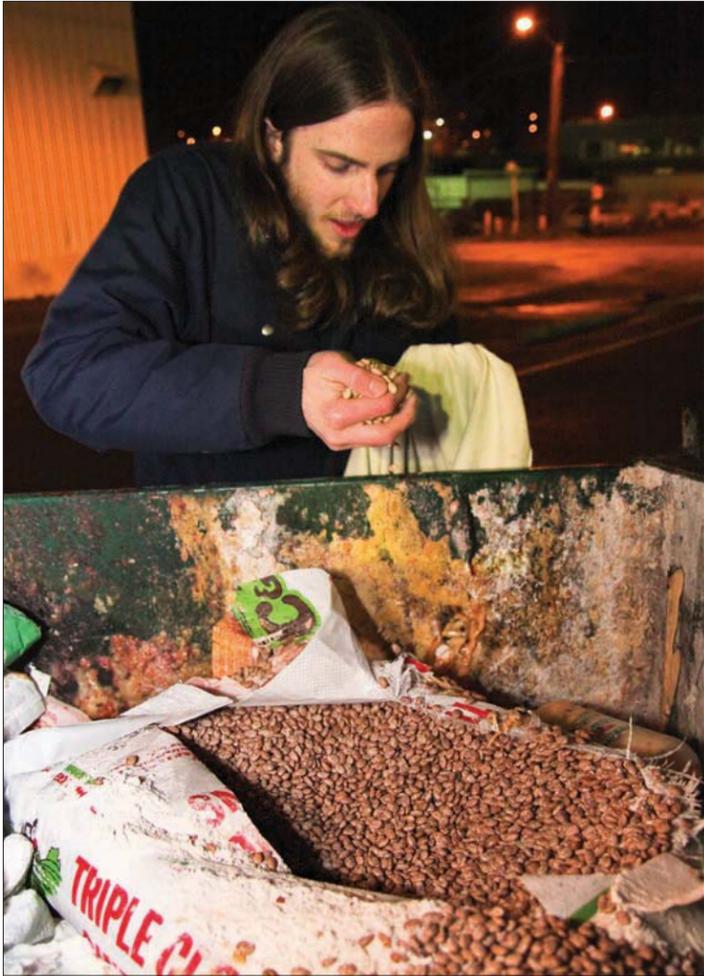


Divers dine on trashed treats



Joshua Lynch The Spectator Paul Brown, who identifies as a freegan, goes on weekly dumpster dives to keep his eating costs low and to reduce consumer waste.

Joshua Lynch
Editor-in-Chief

Like many Seattle eco-conscious shoppers, Paul Brown pedals up to a wholesale grocery store on his bicycle, canvas shopping bags draped from his shoulder.

But unlike most, Brown heads to the store's dumpsters rather than through its mechanical doors. Inside the stained brown containers he finds discarded zucchini and potatoes. The barely-bruised vegetables go in his bags.

Lifting up a heavy pile of raw bacon, Brown uncovers the find of the night: a large bag of pinto beans. He scoops up enough to fill several recycled containers when he gets home later.

One person's trash is a freegan's next meal.

Brown, a senior biology major at Seattle University, identifies himself as a freegan, a person who finds their food for free, whether it's from a dumpster or a fruit tree. Freegan is a combination of the words "free" and "vegan," as many freegans also eat vegan.

The freegan movement began in the mid-1990s in West Coast cities, including Seattle.

Page 13

Hate crimes escalate near campus

Katie Farden
Senior Staff Writer

Forty-one year old Jerry Knight was on his way home from a party around 1:30 a.m. Sunday Feb. 2 when two men attacked him on the corner of 13th and E Columbia. Just two blocks from Campion Hall, where many Seattle U students were nestling into their extra-long twin dorm beds or placing finishing touches on papers due Monday, Knight's attackers punched his body and head repeatedly.

The assailants, whom Knight identified to the police as two white males in their twenties smelling of marijuana, yelled derogatory remarks regarding Knight's sexuality when he passed them on the street. Knight, who was dressed in a sailor suit, ignored the comments and continued walking. The men then attacked him from behind.

When Knight began to fight back in defense, the men ran away.

The assault is one of six hate

crimes reported to Public Safety over the past two and a half months on Capitol Hill, said Mike Sletten, Seattle U's director of Public Safety.

Eleven owners of gay bars in Seattle received letters from an anonymous sender threatening to target their venues with ricin, a deadly poison, on Jan. 6.

A woman on Broadway was assaulted Jan. 15 after her attacker yelled at her, "I'll kill you, lesbian." In February two other gay men were attacked on Capitol Hill while walking home.

"We haven't necessarily seen violence increase there, but we're in a period of time when we have seen the increase of hate as a motivator in many crimes," Sletten said.

Public safety received confirmation of the assault from the Seattle Police—who reported the attack as a Simple Assault Bias Crime—over the weekend of Feb. 27 to March 1. Public Safety immediately forwarded the notice to University

Communications, Sletten said.

On March 2, University Communications sent a campus-wide e-mail to inform Seattle U of the incident.

Many students and faculty expressed concern over an attack so close to Seattle U's campus.

"These things seem to be happening more often around the edges of the university," said Mark Cohan, associate professor of sociology. "I walk to and from campus all the time. I'm concerned."

Matisse Fletcher, a junior international studies, said Seattle U should take a stand in light of Knight's assault.

"I really think the school should do something," Fletcher said. "That description [of the assailants] fits some of our students. It's just something to think about."

Some thought the assault reflected a continuing trend of violence directed at the LGBTQ community on Capitol Hill.

Page 4

Tournament victory clinches record 21-8

Kevin Atchley
Volunteer Writer

Ben Watanabe
Sports Editor

It may have snowed in Seattle Sunday, but the Seattle University men's basketball team made it rain in a 76-59 win at the North Dakota Spring Thaw Tournament against host school the University of North Dakota.

"One of our goals was to have at least a .500 season," said Redhawks senior forward Austen Powers, referring to winning percentage. "We definitely exceeded those expectations with a 21-8 record."

Powers, who scored nine points and grabbed seven boards,

transferred to Seattle U and played only one season for the Redhawks.

"This season has meant so much to me," Powers said. "I finally got the chance to play and build my confidence. With confidence, anyone can do anything."

The Redhawks' win was the second against the Fighting Sioux in three meetings, each winning at home in the regular season. Redhawks freshman guard Aaron Broussard replaced senior Michael Wright in his first career start, and Seattle U head coach Joe Callero had no regrets. Broussard led all scorers with 18 points on 2-of-2 3-pointers and 6 of 7 field goals, in addition to five assists, three steals and one block.

Page 16

Closing on a goal

Seattle U's Capital Campaign succeeds despite recession



Clara Ganey The Spectator Emily Schwartz, coordinator at the Tell-A-Hawk phonathon program, works alongside student callers to encourage alumni donations.

Sara Bernert
News Editor

Although still months away from its July 1 end date, Seattle University's Capital Campaign, "For the Difference We Make," has already surpassed 98 percent of its goal with earnings of \$159.1 million.

After six years and thousands of donations, the campaign is coming to a close. It was launched July 1, 2003 with a goal of \$160 million, an amount higher than the two

previous campaigns combined. "I am really proud of what we were able to accomplish," said Sarah Finney, assistant VP for University Advancement and director of development.

"The parents, alumni and friends really responded to the university's mission," Finney said. "That has been critical to our success."

As of Feb. 23 the campaign had received more than 32,000 donations from alumni and almost 12,000 from friends.

Page 3

Friday

March 13, 2009

54°
40°



Saturday

March 14, 2009

43°
38°



Sunday

March 15, 2009

45°
41°



Spring sports preview: golf

17

O+S makes organic loop music

14

Meat-free club eats, thinks and acts green

Taylor Olson
Staff Writer

When a group of students started the V.E.G. Club fall quarter of 2008, the members hoped to come up with words to fit the acronym. As of now, they're still working on the wordless acronym.

Joe Clark, sophomore physics and philosophy major and one of the founding members of the club, says that while the name is quirky, it works.

Clark was surprised to find out there wasn't already a vegetarian club on Seattle University's campus. He and a group of orientation advisers had the idea to get the club started.

Andrew Fontana, junior environmental studies major, was one of the other founding members. He says a group of orientation advisers was on a retreat and sat at a 'vegetarian' table at dinner. The group enjoyed each other's company and talking about the different reasons they had decided to be vegetarians.

The club's presence on campus helps raise vegetarian awareness.

"We wanted to have a fun group of people to hang out and cook good food with," Clark says.

Fontana says the club hopes to spread the many different reasons people chose to be vegetarian.

"It's fun to talk about," Fontana says. "It brings people together."

Clark says the club has been on somewhat of a hiatus this quarter due to the members' busy schedules. In its first quarter in existence, most of the activities were focused on promoting the club. The group intends to start up again next quarter.

Clark approached Jason Wirth, associate professor of philosophy, to be the club's faculty adviser because he had him for a philosophy class and knew he was a vegetarian.

Wirth says the V.E.G. Club is important to have on Seattle U's campus to raise awareness about vegetarianism.

"[It] raises important questions on behalf of the Seattle University community," Wirth says. "And offers support to club members to exchange ideas, enter into critical dialogue and contribute to the University's commitment to social justice."

Dan Dombrowski, philosophy professor, is another faculty adviser to the club. He says college students are living in a time when people are calling into question the claim that only human beings have rights.

Clark says the V.E.G. Club has about 15 members who regularly attend the organization's activities. The club's members include vegetarians, vegans and even a few meat-eaters. However, all of the meals the club makes are "veg-friendly."

For Thanksgiving, the club cooked dinner in the Xavier basement. Clark says everyone brought supplies for the vegetarian feast.



Clara Ganey

The Spectator

Though the V.E.G. club is currently on hiatus, its 15 members intend to regroup for spring quarter. The club focuses on raising awareness for animal rights, and often cooks vegetarian and vegan meals together.

"We cooked delicious food," Clark says. "It was glorious."

Additionally, the club has a few members with food allergies. Clark says the club accommodates accordingly for these members.

Clark has been a vegetarian since he gave up meat for Lent three years ago. He said it felt so good not eating meat that he decided to stick with it.

This year for Lent, Clark decided to go vegan.

"I'm enjoying it so far," Clark says. "It feels really good."

Fontana has been a vegetarian since he came to college. He doesn't

agree with the workings of the factory farming industry. Fontana is an environmental studies major and in his time at Seattle U, he's had opportunities to explore other aspects of vegetarianism.

"I've taken environmental philosophy, and we've talked about different ethical implications of eating meat," Fontana says. "I'm not sure if I'd even eat meat if I raised it myself."

Fontana says being a vegetarian is easier than people think. He said especially in Seattle, it's easier to find alternatives for meat. For anyone considering

being vegetarian, Fontana suggests giving it a try.

Dombrowski says the V.E.G. Club is necessary for an academic institution because it forces people to defend their views that only humans have rights. He says the fact of the matter is animals also have central nervous systems and therefore can experience pain.

"It keeps the issue alive," Dombrowski says. "The main reason I'm involved is the notion of rights."

Taylor can be reached at olsont@seattleu.edu

Freegan findings reduce waste, stock refrigerators



Joshua Lynch

The Spectator

A practitioner of freeganism, Paul Brown digs through other people's trash to acquire life's necessities, which can range from pinto beans to frosted cakes to flowers for his girlfriend on Valentine's Day.

Freegans choose to opt out of what they see as a wasteful and unethical economic system, according to Freegan.info, a Web site about freegans hosted by the Wetlands Activism Collective in New York City. Freegans focus on reducing their own waste in any way possible, from hitchhiking to dumpster diving.

"There are a variety of reasons," says Brown of why he's a freegan.

"Mostly environmental reasons and thinking about how food is produced. Usually either people or animals are exploited, and there's environmental damage done, too."

Brown started dumpster diving this summer. When he moved into his home, he found that the previous tenants had left plenty of food behind. He started eating for free, and when the supply ran out "I just started diving," he says.

"But I had been thinking about dumpster diving for awhile," he adds.

Now Brown goes once or twice a week to dumpsters that frequently have edible food. He goes late at night to avoid getting caught in the businesses' alleys; otherwise, the dumpsters might be locked when he returns. He made an exception the day before Valentine's Day, risking getting caught to dumpster dive some flowers for his girlfriend.

Brown says it averages out to less than an hour a day searching for food. When he's busy, his girlfriend uses her meal plan to buy him food at C-Street. He frequently comes home with bread and lots of bagels, and usually there are some vegetables to be found. His best discovery ever, he says, was a 10-pound bag of rice.

And the grossest thing he's ever found in a dumpster while searching for food?

Raw, spoiled meat and cat litter rank at the top.

"Restaurant dumpsters are usually awful," he says. "It's like a bunch of food mixed together. It's pretty gross."

Working in the restaurant business is part of the reason why junior creative writing major Matt Hitchman dumpster dives when he has time. He says the waste he saw while working at restaurants was appalling. Hitchman, who identifies himself as a vegan but not a freegan, started dumpster diving when he was a sophomore in high school, though only for furniture and other discarded material possessions.

Like Brown, Hitchman also began dumpster diving for food this summer. He went without paying for groceries for a few months. Because of his busy schedule during the school year, Hitchman says he usually goes dumpster diving twice a month now but considers

it "a privilege" not everyone has the time to do.

Regardless, Hitchman doesn't tell too many people about his dumpster diving.

"I usually don't bring it up. I don't think too many people know," he says.

"My dad doesn't know. I didn't tell him. My mom is kind of nervous about it. She was thinking she should send me more money for food."

Both Brown and Hitchman share their "dumpstered" food, as they sometimes call it, with their roommates. Sometimes their roommates come along to dive.

On a recent late Monday night, Brown returned to his home, the university-owned Kolvenbach Community, and left a note on a fridge-mounted whiteboard.

"Please enjoy some dumpstered muffins," he wrote. Brown says one day he hopes to live in a community that grows most of its food.

Until then, he says, "I feel like I can live pretty frugally with diving and things."

But there are pleasures to the lifestyle. Earlier in the night Brown found a relatively intact chocolate cake with white icing.

"Ummm, a midnight snack," Brown said, pausing for a bite. "This is reeeal good."

Joshua can be reached at lynchj1@seattleu.edu