The Academic Affairs Committee officer will be Andrea Campbell. The student senate will be Cyril Delgado. The student affairs committee will be Steve Erickson and for the Student Affairs Committee will be holding a non-religious event in the winter. The motion to fund religious clubs that participate in non-religious activities passed at the first Club Senate meeting Thursday, after a long and hard debate. The final vote was 33-14 with a 2/3-majority rule.

"I am glad the body had the chance to discuss such a controversial issue and make a final decision. It is nice they can appreciate equality for all clubs," Mindy Widmyer, vice president of clubs and recreation, said.

Religious club funding has been an ongoing issue. The motion was voted on during the third meeting of fall quarter and failed by one vote. Since it remained such a controversial topic, it was moved at the last club senate meeting of fall quarter to revisit the issue after winter break.

Prior to the meeting, club senators were familiar about the matter and knew which way they were voting, since it had been discussed several times.

The controversy over Safe Ride versus non-Safe Ride is subject to fines or being closed down.

"We're empowering people to take care of themselves," Steve Rittereiser, Central Washington University’s public safety director said. To do this Central has adopted a community-oriented approach to safety. Each year the department does 70 to 90 programs stressing different safety related issues. These issues range from the resident halls and dormitory to students to Washington state motor pool. Funds for religious clubs.

The bottom line in campus safety though it is to trust your instincts, Rittereiser said.

"[Have a] keen awareness about what's going on around you," Rittereiser said.
Police Briefs

Jan. 8, 8:10 p.m. An 11-year-old boy's scooter was stolen from Brooklane Village. It was valued at $100.

Jan. 8, 11:20 p.m. Officers found drug paraphernalia at Student Village. No arrests have been made.

Jan. 9, 4:35 p.m. Officers responded to a civil problem. Someone would not return a shirt they borrowed.

Jan. 10, 2:08 a.m. Officers responded to a medical assist at Carmody-Munro for a nosebleed. Transport was required.

Jan. 10, 4:35 p.m. A car sustained damage to its right front quarter panel in the H-15 lot by another car.

Jan. 11, 11:22 a.m. A black Macintosh computer was stolen from the P.E. Building, room 102. The computer is valued at $1,300.

Jan. 11, 8:37 p.m. A handicap parking sign was taken from the I-15 parking lot.

Jan. 12, 11:22 a.m. A Central Washington University sign was taken from the intersection of 11 Ave. and Chestnut. The sign is valued at $150.

Jan. 12, 5:35 p.m. A man was arrested for possession of marijuana under 40 grams and drug paraphernalia.

Jan. 13, 12:37 a.m. A minor was cited for a minor in possession at 807 E. 11 Ave.

Jan. 13, 8:15 p.m. A jacket was stolen from the women's locker room at Nicholson Pavilion. The jacket is valued at $200.

Jan. 15, 8:53 p.m. Two Barto Hall residents returned to their room to find it locked from the inside. Officers assisted in opening the door.

For more information on campus crime and updates on cases visit the campus police website at www.cwu.edu/police.

RIDE: Safe Ride offers limited boundaries to Central students

Continued from Page 1

not be picked up. This is an institution with an academic focus, not a focus on drinking," Clarey said.

Another enforced policy requires students to have their student identification card with them in order to ride.

Because the program is paid for by the students, it is important only Central students are using the service. All students are allowed to bring one guest on Safe Ride with them.

Safe Ride Boundaries

North: Creekside/Stonebrook/University Park
South: Mill Pond (about 5 miles past Leaton's)
East: Pfenning Road/No. 6 Road. (past Knudson Lumber)
West: Cascade Way (right past the Rainbow Motel)

Safe Ride will not drop off students in a two block radius surrounding downtown between 3rd and 5th Street, and Main and Ruby Street.

CLUBS: Non-religious activities receive funding

Continued from Page 1

times before.

"I feel that this is money put in by everyone and they should have access to it equally," Vincent Rasuto, green party club senator, said.

Religious clubs are asking for this money to participate in non-religious activities off campus, such as ski trips.

Currently, these clubs are spending money out of their own pockets for these events.

Many religious group members argue they cannot be discriminated against because of their personal beliefs.

"We appreciate people looking at the program this way, but it's not about Christianity versus everyone else, but it is about equal access to funding for all students at Central," Scott Crawford, Campus Crusade for Christ club senator, said.

However, there are those who oppose this decision. Some feel by voting to give money to religious clubs, what they are doing is strengthening the dominant paradigm," Tim Poulard, American Indian Science and Engineering Society club senator, said.

Since the motion did pass, any money the religious groups ask for, will have to be approved by the club senate. The club senate must first decide whether or not they will be holding a non-religious event in order for them to receive the money.

Mr. Smarty's indispensable knowledge

• The wingspan of a 747 jet is longer than the Wright Brothers' first flight.
• The furthest point from any ocean is in China.
• It snowed in the Sahara desert on February 18th 1979.
• While almost everyone knows that Neil Armstrong was the first man to walk on the moon, few know that Gene Cernan was the last.

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In the Plaza

933-2222
Eat healthier and save money

by Melissa Mitchell
Asst. News editor

The “freshman 15” is one of the most commonly known phenomena that goes along with becoming a college student, but there is a group of Central Washington University nutrition students working to help their fellow students with the battle of the bulge.

“The free nutrition counseling allows nutrition students a chance to put the skills they have learned to practical use,” Celia Johnson, registered nurse at the Student Health and Counseling Center, said.

The Free Peer Nutrition Counseling and Education program began 15 years ago as a way to provide nutrition students with a chance to put their knowledge to use helping fellow students stay healthy through healthier eating habits.

“...This program can show students how to make more nutritious meals...”

— Celia Johnson

Students come to the program for such simple needs as a computerized dietary analysis, as well as more complicated and long lasting programs such as diet programs and counseling. The counselors can also help students eat better and save money by teaching them how to read labels, shop healthier and do price comparisons.

“I can’t believe all of the pre-packaged food people buy when I am at the grocery store trying to save time,” Johnson said. “This program can show students how to make more nutritious meals that are better for them and just as quick to make.”

Students receive one-on-one counseling that is completely confidential from one of the seven counselors currently working for the program. Johnson estimates there are ten students enrolled in the program. Students interested in participating in the nutrition counseling program can pick up an application at the Student Health and Counseling Center or call Celia Johnson at 963-1872.

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Rentals and trips are for CWU students, faculty, staff, and alumni. For information outside of Tent-N-Tube business hours, call 963-3512.

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The last challenge of a socially conscious society?

Depression drives millions indeterminately. Depression is simply a suppression of brain activity that reduces life unbearable. Even though depression is readily treatable, only 1 in 5 ever seeks treatment. Why do so many just drag themselves along or eventually seek relief through suicide? First, there’s the lack of awareness of depression and its symptoms and the threat that it poses such and every one of us. Second, there’s the unavoiable negative stigma attached to it. You know, the “mental” thing. Its time to collectively face depression. To know its the storm, not a permanent. And its a challenge that’s long overdue. It’s taken too many of us already.

UNTREATED DEPRESSION
#1 Cause of Suicide
Public Service message by RailR, US Dept. of Health, Education and Welfare
http://www.lovew.org

Crash diets can be harmful

- Some adverse affects of a crash diet on the body can be headaches, mental confusion, nausea, sleep problems, loss of calcium.
- The ketosis condition caused by crash diet is a signal to the body that you are starving. This causes your metabolism to slow down and conserve energy.
- When you end the diet you will gain all the weight you lost and then some.
- If you do not quit the diet you can cause kidney damage from processing the ketones.
- For more information go to the Student Health and Counseling Center or go to www.foodlines.com/healththedefiledobunked.
Dark winters cause blue feelings

“Simple, cheap and surprisingly effective” help is available for those affected by gray days

by Donna Jantzer
Staff reporter

Seasonal Affective Disorder (SAD), more commonly known as the winter blues, can take a toll on everyone, especially during the long, dark months of January and February. A workshop entitled Singing the Winter Blues was held Tuesday at the Student Health and Counseling Center to discuss symptoms, causes and treatments of this disorder.

According to the National Mental Health Association, symptoms of SAD include feelings of depression, excessive eating and sleeping, and weight gain during fall and winter months. These are followed by full remission from depression in the spring and summer months. These symptoms may also have occurred in the past two years with no non-seasonal depression episodes.

Many people have some seasonal symptoms ranging from mild and easily lived with to what Dr. Norman E. Rosenthal, author of Winter Blues, calls “changes in mood and behavior so powerful that they produce significant problems in their lives.” People in this last category have SAD. According to the National Mental Health Association, young people and women are most susceptible to the disorder.

SAD may be caused by the seasonal light change that affects biological internal clocks, or circadian rhythm, causing them to become out of step with daily schedules. The lack of sunlight may trigger the release of sleep hormones in inherently vulnerable people, Rosenthal said in his book “Winter Blues.”

Ki Lam, a counselor at the Student Health and Counseling Center, said phototherapy, or bright light therapy, is simple, cheap and can be surprisingly effective. Phototherapy works by having patients sit for set periods with a bright, full-spectrum, white light in the room while reading. This and other treatments are available at the Student Health and Counseling Center at no cost to students who have paid the mandatory $45 health and counseling fee.

Lam, who planned and conducted the workshop, said five more weekly workshops are planned. These workshops are Tuesdays from 4 p.m. to 5 p.m. at the Wickerath Lounge in the Health and Counseling Center, and are open to everyone.

Students attending the workshops will not only get information about the topic, but will learn coping skills and be able to practice them in a safe and caring environment. For more information contact the Student Health and Counseling Center at 859-3337.

Safeway may bring more gas to Ellensburg

Last November, the Cle Elum Safeway store put in a gas station in the store’s parking lot. Many travelers stop at this station due to the low gas prices. Currently, unleaded gas is $1.45 per gallon, and Safeway Club Card members receive an additional five cents off each gallon. The Ellensburg Safeway may be considering building a gas station in Ellensburg in the future.

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CORRECTION

The website, cwulife.com was incorrectly attributed to Campus Life. The website cwulife.com is separate from Campus Life. The Campus Life website is located at www.cwu.edu/campuslife.

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A new Web site refutes the idea that there is nothing for students to do on campus or in Ellensburg. The brainchild of Jared Fielding, Associated Students of Central Washington University vice president for student life and facilities, www.cwulife.com could quickly become the nexus for information about local student activity.

The site is a calendar featuring current and future events targeted at Central students. People can look for information by selecting specific days or search by topic. From music and dancing to club activities, academic deadlines and residence hall events, cwulife.com is the posterboard of the future.

"Now if you're looking for something to do at 1 a.m. in the morning, you don't have to walk down to the SUB to look at all the flyers," Fielding said. "Anyone can access this site at any time, 24 hours a day, seven days a week."

Currently, groups have their own calendars spread around campus or within their departments. This new site allows Central's organizations to consolidate their information into one area that is easily accessible to all students. Fielding hopes this will increase every group's ability to reach the student body.

"We [Central] spend beaucoup bucks bringing in music, comedy, tons of entertainment and opportunities," he said. "Most activities barely even have a 1 percent turnout of the student population."

Students visiting the site can register to receive email alerts about activities of personal interest.

The www.cwulife.com site allows visitors to select and edit their preferences at any time. The alerts are sent to the registered email address when any additions are made to the calendars of their selected personal preferences.

Fielding emphasized that anybody can add an event to the site. Organizations can also register their activities in the wee hours of the morning. Following step by step instructions provided by www.cwulife.com, there is no need to talk to anyone before registering a group and its activities.

Resident Advisors and the Office of Residential Services are beginning to use the site for hall activities. Any club or community organization wanting to reach the campus community can register their activities on the site. Even the peer mentor program, which partners juniors and seniors with freshmen and sophomores, has a sign-up list for students to be mentored or mentors.

"The community can, the departments can, anyone who has an event they want to promote to students can add to this site," he said, though he requests community groups contact him first.

Fielding developed www.cwulife.com in an emerging leaders class last year. With the help of Tiffany Barr, former vice president for equity and community service, the two received about $12,000 for the site from the Services and Activities (S&A) Committee and S&A funded organizations. Fielding then hired senior computer science major Jason Sebring who spent six months programming and creating the site.

Developed separately from the services provided at Central, Fielding is attempting to have www.cwulife.com be the new default Internet page in computer labs across campus.

Any club or organization interested in more information about www.cwulife.com can contact Jared Fielding at 963-1693 or jaredfielding@yahoo.com.
Real journalism is more than rumors and fictional names.

Recently, a couple of underground "newspapers" have been floating around campus. I use the term "newspapers" loosely because journalism is not a photographed sheet of rumors passed around campus by nameless "authors" and anonymous "sources." Journalism is a study where topics are researched, informants are identified and writers are named.

"Crusty Flapjacks" and "The Undercurrent" are aware of the legalities in printing false or rumored information for the public. If anyone were to find out who these "newspapers" these "reporters" and "editors" could be open to lawsuits. The responsibility of printing information about others is something not to be taken lightly. For example, a reporter called to the witness stand in court will have to prove the "paper trail" he used in obtaining information for his story. This includes any interviews, press releases and background information used for a story. If "Crusty Flapjacks" or "The Undercurrent" were called to the stand tomorrow, I don't know if they'd even understand what a "paper trail" was.

I would ask them, but the only way to contact either of these "publications" is through email. Last quarter's editor-in-chief emailed "The Undercurrent" to ask a few questions, and no one responded. "The Undercurrent" is willing to put down The Observer, yet they won't even return an email.

If the people behind Central's underground newspapers are not going to abide by these basic journalism guidelines, then they should not call their "publications" journalism. "Central's weekly sheet of rumors created by the people behind Central's underground newspapers are not going to abide by these basic journalism guidelines, then they should not call their "publications" journalism. "Central's weekly sheet of rumors created by the people behind Central's underground newspapers are not going to abide by these basic journalism guidelines, then they should not call their "publications" journalism. "Central's weekly sheet of rumors created by the people behind Central's underground newspapers are not going to abide by these basic journalism guidelines, then they should not call their "publications" journalism.

Dear Editor,

I am worried that readers may not fully understand the difference between publications like The Observer and "The Undercurrent" or "Crusty Flapjacks." The Observer staff works to make sure we report accurate stories by doing research and conducting in-depth interviews. We tell readers the stories and where we got our information. The Observer also works to tell the full truth behind each topic by reporting unbiased stories. We also don't make every story an editorial like these other "publications." Readers can have confidence in our efforts to gather and report accurate information.

"Crusty Flapjacks" and "The Undercurrent" cannot be trusted. I can't believe these people scatter one-page flyers containing opinionated propaganda all over campus. As a journalist, I am all for freedom of speech, but when free speech consists of briefs written by those who do not use their real names and do not provide the source of information, it should not be deemed journalism.

It must be understood that freedom of speech has many clauses and interpretations nowadays. I hope those involved with "The Undercurrent" and "Crusty Flapjacks" are aware of the legalities in printing false or rumored information for the public. If anyone were to find out who these "newspapers" these "reporters" and "editors" could be open to lawsuits. The responsibility of printing information about others is something not to be taken lightly. For example, a reporter called to the witness stand in court will have to prove the "paper trail" he used in obtaining information for his story. This includes any interviews, press releases and background information used for a story. If "Crusty Flapjacks" or "The Undercurrent" were called to the stand tomorrow, I don't know if they'd even understand what a "paper trail" was.

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I was disappointed that you would want to advocate for Student Life and Facilities. He spent his summer and fall quarter overseeing the construction of cwulife.com, a comprehensive website that summarizes all of the campus activities in a concise calendar format. The site just recently launched, but there are already numerous activities listed. From athletic events (both men's and women's basketball teams play home games against Western soon), plays, concerts, and recitals, to club meeting times, guest lectures, and events in the residence halls— it's all there.

So rather than pay for advertising space to continue this letter and showcase what Central has to offer, I'll close, satisfied that there is plenty to do here.

Larry Moyer

ASCUW-BOD Executive Vice President.

We want to hear what you have to say. Write a letter to the editor and submit it to The Observer, 222 no later than 5 p.m. Monday.
In response to Shawn Palmer’s letter to the editor this week, I have a few thoughts on Safe Ride and student government.

I appreciate Executive Vice President Palmer’s sincere concern for my “terrible ailment” of apathy, but before he proceeds with his lessons on Central enlightenment, I think it would be best to pay attention to the big picture.

The big picture being that Palmer is totally oblivious to life at Central, and his “disappointment” in my column reflects a lack of concern by the student government for the real Wildcats deep in the trenches.

I play intramurals and go to basketball games, and I still mean it when I say that drinking is the only thing to do in Ellensburg. While Palmer basizes himself diagnosing my “terrible ailment,” I think he confuses the word “apathy” for “reality.”

The reality is students here drink on weekends regardless of who is playing the next Papa John’s gig.

Student government doesn’t know what students really want. Since Palmer is a member of the ASCWU-BOD I assume that nobody takes anything he says seriously. Consider the source, is not student government at this level just a rest haven for resume padding frauds who hide behind the fallacy that they help the university? If Palmer really wanted to work in the best interest of Central students he would stop patting himself on the back and look at the issues as they stand.

The difference between the ASCWU-BOD and myself is I tell it like it is so things that need to be changed get addressed while the students grudged in reality know how they are spending their money when the weekend comes around.

I think it is time somebody made an agonizing reappraisal of our student government system and... remedy problems like the drunk bus instead of dodge them.

— John Hieger

Staff Column:
Student governments need to take a look at the big picture regarding Safe Ride

I think it is time somebody made an agonizing reappraisal of our student government system and... remedy problems like the drunk bus instead of dodge them.

— John Hieger

Ellensburg offers more than drinking

The ASCWU-BOD and student clubs are a poor replacement for real entertainment and activities. Campus Life activities in general are a big waste of time, but then so is standing in line outside the Pub in twenty degree weather at night. I’ll admit to hitting the bar scene at least three days out of every seven, but there’s a lot more to do in this town than drink Busch Lite and snort Ritalin. The well trimmed crowd living in the “little pink houses” north of campus should get out and experience the town. No, I can’t promise that Limp Bizkit will be opening for Method Man at Cafe Eden this quarter, but there are a lot of local acts with more talent than the TRL lineup.

Don’t like music, try something outside. The Cascades are less than an hour away. If you’re too much of a sissy to get up the hill on your own, try the resorts. Ellensburg is the closest college town to Snoqualmie, Stevens, Mission Ridge and White Pass, four of the best areas to ride or slide in the state. Even Mt. Hood is less than four hours away. ·

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The difference between the ASCWU-BOD and myself is I tell it like it is so things that need to be changed get addressed while the students grudged in reality know how they are spending their money when the weekend comes around.

I think it is time somebody made an agonizing reappraisal of our student government system and saw to it that elected officials remedy problems like the drunk bus, instead of dodge them.

Palmer seems to suffer from a terrible affliction known as ignorance, an aggressive and painful disease, usually chronic if not disabled at the early stages.

In Palmer’s case, I’m afraid the damage is terminal.

MEETINGS

Thursday, January 18
Alpha Kappa Psi
Shaw-Smyser 106, 6 p.m.
Men’s Rugby
SUB 208, 4 p.m.

Sunday, January 21
Catholic Campus Ministry Mass
Mary Grupe Center, 7 p.m.

Monday, January 22
Swing Cats
SUB ballroom, 7 p.m.
Peer Theatre
Wellness Center, 5 p.m.
To be listed,
email perkinsj@cwu.edu

Tuesday, January 23
ASCWU-BOD
SUB Yakama Room, 5 p.m.
Outdoor Adventure Club
Shaw-Smyser 205, 5:30 p.m.
Chi Alpha
Mary Gruepe Center, 7 p.m.
Society for Human Resource Management
SUB 209, 6 p.m.

Wednesday, January 24
Campus Crusade for Christ
SUB Theatre, 7 p.m.
Journalism Club
SUB 204, 5:30 p.m.
PRSSA
SUB 206/207, 5 p.m.
Full-time baker Jeff Bouden slides freshly baked bread out of a flat stone base oven which is similar to cooking on a hearth. The bread goes directly to the front of the store.

by Lindsay Hegarty
Online reporter

Vinman's bakery opened in late November and fits well at its location across the street from Lind Hall and behind Papa John's. It is next to campus and close enough to downtown, yet the bakery's location on the side of the street makes it seem quiet and peaceful. National Public Radio plays in the background as Shawne Melvin and Mary Manley make focaccias and their new baker, Jeff Bouden, carefully injects cream filling into an eclair. They sell the usual bakery items, a variety of breads, rolls and sticky buns, but they also offer Ellensburg a taste of the unconventional.

This yeast for the sourdough bread I collected last fall up on Craig's Hill. It's a natural, wild yeast," Melvin said. "That's sort of what this whole artisan baking thing is all about—the sort of trend back to traditional methods."

Melvin and Manley started selling focaccias and other breads at the Saturday Farmer's Market two years ago. When they were met with a positive response, they decided to open a bakery full-time. They found the newly remodeled storefront on Eighth Street and created a list of the breads and desserts they wanted to bake.

"I just took a few of my favorite things from everywhere I worked and added some others," Melvin said.

Melvin has been baking for 25 years and both partners are experienced in the restaurant industry. When the partners opened the bakery, they had definitive opinions regarding how they would do things. Natural cooking oil—not aerosol cooking spray is used, and their baking oven has a flat stone base that replicates cooking on a hearth.

They don't sell espresso, so they aren't competing for Espresso Encrable Espresso in the parking lot.

"We want people to be able to stop in here on their way from work and pick up bread and cheese for a party," Manley said.

A customer-made stand dominates a corner of the bakery. The shelves are trays from an old cookie-factory assembly line, while its top is decorated with large, resin balls and wire. It's the kind of creativity that Manley and her partner hope will be expressed to those who stop in at Vinman's Bakery.

Later, in addition to their popular focaccias and canolis, they plan to make more food tailored to the walk-and-eat type.

"We didn't want to be a cafe, but we do want to have food people can grab and eat on the way to class," Manley said.

And for the starving student, Melvin recommends their "fresh/frozen" bread. Vinman's doesn't display its day-old bread, so they freeze the leftover loaves and offer them at half-price.

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Central grad brings Little Tot Town to Ellensburg, offering education and care

by Amy Barney
Staff reporter

On the door to the learning area hangs a poster that reads, Little Tot Town Friends with a picture of each child and his or her name. The room where the children learn and play is covered in bright colors. Disney pictures line the walls along with a crayon clock and the children's artwork. There are two miniature tables and a full play kitchen. The room is filled with toys and arts and crafts supplies.

Little Tot Town is located in Cindy Newman's 112-year-old home on Ninth Street about a block from the Central Washington University campus. The age of the enormous home is part of its charm. It was built in 1889 as a woman's boarding house and was part of Central when Central was a State Normal School.

Currently, Newman cares for five children and has a helper in the afternoon. The children range in age from eighteen months to four years old. Most of them spend the entire day at Little Tot Town.

The children work on all parts of development including motor skills and communication. They have group time each day. During group time, Newman works with the children on basic skills like counting and colors.

Two little tots explore the wonderful world of painting. Little Tot Town provides plenty of time for arts and crafts. They perform puppet shows and sing songs that include counting and actions. Safety and language development are also part of the daily routine at Little Tot Town.

Newman graduated from Central with a bachelor's degree in early childhood education, reading, and elementary education. She has since received a master's degree in education and an endorsement in special education.

The Newman family recently returned to Ellensburg from Wenatchee. In Wenatchee, Newman worked as a lead teacher for Wenatchee Headstart for nine years. Following her teaching experience she owned and operated her own preschool and daycare for two years, Little Tot Town.

The mission of Little Tot Town is to provide the children with a positive, fun and safe learning environment and to encourage them to learn through play.

Little Tot Town offers care for children from infants to kindergartners. The daycare/preschool hours are 7:30 a.m. to 5:30 p.m., Monday through Friday. For information call (509) 933-3818.
Graysen Lane offers eclectic collection
by Andrew Fickes
Staff reporter

Graysen Lane, a locally owned store, recently moved into the building at 217 W. Third Ave., that formerly housed Ellensburg Video. Husband and wife team Kevin Pledger and Tiffany St. Peter, opened up for business on Nov. 11, 2000 after buying the vacant building in October.

"Graysen Lane is more than just a furniture store," St. Peter said. "We have beaded jewelry, necklaces, and chokers and Tiffany St. Peter, opened up for business on Nov. 11, 2000 after buying the vacant building in October.

Pledger and St. Peter are very compatible when it comes to home furnishing. Pledger enjoys hand-crafting furniture and St. Peter has a passion for interior design.

The store will offer Pledger's hand-crafted furniture and St. Peter's hand-made pillows. St. Peter makes the pillows with the help of local artist, Erin Locke.

Through a window dividing the workshop and store, customers will be able to observe Pledger's daily production of furniture. He currently builds coffee tables and beds. By the end of the month, he will be producing benches, tables, and stools.

"I like to make things that will last." Pledger was born in North Carolina and raised in Santa Fe, N.M. He incorporates a Southwestern style to his furniture.

"My style is practical and straightforward," Pledger said. "I want to make things."

St. Peter was born in Ellensburg and raised in Santa Fe. She met Pledger at high school in Santa Fe. She previously worked as an interior designer in Seattle.

The store also offers scented candles and candleholders. Pledger and St. Peter were very creative when they decided to name the store after their two young children. Graysen is their 4-year-old daughter and Lane is their 9-month-old son.

On Saturday, Jan. 20 at 5 p.m., the store will be offering a class on decorating votive candleholders with beads. All those who take the class will receive a decorating kit. St. Peter recommends registering ahead of time. The class is $25 and those who register receive a 10 percent discount on all items the day of the class.

Graysen Lane is open from 10:30 a.m. to 5 p.m. on Tuesday through Saturday and is closed Sunday and Monday.

See Observer Online for full story.

Gallery One displays wooden sculptures, pastels and photos
by Andrew Fickes
Staff reporter

For the month of January, Gallery One will feature the artwork of Mary Frances, Michael Stone, Louise Lamontagne, and Marquita Green. Beautiful wooden sculptures, vibrant oil pastel paintings, and lively handmade black and white photographs dazzle the mind and satisfy the eye.

Frances, the director of Gallery One and resident of Ellensburg, displays her oil pastel paintings. Frances' paintings express life's pure simplicities. Frances' pastels will be on display until Feb. 22.

"Through oil pastels I explore the intimate moments of life," Frances said. Stone displays his hand-painted black and white photography. His photographs evoke a three-year documentary of his visits to his hometown of Los Angeles and his life in upper Kittitas County. He has worked with watercolors and the photographic image for over 30 years and has even taught at many colleges, including Central Washington University in 1971. At Central, he was a professor of photography. He is a resident of Cle Elum and his photos will be on display through Jan. 27. Each black and white photo is enhanced by the particular colors used. Some pictures are brighter in color and others are darker.

"I photograph normal sites and the colors I use are my own interpretation of what I see," Stone said. "The colors are from the heart."

Lamontagne is a resident of St. Ignatius, Mont. and her oil and charcoal paintings of ocean beaches, forests, paths, rocks and grass also will be on display until Feb. 22. In her work, she strives for simplicity. Her passion for the process of painting shows.

Some of the fascinating pieces in the exhibit are Green's sculptural wood structures. Many of Green's work are wooden bowls and vases.

"Marquita Green's work is quite a departure from your normal vases and salad bowls," Sandy Peterson, gallery staff member, said. The set that Green loves to do is called woodturning. In order to make her wooden bowls, Green uses a lathe.

"Wood is a seductive medium; the lathe a seductive tool," Green said.

Green's artwork will be on display until Feb. 22 and Gallery One is located on 408 N. Pearl and is open from 11 a.m. to 5 p.m., Monday through Saturday. More of the artwork is for sale.

got something you are pissed or happy about? send your rants and raves to:
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Lunch time at the Oakrail offers more than just beer and fries. The newly remodeled bar now serves hard alcohol and has expanded its building to include a dance floor and 61 inch TV. Old favorites like karaoke and Ladies Night will still be offered.

**Oakrail now offers more than just pool and beer**

by Amy Bursey

Staff reporter

The Oakrail is ringing in the new year with a whole new style. The tavern once limited to beer and pool tables now has a full bar, a large dance floor and a dining menu. The interior has undergone a complete make over. From the track lighting to the layout, the bar offers a whole new environment, which locals and college students alike seem to enjoy.

"The remodel really opened up the place. Now it's a lot more inviting," said Rohana Carmichael a Central Washington University senior Graphic Design major.

The new highlight is the dance floor, which is separate from the main bar area. The building was extended creating a dance area complete with a stage for live bands. Live bands will appear almost every Friday and Saturday night, usually playing popular country tunes. This room is also equipped with 61 inch television for sporting events.

"I like the separation of the music area and the bar. Now you don't have to shout to talk to someone," Ellensburg resident Perry Smith said.

Rumor has it, the food is good too.

"We have good food at a decent price and good entertainment," Bartender Aaron Rysemus said.

The Oakrail is serving a full menu including breakfast and prime rib on Thursday and Friday. Serving food and having a dance floor has brought in more business.

"We wanted to get a new dance floor in town and give the people somewhere nice to come," Owner Teddy Kollman said.

In addition to the new look, the owner plans to offer free limousine rides to the Oakrail for Ellensburg residents. Entertainment still includes karaoke Tuesday and prime rib on Thursday and Friday. Serving food and having a dance floor has brought in more business.

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The life, death and rebirth of a local outdoorsman

Story by Aaron Clifford
Outdoors editor

The back room of the bike shop is cool and dimly lit. Soft classical music plays from an unseen speaker. Bicycle wheels and frames hang from the ceiling, casting strange shadows on the floor. Under the light, Marc Fairbanks works slowly and methodically. His rough hands, black with dirt and oil, carefully wipe the spokes and rim of a wheel clean.

The bell in the doorway rings, and another injured bike is rolled in. Smiling, Fairbanks sets down his work to take a look at a student’s broken bike. Several spokes on the rear wheel hang limp and broken, like the legs of a dead spider. Squatting on the floor, Fairbanks examines the damage.

“This wheel needs harmony,” he says, more to himself than to the owner of the bike. At Fairbanks’ house on the Swauk Prairie, near the junction of highways 97 and 970, smoke curls slowly from the chimney. His dogs, Tanner, a white lab, shepherd, wolf mix, and Sammy, a black retriever mix, pace restlessly in the yard. There is little traffic on the snowy dirt road outside.

Inside, the home is a spacious blend of old and new. A wood stove spreads heat across the rough hardwood floors. An old piano sits in the corner, covered with papers, but obviously used. On the walls, impressionistic art meets with old brick and plaster. Upbeat world music plays in the next room. His home is the sort of place that breeds harmony, but there was a time, not long ago, when Fairbanks needed harmony in his life.

In October of 1998, Fairbanks was cutting wood near his home with two friends and his dogs. They were working together to fell a tree when Fairbanks saw one of his dogs, Tanner, in the path of the falling tree. As Fairbanks ran forward to move Tanner out of the way he was struck by the falling tree.

“This is where it hit me,” he says, gingerly rubbing a place on the side of his dark, wiry head. Standing up abruptly, Fairbanks steps into a side room and brings back a black and white Rossignol cap. The cap is torn and dirty. He says, more to himself than to anyone, “That’s the moment, Fairbanks awoke to face the most frightening and difficult news and the confusion, brought on by high doses of morphine, made the hospital almost unbearable for Fairbanks.

The sterile hospital and sounds of traffic outside were difficult to bear. Having devoted his 31 years to the outdoors, he is used to being outside everyday. In the winter Fairbanks snowshoes, telemark skis, snowboards and climbs ice.

The surgery was over and the doctors told him that a part of his brain, from the right temporal lobe, was seriously damaged. “The only traumatic thing in life is not to live all your experiences,” he says. “I am a doctor, and you can’t know your abilities.”

The changes the hospital made helped Fairbanks to improve the way he was struck by the falling tree. As Fairbanks ran forward to move Tanner out of the way he was struck by the falling tree.

“arrows.”

The Harborview staff saw the problems and corrected them, tailoring Fairbanks’ prescriptions to his needs and pairing him with a new therapist.

“Those were there to treat the injury not the person,” he says. “You need to find out who the hell am I if you want to work with me?”

Fairbanks said the occupational therapist working with him routinely mis-evaluated him. The evaluations became somewhat abusive when she left Fairbanks’ tray of food across the room and then yelled at him for not eating, knowing all the time that he was unable to walk. In a journal he wrote in during his hospital stay, Fairbanks wrote down a fictional conversation between himself and his doctor.

“I am a doctor, and you can’t know your abilities.

“Yes, but doctor I don’t know what I can’t do.”

Fairbanks’ struggle with the hospital system became very important at this point, and he became very indignant. He demanded to be taken off the morphine and given a new occupational therapist. The Harborview staff saw the problems and corrected them, tailoring Fairbanks’ prescriptions to his needs and pairing him with a new therapist.

The sterile hospital and sounds of traffic outside were difficult for Fairbanks to bear. Having devoted his 31 years to the outdoors, he is used to being outside everyday. In the winter Fairbanks snowshoes, telemark skis, snowboards and climbs ice.

The changes the hospital made helped Fairbanks to improve rapidly. In his journal a hand drawn diagram of the brain and the nervous system for one half of the body. Fairbanks spent every waking hour concentrating on this and picturing the pathways needed to move his left side.

Although he found it very difficult to move around in a wheelchair, and wearing a helmet to protect his exposed brain tissue, Fairbanks was allowed to spend some time outside alone. Although he found it very difficult to move around in a wheelchair, and wearing a helmet to protect his exposed brain tissue, Fairbanks was allowed to spend some time outside alone.

The gate to Fairbanks’ driveway is a piece of art in itself, including ski poles, a mountain bike tire and an broken electric guitar that he found.

Check out Matt Smith’s newest adventure in next week’s Outdoor section.

Marc Fairbanks cracks a smile outside his home on the Swauk Prairie, very close to the site where the accident occurred. His injury, and the recovery that followed, has not dampened his strong spirit.
Wildcats still undefeated at home, hit the road against top teams

by Jacqulyn Diteman
Staff reporter

Central Washington University (6-2 conference, 11-2 overall) women's basketball hosted the Humboldt State University Lumberjacks on Thursday, Jan. 11 and the Western Oregon University Wolves on Saturday, Jan. 13.

Against Humboldt, Central accelerated full speed ahead while the Lumberjacks seemed to run out of gas early on. On Saturday, the Wildcats whipped the Wolves, leaving Central undefeated at home.

The wins put Central in a four-way tie for first place in the PacWest Conference, 11-2 overall) women's basketball.

There were two Wildcat injuries during the game. Senior guard Kristen Willis suffered an ankle injury she sustain after entering the game against Humboldt State University. She hopes to play tonight against Seattle Pacific.

Junior guard Meggen Kautzky and junior reserve center Rose Shaw, tallied up 17. Shaw also was the PacWest scoring leader, junior guard Jenny Dixon received an intentional elbow blow above the eye from guard Rebecca Lutes, requiring her to come out of the game to change into another jersey. Both were able to return to the lineup after an ankle injury forced her out of the six previous games. Willis substituted for Kautzky and within two minutes of play the star guard went down. Earlier in the season Willis had a minor sprain to her right ankle and then the more serious injury to her left ankle that forced her out of the lineup.

"It was the ankle that I sprained originally that hurt me today," Willis said after the game. "I'm fine and I will most likely be able to play against SPU. I just have to get my strength back."

With approximately five minutes left of play junior guard Jessy Dixon received an unintentional elbow blow above the eye from guard Rebecca Lutes, requiring her to receive three stitches. The blood from her injury splattered onto Shaw's jersey requiring her to come out of the game to change into another jersey. Both were able to return to the lineup.

Central served Western Oregon University a 75-56 loss on Saturday, pushing Central into a four-way tie for first place. Junior forward Jody Sargent, Kautzky and Shaw all scored in the double digits. Sargent had 17, Kautzky had 15 and Shaw had the game high with 21.

"This was an important team win for us. They have two top players and we played exactly how we needed to play to hold them," coach Whitney said. "(Forward Heather) Laats lead the league in scoring and rebounding. Jody Sargent took her down and Laats wasn't able to do anything. Jody and her teammates shut her down.

Laats scored only nine points with 36 minutes of play. Laats low scoring and rebounding three high scoring games helped move Shaw to the number one position as top scorer in the league.

Another Western Oregon player in the top of the PacWest league for rebounding and blocking is center Mandi Dinan. Shaw managed to make her foul defensively three times in the first nine minutes of play, four overall.

"That was the key to get her into foul trouble. We were able to have a better offensive game because of her fouls and that was key for us to recognize that; we were able to get into an offensive rhythm and that helped a lot," Shaw said.

Two other Wolves were in foul trouble. Forward Heather Ottomor and guard Shannon Coppel each had four. Central's Shaw had four and junior guard Diwinta Liddison fouled out.

The Wildcats head out to face a grueling weekend with first place rivals Seattle Pacific University on Saturday, Jan. 21.

Joe Whiteside/Observer

"This team plays with a lot of emotion and they play with a lot of passion."

Coach Whitney

Wildcats still undefeated at home, hit the road against top teams

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The Wildcats head out to face a grueling weekend with first place rivals Seattle Pacific University on Saturday, Jan. 21.

"We now have six away games. We're just going to play day by day," coach Whitney said. "This team plays with a lot of emotion and they play with a lot of passion. That's a good combination."
Men's basketball shaken up on road trip

By Kevin Endejan
Staff reporter

Lumberjacks caught fir, e, out-scored Littleton said. University Lumberjack team. The State University may have been prior to their game against Humboldt and the earthquake was just a little nudge," junior forward Jason Littleton said.

On Thursday night, the Wildcats took on a feisty Humboldt State University Lumberjacket team. The Wildcats jumped out to an early 7-0 lead, but things went downhill from there. Midway through the first half the Lumberjacks caught fire, out-scoring the Wildcats 22-9, which would eventually result in a 45-39 deficit for Central at halftime. Not only did they find themselves trailing at the half, but backup point guard Gabe Ladd went down with a sprained knee. Ladd was out for the remainder of the game as well as Saturday night's game. Head Coach Greg Sparling hopes to have him back for tonight's game against Seattle Pacific University.

In the second half, a re-energized Wildcat team rallied to regain the lead 55-55 with 12:22 left. The teams remained close and traded baskets until the final four minutes, when the Lumberjacks built a nine-point lead. Things looked bleak for the Wildcats as Humboldt State looked to have put the game away. Key three-point shots by junior forward Justin Thompson and senior guard Damien Chapman pulled the Wildcats within three points and a chance to tie. The guys who got them within distance of tying the game couldn't hit their biggest shots of the night as Chapman missed a three-pointer with 20 seconds left and Thompson, missed his three-pointer at the buzzer. The Wildcats fell in heart-breaking fashion 86-83.

Despite the loss, Thompson had a career night with 34 points and eight rebounds. Chapman scored 14 and guard Brandon Rinta had 11. The Wildcat's hopes looked up Saturday night, as they were playing a Western Oregon University Wolves team they had previously beaten 23 consecutive times. Central also had a steep-stretch of not losing two games in a row in their last 66 contests. In spite of these advantages, Central seemed to come out under-cused in the first half. A barrage of turnovers, cold shooting and lack of rebounds put Central down 42-28 at halftime.

The Wildcats came out a different team in the second half. They were hitting their shots and nibbling away at the 14-point lead. Senior guard Damien Chapman, who was scoreless in the first half, hit a three-pointer with 6:27 left in the game to give the Wildcats their first lead 66-65. The game remained close until the final seconds. With the score 81-78 and in need of a three-pointer, there was a feeling of déjà vu from Thursday night. With 7.7 seconds left Central went the length of the court. Senior guard Justin Bursch's three-point shot was off the mark and the Wildcats suffered their second straight heart-breaker.

"I don't think we came ready to play and we had to dig ourselves out, and that's hard to do on the road," Sparling said.

The leading scorers for the Wildcats were junior forward Justin Thompson with 17 and senior guard Damien Chapman with 16, all of which came in the second half. Senior guards Brandon Rinta and Paul Felker both had 12. The losses put the Wildcats at 8-5 for the season and 3-2 in conference play.

"In this league people are going to knock each other off," Sparling said.

With the two losses the importance of the Wildcats' games against Seattle Pacific University tonight and Western Washington University this Saturday are amplified.

"We have SPU and Western coming in this week; if we can get these guys, we'll be right in the hunt of it," Littleton said. "Our margin for error is really, really small."

Both games are at 7 p.m. in Nicholson Pavilion where the Wildcats have won their last 18 conference games. There will be a pre-game sale of tickets for Saturday night's game. The Tickets are currently on sale in the Cashier's Office at Barge Hall. Doors will open at 5:15 and unsold tickets will be available at the time on a first come, first serve basis. For more information, contact the Central Washington University Athletic Department at 963-1914.

Wrestlers persevere through tough week

by Nichol Braucht
Staff reporter

Central wrestlers successfully took down two junior colleges and traveled to Oregon last week to battle a variety of area colleges.

The week started off Wednesday, Jan. 10, when the Wildcats wrestled Highline Community College and Yakima Valley Community College at home. Both junior colleges wrestled well, but were no match for the Wildcats.

Freshman Eric Pedeferi, 125 pounds, wrestled in his first college match against Highline's Jovan Avukovic, 132 pounds. He only did to regain the first college match, he pinned his opponent in 1:48. In his next match against Yakima Valley's Lupe Hudgins he started off strong until the two men bumped heads and Pedeferi had to receive stitches above his eye, giving Hudgins the win by injury default.

"I was leading up until the acci- dent, so I was disappointed that I had to give him the win," Pedeferi said.

Another freshman, 149-pound Brian Vierela, also had a strong night beating Yakima Valley's Rob Mouch with a score of 13-3. He won by major decision, which happens when an opponent is beaten by eight or more points.

"Winning makes you feel better about yourself, giving you a more positive attitude going into other matches," Vierela said when asked about how his win would help him prepare for his weekend matches.

Hightline's 174-pound Andy Olsen is the number one ranked junior college wrestler in the nation, proving just how tough Central's competition was.

The team as a whole was very successful, with impressive performances by team veterans and newcomers. Central beat Hightline with a final score of 32-14 and Yakima Valley with a score of 31-15.

"We wrestled tough, and didn't make big mistakes we couldn't recover from," Vierela said.

After two victories Wednesday, Central traveled to Oregon Friday, Jan. 12, where they faced some tough competition at the Oregon Classic Duals. The Wildcats took on 14-ranked Oregon State University, three time defending NCAA Division III champion Augsburg College, and Portland Pacific University.

Central wrestled neck-to-neck with PSU, tying them with an end score of 20-20. The Wildcats lost to OSU with a final score of 40-4. OSU is one of the top teams, making it a very hard match for the Wildcats. However, 161-pound Cole Denison did beat OSU's Brandon Phillips 12-0, winning by major decision.

Augsburg College, the top NCAA Division III wrestling team, defeated the Wildcats with a final score of 34-6.

"Augustsburg was mentally tough, they were trained really well," Junior Jesse Workman said.

Later on Friday night the Wildcats went against Pacific University in Forest Grove, Ore. This tight dual came down to the final match between Workman and Pacific's Jon Small.

Workman forced the match into overtime with an escape point. With 30 seconds left on the clock Workman took Small to the mat, winning his match and clinching the team's win as well.

"I had already wrestled three matches earlier that day so I was getting really tired," Workman said. "I had to get mad in order to keep going for that long."

Leading up to the heavyweight battle was a tug-of-war for the lead. Central got an early lead of 14-6 by winning their first three matches, then Pacific came back by winning three straight matches. It was a battle that Central eventually won, beating Pacific with a final score of 17-16.

This weekend the Wildcats head to South Dakota for the National Duals.
Meggen mambos over the competition

by Tony Meyer
Staff reporter

Sophomore point guard Meggen Kautzky, who helped Central's women's basketball team to two impressive wins last weekend, was named PacWest Player of the Week.

With 33 points, nine assists, nine rebounds, and five steals in the two games, Kautzky recorded her best all-around performances of the season to date. "Meggen has been our go-to offensive player, and in the same time took a ton care of the basketball," Central Head Coach Jeff Whitney said.

Kautzky has been an integral contributor to the team's success since she entered the program. Statistically, she was the prototypical shooting guard last season in a freshmen-making third time on the team with 5.5 points per game.

She and then-junior Kristin Willis formed the starting backcourt that led Central to its first NCAA tournament appearance in 2000. Ironically, Kautzky and Willis played against each other for fierce Tri-City prep rivals Richard and Kamiakin, respectively.

"I've learned a lot playing with Kristin," Kautzky said.

When Willis went down with an ankle injury last month, Kautzky had some big shoes to fill in the role of the Wildcats' backcourt leader. "It was a big adjustment for me to become a more of a leader," Kautzky said.

Her successful transition from shooter to passer has not gone unnoticed, though. "I'm real proud of her development as a player. We can see her gaining confidence with every game," Whitney said.

Kautzky's offensive numbers may have risen over 10 points, four rebounds, and four assists per game this season - but her main focus remains in her defense.

"Meggen gets into people's faces and she is one of the better defenders on the floor," Whitney said.

Kautzky has excelled at shutting down the opposing team's best perimeter player, and she takes great pride in her consistency in that aspect of her game.

The team's fast start doesn't surprise many of those inside the program.

"Our team is already at the level of mastery we need to compete. We just need to maintain that level, and I think we can do that," Kautzky said.

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Indoor track opens season at Eastern Washington

by Phil Prothero
Asst. Sports Editor

Central Washington University women start their indoor track season this Sunday in Cheney where they will take on Eastern Washington University in the Jerry Martin Indoor.

"We're really hoping we'll be able to get one of our people qualified for Nationals," Head Track Coach Kevin Adkisson said.

The women tracksters will compete in three indoor invites before beginning the regular outdoor spring season in March.

"The whole team has begun practicing, and all of January is used for just getting the team back into shape for when the weather gets better," Adkisson said.

The winter indoor meets build into the training program well for the athletes by giving them a chance to compete and gauge how they are progressing.

Last season, sophomore distance runner Alicen Maier came close to qualifying for Indoor Nationals and Coach Adkisson expects this season she will qualify in one of the three winter meets.

Central will travel to the University of Idaho for the McDonald's Indoor Invite on Feb. 3 and again on Feb. 16/17 for the Vandal Indoor Invite.

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Swimmers break out the brooms against Whitworth

by Meredith Willingham
Staff reporter

Two long and exhausting days of swimming brought home a win for the Wildcats in Spokane and a split here at home against Seattle University last weekend.

In Spokane, the Wildcats swept Whitworth in both the men and women's events. With a score of 114.5 to 89.5, the Wildcat men beat the Pirates. The women's 106 to 99 advantage over Whitworth gave Central a double victory.

Central vs. Whitworth
Jay Box continued his senior season with wins in the 200-yard freestyle and 200-yard backstroke. Box also held a spot on the winning 200-yard medley relay swim by junior Nick Gibson, sophomore Rob Messer and freshman Cliff Brooke. Messer also picked up a win in the 200 individual medley, and Brooke took the 200 butterfly. Sophomore Daniel Caputo sprinted to victory in the 50-yard freestyle as well.

The women's team received wins from sophomore Vicki Schmaltz in the 100- and 200-yard freestyles, and senior Natalie Price won both the 500- and 100-yard freestyles. Junior Amy Mahre prevailed in the 200-yard butterfly and sophomore Elizabeth Scott won the 200-yard breaststroke.

Central vs. Seattle University

At home on Saturday, the women pulled out a 103 to 102 win over Seattle, while the men fell 118 to 87. The women's team barely edged out Seattle University with wins in the 200-yard freestyle and 100-yard butterfly from Schmaltz, along with wins in the 500-yard freestyle from Price and sophomore Ann Miller in the 100-yard breaststroke.

The 400-yard medley relay of senior Jessica Lombard, Miller, Mahre and Schmaltz started the women's point tally with a win. Junior Nathan Moxley won both the 1650 freestyle and 400-yard individual medley, while Brooke won individual events, the 100-yard butterfly and the 500-yard freestyle. Messer won this time in the 100-yard backstroke. There were strong finishes throughout the men's team, putting them in a position to perform even better next weekend against University of Puget Sound.

Central vs. University of Puget Sound

This week, the University of Puget Sound will travel to Ellensburg to take on the Wildcats. Brooke said he is optimistic about their chances against UPS, and hopes to continue swimming well, due to his getting over a case of bronchitis.

Head coach Candi Eslinger is positive about the meet this weekend, saying that they are planning on swimming better than the last time they met UPS.

The women's win and men's strong races against Seattle University are an encouraging precursor for this weekend, especially since Seattle University beat the UPS Loggers by a large margin when they met this season.

Eslinger said that with the travel time and the fact that the team swam two meets in two days, she was perfectly satisfied with her team's performance.

With the two wins in Spokane and a narrow women's win at home against Seattle University, she feels the team is progressing at the right pace for Nationals in March.

"Basically, I think we are right on track for where we need to be right now," F-tinger said.

The Wildcats had many times near the national qualifying times, so the main goal for next weekend is to get even closer to placing more swimmers on the national qualifiers list.

Central will host UPS at 1:00 p.m. on Saturday in Ellensburg.

Wildcat Basketball
Western vs. Central Saturday, January 20
Nicholson Pavilion 7 p.m. BE THERE!