A healthy dose of education

by Tracy Goodrich
Staff reporter

Walking the line while drunk. Getting away from fire. No, it isn’t the newest movie thriller to be released, it’s the Central Washington University quarterly health fair.

The fair is put on by elementary education majors as part of requirements for a HED 446 class. Education students in Mark Perez’s Health Education Curriculum class conceived the idea, rallied the students and gathered at the Kittitas Middle School Gymnasium for an opportunity to educate elementary students about the various topics of health and wellness. This marks the first health fair at Kittitas Elementary, but the fifth time that Perez has done a health fair in the area.

“The principal was very supportive,” Perez, adjunct instructor for the health education department, said. “It was easy to schedule it there.”

The goal of the fair was to teach kids about health and wellness through a carnival-like fair. Central students set up booths on a health subject that was of interest to them in teaching. Booths at the fair this quarter covered topics such as self-esteem, dental care and bike safety.

“The students put it together at their own expense,” Perez said. “Their job is to make it a carnival-like booth.”

That is exactly what it looked like Wednesday evening. The 18 booths were each set up with an assortment of activities. One booth taught kids introduction levels by having them wear “drunk” goggles and challenging them to a game of bowling or to walk a straight line. The booth was sponsored by Helen Shapley and Dora Perez, seniors in the elementary education program.

“We have them wear the goggles and ask them if they could drive,” Shapley said.

After bowling just one time with the goggles on, many kids wanted to practice their skills without the hindering effects of the lenses.

“The kids judge how unbalanced they are and can compare alcohol with no alcohol,” Dora Perez said.

One booth’s theme was fire safety. The booth taught kids various ways to exit a burning house through an obstacle course. The course included feeling a door with the back of your hand, putting on fireman clothing and learning the stop, drop and roll procedure.

“We are teaching about general fire safety because a real fire could happen,” Katie Bell, junior elementary education student and sponsor of the booth, said.

Another booth at the fair was a fitness and health table sponsored by Kelly Raka and RK Rhik Christian, both junior elementary education majors. The booth offered kids a chance to run an obstacle course in an attempt to walk a straight line.

The Wellness Center is a branch of the Student Health and Counseling Center. Its main function is to prevent alcohol abuse and sexual assault. During fall quarter, the Wellness Center sponsored more than 20 different programs in the residence halls.

In the past year it was responsible for 90 educational programs involving 1,800 students.

“It is very surprising to see that it all fits together,” Karina Bacica, senate chair, said.

The Wellness Center is funded by the $60 Health and Counseling Fee that all students must pay each quarter as part of a health education class.

A Central Washington University student talks to a Kittitas elementary student visiting the Health Fair display booth. Central’s elementary education students put on the fair toward the end of each quarter as part of a health education class.

“T"he kids judge how unbalanced they are and can compare alcohol with no alcohol,” Dora Perez said.

Student claims program may not be ‘well’

by George Haxley
and Jennifer McDaniel
Staff reporters

“I’ve never heard of it.” This is the response many students gave when asked their opinion on the Wildcat Wellness Center, located in room 112 of Sue Lombard Hall.

Previously, Wicklund, sophomore political science major, is circulating a petition that proposes a study on the effectiveness of the Wellness Center. Wicklund began collecting signatures at the beginning of winter quarter.

It will continue until Wicklund collects 1,900 signatures, or 25 percent of the student body. He then plans to present the petition to Charlotte Tufts, vice president for student affairs and enrollment management.

If the requested study shows that there is no demand for the center, Wicklund believes its funding should be cut.

“Only as a result of hundreds of conversations I’ve had with Central students and many hours of research about this topic do I feel comfortable postulating the contents of this petition,” Wicklund said. “I want to make it clear that I have no vested interest here. I’m working on this for my fellow students.”

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It has a budget of roughly $150,000 per year.

“Our main focus here is awareness,” Nicole Otto, health education coordinator, said. “We are now post­ ing a quarterly newsletter in the SUB, the Health Ed. Building, Burton Hall, Barto Hall and Tunstall.”

Upcoming Wellness Center events include free yoga classes, Condor Week and Body-Image Week.

Money, it’s great to have and a drag to have. And for Central Washington University’s clubs and organizations, these sentiments couldn’t be closer to the truth. Beginning fall quarter 2002, Club Senate’s travel budget for all club related activities still stood at $40,000. The budget has plummeted to a remaining $4,000 for spring quarter.

Club Senate, the representative body for all clubs and organizations under the Associated Students of Central Washington University Board of Directors (ASCWU-BOD), functions as a resource for club funding. Every other Thursday of fall, winter and spring quarters, the senate evaluates funding requests made by individual clubs.

The Senate is a democracy whereby a senator from each club is allowed to vote for full, partial or no funding per request.

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See FAIR, page 4

See CLUBS, page 3

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Police Briefs

by George Howley Staff reporter

Fill er' up
3 p.m. Feb. 20

A 19-year-old man left his wallet in the Samuelson Union Building. Someone picked it up and used his debit card to buy some gas. The total loss was $30.

Can you hear me now?
Noon March 3

A 24-year-old student’s cell phone was stolen from somewhere let in the Samuelson Union.

Fetal eight-count
12:11 a.m. March 7

Officers arrived at the 900 block of East 11th Street in response to a possible case of alcohol poisoning. The officers found a young woman covered in vomit, lying in the fetal position under a desk. Officers were told that she consumed eight shots of vodka. She was taken to the hospital and issued a citation for minor in possession.

The truth hurts
10:30 p.m. March 7

Officers were on the 900 block of East 11th Street, when a white male jumped in front of them. He was clearly drunk, so the officers asked if he was 21-years-old. The man said “no.” Officers then asked how much he had to drink and he responded, “a lot.” He was issued a citation for minor in possession.

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Calling Connection rings in the dough

by Ryan Knee Staff reporter

Almost everyone at Central Washington University has had a telemarketer call during dinnertime at least once in their lives. Many respond to these calls with a quick hang up, a smart comment or a curt, “Not interested.”

Central Calling Connection is a calling center where students call and ask alumni, parents and current students for donations. So before deciding to harass the caller by asking his home number and what time he eats dinner, try to hear him out.

Central Calling Connection has raised hundreds of thousands of dollars for Central students since 1998. Employees call alumni and ask them to donate money to the respective college they earned their degrees from at Central. These donations help current students in many ways. The Calling Connection has noticed that the parents of current students are the most giving.

“They are the most generous,” Mike Smith, programming coordinator, said. “The money that the parent donates goes to a scholarship fund called The Quality of Life Campaign.”

The Quality of Life Campaign helps support many things around campus such as Safe Ride and the funding for some clubs. It raised some of the money for David Spade to visit Central last fall.

Parents and alumni aren’t the only donors. The Calling Connection has a scholarship program called the Senior Gift Scholarship, which is exclusively for Central seniors. The Calling Connection raises money from outgoing seniors to set up a scholarship for the upcoming seniors. Many students come across financial hardships in their final days at Central and need a little extra help. This scholarship is given out based on financial need, not academics. Prospective students are also on the call list for the Calling Connection center.

“We call students who have shown interest in attending Central. We call them to see if they are still planning on coming here and tell them things they will experience in their first year here,” Duane Shimogawa, Calling Connection employee, said.

The Calling Connection Center raised a total of $210,000 last year and has set the goal for this year at $260,000.

“Right now we are 26 percent ahead of where we were last year,” Smith said.

There are 30 student callers working at the Calling Connection and five student supervisors.

“I have worked here for four years. You get paid to talk on the phone, and you have opportunities to move up,” April Williams, supervisor of the Calling Connection, said. “It’s not hardcore sales.”

The Calling Connection staff call from 6:30 p.m. to 9 p.m. during the week and from 5:30 p.m. to 8:30 p.m. on Sundays. The Calling Connection is closed on school breaks and holidays. For those who haven’t been called and wish to donate, go to Central’s Web site, www.cwu.edu, click on the alumni/donors link and then access the CWU Foundation link.

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How are YOU going to stay safe over break?

No drinking and driving STAY AT MY PARENTS HOUSE
Staying home Student Teaching Stay in touch with family and friends Always have a designated driver Not drinking Not being stupid Wearing sunscreen Don’t drink and drive.

No ALCOHOL AND DRUGS No drugs PARTY MYSELF

Working Living with parents Drinking lots of water Be a designated driver Drive safely NOT LEAVE MY HOUSE

WorKing with family

No use of any substance Be with people that you trust Be careful THINK BEFORE I act

By choosing what I do and who I should do it with. Staying in the residence hall alone

Go to Nashville for a few days I won’t drink The water in Texas

To chill With my family Use condoms NOT BE NAUGHTY

Chill With my friends

Do smart things Hang out with my Grandma Safe sex

Do my things Hang out with my Dad Sleep Be healthy

Be aware of my surroundings Travel and sightsee with others Be responsible

Use my head Travel plans with my “any dad” Be a good driver

Keep it in my pants Going on a mission trip Be responsible Mom and Dad

Use the condoms the Wellness Center gave me. Ao sex Sleep Be healthy

No promiscuous sex Drugs =academics BE A GOOD DRIVER

All responses were given by CWU students in the SUB between March 3rd and 7th.

Sponsored by The Wildcat Wellness Center, 963-3213
Continued from page 1

$1,500 per quarter and $2,000 for the entire year. The funds come out of the Club Senate travel budget which is created from money out of the Student and Activity (S&A) committee. These funds are used for travel, registration fees, hotel costs, advertising, educational supplies and guest speakers. And because they are state funds, they may only be used for club activities that will benefit the university.

With 107 recognized clubs on the Club Senate roster, however, it is doubtful this dwindling budget will last until the end of the academic year.

John Drinkwater, the ASCWBOD advisor, said the budget may be further challenged by an increasing number of clubs. Drinkwater expects that during spring quarter the number of clubs may rise to as many as 120.

"This is a problem," Drinkwater said. "It's frustrating, but it demonstrates a need."

Bacica is seeking two remedies. Under her direction, David Hamilton, Club Senate treasurer and Funds Council chair, established a process this quarter whereby he recommends a 30 percent allocation of the full amount requested for each club funding request. Senators, in voting, either meet these recommendations or go over or below them, depending on the nature of the request. According to Bacica, the senate seems to embrace this arrangement.

Secondly, Bacica plans to submit a supplemental request to the S&A committee for further funding. Bacica is unsure of the amount she will request because of the ambiguity of future club numbers.

Bacica does know, however, that the process to submit the request and receive the S&A funds will be long. Because this is a biennium year, each campus department is submitting its biennial funding request to S&A. Therefore, Club Senate will have to wait until all biennial requests are heard before its supplemental request is heard.

It could be as late as mid-spring quarter before Club Senate might receive additional funding. "Funds will be more stringent and the S&A committee will be less reluctant," Bacica said.

Drinkwater said that three to four years ago there were only 80 recognized clubs on campus. He said he has observed a heightened desire among students to be more active and involved.

Scott Drummond, Club Senate adviser, said the drop in funds is a sign Central clubs are doing great things. "They (the clubs) are victims of their own success," Drummond said.

In the meantime, clubs are doing their best to conserve and have become more aware of their situation. Bacica said she senses the disappointment in the eyes of senators as they leave Club Senate empty handed.
Vandals cause a stink
by Emily Duplexis
Staff reporter

What goes up must come down. Or is it what goes down must come up? Questioning the laws of physics seems to be a common occurrence in the residence hall bathrooms these days.

Problems with residence hall plumbing appear to stem from vandals purposely stuffing paper towels and different types of paper products down the toilet. These acts of vandalism have been reported since November and are predominately occurring in the male facilities late at night.

“There have been at least eight incidences in the Bassetties and north campus where extensive plumbing was necessary,” Stacy Klippenstein, residence life and new student services director, said.

Each time a toilet becomes clogged it presents a burden for students who live in the residence halls because of the noise involved in the plumbing procedure and flood damage.

In most cases, Facilities Management has been forced to close the entire bathroom because of possible flood damage and complications with the work necessary to fix the clogged toilet.

“Most of the time we have to take off the entire toilet and insert cameras down the drain to see where the problem has started,” Bob Hendrickson, Facilities Management maintenance supervisor, said.

This extensive process takes about five hours and is putting a damper on Facilities Management.

“We have better things to do to help the residence halls,” Hendrickson said.

So far, these “toilet clogging vandals” have cost the residence halls more than $5,000 in damages and maintenance fees. With this type of unexpected cost, Klippenstein expressed concerns in maintaining a fixed rate for students in regard to housing fees.

“I feel bad for the residents that have to deal with something like this. I especially feel bad for Facilities Management because it is so disgusting,” Jessica Ballard, Meiner Hall resident, said.

Residence staff is increasing night rounds and checking the bathroom condition periodically to prevent any further damage to the plumbing or toilets.

Residence staff would like to flush this issue down the toilet and encourages anyone with information concerning these acts of vandalism to contact Housing Services at 963-1831.

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E-mail: WECF2003@aol.com

Sponsored jointly by the Washington School Personnel Association and the Washington State Placement Association

FAIR: Health event held quarterly

The Central Washington University Conference Program has several temporary conference service assistant positions available. These positions are expected to begin the work of finals (no later than June 14, 2003) and will terminate on or before Sept. 20, 2003. Preference will be given to student employees, temporary employees and persons who are currently enrolled spring quarter of 2003 as full-time students with plans to enroll as full-time students at Central during fall quarter of 2003.

Confidential duties include: sweeping; mopping; vacuuming; dusting; laying out conference service assistant positions available. These positions are expected to begin the work of finals (no later than June 14, 2003) and will terminate on or before Sept. 20, 2003. Preference will be given to student employees, temporary employees and persons who are currently enrolled spring quarter of 2003 as full-time students with plans to enroll as full-time students at Central during fall quarter of 2003.

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Campus groups question funding committee’s allocation procedures

by Ryan Knee
Staff Reporter

Central Washington University prides itself on diversity and equality for all students. Several campus organizations affiliated with the Diversity Center claim that they are not being given financial equality.

The Student and Activities Funding Committee (S&A) recently denied the Black Student Union’s (BSU) request to receive money for a club trip. The BSU was planning to take an “expanding your horizons tour” to New York City, where members could visit museums and various black colleges such as Howard University. The BSU was also invited to be guests on Black Entertainment Television’s show “106th and Park.”

The BSU wanted to make the trip to New York a historical trip so members could present what they learned during next February’s Black History Month.

The BSU had 27 students prepared to go on the trip with its cost estimated at $15,000. Now plans have come to a screeching halt.

“I’m not mad about this, I’m just confused,” Cindy Figueroa, BSU president, said.

Figueroa’s confusion is based on what other clubs on campus are receiving from the S&A. Figueroa presented her proposal to the S&A and received compliments from other students on the proposal’s organization. Figueroa heard about her rejection through another student instead of the S&A itself.

“I’m dealing with a committee that has millions of dollars and didn’t give us an explanation or any justification,” Figueroa said. “It is a slap in the face.”

The S&A bases its decision for funding on what it thinks are necessary activities for the organizations. “It was not an easy decision,” Sean Soth, chairman of the S&A, said.

The S&A said it rejected the BSU along with other groups because it wants to establish limitations on funding. The S&A can’t give funding to all groups for the amounts of money being requested. The S&A feels if it funds one group it must fund all others and that simply can’t happen.

The S&A is funded completely by student dollars. All of the money goes back to student organizations and to several services for Central students.

According to Soth, the BSU requested $10,000 and Movimiento Estudiantil Chicano de Aztlan (MEChA) planned to ask for $14,000 for their respective organizations. Both were denied for the requested funding. Those figures are more than triple the available funds the ESC can provide.

The S&A committee granted the Gay, Lesbian, Bi-sexual, Transgender, Straight Alliance (GALA-GLBTSA) $6,400 for a conference in Riverside, Calif., that deals with lifestyle issues for college gay communities.

Figueroa asked Jack Baker of S&A why GALA-GLBTSA was granted the money and BSU wasn’t. Baker said that it was a mistake giving GALA-GLBTSA the money the way they did. Baker knew that after GALA-GLBTSA received the money, the S&A would be bombarded with funding requests.

“We should have handled the situation differently,” Baker said.

MEChA had planned on going to a national MECHA conference at UCBerkeley but decided not to even apply because they knew their request would be turned down.

“It got to a point where they were turning down everybody,” Jon Stauser, president of MEChA, said. “I knew it wasn’t going to happen.”

Figueroa said she doesn’t believe the BSU’s needs are any more or less important than anybody else’s, but members are confused about why they were refused.

Wildcat news bites
Compiled by Megan Wade
Asst. News editor

DEC MARKETING TEAM QUALIFIES FOR INTERNATIONAL/NATIONAL COMPETITIONS

Central Washington University’s Chapter of Delta Epsilon Chi (DEC) competed in a State Leadership Development Conference last week and was the only university to have all its members qualify for national and international competitions in April. Members took home three of the top 10 scores, including the top score in the Marketing Expertise Exam at the conference, which was held in Everett. DEC will be defending its national title April 11 through 16 in Louisville, Kentucky. The DEC team welcomes any financial support to offset the expense of the trips. Contact DEC adviser Hall Chandler for information.

FACULTY SPEAKER SERIES

Professor Keith Lewis of the Art Department will present “Randy Bullock: Grandma’s Brooch as Sexual Emissary” at 4 p.m. to 5:15 p.m. today in the Science Building room 216. Call 963-1558 for more information.

FILM SERIES

The Progressive Student Union will sponsor a viewing of the independent feature documentary of the World Trade Organization demonstrations in Seattle (1999) titled, “This is What Democracy Looks Like,” at 7 p.m. on March 18 in Black Hall room 151. Admission is free.

CITIZEN’S OPEN FORUM

Everyone is invited to attend an open forum public discussion relating to the war in Iraq from 7 p.m. to 10 p.m. on March 21 at the Holm Holmes Community Center. Call 292-2784 for more information.

HAVE A GREAT SPRING BREAK

Classes are back in session on Tuesday, April 1.
OBSERVATION

Procrastination

Kid II, Graduation

Frustrated by the recent results of his teachings, but determined to persevere, Master Television brought in Sensei Internet and Lord Lazy-Friend for additional instruction. Under their tutelage, the art of procrastination was sure to be mastered.

After several concentrated hours of meditation each day through the winter, our hero, Gita Rowntuwit-Latr, is about to put to the decisive test — finals week. He must pass this test in order to earn the coveted "Remote Control," which is needed before graduation from the prestigious Procrastination University is considered.

Each teacher offered one last piece of advice before sending the adolescent procrastinator on his way.

"Remember young grasshopper, despite the extreme similarities, watch SportsCenter six times per day," Master Television said.

"Just then, Master Television appeared beside the recliner. "Thank you Master," Gita Rowntuwit-Latr said excitedly. "I will study harder."

"Congratulations, Gita, you have passed your test," Master Television said.

"I shall meet all of my deadlines in direct proportion to the amount of TV Land I will spend."

"Yes, my Lord," Gita Rowntuwit-Latr said.

"You must believe that if anything is worth doing, it would have been done already," Lord Lazy-Friend said.

"You are right, Master," Gita Rowntuwit-Latr said.

Feeling well prepared for the test, our hero mounted his steed, Lay-Z-Boy, and headed toward his home of TV Land.

After "dead day" was wasted away, Gita Rowntuwit-Latr was visited by three ghosts; the Ghost of Procrastination's Past, the Ghost of Procrastination's Present and the Ghost of Procrastination's Future.

Visions of failed tests sophomore year, his parents holding a 2002-03 report card with a grade point average, and 666 years of college education were flashed on the television screen in front of Gita. But Gita laughed in the face of the ghosts, saying, "C is for cookie and that's good enough for me," his favorite Cookie Monster song.

Just then, Master Television appeared beside the recliner.

"I will carry it with me always." Upon graduation from Procrastination University, Gita Rowntuwit-Latr, Remote Control in hand, rode Lay-Z-Boy toward the land of Real World muttering the Procrastinator's Creed...

"Yes, Sensei," Gita Rowntuwit-Latr said.

"Yes, my Master," Gita Rowntuwit-Latr said.

"FHM has recently updated its list of the 100 greatest online games; use them wisely," Sensei Internet said.

"I will obey the Procrastinator's Creed, though infinitesimally small, is not exactly zero."

"We are fighting a war for peace," the writer states that she would like "to address the real issue that is being missed." Yet, let us address real issues that are indeed being missed. In the late eighties the administrations of Reagan and Bush were, in fact, friendly towards Saddam Hussein. So much so that the U.S. commerce department has receipts proving that we gave Saddam Hussein biological and chemical materials. In fact, the years between 1982 and 1987 U.S. arms transfers to Iraq were kept from Congress in violation of the law. Assistant Secretary of State John H. Kelly told Congress in early 1990 that Saddam Hussein acted as "a force of moderation" in the Middle East. Let's not also forget that only one week before the invasion of Kuwait, ambassador April Glaspie informed Hussein that Washington had no "opinion on inter-Arab disputes such as your border dispute with Kuwait." Our very own vice president did not see anything wrong with Halliburton and its subsidiaries trading with Hussein while he served as CEO for the company in the late nineties. Any individuals having any knowledge of history knows that Hussein is in no way a Hitler, and any reference trying to do so is just spreading sheer ignorance. Hussein the fourth Reich, I don't think so. Yes, Hussein craves power, yes, Hussein is a bad man, no one on the planet disputes this fact. The question is, are we willing to create further atrocities to oppose a dictator? There were some 160 terrorist attacks worldwide — mostly directed at U.S.-affiliated targets, within weeks of the start of the Gulf War in January 1991, and an estimated 200,000 civilian deaths occurred, largely from disease and malnutrition. Let us also be reminded that Bin Laden and Al Qaeda networks are still out there, and reports that state they are making a comeback with the help of other countries, such as Pakistan, North Korea and Syria, just to name a few, and Hezbollah (the terrorist group responsible for terrorist attacks in Lebanon) networks are working inside the United States. Are all these problems less important than Hussein? As it stands right now, America will face a new record budget deficit (the old record held by the first Bush Administration in 1992), and this is without even calculating in the cost of war with Iraq! As we speak, Congress is being forced to raise the debt ceiling for the second time in just over a year. Would someone like to explain to me how we are going to pay for this war? Add to this a horrible economy, millions without healthcare, unemployment skyrocketing, infrastructure of

Reprinted from the Daily Record, Ellensburg, WA 98926-7435, observer@cwu.edu or by fax at (509) 963-1027.

Letters to the Editor

The Observer welcomes letters to the editor. All letters must be submitted by 5 p.m., Monday before the week of publication. Letters must be typewritten and less than 300 words. All letters must include your name and phone number for verification. Only one letter a month will be accepted from an individual.

The Observer reserves the right to edit for length, style, grammar, libel and matters of taste. Anonymous letters will not be published. Send letters by mail or e-mail to: The Observer, Central Washington University, Ellensburg, WA 98926-7435; observer@cwu.edu or by fax at (509) 963-1027.
Sophomore forward Moriah Hover has helped strengthen the bench of the Wildcat basketball team. As the fifth seed in the NCAA Div. II West Region, the Wildcats will face Montana State University-Billings this weekend in Seattle.

Continued from page 6

our cities in need of major repairs and the very real threat of having our own rights and freedoms stripped away in the name of fighting terror.

I urge everyone, for America's sake, to research ALL the facts so you can make a truly educated decision on this looming war. Citizens are not being told all that they need to know to make an informed decision, and this is perhaps the biggest travesty of all.

Bill Seda
Graduate student
Psychology

Campus parking is still a problem

This is my first year at Central, and I commute every day. I try to leave my house at least 45 minutes before my class starts so that I can find a parking spot. The extra time gives me a chance to look for a spot, or park in a distant lot and walk. I know there is a problem with parking in general throughout the campus, but I feel that if fellow drivers would cooperate and show some respect towards others, this problem would be easier to deal with.

Not only does Central have limited parking, but it seems to me that there are a great deal of inconsiderate people out there driving among us. It's not fun waiting for a parking spot to open, obviously, but to wait for a spot and then have not one, but two people steal a spot from you is not very pleasant. This has happened to me in the SUB parking and just recently in the library lot. It's not that I don't get to the spot fast enough, it's just that other people feel the need to sneak up or dart by my tum signal.

I am not the kind of person to freak out and scream obscenities out my window, though I have seen some people who behave otherwise. Sure it pisses me off, but I don't want to sink to their level of ruthlessness. I just want "parking spot thieves" to realize that everyone has to wait sometime in their life, so just wait your turn. Plus, next time you may not be so lucky, the person you steal a spot from might just have a bad temper.

Kristina Philipp
Freshman
Law and Justice

Thank you to the students of CWU

I am so proud of our students and how they organized and expressed themselves so eloquently to the "Phelps People." The students took the lead and showed the rest of the campus how to do it, by making good responsible choices and speaking with a united voice in passion and eloquence. Nate Harris, in particular, is my hero.

You all took your stand in a non-violent way and made me proud to teach you and work with you.

I was also grateful for your support of THE LARAMIE PROJECT. Again my thanks to all who took a stand. You all rock.

Brenda Hubbard
Producing Artistic Director
Women wow crowd

Cheryl Vendetti opened for Club Central Comedy Night headliner Kathleen Dunbar on Friday, March 7. In Vendetti’s performance, she showcased a wide range of talents which include singing, dancing, and comedy. Comedy Night is held at 8 p.m. the first Friday of every month. Admission is $3 for Central students and $4 for the general public.

Elevated Entertainment

Award winning duo to visit Central

by Kahlan Wiles
Staff reporter

Central Washington University is officially on the music and cultural map with the Indigo Girls and Winona LaDuke set to perform and inform April 14 at Nicholson Pavilion.

The Indigo Girls, along with LaDuke, will be touring colleges on the Honor the Earth Speaking Tour. The tour focuses on Native American environmental issues and alternative energy sources. While the tour is primarily meant to inform, it also includes a 45-minute acoustic set by the Indigo Girls.

The Indigo Girls are Grammy award-winning pop/punk singer-songwriters known for their songs “Closer to Fine” and “Get the Map.” “I was really excited to hear that the Indigo Girls were coming to Central,” Darcy Graybill, senior music major, said. “They are one of my favorite bands, and I can’t believe that they are coming to Ellensburg.”

LaDuke is co-chair of the board for the Indigenous Women’s Network and is program director for Honor the Earth Fund, concentrating on the organization’s regranting program and its strategic initiatives. She also ran as Ralph Nader’s vice-presidential candidate as a member of the Green Party.

“I think that it’s great that they are having powerful, intellectual women who know what they are doing come and speak at Central,” Erin Lambert, senior public relations major, said. “Usually they only have male guest speakers, so I think this will be a good change.”

“I think the Earth is an organization that supports front line Native American environmental issues. The Indigo Girls have worked with Honor the Earth in the past by having benefit concerts to raise funds and awareness for Native American issues and environmental causes. The more we looked at the cause, the more we liked it.”

— Scott Drummond, Campus Life director, said. “It’s a nice mixture of information and entertainment.”

With the tour only stepping at six other schools in the country, Central is sure to gain national attention from the event.

“Of course the high profile people will help promote Central, but that’s just icing on the cake,” Drummond said. “The goal is to feed the college and the students, to feed the soul of those who will be attending.”

The Honor the Earth Tour will also give students a chance to ask questions to the Indigo Girls and LaDuke concerning Native American Rights and environmental issues.

Tickets, which went on sale March 12, are available in the Samuelson Union Building. Prices are $5 for Central students and $10 for general admission.

The truth is, without cuddling you aren’t going to get to “play.” Sacrifice a little and you will be handsomely rewarded as your girlfriend compliments your manhood.

He Said: Cuddling is about as useful as watching a porn with your hands tied behind your back and unfortunately for men, sex (that you don’t pay for) does not come a la carte. Instead, men are forced to engage in ridiculous displays of affection such as “cuddling” to justify the act of screwing as worthy of being referred to as “making love.”

Even though the Bible hasn’t quite worked its way on to my reading list, I believe that man has suffered from this dilemma ever since Eve got done riding Adam’s forbidden snake. Adam only had God to turn to for advice, you have been blessed with me.

Cuddling has been so ingrained in our society that the only way we are going to stop this horrific ailment of mankind is to take a cue from President George W. Bush and declare a “war on cuddling.”

If my desire for war is as popular as Bush’s, then your only cure is a life of masturbation. Or you could always just make a compromise with your girlfriend. Maybe allow her 10 or 15 minutes of cuddling after sex before parting ways to dream about skinnier and bigger breasted women for the duration of the night.

But yeah, who really wants to participate in active communication with the opposite sex that doesn’t involve how amazing you are or how you are the biggest she has ever seen?

She said: My girlfriend always wants to cuddle after sex, but I just want to get some sleep. What should I do?

He Said: Cuddling is about as useful as watching a porn with your hands tied behind your back and unfortunately for men, sex (that you don’t pay for) does not come a la carte. Instead, men are forced to engage in ridiculous displays of affection such as “cuddling” to justify the act of screwing as worthy of being referred to as “making love.”

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But yeah, who really wants to participate in active communication with the opposite sex that doesn’t involve how amazing you are or how you are the biggest she has ever seen?

She said: If your girlfriend is willing to spread her legs for your sorry ass, don’t you think the least you could do is hold her for 10 minutes and remind her that she isn’t a $2 prostitute? Obviously you both have at least a shred of respect for each other or you wouldn’t be doing the horizontal tango, so what I can’t figure out is where this lack of concern for her feelings is coming from. For 30 minutes (probably a little less for you), your girlfriend is going to give you up for just a few more minutes?

The truth is, without cuddling you aren’t going to get to “play.” Sacrifice a little and you will be handsomely rewarded as your girlfriend compliments your manhood.

But if you tell her about your qualms with cuddling you will, without fail, feel the cold winds of celibacy. So really, the question is: do you want to continue raising Trojan’s stock or simply lose your girlfriend? Because honestly, I’m not sure which is worse.

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You tell us

What are you doing for Spring Break?

“I’m going to Hawaii and going surfing.”
— Stephanie Paddock, freshman, pre-med

“Going home to catch up on sleep and maybe do a painting.”
— Julie Tart, junior, graphic design

“Go home, go fishing.”
— Jason Beck, senior, aviation

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Figuring out finals week

Finals week is looming on the horizon for students as last-minute cramming and sleep deprivation become a way of life. Scene focuses on helping students get through this scholastic hell week.

Binge studying

by Ben Davis
Staff reporter

Baseball may be America's pastime, but at Central Washington University, alcohol consumption is the diversion of choice. With the coming angst and irritation of finals week, the reasons that Central students drink, range from relieving stress to escaping from the everyday frustration of college life.

"A little bit of alcohol can make someone feel good," Dr. Art DePalma, student health center physician, said. "But too much can have a negative effect on one's memory." DePalma said that alcohol disrupts the brain's information gathering process.

"If a person has a drink while studying, he (or she) may not be able to retrieve the information as well," DePalma said.

Approximately 80 percent of students at Central drink, according to a survey done by the Wildcat Wellness Center. Gail Farmer, director of the wellness center, said the survey included roughly 10 percent of the student population, and half of those surveyed were under the age of 21. Although some students drink prior to finals week, most wait until the quarter is over to indulge themselves.

"This weekend I'm not going to drink at all," James Walker, sophomore undecided major, said.

However, Walker said he wouldn't rule out drinking when finals are over. This is a sentiment felt by most students, according to local bars such as The Mint.

"We expect business to pick up steadily as finals get over with," Pyper Stever, The Mint manager, said.

Stever said that this has proven particularly true at the end of winter quarter since the break is shorter than others. And although many students leave to party elsewhere, many stay in Ellensburg rather than going home or traveling to someplace exotic for spring break. No matter where students are, however, they will inevitably drink, and some may have to face the consequences in the form of a hangover.

DePalma said that the only real way to cure a hangover is to get lots of rest and drink lots of fluids.

"The best way to cure a hangover is to treat the symptoms," DePalma said.

Hangover cures for those devilish students

Sex — Working up a post-bar sweat between the sheets will help eliminate toxic fluids.

More alcohol — A hangover is actually alcohol withdrawls, so wake up and pound another one.

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Don't smoke — Not only does smoking kill you, but as an added bonus, it causes a worse hangover.

Ginseng — Nature has made many sexy plants. Ginseng is not only legal, but cures a hangover.

Information courtesy of www.hangover.com

The Department of Residence Life and New Student Programs, and the Department of Housing Services recognizes the efforts of our staff and the outstanding service they provide to the entire Central Washington University community. These individuals, Resident Assistants, Building Managers, Resident Directors, Apartment Managers, Student Support Staff, and Professional Support Staff comprise a dedicated team who continually focus on improving our living/learning environments and who demonstrate why PRIDE HAS A PLACE at CWU.

ALMONTY
Kathryn Sand
Josh Fike
Billy Janssen
Heather Horsley
Ben Kelley
Jessica Pence, Bldg Manager

BARTO
Stuart McCurdy
Molly Jurgensen
Matt Spray

BECK
James Hogan
Angela Giles
Shiwata Probst
Zac Hymes
Mark Green, Bldg. Manager

CARMODY/MUNRO
Melina Prior
Mark Brennan
Kelly Meyer
Angela Oska
Eric Radcliffe
Andrew Amrine, Bldg. Manager

COURSON
Kellie Johnson
Lupe Hutton
Scott Fulp
Joe Saladinio
Arturo Suarez
Paul Guerrero, Bldg. Manager

DAVIES
Randy Waddell
Michelle Turner
Mandy Harter
Aaron Miller
Seth Miller, Bldg. Manager

HITCHCOCK
Cara Perkins
Mike Zimpal
Tyler Critchlow
Casey King
Sunny Bell, Bldg. Manager

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Cody Herington

KENNEDY
Rebekah Vaghese

MEISNER
Justin Ocker Dillard
Andrew Bowman
Amy Lunden
Dale Walsad
Emily Christensen, Res. Hll Dir.

MOORE
Michelle Rose
Doug Fulp, Bldg. Manager

MUZZALL
Mike Volth
Julie Holstad
Eric Mettler
Katie Hagen
Jeff Rosenberry
Talia Eaton
Jarrett Stock
Nicole Finn
Cesar Bernal, Res. Hall Dir.

NORTH
Ben Tabayoyon

QUIGLEY
Jon Cocks
Mike Ratcliffe
Amy Lepore
Johnny Hun
Ariel Sencil, Bldg. Manager

Support Staff
Christine Lucier, Peer Mentor Intern
Katelynn Daniels, Student Assistant
Trina Rabel, Student Assistant
Emily Duplessis, Student Assistant
Johanna Knapp, Student Assistant
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Melissa Colvig, Student Assistant
Charise Apken, Student Assistant
Chris Apken, Student Assistant
Lauria Jordan, Office Assistant
Sally Romanowski, Help Desk Srprsr.
Michael Buckminster, Computer Lab Mgr.
Michael Bane, Fitness Center Mgr.

Apartment Managers
Adrienne Barrett, Anderson
Noah Goodrich, Brooklane A-G
Sarah Gail, Brooklane H-M
Haley Williams, Getz-Short & Campus Court
Yong Hee Kin, Student Village A-D
Adam Shields, Student Village E-F
Jeanne Kellet, Whasie
Sav yes to spandex

Work off finals week stress by doing Yoga in Barto lounge

by Tessa Staveley
Staff reporter

Dark circles underlie sleep deprived and bloodshot eyes like Tammy Paye Baker's mascara in the morning. Caffeine-saturated students scamper from a cram study session to a chemistry final though a quad-shot mocha was interminably feeding into their bloodstream. Hysteria sets in as procrastinators struggle against the end-of-the-quarter pressure. Finals week is nearly upon us.

Yoga, in all its spandex glory, is a useful technique to release stress and wind down from testing trauma. What better time than Mardi Gras afternoon and pre-final jitters to bend and stretch stress-laden extremities into a pretzel-like shape? "I think yoga is just awesome," Megan Frost, junior nutrition major, said. "It's been totally relaxing and a good way to wind down from all the homework."

Wander into Barto lounge on Tuesdays and Thursdays between 7:30 p.m. and 8:15 p.m. and you'll find the floor littered with deep stretches. "I don't believe in yoga," John Mack, freshman secondary education and fitness major, said. "Those experiences in the ways of relaxation are quick to offer advice to the limber and yoga lorry. "It's a totally peaceful relaxation. Everything is at your own pace," Tim Maples, senior health fitness major, said. "And if you're single, it's a good place to go to pick up girls."

Yoga sessions will be held in Barto Lounge until March 18 and will resume next quarter on April 8.

It might be hard to relax even when in the middle of a contorted Yoga position when the reasons for stress are unknown. The Wildcat Wellness Center advises students to learn how to manage stress by knowing what causes hair-pulling behaviors. Whether students want to admit it or not, their actions are often to blame for the increased level of stress over finals week. "One of the biggest stressors for students is procrastination," Nicole Otto, health coordinator and graduate student, said. Stop by the Student Counseling Center, located at 11th Avenue and Poplar Street, or call 963-1391 to get help identifying the causes of irrational behavior and other areas of one's life that need additional attention. Combine these options for a less-stressful finale to the quarter.

photo illustration by Lindsey Jackson/Observer

Amanda Johnson, who instructs yoga in Barto lounge Tuesdays and Thursdays, encourages students to stop and breathe.

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Bananas can be a part of a nutritious breakfast that may result in better test-taking performance.

Brain food benefits

by Risa Fidler
Staff reporter

Instead of scarfing a Butterfinger and sucking down six cups of coffee on the way to a final, try opting for a healthier, more beneficial approach.

Eating breakfast has long been linked to better mental performance in school. Certain foods, in fact, increase the odds of doing well on finals.

"Good foods to combine and increase energy and overall alertness are whole grains, fruits, vegetables and proteins," Judy Heesacker, nutrition consultant, said. A good breakfast is a vital component for increasing the focus and concentration necessary for test taking according to Heesacker. "I always try to eat breakfast before a big test," Bridgette Hahn, senior English major, said. "I usually eat Special K cereal and a banana or a bagel with cream cheese."

Heesacker would consider this to be a good breakfast example because it combines grains, fruit and proteins. Another example would be whole grain cereal with skim milk, or whole grain toast with a little bit of margarine and some fruit.

According to Paige Hohn, a nutrition graduate student, margarine is beneficial because fats increase energy and are the only nutrients that tell the body that it's full.

"Students should add fatty foods like butter, cream cheese and fiber to their breakfast diet," Hohn said. Carbohydrates give the biggest energy boost and are the best source of glucose. However, carbs must be carefully selected.

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Brain food benefits

GET TO KNOW THE BOD.....

This week's featured officer: David Uberti
Vice President for Academic Affairs

Class standing: Junior

Goals after graduation: Teach high school History, coach track and football.

Hobbies: Playing the guitar, track and field ("throwin' the hammer"), fishing, crabbing, water skiing, and hanging out at Hood Canal.

Quotes to live by: "If you judge people you have no time to love them." -Mother Theresa and "What consumes your thoughts, controls your life.

Favorite TV shows: The Simpsons and Sports Center

CD currently in stereo: Something Corporate, Chevelle and Project 86

Biggest accomplishment: Making it into Central Washington University.

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Brain food benefits

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Bananas can be a part of a nutritious breakfast that may result in better test-taking performance.
Continuity will help to avoid cramming

by Natalie Bing
Staff reporter

It’s the last week of winter quarter, and as the saying goes, “all good things must come to an end.” In this case, the end comes in the form of a multiple choice, short answer or essay exam. For many, finals week is a time of sheer panic when all that was expected to be learned is compacted into a 3.5 inch by 11 inch piece of paper. But panic can be avoided with preparation.

“First of all, you should study in the same place every time,” Robert Sorrells, professor of educational psychology, said. “You will begin to associate that place with your ‘thinking place.’” Sorrells is researching improving instructional techniques, including proper ways to study in order to retain the maximum amount of information. He explains that when students study in the same place and find their “thinking place,” they can mentally go back to that thinking place and retrieve the information.

“I lock myself in my room for an hour or so everyday,” Kristi Hayes, senior elementary education major, said. “That way I don’t have to cram for finals.” Sorrells recommends studying over an extended amount of time. This way, the information is actually learned instead of going into short-term memory and being forgotten.

“It is much better to study for a class one hour every day than to study five hours in one day,” Sorrells said. Another powerful tool to studying is to reorganize notes taken from class. Sorrells suggests rewriting notes and then filling in gaps of information from the textbook. Then reorganize the notes again and take notes on those notes.

“By summarizing the sections of your notes and then summarizing your summary, you are establishing very strong connections in your memory,” Sorrells said.

Study groups can also be helpful when preparing for a test. “Just talking about the material with people helps to process it,” Sorrells said. There are many other ways students can help improve the final grade of a class.

Taking notes in different colors, writing out practice essays, reading the material out loud and trying to connect what is being taught with real life can help.

“I try to stay away from studying late at night,” Mike Anderson, junior undeclared major, said. “There’s enough stress during finals.”

Eight hours of sleep won’t do any good if these hours begin at 4 a.m. after a night of binging drinking and bong taking.

“Don’t eat a lot just before a final,” Holm said. “Physically preparing for a test may not be as important as you think it is.”

By not preparing, students can help improve the final grade of a class.

Lacking Zs will lead to “Fs”

by Shaye Bredeken
Staff Reporter

With finals lurking in the near future, it comes time for students to decide whether to start studying now or wait until the night before the final wasting hours that could have been dedicated to sleep.

“If I cram I usually just forget it anyway,” Karl Huether, sophomore math education major, said. “I go to bed early normally, but especially when I have a test the next morning.”

Every student has different ideas about studying for a test, but what happens when a student decides to put it off until the night before, staying up until the wee hours of the night and getting only a few precious hours of sleep?

“One night of sleep loss will not impair you that much if you drink enough coffee or some other kind of stimulant to keep you going,” Robert G. Johnson Jr., physician at Family Health Care of Ellensburg, said. “However, your memory may not be as good.”

The British journal “Occupational and Environmental Medicine” found that people who get behind the wheel after 17 to 19 consecutive hours of being awake drive worse than people with a blood alcohol level of .05 percent. The journal also cautioned that people who get too little sleep may have higher levels of depression, anxiety and stress.

“My study habits vary depending on which subject I’m studying and how well I know the material,” Genevieve Weber, junior broadcast journalism major, said. “If I don’t feel prepared, I study until very late and get up early to cram.”

A student’s sleep habits may suffer when they are experiencing high levels of stress and anxiety during finals week. Some students turn to sleep aids like Tylenol P.M., or Simply Sleep, without any knowledge of their effects. Non-medicated sleep aids can be purchased at any local grocery or drug store, but are they a good alternative to natural sleep?

“Sleep aids interfere with your REM sleep, which is the most important part,” Johnson said. “Sleep aids on a constant basis are not recommended.”

Johnson suggests that students stick with the standard eight hours of sleep so that they will not risk impairing their testing skills during finals week.

Food: Coffee during finals causes trouble

Continued from page 10

“Whoa, grain bread, crackers or cereal are good choices,” Heesacker said. “Stay away from anything that has refined white flour in it because it metabolizes a lot faster than other carbohydrates, and these will lead to a significant bump and then dip in blood sugar, which leads to feeling sluggish.”

Caffeine stimulants such as coffee, soda and caffeine pills should be avoided, because too much caffeine can make people unable to concentrate.

It is also important not to eat too much before taking a final.

“Don’t eat a lot just before a final,” Holm said. “Physically speaking, your stomach will rob your brain of blood, so it’s important to not be too full.”

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Women make it!

by Takeshi Kojima
Staff reporter

For the Central Washington University women’s basketball team, the four-game winning streak is proof of the team’s unity and confidence. Team members are coming together at the end of the season, just in time for the playoffs. The team hosted Humboldt State University (HSU) last Thursday and won 78-67.

The win also means that the seniors get to extend their college basketball careers to this weekend’s NCAA Division II playoffs. For the playoffs, the team has to be ranked at least eighth in the West Region. The Wildcats hosted Western Oregon University (WOU) to guarantee their seat in the playoffs as their final regular season game.

Losing Wells and Weiss to injuries was a burden to other players on the team. "I knew that we were unhealthy going into the game," Whitney said. "I’m having Careo and Lindsay sit next to us. We played losing one best rebounder (Wells) and one best scorer (Weiss).

Martin scored 19 points and grabbed four steals and Kautzky earned 17 points and four steals.

"I knew that even though we lost to them, it’s a revenge factor going for us." Whitney added.

The game will start at 5:30 p.m. on Friday at Seattle Pacific University’s Royal Brougham Pavilion.

The NFL’s Chicago Cardinals move to St. Louis.

by Jonathan Gordon
Sports Information Director

Nine student-athletes, including five wrestlers and three swimmers, will represent Central Washington University on the national stage at their respective NCAA Division I Championship this weekend.

For the Central Washington University women’s basketball team, the four-game winning streak is proof of the team’s unity and confidence. Team members are coming together at the end of the season, just in time for the playoffs. The team hosted Humboldt State University (HSU) last Thursday and won 78-67.

"I thought that even though we lost to them, it’s a revenge factor going for us." Whitney added.

The game will start at 5:30 p.m. on Friday at Seattle Pacific University’s Royal Brougham Pavilion.

Women make it!

Terry “The Legend” Thompson to graduate

This day in history: 1960

The NFL’s Chicago Cardinals move to St. Louis.
Baseball drops four games over weekend

by Conor Glasscy
Staff reporter

It was a long flight home for the Wildcat baseball team.

Central lost all four games to the Mesa State College Mavericks (MSC) in Grand Junction, Colo., over the weekend, dropping their record to 5-9 for the season.

In the first game, MSC came out with their guns blazing, putting up five runs on five hits in the bottom half of the first inning at Suplizio Field. Central lost by a final score of 7-6.

The second game on Friday afternoon followed the same storyline.

"We struggled on the mound," head coach Des Storey said. "We spent the whole weekend trying to climb out of a hole."

Senior pitcher Brandon Klump didn't even make it through the first inning after giving up seven runs on six hits. Junior Jason Kelley and sophomore Rob Stumph relieved Klump, but combined to give up another six runs on 14 hits. Central lost by a score of 13-6.

Over the weekend, nearly every Wildcat pitcher found out exactly how difficult it can be to pitch in Colorado. Junior Kevin Olson gave up seven runs on eight hits in 3.2 innings pitched, senior Paul Williams seven runs on seven hits after 5.2 innings on the mound.

"Our bats started to warm up a little bit," senior first baseman Brian Viafore said. "But we need to pitch well and hit well at the same time."

Viafore and senior outfielder Jake Burns combined for four home runs, each sending two balls deep into the thin Rocky Mountain air.

"I'm seeing the ball pretty good," Viafore said. "Anything hit in the air just goes. It's awesome."

Central's catchers, junior Ryan Miller and junior Scott Wilson also contributed some robust numbers, going 6-for-8 and driving in three RBIs on Saturday.

In the first game, MSC came out swinging, putting up seven runs on eight hits after 5.2 innings pitched, senior Paul Williams allowed seven runs on seven hits after 5.2 innings on the mound.

"I expect our pitchers to rebound," Storey said. "Really, I think our pitching staff is more talented than theirs is. I'm not trying to take anything away from (MSC), but some of the home runs they hit wouldn't have gone out (in Ellensburg)."

The Wildcats lost Saturday by one run (9-8) in the first game and then got obliterated (12-2) in the second game.

"We were hitting the ball really well (during the first three games)," Storey said. "Things are starting to click offensively."

Viafore and senior outfielder Jake Burns combined for four home runs, each sending two balls deep into the thin Rocky Mountain air.

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Central's catchers, junior Ryan Miller and junior Scott Wilson also contributed some robust numbers, going 6-for-8 and driving in three RBIs on Saturday.

In the second game, senior Spencer Stein allowed eight runs on nine hits in 2.2 innings pitched, senior Paul Williams gave up six runs on 14 hits. Central lost by a score of 13-6.

"Our bats started to warm up a little bit," senior first baseman Brian Viafore said. "But we need to pitch well and hit well at the same time."

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Wildcat women winless in weekend tourney

by Jenny Smoak
Staff reporter

Central Washington University's softball team barred defending league champions Humboldt State University (HSU) last week and failed to come away with a win. The Wildcats faced HSU four times and struggled to put up scores on the board.

Coach Gary Frederick said that HSU has played more games this season than CWU and that Wildcat pitching was a weakness throughout the games.

"We hit the ball very well," Frederick said. "Our pitching was not as good as I had anticipated."

With less playing experience and the pitching failing to get results, the Wildcats struggled through every inning.

In one game on Wednesday, the Wildcats were trailing 3-2 entering the ninth inning when HSU scored seven runs in the bottom of the inning.

Freshmen Patty Martinez and Sara Schrock each had a solo home run in the game, but the two runs weren’t enough to take the win. The game ended in a 10-2 defeat.

Senior Heather Lennon hit a single to score the only run in game two on Wednesday. HSU held a 5-0 lead in the fifth inning and ended the game 6-1.

The teams matched up again on Thursday and lost 7-1 in game one and 9-2 in game two.

In one game against Loma Linda University, senior Lolo Ostafika and freshmen Darci Merz added singles in Thursday’s first game, but the team couldn’t catch up to HSU’s lead taken in the third inning.

The Wildcats quickly fell behind to HSU’s early 9-0 lead in game two, but managed to get a few singles from freshmen Rachel Garner and sophomore Shannon Price.

"I played as best as I could," Garner, elementary education major said. "I did my part for the team."

The Wildcats’ game scheduled for last Saturday against Western Oregon University (WOU) was canceled due to rain. The teams have already met once this season with WOU winning 5-3.

The women will be home for their next game against Seattle University on March 13 at 1 p.m. and 3 p.m.

Joe Whiteside/Observer
Freshman pitcher Patty Martinez pitches the ball during a game on Tuesday.

End of the road for men’s hoops

by Christian Neuman
Staff reporter

The Central Washington University men’s basketball team concluded its season with disappointment and frustration.

Last Wednesday the Wildcats traveled to face rival Western Washington University (WWU). Down by 20 points, Central made a comeback half by pushing the game to within four points only to run out of time and fall by four points. The final score was 65-61.

In last Saturday’s game against the Seattle Pacific University (SPU) Falcons, Central raced out of the gates and chased the Falcons up and down the hardwood in an all-out track meet.

The Wildcats shot 63 percent from the field in the first half and gained a 15 point advantage in the second, beating SPU 105-92. With the win, Central may have spoiled SPU’s playoff ticket and chance to be a college basketball darling. "Next to Western, they’re one of our biggest rivals," sophomore guard Kyle Boast said. "It’s a big win for us because we ended on a positive note. Hopefully, this knocks them out of the playoffs."

Central had five players in the double digit scoring column. Junior guard Scotty Freemond lit things up, shooting 10-15 from the field for 25 points, dished three assists and scored one steal.

Senior Greg Martinez, in his final collegiate game, posted 24 points and four steals and one assist.

"It was a fun game. I think everybody was relaxed, ready to play, and really we just tried to score a lot, putting up as many points as possible," Freemond said. "We just wanted to go out with a win for Terry."

Junior forwards Chris Bond and Anthony Lewis played well in their attacks. Bond socked in 13 points, while Lewis pounded in 10 points and passed two assists.

"We came out to compete and take revenge on SPU," Lewis said. "To lose them a third time would not have been likely, everybody stepped up and we were on point."

The fifth player to score in double figures, proven that Central was rolling on all cylinders, was junior guard Kasey Ulin, who racked up 12 points, shooting four of eight from behind the arc.

He dished two assists and caused two steals that led to Wildcat fast break points.

"They beat us the last two previous times we played them," Ulin said. "It was nice to beat them in their own gym. We knew they had to get a win against us in order to see a playoff berth, but that didn’t happen for them."

The Wildcats finished the 2002-03 season, the eighth season for Head Coach Craig Spiegel, with an overall record of 16-11 and a record of 10-8 in conference play.

In the final Great Northwest Athletic Conference standings, Central is tied for fourth place with WWU and the University of Alaska Anchorage.
CENTRAL WASHINGTON UNIVERSITY

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