On Jan. 3, 2006 the Recreation Center opened its doors for the first time and Central students, faculty and administrators have been enjoying the benefits. Pictured above is the elevated, indoor track that overlooks four basketball courts. Additionally more than 2,000 climbers have gone up the new rock wall and the traffic isn’t slowing down.
Students take advantage of the new REC

by Patrick Lewis
Senior reporter

No sooner had the ribbon been cut, students began to lift, run and use the cardio equipment.

The 80,000 square foot building houses more than just a climbing wall. Four basketball courts, an elevated 1/8 mile track, a cardio theater and weight facilities are among the services in this building. There are also several saunas in the locker rooms.

The building opens into either side of the central lounge which connects the REC center to the incomplete SUB portion. After going through turnstiles (requiring a Central identification card), students are met with several choices. Immediately to the left is the climbing wall, directly ahead is a workout area and down the hall is the entrance to the basketball courts. Stairs lead to the track and cardio theatre.

"Everything is so close you can just go from machine to machine," Amanda Bleth, senior flight technology major said.

Part of the transition from the Nicholson Pavilion has required the intramural program to grow.

Steve Waldick director of university recreation said the program went from a two staffer intramural program to a full blown recreation program to meet the needs of students and the new facility.

"It sucks that we're just here for a short amount of time," Jay Griggs, senior construction management major said. "I'm excited to play intramural volleyball in the new building."

As students crowded into the building to see all it had to offer, counters tried to keep track of the number of visitors. Tony Aronica, ASCWU/BOD President, said the counters lost track at 2,600 visitors in the first hour.

"Students can expect to see me running around the track, or at the least in the sauna," Aronica said.

Three prizes were raffled off to students before they entered the building. Two students won waivers of the recreation fee of $95 a quarter. The third prize was to participate in the ribbon-cutting ceremony.

"It was such a surreal experience for me," said junior education major Lindsey Mitchell, winner of the third prize. "I feel honored, joyous and proud of being the ribbon cutter."

Student organized club sports also had booths on the bottom floor. During the winter, clubs will be given the opportunity to practice in either Nicholson Pavilion or the new REC center.

Full-time students of Central Washington University will automatically be members of the facility. Students with less than six credits will be exempt from automatic membership. Non-students can purchase a day pass for six dollars.

Intramural sports will be utilizing both the new building and Nicholson Pavilion. Corey Sinclair, coordinator of collegiate sport clubs and camps, said that only certain sports will be played in the new building. These include volleyball and dodgeball, but there are currently no plans to move more intramural sports into the new REC center.

"At all times two [basketball] courts will be open for student use," Sinclair said. "This facility is for the students to use."

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Wednesday 6 a.m. - 11 p.m.
Thursday 6 a.m. - 11 p.m.
Friday 6 a.m. - 11 p.m.
Saturday 10 a.m. - 8 p.m.
Sunday 12 p.m. - 11 p.m.

Open Climbing (Roped climbing) Hours:
Sunday - Friday: 8 - 10 p.m.
Only with belay certification.

Certification Course Hours:
Monday & Wednesday 3 - 5 p.m.
Tuesday 6 - 7 p.m.
Saturday 1 - 4 p.m.
Certification exams offered during open climbing hours.

Bouldering Hours (No rope climbing allowed):
Monday - Friday 10 - 12 p.m.

Certification Rates:
Students with less than 6 credits are charged $65
Summer rate $10

Daily guest pass $6 (must be accompanied by a student)
New REC brings competition to the local gyms

by Danny Bergman
Asst. News editor

Students and faculty have a new place to pump iron on campus. Since the Student Recreation Center's opening on Jan. 3, some students have taken notice of the cramped workout room and have questioned if it is all worth it.

"I really like the new facility but the weight room area is very cramped and needs some more free weight equipment," Josh Baugh, freshman business major, said.

The new workout area in the REC center fee is included in all students tuition who are enrolled in six or more credits with exception to the summer, in which a $75 fee will be required for students.

"If you're a full-time student then you should get the benefits for the whole year, including the summer," said Baugh.

The faculty on the other hand don't have it as easy. An adult/faculty membership is $95 a quarter. Lower rates can be found at Han's Gym and The Gym. Though that's not keeping the faculty from the new facility.

"I love it, it's a phenomenal building," Associate Vice President for Student Affairs Keith Champagne, said. "It's worth the fee. Anywhere in the country that has a first class fitness center like that is going to cost money, it's worth it and it gives the facility a chance to build relationships with the students out of the classroom."

A three-month student membership to The Gym is $12.50 and at Han's Gym it's $80.

Both Han's Gym and The Gym give members their first visit for free to get a feel for the equipment.

"I'm keeping my membership to The Gym because I like the setup there, there's less people and the parking is more accessible," Eli Reddell, senior construction management major, said.

The new fitness/cardio exercise room is available from 6 a.m. Sunday through Thursday and 2:30 p.m. to 2 a.m. on weekends and is free. They can be reached at 963-2550.

The new fitness/cardio room in the REC center is located upstairs.

REC center timeline

1995: STRATEGIC PLANNING COMMITTEE formed/Samuelson Union Pre-Design and Holmes Dining Hall Pre-Design developed.
1996: Student Government and the Services and Activities Fee Committee support redevelopment of a Union Building on Campus.
1998: East Campus Studio and Super SUB Project explore possible site and program for a combined Union Building/Dining hall.
2000: Quality of Life Strategic Planning Committee formed, studies combining SUB, Dining and Recreation components.
2001: Project receives motions of support from the many student organizations; Board of Trustees formalize their support; financial feasibility study confirms viability.
2002: The SUB/Rec project committee continues to move forward on the new facility, focusing on site design and program. In August, the CWU Board of Trustees moves to approve the project through design to building for construction.
2003: The SUB/Rec project committee worked closely with architects BDS through the first phase of design, value engineering, and the creation of base design. CWU finalizes design phase and begins development of bid documents.
2004: CWU conducts SEPA process to examine environmental impacts from construction and related projects. Project will bid in July and construction is slated to begin in August.
2005: The Recreation Center opened!

C.A.T. program brings safety to lone walkers

by Megan Hansen
Staff reporter

Many people have walked on campus alone at night time or another and have probably been a little uncomfortable or even scared. For people who feel that way, there is an ongoing program called the Courtesy Assistance Team (C.A.T.).

The team works in cooperation with the Central Washington University Police Department where people can request walking companions for their security.

"We are here to provide some assistance to those students on campus that need someone to walk with," Joseph Nagel, C.A.T. member said.

Students in the program, which started in October, wear polo shirts and jackets with the Wildcat logo to be easily recognized.

C.A.T., a student patrol team, will not only assist students around campus, but will routinely walk through open buildings at night to make sure they are properly secured, provide directions for visitors and serve as social attendants at large campus events.

The primary focus with the program is checking the security as buildings and being a visible presence on campus, said Central Police Chief Steve Rittereiser.

"I think it's good that the university is finally doing something to at least make students feel a little more safe on a campus that is poorly lit and a little creepy at night," said Meredith McManus, junior psychology major.

Both Han's Gym and The Gym give members their first visit for free to get a feel for the equipment.

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"I think it’s good that the university is finally doing something to at least make students feel a little more safe on a campus that is poorly lit and a little creepy at night," said Meredith McManus, junior psychology major.

However, according to Rittereiser there has been quite a bit of publicity for C.A.T. including announcements on the video screens and booths in the Samuelson Union Building as well as passing out business cards.

"We think we’re starting to get the information out there, people are seeing it," Rittereiser said. "It’s catching on to some degree."

C.A.T. is available from 6 p.m. to 12 a.m. Sunday through Thursday and 2:30 p.m. to 2 a.m. on weekends and is free. They can be reached at 963-2550.

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put away the raid; bugs kick the bucket in beck

by tieh-pai chen

"sleep tight, don't let the bed bugs bite!" is not just an old adage anymore for students at central washington university, but a real problem which has led to the temporary closure of the west wing of beck hall since october. approximately 18 students who used to live there were reassigned to new residence halls. six or seven of them started getting new bites every day."

"it was a mandatory meeting for all the girls moving out," devries said. "they told us we shouldn't go around talking to our friends about it because it will just make the issue bigger than it really was."

"students in beacon hill also reported bed bug problems. students are wondering how the bugs got in their room.

"students (in moore hall) brought some electronic things from abroad and they came with the cardboard boxes," said steve johnson, facilities manager of university housing and new students program. "someone brought them in and students didn't report it quickly enough and by the time they did they had already laid eggs."

"i had to replace my toothbrush, hair brush and anything that wasn't a plastic sealed," debbie allemand, beck hall custodian, said. "besides, the bugs are not a new issue at beck hall. the problem first occurred in the summer of 2004, when students reported red bits all over their bodies. university housing had a pest control company spray on a regular basis, but the bugs were not eliminated."

"the spikes have been enough to cover the cost of doing all of the laundry," devries said. "it is important [to read labels] in order to make informed decisions about what you are putting in your bodies," bent. devries said. "food produced before 2006 without the addition to the label will stay on the shelves, but all new food's must have the trans fat labeled."

Technologies, the brick walls were sealed before applying pesticides, and heat guns were used to kill the eggs. "in the case of this year, our assumption is that (bed bugs) are the leftover from last year," stacy klippenstein, director of university housing, said. "we think they were not exterminated because of the lack of experience of the pest control company last year."

"bed bugs are small insects that feed solely upon the blood of warm-blooded animals and they're most active in the middle of the night, according to the harvard school of public health web site. the infant bug can survive two to three months without any food. after hatching, the adult bug can live for 14 months."

"turned off the light and took a flashlight to see the holes on the wall in one of the affected rooms at beck hall. they told us that they had started crawling out," debbie allemand, beck hall custodian, said. "besides, one room in moore hall has also had bed bug problems. students are wondering how the bugs got in their room.

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Michael Jennings moves down from the Arctic

by Allison White
Editor-in-Chief

Michael Jennings, the associate vice president for faculty affairs, is now seeing collective bargaining from the opposite point of view. Instead of representing a united body of faculty members he is sitting on the other side of the bargaining table — with the administration.

Jennings came to Central Washington University from the University of Alaska, Fairbanks, where he taught philosophy, and had first-hand faculty union experience.

"I was the president of the faculty union," Jennings said, "which was called University of Alaska local 4996 where I represented 1,000 faculty members across the state of Alaska."

Jennings has a strong history within United Academics.

"I was one of the founding members of that organization and president for seven years," Jennings said.

During those seven years Jennings represented three separate unions with United Academics in collective bargaining and negotiated four contracts on behalf of the faculty, but at Central he is working on behalf of the administration.

"Part of that job [Vice President for Faculty Affairs] has to do with advising the Board of Trustees, the president and the provost on matters relating to collective bargaining and later the implementation of the contract," Jennings said.

From his previous experience Jennings said that contract negotiations can take as little as six weeks, but some can last six months or more.

The first contract he negotiated while in Alaska "took a long time, which is not atypical of bargaining," he said. "The average is about 18 months to 24 months for the first contract."

For Jennings, coming from United Academics, where he represented the faculty to Central where he is part of the administration, has not been a large change.

"It’s not as different as people might expect it to be," he said. "There’s a lot of education to be done on either side of the table. I guess the biggest thing is there are fewer administrators than there are faculty. My constituency base is not as broad as it used to be." But the transition was not without drawbacks.

"Coming out of Alaska which is a highly unionized state, there is a much more in-depth understanding of bargaining than there is here," Jennings said. "Higher ed negotiations in this state have only been legal for two or three years so there is not a lot of higher ed legislation experience at the college level for people to have drawn off." And that is where his experience in Alaska has been valuable in his position as A.V.P. for Faculty Affairs.

"Part of it is spending a lot of time with deans and directors — educating them about the process and expectations," Jennings said. "And it’s the same kind of thing that you do on the other side of the table."

Jennings’s role at Central is not strictly limited to being an administrator. He has a seat in the political science department and is looking forward to possibly teaching classes this coming spring, depending on what happens with bargaining.

"I’m actually going through withdrawals," he said. "This is the first year in 17 years that I haven’t been teaching classes so as I walk around campus I have the sensation that I should be preparing exams."

Unfortunately for Jennings, teaching has taken a backseat to bargaining, but he is hopeful that bargaining won’t continue too long into January and come March, both faculty and administration will have ratified the contract.

"I don’t think it’s an unrealistic timeline," Jennings said. "I will end up with something that’s workable and viable and allows the institution to move on and do what’s supposed to do: educate students."

Daniel CannCasciato moves up in the ranks

by Allison White
Editor-in-Chief

Made of bricks, metal and mortar, Brooks Library is a familiar building to most students on campus. But on the first floor of the library there is an office that belongs to a man most students do not know, yet many decisions he makes will have a direct impact on the faculty and students of Central Washington University.

CannCasciato, head of cataloging for Brooks Library, is the secretary of the University Faculty Senate. The faculty union, which is not atypical of bargaining, he said, "is the official voice for faculty, as chair of the Senate, for all other issues."

The issues that fall under union control are hours, wages and terms and conditions of employment. Currently the faculty union and administration are negotiating these issues for the first union contract at Central. The task of meeting the chair of the faculty bargaining team was something CannCasciato did not realize he would have to undertake.

"Bargaining a first contract, and what that’s like, I’d never been through that experience before and had no clue what that would be like," CannCasciato said.

"Part of the job [Vice President for Faculty Affairs] is to do the best we can to reach an agreement that we can take to them and then discuss as a whole," CannCasciato said.

January marks the fifth month of bargaining activities, but there is still more that needs to be completed. As of Dec. 7, 2005, CannCasciato said the bargaining was more than half done, but also that snaps could happen.

If the negotiating continues to go smoothly, as it mostly has, then CannCasciato hopes for things to be wrapped up in a few months. But he does think his colleagues should not be in a rush to judge the bargaining.

"Where the judgment should be," he said, "is wait until you see the package, because that’s really what our job is. It’s to give [faculty something and let you know about it. That’s when people actually see the details, and vote on not some concept of the contract, but the actual language that’s right there."

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What’s Up With
Meal Plans Next Year?

Join us for one of the following information Sessions about next year’s meal plans!

January 17, 2006:
4:30 - 5:30 pm in Sue Lombard Dining Room
6:30 - 7:30 pm in Barto Lounge
January 18, 2006:
4:30 - 5:30 pm in Barto Lounge
6:30 - 7:30 pm in Almonty Lounge
January 19, 2006:
4:30 - 5:30 pm in Almonty Lounge
6:30 - 7:30 pm in Sue Lombard Dining Room

Your Voice - Your Vision
CWU Dining Services & ASCWU BOD
Thirtysix years ago our nation lost a man of undeniable influence and power. His words have been immortalized on pictures, posters and plaques. On Monday our country will be celebrating a national holiday that would have been his 77th birthday. The man I speak of is Martin Luther King Jr. He was a civil rights activist, a peace maker, a motivator, a husband and a father. In 1964 he was the recipient of the Nobel Peace Prize.

For 37 years this country has tried to carry out King’s dreams, but most of the nation has fallen short. A disconnect between races and cultures still exists, people do not practice tolerance and acceptance as they should and we are still asked to classify ourselves as “black,” “white” or one of the many other racial labels on forms today. As I mark the “white” box I wonder if the color of my skin really matters. Skin color does not make anyone less of a person. There haven’t been scientific studies to prove that someone with different skin pigmentation has more or less brain capacity than someone of another color. I wonder why it’s become such an issue in our society, and then realize that it is only an issue because we make it one. It is possible that perhaps the issue could be abolished if society put no value on the color of skin. If there were no labels to mark on forms things might be fairer. If there were no labels, there would be no need for programs like affirmative action, and in my perfect utopian society a person’s physical attributes would truly not matter. In no way am I discounting a culture or implying that affirmative action is bad. I am simply trying to factor out an unneeded part of society’s preexisting equation that King, too, might have been trying to overlook.

For the majority of people on this campus, myself included, skin color has never been an issue, therefore I obviously cannot know what it is like to be on the other side of the argument. And, as with most of my peers, I can only imagine what it was like in the 1960s when King was fighting for civil rights and to have cities and schools desegregated. Part of his dream was to live in a society where his culture and the color of his skin were accepted without question. I do not believe that the society King wanted was ever realized, and it will not be realized as long as we continue to make race an issue.

We are all part of a larger race: human beings. Regardless of how we look on the outside we all have a duty to one another and that is to be compassionate. I would not refuse someone compassion because their skin was not the same as mine and I see no value in someone doing the opposite. If our society is to ever change in the way King wanted it to, I believe the place to start is compassion.

Recognition needs to be made that we are all the same on the inside and we should learn to help one another, regardless of our differences. Then, as King might have hoped, that label of “black” or “white” will disappear and instead of select we can simply accept.

Allison White is the Editor-in-Chief and can be contacted at whiteal@cwu.edu.
Another two years have passed and on Feb. 7 it will be time for the school district to come to the voters requesting money for maintenance and operation of the schools. Kittitas and Thorp will also be asking voters to maintain and operate their schools.

This levy is called a maintenance and operations levy, although it provides for much more. Have you taken a class through Community Schools? Have you attended a sporting event? Additionally, a brochure will be sent to all voters registered in Ellensburg, Kittitas and Thorp.

The Ellensburg School District recently hired a new superintendent to take our schools from good to great. Let's give him tools to get his job done.

The Birkenhead levy rate being requested is the same rate that was requested two years ago at $2.97 per $1000 value of property. Should property values increase faster than projected, that rate will be lower. Of course, if property values decrease, the rate would be higher, but not too many of us expect our property values to decline. For specific details of the levy, go to:

http://www.ewr.gov.wsdnet.edu

Kittitas County is remarkable in a number of ways. No matter where you live in Kittitas County, you are a “neighbor.” We are involved with the education of our children. Let's do the right thing for them and vote yes on Feb. 7 at Valley View Elementary in Ellensburg, at the Middle School in Kittitas and in the brick school building in Thorp. If you are voting by absentee ballot, they will be mailed Jan. 18.

Danny Bergman, Asst. News editor

The Bridges Project wants to thank everyone who has worked to make our events successful this year.

More than 300 Central students, 50 faculty, and a whole lot of others from food service, motor pool, visitation programs, SUB management have contributed time and energy to Bridges and its programs.

Mentoring in the schools
Prosper Pop Culture Festival
Mattawa Day of the Dead Celebration
Book Clubs in Mattawa and Prosper
Empowerment classes in Royal
The Mattawa Intersession Job Shadowing Project
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Observer — Opinion — January 12, 2006
Above left: Darin Yusi, sophomore construction management major, prepares himself and his equipment for an afternoon bull ride. Top right: Melissa Woodworth, sophomore, is part of the Central women's team. She practices roping and barrels multiple times a week to get ready for rodeo season. Bottom right: Ben Martin-Almy, junior political science major, second-year bull rider and current Rodeo Club vice president does not quite get the eight seconds to complete his ride.

Rodeo Club reins in community support

by Katie Murdoch
Staff reporter

Kay Davis, advisor for Central Washington University's Rodeo Club, is proud of the commitment the club has made to serving the community.

"We're heavily committed to community service projects and events throughout the whole Ellensburg community," Davis said.

While she is a big supporter of the club, you won't see her on a horse anytime soon.

"I can ride the horses outside Wal-Mart," Davis said.

What she lacks in riding skills, Davis more than makes up for by leading a club where members participate in community service, fundraising and compete in rodeos throughout the Northwest.

The club's exposure in the community not only reflects positively on the club members, but Central students as well.

"We've improved relations between the community and the college," said Aaron Blanchard, freshman communication major and first year member of Rodeo Club.

Davis credits the late Rodeo Club president Todd Anderson for the club's heavy participation in community service.

"One person turned the tide after four years," Davis said. "He was such a leader."

Last year, the club took part in Ware Fair and Boo Central.

"You work but at the same time you're having a good time," Blanchard said.

Club members contributed time to the Children's Museum, adopted a family during the holidays and worked security at Seahawks games and concerts throughout the summer.

"Everywhere I look a Rodeo Club person is helping," Davis said.

Fundraising allows the club to cover travel expenses for their 18 competitors and host an annual rodeo.

Blanchard competes in bull-riding. Two weeks ago, Blanchard broke his hand in three places after being thrown off a bull. He put his hand out to break his fall after the bull's hind legs crashed onto his back.

Blanchard will find out this week if he can compete in upcoming rodeos.

Last year, six members intended to participate in rodeo competitions. After breaking bones during competitions, half of the group couldn't compete.

In addition to this year's 18 competitors, 40 non-competing members commit to fundraising to support the team.

"They're the backbone of the club," Davis said. "They're not mere workhorses."

Rodeo Club is organizing Central's annual Todd Anderson Memorial Rodeo which will be held April 21-23.

"We get to put on one of the biggest college rodeos and have a lot of fun," Blanchard said.

Competitors from Washington, Oregon and Idaho competed in up to four events per rodeo. Central's women's team is ranked fourth in the region and the men's team is ranked tenth.

Proceeds from the silent auction and T-shirt and sweatshirt sales during the rodeo will go toward the Todd Anderson Memorial Rodeo Scholarship.

Last year approximately 8,000 people attended.

Rodeo Club has been organized off and on since the 1960s. The club finally gained momentum in 1996 and continues to grow.

Davis became the advisor in 1997, and is in charge of the club's paperwork and funding.

Due to a lack of paid coaches, Rodeo Club relies on experts in the valley to donate their time to instruction.

"Anyone who has had any curiosity about rodeo or horses can join," Blanchard said.

All types of members from serious competitors to people who have never ridden a horse are accepted into Rodeo Club. Most members are from the Northwest and have never competed in a rodeo or been on a ranch.

"We don't turn people away," Davis said. "Our team can be as big as we want it to be."

The Rodeo Club meets from 7-8 p.m. on Wednesdays in the Samuelson Union Building room 208.
The 8 Good Health Habits

"Eat at least five servings of vegetables and fruits each day.

- Seaweed, such as brown rice and oats, whenever possible.
- Include two servings of milk products (low-fat or fat-free) each day. If you are more than 50 years old or are a teenager, increase this amount to three servings each day.
- Have some healthy oil (olive, canola, sunflower, safflower, or flaxseed) each day. This habit ensures that you get the essential fatty acids and vitamin E that your body needs. Use the oil on salads, in cooking, or as an ingredient in a mixed dish.
- "Ensure that you are getting enough protein by choosing at least a serving or two of meat, poultry, fish, eggs, dried beans, or soy products each day. Many milk products are also good sources of protein.
- Limit added sugar and alcohol.
- Drink at least six glasses of water each day.
- Take a multiple vitamin-mineral supplement each day.

(The eight Weight Watchers Welcome Booklet)

by Caitlin Kuhlmann
Staff reporter

The Music Education Building resounded with varying volumes, tones and musical expressions on Sunday as professors showcased their expertise—something students rarely get to witness outside the classroom. At the Second Sunday Faculty Recital Series, however, the music department faculty of Central Washington University does just that.

The most recent concert in the monthly concert hall. The program included 11 faculty members and nine musical performances with varying volumes, tones and open to the public. The faculty recital occurs every second Sunday of the month; they are free and normally see or hear," Louis Kollmeyer, retired Central faculty, said.

"I liked that they had instruments prepared. I think [it] was a terrific performance," said Mia Spencer who performed a piece on the piano. "The audience was very enthusiastic."
The concerts are planned on a volunteer basis so that faculty members are able to perform when they have a piece prepared. The faculty recitals occur every second Sunday of the month; they are free and open to the public. For more information contact the music department at 963-1216.

The Music Education Building opened in order to provide a venue where faculty could perform on a regular basis. It has created a way to feature Central faculty and allow faculty members to collaborate with each other.

"I think [it] was a terrific performance," said Mia Spencer who performed a piece on the piano. "The audience was very enthusiastic."

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Hall Ott plays the flute during this month's faculty concert. Performances included a string quartet, several solo pieces and solos accompanied by the piano.

Weight Watchers brings 'At Work Meetings' to Central

by Sarah Mutch
Scene editor

One small cheeseburger: eight points. One medium serving of French fries: six points. One medium milk shake: any flavor 10 points. Total meal: 24 points. Most people would think nothing of this typical fast food meal, but those on Weight Watchers might think twice before consumption.

Weight Watchers is a program which assigns a point value to each food based on the dietary fiber, calories and fat content. One serving of Pepperidge Farm Baby Goldfish crackers, for example, has less than one gram of dietary fiber, 140 calories and five grams of fat. The point value for one serving, which in this case is 89 points, is three points.

Everyone has a different daily point allowance based on their current weight. People who weigh between 150 and 190 pounds are allowed 22 points per day. People who weigh more have a higher number of daily points, and as they lose weight the point daily points change.

At 11:30 a.m. Friday, Jan. 13 in the University Union Building Oshkosh Room the weekly Weight Watchers At Work Meetings will begin. Weight Watchers has three types of meetings. Traditional, Online and Corporate Solutions or At Work Meetings.

"The benefit of the At Work Meetings is it allows the Central community the opportunity to focus on wellness during their lunch hour at work," said Jennifer Fountain, director of Center for Upper Service Learning at Central and Online Weight Watchers director.

The meetings will be open to all students and faculty in the central campus, as well as community members. Weight Watchers Meetings are new to Central; they began a single dinner a year and a half ago in June 2004. They held 25 weigh-ins per week, and paid participants, according to Fountain. An average of 10 to 15 people stay for the meeting after the weigh-in.

The weigh-ins begin at 11:30 a.m. followed by the meeting from 12:12-12:30 p.m. Each meeting focuses on a different topic such as getting more active and healthy choices. Weight Watchers helps people discover the reasons why they are overeating and work on overcoming those issues. Many people use food for reasons other than hunger, such as being lonely, frustrated, tired or depressed. Weight Watchers encourages replacing eating for these reasons with other activities such as knitting, exercising, reading or any other activity.

The program really focuses on teaching its members how to look at food and be able to distinguish when they are hungry and full. A huge cornerstone of Weight Watchers is tracking what people eat, and focus on "no eating without thinking," Fountain said. Writing down everything eaten in a day helps members really see what they are doing right or wrong, up the program.

"The difference between Weight Watchers and other weight loss programs is Weight Watchers is a program people can stay on for a lifetime. Drinking Slim lived to keep the rest of your life is probably going to happen said Fountain. "With Weight Watchers people are eating the same foods they normally would, but smaller portions and healthier choices."

"When you lose the weight you feel so great because you did it in a healthy way that will sustain you for the rest of your life," Fountain said. "It's livable and it works."

This Friday kicks off the 11 week program. This is a pre-pay program, it will cost $132 in total. A schedule of meeting dates, times and locations will be distributed at the first meeting.

For more information on Weight Watchers - At Work Meetings contact Jennifer Fountain at jenfountain101@yahoo.com
2005

Hurricane Katrina and Britney Spears' baby make the list of some of the most memorable moments of 2005

by Meghan Hanley
Staff reporter

Jan. 20 - George W. Bush was inaugurated in Washington, D.C. for his second term as the 43rd President of the United States.

Jan. 23 - Death of Johnny Carson, former host of The Tonight Show.

Feb. 6 - The New England Patriots defeated the Philadelphia Eagles 24-21 to win their third Super Bowl in four years.

April 2 - Pope John Paul II died; more than 4 million people traveled to the Vatican to mourn him.

April 9 - The Prince of Wales and Camilla Parker Bowles wed. Camilla assumed the titles Her Royal Highness and The Duchess of Cornwall.

April 19 - Joseph Ratzinger was elected Pope Benedict XVI on the second day of the Papal conclave.

May 19 - Star Wars Episode III: Revenge of the Sith was released, effectively completing the Star Wars movie saga begun by George Lucas in 1977 and shattering the opening day box-office record with $50,013,859.

May 23 - Tom Cruise appeared on The Oprah Winfrey Show to discuss his romance with Katie Holmes. His couch jumping antics continue to live in infamy.

June 23 - The San Antonio Spurs won the NBA Championship title.

July 2 - Ten of 10 simultaneous concerts took place throughout the world, raising interest in the "Make Poverty History" campaign.

July 6 - The International Olympic Committee awarded the 2012 Summer Olympics to London.

July 16 - Harry Potter and the Half-Blood Prince, the sixth book of the Harry Potter saga by the British writer J.K. Rowling, was released.

July 24 - Lance Armstrong won his record seventh straight Tour de France before his scheduled retirement.

Aug. 7 - Death of Peter Jennings, Canadian-born news anchor.

Aug. 24 - Death of Rosa Parks, American civil rights activist.

Aug. 29 - At least 1,385 people are killed, and severe damage is caused along the U.S. Gulf Coast, as Hurricane Katrina hit the Louisiana, Mississippi and Alabama coastal areas. Within hours, levees gave way and New Orleans was flooded.


Sept. 24 - Marriage of Demi Moore and Ashton Kutcher.

Sept. 29 - John G. Roberts, Jr. is confirmed and sworn in as Chief Justice of the United States.

Oct. 19 - The trials of Saddam Hussein began.


Nov. 23 - After months of speculation, Nick Lachey and Jessica Simpson officially announced their separation.

Dec. 8 - Initiative Measure No. 901 went into effect in Washington State, banning smoking in all workplaces, bars and restaurants.

One of Central Washington University's most memorable moments of the year took place at Quest Field. Central took on Western Washington University on Oct. 8, 2005 at the Battle in Seattle. Central beat Western 57 to 17.

Top grossing films of 2005

The ten top grossing films took in a total of $2,203,922,736 in 2005.

$380,862,555 Star Wars: Episode III
Revenge of the Sith

$252,998,259 Harry Potter and the Goblet of Fire

$244,280,354 War of the Worlds

$209,218,368 Wedding Crashers

$206,456,451 Charlie and the Chocolate Factory

$205,345,774 Batman Begins

$195,136,719 Madagascar

$186,385,103 Mr. & Mrs. Smith

$177,575,142 Hitch

$158,115,031 The Longest Yard

(courtesy of www.smith.com)
Grizzly Bear Tours

As a self-guided walking tour, the First Friday Art Walk allows students and residents of Ellensburg to visit the different art venues around town. The Art Walk is the first Friday of every month and some businesses make the experience a little more fun with free wine and music tasting. The art can be viewed until the first Friday of the next month. For more information about the walk and the locations visit visit www.ellensburgarts.com.

Last Friday's art walk included the following businesses and artists:

- Expecting Wildflowers Gallery: This venue is showing Michael Pearson's wildflower photography.
- Kittitas Valley Historical Museum: Continue to feature Morgan Middle School Sixth Graders' "Create a Culture" art
- Luna Arts and Crafts: They are hosting Douglas MacArthur photography through the month of January.
- W alter's: A Floral Shop and More: This venue is showing Joanne Johnson's oil on canvas paintings
- Salon Felix: Hosting the stone and tile work of Terry and Wendy Allard
- Gallery One: In the main gallery will be photographs by Marc Shor titled "Abstract in the ordinary"
- Clymer Museum: This venue is normally a participant in the first Friday Art Walk but did not participate due to renovation.

Vicci Martinez comes back for another dance

by Lacey Stanton
Asst. Scene Editor

For three years a non-profit group called the First Friday Dance Club has been paying bands to come and play for the community.

This started when a group of Central Washington University students did a survey to find out what would make the First Friday Art walk more exciting. Most people said music would make it more enjoyable.

Mollie Edison Central Cornerstone coordinator and member of the First Friday Dance Club said.

The club also thought the dances would be a good way to encourage more student participation in the Art Walk.

"We are trying to incorporate students into the downtown Ellensburg life," Edison said.

Last Friday Jan. 9, Ruby Dee and the Snake Handlers provided the music.

Last year Vicci Martinez, Star Search winner, came to Ellensburg and will come again in February.

"The best part about First Friday is that everybody dances," Edison said. "People don't wait to get asked they just dance the whole time."

Both the Art Walk and the dance are open to all ages and all attendees 21 and older are welcome to enjoy the bar.

Admission is $5 for students with school ID, $7-10 for general admission (depending on the band) and free for children under 12. Doors to the dance open at 8 p.m. at the Moose Lodge on Main Street.

Check out the Observer
Online at
www.cwu.edu/~observer

If you would like to have your event in the Scene Calendar email the Observer at Observer@cwu.edu

Put Scene Calendar in the subject line.

GRADUATE ASSISTANTSHIPS

Graduate assistantship applications for Summer Quarter 2006 and for the 2006-2007 academic year are due by February 15, 2006 in the Office of Graduate Studies and Research, Borge 305. Applications and information can be obtained on-line at www.cwu.edu/~masters under the "Forms and Guidelines" link or by visiting the Office of Graduate Studies and Research. Students interested in the assistantship program are also requested to submit a financial aid application available from the Financial Aid Office on-line.

Graduate students who are currently employed as graduate assistants also need to submit applications by February 15 if they are interested in being considered for an assistantship for next year.

Please contact the office of Graduate Studies and Research at 509-963-3101 or by going on-line.
**Wildcats going strong**

Improved defense puts the Wildcat men in third place in the conference

*Pat Brown*

Sports Editor

Fourteen games into the season, the Central Washington University men’s basketball team is third in the Great Northwest Athletic Conference with a 7-5 record, 2-1 in conference.

“I think we’ve played a tough schedule so far which I think will help in the best conference in the nation,” head coach Greg Sparling said.

Sparling notes that three of the 10 GNAC schools are listed in the National Association of Basketball Coaches top-25, with two of those three being in the top-10.

Western Washington University is currently third in the NABC poll and Seattle Pacific University is sixth. Alaska-Fairbanks University is ranked 22.

“Top to bottom I think it’s the best conference in the nation,” Sparling said.

The acquisition of Grant Assink from Whitman Community College and Julius McMillon from Washington State University have proved tremendous.

The two combine for 12.6 rebounds a game and have helped the team go from a -2.0 rebounding margin in the 04-05 season to a +3.5 rebounding margin this season.

“Our size inside this year has been a big factor,” Sparling said. “We have a lot more depth.”

The Wildcats only had nine players dress all last year. The short bench and lack of size led to a porous defense that gave up an average 85.4 points per game.

The Wildcats defense has improved beyond just rebounding. They are allowing only 81.2 points per game on .444 percent shooting from the field, while last year they gave up 85.4 points per game on .509 percent shooting.

With Julius and Grant if people do get into the paint, we can alter some shots,” Sparling said.

Sparling compares the defensive scheme to that of the Gonzaga Bulldogs. He says they run less pressure defense beyond just rebounding. They are allowing only 81.2 points per game on .444 percent shooting from the field, while last year they gave up 85.4 points per game on .509 percent shooting.

Sparling compares the defensive scheme to that of the Gonzaga Bulldogs. He says they run less pressure defense than last year and their scheme is more likely to prevent inside scoring but can be susceptible to outside shooting.

The defense still has not put much pressure on the ball around the perimeter. The Wildcats are dead last in steals per game in the GNAC, averaging only 2.52 a game.

Offensively, the Wildcats have become more balanced, adding inside scoring that wasn’t there in the past. Their outside shooting, which was some of the best in the conference last year, has fallen of slightly.

“I thought we’d be able to shoot it [three pointers] better,” Sparling said.

A lot of work lies ahead if the Wildcats are to make a run at the playoffs. Sparling has the team going one game at a time. Sparling says he hasn’t even started game planning for next week when the Wildcats take on 6 nationally ranked Seattle Pacific at Nicholson Pavilion.

The largest meets will be at universities such as the University of Washington and Washington State University.

“Everyone from out conference will be at those [indoor] meets,” Adkisson said.

During indoor competitions, all jumps are held as well as the shot and weight throws. There is no 100-meter dash and hurdle; instead they replace those running events with the 60-meter dash and hurdle.

“Once you have it like this you can put together,” Keller said.

Central will be in its first big track meet on Jan. 20 and 21 at WSU.
Women snap losing streak

by Casey Donovan
Staff reporter

With a loss to conference opponent Humboldt State on Thursday, the Central Washington University women’s basketball team got its first Great Northwest Athletic Conference victory by defeating the Western Oregon Wolves Saturday night in convincing form 65-39.

Central led by as many as 34 with strong performances from Laura Wright and Jamie Convin, combining for 30 points in the victory. Wright finished the game with 14 points, 13 rebounds, four assists and two blocks. Hannah Hall added 14 points.

After struggling all season on the defensive end of the court, the Wildcats shut down the Wolves on offense, allowing them to connect on only 28 percent of their shots. The Wildcats are ninth in the conference allowing opponents to shoot nearly 50 percent from the field.

Central’s turnover margin is second best in the Great Northwest Athletic Conference, forcing plus-five turnovers a game. Saturday was no exception, as the Wildcats forced 25 turnovers by the Wolves.

The win over Western Oregon had more meaning than just a conference victory: the Wildcats snapped a four-game losing streak, including three GNAC losses in a row.

Central Coach Jeff Whitney has seen about all that a coach can see, as the women’s basketball team has had ups and downs throughout the season. Central looked to be headed in the right direction at the beginning of the season, when they upset a 5-2 reved.

The team’s luck went sour when conference play began and they dropped their first three games in conference.

“We played some good teams in the conference,” Whitney said. “But we have seven new kids who are all still learning to play with each other.”

Central forged on and dominated against Western Oregon invoking hope and remembrance in the fact that the season is in no way done.

“At end of a road trip like that with a win was great” Whitney said. “It gave us great enthusiasm and energy for this week inside the home court.”

The Wildcats are fourth in conference scoring, led by Wright with just under a 15 point average and eight rebounds a game. Convin has led the team in scoring the last four of five games, averaging just under 20 points a game.

Central will host the Nanooks of Alaska Fairbanks and the Alaska Anchorage Seawolves in conference action this week. Fairbanks and Anchorage hold down the fifth and sixth spots in the conference, with Central trailing in eighth position.

“At home you need to win both your games,” Whitney said.

Central could improve to .500 on the season if they are able to beat both Alaska schools. The plausible wins will give them momentum for conference rival Western Washington University a week from Saturday.

“We have got some new things going on with the team for this week,” Whitney said.

Tonight 7 p.m. at Nicholson Pavilion Anchorage will challenge the Wildcats with the second best scoring defense in the GNAC, allowing 60 points a contest. Central will need great play inside the paint by both Wright and Convin.

They will need to force some turnovers outside the Seawolves if they are to get the win.

Saturday the Wildcats will take the floor against Fairbanks at 7 p.m. in Nicholson, who are 1-2 in conference play.

If the game is tight at the end, look for the Wildcats to pull away from the Nanooks if the game is to be decided at the free-throw line. Central is second in the GNAC, shooting 75 percent from the line, whereas Fairbanks is last in free three percentage at 66 percent.

“The biggest thing is, we want to establish dominance at home and do it one game at a time,” Whitney said.

Both games are crucial for Central as obtaining victories could better their conference record as well as give them momentum for their three-game road trip which features conference leader Western and seventh place Seattle University, both above Central in the conference.

by Courtney Naccarato
Staff reporter & Pat Brown
Sports editor

The opening of the new REC center has many students wondering what the fate of Nicholson Pavilion will be. Nicholson which has been here for about half a century will remain standing strong even though students will not be able to entertain themselves there.

However, Nicholson will still be in use. Athletes will still be able to use the facility. Physical education classes are still taking place at Nicholson. And some of the intramural sports will remain there as well. This will include intramural basketball, soccer, and half of volleyball. The other half of volleyball will be over at the REC center.

All academic physical education classes will continue to be at Nicholson. There will be no classes taking place over at the REC center. The reason is Nicholson receives government funding, while the REC center building had been funded by students.

“It was for the priority of the individual,” University Recreation Director Steve Waldeck said.

The REC center was voted on by students in 2000. The idea of having every thing dining, workout facility, and bookstore in one place was appealing.

“The SUB/REC will help enhance the value of the campus,” Assistant Director of Athletics Tim North said.

With an overall bill of $60 million it has proven to be a popular place for students. Opening day had 2500 guests and the first week averaged 2000 students a day.

Even though the REC center has received a lot of attention Nicholson is working on its makeover. The first step was to remodel the women’s locker room. Next will be the men’s locker rooms. The weight room will be expanded and the final touches will be

“The SUB/REC will help enhance the value of the campus.”
-Tim North
Assistant Athletic Director for Business Affairs

developed by Central athletes smiling ear to ear.

Not because of the great new student facilities.

Even though students are flocking to the REC center for their recreation activities Nicholson still proves it is an important asset to the team.

Athletes enjoy smaller crowds.

The opening of the new REC center has Central athletes smiling ear to ear. Not because of the new great student facilities available to them but because of their exclusivity to Nicholson Pavilion’s facilities.

“All of us can get done the things we need to do inside,” Baseball Coach Desi Storey said. “It’s still crowded, it just helps having it to ourselves.”

Before the REC center opened Storey said the team usually got about an hour and 15 minutes for the teams workout in the weight room. Now they get about two and a half hours.

Athletes from different sports would often have to use the weight room at the same time as well.

There’s been times with like five different sports in here, you’d have to wait 20 minutes to use the machine,” junior pitcher Mike Morris said. “It would be nice if it were a little bigger.”

Having five different sports worth of athletes would create quite the log jam, especially with the football team since their roster is several times larger than any other sports.

“Our workouts were twice as long because of lines,” senior pitcher Adam Kimp said. “Not enough equipment for as many people that were in here.”

Storey said the large crowds were worst in the winter when they would have to compete for time with other sports, intramurals, ROTC activities, club sports, and open gym hours.

See REC Center, p. 16
Central boasts third highest climbing wall among U.S. universities

by Seth Williams
Staff Reporter

The climbing wall in the new REC Center is, by all measurements, a colossal structure. Ryan Hopkins, the outdoor pursuit coordinator, said the wall stands at more than 50 feet at its highest point, making it the third highest in existence on a university campus. The wall provides climbers with 3370 square feet of total freform surface to use.

Hopkins, who is and avid climber himself, said the addition of the wall to the REC center is something that can reach out to all demographics of students.

"We have had over 500 students come climb the wall in the first four days of the place opening," Hopkins said. "Yes, the wall is an attraction," Hopkins said. "But the knowledge and experience that our instructors have is also part of that attraction."

Hopkins also said Central is tranqulized in an area where rock climbing and free climbing are some of the highest quality in the nation. From the Squamish Hills in British Columbia to Smith Rock in Oregon, Hopkins said great climbing ranges surround us.

There is some work that a student must do to have free range on the wall, though. To have permission to use one of the 14 top-rope belay devices all climbers must annually pass a belay certification exam. The exam covers all the precautions and instructions a person needs to have in order to safely climb.

"Safety is a first priority and the purpose of the exam is primarily to manage our risks," Hopkins said.

All exams are offered during open hours and the fee for the first test is five dollars. If any students fail the test they must wait 24 hours to take it again although no additional fee is required.

A belay certification course is also offered to teach wall participants the skills needed to pass the exam. The course has a 15 dollar fee which includes the exam fee. Pre-registration is required because of the 12 person limit per class.

For students who do not wish to take the exam, there is 1100 square feet of bouldering wall space that requires no exam or climbing experience.

Bouldering is a form of climbing without a rope and is limited to the height of the climber so that any fall will not cause injury.

Another advantage of the new wall is the possibility of related climbing clubs. Corey Sinclair, coordinator for collegiate sport clubs and camps at Central, said no such climbing club exists yet.

"I have yet to have someone approach me about such a thing, but the possibility for a club is there with such a great climbing wall facility," Sinclair said.

Although Central has the tallest climbing wall, it was one of the last walls at all the major universities in Washington state. The climbing walls at the University of Washington and Western Washington University are state of the art, having facilities similar to what Central has now, in terms of size and design.

Open climbing for all students is from 5 a.m. to 10 p.m. Sunday through Friday. On Saturday climbing stops at 1 p.m. Open bouldering also goes from 12 p.m. to 1:30 p.m. every weekday, with no rope climbing during those hours.

Top rope belay certification exam:
- offered during open climb hours
- climbers must pass the belay certification exam every year in order to belay other climbers on the top-rope belay system
- $5 testing fee for certification exam
- $8 course fee for certification course
- course will teach climbers the skills needed to pass the exam
- must pre-register, 12 openings offered for each course
- $15 course fee for certification course

Open climbing for bouldering and roped climbing:
- Tuesdays: gym opens at 7:00 p.m.
- Other days: 8:00 a.m. - 10:00 p.m.
- Bouldering only hours: Mon. - Fri. 12:00 p.m. - 8:00 p.m.

Open climbing for bouldering and roped climbing:
- Tuesdays: gym opens at 7:00 p.m.
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The Seattle Seahawks find themselves sitting pretty for their upcoming run at winning the Super Bowl. A Super Bowl win would be the first in franchise history for the Hawks. The Hawks finished the season on top of the NFC West with a 13-3 overall record, and playoff bye and home-field advantage throughout the playoffs. They now head into their first playoff game this Saturday in Seattle.

The team’s first challenge will be the Washington Redskins who are fresh off their victory over Tampa Bay on the road and are currently on a five game winning streak. For the Hawks, the biggest concern heading into this game is that when the two teams met during the season, only once, the Redskins came out on top, 20-17 in overtime. Going into any game where you have already beaten a team, you have a mental edge and the Skins are simply not the same team we saw back in December. This time, the Seahawks will be missing starting free safety Ken Hamlin.

The Redskins were also able to defeat the Seahawks in their first bout without the help of star linebacker LaVar Arrington who was injured at the time, but will be playing in this week’s game. Arrington is coming off a very good game against Tampa Bay and could be a serious problem for the Seahawks running game.

Another major concern for the Seahawks is their offensive line with playoff success. In the past two seasons the Hawks were eliminated in the first round. In 2004 by the Green Bay Packers and last season by the St. Louis Rams. In fact, the last playoff win a Seattle football team celebrated was in 1984.

Don’t get me wrong, I am pulling for the Seahawks this weekend and throughout the playoffs and believe they have a strong chance of playing on Sunday, Feb. 5 for a Super Bowl Victory. All I am saying is that they have their hands full with a team that has already proven they can beat them and is currently second in the NFL. My prediction; Seattle defense holds off the Redskins offense and wins 31-21 with the help of their own fans which they didn’t have the luxury of at their last meeting in Washington. Any Seahawks fan worth his salt has been keeping his mouth shut the past few weeks. Yes, the Seahawks do average more points per game than any other team in the NFL. Yes, they had the second best regular season record at 13-3. Yes, Shaun Alexander won the league MVP, the league’s leading rusher and now has the record for touchdowns in a season. I don’t care. No one, not even the fans, should be getting ahead of themselves.

Last year there was all the hype, with Super Bowl prognostications during training camp. What happened? The Seahawks weenily got wore every time they played the Rams and a few million passes were dropped. Redefining irony, the season ended on a dropped Bobby Engram pass in the end zone. I would call it poetic justice but it doesn’t seem fitting when talking about football. The Seahawks first and foremost haven’t won a playoff game since 1984. Jerry Rice was a rookie in 1984. The most glaring problem is the Seahawks lack of an up-to-date defense. The second and third stringers have been getting the job done and the defensive line has not had injury problems like the rest of the defense. Prior to this season, the line was a backbone of corner Lenry Hill, Loa Tapatu and Isaiah Kacyvenski wouldn’t scare anyone. Outside of Tapatu, going into the playoffs with these three people that should be scared are Seahawks fans.

The secondary is the most beat-up part of the entire football team. This Saturday the likely starting cornerbacks are Andre Dyson – who hasn’t played a game in over a month – and possibly Jimmy Williams since Mar­cus Trufant is questionable with a back injury.

At the safety position there are only three players listed on the current depth chart; Michael Boulware starting as the strong safety and Marqaud Manuel at free safety with Eric Pruit being the second string at both positions. Haven’t heard of Eric Pruit before? That’s because he only has six tackles on the season.

I don’t mean to be such a pessimist. My motives are not too malign, it’s just that every year seems to get worse every time they play the chart: Michael Boulware starting as the strong safety and Marqaud Manuel at free safety with Eric Pruit being the second string at both positions. Haven’t heard of Eric Pruit before? That’s because he only has six tackles on the season.

I don’t mean to be such a pessimist. My motives are not too malign, it’s just that every year seems to get worse every time they play the chart: Michael Boulware starting as the strong safety and Marqaud Manuel at free safety. This year the Rams are one of the hottest teams in the NFL. My prediction is that the Rams will take the NFC West title with an 11-5 record behind a very good defense that in my opinion is the best in the league. I think the Rams defense will shut down the Hawks offense and win the game comfortably.
Students, faculty and community alike have been enjoying the new REC center.

**REC center:**

What happens to Nicholson?

The unfortunate irony is that this is the most important time of year to practice for the baseball team, since their season starts in February.

Storey says that Nicholson as an athletic facility is out of date. He notes that the building was built in the 1970s a time when far fewer students attended Central and athletics were far less competitive.

Nowadays Storey says that most all sports practice year round while in the 1970s the baseball team didn't start fielding drills until the season was a few weeks away. Also, back then the college baseball season was shorter starting in late March as opposed to late February like it currently does.

Central was a member of the National Association of Intercollegiate athletics not the NCAA in the 1970s as well. The NAIA is a less competitive collegiate athletic association.

Practice is still at Nicholson but athletes still checked out the REC center. "It's nice all the cardio equipment's top of the line, the track's nice and the extra basketball hoops are cool. The weight room could be bigger," Morris said.

Once baseball season gets over the athletes and students alike can all enjoy the new REC center.

"I'll be busy [at Nicholson] with practice but if it were up to me I'd go down there," Morris said.

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