5-4-2006

Observer

Central Washington University

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Peel the Onion

Learn how to take the tears out of solving your group's problems!

FREE WORKSHOP!
Friday, May 19, 3-5 p.m.
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Sam Chaltain, national director of the Freedom Forum’s First Amendment Schools project, will teach you a structured way to tackle conflict and problems in a constructive, democratic manner. Even those who’ve locked horns will know their voices were heard — and your group will better understand any deeper issues.

RSVP by May 12 to owensk@cwu.edu

Sponsored by the CWU Communication Department as part of the First Amendment Festivals. Funded by the CWU Faculty Senate.

Community members join immigration reform protest

On Monday, May 1 citizens from around the region gathered in Yakima to take part in national immigration protests. Estimates put the number of protesters at more than 15,000.

"We were shocked," said Celia Martinez, Central Washington University student and member of MECHA. "The mayor (of Yakima) spoke to the crowd and said how valuable immigrants were to the area."

The march began and ended in Miller Park. At the end of the march, community members spoke to the crowd about the importance of immigrants and their contributions.

Martin said it was a great experience because all kinds of people, not just Latinos, were there.

Dyrdge, program coordinator for the Diversity Education Center, organized a Monday night BBQ in observance of the protest. More than 100 people gathered.

Around 3 p.m. many of the group traveled to Yakima to join the protests there.

Starbucks sells ‘Joe’ in the land of tea

by Stephanie Howard
Staff reporter

The Chinese have been tea drinkers for more than 3,000 years. Stories vary as to who was the first tea drinker, though they all come to the same conclusion: Tea was originally used for medical purpose until becoming a common drink. That is until Starbucks and their specialty coffee entered the market in China.

Christine Day, the Asia Pacific group president for Starbucks Coffee International, gave a lecture entitled “Coffee in the Land of Tea” on April 28 in McConnell Auditorium. During her lecture she discussed the Chinese market, such as opportunities and threats that Starbucks faces and the different cultural aspects.

“We have to make a deeper connection with the consumer,” Day said.

The main consumer who Starbucks reaches out to in China is the young population. This is the generation who has been exposed to Western culture. Starbucks use their strategy in China to socialize and practice their English skills.

“The social aspect of Starbucks for dating has been the biggest factor," Day said of the company’s coffee shops.

Starbucks in China is much different than Starbucks in the United States. While here in Ellensburg there are four Starbucks stores, in China the company is told specifically where they can

VOTE ALL DAY FOR
CAMPUS POSITIONS

by Paul Roatte
Staff reporter

The primary election for the ASCWU BOD will be held today in person voting and begins at midnight on Wednesday and ends 7 p.m. on Thursday. There are four polling places total and two places to vote in the Student Union and Recreation Center in the sub pit from 9 a.m. to 6 p.m. and at the west entrance from 10 a.m. to 4 p.m.

There is one polling place in the Samuelson Union Building from 10 a.m. to 6 p.m. and another in Nicholson Pavilion from 4 p.m. to 7 p.m.

Online voting will begin at midnight on May 1 and end at 7 p.m. on May 4. All Central Washington University students were sent a reminder email to their Novell GroupWise account on May 1 with detailed instructions of how to vote online. Absentee ballots are available in SUB/REC room 262.

Not all the candidates will be in the primaries because two positions are running unopposed: Vice President for Academic Affairs, Katie Underwood and Vice President for Student Life and Facilities Jeff Rosenberry. While two positions, President and Executive Vice President, have two parties running.

Tamara Dowse, David Reynolds and Tony Aronica are running for Vice President for Clubs and Organizations.

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PRIMARY GUIDE FOR 2006/2007 ELECTIONS

VICE PRESIDENT CLUBS & ORGANIZATIONS

TONY ARONICA
HELLO CWU! I am excited and enthusiastic that you are taking the time to become an informed voter. After three years of service in the student government, commitment to students and passion for positive change will guide my actions. I love Central’s vibrant club system because they create community for the 3,500 students who actively participate and serve as a network of resources. I hope to increase the levels of club impact on campus with the development of a more cohesive Senate through events like the spring “Wildcat Madness”, “Club Days” and “Club of the Quarter”. Creating more qualified and engaged advisors and club leaders by improving communication and providing training workshops is also a priority. Support continuity and passion; Re-elect Tony Aronica for VP of Clubs and Organizations.

2005: Rodeo Club; Rodeo Club (Fall 2004-Current); EWS Club (Treasurer Fall 2005-Current); SUB Committee-Non-Trad Representative (Fall 2004-Current); Academic Appeals Board (Fall 2005-Current); Small Grants Committee (Winter 2006-Current). My goals after being elected as VP for Clubs and Organizations include but are not limited to: Ensure all clubs and organizations are treated equally. To work with them to get their names and purposes out for new recruitment; VP for Clubs and Organizations hold the responsibility to act as a liaison to the other Centers. I plan to visit them and hear what those CWU students want from our main campus.

ERIKA GAERTNER
Hello, my name is Erica Gaertner and I am a Senior Law and Justice Major. I became interested in the position of VP for Equity and Community Service after living here in Ellensburg for 3 years and working closely with individuals throughout the valley. Many times, I have heard of the difference between what the community expects of Central students and what they perceive the student population returns to the community. I feel there is great potential in getting Central students more involved in Ellensburg creating wonderful friendships, networking, learning locally and truly giving back to the community. My mission is to present workable options between students and the community to strengthen the bond between the two.

DAVEY KINDER
In my time at Central I have strived to be as active on campus as possible. As a student, I have been a member of numerous committees such as the Athletic Compliance, Academic Affairs, and several others. I have participated in varsity athletics at Central, I am the co-chair of the Student Athletic Advisory Committee (SAAC) and I am also on the executive board of the conference SAAC. During the last few years, I have worked for and supported the Civic Engagement Center on numerous community service and outreach programs. I feel that the position I am running for needs to have a person with an open mind for new ideas and background in the field to which they are applying. I am confident in my abilities to help facilitate positive change and to represent the students in a fair and unbiased manner. Thank you.

DERRICK PEACOCK
My name is Derrick Peacock and I am seeking your vote for Vice President of Equity and Community Service. As your Vice President for ESIC, I plan on advocating for you, the students. Serving as chairman to the Equity and Service Council I will represent and ensure that our Comprehensive matters of equity, diversity, and service that affect every CWU student. I intend on implementing programs both on and off campus that will increase unity among Central students. My experiences as Residence Hall President for the Leadership House, Representative to the ESC, Social Coordinator for CLI TSA, and an active participant in the Residence Hall Association have strengthened my passion for this position. I serve on the Parking Appeals Board, and am dedicated to student involvement. I believe that no voice is too small, and every student has a say. Together, we can create lasting diversity and unity among CWU and our community.

STEVE DUPONT
As your current Vice President for Political Affairs, I am dedicated to representing the interests of all Central students. In Olympia, I am now well-known and well-respected by lawmakers who make the decisions that affect CWU. Next year I hope to have the opportunity to build upon what I started in 2006 by: Increasing CWU’s financial aid ability. Hindering textbook publishers from swindling students. Keeping tuition affordable. Preventing credit card companies from deceiving students. Passing bills that will benefit YOU.

I will also represent your on-campus interests: parking, clubs, or whatever needs attention. It would be my honor and pleasure to serve your interest for a second term. It is important that you make the right decision because 2007 is an important year in the Legislature for tuition and financial aid. Remember it’s YOUR voice. That’s why I’m YOUR Vice President for Political Affairs!

BRETT TAYLOR
When our forefathers came to this great land, they envisioned a prosperous, free country. Where individuality, and personal freedom were guaranteed over Governmental constraint; Democracy, was the idea. Today, students are made to bare more of our over bearing National debt, and our State Government has yet stepped in. I want to use all students no matter school colors or geographical location. Student issues are universal, crossing the barriers of indifference and affecting all whom enroll. Together, at CWU, we can ignite that fire. In coordinating our efforts as the Student Body President and representative of other clubs and organizations.

My successful year here at Central Washington University included being on four committees including Campus Judicial Council, Council of Probity, Faculty Senate, and Services and Activities Funding Committee. Because of my willingness to hold to my values, I have been invited to be on a Special Reorganization Committee for the Rainbow Center by our current Student Body President for the upcoming year. I believe my ability to lead by example, along with my honest work ethic will provide a fair, unoverring voice for the student to bring about a positive and successful year for all.

BRYAN MASSEY
As students we take on many responsibilities as we sprint through each day. Reminding Olympia of the importance of education, that often slips our mind. To maintain the high standard of living, we must examine the education of our generation. Olympia needs to invest in the future by assisting Washington students.
finds herself following the trend. "I think it's my choice," Moreau said. "I have pods and I make them keep it down."

Since ear buds are placed directly into the ears instead of outside, like earphones, they actually increase volume levels by six to nine decibels. A Scotsman News Web site revealed that because outside noise is 330 percent louder than indoor, people crank the volume up to keep the [volume] about medium to low, but I have to turn it up pretty loud if I hear people talking. Loud noises can highly affect hearing loss. Once the sound tunnels through, it hits the eardrum and the pressure waves are aligned and strike the eardrum at right angles. The middle ear bones then conduct sound from the eardrum, which transmits air to fluid. An increase in pressure is the result of the decrease in the area of these two membranes. Hair cells then create electrical charges that race to the brain. Hair cells are lost when this process happens. Moreau said. "My kids have pods and I make them take them off," Nelson said. "You'll lose hearing as a result of these earpieces and loud noises. Nelson claims normal conversation is 45 decibel hearing level, but some people raise their music to around 110 to 120 decibels, a damaging level which is equivalent to a rock concert or a power saw."

Some people, like Baum, said that if someone informed her of the potential hearing loss, she "probably wouldn't listen because I don't really care.

But some people do. Apple has been under fire for its ear buds and could face a bumpy road ahead. It might not be their fault, if people are misusing their pods. Nelson said there are plenty of other noise sources that contribute to hearing loss, and individuals make their own choices regarding volume levels. Apple includes a warning about conscious volume levels in every iPod instruction manual. Some people disregard the message. Nelson educates people about music levels and noise reduction in hopes that hearing damage won't increase. "I'm pretty in tune with sensing people's needs and a huge advocate of downtown."

"If I choose to listen to their music too loud, then they choose to deal with the consequences," Moreau has different opinions. "The closer [the ear buds] are to your eardrum, the greater the chance of hearing loss," Moreau said. "I would never tolerate to come up with something safer.

Nelson educates people about music levels and noise reduction in hopes that hearing damage won't increase. "Turn it off," Nelson said. "You'll regret it. Everybody will be complaining and you'll be asking, 'What! What!' all the time and then you'll be (in my office)."


**Advertising major**

Derrick Peacock and Dayne Kinder are the last candidates at Central so far and have been invited by Karena Shellman, Staff reporter.

Turn them down and turn them off. That's what Linda Nelson, clinical audiologist for Ellensburgs' Northwest Audiology and Hearing Aid Center is urging iPod and mp3 users to do. The desirable iPod device, which includes the original iPod, the mini, the nano, the shuffle and the video, is packaged with the recognizable white ear buds which are said to destroy hearing loss in users who are not careful listeners.

"People are deafening themselves when they are walking around," Nelson said. "I have pods and I make them keep it down."

A ScienceDaily Web site discusses the effect iPods have on users. Tests have shown that ear buds affect high frequency hearing in individuals, resulting in normal conversations to be misunderstood. Since ear buds are placed directly into ears instead of outside, like earphones, people actually increase volume levels by six to nine decibels. A Scotsman News Web site revealed that because outside noise is 330 percent louder than indoor, people crank the volume up to keep the [volume] about medium to low, but I have to turn it up pretty loud if I hear people talking. Loud noises can highly affect hearing loss. Once the sound tunnels through, it hits the eardrum and the pressure waves are aligned and strike the eardrum at right angles. The middle ear bones then conduct sound from the eardrum, which transmits air to fluid. An increase in pressure is the result of the decrease in the area of these two membranes. Hair cells then create electrical charges that race to the brain. Hair cells are lost when this process happens. Moreau said. "My kids have pods and I make them take them off," Nelson said. "You'll lose hearing as a result of these earpieces and loud noises. Nelson claims normal conversation is 45 decibel hearing level, but some people raise their music to around 110 to 120 decibels, a damaging level which is equivalent to a rock concert or a power saw."

Unfortunately, a lot of people just don't care. "I use [my iPod] to drown out outside noise because it helps me focus on what I'm doing, like working out and studying," said Alexandra Baum, sophomore advertising major and iPod mini owner.

That's exactly what's causing hearing loss: the desire to drown out obnoxious noises. Some symptoms include mumbling and frequently saying, "What?" Nelson warns those who feel they are experiencing hearing loss to visit a doctor. If people actually catch hearing loss early, it could be treated. Experts say iPods should be turned down to reasonable levels and be turned off after an hour of use.

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Next on the ballot is David Reynolds, a non-traditional sophomore. He served four years as Associated Student government experience, but makes their own choices regarding volume levels. Apple includes a warning about conscious volume levels in every iPod instruction manual. Some people disregard the message. Nelson said. "I want to make clubs more viable, most clubs don't advertise and people don't know about them. I'm always up for that in other areas."

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Leader denounces violence

Yaneth Perez is not a revolutionary. She is just a woman trying to spread the word about her war-torn country of Colombia. She is trying to get her millions of Colombian voices heard here in the United States.

She did just that, by speaking at a variety of classes at Central Washington University last week, including a two-hour lecture in Black Hall which was open to the public.

Perez is the president of the Dawn of Women for Arauca, an organization that defends women's rights and works to improve the social situation in one of Colombia's most war-torn regions.

"We have to do something together to stop both the war in Colombia and all other wars," Perez said in her lecture last Thursday. "So our future generations have some hope for a life."

The violent history of Colombia dates back to the 1960s, but in Perez's region of Arauca, recent events took place where five different oil companies now have investments in the land. Occidental Petroleum specifically, has an oilfield and pipeline that are protected by the Colombian and U.S. military.

"As students we have a responsibility to learn for ourselves on matters like this one (in Colombia)," said Scott Semprinzer, junior social studies major. "I might not directly change anything by being here, but having this knowledge is important."

Since 2000, the U.S. government has given more than $3.8 billion to the Colombian military and police. The Colombian military, along with para-military forces, is threatening and killing women's rights activists and other community leaders.

In her lecture to more than 50 students and staff, Perez said there "have been numerous massacres and bombings" in her region, citing one specific bombing that "killed 17 and wounded many others."

An interpreter aided Perez during her lecture, because of her limited English vocabulary. Interpreting was Scott Nicholson, the president of the Montana Human Rights Network (MHRN).

which was one of the main sponsors of Perez's presentation. Along with the MHRN, the Latin American Studies program, Women's Studies and the Department of History all had a hand in bringing Perez to Central.

"That's really important here is creating a sense of solidarity and sisterhood between not just our two nations, but everyone all over the world," Nicholson said.

Perez has toured numerous universities and community centers in Oregon, Washington and Montana, having made her presentation more than 35 times already since she arrived in the states on April 3. Since then she has spoken about her effort to carve out a dignified life in a Colombia at institutions such as Carroll College in Montana and Willamette University in Oregon.

"It was a really good eye opener, I can't even imagine being in her position," said Sarah Shanklin, Ellensburg High School senior. "I wish there was something significant I could do to make a difference."

Perez and Nicholson urged students and staff to educate themselves on the situation in Colombia and to write to their state senator. Nicholson said that by writing to senators, citizens can persuade them to vote against the large amounts of funds that the U.S. gives to the Colombian military every year.

"We must say to those students at the end of winter quarter with a bachelor's degree in exercise science or a minor in athletic training. While she attended Central, she worked in the Continuing Education department. She said that she interviewed in many departments but was hired immediately there.

"With my degree from Central and a nursing degree, I can work with cardiac rehabilitation patients," Torney said. "It doesn't require a nursing degree, but just gives me that advantage over some of the others in my career field."

Torney received the award last week at the WSASEA conference in North Bend and was awarded a $100 savings bond.

"I believe that my nomination letters were written with heart, with love from the people that believed in me," Torney said. "I only did what I thought was necessary and part of my job, so I think that it's wonderful that I have higher expectations, for myself!"

Cindy Hunt, Fiscal Specialist, Continuing Education said that Torney was more than qualified.

"Robbi is a self-starter who can be relied upon to always be ready to start work on time and to work with little to no supervision," Hunt said.

She will be officially named Central's Student Employee of the Year on May 24, at the Center for Excellence's Ninth Annual Event of Recognition. She will also be acknowledged on June 9 at the Central Honors Convocation.

"All student employees were potentially considered for it," Hunt said.

Torney is working on her nursing degree.

"I'm in the preliminary classes for YVCC's Yakima Valley Community College nursing program," Torney said. "Once I get in the program it will be a two-year commitment, and then taking my state boards, and finally practicing."

Torney will be back on campus this summer, working in information technology. She said that she is excited to see how other offices at Central work, but she will miss Continuing Education.

COLLEGE: Central alumnus will speak at Business Honors Banquet

Another cultural difference is Starbucks' store openings in China. The events are more formal than they are in the United States. Ribbon cutting ceremonies are performed with city officials and the Chinese perform a ritual Lion Dance in honor of the new store. One remaining similarity is that a band plays to liven up the atmosphere.

Both Starbucks' green tea latte and green tea frappuccino originated in China. Starbucks has even created their own bubble tea drink sold only to the Chinese.

"China wants to show the world they are part of the world," Day said.

Day will return May 13 to speak at the College of Business Honors Banquet.

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New D&M Coffee shop sets eco-friendly example

by Megan Hansen
City editor

With the smell of coffee lingering in the air and the bright, contemporary decor, one would think it’s just an average coffee shop. However, it’s much more than that. The new D&M Coffee shop on Water Street provides more than just coffee. It offers the chance to show and educate customers on the importance and benefits of eco-building.

Eco-building, defined as incorporating “green” technologies and design elements, making it energy efficient, comfortable and healthy, is a relatively new concept in Ellensburg that is slowly spreading throughout the community. One type used in Kittitas County is straw bale building, which uses straw as the base for walls.

The D&M shop is the only commercial straw bale building in Ellensburg. It is a post and beam straw bale building consisting of multiple beams and bales of straw held together with chicken wire, which is then covered in Stucco. There is less energy consumption and builders aren’t hitting natural resources as hard, Bottcher said.

By constructing something out of straw, builders are using a waste product of farming. The builder is saving money by using materials close to the building site, said Mark Halloway, owner of D&M Coffee Co.

Ellensburg is a rather breezy city and some might question a straw building’s sturdiness, however straw bale buildings are just as strong as stick built ones.

“There are straw bale buildings that I know of [in Kittitas County],” said George Bottcher, contractor for Earth Friendly Construction.

Bottcher, a member of the NorthWest Ecobuilding Guild, has worked on several straw bale buildings and sees the benefits of them.

The importance behind straw bale building is that it saves resources. There is less energy consumption and builders aren’t hitting natural resources as hard, Bottcher said.

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“There are straw bale buildings that are over 100 years old,” said Halloway. Halloaway, a member of the Eco-Building Guild, feels that conserving resources is important.

“As a country we’re incredibly wasteful,” Halloway said. “We need to realize the resources are precious.”

While the cost to build straw bale isn’t much less than a normal building, Halloway, who constructed the building himself, saved money in the long run.

By using straw, the insulation increased to a R50 rating, opposed to the average R19 rating, meaning the insulation absorbs and transfers heat at higher rates.

“It keeps it cool in the summer and hot in the winter,” Bottcher said.

Also, by using the straw bale technique, the shop has a two-hour fire rate, meaning it would take two hours to burn opposed to the normal 30 minutes for a regular building.

While the idea of eco-building is new to some people, some have concerns about the eco-friendly alternative.

“My worry is inside,” Larry Alphin, resident and Central Washington University maintenance worker said. “What about the pesticide inside? What keeps it from eating it from the inside out and collapsing?”

Halloway hopes that his shop will inspire others to realize the importance of eco-building and encourage them to pursue their own straw bale homes by introducing the idea through his building.

“This specific place would be a great conversation place for people interested,” Halloway said.

The Northwest Ecobuilding Guild is a non-profit organization that works toward establishing sustainable building practices. They meet the second Tuesday of every month at D&M Coffee on Third and Pine to discuss different ideas and projects.

“The Ellensburg Farmers Market is over it’s another hour and a half to get ready and leave.”

The Ellensburg Library has been in search of a new director since December. For the full story on reasoning behind the staffing change, qualifications and job duties visit the Observer Online at www.ews.edu/~observer.

State park budget feels the squeeze after legislation cuts $5 parking fee

by Bryan Phillips
Staff reporter

Morris Shooko, park manager for Bridgport State Park in Eastern Washington, is not happy about park maintenance.

“We’ve had to reduce the amount of maintenance for Bridgport State Park because we just don’t have the money,” Morris Shooko said.

Funding for Washington State Parks is in shorter supply due to recent Washington State legislation to drop the $5 parking fee used to help pay for maintenance.

“The cut comes at a time when state parks have a backlog of maintenance projects totaling roughly $40,000, and will add an estimated $3.4 million to the total each year.

“With no-long term solution to alleviating the loss of revenue from the parking fee cut, state parks, including many in Eastern Washington, forced to make sacrifices.”

The Washington State Legislature's response was the creation of a $31.1 million allocations for state parks for the loss of the parking fee. However, the fund has a one-year limit, and no long-term plan exist to replace the parking fee revenue.

“The governor and the legislature have promised that in 2007 a long-term plan to support the state parks will be found,” said Virginia Painter, head of public affairs for Washington State, “Right now we’re leaning on that promise and we’ve been waiting for financial aid for a long time.”

The parking fee account for a large portion of the revenue the parks raised on their own. Many in the parks service support the absence of the fee, hoping it will increase day–over–attendance.

“You have to weigh the good with the bad in this situation,” said Jim Harris, Eastern Washington region manager for the state parks. “While we may experience an increase in vandalism now that the parking fee is gone, we’re happy that the general population, regardless of economic status, can feel more welcome in the parks.”

Washington State ended last year with a budget surplus of $1.3 billion. Governor Christine Gregoire has encouraged saving money in case Washington's economy falls on hard times, and has refused to spend money on state parks.

Painter said the commission for the Washington State Parks has plans to fix up the park systems, add more developed land to existing state parks and build a new state park.

In the meantime, Washington State Parks continue to feel the effects of rising gas prices, rising maintenance costs and a loss of revenue during a time when state parks are falling into disrepair due to reduced budgets.

The outside of the structure is painted with iron oxide, which is a pigment used in ceramics and metals like copper. It is completely natural and works as paint.

Vendors prep for annual Farmers Market

by Joshua Gaertner
Staff reporter

April showers are over and vendors are getting ready to bring May flowers and much more to this year’s thirteenth annual Farmers Market, kicking off May 6.

Vendors from all over the Kittitas County and a few from Yakima, will gather in the Wells Fargo Bank parking lot from 9 a.m. to 1 p.m. every Saturday throughout the entire month of October. The vendors will sell a variety of goods; fresh produce, fresh foods, arts, crafts, homemade soaps, skin lotions and homemade salves.

“This event takes months to prepare by the board of directors and the individual growers, and a lot of time is spent setting up and taking down booths when the day is done,” said Linsda Larsen, president of the board of directors of the Kittitas Farmers Market Association and vendor.

“This year will be Dick Fields’ twelfth year participating in the market. He and his wife sell an assortment of produce, soaps, arts and crafts.”

“We start picking our produce Friday evening and then Saturday we arrive at 7 a.m., to set up so we're ready at 9 a.m.,” Fields said. “And after the market is over it’s another hour and a half to get ready and leave.”

The Farmers Market has the maximum number of vendors every year.

“Right now the list is packed and I still have a few wanting to sign up,” said Pam Graeter, market manager in charge of promotion, signing up vendors and assigning spaces.

The vendors pay yearly dues of $25, unless they are a first year member, then the membership fee is $30. Apart from membership fees, vendors will pay $7.12 depending on the size of the space.

“Altogether the vendors make over $90,000,” Larsen said.

Many community members are present during the Farmers Market, but not a lot of college students attend.

“We would love to see more college students and I know they don’t have a lot of money,” Graeter said. “I know, because I was a college student, but this would be a good place to get fresh food, just like our mothers always say that we need our fruit and vegetables.”

The Farmers Market is held in the Wells Fargo parking lot located on Fourth and Pearl Street in the heart of downtown Ellensburg.

Graeter asks that people who go to the bars on Friday night not to park in the Wells Fargo parking lot.
Throughout our lives we will encounter multiple situations that will cause us to be sad, angry, stressed, or in some way uncomfortable and downside hurt. I know I have been in that place too many times recently with midterms in the air. But yet I am still here, writing this observance. In a moment I felt angry, frustrated, betrayed. I felt like I was nothing. I was so upset about the situation I made my self physically sick. I was so pissed I couldn't stop crying. That single moment in time had stopped me from making a decision that I thought would be a complete mess. After a few days I stopped crying. I got up, went to work, went to school, and worked on theObserver. My life did not come crashing down on me like I thought it would. It showed me that it would continue as before without a hitch. Cashing a restaurant supplier only hurts when the restaurant has nothing to begin with. Closing a meat packing plant does nothing but give other workers a day off with still enough goods to supply the nation. For those who still think we were complaining over the past few months compared to what we've seen years before. Several issues are still coming out of the woodwork, and we must all express our right to our opinion.

The National Anthem should be sung in English, even if it can be taught in Spanish. As diversity of a nation we are, Francis Scott Key did not write The Star-Spangled Banner as himno nacio nal de Estados Unidos. Take that to it may, but it's enough of a tradition, it is longer a matter of being politically correct, people listen more when you are blunt about the issue.

I found enough surprise in the fact that we were complaining over the issues of immigration in "The Tortilla Curtain" that we were actually the right to come our door. I guess our One Campus, One Book program made everyone realize in finding the best story to spark debate; it only took five months to develop into page-one news. Eventually we will all see compromise. America is showing that we are an important people; we demand immediate results, just like those who are seeking their rights. The obvious key from here to is to have everyone show patience. There is much that we need to work out before we see the solution we are all looking for. Things take step one is for everyone to understand that. We won't know step two for a while.
Students show their art
at the 3rd Annual Juried Student Art Exhibition

by Jackie Molzhao
Staff reporter

The room was filled with colors and emotions. Looking from piece to piece an observer could see the difference of personality and taste of each creator. The artwork varied from gentle and mystical to dark and real. The pieces represented the artists' hobbies, dreams and even views on society.

The Third Annual Juried Student Art Exhibition gave them a chance to experience the competitive edge of art. "It creates a competitive venue and gives students real world experiences of getting into art shows," said Donna Stack, professor of sculpture and faculty adviser of the Student Art Council. "It's one step toward a professional venue before graduation and gives them something to look forward to."

The Third Annual Juried Student Art Exhibition is a competition in which students are judged on their works by two judges, Central alumni Seth D'Ambersia and Mary Dryburgh, who chose 39 pieces out of more than 100 entries. "It shows a wide cross-section of work at the university," photography professor Michael Sherwin said.

Chosen pieces included different types of art works ranging from paintings, photography, wood design, graphic design, jewelry, sculptures, ceramics and a video. "Graduate and undergraduate students submitted their work from throughout the year," said Heather Horn, gallery manager. "[The pieces chosen] depend on the jurors' background and personal preference." Mostly, the exhibit is a venue for students to show pieces that push the edge because they don't have to worry about selling their pieces in professional art galleries. "If they want to show experimental pieces, it's a good opportunity to share here," Horn said.

Apart from professional experience, the exhibition is all about recognition for the Central art students and 15 awards were presented to student artists at the reception on Friday evening.

"It's an important exhibit," said Dick Elliot, Central alumnus and award sponsor with Dick and Jane's Spot. "The students have their own show that's juried and they're honored."

Elliot and Orleman have been involved with the annual art show for nine years. They wanted to bring more people in to appreciate the works made by students.

Mary Ebenal, a junior photography major, won an award from the Clymer Museum for her altered photograph called "Poison Apple." The photograph was an assignment depicting her dreams. It showed a girl with wings standing next to a cat and holding an apple.

"I use fairytales as my muse," Mary Ebenal said. "That's why it has a strong 'Snow White' feel to it." Her twin sister, Laurel Ebenal, also a junior photography major, won an award from Gordon McDonald Photography for her altered photograph piece "Body Electric." Her was a four piece series showing her with lightning coming out of her body.
Students get inked at Ellensburg parlors

by Caitlin Kuhlmann
Staff reporter

It's spring again and that doesn't just mean ditching classes more often and busting out the shorts, flip flops and other such summer fashion. It means a great excuse to show off a new tattoo that has been hiding under winter clothes.

Although the past few years have brought a lot of change to the tattooing businesses in Ellensburg, two shops are open for ink designs: Tiki Tattoo, which moved from its original home on Main Street to a building at 3rd and Anderson Street, and the Electric Cat, located at 213 W. 4th Street.

"The guy was really nice and the place had really good references," said Amanda Cordell, junior tourism major, about getting her tattoo last February. Cordell said the atmosphere in the Ellensburg shop was very welcoming, but she was more pleased with the tattoo she got on the West Side.

Tattoos can be developed either by choosing designs off of "flash sheets," which are pieces of paper displaying an arrangement of pre-made designs, or by showing a tattoo artist a concept and working with the artist to create the ideal design. Prices usually range from $50 for a small piece to over $100 for a larger, colorful piece.

Tiki Tattoo is owned by Melody Malek, who is a piercing and tattoo artist, and Ben Reames, who is also a tattoo artist.

"We want our shop to be available to all people," Reames said, adding that many tattoo shops have a "biker" connotation that he and Malek want to stay away from.

The business moved last year because their neighboring salon business took over the Tiki Tattoo space. "Business has actually changed for the better, it's a lot more professional," said Chris Kerney, sophomore art major and Tiki Tattoo apprentice.

Reames has not only tattooed hundreds of humans, but has tattooed three animals as well. His first was an all-brown dog whose pink nose kept getting burned by the summer sun. The owner, who was concerned about repeat biting and possible cancer, hired Reames to tattoo the dog's nose with black ink. Reames has also worked on two horses. Although most paint horses are born with black skin around their eyes, these had pink skin which had caused irritation and other problems. Reames was hired, therefore, to lime the horses' eyes with black ink.

Reames graduated from Central Washington University in 1999 with a bachelor of fine arts in painting. He got started in the art of tattooing by hanging out in classes in the art department.

"They told me if I'm sitting around I've got to get a tattoo," Reames said. He was later trained by Curtis James, who now owns Anchor Tattoo in Ballard.

Malek has been around tattooing since she was about sixteen. She worked in two shops as a piercing artist before opening the shop with Reames, whom she met at Central while taking classes in the art department.

Reames says his specialty is black and grey work, while Malek enjoys traditional "old school" tattooing. Matt Wear opened Electric Cat Tattoo last February with Nic Brown who acts as the owner and manager of the shop. Wear has been hanging out in tattoo shops since he was sixteen and got his start in the business working at Phoenix Tattoo in Seattle.

"You get more of a chance to get to know your clients," Wear said about working in Ellensburg, which is an asset to custom work because he can better personalize a tattoo after getting to know the individual.

Electric Cat got its name from a friend of Wear who compared the pain of getting a tattoo to being claused by an electric cat.

Wear makes his own needles which he can customize according to the size and color of a specific tattoo. He also plans to learn how to make his own ink and burn without that professionalism," Wear said. "It's a business and we have to custom work because he can better personalize a tattoo after getting to know the individual.

Tiki Tattoo is open Monday through Thursday from 12 p.m. to 8 p.m. Contact the business at 962-6879. Electric Cat is open Monday through Friday from 12 p.m. to 8 p.m. They can be reached at 962-4679.

JURIED: Art pays off for Central students this past Friday evening

Continued from 8

Congratulations CWU Graduates!

Archived your diploma in a frame that is worthy of your accomplishments. University Frames, Inc., has a variety of frames available in the Wildcat Shop - from $85. Frames are displayed in the Mini Wildcat Shop located in the New Student Union and Recreation Center.

www.cwu.edu/store
April
4  Annual Juried Student Art Exhibition 10 a.m. to 3 p.m., Sarah Spurgeon Gallery
5  Annual Juried Student Art Exhibition 10 a.m. to 3 p.m., Spurgeon Gallery
6  "Noon Tunes" featuring Clinton Fearon (reggae) 12 p.m., SUB/REC Theatre
8  Annual Juried Student Art Exhibition noon to 3 p.m., Spurgeon Gallery
8  Campus Life Music Presentation: Four hardcore bands: Coretta Scott, Secret Lives of the Freemasons, Grace Gaffe and Valeya, 7 p.m. SUB/REC room 137, $3, Student ticket FREE to students
1  Campus Life Sunday Night Documentary: "March of the Penguins," 7 p.m. SUB/REC Theatre
3  Campus Life New Release Night: "The Chronicles of Narnia," 7 p.m. SUB/REC Theatre
4  Guest Artist Performance: Jon Cordon Jazz Quartet, 8 p.m., Music Building Concert Hall
10  Student Recital: Patricia Crispino, clarinet, 7 p.m., Music Building Recital Hall

Steinem speaks tonight on campus

by Tim Vermeulen  Staff reporter

Gloria Steinem, one of the most recognizable figures of the late 1960s feminist movement, comes to Central Washington University at 8 p.m. tonight in the Student Union ballroom.

Her upcoming presentation is called "The Longest Revolution" and will include her experiences in the feminist movement and issues of feminism in modern society. This will be the first time Steinem has appeared at Central, according to Katrina Whitney, director for the Center for Student Empowerment.

Her scheduled appearance on April 27 was delayed due to difficulties with back pains.

"Gloria Steinem brought to the fore-front the women who were dealing with and gave a voice to issues that needed to be heard and talked about," Whitney said. "It's more impactful to hear from women.

"According to Mal Stewman, program support supervisor for the Center for Student Empowerment, Steinem will also be attending a more intimate 100-student session at 5 p.m. tomorrow.

"That experience will be a service to the community," Whitney said. "It's good live music in a smoke free environment.

The dance band features a different group every month, always making it something everyone can dance to.

"There has been a sub-group of Central students that have been coming every month, so that is why Fearon is playing there," Whitney said. "It's more impactful to hear from someone who lived it."

"I'm excited about them and looking forward to the event."

For information on the band visit www.boogiebrown.com.

Brown Band" in 1993, their debut album was a collection of 13 songs personally written and produced by Fearon called "Disturb the Devil." "He has been with a lot of reggae legends," Albright said. "The group Slow Motion was here last month in a joint show between Fearon is like sitting, at the feet of the master."

April 4 was delayed due to difficulties with back pains.

"If the spirit moves you, go out on the dance floor and start dancing."

"The First Friday Art Walk is a great way for our community to get involved," said Heidi Sherwin, Gallery One Arts programmer. "The art walk has increased awareness of local arts and the artwork is beautiful to look at."

"The dances feature bands of different genres every month, always making it something everyone can dance to."

"The First Friday Dances is that everyone can dance to."

"The show starts at 8:30 p.m. at the Moose Lodge on Main Street. Admission is $10 general admission and $7 with student ID. It is expected to be a large event, so bring friends and dancing shoes. Bar with ID."

"The dances feature bands of different genres every month, always making it something everyone can dance to."

For information on the First Friday Art Walk visit www.ellensburg.com.

Patrons enjoy the Eveleth Green Gallery, upstairs in Gallery One, during the First Friday Art Walk in January.

Art Walk displays local artists' work

by Katie Baker  Staff reporter

The First Friday Art Walk is a self guided tour through the Historic downtown Ellensburg.

Students and community members can walk through the stores of downtown and see local artists' work displayed in their store fronts and inside the doors.

Downtown business owners said that they have seen more business since the First Friday Art Walk started. "We basically do them for a service to the community," Albright said. "It's good live music in a smoke free environment."

"The dances feature bands of different genres every month, always making it something everyone can dance to."

"There has been a sub-group of Central students that have been coming every month, so that is why Fearon is playing there," Whitney said. "It's more impactful to hear from someone who lived it."

"People who don't even like reggae band features music with a rhythm that people love."

"The band is lead by Clinton Fearon, who is originally from St. Catherine, Jamaica. As a youth, Fearon became the well-known student, vocalist and lyricist for the group The Gladiators, as well as a house musician for Coxson Dodd's Studio One and his band, the Black Ark Studio. After coming to the United States, he co founded the reggae group The Defenders."

"Fearon is a really big deal," Albright said. "I am so excited about him being here."

"Fearon then formed the Boogie Brown Band, which is based out of Seattle. The band consists of Barbara Konrow, lead trumpet and vocals, Nelson Miller, Izaak Mills and Bill Jones."

"Fearon is an old timer who has been doing this forever," said Gary Sev,er, First Friday Dance group member. "This is one of the best reggae bands around."

"Fearon and the band make danceable music and create positive messages from the roots of reggae music. Fearon himself is among Jamaica's most talented musicians according to professionals in the reggae music industry.

"I get interviewed by the spirit moves you, go out on the dance floor and start dancing."

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The Central Washington University Chamber Choir presented the second to last Presidential Speaker series concert this past Sunday, April 30. The last Presidential Speaker program will be Saturday, May 6, with William Bolcom, pianist, prolific composer and winner of four Grammy awards this year alone, along with soprano Joan Morris. They will perform in the Music Building Concert Hall at 7 p.m.
Wolves and Wildcats claw it out

by Nolan Teasley
Staff reporter

The Central Washington University women's softball team came out looking strong in the first game of a double header this past Sunday. They began the day by blanking Western Oregon University 5-0. Unfortunately the Wolves fired back in game two, scoring 12 runs and holding the Wildcats to only four.

Senior pitcher Sarah Withers won her twelfth game, striking out four batters on her way to pitching seven scoreless innings.

"My drop ball was working really well, so I got a lot of ground balls, and the defense was able to turn a ton of double plays," Withers said.

The Wildcat offense provided Withers with all the run support she needed in the top of the fifth inning, scoring four runs. After junior catcher Kelly Spalding was hit by a pitch to lead off the inning, junior outfielder Jaecee Ramsay was put on first base in place of her as a pinch runner. Senior outfielder Patty Martinez, one of Central's best hitters, doubled to right field, sending Ramsay to third.

"She pitched to me where I like to be pitched, so I got a good hit," Martinez said.

Sophomore first baseman Mallory Holtman then sent a sacrifice fly into right field and scored Ramsay while advancing Martinez on to third base. After a Karla Johnson walk, freshman infielder Liz Ashworth sent a shot down the left field line, doubling, and scoring both Martinez and Johnson.

"We are bringing in better and stronger players this season," said senior captain Michelle Phillips.

Last season consisted of seven wins, 12 losses and one tie, but the women are well aware of where their mistakes lie. They found themselves losing against the easier teams, and winning against the more difficult ones.

"It's like, we would lose our focus against the easier teams, and we would always have our heads on straight against the harder teams," said senior player Stephanie Bruncic.

This season the team has decided to switch their game around from a flat-4 formation to a 3-5-2 formation in hopes to have more opportunities on the goal. They have a strong trust in their defenders to hold firm in their positions and not let the opponents pass. Although tryouts have not begun, previous players from the vanity team have put together practices in order to be more prepared for Central's upcoming soccer season. Bruncic said that the team has been lifting weights and getting in shape for the upcoming season. "We are training earlier and harder," said junior Lindsay Mitchell, "We are already better and quicker than last year."

With soccer aside, there are many perks to attending the Central's women's varsity's games. From the athletic team, to the pre-game tailgate parties thrown by the parents, there is no reason anyone should miss these games.

The Wildcats women's team has already shown great improvement in their skills from last season, and there is no telling what they will bring into their games. They have been training hard and now it is time they play hard. The women have already put the past behind them, and start on a new green. This might be the season that the Wildcats score.
SOFTBALL: Team drops three of four versus Western Oregon during weekend series

continued from 12

by Tyler Liebe
Staff reporter

Central Washington University junior thrower Cameron Neel placed second, but Lydia Foster added insult to injury for the Wolves by hitting a solo home run when the Wildcat's lead hit a double play.

The final game series had the Wildcats leading 1-1 entering the top of the fifth. The Wolves opened the scoring with a run in the top of the second, and after in the bottom of the fourth Central took the lead. Kelli Spalding continued to hit the ball well, adding another single, and after another Martinez double, Central had runners on second and third. Holtman then stepped to the plate and hit her second homerun of the day, a three run bomb to right center field. After hitting her twenty-third homerun of the year, Holtman extended her own school record. She also put herself in a tie for the conference lead and broke the former GNAC record of twelve homeruns in a season.

"Hitting in the five hole has really helped because they have to pitch to me," Holtman said. "They [opponents] can't pitch around Kelli [Spalding], because she can hit homeruns just as well as I can.

Entering the top of the fifth inning with Central holding on to a two run lead three runs to one, Lydia Foster and Western Oregon found their consisten-

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Rock climbing on the rise

by Elliott Stock
Staff reporter

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Springing time is here and Central Washington students should be tak-
by Jordan Montgomery
Staff reporter

Disappointment and heartbreak trailed the Central Washington University Wildcats on the road. Their four game series against rival powerhouse, Western Oregon University (WOU) who are ranked first in western conference and eighth in the nation ended with the Wildcats being swept out.

The WOU Wolves hold a record of 32-13 and a 16-3 Great Northwest Athletic Conference (GNAC) standing as the team to beat in the conference. The last meeting of the Wolves and Wildcats was in early April with the same result; in fact, Central has a 0-8 record against the Wolves this season.

The Wildcats, no doubt hoping to turn things around after losing their last two games against St. Martin’s, came into this series with high expectations.

“We were swept by them last time we played,” said Coach Desi Storey, “We need to stop hitting ourselves. We’re not consistent, one day we will pitch really well but don’t pitch a good game, and then the next day we throw a great game, but can’t hit the ball. These guys are beatable.”

Both teams started strong as the Wolves struck first and broke the stalemate in the bottom of the third. The Wolves put together five hits and drove in three runs. The Wolves up three, the Wildcats fought through. After the third inning, Central starter senior Jordan Montgomery seemed to regain his dominance over the Wolves offense. Parrish allowed no runs of one hit for the next three innings. The Wolves starting pitcher Nick Waechter remained in control of Central’s offense from the mound. He moved to 10-0 on the year, allowing only three over seven innings, and striking out six.

The game fell from Central’s grasp in the 5th inning, with the seventh when the Wolves executed a breakout rally.

Donny looks back on wild draft weekend

The NFL draft seemed more like a sensation like Reggie Bush. I knew I had to stay cool and get up to the microscope to see if I was blasted, and then my guesstimate of what the Seahawks logo? They pass on Reggie Bush. My head was spinning.

“We had a lot of mental mistakes but they are a really good team,” said Drake. “I’m excited, ready to play, in need of a good game against Arizona so we can show off our pitching and we have been looking forward to it.”

The last game of the series, utterly exhausting, turned out to be the Central’s best. Although they could not stop a Western sweep, they still played a good game. Central starter Nick Templon threw all six innings of the game, allowing only two runs on four hits. He struck out four Wolves and walked three, out of the total 25 batters he faced.

“I had watched the batters in the earlier meetings and noticed their upswing and downswing, so I focused on my pitches,” Templon explained. “They are a good team, ranked eighth in the nation and they got to us early. We have to play hard, it’s the last ten games of the season, it won’t be for much but pride.”

His opponent, the Seahawks’ starter Sam Houston, also threw the whole game. In those seven innings only two Wildcats, junior second baseman Parker Smollen and junior outfielder Bryan Maloney, made contact for the team. Out of the 25 batters he had faced, he walked one and striking out eight. The Wolves junior vanguard by scoring once in the third and then fifth off of a walk and a single. Central could not answer back and the game ended with 2-0 loss.

This loss represents only the second loss in which Central did not score. This weekend’s loss makes the Wildcats record 16-25 and 2-12 in the GNAC, and gives them a six-game losing streak. The Wildcats’ next game is on Thursday, May 4 and Friday May 5 at 4 p.m. and Saturday the 6 is in Nampa, Idaho. This series of six games will make up for a cancelled double header earlier in April.

OUTDOOR: Climbing opportunities available at Central

“Which start at 10:45 a.m. and return at 3:00 p.m. during the weekends and costs $10 for resi­dents and $15 for non-students. Central also offers hiking trips which start at 10:30 a.m. and return at 2:00 p.m. on weekends. The cost is $8 for students and $10 for non-students and Central supplies the equipment.

“Outsourcing is the best way to get the students and a great way to sup­port Central,” said Hopkins.

Outdoor Pursuits and Rentals is Central’s outdoor equipment rental shop for students. They have a large variety of outdoor activities including rock climbing, hiking, canoeing and kayaking, river rafting starts at 10:45 a.m. and returns at 3:00 p.m. during the weekends and costs $10 for resi­dents and $15 for non-students. Central also offers hiking trips which start at 10:30 a.m. and return at 2:00 p.m. on weekends. The cost is $8 for students and $10 for non-students and Central supplies the equipment.

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Drug testing in sports does not appear to be working. It is not working in professional sports, collegiate sports or any sports.

An anonymous survey by the National Collegiate Athletic Association (NCAA) in 1993 showed 0.7 percent of college baseball players admitted to using steroids. The same survey taken in 2001 showed 2.3 percent of college baseball players admitted to using steroids. The increase of 300 percent in eight years while ath­letes were being tested for drugs. According to Ken Kladnik, head athletic director at Central Washington University, 90 percent of steroids are sold on the black-market and come from Mexico.

"I can see how an athlete would turn to steroids instead of street drugs," Jack Bishop, CWU's Athletic Director said. "Steroids are to enhance, and street drugs make you feel better." Bishop went on to say how there is a lot of pressure put on athletes, espe­cially athletes who do not play regular­ly.

"When an athlete knows they only have three months to gain so much weight in muscle they feel they can only turn to steroids when there are better ways," Bishop said. In 1990 NCAA programs started testing athletes in football and track, the two sports in which athletes were considered most likely to use per­formance-enhancing drugs. Any team would lose a game for testing at the champions­hips.

This continued until 2004, when it changed. The NCAA then began to test football and one other sport at ran­dom. The NCAA tests for anabolic steroids and peptide hormones, among other substances.

Central developed its own drug test­ing program in August 2005. Central tests for stimulants, cocaine, marijuana and anabolic steroids. And in addition, each student is then tested to see if they are using the course Drugs in Sports (HED 205) dur­ing their first year in athletics. The course examines the potential hazards of taking illegal substances and the types of drugs commonly used by student athletes. It also gives information about the NCAA Drug testing policies. Faculty at Central believes that educating student athletes will help them make the right deci­sions.

The problem with the NCAA drug testing policy is that they only regularly test football and one other sport at ran­dom. If a player fails to show up for the test they are treated as a positive result. NCAA figures show positive tests in more than 20% of the tests nation­ally during random testing. Yet three percent of college athletes admit to steroid use.

"I'm surprised the NCAA doesn't test all sports," Bishop said. The NCAA works with small sam­ples and gives the example that a football team of 90 players will only have 12 of them tested. The other team picks who they want to test. It only tests 10% of their players. So out of a possible few hundred athletes that a school might have, roughly two dozen will be tested. The possibility that a baseball team will go an entire year without being checked for steroids.

Another problem is part of sports," Klad­nick said. "Offense defense and you try to defeat the rules by using ille­gal drugs to be a better player and to have a better chance to compete." NCAA personnel call the school, requests a random and who choose to be tested. If a player refuses to participate for tak­ing steroids they have a one year NCAA mandated suspension, which the play­ers can appeal. If the appeal fails they will be suspended for a year without being checked for steroids.

At Central, if the athlete tests posi­tive the individual is referred to the Wildcat Wellness Center for evaluation. After a first Offense a counselor will set up a behavioral contract. Within 30 days the student will be restated, at his or her expense, and the team will be suspended from the team for one year, and any financial aid the team will be lost for that time. Athletes are required to attend seminars regarding various top­ics dealing with drugs and alcohol the whole year. Steroid testing costs anywhere from $90-$150. The first test is paid for by the school to take some supplements. "I don't encourage students to use a lot of supplements because I believe it is a waste of a lot of money." Kladnik added. "The only thing steroids do is make them better. But you can do it the same way or the other and I try to help them make good decisions."

"It appears that people want a quick fix," Bishop said. "Steroids came about when coaches put a lot of pressure on young men to become stronger and faster. Steroids are not an easy solu­tion because you still have to lift and work hard to utilize them. They have now become a problem."

In 2005, professional baseball took a look close at the steroid problem. It is possible for a baseball team to go a full year without drawing any players. Baseball has shown its prospec­tive new performance." Bishop said. "I think that it is a good rule if they've proven they've cleaned up and they're playing the game the right way, especially after a two year sentence," said Mike Carrigan, right fielder for the Cardinals. Athletes, whether in high school, college or at the professional level have to consider the ramifications before using drugs. Although steroids do not make the player better, they do make the player stronger. Long term effects can include cancer, increased heart attack rate and stroke for people who use steroids for eight or more years. Being cut from the team, losing a scholarship, or a lifetime ban from the sport may be more than the athlete wants to pay.
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Cycling:
Pedaling quickly into the future

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Gaining members is because of the requirements it takes and the intimidating distances.

"Most people are intimidated by the distances we ride, but if you're in decent shape and have a good bike it's intimidating but not difficult," Vaughn said.

The only cycling club requirements are that students have a bike and be willing to ride it for a sustained period of time. The cycling club is an endurance building sport that helps people lose weight and stay in shape. It also is a good way to meet people with common interests and have fun riding.

"It's a great group of people in a unique sport that not many people do," Rhodes said.

But, for those with a more competitive nature than most, look no further than the cycling club.

"It's a little of both fun and competition," Vaughn said. "It definitely is a friendly group of guys but when we get on the road the competitiveness comes out."

There is more to cycling than just riding a bike, and being competitive in the sport entails a lot. Lance Armstrong became famous as a great cyclist and cancer survivor because he is a great athlete with incredible endurance. However, he wouldn't be as good without the help of his team.

"Lance Armstrong doesn't win the Tour de France alone," Rhodes said. "It is a team sport with a lot of team strategy involved. It isn't how far you go but how smart you ride."

The cycling club also promotes the sport of cycling because of its fun and healthy aspects.

"If you want to ride for fun then go out and ride," Vaughn said. "But, if you want to compete then there is a lot more involved."

The club has had some success in their races. Last weekend they participated in a race at Washington State University in which one of the members placed in the top 10. Their next race is in Wenatchee on May 13 and they will be racing as a club. When asked about what cycling means to him, local cycling enthusiast Isaiah Shepard had this to say: "Live Strong."