5-6-2004

Observer

Central Washington University
Seniors seek help, advice

by Bob Kirkpatrick
Staff reporter

You hear about them near the end of every quarter. These unnerving nighttime tales of students who are about to graduate being told they have failed to meet the requirements. Stories of advisors and students exchanging blame, like two prizefighters throwing jabs and uppercuts at each other during a boxing match. All the while degree checkout, playing the part of a referee, sends each back to their neutral corner.

"Don't trust any advisor to be able to read a CAPS report," Frank Swetz, senior communications studies major, said. "You need to make sure that you know what you need to do to get out of here."

Swetz, a non-traditional transfer student who was scheduled to graduate this spring, said he would now have to wait until the end of fall quarter because three advisers missed the fact that he lacked his foreign language requirement. Swetz said they couldn't interpret the Central Academic Progress System report.

"There is no telling how many job opportunities I have missed out on," Swetz said. "I could have made some money this summer."

Swetz isn't the only student to express frustration with Central's exit process.

"I felt like I was put on the back burner," Chelsea Minyard, senior social services major, said. "I wanted to substitute a class and wasn't allowed to do so. Then they told me if I wasn't enrolled in the class I needed to fulfill my requirement, which wasn't available, before add/drop and I couldn't graduate."

Although this isn't a common occurrence, it happens often enough to raise concerns from students that have worked so hard to get so close to graduating, and have come up short, falling through the cracks in the system.

"Transfer students have more challenges," Rose Sposobalski-Brower, program support supervisor for degree checkout, said. "For example, a transfer student may have the appropriate AA degree but is pursuing a BA degree at Central. Therefore, they need the foreign language requirement. The AA degree does not satisfy this requirement."

The situation is different regarding traditional students, but the results can often be the same if they procrastinate.

"A lot of times students wait until their last quarter to take the one class they have been avoiding all along and it's closed or not being offered at the time they want to register," Sposobalski-Brower said. "The student then has to hustle and try to find something else or re-up for graduation."

To eliminate some of the hardship and panic attacks some of the students are experiencing, Scott Carlson, director of academic advising, offers a few suggestions.

"Students need to become proactive," he said. "At the beginning of each academic year, Central offers freshman and transfer student orientations. Freshman can also take University 101."

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Local windows display support

By Andrew Van Den Hoek
Staff reporter

Sweet Memories Bakery, Sport of Kings Barber Shop and the local chapter of the Red Cross; what do these places have in common? All are located in downtown Ellensburg and support Central Washington University’s recently terminated swimming and wrestling programs. These three establishments are just a few of the places that have put up signs in their windows in support of the programs.

“My kids go to elementary school, one’s in first grade and one’s in third grade, and the swimmers volunteered to teach swimming lessons,” Mitch Cook, owner of Sweet Memories Bakery, said. “That’s probably not going to be available now that those programs are gone.”

The signs in the local shop windows are just one of many ways the former members of Central’s swimming and wrestling teams are fighting to get their programs reinstated.

One organization located in downtown Ellensburg that will be affected by the loss of the teams is the Ellensburg chapter of the American Red Cross. Many members of the swim team go to the Red Cross for lifeguard certification.

Many of these lifeguards work at the university pool or the city pool.

Lori Clark, who works at the Red Cross office and was a swim coach at Central for 15 years, offered a unique solution to the argument that the teams don’t have enough competition in close proximity to Central.

“You’re not required to be NCAA: Division II,” Clark said. “The teams could opt to be Division III which would also mean that they would give up their tuition waivers.”

The local businesses are not the only ones showing support for the teams. More than 1500 people have added their names to the list of supporters found on www.cwuawim­ming.org.

The Brown vs. Board of Education case was a catalyst for launching the modern Civil Rights Movement.”

According to brownvboard.org, the “separate educational facilities are inherently unequal.” This decision was made by the United States Supreme Court on May 17, 1954, declaring segregation in more than 20 different states, which had segregated educational systems.

Brownvboard.com calls this case a “catalyst for launching the modern Civil Rights Movement.”

“African-American children have always been fighting for their rights. The Brown vs. Board of Education case was a victory for all races,” said Batseba Kassahun, senior law and justice major, said. “Education is the key to a successful society, and only good can come from empowering and educating people.”

According to Coreonline.org, the Brown vs. Board of Education verdict in 1954 overruled the law of “separate but equal facilities,” saying that they were “inherently unequal.”

“Even though schools have officially been desegregated, there is still a lot of segregation going on,” said Batselah Kassahun, senior law and justice major, said. “In schools with a black student population, the education is poor, and at schools with a white student population there isn’t enough diversity in what is taught.”

Dr. Walter Leonard is a key speaker for the Brown vs. Board anniversary events at Central Washington University. Leonard will speak at 7:30 p.m. on Tuesday May 11 at McConnell Auditorium. Leonard’s presentation will be on the promises, failures, and successes of Brown vs. Board of Education.

For more information contact the diversity center at 963-1685 or 963-1368.

Schedule of Events

May 11 - May 18: Walking Timeline Exhibits SUB Club Owl

May 11 @ 7:30 PM: Dr. Walter Leonard Brown vs. Board of Education: Its Promises, Its Failures, and Its Successes, McConnell Auditorium

May 16 @ 7 PM: Science Bulg Room 147 Film: “Separate But Equal”

May 17 @ 4 PM: Black Hall Room 132 50 Years After: Brown v. Board of Education and its implications

For information, contact: Patricia Valdes, MSW Phone: (509) 586-4772 E-mail: pvaldes@mail.ewu.edu Web site: swlms.ewu.edu

ADVISING: Falling through the cracks

continued from 1
dent, so everyone knows where they stand going.

“Unfortunately, some of the students that choose not to attend the orientation end up falling through the cracks,” Carlson said. “But the vast majority of students have no problems at all.”

Amanda Christopher, senior food science and nutrition major, is one such student.

“I have not had any problems with advising or degree check-out,” Christopher said. “I set goals and plan ahead. I took an in-depth early assessment class that mapped out my four-year plan and it helped me nail it down.”

Carlson said, the university mails out advising pamphlets and catalogs that list core requirements for all majors and minors offered at Central. It is important students understand that they may be admitted from one catalog year for general education and another catalog year for their major, and yet another year for their minor.

“The information can be a little confusing because different departments have different requirements,” Carlson said. “Students have any questions, the most important thing they can do is ask them. Don’t wait until the day before and then bury your head in the sand hoping the problem will go away.”

There have been a few recent policy changes that may alleviate some of the recurring problems students have, as they attempt to complete the graduation application process.

“By the time incoming freshmen reach 75 credits, they must have all of their general education requirements fulfilled,” Linda Beath, associate vice president for graduate studies, said. “The policy is an attempt to ensure students receive some advising.”

Beath said, students who have not declared their major by the time they accumulate 100 credits, will not be allowed to register for more classes.

Because degree checklist is pretty much the last stop along the process, they have been put in an awkward position.

“Degree check-out is often seen as being the bearer of bad news,” Tracy Terrill, Registrar, said. “We are not responsible for advising, we are here to make sure you have made the requirements that you need.”

According to Terrill, there has been talk of moving up the deadline for the degree application process from 30 to 60 days. The thought being, the sooner the degree application is processed, the sooner help or options can be explained if students are missing prerequisites.

“The hope is students will have enough time to pick up a class or two, so they can graduate on time,” Terrill said.

Students, who want to find out where they stand academically, can stop by the academic advising center. If you have declared a major and don’t know who your adviser is, check with the department to find out.

The hours of operation are Monday through Friday, 8 a.m. to 5 p.m. Call 509-963-3523 to make an appointment or stop by Bouillon, room 206.
SUB hosts annual history day event

by Sarah Guillermo
Asst. News editor

The Samuelson Union Building looked a bit different on Saturday as more than 475 elementary, middle school and high school students swarmed over the campus to participate in the Washington State National History Day contest.

Participants showcased their research in a research paper, performing, crafting a documentary, or building a museum-style exhibit. An awards ceremony in Nicholson Pavilion concluded the day's events.

"It is a year-long educational experience where students have the opportunity to study a topic of their choice and then share their research with a broad audience," David Sherman, state coordinator, said.

Winners will take their projects to National History Day, June 13-17, at the University of Maryland.

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A FILM SERIES EXAMINING IMAGES OF AMERICAN INDIANS

MONDAY, MAY 10
On and Off the Rez with Charlie Hill | Return of Navajo Boy
Black Hall, Room 151, 6:00 p.m.

TUESDAY, MAY 11
Natives | Grandfather Sky
Yakama Room, SUB, 6:00 p.m.

WEDNESDAY, MAY 12
Bea Medicine - Featured Speaker | Seeking the Spirit: Plains Indians in Russia | Black Hall, 151, 6:00 p.m.
Dr. Bea Medicine, noted Native American anthropologist, will lead an in-depth discussion of her film, SEEKING THE SPIRIT: PLAINS INDIANS IN RUSSIA. The Russians, predominantly couples with young children, tell us they initially became interested in Native American culture via Hollywood films. We see at close range the careful attention to detail the Russians have invested in the recreation of the look and the feel of Native American ritual and life.

THURSDAY, MAY 13
American Cowboys | Faithful to Continuance
Cesar Chavez Theatre, SUB, 6:00 p.m.

FRIDAY, MAY 14
Salmon Feed | Mountain View Park (1200 East Seattle St.), Ellensburg, 5:00 p.m.
Native Voices | Cesar Chavez Theatre, SUB, 7:00 p.m.
BOD office strives for legacy in fund

by Jennifer Turner
Staff reporter

Investing in the future, a Central Washington University Board of Directors officer is working to build a foundation for student scholarship.

"What I wanted to do was to start a legacy," Peter Barbee, vice president of academic affairs, said. "It's for the students."

Barbee is working to continue a mission originated in spring 2002 by Alyssa Scarth, then BOD vice president of academic affairs. Scarth worked to establish an annual scholarship sponsored by the ASCWU/BOD. Barbee, along with the help of Bradley Melton, director of development in student relations, is in the process of setting up the ASCWU student government endowment fund.

The fund, which is being built through fundraising and donations from parents and alumni, will eventually accumulate interest, ensuring the availability of the ASCWU/BOD scholarship to students in the future.

"It's a very forward way of thinking," Melton said. "I commend Peter Barbee and the BOD on that." During his term, Barbee raised approximately $1,000 in order to give two $500 scholarships to Central students. Barbee and Melton are currently reviewing ways of gaining funds for the endowment, with the help of Charlotte Tullos, vice-president of student affairs and enrollment management.

"Parents are one of the biggest givers we've got," Tullos said. "Presently, I'm going to try to help out wherever I can find the funds."

Since the endowment fund is going to be established under the separate organization of the university foundation, it can accrue interest. "That, in turn, will be invested into the endowment, creating a stable resource for scholarships to be distributed to students in the future."

"When people give to an endowment, they're not only giving to the future of the scholarships, but they know that typically that endowment is going to grow," Melton said. "And as the additional funds come into the endowment, the opportunity for more and more scholarships come about.""The Tooth of the Matter"
Susan Savage, RDH

COSMETIC DENTISTRY

Are you ever so endowed with a tooth, or teeth? In all likelihood, those have a chipped front tooth or maybe that tooth was just not made for your mouth. Even teeth that were not always perfect can be improving. This doesn't help your smile, but it might help you feel great.

Some patients have visited a cosmetic dentist to make those teeth and the smile look beautiful. You can do the same. Perhaps you hesitate to think about it because you assume it will be expensive. Well, vacations are expensive, but your dentist will be happy to provide a consultation to see what can be done to make your teeth and smile look better. Help is here.

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Donations set to double library media holdings

By Amy Gegoux
Staff reporter

Blow the dust off of those old DVDs and VHS tapes that aren't being watched anymore and donate them to the school library.

The Central Washington University library wants students to donate movies to increase its collection. A media drive will be going on until the end of the school year, with collection boxes in the library, residence halls and at the University Store. The fundraiser has also become a competition among all the residence halls on campus. Which ever hall donates the most DVD's and VHS tapes will win a pizza party from Papa John's. "It would only take a small number of donations to double our DVD collection," Patrick Wicklund, junior political science major, said.

However, we have well over 6000 films total right now. If this program is successful, our DVD collection will dwarf the video stores, and the best part is, it's free to students. Free entertainment in Ellensburg for broke-ass students: Priceless.

The library has fine and fee policies that they follow. A $5 fine will be placed on a student's account after four days overdue. More fines are added to the account if a student does not return the movie. The maximum fine is $20.

"Friends of the Library" is sponsoring the media drive, which is a group of people who support the library and try to generate funds to buy books and periodicals.

"We want to support them and help the library to meet their goal of providing the best resources and best services to students," James Brooks, former Central President for whom the library is named and president of Friends of the Library, said. "All of us who appreciate that students will be contributing, the library and the students will benefit from anyone who helps out."

There are no restrictions regarding what can be donated. Anything will be accepted. If a movie donated cannot be used, it will be sold at the annual book sale at the library October 27-28.

There is very little about getting new media to help augment the collection," John Streepy, library media circulation supervisor, said. "The library has new hours so the media circulation will be open longer, so students can come in later to rent movies.

Employee of the year awarded

Joseph Castro/Observer

Jim Thomson receives the Employee of the Year Award during the annual Central Washington University Service Awards May 4. Central employees were honored for years of service, ranging from 10 to 35, at a program held in the SUB's Cesar E. Chavez Theatre.

WAITLIST: Schedules tighter later in quarter

continued from 1

during the annual

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They also provide nature activities, Lillquist, teacher for the ECLC, said.

There are four certified teachers, two teacher directors and one director. Enrollment in the ECLC is on a first-come, first-serve basis, so parents interested in registering their children for the summer are encouraged to contact the ECLC as soon as possible.

Another option for summer childcare is Kids-N-Things, a summer day camp provided by University Recreation, located in SUB 111. Children can participate in a variety of activities including arts and crafts, sports, drama and music. They can also go swimming and take part in field trips.

"This program is a dual benefit," Steve Waldeck, director of university recreation, said. "It gives Central students an opportunity to have practical experience in a lab environment. Children benefit from this program because of all the activities they do at camp. Parents have told me their kids have fallen asleep at the dinner table because they are tired from all the activities."

Kids-N-Things will begin with a kickoff social at 6:30 p.m. Monday, June 14 in Hebler 116. Parents interested in the ECLC can contact Janie Charlton at 963-1744 and those interested in Kids-N-Things can contact University Recreation at 963-3512.

CAMERAS: Keeping an eye out

The cameras would be placed to see who is in the room coming and going. In no way would the camera be used to monitor anyone’s activities. The video monitoring also works for maintenance purposes.

"It really wouldn’t worry me much," Guadalupe Montes, senior safety and health management major, said. "I don’t have anything to hide."

But Montes said he would rather have someone present rather than have to call someone on a phone from the room.

"I’d rather pay a little more in fees and know someone’s there to help," Montes said.

An Ellensburg area man, 21-year-old Adam Mellish-Rencken, was booked Tuesday on charges of theft with possible charges of attempted murder and felony evasion.

The man was arrested after leading police on a chase that started in Walla Walla and ended on Cooke Canyon Road near Ellensburg.

At 3:30 a.m. on May 1, Kittitas Police Officer Buddy Stuart received a call of a pickup truck driving erratically in Kittitas. The truck was listed stolen out of Walla Walla after a foot pursuit. Stuart tried to stop the vehicle, but the truck kept going northbound on Cooke Canyon Road. The road ended, and Stuart was forced to follow the dirt trails. That was when Stuart saw the truck now coming toward him. He turned his lights on before the truck hit the officer head on. The truck backed up and rammed the officer again, impairing both vehicles. The subject ran, but police lost the trail near the creek. A helicopter searched while officers combed the ground, but the man was gone. A local hospital treated Stuart for minor scrapes.

The man was found around noon Tuesday, when Kittitas County Deputies spotted him on an allegedly stolen Yamaha four-wheeler. The man led police on a chase on Cooke Canyon Road. He lost control and flipped the ATV. Mellish-Rencken was taken to Kittitas Valley Community Hospital for leg injuries before being booked.

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First rule for getting out of a hole: stop digging.

There is such a thing as writer's block. It's like a virus. One morning you're fine, and by 4:00 p.m. you're thinking, "uh-oh, I'm in for it." You do all your remedies, but nothing works. For the past week I was looking for a way to make a point. I wrote two 700 word rough drafts thinking that if just kept writing something would happen. I changed my leads thinking that would help. I talked it over with Cameron. On page 10, she says, "One of the simplest and smartest things I ever learned about writing is the importance of a sense of direction." Thanks, Julia, that's a big help. The virus was spreading.

Cameron goes on, "Writing is about getting something down, not about thinking something up." Okay, Julia, been there, done that. But then she says, "Whenever I strive to 'think something up,' writing becomes something I must struggle to achieve." I could relate. I had been striving to make a good point. But the more I tried, the more it became.

A little later she says, "Once writing becomes an act of listening instead of an act of speech, a great deal of the ego goes out of it," said my attention.

She continues. When writing becomes about how we have to say, it becomes burdened by our concerns about whether the reader will 'get it' --meaning, get how brilliant we are. And there was my point. Finally. Sometimes we try so hard to be wise and erudite, that we miss the point of communication. Non-traditional students, like myself, often feel we have to prove ourselves, that we are held to a higher standard, not only by ourselves but by our professors and other students. But we're learners. Just because we're older, or because we have more life experience, it doesn't necessarily mean we're wiser or more brilliant.

Sometimes we try to hard to make a point, we miss the message. Instead of trying to prove what we know, we're better off listening. This week was writer's hell. But I filled the space... -Martha Gooday-Price

As old Henry Ward Beecher said, "It's bad to go out and look at things. It's better to look at the picture and then go out and dig." Because the move is based on the picture, you don't need to get 500 words on the page to make one simple point.

Thanks, Julia, that's a big help. The virus was spreading.

The Observer reserves the right to edit for length, style, grammar and matters of taste. Anonymous letters will not be published.

LETTERS TO THE EDITOR POLICY

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.
continued from 6

Women deserve a better choice

A recent Zagby poll found that 51.6% of 18- to 29-year-olds call themselves “pro-life.” I, along with many other students on the Central Washington University campus, believe in the absolute value of every human being, beginning at conception. Consider the following quote, “After fertilization has taken place, a new human being has come in being...this is no beginning at conception. Consider the absolute value of every human life, each individual has a very neat beginning at conception.” This quote comes from Jerome LeJeune, M.D., professor of genetics at the University of Descartes in Paris, discoverer of the chromosome pattern of Down’s syndrome.

Sex, the pill, condoms, the morning after pill, pregnancy and abortion. College students today face many difficult decisions. I believe that we deserve a better choice than the death of a child when faced with an unplanned or unwanted pregnancy. While lies can offer the easy way, true freedom is found in acknowledging and embracing the truth.

Annie Phillips,
Sophomore
Unidened

Snohomish coach urges Central to reconsider cuts

I am a high school coach and aquatic professional in Snohomish, Washington. I am also a CWU swimming alumnus with a BA Ed. (1987) and MS Physical Education (1993) from CWU. I am aware that educational professionals have such a lack of foresight in cutting without question the most successful athletic program in the school. I am writing to you all to ask you to reconsider your decision. The students, alumni, and the taxpayers of Washington State deserve to have the University’s promises kept in regards to the entire Athletic program.

A quality coach/athletes professional program is difficult to come by, and not one that can be replaced by university as a part of the PE department as well as coaching the teams. This combination is easily achievable. Since the department of Bob Gregson, the ideal situation/position for a coach has been split into pieces. The pool was nearly impossible for anyone to earn a living at the job. If you want quality, you have to pay for it. No one can or should be expected to work for free. It is also incomprehensible that Washington State tax payer money would build a high quality competitive program to only eliminate the program. State taxpayers were expectant that when the pool was built that a competitive team would be housed there. Additionally, the 1997 report from Dr. Frederick promised the University community that the athletic program could continue to thrive, as is, for years to come.

I urge you to reconsider your decision. Solutions to your problems are available and support will be there in regards to this program. The State deserves to have more than one public university swim team (UW). The community rallied to help that program. Central’s program would receive similar support if you are not fouti and they please. Do not cut the program!

John Pringe
Aquatic Supervisor
Snohomish School District

Rent increase not justified

On May 12th, the Board of Trustees will vote to pass proposed increases for CWU tenants in Brookline Village. The past has had increases that have forced many families out of Brookline. The new rent increase is raising 10% to $660-$710. And what’s the housing department doing with this new money anyway? It’s obvious that it isn’t going back into making Brookline a better place to live. Of Brookline tenants have to live with a maintenance crew who doesn’t respond to concerns, especially if a bee’s nest is eating a hole through your roof, and tenants deal with a hole in the sprinklers, water the street, while the grass turns brown, and randomly turns off the outside water on the hottest days of the year. The pool has no water to keep cool in (and of course no AC to keep the hot out). Rent increases, tenants are asking: Will there be any new amenities added, like AC or a dishwasher? No. You still need a medical condition to get the comforts of a cool apartment in the 100-degree heat this summer. Tenants will be lucky if they get car in their apartment, as most units are still dated with the 1970’s tile flooring and dark chocolate brown cabinetry (shagadelic, huh?). In fact, tenants will actually need to give up more. This past January, Brookline became available to single students 19 and older and instead of integrating them into Brookline, housing was putting single students into the Brookline (what’s left of family housing) can see their bottles of beer in the recycling centers as we walk by with our young children. And yet the director of the housing department continues to say, “The combination of convenience locations, many different apartment types and each room is not segregated (as if we are different races). The front half of Brookline is available to single students, the back half of Brookline (what’s left of family housing) can see their bottles of beer in the recycling centers as we walk by with our young children. And yet the director of the housing department continues to say, “The combination of convenience locations, many different apartment types and each room is not segregated (as if we are different races).”

Jesu Pruitt

VOICING OPINIONS

A constant question of ethics

by Haley Weston
Asst. copy editor

Abortion: the decision to undergo can change one a woman’s life forever.

One of options women have when it comes to an unwanted or unplanned pregnancy, I believe abortion should be used as a last resort.

So yes, I am pro-choice. Although, many readers may disagree and feel that it is morally, ethically or religiously wrong. I have a hard time understanding how someone else’s situation affects them.

In many cases, unplanned and unwanted pregnancies are a result of carelessness and neglect. In these cases, I feel that abortion should be considered if the potential( )are unable to provide for a child.

However, there are some situations in which abortion is a more legitimate step to take to end a pregnancy. In cases such as rape, or if a woman is putting her life at risk to carry and/or deliver the baby, it is appropriate to force a woman to continue a pregnancy.

In these cases it may be dangerous, emotional or physically, for a woman not to consider abortion. Again, whose decision is it to make? The woman directly involved, or society, involved? Or society, involved?

There are three basic types of abortion, all performed early in the formation of the human life. The first is known as Mifepristone. Taken orally, this drug blocks the action of progesterone, which causes the uterine lining to break down and the pregnancy to detach. This has a high success rate and resembles a natural miscarriage. It avoids surgery and is approved by the Food and Drug Administration for $400 per year.

The second choice is called Methotrexate. It is usually given by injection and stops the ongoing process of implantation of an early pregnancy. This can be used very early in the pregnancy and can be used to avoid surgery.

Vacuum aspiration is probably the most common procedure people think of when they think of abortion. It is a surgical procedure performed to remove the contents of the uterus in the early stages of pregnancy. This surgery has the highest success rate and is usually completed within minutes.

These are the three most common options available. Adoption and programs to assist new or young parents are also available. Each of these options should be a last resort. Each individual must research the options and make the choice that is best for them.

Having a child, another human being completely reliant on you for everything, is a responsibility that each person must take seriously. Who wants to be a couple, if not able to take on that responsibility, should they be aware of the ramifications of the situation and decisions that will be made regarding it.

I am not promoting abortion, but it is important that anyone who may be in a difficult situation is given the chance to make this important decision for themselves.

It is being as an assistant to Cindy Figueroa, and being named Employee of the Month, I know that if elected he will represent each and every student voice to the fullest while acting with what’s best in CWU.

Sarah Sutton
DeVries unhappy about editing

As you well know, the BOD election is one of the most significant times for the CWU students to step forth and elect the officers who will represent them throughout the forthcoming academic year. I am responding to the article (Meet the candidates, vote responsibly) which printed in the April 29 Observer. I feel a great deal of need to bring this to your attention.

I know everyone has different opinions when it comes to the decision not to print the candidate’s entire statement. I have, as well as the other candidates, spent enormous time and effort campaigning for this election. I feel all CWU students should have the opportunity to view the candidate’s entire statements to make that responsible choice.

If I was informed that my statement was to be edited, and given the time to submit an altered version which met with approval, I would have done so. I hope you in the best interest of the students and candidates find the time and space to adjust this critical error.

Kevin DeVries
Junior
Sociology

Step out of comfort zone: take a calculated risk

by Rachel Guillermo
Asst. News editor

Leaving home is one of the biggest steps we make on our road to adulthood. Some people take longer to leave home, while others are gone as soon as they are out of high school. Either way, leaving home can be both a scary and exciting change. Different people leave home for different reasons. Some leave to go away to school, while other leave to get away from their parents. In my case it was both.

I grew up in Ellensburg, Washington. I was not scared to move to a small town, but felt a little anxious about going to a city. As I made this decision, I was excited about leaving, but I was also a little scared to do otherwise. At first, I was excited about leaving, then I got scared. I would be thousand miles away from everything and everyone I knew. What if something happens? What if I don’t make any friends? What if I hate it there? What if this, this and this? Am I going to want to go anymore. But in the end I decided to come to Central and I have no regrets.

Going away to college was a big risk, but I’ve learned more in the four years I’ve been at Central than I lived in Hawaii. I’ve learned more about myself, my own values and who I am once again in a place that’s what life should be about.

Taking risks, stepping out of your comfort zone and doing something you would be scared to do otherwise. I am not saying “dealing with your own life once,” so why don’t you make the most of it? Who knows the things that could be out there for you? The people you meet, the places you’ll see and the trouble you could get into! I know you must be thinking, “It’s too hard. I can’t do it and I’m afraid!” Well, suck it up. If a little bit of a challenge can move across the Pacific Ocean to go to school, then you can do anything.
Central goes south of the border for Cinco de Mayo

by Becky Unger
Staff reporter

Students are breaking out the limes and salsa in celebration of Cinco de Mayo this week. Central Washington University’s Diversity Education Center is putting on a weekend Cinco de Mayo celebration, concluding Friday with a banquet and dance.

“The kick-off went well,” Monica Medrano, program coordinator for the Cinco de Mayo celebration, said. “We’ve done a good job at selling tickets and promoting (the celebrations).”

Cinco de Mayo, the fifth of May, pays tribute to Mexico’s victory over France during the French invasion of Mexico in 1862 with only 4,500 poorly armed men to France’s well-armed 6,500 men. Cinco de Mayo is sometimes confused with the Mexican independence day, which is September 16.

The College Assistant Migrant Program, Diversity Center, and Movimiento Estudiantil Chicano de Aztlan will be sponsoring the events this week. The dining hall will also be celebrating with a Cinco de Mayo tribute dinner at 5 p.m. Wednesday in Holmes West.

On Thursday at noon the CAMP club will be showing a documentary about Cinco de Mayo. On Friday the celebrations will be in full force with a community outreach fair from 5:30 to 6:30 p.m. on the 2nd floor of the SUB, followed by a banquet from 6:30 to 8 p.m.

The dinner will include guest speaker Larry Estrada from Western Washington University, a mariachi band and dancers to entertain students while they eat an authentic Mexican dinner. There will be a dance after the banquet until midnight. Tickets can be purchased in the SUB for $14, dinner only, or $20, dinner and the dance.

For more information contact the Diversity Center at 963-1083 or go to their Web site http://www.cwu.edu/diversity.
Love between the covers

Want to add a little spice in the bedroom? Maybe just get a few tips to satisfy that special somebody, or learn about sex and then some. Everyone knows the entire process of sex, arousal, foreplay, and the "sex bible." The book covers the history of sex, relationships in general, sexually transmitted diseases, a thorough glossary and the sexuality of men and women in biblical times. "The Bible is often blatantly unfair to women," Joannides writes. "(.) the majority of women mentioned in the New Testament are either virgins or prostitutes." Joannides raises thought-provoking questions in Chapter 35 about why publications geared towards teenagers assume that male teens are virgins or prostitutes. "The Bible is often blatantly unfair to women," Joannides writes. "Why aren't men and women encouraged to explore sex together, teaching each other what feels good along the way? And why magazines like Teen still trying to push the tired old notion that sex is some­thing a man does to a woman - unless she needs something from him or wants a big favor?"

What's Inside A Girl is my favorite chapter in the book. It begins with the differences between facts and fiction with women and sex. The chapter presented a great deal of information I didn't know about women's sexuality. For instance, I never knew a woman could have more than two types of orgasms. Why can't men share this trail?

There are actually at least three kinds of orgasms that a woman can have: the clitoral, the vaginal and a combination of the two (called a blended orgasm). For some women to reach orgasm they need to have their legs out and open, others need them in tight (innies vs. outies). This is the part in the chapter I found the most interesting.

Why did you know only 30 percent of women have orgasms during sex? For people who are interested in exploring more adventurous meth­ods and ideas, check out the chapter on Culture & Kink.

There are also alternative ways to "getting it on" and methods that some may find appealing without insertion, in the Horizontal Jogging chapter under Other Kinds of Intercourse.

The book is liberally illustrated for an easier understanding of some of the more difficult positions and concepts.

The chapters on foreplay give readers ways to enhance their sexual experience, such as the one dedicated to the "sex" of fingering. There are coaching tips that women have submitted to the author to help give men a better idea of what they want. If you're not quite ready to go down that road, try the section on kissing in the chapter, Kissing-Lip­quid Goods.

"(The festival) was meant to be a sharing of music, without competi­tion, that stressed equally vocal and instrumental genres," Chris Bruya, director of jazz studies, said.

Brady and Vocal Jazz Director Vijay Singh decided to name the fes­tival after Moawad as a way to pay tribute to his legacy of jazz education in both instrumental and vocal areas at Central.
Tis the season to break out the barbecue, get out in the sun and throw backyard parties. With weather this sunny it would be a shame to spend the day inside. The next time you have a free afternoon (preferably a weekend), throw an outdoor party. Celebrate a friend's birthday, a new job, getting an A on a test or just hold a get-together to celebrate how great your friends are. Whatever the occasion, an outdoor party is a great way to show your friends a good time and how much you care.

If you don't have a backyard of your own, try a nearby park or look into teaming up with a friend who has a grassy lawn.

Go beyond just buying a cake and ordering a pizza, and make your party one your friends will remember. Come up with some exciting activities and refreshments for guests. Decide on a theme and run with it. For relatively little cash, you can make a slip and slide or have a huge picnic complete with checkered blanket and basket.

Here are some suggestions on how to throw a party that rocks:

- Have a "Bring Your Own Meat" barbecue. Guests get what they like, and pay you in cash.
- Make custom name tags for guests with stickers, markers, magazine clippings, etc.
- Make your own decorations.
- Get some cheap water guns and have them filled and sitting in a bucket outdoors waiting for guests to start a fight.
- Make a super slip and slide out of some old tarps and water and dish soap for extra slip. (Make sure that you check the ground underneath for rocks and twigs so no one gets hurt.)
- Make cool ice cubes by pouring bright colored Kool-Aid into your ice trays and serve with a contrasting colored flavor. A great combo: berry flavored ice cubes in pink lemonade.
- Make some simple refreshments. Visit www.epicurious.com for all kinds of recipes.
- Have toys like beach balls and frisbees on hand.
- Set out lawn chairs near the refreshments so guests can have a place to chill and eat.
- Try to place your refreshments in the coolest, shadiest part of your space so they will stay nice.

Get ready to rummage
by Sarah Heath
Staff reporter

Attention thrifty students: prepare yourselves for the first annual rummage sale, from 9 a.m. to 3 p.m. this Saturday, May 8, at 701 S. Main, the former location of the Stenciled Goose/Irrigation Sales.

The sale is being held to benefit both the Clymer Museum and the Ellensburg Rodeo Hall of Fame, who have teamed up for the event.

Bargain hunters will be able to find just about everything they need, including furniture, exercise equipment, antiques, clothing, books, golf clubs, and even a picnic table—all donated by the community.

"There are plenty of things students would use," Roylene Crawford, chairperson for the event and member of the Clymer Museum Board, said. "We have more lamps than I have in my own house."

Besides the fun of looking for that perfect bargain, the rummage sale will also feature food, courtesy of the Ellensburg High School Band Parent Group, and will have live entertainment. Radio station KQBE will also be doing a live remote for part of the day.

From 10 a.m. until noon, the world-famous Rodeo Grandmas will be performing their routine, which includes storytelling, roping and young.

Both the Clymer Museum and the Rodeo Hall of Fame will have tables set up during the event, selling merchandise and offering brochures and membership information. The Hall of Fame will be selling raffle tickets for $5 for the chance to win a horse trailer.

If the rummage sale is as successful as volunteers hope, more fundraisers are sure to come in the future. The goal of the sale is to raise $8,000 and to raise awareness for $5 for the chance to win a horse trailer.

competing films feel
no 'envy' at box-office
by Candace Young
Staff reporter

Black Jack and Ben Stiller seem like the perfect team made in comedic heaven. So the producers at DreamWorks Pictures must have thought when given the script for the new film, "Envy." Black plays Nick Vanderpark, a dreamer who invents "Vapoorize." The idea behind Vapoorize is that you spray it on your dog's leftovers and it disappears. Apparently, someone thought this would be a good idea, and Vanderpark makes millions from this. Stiller plays Tim Dingman, Vanderpark's best friend, who lives across the street, and commutes with Vanderpark every day to work at the sandpaper factory.

The title for the film captures the essence of this film. Rachel Weisz ("The Mummy," "Runaway Jury") plays Dingman's wife, but the lack of depth to this character lends little to the comedy of this film.

The real gem in this film is Christopher Walken, who plays J-Man, a wandering misfit with whom Dingman becomes acquainted. Every scene Walken appears in, he steals from the other characters. It is Walken's presence, and that alone, that makes the movie tolerable.

For those hoping to see a reprise of Black's roles in "High Fidelity," "School of Rock," prepare to be somewhat disappointed. Black's character mirrors that of Navin R. Johnson, a.k.a. the Jerk, in that his invention, Vapoorize, has the exact outcome as the Opti-Grab Johnson invents. Both men become lavishly wealthy, but ultimately their downfall follows with their egotistical, out of control lifestyles. Black lacks the character passion that Steve Martin had in "Envy," which is a film that you will see once and never have the desire to see again, because the impact that the film leaves is insignificant. It's a shame that there isn't an invention to cleanse the teeth of this film.
Indoor country film series calendar

Compiled by Amy Lynn Taylor
Ass. Scene editor

May 10 through 14, the American Indian Science and Engineering Society and the Diversity Education Center will be co-hosting “Indian Country: Through Our Eyes” a film series examining images of Native Americans. Events Scheduled are as follows:

Monday, May 10
“On and Off the Rez with Charlie Hill” and “Return of Navajo Boy”
Black Hall Room 151, 6 p.m.

Tuesday, May 11
“Natives” and “God father Sky”
Yakama Room, SUB, 6 p.m.

Wednesday, May 12
Featured Speaker Bea Medicine and “Seeking the Spirit: Plains Indians in Russia”
Black Hall Room 151, 6 p.m.

Thursday, May 13
“American Cowboys” and “Faithful to Continuance”
Cesar Chavez Theatre, SUB 6 p.m.

Friday, May 14
“Native Voices”
Cesar Chavez Theatre, SUB 7 p.m.

Salmon Feed at Mountain River Park
1200 East Seattle St. 5 p.m.

Indian country film series calendar

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Remember the Club Central Metal Show with 2 Headed Chang

2 Headed Chang played last Friday at Club Central.

The power of this band was in their introduction song and energy pulsing out of front man Kurt Caron (a.k.a. Sparkles) you knew those vocals were the key to all that is singing in heavy music to the forefront of their show. Rhythm guitarist Hartley Brown and bassist Adam Debock locked in with loud backup vocals while lead guitarist Coleman Thornburg thrashed around like he was trying to kill Caron with his guitar. It makes you look at other bands and wonder where the energy went.

2 Headed Chang showed that the band wasn’t just a bunch of hard asses. They threw in a good dose of humor and heartfelt gratitude to the school and the fans all night, not to mention the sing-a-longs, or scream-a-longs he got going with the crowd.

Chang ended the night with a song appropriately titled “Goodbye” off their debut album “Dead City Rodeo.” With that last bit of punishment, the night came to an end.

With ears ringing and the smell of sweat from the bruised fans’ bodies, you could feel the power 2 Headed Chang has. Here’s a band that refuses to bow down to the heavy metal wake its tired ass up.

The music was loud, fast, pissed off and rude, just like metal should be, but I just don’t understand why so many singers feel the need to be a four piece was now down to three. From my understanding, it was their bass player who was released and their lead guitarist took over the bass duties for the night. This doesn’t seem like such a big deal, except now singer, Rob Seaverns, had to fill singer, rhythm guitarist and lead guitarist duties.

The power of this band was in their ability to pull it off.

Aside from the over-zealous dad, and a drummer that you can set your ear drums. Ah, the sweet sound of metal. This doesn’t seem like such a big deal, except now singer, Rob Seaverns, had to fill singer, rhythm guitarist and lead guitarist duties.

The power of this band was in their ability to pull it off.

“Goodbye”

Friday, May 7
Kid Rock at Key Arena, Seattle - 9 p.m., $27 - $75, Seattle.

Fastball at the Tractor Tavern - 9 p.m., $10, Seattle.

Saturday, May 8
An Evening with Spike Lee at the Paramount Theatre - 8 p.m., $27 - $75, Seattle.

Tuesday, May 11
Dr. Walter Leonard Lecture/Forum - 7 p.m. McConnell.

Wednesday, May 12
“On and Off the Rez with Charlie Hill” and “Return of Navajo Boy”
Black Hall Room 151, 6 p.m.

Thursday, May 13
“American Cowboys” and “Faithful to Continuance”
Cesar Chavez Theatre, SUB 6 p.m.

Friday, May 14
“Native Voices”
Cesar Chavez Theatre, SUB 7 p.m.

Salmon Feed at Mountain River Park
1200 East Seattle St. 5 p.m.

Celebrating children and books
by Eva Tallmadge
Scene editor

A celebration of books and literature will take place from 9 a.m. to noon on Saturday at Black Hall.

The event will include storytelling, face painting, plays, a book fair, arts and crafts, science experiments, snacks and gifts for the children.

The free event is being sponsored by the College of Education and Professional Studies, the Center for Technology and Learning, Ellensburg School District, Washington State University Extension and the Kittitas County Health Department.
Outdoor: Hiking through the hills

Central record of 20 wins established

College on April 24, they earned their
elements mold together and create
doubleheader against Saint Martin's
Washington University started this
tactics and command the game. These
the catcher's glove. A sharply swung
bench animates the field. Coaches use
softball, just like the ensemble of an
Young Wildcats build new softball history

Senior second baseman Jerame McKereghan slides into second base, trying to avoid the
Baseball slides into second place in GNAC

by Michael Leeper
Staff reporter

With the big spring football game
happening last weekend, Central stu-
dents might not have been aware of the
fact that the Wildcats baseball team
were in the process of tightening up
the race for first place in the Greater
Northwest Athletic Conference.

Central played host to Northwest
Nazarene University and took three of
four games from the visiting
Crusaders. After a great weekend of
baseball for the Wildcats, they now sit
in a deadlock for second place with
Saint Martin's College and are only
two games back of the division leading
Wolves of Western Oregon University.

“We want to try and sweep out.
Thirty or 31 wins is a good finish to
the season, so this weekend is real
important,” Coach Desi Storey said.

The brooms came out on Saturday
when the Wildcats swept both games.
Game one was a nail biter all the way
to the end, with the Wildcats winning
8-7. The game went eight innings
with neither team showing signs of
giving up. Junior outfielder Ryan
Rockhill had a huge game, going three
for five at the plate with a home run, a
triple and three RBIs. Eight of the
ten starters in the Wildcats lineup did the
hitters in the Wildcats’ lineup did the
game to earn his second win of the
season.

Game two was dominated by the
stellar pitching of junior pitcher
Gordon Chubb who gave up one run
to the end, with the Wildcats winning
with neither team showing signs of
giving up. Junior outfielder Ryan
Rockhill had a huge game, going three
for five at the plate with a home run, a
triple and three RBIs. Eight of the
ten starters in the Wildcats lineup did the
hitters in the Wildcats’ lineup did the
game to earn his second win of the
season.

Game two was dominated by the
stellar pitching of junior pitcher
Gordon Chubb who gave up one run
on five hits while striking out 10
Wildcats. According to Frederick,
quality," Frederick said.

The first game on Sunday turned
out to be the only time Central would
taste defeat during the weekend.
Game one was won 5-2 by NNU, who
lost a complete game performance by
starting pitcher Jason Fox. Senior
pitcher Jeremy Mannin tried to keep
time with Fox, but ran out of gas late
in the game. Mannin pitched eight
innings and only gave up four runs, but
had the loss, pushing his record on the
season to 3-4. Martin and Rockhill
produced the two runs for the
Wildcats, who scattered eight hits in the
game.

Game two gave the fans more
baseball than they bargained for. The
Wildcats pulled out an extra-inning
win, 9-8, to take the series three games
to one. Junior pitcher Eric Carlson
got his first win of the season pitching
two and two-thirds innings of one-hit
ball in relief. Both teams combined
for a total of 17 runs on 28 hits in the
final game of the series. Senior
catch-

by Takaya Funaki
Staff reporter

A pitched ball bounces and falls in
the catcher’s glove. A sharply swung
but cracks and sends the ball away.
The umpire shouts, players scream
and vault themselves onto the field.
Energetic cheering from the teams'
bench animates the field. Coaches use
tactics and command the game. These
elements mold together and create
softball, just like the ensemble of an
orchestra.

The softball team at Central
Washington University started this
season on Jan. 31 and finished it with
two losses last weekend. However, the
Wildcats’ gain this season has been
tremendous. In the second game of a
doubleheader against Saint Martin’s
College on April 24, they earned their
21st victory of the year, breaking the
Central record of 20 wins established
in 2000 and matched in 2001. In addi-
tion, they reached the program’s first
winning season in its 12-year history
by winning the first game of the dou-
bleheader against HSU on April 30.
Coach Gary Frederick, who has
led the team to those achievements,
described his team as “young.” There
are 15 freshmen and sophomores out
of a team of 23. Youth is a great source
of energy, simultaneously, it can
expose the fragility. He spoke of both
the strengths and weaknesses of
youth.

“Because they are young, our
team’s been inconsistent,” Frederick
said. “Most of the games we’ve had
were very close. With a few breaks
and errors, we could probably have
eight or nine more wins. But it’s been
a fun team because, basically, there is
giving up. They play until the last
out. So, I’m really pleased with that.
They support one another and have
fun.”

The softball season is a long last-
ing fight. It starts at the end of January
and goes on until the beginning of
May.

The Wildcats started this season
with two wins in a row, went up and
down continuously, and finished with
a three-game losing streak. Frederick
said consistency is essential to win-
ing in a long season and made it a top
priority for the team.

The team is about to move to the
next level, but there is always a bar
over which it has to jump to see a new
world. The bar is HSU for the
Wildcats. According to Frederick,
quality,” Frederick said.

In sports, knowing players is nec-

see BASEBALL page 16

see FREDERICK page 13

Freshman Catrina Robinson looks back on a double play completed by Humboldt State in the 8-0 loss.
Personal records fall for Central

By Jonathan Menter
Staff reporter

Central Washington University's track and field team kept busy by traveling to Western Washington University on Friday and Spokane on Saturday to show what they can do before moving into the Great Northwest Athletic Conference championships.

Central sent only a few runners and throwers to the Western Twilight Meet in Bellingham on Friday. Senior Justyn Lawrence made the trip to Bellingham and won the triple jump with a mark of 48-4 and took third in the high jump with a jump of 6-6. Freshman javelin thrower Michael Ingman took third in his event with a throw of 160-7.

Junior Rachel Bailey took second in the 3,000-meter run. She had a time of 10 minutes, 47 seconds, and it should move her into the seventh spot in the conference.

In his event with a throw of 160-7. Freshman javelin thrower Michael Ingman took third in his event with a throw of 160-7. Junior Rachel Bailey took second in the 3,000-meter run. She had a time of 10 minutes, 47 seconds, and it should move her into the seventh spot in the conference.

Sophomore Cresap Watson and junior Fabien Coutard were two runners who took that theme to the bank. Both had personal bests in the 200; Coutard took fifth with 22.07 seconds and Watson took sixth with 22.1. Coutard also had a great race in the 100 as he ran a time of 11.0, and now is top-ranked in conference for both the 100 and the 200.

Director of track and field Coach Kevin Adkisson said he had a time of 11.0, and now is top-ranked in conference for both the 100 and the 200. Watson was a big surprise, though, not usually running the 200, he impressed everyone at the meet.

"We knew he was someone who could run in the mid 22s," Adkisson said. "It's a very nice surprise having him (Watson) go that quick." Watson not only impressed with his running ability, he also won the high jump with a jump of 6-6.

"We had a lot of good marks," senior Michael Morrison said. "There was a lot of good competition for how small the meet was. Cresap and Fabien stepped up huge and had great marks and are ready to go to the conference championships."

Morrison also had a few good marks in his events. He had a PR in the 400 hurdles, while taking second with a time of 53.0. He also took second in the 110 hurdles. Senior Justin Lawrence carried his winning ways from Friday and won the triple jump with a jump of 48-4 and took third in the long jump. Watson also competed in the triple jump, coming in third.

Senior Ron Hayes had a PR in the hammer throw with 139.02, which should move him up to sixth on the conference list. Senior Zach Fife also had a PR in the shot put with 46-9.

Central's women also had an outstanding meet, which boosted great PRs. Sophomore Ashley Roundtree won the 100 hurdles with a time of 14.83. Sophomore Kendal Riley took second in both the 100 and the 400 hurdles with times of 16.50 and 1:05, earning her personal bests for both races.

Those times should move her into fifth in conference in both races. Sophomore Whitney Omton took first in the pole vault and junior Katie Maurer was right behind her to take second. Junior Julie Graham took third in the triple jump with a mark of 33-4-4, while freshman Anjuli Sparr took fourth in the same event with 33-4, which is a PR.

Central will compete for the conference championship next weekend at Western Oregon University. The meet is May 8 and the first field event will begin at 9 a.m. with the first track event will be at 10:45 a.m. The team is sending 22 men and 27 women to the meet. At times, the hitting has been strong. It's up and down again. But I think it's been balanced." Numbers prove that well balanced element: the team batting average of .268, the team earned run average of 2.45, and the total team errors of 58. Those all exceed the numbers of the opponents: .250, 2.62, and 63.

"The team was able to win so many games and to establish a new school record without teamwork," Frederick named freshman first baseman Malley McCarthey as a young force and junior catcher Brittany Gray as a pivotal of defense. Holton worked well as the leading hitter with .350 batting average, 13 walks, and 25 runs scored. While working as a team leader, Gray fielded .994 in his outfield. Frederick said. "We probably play the defense best in any team we've had. At times, the hitting has been stronger. It's up and down again. I think it's been balanced."

Gary Frederick had almost perfectly with one error in the whole season; her fielding percentage is .994.

"The other team leader, senior third baseman Annie Franks. Franks is the one out of two seniors and worked as a slugger with four homers, 30 hits, and 15 runs batted in. Other than those players, every single member contributed to the team in different ways; as a result, they reached to their achievements of this season."

"People take turns being a key player," Frederick said. "Two seniors, McCarthey and Franks are leaving the team with their memorable accomplishments of McCarruth's 100th stroke in this season and Franks' 100th hit in her career, both recorded in the last game. After seeing the seniors off, the young Wildcats start to prepare for next season. Youth sometimes means recklessness, inexperienced, or ignorance; at the same time, it has indefinite possibilities."

"I think the future is bright for these kids," Frederick said.

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FREDERICK: Coach excited about up and coming talent continued from 12

essay as a coach needs to communic­ate with them and maintain the team well, whether male or female.

"These kids are competitors, and I don't think there is any difference that way," Frederick said. "I think they are more sensitive about things than guys. You can get after guys, but young ladies kind of carry with them for a while. The other thing is that these girls are very concerned about their academics. That's why they are here. I think that's a good trait."

In softball, offense and defense are required to maintain a necessary balance on the field.

"We've got pretty good pitching," Frederick said. "We probably play the defense best in any team we've had. At times, the hitting has been strong. It's up and down again. But I think it's been balanced."

---

Gary Frederick
Get Outdoors: Hike out of civilization

by Amanda Schank
Staff reporter

Follow a little dirt trail farther and farther from civilization. Venture into a world of dirt, sweat, sun, and wind, of an audience of nature alone. Surrender yourself to the beauty of nature and all that it has to offer. Bottom line: isn't it time you went for a hike?

The trails around Kittitas Valley provide a multitude of chances to experience nature through one of the simplest forms of exercise, hiking. Anyone with sturdy shoes and a trail map can take advantage of Ellensburg's outdoors.

"Hiking is good because the power of nature is humbling," Christina Ghan, junior business administration major, said. "People think that they rule the earth, but once you get on a trail and feel that wild sense of adventure and isolation, it really puts you in perspective in the grand scheme of things."

The landscape for hiking in Kittitas Valley includes alpine lakes, craggy peaks, national forests, extensive valleys and hidden waterfalls. Ellensburg serves as a stepping stone to hiking trails in all cardinal directions.

To the north of Ellensburg are the Table Mountain and Lion Rock hiking areas off Reece Creek Road. According to the Chamber of Commerce, the Table Mountain trail is a beginner trail in the area of Kittitas and Stuart Range.

"Manastash Ridge is one of my favorites because it's a more challenging hike," Ghan said. "It's longer and steeper, but you get a view of the whole desert region of the Yakima Canyon. The Chamber of Commerce warns hikers in this area to be aware of rattlesnakes. Will Lowell, junior geography major, says the Umtanum Creek trail for beginners and the Canyon Ridge trail for experienced hikers.

"The Canyon Ridge trail is really short, but extremely steep," Lowell said. "If you do get to the top of it through, you have an awesome view of Kittitas Valley and everything it has to offer. That moment makes it all worthwhile."

Intermediate hikes include the Umtanum Falls trail just past Manastash Road. Intermediate hikes include the Cathedral Pass/Deception Pass Loop in the Cle Elum Valley and the Manastash Lake trail about eight miles off Manastash Road. The advanced trails in this area are found on Manastash Ridge.

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A strongholds of trails lies in the area to the west of Ellensburg. Nancy Jones, information assistant for the Cle Elum Ranger District, said beginners should try the two mile Hyas Lake trail in the Cle Elum Valley. Another amateur trail closer to home is the Umtanum Falls trail just past Manastash Road. Intermediate hikes include the Cathedral Pass/Deception Pass Loop in the Cle Elum Valley and the Manastash Lake trail about eight miles off Manastash Road. The advanced trails in this area are found on Manastash Ridge.

"Manastash Ridge is one of my favorites because it's a more challenging hike."

Spring football in the Ellensburg air

by Ryan Fay
Staff reporter

Central Washington University's annual spring football game took place Saturday morning at Tomlinson Stadium. The team was separated into the white and the crimson team. This game gave Central students a chance to get out and see next season's upcoming starters.

The crimson team took the victory by a 24-7 win over the white team. This game pleased the coach. "I am pleased with how the team has progressed, and it is great to see things come together on the field," coach John Zamberlin said. "All in all I was very pleased.

The team and the coach, are excited for the upcoming season. With some players graduation this year, others get a chance to step up to the open positions and show their potential.

"This will be my first year starting," sophomore corner back, Adam Jackson said. "My main goal was to get a couple of picks.

With the new season approaching, the team will get a chance to work on any improvements necessary and get ready for the upcoming schedule."

"I hope for next season are that we keep improving as a team, focus on being the best team we can be and achieve our goals as a team," Zamberlin said.

Lindsey Jackson/Observer

Central students, Christina Ghan and Katie Berry, enjoy the view of Umtanum falls, near Manastash Road.

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California dreaming
NASCAR driver Jeff Gordon won the Nextel Cup Auto Club 500 on Sunday, his third win at the California Speedway since the track opened in 1997.

Swiss double
American cyclist Tyler Hamilton won the Tour de Romandie Saturday, a six day race through the Swiss Alps.

Smartly pants
Smartly Jones won the 130th Kentucky Derby Saturday, the first unbeaten horse to win since Seattle Slew in 1977.

Forza Milan
Italian soccer club AC Milan won the Italian League title on Sunday after it defeated AS Roma 1-0.

Still winning
Venus Williams defeated Svetlana Kuznetsova 6-1, 6-4 to win the J&S Cup on Sunday. The victory marked Williams' 11th straight match win.

Hard ice
The United States Hockey team defeated Denmark 8-3.

Around the Sports World

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VS. MIN. 7:05 p.m.
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TV: KSTW

FRIAY 5/7
VS. NNY. 7:05 p.m.
TV: Fox Sports NW

SATURDAY 5/8
VS. NNY. 7:05 p.m.
TV: Fox Sports NW

CENTRAL ATHLETICS

SATURDAY 5/8
GNAC Track and Field Championships at WOU, 10 a.m.
Beat the Weekly Sports Geek

Is Barry Bonds one of the top five position players ever?

Hank Aaron, Ted Williams, Pete Rose, Honus Wagner (look him up, kids), Barry.

Barry must stay in the list. He is a Hall of Famer who isn't even considered for this list. With a .297 career average for Bonds, he isn't in the top 100 all-time in major league history. Bonds has to get that average above .300 to compete for the Hall of Fame. It may not be fair, but the object of team operation will ever see (sorry Alex). He for the Hall of Fame and still have a career average above .300. Bonds will have to be fair to the Hall of Fame and still have a .300 career average.

Barry Bonds is ridiculous. He is doing things that are almost unbeathable. Our generation is watching history right before our eyes and it is unbelievable.

There is too much arguing would have to be fair to the Hall of Fame and still have a .300 career average. If Bonds will end his career before dying of ALS, more common

Harry Kalas' is breaking. Not only is he mowing down the all-time run list and has more than 3,000 hits. He has the best career average ever, .366.

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Winning season ends for softball

by Marie Allaire
Staff reporter and
Patrick Carlson
Asst. Sports editor

Central’s softball team clinched their first winning season in the twelve year history of the team. Their record ended 22-21 after winning only one of the six games against Humboldt State University.

On Thursday Humboldt swept Central winning 5-2 and 7-3. During the first game, HSU was ahead 1-0 until the fourth inning when sophomore right fielder Patty Martinez hit a home run that also brought in Malloy Holtman.

Central held Humboldt in the fifth inning but couldn’t keep them from scoring four runs in the top of the sixth. Central couldn’t come up with any more hits, so the game ended 5-2.

In the second game, HSU scored in the first inning. Central was quick to come back in the third inning when freshman Allie Kauffman was walked and later scored on a wild pitch. In the fourth inning, Maxfield, pinch running for Badgley and sophomore shortstop Rachel Garner pinch running for Franks both scored when Robertson hit a single up the middle.

The team’s efforts weren’t enough, HSU came back taking six runs through the last three innings to defeat Central 7-3.

Friday’s doubleheader saw Central rally from a 2-0 deficit to score five runs in the seventh inning. Molly Maxfield, Jen Carl, Patty Martinez and Allie Kauffman all registered hits in the seventh to help Central secure its first ever winning season. Sara Badgley recorded the win to improve to 6-3.

Friday night’s game saw all the action in the fifth, as Kelsey Griffin and Allie Kauffman scored to put Central up 2-0. Humboldt wasted no time answering, scoring three runs on 4 hits and an error to pull ahead.

Humboldt State pitcher Kara Roberts shut down Central in the final two innings to record the win and end the game 5-2.

In Saturday’s opening game, Humboldt State pitcher Tracy Motzny allowed only four hits in seven innings to shut out Central 8-0. In spite of the presence on the mound, Central’s Kristin Powell and Patty Martinez each recorded a pair of hits.

In the following game, Central was again overwhelmed by Humboldt State’s dominant pitching, this time in the form of Sara Roberts. Kelsey Griffin and Annie Franks recorded Central’s only hits of the game.

Despite the 3-0 shutout loss, Central’s final game of the season saw Wildcat seniors Jill McCarthy and Annie Franks add capstone to their respective softball careers.

McCarthy struck out five, including her 100th of the season, while Franks recorded her 100th career hit in her final at bat.

McCarthy ended her Central softball career with the lowest earned run average in the history of the program at 1.80 in 213.1 innings pitched.

Franks ended her career 18th all-time in batting average with .258, while leading all-time in games played (155), and games started (152).

In the end, Central did just enough to preserve its winning record, finishing the season at 22-21.

BASEBALL: Home games prove pivotal for CWU

continued from 12

or Scott Wilson had four hits, including a big, two-run home run in the first inning. Wilson drove in four runs in four runs on the day, but the biggest hit of the game was from senior shortstop Brandon Esparza, who with one out and the bases loaded came up with a clutch single to give the Wildcats the win.

The hit on Sunday just added to his big, four-hit performance on Tuesday against Lewis and Clark State where he was a triple short of hitting for the cycle.

“...I was just looking for a pitch I could drive,” Esparza said.

Tuesday was senior day for the Wildcats, they swept both games against Western Baptist University. Both games were all Wildcats, they won game one 17-2 and game two 10-2.

Next weekend will close out the regular season for the Wildcats. They will travel across Snoqualmie Pass to Lacey where the Saints of Saint Martin’s College will host them for four big games. Games kick off at 1 p.m. on Friday, with the second game following at 4 p.m. Saturday games will be starting at noon with game two at 3 p.m.

“Yeah, a winning season is great, but it would be nice to make the playoffs,” Wilson said.