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Observer

Central Washington University

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Prehistoric Discovery

Fixing the Fractures (Top left): Central anthropology professor Patrick Lubinski pieces together parts of what is presumably a mammoth skeleton found outside of Selah, Wash. Researchers from Central and the University of Washington are coordinating the excavation. Currently no time table for completion of the project exists.

Prehistoric Versus Contemporary (Bottom right): The partially completed humerus is placed next to a modern cow's humerus to illustrate the size difference. This is currently the largest reconstructed piece of the mammal, but there have been tusk pieces and other small fragments unearthed.

See page 4
Crooks scam students by phone, cyberspace
by Rebecca Gorey
Staff reporter

For something that seems like a no-brainer, identity theft isliterally scamming its way into people's wallets and leaving them penniless.
Crooks posing as reputable companies may send e-mails or make phone calls asking students for personal information.

A common scam going around campus telephones is from an agency claiming to be a free government grant, provided that students supply bank account and social security numbers for alleged background checks.

"I fell into that trap," said Hannah Spencer, sophomore major undeclared.

Spencer explained that an agency called and asked for her bank account number after telling her she had won a $10,000 grant from the government.

"They told her she had to give it in full trust then I never heard anything back from them," Spencer said.

Luckily for Spencer, her parents immediately transferred her account to avoid any possible theft.

Being asked to supply telephone or social security numbers, bank account information, address or residence location and other private information are often red flags for identity theft.

Here on campus, the Information Technology Services Department advises by set policies and requirements that protect private information of students.

Under the Family Educational Rights and Privacy Act (F.E.R.P.A), Central Washington University is required by law to protect any data that might be in the hands of the University.

"Basically, it protects any data that you have in our system, including grades, phone numbers, social security numbers, e-mail addresses and more," Rahm said.

Under the F.E.R.P.A, students are asked upon admission to the University if they wish to authorize their F.E.R.P.A, meaning students have the right to keep all personal information private, even from parents.

"We don't disclose anything," Rahm said. "It's part of the whole culture policy as far as not only protecting data electronically, but making sure no one can hack in as well."

All students, upon admission, are given a student ID card with payroll, financial aid and more, Rahm said. 

Rahm offered some tips for students: "Don't ever release any of these things have happened to you, contact your bank and credit card companies and check for current purchases and transactions.

The GLB covers any financial information on students, including those who have worked on campus, have been paid by the University, social security information, anything to do with payroll, financial aid and more."

"We're doing our job to make sure servers are working with all groups on campus, all data is encrypted and centralized in our computer facility which is locked, secured, and alarmed," Rahm said.

Students are advised to protect themselves from identity theft, such as being wary of calls from people pretending to be from specific departments at school. Chances are it's a scam as the University already has access to student information through administration.

He also advised students to get a list of credit card companies and check for any of these things have happened to you, contact your bank and credit card companies and check for current purchases and transactions.

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Activist Angela Davis to head social forum

Internationally known activist Angela Davis will be the keynote speaker at the second annual Social Forum. Sponsored by the The Center for Excellence Leadership, the forum begins a 1 p.m. tomorrow with a series of faculty-led discussions.

"Angele Davis is a true American hero," said Djordje Popovic, program coordinator for the diversity education center. "The most well-rounded person of our times, Angela Davis is an accomplished writer, influential public intellectual, and an activist that continues to challenge the powers that be."

Now she is a professor in the History of Consciousness Department at the University of California, Santa Cruz. In 1994, she was appointed chair of the University of California Presidential Chair in African American and Feminist Studies. Davis has been a teacher, writer and activist for more than thirty years. She has written five books and countless articles and contributed to journals and anthologies.

In 1972 Davis was placed on the FBI's Top Ten most wanted list, but later acquitted on all charges. Davis was incarcerated for 16 months and a worldwide "Free Angela Davis" campaign was created. After her acquittal, she wrote many books and continues to teach and speak on behalf of social change.

"Our goal is to create an opportunity for the CWU community to connect, educate and bring ideas together on how to create another world that is sustainable," said Diana Bedwell, student of the symposium planning committee in a press release.

The conference theme of "Personalizing Change: Making Another World Possible" is geared toward the unity and progression of global thoughts and change.

Modeled after the World Social Forum (WSF), the conference is an attempt to create leadership opportunities and social change, according to senior business administration major and organizer Kevin Lillybridge.

The WSF is a collective of international organizations, NGOs and activists that organize to challenge multinational organization such as the WTO. This collaboration is the model for Central's symposium. The forum is a venue for various departments, professors, students and guests to join together, discuss issues, and create a plan for the future.

The Social Forum is geared toward unity and open discussion between students and faculty.

"One of the goals for the conference is an open discussion area for students and professors on the same base," Lillybridge said.

With 14 presentations, the symposium will tackle issues including critical education, ethical business practices, women and globalization in biology, political science, geography, business administration, education and history.

The conference kicks off at 8 p.m. today at Club Central with a free concert by the Seattle-based band, Pedro the Lion. Students can register for the Social Forum at www.cwu.edu/~diversity/speakers.html.

The conference theme of "Personalizing Change: Making Another World Possible" is geared toward the unity and progression of global thoughts and change.
Central faculty and students will begin an archeological dig outside Selah where a contractor recently discovered bones of what is believed to be a prehistoric mammoth.

Gary Fife, discovered the bones while building a private road last February. A bulldozer may have damaged some of the specimens.

"I had seen a bone poking out of the dirt and noticed it wasn't from anything modern," Fife said. "It just looked different from an old horse or cow... looked to me like it could have been a dinosaur."

A memorandum of understanding was reached last week between the landowner and Central. The project's initial planning is underway.

"Our primary objectives are scientific and educational," said Morris Uebelacker, chair of the Geography and Land Studies Department and member of the research team. "We're trying to understand the environmental context of these bones, their distribution and anything else we can learn about mammoth ecology."

The research team is made up of three Central professors, two University of Washington professors and various graduate and undergraduate students. A documentary of the excavation is being compiled by Central professor Michael Ogden as well.

The bones are referred to as a surface find when initially unearthed. A pieced together surface find is known as a specimen.

It is not known how old the bones are, but radiocarbon dating on the specimen is in the works.

Mammoth remains are not uncommon in Washington state. Hundreds of remains have been found in the state. The only Washington counties that cannot claim a mammoth finding are heavily wooded counties in western Washington and extremely small counties in eastern Washington.

Most findings are of single skeletal elements, with molars being the most common discovery.

The bones are believed to be that of a Columbian Mammoth. Oddly enough Columbian Mammoth specimens were made the official state fossil almost seven years ago to the day of the discovery by Fife.

Columbian Mammoths were believed to have stood 11 feet tall at the shoulder and resembled a modern Asian Elephant with smaller ears and massive tusks.

They were herbivores, having dietary preference for grasses, sages, hedges, mooses, ferns and aquatic plants, all of which could have been found in the Columbia Basin floodplain, where most Columbian Mammoths have been found.

What is interesting about this finding is that the specimens have actually been discovered above what is believed to have been the highest reaches of the Columbian Basin floodplain. The Moxee City Mammoth finding in 2001 redefined the highest reaches of the presumed floodplain and this find is approximately 1400 feet above that mark.

All in all, the discovery is big news for rural Selah. Rumors have surfaced that the "Today Show" has plans to broadcast from the site. The property owner has designed T-shirts promoting the excavation. The T-shirts feature a painting done by the property owner's wife, who also wrote a bluegrass song about the presumed mammoth.

The project is still in the very preliminary stages. University sources said that there may still be bones to find or everything could have already been dug up. Right now no one knows for sure.
Attack on students raises question of hate crime policy

by Andrew Van Den Hoek
Staff reporter

The alleged assault on three students from Central Washington University has raised the question of hate crimes in Ellensburg.

"This crime shows that anybody can be a victim of someone else's bias and prejudice," said Jenn Ham, student employee at the Diversity Education Center. "This is our campus and our community, and we have the right to feel safe here."

Though the alleged hate crime wasn't committed on campus, it has raised the question of what Central is doing to respond to crimes of this nature and what the school is doing to prevent them.

"Starting January... Central began to put in place a new Bias Response Plan," said Leslie Webb, director of the Diversity Education Center. "This plan streamlines the process by which students can report bias motivated incidents, determine whether an incident is a hate crime, and deal with how the incident affected them."

According to the Diversity Education Center Web site, bias-motivated incidents are any negative incidents motivated by a person's perception of another person in relation to their race, religion, age, disability or sexual preference.

The FBI says a hate crime must involve assault, murder, destruction of property, harassment, or arson.

"The Bias Response Plan is more than just a tool to report bias motivated incidents. It's a process that students can work through to help cope with how these incidents affected them," Webb said. "For some students, all that's needed is an outlet to report an incident, for other students the process has to go much further than that."

Webb said on average, the Diversity Education Center receives one report of a bias-motivated incident per month.

"In many instances we are the first representatives of the university that have an opportunity to hear about a suspected bias-motivated incident," said Chief Steve Rittereiser, director of Public Safety and Police Services. "Our officers are well-educated in hate crime detection and will look to determine whether or not the incident fits the FBI definition of a hate crime."

The Ellensburg Police Department has its own procedures and policies for dealing with hate crimes.

"We take all crimes very seriously, but the nature of a hate crime is much different than two individuals getting into an argument about who makes a better truck, Chevy or Ford," said Captain Ross Green of the Ellensburg Police Department. "With a hate crime you have a true victim who has been wronged in some way simply because of their race, religion, ethnic, or sexual orientation. We take these types of crimes very serious. We have no tolerance for this kind of behavior in our community."

More information on the Bias Response Plan is available at the www.cwu.edu/~diversity.
In the week of April 23, a couple of Ellensburg residents attacked three Central students. While the motivation behind the attack is still unknown, the message conveyed by the actions of the individuals involved was loud and clear: we hate you because you are different from us.

Initially I was shocked, as I assumed most people were, at the news of a potential hate crime committed in our own town, by seemingly ordinary people. If you shuffled over the news and paid little mind to such a horrific act, your spottily dissects you, and you should be ashamed of yourself.

There will always be controversy surrounding hate crimes in the legal sense because the motivation behind them is based on opinion, which is very hard to prove in a court of law. After all, a great many of the circumstances leading to and continuing throughout the founding of our nation could be deemed hate crimes.

The first settlers killed the en masse of indigenous people they found when they arrived on this soil because they were different.

They justified their action by calling these human beings savages.

Soon after, an astonishing number of African natives were enslaved against their will or killed, this time for profit. They too were seen as uncivilized and therefore warranted the actions of their "sophisticated" captors.

Hate crimes target everyone. It really isn't about the person who is being attacked. The act is more involved with the attacker's own insecurities.

In 1992, the United States Congress deemed hate crimes as "a crime in which the defendant's conduct was motivated by hatred, bias, or prejudice against race, color, religion, national origin, ethnicity, gender, sexual orientation or gender identity or another individual or group of individuals..

Sadly, that's a long list of people who apply. You and I fit in the list numerous times.

Hatred crimes don't only happen to the Matthew Shepards out there. They happen here in Washington state, in Kittitas County. In 1995, 26 hate crimes were reported statewide. That number peaked in 2001 at 279 crimes reported, and has since dropped in 2003 to 222 crimes reported. That year approximately 92 crimes were reported in King County and one crime here in Kittitas County.

Following the attacks on September 11, several individuals in the Seattle area attacked people of Middle Eastern descent in what they were deemed as "terrorism revenge attacks." Some set fire to a Seattle mosque, others intimidated patrons at an Islamic center in West Seattle. Two men even attacked a Sikh cab driver as he was driving them through a SeaTac neighborhood.

Last summer, a young Seattle man was attacked by three visiting Bellingham residents because they believed him to be gay. He had been walking down a street when the three jumped out of their vehicle and stabbled him repeatedly with a broken vodka bottle. They beat him so savagely that doctors could see the bones of his rib cage when he arrived at the hospital. The attackers justified their actions by stating homosexuality was against their religion.

Coming from a religious background, this makes me sick. First of all, I was never taught to force my beliefs on another and second of all, it is my own belief that the Bible teaches love, first and foremost. God never tells us to take vengeance on our own hands.

These hate crimes include murder, forcible rape, aggravated assault, intimations, robbery, burglary, arson and vandalism. And for a while, there was no law distinguishing these crimes from any other criminal act.

In 2003, Washington state legislators passed the Washington Hate Crime Malicious Harassment Act, which recognizes that "hate crimes are not separate, distinct offenses, but rather traditional crimes motivated by the offender's bias."

Sadly, people motivated by hatred are no longer holding secret meetings, as the Ku Klux Klan. Take Central's T'native popular priest, Pastor Fred Phelps, as an example. Phelps has traveled from the deep south to Central on several occasions to picket events. Godfamers4god.com, is the official Web site of the Westboro Baptist Church, which Phelps founded in 1955. The site details over 22,000 "peaceful sidewalk demonstrations" at events like parades, homosexual-friendly events and Matthew Shepard's funeral.

There are plenty of ways to combat hatred. The Anti-Defamation League (www.adcd.org) has been around since 1913, fighting hatred, prejudice and bigotry. Web sites like HateCrime.org and clubs and organizations on campus like GLBTA, MECHA and the BSU allow students to educate themselves about diversity. What it comes down to is you. Whatever action or inaction you choose in your choice, but by turning your eye to ignore a situation or brushing off a racial slur, it adds up. Hatred doesn't affect one person or group; it spreads to everyone. Not tolerating just one situation can mean the world to one individual.

As for my beliefs on the matter, I think it's fine if a person wants to hate or love to hate. I can't judge another's pursuits. However, I believe that if you're going to hate yourself, hating someone, hate yourself for being ignorant and not being able to wrap your mind around the real racism we are all here.

DEADLINES

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

Submissions can be brought to the office, e-mailed to Observer@cwu.edu, mailed to Observer at Central Washington University, Ellensburg, WA 98926 or faxed to (509) 963-1027.

NEWS

• Friday, 5 p.m. - Entertainment, meetings, calendar events.
• Monday, 3 p.m. - Weekend sports information.
• Monday, 5 p.m. - Letters to the editor.

ADVERTISING

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

To contact an advertising representative, call our business office at (509) 963-1026 or fax information to (509) 963-1027.

CONTACT US AT

(509) 963-1073 — Newsroom (509) 963-1026 — Business Office (509) 963-1027 — Fax 400 E. University Way Ellensburg, WA 98926-7435

ATTENTION EDITORS

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 to (509) 963-1027.
Littlejohn is the man

Today I picked up the Observer on my early morning 50-minute break between classes as I do every Thursday, but this time was different...I was inspired by Pat Lewis' article about students lack of communication with the Observer.

Undertaking a great epiphany, I realized that I have been one of these 6000 non-communicative students letting this wonderful paper exist without any of MY outstanding input! Thus I resolved to take the time out of my incredibly busy schedule, i.e. skip my afternoon nap, to write a few lines. I haven't been a full-time Observer reader until this quarter, but the changes that I have noticed are quite enjoyable!

The photo front is a great addition (probably one of the reasons I have become a full-time reader) and I'm letting this wonderful paper exist... I was inspired by Pat Lewis' article regarding parking downtown in the evening. I wonder how many new Central students have had there cars towed because of that one.

One might argue that it's the residents responsibility to check the laws when they move to a new area. If you go to some of the long time residents in Ellensburg and ask them if they've checked the laws on the books, how many do you think would say they did?

So what will this do to our parking problems? If students are in a rush to get to the door and don't want to throw on a helmet to get to class, the next fastest way to get from point A to point B is on four wheels. In short this could mean more cars in the parking lots and on the roads.

Like I said, helmets save lives but this helmet ordinance, in its current form, isn't necessarily the right answer for our campus or community. The good news in all of this is that the Ellensburg City Council has been very open and encouraging to the community in regards to commenting about this issue. If you too have concerns let the City Council know by e-mailing them at CityCouncil@ci.ellensburg.wa.us.

Miranda Byman
junior foreign language major

Reader gives thumbs up

I wanted to add my input on last week's newspaper. I agree with the idea that more people should give feedback on what the Observer writes. I especially enjoyed the opinion article on parenting. It had a great outlook, and was written with humor and it is something that a lot of college students experience. The new design of the paper is also more appealing. Keep it up!

Tyler Hertog
senior communication studies major

Navigating SAFARI 101

The name SAFARI is quite an appropriate choice for our registration system. It is much like the real thing minus the khakis, range rover, and large caliber rifle. Finding what you need can be quite an adventure due to the navigation interface. I'm sure many can relate to my first time using SAFARI. Allow me to elaborate.

When I logged in and saw 'SA Self Service', my first thought was "SA? Do they mean the Student Assistants in the lab? This must be a mistake?" But after clicking the link it made some sense. Being a computer science major I was not too happy with what I was seeing. In my user interface class we learned what features and techniques provide the user with a smooth and enjoyable experience.

Now, here is my whole reason for bringing up SAFARI in the first place. A better way to navigate does exist, though it is not fully functional. Perhaps it will make it into the recently mentioned updates. To check it out, log in and navigate to SA Self Service > Learner Services > Home > Learner Services, and you will like what you see. This secret of SAFARI offers students a nice experience without needing to dig for what they seek. My hope in bringing this to light is that our SAFARI developers will be encouraged to implement this superior navigation method.

Roy Avery
senior computer science major

The fleecing of a student body

So there you are riding down the road on your bike, just trying to make your way to class when flashing lights and a voice telling someone to “pull over” can be heard behind you. At first you assume that he must be pulling over someone else but soon it becomes apparent that he’s directing those instructions at you.

Next thing you know, you are the proud owner of a ticket for failing to comply with the Ellensburg city helmet ordinance. What on earth did you do? That would be the one current in its second reading before the Ellensburg City Council. It’s a city wide ordinance that if passed would require all skateboarders, scooter riders, and bikers to wear a helmet while in the city.

It’s important to note that this ordinance only applies to the use of streets, sidewalks, and other public property and that you’re still free to ride up and down campus as you please. However, as soon as you ride onto a city street or city sidewalk without a helmet you become fair game for a fine.

This isn’t an issue of whether or not helmets save lives, according to the National Transportation Safety Board you have 85% greater chance of surviving an accident if you were wearing a helmet.

What is this a question of is whether or not the an ordinance is the right means by which to encourage students to wear helmets and whether students riding on the streets around our campus should be forced to wear a helmet.

You might ask what could a helmet ordinance possibly hurt? Well among other things a helmet ordinance could distract from other bike safety programs. Improvements like more bike lanes on our roads, accident avoidance courses, and safety lectures all save lives too. It would be a shame to think that a helmet ordinance might make people think that when it comes to bike safety, we’ve got all our bases covered. In truth our town could do even more.

Worst of all, this is yet another ordinance that many students probably won’t know about till it’s too late and they find themselves with a fine. We live in a city that doesn’t make a strong enough effort to inform a major group in its population, the Central student body, about the strict ordinances it has in place.

One example of this is the city’s strict noise ordinance. How soon after the ordinances regard parking downtown in the evening, I wonder how many new Central students have had there cars towed because of that one.

One might argue that it’s the residents responsibility to check the laws when they move to a new area. If you go to some of the long time residents in Ellensburg and ask them if they’ve checked the laws on the books, how many do you think would say they did?

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Andrew Van Den Hoek
Staff reporter

Cover Image

This weeks cover images and corresponding story images were provided by Michael Ogden, associate professor, department of communications.

Last week's cover image was shot by Adam Goodman and Tighe McGillivray.

Design was handled by the photography and design staffs.

Been dreaming of the front page?

The May 19 edition of the Observer will feature a local artist's work on the cover. The competition is open to CWU students, staff and the general public. Send your art (photo, graphic, drawing, etc) to Observer@cwu.edu.

*SUBMISSIONS MUST BE RECEIVED BY SUNDAY MAY 8 AT 6 P.M.

*SUBJECT OF EMAIL SHOULD READ: "FRONT COVER ART SUBMISSION"
Pedro the Lion is a band based out of Seattle and is known for performing emotionally charged narratives. Admission to the show is free.

photo courtesy of Pedro the Lion

Joseph Castro
News Editor

Emo, folk and acoustic-rock are just a few of the genres Pedro the Lion fall into. If you're sick of labels and pigeonholing and looking for something to do tonight put your faith in this genre-bending band that is playing a free show at Club Central.

Pedro the Lion, based out of Seattle, released its first record in 1998 and has since toured internationally. Backtracking from Portland to two stops in Illinois, Ellensburg is the fourth show in less than a week for the band. Leigh Fernandez, senior psychology and primate behavior and ecology majors, saw Pedro the Lion perform in Boston four years ago and plans to see the show.

"You just chill when you listen to him," Fernandez said, referring to David Bazan, the founder of Pedro. Fernandez said Bazan has taken a different approach to his style since the Boston show.

"We at The 'Burg are really excited for the show," Marcus Tabert, music director for the 'Burg, said. "Pedro the Lion's always been one of the staples of college rock radio. If everything goes according to plan, we're going to get the band into the studio for an interview sometime between 6 and 8 p.m., so tune in for that."

"I'm stoked," Jordan Kooy, sophomore undeclared, said. "I'm actually really surprised that a band of that caliber would come and play here in Ellensburg, none-the-less for a free show." Kooy has never been to a Pedro the Lion show but he owns two of their albums.

"I think they are very college radio friendly," Kooy said. "I expect to see quite a few people there."

"I played professional football for seven years and nothing about my experience in professional football taught me to be violent toward women," McPherson said. "I did not learn how to be a man when I was playing in the NFL. I learned to be a man when I was a little boy."

It starts, according to McPherson, when men are very young boys and they are taught to 'act like a man' and not to feel and not to cry. The worst insult they hear is that they are acting like a girl.

"When you say 'you throw like a girl,' you are saying that girls are less than," McPherson said. "If you believe that another group if people are less than, you are more likely to abuse them."

The stereotypes that men are taught as boys encourage the violence that men sometimes initiate when they grow up. McPherson said that people are often told that 'boys will be boys.'
Three members of the Seattle Symphony performed with piano professor John Pickett in the Music Building on Wednesday. It was the first of two performances Pickett will be presenting.

Symphony members, Central prof perform Brahms, Dvorak music

Johannes Brahms, being a famous composer, had won a reputation on par with the greatest composers in history giving rise to the "three B's"; Bach, Beethoven and Brahms.

The concert was comprised of two pieces. The first piece was a trio in E minor titled "Dumky" by Antonin Dvorak. The "Dumky" trio is the most famous of Dvorak's works. This piece is different from other piano trios because it does not contain a movement in sonata form or any variation. It is beautifully composed of folk song and dance.

"This trio is comprised of a series of dances, some fast and exciting, and others slow and beautifully expressive," Pickett said.

The second piece was a quartet for piano, violin, viola and cello in C minor by Brahms. "This quartet is a powerful and dramatic work that contains some of Brahms' greatest melodies," Pickett said.

Wildcat Madness takes over Central

Teams of five will compete in a variety of games. According to Aronica, they are hoping for 125 people to show up in order to make up 25 teams. The games will be broken into two categories: carnival style and those that will have a team-building aspect. Prizes will be handed out to the winning teams and will likely be a gift certificate package for each team member.

"From who I've talked to that attended the last version of this event, it was far more humorous from the spectators point of view," Aronica said.
It'll be the First Friday of the rest of your lives

by Carter Thomas
Staff reporter

When it comes to the greatest musical artists of the past 50 years, for most people the list would go something like this: The Beatles, Jimi Hendrix, Tina and Michael Jackson. Rising artist Vicci Martinez is well on her way to joining this list. She will be performing at Pittsburgh's First Friday Dance at 8 p.m. tomorrow at the Moose Lodge. "We're really excited to have Vicci Martinez," said Ron Allbright, booking agent for the first Friday club. "She's quite an amazing new artist."

Vicci Martinez will be performing for the First Friday Dance at 8 p.m. at the Moose Lodge. Admission is $8 for adults and $5 with student ID.

Martinez has been singing and playing the guitar since the age of 13. As of now, Martinez has numerous albums out, including her most recent, entitled "Sleep to Dream" with a new record hopefully out by mid summer 2005. Martinez has opened for musicians such as Sting and Ani DiFranco, and competed on TV shows including "Star Search" and "American Idol." She draws influence and inspiration from all kinds of music with an emphasis on Dave Matthews. "I like anything with a good tune or a good groove," Martinez said. "Some songs just make you want to get up and dance."

The Moose Lodge is grateful to house such a performance, and is going to great lengths to make sure that everyone feels welcome there. "It's an all-ages, non smoking venue. It's friendly to everyone," Allbright said.

For Martinez, a live show is an opportunity to let the crowd experience the music along with her. "It's more of an emotional trip I want to take you on," said Martinez. "I mean, I'm not going to make you cry or anything..."

For more information about Vicci Martinez, or to purchase her newest album "Sleep to Dream," visit her Web site at www.viccimartinez.com.

Enjoy cultural experiences; come to Latino movie night

by Belle Foster
Staff reporter

"Traffic," "Waiting List," "Open Your Eyes," "Maria Full of Grace," are all movies that give insight to Latin American culture. For those who are interested in movies from foreign countries, then you should check out Latino movie nights at Central Washington University. This weekly showing of films started winter quarter of 2005. The films are set in or about Latin America and are shown to create awareness about the region's culture and localism.

"We hope that viewers use the movies as an opportunity to do several things, practice Latin language comprehension, learn about places in Latin America, and become aware of unique cultural realities found in the region," said J. Anthony Abbott, professor of geography and land studies with an expertise in Latin America.

The movies being shown are popular films made in Columbia, Ecuador, Mexico, Argentina and Brazil. These films are generally shown in Spanish, or dubbed in English subtitles. Occasionally there will be a piece that has been produced in Europe or the United States. While these movies are based on true stories, they can be anything from laugh-out-loud comedies to tear-jerking drama. Upcoming movies include, "City of God," "Maria Full of Grace" and "Sin DUEIR Huellas."

The Latin American cultural films they will be shown at 7 p.m. every Monday during spring quarter in Black Hall room 151. Admission is free.

For more information contact: J. Anthony Abbott at 963-2044 or check out the calendar for going quarter on his Web site www.cwu.edu/~abbott/IMM.html.
Leslie Strawn, a 20-year-old sophomore majoring in psychology with a minor in family studies, hopes one day to open her own practice specializing in marriage and children's counseling. She was born in Seoul, South Korea and was adopted at three months. This makes her the youngest in her family with two brothers. While attending school full time she manages to hold down two jobs and still finds time to volunteer.

Strawn works at the Civic Engagement Center, heading up all of the Bonner Scholarship recipients. Strawn, herself a recipient of the Bonner Scholarship, which awards students who volunteer a minimum of 300 hours per year with a $1,000 scholarship award.

To work toward Strawn's 300 volunteer hours she donates her time to ASPEN working on the crisis line.

Q: Why are you at Central?
A: It originally came here because I wanted to teach and I heard the education department was nationally known. Also, my brother graduated from Central and really liked it and recommended it.

Q: What are some of your favorite memories of Central so far?
A: The really late nights in the dorms when my roommate and I would get together with our neighbors, and put all of our mattresses together and have a big slumber party and stay up all night watching movies and talking.

Q: What do you miss most about home?
A: My mom's cooking and the mall

Q: What foods would you choose to eat for the rest of your life?
A: Noodles with butter and cheese, avocados, Greek Moussak (which is an eggplant casserole), crab cakes, and mangoes. Oh, and ice cream. I have to have ice cream.

Q: What qualities do you look for in others?
A: A sense of humor, an open mind and selflessness.

Q: What qualities do you hope others see in you?
A: Leadership and selflessness

Q: What is your favorite drink?
A: Captain Morgan Rum, and no I don't mix it, and lemon water.

Q: What is your favorite quote?
A: "Dream like you'll live forever and live like you'll die tomorrow." James Dean

Photo courtesy of Leslie Strawn
Wildcats split with Saints, prepare to take on Western Oregon

by Todd Finley
Staff reporter

The Central Washington Wildcats split last weekend's four game series versus the Saint Martin's Saints. In a pivotal match up, Central dropped the first contest, wound the next two and fell in the fourth. Any hopes of a West Regional playoff berth hinged on this weekend's series against the Western Oregon Wolves, a team that swept Central in a four game series earlier this year.

"From our outlook, we could use a split," said coach Dezi Storey. "Nobody has gone down there and swept them in a long time."

Down 2-1 heading into the final game, second baseman Gordon Chubb delivered the game tying base hit and was followed by leftfielder Troy Martin's walk-off hit.

"He actually hurt it a few weeks back," Storey said. "It's Eric's arm has been bothered him and he didn't let us know," Storey said. "He actually hurt it a few weeks back."

Game one of the series, a pitcher's duel, saw Scott Parish take the loss for the Wolves in a 3-2 defeat.

"We got great pitching last weekend," Storey said. "For the first weekend since the beginning of the year, we didn't hit."

The real test for Central comes on Saturday in Monmouth, Oregon and is a daunting one at that. The Wolves are 14-1 against Great Northwest Athletic Conference foes and 33-11 overall. They are currently ranked third in the Western Region behind only Mesa State and Chico State respectively. The Wolves have won 15 of their last 16 games and have opened up a sizeable lead in the GNAC.

Truth be told, Western Oregon's entire lineup is dangerous, and it will be a challenging task to whomever takes the hill for Central come Saturday.

The Wildcats can certainly hit the ball. Central has out-smashed Western Oregon this season by 20 homers. The difference in the series will be from a pitching standpoint, a statistic that Western Oregon leads when compared with other teams in the GNAC while giving up exactly a run less per game than the Wildcats. If Central expects to battle, their hurlers will need to be sharp. Storey says he plans to send out Parish, Chubb, Jesse Orton and Adam Kemp.

"The last few years, their pitching has been a little more consistent than ours," said Storey. "We're gonna hit our. Pitching will need to hold their offense down."

Storey said that even if the Wildcats find a way to make things interesting with a sweep, a playoff birth will still be a tall order.

Central sends records out the door, prepares for GNAC Championships

by Frank Stanley
Staff reporter

Coming off a rough outing at Pullman last week, the track and field team returned to dominating form last Saturday at the Diane Hartman Invitational Meet in Spokane.

The Wildcats won eight events overall, while setting two new season bests in the Great Northwest Athletic Conference.

On the wake of the GNAC Championship meet, this overall success is a huge boost for the team as they go into the biggest competition of the season.

Three Central athletes reached provisional national qualifying marks in their events. Senior Mike Pankiewicz, in the men's 800-meter run, and seniors Blake Walker and Jacob Galloway, in the men's hammer throw, all bested the national standard for their events.

"We had a lot of good performances and we have a lot of people taking their momentum in the right direction," head coach Kevin Allinson said. "As far as the full team goes, this [the GNAC Championship Meet this weekend] is the big meet of the year, and we're really excited."
Enjoying the great outdoors on two wheels

The weather is warming up and the days are growing longer, so get off the couch and enjoy the outdoors on two wheels. Miles upon miles of trails await adventure-seeking mountain bikers in the Wenatchee National Forest. Located minutes north of Ellensburg, Wenatchee National Forest has a wide variety of trails and roads that appeal to all skill levels. Higher elevations offer alpine-like terrain for more advanced riders. Less confident beginners can find slightly challenging terrain in the lower elevations. Beginner or expert, Wenatchee National Forest is definitely worth exploring.

“I’m really happy the weather is better,” said Leann Plato, senior elementary education major. “I hope I can come up here [Wenatchee National Forest] as much as possible this spring.”

Wenatchee National Forest has over 2.2 million acres of land, with more than 7,500 miles of roads and trails. It would take years to experience everything the forest has to offer. The Ellensburg Chamber of Commerce can provide brochures and maps of the areas.

I’ve spent the last week exploring roads and trails off Reecer Creek Road. The paved road twists and turns, continuously increasing in elevation, leading travelers to the Table Mountain area.

As soon as Reecer Creek Road narrows from two lanes to one, the challenge of an all uphill ride begins. Being fairly new to mountain biking, I find it much easier to drive about halfway up before taking my bicycle out of the bed of my truck. That way I have more energy to attack the trails in the higher elevations.

You don’t have to spend much time riding on the paved road to find a trail to explore. It seems as though there are potential trails every few hundred feet up or down the paved road. Every day I chose a higher starting point, and found more challenging trails as I progressed into the higher elevations.

“The whole time you’re riding, your legs are burning,” Plato said. “But when you finally take a break and look around, you want to keep going.”

As you work your way into the higher elevations, the views of the valley below become more and more spectacular.

I frequently found myself stopping to take in the scenery. On most of my stops, I spend the majority of the time catching my breath and contemplating why cycling looks so much easier on television. Luckily, after a few miles, my legs have either warmed or gone numb and the ride is much more enjoyable.

The hard uphill work pays off when you decide that you’ve had enough. Now that you’re worn-out you can at least look forward to the ride back. The final portion of the trip is nearly all downhill. You do have to take it kind of slow, unless you want to try out your helmet. The narrow road, oncoming traffic, large drop-offs, and abundance of trees serve as constant reminders to take it easy.

A tragic cycling accident would definitely put a damper on a good day of riding, unless you’re willing to risk it.

“I like to see how fast I can go without killing myself,” said Steve Rothwell, senior sociology major. “I also like to get away from school and spend a little time outdoors.”

When you finally decide to get off the couch and enjoy the outdoors, make sure you’re prepared. Check your equipment, make sure you have plenty of water, a good idea of where you’re headed and maybe a light snack.

Most importantly, remember that you’re in the forest; a little toilet paper can come in handy. Bringing some will definitely allow you to return home with both socks.

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The weekly sports face-off

Should there be an age limit in the NBA?

The NBA season has planned out to have the obvious choices for the top four teams in the NBA.

In the East, you have the reigning champions, the Detroit Pistons, and the top-seeded Miami Heat. In the West, there's the San Antonio Spurs and the best team during the regular season, the Phoenix Suns.

The Phoenix Suns will defeat the Miami Heat in six games, taking the crown as the 2004-2005 NBA champions.

The west is where it at. Well consider these regular-season facts: the lowest scorer (Nash) still had 15.3 points per game, but that is justified by his league-leading 11.3 assists per game.

The NBA finals are slowly creeping our way and the Seattle SuperSonics are starting to smell the Larry O'Brien trophy. They have clinched the first round and are now ready to take on the winner of the San Antonio Spurs/Denver Nuggets game.

The Sonics have improved at least 15 games this season and the only team that hasn't added any new players to their starting lineup going 52-30 this season.

The last time Seattle was in the playoffs was seven years ago when they lost to the Sacramento Kings in five games.

Ray Allen helped the Sonics get a 3-1 lead over the Kings by scoring a playoff record of 49 points in game four and threw down 30 more in the game clincher.

The other teams hoping to win this year are the Phoenix Suns, Miami Heat, Detroit Pistons, and the San Antonio Spurs, among others.

Phoenix has Steve Nash, Amar'e Stoudemire, Shawn Marion and Quentin Richardson who are all highly ranked players but they concentrate too much on offense and not as much on defense. Also, if Nash goes down, the whole team falls apart. He leads their team.

Miami has big man Shaq on the court along with second year player Dwyane Wade who works together quite well. I think that the Allen-Lewis duo can take them on and beat Miami.

Detroit won the championship last year and they have a lot of key players like Ben Wallace, Richard Hamilton and Chauncey Billups. However, they could be surprised by the Sonics doing so well that it might throw off their game plan.

San Antonio is a good team with players like Tim Duncan, Manu Ginobili, and Tony Parker. Duncan needs to work on getting down the floor and Parker has to work on getting the basket and not just good looks. They could struggle as the time comes closer.

With all these great teams Seattle has a tough road ahead of them. But when they focus and execute their game plan they can beat just about anybody. The trophy will go to the Sonics.

Anorexia athletica:
A growing trend to work-out excessively is hazardous to health

by Rhianne Hallbrook
Staff reporter

Each of these terms describes many of the students and student-athletes on campuses across the nation. Now add another descriptor: Addicted.

According to Crystal Roberts, senior exercise science major and certified personal trainer at Central Washington University, a trend is emerging within the fitness community that leaves towards over-training and addiction to working out, and athletes are at a high risk.

This trend is anorexia athletica, also known as compulsive exercising. While still under investigation and not yet a fully recognized disorder, anorexia athletica has become one more eating disorder for health professionals to watch out for in their clients and patients.

Jesse Auer, personal trainer and manager at The Gym in Ellensburg, said that compulsive exercise can be extremely physically destructive.

"A person with this condition will exercise beyond what is healthy," Auer said. "They won't just exercise to keep fit."

Compulsive exercisers are preoccupied with burning calories and take severe measures - even working out while injured - to avoid gaining weight. According to Roberts, this could lead to permanent physical damage.

Robert said that average people, not just professional athletes, can become involved with this disease. According to the American College of Sports Medicine (ACSM) guidelines, a non-athlete should expect to exercise at a moderate level for 30 minutes, three to five days a week.

"People with this disorder will greatly exceed this amount," Auer said. "They'll go for hours at a time, without stopping."

The difference between a serious athlete and a compulsive exerciser can be hard to ascertain.

"A serious athlete knows what they need to do to get where they want to," Auer said. "There are no goals, no step ups with a compulsive exerciser, and no ability to see when enough is enough. No matter what they achieve, it's never going to be good enough." Roberts believes that compulsive exercisers give off definite indications of their sickness.

"A person with anorexia athletica can exercise how much they want and will exercise when sick or injured. They might be totally exhausted and they have to use stimulants like coffee, caffeine pills or energy drinks to keep going. They always talk about working out and exercising or their training schedules."

Rubert said that the last sign is the easiest to recognize. "They can hide the others, but if they are having problems with this, then training and working out is all that's on their mind, and
Central softball stumbles against third ranked Humboldt State

by Brooke Saul
Staff reporter

Central softball's bid to build goals this weekend beat third ranked Humboldt State and win the Great Northwest Athletic Conference title. Instead, after a disappointing weekend, Central came back to Ellenburg without the title.

"Each year we're doing better and better," said catcher Kelli Spaulding. "We're getting closer to winning the title."

The Wildcats lost the first game on Friday against Humboldt, 3-2. Pitcher Sarah Withers received the loss. Withers allowed five hits and two walks in four innings. Pitcher Sara Badgley came in the fifth inning, allowing only two hits and one run. The only runs Central had were from a solo home run by catcher Kelli Spaulding in the sixth inning.

"Badgley's choice in the seventh inning," said coach Gary Frederick. "It's good to play schools like Humboldt because it's a good evaluation of the future," said coach Gary Frederick.

In the second game on Friday, the Lumberjacks shut out the Wildcats 3-0. Withers received the loss, while pitching two innings. The only hits from Central were two hits by center fielder for Humboldt and two walks.

"I think I did well defensively," Badgley said. "Offensively, I know I could have hit better in the games rather than just a few times."

The first game on Saturday, Central lost 7-1. Badgley received the loss. The only Wildcat run came in the third inning off a solo left fielder by shortstop Annie Becker, which brought in first baseman Carina Robertson. The second half of the season for the Wildcats will be at 2 p.m., on Friday, May 6 in Seattle against Seattle University.

"Friday's doubleheader is important as we still have a chance to get second place in the division, depending how Western Washington University does," said coach Gary Frederick. "In the past, the Wildcats have been successful against Seattle University. Central has a record of 2-1 against Seattle University."

"We have an opportunity to knock them [Seattle University] out of the playoffs and end our season on a good note," Spaulding said.

For more information about Central softball team go to wildcupsports.com.

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Aust said, "will only push them farther away. It's not any different in compulsive exercisers," Rubert said. "It's not just baseball that has interesting mascot names. The Arena Football League has brought us the Colorado Crush, the Philadelphia Soul and the New Orleans VooDoo. Apparently in Tennessee, our fellow friends are spelled k-e-t-s, according to the AFL's Nashville Kats.

College athletics are not immune to the craziest mascot bug. In Washington state, we have the Evergreen State College Geoducks (pronounced go-ee ducks.) Athletes at the University of California-Santa Cruz compete as the Banana Slugs. My sister is proud to be a fan of the Orediggers. I'm still trying to figure out exactly what a Crimson Tide is and what relation it has to the University of Alabama. High schools around the country have been singled out for their creative mascot names. In Illinois, Polo Community High School students are the Maroons while down in Georgia, Cairo High School athletes compete in the Syrup Makers. Personally, I wouldn't want to play the Benson Bunnies (Omaha, Neb.), they sound fierce. We have some great names here in Washington. Seattle Sonics' point guard Luke Ridnour was a Blaine Borderite. There are the Chelan Goats, the Exploration Screaming Penguins, the Lincoln Aces and the Wahkiakum Mules, to name a few but not nearly all of the, shall we say unique, mascots. I vote that Ellensburg High School changes its mascot from the Bulldogs to the Roder Clowns. When it comes to the best name in history, it goes to a hockey team that doesn't exist anymore. Who wouldn't root for the Miacin Whoopie?