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Editors of The Spectator

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Men's basketball tips off at the Key

Games at KeyArena come with new perks for students

Kelton Sears
Staff Writer

Now is a great time to be a fan of Seattle University Basketball—especially if you're a student.

This upcoming season, students attending men's basketball home games at KeyArena will have a variety of opportunities presented to them. From free seating to discounted dinner and drinks, student men's

basketball fans will be treated right at the new Redhawks home court this season.

For students wondering what there is to do before, during and after the game, here is your complete guide to all things Redhawks basketball.

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Catch the game

Redhawks vs. Fresno State
7:10 p.m. at KeyArena
ESPN Seattle
Station: 710 AM
Live broadcast on FSN Northwest

Nickelsville arrives in Central District

Homeless camp evicted from Duwamish site

Carolyn Huynh
Staff Writer

Nickelsville's fuchsia tents have come to the Central District.

With its recent relocation to New Hope Missionary Baptist Church at 124 21st Avenue in the Central District—just more than a mile from Seattle University's campus—and Mayor-elect Mike McGinn's possibly different approach to homeless policy, changes may be in store for the residents of the illegal homeless encampment.

Currently 26 Nickelodeons—the nickname for the tent city's residents—live in the community. Nickelsville lost many of its citizens since its eviction from a site on the Duwamish River in late September.

Now, Nickelodeons said they're in the process of reestablishing themselves.

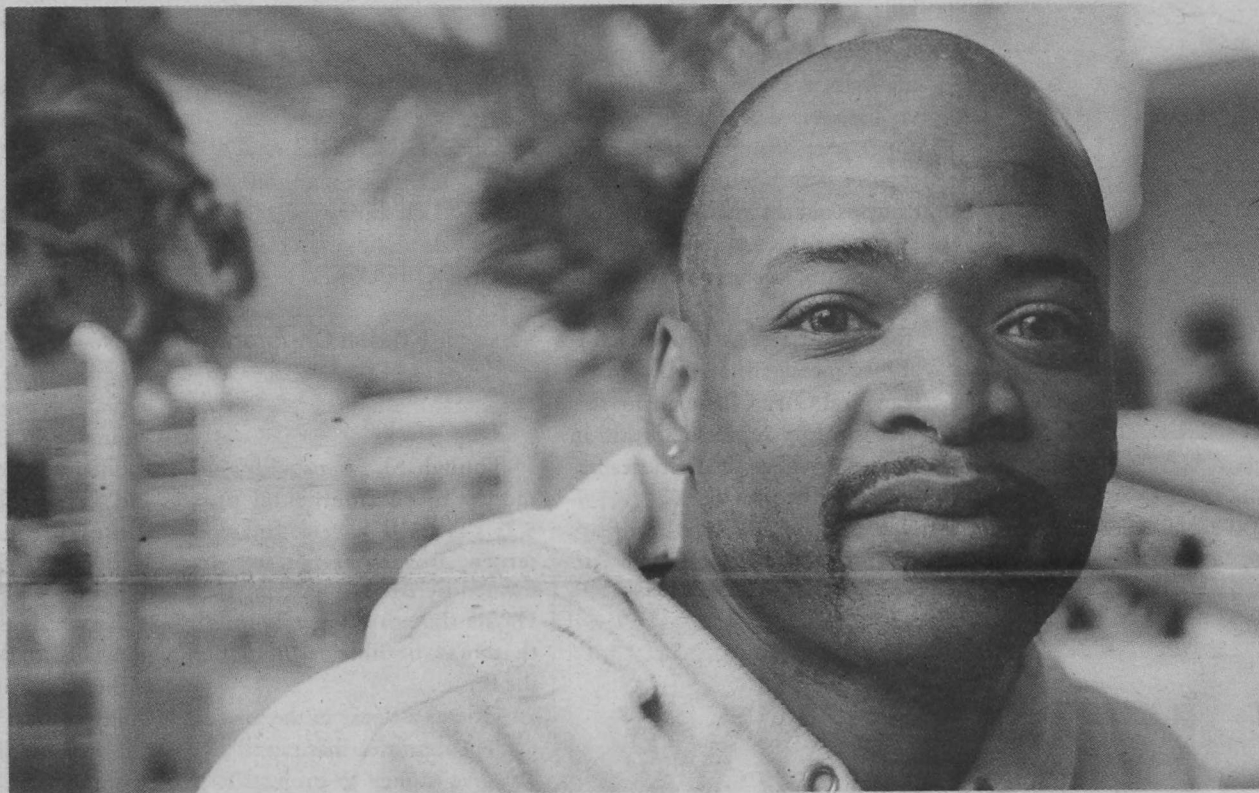
"Nobody wants to see us," said Richard Gilbert, one of the original residents of Nickelsville who was arrested in September. "The city wants to wipe us off from the face of the earth. When are we going to stop running?"

Founded in September 2008, Nickelsville is modeled after the encampment after Tent City to provide Seattle's homeless with shelter. The city of Seattle recognizes Tent City as a legitimate homeless organization.

Nickelsville, however, satirically named to critique outgoing Mayor Greg Nickels' alleged neglect of the

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University pledges veteran support



Clara Ganey | The Spectator

Thyron Heyward, a medic in the Navy for 10 years, will graduate this spring with a degree in public affairs.

Memorandum offers kind words; no extra funding

Frances Dinger
Staff Writer

President Stephen Sundborg, S.J. signed a Memorandum of Understanding Nov. 10, committing to help student veterans find the resources they need to pursue higher education.

The memorandum does entail a commitment of additional financial aid for student veterans from the university. Similar to a memorandum signed at the state level drafted

by Gov. Chris Gregoire and other key legislators, the commitment intends to increase student and faculty awareness of veterans' programs and foster social support to ensure the educational success of current and former members of the military.

Sundborg said part of the problem for veterans entering higher education is that they do not know what resources are available to them. "There's a door there," Sundborg said. "It's a kind of narrow funneling of who knows how to take advantage of their benefits."

Thyron Heyward, a Navy medic of 10 years and now a senior

"[The transition] is still difficult. I joined the Navy at 17. Getting out was a huge culture shock."

Thyron Heyward
Senior

public affairs major, echoed Sundborg's concern. He said it upsets him when veterans do not use the benefits available to them.

Major Tim Ohno, retired Army officer and military science professor, attended Sundborg's signing of the memorandum and has worked with both student veterans and future veterans in ROTC.

"I've never heard students say financial aid is inadequate," Ohno said.

He does, however, believe some students are unaware of the financial resources available to them. Ohno refers students to resources like the GI Bill and the financial aid office.

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Tiny tapas nook offers huge flavor



Page 11

Three new tastes for Thanksgiving



Page 8

Friday
November 20, 2009

48°
40°



Saturday
November 21, 2009

45°
40°



Sunday
November 22, 2009

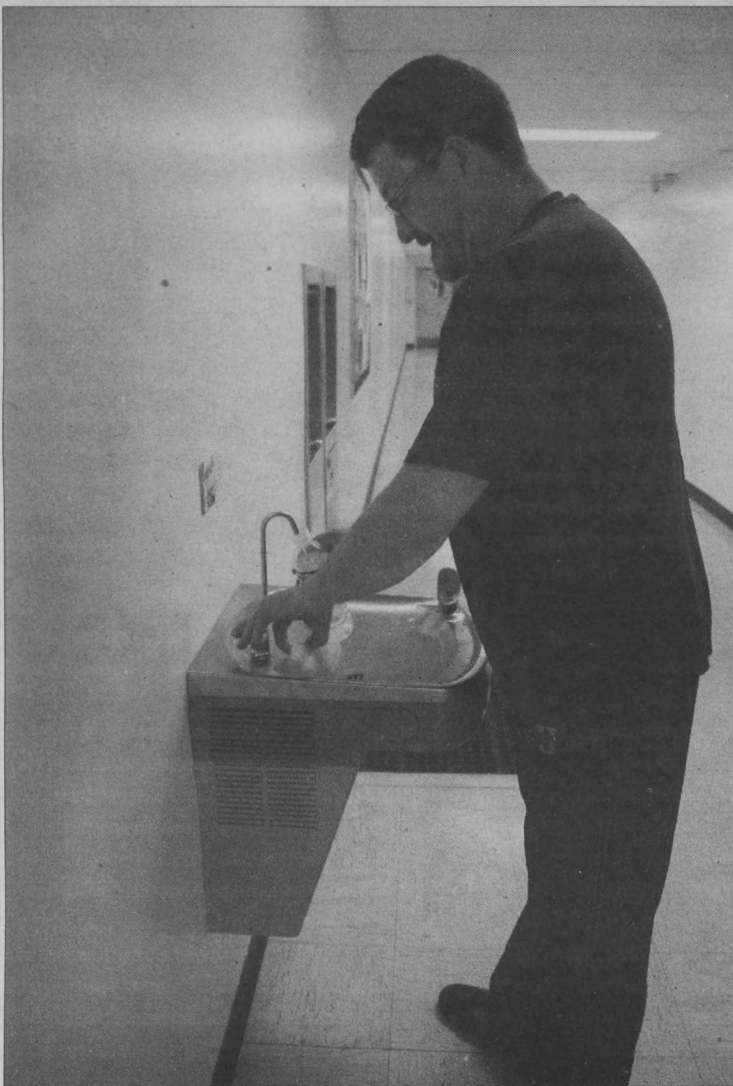
44°
39°



Local hit Visqueen on campus 10

Ban the Bottle update 2

news



Mary Bryant-Likens | The Spectator

After requests from Ban the Bottle and student support, Facilities put new spigots on the water fountains in Connolly Center.

SUSTAINABILITY

'Ban the Bottle' shifts campaign model

Effort to ban sale of bottled water on campus teams up with ASSU

Katy McCourt-Basham
Staff Writer

Ban the Bottle, a student-led campaign to ban the sale of all bottled water on campus which stirred students and the administration last year, seems to have dropped out of student discourse.

The absence of the group's main faculty and staff supporters has caused a setback, but the appearance of new spigots on the tops of water fountains around campus marks the achievement of one of the campaign goals—facilitating the use of reusable water bottles.

Karen Price, campus sustainability manager, is on maternity leave and Gary Chamberlain, former theology professor, is still in contact with Ban the Bottle leaders but has retired.

Cecilia Borges Farfan, last year's

leader of the campaign, said Ban the Bottle has created a new strategy for this year.

Instead of putting together another educational campaign like last year's, which centered on raising student awareness of bottled water's environmental harm, Borges Farfan plans to use her position on the Seattle University Rotating Fund committee to help Ban the Bottle.

I've definitely seen a lot of students refilling at the drinking fountain.

Kristen Christopher
Connolly Specialist

Though SURF usually gives money to environmental projects that will have a financial return, Borges Farfan was informed by ASSU president Jesse David that there is a loophole that may be able to help Ban the Bottle.

"There's a clause in the mission of the committee that says SURF can give money to projects they know won't return any money if they know it's a really good cause," Borges Farfan said.

In addition to finding different funding strategies, Ban the Bottle has a new campaign leader this year: Senior economics and environmental studies Spencer Black.

Black said he hopes to use new methods to pressure the university into action.

"Gonzaga banned bottled water a while back," Gary Chamberlain said. "And they didn't have to do an educational campaign."

The clamor around the use of bottled water seems to have died down, but the campaign's influence on the campus is visible.

According to Buzz Hofford, Bon Appetit's food services director, sales of bottled water have also declined in Cherry Street Market and the Bistro over the last couple of years, though the numbers are not concrete.

Bottled water is still for sale in many places—the bookstore offers three sizes of bottled water, but sells more than 10 different varieties of reusable containers, from travel mugs to plastic and metal bottles.

The campaign's most recent victory can be seen in the appearance of modifications of drinking fountains around campus that allow one to easily refill his or her reusable water bottle.

These spigots are being added in phases, and are currently only in the Connolly Center and

Casey building—key areas for water use.

"I've definitely seen a lot of students refilling at the drinking fountain," said Kristen Christopher, a strength and fitness specialist in the Connolly Center.

According to Michael Kerns, associate vice president for facilities administration, the original hope was to modify all of the drinking fountains on campus at once, but it turned out not to be financially feasible.

There are more than 70 drinking fountains on campus, and Facilities plans to convert 40 of them. The cost to modify each is between \$1,000 and \$2,500, so the cost of modifying every drinking fountain on campus would add up to an estimated \$40,000 to \$50,000.

Now that Facilities has finished the first phase of modifications, it plans to modify the drinking fountains in the residence halls. Fountains in Bellarmine, Campion and Xavier will be modified over winter break, moving toward facilities' 15-fountain goal for this year.

Kerns said the department owes the change to Ban the Bottle as well as the university's overall sustainability efforts.

"[Facilities is] fully supportive of this effort," Kerns said. "It's just a question of how to get it all in place."

The idea was if they did enough education, people would [...] stop buying bottled water.

Ron Smith
VP Finance

Seattle U's Ban the Bottle campaign was established two years ago by now-alumni Nick McCarvel and Gretchenrae Callanta.

With the help of Chamberlain and Price, the group put together proposals for university administrators and a large educational campaign to raise awareness and work toward banning bottled water.

Though Seattle U did not agree to immediately ban bottled water completely, administrators agreed it would be a good idea to phase out bottled water over time.

"The idea was if they did enough education, people would, on their own, stop buying bottled water," said Ron Smith, vice president of finance and business affairs.

Katy may be reached at kmccourt@su-spectator.com.

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Grad leads H1N1 vaccine clinic

Vaccination efforts in Thurston Co. run on low budget

Ryan Disch
Staff Writer

When Seattle University nursing graduate Jillian Heist prepared for her new job as the H1N1 emergency preparedness specialist for Thurston County, she researched the Center for Disease Control Web site for guidelines on developing emergency mass clinics.

What she discovered is that the CDC did not create guidelines.

"I came across all this information, but it was basically confetti," Heist said.

Heist applied her training in community nursing to develop a kit that gave health providers in Thurston County instructions on how to run emergency clinics for H1N1 during the height of pandemic panic.

Her guidelines for an emergency mass clinic—a clinic designed to serve a large number of patients in a short period of time, may go into effect as soon as January. Pending

administrative approval, Heist will open these H1N1 vaccination clinics in Thurston County schools early next year.

Thurston County is a metropolitan area that includes the city of Olympia and 40,000 students attending elementary, middle and high school. Students and children are most at risk during this current pandemic wave, Heist said. Despite the large youth population, the county health department Heist works for has limited funding to fight the influenza strain.

We're running a city-size population with rural-size funding.

Jillian Heist
Nurse

"We're running a city-size population with rural-size funding," Heist said. "My supervisor and myself are the only ones running vaccinations for the entire county."

Five percent of Thurston County has received the H1N1 vaccine, although 85 percent of the population meets high-risk standards. Many cannot access the vaccine and others cannot afford to pay for the medicine out of pocket, Heist said.

The CDC reports that those currently at risk of developing H1N1 are child care providers, health workers, children and adults under 24.

Heist said she expects as winter arrives more children will contract the virus, which might trigger a resurgence of panic. A wider array of adults might also be at risk, she added.

Despite the county's need for more H1N1 vaccines, Heist said the federal government has not given Thurston County any more funding.

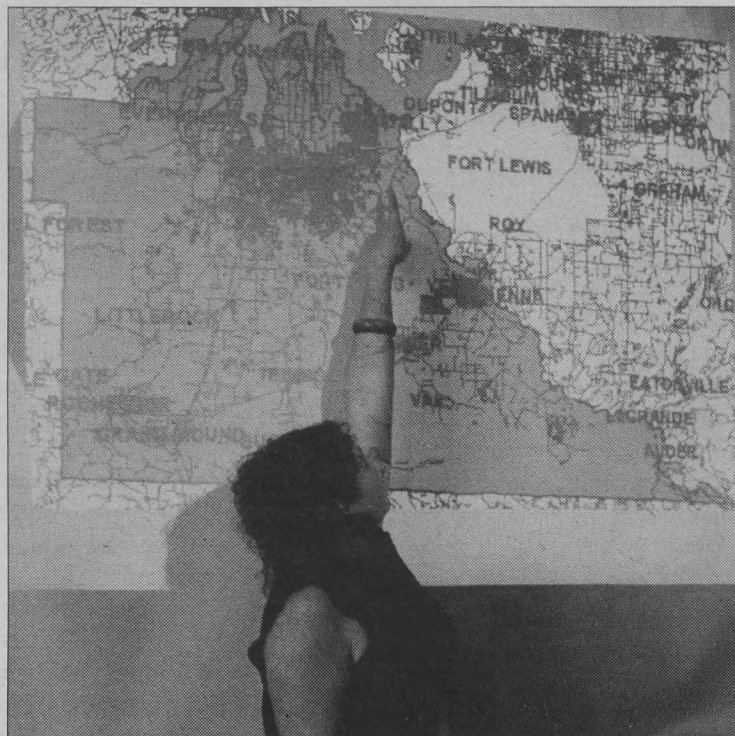
"You can't fix a broken health-care system with a pandemic," Heist said.

Heist and other providers have encountered challenges in administering the vaccine. To make an H1N1 vaccine takes between five and nine months. The manufacturers also give providers the vaccine in 100 dose increments so some providers have a surplus of the vaccine, and others have a shortage of stock.

"Some counties are uniting for [the] vaccine, others are sharing," Heist said.

Seattle University has encountered similar issues with limited H1N1 vaccine stock.

The Student Health Center ran out of the vaccine from Nov. 12 to 13. Health Center staff administered



Mary Bryant-Likens | The Spectator

Seattle U grad Jillian Heist explains the organization and set up of clinics in the Olympia area that are tackling swine flu with vaccinations.

intranasal vaccines again starting Nov. 17, but only to select individuals who meet high-risk standards.

Hospitals and clinics nationwide have also run out of seasonal flu vaccines for the first time since 2004.

Heist spoke at Seattle U about her work designing protocol for Thurston County's emergency mass clinics Nov. 13.

"It's good, from a community nursing standpoint, to be able to adapt," Heist said. "Letting people know what's going on and being able to communicate is important in an emergency situation like this."

Heist said her main strategy is to vaccinate the entire county as quickly

and safely as possible and prevent panic through education, she said.

"It is really important to educate people on the virus," Heist said. "Everyone has different perspectives and different health literacy."

Heist said Seattle U's nursing program prepared her to assess a situation and adapt to a population.

"SU prepared me because my training was extremely holistic," Heist said. "It is important in community nursing to take into consideration the needs of all different kinds of people."

Ryan may be reached at rdisch@su-spectator.com.

Illegal tent city sets up at church on 21st Avenue

Cover

homeless population, is considered an illegal encampment.

Nickelodeons and homeless advocates have been battling with the city of Seattle over the encampment's locations since it started.

Before Nickelsville moved to the Central District, the Duwamish tribe had welcomed Nickelsville to Terminal 107 Park on West Marginal Way Southwest in Seattle. Tribal Council chairperson Cecile Hanson blessed the land when the homeless set up their tents in late July.

But the Port of Seattle gave Nickelsville 90 days to leave its camp near the Duwamish River.

Many residents of Nickelsville held their ground on the 91st day.

Authorities swept through the camp Sept. 30, arresting 12 residents for trespassing and evicting the rest of Nickelsville's homeless. According to camp residents, Port authorities also seized some tents and supplies.

"We originally had 80 tents, but when we got them back from Port authorities, only 30 of them were in working condition," Gilbert said.

Nickelsville celebrated its one-year anniversary a few weeks before the sweep occurred.

They threw the celebration in honor of their growing community.

Nickelsville is not just comprised of native Seattleites—it has

become a melting pot of veterans, elderly citizens and children from the West coast. The shantytown even houses immigrants from Germany and France.

Leaders said Nickelsville utilizes the power of democracy to make its little world as close to a traditional housing community possible.

The camp runs recurring security checks every three hours, rents portable bathrooms and makes decisions as a group.

Billy Lester, 25, head of security at Nickelsville, makes sure safety is a priority for everyone.

He leads background checks, ensures lights are out at 9 p.m. and requires that everyone use headphones for entertainment equipment to make less noise for others.

"We just want to try and make a nice home for ourselves," Lester said. "We hold community meetings for residents that live in the neighborhood to address any concerns they have."

McGinn has said he plans to address the homelessness issue and organizations such as Nickelsville.

During a debate on homelessness with mayoral candidate Joe Mallahan, Seattle PostGlobe reported that McGinn said he favored finding permanent locations for tent cities like Nickelsville.

Carolyn may be reached at chuynh@su-spectator.com.



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Students link yoga with service for stress relief

Kat Catlett
Staff Writer

Shea Wright didn't really know what to expect when she first registered for YES+. Wright, sophomore biochemistry major, only knew she had too much stress in her life.

YES+, a weeklong yoga workshop offered to Seattle University students and Seattle area residents, not only challenged its participants to stretch their limbs but also reach out to the community.

I've slept a lot
better and really
enjoy the calmness.
I've been given.

Shea Wright
Sophomore

George Makarenko, Seattle U graduate student and president of the Yoga and Service club on campus helped bring the Art of Living Foundation-sponsored workshop called Yoga-Empowerment-Service Plus (YES+) to Seattle U. Two instructors, Jameelah Carver and Rachana Rathi, taught a group of nine participants between the ages of 18 and 30 how to deal with stressful situations through yoga, different breathing techniques and self-awareness.

In turn, participants brainstormed about their own community service project to share what they learned from YES+. Members of the workshop decided to make greeting cards for community members.

The program costs \$250 per person, with a few scholarships available for students who demonstrate financial need and who demonstrate need for the course for personal reasons. The workshop costs go toward course supplies, funding the nonprofit organization, scholarships and its future programs for students.

During each class session, Carver and Rathi taught breathing and meditation techniques from India designed to help class members focus on the present, rather than worry about the past or future.

Other parts of the workshop address stress caused by school, social environments and everyday life. Instructors teach studying strategies to decrease these tensions in their lives. Group discussion topics range from the current education system to healthy lifestyle habits and human reliance on different sources of energy.

"We want to teach them how to find peace within and share that with others," Makarenko said.

The Seattle U participants made a stack of Thanksgiving cards to hand out to senior citizens. They also made a stack of "random acts of kindness" cards that they handed out to random people in Capitol Hill and around campus. The cards listed nice things the recipients could do



Sonya Ekstrom | The Spectator

The Yes+ club, which costs \$250 for membership, offers yoga and community service opportunities.

for other random people, who would then do the same for someone else.

"I'm really glad I did it," said Raissa Licano-Sanchez, sophomore humanities for teaching major. "It made me want to do more."

The instructors show the participants how to be self-aware about their reactions to certain situations, how to gain an inner peace and how to have true freedom of choice. They hope that these skills won't only benefit students now, but that they will also be applied in the future.

Makarenko has taught at other

YES+ sessions and practices what he teaches. He started doing yoga and practicing breathing techniques his senior year as an undergraduate student and has been practicing every day since then.

Makarenko said he hopes students who participate in YES+ will do this as well, until it becomes so natural that the little stresses in life don't impact them as much.

Every participant in this month's YES+ session said they benefited somehow.

"I really liked [the course],"

Wright said. "I've slept a lot better and really enjoy the calmness I've been given. I want to continue on with the meditation practices."

"The breathing practices have been a huge help," said Susan Tipton, an AmeriCorps volunteer. "I've felt such a huge difference in a really short amount of time."

The next YES+ workshop on campus will be held from Jan. 19 to Jan. 24.

Kat may be reached at acatlett@su-spectator.com

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SHINE

Memorandum honors veterans

Cover

Paul Hale, sophomore philosophy major, spent three years in the Army, 10 months of it on a tour in Iraq, before entering Seattle U.

"Until recently, there haven't been a lot of [financial] resources available," Hale said. "School is expensive, even with the GI Bill, but it's improving."

Despite the limited resources Hale said he does not feel paying for school is a burden, and some veterans find the Seattle U community to be helpful in transitioning them back into civilian life.

"[The transition] is still difficult," Heyward said. "I joined the Navy at 17 [...] Getting out was a huge culture shock."

Heyward said the community at Seattle U has helped ground him in civilian life. Hale cited living on campus and being responsible for his own laundry and meal preparation as being helpful in the transition.

"The Army isn't very helpful in making you self-sufficient," Hale said.

As a university with a strong ROTC program, the memorandum does not mark a dramatic change in attitude toward student veterans. Sundborg does, however, believe it is the first time the university has honored its veterans in this way. He said veterans approached him after the signing to thank him for recognizing them.

"[The memorandum] is about raising the university's level of consciousness," Sundborg said.

In 2009, Seattle U allocated extra scholarship funds to student veterans for the 2009-2010 school year, including \$200,000 in new money to the Yellow Ribbon Program, implemented Aug. 1, 2008.

Through this program, universities aid Veterans Affairs in funding tuition expenses that exceed the highest public in-state tuition rate. Participating institutions may contribute as much as 50 percent of those expenses. The V.A. will match the institution's contribution.

According to Student Financial Services, Seattle U offers 20 spots in the Yellow Ribbon Program, allocating up to \$10,000 per student each year. There are currently 110 undergraduate student veterans enrolled in the university, according to Commuter Student Services.

"Our undergraduate population has terrific access," said Audrey Hudgins, Assistant Dean of the College of Arts and Science, "I hope grad students will be under consideration in future years."

The Yellow Ribbon Program is currently not extended to the roughly 30 veteran graduate students currently enrolled at Seattle University.

Frances may be reached at fdinger@su-spectator.com.

LAW SCHOOL

SU Law awards new full-ride

Student wins first scholarship for Native Americans

Katy McCourt-Basham
Staff Writer

Stacey DeMass' full-tuition scholarship to Seattle University's School of Law came as a surprise.

DeMass didn't know the scholarship existed, nor did she plan on coming to Seattle U. In fact, she was preparing to start law school at Northeastern University, where she would be participating in a co-op program—allowing her to alternate classes with employment at various law firms.

A last-minute call from Carol Cochran, assistant dean of Seattle U's law admissions, changed everything.

Cochran called to offer DeMass the law school's recently established Native American Law Scholar Award after the school's first choice dropped out of the program at the last minute, making DeMass the first student to receive the scholarship.

"[DeMass] shows a great deal of academic promise for the profession," Cochran said.

DeMass worked as a legal aide for the Tulalip tribe's child services program for 18 months after she finished her undergraduate studies.

She worked on a grant proposal for federal funding for the budding program during her first six months on the job.

Though tribal agencies are independent, they have to meet

United States register requirements to earn federal funding for their programs.

Federal funding allows tribes to go about serving their community the way they see fit, DeMass said.

After the grant project was complete, she began to assist the program's attorney, working directly with clients and putting together paperwork for child support cases.

"That job was the catalyst that got me to be really involved," DeMass said.

Native Americans are one of the most underrepresented groups in the legal profession, and the law school has struggled to recruit students from that community, Cochran said.

To help draw Native American students to Seattle U, Cochran approached then-dean Kellye Testy with the idea of establishing a full-tuition scholarship.

DeMass attends tribal events with her mother's tribe, the Upper Skaggit.

"The idea works very closely with the university's mission as a social justice institution," Cochran said. "We were looking to diversify and provide greater access to higher education."

The university established the scholarship two years ago,



Clara Ganey | The Spectator

Stacey DeMass is the first to win the Native American Law Scholar Award, which fully funds law school. She became involved with her mother's tribe upon moving to the Pacific Northwest from New York.

but DeMass is the first recipient. Cochran said the university had been seeking an individual involved in his or her tribal community who plans to use their education to enrich the lives of Native Americans.

"Based on her commitment and previous work, Stacey was a perfect fit," Cochran said.

Though DeMass worked in local tribal communities in the last few years, she wasn't always very involved with Native American culture.

"I always knew it was a part of who I am," she said. "But I never really learned much about it beyond what I learned from history books."

DeMass lived with her father in New York until she was a freshman in high school. She then moved to the Northwest to live with her mother, who is very active in her tribe, the Upper Skagit.

But DeMass didn't take an interest right away.

"I had just moved here, so I was really focused on making friends more than anything else," DeMass said.

[DeMass] shows a great deal of academic promise for the profession.

Carol Cochran
Law Admissions

It wasn't until her junior year as a political science and communications double major at the University of Washington that DeMass became involved in her tribe. She enrolled in American Indian Studies courses at UW and

began attending tribal events with her mother.

"She never forced it on me," DeMass said. "My interest was just sort of piqued on its own."

DeMass said participation in tribal events sparked her interest in working for her tribal community.

"She did great work," said Cara Althoff, director of Tulalip Child Support Enforcement. "We want her to come back as our child support attorney."

DeMass isn't completely sure about her long-term career goals, but said she is definitely interested in pursuing Native American law after she finishes law school. She said jobs focusing on Native American law don't pay very well, but they will provide her with many opportunities to better the lives of individuals in her community.

Katy may be reached at kmccourt@su-spectator.com

Campus Voice: Are you participating in No-shave November?

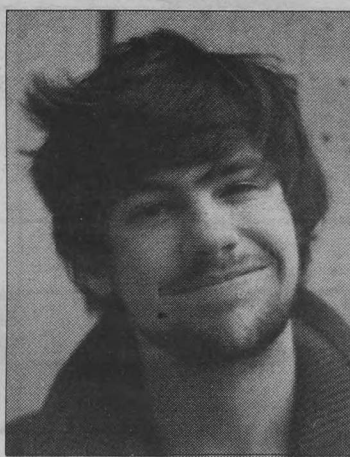


Ethan Robinson
Freshman, Pre-major



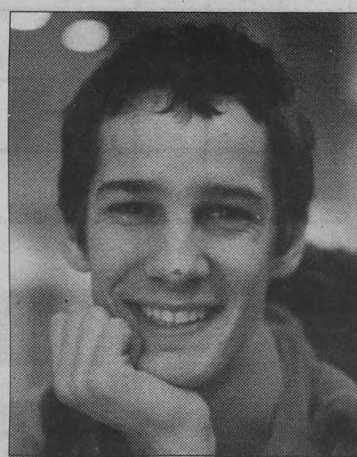
Rose Slavkovsky
Senior, International Studies

"Yes, I am participating in No Shave November because I am lazy. And that's the truth."



Alexander Barr
Freshman, Humanities for Teaching

"Absolutely, to hide behind my insecurities. Also because I've never been allowed to grow facial hair before."



Kipp Gallagher
Senior, Theology

"I am not. I wish I could."

"Yes. I'm trying to prove my manlihood. It won't be proven very well, though, because I can't grow facial hair."

et cetera

thespectator recommends

THU 11/19 THEATER
Honest Abe

Today is your last chance to see the play written in 1938 by Robert E. Sherwood. "Abe" tells the log cabin-to-White House of America's 16th president. In 1939, the play won the Pulitzer Prize. The following year, it was made into a film. It was adapted for television five times between 1945 and 1964. The play easily lets the audience identify with the great emancipator of the USA. Young Abe is a little lazy, a little unlucky, and a little depressed. Critics have called the play "questionable history but clever drama." Intiman Theatre, 7:30 p.m. Tickets are \$10 at the door for youth under the age of 25.

FRI 11/20 LECTURE
Soviet music

Ever wonder about the historical context behind the children's story, "Peter and the Wolf?" Join Andrea Rossing McDowell, visiting professor of Russian and Soviet Literature

for a lecture on "The Fates of Three Soviet Composers: Prokofiev, Shostakovich and Khachaturian," to learn about how composers such as Prokofiev managed to produce famous works in the midst of Stalinist control. Did these three innovative composers serve the party line? Or did they subtly rebel, hiding codes that expressed opposition to the Soviet government? Explore these questions and more on Fri., Nov. 20 at 7 p.m. in the Bannan Auditorium.

SAT 11/21 CONCERT
Viola recital

Professor Amber Archibald (viola) presents the opening performance of the season with musical works for viola and piano by Bax, Enesco, Primrose and Rochberg. In August 2006, ARTS! Houston Magazine said Archibald's technique was "seemingly effortless...precise." The performance features Erin Cheung on piano. Pigott Auditorium, 7:30 to 9 p.m. Tickets are \$5, \$8 or \$12 at the door.

SUN 11/22 COMEDY
Womb Escape III

Rain got you down? The Market Theater has got your remedy! Womb Escape III,

Improv Seattle's annual comedy competition, is back. Seattle's best up and coming improv artists will dose you with hours of quirky sarcasm, slapstick humor and sexual innuendo. Eight three to four-person teams of Seattle comedians—including a squad with two Seattle U seniors, Casey Fern and Wilfred Padua—will battle it out in preliminary rounds Friday and Saturday. Sunday's championship will showcase two groups. The crowd declares winners worthy of Xtreme Improv Trophy. Market Theater, 1428 Post Alley, \$10 online, \$12 at the door.

MON 11/23 CONCERT
ZZ Top brings beards

If ZZ Top are known for one thing, it's not their music, it's their beards. The legendary trio of rockers from Houston were reportedly offered a million dollars each from razor maker Gillette to shave them for a commercial, but they turned it down—the beards are just too much a part of who they are. Still composed of the original three members, ZZ Top are known for their hits like "Sharp Dressed Man" and "Cheap Sunglasses" and have been rocking out for almost 30 straight years. 8 p.m., Comcast Arena in Everett, \$37-\$57, 21 and over.

TUE 11/24 EXHIBIT
Gelatine Lux

Noted Italian glass artist Maria Grazia Rosin presents "Gelatine Lux." Organized by the Carnegie Museum of Art, this immersive installation features a series of glass curtains that vaguely encase 20 illuminated glass sculptures in bold colors, suspended within a universe that includes sound and video components. Evoking the forms of both marine and microscopic life, they exist in a mysterious intra/extraterrestrial cosmos that envelops and disorients the viewer and raises questions about the origins of the world. The exhibit will be featured at the Experience Music Project from 10 a.m. to 5 p.m. daily, a \$15 ticket grants you access to both the EMP and Science Fiction Museum.

WED 11/25 BASKETBALL GAME
Women's basketball

The Seattle U women's basketball team embarks on its first full Division I season in 29 years under the new leadership of head coach Joan Bonvicini. Watch them face off against the Sacramento State University Hornets at 6 p.m. in the Connolly Center.

crossword

1	2	3		4	5	6	7		8	9	10	11	12	13
14				15					16					
17				18					19					
20			21					22						
23					24						25	26	27	
28				29				30		31	32			
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36	37	38	39			40				41				
42					43				44					
45									46	47	48	49	50	
51					52		53	54			55			
				56	57						58			
59	60	61						62				63		
64								65				66		
67								68				69		

Find solutions at our Web site: su-spectator.com

bestcrossword.com

Across

- 1. Needlefish
- 4. I could ___ horse!
- 8. Tooth deposit
- 14. Black bird
- 15. Legal claim
- 16. Ring of color
- 17. Cpl.'s superior
- 18. "Rule Britannia" composer
- 19. Outlaw
- 20. Vegetable stock cube
- 23. Asian sea

- 24. Conductor Dorati
- 25. Big Apple sch.
- 28. Unit of capacity
- 30. Empty
- 33. Measure of the warmth or coldness
- 36. Up
- 40. ___ Lingus
- 41. Reposes
- 42. Becoming slower
- 45. Hoof infection of sheep
- 46. Thrills
- 51. Concorde, e.g.

- 52. Refute by evidence
- 55. Indian instrument
- 56. Related through the father
- 59. Join
- 62. Agitate
- 63. Doc bloc
- 64. Replace the electrical conduits
- 65. Air France destination
- 66. ___ Rosenkavalier
- 67. Person with a paper, perhaps
- 68. American space agency

sudoku

7				6				
2		4		9				8
		9	6	8	2	1		7
				1				3
		8		7		2		5
			9			8		
			1	6	8	5	4	3
		4				7	8	9
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medium

websudoku.com

69. TV Tarzan Ron

Down

- 1. A talking politician?
- 2. Goat hair fabric
- 3. Established procedure
- 4. Airline to Tel Aviv
- 5. Skyway
- 6. Join securely
- 7. Concerning
- 8. Arranged in a table
- 9. Bedouin
- 10. Actor Auberjonois
- 11. Director Browning
- 12. Boxer Laila
- 13. Deserter
- 21. Sick
- 22. Bat abode
- 25. Entre ___
- 26. Mongol tent
- 27. Employs
- 29. Aquatic mammal

- 31. Christmas song
- 32. Salt Lake City athlete
- 34. Something that occupies space
- 35. Green shade
- 36. Pound sounds
- 37. New Mexico art colony
- 38. Ink spot
- 39. Cockpit abbr.
- 43. Arctic gale
- 44. Ins and outs
- 47. Hail, to Caesar
- 48. Vehement speech
- 49. Tooth covering
- 50. Payment for regular work
- 53. North American buffalo
- 54. Extreme
- 56. Discharged a debt
- 57. Area of 4840 square yards
- 58. ___ Little Tenderness
- 59. Sheet music abbr.
- 60. Driving aid
- 61. Defunct airline

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Photo illustration by Garrett Mukai | The Spectator

FRESH ALTERNATIVES TO OLD TRADITIONS

Giving back to your community

This Thanksgiving, instead of simply going home and gorging, mix it up a bit. Between all that eating and sofa lounging, use some time to go out and volunteer this season. Not only will it help out people in need, but it will also fill the stomach with a hearty feeling of satisfaction and service that won't result in an ache 30 minutes later, unlike that third piece of pumpkin pie. Seattle has plenty of volunteer opportunities students can take advantage of this year. Here are just a few opportunities in the upcoming weeks.

Northwest Harvest

Northwest Harvest, a food bank located just blocks away on 7th Avenue and Cherry Street is offering volunteer shifts Nov. 23 and Nov. 25 between 8 a.m. and 4 p.m. to serve warm beverages to the 2,500 people estimated to come through on the days leading up to Thanksgiving.

"We [...] see increased interest in volunteering around the holidays," said Jerri Chonle, volunteer coordinator at Northwest Harvest. "Students on holiday break, families whose children are out of school and others interested in helping at this time of year often contact us with offers of help."

YWCA

On Cherry Street and 29th Avenue, the YWCA is looking for Thanksgiving baskets. Baskets with ingredients for a Thanksgiving dinner for six are welcome Nov. 23 between 10 a.m. and 12 p.m. and will be given to families in need who otherwise wouldn't have an opportunity to celebrate. YWCA is looking for turkey, mashed potatoes, stuffing, gravy, rolls and butter, vegetables or salad fixings and dessert in donated baskets.

Salvation Army

Salvation Army on Pike Street will be running a program to provide gifts to children in families who cannot afford them this holiday season. They are requesting volunteers to help welcome families from diverse ethnic backgrounds and check families' eligibility for the Christmas services. Volunteers can contact Lynsay Buttenob at lynsay.butenob@usw.salvationarmy.org to volunteer. Toy donations for December are accepted beginning the week of Thanksgiving as well.

Host a drive

"If people want to get creative," said Jane Deer-Hileman, director of volunteering at Jewish Family Services, "they can arrange their own drives and partner with us to distribute contributions to recent immigrants." Coat and clothing drives, food drives—the possibilities are numerous. "All you would need to do is contact us and we would give your donations to people who need them," Deer-Hileman said.

Childhood Cancer Careline

Childhood Cancer Careline is looking for many volunteers from the day after Thanksgiving until Christmas Eve to come to Northgate Mall. Volunteers meet between Nordstrom's and Macy's and will wrap gifts for children stricken with cancer and their families. See childhoodcancer-care.org to sign up.

Reporting by Kelton Sears. Kelton may be reached at ksears@su-spectator.com

Meatless substitutes

Katy McCourt-Basham
Staff Writer

On a holiday centered on a large meat-based dish, vegetarians and vegans—especially the recently converted—often have trouble fitting their own dishes into the mix.

Luckily for them, it's become relatively easy to have a veg-friendly Thanksgiving meal. Many restaurants are serving vegetarian friendly options, and for those less inclined to cook, many restaurants offer a vegetarian or vegan-friendly Thanksgiving dinner.

One such restaurant is Plum Bistro, a vegan restaurant on Capitol Hill. Though Plum's Thanksgiving menu isn't completely set in stone, manager Sonja Spinarski said there will definitely be some sort of event.

Most likely, there will be two four-course meal options: traditional and gourmet. The traditional will be



vegan versions of traditional Thanksgiving dishes, while the gourmet choices will more likely be based on items from Plum's regular menu.

Instead of several smaller tables, the restaurant will have two big tables for the holiday, allowing customers to mingle and giving the restaurant more of a family feel. This also gives Thanksgiving company to eaters who may choose to come alone.

Other vegan restaurants, such as Squid & Ink in Georgetown, will be having a more traditional vegan Thanksgiving, serving items like homemade stuffed tofurkey loaf and cornbread stuffing.

Fremont's Flying Apron Bakery will be selling specialty Thanksgiving items like pumpkin and sweet potato-pecan pies.

Many vegans, like junior biochemistry major Heather Nicholas, prefer to make their own Thanksgiving dinner. Since she's the only vegan in her family, she uses easy substitutes to make traditional dishes vegan-friendly yet appealing to the rest of her family.

"It's pretty easy," Nicholas said. "You can make a lot of things like mashed potatoes, yams and stuffing by substituting margarine and soy products for butter and cream."

Some, like junior sociology major Faith Markham, prefer slightly less traditional cuisine.

Markham doesn't really like tofurkey, a turkey substitute usually made with wheat or tofu. She usually makes more seasonal vegetable dishes like stuffed butternut squash and mushroom risotto.

"I do most of the cooking anyway," Markham said, "so my family doesn't really mind."

Markham likes to mix some traditional dishes in with her own favorites. She makes small changes, like using



sourdough bread, which is almost always vegan, to make vegan stuffing.

Markham also likes to make vegan versions of staple Thanksgiving desserts such as pumpkin and apple pie. She said the most difficult part is making her own crust, since most pre-made pie crusts are not vegan.

Whatever the tradition, diners who avoid animal products need not settle for a bland tofurkey dinner. Substitutions are easy, options are abundant and carnivorous family members might not even notice the difference.

Katy may be reached at kmccourt@su-spectator.com

Buy local produce

Kat Catlett
Staff Writer

Thanksgiving is just around the corner, bringing a large variety of delicious food to the table and a great opportunity to exercise environmental stewardship by buying locally grown food.

Buying locally grown food ensures the best food quality, supports the local economy and sustains a healthy environment. In Seattle, a number of farmer's markets full of locally grown food stay open through the holiday season, including the Broadway Sunday Farmer's Market, U-District Saturday Farmer's Market, West Seattle Sunday Farmer's Market, Pike Place Market and the Ballard Sunday Farmer's Market.

While farmer's markets are one option for buying locally, they aren't the only option. Another great place to do this is at Madison Market, located right off East Madison Street on 16th Avenue. Madison Market not only supports local farmers; it uses a simple-to-follow labeling system that allows the customer to choose products by proximity, whether it's food farmed within 100 miles, food farmed in Washington state and food farmed in the greater Northwest.

Everything needed for a traditional or non-traditional Thanksgiving meal can be found in at least one of these places. Homegrown turkeys can be bought from Madison Market or at the West Seattle Farmer's Market but should be pre-ordered due to high demand. A variety of lush, bright red organic apples can be found at the markets, along with other in-season produce like crisp green celery, ripe cranberries and organic sweet potatoes. Many of the farmer's markets offer home-baked pumpkin and pecan pies, and Madison Market offers four-inch personal pies baked in Renton for less than \$5.

According to Caple Melton, Madison Market's



marketing and educational outreach worker, Madison Market also sells pre-made dishes provided by local farmers, a large selection of local dairy producers and a unique meat substitute produced on Jackson by Field Rose.

Melton, however, recommends the Broadway Farmer's Market.

"You're able to connect directly with local farmers, which is the best option," Melton said.

Thanksgiving is an especially good time to try eating locally because of the focus on creating the perfect meal.

"As we give thanks to those folks we choose, we can also give thanks to the local farmers," Melton said.

Hilary Hawley, a Seattle University professor who has taught a college writing course on sustainable eating, explained the importance and benefits of eating locally.

"The ability to come face-to-face with the people producing your food [...] means that you are better informed about how your food is grown," Hawley said. "You can find out whether the farmer grows conventionally, naturally or organically, including information about pesticide use."



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All photos by Matthew Brady | The Spectator

entertainment

Seattle's queen of rock screams a message at SU

Between self-releasing an album and hosting a benefit for her upcoming trip to Laos, Rachel Flotard and Visqueen play a set on campus

Mary Pauline Diaz
Entertainment Editor

Rachel Flotard sits on an ottoman in the Student Center Hearth, right where students will be sitting Wednesday night when Flotard's band Visqueen plays. It's a much different venue for the band—who've played Bumbershoot and been plugged by KEXP, NPR and CNN—and for Flotard, who has also sung backing vocals for Neko Case.

Flotard has spent the afternoon checking out spaces on campus for the band's Student Events and Activities Council Coffeehouse set, only to settle on the Hearth as originally planned.

"It's like playing in your friend's living room," she says. "I like it."

Flotard is grateful for the time she spent taking care of her father.

One of the sassiest, purely fun live acts in the city, Visqueen is bringing its head-bopping pop punk to campus—free to students—to plug its third album, "Message to Garcia," released in September.

The album brings in a rowdy kick of sugar and spike that Flotard hopes "just makes you put a fist in the air or drive faster or just feel great."

It's the band's first self-released album and its first release in five years.

"Who cares about your music more than you?" Flotard says. "With the help of the Internet and word-of-mouth, these days you can carry your record a lot further without having to put it in the hands of someone else."

But it wasn't just self-releasing that put off the album's release for so long. Flotard had other things on her mind.

In 2001, Flotard's father was diagnosed with prostate cancer and moved from New Jersey to get care at the University of Washington near his two daughters.

"He was my roommate, and I was his primary caregiver," she says.

About three years ago, however, his illness worsened to the point where Flotard herself was hardly able to leave home. Touring went on hold, and Flotard would write and record when she could.

Over the course of those years, the band wrote "Message to Garcia," titled after an essay by Elbert Hubbard that Flotard's father showed her when she was 19. The essay is the story of a soldier delivering a message to a general.

"He didn't ask any questions about it; he just had to get this message there," Flotard says of the essay's main character. "My dad would always try and impart this wisdom onto my sister and I. No matter what's in front of you, just try and nut-up and persevere."

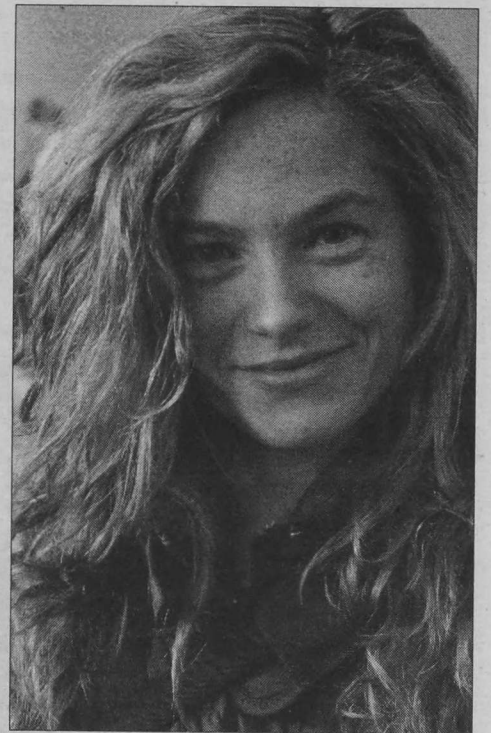
Although the album was written throughout her father's final days, the songs are hardly about taking care of her father so much as the ups and downs of boyfriends, work and everyday life.

"It's like any cross-section of time in your life," Flotard says. "It just happened to be in a point where I was living with my dad, I had no privacy and he would bust into my bathroom and steal hand lotion."

Awkward encounters aside, Flotard is grateful for the time she spent taking care of her father and knows those times are more important than turning around an album ever would be.

No matter what's in front of you, just try to nut-up and persevere.

Rachel Flotard
Visqueen Singer/Guitarist



Candace Shankel | The Spectator

Rachel Flotard prepares to play the Hearth.

For Flotard, no matter how passionate she is about the music, it's these parts of the bigger picture that matter more.

"To temper all of the rock stuff, it's very important to keep an eye on what's real," she says.

Visqueen plays at 8 p.m. on Wednesday night in the Student Center Hearth. The Footlaos show is Dec. 1st at 9 p.m. at Sole Repair Shop on 10th Avenue and East Pike Street and also features MC Queen Lucky, Darek Mazzone of KEXP and DJ Colby B.

Mary Pauline may be reached at entertainment@su-spectator.com

Films and photos takes artistic lens to Berlin Wall

Carolyn Huynh
Staff Writer

This year marks the 20th anniversary of the fall of the Berlin Wall, which divided East and West Germany from 1961 to 1989.

To commemorate this historical event, Seattle University professors came together to construct a week-long memorial using art and film as the media.

The Northwest Film Forum is also celebrating by hosting screenings of films that were produced from both West and East Germany during the wall's existence.

The NWFF series, titled "Divided Cinema: German Cinema at the Wall" includes six films that showcase the deep division the wall brought about.

"We selected filmmakers that used the wall as a tool in their films," said Adam Sekuler, program director of NWFF. "The program focuses less on the fall of the wall and more on the national cinema that was around at the time of the wall."

The NWFF is also hosting two symposiums, one of which is being conducted by Cordula Brown, Seattle U German professor, who

is speaking on the history of West German cinema.

Along with Brown, Seattle University history professor Tom Taylor had been mulling over potential events and activities to bring to students on campus that would show how different the world was in a time of conflict.

"We really just wanted to introduce students to a time that defined the century," Taylor said. "We knew it was going to be a big media event, and we wanted Seattle U to be part of it all."

Seattle University professors came together to construct a week-long memorial.

Together, they and other departments came up with their own film series, an art installation and a student debate from members of the Seattle U debate team, many of whom are Brown's own students.

The debate posed the question of whether or not the wall should be rebuilt, a question still being asked 20 years later.

Along with the debate, the event series involved many films being shown in Xavier Global House, including prominent ones such as "The Lives of Others" and the satire "Goodbye Lenin."

"We wanted to make the event as diverse as possible, and that included using film as a medium," Taylor said. "These movies are cultural icons."

Brown, along with Fr. Josef Venker, S.J., chair of Fine Arts, also spearheaded the art installation that is currently on display on the wall in the Fine Arts building, in which many of Brown's own students participated as well.

Students put together a history and timeline pairing iconic photographs with prominent key events that occurred within the twenty-year span.

"I thought this event reached quite a few students," Brown said. "We made sure it was accessible to everyone, and I'm quite happy with how things turned out."

Dr. Sheldon Anderson, a professor of history and international studies at Miami University in

Oxford, Ohio, gave the keynote speech that concluded the week.

His talk, titled "Red Crossing: Working and Playing behind the Iron Curtain," recounted anecdotes and his experience as an American living in West Germany during the early to late '80s.

We really just wanted to introduce students to a time that defined the century.

Tom Taylor
History Professor

The lecture was followed by a question-and-answer session from attendees.

More information on the ongoing events at the Northwest Film Forum can be found at nwfilmforum.org. The film series runs from Nov. 30 to Dec. 16.

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Sonya Ekstrom | The Spectator

Iconic photos from the Berlin Wall era are in the Fine Arts building.

'Scratch' opens the stage

Kelton Sears
Staff Writer

Toyia Taylor has a long history with open mic events. While living in New York she not only participated in the scene with her own spoken word poetry, but she also helped create an open mic program called "Eargasm: O.I.L."

"The O.I.L. stood for Open Mic, Interactive, Live Audience," Taylor explained.

Taylor is one of the main coordinators and the host for Seattle University's own upcoming open mic program, "Scratch," which will draw from that same inspiration of interacting with a live audience. "Scratch," showing at the Lee Center for the Arts Nov. 20 at 6 p.m., will feature a wide array of Seattle University students displaying their unique talents, 10 acts in total.

The acts this year have tended to lean toward spoken word, Taylor said, but the variety is large. Signed up to perform Friday are dancers, a cappella groups, musicians and even a 17-piece improvisational acting group.

"A whole class signed up for that one," Taylor said. "That should be really cool."

"Scratch" was created by Steve

Galatro, a former Seattle U student himself. As part of a Summary Project for the master's degree in Arts Leadership program, Galatro decided to fulfill a particular need he saw on campus.

"There was a real need to create a place where students could explore their own creative works in a performance space. That wasn't necessarily happening in [the Lee Center]," Galatro said. "Scratch" was his solution.

Flyers for the event were posted all over campus inviting students to sign up. Student acts simply had to go through an application process in order to perform, something Taylor appreciates, as opposed to having strict screenings.

"I like the whole organic feeling open mics create," Taylor said. "When people go up there and they just start expressing all these things, that's really spiritual to me."

Taylor extended her preference for the organic to rehearsals for the house band, which were held late last week.

The house band will consist of a DJ, dancers and Taylor herself along with other improvisers doing free-form spoken word over the DJ's beats in a sort of hip-hop fashion. One of the members of the improv element of the band is Shelton

Samson, a local artist Taylor met at a hair salon.

"I was barbering at Zazz salon down on 23rd and Cherry when I met Toyia," Samson said, "and later on we found out we were both artists."

Although Samson graduated with a graphic design degree, his main focus lately has been music, the vocal element of which he will be demonstrating on Friday. The house band will perform interludes between student acts.

"The band will be like the nucleus of the show, that thread that strings it all together into one piece," Taylor said.

As for the name "Scratch," Galatro offered a couple of explanations.

"It has multiple levels of meanings," Galatro said. "It's about satisfaction of the creative 'itch' as well as building something from scratch."

Taylor has her own explanation.

"I feel like it's about students sort of scratching at the surface of their talent to reveal the wealth of it that is lying just below the surface," she said. "This event can help them realize just how talented they really are."

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FOOD

Meza supplies savory and saucy



Clara Ganey | The Spectator

Meza's owner made the bar himself and features local artists.

Katie Farden
Assistant News Editor

Meza, the cozy Latin tapas restaurant tucked away on 14th Avenue, hasn't even celebrated its first birthday, and it's already teaching other neighborhood restaurants a bold lesson: savory authentic dishes taste even better when customers can afford them.

For less than \$10 at Meza—which opened in late August and fuses cuisine from Venezuela, Cuba and Spain—you can get a small plate of well-seasoned grub. The eatery's offerings are perfect for a light lunch or hearty snack on the way home from the bar (the place is open until 3 a.m. weekend nights).

The Toke de Pollo tapa is a staple. The \$6 dish offers just enough generously marinated braised chicken atop caramelized onion to satisfy—but not enough to share.

Just \$1 to \$3 more will get you a Cuban or Spanish sandwich on thick, floury slabs of Macrina Bakery's Guiseppe toast. One whiff of the Havana (\$9)—a piping-hot Cuban pork sandwich garnished with banana peppers, melted cheese and a thin layer of shaved ham—and Meza's attention to detail and flavor pairing becomes clear.

"I just want people to come and get something different that is affordable," says owner Alex Meza. "It's a kind of a little hole in the wall, but it's good food."

Though it's hard to spot from the single sandwich board announcing its presence on 14th Avenue, Meza is hardly a hole in the wall. A handsome black chandelier hangs over a rustic table carved out of oak and smooth jazz notes join the aromas of sizzling meat drifting through the air. A maroon wall with smart black trim flaunts two illuminated photography collages.

On the other wall, a gaudy silver-framed mirror complements work from local artists, which Meza rotates every three months. Currently gracing the walls are David Vanhook and

Alemendra Sandoval Enriquez's oil paintings.

Nearly everything else in the restaurant—from the fresh aioli dipping sauce accompanying each sandwich to the recycled wood bar stools—Meza created himself.

I just want people to come and get something different that is affordable.

Alex Meza
Owner, Meza

It took him just two and a half weeks to build the bar, he says, which now holds standard liquors as well as homemade novelties like cucumber-infused vodka (\$2 for a shot) and homemade sangrias (\$6 for a glass or \$25 for a pitcher).

Meza's Arepitas, a Venezuelan street food, are also restaurant exclusives. Flaky toasted corncake pockets stuffed with tender chunks of slow-cooked meat blanketed in mozzarella or Swiss cheese, Arepitas also go for \$6. Both the basic braised pork Pernil and the tomato-based Vegetariana pack plenty of flavor.

"Cooking, you know, it's my thing," says Meza, who's culinary influences range from Spain to a tiny mountainous village nestled in Venezuela's El Ávila National Park.

Meza admits the recipe for his \$4 chantilly cream flan, however—a caramel-drizzled dessert Seattle Magazine recently praised—belongs to his grandmother.

One of the few drawbacks to Meza is time you'll spend waiting outside with a watering mouth before you can get in. The eatery fills up quick some dinner hours. Expect a line of patrons if you're coming in past 6 p.m. on a weekend night.

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Swiss export rock to C-Street

Fernando Sioson
Staff Columnist

The Swiss make a lot of great things. They craft fine watches, tasty cheeses and even tastier money. Neutrality is their biggest export, but a handful of indie rock bands also come out of the small European country, including Disco Doom.

Disco Doom came all the way from Zurich to play a concert in the student center Thursday. The show was held in C-Street and was free to students courtesy of the Student Events and Activities Council and the Romero Arts learning community.

The band refused to play unless one condition was met: another band had to first open for them. Tara Roth, a coordinator of many Romero programs and a professor in the English Department, volunteered her own band.

The Apostrophes is a local Seattle band comprised only of Roth and her husband Jim Roth, of Built To

Spill fame. The two originally met Disco Doom while the Swiss band was on tour with Built To Spill, a legendary indie rock band based in Boise, Idaho and Seattle.

Built To Spill is currently on an American tour, with Disco Doom in tow yet again. A short break in their schedule allowed Disco Doom to come and play at Seattle U at the request of Roth and her husband.

"The type of music [Disco Doom] plays is a bit hard to pin down," Roth said. "I would describe it as 'indie shoegaze space rock.'"

Their music is sort of a hybrid between electronic and folk rock. Long stretches of songs are simply slow, rhythm-based guitar solos with little to no vocals in earshot. The songs themselves are low-paced rock ballads with a certain harmony that produces a very unique sound.

The smooth harmony of Disco Doom's music is accompanied by heavy distortions. The lead guitarist can be found wailing

on his whammy bar at any given time and the heavy beats provided by the bass and drums are frighteningly hypnotizing.

"It's the type of music I would listen to on a crummy day," said Daniela Knight, sophomore social work major and the show's advertising director. "It is energetic though. Somehow, it gets my spirits up."

Once the band delved into vocals, there were times in which they would harmonize the lyrics together. These long deep stretches of musical unison highlighted the fact that most of their music is a wacky but subdued take on indie rock, focusing on slow build-ups and even slower climaxes.

Disco Doom is a truly Swiss take on rhythm rock. It is less of a rock show and more of an indie philharmonic soundtrack. Perhaps this band won't make anyone jump out of their seat, but it will make you want to stay in it.

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Candice Shankel | The Spectator

Disco Doom, a Swiss indie band, played Thursday, hosted by SEAC and the Romero Community.

sports

ATHLETE OF THE WEEK

Max Walker perseveres through pain

Kat Catlett
Staff Writer

Max Walker has only played one game this season for Seattle University's men's soccer team, but is still considered one of the team's most dedicated players.

Walker was selected as Featured Student-Athlete of the Week by GoSeattleU.com for his dedication to the men's soccer team throughout his collegiate career and for his outstanding performance on Senior Day against California State University - Bakersfield.

He first took an interest in soccer in elementary school.

"I started playing soccer when I was younger at recess," said Walker, senior math major. "I enjoyed being goalie, and I've been there ever since."

Walker has been playing for Seattle U for four years.

"We've been blessed with a lot of great guys," said Brad Agoos, head men's soccer coach. "Max is at the top of the list."

Walker was out all of last season due to an injury and has been out almost this entire season due to an injury as well. However, he has still shown up to every practice, training session and game while dealing with a separated shoulder and broken foot, always trying to participate in some way.

"He's had an amazing attitude through his injuries," Agoos said. "He's stayed positive and has kept coming out to support us."

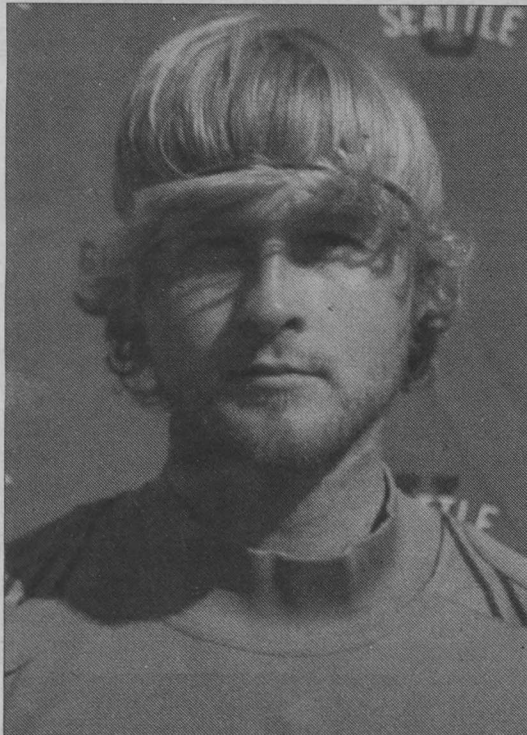
Agoos describes Walker's best qualities as being strong, decisive and an extremely hard worker.

"He loves to challenge himself," Agoos said. "He sets the standard for work ethic and has been a model for the program."

Walker considers this season a successful one, calling it a "growing season," and hopes the team will continue to persevere in Division I competition. He said while competing in a D-I sport is a major time commitment, managing time and responsibilities is possible.

"It's easy to get caught up in sports, but there are ways to find a balance," Walker said. "I found a balance between the things I was passionate about; math, environmental studies and soccer."

Kat may be reached at
acatlett@su-spectator.com.



via GoSeattleU.com

Turbulent season for volleyball team

Ryan Disch
Staff Writer

With an 8-20 record for the 2009 athletic season, the volleyball program at Seattle University has much to improve upon before next season.

The relatively young team, mostly composed of sophomores, had some decisive wins this season, including California State University - Bakersfield, but overall the season has been a bruising one, as the Redhawks garnered a losing record both away, 3-12, and at home, 3-4. The team's record on neutral courts was 2-4.

This season, the Redhawks' opponents won twice as many games per match, with the Redhawks winning 31 and their opponents winning 68. Shannon Ellis, head coach, points to the stiff schedule the volleyball team handled this year as the main reason for the losing season.

"I think we knew it was going to be a turbulent season going into it," Ellis said. "We knew from the beginning that we had a difficult schedule."

The season was made more difficult by Ellis' departure for maternity leave midway through the season, leaving head coach duties to assistant coach Teron Uy. Uy also felt the team's tough year was due to a grueling and competitive Division I schedule but was optimistic about the direction of the team as a whole.

"We're going in the right direction," Uy said. "It's hard to see by our record only because of the high caliber teams we've faced."

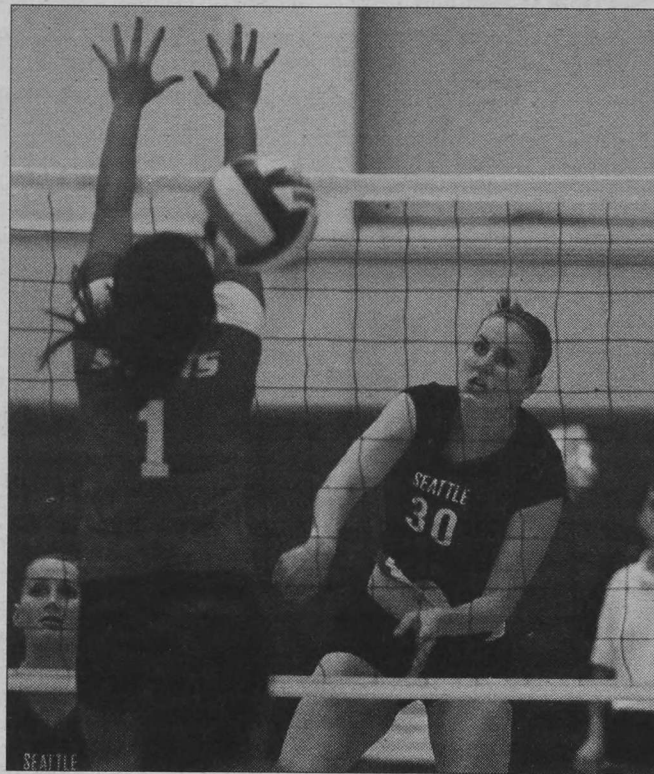
Both Uy and Ellis are relying on their athletes to train hard during the off-season, especially on the offensive end of the court, where Ellis sees the most room to improve.

"We're going to improve our hitters and make our offense more consistent," Ellis said. "Our winter schedule is demanding because of the amount of focus we are demanding of them."

Despite the difficult season, Jamie Mellies, junior civil engineering major and defender, believes the improvements and lessons learned throughout this past season will help develop a stronger team next season.

"We set standards and goals at the beginning of the year," Mellies said. "Though we didn't meet some of the goals, we met the majority of them, and we will continue to improve."

Mellies is also confident the young team will be stronger



Courtesy Eric Badeau via GoSeattleU.com

because of close relationships formed during this season. She believes this will strengthen the team as it heads toward stiffer competition.

"I think we will be better as a team chemistry-wise this coming season," Mellies said.

Mellies herself has garnered attention as she was named Division I Independent Defensive player of the Week at the beginning of this month. She gained 49 assists and 17 defensive digs against Montana State University, helping to deliver a win for the Redhawks.

Ellis is also optimistic about the future of the volleyball team, citing strong recruitment efforts.

"We signed three this week, and we're trying to bring in three more," Coach Ellis said. "It's looking really good."

There will also be an expansion of home volleyball games next season, according to Ellis. This includes two home tournaments and six additional individual home matches.

Ryan may be reached at rdisch@su-spectator.com.

PHAT: Mood disorders more common than you think

Beth Charles
Peer Health Action Team Member

According to the National Institute of Mental Health, more than 20 million American adults experience a mood disorder (major depressive, dysthymic or bipolar disorder) in a given year—roughly 9.5 percent. If you think you don't know what depression looks like, think again. More than likely, you know someone who is currently struggling with depression or has suffered from it in the past.

The Seattle University campus is no exception to these statistics. According to responses taken from the 2007 National College Health Assessment, 15 percent of Seattle U males and more than 20 percent of Seattle U females reported they had been diagnosed with depression in their lifetimes, and about 60 percent of those (both genders) had been diagnosed in the last school year. However, less than half of these students were currently in therapy.

Facts like these can seem frightening, intimidating or simply irrelevant. Treatment can seem daunting, and stigma surrounding mental health may prevent those who need help from getting it. To bring depression to a more accessible frame of reference, let's talk about a fictional Seattle U

student who went through depression and recovered. We'll call her Mary.

Mary was a bright student from a small town who earned several sizable scholarships that enabled her to come to her dream school, Seattle U. Mary missed her friends from home and her family; even though she made some friends early on in her hall, as the weeks went by she hung out with them less and less.

She hated eating at C-Street by herself because she thought it made her look like a loser, so Mary started skipping meals—in fact, she hadn't been as hungry lately.

The stress of school really got to her when her philosophy professor assigned a big paper at the same time as her biology exam. To make matters worse, she got in a big fight with her roommate.

Mary was having more and more trouble concentrating long enough to get her work done, and her grades were slipping. She started skipping class and even turned in a paper late. She felt guilty for wasting her parents' money and letting everyone down. In fact, she started to think that the world would be better off without her.

This story has a happy ending. Mary's resident assistant noticed that she wasn't doing well and had a long talk with her. They decided that Mary should see a

doctor, who diagnosed her with major depressive disorder, and then referred her to a good psychologist. Mary attended weekly therapy sessions and contacted disability services to get the academic help she needed. Within a few months, Mary was back on track. She had made some new friends on campus and was in good academic standing. But most importantly, Mary had addressed the serious problems that depression was causing in her life.

Eighty to 90 percent of people who seek the necessary form of mental health treatment can function the way they used to. Depression is not something to be ashamed of, and it is not something to be taken lightly. Like Mary, many students don't realize what is happening to them as depression takes hold. Once they realize they need help they may not know the resources that are available on campus free of charge, such as Counseling and Psychological Services (CAPS).

If you or someone you know can relate to Mary's story, seek help. Recovery is not easy, but the consequences of ignoring mood disorders are far worse.

Beth can be reached at
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Redhawks basketball at KeyArena offers more for fans

Athletic Department to cater to student fans at home basketball games this season at KeyArena



Before the game

Students can pick up tickets for the games free of charge at the Campus Assistance Center by showing their student IDs. They will be able to pick up a maximum of two tickets per game. The tickets will be handed out starting a week before the game and will be available on a first-come, first-serve basis. Students wishing to attend games must have tickets; the school will be using Ticketmaster at KeyArena so students won't be able to get in without one. The CAC will have about 250 tickets available to students for each home game.

Free buses will take students to KeyArena from Seattle University starting two hours before the game. They will be located in front of the Pigott building. Buses will continually run back and forth between campus and KeyArena for the duration of the game to pick up students, stopping two hours after the game ends to give stragglers a chance to get back to school. As far as transportation, students can also take advantage of Redhawk discounts for the monorail, for which they will have to pay a discounted price of \$1 for a ticket so they can explore downtown before or after the game. Each KeyArena game will be a little different this season, giving students an incentive to come to home matches to cheer on the Redhawks.

Student seating is located in Section 107, right behind the hoop and will be general admission.

During the game

The first home game at KeyArena Nov. 19 will feature a student reception in Champions Lounge. Students will be provided with free drinks and snacks, as well materials

for sign making. The cheer squad will be there to pump up the crowd along with the pep band.

Out of all the home games that men's basketball will be playing, four are set to be catered for students, tempting not only students' sense of school spirit, but also their stomachs. At each game there will be different activities going on in the concourse featuring a different sponsor each time. Some of the sponsors this year include Seattle Children's Hospital, Albers School of Business, and the ski and snowboard company K2, which has donated a snowboard to be given away at one of the games.

"Each game will offer students something new," said Chloe Spaith, the promotions graduate assistant within the Athletic Department. "There's going to be a lot of fun opportunities with our sponsors going on."

After the game

The party won't stop after the game. Students can purchase a discounted \$5 nacho dish at T.S. McHugh's Irish Pub and Restaurant just one block away from KeyArena at the Seattle Center.

Students older than 21 can also purchase \$2.50 beers and \$3.50 Mac & Jacks.

"Students will be able to branch out across the whole restaurant, hang out where they want and just have fun," Spaith said.

Live music will accompany discounted food and drinks after some of the games as well; bands are slated to perform at T.S. McHugh's for many of the post-game parties.

Students who want to keep up with upcoming promotions at the KeyArena games should join the Seattle U Athletics Facebook group, which will be updated with new events frequently. Information on the events is also available on GoSeattleU.com.

Kelton may be reached at ksears@su-spectator.com

Men's basketball ready for the Key

Aubrey Eyre
Staff Writer

Seattle University's men's basketball team tipped off its first full season as a Division I team Saturday in a road game against Oklahoma State. The 64-86 loss wasn't exactly a strong start. But with a new head coach and KeyArena as its home court, the team looks forward to a new and challenging season.

"The challenge is getting ready to compete day in and day out," said Cameron Dollar, head men's basketball coach. "No one here has been a part of something like this before."

The team has 13 home games during the season, the first of which will be Nov. 19 against Fresno State, and the team looks forward to taking on the challenge of playing against a whole new region of teams. Other opponents in November will include Weber State, the University of Utah and two games at the HoopTV Las Vegas Invitational.

This season will be the first since 1980 in which the team will face a full D-I schedule.

"We are going to be the underdog, but we are willing to work hard and do whatever it takes to get a winning game," said Ricky Berry, junior guard. "We have been stepping up our practices, just really preparing for the challenge."

During the summer, the team had classes and internships while practicing four days a week. They trained both on and off the court, working with a strength coach to prepare for the new season. Since fall quarter began the team has been practicing six days a week, typically with Sundays off, to stay in shape and be ready for their first set of games.

"Now we are looking forward to having all that hard work pay off," said Taylor Olson, senior point guard. "Everyone has stepped up their game. We are going to put up

bigger and tougher competition."

Moving to D-I has been a big change for the team not only on a playing level but leveling terms of media coverage as well. This season all of the team's games, both home and away, will be broadcast on 710 ESPN Seattle. Two away games and four games from KeyArena will be broadcast live on FSN Northwest.

"It's the biggest difference I have noticed in moving from D-II to D-I," Berry said. "That and we also get more gear like shoes."

With the new media and fan attention, the team is hoping to produce a strong season and its new lineup is likely to contribute to its success.

Berry has confidence in the strength and leadership of the lineup and looks forward to working with some of what he thinks are the team's strongest players.

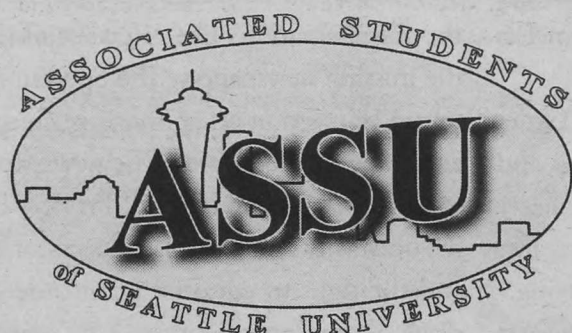
"We have a new recruit, Charles Garcia, and he can do a little bit of everything," Berry said. "Aaron Broussard is another one to watch out for. He is really strong and scrappy."

Charles Garcia, junior power forward, signed with the University of Washington but was not admitted to the school. He has been called a "man among boys" by Percy Allen, a Seattle Times staff writer and college basketball blogger.

Sophomore Aaron Broussard played in all 29 of Seattle U's games last year and averaged 6.7 points per game. With 18 points for Garcia and 12 for Broussard in Saturday's game, the players certainly seem to be proving their worth to the team.

While coach Dollar is excited to see the talent of some of the new players, he says he won't know who the strongest players are until later in the season.

Aubrey may be reached at aeyre@su-spectator.com.



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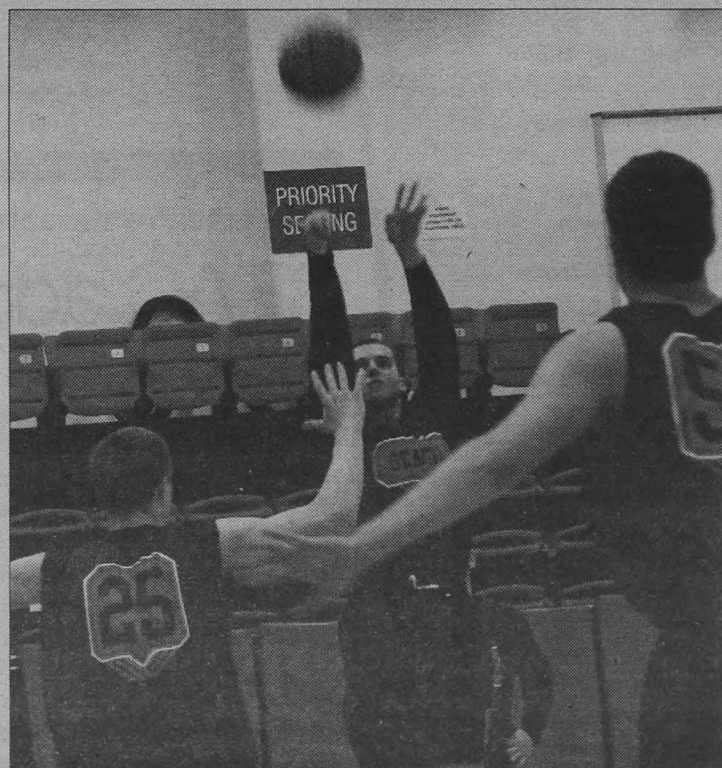
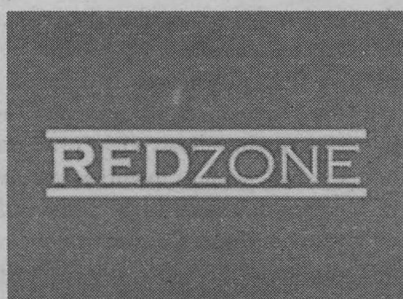
Stop by to get your free pass today!
other campus concerns? contact ASSU at
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JOIN REDZONE NOW !!!

RED ZONE will be @ C.St
THURSDAY NOV. 19
11:30AM-1:00PM

Last chance to sign up before
the big game at the new
"Elgin Baylor Court" in the
KEY ARENA

!!JOIN IN THE FUN!!



Candace Shankel | The Spectator

Ricky Berry shoots over his fellow teammates at a basketball practice. The first Division I home game is Thursday, Nov. 19, against Fresno State at KeyArena.

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EDITORIALS

Take social justice home for holidays

Forty-nine million people went hungry last year. To be clear, that's not a worldwide or regional tally. These particular 49 million, pained by what the Department of Agriculture downplays as "food insecurity," do not live thousands of miles away in a Sub-Saharan African desert or a remote mountainous region of Southeast Asia—though hunger surely plagues these areas, too.

These 49 million people all reside in the United States.

The number of American families who lacked access to sufficient food in 2008 was the highest it's been since the federal government started keeping tabs on national hunger trends in 1995, the Department of Agriculture reported Monday.

14.6 percent of households in our country struggled to feed their kids last year.

Between hurriedly packing duffle bags and rushing to board flights home for Thanksgiving break, it's easy to push these ugly realities and unsettling statistics to the back of our minds. But what if we took social justice home for the holidays?

Thanksgiving break for some means five days lounging on the couch stuffed from second helpings of pumpkin pie and watching "Boy Meets World" re-runs. While hibernation is no crime, it won't help solve America's hunger crisis.

Savor a chunk of your holiday hiatus, resting for finals and enjoying the company of family and old friends. But don't let movies and Xbox eat up all of your time off. Bag lunches at a local food drive. Volunteer with your little sister at a homeless shelter. Drive leftover dinner rolls to a nearby church.

If you're staying in town, contact Seattle's Fraternal Order of Eagles in West Seattle, the YMCA on Cherry Street and 29th Avenue or Northwest Harvest on 7th Avenue and Cherry Street to see how you can help provide free meals or beverages to deserving members of your community on Thanksgiving.

Seventeen million families had a tough time feeding their kids in 2008.

If your family wasn't one of them, don't just count your blessings this year. Distribute some of those blessings to some of your neighbors strained by the recession.

The Spectator editorial board consists of Joshua Lynch, Matthew Martell, Braden VanDragt, Emily Holt, Katie Farden, Pauline Diaz, Taylor Olson, Angelo Carosio and Fernando Sioson. Signed commentaries reflect the opinions of the authors and not necessarily those of *The Spectator*.

LETTER TO THE EDITOR

SEAC addresses Fall Ball behavior, alcohol

Dear editor,

On behalf of the Student Events and Activities Council, I would like to thank the volunteers and staff who helped put on Fall Ball. The event could not have happened without your help, and we greatly appreciate it. The event improved from last year both with regard to attendance numbers and quality.

At the same time, I wish to extend an apology to the staff and many of the attendees for the reprehensible behavior exhibited by some of our peers. Poor choices made by a small number of students diminished the experience for many. This irresponsibility marred what was otherwise a successful, fun evening with inappropriate

behavior of individual students that caused staff to look down on Seattle University students as a whole. We do not, and should not, expect such behavior; the level of belligerence and rudeness exhibited by certain students was inexcusable.

SEAC's next step is to assess changes that need to be made for next year's event. On our part, there was oversight on certain aspects of the ball, such as quantity and strictness of security that need to be addressed if the event is to continue. Considering the monetary and non-monetary costs, it is disheartening for individual students to depreciate the value of the event. Something in our campus's culture needs

to change. To this end, we strongly encourage Seattle U students, clubs, and organizations to work with us on alcohol education, which is a need we as Seattle U students must address.

Again, thank you to the volunteers, staff and attendees for making this event possible. We hope that we as students can address the issues that have arisen, and that the Seattle U community can come out of the situation stronger. I also encourage anyone with comments and questions to e-mail us at seac@seattleu.edu and let us know your thoughts.

Chris Whidbey
SEAC President

Missing Spectators a cause for concern

At the end of last week, some members of the administration expressed concerns with our previous features spread. The section focused on the sex-positive culture of Seattle University and the surrounding neighborhood, exploring the acceptance and openness of the area's attitude on sexuality. They offered the critique that the features spread did not reflect the mission of the university and unfairly represented the university in a certain light on the weekend of Fall Preview Day.

The morning of Nov. 13, *Spectator* staff members found that copies of *The Spectator* in Bellarmine, Pigott, Engineering, Administration and Casey—the areas where tour groups generally visit—were all gone. A significant number of issues remained in Campion's lobby. Last year, several hundred copies of *The Spectator* went missing during the Accepted Student Open House when the features spread included an investigative look into the so-called "crack house" beside Campion. Nothing conclusive has yet been determined about the cause of the missing Spectators, but distribution rates for the newspaper are never high enough to account for the complete disappearance of that many newspapers.

Either the old adage that sex sells (even if it's not on the cover) is entirely true and we tapped into the student consciousness during the cold winter months, or someone stole the newspapers.

While we acknowledge there may be no connection between the administration's like or dislike of the features section and the missing newspapers, *The Spectator* stands by its decision to run the section on sex-positive culture, a culture that both empowers and educates. The newspaper does not change its spread to accommodate Fall Preview Day demands, or to fit the university's mission. *The Spectator* has a mission of its own and the right to editorial independence. And denying coverage of any topic because of its sensitivity directly opposes that mission.

We hope *The Spectator* can continue its open and trusting relationship with the university, striving for accuracy, honesty and the greatest right of the press—independence.

The drunk and disorderly diminish options for future Fall Ball venues

Fernando Sioson
Staff Columnist

At this rate, even the “crack house” won’t want to host Fall Ball.

Last year’s event at Benaroya Hall was a bittersweet symphony on its own. It was startling to see how many people showed up intoxicated only to sweat it all out and continue the dance orgy. Dresses and suits lined Benaroya wall-to-wall. The whole ordeal made me hungry for sardines and whiskey.

This year’s dance at the Seattle Aquarium seemed to be a continuation of the traditions started at last year’s shindig. The concept was admittedly very cool. Dancing the tango with your friends in front of the giant fish tank at the entrance is surprisingly fun.

Like communism, the idea was good on paper but flawed in execution. I suppose any good plan would run into problems if it were forced to contend with the likes of Absolut or Jagermeister. Forget the morning after; it’s the evening before that creates all the real problems.

First of all, sea creatures and college students don’t mix particularly well. Though aquarium personnel were keeping a close eye on the open water tanks, they could not stop the occasional attempted theft of a sea urchin or the improper touching of a starfish (To properly pet a starfish, stroke it with one finger, not your whole palm).

If paying \$2 for an 8-ounce can of soda wasn’t bad enough, several individuals were apparently running an open bar in the men’s bathroom. What security was doing at the time, I don’t know, but at least the open market system applies to illegal alcohol establishments as well as the rest of America.

At least the water was free. Of all the places to offer free water, the aquarium is the last place I’d expect to find that.

My sympathy lies mostly with the SEAC personnel who had to work the dance. As a member of SEAC, responsibilities are clearly defined. I’m sure anyone would feel like crap if they had to throw their friends out of a dance, one they paid good money for, for being clearly intoxicated.

To all the young couples who liked to stop in the middle of walkways to do inappropriate things: Please find a room that isn’t within spitting distance of a shark tank.

The most high-profile story of the evening

occurred on the buses that were designated to ferry students from campus to the dance. On one bus, there were apparently three incidents of vomit action before the passengers even got to the dance.

One student I talked to described a girl who was forced to puke out of a taxi window on her way back to school. Another student described one individual drunkenly stumbling in the middle of an intersection as vehicles honked at her.

Now Fall Ball is supposed to be a fun event, a way to relax before finals. And from what I garnered talking to many people who went, it was a huge success in that regard. Besides, who doesn’t love a free photo booth?

It was technically more successful than last year, with 133 more students attending for a grand total of 1,185. One of those was the infamous Green Man—of Sasquatch! 2009 fame.

The problem lies in execution, yes, but also with the

awareness that Fall Ball has developed over the years. Despite the best advertising efforts of its organizers, Fall Ball has become the infamous “I’m gonna get super wasted and head over” event of this institution.

SEAC has called for a debriefing of sorts, held Wednesday, to get feedback from its members on the successes and failures of Fall Ball ’09.

If Fall Ball were to be held at the Space Needle next year, the fire department had better be excellent at catching people.



Trevor Brown | The Spectator

Fernando may be reached at fsioson@su-spectator.com

THE TEN

Fall Ball Phenomena

- 10 Drunken sea otters
- 9 Free admission
- 8 The infamous green man
- 7 Falling in the shark tank
- 6 The \$2 soda
- 5 Bathroom and bar—two in one
- 4 Sea creatures, not souvenirs
- 3 The Magic Puke Bus
- 2 Free water... at the Aquarium
- 1 Next year at the Space Needle

LETTER TO THE EDITOR

RedZone and student athletes misrepresented

Dear editor,

After reading the column, “Same Game, Different Playing Field” that was printed last week, we realized the resentment for a transition to Division I is still very much alive on the Seattle University campus. We were concerned to see a few misleading statements about what that transition has entailed for the school, and what it will bring for the future. Although the column did have some humorous and sarcastically coy remarks, we found the overall message rather disturbing.

We would like to first address the correlation between an emergency room visit and the cheering section of Seattle University sporting events, RedZone. As founder and current co-president of RedZone, respectively, we can assure you there have been no trips to the emergency room, let alone a single case of alcohol poisoning since the

creation of RedZone. We are a little confused as to where this information was attained, but it was obviously not from an attendee of any RedZone event. For sake of clarification, RedZone is a fairly new entity and has no affiliation with previous fan groups you may have heard of.

The success of the D-I transition doesn’t rest with one sports team. It rests within the entire school.

Secondly, after reading the pessimistic tone taken toward student-athletes we

couldn’t help but to think of dramatic, slow-motion scenes from high-school flicks such as “Mean Girls”, where the jocks are idolized as a whole different species. The column mentions that the D-I transition “puts this small handful of men and women on a pedestal” and goes on to say these student athletes are “a little intimidating to the rest of us.”

We are wondering what the underlying problem really is. Is it the result of a D-I transition that turns student athletes into gods? Or is the mindset of non-athletes that the student athletes were “put on a pedestal?” We find it hard to blame the athletes for not socializing outside of their teams when very few students outside their team make a real effort to socialize with athletes.

We hope future coverage of athletics and the D-I transition can have some input from people who may have actually attended

more than one game and we invite the entire Spectator staff to attend one! Maybe next time the school can get a glimpse of the true transitioning spirit of Seattle University! New, yes. But tarnished, no. The success of the D-I transition does not rest with sports team—it rest with the entire school. Therefore, we would encourage everyone to experience everything the school has to offer. And if you happen to like sports, don’t hesitate to join RedZone—a club that both welcomes and supports everyone!

Rochelle LeMieux,
Founder of RedZone

Graham Miller,
Current Co-President of RedZone

Noise Complaint/Alcohol
Nov. 11 2:10 a.m.

Housing and Public Safety contacted a Campion room making loud noises and found underage students with alcohol. Alcohol was poured out and the incident was referred to conduct.

Auto Prowl
Nov. 11 1:15 p.m.

A student reported to Public Safety that someone broke into his vehicle and stole his tools. Public Safety is investigating.

Criminal Trespass Warning
Nov. 12 12 a.m.

Public Safety staff on patrol trespass warned two males found in the bushes next to Hunthausen.

Malicious Mischief
Nov. 12 11:50 p.m.

Public Safety witnessed two non-affiliates pulling up several crosses on the memorial exhibit near the reflection pool. The individuals were identified and trespass warned from returning to campus property.

Graffiti
Nov. 12 4 a.m.

Public Safety found graffiti on lamp posts, construction signs and power vaults between E. Madison Street and E. Jefferson Street on 11th Avenue. Facilities were notified for clean up.

Assist Official Agency
Nov. 13 11:20 p.m.

Public Safety observed a non-affiliate male trying to force enter different vehicles parked on a public street and advised Seattle Police. Upon noticing the officer, the male walked away from the vehicle and left the area.

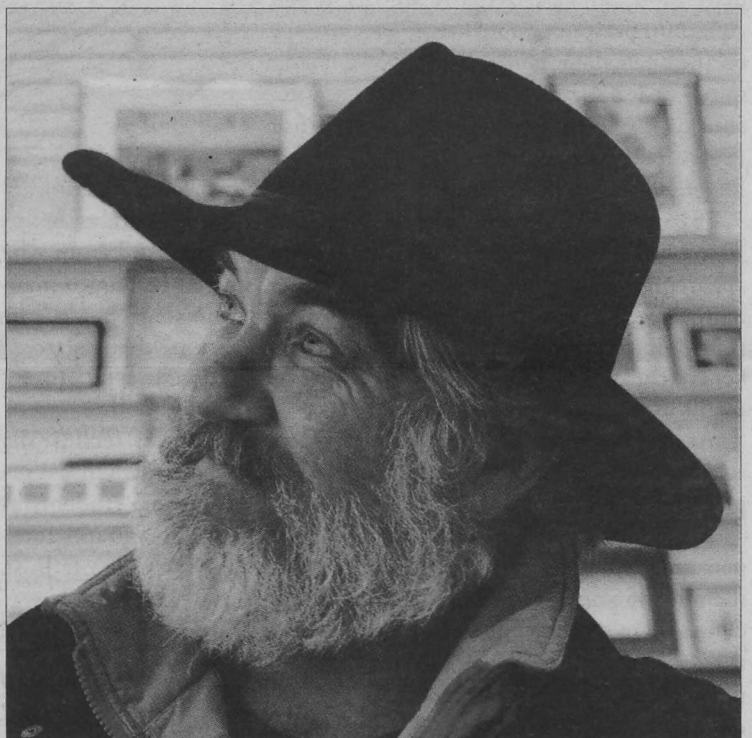
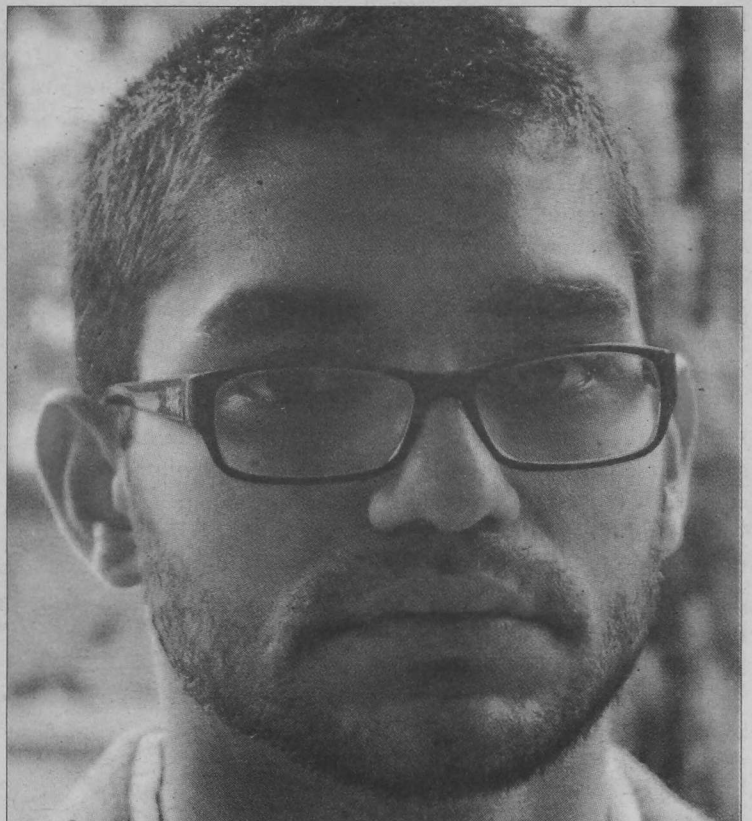
Medical Assist
Nov. 14 12:00 a.m.

Housing and Public Safety responded to a report of an unconscious female lying on a table in a Bellarmine floor lounge. The student shared she has a history of sleep walking and once had tried to operate a vehicle in an unconscious state. The student was assisted back to her room.

Alcohol
Nov. 14 1:50 a.m.

Public Safety and Housing contacted a resident room on the second floor of Chardin. The occupants were identified and a report was forwarded to conduct regarding alleged alcohol violation.

For a continued listing of public safety incidents go to su-spectator.com/public-safety-reports



Beards all around

One can find facial hair everywhere in Seattle, especially on Capitol Hill. Even Mike McGinn, Seattle's mayor-elect, has a full beard (above). As Freshman Michael Munro displays, beards are found all over the Seattle University campus (top right). John B. Magee has had a beard since he made a bet that he could sell 25 houses in one month down in Florida or else he had to grow a beard. He sold every house but one 10 years ago and has kept it ever since. In addition Magee has a license to drive a 125-foot vessel and says having a beard with the license is "cool" (right). Marcus Wilson and Jeff Seaver display their facial hair walking down Pike Street (below).

Photos by Candace Shankel | The Spectator

