Course schedule books may expand with student evaluations

Student evaluations may be published along side course numbers and class times. Professors would also have the opportunity to describe the course.

by Heather Bell
Staff reporter

Many students at Central Washington University hear the words, "the section you selected is full," when registering for a class. This leaves them frustrated and forced to pick classes based on available time slots instead of the courses they want or need. In the future, students may be able to find out what other students thought about courses in the registration books. New evaluation books could be available as soon as fall 2001.

"Matching your learning style with a professor's teaching style would be really useful," Jessica Sutton, ASCWU vice president of academic affairs, said.

The new registration books would dedicate a half page of information to each available course. The information included would provide a brief description of the course written by the professor, information about the professor's background, a breakdown of the grading system and a general overview of the class format. Evaluations of the professor and the course would also be included. A positive, neutral and a negative comment about the course would appear next to the course description. These comments would come from student evaluations given at the end of each quarter.

"The most appropriate student comment from each category would be chosen," Sutton said.

The idea for the new evaluation booklets has been presented to the Central staff before. In the past, the Central staff had a negative response to the idea; this year the proposal was more well received.

The idea was presented to the faculty senate this quarter by Sutton who said it was met with a positive response. The only part they objected to was the section on faculty evaluation.

"They feel it is private information, it can't be published," Sutton said.

See EVALUATIONS, Page 2

8th Ave in the moonlight

Students are reminded the speed limit along 8th Ave is 20 mph, and it is not expected to change any time soon.

by Ellie Giannoulas
Staff reporter

Improving residence halls and increasing capacity will require increased fees for faculty and students, Rich Corona told the Associated Students of Central Washington University Board of Directors Tuesday night. The auxiliary services business plan, a 10-year capital improvement plan, is underway to increase the average annual occupancy in the residence halls from 1600 to 1900 by 2005.

"We want to create an atmosphere of fun in the residence halls and dining halls," Ken Baxter, director of conference and residential services, said. "We need the funds to make this a smooth transition and examine the efficiency of the department.

See RICHEY, Page 6

Cost increases across the board

by Ellie Giannoulas
Staff reporter

The Housing and Dining Services is asking the Board of Trustees to approve two rate adjustments: up to an average 4.5 percent increase for fall 2001 and up to average 4.5 percent for fall 2002. The rate adjustments will open an 18-month planning window for students considering living options, Corona explained. It is expected to improve marketing by publishing rate information ahead of competition.

The most imminent action is the plan to reopen historic Kamola Hall as the flagship of the residence hall system. Safety and cosmetic improvements and renovations will make that happen.

The idea was presented to the faculty senate this quarter by Sutton who said it was met with a positive response. The only part they objected to was the section on faculty evaluation.

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Police Briefs

Jan. 22, 10:50 p.m. A 19-year-old man in Hitchcock Hall received a harassing phone call. The call was untraceable.

Jan. 23, 8:26 a.m. A 21-year-old woman's wallet was taken from a locker in Nicholson Pavilion. When it was returned there was $20 was missing.

Jan. 23, 10 a.m. A vehicle to vehicle accident occurred in the O-19 lot. A Ford Bronco hit the right side of a Geo Prizm while attempting to park. Damage to the Geo is valued at approximately $700.

Jan. 23, 10:55 a.m. There was a vehicle to vehicle accident in the S-18 lot. Two cars hit each other while backing out of parking spots. Damage is valued at $500.

Jan. 24, 4 p.m. An incident of disorderly conduct happened in the S-18 lot. A 43-year-old head obscenities yelled at her about her driving abilities.

Jan. 25, 4:45 p.m. An education department professor was trapped in an elevator in Black Hall for a few minutes until the doors could be pried open.

Jan. 25, 7:30 p.m. A 22-year-old man reported his bike stolen from outside Shaw-Smyser. The bike is valued at $500.

Jan. 26, 12:55 a.m. The H-18 lot sign was damaged by a snowplow that ran into it. The damage is valued at $100.

Jan. 26, 3:15 p.m. A bike was taken from Hitchcock Hall sometime over winter break. The bike is valued at $750.

Jan. 27, 11:37 p.m. A 20-year-old woman was cited for minor in possession after officers saw her parked on the sidewalk near the A section of the Student Village.

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

--end--
Four Central professors recognized for excellence in teaching

**CWE news service**

Four Central Washington University professors recently received Centrals Alumni Association Excellence in Teaching Awards. Criteria established for the award includes: high level of success in teaching and advising by a non-tenured, full-time faculty member at Central Washington University for five years or less. This year's winners are Joan Amby, MaryAnne Atkinson, Todd Schafer and Tom Wellock.

Joan Amby, a member of the family and consumer science department, since coming to Central in 1996 has taught 11 different classes, including Life Management, Consumer Awareness, Human Sexuality and Divorce and Remarriage.

Her students become actively involved through visits with the elderly, real-life simulations, panel discussions, creating lesson plans and developing a spending plan. Students describe Amby as being enthusiastic, approachable, open, patient, creative and outgoing, well prepared and someone with great insight and a respect for the subject.

MaryAnne Atkinson has taught accounting at the Central's Westside Centers since 1997. She is known for her enthusiasm, competence, dedication to students and passion for the subject. She uses presentation slides and encourages discussion to help make her classes interesting and easy to understand.

Atkinson is pursuing a solid research agenda and developing a record of successful scholarship. She also is a member of Central's graduate faculty.

Todd Schafer, political science, was hired by Central in 1996. He teaches courses on American politics and government, including the introductory survey course and advanced courses in campaigns and elections, parties and interest groups, the legislative process and public opinion and political communication.

He has also developed two new course offerings, one on Mass Media in American Politics and the other on African Politics.

In the classroom, Schafer is known for his enthusiasm, sense of humor, creative approach, fairness, understanding and making class fun. He also stimulates critical thinking and the active involvement of students.

He requires writing assignments which showcase students' ability to think independently and write effectively.

Tom Wellock made a career change when he began teaching history at Central in 1997. He was a nuclear engineer. His excellence in teaching award might confirm that his move to the classroom was the right choice.

One of his strengths is storytelling, and he is able to convey his passion for the topic and get his students excited about history.

He also cares about improving students' skills, especially their writing. It has been said he is organized, humorous, intelligent, an outstanding lecturer, available for help outside of class, someone who uses multimedia well and grades fairly.

Mr. Smarty's indispensable useless knowledge

- "The glue on Israeli stamps is certified kosher."
- In "Casablanca," Humphrey Bogart never said "Play it again, Sam."
- Mel Blanc (voice of Bugs Bunny) was allergic to carrots.
- The famous actor Kirk Douglas' real name was Issur Danielovich, which would make his also-famous son's Michael Danielovich; even stranger, Michael Keaton's real name was Michael Douglass.
- The only mammal that can't fly, that can fly is a human. The only mammal that can fly is a bat.
- The oldest living thing on earth is a pine tree in Northern California named Methuselah. Its recorded age is 4,600 years.
- Elephants are the only animals with four knees. Speaking of Elephants, they are not afraid of mice but do show fear at the sight of rabbits and small dogs (especially dachshunds).

**UNLIMITED $9.95 Internet Access for Ellensburg Residents**

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Observer — News — Feb. 1, 2001
A closer look at the changing face of China

The goal for Kamola is to provide high-speed internet access but still have bathtubs with feet.

— Ken Baxter

Continued from page 1

be made, but the basic structure will be retained. Preferred lifestyle options such as suites and more apartments will be incorporated.

"The goal for Kamola is to provide high-speed internet access but still have bathtubs with feet," Baxter said. "We want to keep the best of the old and get the best of the new.

The average rate increases requested will be spread by type of residence. That is, apartments and more apartments will receive a larger increase and the standard two-bed residence hall room will receive a lower increase. Also, it will offer multiple living and dining choices to students. Residence halls will be improved from a programmatic and facilities perspective. Staffing and services in the residence halls will be enhanced specifically to address needs identified by students.

"We recognize that [students] are the customers and we need to do everything we can to serve [them]," Corona said.

These offerings will be targeted not only toward incoming freshmen, but specifically to retaining upperclassmen in the residence halls.

"We're going to tailor to your needs," Corona said.

Parking rates will also increase. Corona said. Parking lots have been acquired and improved in response to demands from facility, staff and students. Annual rate increases are planned for faculty and staff of $10 (to $90) in fall 2001 and an additional $10 (to $100) in fall 2002. For students, an academic year increase of $5 (to $75) is planned for fall 2001 and an additional increase of $5 (to $80) in 2002. This will be the first time parking rates have increased in six years.

The money will be used for paving parking lots, fixing bumpers, cleaning gutters and painting. The Trustees will vote on the issue in April for approval.
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Anthropology club promotes sense of ‘community’

by Lindsay Hegarty
Staff reporter

Some of the most rewarding clubs on campus are those that relate to a specific field or major. These clubs allow students the opportunity to meet others with similar interests and to make connections within their major.

The Anthropology Club, which meets at noon every other Thursday in Farrell 317, hosts a variety of activities open to all students. The club’s primary focus is to provide a place for anthropology students to meet others interested in their major and to learn more about anthropology events in the Northwest.

Club members attend conferences, like the Northwest Anthropology conference each April, to meet professionals working in the field of anthropology. They also participate in learning experiences like last fall’s field trip to the High Desert Museum in Bend, Oregon.

“Our club promotes a sense of community among anthropology students...”

— LaVern Matthews

The Anthropology Club accomplishes all sorts of activities. They host a departmental party at the end of spring quarter as a farewell to graduating seniors and to welcome new faces.

The club is presenting a talk about anthropology at noon on Feb. 13 in Farrell 317. At 6 p.m. on Feb. 15, also in Farrell 317, there will be a presentation by guest speaker Dr. Alsoszata-Petheo about his recent trip to Atapuerca and a potluck with a Spanish food theme.

“Our club promotes a sense of community among anthropology students and provides information about the discipline to other interested parties,” Matthews said.

That sense of community is one of the reasons McCutcheon said the club is unique.

“There’s a real family environment,” he said.

The Anthropology Club currently lists 50 students as members, but all students on campus are welcome to any of their events.

Join the Observer staff! Call Lois Breedlove at 963-1073.
BOT likely to sign pipeline agreement with City

by Tim Bottorff
Sports editor

At the Ellensburg City Council's semi-weekly meeting Jan. 16, the Council agreed to the terms of a new natural gas contract with Central. Mayor John Perric signed the contract and sent it to the University a few days later for the Board of Trustees to approve. The Board will meet Feb. 9 to accept or decline the terms of the contract.

Central's current five-year gas contract with the city expired Jan. 31. A provision in the old contract states the City must continue to provide natural gas to the school even though the contract is expired. The rate Central is paying now for natural gas is locked in until a new contract is signed.

Central is seeking a three-year contract instead of another five year deal because the Board is exploring the possibility of constructing a University pipeline. The new pipeline would bypass the City's system and connect directly to Northwest Pipeline's facilities. Before the new pipeline is built, Central must determine if it would be more cost effective than staying with the Ellensburg's natural gas system.

Central's Facilities Engineering Services recommended the three-year contract as part of their conclusion to an Energy Project Case Study they turned in to the University on Nov. 15.

"I expect the contract will be approved by the board."

— Richard Corona

Central is looking for a reduced rate in service fees in the new contract. If the contract is signed, Central will pay a fixed fee that will decline over the next three years from $15,500 a month to $12,500 plus commodity and transportation costs. In addition, Central will pay a wholesale rate for any gas it purchases.

There are further conditions in the new contract. Central wants to be able to sell its allotment of natural gas to the public. The City will rebuild an existing four-inch pipeline in the north part of campus if Central will provide easements and partially reimburse them for any upgrade costs. Central is offering $40,000 for reimbursement.

The University presently owns the pipeline but will hand over ownership to the City in the new contract. The City will use the pipeline to serve customers north of campus. Bob Titus, City Director of Energy Services believes Ellensburg doesn't have adequately sized pipes delivering natural energy to the new housing developments located north of campus.

The University will also allow the City to use an existing six-inch pipeline running from 7th Street to the Facilities Management Plant on the west side of campus. Central will maintain ownership of this line.

Administration estimates the school could potentially save up to $200,000 by the third and final year of the new contract. $100,000 of that would be in the reduction in service fees Central pays to the City and a reduction from fees offered in earlier rejected contract from the City. The other half of the savings potential lies in the ability the City has given Central to purchase and use natural gas as well as alternate fuels like diesel and propane. If Central buys commodities on the market at the best possible times, they can potentially save up to $100,000 over the next three years.

"That's going to be it. It's still a full agenda for the year," Richey said. Richey has served with the Ellensburg Police Department since 1977. In 1983 he was promoted to sergeant, to administrative sergeant in the mid-1990s and captain in 1997. Prior to this he worked for the Okanogan Sheriff's office. Richey graduated from the FBI National Academy in 1995. He is also a previous president of the Washington State Law Enforcement Association.

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Benefits of new gas contract

Benefits to Central

• Fixed service charge for city maintenance and operations of gas line
• Flexibility in natural gas commodity purchases allowing Central to choose the timing and mix of the purchase
• Ability to tell excess gas to third parties to reduce utility costs
• Ability to use alternative fuels

Benefits to City

• Guaranteed revenue stream from CWU
• Transfer of an existing CWU owned gas line to the City to improve the city's grid; plus a capital contribution for improvement of the line.
• Use of CWU owned line to extend city's service north of town without the expense of installing a new line.
• Ability to curtail service to CWU to avoid increases in costs to other customers.
Israel/Palestinian negotiation not over yet

Yasser Arafat, Palestinian president, said on Israeli TV that he is still willing to negotiate on the issue of Jewish settlements on the West Bank, leaving behind his previous demand that all Jewish settlements be removed.

Earthquakes continue to cause devastation

Thousands of people remain trapped in last Friday’s earthquakes on the West Bank, leaving many homeless and without water or electricity. Earthquakes continue to cause devastation and loss of life. It is estimated that the death toll may exceed 20,000 with the number of injured topping 32,000. Israel is sending a field hospital with 150 doctors to help in the rescue effort.

Peace in the Congo may still be possible

The Congo’s new president, Joseph Kabila, may meet with President Bush after his meeting with UN officials in New York next Friday. Kabila hopes to have visitor’s whose sole purpose is to spend time making connections is rare.”

David Newcomer, director of social services for Royal Vista Care Center, said this is the first program of its kind that he knows about. The volunteers visit with the resident giving them one-on-one attention. The volunteers have an advantage over family members at times because it is much easier for them to start a new relationship with a person who may not remember them even if they were just there visiting last week. "It is very hard to tell a patient’s wife of forty years that the patient does not remember them," Newcomer said. “It is very difficult on them emotionally.”

Johnson began developing the program one year ago in an effort to provide a friendly face and some company to those living in nursing homes. The program gives volunteers who may be sociology and gerontology majors, or people who care about people an opportunity to gain experience working with the elderly and disabled residents of long term care facilities. The volunteers work in groups in order to provide support to one and other. Lorinda Anderson-Ramsdell, program director of the Service Learning and Volunteer Center at Central Washington University, provides the students with journals so they can record their experience while visiting with the residents.

Residents of nursing homes get much companionship with the help of volunteers

by Melissa Mitchell
Asst. news editor

Caring Companions, the dream of Shanna Johnson, an Ellensburg resident fights loneliness by providing volunteers to visit with the elderly or disabled residents of long term care facilities such as nursing homes. "My dream is to have it grow to every nursing home," Johnson said.

Loneliness can be a serious problem with the constantly busy pace of everyday life and the vast distances that can separate family members. Loneliness becomes a bigger concern when a person has a disability or is of an age that prevents them from getting out the house, or affects their memory.

"In long-term care facilities there are a lot of staff and they have a lot of jobs," Jeff Penick, director of the gerontology program at Central Washington University, said. "But to have visitor’s whose sole purpose is to spend time making connections is rare.”

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“I have been so impressed with this program,” said Lorinda Anderson-Ramsdell, program director of the Service Learning and Volunteer Center at Central Washington University. “I have seen the joy it brings to the residents and the volunteers.”

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"Community Companions" one of many ways students volunteer

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Diet Coke or Barq’s

WILDCAT SPECIAL
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Medium 2-topping Pizza
Choice of 2 cans of Pop
or Twisty Bread or Salad
Self-confidence outweighs society's idea of perfection

We’re about halfway through the winter; the first day of spring is March 20, and stores are already moving in their summer line. While the winter clearance racks are stocked with fuzzy sweaters and wool pants, the new bikinis and tank tops are on the main display. This is a seasonal reminder that soon people will be shedding their winter wear to bare a little skin.

For those who have been faithful to the gym all year long, purchasing a bathing suit won’t be an issue, but for those who put on some pounds over the past few months, this can be a time for frustration, anger and even depression. Speaking from a woman’s perspective, coming to grips that the body you’ve been hiding under bulky clothes since September looks pale and flabby, is difficult. Reality starts to sink in, and you realize you don’t even come close to resembling the skinny model on the front page of a Glamour magazine.

Thoughts of a negative self-image seem overwhelming, especially when you plan to spend a week on a beach during spring break. You start to wonder why you had to eat so much pizza and chocolate cake and ponder why you’ve been making excuses for why you can’t work out. This depressing feeling isn’t even diminished when you try to remember to love yourself unconditionally.

When depression surrounding weight makes it feel like you’re hit rock bottom, I think it’s important to look at why people feel like their bodies are less than adequate. That same Glamour magazine you picked up and compared yourself to is exactly the problem. Magazines, television, and movies infest women’s minds and give the average woman an absolutely unattainable goal. The prints which leave women with an extremely unrealistic view of their bodies.

The average woman wears a size 14. Models today weigh 23 percent less than the average woman. Twenty years ago, models weighed only 8 percent less. If this keeps up, we’ll see an actual skeleton (yes, worse than Ali MacGraw) modeling the latest Calvin Klein swim suit.

Photos of models today are airbrushed and altered from the original prints which leaves women with an extremely unrealistic goal. The models we see in the media are not real, the size 14 women of this world are. Once people start realizing the average woman is beautiful, this nasty trend of “thin is in” will disappear.

Women should learn to be satisfied with who they are and not what society deems they should look like, and men should learn to support and love women no matter what size they wear.

—Jennifer Perkins

LETTERS TO THE EDITOR

Dear Editor,

I would like to inform the community about a decision affecting them and encourage its members to voice their opinions. The Kittitas County Planning Commissioners will hold a public hearing to consider whether to surplus a piece of county-owned property along the Yakima River. The hearing will be held at 4 p.m. Tuesday, Feb 6 in the courthouse auditorium. The commission will decide the fate of the 103-acre parcel known as the Hansen Pits, which borders the Yakima River, roughly one-half mile south of the I-90 south interchange on Canyon Road. The property currently provides a habitat for fish and other wildlife and could be restored to enhance these functions. Improving public access to allow hiking to and from the river as well as allowing for bird watching and other passive recreation, would further enhance this public amenity.

The commissioners have expressed interest in hearing from the community. They want to know what the public thinks about disposing of the property. Options include:

1. Selling to a private developer for residential, gravel mining, condominiums, a golf course and RV park or other commercial venture.
2. Selling to the Washington Department of Fish and Wildlife for development of a public access and habitat restoration site.
3. Retaining the property and develop it as a county park.
4. Retaining the property (the “no action”) alternative. Show the Planning Commission that you care about the county’s decisions regarding land management. Express your concerns by attending the upcoming hearing and/or writing a letter directly voicing your opinions and/or writing a letter directly

— See LETTERS, page 7

DEADLINES

Listed below are the deadlines for The Observer. The Observer office, located in Buffalo room 222, is open weekdays from 9 a.m. to 5 p.m.

Submissions can be brought to the office or by mail, The Observer, CWU, Ellensburg, WA 98926 or by fax at 963-1027.

DO NOT USE

Letters

Community opinions needed for Kittitas County Planning Commission

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News

• Friday, 5 p.m. – Entertainment, meetings, calendar events for the Observer calendar. • Monday, 5 p.m. – Spectacle and weekend sports information. Monday, 5 p.m. – Letters to the editor.

Advertising

• Thursday, 5 p.m. – Display ads. • Monday, 5 p.m. – Classified ads.

To place advertising contact your advertising representative, call the Observer business office at (509) 963-1026 or fax information to 963-1027.
MEETINGS

Thursday, February 1

Alpha Phi Omega
SUB 209, 5 p.m.
American Indian Science and Engineering Society (AISES)
SUB, 12 p.m.
Chi Alpha Christian Fellowship
Mary Grupe Center, 7 p.m.
Circle K
SUB Owhi, 5 p.m.
CWU Horn Club
Hertz, 12 p.m.
International Student Association
International Office, 4 p.m.
Journalism Club
SUB 204, 5:30 p.m.
Phi Beta Lambda
Shaw-Smyser 132, 6 p.m.
Philosophy Club
SUB Owhi, 7 p.m.
Psychology Club
Psych Lounge, 10 a.m.
Student Council for Exceptional Children
SUB 206, 6 p.m.

Sunday, February 4

Catholic Campus Ministry Mass
Mary Grupe Center, 7 p.m.
Latter-Day Saint Student Association
LDS Building, 10:30 a.m.

To be listed, email perkins@cwu.edu

Letters Continued

Continued from page 6

to the commissioners. Ideally, the property should remain in public ownership and be restored to benefit its fish and wildlife populations with limited development for recreation.

Eileen Lambert
CWU Student

Biology class concludes survey on environmental issues

Dear Editor,

We are students in a Conservation Biology class at CWU. We were interested in opinions on different environmental issues that have recently been in the headlines. We conducted three surveys, one on Bill Clinton’s recently proposed Roadless Area Plan in our National Forests, one on energy conservation issues, and another on wild salmon recovery (40). We surveyed CWU students and non-students living in Ellensburg.

On the survey regarding roadless areas in National Forests, overall we found people were interested in making more informed conclusions about future resource availability, whereas women thought more would be needed.

On the survey regarding energy conservation issues, we asked respondents whether they were aware of President Bush’s plan to open up the Arctic National Wildlife Refuge to oil and natural gas exploration. Approximately 50 percent of respondents knew of the plan, and the other 50 percent were unaware of the plan.

Another result of our survey showed that 42 percent of the respondents would be willing to accept a 1-5 percent increase in their electric bills in order to protect salmon. One third of the respondents would not accept any increase in their electric bills in order to protect salmon.

The remaining respondents would be willing to accept an increase greater than five percent. Four questions were asked regarding current wild salmon runs, state funding for recovery programs, and if people would support reallocating of the state funds.

Students of CWU were more apt to reallocate funds for wild salmon projects, where non-students were not. We speculate that non-students were more sensitive to fund reallocations due to the idea of losing funding in other critical areas, such as education and public programs.

Although our pilot study revealed interesting trends, an expanded study would be useful in making more informed conclusion about Ellensburg’s opinions. Better understanding of public opinion on environmental management decisions.

Thank you,

Heather Simmons, Shannon Adams, Mari-Beth DeLucia, Karen Watson, Georgia Hart, Laura Gould, Jason Oak, Joe Gilbert, Lee Bead, Dennis Austin, Jon Cerar, William Meyer.

Great things are happening at the Observer... give us a ring if you’d like to join our team. 963-1073
Jazzercise offers community residents a chance to sweat while rocking out with 80s hits

Ellensburg residents can chase away their winter blues with a new workout option. A new fitness facility recently introduced to Ellensburg is Jazzercise Recreation Center. Although the building may be a challenge to work out. Jazzercise Inc. is the world's largest dance fitness program. This form of workout combines exercise with dancing to create a fun and beneficial physical activity.

Available classes include Jazzercise, Step Jazzercise, Circuit Training Jazzercise, Body Sculpting Jazzercise, Resist-A-Ball, Jr. Jazzercise, and Jazzercise. The company and work out program were founded thirty years ago and have been a success ever since.

The one-hour Jazzercise class aims at improving cardiovascular fitness as well as improving coordination, balance, flexibility and muscle tone. All of the class instructors are trained and certified by Jazzercise Inc., which is accredited by the AFAA (Aerobic & Fitness Association of America). Each instructor also is certified in CPR and receives continuing education in dance and exercise physiology.

The cost per month is $26 for students and $30 for others. The membership monthly fee includes unlimited Jazzercise classes. Currently there are 19 Jazzercise classes per week available to members.

The Jazzercise Recreation Center is at 307 West First Avenue (near First and Water), tucked off Main St. For more information call 933-BFIT.

Legwarmers not included at the door

Jazzercise offers community residents a chance to sweat while rocking out with 80s hits

by Amy Barney
Staff reporter

Ellensburg residents can chase away their winter blues with a new workout option. A new fitness facility recently introduced to Ellensburg is Jazzercise Recreation Center. Although the building may be a challenge to find the first time, the visit is worth the trouble.

Jazzercise Recreation Center provides a fun way to work out. Jazzercise Inc. is the world's largest dance fitness program. This form of workout combines exercise with dancing to create a fun and beneficial physical activity.


The company and work out program were founded thirty years ago and have been a success ever since.

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Keister headlined Saturday night extravagana at Elks

by Andrea Spiller

A comedy act, two bands and a belly dancer entertained a full house in Ellensburg last Saturday.

Those who arrived early got the best seats, up close and personal with the stage. As for the rest of the audience, they had to squat from the back of the Elks Lodge. However, people didn't seem to mind too much.

"There was a nice atmosphere, good food and interesting entertainment," said Mandy Thomasson, junior business major.

The show started at 7 p.m., with DJ Jonah Carpenter playing music while the audience sipped cocktails, other beverages and dined. The ambiance was relaxed and casual, as guests wandered around talking to friends and acquaintances, eagerly anticipating the upcoming entertainment.

As people began to finish their dinners, John Keister took the stage to introduce the night's entertainment. The first act was the band Beams. The audience unwound, while the members of the band played their eclectic music. Next up were Roy Rob and the Monoliths. The audience seemed to enjoy the band. The music of both bands leaned more toward spoken word and instrumental music, rather than lyrical music. In between acts, the DJ mixed music to keep the audience entertained.

Following Roy Rob and the Monoliths was the belly dancer, Lila. Her act seemed to be a favorite of the crowds. Lastly, John Keister performed his much-anticipated comedy set. After the more serious performances, his act added a light note to the end of the evening. Much of his material was old, including his classic Washington State University jokes; however, it was true Almost

The Ellensburg Elks was the place to be last Saturday night. Egyptian club style dancer, Lile, wowed the audience with her mesmerizing moves. DJ Jonah Carpenter spun rare groove tracks and met up with headlining act John Keister, former host of Almost Live.

Live form, he was hilarious. The audience seemed to enjoy his Ellensburg police blathers. "John Keister was so funny that my sides hurt by the end of his act," said Josh Mavin of Greenwater, Wash.

Most of the proceeds from the event went to the non-profit organization YRSPACE. The organization is in the process of finding a location to house its artist co-op.

All in all it was a refreshing evening of dining and entertainment.

Question of the Week

If a crystal ball would tell you the truth about any one thing wished to know concerning yourself, life, the future, or anything else, what would you want to know?

"If the Seahawks will ever make it to the Super Bowl."- Jesse Roanke, sophomore, undecided

"Who's going to win the next five World Series, for gambling reasons."- Steve Johnson, senior, public relations

"Where and who will I be living with in the next ten years."- Kristin Breymer, junior, business

"I am going to live happily ever after."- Stacie Huffman, senior, micro-biology

"If society will break down or not."- Abel Denney, freshman, psychology

"Will I ever graduate?"- Sam Butlups, freshman, undecided

"I would like to know that world peace is a reality."- Jami Bliner, senior, psychology

"I want to know if I'll get married or not."- Kristin Johnson, senior, education

16th Anniversary


Better Delivery. Carryout Special

Cheese Lovers
One Large Cheese Pizza & Cheesesticks

$9.99

Cheese Lovers Original or Cheese Lovers Special

$11.99

One Extra Large One Topping

$9.99

Limited Delivery Area • Coupon Required

Expires 2/11/01. Not valid with any other offer. Valid only at participating locations. Not responsible for typographical errors.

For Further Information: 509-925-4900 • Fax 509-925-4911
Papa John's will host Flowmotion
by Amy Barney
Staff reporter

Papa John's Coffeehouse mixes up Ellensburg's entertain-
ment with a band from Arlington. Next Wednesday, Papa John's is hosting tunes with a different style. Flowmotion combines and performs several styles of music including folk, ska, funk and rock. To hear a preview, listen for the band's new releases from their first CD, Flowmotion, on KCWU 88.1. "The Bug" or visit their website at www.flowmotion.net. The show begins at 8 p.m. in Club Central as the band rocks the house on Wednesday, Feb. 7. Admission is free.

Expert to speak on Aztecs
by Observer staff

The Department of Anthropology in association with M.E.C.A. is inviting students to a lecture focusing on "The Waterworks of the Aztecs." Speaker Nadine Romero, an expert in Ground Water Science Services will be giving her presentation at 6 p.m. on Feb. 6 in Shaw Smyser room 111.

what's happening

thursday, 2/1
- Theatre: "Okahoman!," 7 p.m., McConnell Auditorium, $7
- Green Party Film Series: "Roger & Me," 6 p.m., Club Central
- Drop-In Relaxation Group, 4-5 p.m., Lounge at the Student Health and Counseling Center

friday, 2/2
- Comedy: Craig Robinson and Debbie Wooten, 8 p.m., Club Central
- Wrestling: CWU vs. Montana State University-Northern, 7 p.m., Nicholson Pavilion
- Beethoven in Ellensburg: Noon, Hal Holmes Center
- Theatre: "Okahoman!," 8 p.m., McConnell, $15 general, $7 students/seniors
- The Elks Club Dance: 8 p.m.-2 a.m., 18 years and over
- Movie: "The Replacements," 7 p.m., Catholic Campus Ministry house

david Burnett/Observer

saturday, 2/3
- A.C.E.S.S. (Accessing Career Employment Success Strategies) This is a day of employer led workshops address-
ing employment strategies such as interview techniques, mark-
eying yourself, working outside your comfort zone and much more. Call 963-1261 for more information, or come to Barge 204M.
- Theatre: "Okahoman!," 8 p.m., McConnell, $15 general, $7 students/seniors
- AUAP Garage Sale: 10 a.m.-1 p.m., SUB Pit
- Skiing at Snoqualmie, 7 a.m., Catholic Campus Ministry house

sunday, 2/4
- Theatre: "Okahoman!," 2 p.m., McConnell, $7
- Camp Sealth Summer Camp Job Recruiting: Interviews for Summer 2001 jobs in SUB room 105 from 8 a.m. to 5 p.m.

monday, 2/5
- Camp Sealth Summer Camp Job Recruiting: Interviews for Summer 2001 jobs in SUB room 105 from 8 a.m. to 5 p.m. Call 963-3000 to schedule an appointment.

tuesday, 2/6
- Classic Film Series: "WESTERN" (France), 7 p.m., McConnell, $2.50 for single admission or $8 for a five pass film pass
- Camp Sealth Summer Job Recruiting: Interviews in SUB room 105 from 8 a.m. to 5 p.m.
- Study Aloud/Exchange Information Session: 4-5 p.m. at the International Studies and Programs office
- Working with Test Anxiety, 4-5 p.m. in the Student Health and Counseling Center's Wickersham Lounge
- Geology Seminar Series: Noon, Lind 215
- Concert: CWU Flute Choir: 6 p.m., Hetzi Hall
- E-Center Presents: Academic Advising with Toni Menig, 6 p.m., Whale Apartments

wednesday, 2/7
- Faculty Recital: Mark Polisheok, 8 p.m., Hetzi Hall
- Communication Film Fest: "Absence of Malice," 6:30 p.m., Black Hall room 151
- E-Center Presents: Academic Advising with Toni Menig, 5:30 in the Brooklane Multi-Purpose room
- Papa John's Coffee House: Flowmotion, 8 p.m., SUB, free
- ADD/ADHD Support Group: 4-5 p.m., Lounge at the Student Health and Counseling Center
- Volunteer Fair, 6 p.m., CMU house

thursday, 2/8
- Construction Management Job Fair, SUB
- Basketball: CWU Women vs. University of Alaska Fairbanks, 5 p.m., Nicholson Pavilion
- Basketball: CWU Men vs. Western Oregon, 7 p.m.
- Open House: Music Department
- Green Party Film Series: "The Big One," 6 p.m., SUB Pit
- Theatre: "Okahoman!," 7 p.m., McConnell, $7
- Drop-In Relaxation Group, 4 p.m., Student Health and Counseling Center

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Exploring the Neighborhood: Easton offers residents small-town warmth
by Andrea Spiller
Staff reporter

So I'm driving on I-90, heading west. Along the way I encounter many different small towns, and I think to myself: hmmm... I wonder what that place is all about.

One can get out of the cold and warm up with the friendly people by driving into Easton Saloon. Once there you can get a snack or a drink.

Pounders Bar & Grill is continuing the tradition and once again serving up .25 cent tacos every Tuesday evening from 4 to 9 p.m.

Pounders Bar & Grill features a daily happy hour that runs from 4 to 6 p.m. During this time domestic beers and well drinks are served for $1.50. Pounders also offers Happy Hour specials Monday through Thursday from 9 to 11 p.m. C'mon down and enjoy the fun!!!!

New to Pounders this quarter is All You Can Eat Buffalo Wings! Pounders Bar & Grill is the epitome of the small town schoolhouse. Also, the Easton Community Church, which is nonde-
nominalized, was the church used in the filming of the popular show "Northern Exposure." Overall, Easton is a quaint little town and a great place to stop off and explore. Most people don't even know that it's here.

"I found it accidentally. I had to get off the road to clean my windshield," Chuck Heinen, of Omak, said. "I didn't even know that it existed."

Easton also has several places to pitch your tent. Between the several inns, the Silver Ridge Ranch and the handful of campgrounds, the town is well equipped for overnight guests. Another interesting tidbit about Easton is that the only school in town houses grades K-12. It is the epitome of the small town schoolhouse.

One can get out of the cold and warm up with the friendly people by driving into Easton Saloon. Once there you can get a snack or a drink. Easton also has several places to pitch your tent. Between the several inns, the Silver Ridge Ranch and the handful of campgrounds, the town is well equipped for overnight guests. Another interesting tidbit about Easton is that the only school in town houses grades K-12. It is the epitome of the small town schoolhouse. Also, the Easton Community Church, which is nonde-
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Easton is approximately 40 miles west of Ellensburg.

David Burnett/Observer
Local spring break suggestions

by Jaimee Castaneda
Staff reporter

The Pacific Northwest has much to offer those who are still seeking spring break destinations. Whether it's a day's road trip or a longer stay, here are a few destinations for the thrill seeker.

Canada

To the North, Canada offers diverse scenery, from mountains and coastline to waterways and islands.

Vancouver, its largest city, offers world-class attractions including Stanley Park, Granville Island, Robson Street, Gastown and Canada Place. These attractions contribute to the city's year-round appeal.

Outside the city, travelers can take advantage of the area's natural beauty and quench one's thirst for adventure. About an hour outside Vancouver lies Whistler-Blackcomb. Currently ranked number one, this resort lures skiers and snowboarders alike, offering beginner, intermediate and advanced runs.

Just a ferry ride away from Vancouver or Port Townsend,WA, Victoria, B.C. tries to recreate the feel of a English town. Once on the island, visitors can explore the great outdoors by hiking, kayaking or staying at local campgrounds. They can also partake in the thrill of whale watching through several charter boat companies.

Long Beach Peninsula

South of the border, Washington state has its own appeal. Along its coast, the Long Beach Peninsula stretches for miles and miles. Long Beach, one of the towns on the peninsula, gives visitors access to its local public beaches and campgrounds.

From these sandy strips, they have a chance to enjoy barbecues or evening campfires while watching the crashing of waves. From March through mid-May, there is the added thrill of spotting gray whales as they migrate north. Other seasonal attractions include carnival rides, bumper boats, go-carts, mopeds, bicycles, and bicycle surrey rentals.

On the north side of the peninsula is the Northeast Lighthouse. On the south side of the peninsula, Cape Disappointment Lighthouse (also called North Head) can be toured for $1. Campsites are available at Fort Canby, which lies at the southwest corner of the peninsula.

Seattle

For a closer destination, Seattle is home to tourist spots such as Pike Place Market, the Pier, the Aquarium, Space Needle, and the Westlake Center shopping area. In the historical district, known as Pioneer Square, one can learn about the city's early beginnings on the Underground Tour. Later visitors can sample a wonderful view of the 268-foot drop.

Rock climbing on its indoor wall.

Moving out of Washington to the south, Oregon offers beautiful scenery and many outdoor pursuits. For a faster route from Ellensburg, take Highway 99 from Toppenish, continuing on to Goldendale. Driving along parallel to the Gorge, a view of the Stonehenge monument can be seen, or can stop for a closer look.

Just across the Columbia River is the town of Biggs, Ore.

From the Oregon border, the road splits into I-97 and I-84. Interstate 97 continues to Bend, Ore., with M.T. Bachelor only 22 miles away via the Cascades Lake Highway. I-84 heads toward Portland, with M. Town located 67 miles east. Both are popular destination for college students.

The Dalles, known as the end of the Oregon Trail, is accessible off Highway I-84 heading toward Portland. Fort Dalles Museum features a collection of military artifacts, household relics and old medical equipment while Klin's, Oregon's oldest bookstore, maintains its original structure and carries a wide selection of books. Sorosis Park is 15-acres and located high above The Dalles on a cliff, with a view of the river, town and mountains.

The park includes a picnic area, playground, rose garden, and tennis courts. Along the Columbia River Gorge tourists and adventurers windsurf, camp and fish.

Idaho

Idaho, just east of Spokane on I-90, offers 16 wonderful and diverse ski areas. Sun Valley was voted the number one ski resort by the readers of Ski Magazine; Silver Mountain, located in Kellogg, features the world's longest gondola; Bogus Basin, located near Burley, offers great night skiing while Hells Canyon (western Idaho) is the deepest river gorge. The canyon walls plunge more than a mile to the riverbank. Lake Coeur d'Alene (northern Idaho) is a spectacular place to enjoy water skiing, fishing, sailing and relaying. Silverwood, the Pacific Northwest's largest amusement park, is another draw for Coeur d'Alene.

These are just a few suggestions for the spring break traveler hoping to save some money by staying within the Pacific Northwest.

Photography courtesy of www.funbeach.com

WANNA STUDY AT A UNIVERSITY IN ANOTHER STATE? ON National Student Exchange

For more information, attend the Information Session at the International Center (Across from L&L) on Tuesday, Feb. 6 at 3 p.m.

177 Schools!

Financial Aid Applicable!

Or Contact Rob Lynam at 963-3615 or lynamr@cwu.edu

Photo courtesy of www.funbeach.com

Observer - Scene - Feb. 1, 2001
Trucker's Atlas RoadGuide
(some thoughts on college travel)

Canyonlands N.P. Utah, Spring Break 2000
I awoke cold and uncomfortable. The tent was collapsed but the wind was not blowing. I untied the door flaps and reached outside icy powder crystals pounded into the tent. More than three inches of snow had fallen just before dawn. The temperature had dropped from a solid 80 degrees the previous day to a little above 30 degrees overnight.

After a hasty check of the weather forecast our caravan moved south. We had not come to the promised land. My car struggled in the thin air. Held up in snow had fallen just before dawn. The tent was collapsed but the wind was not blowing. I untied the door flaps and reached outside icy powder crystals pounded into the tent. More than three inches of snow had fallen just before dawn. The temperature had dropped from a solid 80 degrees the previous day to a little above 30 degrees overnight.

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Rules of the Open Road
- Never sleep in a motel room, unless you can get it for free.
- Eat only from truck stops, bowling alleys and supermarkets.
- Eat in the parking lot whenever possible.
- Never pay speeding tickets acquired in other states. (At least until you track them down.)
- Never follow speed limits in other states. (Unless you stop you twice in the same town.)
- Never buy expensive gas, drive until you're almost out and then keep looking for cheap gas until you run out.

A road trip should make you feel what it's like to be a hero, filthy, uncomfortable, sleeping where you can, but

Canyonlands N.P. Utah, Spring Break 2000
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Men's basketball slips by Northwest Nazarene

by Kevin Enderman
Staff reporter

The Central Washington University men's basketball players made a statement that they are one of the top teams in the Pacific West this past week against conference opponents Seattle University and Northwest Nazarene University.

Thursday night the Wildcats traveled to Seattle to take on the Red Hawks. The game remained close in the first half. The Wildcats didn't hit a three-pointer until the 7:40 mark, when senior guard Brandon Rinta broke the team's 0-for-15 slump. The game came down to the wire for the Wildcats as the Crusaders pulled within one point 63-62 with 18 seconds left. All of Central's six losses this season have come down to the wire. Long overdue to win a tight contest, the team refused to go down.

Junior Thompson connected on one of two free throws with nine seconds left giving Central a 65-62 win. "That was probably the biggest relief so far this season, to come out with that victory," said Thompson.

Wildcats because going into the contest shot was off the mark as was James McDonald had ten and Chapman had nine. Central lost to the Crusaders 89-87 in the season's first meeting. The Wildcats didn't hit a three-pointer until the 7:40 mark, when senior guard Brandon Rinta broke the team's 0-for-15 slump. The game came down to the wire for the Wildcats as the Crusaders pulled within one point 63-62 with 18 seconds left. All of Central's six losses this season have come down to the wire. Long overdue to win a tight contest, the team refused to go down.

Senior center Matt McDonald and junior forward Justin Thompson both had a pair of slam dunks to energize the Wildcats early scoring barrage. A combination of hot shooting, aggressive defense, and solid ball-handling helped the Wildcats build a 48-34 lead by halftime.

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The second half was much of the same story. They also held onto the ball, committing only four turnovers.

"Against Seattle U is the best we've played all year," head coach Greg Sparling said. "We played strong the full 40 minutes."

Saturday night, the Wildcats traveled to Nampa, Idaho to take on the Northwest Nazarene Crusaders. This was an important game for the Wildcats because going into the contest they trailed NNU by a half game in the PacWest conference standings. "That was probably the biggest relief so far this season, to come out with that big win," Thompson said.

Six Wildcats scored in double figures. They also held onto the ball, committing only four turnovers.

There were five ties and seven lead changes. "Central's intensity seemed to be missing against the Crusaders. They were plagued by turnovers, missed shots and a lack of rebounds on both ends of the court. The Wildcats averaged 18 turnovers a game, but going into halftime they already had fifteen. By the end of the game they had racked up 25. The Wildcats shot just 33.8 percent from the floor and were held to 10 out of 35 shots in the first half.

"We were a step late defensively and offensively the whole game," coach Whitney said. The Wildcats are known for limiting the opponent's leading scorers to a minimum, but that did not happen during Saturday's game. Four Crusaders scored double digits, Senior guard Cherie Walker had 25, sophomore forward Alysson Kasha Lawrence had 12, and senior guard Stephanie Imhoff added 10.

The Crusaders took control of the ballgame within two minutes of the start and they never looked back. On three separate occasions NNU led by 27 points, but the Wildcats refused to give up. "After the loss on Saturday, we as a team have sat down and done a lot of self-reflection," Willis said. "I think that will help us get focused."

The loss pushed the Wildcats back to third place in the PacWest conference standings. "We built a good lead and maintained it," said Shaw. "Although their overall record is 3-14, they're a much better team than their record shows."

Four Wildcats scored in the double digits against the University a 66-47 loss last Thursday. Shaw has scored 1,015 career points for Central. "Kristen came in defensively and gave us some key minutes, " Willis has missed most of the season due to a serious ankle sprain. "Kristen came in defensively and gave us some key minutes," Willis said. "She was able to score two or three baskets at a critical time to give us a significant lead."

Sophomore guard Meggan Kutzky was on fire from the perimeter, sinking four of seven attempts. Kutzky scored the game high with 20, while Shaw and junior forward Jody Sargent both tallied 12 each.

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Wildcats split two games in conference road trip

by Jacqueline Diteman
Staff reporter

Senior guard Cherie Walker drives to the basket during the first half of Central's 19-point victory over the RedHawks of Seattle University on Thursday night.

"Wildcats because going into the contest shot was off the mark as was James McDonald had ten and Chapman had nine. Central lost to the Crusaders 89-87 in the season's first meeting. The Wildcats didn't hit a three-pointer until the 7:40 mark, when senior guard Brandon Rinta broke the team's 0-for-15 slump. The game came down to the wire for the Wildcats as the Crusaders pulled within one point 63-62 with 18 seconds left. All of Central's six losses this season have come down to the wire. Long overdue to win a tight contest, the team refused to go down."

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I scream, you scream, we all scream for soccer

Sophomore business major John Stewart is one of the many students who signed Mazin Mansoor’s petition to bring men’s soccer, women’s tennis and golf to Central. Mansoor had a table set up in the SUB all last week to obtain the 3,500 signatures needed to make the petition valid. Mansoor plays soccer in Yakima and believes men’s soccer should be a varsity sport at Central.

Wrestlers go down fighting against North Idaho

by Nichol Braucht
Staff reporter

The Wildcats fell to North Idaho College, the top-ranked team in the National Junior College Athletic Association, Wednesday of last week.

“They’re pretty solid all the way through,” Central Head Coach Kevin Pine said about the opposing team.

Although the Wildcats weren’t able to beat North Idaho, Matt Ballard and Kyle Smith performed well.

Ballard, a senior wrestling at 165 pounds, beat Travis Liermann in a close match of 4-3.

Smith, a sophomore, took down John Zamora to win the 157-pound battle with a final score of 12-8.

Even though the Wildcats lost overall, not one of them was pinned, keeping North Idaho fighting for every match. The final score of the dual was 24-12.

“We matched up real well, but we just came up short,” Coach Pine said.

Although this match did count toward their season record, it doesn’t count toward the Regional Championships. Only duals against four-year colleges count toward the Regional record.

Pine did compliment the younger members of the team when he said, “There is never any whining or complaining from any of them.”

Central traveled to Issaquah High School Tuesday, Jan. 30, to face Pacific Lutheran University.

The victorious Wildcats returned home with seven individual winners.

Sophomore Ken Salvini pinned his opponent in the 149-pound bracket in the second round.

Major decision winners for Central were freshman Ross Kondo at 133-pounds, Athlete of the Week, junior Cole Denison, and freshman D.C. Hazen at 197-pounds.

The Wildcats take on Northern Montana State University Friday in their last home meet at Nicholson Pavilion at 7p.m.

The Central wrestling team lost to North Idaho College 24-12 last Wednesday, but beat Pacific Lutheran University 27-14 Tuesday night. The team’s last home meet is Friday.

Wrestling Terminology

•Decision: The athlete who scores the most points in a bout wins.

•Escape: When an athlete works to come out from the bottom position (after being under dominant control) and gets to his feet, facing his rival, he has scored an escape, worth one point.

•Exposure: Turning an opponent’s shoulders to the mat. Once the line of the back area breaks a 90-degree angle, points are scored.

•Fall or Pin: Both shoulders held on the mat, match ends.

•Reversal: When the man underneath completely reverses his position and comes to the top position in control, he has scored a reversal, worth one point.

•Takedown: Occurs when a man takes his opponent to the mat from a standing position. This is worth one point, but can be worth more if the opponent is brought down on his back.

•Technical Fall: 10-point margin, match ends.
The Wildcat swim team had trouble winning against a bigger and stronger Simon Fraser squad Saturday. Central competes at the Washington Open this weekend in Federal Way.

Swimmers sink in last home meet against Simon Fraser

by Meredith Willingham
Staff reporter

Simon Fraser came into the weekend with an unbeaten record, anchored by the fact that they have some of the best swimmers in Canada. They went home with a double victory over Central, with their women winning 112 to 89, and their men taking it 101 to 98.

The Wildcat seniors were swimming in their last home meet, and this was the closest that Central has come to beating Simon Fraser in years.

Head Coach Candi Eslinger was pleased with Central’s performance after her team completed four meets in the last three weekends.

“They swam well for being tired,” she said.

Eslinger said practices this week will be tapered off, but the team will be ready to swim their best times at the Washington Open this weekend.

“T-cole is tall and lanky for a 141-pounder. Combined with his quickness on his feet and in his attack, the higher weight class is a better fit,” Pine said.

The Wildcats are also trying to stay healthy for the last part of the season. The normal colds and coughs of winter are plaguing the team right now, but Eslinger isn’t worried.

“It’s the nature of college; they’re just going to be sick,” she said. “Most of the time, they swim through it, and do okay anyway.”

Most of the swimmers will be swimming their hardest on Saturday in Federal Way. The Wildcats are also trying to stay healthy for the last part of the season. The normal colds and coughs of winter are plaguing the team right now, but Eslinger isn’t worried.

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Most of the swimmers will be swimming their hardest on Saturday in Federal Way. They hope to achieve the times they have been working toward in time for the Pacific Swimming Conference the following weekend.

“I have a bunch of swimmers who are just ready, ready to swim fast. It will be interesting with the rest this week how they will do,” Eslinger said.

After the Washington Open this weekend, the Wildcats will be heading south to the Pacific Swimming Conference. Teams from all over the nation will be competing in Long Beach, California on Feb. 9-11.

The Washington Open will be held Feb. 2-4 at the King County Aquatic Center in Federal Way.

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FOR RESERVATIONS CALL: 1-800-557-7829
by Tim Borotoff
Sports editor

Missing only one day of work in a year is commendable. Gary Smith, former head athletic trainer and tenured physical education pro­fessor, missed one day of work due to illness in his entire 33-year career at Central. On Wednesday, November 22, Smith underwent surgery to replace a torn meniscus. He took Thanksgiving Thursday and Friday off to recuperate before coming back to work on Saturday.

"I've never had a sick day until the surgery," Smith said.

Smith said he initially injured the tendon five years ago while taw­ning and splitting firewood. In 1999, Smith re-injured his arm trying to pick up an injured football player in the training room.

Now, he is gone. With little fan­fare, Smith quietly retired from Central over the winter break.

"I've loved every minute of it, but I'm done now," Smith said.

He considers himself lucky to have had many different experi­ences in his life.

To gain focus and proper per­spective on life, Smith joined the Marine Corps after graduating from high school in Michigan.

"Out of high school, I wasn't motivated to do anything," he said. "I saw 90 percent of my life to the Marines for giving me a sense of discipline."

After serving his country, and with newfound direction, Smith enrolled at Northern Michigan University. He took a class in ath­letic training out of curiosity and immediately liked it.

Smith has always been involved in athletics. He turned out for foot­ball and track in high school and competed in track at Northern Michigan.

Smith graduated from NMU in 1965 and received his master's degree from Indiana University one year later.

He tells an interesting story that happened to him just before he graduated from IU.

He came home one wintry day after classes to his wife Elizabeth, whom he married in 1961. There was more than three feet of snow on the ground.

Elizabeth told Gary she wished they were in some place warm, like Hawaii maybe.

Little did she know, Punahou High School in Hawaii had just offered Gary a job as their head trainer.

Within minutes of opening, the training room in Nicholson Pavilion becomes packed with athletes in need of attention.

The Smiths accepted the offer and lived in Hawaii for three years before Central lured them away from the Aloha State.

"Central had and still has, a win­ning tradition and the greatest coaching staff in all our sports," Smith said. "I never regretted com­ing here for a minute."

In 1978, the Los Angeles Lakers called Smith and offered him the position of head trainer of their bas­ketball team. Smith turned them down.

He said he's seen friends who have lost their jobs as trainers in professional sports through no fault of their own.

"The job security at that level isn't very good," he said. "When they fire the head coach, the trainer usually gets fired too. When the new coach comes in, they usually bring in a new staff, includ­ing a trainer." Smith has seen many changes since coming to Central in 1964, including advancements in sports medicine.

When Smith started his career as an athletic trainer, magnetic reso­nance imaging (MRI) wasn't avail­able. Today, for about $800, MRIs can reveal ligament injuries in an hour. To test for ligament damage 30 years ago, a doctor injected a special dye into the bloodstream of the injured area (usually the knee or shoulder). Then, X-rays were taken. If there was ligament damage, the dye would reveal it on the X-ray.

Because this technology wasn't available, knee joint injuries were usually diagnosed as medial collat­eral (MCL) sprains. Now, knee injuries (one of the most frequently occurring serious sports injuries) are identified as anterior cruciate (ACL) tears accompanied by a sprain or tear of the MCL.

Smith said this injury is called the unhappy triad because the ACL, MCL, and the meniscus, the carti­lage in the joint, are injured. Surgery is needed to fix the tears to the ligaments and cartilage.

With the advancement of surgery and physical rehabilitation proce­dures, and the physical advance­ment in today's athletes, Smith said the recovery time from this injury has decreased dramatically.

"The down time 30 years ago was to take at least a year off. It may have even been career threaten­ing," Smith said. "Now, it's more like six to eight months, and they're back where they used to be."

Smith witnessed Central's jump from the NAIA to NCAA II in its athletic program and doesn't like some of the effects it has had.

"There are a lot more injuries to our ath­letes because we're not as big as the teams that have been in Division I longer," he said. "Our kids have to get bigger and stronger to beat those teams."

For Central to get the biggest and strongest athletes in the region, Smith believes the athletic depart­ment must continue to hire coaches from the Northwest and Central America.

"[Central alumni] know how hard it is to recruit here," he said. "They know how to do well with what little we have."

Smith believes athletes today are physically superior to those of past generations due in part to an increased emphasis on weight train­ing and proper diet.

"The weight rooms and pro­grams in high school are better than some of the college programs 30 years ago," Smith said.

Smith considers himself blessed to have had many opportunities to work abroad at athletic tournamen­ts.

In 1974, Smith was the trainer for the men's basketball team that travelled to Bogota, Columbia for the Cup of Nations tournament. The team played in a dark and cold arena where the players could see their own breath as they exclaimed.

"Traveling around the world, you really get a sense of how other people live — utter poverty," Smith said.

Smith was as a trainer for the United States athletes in Bulgaria for the 1978 World University Games. He remembers witnessing the Soviet armed guards and the barbed-wire fences surrounding the dormitories where the athletes stayed.

Smith had free time to partici­pate in international athletic events until Central added more sports, including women's varsity sports, to the program.

With the new sports came a new training room and a bigger budget. Until then, Smith had been working out of the back of the football lock­ers.

Now, with all 11 Central sports practicing nearly year-round, Smith said the training room is under­staffed with just two full­time trainers. Central's sports programs practice in some capacity the entire year to stay competitive within Division II.

"I can't take care of everybody," he said weeks before he retired.

He credits his assis­tants, Kelli Steele and Erik Amstad, for taking a lot of the pressure off.

Ten of Smith's students in the physical training major got some practical hands-on time by volun­teering in the training room. Smith's students also intern at Ellensburg High School.

On any given after­noon, a visitor will see the training room overflowing with injured athletes and ice bags. There is no room to stand, sit, administer first aid, or interview an injured athlete. It is not uncommon to see athletes sharing training tables to receive treatment.

"I don't think most people fully realize what goes on here and how many hours we work," Smith said. "The amount of work we put in blows my mind.

Within three years, the student trainers will not get the hands-on time they need, Smith said. Too many trainers are competing for the number of jobs available, so nation­wide intervention will take place to curb the number of new training graduating.

The national require­ment of internship programs will be taken away within the next few years.

Central recently named assistant trainer Erik Amstad interim head trainer.

"There is no permanent replacement for Smith," the head coach said. "No one could have the impact that Smith has had in the Central athletic department. However, it is clear that whoever is named new athletic trainer will definitely encounter challenges as soon as he/she accepts the position."

Without a doubt, Smith's shoes will be hard ones to fill.

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David Burnett/Observer
### Intramural B-ball Standings

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University Park | 2 | 0
Hooligans | 2 | 0
Back-To-Nature | 1 | 1

**Open G Wins** | **Losses**
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Dream Team V | 2 | 0
It’s R Turn | 2 | 0
Blow Outs | 2 | 0

**Open I Long Court Wins** | **Losses**
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Death Row Inmates | 2 | 0
Brew Crew | 2 | 0
Larry The B-Ball Legend 2 | 1 | 1

**Open L Long Court Wins** | **Losses**
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“T-Shirts” | 3 | 0
Znetix | 2 | 1
Commodores | 2 | 1

**Women’s E Wins** | **Losses**
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Kim Biles | 2 | 0
Hoopers | 2 | 0
Patty’s Pack | 1 | 1

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### CURRENT PACWEST STANDINGS

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### Observer Classifieds - 963-1026

**DATSUN NISSAN 280 ZX.** Spent $5000 on restoration. Going to school, must sell. Sacrifice $1850

**ISLAND CAMP has great summer jobs for counselors, lifeguards, trip leaders, riding instructors, many more!** Campus interviews February 5-6. Details: Student Employment, Barge Hall, 963-3008 or CAMP SEALTH, (206) 463-3174, campstaff@campfirecpsc.org

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Earn $1000-$2000 this quarter with the easy Campusfundraiser.com three hour fundraising event. No sales required. Fundraising dates are filling quickly, so call today!
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Campus Interviews February 5-6
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835/couple All you can eat Buffet
7-9 pm reservations only
925-3337

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**CLASSIFIED ADS cost $3.50 for the first 15 words. For ads larger than 15 words, the rate is $3.50 plus 20 cents for each additional word per insertion.**
ROSE SHAW, NEW WILDCAT B-BALL SCORING LEADER

Junior center Rose Shaw became Central's new scoring leader after surpassing Sonia Swan's record of 1,001 points last Thursday. Shaw now has 1,015 points. See the story on page 15.

WILDCATS: On the road again

Continued from Page 15

"It wasn't a great shooting expedition, but they played through it and made plays when they had to," said Sparling.

The win puts the Wildcats in a tie for second place with Seattle Pacific University and only one game behind conference leader Western Washington University.

The Wildcats are on the road again this week to take on Western New Mexico (1-18) and Montana State University-Billings (13-6). MSU-Billings has a 13-1 record on their home court.

"We have a lot of confidence going into these road games," Thompson said. "I think we can win out."

WINLESS: Mustangs 0-17 on the season

Continued from Page 15

game road show this week playing Western New Mexico University today and Montana State University Billings on Saturday. Western New Mexico has yet to win a game this season and is the youngest team in the league.

Central has already beaten Montana State Billings this season with a score of 78-63 when the two teams met at Nicholson Pavilion on Nov. 30.

Tonight's game will be broadcast live over the Internet, courtesy 88.1 The 'Burg at 5 p.m. The web address is www.cwu.edu/-kcwu. Saturday's game can also be heard on 88.1 at 5 p.m.