Observer

Central Washington University
Welcome to CWU!
Make your new life on campus easy and exciting.
Nontrads find their niche through Central's PROWL

by Marti Osborne

Orientation reporters

Alton Herzig, nontraditional student, sits among his younger peers during his family gerontology class. Herzig comes back to school at Central and the community has welcomed him warmly.

The center is also a place for non-trads that has a calendar and contact information for resources regarding childcare; boosting, financial aid, school districts, area shopping and dining, community support services and health care.

While Danielle Garringer, sophomore family and consumer sciences education major, is in class or working, her 4-year-old son, James is at the Early Childhood Learning Center (ECLC), where Garringer also works about eight hours per week.

"I study after bedtime or really early in the morning," Garringer said. "Usually finals week is the hardest part, trying to study, care for James and be a wife."

Make or join a club that's right for you

by Susan Vargus
Marti Osborne and Justin Pandolfe
Orientation reporters

College isn't just about going to class and writing papers. It's also about meeting new people and getting involved. Sitting in your dorm room with the door closed is not an option.

"If you're considering returning to school, do it — especially here," Herzig said. "I've encountered nothing short of excellence in instructors, class discussions and class materials."

According to Katrina Whitney, director of the Center for Student Empowerment, students are considered "non traditional" if they meet one of the three criteria: they are over 25 years old, have a child or parent living with them, or are in a long-term domestic partnership, which includes marriage, heterosexual or same-sex partners. Central chose the three criteria from a national list of identifiers, Whitney said.

"What we wanted to do is encapsulate some of those specific identifiers that wouldn't have offices that identify them with," Whitney said. "A lot of folks don't like the term 'non trads.' They like 'adult learners,' but that includes 18-year-olds as well."

The Empowerment Center has created a half-day orientation for non-trads which covers financial aid, childcare, Internet services, work study, campus employment and balancing life.

The center advises the non-trad club P.R.O.W.L. (Parents Relationships Older Wiser Learners), which has a lounge in SUB 116 that provides locker, toys for kids and a place to relax, study or watch television. The group also frequent sponsored outings.

"The goal is to provide support mechanism for those returning to school and to help them balance life," Whitney said about P.R.O.W.L.

Volunteering is a valuable life experience

by Marty Malloy
Orientation reporter

The Civic Engagement Center (CEC) is more than just a place to help others, it's a place to help yourself. With CEC students can develop as responsible citizens who are actively involved in civic affairs and the social life of the community.

"You need to get started early putting your education into action," said Lorraine Anderson, director of the center.

"You can meet new people, get involved and get connected."

The center offers students opportunities such as assisting local nonprofits as the Red Cross, Head Start and Hope Source. The liaisons work to match Central's volunteer resources with the organization's needs. Volunteers receive a $50 tuition waiver.

"I study after bedtime or really early in the morning," Garringer said. "Usually finals week is the hardest part, trying to study, care for James and be a wife."

Find your own grain of SALT

My father is alcohol, my time is alcohol, and my mother tried going to church for about a month when I was little, but soon quit. In high school, a friend of mine formally introduced me to God, and today I'm proud to say I'm a Christian, even when my parents say it makes me the rebellious kid.

I came to Central in the fall of 2001 and was interested in volunteering, meeting new people, and finding a good time. I learned Central pretty much the same way, except now more than ever I want to serve God.

It was during my first fall on campus that my roommate and I, who had just met, began going to SALT together. SALT is a Christian fellowship that meets for two hours every Tuesday night. We saw posters that said, "Come as you are," and thought we'd give it a try because we both wanted to maintain our Christianity.

The first time I went, I was in shock. I thought I'd see about 25 people meeting to sing songs and pray and discovered around 400 students worshipping as a group and learning about Christ.

Now, after attending SALT for four years, I believe I know a lot more about me. I know what I stand for and I know what makes me happy.
Observer — Orientation 2005

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Residence halls and roomies make for an interesting mix

by Ashley Mengers

Large trucks, dozens of workers and a huge structure in progress is the sight in the middle of campus right now. That's the new Student Union Building and Recreation Center, often referred to as "the new SUB-REC." The new SUB-REC will have two wings - a student union (SUB) wing and a recreation (REC) wing, according to Project Manager Bill Yarwood.

"We've done research and we're not aware of any other facilities like this," Yarwood said. "It's unique." The REC side will be done in December and ready to open in April. The SUB wing is scheduled to open in April 2006. A fee of $95 per quarter, added to your tuition bill, will begin winter 2006 for the new REC wing when it opens, said Heather Yergen, former ASCWU vice president of student life and facilities. The fee will rise to $159 in the fall, according to Yarwood, the project manager.

On the REC side, the structure is up finishing the walls and installing fixtures will be worked on during the spring when the SUB wing opens. On the REC side there will be a climbing wall, four basketball courts, an elevated running track, fitness rooms with treadmills and other equipment, group fitness rooms, the C-Store, the University Store, the radio station, student government offices, a theater, a ballroom and various meeting rooms. The theater will have more than 200 seats and be used to show old films or films at reduced cost, according to Tunstall. "There are already people wanting to reserve the ballroom to be the first to use it," Yergen said. On the REC side, the structure is up finishing the walls and installing fixtures will be worked on during the summer. "The building is a membership building - only for students," Yergen said.

Students should not worry about being bothered by noise or other aspects of the construction because most people don't use it all, food," said Ashley Hansen, sophomore nutrition major. "You'll find yourself using on useless stuff rather than eating into the gym for open rec hours, buying drinks at one of the dining facilities. There is no way to purchase your food with your only student ID number so don't even try. There is also a fine for leaving your room unsecured or letting someone else use your card. It is fine to purchase food or drinks for others as long as you are there using the card, it is not okay to give your card to someone else for that use.

If at any time you run out of money on your meal plan, more money can be added in $20 increments at the cashier's connection card office at 963-2711. Students should not worry about being bothered by noise or other aspects of the construction because the outside work will be done in the fall, according to Yarwood, the project manager. Students can learn more about the project through the Student Union and Recreation Center website at http://www.cwu.edu/NEWSubrec.

Green Hall
Female Experience Students will be involved in programs promoting the issues surrounding women's health, women's careers and women in leadership.

Meinders Hall
Education Students with a major in education will work in fitness fields where they will be working with children.

Culture and Modern Life Students will live and take classes with students who share a interest in study abroad or are seeking a cross-cultural living experience.

LLCs & Specialty Halls

What is an LLC? An LLC is a Living Learning Community. It is a residence hall or a specific section of a residence hall devoted to a specific topic or area of study. They are designed to connect the students' academic interests with the on-campus living experience. Freshmen are eligible for the following LLCs:

Kamola Hall
William O. Douglas Honors College (DHC) Forums and seminars are regularly held for students who are a part of the DHC and living in Kamola.

Theatre Arts Students who are pursuing a minor in theatre arts.

STEP - Science Talent Enhancement Program Students who are interested in studying the fields of science or mathematics.

Natural Sciences Students with a major/minor in geology, chemistry, biology or physics.

Alderc- Montgomery Hall Music Students with a major/minor in music.

Kennedy Hall Leadership House Students interested in involvement and leadership opportunities with the residence halls, the university, and Kittitas County communities.

Anderson Hall International House Students with a major/minor in foreign languages, are fluent in another language, are interested in study abroad or are seeking a cross-cultural living experience.

Aviation Students must have been admitted into the flight technology program.

Search by Sarah Mauhl

Connection Card 411
by Sarah Mauhl

If there's one thing you never want to lose your dorm door, besides your keys, it's your Central connection card. This small plastic card adorned with your photo should never leave your pocket during your time at Central. You will need it for many things, such as picking up packages mailed to you, checking out library books, making purchases at the University store, getting into the gym for open rec hours, buying discounted tickets to campus events, and most importantly buying food on campus.

The connection card is like a prepaid debit card. You will need to have it with you any time you purchase food or drinks at one of the dining facilities. There is no way to purchase your food with your only student ID number so don't even try. There is also a fine for leaving your room unsecured or letting someone else use your card. It is fine to purchase food or drinks for others as long as you are there using the card, it is not okay to give your card to someone else for that use.

If at any time you run out of money on your meal plan, more money can be added in $20 increments at the cashier's connection card office at 963-2711. "I recommend the small meal plan because most people don't use it all, then by the end of the year there's all this money left over that you end up using on useless stuff, rather than food," said Ashley Hansen, sophomore nutrition major.

The money on your card, if unused, will roll over from quarter to quarter, but not year to year. Any money left at the end of spring quarter is lost.

"Most people don't need the large meal plan," said Ronnie Jacobson, senior biology major. "You'll find yourself going to the C-Store at the end of the year buying a million boxes of Raisin Bran, trying to use up all your leftover money."

If you lose your card or it gets worn out from overuse, you can purchase a replacement for a fee of $10 in the connection card office, open Monday through Friday from 8 a.m. to 5 p.m.

As soon as you lose your card you should call the office and let them know; you can ask them to put a hold on your card until you can get a new one. This will prevent someone else from using your card.
College is not about expanding waistlines

by Sarah Heath
Staff Writer

For most freshmen, this is the first time living without parents telling you when to go to bed, how late you can stay out, and when and what to eat. So you order pizza at 1 a.m. or drive through the Jack in the Box.

Just don't check the scales, because most freshmen gain between four and six pounds during the first three months of college, according to research done at Cornell and Tufts universities. This is what's often called the dreaded "Freshmen 15," or the 15 extra pounds a student often packs on during their first year of college.

So how do you battle weight gain?

Start by making healthy choices in the dining hall. Although it may be tempting to run straight to the dessert table and grab a slice of cake or three, it probably isn't the best decision. Most dieticians will tell you to follow the food pyramid, which balances the five major food groups.

"Students should be able to enjoy eating fried food, but balance it with veggies," said Pam Mahre, registered dietician for dining services. "My advice is to make choices with moderation in mind."

At Tunstall Dining Hall, for instance, students will find a mix of entrees, ranging from pastas to grilled cheese sandwiches. There is also a "Healthy Choice" station offering a range of steamed veggies, rice, and healthy entrees.

For a quick fix, healthy snacks like fruits and vegetables or energy bars will be much more rewarding in the long run than potato chips and candy bars. Look for replacements that are similar to the foods you are used to. Easy Mac, a popular residence hall friend of the microwave, has 240 calories per serving, compared to only 47 calories in a chicken noodle Cup-a-Soup.

To keep the pounds off, many students also go to the various gyms on campus and around town to keep fit.

"I go running a lot, and I play intramurals to stay fit," said Jessica Stegmeier, senior elementary education major. "I use Nicholson [Pavilion] to work out because it's convenient."

Dale McPherson, owner of Hans' Gym, reminds students they don't have to have either the time or money to visit a gym to stay fit.

"Leave beer alone, walk everywhere, and take the stairs. It kills me to see students drive around for the closest parking spot," he said. "Try parking in the furthest spot instead. It's about caring for yourself."

McPherson also suggests running and other cardiovascular exercises as a way to help study. "It increases oxygen to the brain," he says. "Nobody ever falls asleep on a treadmill."

ROOMIES: Go outside if you're bored with hall life

Once you do get a chance to get to know your roommate, you should come up with some room rules or at least find out about your roommate's living habits.

In the accompanying box is a suggested list of things to discuss — everything from how to deal with cell waiting to how to deal with boyfriends. While some of them may seem silly or unnecessary, treat someone who has lived with many different roommates — they will come in handy eventually.

Write these out with whatever answers are decided upon and both sign it as a sort of contract. Set up a time to talk over the rules once a quarter (or more if needed), then you can change any or make new ones if necessary. Once you and your roommate have completed this, you are off to a great start at living in a room where you both will be happy.

If at any time a conflict does arise that you and your roommate can't resolve by yourselves, talk to your residence adviser — that's what they're there for. They will work with you to try to resolve the problem. If you still can't resolve the problem after working with the RA, request a room transfer form. If there is an open room all transfers will be made on or after Transfer Day, the second Monday of every quarter.

R 0 0 M I E S : Go outside if you're bored with hall life

c)ontinued from 4

Molly Durbin, left, and Kelly Carwright, center, senior psychology major work out at Nicholson Pavilion.

Malissa Durbin, left, graduate studies psychology and Kelly Carwright, center, senior psychology major work out at Nicholson Pavilion.
New school  
New town  
New stores

By Ashley Bongers  
Orientation reporter

Where are the grocery stores? What clothing stores are in town? Are there any gift stores? Moving to a new town can lead to the question of where to shop.

“We have everything anyone could possibly want in Ellensburg,” said Melinda Mays, visitor information center manager. Between the vibrant downtown and the other various retailers, she says, there is no need for stu- 
dents to leave Ellensburg to shop.

Food & Pharmacies

Ellensburg has four main grocery stores: Albertsons, Fred Meyer, Safeway, and Super 1 Foods. Albertson’s, 705 N. Ruby St., is the close-
est grocery store to campus.

“Many students have a preference on where they buy their groceries. For instance, Benjamin Guzart, senior mechanical engineer technology, shops at Safeway, 490 N. Ruby St., because of the discount club card they offer, while Skip McCoy, senior science education, shops at Albertson’s, 705 N. Ruby St., because he said they have everything.

Super 1, 200 E. Mountain View Ave., and Fred Meyer have separate healthy food sections. There are also two specialty health food stores downtown that also carry a broad range of supple- 
ments — Better Life Natural Foods at 111 W 6th St. and Daybreak Natural Foods at 307 N. Pine St.

“I like to shop at Safeway because I can get my prescriptions filled why I shop,” said Sarah Davis, junior elementary education. "It's really convenient.”

Safeway, Fred Meyer and Bi-Mart, 608 E. Mountain View Ave., all have pharmacies that will fill your prescrip-
tions while you shop. Rite Aid, 700 S. Main St., and Downtown Pharmacy, 414 N. Pearl St., are the other two

pharmacies in Ellensburg.

Clothing, Shoes, & Sporting Goods

For clothing, students can visit Maurices at 116 E. 4th St. downtown or Fred Meyer. Also, Ranch & Home, 615 S. Main St., has a lot of cute jeans and clothes that aren’t all western, Mays said.

“When students think of Ranch & Home, they think Wranglers and cow-boys,” Mays said. “But everything there isn't that western.”

Students also shouldn’t forget about Shoes2Boot for shoes, Mays said. They carry a variety of different types of shoes for both men and women and are located in the small plaza on University Way across from Lind Hall. Fred Meyer also has a shoe department that carries a range of styles from tennis shoes to dress shoes.

Mary Athletes, at 323 N. Pearl St., and Mountain High Sports, at 105 E. 4th St., are great for sporting goods, Mays said. They carry a variety of items for different sporting activities. Mountain High Sports also sells and rents outdoor equipment such as skis, snowboards, tents, mountain bikes, and backpacks.

Gift shops

Downtown is sprinkled with a vari- 
ety of gift shops. A Floral Shop & More, 115 E. 4th Ave., and Ellensburg Floral & Gifts, 306 S. Main St., have both flowers and a wide selection of gifts, junkards and Gifts of the Crow, both on Pearl Street, and Those Callahan Girls, 312 N. Main St., carry gifts, novelty items and collectibles. Gifts of the Crow was voted “Best Gift Shop” by students in the Observer’s Wildcat Winner’s issue this spring.

Thrill & Bargains

Goodwill and St. Vincent De Paul are the two thrift stores in Ellensburg. Goodwill is located next to Fred Meyer at 400 W. Washington Ave. and St. Vincent De Paul is at 1200 Canyon Road. Each store has clothing, furni-
ture to decorate your dorm room or house, small household appliances, toys, and books.

“Goodwill is the only place I buy clothes in Ellensburg,” McCoy said. “The clothes are so cheap.”

One of the newest businesses to move into downtown is The Dollar Tree at 417 N. Pine St. There is also a Dollar Store at 506 S. Main St. Both offer many different products for only $1.

“The Dollar Tree is my favorite store in Ellensburg because it’s a dol- lar. It’s sweet!”

-Skip McCoy  
Senior science education

Bumming around town: How to get around Ellensburg with no car

By Ashley Bongers  
Orientation reporter

Worried about how to manage with- 
out a car at school? Worry no more — there are several ways to get where you need to go without having a car.

Starting in September, Central plans to introduce a new transit bus service, replacing Safe Ride, according to Steve Rittereiser, director of public safety and 
administration. Between the vibrant downtown and the other various retail-
ners, students shouldn’t have to wait more than 10 minutes for a bus.

One bus will go downtown and the other will stop at stores and businesses around town, such as Fred Meyer, Grand Meridian Movie Theatre, and Bi-
Mart, Rittereiser said.

Final plans for the new transporta-
tion system are still in progress. A name for the program has not yet been chosen. Some possible names are Campus Community Connection and Campus Connection. Rittereiser said.

Renting a car is another transporta-
tion option. At Dollar Wine Rent A Car at 413 W. University Way, students must be 21 years of age, have a driver’s license, a credit or debit card for a deposit, and state minimum liability insurance, according to Jeff McFar, owner of Dollar Wine. There is no limit on the length of the rental period. Cars start at $19.95, he said, but most stu-
dents rent the midsize vehicles at $35 a day.

Ellensburg has one taxi service, 
Rodeo Town Taxi. The student dis-
count price per trip within the Ellensburg city limits is $6 for one stu-
dent and $8 for each additional person, according to Rodeo Town Taxi owner Ken Swanson. This is compared to $7 for a non-student and $1 for each addi-
tional person.

“You usually get about four miles with that price,” Swanson said.

If you’re looking to get out of Ellensburg, taking the Greyhound bus is always an option. Ellensburg’s Greyhound station is located at 1512 State Rout 97, about three miles west of Central’s campus. There are frequent departure and arrival times both east bound and west bound, which vary each day.

“I took the Greyhound home once,” Mariah Torrez, junior tourism manage-
ment major, said. “It wasn’t bad.”

Lots of students also use alternative forms of transportation such as bicycles, scooters, skates and skateboards to get around, though motorized scooters aren’t allowed on campus.

According to the Washington Administrative Code rules at Central, you must yield the right of way to pedestrians and are required to travel at a reasonable, safe and prudent speed.

Some students may see not having a car at school as an inconvenience, while others don’t see it that way at all.

“Everything you need is available on campus so you don’t really need to go anywhere,” Torrez said.

alternative transportation

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Get your education down under

by Justin Paulson
Orientation reporter

Taking a quarter to travel to another country for school is a great opportunity, and it's never too early to think about it. "Every student who has been surveyed from the study abroad program say that they would recommend it to others," said Director Heather Barclay-Hamir. 

Senior Jackie Thompson went to the Gold Coast of Australia for six months. "It was my best college experience so far," Thompson said. "I think that everyone should do it if they have the opportunity."

"I really feel like studying abroad opened up my eyes to many different things," Thompson said. "I learned so much about other cultures, and surprisingly, I learned even more about my own."

One concern that many students have about going to school overseas is the cost. But Barclay-Hamir said it's often not any more expensive than if a student stays at Central. "Students are eligible for financial aid, reduced airfare, and all kinds of other student discounts," she said.

Another concern that students may have is that they are not fluent in any foreign languages, so they don't think they would be able to go to any non-English speaking countries. "This is false," Barclay-Hamir said. "Even in countries that don't speak English, there are classes taught in English."

If you decide to study abroad, it can take up to an entire quarter of preparation, so it is important to get the ball rolling.

"I really wish that I had participated in the study abroad program," senior Doug Rape said. "Now I can't because it is my final quarter here and I am locked in on campus."

To learn more, stop by the International Center on the Walnut Mall, just north of the new Student Union Building and Recreation Center.

Your future depends on a major decision

by Brandon Safford
Orientation reporter

Perhaps you have studied the ways of Van Wilder and you feel confident in your ability to make a professional career out of being a student. But unless you have an endless supply of tuition money, your best bet for surviving college is to find the right major and declared it.

Most of the classes that are needed for particular majors are lined out for you, so you don't have to worry about choosing courses. The Academic Advising Center suggests students to visit the office of Career Services for help. Career Services has counselors to offer students help and guidance in addition to services to help students find the right major.

"Most students need to try a few things before they make a decision," said Vicki Sannuto, a Career Services counselor. It is really important to "do basic and breadth classes and pay attention to the ones you like."

"Keep in mind that it is good to try different subjects, but that does not mean you have an endless amount of experimentation time."

"At 100 credits you're required to file for a major or you'll be the last to register," Barnett said.

Bad choices can have an impact on your academic career

by Caitlin Kehrer
Orientation reporter

You may be well aware of the housing rules you have to live by, but there is another set of rules all Central Washington University students are obligated to abide by: The Student Code of Conduct, formally known at the Student Judicial Code.

A range of things from academic behavior, such as cheating, to unacceptable social behavior, such as sexual harassment. There are approximately 24 rules of conduct for students to follow:

- "We expect that all students realize this is a university community and we expect students to act in a civil, disciplined, caring and academic manner," said Keith Champagne, associate vice president of Student Affairs. "We focus on responsible freedom and encourage students to conduct themselves as mature adults."

- Stacy Klieppenstein, director of University Housing and New Student Programs said the university wants students to realize that the campus community mirrors society.

- "If a student doesn't understand how to live in a community it impacts the social and academic environments," he said.

The transition from living at home with family to living in a dorm with a bunch of students your own age can mean you have to deal with a variety of issues.

- "The system is built to give people chances and not to be taken advantage of," said Steve Rittereiser, chief of University Police. "There are a lot of opportunities for students to get back on the right course. A person gets taken care of with our system." An example is the Priem for Life class students are required to take if they violate the alcohol policy the first time. The nine-hour class focuses on educating students on an risk behavior. A second alcohol offense warrants an automatic parental notification if the student is less than 21 years of age.

- "The goal is for us to treat all students with respect and students need to take ownership of an educational process," Klieppenstein said. Students should not only be concerned about the consequences that follow a violation to the Student Code of Conduct. They should also be concerned about "the impact it has on their academic performance," said Klieppenstein.

- "Obviously students need to make wise decisions when it comes to drugs and alcohol."

While it's easy to get intimidated by all the rules, students should remember "the system is built to give people chances and not to be taken advantage of," said Steve Rittereiser, chief of University Police. "There are a lot of opportunities for students to get back on the right course. A person gets taken care of with our system." An example is the Priem for Life class students are required to take if they violations the alcohol policy the first time. The nine-hour class focuses on educating students on risk behavior. A second alcohol offense warrants an automatic parental notification if the student is less than 21 years of age.

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Searching for student jobs

Help yourself find a job and get to know student employment
by Allison White
Orientation reporter

One thing college students know how to do is spend money, the trick is making enough of it.

For students, the easiest place to work is on campus. The search begins either in Barge Hall Room 103 or on the student employment Web site job board at http://www.cwu.edu/~seo.

The job board has more than 700 searchable jobs, and students can enter keywords to search the database for a job that suits their interests. Gayle Dohrman, assistant director financial aid/ student employment, explained that each department on campus does its hiring and interviewing independently, so not all the jobs for every department are posted on the job board.

The Student Employment Office can't force the department to submit job listings," Dohrman said, "and not all jobs are just sweeping floors."

Student employment places on average 2,500 students in jobs every year. About 200 to 300 of those jobs are off campus. The largest employer on campus is Dining Services, which also offers every quarter to employees who continue to work for them and flexible working hours that can be catered to a student's schedule.

"I like working here because I get to talk to lots of people," said Cara Schleiterbaum, junior elementary education major, who works at CATS Espresso. "It's also nice to get the weekends off."

Jobs on campus include office assistants in every department, personal trainers in the athletics department, tour guides for admissions, installing hardware and software through Information Technology Services, or even being a nude model in the art department.

Resident assistants, often called RAs, who work with students in an assigned residence hall, have built-in perks that include free room and board. But sometimes the job isn't so great.

"There was one time when one resident knocked on the door during a staff meeting and told us there was blood all over the laundry room," recalled Eric Villiers, a senior theatre arts major. "So we all walked down there and found horns, broomstick handles, and the entire throat - of something - in the laundry room."

Villiers said the RA staff called the police. The cop who showed up was too grossed out to do anything with the dismembered parts, "so I had to put on the gloves and stick it in the evidence bag for him," Villiers said. "It ended up the parts belonged to a deer, but still gross.

For help in getting a job, there's Career Services in Barge 202 and 204. M. Career Services can help students develop a resume, prepare for an interview, choose a major, or get an internship.

"Students don't have to know all the answers," said Jaqualyn Johnson, Career Services director. "They just have to know how to ask questions."

Dohrman advises students to apply for as many jobs as they can. The worst that can happen is you'll have to pick."

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Cost of in-state attendance

- Tuition/fees $4,767
- Room/Board $1,146
- Books $894
- Transportation $6,924
- Misc.

$16,353

This pie chart shows how in-state fees are broken down for a typical full-time student.

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10 things to know about financial aid

1. Fill out the FAFSA as soon as possible
2. Respond immediately to any correspondence sent by either the university or FAFSA
3. Complete entrance counseling for loans as soon as possible
4. Sign the Master Promissory Note as soon as possible
5. Make sure all documents are signed
6. Accept or decline loans or grants, or have parents do it
7. Watch Safari "To Do" list and check Groupwise e-mail
8. Keep address, phone number, and e-mail address current on Safari
9. Make satisfactory progress towards degree checkout
10. Renew FAFSA for new school year and update all contact information

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Get the facts behind financial aid

by Allison White
Orientation reporter

The average yearly cost of tuition and fees at Central Washington University comes in at $4,767 for an in-state resident, $13,101 for an out-of-state resident.

Most students see those figures and wonder "How am I going to pay for that?" The common answer is aid and scholarships.

Each year more than $33 billion in federal student aid is given out to U.S. students who fill out the Free Application for Federal Student Aid, commonly referred to as FAFSA. Central is only one of more than 6,000 schools that participates, and most of the money is given out on a first-come, first-serve basis.

In order to receive enough financial aid, students should apply as soon as possible, by Jan. 1 for the following fall, and not just the first year, according to Agnes Canedo, director of Financial Aid.

To apply for financial aid, students should log onto www.fafsa.gov and fill out the application, once their parents have completed tax forms for the previous year. Eligibility for financial aid is based on income, but sometimes that presents problems.

"I've had to take out more loans, because they (FAFSA) give us only what they think we need," said Jennifer Overbey, freshman elementary education major.

Overbey said she had trouble getting financial aid because the FAFSA application doesn't account for the mortgage her parents pay, so she was ineligible for grants, and even scholarships.

"It's difficult to get scholarships because they say there needs to be need proven," said Overbey, who is now paying for her tuition and fees through unsubsidized loans and Parent PLUS loans.

Financial aid at Central falls into four categories - loans, grants, waivers and scholarships. Loans at Central are federal Perkins loans or Ford Federal Direct loans, known as Stafford loans. Perkins loans carry 5 percent interest rate with zero interest during school. The Stafford loans have a variable interest rate that won't exceed 8.25 percent and are either unsubsidized or subsidized.

The government pays interest on subsidized loans while students are in school and also during any grace or deferment periods. Unsubsidized Stafford loans require the borrower to be responsible for any interest that accumulates.

Parent PLUS loans are available to students' parents; their interest rate is variable but won't exceed 9 percent.

The Pell Grants offered at Central do not have to be paid back. Tuition waivers are available for students who have a high cumulative grade-point average and have proven they have a high need.

Many types of scholarships are available. A complete list can be found through the scholarship office's Web site: http://www.cwu.edu/~scholar/ or in Barge 102. All scholarships must be reported to the financial aid office.

"I'm glad I've been fortunate that I've not had any problems with financial aid," said Shawn Carpenter, senior psychology major.

Carpenter has aid through subsidized loans and a $500 tuition waiver, which he received through the FAFSA.

In order to avoid problems with financial aid and the FAFSA, Canedo's overall advice is this: "Don't borrow more than you have to. It's perfectly okay to be poor while you're a student."
Outdoor activities abound in and around Ellensburg

by Andy Rowe

Orientation reporter

From floating the Yakima River on a hot day to snowboarding the Summit at Snoqualmie in the middle of winter, it’s easy to find plenty to do outdoors in the Ellensburg area.

"I always hear people complaining about how there’s nothing to do in Ellensburg," said Tyler Reynvaan, senior industrial education major. "This area is great for outdoorsy types."

A great place to start your search is at Central Washington University Outdoor Pursuits and Rentals, also known as Tent ‘n’ Tube. Located near the west entrance of the Samuelson Union Building, they rent numerous kinds of outdoor equipment.

The Yakima River is known to anglers as one of the best fly fishing locations in the Pacific Northwest. For a relatively small investment, students can enjoy fly fishing the only “Blue Ribbon” river in the state, the Yakima.

There is even a fly fishing introduction course offered by Central. It teaches casting techniques, entomology and what conditions are best for fly fishing.

The Summit at Snoqualmie has multiple winter recreational areas for a variety of snow sports. Once it warms up, off-roading, mountain biking, and floating the Yakima are all very popular springtime activities.

Whether you’re experienced and don’t know where to go or have never attempted to see what your 4x4 is capable of, consider contacting CWU Offroad, the only official campus off-road club. You don’t even need a 4x4 to join; members are happy to carpool on their off-road adventures.

"It’s mostly for camaraderie, and sometimes a little competition," said Cory Martinsen, senior industrial education major. "If somebody gets stuck, there is always someone there to pull them out." But if you want to explore the outdoors on two wheels rather than four, there are scores of places to mountain bike.

Wenatchee National Forest has more than 7,500 miles of roads and trails. The Ellensburg Chamber of Commerce, located at 699 North Main St., provides booklets and maps of the area.

Finally, if you’re still not satisfied with your adrenaline levels, try rock climbing. Leavenworth’s dark granite ledge Icicle Canyon has tons of cliffs and cracks on great routes such as Snow Creek Wall and Gilver’s Dome.

Vantage offers routes to climbers of all skill levels. More advanced climbers can attack Sunshine Wall, while beginners can gain experience climbing The Feathers.

The Cascade Mountain challenge climbers with dizzying heights and plenty of rewarding routes. Some of the most popular areas can be found by taking exit 38 off Interstate 90.

Climbers can search for possible routes in the Loi! Pop Falls area, though the falls offer better rappelling than climbing.

"It’s mostly about camaraderie, and sometimes a little competition," said Cory Martinsen, senior industrial education major. "If somebody gets stuck, there is always someone there to pull them out." But if you want to explore the outdoors on two wheels rather than four, there are scores of places to mountain bike.

Intramural sports are big on campus and still growing

by Brandon Sanford

Orientation reporter

The days of playing little league and dreaming you’ll become a great sports star are over. But that doesn’t mean you can’t still have fun. Central Washington University’s intramural program is host to sports enthusiasts who range from silly to seriously competitive.

From lacrosse to dodgeball, intramurals have something to offer to just about everyone on campus, and about 3,500 students participate each year, according to Steve Waldeck, director of University Recreation.

"The new recreation center will only make our intramural program grow," Waldeck said. "That’s because indoor recreational space is currently limited. The new center could offer or support an infinite number of clubs that need space to operate." From bowling to rugby, from ultimate frisbee to ice hockey, CWU offers a variety of sports clubs off-campus and compete with other college clubs.

"Sports clubs go off-campus and compete with other college clubs," said Steve Waldeck, director of University Recreation.

But that doesn’t mean you can’t still have fun. Central Washington University’s intramural program is host to sports enthusiasts who range from silly to seriously competitive.

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From bowling to rugby, from ultimate frisbee to ice hockey, CWU offers a variety of sports clubs off-campus and compete with other college clubs. Sports clubs are different from intramurals because, unlike intramurals, "sports clubs go off-campus and compete with other college clubs," said Steve Waldeck, director of University Recreation.

The club fees are not typical extracurricular activities, but then again, most of the sports clubs at Central Washington University are not typical extracurricular activities.

From bowling and rugby to ice hockey and karate, Central’s sports clubs offer beginners or experts a variety of sports.

"Sports clubs are a great way to try out new things that you might not have tried before," said Ray Grant, senior criminal justice major and president of the fencing club.

Grant said that he was always interested in fencing but never had the chance to try it until he attended Central. "I ended up loving it," Grant said.

Participating in sports clubs is also a great way to break your normal routine. "You meet a lot of new people outside of your dorm," said Chad Buchanen, sports major and co-captain of the water polo club. Sports clubs are different from intramurals because, unlike intramurals, "sports clubs go off-campus and compete with other college clubs," said Steve Waldeck, director of University Recreation.

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CLUBS: Nights won’t look so boring anymore

“CLUBS: Nights won’t look so boring anymore.” Young said.

Young also said that the campus clubs and organizations posted about them in the Student Union Building.

Campus clubs and organizations are by visiting your local dorm bulletin board. Many clubs and organizations post when they will be meeting in order to recruit new members.

“I was afraid at first to attend a club meeting. I had to go by myself. Because I didn’t know anyone, I joined clubs that I knew for me, but since attending, I have gained the confidence to attend others.”

Brian Clark joined the Astronomy Club after transferring to Central from Edmonds Community College. The Astronomy Club holds “star parties,” and has shared Lind Hall’s rooftop observatory with Boy Scouts and astronomy classes. Some of the club’s members are actually Central graduates who live in the area.

“Tonia Martin, junior nutrition/management, added that there are many more clubs on campus that are not recognized. For me, I was interested in a resume builder club. Tonia Martin, junior nutrition/management, added that there are many more clubs on campus that are not recognized. For me, I was interested in a resume builder club.”

The Central Web site lists some of the campus clubs but isn’t up to date. She recommended joining Central’s organizations because it gives them a heightened sense of belonging.

“I joined GLBTA, the organization for gays and lesbians, because the people involved had personalities that I could relate to,” said sophomore Dustin Jarred. “It housed an environment where I can feel free to be myself.”

Selfs Garcia, junior business major, is the liaison for Elview, a local non-profit that aids people with disabilities.

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Young said she initially joined SALT: Faith helps students find themselves.

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“Young said she initially joined SALT: Faith helps students find themselves.”

“It’s fun because it’s something for me. It allows me to be creative,” said sophomore Lindsey Jackson. The astronomy club also danced with the Swing Cats.

Jennifer Clark joined the Astronomy Club after transferring to Central from Edmonds Community College. The Astronomy Club holds “star parties,” and has shared Lind Hall’s rooftop observatory with Boy Scouts and astronomy classes. Some of the club’s members are actually Central graduates who live in the area.

“I wondered why people and the clubs seemed like the best way to do that,” Clark said.

Students also join clubs to give them a jump on their chosen careers. Jennifer Young, a senior majoring in business administration/human resources management, joined the Society for Human Resource Management (SHRM) and eventually became the club’s vice president of communication.

Young said she initially joined SHRM to meet other students.

“I wanted to have some sort of affiliation with students on campus with similar goals,” Young said. “In all honesty, it started as a resume builder and developed into more. It made school a lot more fun.”

Some students of minority backgrounds have joined Central’s organizations because it gives them a heightened sense of belonging.

“I joined GLBTA, the organization for gays and lesbians, because the people involved had personalities that I could relate to,” said sophomore Dustin Jarred. “It houses an environment where I can feel free to be myself.”

Students aren’t limited to just one club.

Tonia Martin, junior nutrition major, started joining clubs her first year on campus and is a member of the Nutrition Club, the Astronomy Club, which has P.R.O.W.K.L. functions for non-traditional students, and previously danced with the Swing Cats.

“It’s fun because it’s something for my major,” Martin said about Nutrition Club.

Lindsey Jackson, newly elected vice president of clubs and organizations for Central’s student government, said the Central Web site lists some of the campus clubs but isn’t up to date. She added that there are many more clubs on campus that are not recognized. For more information, stop by the ASCWU office in SUB 116.
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