Students prep for graduation

by Amy Gegoux
Staff reporter and
Emily Dobihal
News editor

Graduation is just around the corner — are you ready? If the answer is no, the Grad Finale event may be able to help.

Setup and sponsored by the University Store, Grad Finale, in its fifth year, is a virtual one-stop shop for graduating seniors.

"The students can get everything done at once," Steve Wenger, University Store manager, said. "It makes it easier for them."

It's a combination of the departments students need to visit in order to prepare for graduation. Representatives from Financial Aid, Registrar, the Alumni Association, Career Services, Campus Life, university giving and the bookstore are on hand to help students. Jostens also has representatives taking orders for such items as class rings and graduation announcements.

Tina Morefield, Registrar services administrative assistant, said from their booth students can check on degree applications, honors information and graduation eligibility. "They'll know if they'll participate with honors," Morefield said. The bookstore is selling caps and gowns at their table. They also offer diploma frames and a new item called a stole of gratitude.

"It's something a student can give to a mentor or financial supporter to say thanks," Wenger said. "The individual wears it at graduation."

Jerrol's also stocks supplies graduates can purchase. "We have graduation announcements, thank you cards, diploma frames, books on how to pursue careers, and more," Rolf Williams, manager of Jerrol's Book Supply Co., said. "One book that I recommend is 'What Color is your Parachute?' by Richard N. Bolles. It is a career guidance book."

If students missed Grad Finale yesterday, it's also open today from 10 a.m. to 5 p.m.

Career options at job fair today

by Aaron Miller
Online editor

With graduation upon them, many Central Washington University seniors are starting to wonder what they are going to do next. Today is their chance to get ahead at the 32nd annual Career Quest sponsored by Career Services, 11 a.m. to 3 p.m. Thursday, April 22 in the Samuelson Union Building (SUB) ballroom and theatre.

With nearly 70 employers from across the northwest offering internships and careers, organizers plan on this being one of the biggest Career Quests ever.

"Every company is hiring for something and a lot of companies are hiring for multiple positions," Allison Bethune, interim recruiting coordinator for Career Quest and Central alumna, said. "Our goal is for 1,200 students to walk through Career Quest, up from last year's 750."

see CAREER, page 2

New software cracks down on campus file-sharing

by Melissa Newman
Staff reporter

Students who are illegally ripping music on campus are going to get burned.

The Recording Industry Association of America (RIAA) and the Motion Picture Association of America (MPAA) are cracking down on illegal music and movie downloading on college campuses.

"These companies are notifying universities across the nation when they discover individuals illegally downloading copyrighted material such as music and movies," Carmen Rahn, senior director of information technology services (ITS), said. "When we receive the notification, the university has 72 hours to investigate the problem."

Many students have discovered that programs such as Kazaa, Napster and Aries are no longer working for downloading media files.

"We began testing a new software program called Audible Magic on March 8," Rahn said. "It monitors all file transfers on Resnet, especially p2p (peer to peer) files, and looks for copyrighted material. It checks the file against a database, much like virus software. If the file matches copyrighted material, the software stops the transfer."

On April 8 alone at Central, Audible Magic discovered and blocked 6,751 copyrighted media
Ex-cattleman, vegan talks organic farms

by Marcus Tabert

Staff reporter

People might think the most unlikely person to speak against irresponsible farming methods in the United States would be a former corporate chemical farmer.

Howard Lyman was a fourth-generation cattleman. His success in coastal Montana where he raised thousands of cattle and thousands of acres of crops. This Friday he will speak on "The Sweet Smell of Sustainability" at Central Washington University.

"I was educated in modern agriculture, and I can tell you from first-hand experience, it is not sustainable," Lyman said on his Web site, www.madcowboy.com. "I saw the soil go from a living, productive base to a sterile, chemical-saturated, monocultural ground produc- ed by my so-called modern methods."

A tumor in his spinal cord requiring surgery caused him to reevaluate his life and give up most of his farm. Lyman became an activist and author focused on sustaining the earth's resources.

"He's not just some crazy vegan crusader who has no experience with the cattle industry," Leslie Webb, director of the diversity center, said. "That's the bottom line why I think he's fantastic. He has experience and he has a background in it. He's witnessed firsthand and he was part of the industry."

Lyman is the president and founder of Voice for a Viable Future, a non-profit educational organization, and has lobbied for America's family farmers in Washington D.C. in addition, he helped pass the National Organic Standards Act and was head of a number of high-profile awareness campaigns, including the "Beyond Beef Campaign."

In 1996, Lyman went on "The Oprah Winfrey Show" to discuss the safety of American's meat supply as addressed in his 1996 book, "The Mad Cowboy."

He informed Winfrey that it was legal and common in America for cows to eat remains of other cows. Winfrey vowed never to eat beef again.

A group of Texas cattlemen filed a lawsuit against Lyman and "The Oprah Winfrey Show" in response. The cattlemen lost the case and the media exposure led to the Department of Agriculture banning cow remains in cattle feed.

In "The Mad Cowboy," Lyman predicted that mad cow disease would be discovered in the United States within 10 years. The recent case of mad cow disease in Malton, Wash. has made his presentation relevant and timely.

In order to prevent the destructive pattern of the meat and food industries, Lyman's goal is to educate and inform people.

"He's not out to make everyone a vegan and vegetarian," Cynthia Murray, career counselor, said. "That's certainly not his stance."

Lyman will give a presentation at 4 p.m., April 23 in Helber Auditorium, with a question and answer session to follow. A community roundtable discussion with Lyman will be from 3 p.m., April 24 in Black Hall 201. Admission to both events is free.

The Peace Café is hosting a vegan community dinner Saturday evening after the discussion.

The meal will be stuffed Portobello mushrooms with a salad and is ticket only. Tickets can be purchased for $7.50 at the Peace Café.

CAREER: Connect with employers

Bethune made sure advertising was a top priority this year by reaching out to the residence halls, handing out to the SUB and Barge Hall and as public service announcements on The 'Burg and XXL radio stations.

Bethune said she hopes another selling point to students is the large array of door prizes being given away this year.

"We have received donations from Mary Kay, Yodel Restaurant and The 'Burg, plus many more local companies," Bethune said.

There are career and internship opportunities for all majors with companies in the SUB and Barge Hall. The "Bernie Barger," plus many more local companies, Bethune said.

"We have a lot of new companies this year to cover all four of the colleges on campus," Jypajohnson, director of Career Services, said. "We always take recommendations from students, friends and relatives about new companies because they are extreme assets to the students."

"For more information about Career Quest contact Career Services at 963-2011 or visit their Web site at www.cwu.edu/career."

Student Employment office assistant Bettie Sieverkroop was one of 11 nominated for the Student Employee of the Year award.

Student employee of the week

Editors note: This profile is the second in a series recognizing on-campus student employees during Student Employment Month.

by Bob Kirkpatrick

Staff reporter

Who: Bettie Sieverkroop

Major: information technology

Status: senior

Position: student office assistant

"She's very good at understanding the whole picture," Barbara Bisson, office assistant lead for student employment, said. "We're going to miss her a lot when she is gone. Bettie has such a positive attitude and is pleasant to work with."

Sieverkroop, graduating in June, plans to work for a non-profit organization or the government as a database manager.

"I like what those companies do," Sieverkroop said. "They have good ethics. Its not all about the money."

She's very good at understanding the whole picture..."

Barbara Bisson

Student Employment staff

SWEATY FOOT SKATE SHOP

There's a new skate shop in town offering blank and graphic boards, accessories, and hardware.

Come in and check us out!

314 N. Pine
962-3559
Gail Jones honored as Central Bridge Builder

by Rachel Guillermo
Asst. News editor

Alumna Gail Jones has had a relationship with Central Washington University for more than 30 years, not only as a student but also as a "builder" of what Central is today. To honor that relationship, Jones will receive this year's "Bridge Builder Award" during a reception at 2 p.m. Sunday, April 25 in the Samuelsom Union Building Ballroom.

"Gail is involved in terms of establishing scholarships and supporting the alumni associations," Dan Jack, executive director of alumni association and director of alumni relations, said. "She is a very strong supporter of what we do. Gail is an ardent fan of ours and we are fans of hers."

The Bridge Builder award was started six years ago as part of a reception for scholarship recipients and for the donors who have provided the scholarships through the Central Washington University Foundation.

"When I structured the event I thought it would be a nice way to honor a specific person every year by having an award," Jack said. "That's why I called it the Bridge Builder award." Catherine Scarlett, assistant director of associates and stewardship, University Relations, said.

The award was created to honor people who have influenced others to either make gifts to or create opportunities for students through scholarships. The award is not only given to alumni of Central, but is open to all who have shown interest in providing scholarships either from themselves or from others.

Jones retired as executive director of alumni association and director of alumni relations nine years ago, but is still around to today.

"She (Jones) has been very supportive and many of the people that she has been involved with have not seen her around campus in the area of the courtyard around the fountains between Shaw-Smyser and Barge Hall."

The class tree program was also initiated by Jones and continues at Central. Different classes purchase a tree and donate it to the campus.

"Many of the students comment on how pretty the campus is," Jack said. "They love the trees, they love the shrubs, and they love the Japanese Garden. What students don't know is that all of the trees around here are supported by the alumni association. Many of the trees were planted in honor of a class. If you look you'll see a plaque at the bottom of it and you'll see what kind of tree it is and what class donated it."

Jones' dedication and hard work have provided many opportunities for Central students.

"She (Jones) has been very supportive and many of the people that worked with Gail were from the class of 20's and 30's," Scarlett said. "She's coordinated a lot of reunions for these people. And I think it's nice to recognize somebody when there is still a lot of people who remember her and she is still around to today."

For more information about the Building Bridges reception or about creating scholarship opportunities for Central students, call 963-3083.

She has been very supportive...

Catharine Scarlett
Associates and Stewardship
asst. director

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Police Briefs

Compiled by Ben Davis
Managing editor

IS THAT FRANCISCO?
April 17
A male subject in Kittitas called the reporting person's mother and left a message threatening to kill her.

NOT A GOOD DAY
April 19
A person in Kamola Hall was worried that his 21-year-old friend had taken sleeping pills and drank alcohol. The subject was conscious, breathing and alert. It was unclear whether he had taken the pills, but a bottle of rum was partially gone.

HI BO SISTER, AWAY?
April 19
A Reecer Creek Road resident called to report that a female subject was trespassing on her property while riding a horse. The subject has been told several times not to ride her horse on the property.

ELLENBURG CHAINSAW MASSACRE
April 19
A shed on Woodhouse Loop Road had reportedly been broken into. A chainsaw was missing from the shed.

LOSE MY RELIGION
April 19
Friends of a male subject in Beck Hall were worried that he might be suicidal. The subject had lost his faith, went to church for the last time the previous day and taken down religious posters. He had also recently bought a knife.

DEMOLITION DERBY
April 19
A person reported dump trucks speeding eastbound on University Way. A silver dump truck with a white cab and gold lettering on the side nearly hit the person.

AFRAID OF DADDY
April 19
A male subject ran into a 14th Avenue residence and stated that he was scared because his step father was chasing him. The juvenile's mother came to the residence and yelled at him to come out, but he refused.

FOLLOW THE LEADER
April 19
A female subject reported that three males were following her around campus in the area of the Language and Literature building.

REACH OUT AND TOUCH SOMEONE
April 19
A person on Walnut street reported receiving harassing phone calls.
A company in the eastern United States called Signrite, gave the department several graphic designs to choose from for the new cars, Green said. After some changes to the design were made, Signrite would send an electronic picture of the car and new markings on it. The designs were then given to Police Chief Bob Richey to approve. Richey said he was not a fan of the old design. Richey has been in law enforcement for 32 years, hired by Ellensburg in 1977 and became the chief in January 2001.  

"It's really easy for that vehicle to become a barrier between the public and the officer," Richey said. "The new stripping scheme, obviously, has that patriotic flair to it. To me, it's a little bit more appealing to the eye and maybe presents a more open or approachable image."  

Jesse House, sophomore construction management, said he has seen the design on the new cars once. "I didn't like the old design, it looked professional," House said.  

Richey said he spoke with colonels that already had the Chevrolet car as part of their fleet before deciding to buy them. The Yakima Police Department has about a half-and-half split between the two kinds of cars. All of the Ellensburg cars in the old striping will be re-marked with the new design, Richey said, and he plans to give the Impalas a good trial run to see how they hold up and perform before buying any more of them.  

"It really doesn't matter what they (police cars) look like, as long as they do the job," Pamela Mitchell, senior law and justice major, said.

The cars are vastly different. The Ford is bigger, has rear-wheel drive while the Impala is smaller, front-wheel drive and pow-ered by a V-6, making it a few miles-per-hour slower then the Crown Victoria. Richey said speed should not be an issue to Ellensburg officers, since he would rather not have them drive at those high speeds due to the risk to both the officers and the public.

Richey said the front-wheel drive should be helpful in getting around in the snow during the winter season. Other benefits of the new cars will be improved gas mileage and projected maintenance costs will remain comparable to the current cars.

Richey said the average life span of a patrol car in Ellensburg is about three years. The marked units are on the road almost 24 hours a day, seven days a week and average 28,000 miles a year.

E-burg police get three new Impalas by Erik Swenningston Staff reporter

Glimmering white metal with reflective red, white and blue striping, a cursive-script font to let you know who owns it and a light-bar to top it all off.

Ellensburg City Police officers put older patrol cars out to pasture almost all off.

On patrol instead of the traditional steeds with a sleek look. The department bought three Chevrolet Impalas with black-block letters and stripes.

"I didn't like the old design, it didn't look as professional," Houser said. After some changes to the car, the new cars)".

The new design scheme has the patriotic flair to it. To me, it's a more approachable image.

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"It really doesn't matter what they (police cars) look like, as long as they do the job," Pamela Mitchell, senior law and justice major, said. "They should not regulate what we do ( online ), but they are a service provider and they need to do something about it."

Originally, Resnet had begun to control bandwidth when it received e-mails and letters from students complaining that the network was too slow. ITS discovered that students were downloading their music downloads to people outside the network. Resnet then became jammed with users from outside the campus sharing files with Central students.

"Commenting on Facebook sharing to being stuck behind thousands of semi hauling large illegal loads and clogging I-90," Rahm said. "They are dri­ving five miles per hour and other cars are stuck behind them."

Consequences given to students downloading copy­righted material can range from a verbal warning or removal of Resnet privileges.

"Sony Corporation and the RIAA have subpoenaed students into court and fined the students $175.00 for music piracy," Stacy Klippenstein, director of uni­versity housing and new stu­dent programs, said.

For the future, ITS is looking into a new version of packet-shaping software that will give a specific amount of bandwidth to each individ­ual on Resnet. ITS has seen a significant increase in bandwidth demand on Res­net, on students cannot download media files through the net­work. "I don't think it's right that they have to regulate what we do on the Internet," Shara Lovett, sophomore public relations major, said. "But they are trying to keep the Internet from becoming slow and it's beneficial to all of us."

Students who have ques­tions regarding music file­sharing on the Resnet net­work can contact the ITS office in Boulevard 202 or call at 963-2924. The Web site is www.cwu.edu/its.

TheEllensburg PoliceDepartment'snewChevroletsdisplay an updated graphics package, replacing block lettering.

Luke Probascio/Observer

Political minds pick Kerry VP by Andrew Van Den Hoek Staff reporter

With the 2004 presidential election inching closer, attention is turning to whom John Kerry will choose as his running mate. Though many are speculating on what kind of candidate Kerry will pick, there will be some believe Kerry will not make this decision any time soon.

"Waiting to choose is keeping everyone guessing," Patrick Wickland, president of Central's stu­dent Democrats said. "Picking his running mate now would give him a temporary boost in the polls but then that will taper off. He wants to strategically pick his running mate when it's most helpful to his cam­paign."

His field of candidates is wide and�� that would taper off. He wants to strategically pick his running mate when it's most helpful to his cam­paign."

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"I'm not sure what the final field of candidates is," he said. "But they are looking into a new version of packet-shaping software that will give a specific amount of bandwidth to each individ­ual on Resnet." ITS has seen a significant increase in bandwidth demand on Res­net, on students cannot download media files through the net­work. "I don't think it's right that they have to regulate what we do on the Internet," Shara Lovett, sophomore public relations major, said. "But they are trying to keep the Internet from becoming slow and it's beneficial to all of us."

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The BOD according to itself

Editor's note: This article is the first of a series reflecting on the outgoing BOD administration through their eyes.

by Bob Kirkpatrick
Staff Reporter

With the academic year ending, a review of the performance of student body representatives is in order. At the beginning of the year, the Associated Students of Central Washington Board of Directors (ASCWU/BOD) spent part of the summer at a retreat where they focused on being a team, defined the honeymoon ended and it altered the role of the board members.

"It was a good starting point, but the honeymoon ended and it altered the honeymoon period," John Drinkwater, senior director of campus life and adviser to the BOD, said. "I think on an individual basis they did incredible work."

Some of the accomplishments Drinkwater emphasized were the creation of the Central Student Political Action Commission (CSPAC), the work done by the equity and service department, the club senate and student body, the Convergence, community mentors and the lack of a mission statement, causing a rift between three of the seven BOD members.

Complications arose when confusion and the lack of a mission statement, causing a rift between three of the seven BOD members. Michael said. "I was disappointed with the pace at which things moved forward. With such a short time in office and all of the breaks and holidays in between, you really only have six months to prove yourself."

Michael will not be seeking a second term in office, but will help others on a consulting basis. "We tried to bring a business approach mentality to the BOD, but I guess politics don't work that way," Michael said.

Mark and his brother Dan will graduate next year and plan to attend Gonzaga. Both still wish to be involved in politics in Washington. "This has been a laboratory for experience," Drinkwater said. "They are learning and growing."

Attention will be drawn away from the past administration, as visions of hope and the excitement of day to day life to discuss feelings about the day. Hanson said the focus of this year's Day of Silence was the improvement of the campus environment.

The Day of Silence is sponsored by the United States Student Political Affairs coordinator, said participants took a temporary vow of silence from 9 a.m. until 5 p.m. People then gathered in the SUB Amphitheatre to discuss feelings about the day. Following this, people broke plates with messages on them such as "oppression," "discrimination," "hate crime" and "silence." Hanson said the focus of this day was Silence was the improvement of the campus environment.

The Day of Silence is sponsored by the United States Student Association and the Gay, Lesbian and Straight Education Network.

Central chief awarded

Central's Police Chief, Steve Rottersmeyer, was honored yesterday at a ceremony in Pasco by the Washington State Crime Prevention Association with the Sheriff of the Year award. Tomorrow he will receive a second honor, given in Bellevue, the Washington Coalition of Sexual Assault Programs Gerald L. Swan Award. It was established to commemorate a committed activist working "outside of the box" to end sexual assault. Rottersmeyer has worked for Central public safety and police services since 1982. He was named to the chief's post in 1991.

Students march on DC

The Central Washington University Feminist Majority Leadership Alliance (FMLA) will be sending two students to Washington, D.C. to participate in the April 25 March for Women's Lives. Participants will march to guarantee that women worldwide can exercise their reproductive rights through access to safe abortions, birth control, reproductive and pre-natal health care, safe delivery and accurate sex education. To learn more visit www.MarchforWomen.org or email Central's FMLA at CWUFeminism@hotmail.com.

Far East beckons to students

Become an International Peer Advisor (IPA). The Asia University America Program (AUAP) at Central is now accepting applications for the position of IPA for the 2004 Fall/Winter cycle (Sept. 2004 - Feb. 2005).

The IPA helps to ensure that each student's stay in the US is a rewarding cultural, educational and international experience. The IPA works to integrate Asia University students into campus and community life.

Parents share career

Today is Take Our Sons and Daughters to Work Day. According to a letter from Gary Locke, the activity helps children better understand what parents do at work while broadening exposure to future careers. It also reminds employers of the importance of their workers' obligations as parents.

Parking closure, plan ahead

The 30-minute zone in the H-6 parking lot near Hebler Hall is closed today due to buses loading and unloading for the Central Gear Up program campus visits. The H-4 lot will be closed April 23-24 for bus parking for the Central State Solo and Ensemble Competition.
An open letter to Ryan Cavanaugh

[Earlier I received an e-mail from Ryan Cavanaugh, president of the College Republicans asking me why I left the talk given by Sun Parker.]

Sorry on a certain level for leaving early. I went there with an open ear. Some of what she said was on target especially how welfare results in the subjugation of the poor. If she had stayed on focus, I probably wouldn’t have left. But then she went off the subject putting down guys, ridiculing people and being extremely pejorative toward “liberals” (a term she never defined but seemed to be using as a blanket term for anyone who disagreed with her “God-given truth”). I had to leave. This was not a debate (as suggested in your e-mail). Under such a forum I would have certainly stuck around for the opportunity to present an alternative view.

Turning anyone’s personal life story into public policy is extremely dangerous and foolhardy for an open society. Should we take what worked for her and force it upon all people? I have had a different experience, and yes, my family was in poverty and on welfare (food stamps). Welfare helped me, my mother and my four siblings to survive my father’s abandonment. But because people continually gave her dirty looks, after some months, she stopped using it and rather went heavy into debt with relatives. Mind you, my mother was working and all the children in the family (once of age) worked as well. I always wonder what would have been like for my family and myself if relatives were unable or unwilling to help. Is there abuse in the welfare system? ABSOLUTELY! Should it be fixed? OF COURSE! Remember, it was during the Clinton administration that welfare was reformed. Liberals agree. Should it be abandoned? NEVER! To use a current popular saying, “Sh*t happens” and people need to survive circumstances beyond their control. In fact, if you extend the conservative logic that all people should be left to their own devices, then we should stop drug coverage for our seniors, unemployment benefits for those out of work, Medicare and Medicaid, Social Security. etc. In fact, we should also get rid of the massive subsidies our government routinely extends to corporations estimated at $250 to $300 billion (yes, a “B”) annually (Derber 1998).

—Martha Goudy-Price

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.
Plan B not 'Plan A' for readers

Story had a 'huge error'

As a resident of Ellensburg and with a spouse that recently graduated from Central, I regularly read the Observer. I was recently appalled at the lack of information provided in your article, "When Plan A fails, what is Plan B?" Although the Feminist Majority Leadership Alliance would like you to think that they are doing Central a favor by lobbying and encouraging contraception and emergency contraception they are, in fact, hurting them.

I have always felt that "things happen" and that nobody is perfect however, there was a huge factual flaw in your article. You wrote that emergency contraception works in two ways and then only listed the ideal way in which Plan B works, delaying ovulation and thickening cervical mucus. However, there is much more a significant picture to paint about Plan B. It also causes abortions. Plan B works to prevent the implantation of an already fertilized embryo. In basic terms, that means it stops a baby that was conceived.

As a strong woman myself, I believe a woman has the right to choose whether or not to have children. The true question is whether or not women want all women to know fully and understand what they are doing to their bodies. Unfortunately, much of the discussion and debate is more about "rights" and less about taking care of the actual woman.

On a final note, I have discovered a group in Ellensburg that is very interested in informing and taking care of every woman, Care Net. They offer free pregnancy tests and factual, unbiased information on all issues regarding women today, including Plan B. We as a society, that everyone, women and men, faced with the possibility of an unplanned pregnancy can find the grace and information needed to make a choice that is educated and complete. Maureen McNinch
Ellensburg resident

Quote taken out of context

I was interviewed regarding the emergency contraceptive pill called Plan B. I am the Catholic Campus Minister here at Central. I am not the Director of the Yakiama Diocese. I am the Director of the Catholic Campus Ministry for the Ellensburg Diocese. Most Revered Carlos A. Sevilia, S.J., Bishop of Yakima, is the person who "Director of our diocese.

Second, I wanted to clarify the statement "I personally think that Plan B is not a form of contraception and we should encourage them to learn about every option," was not put into the context in which it was given. Each of the Catholic students on campus and our ministry would be making any kind of protest that she's black and you can feel Star Parker was the worst type of cause. Condescending, insulting, church, synagogue, or mosque on the My relationship with my creator is cause. Condescending, insulting, church, synagogue, or mosque on the

Don't knock it until you try it

Think twice before knocking veg­etarians and vegans!

"Nothing will benefit human health and increase the chances for survival of life on earth as much as the evolution to a vegetarian diet."
Albert Einstein

Here are some interesting facts:

- In 2000, over one million Americans died of heart disease. That is more than the death toll of all other major diseases and causes of death combined.
- The average U.S. male is at a 50 percent risk of dying from a heart attack. This risk is reduced to 15 per­cent by eliminating meat from the diet and to 4 percent by eliminating eggs and dairy products as well. This percent decrease from 50 to 4 percent amounts to a dramatic 90 percent decrease in the risk of heart disease precipitating heart disease as primarily a disease of those on animal-based diets.
- According to the Environmental Protection Agency, 90 percent of all pesticide residues are found at the top of the food chain in meat, fish, fowl and dairy products. Livestock feed contains trans fats absorbed by fish and conventionally grown grains, and soybeans.
- 99 percent of U.S. mother's milk -from mothers on a meat-based diet contain significant levels of DDT as opposed to only 8 percent in mothers on a plant-based diet.
- Drugs derived from growth hor­mones and antibiotics cause premu­mary sexual maturation and reduce the growth of antibiotic resistant bacte­ria. In 2000, there were 1.2 million infections in women are a related condition.
- To grow one day's food for a vegetarian it takes 500 gallons of fresh water, just produce for a meat eater takes 4,000 gallons.
- Fat or not... As you can see it doesn't matter why people choose to stop eating meat. The real consumption of meat is bad for the environment and for the earth that you do not discourage a healthy life.

Juliette Palenshun
Sophomore

Can we trust in Iraq?

June 30, 2004 is a much day of the world is looking forward to. It is the day the United States plans to transfer governmental control of Iraq to the Iraqi people.

The question is, to whom are we transferring the power? Who in Iraq can be trusted to resign the responsibility that is so crucial? How can we be sure that Iraqis can be trusted to do what is needed and when that is needed? It is very important to know that we can trust in the Iraqi leaders.

I think it is imperative for Iraqis and Americans to make sure that someone outside the current political circle. We need someone who is not very sick to the country and the Iraqi people, not someone who is looking for the power. I cannot imagine having a leader from any religious group such as the Shiites because they live in a very modern country and no one is ready to have a theocratic government like Iran. It is very hard to think Kurds would be able to lead Iraq because they are a small majority compared to Arabs. Also, I don't think it is an option to have the Sunni represent Iraq. The perception is that a significant percentage of Iraqis are either Kurdish or Sunni and so this option is not good at all. The transfer of power must be gradual and no good options and it is getting harder every day we get closer to the deadline. I think the United States government should hold off on the June 30 deadline and first secure the country and find solutions to the safety problems. The first priority must be rebuilding the economy and giving freedom to the Iraqi people.

Given that it is necessary for the American military to remain in Iraq, why pretend that the new government would be in control? The country will still be under American occupation.

American presence will ensure fairness in elections and the rule of law. And hopefully give a freedom to all Iraqi civilians. I am not pro-war. I know that a lot of people do not feel this same way. However, I would like to all work together now to make Iraq a respected member of the world community and a safe democratic country for Iraq's citizen.
Winding their way to Minneapolis

by Paul Kobylensky
Staff reporter

Central Washington University's wind ensemble took off last Thursday for Minneapolis to perform in the 59th annual MENC national conference.

The ensemble attended and played at the MENC's (or National Association for Music Education) conference under the direction of Larry Gookin, Central director of bands.

The conference consisted of five days of performances by four select schools as well as music education major, said.

During the MENC's Northwest Regional Conference last year in Portland, Ore., Willy Hill, MENC president, was impressed with the performance of the ensemble, which had to play at the MENC's national conference under the direction of Larry Gookin, Central director of bands.

Because of Gookin's track record, Peter Gries, chair of the music department, said. "Larry's groups get invited so frequently that it's like... (shrugs)."

"We've got our performance下来 to prepare for the prestigious event," Gookin said. "We've got some pretty difficult music," Jason Fukuta, senior music education major, said.

"I was happy with my sound and solo," Kevin Niles, freshman music performance major, said. "I made a few mistakes... you learn from them."

"There were plenty of things for the ensemble to do when not performing," Gookin said. "A number of the students went to the Minnesota Symphony."

There was also an expo at the conference where many different musical companies set up exhibits. While the trip may have been doing this for 30 years and you can count on one hand the concerts I'll remember. This is one of them."

"It was pure nerves until playing at the event," Gookin said. "We got a standing ovation."

"Larry Gookin" Director of Bands

The works are pieces by Johann Sebastian Bach, John Philip Sousa, Percy Grainger, David Maslanka and Leonard Bernstein.

"It was a really outstanding performance," Gookin said. "We got a standing ovation at the end. I've been doing this for 30 years and you can count on one hand the concerts I'll remember. This is one of them."

"Gookin isn't the only one who will remember the event," Gries said.

Even with Gookin's excellent background, the ensemble had to work hard to prepare for the prestigious event.

"Recitals are required because each of the music degrees have a performance standard which students are required to attain," Peter Gries, chair of the music department, said.

"Recitals are required because of music majors," Gries, chair of the music department, said. "Sometimes we don't have enough halls for recitals," Reynolds said. "And in the peak hours, there are people practicing in elevators, the bathroom and the halls."

"We're excited, because Hertz Hall is seriously lacking in the needs of music students," Hilliard said.

For more dates, visit www.cwu.edu/~music/calendar/calendar.html or contact the music department at 963-1216.
Women learn to fight back

by Kayla Knott
Staff reporter

A young woman is walking home from a party late at night, when someone suddenly appears up ahead. Trying to avoid panic while assessing the situation and preventing possible danger, she wants to run screaming through the dark to safety. RAD can help.

Rape Aggression Defense (RAD) is a comprehensive self-defense course that teaches women awareness, prevention, risk reduction and risk avoidance. RAD is not a martial arts course. It was developed to teach women all ages and abilities hands-on defense training that includes the basics of stance, yelling, movement, blocking, striking and kicking.

The program was started by former police officer Lawrence N. Nadeau in 1989. After discovering that one out of every eight women will be assaulted, Nadeau felt women needed to be taught to use their minds, as well as their bodies, for self-defense. His program focuses on awareness and the reduction of risk. RAD is now taught by certified instructors at more than 400 colleges, law enforcement agencies and crisis centers.

Central police officer Jason Koch volunteered to attend the RAD instructors’ school last year and has already taught the program twice on campus.

“We felt that the students needed more options of defense,” Koch said. “It’s also an educational course that teaches you to avoid danger.”

A student RAD program occurred last weekend. The first class was only for faculty and staff of Central. It was free to anyone interested and included a 12-hour course that lasted three days. On the last day of class, students were able to put their skills to the test using a simulation-training suit.

The RAD Aggressor is a total body protective suit designed for self-defense training at moderate force levels. The suit was built specifically for RAD by a martial arts company. Simulation training is not a mandatory part of the course, but it is often the most enjoyed part of the program. The women get to experience what it would be like if they were attacked and forced to use physical defense.

Sonia Mason, junior elementary education major, spar against an attacker during RAD, a self defense class.

“It really builds confidence.” Blue junior health education major, said. “I didn’t know I could kick the crap out of someone.”

On completion of the course, the students received a handbook outlining the physical defense program and offering extra reference for ongoing personal growth.

“It was a requirement for my class (that I attend),” Kaci Pipkin, junior pre- paramedic major, said. “But I’m glad I took it, I learned a lot more than I thought I would about the techniques of self-defense.”

For information about the program, visit www.rad-systems.com. For information about upcoming classes call Nicole Dunn, Central health educator, at 963-3213.

Film series scheduled

by Sally Wright
Staff reporter

Imagine two lines of people, one leading to painful, violent working conditions with very little food or water, the other leading to certain death. Which would be worse, the choice itself, or the fact that someone else is making it?

For survivors of the Holocaust, this scenario is likely to be one vividly remembered, wondering as they neared the decision-maker which line would be their fate. While the Holocaust happened several decades ago, the stories still live on and is still prominent in society as a whole.

Central Washington University assistant professor of religious studies, Heidi Stepek, is putting on a Holocaust speaker series this quarter.

“(The Holocaust) is what happens when people don’t appreciate diversity,” Stepek said.

In an attempt to educate people about the Holocaust and perhaps answer questions, the series will consist of three speakers and hopefully a few movies as well.

One of the speakers, Leo Hymas, was a liberator in the United States Army who was drafted when he was 18 years old. Trained as a heavy machine gun operator, Hymas was in combat in eastern Germany when his infantry division liberated Nazi concentration camp Buchenwald.

“Four of us, American soldiers, were the first to cut the wires and enter the camp,” Hymas said.

For the past eight years, Hymas has been volunteering as a speaker at the Washington State Holocaust Education Resource Center (WSHERC), and has taught students about the Holocaust.

“We need to keep talking about it, we need to keep the dialog going,” Stepek said. “Maybe we can move toward a greater tolerance, a greater respect for varying traditions, and maybe we can teach people not to hate.”

Another speaker in the series is Thomas Blatt, a survivor of Sobibor death camp. According to the WSH- ERC, Blatt escaped from the ghetto in Zivica, Poland, but was caught and put into prison when he was 15 years old. He escaped from the prison and returned to Zivica until April 26, 1943, when Blatt and his family were taken to the Sobibor death camp.

Peter Metzelaar, a child survivor from Holland, will be speaking about his experience with the Dutch Underground and fleeing from place to place for protection.

“My life has been significantly changed by the better with my experience,” Hymas said. “What little I had to do with overcoming that great Nazi evil, hard as it was, (it was) the best thing I have ever done.”

“I do it again? Of course!”

The speaker series is free and is open to the public. For more information, contact Stepek at 963-2839.

To Be or Not to Be...In Ashland this Summer

Eastern’s Summer Session gives you a world of choices...like the choice of traveling to Ashland, Oregon for the annual Oregon Shakespeare Festival, June 15-17. We’ll travel to Ashland on June 14, watch plays on June 15 through 17 and return to Spokane June 18.

For questions, please contact the professor, Dr. Grant Smith, 359-6023, or Pamella Pird, Director of Summer Session, 359-4860.

For a free summer catalog, call (509) 359-4860 or (800) 831-6114.”

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To Share... or not to share!
Thrifty 101:
The look for less in Ellensburg

by Amy Lynn Taylor
Asst. Scene editor

I have a dilemma: Spring is here but I am out of cash and my winterized wardrobe is in need of resuscitation - we're talking some serious amounts of cash. Unfortunately I can't just whiz over to Seattle every time that it is impossible to find decent clothing without leaving Ellensburg. So, last Thursday I headed downtown with Observer photographer Tieh-Pai Chen in search of some second-hand spring fashion. I was on a mission, not just to find some great clothing but to find them for cheap ... really cheap (my wallet is still recuperating from purging its contents to buy textbooks and have fun over spring break).

We hit up several second-hand clothing stores in the downtown area including Threads and Needles, Hidden Treasure Within and Goodwill. At Threads and Needles, I was particularly excited about a gorgeous, classically cut black dress and an awesomely stylish tank. The best part was I could get the dress for $22 and the tank for only $11. The selection of men's clothing was also pretty impressive. I saw some nice button downs and some excellent casual pieces.

At Goodwill I found some super trendy, bright pink, pointed toe stilettos for $4 virtually identical to some that I have seen in magazines like Glamour over the last few months. So it seems to me that if you take a little extra time to really look, you can find some trendy clothing in Ellensburg without paying inordinate amounts of cash.

If you can't find what you want around town, the items you are looking for may be only a few mouse clicks away. Online auctioning giants like eBay have an impressive selection of second-hand threads and clothing to choose from, it is highly likely that you will find something that you like. Granted, the fact that you can't try things on before you buy them is a significant disadvantage, but before you shop make sure you know your measurements and have a good idea what size you wear. If it's $4 or less, you can always turn around and put it back up for sale.

Shirt: $1
Garage Sale
Jacket: $4
Goodwill

Pants: $28
Dickies, hotopics.com

Shoes: $6
walmart.com

Dress: $34, Maurices

People's Pond gets cleaned up

Irene Rinehart Riverfront Park, more commonly known as People's Pond, is ready for spring cleaning after being closed for the winter months. The lakeshore and surrounding area have become cluttered with garbage and debris. In order to give the area a face lift there will be "Get Down and Dirty at the Pond," a volunteer event from 10 a.m. to 2 p.m. on April 24. The event is being held in honor of Earth Day 2004 and will not only focus on cleaning up the area, but volunteers will be planting native vegetation and restoring trails. The first 150 volunteers will receive a free t-shirt and be invited to a free barbeque as well as being entered into a raffle for prizes from Starbucks and the University Store.

For more information and to sign up visit http://slidecenter.cwu.edu or visit SUB 212.

Secondhand Shopping Tips:

1. Set out with a few ideas of what you are looking for
2. Keep an open mind
3. When in doubt, if it's $4 or less, get it anyway
4. Don't be afraid to sneak out of your comfort zone

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Local Scene

Compiled by Becky Unger
Staff reporter

Friday, April 23-Saturday, April 24
State high school solo and ensemble music competition, all day, Hertz Hall.

Friday, April 23-Sunday, April 25
Bird Woman, The Story of Sacagawea - 7 p.m. on Friday; 1 p.m. and 7 p.m. Saturday; 1 p.m. Sunday, McConnell Auditorium $5.

Saturday, April 24
Workshop on African drumming and rhythms - 3 to 5 p.m., American Legion Hall followed by a community celebration of the performing arts and music, dance, storytelling and juggling from 7 to 9 p.m.

Monday, April 26
American Red Cross Blood Drive - 10 a.m. to 3 p.m. sign up in the SUB or contact a member of the Arnold Air Society, which is sponsoring the event.

Thursday, April 29
Kittitas County Job Fair - 11 a.m. to 4 p.m., Ellensburg Inn.

Get Out of Town

Thursday, April 22
Rob Becker's Defending the Caveman - runs April 22-25 Moore Theatre, $23.50-43.50.

Friday, April 23
TRUCE - 7 p.m. at the Roxy Theatre, Bremerton $5.

Saturday, April 24
Blondie - 9 p.m. at the Showbox, Seattle $85.

Sunday, April 25
Leo Kottke - 7:30 p.m., Benaroya Hall, Seattle $31.

Monday, April 26
Kraftwerk - 8 p.m. Paramount Theatre, Seattle $10+$.

Tuesday, April 27
Dr. Jane Goodall - 7:30 p.m., Benaroya Hall, Seattle $31.

Wednesday, April 28
AJ Roach- 8:30 p.m. The Tractor Tavern, Seattle, Free.

Correction

The casino photo illustration in the April 8Observer was incorrectly credited. The photo was taken by Andy Hanson of the Observer; the illustration design was by Lindsey Jackson, Observer Photo Editor.
The opportunity for students to hone their leadership skills has arrived. The Center for Student Empowerment and the Center for Excellence in Leadership (CEL) are sponsoring "Rewrite the Rules: Men and Women in the Mix," a leadership conference for Central Washington University students, faculty, and staff. The conference will take place from 8:30 a.m. to 3:30 p.m., April 30, in the Samuelsom Union Building.

The event gives participants the opportunity to learn and refine leadership skills and to talk about the challenges that today's leaders face. "We're trying to promote leadership," Beth Diebert, senior business administration, management information systems major and program coordinator for CEL, said. "Holding this conference in spring quarter is really important because students move from one year to the next as well as make the transition out of college."

The conference will feature two keynote speakers, Kelly Byrd and Linda Clark-Santos. Byrd is the president and founder of TeamBuilders. She has spent the past 15 years working with families, individuals and businesses, to develop essential leadership skills that will be valuable in their lives. Clark-Santos is responsible for many leadership roles at Washington Mutual Bank, including diversity, university recruitment, talent management and human resources communication. Clark-Santos also serves as chair of the advisory board for Central's college of business. "This is a comprehensive leadership training for students, faculty and staff," Diebert said. "In addition to the 24 different sessions that are being offered, there is also a resource and involvement fair that will offer leadership opportunities, community service opportunities and literature to further participant's leadership knowledge and experience."

The conference will emphasize the different leadership styles that men and women utilize in specific situations. The professional track will allow for networking between professionals, along with discussing leadership in professional settings. "This conference highlights the differences in communication and leadership styles of women and men and celebrates them," Diebert said.

For more information concerning the event, contact the Center for Excellence in Leadership, located in the SUB.

**A man playing a woman playing a man**

by Gayle Duncan
Staff reporter

Arrested Development on the loudspeaker, a photomontage on the big screen and one man portraying three African-American, masculine, female-bodied women. This was the scene Tuesday night at the Diversity Center hosted: "B4T: Before Testosterone," a two-actor show that explores race and sexuality through different members of his family came together. As a whole, his family seemed sadden by her place in life that Henry isn’t just an activist for the transgendered; he’s currently involved in the lives of black, transgendered individuals. "I’m an activist first," Imani Henry, the writer and actor of the show, said. Henry and fellow actor Kim Howard tour "B4T: Before Testosterone" to venues across the country. Henry has traveled to numerous festivals, conferences and campuses both with his theatrical show and as a speaker. "I feel like this year is my year of Ivy League schools," Henry said. "I’ve been to Yale, I’ve been to Vassar and I’ve spoken at Brown University."

"I feel like this year is my year of Ivy League schools," Henry said. "I’ve been to Yale, I’ve been to Vassar and I’ve spoken at Brown University."

One of the characters Henry portrays, (all of whom are women who prefer to live as men) gives his life story to an African-American-African American woman. "Keith" explains how the different members of his family came to terms with his choice to live as a man. As a whole, his family seemed very supportive. The community, however, was a different story. Another of Henry’s characters, Gary-Santos is responsible for her community as a man, ends up the victim of a subway station beating by a fellow African-American. "I was not trying to project that black people were more homophobic than other people," Henry said. "But violence happens within our own communities. It would be a different play if he had not been beaten up by white guys."

But perhaps the most tragic character in the show is the one portrayed in the first and last scenes. She becomes so overwhelmed and saddened by her place in life that she eventually commits suicide. As Henry reads Shawana’s (Shawn’s) words, a small announcement on the video screen confirms it: Shawn was a real person.

"It’s easier to tell stories when you know a real person," Shawn said. "You can keep making stuff up and no one’s going to argue with a pile of bones.

Henry isn’t just an activist for the transgendered; he’s currently working on another show "Living in the Light," about the impact of the slave trade. He is also very involved in a nationwide rally on May 17 to combat the proposed Defense of Marriage Act.

"It is a day of solidarity," Henry said. "If you are an ally of the Gay Lesbian Bisexual Transgendered community, this is the day." The rally is expected to have a large turnout in Seattle. Henry’s activism is second nature.

"I’m building a society that’s based on people’s needs and not profit. I believe in equality," Henry said. "I believe that only then will we have a democracy if we don’t have equality."
Central Washington University proved that they are one of the elite track and field teams in the conference when both the men's and women's team took second place, boasting a pile of personal records and a new school record last weekend.

At the Spike Arlt Invitational at Tomlinson Stadium, the men's team finished with 140 total points, coming in behind Highline Community College with 153. The women's squad concluded the day with 153 points, but it was not enough to overtake Seattle Pacific University's 174.

"There were very solid performances from the men," Coach Kevin Adkisson said. "There were some nice PRs (personal records). We continued an upswing of the season." As the meet rolled on, the competitions were met with high winds and dark clouds, something that worried many of the athletes. The wind died down though, just in time for senior Michael Morrison. Morrison won the 110 meter hurdles, dominating the race right from the sound of the gun. Morrison also won the 400 meter hurdles. The senior hurdler was named Great Northwest Athletic Conference (GNAC) Athlete of the Week for his performances on Saturday.

"I hope this meet will show the confidence of our team and how good we are," Morrison said.

Morrison wasn't the only one showing that this team has confidence. The men's 100 meter relay hasn't been a strong point for the team this year. With injuries throughout the year, this team was put together with runners that usually don't run the relay. This "underdog" team featured senior Justin Lawrence who has not run the 100 meters since the beginning of March due to a hamstring injury. Sophomore Cresap Watson continued with the second leg and pulled out in front with a commanding lead. Eric Reynolds was the third leg and handed the baton to sophomore Jason Roberts for the win.

"I was standing and getting ready and I could see Cresap pulling out really far in front and I was like, 'Wow this is awesome,'" Roberts said. "We weren't expected to do well today."

The team finished with a time of 42.99 seconds. Highline Community College wasn't far behind Reynolds when the fourth leg was coming up, but they dropped the baton and were disqualified.

Sophomore Mike Pankiewicz did well also. He won the 800-meter with a time of 1:56 and came in second in the 1500. Junior Matt Cook looked good winning the 3,000 steeple chase and junior Fabien Williams took first in the high jump with a leap of 6'10".

Records fall at home meet

by Jonathan Mentzer
Staff reporter

See TRACK page 14

photos by Lindsey Jackson/Observer
There’s no way you can put an age restriction in all sports. There’s always going to be an exception to the rule. For example, 14-year-old Freddie Adju plays soccer for D.C. United in the MLS; Michelle Wie, a 14-year-old golfer who has been playing in men’s tournaments since she was 13. Jennifer Caprilli started playing pro tennis at 12 and of course LeBron James entered the NBA at 18.

These athletes had the skills at their age to play their respective sports. However, you must look at every sport individually to decide what is the best age for athletes to turn pro.

Football is in shambles right now because a handful of underclassmen tried to challenge a rule allowing them to enter the NFL draft even though they are not three years removed from high school. The reason they have the rule is simple.

Unlike basketball, which is a contact sport, football is a collision sport. A teenager cannot take the physical punishment, pro football players take day in and day out. They are not mentally prepared for the commitment required to be a professional football player.

Other major sports like hockey, baseball and basketball have developmental leagues where younger players can fine tune their skills. They must also prepare for the abuse a full season of professional sports takes on the body. Plus, a lot of these guys are 18, 19 and 20 years old. They are adults, no one should be able to stop them from doing what they want to do.

I guess my biggest pet peeve is basketball. Everyone says high school schools should not be drafted, it’s bad for the game. But sports like tennis and golf have allowed minions to play as professionals for years. To me there is no difference.

All sports have had their lapses: Kwame Brown, Rick Ankiel, Heath Shuler and Alexander Daigle to name a few. But for some sports, the upside of younger athletes turning pro is far greater than the downside.

So if you can shoot the puck, shoot the rock or handle a fastball up and in, then I think you should go pro as young as you will take you. But if you want to stop on the pads and play some pigskin, grab your book and head to school for a few years because trust me, you’re not ready yet.

The first game ended with both Central ranked eighth in the NCAA Division II western region poll and Seattle University ranked seventh going into these games.

In the wake of the Supreme Court’s ruling for the NFL to disallow athletes coming out of high school, I take my hat off and applaud their decision.

There should be an age limit in professional teams sports because it takes the purity of sports away. Players don’t want to play just to play; they are playing for the big bucks.

The NFL is not like any other sport where a high school prodigy can make the jump and get drafted. The NFL next to the NHL, may be the most physically demanding sport in America. There is no way that a high school football player can be physically ready to take the gridiron and face the likes of Ray Lewis, I mean does that really sound like fun?

The NBA has been welcoming high school athletes ever since Moses Malone did the unthinkable and came to the NBA straight from high school. Since then there have only really been a handful of athletes that have made an impact that have not gone to college. Lebron James being the most recent.

But James is one of a kind; Kwame Brown, Darius Miles, Eddie Curry, Tyson Chandler, Jonathan Bender. Delagrana Dopp are among the most recent athletes to make the jump to the NBA from high school that haven’t done anything, except irritate fans with theirousy play.

As far as Lebron James is along with Kevin Garnett, Kobe Bryant, Tracy McGrady, and Amare Stoudamire, there should be an age limit or a time span between high school and the pros. There is nothing that will hurt an athlete’s career if he goes to school for at least one year, because college is the minor leagues for the NBA and the NFL.

Many of the players who will be in the draft are from other countries and only 18. Dirk Milicic was regarded as possibly being better than Lebron James in the draft. Milicic averaged 4.5k minutes a game and under 3 points per game this season. I know it is very tempting when an agent keeps telling you that there are millions of dollars waiting for you. You will never have to work again if you sign with them, but what happens when you don’t get drafted?

So what’s the point of growing up so fast? Act your age, go to college, be young and stupid, before you really have to make decisions.
Athlete of the week

• Michael Morrison •

by Andrew Grinaker
Sports editor

YEAR: Senior
HOMETOWN: Lacey, Wa. (North Thurston H)
SPORT: Track and Field
POSITION: Hurdler

NOTES:

On Monday, the Great Northwest Athletic Conference (GNAC) announced Michael Morrison as the conference's male athlete of the week.

"Overall I was a little bit disappointed, because we had a great opportunity to really jump up in the polls," Coach Desi Stretsky said.

In the GNAC, the Wildcats fell victim to the visiting SMC 13-5. The two teams combined for 30 hits and 18 runs in the game. The Wildcats had good offensive showings from senior outfielder Willie Kahn, senior catcher Scott Wilson and senior third baseman Brian Thomson. All three players drove in a run and had at least two hits in the game. SMC scorched Wildcat pitching for 13 runs on 17 hits. The second game of the day was much better for the Wildcats when they defeated SMC 10-1. Senior pitcher Brian Esparza threw a complete game giving up only five hits and one run, while striking out eight.

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The second game of the day was the only game of the weekend where neither team had at least double-digit runs in the game. The Wildcats lost the game 5-3 in a pitcher's duel. Kevin Olson pitched five and a third innings for the Wildcats, but it just wasn't enough. The Wildcats hitters were only able to bang out three runs on nine hits. Tony Martin had a great game going two for two with two RBIs.

Senior Tyrel Mullendore crushed a pitch in a 10-1 victory.

Central Athletics Doubleheader
@ Western Oregon

FRIDAY 4/16
Track and Field
GNAC Multi-Event Championships
Monmouth, Ore.

© TEX 5:05 p.m.
TV: Fox Sports NW

SATURDAY 4/17
Baseball
Doubleheader
@ Western Oregon
Noon and 3 p.m.

© TEX 5:05 p.m.
TV: Fox Sports NW

SUNDAY 4/18
Baseball
Doubleheader
@ Western Oregon
Noon and 2 p.m.

© TEX 11:05 a.m.
TV: Fox Sports NW
An old American science fiction movie made in 1958 sets the story of a wealthy woman who is so young that she is actually only 30 feet tall, and gets revenge on her husband and others that annoyed her. If she were to lie down on the ground, could anyone jump over her with only three steps? Yes, senior triple jumper Justin Lawrence probably could.

Lawrence competed on the track and field team at Central Washington University, was named Great Northwest Athletic Conference (GNAC) Co-Athlete of the Week on April 6.

Lawrence marked 49 feet, 7 inches on April 3 at the Ralph Vernacchia Team Classic in Bellingham, breaking the previous GNAC record of 49 feet, 2 1/2 inches which he established last season.

"I didn't really expect it, though I jumped well. So I was pretty excited about it," Lawrence said.

Coach Kevin Adkisson praised Lawrence's performance.

"It's really great to see his recognition of all the marks he has been establishing," Adkisson said. "His hard work and dedication has been very consistent so far this year. He just continues that, he's going to be All American, which he just missed last year." Adkisson said factors contributed to Lawrence's success.

"Justin has been a very dedicated kid. He shows an excellent progression each year because he has such a great work ethic and definitely puts in more work than anyone else in general. So he has a lot of time to be able to develop himself." Lawrence spoke of the joy and the difficulty of the triple jump.

"The best part is definitely having a good competition, getting a good jump, just when everything comes together. Athens [ bulky athlete] there are different processes in triple jump in which they can go wrong," Lawrence said. "I have trouble on the board, he has consistency. Usually, my jumps scratch by a little bit because I can run a little bit faster. So, the consistency on the board is definitely my hardest part."

Lawrence started the triple jump event when he was a sophomore in high school. He used to play baseball and football and actually never thought of it except when my football coach said, "I should try jumping because I was a good jumper," Lawrence said. "Once I tried it, I realized I probably had a future in it. That's why I decided to jump triple."

Lawrence said he has learned from engaging in track and field: how it is different from other team sports. Of athletics, generally his performance is based on how you are prepared and how you perform," Lawrence said. "In track, it's all on your shoulder. If you don't prepare for it, it's going to shorten your performance. It definitely made me realize that you can work hard if you want to, but you don't have to, and if you work hard, you can accomplish it."

"Lawrence is not satisfied with what he has done so far.

"I have a couple goals right now," Lawrence said. "I definitely want to break 50 foot mark which I have done a few times on stretches. I have never done a legal one. I am already qualified to national, so obviously my ultimate goal would be to win the national title." Lawrence never stops challenging his limit. He has only got to his second year, and he keeps the final to jump over the world.
Get Outdoors: Cast into Ellensburg fishing

by Amanda Schank
Staff reporter

Enter into the world of fishing. It’s more than just an outdoor activity; it’s a strategic game involving two main players, the angler and the fish. The Yakima River and surrounding lakes of Ellensburg lay claim to some of the best fishing in the Northwest. Both fly and bait fishermen take advantage of the prime fishing spots as a stress reliever and a chance to improve their fishing strategy.

“It isn’t just where you are that makes a successful fishing day, it’s a combination of which fly you’re using, the cast you make and the approach to your cast,” Jack Mitchell, owner of the Evening Hatch Fly Shop and Guide Service, said. “In essence, winning in fishing is being there in the outdoors, catching fish, and using your strategies to catch them.”

According to Mitchell, a day’s catch on the catch-and-release Yakima River can be anywhere from four to 120 fish of either cutthroat or rainbow trout. Matron and Carey Lakes offer a larger variety of fish including bass, perch, bluegills and trout, but yield smaller numbers.

“Whatever the catch or location the state of Washington requires a fishing license which can be purchased at Fred Meyer or Bi-Mart. This ticket to Ellensburg’s fishing grounds is $23.90 and good for a year. The best part about fishing is the relaxing that goes along with it,” Aaron Guehrn, senior biology major, said. “It’s just you, the outdoors and catching fish, and using your strategies to catch them.”

Mitchell said the best therapeutic relaxation for fly fishermen is the Yakima which is a designated artificial lure river only. Although fishermen on the Yakima’s tributaries and Ellensburg’s lakes are permitted to keep a specific number of fish, they are allowed to use both artificial lure and bait.

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Jack Mitchell scoops up a fish during a day on the river.

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