus welcomed 2,211 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 82 Washington Promise Scholars. WWU has a record 1,791 students of color, or 14.1 percent of the student body.

Richard 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 St., Bellingham, WA. 98225-9106.

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 first Campus Community Coalitions in which campus and community leaders recognize that substance abuse, specifically underage drinking, represents a wide shared problem requiring shared solutions. The coalition consists of law enforcement officers, property owners, bar owners, neighborhood associations, professors, students, campus health and safety leaders, representatives from the mayor's office and WWU President Karen W. Morse.

'Science' drew 16,392 fans
The inaugural "Battle in Seattle" drew 16,392 fans to Seahawks Stadium Oct. 4, a record crowd for a non-NCAA 1 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 ('56). "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 333 colleges and universities in seven countries, gave its prestigious Key Champion Award to Western. The national award honors the chapter for excelling in community service. Some of the Western chapter service project includes highway cleanups, feeding the homeless and collecting canned food. Western started its Golden Key Chapter in May 2000 and now has about 300 members.

Window on Western
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Barbara Audley is the new executive director of Extended Education and Summer Programs. She is responsible for Western's Summer Sessions, of-campus centers offering education and human services degrees in Seattle, Oak Harbor, Everett and Bremerton, and a wide range of on-campus professional development, youth education and Eldersong 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.
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, a 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 Di-an Flick also earned honors during a brilliant season.

Setter Liz Bishop, a senior from Seattle, and libero Nicola 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 Evey, 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.

By Andrea Boyle

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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 young person into 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 of the burden, paying about 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 majors in 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 ('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.

UNIVERSITY PRESIDENT

To Write

WWU President Karen W. Morse
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16 High Street
Bellingham, WA 98225-9199
E-mail: president@wwu.edu

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WINTER 2004

3
**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 what the 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 (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 (886), director of Alumni Programs and Outreach, at (360) 650-7283 or Susan.Bakse@wwu.edu.
INVESTMENTS in Excellence

Scholar, snowboarder chose Western for programs in design, engineering

By Jaclyn Ruckle

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 GB Enterprises Inc., established the Kaiser-Borsari Educational Foundation in 1997. Kaiser and Borsari have invested in students and universities internationally. The foundation contributes large amounts to higher education in Canada, the Caribbean, Europe and England, Borsari said.

"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. Understanding both elements is important in product development.

"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 of the engineers in boots, boards and bindings are men. Women's board, boots and bindings design opportunities are endless."

Carlson has an exuberant determination and self-confidence that consistently guides her to success in everything she pursues, said Arunas Oslapas, associate professor and program coordinator of the industrial design program.

"Combining her personal traits with industrial design skills and a strong design methodology, Julia has the potential to be a future leader in innovation and design," Oslapas said.

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.

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 Karagawa, Japan, for her biodegradable, soybean-derived plastic filament.

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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 in 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.

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 10-year-old Wade King, who died with friend Stephen Tovitas and 16-year-old Liam Wood in the June 1999 Olympic 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 King said at a dedication ceremony. "We want to help the memory of Wade live on by supporting scholarships for young people who use the kind of person Wade was and who become part of 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 gyms, pool, climbing wall and fitness equipment provide students with enhanced recreational opportunities, which research shows play 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.

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 Whalley offer teachers, parents and other information, call (360) 650-3766.

Other initiatives at Western to promote fitness and healthy living in all aspects of your life and at all ages:

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Other initiatives at Western to promote fitness and healthy living in all aspects of your life and at all ages:

Central for Performance Excellence: Opened in fall 2001, the center complements sport 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 Knecht'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 Nautlius Group, a manufacturer, marketer and distributor of health and fitness products based in Vancouver, Wash., and cofounder of Bowflex, a strength training equipment company.

• Works out at home three or four times a week on various pieces of his equipment. Owns a Treadclimber, a home fitness machine introduced by his company in March 2003, for cardio vascular benefits and Bowflex and Nautlius 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 ('95), 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 already 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, likes, bicycling, walking and kayaking on weekends. Participated in Norway’s Birkebeiner ski marathon. Has been known to carry a bicycle while traveling to keep to his physical fitness program.

• "It’s not a problem if you slip exercising for a day or two. But it is a problem if you slip exercising every day. Then you’re 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 Schinder ('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, 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 your primary fit. "Get outside! You won’t melt in the rain. Build up your endurance and don’t do too much too soon. 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 Leukemia and Lymphoma Society, who sponsors fund-raisers and marathons for its "Team in Training" program.

• 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 Schomoe Hill twice during a lunch hour. It feels so good when you stop." Ran the Victoria, B.C., marathon in 3 hours and 54 minutes. Is participating in the Crohn’s and Colitis Foundation of America’s "Running with the Pele" program with colleagues at work.

• Running is usually a solo sport, but the "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, the analytical side of my brain shuts down and my more creative side kicks 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 hope)." 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. "Finding myself in a cockpit, circled by two gray 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 ('01), assignments manager at WWU University Residences.

• Has played baseball, skied and enjoyed other sports 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 at Seattle’s 18- and 19-year-old swim 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 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.

• Enjoys the physical and mental challenge of endurance sports and has been running, hiking, biking, kayaking and biking since the 1970s. Has completed three ironman (triathlon) races. Runs, bikes and swims three or four times a week on average.

• "Advice to anyone who wants to be more physically fit: ‘Start slow and don’t do too much too soon. 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."

Tjalling Ypma
New PEHR faculty member committed to active lifestyle

by Jaclyn Ruckle
UNIVERSITY COMMUNICATIONS

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.

"Stay physically fit," said 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 re-focus energy during a frustrating experience, Hayes said. Focusing on positives helps motivate us and contributes to the common good.

"Stay physically fit," said Susanna Hayes, 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."

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 prepped a lesson 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 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."

"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.

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 years 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 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! – Kel Kenney was the grand marshal for the Fourth of July Grand Parade sponsored and held in Arlington. Kenney is actively involved in the Boys and Girls Club and many other community activities in Arlington.

1959 – Al T. Lynch III joined CWC Capital in Bellevue as a loan officer. ... Beverly Smith is the clinical account manager for the United States and is located in Alpharetta, Ga. ... Joan Wasilowski has started a Japanese cultural network at Everett Community College.

1979 – Terry 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 1982. ... Dan Kinney is the owner of Sandell’s for her store in Barleyville 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. ... KayJakub is the special education coordinator in the San Juan Islands. Jakub 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 Ferrer took the oath of office for the Mercer Island School Board in December. ... JD McDane wrote a new book for the Venice High School and the leader of the newly formed jazz ensemble.

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

1984 – Greg Rawdon was elected to the Riverview School Board. ... After returning to his hometown of Chehalis, Jim Rothlin has

Would you consider yourself a fellow alumna or alumus a “Builder of Bellingham”? In conjunction with the Bellingham Centennial celebration, the Alumni Office is looking for Western grads who have helped shape our city over the past 100 years. We’re looking for elected officials, educators, business owners, philanthropists, volunteers or community members who have had an impact on making Bellingham the wonderful city it is today.

Send your information today to the Office of Alumni Relations, MS-9199, 516 High Street, Bellingham, WA 98225-9199 or e-mail to alumni@wwu.edu.

Please include name, community activities and why the person is a “Builder of Bellingham.” All “Builders of Bellingham” will be recognized throughout the year.

WEDDINGS

1969 – Cheryl Petrosen Troha and Richard Cober, May 19.


1990 – Shane VanDalen and Amy Faber, Sept. 5.


1997 – Rana Baker and Tyler Slobot, June 7. ... Keith McCrea and Jenni Wurm, June 7. ... Kathryn Shuster and Adam Resnick, Aug. 16. ... Mariah Aller and Shawn Butschkosch, Aug. 16. ... Nichole Visser and Aaron Hermanutz, Aug. 3.

2002 - Eric Gustafson and Meredith Murray, July 11. ... Barbara Hamming and Christoph Spoelstra ('98), June 20. ... Jason Doe and Jamie Rowland, Aug. 9. ... Lindsey Avery and Jonathan King, Aug. 16. ... Arica Mattson and Matt Lamer, Aug. 16. ... Michelle Hunter and Kevin Devlin, Aug. 30.... Danielle Schneider and Jacob Heiman ('03), Aug. 9.

2003 – Nicole Kleg and Tad Fornheiser, June 21. ... Ryda Kurenoven and Anthony McCall ('90), Sept. 7. ... Christopher Spoelstra and Barbara Hamming ('02), June 20. ... Anna White and Matt Togawa, Aug. 30. ... Stacey Anderson and Ryan Brown, Aug. 17. ... Brandon Smith and Sarah Davenport, June 28. ... Rebecca Taylor and Brandon Nebl, Sept. 25. ... Angela Moore and Corey Cunneen, July 12. ... Kristin Whitlock and Jayne Bladell, Aug. 31. ... Joel McWayne and Cassandra Hiler, July 26.
been named executive director of the Port of Chehalis industrial park.

1985 — Kitsu DeBrune owns Dream Pix, a web hosting company in Bellingham. ... Carl Olson is the new director of the Regional High School in Matsville. ... Mike Schwedgert is Sedro-Woolley High School's new principal, and is still teaching English for four years. Schwedgert hopes to still interact 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 Alumni Award for her outstanding Regional High School in Matsville. ... Catherine Meissner, 21, the world's sexiest teacher. ... Smith has been named manager of the Isquash branch of Wells Fargo bank. ... Kendra Dick earned his children's a special analyst designation as well as the blessing of his first child. ... Brice Howard has passed the Washington State bar examination.

1987 — Morris Malakov 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 member in Maple Valley. Weaver is also the past president of the Puget Sound Chapter of the National Association of Geotechnical Engineers. ... Sherrill Caldwell is co-founder of The Rebel Housewife weekly Web site column. ... Adam Cohen has been named a business seminar in Tax Saving Strategies for Small Business.

1990 — Virgil Sweeney is a loan officer at Versata in Lacey. Sweeney is also a certified governmental financial planner and a basket coach for Turwater Middle School. ... Sherrill Caldwell is co-founder of The Rebel Housewife weekly Web site column. ... Adam Cohen has been named a business seminar in Tax Saving Strategies for Small Business.


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


1996 — Ralph "Bill" Bell, 87, a retired teacher, and winner of the 1997 Cardozo Award for excellence in education. ... Matt Knaere has been appointed assistant principal of Mountain View High School in Bellingham.

1997 — Michele Henery is co-owner of the Elgin's Garden Center in Prince Rupert, British Columbia. ... Matt Sullivan has been hired as the city administrator for the city of Everett. ... Denise McLeod is a former Seattle teacher. ... She currently is a physician's surgical assistant. ... Andrew Olsen is the new principal of Valley View Elementary School in Bellingham.

1998 — Richard Brown, 69, a retired mathematician, in Seattle Sept. 2. ... Karen Towne, 66, a former sewer commissioner, GOP precinct commit­tee man, in Map­le Valley. ... Weaver is also the PTSA president at Lake Wilderness Elementary, a Girl Scout chapter. Is one of the only schools teaching a physics course at the middle school level.

1999 — Sami Grigel is the owner of Whimsey Jewelry, Arts and Gifts in Fairhaven. ... Randy Grillo is going to teach in Mexico for six months on a fullbright exchange. ... Bonnie War­ren was made design principal at the Creative Group Cabinet. ... Also, the Bellingham School District was honored with the 2002 and 2003 Festival of Music; the 2002 and 2003 United States Postal Service's design contest; and the Bellingham Centennial Celebration logo. ... Shannon Scott was hired as a design teacher in the Conover this year. Seattle Sketchfest. ... Eowyn Ivey is leaving the Front­ier Times newspaper in Seattle, where she worked as a reporter for the paper for nearly nine years.

2000 — Megan Skjel manages Northwest Physical Therapy in Mount Vernon. ... Sharon Arratiby is working at University Presbyterian Church organizing international service projects for junior high and high school students from the greater Seattle area.

2001 — Lori Hummelsmeyer is the operations director of the Fairhaven Farm Center from Whidbey Island Bank. ... Kate Cendegica is an art director for Catalog Collector vs. New York & Goddams. ... Andrea Brocato recently received a master's degree from the Joan Monet Institute and the National University of Ireland, Dublin. ... Randall Wilson is the new executive director of the Washington State Special Education Association. ... Frenoi Harmer, Trisha Wilkie (23), Suzie Dale and Rachel Brown received San Felipe, Calif., in October for a two and a half month

paddle down the coast of Baja to raise money for ovarian cancer. Dale is a student at WWU. Go to: http://home.earthlink.net/~frenoi/

2002 — Brian Blood, a software engineer, is working on a growing company in Port Townsend. ... Justin McKay is an intern and volunteer for the Building Industry Association and a newly elected member of the Ferndale School Board. ... Tanya Ke­rleines, media coordina­tor at WWU's Office of Uni­versity Communications, in October for a two and a half month trip around the world. ... Kinji Takahashi is now part of the Washington Department at Automated Mailing Services.

2003 — Karen Hershberger is the program coordinator at the St. Joseph Hospital Medical Re­habilitation Center. ... Karen Gilmore is a certified primary care assistant with Tervendo Financial Services in Edmonds. ... Laura Pudlik opened a new business, Green Tea Spa, in Bell­ingham. ... Jeremy Sweeney is the new principal at Alternative for Indigenous Education, a charter school that will perform at this year's Seattle Alive! Festival. ... The Rebel Housewife weekly Web site column. ... Adam Cohen has been named a business seminar in Tax Saving Strategies for Small Business.

2004 — Deborah Williamson, 42, who was teaching English literature at WWU while working on her master's degree, in Spokane Sept. 18. He was also active in Whidbey Island Republican politics, in the Elks Lodge.
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 Nicholson, 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 writer 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," which 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 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.samuelsarchive.com, and Clark welcomes feedback from alumni, students and staff at Western. Write him at drclark30@peoplepc.com.


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

Ivan Black ('97) is a partner in Dead End Street, LLC, a multimedia "edutainment" 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 Sjoholm 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."

Howard Wilder addresses the football team as Coach Rob Smith looks on.

99-year-old fullback brings luck to Vikings

by Jo Collinge
UNIVERSITY COMMUNICATIONS

When he faced Monmouth (Oregon Normal) in 1923 as a Bellingham Normal fullback — playing both offense and defense, with a thin leather helmet and almost no padding — Howard Wilder ('29, '41) wound up unconscious, probably with a concussion, and Monmouth won.

Days before turning 100, Wilder drove from his Olympia home to Bellingham to be honored as Western's oldest living football alumni and watch Western take on that 1923 team, now Western Oregon University.

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 112 rounds. In the early '90s, 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.

Orville and Wilbur Wright flew just 11 days after his birth. Radio was a great mystery. Once he guessed that "voices could come out of the air," inventions that followed contained little surprise. His first car, a 1918 model T Ford he bought from his father in 1927, cost him $100.

With a memory rivaling much 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), chronicle 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.

"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."

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 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."

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 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.

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 tab 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 college 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."

Continue the friendly rivalry with Central by putting a WWU license on your car today and supporting the Alumni Scholarship Program. Send a photo of you and your car with WWU plates to the Alumni Relations Office and get a WWU Alumni license plate frame.

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

Viking Rain quenches scholars’ thirst

The Talking Rain Beverage Co. has begun selling "VikingRain" mountain spring water, with a portion of the proceeds going to athletic scholarships at Western.

The company is headed by Doug MacLean (’74), who is also a Western parent and a member of the Western Washington University Foundation Board.
**Performing Arts Center Series**

Feb. 21: Guitarists Greg Leisz, accompanied by Madhury Nizam 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" with actors Roscoe Lee Brown and Anthony Zerbe. 7:30 p.m. in Old Main Concert Hall

**Alumni and University Events**

http://calendar.wwu.edu

Feb. 12: 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 Mountains, B.C.

Feb. 23: 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., departure 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 3: Olympia Alumni Chapter: "Smokey 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 Janzen, art history, 5:15 p.m., PAC Mainstage

May 7: Distinguished Alumni dinner, on campus

May 8: Retirement reception and banquet for Michael Seal (65), director of the Vehicle Research Institute, on campus.

**Tickets & Information**

http://calendar.wwu.edu

Alumni events

(360) 650-3353 or (800) 676-6885

Athletics

(360) 650-3109

Box Office for PAC/Theatre Arts

(360) 650-6146

Western Gallery

(360) 650-3900

Wilson Library

(360) 650-3049

Lecture Series tickets

(360) 650-7545

**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

**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.beactiveforlife.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 Municipal Court; Lynch is a planner for the city's Planning Department. Their goal is to walk 10,000 steps a day.

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