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Klipsun Magazine

Western Student Publications

Fall 2011

Klipsun Magazine, 2011, Volume 42, Issue 01 - Fall

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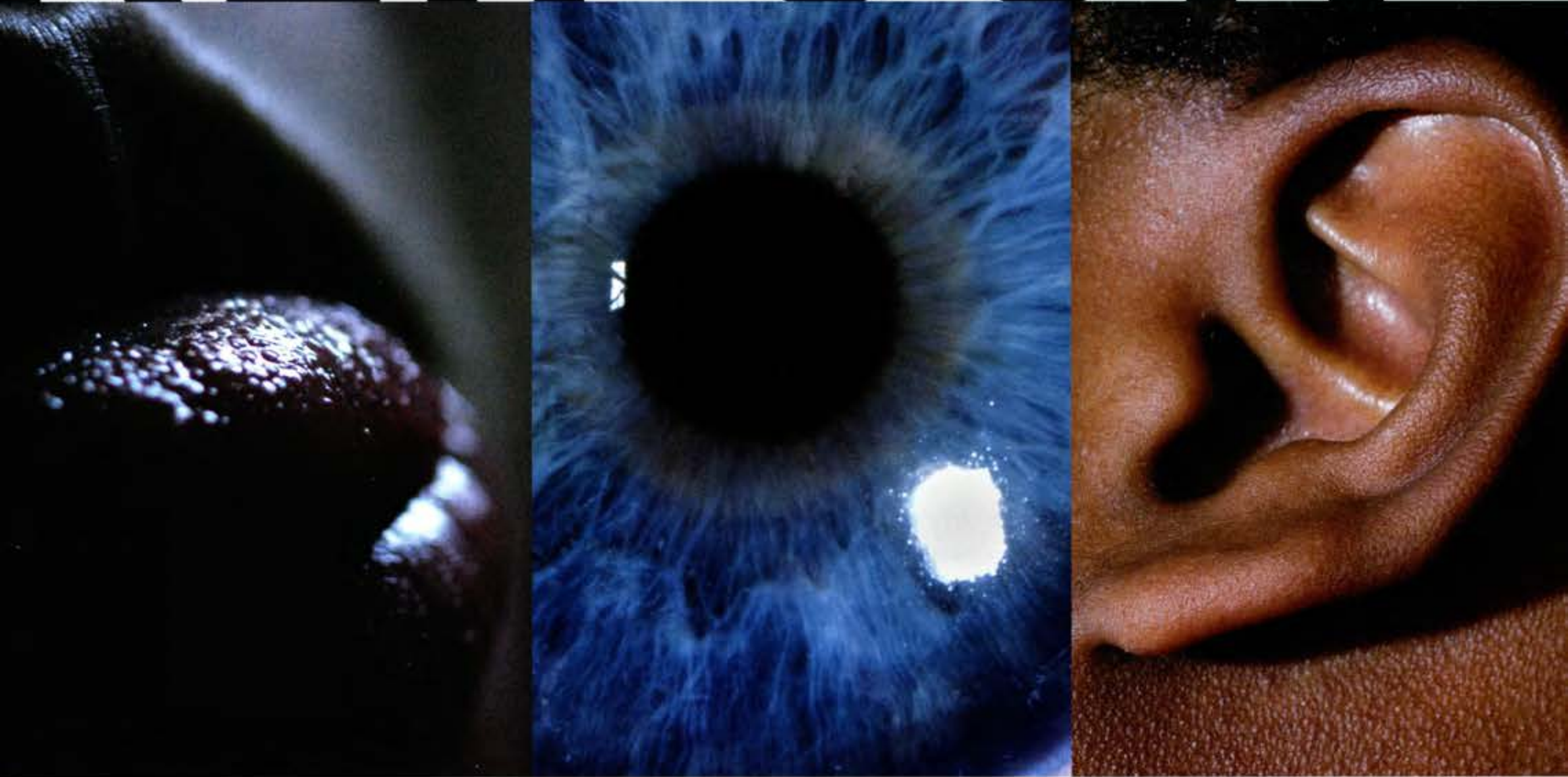
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Recommended Citation

Otta, Lindsey, "Klipsun Magazine, 2011, Volume 42, Issue 01 - Fall" (2011). *Klipsun Magazine*. 258.
https://cedar.wvu.edu/klipsun_magazine/258

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KLIPSUN



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KLIPSUN

AN INDEPENDENT STUDENT PUBLICATION
OF WESTERN WASHINGTON UNIVERSITY

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Dear Reader,

It's not until I catch a cold or come back from a loud concert that I realize how difficult it can be to live with an impaired sense. Not being able to taste or smell can make a weeklong cold unbearable — I just love food too much. A home-cooked meal sends my senses through the roof.

Unfortunately, years of blaring my headphones, going to concerts and grinding my teeth every night since I was little has caused hearing loss in both my ears. My television volume is usually set at more than 30 and I always sit in the front of the class so I can hear my professor.

In this issue, Klipsun explores several senses by examining sensory learning, the culture of the deaf community and how food presentation affects taste, as well as some unique senses like a sense of direction or sense of humor. We even explore the senselessness of making a penny.

Last but not least, I would like to wish Klipsun a happy 40th birthday. It's been an incredible 40 years and I wish the best of luck to future Klipsun staff.



LINDSEY OTTA
EDITOR-IN-CHIEF



ON THE COVER: Five Senses

Photos by Carey Rose

EIC photos by Sars Richardson

A FEAST FOR THE EYES



The appearance of foods and drinks can have just as much impact on their taste as the ingredients that go into them

Story by Anna Atkinson | Photos by Lillian Furlong

Customers gather in front of the glass case, staring down their dessert options. The creamy lemon cake calls to them and the light texture of the frosting on the scrumptious coconut cake they devoured last time races through their memories. But every time they visit Pure Bliss Desserts on Cornwall Avenue, they gaze longingly at the sweet possibilities before them as if they were visiting for the first time, allowing the aesthetics of the sweets to entice their senses. Owner Andi Vann says she aims to make the cakes look good and taste better.

What food looks like, and especially its coloring, can change the way people think it tastes. A study published in the *Journal of Food Science* in 1988 showed the more green food coloring was used in a lime drink, the more flavorful and sweet the subjects

perceived the drink to be — even though the mixtures were all the same.

A similar study from 1980 showed that when the colors of a drink correlated with the flavor, subjects were able to easily identify the drink. It was simple enough when grape drinks were purple and cherry drinks were red. But when the colors didn't make sense, people were confused. When the cherry-flavored beverage was tinted green, 40 percent of people thought it tasted like lemon-lime flavored soda.

Color seems to be a part of the flavor experience, but when it comes to food, looks aren't everything. Hanna Raskin, food critic for *Seattle Weekly*, says presentation plays a role in a review, but taste is what really matters.

“You can’t avoid it,” she says. “Your eyes go to work before your palate.”

However, she does not allow her eyes to speak for her taste buds. “It’s obviously the first thing you see,” she says. “But taste is paramount.” She says if it tastes good, she will overlook the presentation.

Raskin says how much she looks at presentation depends on the type of restaurant she is reviewing. “If it is a classic French restaurant, of course I look at presentation,” she says. “If it’s a hot dog place, I really don’t care.”

Despite the primary importance of taste, restaurants, bakeries and catering services spend ample time preparing food for visual review.

Pure Bliss Desserts’ Vann says the visual appeal of food is hugely important to her business. “What [the food] looks like is the first thing people see when they come in,” she says. If something looks delicious, people are more likely to toy with the idea of eating it, she says. She strives to find balance between the cakes looking beautiful and delicious and looking fancy or overblown, she says. Vann says she wants things to look clean, edible, homemade and approachable.

Nosh Yusufali, manager of Black Pearl Pho Vietnamese Noodle Soup on Railroad Avenue, says visuals are incredibly important to a restaurant. Although the influence of visuals on a person’s sense of taste is practically immeasurable, Yusufali says presentation is the most influential factor as to whether or not a customer thinks a dish is appetizing.

Sit-down restaurants may not have the luxury of a display case, like Pure Bliss does, but they often make up for it in other ways. Black Pearl uses photography both on menus and on its website to get people visually interested. Yusufali says this is a major way to draw in customers.

Ambiance and environment are also important to a business, depending on what the goals of the business are, Vann says. “We want to create an environment that invites people in,” she says. It’s important to Vann’s business to create a place where people want to stay and sit down and enjoy their desserts, she says. Making the space inviting and visually pleasing makes people want to stay in the bakery.

Visuals are used to draw the customer in, but can also have practical purposes. Vann says the way the display case is arranged is mostly functional, but Pure Bliss tries to alternate between chocolate and vanilla cakes because once they are cut, the cakes’ flavor can be seen. They decorate flavors different from each other but always keep the same flavors decorated the same way for the sake of consistency and recognition. The exception to this rule is wedding cakes, which are always unique and created based on what the client wants.

Whether used for practical purposes or to provoke the cravings of customers, visuals are used frequently in the food industry. Whether they are consuming cakes or noodles or lemon-lime soda, people rely on aesthetics to fully enjoy the eating experience. **K**



40%

of people in a 1980 study were found to believe that when a cherry-flavored beverage was colored green, it tasted like lemon-lime.

Opposite page: The display case at Pure Bliss Desserts holds different types of cakes, cookies and other desserts.

Below: An employee frosts a coconut cake at Pure Bliss Desserts, in Bellingham.



THE PENNY PREDICAMENT

Does it make sense to make cents?

Story by Paige Collins | Photo illustration by Lillian Furlong

They are thrown in fountains, left on sidewalks and pressed into souvenirs. They are said to bring good luck and are flipped to make decisions. Pennies are part of everyday American life, but the iconic little red cent has raised some debate over its relevance.

As of September 2010, the cost to produce a single penny was 1.79 cents, according to the U.S. Mint 2010 Annual Report. The costs of materials dictate the cost of a coin. A penny is made almost entirely of zinc, with 2.5 percent copper for color. Market demands and mining regulation have driven up the price of zinc, dragging the penny's price tag along with it. This difference in price lost the United States \$27.4 million in fiscal year 2010.

But to John Krieg, associate professor of economics at Western, multimillion-dollar production cost discrepancy is far less important than the daily social cost of counting, rolling and processing the little coins. "The whole purpose of a monetary system isn't to create coins — it is to make buying things easier," he says. "The penny has ceased to have that purpose."

For Western junior Kristen Hamilton, a handful

of change is not something to throw away. "I don't think I could ever give up a handful of pennies just to leave in a fountain," she says. Given the choice to pay an exact amount or receive 99 cents in change, Hamilton will always choose the change. "Saving change makes a difference," she says.

Hamilton's family has saved coins since before she was born. Big plastic lemonade jars full of change were saved and rolled to buy plane tickets for family vacations and to pay bills. Even for Hamilton, pennies pose a challenge, however. "They're frustrating to count because you need 50 to roll them," she says. "But they add up."

Elimination of a coin from legal tender requires a congressional decision, Krieg says. According to the Citizens for Retiring the Penny website, in March 2008, then-presidential candidate Barack Obama announced at a town hall meeting in Pennsylvania that he would consider eliminating the penny. But Krieg says he thinks Congress has more important decisions to make first.

A new penny costs more to make than it is worth, but an old one can cost thousands of times more. The Stamp & Coin Place, a collectible shop on Holly Street, has old pennies valued from \$19 to \$90. A penny in good condition from 1914 is on sale for \$137.

Whether saving for vacation or just functioning in everyday life, the little red cents are everywhere — sitting on railroad tracks, getting kicked on sidewalks and swimming with the fish in ponds. Without them, fountains would not glisten with copper and wishes may not be granted, but people still debate the senselessness of making a cent. **K**

It costs 1.79 cents to make a penny.

At Stamp & Coin on Holly Street, a penny from 1914 is worth \$137.

THE “ON” SWITCH

Different strokes for different folks

Story by Winnie Cao | Photo illustration by Carey Rose

A sliver of skin, a pair of sensual lips, and in an instant, sexual desire is revved up. Senses are heightened and a rush of passion is brought to the body as it craves instant sexual contact. What exactly makes a person horny? The list is endless.

A person is turned on by both physical and mental factors. Touch, sight and smell all lead to an erotic rush. Dopamine, the hormone to blame for physical sexual excitement, is increased and the body's libido is boosted. Candles, the right music, ambiance and perhaps a movie can all help set the mood.

Western senior Ben Harmon knows how to awaken his sexual senses. “Most of the time, it's ear touching and a lot of light touches, almost a tickle,” Harmon laughs. “I think it's the ticklish feeling. It's uncontrollable, almost like an orgasm. You can't help it when you feel ticklish.”

Aside from physical factors, sex toys can make things hot and steamy. A vibrator, commonly used by women, stimulates the nerves of the clitoris for a relaxing and pleasurable feeling. The nerve endings near the clitoris respond to the speed and strength of a vibrator, leading to pleasure women wouldn't experience manually. At Great Northern Books, an adult sex shop located on Railroad Avenue, selling sex toys is what 39-year-old Kevin Martinez does for a living. Martinez says college students are constantly looking for items to boost their sex lives. “I noticed that the younger generation is much more open about sex,” Martinez says. “Even in my generation, people are still so coddled about it.” *More...*



IT'S NOT ALL ABOUT THE LOOKS

For most men, ogling a woman plays a large part in grabbing their sexual attention. It is found that men's arousal is linked to visual images, while women prefer images and fantasies they have in their heads. Western sophomore Ryan Berg says while relaxing music such as John Mayer can set the mood, visual things are what turn him on. "I definitely like being close and having skin-on-skin contact; having that sense of feeling. I like to see the girl in lingerie first and being able to see some skin," Berg says.

Sometimes, looking hot isn't everything. Western freshman Lily Carey finds she is keen on weird little quirks, confidence and intelligence. "The current guy I'm seeing is a neuroscience major; it turns me on. I go for awkward, but in the best way. I like people that have distinct characteristics," she says with a grin. She also doesn't mind a "mountain man" kind of guy.

Biting is typically associated with pain, but for some, it brings pleasure. Western freshman Carmen McCotter says getting her ear bitten brings a shock to her spine. Carey says she also enjoys biting and hard squeezes, as well as explosions of passion like spontaneous sexual contact. Sensual biting can differ from the other types of stimulation and add another element. Biting may feel animalistic and can elicit raw feelings of sexual arousal, desire and passion.

IT'S NOT FOR EVERYBODY

Western senior Rachel McCausland says she never feels the urge to engage in any of these

activities. McCausland identifies her sexual orientation as asexual. Asexual people lack the interest or desire for sex. McCausland says she knew from a young age that she was turned off by the thought of sex. "Most people thought I'd grow out of it. I thought eventually I'd be sexually attracted to someone, but now I'm 22 and it hasn't changed," McCausland explains.

McCausland heard students speaking freely about sex and realized how different she was from everyone around her. She says relationships interest her, but the fascination with sex is something she finds very boring. "If sex was only used for producing the next generation, life would be so much easier and simpler," McCausland exclaims.

CAN THE FOOD SET THE MOOD?

There's just something sexy about food. Aphrodisiac foods have been said to work in two ways: certain foods create sexual desire by working on the mind, while others create desire by affecting parts of the body. Chocolate has always been associated with romance. Researchers have found that it contains "feel-good" chemicals. Strawberries and oysters have also been said to arouse sexual desire. One article from the Mayo Clinic says research has shown aphrodisiac foods to be largely ineffective at producing a sexual response in both men and women.

So, starting out with a fruity appetizer, inviting sex toys into the action or wearing — or removing — risqué lingerie all let the senses lead the way and allow the body to be flooded with waves of pleasure that just keep on coming. **K**

“ If sex was only used for producing the next generation, life would be so much easier and simpler. ”

RACHEL MCCAUSLAND



CAN YOU HEAR ME NOW?

Story by Eriver Eugenio | Photo illustrations by Jeff Emtman



It's late at night and light music is playing. The phone could ring, a dam could break, an earthquake could start; who cares? You're having an orgasm.

An orgasm is an explosive discharge of neuromuscular tensions at the height of sexual arousal, according to Merriam-Webster's dictionary.

Muscles in different areas of the body contract during an orgasm, including the facial muscles, which result in what looks like a grimace or an expression of discomfort or satisfaction, according to the Discovery Health Medical Encyclopedia. Women experience contractions of the uterus and outer third of the vagina, while men experience contractions of the ejaculatory ducts and muscles around the penis.

After an orgasm genitals may become too sensitive to touch, while some experience relaxation or newfound energy, says Sexual Awareness Center coordinator Shawna Leader.

Besides touch, people report their partner smells better during orgasm, sex therapist Regan Sheppard says.

"Kanye West was quoted saying he won't have sex with a woman who doesn't wipe 'down there' with baby wipes. This is the wrong message to send," Sheppard says in an email. "Vaginas are a self-cleaning system and men most often report that they are very turned on by the way a woman smells during sex and orgasm."

Western junior Naveed Naficy says the effect orgasms have on the sense of smell is small, but does play a role.

"It's not that a bad smell becomes a good smell, but I think a smell that you don't really notice or is just normal may become more attractive," Naficy says.

Even though orgasms heighten some senses, they may diminish hearing for a period of time, up to two minutes, as a way to tune out distractions, Sheppard says.

"Certain sounds before sex can put you in the mood, but during sex and orgasm you really aren't hearing much of anything," Sheppard says.

Audrey Andoy agrees. "I don't really hear when the music's on, even when it tends to be loud," she says. "I zone out that background noise and focus everything on the other person."

During orgasm the senses are often ignored. By incorporating all five senses the experience will be much better, Sheppard says.

"Next time, try a distraction-free orgasm," Sheppard says. "No pre-shower, no candles, no music, lights on. Eyes open, even through the orgasm."

The phone's got voicemails, the dam has burst and the world has stopped shaking. Time to cuddle and sleep. **K**

“Next time, try a distraction-free orgasm.”

REGAN SHEPPARD



TAKING CARE OF BZZZNESS

Story by Carly Vester | Photo by Carey Rose

Sunny days in the Western residence halls have one downside: leave the screenless windows open, and it is an invitation for little buzzing insects to fly in. As warm weather lingers, one can often hear complaints about these insects that get trapped inside rooms. While bees may bob and bumble the same way humans fumble down the stairs in the dark, they actually have a better sense of direction than we do, even with a GPS right in front of our faces.

“Bees get a pattern and they will always keep the pattern in and out of the hive,” says Bonnie Swanson, a beekeeper from the Stanwood-Camano Island Beekeepers Association. Bees primarily rely on their pheromones, a bodily

chemical that is secreted in an interpretable scent, for navigation. This scent can warn or attract others, or act as a guide to find a way back to the hive. The queen honeybee produces her own pheromone in the hive so her workers are able to identify it, Swanson says.

A flight pattern called the bee dance is another way bees communicate. In this dance, a worker bee will bumble in a pattern of squiggly lines and circles telling the other bees where it found a good batch of flowers to pollinate. Where humans have maps, bees have a directional dance.

Once bees have collected their food of pollen and nectar, they store it in the comb of the hive, Swanson says. This enables the bees to have food during the winter when flowers are not blooming and available to pollinate. “Bees do not fly in the rain, when it’s windy, [or] at night,” Swanson explains. “If you don’t have sustained weather of

50 degrees or better, the dandelions may look really good, but they don’t have the nutrition that they need.”

Bees can lose their sense of direction and be in serious trouble if their navigation system cannot guide them properly. The number of bees has been declining in the past 60 years because of colony collapse disorder, a condition in which many bees leave their hives and never return. Beekeepers and scientists are unsure of the exact reasons, but a potential cause may be mites, or pollenating a pesticide-sprayed field. “The bees may lose a special ability for visual cues, sensory cues — it somehow could get messed up,” Swanson explains.

Despite the syndrome, bees still bumble their way around Swanson and her husband’s hives in Whatcom County. Whether it leads to a residence hall window or a sweet-smelling flower, honeybees will continue to pollinate and communicate using their excellent sense of direction. **K**



OLFACTORY RECALL

Ben Corey cannot smell.

The smell of burning wood from a giant beach bonfire is the last thing 27-year-old Western philosophy student Ben Corey distinctly remembers smelling. For about a month after that, everything smelled and tasted like curry. And then there was nothing. That was 11 years ago.

Anosmia is the inability to perceive odor. Corey lost this sense in a skateboarding accident when he was 16. He had been skating down hills with friends when he got the “wobbles” — he started going too fast and his board began moving back and forth. He was thrown into a curb and smashed his head. Corey says he doesn’t remember much of what happened those next few days.

Dr. Charles Wysocki, a scientist at the Monell Chemical Senses Center in Pennsylvania, compares the brain to a bowl of Jell-O: If you twist or shake that bowl rapidly, it jumbles around, and maybe falls apart — this is exactly what happens with a traumatic injury to the head, he says. “Unfortunately for the olfactory system, the olfactory nerves cannot stretch and so they are severed,” Wysocki says. This means all inputs from the nose to the brain, which makes up the olfactory system, are gone.

Head injuries like Corey’s are the most common trauma-induced way to lose one’s sense of smell, Wysocki says. The curry smell Corey experienced after the accident is also common, Wysocki says, though most people describe smelling something like burnt rubber. This lingering smell is the brain’s way of dealing with the leftover information from the olfactory bulb, which transmits information from the nose to the brain.

Corey says he hasn’t found adapting to his anosmia to be particularly difficult, though he says he does have a few caveats: gas stoves and personal hygiene. “I’ve had a couple of scares when roommates leave the [gas] stove on and I have no idea, [then] I start to feel loopy,” he says, laughing. “And I have to be a little



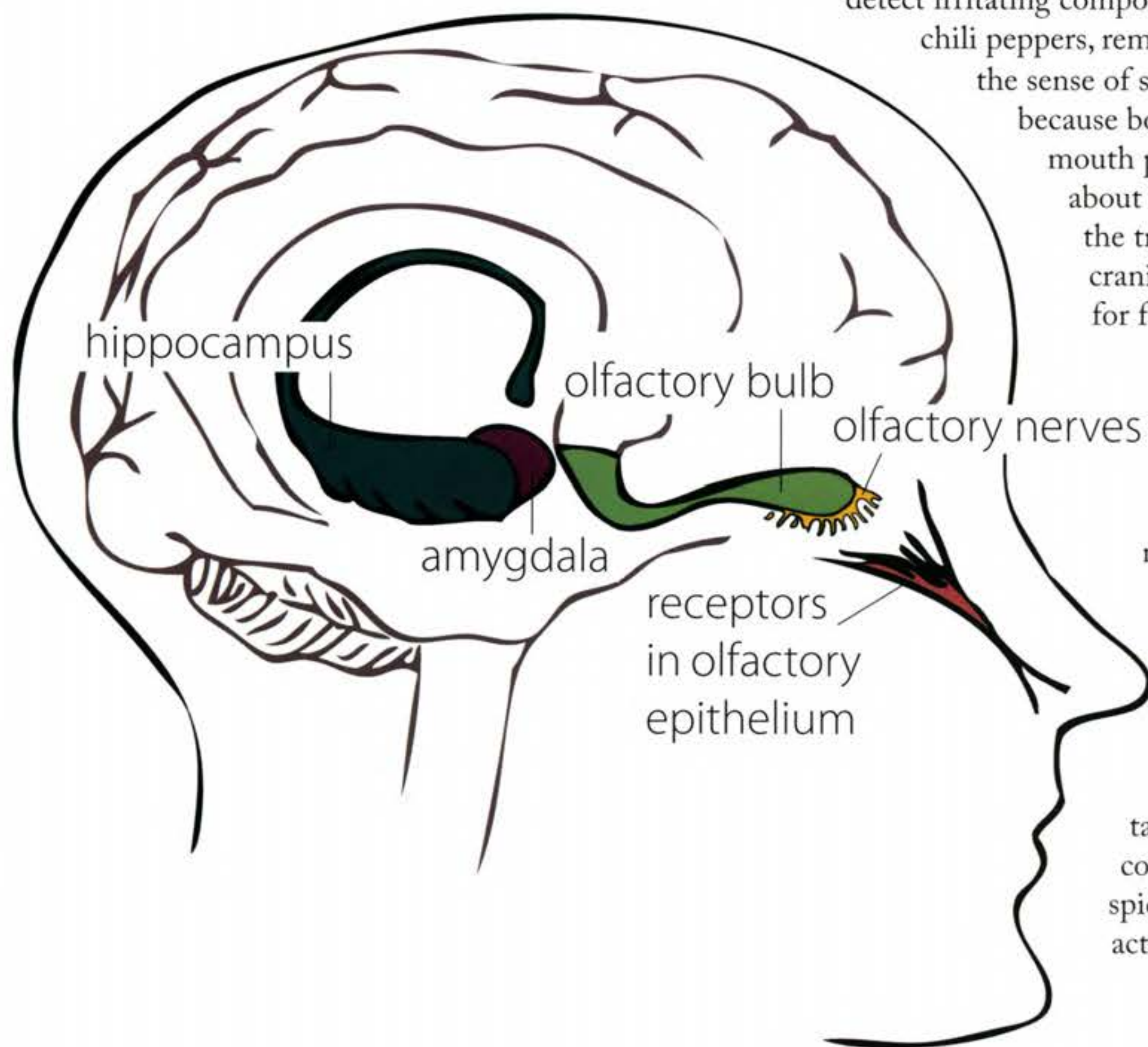
conscious about the clothes I wear — I can't really do the sniff check. I have to be on top of that kind of stuff, which is hard because [I] don't have any natural prompts. It's always like, 'Right, people smell.'

He says he can also be easily fooled. "If you put a brown liquid in a bottle and put 'apple juice' on it in the fridge, I will drink it and think that it's apple juice. I know that because I drank about half a bottle of my brother's liqueur one time before I was like, 'What's going on with my throat?'"

Though he is unable to tell the difference between all tastes, Corey says he can still perceive the five basic tastes determined by the taste buds: sweet, salty, sour, bitter and umami (savory). The different tastes of specific foods are distinguished by smell. But he can also eat and taste foods that are considered unbearably spicy to most people.

Though this may not be a true taste Corey experiences, Wysocki says Corey can still perceive the spiciness because the ability to detect irritating compounds, such as spicy chili peppers, remains even when

the sense of smell is lost. This is because both the nose and the mouth provide information about irritation through the trigeminal nerve, a cranial nerve responsible for facial sensation. Spicy foods produce a burning sensation by inducing a reaction of this nerve through the mouth. Corey can handle spicier foods than most because while he has the trigeminal nerve, without both normal odor and taste reception, higher concentrations of the spice are necessary to activate the nerve. While he hasn't



How smell works: Odor molecules enter the nose and bind to olfactory receptors. The receptors are hair-sized cells in the nose and are connected to nerve cells. The nerves send electrical signals to the olfactory bulb, the brain's odor processor. The signal then travels through the olfactory tract to the limbic system, where the signal is processed by the amygdala, which responds to emotion and aids in storing memories, and the hippocampus, which helps the formation of long-term memories.

Source: Eric Chudler, Ph.D.; neuroscientist, research associate professor and Director of Education and Outreach at the University of Washington Engineered Biomaterials

been able to smell the food in front of him since the accident, Corey says he does sometimes catch a whiff of a “phantom smell” of other foods that don’t correlate with anything around him. “About a week ago I smelled ketchup and pickles,” he says, “which cashed out as McDonald’s hamburgers to me. I was smelling McDonald’s hamburgers, which I haven’t eaten since probably before I lost my sense of smell. But it was 100 percent those hamburgers.”

This is called an olfactory hallucination, Wysocki says, and is something like the “phantom limb” phenomenon, in which a person still feels pain in a missing limb. He says it is the brain’s way of trying to make sense of what is going on in the olfactory bulb even though communication between the two is severed. Because the sense of smell is the “interstate highway” to the region of the brain that deals with memory association, memories are often conjured up with such hallucinations.

“I get these phantom smells and they always bring something with them. Like those McDonald’s hamburgers — [it’s like] I’m just 14 in Marysville, skating with some friends,” Corey says.

Anosmia is not always permanent, Wysocki says. Unlike most neurons, the receptor cells in the nose that perceive smells are able to reproduce and grow back; but this is only possible if there isn’t a lot of scar tissue present to block the nerve axons from reconnecting to the olfactory bulb. This process can take up to five years, Wysocki says. After Corey’s 11 years of anosmia, it’s unlikely his sense of smell will return.

“I’m not holding my breath,” Corey laughs. “I don’t even know what I’d do if it did [come back]. I think I’d go crazy.”

But if he were able, it just might be the natural scent of humans that he would want to smell again, he says. The intimacy of the sense, such as being able to smell his girlfriend’s hair, is something he does not know. And since losing his sense of smell, Corey says he has noticed what he finds to be a strange sort of obsession that society has with smell, in that people tend to want to smell like anything but what they are — humans.

“It’s funny how much work people put into how they smell and how they seem to think it’s totally natural to want to smell like anything besides a human. Like flowers or mint or some kind of fruit or whatever,” he says. “Any human being will have a number of products that will cause them to smell like these things instead of like a human. And somewhere we made a cultural shift to it being undesirable and completely repulsive to smell like the thing that we are.” **K**

Anosmia isn’t always a complete lack of smell. Specific anosmia is the insensitivity to a specific odor where smell perception is otherwise normal.

Androstenone (truffles): To those who are hypersensitive to this odor, it smells offensive, like stale urine or body odor. Others find that it smells pleasant and earthy. Some can’t smell it at all.

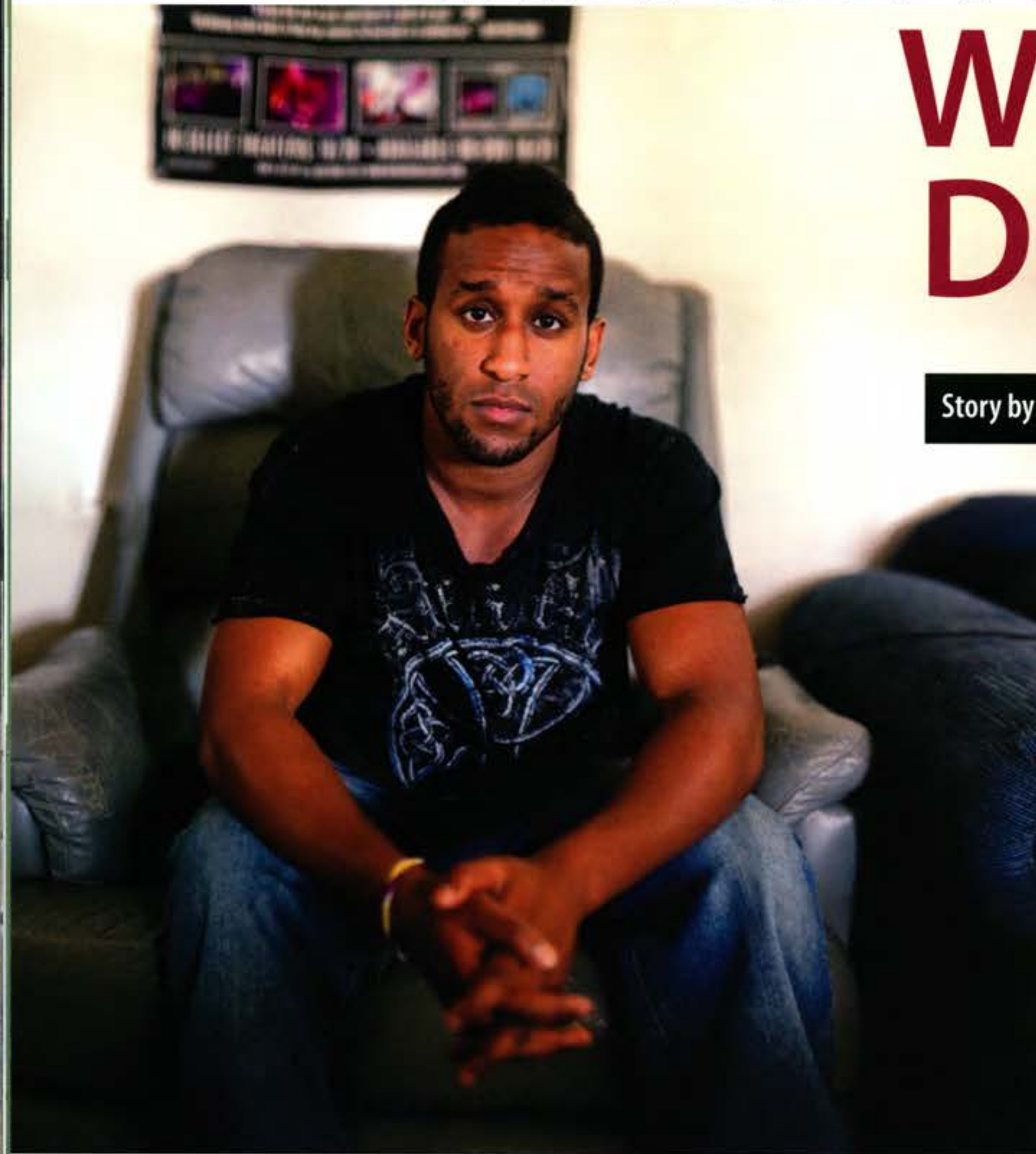
Cilantro: Many find the smell to be fresh and savory, but just as many hate the smell, finding it soapy and unappetizing.

Freesia and verbena flowers: They have pleasant odors to some, while others cannot smell them at all.

Source: Dr. Charles Wysocki, scientist at Monell Chemical Senses in Pennsylvania

CREATING YOUR WILDEST DREAMS

Story by Carly Vester | Photo illustrations by Jeff Emtman



The city has fallen under a cloak of darkness. All is still as Western senior Abell Teckle looks over the sleeping city with hungry eyes. He realizes that tonight, in this dream, he is a vampire. He and his comrades awaken the city and begin to pillage. It's Teckle's favorite lucid dream to date.

As the film "Inception" states, "Dreams feel real while we are in them. It's only when we wake up that we realize something was actually strange." In lucid dreaming, however, dreamers realize something is strange while they are in the dream. Lucid dreamers have a sense of being subconsciously conscious, which allows them to control dreams. "Once you're in a lucid dream, you can do whatever you want — you can literally live out your living dream," Teckle says.

Jeff King, an associate professor of psychology at Western, believes dreams are a powerful unconscious sense that affects lives and guides people to well-being. Dreaming is taken to a new level with lucid dreaming. In a lucid dream, dreamers have the power to change pieces of the dream, making scary images from the shadows disappear at the blink of the subconscious eye.



Above: Shifting facial features and indistinguishable details are common in dreams. Abell Teckle, top, has reoccurring lucid dreams of a young boy and girl. Once, the images lingered as he awoke, dissolving into thin air as he wiped sleep from his eyes.

Teckle has had lucid dreams since he was 6 years old. He remembers waking up his mom after his first lucid dream, wanting to tell her exactly what had happened. He was climbing a tree and had caught his hand in the branches when he realized it didn't hurt, even though it should have. Testing his dreaming ability, Teckle let go from the tree and fell to the ground. When he was again unhurt, his dream self knew he was only dreaming. From that point on, he began

frequently having lucid dreams and exploring the concept behind them.

Many types of lucid dreams exist, says Western professor Leslie Conton, who taught a class on dreams through Fairhaven College. Two of the most common types are wake-induced lucid dreaming and dream-induced lucid dreaming. Wake-induced

lucid dreaming happens when the dreamer slightly wakes up in the middle of the night, then slips back into rapid-eye-movement sleep. The dreamer then becomes unconsciously conscious — awake, but not actually awake. When this happens, Teckle says, the dreamer should try to monitor his or her mind slipping in and out of consciousness to gain control of the dreams.

In dream-induced lucid dreaming, the person realizes something is strange during the dream. Something may occur and the person will realize it's not real. An example of this type of lucid dreaming is when the dreamer is injured and realizes this action does not hurt.

Most people have had a lucid dream, but it is possible they did not realize it, Teckle says.

“Obviously, people have different proclivities and natural abilities in everything, so some people are natural lucid dreamers from childhood on,” Conton writes in an email. “Lucid dreaming is one of the possible characteristics of shamans in other cultures. But others can learn the skill of lucid dreaming, or cultivate it.”

A lucid dream can be tricky to maintain. Teckle experiments with his own lucid dreams and has found ways to stay in or get out of them. “When you're not fulfilling the 'role of your dream,' you start to wake up,” Teckle explains.

Say a dreamer senses he is in a lucid dream. The dreamer takes advantage of this and makes it so he is able to fly, and starts drifting off into a complete fantasyland — having too much fun with the dream. Once the original dream

starts to stray off course, the dreamer is likely to wake up, Teckle says.

Conton says there are many ways to amplify or stay in lucid dreams. In particular, two ways Teckle has found to stay in a lucid dream is by rubbing his hands together or by spinning in a circle in the dream. Rubbing the hands together secretes melatonin, which increases the dream induced-

state, Teckle says. If the dreamer feels his body spinning in a circle while dreaming, he is more likely to become aware of his surroundings.

To increase the likelihood of having a lucid dream, Teckle says the best thing to do is to notice things in the dream that would never occur in real life. “Distorted faces and writing on a wall that you can't read are good signs. I always have missing teeth,” Teckle says with a shrug.

Keeping a dream journal is another method some use to try to have lucid dreams. Western freshman Gwen Whiting has kept a dream journal for about two months. When she had her first lucid dream a month ago, she began journaling more frequently, hoping to have another lucid dream. “Whenever I remember a dream, I reach for a pen and paper,” Whiting says.

Like everything else in life, all lucid dreams eventually end. As the village pillaging ceases, Teckle senses it is time for him to wake up. For him, lucid dreaming is an adventure — one in which he is not afraid to catch himself dreaming. **K**

“Distorted faces and writing on a wall that you can't read are good signs. I always have missing teeth.”

ABELL TECKLE

SEEING RED

Story by Marya Purrington

Photo by Jeff Emtman

Marya Purrington's mom says the word "Monday" is red. Her grandmother says it is blue. For people with color-graphemic synesthesia, words, times, locations and even names can cause a *colored* experience.





Look at the color of this type. What color is it? Look at the color of your skin. What color is it? Look at the color of your shoes. What color are they?

Now, tell me the color of your name.

My name, Marya, is red. I know this because my mom has told me so my entire life. Sometimes my name is blue or black, depending on whom you're asking. To my grandma, it's blue. But no matter how hard I try, my name is never anything more than the color of my pen's ink.

My mom and grandma are just a few of my family members who have synesthesia. Synesthesia is a neurologically based condition in which the stimulation of one sense leads to an automatic stimulation of another sense. "It's very different than when you and I say, 'The day feels yellow to me today,' because we mean it more as a metaphor," says Dr. Larry Symons, a professor of psychology at Western. "For someone with synesthesia, the day is red and there is no way getting around that."

There is still no scientific reasoning behind the condition; however, many psychologists and researchers stand by a common theory that helps explain why people with synesthesia can have strong connections between the senses. "There is a theoretical claim that the brain is wired differently in a person with synesthesia and that the areas in charge of color and form, which make numbers and letters, are connected," Symons says. "Normally, those connections get pruned away during development, but in people with synesthesia, through genetic anomalies, those connections are not pruned away."

My mom, Molly Purrington, has the most common form of synesthesia, color-graphemic. In this form, words cause a colored experience, while months, days, dates and time also have differently colored and spatial personalities. For example, "Marya" gives her a red color experience. The area of brain responsible for perceiving color becomes activated when the part of the brain that perceives symbols sees a certain letter or number, Symons says. "It's not like you suddenly have red glasses

on and everything you see is red," he says. "It's perceived in the brain." Mom says the colors are hard to explain. "It's not a flash of color before my eyes and it doesn't impair my vision," she says. "It's in my brain. It's just there."

Different numbers and letters appear as different colors. To my mom, a word is the same color as the first letter of the word, so since "M" is red, Marya is red. Klipsun is black, because "K" is a deep black color. Sunset, synesthesia, and senses are all yellow because "S" is yellow. Bellingham is a deep blue color because "B" is blue. The only exception to this color rule is the actual colors themselves. The word purple is the color purple, but usually the letter "P" is orange. My mom says she cherishes this color sensation and calls it her gift, but sometimes it can be annoying.

"Color is very, very important to me. So when I see someone who is dressed in very ugly colors, it's painful," she says. "Sometimes, I can't buy the couch I want because it's not the right color and sometimes I can't buy the paint color I want. But when I find the right color, it relaxes me and puts me at peace."

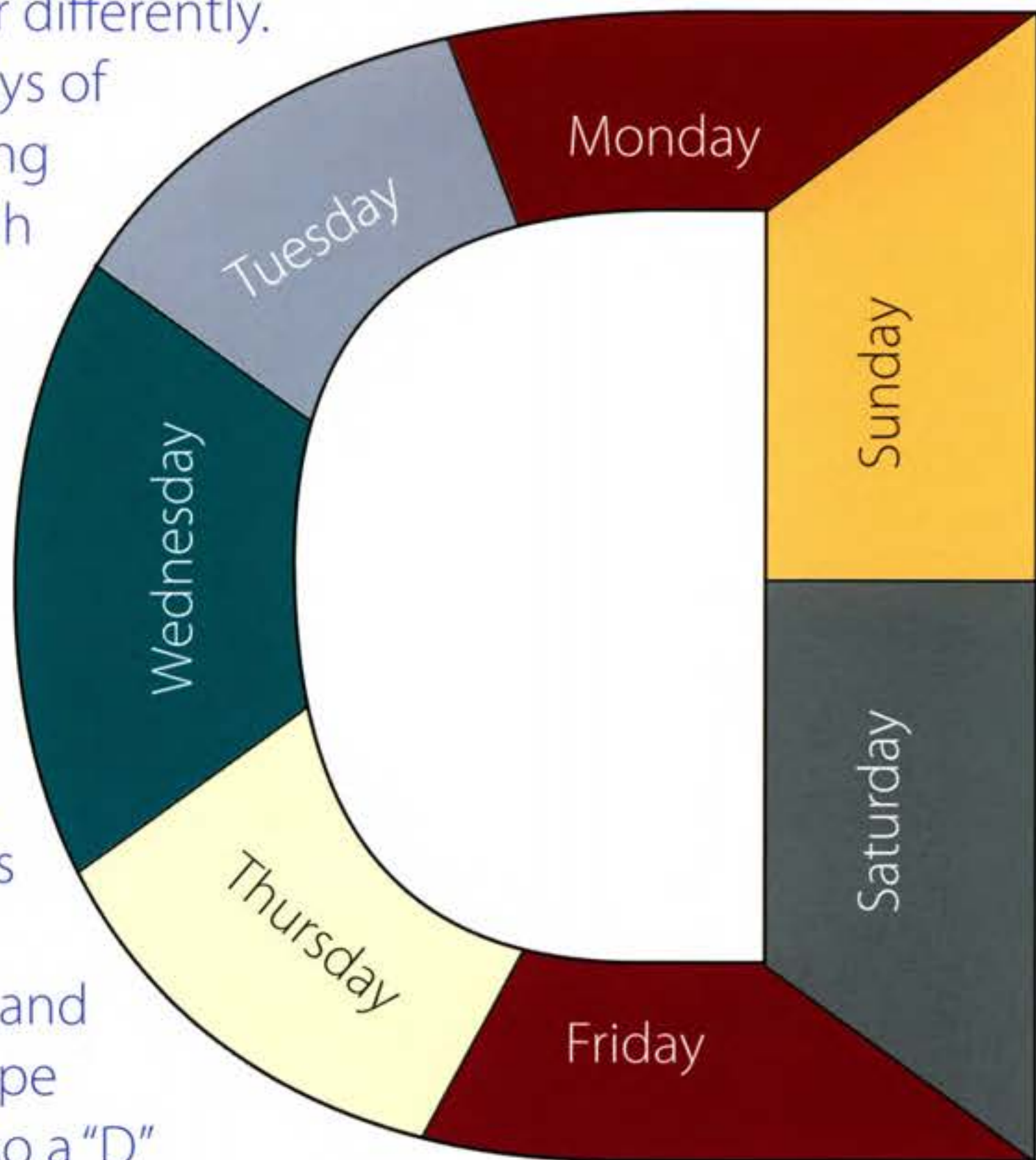
Synesthesia is genetic, Symons says. It runs strongly through families, such as mine; however, researchers are still trying to figure out the exact chain of inheritance. Women have synesthesia at six times the rate men do.

My mom and grandma both have the same form of synesthesia, but they see different colors. They disagree on the color of every letter. Symons says no research has been done on why family members see different colors.

My mom also experiences each day of the week, every month and year differently.

She sees the days of the week running Monday through Sunday in different colors along a reversed "D" design.

She sees a calendar that shows the year, month and days of the week as different colors and shapes. The shape of her year is also a "D" design. The year runs January through December, starting at the top corner of the "D."



My mom says her favorite memory involving synesthesia is the night she discovered she had it. She was at the dinner table with her parents and brothers, and her mom made a comment about Monday being blue. My mom immediately contradicted her, saying Monday is, in fact, red. They immediately began to bicker over the color of the days. Even my uncle pitched in. Finally, my grandfather looked at them like they were crazy and said, "What are you talking about?" They all turned to him and said, "What do you mean?" My mom, grandma and uncle never realized what they shared was unusual.

Unfortunately for my grandfather, when he went searching for answers in the mid-1980s, no one knew much about the condition. He was able to learn a bit about the unique condition because he worked at Princeton University and asked his colleague in the psychology department about my mom and grandma's

symptoms. "There was some research then, but it wasn't extensive," my mom says about her father's discovery. "There was no name for the condition; they just knew it existed."

No strong scientific research on synesthesia was really done until the mid-1980s. "People haven't paid attention to it until the last 20 years or so," Symons says. "A lot of people thought people with synesthesia were suffering from delusions or drug-induced hallucinations." Those researchers believed drugs or delusions caused synesthetes to see what they saw.

After more research had been conducted, my grandma came across an article about synesthesia in *The New York Times* and sent it to my mom. "Grandma mailed me a copy of an article which explained what I had more deeply and told me there were different forms," she says. "She attached a Post-It note that read 'we are not alone' to the top of the page."

I remember the day my mom received this article. It was important for her because she finally had a

name for what she had, she knew that other people had it and she was excited about future research.

Many people who have synesthesia do not know they have it, which makes it hard to research, Symons says. He approximates 1 in every 200 people has the condition. My mom has met people who have had synesthesia their whole lives, but had no idea the sensations they were experiencing were not normal. "I was driving with a woman who was in her mid-60s

and she and I started talking about the colors of people's names," she says. "I asked her if she had synesthesia, but she thought everybody saw the world that way." My mom thinks her form of synesthesia is a wonderful gift and sharing it with others is very special to her.

Disagreements between my family members on which color they experience for any word are common forms of entertainment at family reunions. Asking the question, "What color is Marya?" triggers an inevitable bickering

"What color is Marya?" triggers an inevitable bickering over the color of different names. "Marya is a deep red," my mom will say with fierce conviction, as my grandma shakes her head in disagreement. "No, Marya is definitely blue," she'll snap.

over the color of different names. "Marya is a deep red," my mom will say with fierce conviction, as my grandma shakes her head in disagreement. "No, Marya is definitely blue," she'll snap. Then, another kid asks the color of their name and more bickering ensues. We all laugh the entire time at the ridiculousness of their condition, but we're used to it.

My younger brother, Adam, has grown up surrounded by synesthesia, but he doesn't have it. "Mom's synesthesia didn't really affect me as a child," he says. "I was more of a nuisance to her because I would always ask what color words were." My brother never saw our mom's condition as anything but normal because she explained it to him at a young age, he says. "I always wished I had synesthesia when I was little," he adds. "It was like a superpower."

Regardless of whether you see my name as red, blue or black, or whether today is in a square or circle shape, or if none of these experiences apply to you, the next time you write down your name in the same blue pen ink, think about the *real color* of your name. **K**

TRAINING THE SENSES

Story by Paige Collins | Photos by Lillian Furlong



Three-year-old Anna Osterkamp sits atop an animal four times her height, grinning and eager to take off for a ride on a cloudy spring day. “Bye!” she says, waving to her mom and brother as the horse, Kiote, begins to walk. “Bye, Anna!” they reply.

This ride is not purely recreational. Anna has Down syndrome and today is her therapy session with Susan McNutt, an occupational therapist with Pediatric Neuro-Developmental Treatment & Sensory Integration Therapy Services in Bellingham. McNutt uses sensory learning techniques to help Anna and other children overcome sensory dysfunction. One in six children experiences sensory symptoms strong enough to affect everyday functioning, according to a research study by the Sensory Processing Disorder Scientific Work Group.

Sensory dysfunction can range from senses that are too strong and overwhelming to sensations that go undetected, causing the individual to crave more stimulation. Children with Down syndrome tend to be on the understimulated side of the spectrum, McNutt says. Anna’s mother, Stacy Osterkamp, says Anna is always putting objects in her mouth

to feel what they are like, which makes up for her lack of strength in touch or sight. Her body also has low muscle tone, which can decrease her activity levels.

Sensory dysfunction can be diagnosed through observation of symptoms. Some of these symptoms can include being over- or under-reactive to touch, movement, sights or sounds; difficulties with coordination; activity level that is unusually high or low; delays in speech or language and poor interaction with others, says Caraly Walker, executive assistant of the Sensory Processing Disorder Foundation.

Anna's ride on the horse is building the maturity of her vestibular system, which provides information to the body about movement, gravity and changing head positions, McNutt says. She must adjust to being off of the ground, stabilize her eyes to avoid bumpiness in her vision and maintain posture on the horse's back.

As Kiote walks down the street, Anna adjusts her body for balance, developing core strength and building the muscle tone she lacks as a symptom of Down syndrome. Smiling, she reaches one hand up from the horse's back and waves to every car or person walking by. "Aren't you just a social butterfly?" McNutt says, laughing.

Occupational therapy uses activities such as spinning and swinging as well as auditory, visual, tactile and taste opportunities to expose children to sensory stimuli, Walker says. The therapy aims to improve children's ability to register, process and use sensory input to eventually help them enjoy school, daily

routines and family life, McNutt says.

Back in the therapy room, McNutt uses various techniques to help Anna strengthen her body and respond to sensory input. "She works [Anna] from the inside out," Osterkamp says.

"Ready... Set..." McNutt says.

"Go!" Anna says, sitting on a platform hanging from the ceiling. Taking Anna's cue, McNutt begins to spin the platform, sending Anna in circles, counting her turns until she wants to stop. Her body's adjustment to the spinning sensation works her abdominal muscles and sense of balance, McNutt says. When they first tried the activity, Anna could only spin a few times before falling over. Now, she hardly wants to stop.

They then move on to working her respiratory system by blowing bubbles, using whistles and playing a harmonica. Anna knows more than 100 signs, but does not have the respiratory strength to produce many words, McNutt says. "I think her language would be great if she could push the words out," she says. By having Anna blow bubbles and play the harmonica, McNutt aims to strengthen her respiratory system and help her speech. Anna, on the other hand, just sees the activities as fun, giggling with excitement at every bubble she manages to blow.

Anna has some aspects of sensory understimulation. But another of McNutt's patients, 6-year-old Jenessa Neevel, demonstrates sensory processing disorder in the form of a more intense understimulation. Walking into the therapy room, she



Top left: Anna Osterkamp, 3, peers over the rail of the steps waiting to ride Kiote, a therapy horse. Riding helps improve Anna's balance, therapist Susan McNutt says.

Bottom left: Anna waves to vehicles as she rides Kiote in Bellingham, Wash.

Bottom right: Therapist Susan McNutt swings Jenessa Neevel, 6, side to side in a cloth-spandex hammock.

Next page: Jenessa pops up at the end of a slide.

“She loves all that crash-and-burn type stuff... Nobody else her size would want to go on [The Bullet], but she rode it over and over again.”

TAMI NEEVEL

touches everything she sees and flits from one thing to the next. McNutt says Jenessa's strongest sense is sight and she uses it to compensate for her others, which causes her to be easily distracted. Jenessa loves rough-and-tumble activity that provides her body with sensations she cannot feel in a more calm setting, McNutt says.

In therapy, McNutt aims to provide Jenessa with enough organized input that her body starts to register, process and use even the lightest sensations in daily life. She climbs into a hammock that McNutt bounces up and down with great force. The impact of the bouncing makes Jenessa giggle because she can actually register the sensation. A multilayer slide made out of sheets of stretchy fabric provides the perfect jungle gym for her to climb, jump and fall into piles of plastic balls.

“She loves all that crash-and-burn type stuff,” says Jenessa's mother, Tami Neevel. Jenessa's favorite

rollercoaster is The Bullet, which goes from zero to 60 miles per hour in five seconds. “Nobody else her size would want to go on it, but she rode it over and over again,” she says.

McNutt gives both Anna and Jenessa specialized attention based on the skills they need to build. Anna's ride on Kiote helps build her strength, sense of balance and respiratory health, while Jenessa's therapy is all about receiving intense but organized sensations. McNutt says both girls have improved drastically since beginning their sensory therapy.

At the end of the session, an hour of what has seemed more like play than work has passed and McNutt must move on to helping another patient. “Time to go. Put your shoes and socks on, Anna,” McNutt says. “Awwwww...” Anna pouts. This week's therapy session is over, but the skills she has learned carry through the week until next time, when more sensory fun awaits. **K**





Above: Alyssa Krist, an employee of Wise Awakenings, listens to therapeutic music in the store's centerpiece: the Inner Dimensional Sound Chamber.

GOOD VIBRATIONS

Unique alternative therapy mixes science, spirituality and the healing power of sound

Story by Liv Henry | Photos by Mark Stayton

The device conjures images of spaceships, or perhaps some prop from a retro science fiction show. It looks like Scotty could beam someone up with this machine. A grid of yellow-painted, aluminum rods interlocks in eerie geometry, surrounding a twin mattress. The contraption is backlit and hushed — for now. In a moment, it will shudder to life with vibration. The many competing frequencies coursing through the grid have a common purpose: to make the body's cells sing with a unified, joyful sound.

The Inner Dimensional Sound Chamber is one method of sound healing, the belief that certain applications of sound restore the body's healing frequency. Customers lie flat inside the aluminum frame while music pulses around them. One of only nine in existence, the chamber combines science and the spiritual. It's a paradox that Diana La Due-Hand fully embraces.

“ You can’t deny an experience. You can’t deny feelings. Feelings are data. ”

DIANA LA DUE-HAND

“They’re all relative, they all fit within the confines with what we do here,” says La Due-Hand, owner of Wise Awakenings, the Holly Street storefront that houses the chamber. “When I was growing up, I used to be the one asking all the weird questions. My pastor would say you can’t mix science and religion. To me, that doesn’t compute.”

The spiritual aspect of the chamber is clear. Inventor Tom Hunt based its design on Hindu/Buddhist circle shapes called mandalas, an Old Testament chariot called a merkaba and numerical patterns from astrology. The frame also includes the five Platonic solids, amounting to what Hunt calls the “sacred geometry” of the chamber.

The scientific aspect is more complex. La Due-Hand, Hunt and others argue that molecules in cells have a natural frequency, or rate of producing sound waves. They believe illness is created by a disruption of this natural frequency. Exposure to therapeutic music restores this healing wave pattern, La Due-Hand says. Sixteen speakers in the structure broadcast the music. Proponents say such healing regenerates tissue and can even explode cancer cells. “We are so toxic in the body through stress that when we have a sound and vibrations experience, the cells vibrate at what I’ll call the love frequency,” La Due-Hand says, referring to the healing sound wave pattern. “When we de-stress the body, we remember who we are.”

One day, a family with two autistic children came for a day of sessions in the chamber. The older of the two boys, Giovanni, began talking rapidly when he first saw the chamber and chattered away to his parents after his session. La Due-Hand says she was oblivious to the parents’ shock until weeks later, when they wrote to tell her Giovanni had never spoken before that day.

Not all customer interactions are as profound as that. Julie Crouch is a grief and loss coach in

Bellingham who has been involved in alternative medicine for 15 years. Crouch says her experience in the chamber was merely one of relaxation. “I thought that there might be something really profound that happens, but it was just extremely peaceful,” Crouch says. “[My time] was just very subtle.”

La Due-Hand is careful to say that although the chamber has helped customers, she makes no claims of its medical effectiveness. A full two-hour session costs \$180, and a 45-minute mini-session costs \$45.

A retired mortgage banker, La Due-Hand applies the same measured professionalism to sound healing as she once did to negotiating home loans. She first encountered the Inner Dimensional Sound Chamber in New Mexico in 1999, in a meeting she describes as preordained. Six years later, La Due-Hand had her own chamber. “When we first opened, the [Bellingham] Herald did a little article that we were opening and it was in the business section,” LaDue-Hand says. “Isn’t it interesting that we would be considered a business and not just woo-woo?”

The term “woo-woo” is a peppered throughout La Due-Hand’s explanation of her business. She uses it playfully, self-deprecatingly. Yet her constant self-awareness of what she calls her “unusual” profession is perhaps a reaction to those who would criticize sound therapy. Among those is Western biology professor David Leaf, who takes issue with the scientific claims associated with the chamber. “There isn’t,



within the realm of molecular and cell biology or genetics, any notion that vibrations of molecules have something that's good for you," Leaf says. "There is no instance where there's some type of repeated frequency that molecules have. That's just pure bogus, pseudoscience."

Leaf says cells can be affected by mechanical pressure or sheer force as a result of vibration, and that can activate signaling pathways. However, this process has no effect on the health of a molecule, cell or organism, Leaf says. La Due-Hand says she applauds the knowledge of scientists like Leaf. "It's wonderful that he knows. I would be the last person to criticize someone for criticizing."

Leaf says the health benefits of the chamber may be attributed to the placebo effect. The belief in a false therapy's effectiveness is a powerful and documented phenomenon within science. "If it's a placebo effect, so what? I don't care! If it works, I don't care. That's great," La Due-Hand says, laughing

and throwing her hands up. "It's not about being right or wrong. It's about the exploration and the questioning and the experience. You can't deny an experience. You can't deny feelings. Feelings are data."

Wise Awakenings employee Flora LaRayne agrees. LaRayne wanted a job at Wise Awakenings after her first session in the sound chamber. Behind the counter, she has a view of the shop's glass displays of crystals, dream-catchers and bundles of feathers. "This could just be a glorified rock shop," LaRayne says. "But it's more than that, because beauty heals."

Of course, sound heals us every day. A phone call from a mother, a song that captures a mood perfectly, the voice of a friend — all are forms of therapy. For La Due-Hand, the Inner Dimensional Sound Chamber is just an upgrade: a deeper, more complete therapy couched in language and theory that attracts some and deters others. But for those whose lives have been changed by it, the chamber is an appeal to the soul delivered by the senses. **K**

ONLINE EXCLUSIVE

Check out the video at klipsunmagazine.com

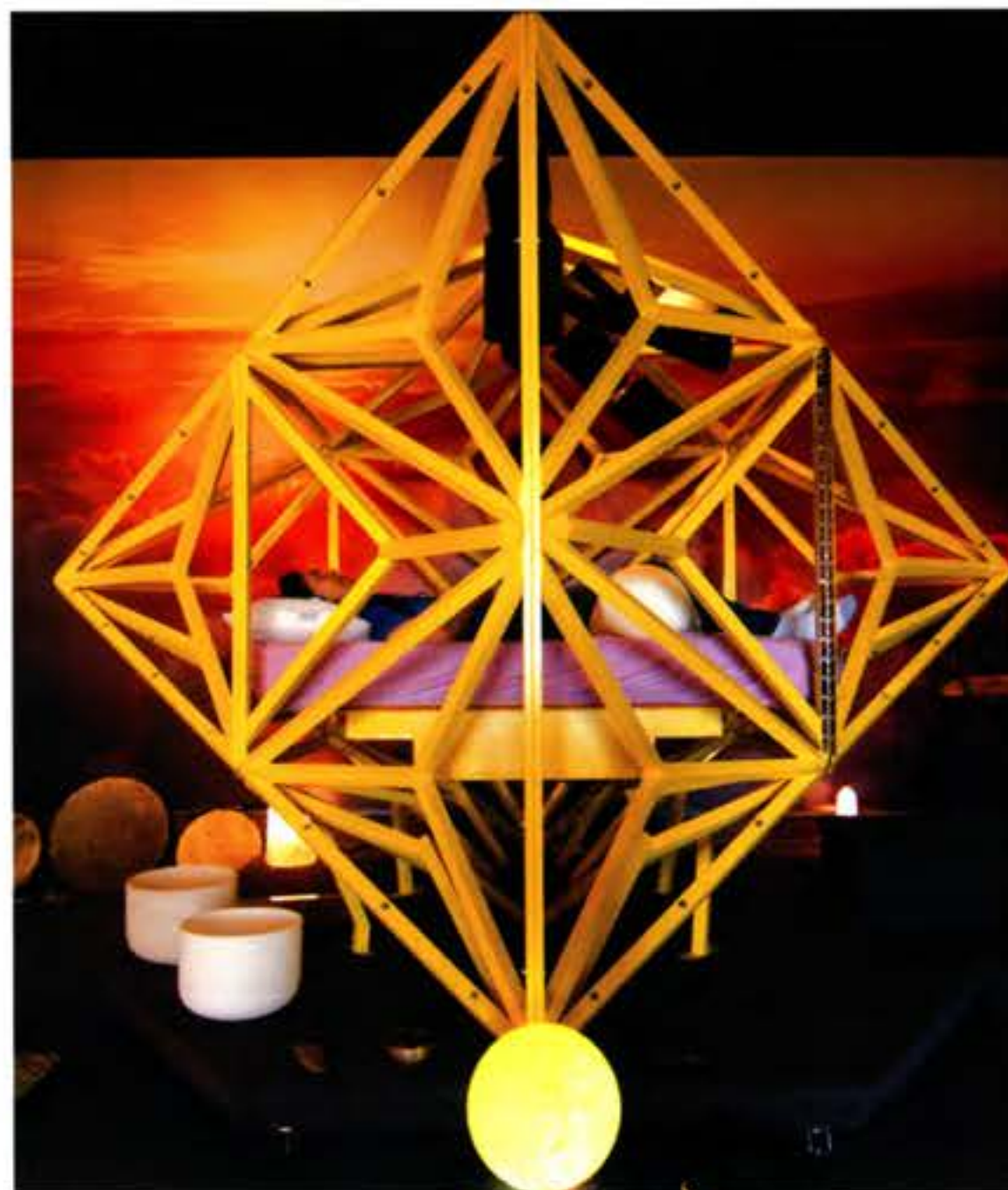
Platonic solids in the sound chamber

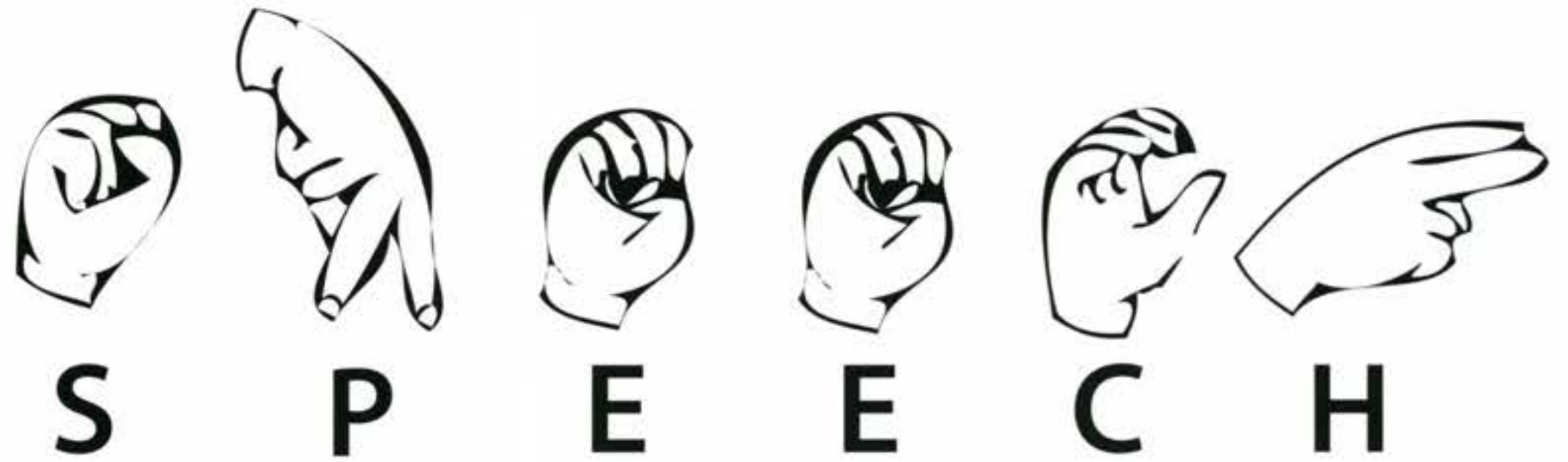
The Platonic solids that make up the frame of the Inner Dimensional Sound Chamber are five three-dimensional figures with identical sides made up of regular polygons, such as triangles, squares, and pentagons.

Knowledge of the Platonic solids dates back to the ancient Greeks. Plato described them and equated them with various elements.

The tetrahedron was equated with fire, the cube or hexahedron with earth, the icosahedron with water, the octahedron with air, and the dodecahedron with the stars and heavens.

Source: Eric Weisstein





The deaf community continues to struggle for equality in modern society

Story by Sarah Smith | Photos by Lillian Furlong

In one sense, deaf people live in two worlds: the hearing world, where silence is a sound and syllables carry information, and the deaf world, where music and voices are vibrations, where imagination and motion are language, and where a person's quest for communication is exacerbated.

The ability to perceive sound is the only trait that distinguishes hearing people from deaf people. Both populations are composed of individuals who vary in size, shape, color, intelligence and personality. Despite these overlapping similarities, the deaf world is defined by a visual culture and the hearing world is governed by an oral culture. These cultural differences create social barriers when the two worlds collide.

"I need both worlds to feel complete," Western junior Rickie Smith says. "Without [the] deaf world, I am missing one part of me. Without [the] hearing world, I am also missing one part of me." Smith's mother discovered Smith was deaf when Smith was 18 months old, and immediately took herself and Rickie to learn about deaf culture and American Sign Language, Smith says. In addition to learning ASL, Smith says she attended speech therapy classes from age 2 to 18 to learn how to speak and lip-read. Speech and lip-reading came naturally to Smith, and she says she feels privileged for the ability to interact with hearing people and hearing culture.

What Smith may not know, is that she was privileged to be exposed to the deaf world at an early age. The acceptance of deaf culture, and ASL as an authentic language, is a modern convention that emerged after the civil rights movement, according to Glen Bocock, a deaf ASL teacher at Whatcom Community College. Before the civil rights movement,

“ Without [the] deaf world, I am missing one part of me. Without [the] hearing world, I am also missing one part of me. ”

RICKIE SMITH

ASL and deaf culture were oppressed and misunderstood, similar to black culture, Boccock signs to his 300-level students. “Black activists were fighters and they bulldozed the highway for women, deaf and blind and many other cultures,” Boccock signs. Prior to the late 1960s, the deaf community was oral, rather than visual, as it is today, Boccock signs. Back then, deaf children were shielded from their language and culture in favor of hearing-world norms and expectations.

“Too often, hearing persons confuse deaf persons as mentally retarded or even blind simply because they cannot hear,” signs Bellingham resident Cindy McNeely. “Deaf [people] can see, talk, sign, think and do anything except hear.”

In 1946, McNeely was born deaf into a hearing family. Medical and teaching professionals advised her parents to “mainstream” McNeely and prevent her from learning American Sign Language. Growing up, McNeely wasn’t exposed to deaf culture and was required to learn how to speak and lip-read instead, she says. Her parents put her into speech therapy and oral training classes at age 3. She says teaching deaf children ASL was seen as a way to doom children to the deaf world.

Like a color-blind person who has an idea of “red,” McNeely learned the language

of hearing people without knowing sound or how letters correlate to vocal morphemes. And no matter how much she tried to grasp onto a sense that she would never have, the fact that she was deaf didn’t change and neither did her inability to completely fit into the hearing world, McNeely says. “To me, it was a little bit cruel,” McNeely signs. “What’s wrong with me? I never knew any deaf adults. Was I going to grow up and die?”

It wasn’t until McNeely got older that she discovered that an entire language, culture and community existed for deaf people. After high school, McNeely attended Gallaudet University, the premier educational facility for the deaf located in Washington, D.C. The university opened her eyes to ASL and deaf culture, liberating her from a world she never had a voice in.

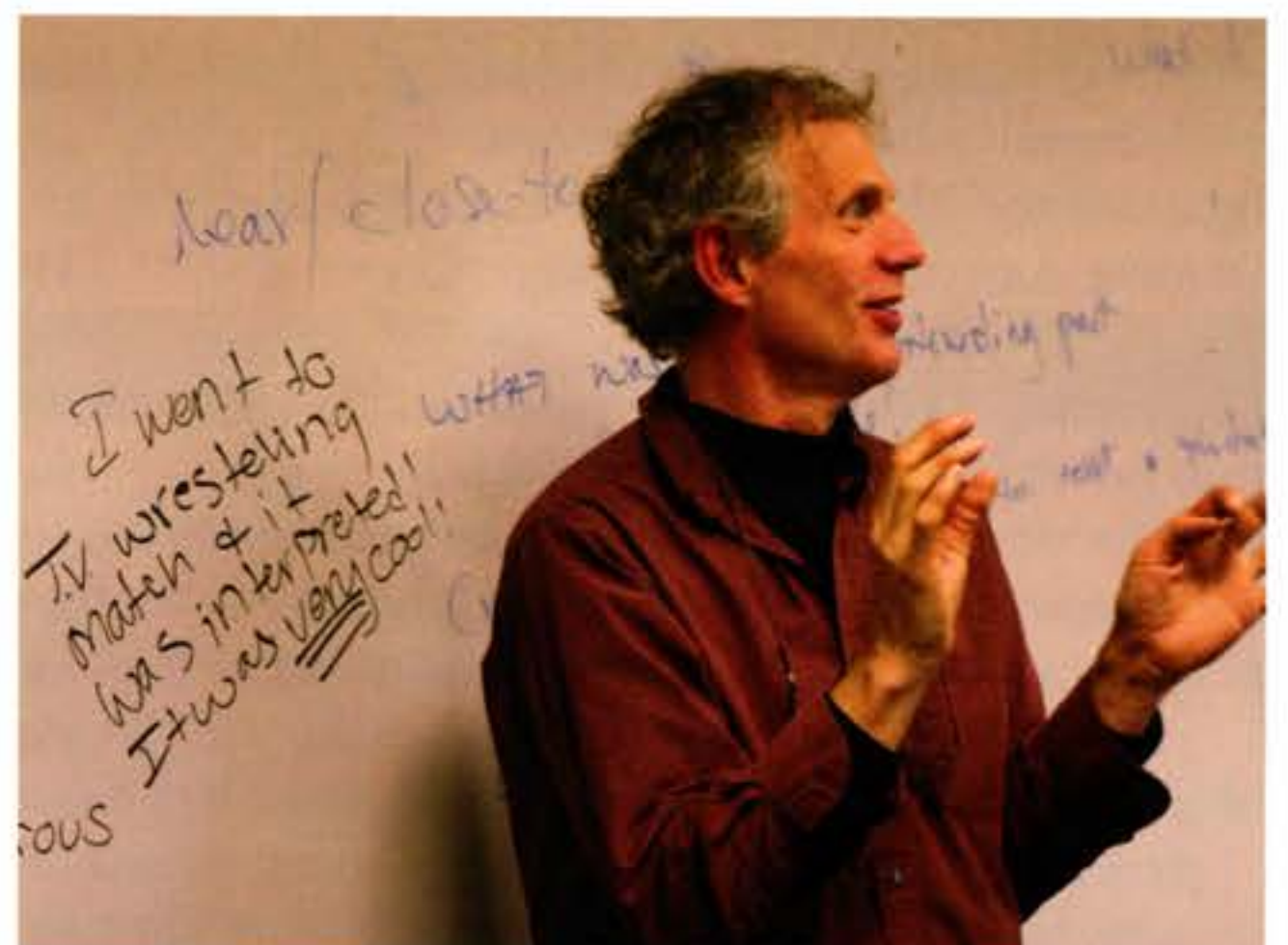
“[ASL] is an iconographic, powerful, three-dimensional, movie-like language,” says 19-year-old Whatcom Community College student Katy Hamilton. Like deaf culture, ASL is visual. Hand shapes, body language, facial expression and movement are used like punctuation, diction and grammar. Hamilton says many ASL signs are a visual representation of the word or words they correspond to. The simplest hand gesture can convey an enormous amount of information.

Below: Rickie Smith’s interpreter signs during her accounting class. After class, Rickie Smith asks instructor Kenneth Bronstein some clarifying questions with the aid of her interpreter. Smith can communicate verbally but prefers to use sign language instead.



“ Black activists were fighters and they bulldozed the highway for women, deaf and blind and many other cultures. ”

GLEN BOCOCK



Above: Glen Boccock who is deaf, teaches his ASL class at Whatcom Community College. He teaches using only sign language. The desks are set up in a circle instead of rows to make it easier for students to have conversations across the room or with the people next to them.

For example, bending down the ring and middle finger makes the sign for “I love you.” The pinky represents the “I,” the “L” shape made by the first finger and thumb represents “love,” and the “Y” shape extending from thumb to pinky represents “you.” In this hand shape, I, L, and Y symbolically shout, “I love you!”

Hamilton, who is deaf in one ear, is fluent in both ASL and English. She says ASL “shapes the air like clay.” In the language, one’s imagination and visual memory give context to a conversation. The space in front of the signer is like an invisible canvas on which words are painted with movement. Signers use their arms, hands, faces and body language to transform the space around their bodies into visual dialogue. The

signer can point to a place on the canvas and put a person or subject in the conversation into that place. From then on, whenever the person points to that place, the listener knows who or what the signer is referring to. Just as hearing people depend on the air to carry their voices and communicate, signers use the invisible canvas to describe a setting or show motion. This invisible canvas is what makes ASL a movie-like language, Hamilton says.

“You can look at something from above, zoom in on something or move around a scene like a camera would,” Hamilton says. Although ASL is movie-like, watching an ASL conversation without knowledge of the language would be like watching a foreign film with a blindfold on. Like any other language, ASL

has rules, and each rule depends on the context of the sentence; however, ASL cannot be written because facial expression and body language are considered grammar, ASL student Courtney McCay says.

“There are many different types of ways to communicate without using your voice, but ASL is the only one that is considered a language,” McCay says. “It’s important for deaf people to [be able to] learn ASL because it’s their language.”

Many deaf children spend years learning how to conform to the oral culture of the hearing world, but often that discourages students, hinders their language development and leaves them with elementary-level literacy, McCay says. Smith says deaf people are rare at hearing colleges because many deaf children aren’t educated correctly and leave high school with a middle-school reading level. Smith says she is one of two deaf students at Western, and she uses an interpreter to learn in lectures. Deaf students can use an interpreter or a transcriber to hear during class. A transcriber uses a computer program called TypeWell to transcribe lectures. The student and transcriber each have a computer, and the student and transcriber communicate in written English. Smith prefers to use an interpreter because she favors speaking and learning in ASL. “ASL is a beautiful language that I want to share with the world,” Smith says. “When I order a cup of coffee, I sign ‘thank you.’ It makes the barista smile.”

If Smith didn’t have ASL, she says she would feel like she is missing a limb. ASL allows her to communicate with expression, a part of language that is missing when communicating with written or

spoken English. She says she feels like ASL defines her, and would rather sign than use her voice.

Still, Smith knows her life would be far more difficult if she didn’t have her oral skills. She’s borne witness to discrimination toward deaf and hard-of-hearing people. Many times, if a deaf person cannot talk, they are met with irritation and dehumanizing impatience by hearing people. “The person behind the counter gives up so fast and [doesn’t] want to deal with us,” Smith says as she recalls the way some of her deaf friends are treated. Smith says she thinks hearing people are fearful of deaf people and make assumptions about their intelligence or worthiness. But the deaf community is a salad filled with people who have their own unique stories, personalities and goals, just like hearing people, Smith says.

When two worlds collide, there is bound to be confusion and turmoil, but that doesn’t stop Smith from opening the doors that create barriers between the two. “Try not to judge us quick before opening the book first,” Smith says. “One thing I have taught people who were a part of my life is that it’s OK to be different, but that doesn’t mean you have to treat me differently.” Smith says the deaf community in Bellingham is small and invisible at Western, and few hearing people reach out and understand the deaf community.

But the deaf still yearn for the understanding and acceptance of the hearing world. Deaf people belong to two worlds, and the smallest gesture can break down the barriers between the two. Go ahead, tuck in your ring and middle fingers and show the love. **K**



Left: Marissa Paxton, 13, replays a video of her bowling on her iPhone at a deaf social bowling event. Paxton has a cochlear implant because she was born hard of hearing and went completely deaf by the time she was 7 years old. Paxton is a part of a teen deaf leadership group in Mount Vernon.

Story by Andrea Sperberg
Graphics by Sars Richardson

MAKE A WISH! KLIPSUN IS 40

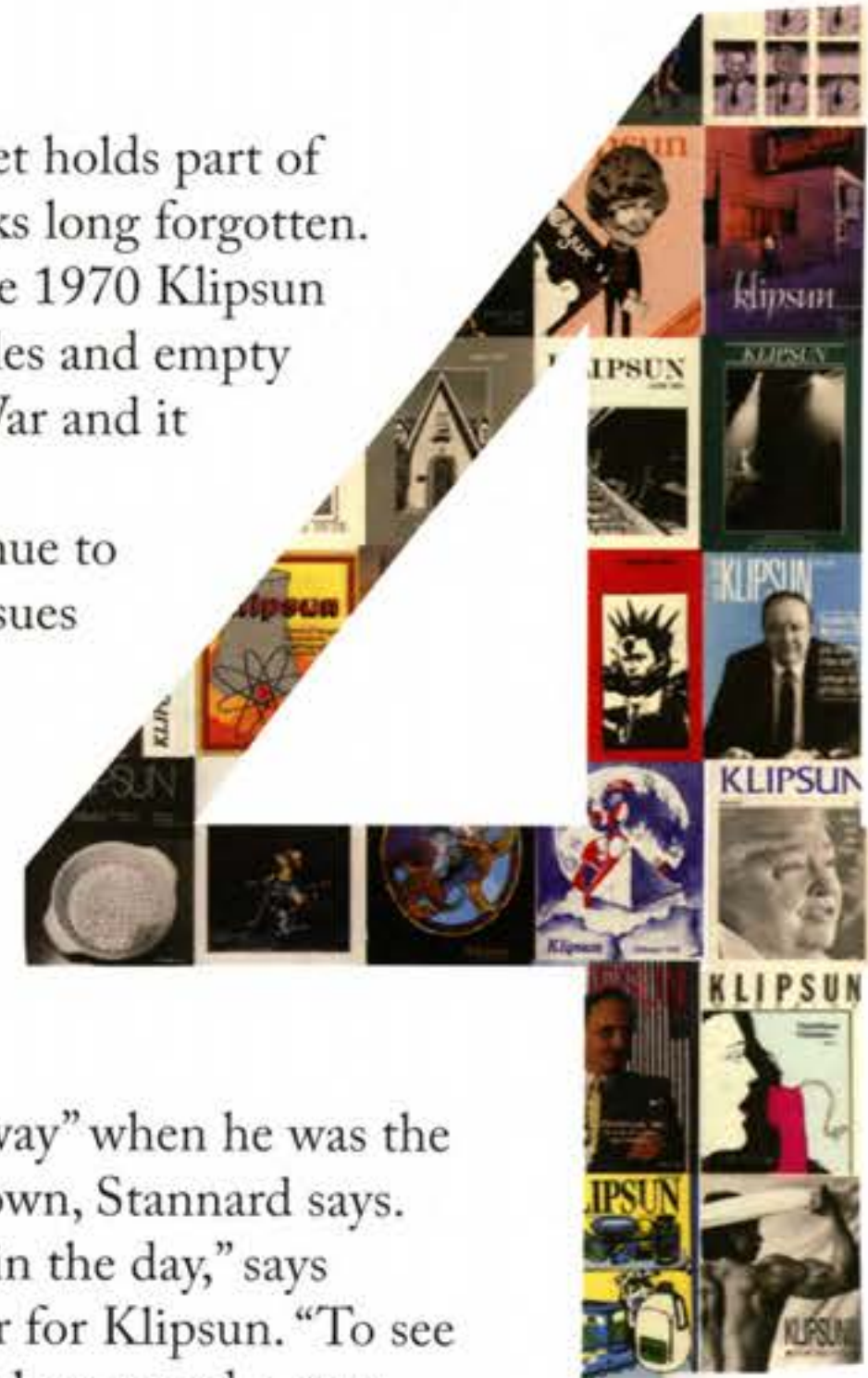
ONLINE EXCLUSIVE

Check out the full story at klipsunmagazine.com

On one side of the room an old gray cabinet holds part of Western's history — volumes of yearbooks long forgotten. Photographs jump out of the pages of the 1970 Klipsun yearbook, student protests, music, laughing couples and empty desks. It was a time of protesting the Vietnam War and it was the final year Klipsun would be a yearbook.

Today, black and gray file cabinets continue to fill the room, stuffed full of Klipsun Magazine issues that date back to December 1970 — a tribute to Klipsun's evolution as a magazine. Ted Stannard smiles as he looks through the most current issues Klipsun has produced. His eyes widen at the sight of the color and the photography. Stannard was adviser of Klipsun when it first became a magazine. He says the color and image technology "would've blown minds away" when he was the adviser. A good magazine is able to stand on its own, Stannard says.

"I thought our issues were quite good back in the day," says Gregg Olsen, former editor-in-chief and reporter for Klipsun. "To see that the magazine still has good writing, a strong layout and a new commercial aspect to it — that's what I like to see." **K**



Dec 1971

A photograph of a painting portraying a naked female body and a close-up of a female butt are published in Klipsun December 1971. "We just thought we were being artistic," says Mark Marrow, former editor-in-chief for Klipsun. "We weren't trying to offend anyone."



Faces first controversy:
running nude art photo

Dec 1972



Features first color,
wrap-around cover.

December 1970

The first issue of Klipsun Magazine is published

"During the 1970s, college yearbooks were going dead; magazines were becoming the contemporary thing," says Ted Stannard, emeritus educator and former adviser for Klipsun Magazine.

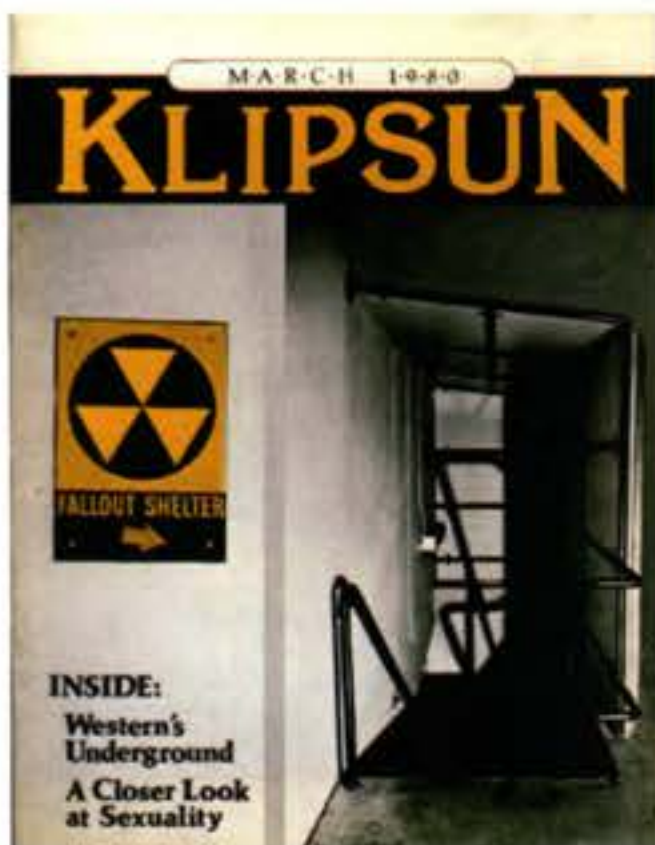
May 2011

Visual evolution of Klipsun

"The magazine has gotten much more sophisticated and creative as it has grown," says Western professor Bill Dietrich, 1972 editor-in-chief. "And the growth in visual and photography elements brings a new expertise to the publication."



April 1980



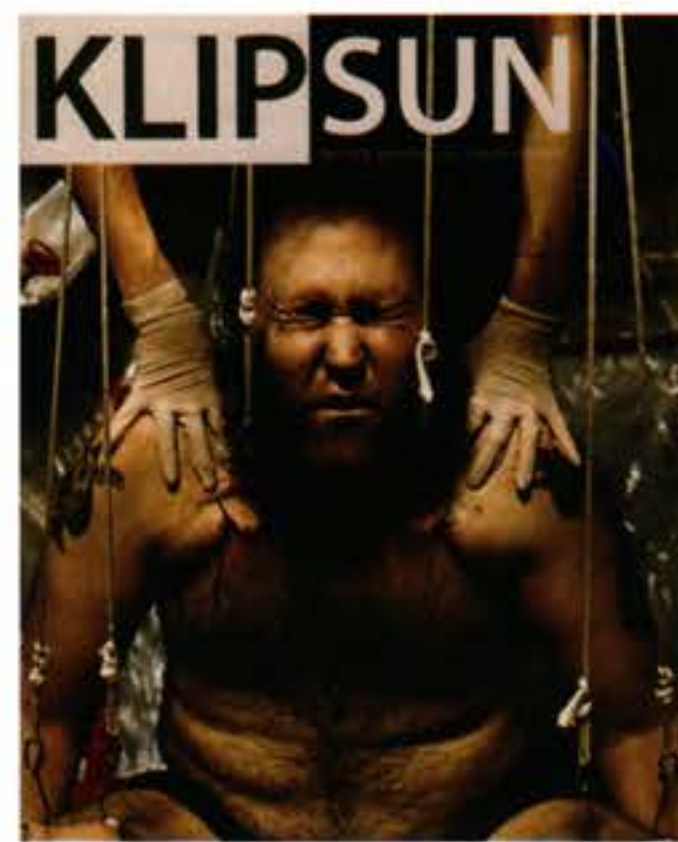
Runs center stories on newsprint paper.

Sept 1997



Printed in Seattle because cover too "pornographic"

April 2009



Made readers cringe with photos of body suspension



K L I P S U N

is a Chinuk Wawa word meaning sunset.

Western Washington University | Volume 42, Issue 1

