Observer

Central Washington University
Debate ignites controversy over use of marijuana

by Swan Vasquez
Staff reporter

Students who attended Tuesday evening's "Great Debate" did not get the Cheech and Chong show they had expected. They didn't even get much of a debate.

"If the public agrees it should be made legal, I think we should legalize it," said Robert Stutman who was actually arguing against the legalization of marijuana. Stutman made a 25-year career as one of America's highest profile drugbusters. He is known for the 5,000 investigations launched during his tenure, which lead to more than 15,000 arrests.

Hagar has been editor in chief of High Times magazine since 1988. He is the founder of the Cannabis Cup, and author of "Adventures in the Counter Culture: From Hip Hop to High Times."

With standing room only in the Samuelson Union Building Taco Bell on Monday.

Activists of the Coalition of Immokalee Workers, both national human rights organizations, led the demonstration to stop what they referred to as "modern day slavery." "It is not just me; it is almost all of us that work in the agricultural industry that face conditions where they are working in extreme working conditions where they are working in human conditions and at a fair wage."

Activists, on Monday, asked students to boycott Taco Bell. They are the biggest buyer of tomatoes, we want them to demand tomatoes that are picked by workers that are working in humane conditions and at a fair wage." Protesters with Gonzalez held signs and handed out pamphlets to students in the Samuelson Union Building. The pamphlets contained information describing below poverty-level working conditions of Latin immigrant workers in Immokalee, Fla., a town primarily of immigrant farm workers.

"Workers are being held at gunpoint, workers are forced to work against their will," Gonzalez said. "They're being guarded 24 hours a day, not being allowed to have any visitors, without being able to escape the fields that they work in." Dustin Johnson, sophomore history major, was in the SUB after the demonstration and didn't agree.

"If what they are saying is true, and the farm workers are here legally then they are getting paid minimum wage; so it doesn't matter because they are breaking the law," Johnson said.

Two members of The Coalition of Immokalee Workers, an immigrant farm workers and activists organization from Immokalee, Fla., participated in the lunchtime boycott. Francisca Cortez, a Coalition of Immokalee Workers farm worker, expressed her thoughts through an interpreter.

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see POT, page 3

Protesters target SUB Taco Bell

by Joseph Castro
Senior reporter

"Shame on you, farm-workers are sick too," was the chant protesters used to boycott eating at the Samuelson Union Building Taco Bell on Monday.

Activists of the Coalition of Immokalee Workers and the Student/Farmworkers Alliance, both national human rights organizations, led the demonstration to stop what they referred to as "modern day slavery." "They're being guarded 24 hours a day, not being allowed to have any visitors, without being able to escape the fields that they work in."

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see PROTEST, page 3

Holmes comes down

by Carol Jodock
Staff reporter

There won't be any dynamite or a wrecking ball, but Central Washington University's Holmes Dining Hall started coming down piece by piece Monday.

"There will be no kinds of explosions or such when Holmes will be torn down," said Bill Vertrees, senior director of Facilities Management. "There won't be much more noise than what is currently happening at the SUB-REC construction site."

The first unit of Holmes Dining Hall was built in 1960 with a total cost of $516,000. In 1962, the second unit was added.
Sue Lombard gets a makeover

by Kathryn Lake
Staff reporter

One of Central Washington University’s oldest residence halls is getting a facelifit. Renovations on Sue Lombard started this past August and are scheduled to end in September 2005.

This $8.3 million project has three portions of renovations; the residence hall, Sue Dining, and the Lombard room. There will be structural upgrades on each of them.

“The hall has been completely gutted,” said Barry Caruthers, project coordinator.

It will be reconfigured into semi-private rooms with bathrooms shared between every two rooms as well as suites with shared bathrooms.

“I think we will have a more home-style feeling for students with the shared bathrooms,” Caruthers said.

The current attic space on the fourth floor will be converted into living quarters, adding about 31 beds, an elevator will be put in that will reach the fourth floor and there will be a lounge on each floor.

Sue Lombard will be the first residence hall to be air conditioned. It will have all new windows put in, as well as carpet and new paint. A new tile roof will be installed to match Kamola’s.

“Tie-pai Chen/Observer

Sue Lombard Hall is in the midst of a renovation that will add beds and make it the first air-conditioned residence hall on campus.

Sue Lombard gets a makeover

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Gregoire visits Ellensburg

Democratic gubernatorial candidate Christine Gregoire visited downtown Ellensburg and talked with local business owners Wednesday. Gregoire, the state’s attorney general, will face Republican Dino Rossi in the general election on Nov. 2.

GONZAGA UNIVERSITY SCHOOL OF LAW PRESENTS

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DATE: Saturday, October 30, 2004
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DEADLINE: October 22, 2004

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Step 5: Follow up to ensure your application is complete

Step 6: Apply for scholarships

Step 7: Consider your financial aid options

Step 8: Review your options for housing

Step 9: Decide on your schedule

Step 10: Make your decision

Gonzaga University
School of Law

Kristan Frost/Observer

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we are exploited by these corporations," Cortez said. "We are not just about modern day slavery."

"Cortez said that despite the fact that some workers are documented and others are not, immigrants are all being exploited equally and only the corporations are benefiting."

The goals of the protests are to remove Taco Bell from high school and college campuses and to raise awareness.

"One of the things about Central Washington was that you do have a Taco Bell on campus and some of the students here are interested in removing the restaurant," said Sean Sellers, activist for the Student Farmworkers Alliance.

"So what we are really hoping with our trip to Central Washington is that it will catalyze the movement here on campus to sever business relationships with Taco Bell, and by doing that the students will be joining a sort of national movement of students at 20 high schools and universities that have already cut their contracts with Taco Bell."

Two on-campus clubs, M.E.Ch.A., a Chicano group, and the Progressive Student Union helped organize the demonstration.

Elizabeth Rangel, president of the Central chapter of M.E.Ch.A. said M.E.Ch.A. has always been involved in activism for human rights. She said it's only right to do your part.

"The way that students can help is by providing awareness and asking the administration to support the students in getting rid of Taco Bell, a corporation that helps exploit human rights in Florida," Rangel said.

The Taco Bell boycott is in its third year and members of the protests say that until Taco Bell has addressed the concerns of the farm workers they will continue their efforts to rid campuses of Taco Bell and its products.

PO T: Hag ar doesn't promote smoking

continued from 1

the SUB ballroom, the debate centered around four key issues addressed by Hagar: Marijuana's medicinal value, hemp's benefit to the environment, the belief that proceeds of marijuana only benefit criminals, and the belief that there are too many people in jail for what he argues is a victimless crime.

Stutman dismissed those arguments as a smokescreen and backed up his counter arguments with statistics and research that supported smoking marijuana as harmful to those that use it.

The crowd was alarmed when they realized that Hagare, in favor of legalizing marijuana, was opposed to smoking it. "I'd vaporize it, drink it in a tea, or eat it in brownies," Hagar said. "I don't promote smoking anything."

Many students said they entered the SUB ballroom with an open mind ready to listen to both sides of the argument.

After the debate, Steve Smith, freshman undeclared, was so inspired by Hagar's argument that he decided to start a club at Central for the legalization of marijuana.

If you are interested in joining Smith's cause, he can be contacted at amazingidea@msn.com.

Stutman and Hagar have toured more than 100 universities discussing the "Great Debate."

"Steve [Hagar] and I are very good personal friends," Stutman said. "I didn't know that I could disagree with out being disagreeable."

College Bowl comes to Central

by Sean McPherson
Staff reporter

A new game is being introduced at Central Washington University, but it's not a physically active sport. Central is now joining the College Bowl, which is a national competition.

College Bowl is put on by the company of the same name, the College Bowl Company. The game is a Jeopardy-like quiz show. Questions will span topics such as current events and popular culture.

There is an upcoming tournament on-campus in November.

Each team consists of four students and goes through an elimination style tournament before a final selection of eight people, who will go on to the national competition.

In the weeks before the Central tournament, there are weekly practice sessions put on by Matt Altman, professor of philosophy.

Altman is also organizing the College Bowl tournament for Central.

The practice sessions are designed to make each participant clear on the rules of the game and answer any questions.

The practice sessions are not required in order to participate in the Central tournament.

The College Bowl program has been going on for more than 50 years and has aired both on radio and television.

Five other Washington colleges are enrolled, including both the University of Washington and Washington State University.

Practice sessions are held at 5 p.m., Thursday. Currently, the registration and tournament dates are unknown. Altman would also like to get some professors as judges for the tournament.

For information, contact Altman at altmanm@cwu.edu.

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Check writers won't be able to float checks
by Natalie McCallough
Staff reporter

After Oct. 28, students' personal checks may clear sooner than their deposits. It usually takes checks a few days to show up in a checking account. The Check Clearing for the 21st Century Act, nicknamed Check 21, was passed by Congress last year. Check 21 is going to eliminate the "float" for check writers.

The "float" is the lag time it takes checks to clear. In fact, Check 21 allows checks to clear within hours, much like a debit card transaction. Banks will make an electronic image of checks to process them quicker instead of airmailing the original to a processing company. This new law could lead to more bounced checks and less protection from check fraud.

Those who live paycheck to paycheck count on the fact that there is a delay in the system. Loopholes in Check 21 mean banks may not even have to formally notify customers of the change. This law could change the way many checking accounts are balanced. Using a debit card might be the only way to avoid the problem that comes with Check 21. "Rely on the float to pay my bills on time. I am on financial aid and I pay my rent with a check before the financial aid check is even dispersed," said Misty Splattstoesser, junior public relations major. "I don't know what I am going to do when the float time is taken away."

Another concern of consumers is that Check 21 does not require banks to shorten check hold times. That means money deposited in an account might not show up in time to pay the checks writers. In short, do not write checks without money already in the account. These overdraft fees mount up fast and are usually around $20 per check bounced. There are also concerns from consumer advocates that check fraud may be easier and billing mistakes might occur more frequently.

"I don't write a lot of checks. I use my debit card, but it sounds like a vicious cycle," said Kyla Raby, junior public relations major. "I don't write a lot of checks. I use my debit card, but it sounds like a vicious cycle," said Kyla Raby, junior public relations major. "I don't write a lot of checks. I use my debit card, but it sounds like a vicious cycle," said Kyla Raby, junior public relations major. "I don't write a lot of checks. I use my debit card, but it sounds like a vicious cycle," said Kyla Raby, junior public relations major. "I don't write a lot of checks. I use my debit card, but it sounds like a vicious cycle," said Kyla Raby, junior public relations major. "I don't write a lot of checks. I use my debit card, but it sounds like a vicious cycle," said Kyla Raby, junior public relations major. "I don't write a lot of checks. I use my debit card, but it sounds like a vicious cycle," said Kyla Raby, junior public relations major. "I don't write a lot of checks. I use my debit card, but it sounds like a vicious cycle," said Kyla Raby, junior public relations major. "I don't write a lot of checks. I use my debit card, but it sounds like a vicious cycle," said Kyla Raby, junior public relations major. "I don't write a lot of checks. I use my debit card, but it sounds like a vicious cycle," said Kyla Raby, junior public relations major. "I don't write a lot of checks. I use my debit card, but it sounds like a vicious cycle," said Kyla Raby, junior public relations major. "I don't write a lot of checks. I use my debit card, but it sounds like a vicious cycle," said Kyla Raby, junior public relations major. "I don't write a lot of checks. I use my debit card, but it sounds like a vicious cycle," said Kyla Raby, junior public relations major.


Corrections
In last week's Observer, the story about Club Central incorrectly stated that pizza and coffee are free. They are not.

In the Oct. 7 Observer, the "Gathering to clean Mother Nature" cutline incorrectly stated the number of BOD officers in attendance. All numbers of the BOD were present for the clean-up.

The Observer strives for accuracy. If you notice any factual errors in any story or brief, please send an e-mail to observer@cwu.edu

Read the Observer online at www.cwu.edu/~observer

Tuesday and Thursday 3–6 $1 wells

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MODA BOBA TEA BAR is now open at Sisters Tea Company

311 North Main Street in Downtown HEY CWU!

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HOLMES: Demolition makes way for construction of SUB-Rec Building

Crews began tearing down Holmes Hall on Monday. It’s destruction will make way for the new SUB-Rec Building.

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with construction costs of $500,000. Holmes was named after Hal and Margaret Holmes who were former deans of men and women at Central. Holmes is part of the new Student Union and Recreation Center construction project.

Not much has been done with Holmes because of all the other construction projects going on around Central’s campus.

“We are a month behind schedule with Holmes Dining,” said Vertrees. “We have been working on other projects which needed our immediate attention, so the tearing down of Holmes was pushed back.”

Holmes was inspected for asbestos and now that the building has been cleared, demolition has begun on the inside. This process will take approximately a month, finishing around Nov. 17.

“They are hauling off debris and recycling material as they go along,” said Bill Yarwood, SUB-REC project manager.

Demolition will take some time because workers will be tearing down the building wall-by-wall. Limited space at the Holmes construction site only allows a few trucks at a time to tear down walls.

Once Holmes has been torn down, work can get started for laying the foundation for the new Recreation Center.

“Hopefully the weather will continue to be nice to us so that construction can keep going strong,” said Yarwood.

For more information and updates on construction, visit the Web site at www.cwu.edu/-facility/construction_news.
Does anybody care?

There's no question that there's a lot at stake in this year's election. Control of the House and the Senate, and obviously the presidency. It seems like no one around here cares.

Last week I wrote an editorial that should have made George W. Bush supporters furious, and what do I get from readers? Nothing. I wonder what goes through the minds of the people reading this newspaper — that is assuming any of you actually read it.

Do you not care? Are you not reading the newspaper? Whatever the case is, shame on you. Shame on all of you for not bothering to care about the state of the nation.

We live in the most powerful country on the planet and half of all Americans don't bother to get off their lazy behinds and vote. I can't even begin to fathom why that is.

Is it because you don't think your vote matters? Because one vote can't make a difference? That kind of thinking is asinine. Just look at Florida four years ago.

The amount of votes that separated Bush from Al Gore wasn't in the thousands or tens of thousands, it was in the hundreds. Had only 550 more people decided to get out to vote for Gore, it would have been he, not Bush who would have won the election.

We could have avoided two wars and the deaths of more than 1,000 American soldiers because we would have had a level-headed, intelligent man at the helm of America's military might, not a Texas cowboy.

But it's not just war and terrorism that are at stake in this election. If Bush is re-elected, there's no doubt that he'll appoint justices to the Supreme Court who could threaten our personal privacy and endanger a woman's right to choose.

Stop dressing up Safari's mistakes as advantages! Students can handle the truth.

Thomas Patton
Senior
Japanese

Cartoon made light of serious situation

Recently the Observer ran a somewhat confusing political cartoon regarding Patrick Wicklund and his current campaign for the State House of Representatives. First of all I would like to voice my overall confusion about the cartoon itself, seemingly absent of any political change this time around.

Don't be apathetic about your future. I know we're just a small group of voters in a small state, but we can help make a difference.

Ben Davis is the Observer Editor-in-Chief. He can be reached at davisb@cwu.edu

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 to (509) 963-1027.

LETTERS

Newsletter patronizes its patrons

I was furious when I glanced at a newsletter sent out to my residence hall a few days ago, when I saw that it said (and I paraphrase) “Safari isn’t just for registration! You can do lots of things with it, for instance change your directory information!”

How insulting is this? In years past, students weren’t required to compose their own directory, and it was wonderful and convenient to find your friends’ numbers online. Now we just have to hope that they’ve taken the time to preform this gratuitous effort if we want to hook up with old buddies.

Ben Davis is the Observer Editor-in-Chief. He can be reached at davisb@cwu.edu

NEWSLETTER TO THE EDITOR

The Observer is printed by Daily Record Printing, 401 N. Main, Ellensburg, WA 98926.
Marriage is a wonderful thing

Being married is a wonderful thing. You and your mate are recognized by the state in a licensed union. Today, in the United States, two adults are free to marry anyone, black, white or brown. There was a contest last year, I think someone didn't win the CWU popularity contest.

His opponent, when he ran for VP of Political Affairs, was on the CWU football team and therefore capable of motivating a few hundred gorillas to actually care about the campus elections... or care just enough to vote for their friend. In this election Patrick is in a much different place where having a bunch of drinking buddies won't get you elected, where actual issues are debated, and where character is held in a much higher regard than your stats. So in the spirit of football players we should collectively pat Mr. Patrick Wicklund on the ass and say: "Good Hustle." Or on second thought... maybe just vote for him.

Brent Holland
Graduate Student Education

Married couples are entitled to benefits from the government such as tax breaks and the right to decide health issues for their mate. Christian groups say that homosexuality is immoral so gay couples should not be married.

So now gay couples are trying various ways to gain the same rights. A state government is acting in a just manner if it denies gay couples the same rights as it does married people.

Marriage is a religious institution, and what is unfair is that some state governments are saying they will recognize a religious institution over a secular institution.

Why should any state — part of a government that separates itself from religious affiliation — reward only couples that are married in religious institutions? This is very reminiscent of pre-civil rights conditions.

I empathize with gay couples because I am in an interracial relationship.

No, I have not experienced discrimination or prejudice because my girlfriend and I are of different races.

But, I empathize with gay couples because my parents were alive when interracial marriage was an offense.

That was the case just 37 years ago. In 1967 the Supreme Court ruled in Loving v. Virginia to finally end restrictions on interracial marriage.

This is parallel to what we're seeing today with gay marriage.

Jennifer Turner
News editor

Why I love George Bush

Yep, you heard me.

I love Bush.

Fortunately, Bush shares those same values.

And in an election of the heaviest mud-slinging known to American elections, which I can admit has been petty and immature on both parties' sides, it's that emphasis on values that keeps me one hundred percent faithful to my Bush.

Like me, George W. strongly opposes abortion, gay marriage and the recent heavy emphasis on science over religion. He has also pushed for the right to try minors involved in violent crimes as adults and educating young people to choose abstinence over "safe" sex. Those are just basics that will no doubt have positive long-term effects.

I know a lot of students have qualms with Bush, but anyone receiving a Pell grant that assists in funding their education at this institution can shut their mouths because George W. pushed a $25 billion bill dispersing Pell grants for the next 10 years. Now tell me that voting won't affect your everyday life.

I also know a few young men serving overseas that aren't exactly looking forward to having to take orders from a new Commander-in-Chief, although I'm sure John Kerry is qualified, given his fourteen or fifteen purple hearts and all.

During the past four years Bush has also worked to drop the unemployment rate below the average of the last 30 years and assisted in creating 1.3 million jobs for Americans in this year alone. He's made our country safer with the Department of Homeland Security and the Patriot Act and he reformed our public education system with the No Child Left Behind Act.

Bush has also given faith-based groups the support and encouragement they have always deserved.

Our economy isn't plummeting because of Bush; in fact, the stock market has gained $4 trillion in equity since 2002 and homeownership is at its highest level ever.

George W. has created an environment in which young adults can flourish and help to nourish a community in which to raise their families. Which is definitely one of my highest priorities.

Now I know other people have different, self-serving goals. Some people want millions of dollars, to be as famous as Britney Spears, to be the CEO of a Fortune 500 company, or eternal undeniable sex appeal.

But I want to have a family one day. And I want those values to remain protected, so that my family can share them one day. That is why I love my Bush and I am voting for him again, on Nov. 2.
Flaunting vulgar humor at the improv

Kathy Kinney and Greg Proops act out scenes during a game of 'Freeze Tag'. Each comedian performed in skits, improvisations and various games, sometimes at the expense of other comedians or the audience.

One of my favorite shows on television is "Whose Line is it Anyway?" So you could imagine my excitement when I found out that Drew Carey's All-Stars were coming to Central Washington University for Homecoming.

Carey was true to his comedic roots and started off the night's show with his own standup routine. After watching the final season of The Drew Carey Show go off the air, I was excited to see what his stand-up would be like. It blew me away.

Within the first 15 minutes of his performance, Carey crossed the taboo barriers as he dropped the "F-bomb" about a dozen times and made a reference to a picture of Brad Pitt taped to his "manhood." Taking the most plain, outrageous and even the dumbest suggestions from the audience, Carey's All-Stars fed off the crowd and each other and delivering an outstanding performance.

One of Carey's All-Stars, Sean Masterson tried desperately to coach a female student to not sound like a "sound effects." When the student failed, he put it into the soup, said Musser, who doesn't like the way dining hall food turns out. No one was spared when it came to joking around with people. Not even the lucky few were pulled up on stage to participate in a skit. One of Carey's All-Stars, Sean Masterson tried desperately to coach a female student to not sound like a French stunt bike in a skit called "sound effects." The 90-minute show ended with a skit that will be forever burned into my memory. Carey and Masterson took center stage in the final skit entitled "mouse trap," where both comedians tried to act out a scene, blindfolded, across a field of set mousetraps barefoot.

The constant snap of each mousetrap justified every yelp of pain escaping the comedians mouth. I felt as if the cold metal rods of the mousetraps were digging into my own toes and heels. I began to gasp for air and my eyes began to water. I have never laughed so hard in my life. But needless to say, I will never look at a mousetrap in the same way again.

Saturday's performance left me laughing so hard I thought I was going to pee my pants.

With last year's Jay Leno sold-out performance and this year's knock-out all-stars show, Homecoming is a performance Wildcats will look forward to in the future. The only question now is, who's next?

Intro to dorm room dining

by Desiree Michel
Staff Reporter

Mandi Macomber considers herself the queen of mac and cheese. The sophomore elementary education major is a purist when it comes to the cheese delight. She's unwilling to measure up to the original. The skinny blue cardboard box-hasn't the market. Almost every food from popcorn to hot dogs to french toast for foods packaged in individually made meals are possible albeit with a pinch of creativity.

Shopping for one requires an eye for lack of better dining options. Jeff Musser, junior law and justice major, hand how the cafeteria food is made. They take all their leftovers and

Dorm dwellers may be limited to a balanced diet since he read about a group of college students who ate mostly ramen and came down with scurvy. For more dorm cooking tips and recipe ideas, check out The kitchenless Cookbook by Susan Beverly.

THE WHERE AND WHEN OF WORKING OUT IN ELLENSBURG

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SCENE

A & E
Sen, at 301 W. 4th St., a new restaurant in Ellensburg, offers made-to-order sushi and a variety of other Japanese cuisine.

Ellensburg eateries serve healthy treats by Allison White Staff reporter

For students living in a college town, it is sometimes hard to eat healthy. There is an abundance of fast food places, as well as a small colony of pizza parlors. Stomachs start working overtime just at the thought. The problem is what is the true definition of "healthy"?

For a student who has conformed to the Atkins diet, Rodeo City BBQ is healthy. But stray from the endless chain of name-brand diets for a moment and really think about what it means to be healthy.

The Panda Garden was one of the first places named by Sarah Fredericks, a junior psychology major. "They have awesome egg flower soup, it's my favorite," Fredericks said.

Dakota Cafe, which now includes the Sweet Memories bakery, is located on Pearl Street and offers sandwiches and smoothies, and also in the selection of bagels, spreads and sandwich goods.

"We make things fresh every morning," said Kelly Cook, owner and manager. "There's not a deep fryer within 100 yards of here."

Everything is made to order when the customer gets there and all selections are baked at the cafe daily, Cook said. The healthiest item on the menu is the Greek salad, which is $5.95, and the best deal for a student starting at $5.75.

"If you're hungry, you're sure to find great food at any one of Ellensburg's eateries."

Another student favorite is Billy Mac's Juice Bar, located at 115 W. Fourth, next to The Tav. Mac's serves fruit and vegetable juices and smoothies as well as sandwiches and salads. Billy Mac's uses fresh fruits and vegetables to make the juices and smoothies, and also in the selection of bagels, spreads and sandwich goods.

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"If you're hungry, you're sure to find great food at any one of Ellensburg's eateries."

Campaign promotes positive choices by Ashley Harris Staff reporter

Central Washington University's Wellness Center runs a campaign called Healthy Cats Healthy Choices. Healthy Cats Healthy Choices is a year-long campaign that focuses mainly on the misperceptions of alcohol use.

Megan Christenbury, marketing coordinator, advertises the campaign all over campus from postcards to the video net in the Samuelson Union Building.

The purpose of the Wellness Center is to promote healthy lifestyles.

"The campaign is to change misperceptions students have about how much and how often Central students consume alcohol," Christenbury said.

The Wellness Center's theory behind the campaign is that when students think that everyone is drinking regularly, students will follow peers and drink more often. If students become aware of these misperceptions they will drink less, based on previous studies of college students.

Other universities, such as Western Washington University and University of Arizona, with the same type of campaigns have had a reported consumption decrease of 22 percent from 1997-2000. University of Arizona has had a decrease of 29 percent since 1995.

"There are a percentage of people who drink and there is a percentage that does not drink, so the survey could be inaccurate, depending on who completed the survey," said Craig Fishman, junior law and justice major. "Don't get me wrong, I put school before drinking, but I love alcohol. College is all about making bad choices."

The American College Health Association surveys show that Central students think 0.8 percent of students do not drink at all. In all actuality, 16.9 percent of students reported that they do not drink. Previous statistics have shown that 97 percent of students had five or more drinks, but in 2000 students reported that only 16 percent drank five or more drinks in a night.

Central students reported that they think 49.7 percent of students drink daily, but the actual number report was a mere one percent of students who drink daily.

"Central students obviously have a misperception of how much students drink on a daily basis," said Nicole Dunn, health educator.

Students always remember the most intoxicated person because they usually stand out, whether they are dancing on the table, yelling and screaming or the worst, vomiting. The Wellness Center hopes students think of how they want to be remembered.
Taking it off on campus

by Rachel Guillermo
Asst. scene editor

Surrounded by heavy machinery, cables, and hard bodies. No, this isn't a scene from American Gladiators, it's Central Washington University students pumping iron at the gym. Body conscious Central students work off the week's stress and caloric intake at gyms on campus.

Nicholson Pavilion offers students all the equipment off-campus gyms provide for their customers. Elliptical machines, treadmills and free weights are some of the equipment Central students have at their disposal.

"We have all kinds of novel machines to work with," said Shawn Thompson, senior school health education major.

Thompson, along with Chris Keller, senior exercise science major, works as staff personnel the Pavilion. "We're in the gym to do spotting for free weights," Keller said. "A lot of times people ask us to fix the machines and we have to try and fix them before we deem them unusable."

For students who want to workout but don't like using those bulky machines or hate waiting to use them, basketball and racquetball courts are available for student use.

"We have basketballs, volleyballs, footballs, soccer balls and racquet balls," Keller said. "We have pickleball too."

The Pavilion is not the only fitness center available for students. The Stephens-Whitney fitness center offers a lot of the same equipment that Nicholson has, but in a smaller setting.

"I primarily go to here [Stephens-Whitney] because it's closer," Kirsten Hillis, sophomore business major said. "Plus it's less embarrassing because there are less people."

Stephens-Whitney has primarily cardio equipment: the stair-stepper, bikes and treadmills. They also have free weights for use.

For students at the north end of campus, the Student Village fitness center offers machine weights, cardio equipment, elliptical, stair-stepper, and treadmill and free weights. But here students are on their own.

Manager Anthony Cornall, senior physical education major, said that he and the other workers at Stephens-Whitney are not allowed to assist students with help because of liability reasons.

"We aren't trained for that," Cornall said.

Starting in Nov. yoga sessions will be offered to students on campus at the Mary Grupe Convention center. Student fees will be $50 per eight week session, payable on the first night. For more information call Lori Chandler at 962-3738.

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Working out around town

by Erin Sopitch
Staff reporter

All over Ellensburg, Central Washington University students are pumping iron, burning calories and staying in shape. With two gyms and two aerobic studios in town, it isn't hard to do. Students are taking advantage of the wide variety of equipment and classes offered at these gyms and are working hard to keep the "freshman 15" off.

"It keeps me motivated to see so many other college students working out and trying to stay in shape," said Heather Pratt, senior elementary education major. "It makes me work harder, too."

One of the major bonuses to students in particular is the late hours the gyms are open.

"A lot of times I can't find time to workout until late at night, and it is so convenient to have the option of going at nine or 10 at night," said Jessica Johnson, senior community health major.

The Gym, located at 208 W. 5th Avenue, offers abdominal strengthening classes, and a Rep Reebok class, which uses barbell weights to get a full body workout. They have a variety of equipment from elliptical machines and treadmills to free weights and weight machines. The Gym offers personal training and childcare during morning hours.

Hans' Gym located at 202 N. Pine, has many programs and machines to meet workout needs. Hans' offers abdominal workout classes, step/tone classes, Pilates classes and several other strength training group classes. It also offers free weights, weight machines and cardio equipment.

"Curves" is the home of the "30 minute fitness and weight-loss center". Located at 801 S. Ruby Street, the workout center is open to women only and provides a circuit-training workout that is designed to challenge all parts of the body, and an aerobic workout in only 30 minutes.

Jazzercise, located at 307 W. 1st Ave., is the newest workout center to come to Ellensburg. The facility offers several Jazzercise aerobics classes and circuit training classes throughout the day. Most classes last about 60 minutes and mix cardio and strengthening exercises to give a full body workout.

Jazzercise is open Monday through Saturday, with the first class starting at 6:45 a.m. and the last class at 6:45 p.m. The student fees range from $30 to $33 a month, depending on how one chooses to pay.

With these local gyms, there are no excuses for not getting active. It is a great way to free your head, work out some aggression, and take a break from that unending supply of homework students have.
**Battle of the Bulge 101:**

How to eat right and avoid the extra weight

Weight gain is commonly an unfortunate side effect of going off to college. This phenomenon has come to be affectionately known as the "freshman 15." However, I have known people who have gained as much as 30 or 40 pounds freshman year. This sucks. College is supposed to be this great time in our lives, but last time I checked, not too many people think getting fatter is a kick in the pants.

But don’t let the fear of fat get you down. If you’ve already made a commitment in your body mass since coming to Central, there is still hope that you can avoid the curse of the "freshman 15."

1. Watch what you eat. I know this sounds obvious, but really think about what you are putting into your body.
2. Walk everywhere. It’s about the easiest way to add activity into your day and helps the environment.
3. Keep healthy food handy. Too often we get busy and just grab whatever is handy which is usually something like soda and candy bars. Then ahead, we feel unhealthy, like fruit and granola bars around.
4. Try a new sport or join an intramural team. It’s a fun way to get in shape and make new friends. They have teams for everything from volleyball to dodgeball.
5. Eat breakfast. This will prevent you from binge eating at the vending machine between classes.
6. Get a workout buddy. Having someone else hold you accountable can help you stay on track and help prevent your workouts from getting boring.
7. Get schooling. Sign up for a PE class. This way you’ll work it out or you get a bed grade so it may help you stay motivated.
8. Make a workout calendar. Write down your workout routine for each day. Give yourself a gold star every day you complete your workout goal.
11. Drink less beer and soda.
12. Read up on nutrition and fitness.

Pick up a health-related magazine and practice some of the tips you find. Knowledge is power!

Avoid the temptation to eat out whenever possible. Restaurants often serve portions that are too large and can be higher in fat, calories, carbs, etc. Be smart in your choices and watch out for your health.

With some effort, you can help your body make the adjustment to college successfully. After all, you came to college to get an education, not a belly.

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Two innocents are stranded on a liner that’s sailing out to sea. The sweetly naïve Rosy Treadway (Keaton) is so wealthy that others always attend to her every need; the girl across the street, whom he truly loves, lives an equally sheltered life. And she gets trapped together on the abandoned ship, the hopeless, helpless couple must learn to fend for themselves.

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**College Math Club President Dumps Supermodel**

He crunched the numbers, then crushed her heart

By JAMIE MURRY

Admitting that there was a good (0-1/2) percent chance that he made the wrong move, college math club president Brady Burns recently called it quits with longtime supermodel girlfriend Elene. Burns, who claimed he carefully calculated the breakup, said his alleged free checking account had monthly fees that just didn’t add up. The whiz kid was quick to admit that had he known about Washington Mutual’s Free Checking Deluxe, the relationship’s longevity may have had better odds.

"I loved her like a quadratic formula, but the off-campus lunches were killing me financially," said Burns. "I felt like a real abacus for breaking things off." The fact that he was unaware of Washington Mutual’s Free Checking—an account with optional Deluxe services like free online bill pay available at wamu.com—left Elene at a total loss. "He could have just gone to a Washington Mutual Financial Center or wamu.com," she said. "We were totally soul mates, but I guess he didn’t see that. As far as I’m concerned, he can go jump off a logarithm. Whatever that is."

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**College Math Club President Dumps Supermodel**

He crunched the numbers, then crushed her heart

College sophomore Brady Burns, left, abruptly ended a six-month torrid love affair with a heartbroken Elene, right.

"I loved her like a quadratic formula, but the off-campus lunches were killing me financially," said Burns. "I felt like a real abacus for breaking things off." The fact that he was unaware of Washington Mutual’s Free Checking—an account with optional Deluxe services like free online bill pay available at wamu.com—left Elene at a total loss. "He could have just gone to a Washington Mutual Financial Center or wamu.com," she said. "We were totally soul mates, but I guess he didn’t see that. As far as I’m concerned, he can go jump off a logarithm. Whatever that is."
Potucek, Walker lead Central to victory

by Pat Brown
Staff reporter

Homecoming weekend was a success, as the Central Washington University Wildcats defeated the Western Oregon Wolves 25-13 to improve to 2-1 in Great Northwest Athletic Conference play.

"This is a very good win for us," said Coach John Zamberlin after the game.

The game was highlighted by the amazing play of junior receiver Brian Potucek who had 115 yards and two touchdowns on ten receptions. Potucek also had 77 yards on punt returns.

The 115 yards surpassed alum Kenny Russaw to make Potucek Central's all-time leader in receiving yards.

He surpassed Russaw's reception record last weekend and now has 2,995 career receiving yards on 210 catches.

Senior running back Emilio Iniguez appeared to be back in full form after being slowed by a knee injury last week. Iniguez, who celebrated his 24th birthday on Saturday, had 177 yards on 37 carries.

Many of Iniguez's family and friends were at the Homecoming game dressed in "Club Iniguez" T-shirts, sporting the numbers of Emilio and his junior linebacker brother Simon on their backs.

"I got a good laugh about it," said Iniguez.

On the defensive side of the ball, senior defensive end Jacob Galloway collected three sacks for a loss of twenty yards.

His three sacks now tie him with John Fields for the most tackles-for-loss in Central's history with 37.5. Galloway's accomplishment is especially impressive since he was matched up against 6-foot-4-inch, 320-pound sophomore lineman Ryan Belcher for most of the game.

Senior middle linebacker Blake Walker did a little bit of everything, making eight tackles, intercepting a pass, recovering a fumble and hurrying the quarterback.

He was also named the GNAC defensive player of the week; this is the second time this season he has received this honor.

"It's exciting to see hard work pay off," Walker said.

In other GNAC news, the Lumberjacks defeated Western Washington in Bellingham this past weekend. The Lumberjack win has them tied with the Wildcats for first place in the GNAC.

Lumberjack coach and Central alum Doug Adkins has his team playing much better than they were a couple of weeks ago, racking up a road win for the first time this season.

"I expect them to be fired up," said Zamberlin after Saturday's game.

Even if the Wildcats win out the rest of the season it would still be difficult to make it into the NCAA Division II playoffs.

To make it to the playoffs they would have to be among the top six Division II teams in the region and they are currently not ranked in the top 12.

Following next week's road game the Wildcats return to Tomlinson Stadium to face in-state rival Western Washington University.

This is sure to be one of the most exciting games of the season, with the Wildcats looking for redemption to their fourth quarter collapse at the Battle in Seattle.

Going into the game against HSU, Central was tied for first and looking to take a lead going into the game next week against Western.
The Wildcat women return to Nicholson Pavilion on Friday after 23 straight victories.

Senior Kate Reome earned an impressive 71 assists and junior LeAnne McGahuey dominated with 24 kills.

Central's defensive game proved indestructible with a total of 104 digs. Also earning high numbers of digs were sophomore Kristin Pasely with 19 and junior Crystal Ames with 17. With an impressive week total of 51 kills, McGahuey earned GNAC's player of the week honor.

"We're a team that feeds off of our own energy. We take on one game at a time and we know how to win," McGahuey said.

Saturday night's game against the Seattle Pacific University Falcons proved challenging for the Wildcat's offensive game; the women were out hit for the first time this season.

Falcon's 84 digs forced a fourth game.

After two close games, the women hope to continue to dominate throughout the GNAC.

With a three game lead in the conference over rival Western, Central's destiny is in their own hands. If they continue to win, they will have no trouble making the playoffs and winning the conference title.

The Wildcats take on Alaska Anchorage and Alaska Fairbanks Friday and Saturday, both at 7 p.m.

"It felt good to us to win when we weren't at our best," Coach Kevin Adkisson said.

"They ran and supported each other very well." The men placed fifth at Western Washington University. An underdog spirit helps the team keep its focus on the goals ahead, especially on important upcoming races.

"They ran and supported each other very well." The men placed fifth at Western Washington University. An underdog spirit helps the team keep its focus on the goals ahead, especially on important upcoming races.

The cross country team is getting ready to move onto the GNAC championships this Saturday.

"They look good, people are healthy," Adkisson said. "They have gotten through the illnesses, especially the stomach virus that has been going around."

The Central women's cross-country team has been doing especially well this year.

"The gals we returned really have a good work ethic," Adkisson said. "They ran and supported each other very well." The men's team hasn't given up yet and still has a plan to be as competitive as they feel they can be. "The men's team has had some struggles this season," Adkisson said. "They have some big goals to get back to the top."

The Big Foot open at Spokane could be considered a final tune-up for the upcoming championships down in Arcata, Calif.

The plan of attack for the team is to keep everything smooth, work on some pacing and, most importantly, keep a positive attitude and a desire to win.

"We're a team that feeds off of our own energy. We take on one game at a time and we know how to win."

LeAnne McGahuey junior middle blocker.

"I'm open" Cross country

The gals we returned really have a good work ethic.

Kevin Adkisson cross country coach.
Emotions were running high last Friday and Monday as the Central Washington University women's soccer team experienced two heart-breaking defeats as they nearly pulled off huge upsets against Concordia University and Western Washington University losing both 2-1.

Central came home for a non-conference game and was looking forward to its first home game.

Concordia, undefeated and ranked fourth in the National Association of Intercollegiate Athletics, was coming off a 1-0 victory over a very good Seattle Pacific University. In the game, the Wildcats came out strongly and dominated the early part of the game. However, they were unable to convert their chances.

The momentum shifted, as the Vikings scored the game winner early in the second half. The Wildcat women had seven opportunities in corner kicks in the first half of the game that were unable to connect on any of them.

Central struggled offensively in the second half being held by only one shot on goal the entire half. Western shut-out Central 17-3 in a more lopsided victory than the score indicated.

This young Central soccer team has been playing better the last two games, scoring early and getting a boost of momentum to run with.

"Against Western Washington, we played well," said Coach Farrand. "We've had some good things going and some girls have stepped up. We've eliminated some of the problems we had against Seattle University and Seattle Pacific University."

"We can still win three of the next five easily. The good core of girls is still a great group. We're playing good soccer right now."

Come out and support the Wildcat women as they play their next four of the final five games at home, beginning with a non-conference contest this Friday with Simon Fraser at 1 p.m.

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Come out and support the Wildcat women as they play their next four of the final five games at home, beginning with a non-conference contest this Friday with Simon Fraser at 1 p.m.
The transition to a new American pastime

Since the golden age of baseball, when Mickey Mantle, Willie Mays and Duke Snider roamed center field in New York, baseball has always been considered America's pastime. Hot dogs, Cracker Jack, home runs, curses and seventh-inning stretches, baseball has captivated families for decades. However, in the last five years, baseball fans in this country. Each Sunday in the NFL, more than a million fans attend games, while on Saturday, colleges across the nation fill their stadiums with 29 to 100,000 football fans cheering on their respective teams.

At the start of the football season, nearly every team in the NFL has a chance to make the playoffs, which is made all the more reality by being one of eight teams in the league. This means a lot to a prospective fan who is thinking of spending serious money on season tickets, apparel, and more importantly, on Sundays. Whether it is to face another team or to simply watch the game, it is time for America's new pastime, football de americano.

Coming from a family that only has season tickets to a baseball organization, it is hard to turn my back on baseball. However, football has shaped how Americans spend their weekends during the fall season. Weekends are put on hold for people to cheer on their alma matter, to watch fantasy sports and to spend serious money on season tickets, apparel and, more importantly, on Sundays.

The Patriots now have a 20-game winning streak and they get to play at home as an open candle next to the Colts. Just email your ad with your CWU email address to: pagec@cwu.edu

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Sports Calendar
Oct. 22 - Oct. 24

Central Athletics

Friday, Oct. 22
Volleyball vs. Alaska Anchorage 7 p.m.
Women's Soccer vs. Simon Fraser 1 p.m.

Saturday, Oct. 23
Cross Country GNAC Cross Country Championships Arcata, Calif. 10 a.m.
Football @ Humboldt St. Arcata, Calif. 1 p.m.
Volleyball vs. Alaska Fairbanks 7 p.m.

Monday, Oct. 25
Women's Soccer vs. Seattle University 3 p.m.

University of Washington @ #1 USC 3:30 p.m.
ABC

NFL
Sunday, Oct. 24
Seattle @ Arizona 1:15 p.m.
FOX
NY Jets @ New England 1:05 p.m.
CBS