letter from the editor

I asked the Klipsun staff this quarter to tackle some real issues. I wanted them to 'get political' and not write, what I call, 'fluff.'

Our story on page 8 involves the issue of gay bashing in Bellingham. The writer, Sue Kidd, had asked an illustrator to create an image to run with her story. I found no problems with the illustration on page 9, but others did.

We discussed the illustration during an editor’s meeting, and decided to take it to the staff for their input. Basically, I wanted to find a valid reason not to run the illustration.

The illustration was passed around the classroom to generate comments. After 50 minutes of discussion, I still hadn’t heard a good reason not to run it. But the comments were valuable.

One student said that it was hard to tell it was a hammer coming down on a man’s back. Another added that the word ‘buttplugger’ was offensive. I agree, ‘buttplugger’ is offensive. But, so is gay bashing.

I made an editorial decision to run the illustration, without pressure from the adviser or faculty, because gay bashing is a problem.

Oregon’s ballot initiative, Measure 9 almost passed in this year’s election (55 percent to 45 percent). It is this sort of initiative, one based on ignorance and fear, that is clearly a sign of homophobia.

But, what can be done? What will happen if this sort of legislation gets on the Washington ballots in 1993?

So, I ask Klipsun readers, please read the story on page 9, educated yourself about gay and lesbian people, and think twice when you hear or say ‘faggot,’ ‘butch,’ ‘flamer,’ or ‘dyke.’

Special, special thanks to Dad, Diane, Chris, Walter and Gevie -- for college, for support, and for love. This issue is dedicated to my Mom.

Ali Page

On the cover:
Greg Barton, four-time Olympic medal winner.
Photo by Matt Hulbert.
Masthead design by Matt Hulbert.
<table>
<thead>
<tr>
<th>Page</th>
<th>Article Title</th>
<th>Author</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>Greg Barton Brings Back Bronze</td>
<td>Will Young</td>
</tr>
<tr>
<td>8</td>
<td>Gay Bashing in Bellingham</td>
<td>Sue Kidd</td>
</tr>
<tr>
<td>11</td>
<td>Living with the Homeless</td>
<td>Amber Smith</td>
</tr>
<tr>
<td>13</td>
<td>Malcolm X</td>
<td>Shahid Rahman</td>
</tr>
<tr>
<td>17</td>
<td>Mining for Coal Under Bellingham</td>
<td>Amy Wold</td>
</tr>
<tr>
<td>21</td>
<td>How to Prepare for Mother Nature</td>
<td>Kurt Eckert</td>
</tr>
<tr>
<td>23</td>
<td>Beauty: In the Eye of the Beholder?</td>
<td>Erin Middlewood</td>
</tr>
<tr>
<td>25</td>
<td>90 Years and Still Climbing</td>
<td>John Pressentin</td>
</tr>
<tr>
<td>29</td>
<td>Do You Have the Nerve?</td>
<td>John Lindblom</td>
</tr>
</tbody>
</table>
From Barcelona to Bellingham: Greg Barton brings back bronze

Interview by Will Young
Photos by Matt Hulbert

Many of us have often wondered what it would be like to be an Olympic athlete. We have all viewed the Olympics on television, admiring the gifted few who reign as the best in the world.
Imagine what it would be like to train more than half your life, striving for a few minutes of uncertain glory. Picture getting up at 5:30 every morning to practice in the rain, sleet and snow.

This is the life of an Olympic athlete.

When many of us think of our country’s finest competitors, images of fame, fortune and glory may cross our mind. However, these images are the exception, and not the rule, by what is portrayed in the media.

Meet Greg Barton.

I recently had the chance to interview this four-time Olympic medalist, who won a bronze medal in the flatwater kayaking event at the 1992 Olympics.

Barton has appeared in several national magazines, including Sports Illustrated and Gentlemen’s Quarterly.

A Bellingham resident since 1989, Barton works for Ocean Kayak in Ferndale. He lives on Lake Samish, where he has trained for the past few years.

Barton won a bronze medal at Los Angeles in 1984, two gold medals at Seoul, Korea, in 1988 and another bronze medal at Barcelona.

He has made four consecutive Olympic teams (1980, 1984, 1988 and 1992), although he and others could not attend the 1980 games due to strained political relations.

Barton stands 5 feet 11 inches and weighs 180 pounds. He has a muscular upper body, which makes his legs appear almost sticklike.

Raised in Homer, Mich., Barton is the son of a farmer with a 2,200 acre spread. Born with two clubfeet, Barton overcame the challenge to become one of the the finest competitive paddlers the United States ever produced. Although he wears orthopedic shoes, the athlete runs and trains like everyone else.

KLIPSUN: The first time I read about you was in GQ magazine a couple years ago, and I know you appeared in Sports Illustrated’s “Faces in the Crowd” in 1987. When was the first time you appeared in a major magazine and/or article?

BARTON: Probably the first time I appeared in a major magazine article was Sports Illustrated’s Olympic issue in 1988 — they had a couple-page article on me. I was also in “Faces in the Crowd” in 1987. I’ve had (been in) other magazines of lower circulation like Canoe magazine, but that’s not generally a best-seller in the common public. If you want to know a mainstream magazine, that’s probably it.

KLIPSUN: Was it disappointing in 1984 to win a bronze medal and not receive too much magazine coverage after such an accomplishment?

BARTON: No, in 1984 I really had no concept of what would happen. The sport was pretty small and virtually unknown to the American media when we won a medal. It had been 20 years since anyone had won a medal, so hardly anyone paid any attention to kayak at all. I was just happy to get a bronze medal, and I wasn’t really concerned about media coverage. The local newspapers in Michigan all had stories — but that was about all.

KLIPSUN: In kayaking, you are basically your own coach. Is it hard being your own coach, and do you ever wake up when it’s cold and wet and ask yourself “why am I doing this?”

BARTON: Oh yeah, I tell people that all the time. I always question myself. I think it’s probably easier for me to be my own coach because I’ve done it for so long. I started kayaking when I was 10 years old. When I first started, I had some coaches who coached me part time, and my parents and brother helped me a lot. When I went to the University of Michigan, I was by myself and I had to train myself. I think that by the time the 1984 and 1988 Olympics came around,
guaranteed a couple million. If you win other sports like gymnastics (which gets a lot of coverage on television) you'll still receive quite a bit of money. But in some of the minor sports like archery, shooting, kayaking or fencing, a gold medal doesn't necessarily mean anything — other than your own satisfaction.

The second thing it depends on is how the media builds someone up and make them larger that life. You get someone like Mary Lou Retton, and almost everybody wants to be associated with her. She was the ideal spokesperson for selling someone's product, and how could anyone think anything bad about her?

KLIPSUN: Back in September 1988 you told Sports Illustrated that when you were done with the Olympics, you would go back to Michigan. Are you done with the Olympics, and are you moving back to Michigan?

I knew my body and what type of training worked well for me. But when I first started doing it, it was very difficult.

KLIPSUN: You come from Michigan and have travelled virtually everywhere in the world. Why live and train in Bellingham?

BARTON: I enjoy Bellingham, but the main reason why I came up here is because of Ocean Kayak. When I came up here I had been working in California for a couple years and I talked to Tim Niemier, the owner of the company. Tim talked me into taking a permanent position up here. I enjoy Bellingham, but the wintertime is not the most comfortable weather to kayak in. One positive point is that the water doesn't freeze. It (the water) generally stays open all year, so you can train year round if you want to.

KLIPSUN: After winning four Olympic medals, most people would think you would be rich and famous. Would you consider yourself either of the two?

BARTON: Actually, I would say I'm none of the above (Barton laughs). I do have some notoriety; I've had people call me up and ask if I will speak to this group or that group. I have gotten some appearance fees from some groups and various functions, but it hasn't been enough so I was able to quit my job and live off of it.

Becoming rich and famous from the Olympics really depends on two things. One, it depends on the sport. Certain sports are higher profile than others. If you win the 100-meter dash, it's

BARTON: Did I actually tell them that?

KLIPSUN: Yeah, you did.

BARTON: Okay — (chuckle, chuckle), I don't remember saying that. I'll definitely go back occasionally and visit friends and family, but I don't plan on moving back to Michigan anytime in the near future. My parents and brother have a farm that is doing really well there, so if I am having a hard time, at least I know I have some place I can go and get a job.

KLIPSUN: After the 1988 Olympics you said you would retire as well. Any reconsidering?

BARTON: Last time I thought I might retire, but this time I'm definitely retiring from Olympic competition. I can't foresee any reason to come back out of retirement. It is such a huge commitment, and I need more time to do other things. Maybe if someone offered me $100,000 a year to keep me competing, I'd think seriously about it. (Barton laughs) — But I don't see that happening, unfortunately.

KLIPSUN: What was it like to qualify for the 1980 Olympics and not be able to compete because of the boycott? Were you disappointed in the government?

BARTON: I was kinda disappointed in the government when that happened. I felt like we (the athletes) were being used as political pawns. It didn't really make a difference in

KLIPSUN MAGAZINE DECEMBER 1992
the whole grand scheme of things. I felt that when the idea first came up that it was popular among a lot of the public. It was an election year, and people thought that "we'll show those Russians, we won't go to their Olympics." I feel as if nothing was really gained from it (the boycott).

KLIPSUN: Did anyone ever ask the athletes what they thought? After all, it was their Olympics.

BARTON: There were probably some athletes who supported it, but I'd say the majority of the athletes were against the boycott. The whole idea behind the Olympics is supposed to be non-political, and everybody competes regardless of what is happening in the world situation. Unfortunately, that's sort of an idealistic dream. One thing that made it a little easier for me to bear was that I was quite young at the time. I knew I could compete in 1984 and 1988. But for someone who was right in their prime it would make a much bigger difference to them.

KLIPSUN: I read that when you started kayaking as a youngster, you received your inspiration from a former Olympic medalist. Is that true?

BARTON: Yes — Marcia Smoke was a bronze medalist in the 1964 Olympics. When my family first started kayaking, she helped us out a lot. She would invite my brother and myself over for a couple weeks every summer. She was coaching a lot of other kids at the time, but she really helped us out a lot.

KLIPSUN: Did you know you wanted to go after an Olympic medal back then?

BARTON: Yeah, I thought that was the coolest thing in the world that she had an Olympic medal. I think from that point on it was a goal of mine.

KLIPSUN: I know you have a lot of time demands — people want advice, interviews and whatnot. Is it hard to give so much of yourself when receiving so little in return?

BARTON: I have to budget my time. There are a lot of things I have to decide to turn down. I try to help out something like Western Washington University if it's just a 15-minute interview. I figure that is a really minor commitment on my part. But if somebody wants me to give a talk for something that is going to take a couple hours of my time, then if it fits into my schedule and I'm really not doing anything, then maybe I'll do it if it is for a good cause. If it is generally for a sports corporation that is going to help out the company or they are making money, then generally I ask them how much money they have. I think it is worth my time then, but I sort of have some guidelines about who it is, what the situation is and how long it is going to be.

KLIPSUN: Did/do you ever save your articles from newspapers, magazines etc.?

BARTON: Yes I do, I've got a drawer and another big box of them. I figure at some point I'll make a nice album with all those things in there, but so far I just haven't had a chance to do it. They just keep piling up. I keep trying to talk my girlfriend into doing it (Barton laughs).

KLIPSUN: Every article I've read about you mentions your feet and how much you've had to overcome to be an Olympic competitor. Does that ever bother you?

BARTON: No, it really doesn't. I think it is good some people out there who have a handicap or a problem will realize they can still be successful. Maybe not in everything, but you can always find something that you can do, no matter what your skills are, if you are willing to work hard enough at it. Luckily for me, kayaking is a sport which you don't need strong feet to be good at it. But if I wanted to be a track and field star, I would have a hard time with it.

Success really depends on how bad you want it. When you are in the middle of a workout, you have to determine that you are going to workout until you are exhausted. To win a gold medal, that's what you have to do every day.

KLIPSUN: It is amazing that you accomplished your goal and ended up winning some medals. Almost every kid must have that dream once or twice.

BARTON: I think it really depends on how bad you want it. If you ask anyone walking down the street if they would ever like to win an Olympic medal they would say "yeah, yeah, I wouldn't mind having one." But then if you tell them it is going to take 18 years of your life, getting up at 5:30 every morning to train; you're going to get to bed early; you're not going to party too much; you're going to travel; you're not going to have time to spend with your family, time to spend with your friends; you're only going to work half the time as your friends so you won't have as much money as them — if you chalk up all these things, people will probably say "well, maybe I don't need an Olympic medal." For some reason I guess I was just crazy enough to do it, and I'm glad I did.

Greg Barton graduated summa cum laude with a degree in mechanical engineering from the University of Michigan, in 1983. He has devoted more than 20 years of his life to kayaking. In his spare time, Barton enjoys bicycling, cross-country skiing and marathon canoe racing.

Will Young is a journalism major. Following graduation, he plans to pursue a career in sports reporting and writing.
Judy walked into the grocery store to pick up a few things for her evening meal. She careened around the corner with a shopping cart and was met by a group of young men. They looked to be 16 to 18 years old; their hands were stuck in their pockets and the bills of their baseball hats flippantly jutted up toward the fluorescent lighting.

"Get a haircut, queer!" one of them shouted at Judy O'Donohoe. She whipped her cart around and walked away—with the insults still ringing in her ears. Judy paid for her food and left the store. She ran a hand through her close-cropped hair, wondering why she had been attacked.

Outside, she was met by the same group of teenagers who were now in a car, revving its engine. They drove close to her, threateningly, and she darted to the side to safety. She turned her back and listened to the young men yelling threatening remarks at her. "Dyke! Bitch! Get a real haircut!"

Scenes such as these are becoming more and more common in Bellingham's gay community. Even though being gay in Bellingham may seem easy to some, gay Western students like Judy know that being or looking gay in Bellingham is often frightening and sometimes dangerous.

Judy is the co-coordinator of the Lesbian/Gay/Bisexual Alliance at Western. She has seen "gay bashing" and homophobia in Bellingham firsthand and has experienced several traumatic events.

She is an open lesbian who will tell anyone within hearing range that gay bashing is a problem that shouldn't exist. Her largest concern is that homophobics discriminate on appearance—meaning anyone fitting the subjective "gay" stereotype can be harassed. In her eyes, she said, this is the most dangerous form of hatred.

Judy originally came from Ireland, and said she is amazed at the homophobia displayed in Bellingham. She said there are different levels of homophobia. It ranges from not talking to a person because they're gay to actual incidents of bashing.

Judy said one thing she can't get used to in Bellingham is that bystanders do not interfere when they witness verbal or physical gay bashing.

Although Judy has not witnessed a bystander intervening during a bashing, there are Western students who have found themselves in the middle of a bashing.
Roger, a senior at Western, was driving home to spend an evening with his parents last year. He stopped at the Fairhaven Chevron station thinking he would only be getting gas.

Roger (name has been changed), said he noticed four men standing in a vacant lot across the street from the station. When he took a second look, he said, there were only three men.

He went over to investigate, Roger explained, because he felt there was something “fishy” going on.

When Roger approached the group of men, he said he saw the fourth huddled on the ground. The three men were kicking the man in the ribs, stomach and face.

“What are you doing!?” Roger said he yelled in shock.

“He’s a FAG!” one of the men retorted.

Roger pulled the three men off of the fourth, who was now bleeding from several face lacerations.

“I just snapped,” Roger said. “I don’t understand that mentality. I have no sympathy for anyone who takes a guy out like that. No matter what someone believes, they shouldn’t be treated like that,” Roger said about the incident.

He explained that he received minor injuries from the fight that ensued, but felt it was worth intervening because it “definitely should not have happened.”

Roger said he was confused because the man did not want to report the incident to the police. “He limped off before I could do anything else,” he said.

Roger’s concern for the victim was apparent in his voice. It was obvious he did not understand why the victim would not want to report the incident.

Tom Corzine, an acting lieutenant with the Bellingham Police Department, said he hasn’t seen any recent reports of gay harassment or violence.

However, he said one reason may be because attacks are reported as an “assault,” rather than classified as a hate crime. He also said, like domestic violence and rape, these crimes often go unreported.

Officer Steve Lance, a statistic analyzer for the Bellingham Police, said victims can be traumatized by an assault, thus they do not report the incident to the police. This, he said, may be the reason the department has hardly any recorded statistics on gay bashing.

In five major U.S. cities, gay harassment and violence increased by 31 percent last year, according to the National Gay and Lesbian Task Force Policy Institute. These cities were; New York, San Francisco, Chicago, Boston and Minneapolis-St.Paul. But cities like Bellingham face the same danger, Judy said.

Associated Students Vice President of External Affairs Peter Thrush, former coordinator of LGBA and an openly gay Fairhaven senior, said most anti-gay harassment comes in a verbal form in Bellingham. He recalled an incident at a “Politics of AIDS” dance last year when a group of male students harassed the participants.

“They were drunk and belligerent. They came to the dance and started making jokes... and saying ‘Come on, suck my dick, suck my dick.’ They got real physically threatening,” he said.

Peter’s eyes narrowed and he looked frustrated by the memory. He paused at this point to take a drink from his coffee. Peter, like many others in the gay community, said he is outraged and frustrated by the incidents.

Peter recounted an uncomfortable instance of
homophobia he experienced last year. He said he had just finished giving a speech on AIDS awareness and went to shake the hand of an audience member. Peter said the woman recoiled and walked away. “I was shocked. I didn’t know how to react,” Peter said about the experience. He added most of his experiences with homophobia have been subtle, yet disheartening.

Steve Arnold, a senior in communications, said he has seen some graphic bashing in the gay community on Capitol Hill in Seattle. He said he and a friend were walking down the street and saw a group of men attack two others with lead pipes.

“If we would have left a few minutes earlier, or walked a little faster, it could have been us ... that were attacked. It’s really terrifying,” Steve said.

Like Peter, Steve said gay bashing and homophobia are existing, and possibly growing, problems in the community.

Steve rubbed his feet back and forth over the carpet during an interview, showing his discomfort toward the subject. He said he doesn’t like to admit it’s a problem, because it is terrifying to live in fear. Steve said we should all acknowledge that gay bashing and homophobia are a problem.

“I think bashing isn’t limited to any particular group, which is even scarier because you don’t know what kind of opposition or type of bashing is out there,” he said.

Peter recounted incidents of tire slashings and objects thrown from cars at gay members of the community.

He shifted in his seat and continued to drink his coffee in between explanations of some harassment problems he’s seen on campus.

“During pride month this last year, at the opening for the keynote speaker, a man came in with a bible and started spouting (his beliefs). We had to physically take him out ... ask him to leave,” Peter said.

Peter added that homophobia and bashing are also a problem in the residence halls.

Molly Richardson, a freshman who lives in Fairhaven, said she doesn’t know how to tell her roommates in the residence hall that she is gay for fear of how they will react. She said her roommates aren’t outright homophobic, but they are overtly heterosexual.

Molly said she is sometimes made uncomfortable by jokes and comments in the dining halls and all over campus. She said it is a form of harassment that isn’t easy to get used to.

“I was sitting at dinner with some guys and they began to kid one guy about being a faggot. They said he was ‘bizarre’ and they alluded he was gay, even though he was not,” she said.

Molly said when she hears jokes and comments like these she is initially angry and then really sad. She said ignorance plays a large part in the inability to accept homosexual lifestyles. Molly added that self-hate and teen suicide are prevalent in the gay community.

“It scares me. The young people are hearing these comments and harassment, and they think being gay is not an acceptable lifestyle. They hear negative rhetoric and they get the message that it’s wrong, when it isn’t,” Molly said.

Molly remembered one horrific experience she had in Salt Lake City, Utah, her hometown. She said she and a few friends were sitting in a truck when group of guys came up to them and slammed a beer bottle through the windshield. On the truck was an inverted triangle sticker, one symbol of the gay community. Molly said her she and her friends were only slightly injured, with a few cuts and bruises, but the experience was traumatic.

The causes of gay bashing are hard to pin down. But students like Judy, Peter, Steve and Molly say a large portion of the backlash stems from disinformation and fear.

Steve said people fear what they don’t know. He said bashers are lashing out from fear of the unknown. Judy echoed Steve’s sentiment, and added that disinformation spread by religious groups only perpetuates the stigma surrounding the gay community.

Peter said education is a necessity for our society to overcome its stereotype of the homosexual community. He said programs sponsored by LGBA and Western in the past have been helpful, and education should continue.

Judy said heterosexuals often feel their sexuality threatened by homosexuals, thus this fear turns into homophobia and sometimes bashing. She said education is the key to remedying this problem.

Mark Ellis, a senior Fairhaven student, wrote in an article on homophobia submitted to The Western Front:

“The ignorant and cruel ideas promoted by heterosexual extremists should enrage every thinking human being, not just bisexuals, gays, and lesbians. When anyone defines homosexuality as perverse or tantamount to pedophilia, it should anger us all. We heterosexuals are the ones that hear the gay jokes and see the hatred. These are opportunities for us to make change. But how often do we say anything? If we take our rights for granted we are co-conspirators, intentionally or not.”

The backlash from the gay community in response to disinformation and bashing will take on a new form, Steve and Judy said.

“It’s not going to be quiet. There’s a lot of tension in the gay community, there’s a lot of anger that’s building. And, if the straight community is wise they’ll learn to deal with the gay community instead of letting it fester. I will fight for my rights,” Steve said about the future of gay rights. The religious right will come under fire from the gay community, especially if it is further publicly persecuted, he adamantly said.

Judy echoed Steve, saying, the issue has transcended from fighting for a lifestyle — it is now a fight for life.

Sue Kidd is a senior, majoring in journalism. In addition, Sue is the editor-in-chief of The Western Front.
Living with the homeless:  
one man's experience

By Amber Smith

As I waited for Alan Shore in front of Cicchitti's Pizzeria on a Saturday afternoon, I envisioned what he would look like. I had heard he was a minister who worked with the homeless and had actually left his home and family to live among them for a few days. Here was a man who has compassion in spades; a man who has gone above and beyond the call of duty to understand and accept the plight of homeless people.

The man I pictured looked like my grandfather: a tall, gray-haired elderly gentleman wearing a priest's black suit with the little white clerical collar. Shore, too, would probably have my grandfather's wonderful belly laugh, endless amount of stories and kind blue eyes.

The man who showed up was not who I had envisioned.

Dressed in a blue and burgundy snowflake sweater, and jeans, Shore came toward me with a slight strut. I never would have guessed this was the man I was supposed to interview; the way his eyes searched the faces around him gave him away.

With an inviting smile and a certain spark in his bespectacled brown eyes, this unassuming, slightly balding man outstretched his hand. Could this casual, 41-year-old, quiet man possibly be the one who wrote so eloquently in The Bellingham Herald, "A couple of days on the street does not a homeless person make, any more than skipping lunch will teach us what it means to starve."

I soon found out he was the one.

Shore was born and raised in New York, where he got his degree at City University.

"I dropped out three times," Shore said. "But I finally did manage to finish. It only took eight years."

He then went on to get his master of divinity degree through Fuller Theological Seminary in Pasadena, Calif.

As a young man, Shore, who was brought up in a Jewish community, never thought he would become a Christian minister.

"When people think they want truth, they search for truth. But what happens when the truth that you find is not the truth that you thought you would find and not the truth that you really wanted to find?"

"So, you either change your own belief system to accommodate the new knowledge that you've gotten or else ignore the fruits of your search and try to live as best you can within the framework of your previously held beliefs, or non-beliefs, as the case may be."

"So, I was very radically re-oriented, let us say, on my life path and wound up studying and working in the pastoral ministry."

In 1984, Shore took over as pastor of a church in Nooksack which he maintained for eight years. Three years ago he was named executive director of Concerned Christian Citizens (CCC), which is a non-denominational political education and action group, Shore said. Every year, CCC highlights different causes and problems. One of the causes for this year is homelessness.

"If there is a single pervasive en-
enemy of humanity here under this sun, it would be poverty," Shore said. "Poverty carries with it a whole constellation of afflictions and burdens that human beings have to cope with."

A number of agencies concerned with the homeless issue, including the Light House Mission, the Opportunity Council, and AHOME (Appropriate Housing Opportunities Meeting Everyone's needs), took part in a public forum held earlier this year which Shore helped organize.

"I left the forum thinking that I maybe knew some things about homelessness, but I had not gotten inside of that reality as much as I would like to, or, should I say, as much as possible for me."

"So I decided to go out on the street for a couple of days on my own. Not that I...would come out of that situation going, 'Oh, now I know what it's like to be homeless.' But at least for the opportunity to get next to some folks who were and listen to their stories."

"So I put on my little backpack, walked out of my own home, across Alabama Avenue and struck out to come in contact with that population."

Shore said his own biases of homeless people were brought to the surface. He realized that to confront those stereotypes, he had to make personal contact with the population and see what presuppositions were false and which, if any, were true.

He found his stereotype, that the homeless population consisted only of single alcoholic men, was false. He also found married men who were estranged from their wives, single women, some with children, mentally ill people and sober people, the latter of which came as a surprise to Shore.

"There are some men, who, let's face it, are fleeing responsibilities and who are not very well equipped to care for themselves, let alone care for those to whom they are accountable."

"There is a significant proportion of mentally ill people on the street due in part to programs that have been cut. And so these folks have sort of been flushed out of the tubes, onto the streets of America's cities.

"But I also found, refreshingly enough, that there is as broad a spectrum of goals (and) temperament among homeless people as anywhere else. I met folks that were getting it together at the (Light House) mission. I think the mission offers a program that, although by no means perfect, does provide a viable environment in which dislocated single men can get it together and better their circumstances. A surprising number of people who live at the mission are working, are gainfully employed."

Shore explained that many people are working and trying to save up their money to get a place of their own.

Shore's first night was spent in a small park on the boardwalk under the

We dehumanize homeless people because we don't know how to cope with their problems - they seem so vast. We want to hold them at a distance because some of them are smelly and behave in a disgusting way, but they are human beings.

--Alan Shore

Prospect Street overpass.

"I didn't like sleeping in the park, I can tell you that. I felt very exposed and vulnerable. I passed a very uneasy night sleeping there. Someone later told me that the place I chose to sleep was one of the most popular mugging spots in Bellingham."

Many of the men Shore met in the park were alcoholic and did not live at the mission because alcohol is not allowed, Shore said.

"Some guys talk baseball, some people talk about museums, but drinking is the topic of conversation for the men in the park. This kind of drinking, that kind of drinking, times that I drank, what I drank. It's an unbelievable sub-

culture that revolves around alcohol and physical addiction."

Shore's second night was spent at the mission. He said although the mission serves a great purpose, the facilities were rather undesirable.

"It was absolutely a very uncomfortable experience sleeping at the mission. The ventilation was poor. The toilet facilities are just disgusting for a person who is used to a sink and a clean toilet and privacy."

"There are three toilets for 70 men. The showers were quite unsanitary. But the linen was clean and staff was courteous, if cautious. They were used to being conned by people (and) manipulated."

The most important lesson Shore learned during his experience as a homeless person: "We are them and they are us."

"We share humanity, no matter what we are; whether we're homeless or not," Shore said. "There is something that binds us together much more closely than any of those superficial differences can ever drive us apart."

"We dehumanize homeless people because we don't know how to cope with their problems - they seem so vast. We want to hold them at a distance because some of them are smelly and behave in a disgusting way, but they are human beings."

"Just how to effectively meet their needs is an extremely challenging question," Shore said. "I'm not sure that we will ever find an adequate solution to them. But that does not mean that we are let off the hook of working toward a solution of some kind, especially here in Whatcom County where the numbers are still small."

In his own way, Alan Shore has begun to work toward a solution by coming face to face with the homeless problem and learning, from the inside, a little more about what it is truly about.

Amber AJT Smith, a broadcast Communications major, with a minor in Journalism, will be graduating this spring.
He wanted to be known as "the angriest black man in America." Malcolm X, the militant African-American leader of the '60s, has exploded into the '90s through fashion and philosophy, and youth are eating it up.

Young people have found a politically conscious figure that has really become popular in the fashion world. The popular "X" hat and T-shirts are in shopping malls everywhere.

Rap music also brings Malcolm's message of militance to the youth of America. Performers such as Public Enemy, Sister Soulja and Ice Cube are all making people aware of Malcolm X and the Nation of Islam.

The excitement surrounding Malcolm X has come to a climax now that director Spike Lee's new movie, about the life of Malcolm X, has been released. This movie attempts to answer all the questions and misconceptions about this great leader.

There are many people who try to analyze the sudden popularity of the slain civil rights hero. Syid Askia, a student of the religion of Al-Islam and a
member of the Mosque (a Muslim place of prayer) of Seattle, said the sudden interest in Malcolm X is a sign of America's economic situation. He said the civil rights movement of the '60s has reached diminishing returns.

Askia also said that in the '60s the theme for most African-Americans was integration into society. This way of thinking was led by people like Martin Luther King Jr., who taught that non-violent action and unity between African-American and white was the way to create change in society. Now that integration is showing little return, people are looking to themselves for the answer.

This direct "self-reliance" approach, Askia said, was taught by African-American leaders like Marcus Garvey, Elijah Muhammad and Malcolm X.

Another reason Malcolm X has become so popular may be because of Lee's movie itself. The commercial aspect is larger than the political or social aspect. That's why people are wearing the "X" cap, Askia said.

"For most people it's just a fad," he said. "Some people, however, associate the 'X' cap with militancy. Even gang members want to wear the hat.

"The (by any means necessary) mentality is what these gangsters try to bring across," he said.

To understand the rebirth of Malcolm X, one must also understand his life and his reawakening into the Nation of Islam.

Malcolm X was born Malcolm Little in May of 1925 in Omaha, Neb. Shortly after his birth, Malcolm's father, Earl Little, was killed by Night Riders (a local white supremacist group) because of his association with Marcus Garvey, a civil rights leader of the '20s. In his teen years, Malcolm X was known as Detroit Red, street hustler and small-time criminal. After a robbery attempt failed, Malcolm X was identified by security guards at the scene and sent to Boston State Prison at only 20 years of age.

In prison, Malcolm X saw the greatness of his people wasted and their potential untapped. Young minds were beaten into obedience by prison guards to deter violence.

Malcolm saw this brutality and directed his energy to educating himself. He used the time he had to broaden his mind with such subjects as grammar, history and philosophy. Through his readings, Malcolm X saw the things life had to offer outside the inner-city streets. He was later transferred to a better prison facility where he had more freedom. And slowly, Malcolm X turned from a street hustler to a consciously aware, militant African-American.

Malcolm X was encouraged in letters from his relatives to join a group known as the Nation of Islam. At the time, this was a militant religious group which preached discipline, black pride, self-reliance and ways to combat white leadership.

In Muslim tradition, it was believed that one's last name was given to one's ancestors by slave masters. Part of the "self-reliant" teachings of the Muslims was to drop the last name and replace it with an "X" until an Arabic name is found.

Malcolm X later embraced the religion after receiving a letter from Elijah Muhammad, the leader of the Nation of Islam. The letter welcomed him, and soon after he dropped his surname and replaced it with the letter "X".

After his release from prison in 1952, Malcolm X set out on a mission to restore the heritage and racial identity of the African-American. In short, Malcolm X wanted to resurrect the black mind as he had resurrected his own. He helped the influence of Islam spread nationally and became one of the most powerful voices on the African-American political scene. He set up Muslim schools and Mosques, and founded a newspaper called "Muhammad Speaks" to bring the religion to more people.

In 1964, Malcolm X made his Hajj, a religious pilgrimage to Mecca, the Muslim holy city. The pilgrimage is...
made by over 800 million people; one-fifth of the world's population. Malcolm's destination was the Kabba at the center of Mecca. The Kabba is situated near the birthplace of Muhammad, (not Elijah Muhammad) the last prophet of God (peace and blessings be upon him). The Kabba is a 50-foot stone-like structure which, according to Islamic tradition, is the first place of Muslim prayer erected to God by the prophet Abraham.

It was commanded by Allah (God in Arabic) for all Muslims to make a pilgrimage to this sacred region in Arabia. Malcolm did this to pray and to fulfill a lifetime duty of Islam.

When he returned home, he saw the religion in a new light. Al-Islam was not supposed to be a separatist religion just for African-Americans, but a religion that encompassed all of humanity.

He tried to explain this to Elijah Muhammad, but he didn't listen.

Malcolm X then broke from Elijah Muhammad and the Nation of Islam because of their separatist teachings, which didn't operate in accordance with what he learned in Mecca.

Shortly after, Malcolm X was assassinated in February of 1965 at the Audubow Ballroom in New York.

He stepped onto the stage and greeted the crowd with the traditional Muslim greeting "As-alam-alakim" (it means peace blessings be upon you). Then a man stood up in the audience with a sawed-off shotgun he had pulled from his coat. He fired a bullet into Malcolm's chest. Two other men stood up and fired...
Shorty (Spike Lee) and Malcolm (Denzel Washington) spend a night on the town in "Malcolm X," an epic historical drama released by Warner Bros. Photo courtesy of Warner Bros.

two more bullets into Malcolm's body.

Although authorities did capture one of Malcolm's assassins, the identity of the others remains a mystery.

One of the better explanations about the current interest in Malcolm X is the social, economic and racial similarities between the time Malcolm X was alive and the time we live in. Western Washington University political science Professor Vernon Johnson said that we as a people have come full circle.

"The difference now is that I don't sense much hope in the black community or in the white community at large," Johnson said.

These two periods in time are very similar, but Johnson said that in 1992 everyone is pessimistic, and it makes this period more dangerous.

Should people be afraid of the message these T-shirts, hats and rap albums invoke in the minds of the youth? Is the message a militant one, or do people just look at it as just a fad?

"People want to relate and be a part of it," Johnson said. "The average person knows very little about Malcolm, and that's a problem," he said. On the other hand, Johnson said that it's just another case of the American capitalist taking advantage of commercial opportunity.

Whatever the solution is to his rebirth, whether it is a social or commercial equation, the fact remains that the ideals of Malcolm X are still powerfully alive.

The movie itself was starting controversy even before a director was chosen for it. Spike Lee is the director of such movies as "She's Gotta Have It," "School Daze," "Do The Right Thing," "Mo' Better Blues" and "Jungle Fever." Lee told reporters in the October issue of Esquire magazine that he knows how important "Malcolm X" is to black people. Lee said what he wants young people to get out of it is how much emphasis Malcolm put on education.

"I want their value system to be righted. Cause right now, if you speak proper English and get As in school, you're considered a white boy. It ain't down, it ain't cool, it ain't black," Lee said.

Both Johnson and Askia agree with Spike Lee on the importance of emphasis on education. Johnson said the way he lifted himself out from the corrupt world of hustling is what he would put emphasis on. The movie should also show the great change in Malcolm's philosophy toward the end of his life. In Johnson's words, "White people were no longer devils. He moved from a racist to a humanist position." Syid Askia used a butterfly as an example of why Malcolm's final Islamic development should be emphasized. He said that you wouldn't put emphasis on the worm, but its metamorphosis into a butterfly.

Shahid Rahman is pursuing a degree in English and a minor in journalism. He has already completed a minor in history. In addition, Shahid participates in varsity football and track and field. Also, he is a secretary at the Black Student Network.
The entrance to the Bellingham Coal Mine, located on Northwest Avenue where Albertson's stands today. Photo courtesy of Galen Biery.

With Pick and Shovel
Mining for coal under Bellingham

By Amy Wold

He and his wife get up at 5 a.m. She cooks a big breakfast and packs a good-sized lunch because you’ve got to eat a lot if you’re going to go down in the mines. This scene could be anywhere, but it is a small picture of how Bellingham coal miners started their day in the 1940s.

The first of Bellingham’s three major coal mines was the Sehome Mine owned by the Bellingham Bay Coal Co. This first mine operated from 1853 to 1877. It closed partly because the mine had a habit of catching fire. It was many years before coal mining was once again tried in Bellingham.

The Blue Canyon Mine, located near Lake Whatcom, opened in 1892 and only operated for three years before explosions and fires convinced the owners to get into another line of business.

"In 1895, in the mine, there was a bad explosion and 23 of the miners were killed. And it was after that the Blue Canyon Coal Company kind of backed away from coal mining and went into logging and lumber," said Bellingham historian Galen Biery.

The lumber mill that came out of this disaster was the
Bloedel-Donovan Lumber Mills. The Blue Canyon Coal Company continued to operate until 1920, but at a much reduced rate.

The Bellingham Coal Mine opened in 1918, mainly because the Olympic Cement Company needed fuel for its operations. The entrance to this mine was in the Birchwood area, close to where the Albertson’s supermarket stands today.

The Bellingham Coal Mine ran for 35 years and was finally closed in 1953 because the price of oil became so low that it wasn’t worth it to keep the mine open. However, in the years that the mine was open, it was a place of employment, opportunity and legends.

One of these legends is of Chinese workers who were drowned when one of the mines flooded. The legend claimed these workers had their life savings strapped to their bodies and there were many stories going around about the treasures that were supposedly buried in the mines.

“If any story seems spectacular then they’re going to remember it. Years ago someone started a story about Chinamen buried in the mines. I try to correct people who I hear say it. The Chinese didn’t go down into the mines,” Biery said.

This legend comes from the time of the Sehome Mine, which was owned by a San Francisco company. Any records related to the accident or legend were lost in the San Francisco earthquake, according to Dorothy Koert and Galen Biery’s book “Looking Back, Vol.2.”

Walter E. Johnson started working in the Bellingham Coal Mines in 1941, joining his father, and continued to work in the mines for almost eight years.

“When I worked in the mines through the 1940s, we mined the old fashioned way with horses and mules, picks and shovels,” Johnson said.

Horses and mules were used for hauling the coal cars from each working room through the main tunnel and then up to the surface. There were mined-out areas, inside the mine, where barns were built to house the horses and mules. When Johnson quit the mines in 1950, the animals were still being used in the mines.

“The horses worked in almost total darkness because they had no headlamps. There were no reins or control lines. They worked strictly by voice commands and instinct,” Johnson said. “When the horses and mules got too old to work, the mine owners would find a farm who wanted a horse for their kids, and then they would give the horses to them.”

The horses weren’t the only animals that lived in the mines; there were also lots of rats. The rats ate the grain used to feed the horses and lunch-time handouts from some of the miners.

“There was a rat who practically lived with me in the working room for two or three months,” Johnson said.

There is an old miner superstition that the rats warn miners when there is going to be an accident by running out of the mines.

“That’s the reason most of the miners wouldn’t kill a rat and some who would even feed them like I did,” Johnson said.

Johnson would work from 6 a.m. to 3 p.m. on an average day. Two men would work to a room, set up with rails and coal cars. The working room was on an incline up to the the workers. When the miners had filled up one car, they would release it and the force of the full car would pull a new one up to them.

“There’s two entries running off the main slope. Every 25 to 30 feet they’d run (working) rooms off of them; to you that would be a tunnel,” Johnson said.

These working rooms were about 18 to 20 feet wide and about seven feet in height. The miners would work the tunnel approximately 500 feet back. Two or three timber sets, used to support the roof, would have to be put up a day as the miners worked further back into the room.

“Cave-ins were quite common in the coal mines. Most of them were minor ones,” Johnson said. In his almost eight years of working in the Bellingham Coal Mines he had...
experienced 10 to 15 small cave-ins and two major ones. He classified a small cave-in as 50 ft. long and consisting of mostly loose rocks.

Another concern in the mine was gas leaks. Early in the morning, before the working day began, the fireboss would go into the mines with a safety lamp to check for gas leaks. The safety lamp was designed so that when a gas leak was found a big, blue flame would shoot up. The trick was to turn the flame off as soon as the flame would shoot up, before moving the lamp away, or else there would be an explosion.

"Gas explosions are usually pretty minor but they set off the coal dust and that coal dust explodes almost like gunpowder," Johnson said.

Miners like Johnson had to be jacks-of-all-trades. They did their own timbering (roof supports), blasting, digging and only got paid for how much coal they mined.

"We were contract miners so we got paid by the ton, about $1.23 a ton," Johnson said. The miners did their own drilling and blasting and had to pay for their blasting caps, dynamite and tools.

"We even had to pay to use the wash house. I think it was only 10 or 20 cents a week. Later on, when conditions got better, we didn’t have to pay for the powder or blasting caps," Johnson said.

Each coal car would hold about two tons of coal apiece and Johnson said that he and his partner could fill a car in
about 10 minutes of good, steady digging.

Earlier mines, like Sehome and Blue Canyon, had some problems with controlling the water that would seep into the mine. However, accounts from Johnson and from Ed Marroy, a Mine Foreman for Bellingham Coal Mines in the late '30s to early '40s, suggest that the Bellingham Coal Mine was relatively dry. Pumps were used in the Bellingham Coal Mine to control the water seepage, but there were no floods like the earlier mines.

"There’s a false story been going around town for some time that we mined way out into Bellingham Bay, but we weren’t even close," Johnson said.

Johnson said that he really enjoyed the time he spent working in the mines and if he had it to do all over again he wouldn’t change a thing.

The network of mine shafts that run under a good deal of Bellingham have all been closed and most are now flooded. However, the experiences and stories of these mines are not lost, but live in the memories of people who knew Bellingham when it was a younger town.

Amy Wold is a journalism major and plans to graduate spring 1993.
Quaking in our boots: How to prepare for Mother Nature

By Kurt Eckert

Remember hurricane Andrew? He ripped through southern Florida, destroying a billion dollars worth of property and leaving hundreds homeless for weeks.

No?

Well, maybe it will take an earthquake to jog your memory. Let's just hope it doesn't take being in one to be ready for one.

There was a lot of criticism aimed at Florida and the Federal Emergency Management Agency's (FEMA) lack of preparedness. After all, they even knew the hurricane was coming. Earthquakes, though, can strike any time. The Northwest is long overdue for "the big one" and one has to wonder: would Whatcom County be ready?

At the forefront of Whatcom County's readiness is the Emergency Management Services (EMS), a division of the Whatcom Sheriff's Department. EMS uses a high-tech computer mapping program called Emergency Information System (EIS) which can isolate areas larger than cities and as small as a single house and simulate real life emergencies. It also lists names and locations of shelters, possibly hazardous chemical users and individual resources of various businesses and services in and around the county.

Using this system, EMS runs frequent drills with rescue teams, police and utility workers around the county, simulating disasters such as hazardous waste spills, floods and earthquakes. Coupled with an advanced, mobile communications system, the EMS will delegate responsibilities and set priorities, trying to dispatch the appropriate rescuers for each job.

"We just recently had a major earthquake drill," said Neil Clement of EMS. The practice run showed that the communications system currently in place and the EMS operations center in the basement of the Whatcom County Courthouse may be deficient.

"I don't know if this room would hold up in an earthquake," Clement said, looking at the cement walls uneasily, "But we try to correct our mistakes and problems, updating systems as needed and I think we will be all right."

Clement and his boss, Dan Fitzgerald, have all EIS information and communication systems in their cars in case EMS needs to go mobile. They also have the ability to use KGMI radio's equipment if necessary.

"The fireman knows his job and the policeman knows his job. It's my job to send them where they need to go," Clement said.

Like a wheel's hub with spokes going out, the EMS is connected to many parts of a multijurisdictional agency. Even with all this government planning going on, Clement insists that educating the public is EMS' most important role.

"Priorities make up reality in a disaster. The better prepared each citizen is, the less problems they are for me when it comes time to set priorities," Clement said.

The government can not be counted upon to save everyone in a natural disaster, Clement said. First, FEMA will not help without an invitation from the individual state's governor, and then only on a 25 percent matching fund basis from the state. Politics and economics may enter into a decision like this.

"Florida's governor waited three days to call in the feds," Clement said. Secondly, the state, federal and lo-
cal governments have priorities, listed in order in boldface on a poster on the wall of EMS’ offices. They are life safety, mobile resources, critical facilities, public facilities, private property, and then the environment. Priorities can only be changed by the mayor of Bellingham or the Chief Executive Officer of the County Council.

"The citizen must be the first response," Clement said.

The most helpful preparation is a family disaster supplies kit. Information on how to assemble one of these kits is available in a pamphlet put out by the American Red Cross. According to the pamphlet, a prepared citizen stocks six basics in this kit: water, food, first aid, clothing, bedding, tools, and emergency supplies. These kits can be stored in covered trash cans, backpacks or duffel bags and should contain adequate supplies for 72 hours.

"Test your emergency supplies kit. Actually use it once every six months and then restock it," Clement said, "... make a game out of it."

So, does everyone out there have their kits ready yet?

"I’m not prepared at all," said James Davis, 21, of Bellingham. "If there was an earthquake my whole house would fall down and everything I own with it."

"I have my emergency supplies kit in a backpack in my car. If I want to make sure my family’s OK, I know I can hike to the county and see them," Clement said.

But how likely is an earthquake, really? Whatcom County, like the rest of the western United States, is considered part of the Pacific Rim of Fire. Two of the largest tectonic plates, which geologists say the earth’s crust is divided into, bump and scrape each other here, making for much ground-shaking and fissuring (cracking) of the earth’s surface. Some people might think that because the Northwest is not near a fault line, like the one that causes all the quakes in California, quakes are not likely. But they are dead wrong.

Quakes in Washington have happened before, and two of them were fairly large. In 1949, a quake of a magnitude 7.1 on the Richter scale was recorded, and in 1965 there was one of 6.5.

Quakes which happen along fault lines tend to be smaller and effect smaller areas, said Linda Noson, state seismologist, but Washington is near what is called a subduction zone. A subduction zone is a spot where one tectonic plate is sinking beneath another. The Mexico City earthquake of 1985 (8.5) which killed 8,000 people and the Chilean quake of 1982 (9.5, the largest on record) which killed 6,000, were both near such subduction zones.

"The potential for damage here is enormous," Noson said.

Hurricanes and tsunamis (giant tidal waves caused by earthquakes) would probably not harm this side of the Puget Sound, as we are provided with the protection of the San Juan Islands and the Olympic Peninsula, but it is the ground-shaking ability of the quake we have to fear.

Much of Whatcom County is on marsh land, which is why there is so much natural gas, said Doug Goldthorp, a geologist with Whatcom County’s Department of Engineering.

"Because of that, and the fact that much of the city’s industrial sector is made of man-made fill — which is liquefiable under seismic pressure — and the hazardous materials there, lack of structural integrity is a concern," Goldthorp said.

With full-scale exercises and public attention and support, Clement feels that Whatcom County could be ready for a natural disaster. He urged the public to take advantage of the availability of literature on how to prepare and protect yourself in the event of an emergency.

"Get an emergency supplies kit ready!" Clement repeated several times. "Keep your ears and eyes open, too. If there’s an emergency, listen up to TV, radio, sirens. Be it hazardous materials, earthquakes, or floods, we have a plan, and we need everybody to work together to make it happen," Clement said.

Kurt Eckert is a senior journalism major hoping to graduate this year and move on to a career as a freelance reporter and fiction writer.
Images of lithe, golden women fill magazines and blip across TV screens everyday. Each ruby pout, flash of smooth leg and toss of shiny hair outlines a standard of beauty — a standard which many women are challenging as impossible and even dangerous.

“Each year we are bombarded by thousands of images of women who don’t exist — who are created by the media,” said Pat Fabiano, wellness consultant at Western Washington University.

“Many college women feel they are beyond the media’s effects,” she said. “But (the media’s images) affect us powerfully on a psychological level whether we know it or not.”

Candice Wiggum, a counselor at Western, said the images we see in advertisements are designed to create needs for products.

“The images tell us that we are not good enough, but would be if we bought a certain product,” she said. “They exaggerate ... beauty.”

Ann Sovar, a senior English major and lifestyle advisor for Western’s Wellness Center, said advertisements are vehicles for the definition of beauty.

“One percent of one percent of women actually look like (models), and then their pictures are brushed up. People look for this (beauty) in each other and expect it of themselves,” Sovar said.

“Even though I’m aware, it affects me too,” Sovar said.

Wiggum explained that the definitions of beauty presented by images may not affect us on a conscious level, but rather collectively influence us at an unconscious level and become internalized.

“These idealized images are what women judge themselves against and strive for,” Fabiano said. In essence, she said, women strive for an ideal that doesn’t exist, then castigate themselves when they can’t reach it.

Liz is an example. She has loose raven curls that rest on broad shoulders and frame her defiant cheekbones. She stands stunningly tall at 5 feet 11 inches and is long-limbed.

But Liz focuses on what she is not: she says she is not petite, perky, blond or skinny. These are the characteristics that, in her mind, define beauty.

“It almost feels like it’s floating in the air,” Liz said.

“Everyone knows who is good-looking.”

She points to television, movies and magazines as the
Fabiano said, are often a response to unrealistic beauty standards. Women often find themselves ugly in comparison to the models on television or in magazines.

"(The image of beauty) changes our relationship with food," Wiggum said. "We spend a great deal of time thinking about how to eat and feeling guilty about what we eat. Dieting has become a national pastime."

Fabiano described a continuum of eating disorders ranging from compulsive dieting and exercising to anorexia and bulimia.

"Many women at Western spend eight out of 10 weeks of the quarter on a diet, never to be satisfied, never to measure up," Fabiano said.

A study of entering Western students found that 35 percent have or have had an eating disorder, while national studies estimate that one in four women on college campuses has bulimia.

Liz is one of them. "I go on dangerous diets," she said. "I try to lose weight quickly. I'll stop eating or take pills (diuretics)."

She once dropped from a size 12, a realistic size for someone of her height and frame, to a size seven. She is now back to a size 12.

"It made me feel so good. I still think about being a size seven," Liz said. "I feel too fat now."

She said for a while last year she took diuretics and stopped eating for long periods of time. What little she did eat, she vomited.

"Once you start, it's hard to stop," she said.

She was amazed when she discovered that her two roommates were engaging in similar behavior to shed pounds.

Not only do rigid standards of beauty change a woman's relationship with food and with herself, Wiggum said it can also affect relationships between people.

It affects the relationship among women by determining how they talk to each other. Much of the language used, she said, centers around dieting, weight and appearance and sets up comparison and competition among women.

Rectifying women's relationships with their bodies and their intimate partners begins with discussing the problems that rigid standards of beauty cause, said Fabiano. Women need to tell each other their stories, she said, and express their feelings to intimate partners.

Wiggum also advocated supportive discussion about beauty, eating and realistic images of women. Both Fabiano and Wiggum see "consciousness raising" involving education and discussion as a solution to the problem.

"This problem needs a name," Fabiano said. "Maybe if we can give it a name that we can tell little girls, we can give them a chance."

Erin Middlewood is a political science/journalism major.
Harold Engles was at it again.

Rambling along the crest of an alpine ridge over flower fields, heather meadows and ice-carved rocks above the Suiattle River valley, he was nearing one of his favorite wilderness outposts, the summit of Circle Peak.

The 6,000-foot peak is one of many wildland explorations Engles enjoys as an avid hiker and climber of the North Cascades mountains. His interest in the region has taken him from soaring snow-capped summits to the base of deep valleys, where white-watered rivers born among glaciers rush quickly to tidewater.

That's a scene Engles described in a recent conversation about a trip he took last summer. And he's a long-time traveler of this country. Sixty-five years ago when he was transferred from Mount Hood, Oregon to Darrington, at the edge of the North Cascades, he knew he'd be spending a lot
Engles said (his doctor) didn't really approve the climb, but really didn't know about it, either.

Standing over six feet tall, Engles looks like he's never been out of shape. He'd pass for a well-conditioned 70-year-old. He seems too full of energy and vigor to be concerned about age. He's as quick to tell stories about his life and others as he is to interrupt conversation with a friendly chuckle.

Engles likes to talk about his 25 years as Darrington's head district ranger, a job that required him to administer all Forest Service activities in lands from the headwaters of the Sauk and Stillaguamish Rivers to Granite Falls (about 300,000 acres of land). He was in charge of all trail building, campground recreation, fire fighting, telephone line maintenance, grazing and timber sales.

"We did just about everything back then. We built a lot of trails," Engles said. "We built 79 miles in one year for horses. They weren't high grade but the horses got over 'em."

A legend among Forest Service officials, Engles was a contemporary of the agency's founding fathers, including Gifford Pinchot, who under the authority of President Theodore Roosevelt became the first Forest Service chief and Aldo Leopold, an early advocate of scientific forestry and well-known conservationist.

"Yeah, I spent the day with Gifford Pinchot and his successor, Henry Graves. They came out here in 1938, I believe. They wanted to see what was going on out here in this part of the country. I guess I showed 'em a little."

Engles said the early ideas of conservationist thinkers like Leopold, John Muir and Pinchot were just starting to make sensible resource management an issue in the Forest Service. There were also groups in Everett who were working to get sensitive areas in watersheds set aside to be protected from logging and grazing.

"Grazing we were trying to limit, but it was very difficult to control. Overgrazing is devastating to the landscape and disappointing to see in the high country. There's always been some opposition to that. Finally, since then, the state has done something to control it and this region has been steered strictly towards recreation."

Although retired since 1958, Engles is still active in the Forest Service.

"I take a little part in the training and other things for the new ones and the old ones. I go up there (the ranger station) and explain how we did things in the earlier days. Gives the younger people a little more background."

Engles said being a ranger was such a physical job that he was always in shape. Back in those days, being fit was just "part of the job." That's why it's easy for him to stay in shape — it's become a "way of life" to go out on hikes all the time.

"I don't exercise, I just hike," says Engles with a smile.

At the same time Engles keeps busy with other activities. Although retired since 1958, Engles is still active in the Forest Service.

"I take a little part in the training and other things for the new ones and the old ones. I go up there (the ranger station) and explain how we did things in the earlier days. Gives the younger people a little more background."

Engles said being a ranger was such a physical job that he was always in shape. Back in those days, being fit was just "part of the job." That's why it's easy for him to stay in shape — it's become a "way of life" to go out on hikes all the time.

"I don't exercise, I just hike," says Engles with a smile.

At the same time Engles keeps busy with other activities. Two years ago he bought a mountain bike. He goes biking regularly, but usually on days when he's not hiking or during hunting season when it's not safe to be in the woods.

"I haven't ridden it for about three days, but I usually ride a couple of days a week."

Engles said riding his mountain bike 20 miles is a "good day" but five or ten miles is more common.

Engles rides his mountain bike up logging roads or river roads. Two months ago he was riding down one of those roads amid rugged mountains of the Cascades encountering and struggling with the elements. Inside the walls Engles, sitting in his rocking chair, tells stories about his mountain adventures.

Although Engles has always had the time and energy to go hiking, this last summer hasn't been easy. He complains a recent operation he had to remove a cancerous growth has "slowed up" his summer hiking plans.

"I got mixed up last summer. A real hiking season and I couldn't really hike."

Well, it didn't slow him down that much. Five days later Engles was back hiking again. He's even been up three easier "minor peaks" this summer. In addition to Circle Peak, he's also climbed to the top of Sauk Mountain, a 5,500-foot peak with a mere 1,100-foot gain.

"I'm not doing anything too strenuous," Engles says.

There may be stranger definitions of what might be called "strenuous," but it's doubtful. Last summer Engles decided a good way to celebrate his 90th birthday was to do what he's always done best: climbing.

He and his three hiking pals decided they would scale Three Fingers Mountain, a 6,800-foot peak that rises above Darrington.

That's no casual hike either. It's not even a serious hike. It's a serious climb. And Engles didn't pick it by accident. Looking for a place to build a firewatch lookout tower as a ranger, he and a partner, the late Harry Bedal, were the first to scale the mountain in 1929.

Engles has no reservations about climbing at his age, despite his recent operation. While his doctor encourages him with his outdoor activities, Engles said he didn't really approve the climb, but really didn't know about it either.

"We didn't have a serious discussion about the climb. But he said I could go back to climbing if things went right."

Although bad weather conditions kept Engles and his pals from going up Three Fingers, he wasn't too discouraged by it.

"We got rained out, couldn't get anywhere this time. It's OK."

Standing six feet tall, Engles looks like he's never
when a full-sized cougar jumped out in front of him.

"I was riding on one of those roads off Whitehorse and looked up and here's this big
cougar right in front of me. You don't see that much anymore, but AHHHHH, are they
impressive!"

When the winter snow hits, Engles hangs up his hiking boots and parks his bike to
do some cross-country skiing. Spending a day skiing on a snow-covered road in the
middle of winter is not uncommon for Engles.

"Oh yeah, I used to ski when I worked at Mount Hood in the 30s. I've never been
one of those rhythm skiers, but I still can ski. We usually just head back to the hills or to
the closest place we can find snow."

The problem Engles has been having is that the pals he's usually goes hiking with
are having health problems. Most of them are "young" and in their 70s.

"My partners have been having problems lately. One got cancer and another had a
stroke that's affected his walking. So I've been hanging around some other hikers
because I won't go out alone."

One of those hikers is an old friend who used to work with Engles in the Forest
Service.

"He's got a four-wheeler," he says. "So we'll be skiing."

Engles said he has no plans to ease up his activity schedule anytime in the near future.
He's already planning for more hiking trips next summer.

"Yeah, I still cross-country ski, bike and hike. I still do the things I used to. I can't hike
as fast as I used to, but I go right along."

It's all second nature to Engles.

John Pressentin is a journalism major who plans to graduate Spring quarter.
DO YOU HAVE THE NERVE?

PHOTOS AND STORY BY JOHN LINDBLOM

At first you are wringing your hands, then clenching them into tight fists, and when you realize what you're doing, they get jammed into pockets to stop the shaking.

The anticipation simply won't let you stand still. You're pacing. Then you're sitting. Then pacing again. All the while you keep glancing to the clear blue sky with its pale wisps of patchwork clouds.

You force your eyes back to the ground where you are booting imaginary stones across the flat concrete in hopes of relieving some of the anxiety. The fear of the unknown makes your mind race. Your voice trembles as you mumble words of fear and regret.

The crackle of the intercom sounds across the complex as your name is wailed out for all the world to hear. You've had it. The commitment is made and there's no turning back even though you wish you could.

The trip does not go well. You feel a bit queasy and still have second thoughts. You've been weighing the options for getting out of this mess. But you told yourself, "This is something I have always wanted to do." So you're stuck doing it because you know your conscience would never let you live it down if you gave in.

Luckily the instructor is there. The security blanket. The saving grace. Without him, you would be safe and sound back on the planet where all humans were intended to be, not in this crazy, half-witted situation.

It's time - time to meet your maker, or so you're wondering. There are 8,000 feet between you and the ground. If it wasn't for that parachute built for two, a five-minute ride of a lifetime would be over in less than a minute.

"You can't even tell what's going on first," said Albert Shen of Seattle, just after making this sliding touchdown with the help of instructor, Guy Medina, 23.
Once you’re out of the plane, the realization of dropping thousands of feet doesn’t come as quickly as you expect. Everything is a blur at first. Then you open your goggle-covered eyes to find this doesn’t seem like you’re on your way to meeting your maker.

This is tandem skydiving, as those daring enough to try it have said. This is not for the faint of heart. Jumping from an airplane requires some guts, especially if you have spent an extraordinarily brief 20 minutes in “training.”

Jumping tandem means you and your instructor, who supposedly does this seven or eight times a day, are harnessed together to a single parachute and go through the whole ordeal together from the first step out the door to touchdown.

Emphasis is on touchdown. This isn’t going to be a slamdown or a crunchdown or worst of all, a squishdown, if there is such a thing. The landing is going to be soft and smooth, controlled at all times. The “Goliath,” the largest student parachute in the world, is your best friend for those five minutes.

The instructor, your next best friend, will help guide you to the tiny gravel circle in the center of the airfield known as the landing area. It is marked only by a ragged yellow windsock mounted on a plastic pipe.

You have come away from your first skydiving experience unscathed, thanks to the Snohomish Parachute Center. The apprehension that once wouldn’t let you hold your hands still has made a transition into adrenaline-powered hysteria.

But you are just one of 30 other first-time jumpers this week here at Harvey Airfield in Snohomish.

The parachute center, the largest in western Washington, moved to Snohomish in 1987 after operating in Issaquah for over 15 years. It draws customers from around the state and is considered by many to be the best in the Northwest.

Jamey Woodward, owner of the center, has been jumping out of airplanes for 22 years. For him, this has become a way of life. He explained the traditions of being a part of this organization.

“Every time there’s a first around here (except for the first time out of a plane), the jumper has to pay for a case of beer for the rest of us,” he said. There’s also a tradition of getting a pie in the face when you pass the student jumpers stage and become solo jumpers.”

Woodward says there is a real camaraderie between the staff and frequent jumpers. Since there aren’t too many who will hop into a Cessna 182 only to hop back out 10,000 feet off the ground, regulars hold a link to each other.

Of course, the instructors have some good stories of first-timers. Some get motion sickness and end up losing it. One young woman lost control of her bladder midway through the jump. And then there was a first-time jumper who screamed and cursed about how much he hated it from the moment he took the big step all the way back into the center but ended up buying another jump for the following weekend.

“People have a hard time putting the experience into words. Once they step out (of the plane) they are quiet right away. Until they figure out what’s going on, then you can’t shut them up,” said Guy Medena, an instructor for the past two years at the center.

For Medena the best part about his job is seeing the jumpers’ reactions. He said the jumping is fun but the people are more fun.

Shaun Brobak, a first-time jumper from Seattle, said after touching down, “I loved it! I’m comin’ back! I’m goin’ in and buying my next jump. I just kept trying to crawl through the air to catch myself. My ears feel weird.”

Jon Croy, who came with Brobak for his first jump, said, “I couldn’t think of anything. But it was great. You really get disoriented at first. You have to remind yourself to breathe.”

Static-line jumps are another option for first-timers at the center, but it requires a bit more training and nerve than the tandems. There are no instructors harnessed to your back. It’s just a step out the plane and a tug from a line attached to the plane pulling your chute out. From there, you can hear the instructors on the ground guiding you to a safe landing in the grass pasture a mile from where any planes can land.

There is a five-hour class on how you get from the starting point of 4,000 feet to the ground without losing your lunch or your ability to walk. The instructors teach you to step out, arch your back and wait for that parachute to open once you’ve cleared the plane.

No ripcords involved here. You just hope and pray that line supposedly attached to the plane is going to pull your parachute out of the little green life-pack you have strapped to your back. Then it’s just a matter of steering the chute to a soft smooth landing.

Paul Rogers, who opted to take the static-line jump the center offers, said, “You’re thinking ‘Oh, why me?’ But those instructors are so great they’ve got you feeling like you’re God. But it’s all fun and fun until that door opens. I didn’t want to see the ground coming up at me, I just looked out into the sky. I wasn’t really nervous, just very alert. It’s the greatest experience I’ve had in a long time.”

Surprisingly, there is no special attire required for any of this. The best
in the sport look no different than the first-timers. Levis with sweat shirts are as common as FAA-certified jumping suits. Getting cold doesn't seem to be a problem. Your mind will be going so fast you won't have a chance to remember it.

The center is open for anyone, as long as your weight is under 240 lbs. They run daily from the beginning of May to the end of October, and then are open for weekends the rest of the year.

This activity isn't for the faint of heart, nor for the faint of wallet. A first time static-line jump will run you a hefty $149. The tandem jump cashes in at $179. The price drops the more jumps you take. If you're one of the lucky few who can't get enough of it, you're going to shell out around $3000 for the equipment. Once you have all the necessities, the jumps run around $20 a shot.

As one jumper commented after landing, "This is better than sex."

John Lindblom is a senior journalism major. After graduating, John will be pursuing a writing career in print or broadcast media.

Kim Rogers, 23, of Seattle exclaimed, "I had to remind myself to breathe." Guy Medina, on the left, will make as many as nine tandem jumps each day.