4-20-2006

Observer

Central Washington University
Saddle up!
College rodeo rides into town

Melissa Woodworth, sophomore, (left) and Sadee Shelton, junior, (right) are two members of the Central Washington University Rodeo club preparing for this weekend's annual college rodeo. Dozens of rodeo competitors will gallop into Ellensburg tomorrow and head for the county fairgrounds for the three-day event. The club will also host a dance Saturday night at the fairgrounds for competitors and spectators alike. See stories on page 8 & 9
Cruise flu’ outbreak plagues Kennedy Hall

by Paul Beutell
Staff reporter

A recent rash of the stomach flu has claimed a number of Central Washington University students over the past few weeks. This ‘cruise flu’ is believed to be the norovirus, more commonly dubbed the “cruise flu” because most outbreaks occur in schools or cruise ships where people are in confined areas.

The first reported case came two weeks ago from a student in Kennedy Hall. Several other Kennedy residents contracted the virus within a day and by the following Monday, cases began occurring in Kent Hall.

“We were noticing that one student was dehydrated. They had to pump two liters of fluid into me,” Jessica Diaz, sophomore education major, said.

Diaz said she wasn’t aware at the time that she had the virus, but was at the University student health center.

“Everything needs to be disinfected as well. Dining services, campus food and/or their employees are not the source of the outbreak, contrary to rumors flying around Central’s campus,” said Rob Tump, senior director of health counseling and wellness.

The Kittitas County Health Department conducted tests to locate the source of the outbreak. They performed an initial check investigation of Kennedy Hall, the North Village Cafe and Tunstell dining hall because some food is prepared at Tunstell, then transferred to north campus. Included in the investigation is asking students when they got sick and logging their activities to find common ground. Basic Village Cafe inspectors try to determine if students got the virus from a certain food or a restaurant.

“We weren’t concerned that it might be a food related issue and we thought it was a person to person outbreak because there were so many known cases,” said Cathy Bambrick, manager for Environmental Health in Kittitas County.

According to Bambrick, Central Dining services requests more checks in general and more random checks than usual.

Symptoms of the norovirus range from nausea, vomiting and stomach cramping. Once the virus has affected the subject, they can expect to expel the virus for up to two days. The virus also spreads unwittingly.

It was was the hospital for six hours…they had to pump two liters of fluid into me…

—Jessica Diaz, sophomore education major

Interns work in the trenches

by Stephanie Howard
Staff reporter

Calling all students: The Center for Excellence in Leadership (CEL) is offering applications for five executive internships for the 2006-07 academic year. According to the CEL, there are five executive internships for the year. These interns are assigned to one of the five executive offices on the university campus: the offices of Provost Jerilyn McIntyre; Provost and Senior Vice President for Academic Affairs David Self; Vice President for University Relations Paul Baker; Vice President for Business and Financial Affairs Richard Corone and Vice President for Student Affairs and Enrollment Management Charlotte Tullus.

Intern Fountain, director of the CEL, said the internships can help students gain skills that stand out on resumes and in job interviews.

“These folks truly gain remarkable skills in decision making, in leadership, in dealing with conflict, in dealing with change and in dealing with a variety of different personality styles,” Fountain said.

According to Fountain, executive internships aren’t just for students interested in higher level administration.

“Not many students get the experience they have during their internship can help them in several career fields. "Students get to start to affect change and work with administrators on a very high level. That’s really helps not only the department and the university but helps the student as well," Fountain said.

Fountain has her own description of what type of student takes on an executive internship. These qualities include a person who is flexible, has a good attitude and knows a good deal about immigration reform.

Webb has made the decision to work with the CEL. Several faculty members are doing the same.

Because they are not aware of the CEL’s existence, students may have no idea what the CEL looks like.

“We’re trying to get a growing citizen,” said Leslie Webb, director of the Diversity Education Center. "But we don’t want to be the closing voices. I’m supportive of anything that will bring light to the severity of this issue."

For some, the boycott represents not only the ball, but a climax over the perceived treatment Mexican Americans have experienced in the United States.

"I was in the hospital for six hours…they had to pump two liters of fluid into me…"

—Jessica Diaz, sophomore education major

May 1 walkout set across country

by Karrena Shelton
Staff reporter

Protestors are sacrificing their daily luxuries for a day of boycott. That means no McDonald’s, no Wal-Mart, no Home Depot or Chevrole.

Immigrant protesters are calling for a national boycott on May 1 (May Day) and are urging individuals to avoid purchasing anything from all United States businesses.

Central Washington University students protested House Resolution 4437 two weeks ago by rallying on campus and informing those unaware of the bill to voice it against it. The bill aims at deporting illegal immigrants and constructing a 700 mile fence along the U.S.-Mexico border.

Now, a national boycott is being promoted aimed at pressuring Congress to legalize all undocumented immigrants.

"The community is not supposed to go to school, work, buy anything from any store or gas stations," said Roque Lemas, junior biology and pre-law major and Movimiento Estudiantil Chicano de Aztlan’s (M.E.C.A.) female representative of the chapter.

Dubbed as the No Work, No School, No Soms and No Buying Boycott, “A day without an immi­grant” is expected to increase national awareness and draw atten­tion to the future of an estimated 11 million undocumented immigrants.

The turnout is expected to be massive, according to a Socialist Workers’ Web site. Thousands of immigrants across the country, who represent schools, businesses and Hispanic cultures but others as well, are expected to participate. Central students, fac­ulty and administration are aware of a possible strike.

“We’re trying to grow a global citizen,” said Leslie Webb, director of the Diversity Education Center. "But we don’t want to be the closing voices. I’m supportive of anything that will bring light to the severity of this issue."

For some, the boycott represents not only the ball, but a climax over the perceived treatment Mexican Americans have experienced in the United States.

It’s so easy to say they, they, they, but we need to realize who they are," Webb said.

H.R. 4437 has created an outburst of mixed emotions from both sides of the political block. But it will happen to faculty and administra­tion if they decide to skip work and/or their employees, or even the state strike in Olympia?

"There are three types of employees: faculty, exempt and civil servants," said Carole Tustin, vice president of Student Affairs and Enrollment Management. "Exempt employees will have the option to take off Monday and take four days (four days) to make up work or let their know leave them in advance to take a vaca­tion day."

At for faculty, Tullus said it might not be a problem because of the consistency of their schedules and the way they teach.

Outside Education might be a different story. Some people have already been terminated from their jobs after they chose to participate in protests, rather than put in a day at work. Some U.S. organizations are already warning individuals not to risk their graduation or job for a day of protest, but marchers say they are willing to make the sacri­fice.

The CEL said this is the importance of immigration reform.

Webb has made the decision to work with the CEL. Several faculty members are doing the same.

"By being here that day, I feel like I’m joining some of my United States, if I really want to my students to be here," Webb said.

Although the CEL doesn’t have a fixed time or chair and associate professor of film and video studies, said the Senate has no control on whether faculty should participate. But from his perspective, he seems quite skeptical of the day off.

"I think it’s a farce," said Webb. "I don’t know what effect such an action would have on influencing immi­grant policies. But some of public rally or discourse," Ogden
Opportunities come knockin’ at career fair

by Carleigh Lorenz
Staff reporter

Career Quest, the all major and all-campus job and internship fair is here again. According to the Career Services Web site it is, "a great opportunity for you to meet recruiters from companies, agencies and school districts."

The event is from 11 a.m. to 3 p.m. today in the Samuelson Union Building (SUB).

There are two fairs going on, one for businesses and agencies and the other for education.

"What I like most about Career Quest is the fact that each year our department works collaboratively to bring a better variety of employers to campus to serve our students," said Jaqualyn Johnson, director of Career Services. "We learn something new from each event and try to incorporate these experiences into the planning of future events."

"Our department is committed to help the students leave here feeling like they've been well served in furthering their careers."

- Theresa Youngren
employer recruitment coordinator, Career Services

The businesses and agencies fair will be held in the SUB Ballroom and the Caesar Chavez Theatre. The school districts fair will be in the SUB Yakama Room.

"Career Quest gives us the opportunity to talk with a diversity of students who are there to connect with employers," Johnson said. "This is most exciting, to help prepare students to enter the global work environment with confidence and competence."

Last year, approximately 14 companies interviewed students, and conducted more than 100 interviews. Some companies will hold impromptu interviews where they can give out information and learn more about the student.

"There is a really good variety this year," Youngren said. "It's the strongest we've had in awhile."

To get more updates and information about Career workshops and about the Career Quest, call Career Services at 963-1921 or go to www.cwu.edu/career.

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EEO. All applicants must be at least 18 years of age, possess a valid driver’s license with no restrictions and be drug free.
INTERNS: Applications for next school year’s positions due May 5

Continued from 2

ble major and will be attending gradua-
te school at Indiana University for a master’s in public affairs. During his time at CWU, Foreman said, he learned about the university and leadership. “I think that has been the coolest,” Leadingham said. Leadingham considers himself lucky to have this internship and be able to stay on campus. “It’s an invaluable opportunity. A lot of internships of this caliber take place off campus.”

Kristine Foreman is the executive intern for the provost’s office, though she works in Associate Vice President of Academic Affairs and former M.E.Ch.A. chapter president, will be participating in the No Work boycott.

“I think a culmination of meeting all of the different people involved with the university administration,” Leadingham said.

He went on to discuss seminar meetings the five executive interns participated in every week. The interns meet the people involved with all of the different offices on campus to learn more about the university and leadership. “I think that has been the coolest,” Leadingham said.

“We decided to do something similar in May Day. It’s also anticipated that the different people involved with the community or faculty.”

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Call for Commencement Speakers!

Attention Students Eligible for Commencement Honors!

The CWU student commencement speaker committee will select students to present the valedictory speeches at two Eastside Commencement Exercises in Ellensburg Saturday, June 10, 2006 (9:30 am and 1:30 pm). One speaker and one alternate will be selected from among four finalists for each ceremony. Speakers will receive $200 honorariums and alternates will each receive $50.

If you have a 3.5 GPA, you should receive an invitation by mail. Submit written entries to Tina Morefield, Office or from Tina Morefield at 509-962-3001.

Additional information is available at the Registrar’s Office or from Tina Morefield at 509-963-3012.

Markup Allen Staff reporter

Last Sunday, people said goodbye to a friend, teacher and coworker after Central Washington University photographer, Larry Watson, died after a long battle with cancer. The people who remember him the most remember his caring nature through all of the snapshots of memories.

“Because Olympia is such a drive, anyone who decides to take the day off and spend it at People’s Pond,” Popovic said. “To educate students, neighbors, and family at People’s Pond,” Popovic said. “To educate students, neighbors, and family at People’s Pond,” Popovic said. “To educate students, neighbors, and family at People’s Pond,” Popovic said.

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“The decision is easy for students, but administration may face a challenge. “I’m going to ask my people to plan ahead,” Tullos said. “There are some options out there but they just can’t walk off and not have some way of making up the work.”

Tullos and Webb are supportive of anyone who decides to take the day off and participate in the boycott, as long as make-up work is clear and approved. “If anyone on staff asked me, I would tell them to make the appropriate choice, to do the appropriate thing and take a personal day,” Webb said.

Larry Watson retired photographer

“I loved to make him laugh because his whole face would just light up.”

—Becky Watson Director of Public Relations and Marketing

There are many things that will be remembered and missed about Watson, but most of all will simply be his laugh and smile. “I loved to make him laugh,” Becky Watson said. “Because his whole face would just light up.”

April 20, 2006 — News — Observer

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Ellensburg,” Strasser said. “We’re hoping as many people as we can get will come, whether they be from Bridges, students, the community or faculty.”

Strasser is hoping organizations like Planned Parenthood and Allied People for Choice would tell them to make the appropriate choice, to do the appropriate thing and take a personal day,” Webb said.

Although the good cause aims towards national and governmental resources, it may end up just being a day to relax.

“My plan to spend May Day with my students, neigh­bors, and family at People’s Pond,” Strasser said. “I plan to spend May Day with my students, neigh­bors, and family at People’s Pond,” Strasser said. “I plan to spend May Day with my students, neigh­bors, and family at People’s Pond,” Strasser said.

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Wind farms and renewable energy have both been hot topics throughout the Kittitas Valley in recent months. Residents have been speaking out at County Commission meetings for and against the wind farms. On the other hand, no one has been speaking about the Ellensburg Community Solar Electric Project. Almost no one, that is.

The Solar Electric Project was first developed by Gary Nystedt, City of Ellensburg Resource Manager. Three years ago Nystedt attended a Regional Solar Conference. While attending, Nystedt decided Ellensburg needed its own solar farm and immediately started planning the project.

"One thing nice about the project is that it's on the west side of town," Nystedt said. "The wind farm is east of Kittitas giving the community an identity with renewable energy."

The pilot community solar project will be located on the west side of West Ellensburg Park directly next to Interstate 90. The location is very important according to Nystedt.

"Close to thirty thousand cars a day will pass it," Nystedt said. "That's 11 million cars a year. People will start to relate the solar panels with Ellensburg."

The project will start small with only 80 solar modules, eventually growing to 550 in the next three to five years. The City of Ellensburg received a grant from the Bonneville Environmental Foundation (BEF) for half of the initial purchase of 80 modules. Each solar panel will produce 300 watts of energy per hour equaling on average four hours of electricity a day for the community.

The project has been funded with the support of local citizens, utilities, the city, Central Washington University and selecting the contractor for the project site. There will also be money toward the project and in return the customer will receive a percentage of their donation. The city, Hogue Hall, the Student Union Building and from the mechanical engineering department, is a huge supporter of the project. Dakota Solar Electric Project is expected to continue for 20 years and will be evaluated by the city council then Nystedt said. The location of D&M has the right amount of energy projected to produce more than ten percent of their total energy output.

"We want to work with [the college] engineering [program] so the students can be directly involved," Nystedt said. "The system will be there for 20 years and we hope the college will be involved the whole time."

William Bender, chair of the industrial and engineering technology department, Bender had two groups of students perfect for the project: students from industrial technology and from the mechanical engineering program.

The students will help finalize the solar project design and be part of the installation, be involved in interviewing and selecting the contractor for the project and will help oversee the project. A kiosk will be built to show the industrial and engineering technology (IET) department, Bender had two groups of students perfect for the project: students from industrial technology and from the mechanical engineering program.

The students will help finalize the solar project design and be part of the installation, be involved in interviewing and selecting the contractor for the project and will help oversee the project. A kiosk will be built to show the students how solar energy is used to make espresso," Halloway said. The power we get from them is not completely foreign to the community. Recently Mark Halloway, the owner of D&M Coffee, had solar modules attached to the roof of D&M's Third and Pine store. Students from the industrial technology and mechanical engineering technology programs helped build the stands that the modules sit in.

"Mark Halloway was very open to us climbing on his roof," Bender said. D&M is the only private sector business to have solar modules on a building. Halloway said.

The location of D&M has the right solar orientation, a flat roof and is low enough that the public can see the solar panels.

"The power we get from them is used to make espresso," Halloway said. "It's not a large amount of power though." Nystedt hopes the project will be up and running by Oct. 1, 2006. The pilot solar electric project is expected to continue for 20 years and will be evaluated by the city council. Nystedt said.

The city of Ellensburg consumes $10 million a year in natural gas and electricity, all of which is presently imported into the city. The use of renewable energy is a clean and environmentally safe way for the community to save money.
City preps for grad festivities

by Carly Peterson
Staff reporter

Commencement brings a change of pace in Ellensburg as thousands of fami­lies and friends come to the city to watch their students graduate from Cen­tral Washington University. Central has begun preparation with their com­mencement committee, which includes representatives from the Registrar serv­ices, Center for Student Success, Dining services, University Police, and Facili­ties Management, just to name a few. Things will be a little different this year at graduation because there will be two cere­monies, rather than one.

There will be another ceremony on the West side of the state for graduates from Central’s extended campuses in Lynnwood, Des Moines and Pierce. These extra ceremonies have created even more work for the commence­ment committee.

The Registrar services have been mailing out information to graduating stu­dents, as well as updating the com­mencement Web site. “A lot of preparation goes into commu­nication,” said Tracy Terrel I, registrar. University police will be providing parking and traffic control, crowd con­trol and first aid at both commencement ceremonies.

Hotels in Ellensburg are also prepar­ing for the incoming visitors. “We just plan to work a little hard­er,” said Sheila Walsh, the front desk manager of the Ellensburg Inn. This includes extra staffing at the front desk and restaurant, as well as providing friendly services and directions. Besides the sudden increase of visi­tors, graduation also means students spending their last few months together and having a good time, the equivalent of barbecues, parties and kegs.

The Ellensburg Police Department is aware of the changes that come along with graduation time. The main goal of the Police Department is to be pre­pared. They call in extra officers from the Yakima area and make sure they have coordinated their time-off sched­ules so that there can be extra officers on duty. They also put certain cases on hold until after the graduation rush.

In 2001, there was a near riot at a party. The police got a call about a party at 10 a.m. on a Saturday and when they went to the scene students began to throw things at the officers. “Since that time we’ve done more enforcement, but in the last two years we’ve had less citations,” Luvra said.

After 2001, the police were more prepared and planned ahead for the parties that come with commencement time. In 2002 and 2003 when calls came in about parties, the police were able to simply walk through the party and respond to calls about noise.

The party scene had evolved from one big event that led to problems to a lot of little parties. “In my view, everyone went to 100 different houses,” Luvra said.

The police have planned and pre­pared for graduation the same way they have since 2001, and based on the recent trend, they are not expecting any big problems.

“We have no plans to change the way they have been handling gradua­tion time because there are no indica­tions to say we should,” Luvra said.

The Kittitas Valley Community Health Library, which opened April 1998, offers a large collection of informa­tion on various health conditions. Some features include a wide array of medical journals, databases and videos for viewing and research.

With the continuing controversy surrounding proposed immigration laws, which would make illegal immigrants felons, members of the community gathered in downtown Ellensburg Saturday. The group was expressing opinions against House Resolution 4147. The protest was one of many that have been taking place across the country. See related story on page 6.

POLICE BRIEFS

All reports were received between 4/17 and 4/18/06

■ A female called to report another female on Ruby Street was harass­ing her.

■ There is an ongoing problem in which there are believed to be 10 dogs and 10 to 12 cats used for breeding that were being neglected by their owner, on Elk Run Road.

■ It was reported that a male subject had been driving by the reporting person’s house on Rainier Street and staring at her. She felt threatened by the man.

■ It was observed that a white male, wearing all black, was standing near a house with a gun and entered a residence through a screen door on Rainier Street.

■ There were filing cabinets reported in the roadway on Kittitas Highway.

■ A student was assaulted on Godawa Lane in Cle Elum.

■ A woman was reported to be having a possible diabetic reaction. She was making irrational statements about a coworker.

■ A person called in to report that they were shot at by some­one in a teal green car on Parke Creek Road.

■ A woman called in to report that her roommate pushed her, poured tea down the toilet and broke the phone.

■ A semi truck was refilling the tanks when fuel overflowed onto the roadway. The reporter believed too much fuel was put in the tank.

■ It was reported a man, 20 to 22-years-old, attempted to steal candy from the 7-11 on University Way. He smelled strongly of alcohol.

~Check out the Observer Online for a feature on Olimstead State Park at www.cwu.edu/~observer/
As Editor-in-Chief of the Observer, one of my jobs is to write an opinion every week. My goal with my editorials has been to shed some light on issues I think are important to the students of Central Washington University. I think that was the goal every EiC before me has had.

Every person’s writing process has been different depending on his or her life experience. For some editors, these weekly Observances have been a piece of cake. They could just pick a subject and write 600 words, on it, no problem. But for me, it’s like pulling teeth. In the past, I would not publicize my opinion about anything for fear of it being “wrong.” But that’s the problem with my generation.

We have grown up in a world where we were raised to believe that conformity is best. If you weren’t like everyone else, you were uncool and not fit to be around. In grade school, the kid who wore a rain coat and boots 365 days of the year and smelled like cat pee was the last person you wanted to invite to your birthday party. And let’s face it, nobody wanted to be that kid.

My point is that young people today are afraid to have an opinion which might make them different from their peers. I strongly disagree with that. You should not care what other people think about your opinion. It’s your opinion and you have a right to it, like they have a right to have their’s. I think the reason young people don’t form opinions is that they don’t know how to do that. One: educate, educate, educate yourself as much as possible on an issue. Get both sides of the argument. Read as many newspapers as possible, both in print and online. Watch the television news channels. Don’t just base your argument on one source. Gather your information from everywhere you can. The more information you have, the better your opinion will be backed up.

Two: pick a side. But be sure when picking a side you have reasons and facts to back it up, because you’ll probably have to defend your opinion from someone who sees things differently. The best way to do that is by talking to someone you are comfortable with to get into a discussion. They’ll bring up points in your argument that you haven’t thought of, without trying to shove their own opinion in your face. Sometimes it’s good to have someone else’s voice in your head to make sure you don’t make a fool of yourself.

And three: stick to your convictions. Do not be easily manipulated. But be open to hearing other people’s thoughts. Open discussion is the key to solving any problem. You don’t have to agree about any given topic. There isn’t always a right or wrong.

My fellow Central students, I implore you to speak your mind. Do not be afraid of your own thoughts and what they may inspire. Every voice should be heard. In The Observer, that voice will always have a place.

**LETTERS TO THE EDITOR**

Letters must be submitted by 5 p.m. Monday the week of publication, must be typed, less than 300 words and must include your name and phone number. Only one letter a month will be accepted from an individual. Anonymous letters will not be published.

The Observer reserves the right to edit for length, style, grammar and libel. Please mail or e-mail letters to: The Observer, Central Washington University, observer@cwu.edu or by fax to (509) 963-1027.
Mike Charlton readies his bull for a good ride at practice at Bloom Pavilion at Kittitas County Fair Grounds.

Rodeo

Central students ready for roping and riding

by Karen Cook
Staff reporter

Ellensburg has a long history of hosting rodeos and Central Washington University is no different. Ellensburg will be host to the Northwest Regional Rodeo Number Four (NWRR4) and the CWU Todd Anderson Memorial Rodeo this weekend.

With 71 members, the Rodeo Club is one of the largest clubs on campus. Scores of its members are competitors who are participating at the CWU Todd Anderson Rodeo.

"It's a lot of fun," Jessie Walling, sophomore biology and geography major said. "There's always some crazy stuff going on."

Some of its craziness includes preparation for the NWRR4 and the CWU Todd Anderson Memorial Rodeo.

The CWU Todd Anderson Memorial Rodeo is named after the 2002 president of the Rodeo Club who died in a house fire. It is classified as a college rodeo, which is not far from professional events, such as the Ellensburg Rodeo.

What the CWU Todd Anderson Memorial Rodeo allows for, as opposed to the professional rodeos, is the chance for female competitors to perform in more events. While women usually only perform Barrel Racing in professional rodeos, college rodeos give women the opportunity to compete in Goat Tying and Breakaway Roping, as well as Team Roping and Barrel Racing.

The men's team is currently in seventh place in the Northwest Region.

"There's always some crazy stuff going on."

"There was one woman who was riding a horse that had absolutely no control. She was going around in circles and the horse was kicking her and she was still smiling. It was a lot of fun." Walling said.

The Rodeo Club plans to cater and serve food to the public for the NWRR4 and the CWU Todd Anderson Memorial Rodeo.

"It's somewhere to belong to," Davis said. "All members are a vital part of the club." With the men's team in seventh place, the club has experienced some low results and the sub-par performance of the Walla Walla Rodeo has increased the club's amount of practicing. Nationally-known roughstock contractor, Frank Beard, has helped with the club's practices before the NWRR4.

"He's an incredible talent," Davenport said. "He's very experienced and seasoned this year." Kay Davis, adviser to the Rodeo Club said.

Along with performing in rodeos, the club holds many activities and fund raisers. One of their most popular fund raisers has been selling Krispy Kreme doughnuts. Other fund raisers include bake sales and the selling of concessions at the Spirit of the West Cowboy Gathering, held each winter.

One of the most popular activities the Rodeo Club does is host bonfires for people to socialize at. Another strong tradition with the CWU Todd Anderson Memorial Rodeo is the CWU Rodeo Dance which starts at 9 p.m. Saturday, April 22 in the Kittitas Country Fairgrounds.

Even though performing in rodeos is a big part of the club, non-competitors are just as important. Most of the fundraisers are done by the non-competitors. People tend to join the club out of sheer curiosity.

"Some people say, 'Hey, I'm in Rodeo City, U.S.A. and I'll try what the natives do,'" Davis said.

To become a member contact Kay Davis at Room 103 in the SUB or go to the Rodeo Club's Web site at www.cwu.edu/~redsports/Clubs/rodeo/rodeo.html.

The Northwest Regional Rodeo Number Four starts at 6 p.m. on Friday, April 21. The CWU Todd Anderson Memorial Rodeo will be Saturday and Sunday April 22 and 23 at the Rodeo Arena.
Kids saving the world for Earth Day

by Jackie Molzahn
Staff reporter

This Saturday, the Science Building lawn will be filled with fun Earth Day and Arbor Day activities for children in kindergarten through fifth grade. Central Washington University’s Civic Engagement Center is putting on its annual “Kids Saving the World” event in order to teach kids about the environment.

“It is fun for kids, they love being on campus and we can educate them through fun activities,” said Devan Lewis, Central to Community liaison and junior elementary education major. Three hundred kids from Lincoln, Valley View and Mt. Stuart Elementary schools are expected to show up for the many Earth Day activities come rain or shine.

There are going to be 40 activity tables which include arts and crafts put on by environmental organizations such as the Ginkgo Petrified Forests. Smokey the Bear will also be present. Activities include making dirt with chocolate pudding, leaf rubbing, making pinwheels, face painting, planting seeds to take home and making cookie trees just to name a few. There will also be a rope bridge to take kids over the “Ganges” by Central’s Reserve Officer Training Corps and a bubble planetarium put on by Central’s Astronomy club including three half hour sessions for kids to learn about constellations and many more outside games. Times for the planetarium sessions will be posted at the event.

“It’s fun to organize activities, make something the kids would enjoy and bring the community together” said Michelle Smith, Civic Engagement fellow and undeclared freshman, who got involved in the Civic Engagement Center when she volunteered at the Holiday Extravaganza.

The festivities are from 10 a.m. to 2 p.m. this Saturday, April 22 at the Science Building and on the lawn. If it rains on Saturday, games will be held inside the Science Building.

Central students who wish to get involved with “Kids Saving the World” can email the Civic Engagement Center at takeaction@cwu.edu. Volunteers get free t-shirts, a free lunch and free pool time at the Kittitas Valley Memorial Pool.

“Kids aren’t interested in this activity,” Lewis said, “there are year-long programs also.”

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

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Check out our new location Monday, April 24 at Noon.

Visit the temporary mini Wildcat Shop in front of our new home in the Student Union and Recreation Center for a preview of great things to come.

Mini Wildcat Shop hours are Monday-Friday, 9:00 a.m. - 5:00 p.m. after opening at noon on April 24, 2006.

The University Store in the SUB still offers a full line of products and a great moving sale.

The University Store hours are Monday-Thursday, 7:30 a.m. - 6:30 p.m., Friday, 7:30 a.m. - 5:00 p.m. and Saturday, 10:00 a.m. - 3:00 p.m.

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Ellensburg gets warm

by Kate Baker
Staff reporter

Students might have seen the posters and signs for “Warm up Ellensburg,” an opportunity for Central Washington University students to crochet squares to construct blankets to give to the ASPEN here in Ellensburg.

Jenni Schultz, senior elementary education major, started the project after talking to her mother about Warm up America.

“Growing up being involved with a scouting family, community service is a big part of my life," Schultz said. "I debated about how big of a project I wanted it to be. It started out as a community service project for the Sue Lombard Residence Hall Leadership Council. I then approached the RHA [Residence Hall Association] for help and I met with Jeff Rosenberry, vice president for Student Life and Facilities about the project and it just grew from there.”

Central students from Sue Lombard, Kamala Hall Residence Hall Leadership Council, RHA, the National Residence Hall Honorary and the Associated Students of Central Washington University Board of Directors completed seven blankets and are currently finishing up two more blankets.

“It gave me a chance to give back to the community during my spare time. ASPEN is a great program for our community, anything to do to give back is wonderful,” said Katie Underwood, junior business education major.

ASPEN is a grant-funded program that provides education and housing for domestic and sexual assault victims. ASPEN is located in Ellensburg and serves all of Kittitas County.

“I started a facebook.com group to help people get more involved. We have about 13 members now and with all the different groups that helped out it’s amazing to give back to our community,” Schultz said.

“The best thing about constructing the blankets was the fact that so many different types of fabric were bought,” Schultz said. “Many colors and different textures were used. It takes 49 squares to make one blanket. The blankets are beautiful with all the different colors.”

Jaden Berry, ASCWU vice president and signs for “Warm up Ellensburg” were bought many different types of yarn to make the blankets more unique.

“Warm up Ellensburg” is continuing the rest of this year and will start back up again next fall. ASPEN is still accepting all types of blankets, so if students don’t know how to crochet, any type of blanket will work. Many students’ hard work and dedication made this program a huge success.

For more information on how to help with “Warm up Ellensburg” contact Aspen or search for the “Warm up Ellensburg” group on www.facebook.com.

Living in Lake Wobegon

by Patrick Lewis
News editor

The stark reality of growing up in Minnesota, a town of Lutherans, bright red socks and shoes and a dog hellbent on catching the big one. Garrison Keillor interwove all of these elements into stories about his childhood in the fictional town of Lake Wobegon and the contrast of rural life with the city. Tuesday night in McConnell Auditorium to a sold-out crowd. After singing briefly aboutEllensburg, Keillor talked about the lack of social skills he had growing up.

“We could tell they weren’t of us, they were too nice,” Keillor said. “Any one who has come to Lake Wobegon was lost. The only outsiders are confused.”

Life, according to Keillor, is about adversity. He said that nature wasn’t interested in a person’s golden years, and that people lived in Minnesota as a patriotic duty to keep the roads clear of snow and protect the borders from Canadians.

“My parents sang me to sleep at night with songs of the death of small children,” Keillor said. “My people didn’t go for Disney.”

Clothing was passed on through the generations in the Keillor household as well.

“I wore hand-me-down clothing, some from my older brother, some from my older sister.” Keillor said. “When

American Idol Night

by Brooke Saul
Staff reporter

The Ellensburg Youth Center is looking for contestants and volunteers for their upcoming “American Idol Night” program, which will be held from 7-10 p.m. Friday at the Ellensburg Youth Center.

American Idol Night is free and open to everyone nine-years-old and older. It’s fun great and it supports the community," said Jesse Kinkel, an assistant youth coordinator at the Ellensburg Youth Center.

American Idol Night will run the same way that the television show does; however, the singers will sing to karate of their choice and will be split into age groups. The judges will consist of disc jockeys from radio stations, including KCO/U’s Christian Mehem and KBGR’s Hilary Shenkmans.

“The judges will be looking at the contestants singing quality," said Kinkel, who is a junior at Central Washington University.

Winners will receive prizes including CDs and radio promotional merchandise.

Students interested in volunteering should contact Kinkel or Margaret Hubbert at 525-8604 or go to the Ellensburg Youth Center, which is located at 406 East Capital Avenue and pick up an application.

Yakima Symphony Orchestra

by Jaime Baker
Staff reporter

The Yakima Symphony (YSO) will present two landmark orchestral pieces at the Central Washington University Music Building’s concert hall.

Bela Bartok’s virtuoso “Concerto for Orchestra” and Aaron Copland’s “Clarinet Concerto” will feature Jeyelly Brooks, a Central alumna, Mark Babbitt, Karen Cookin, Larry Goodin, Hall Ott and Jef Steedle also participate.

Larry Goodin is the director of bands and a professor of conducting. He teaches marching band, wind ensemble and music education classes.

Jef Steedle plays the French horn in the YSO and has been a member since 1992. Steedle speaks to the audience and offers up the history of the selected pieces that the orchestra is about to play. Steedle is a professor of horn instruments, teaches music history classes and directs the brass choir and garn horn ensemble for French horns.

They will also feature an original composition by principal bassoon player Alan Futterman entitled “Fiesta Mexicana.

The Yakima Symphony Orchestra will perform on Sunday, Apr. 23, at 4 p.m. General admission is $20 and students with I.D. is $5.

For more information about the Yakima Symphony Orchestra and their upcoming performances, visit www.yakimasymphony.org.

Paid Leadership Positions

Central is looking for students to become leaders for New Student Orientation and Wildcat Welcome Weekend and counselors for the High School Business Week.

Students will get to assist new students and parents, gain leadership experience and enhance human relation skills.

Applications are currently available at Burton or Burton Hall offices. The applications are due April 28 by 5 p.m.

For more information call 963-1704 or 963-2735.

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High School Business Week: Counselor needed
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Wildcat Welcome Weekend: Leaders needed

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Jeff Rosenberry, Associated for Student Life and Facilities. "It opportunities are endless." will be a 7 p.m. screening of Peter Jackson's "King Kong" remake. This is part of Directors vice president of the celebration for the opening of theational style theater," said the new SUB, at noon on the Students of Central Board allows students to experience and get involved with the building. The oppor

The inaugural event for the theater will have, for the first time ever at Central Washington University, an actual movie theater. The theater seats 345, has a 24x12 foot screen, stadium-style seating and a space in front of the screen for performances or lectures. The theater will open, along with the rest of the new SUB, at noon on April 24. "This is a more traditional style theater," said Jeff Johnson, Associated Students of Central Board of Directors vice president for Student Life and Facilities. "It allows students to experience and get involved with the building. The opportunities are endless." The first major program at the theater is the ninth annual Videmus film festival. According to the Videmus Web site, films are selected and introduced by Central faculty members for cultural, political or artistic values and will be discussed with the audience after the film.

New SUB features a silver screen

by Tim Vermeulen Staff reporter

The new Student Union Building (SUB) will have, for the first time ever at Central Washington University, an actual movie theater. The theater seats 345, has a 24x12 foot screen, stadium-style seating and a space in front of the screen for performances or lectures. The theater will open, along with the rest of the new SUB, at noon on April 24.

"This is a more traditional style theater," said Jeff Johnson, Associated Students of Central Board of Directors vice president for Student Life and Facilities. "It allows students to experience and get involved with the building. The opportunities are endless.

The inaugural event for the theater will be a 7 p.m. screening of Peter Jackson's "King Kong" remake. This is part of the celebration for the opening of the new SUB that includes cake, refreshments, the music of Danny Djigo and caricatures by Steve Hartley. "King Kong" will be the first in a series of films presented by campus activities.

"We've chosen a mixture of current documentaries and popular films," Scott Drummond, director of Campus Activities, said. "It will be a good run-up to the major programs."

The first major program at the theater is the ninth annual Videmus film festival. According to the Videmus Web site, films are selected and introduced by Central faculty members for cultural, political or artistic values and will be discussed with the audience after the film.

Films this year include George Cloussey's "Good Night and Good Luck" on May 1, a look at the McCarthy era and Edward R. Murrow, Sergio Ara's "Day Without A Mexican" on May 2, a comedic fantasy about all Mexicans in California suddenly vanishing, and Neil Jordan's "Breakfast on Pluto" on May 4, the story of an Irish youth who becomes a transvestite singer in late 1960s and 70s London. "The theater was built for films," said Leslie Webb, director of the Diversity Education Center. "The audience for Videmus has increased dramatically. We couldn't have picked a better venue."

Film Schedule

Presented by P&F: Palomos, IL-Student Life • April 21: King Kong (SL) • May 1: Good Night and Good Luck (Y) • May 1: A Day Without A Mexican (Y) • May 3: The Good Woman of Bangkok (V) • May 4: Breakfast on Pluto (V) • May 6: Since Otar Left (V) • May 6: Scratch (V) • May 9: Chronicles of Narnia (SL) • May 16: Enron: The Smartest Guys in the Room (SL) • May 15: Wedding Crashers (SL) • May 17: Murder Ball (SL) • May 20: 40 Year Old Virgin (SL)

"We've chosen a mixture of current documentaries and popular films." --Scott Drummond Director of Campus Activities

April

20

Career Quest 2006 8 a.m. to 5 p.m. in the SUB

21

Music department open house. all day

"Let's Talk Politics" with Mark Larson 7 p.m. SUB Ballroom

Northwest Regional Rodeo 11 a.m. slack, 6 p.m. performance at the Rodeo arena

Music department open house, all day

22

CWU Todd Anderson Memorial Rodeo 11 a.m. slack, 6 p.m. performance at the rodeo arena

Kids Saving the World 10 a.m. to 2 p.m. Science Building and front lawn

23

CWU Todd Anderson Memorial Rodeo 11 a.m. slack, 6 p.m. performance at the rodeo arena

Yakima Symphony Orchestra 4 p.m. Music Building concert hall $20 general admission $5 for students with ID

24

Track and Field: Great Northwest Athletic Conference (GNAC) Multi-Event Championships, Tomlinson Stadium

25

Music Recital: Sax Nite, 7 p.m., Music Building Recital Hall

Track and Field: GNAC Multi-Event Championships, Tomlinson Stadium

26

Student Recital: Heather Hart, violin, 7 p.m., Music Building Recital Hall

April 20, 2006 — Scene — Observer

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Track and field sprinters past Wesleyan

by Tyler Lobe
Staff reporter

With the help of senior Teresa Schleret, the Central Washington University women's track and field team outscored arch rivals Western Washington University (WWU) in the Spike Alt Invitational at Tomlinson Stadium last weekend to take the win.

Schleret finished first in both the 100-meter dash and 200-meter races, accounting for two of the nine victories posted by the CWU women.

The men's track and field team also beat out the rival Viking squad in the meet to claim first place; they were victorious in seven events.

"It's always fun to be at home," coach Kevin Adkisson said. "The team wanted to do well in dedication of Fabien Coutard and they did a good job." Coutard, a former CWU track athlete died in an accident last fall.

The women dominated every event of the meet, tallying 181.5 points while Seattle Pacific University (SPU) finished second with 154 and Northwest Nazarene University (NNU) scored 122 points, good enough for third. Schleret automatically qualified for the Great Northwest Athletic Conference (GNAC) championship with the finish in the 100-meter dash (12.80 seconds) and bettered the qualifying standard for the conference in the 200-meter dash, finishing with a 26.05-second mark.

Junior Taylor Goodard, freshman Amanda Gius and sophomore Chelsea Greig-Groch-Evans finished second, fifth and seventh, respectively, behind Schleret in the 200.

"Teresa [Schleret] just continues to impress me with her competitiveness," Adkisson said. "She is running as fast now as she was at the end of last year."

"Accounting for the other seven victories by the women, freshman Rachael Kaecher won in the 400 (50.04), senior Lindy Mullen in the 800 (2:16.4), senior Ashley Rountree in the 100-meter hurdles (15.39), sophomore Kara Nygard in the 400-meter hurdles (1:06.13), and sophomore Krissy Tandle in the shot put (39.11.5). The Wildcats also took first place in both the 4x100-meter relay and the 4x400-meter relay, crossing the finish line at 48.7 and 3:35.19, respectively. The 4x400 team set a new conference best time with the finish, shattering the previous best by nine seconds, established by SPU earlier this season.

"It all comes down to personnel," Adkisson said. "We have so many talented girls that we can put out on the two teams we currently have. I wouldn't be surprised if they break the school record [3:53]."

On the eve of her twentieth birthday, sophomore Kate McMeel placed second in the javelin and sophomore Sarah Benson also finished second in the sprints.

For the CWU men, seniors Cresp Watson, Jason Roberts and Mike Kelley all finished one-two-three in the 200 meter dash while freshman teammate Dan Schie finished seventh in the event.

Kelley also competed in the 400 meters and took the victory there (49.14 second finish). SophomoreAlvaValdez came in right behind him in fifth (50.64) and sophomore Andy Gundell settled for eighth (52.18).

"[Mike] Kelley had a huge time in the 400 meters," Adkisson said of his 49.14-second finish. "He was only three-tenths of his personal record."

Sophomore Robert Edwardshad another great day on the track, finishing first in the 110 meter hurdles. Freshman Jonathan Rink, senior Geoff Anderson and junior Brian Rockenbach finished first (15:42.3), third (15:58.62) and fourth (16:16.27), respectively.

Freshman Matt Valdez won the shot put event with a 50.04-.75 foot mark and junior teammate Ian Wells took first place in the javelin with a throw of 181 feet.

As a team, the Wildcat men finished at 155 points as WWU topped out at second place with 174.5 points and NNU got third with 77.5 points.

"The athletes showed their pride out there. Everyone was really proud of them," Adkisson said.

The Wildcat track and field team will travel to Pullman this weekend for the Cougar Invitational while a select few will make the trip to Eugene, Ore. for the Pac-10 meet. It will be one of the last chances for the athletes to qualify for the fifth annual GNAC Track and Field Championships.

Football program prepares for new conference competition

by Nolan Teasley
Staff reporter

Spring football practice has arrived, but this year there is a different agenda to be set and different goals to be met.

During years past the Central Washington University football team would most likely be using the tutelage of Coach John Zumberlin and the repetition of spring drills to prepare to defend their Northwest Athletic Conference (GNAC) championship football championship, but this year presents a different test.

During the 2006 season the Wildcats will be joining the newly aligned and ever competitive North Central Conference (NCC) which has multiple strong football programs, each with two of the toughest teams in the nation, the University of North Dakota and the University of Nebraska-Omaha, both of whom are mainstays in the national playoffs year in and year out.

"It may be a great challenge, but we're excited about it," Coach Zumberlin said.

Not only will the Cats be facing tough competition from the NCC, but they will also be facing a whole new set of responsibilities different from those often not than the side of playing on the road.

Their schedule includes seven away games and only four at home. When facing this type of opposition most teams might lack confidence, but after a season in which they won their conference championship these Wildcats boast an abundance of poise with a plethora of talent.

"We're young, but we have a lot of rising stars. I think that we are going to be pretty darn good." -Ryan Andrews
Senior
Free Safety

When it comes to the offensive side of the ball Central never rebuilds, they just reload. With sophomore quarterback Mike Reilly coming off a season in which he received both GNAC freshman of the year and first team honors, the expectation is that the tradition of excellence for Central at the quarterback position will continue.

The receivers are young but extremely talented. Senior Josh Boonstra and junior Brandon Robertson have both been starters, but will look to step into a more featured role this year. Junior Chris Jameson will add experience and freshness Johnny Spevak, whose athleticism was well documented this past winter on the basketball court, should provide more than a few thrills.

"We aren't as explosive as last year, but we make up for that with depth and consistency," Boonstra said.

As for the offensive line, sophomore guards Buddy Anderson and Matt Coffman are returning a year after sharing second team all GNAC honors with junior center Sam Himelman. Sophomore Aaron Gilbert was voted to the first team all GNAC after a stellar year of defending Reilly's blind side.

When it comes to the all important running back position, anyone who saw Will Bennett shoot up the left sideline for a crucial touchdown in last year's Battle in Seattle, all questions should be answered, and Johnny Lopez, a junior college

Dojo mojo: Karate club kicks it up a notch

by Josh Knight
Staff reporter

Central Washington University has had a Karate club for five years. Every year it seems that more people are drawn into competitive fighting.

The practices focus both on high intensity sparring, for more accomplished fighters, and drilling the basics for the beginners. Technique is important in any fighting style; it is imperative to learn the basics to keep safe and to build on what is already known.

"The Karate club teaches you confidence, you learn how to fight, and it also teaches you concentration," club president Andrew Wiggin said.

The athletes train year round to keep in top shape. Their competitions are harmless-knuckle fights in rounds lasting two minutes.

The competitions are full contact, it's not like the "Karate Kid", it's real and you get bruises," super-heavyweight Ryan Higdon said.

That sound like fun to some people, but that isn't all the Karate club is about. Some come to learn self defense or explore the potential of their bodies. The club can accommodate all sorts of body types and abilities.

"Some people come here just to lose weight and others come here to compete," Wiggin said.

The team competes with Dojos from Vancouver, B.C. to Seattle, Auburn, and Pullman. They also have regularly scheduled tournaments that give them a chance to showcase their skills. On Apr. 29, they have a tournament that is open to all styles of fighting. The big tournament of the year is located in Sydney, Australia on Nov. 9, 2006.

"I was scared out of my mind, but it turned out really well. We were so competitive, and it was really competitive," Higdon said. "You come and don't think about anything for two hours.

Through training it is possible to move up through the belt ranks. Within each level, comes a different requirement. Each belt requires conditional testing and participation in a fight. The black belt is the greatest accomplishment in an MMA fight," Wiggin said.

He has been involved with the Karate club for a year and a half and had no previous experience.

"I always played hockey, rugby and football," Wiggin said. "These experiences helped me prepare for the dedication of karate."
Wildcats drop two of three to Warriors

by Jordan Montgomery
Staff reporter

While stretching their legs out on the road, the Central Washington University Wildcats showed their talent and easily swept Montana State in Billings. The Wildcats demonstrated, once again, their ability to play a great game. That series appeared as a good omen for the weekend series to come.

The Wildcats came into game one against the Cal State Stanislaus Warriors eager for more wins. The Wildcats first series of the season was against the Warriors, which they split. The Warriors now rank 16 with a 25-14 record, represented an exciting challenge for the 15-17 Wildcats.

Saturday’s weather slowly turned bad, yet the game went on as scheduled. The Warriors’ lead off man and designated hitter, Pete Hernandez, smacked the ball which landed perfectly just fair of the left field line, which allowed him to reach second base. Hernandez became the Wildcats’ worst enemy and Warrior proclaimed “leader of the team” when he hit a .500 average for the weekend series to come.

“Of all the series we have to put it together in games, and play consistent baseball,” said junior outfielder Brian Maloney.

A new day and a new game, the Wildcats looked for redemption for Saturday’s loss. Central starting pitcher, senior base, Finch started and ended the game. He pitched all nine innings, allowing only two runs out of 12 hits, while striking out six batters. Central pulled out a 3-2 victory.

“It’s just the way it is, it goes up and down and some days we had offense,” said junior outfielder Brian Maloney. “We will put it together but we’re not there.”

The Warriors struck first once again, when Hernandez reached on a solid shot to center field. After a sacrifice bunt and a steal of third he took home the lead after a weak hit to first by Valentine. They didn’t score again until the fourth inning. However, it would seem that their second run lit a fire in Central’s attack, who hit consecutive singles, putting men on second and third, only to be driven home by a single to center, hit by senior catcher Kevin Kunser.

Kunser scored later when the bases walked full and right fielder Mike Carrigan took his base after being hit by the pitch. When the game ended, the Wildcats won 3-2.

“We competed really well, I think we were seeing the ball better and our bats are coming back,” said sophomore second baseman Tyler Farrington.

For both teams. Sunday’s second contest looked like a glimpse back to their Saturday game. In the first inning after a foul out, the Wildcats struggled to keep the Warriors off the bases.

A walk, then a fielding error gave the Warriors runners at second and third. A hit batter put the bases full, all to allow Warren left fielder Bennett Gordon to put one over the right field wall. After the damage had been done, the Wildcats ended the inning five runs down.

Central turned into a new team and held off more runs until the last inning, almost pulling out of the game by tying it in the fifth. Jamie Nilsen’s homer to left field knotted the game at five. The hopes were high; everyone thought that a comeback was possible due to the way Central’s starting pitcher Mike Morris was throwing.

After the trouble in the first inning, Morris only allowed another four hits the entire game, and only one run. The Warriors did come away with the game in the top of the seventh with two outs, when right fielder Tony Marx hit the clinching homerun. The Wildcats could not respond and the series ended.

“I think we have turned around since Nazarene, we started to like to like to play again,” said senior designated hitter Jordan Montgomery. “I think we have turned around since Nazarene, we started to like to play again.”

FOOTBALL: Team looks strong in spring workouts

Quarterbacks and wideouts work to polish their routes during spring drills during Tuesday afternoon practice.

Team looks strong in spring workouts
**Women's club soccer kickin' it this week**

by Lander Scholtz
Staff reporter

The Central women's club soccer team plays every Tuesday night in Yakima.

The men's and women's soccer club go at it on Tuesday afternoon. The Central club's soccer team plays every Tuesday night in Yakima.

**Karate builds strength, respect, character**

by Krasso Sato
Guest reporter

In Ellensburg, near the Kittitas County Courthouse, there is a place where people can learn about Japanese arts. It is called Central Washington School of Karate. Karate is interpreted "empty hand," and is the self-defense art that originated in Okinawa, Japan.

Central Washington School of Karate (CWSK) was opened in 1984 by Sue Young, the owner of this dojo (gym). She started karate in 1979 and earned her black belt in two years from Morris Mack, who was the master of the Shudokan Karate dojo. Since then, she and her fellow members have been instructing many students who are interested in the self-defense art. "My motto is building students with strong character and good technique," Young said. "I am also attracted by karate because it seems not only the mighty and power but also mental power and stability, which are in common in the oriental martial arts."

At present in this gym, there are Karate students ranging from four years-old to 84-years-old. More women in the United States participate in training of the self-defense arts than women in Japan. For little

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Soccer: Game set to be played next week

continued from 15

defender forcing the opposing team away from the goal. Freshman Rashell Kamienski also found her star position as an outside midfielder, making sure the ball was always in play. Sophomore Shannon Wilson had an array of precise passes to her teammates while playing center midfielder.

"We are so much better then when we started, we are finally starting to gel," Smith said.

Each girl stepped on the field to play hard, and even though it was only a scrimmage, they treated it as a real game to improve their skill and mindset for their upcoming games.

Central women's club team hopes to prepare themselves through every possibility they come across in order to strengthen the team and come out with a win. The scrimmage on Tuesday was fun, intense, frustrating, and exciting and they hope to show the women's varsity team the same intensity, if not more in their upcoming game.

"We're gonna show them our A-game when we play the varsity team," Smith said.

Karate: Artform provides mental edge

continued from 15

children, there is a separate section where they can naturally learn the basic movement by playing with the instructor.

The training of Karate begins with defense. There is a saying that states; "Karate ni sente nashi," which means there should never be a preemptive attack against someone, using Karate. Namely, a man or woman must not use Karate for showing off their power. During the practice, instructors teach their students with kindness and understanding. The students respond by working seriously to acquire various kinds of skills.

"Karate practice is never as dangerous as many people think, if you follow the instructor's advice," Young said.

Karate is martial arts, but at the same time it is an effective way to develop physical strength, mental training, and helps get rid of the stress from a busy daily life. It also cultivates moral development and sense of respect for others. It values manners and aids the formation of character through the training of Karate. For instance, at the beginning of the practice, instructors and students take a bow and say "Please take care of me," and at the end of the practice they say "Thank you very much."

This shows Karate begins with manners and ends with manners.

"I want many people to appreciate Karate and know the oriental spirit," Young said.

Central Washington School of Karate plays the role of civic diplomacy and friendship between two countries and makes a great contribution to the understanding of foreign culture.