Wellington holds the trophy after the Wildcats beat Western Washington University at the Battle in Seattle last Saturday. More than 11,000 people attended the game at Qwest Field.

THE WILDCATS

AND WON THE FOURTH ANNUAL BATTLE IN SEATTLE

by Casey Donovan
Asst. Sports editor

Expectations were high for playmaking stars to show themselves in the Battle in Seattle, but it was the unexpected players who made the game.

Central Washington University's core of receivers came into the game undermanned, without their normal package of players. Although Chris Rohrbach practiced most of the week, he was out of the Battle with a broken hand suffered during the Western Oregon game.

Western Washington University found themselves in the same situation, when running back Calvin McCarty had a season-ending injury two weeks ago. Craig Garner, an inexperienced freshman, stepped up to fill the void the injured teammate presented.

It was Central that won the Battle, beating Western 42-28 at Qwest Field. "We just wanted it more at the end," Central quarterback Mike Reilly said.

The inexperience of Western and veteran play of Central was as clear as daylight. Central capitalized on numerous errors by the Vikings, which made the difference in the game.

Western head Coach Robin Ross said the untested nature of his team showed early on, Western was too excited at the beginning of the game only to wear down at the end. "Turnovers were the big difference. Our young team didn't take advantage of mistakes," Ross said.

Central took the opposite approach, taking advantage of every situation that they found themselves in. "Our older guys did a great job telling guys to settle down and stay focused," Reilly said. "Having a short memory is a big deal and a great asset when playing in these types of games."

Boonstra, a senior at Central, was the catalyst of needed drives. He came into the game as just another player and left a hero. He stepped up to the call, reeling in seven catches for 70 yards and a touchdown. Being a senior, Boonstra and a number of other players will not play in such a rivalry again. "For the seniors, it is a little sweeter," Boonstra said.

Western's Garner ripped off big runs in big moments, averaging 9.5 yards per carry on 186 rushing yards and a touchdown, a new school rushing record. Garner's first thought was for Western's losing seniors; his next was that he broke Western's rushing record. "It is tough having seniors lose," Garner said. "I felt it was a perfect opportunity to break out in a big game."

Western Coach Ross acknowledged the fact of how hard his team played. "There were some great efforts out there," Ross said. "He (Garner) is everything we thought he was going to be. This is one opportunity for him, the next opportunity is next week."

But in the end, Central's defense proved too physical, the offense too potent and special teams too dominant. "We answered back when they brought it. We kept our poise. These aren't the kind of guys that are going to crack," Central head Coach John Zambriner said.
New ACLU chapter offers strong voice for students

by Chelsea Evans
Staff reporter

Joanna Hunt sits at a long, narrow table in the Student Union Recreation Center, listening as padded shoes and clicking heels quickly walk past her.

After several minutes, Hunt's ears catch the sound of slowed footsteps; now her waiting is worthwhile.

As president of the new American Civil Liberties Union (ACLU) chapter, Hunt wants to encourage students to support the club's second attempt at starting a chapter.

"Clubs are meant to take care of their campus and that is what the ACLU will do in protecting student's first amendment rights and making them aware," Hunt said. The ACLU is a national organization of lawyers who do pro bono work (work without pay) for cases concerning people's First Amendment rights. In general, most people do not know or even recognize when their freedoms of press, assembly, petition, speech and religion are being undermined.

The ACLU protects a broad range of freedoms on both sides of the political spectrum. The ACLU does not always agree with certain beliefs of people, but at the same time they believe people have a right to express their opinion under the Constitution, Hunt said.

That being said, not everyone is in favor of the "support all" ideal.

Matt Manweiler, advisor for the College Republicans holds a slightly different opinion.

"The ACLU is a well-intentioned group, but like most zealots, go too far from time to time," Manweiler said. Some students agree with Manweiler's opinion due to last week's Open Air Proclaimer's hate speech against homosexuals.

Derrick Peacock, Associated Students of Central Washington University vice president for equity and community service, said that while students may not agree with those speakers, they are within their rights.

"With the issue of hate speech, it is important to remember it is their right to say what they want, as long as it is within the confines of the amendment," Peacock said.

Hunt and Peacock look to Djordje Popovic, advisor of the ACLU chapter, to ignite a desire in people to get involved with their rights.

Central students gather around Jeremy Sonnier's demonstration held earlier this month. Though the new Central ACLU chapter does not necessarily agree with Sonnier's actions, members respect his free speech rights.

International studies offers chances abroad

by Beth McCullian
Staff reporter

Each year, many Central Washington University students decide to leave campus and study abroad. Initially many are nervous and unsure if they want to leave the comfortable and familiar campus to adjust to a new, intimidating campus.

The experience that a student gains for not only academic but lifelong learning is a great opportunity for not only academic but lifelong learning. It was not uncommon for students who went abroad to come back, so I applied to stay longer," Jennings said.

She only planned on spending three months in Austria, but ended up staying there for almost a year.

The senior loves traveling and learning about new cultures and said her experience has given her new perspectives on her own culture.

Jennings encourages students to study abroad and get out of their comfort zone.

"You get stretched a lot, and you learn so much more than you could in any classroom setting," Jennings said. After studying German for four years, she knew where she wanted to go, and now she can't wait to visit again.

Rebecca Funke, junior Spanish and elementary education major, spent four-and-a-half months in Valdivia, Chile.

"The hardest part was gaining the confidence to try speaking and listening in Spanish," Funke said. "After the first few weeks, feelings subsided, learning the language became a hobby and desire."

While not knowing the language is one of the students' most common fears, they discover very quickly that it is not usually an issue once they arrive.

Barclay-Hamir said. "High costs and learning and training for jobs; it was not a guarantee you could get a job abroad.

While there are a lot of programs and scholarships, Barclays-Hamir said both are not issues. Top students are still interested and concerned about getting a job.

"There are a lot of programs and scholarships," Barclays-Hamir said. "In fact, depending on where you go, some programs cost less than attending Central's campus."

To learn more about the international studies program, attend the study abroad information sessions or make an appointment at the International Studies Office located across from the Language and Literature Building. The next general information session will be November 12, from 4-5pm in the office of International Studies.

Central students gather around Jeremy Sonnier's demonstration held earlier this month. Though the new Central ACLU chapter does not necessarily agree with Sonnier's actions, members respect his free speech rights.

"After two months there I knew I wasn't ready to come back, so I applied to stay longer." --Kymber Jennings senior German and history major
The College of Business at Central Washington University has divided the business administration program into two separate departments.

Last summer, an announcement was posted on Central's College of Business Web site.

It read, "Effective July 1, 2006, the Department of Business Administration will be separating into 2 separate and distinct departments, the Department of Management and the Department of Finance & GSC (Operations Supply Chain)."

With the creation of two separate departments, students may wonder about changes affecting graduation.

"We are restructuring to a smaller department size...this will improve efficiency, communication and coordination," said Roy Savoian, dean of the college of business.

The former department of business administration was unbalanced prior to the division.

"Business administration alone had over half of the college of business," said Curt Cant, management department chair. "It was a megadepartment." The split was also made in order to bring business departments closer together.

The split was made in order to bring business departments closer together.

"We should have done this a while ago," Cant said.

It is also believed that the change will unite students in the long run.

The smaller departments will make it easier for surrounding departments to interact more while also allowing a smaller group of professors to develop the curriculum, a situation which could improve communication and learning throughout the department.

Students in the departments should not experience any dramatic change. (There is) no downside for the students, they might have an advisor change, but degrees won't," Cant said.

The business administration department did make one change that will affect students.

"Business administration agreed to raise its minimum GPA from 2.25 to 2.5," said Debbie Boddy, administrative assistant at the pre-major advising center for the college of business.

This change affects all students admitted to the major post-summer quarter (2006) and only refers to the 35 credit pre-admission requirements for the business administration major. This raised admissions concerns for some students.

"Some students have been denied," Boddy said.

While these changes are still relatively new, they could prove to be uniting overall.

One Campus project.

Students have the opportunity to follow the Central drumline from north campus down to the SURC where there will be a light show, neon décor and free food. There will also be a chance to win prizes including tickets to Second City Comedy, Brandi Carlile, Kathy Griffin and SUB/REC for waivers, a $1.50 value. Music will be provided by the Grill.

Majors Fair.

12p.m.-3p.m. on Wednesday, Nov. 1 in the SURC

The 2nd annual majors fair will include faculty from all Central departments to assist students still in need of a major. Faculty will present information and discuss available majors and minors. Advisors will be on hand and attendees will have the opportunity to win a door prize.

One Book, One Campus starts with Frankenstein, St. Helens

by Hallie Lugisladp

Staff reporter

Last week marked the beginning of a series of events for this year's One Book, One Campus project.

This year's book is a national best-seller titled, "A Short History of Nearly Everything," by Bill Bryson. And no, nearly everything is not an understatement.

The first event was showing the classic film "Frankenstein," made in 1931, on Oct. 18. Event speakers were disappointed at the small turnout. The seminar began with a discussion led by Cynthia Coo, a professor from the department of philosophy, and Holly Pinkart, a professor from the department of biology followed the film.

As a scientist, Pinkart understands the desire and challenge in bringing something to life.

In Frankenstein, the process of bringing something to life is extreme, although not quite as crazy as one might think.

"We can restart a heart that's been dead for several minutes," Pinkart said when explaining the similarity between real life science and that in the film Frankenstein.

She said this explains why Frankenstein was instantly horrified when he realized he had the ability to bring something back to life.

"As a society, we haven't come to terms with our power," Cor said.

The discussion of ethics and genetics with Frankenstein tied in with chapter 15, "Getting the Lead Out," chapter 19, "The Rise of Life" and chapter 26, "The Stuff of Which Dreams are Made." There was a much better turnout for the second event which took place on Oct. 20 in Black Hall.

Frank Parchman, author of "Echoes of Fury," the 1980 eruption of Mt. St. Helens and the lives it changed forever, spoke to about 200 students and faculty.

"The eruption was a bonanza for scientists and a disaster for people," Parchman said.

More than 2.4 billion cubic feet of ash fell as a result of the eruption. Parchman's seminar covered topics closely related to that in chapter 14, "The Fire Below," and chapter 15, "Dangerous Beauty" of Bryson's book.

These events and seminars provide a way to further comprehend the subjects discussed in Bryson's book.

For more information on One Book, One Campus events, please visit the Provost's page on Central's Web site: www.cwu.edu/~provost/one_book

UPCOMING EVENTS

SURC Grand Opening:

5:45 p.m. on Sunday, Oct. 29 in the SURC

Students have the opportunity to follow the Central drumline from north campus down to the SURC where there will be a light show, neon décor and free food. There will also be a chance to win prizes including tickets to Second City Comedy, Brandi Carlile, Kathy Griffin and SUB/REC for waivers, a $1.50 value. Music will be provided by the Grill.

Majors Fair.

12p.m.-3p.m. on Wednesday, Nov. 1 in the SURC

The 5th annual majors fair will include faculty from all Central departments to assist students still in need of a major. Faculty will present information and discuss available majors and minors. Advisors will be on hand and attendees will have the opportunity to win a door prize.

Meet your administrator:

David Soltz, Provost

by Britt Houston

Staff reporter

Central's Provost, David Soltz, came to Ellensburg six years ago from Los Angeles to work right under the school president. He is also the senior Vice President of academic affairs. Soltz tells us a little about his past experience and his job at Central.

Q. How would you describe your job to students who have no idea what a provost is?

A. "Well, another name for my job is chief academic officer. The president refers to me as the internal president. The [Provost and chief] academic officer is involved in many external things like the legislature and funding. I am more involved in overseeing the academic programs, advising and faculty retention."

Q. What does the word provost mean?

A. "Walt fogy definition that I actually have on my wall here is 'the keeper of a prison.' Also, 'the highest official in certain cathedrals, and the chief magistrate of certain Scottish cities.'"

Q. What is your favorite part of being Central's provost?

A. "My favorite part is overseeing the faculty we bring in, hiring and retaining the professors. I see my job as letting them do their jobs well. Also, every year at commencement, I get to meet the very best of the students at the honor convocation. That's one of my favorite activities."

Q. What would you like students to know about you?

A. "I wish they knew that I'm a tenured professor in the department of biology here. I was on the faculty and was chair of biology at California State University Los Angeles, then the dean of science at California State Long Beach and finally here as provost."

I also teach University 101 every fall. I didn't this year, but hopefully I will be next year. I get a sense of what our new freshmen students are like."

Q. So what are they like?

A. "Overall, I've seen an increase in the academic preparation of the freshmen. I try to emphasize that their main job is being a student. I think back to my college years a long time ago...they were some of the best years, but I worked really hard and I think all students should do that."

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TDD 509-963-2143
Central ponders options on unused land

by Charlene Kreitz
Online reporter

In 1891, the Washington State Normal School, now Central Washington University, spanned a mere two acres. Today, Central owns 380 acres.

This statistic is according to Central’s campus facilities master plan, which contains the plans for Central’s campus over the next 10 years.

Yet not all of this land is currently occupied. About 117 acres of Central’s land is undeveloped, according to Charles Pringle, engineering assistant for facilities management.

Because Central’s property is tax exempt, there is no record of exactly how much the unoccupied land is worth on today’s market, said Richard Corona, vice president of business and financial affairs.

The worth of this land isn’t measured in money, but in what Central can do with it in the future, Corona said.

Central is saving the currently unused parcels of land to be used for further expansion.

“That gives us a lot of flexibility for the future,” Corona said.

The people from Central who originally bought the land were wise to do so because those parcels have allowed Central to grow, Corona said.

In recent years, the land has been used for athletic fields, soccer fields and the new music building.

“We’re slowly starting to use up that land (that we purchased years and years ago),” Corona said.

There are some advantages to having land reserved for future use as opposed to buying it up as it is needed, Corona said.

“When you’re building a new building (and you’ve got land to put it on, you don’t have to go out and buy it),” Corona said. “That makes a big difference in what we can afford to do.”

It’s important that Central has room to grow, Corona said. Campuses like Western Washington University have no room to expand, and must build multi-story buildings to accommodate all of their students.

Central doesn’t want buildings to be more than a 10-minute walk from the center of campus, Corona said.

Why then, is Central’s largest undeveloped parcel of land located way out on Airport Road?

“We may use it to be able to track,” Corona said. “But we want to keep it as long as we can.”

Bruce Porter, director of business services and contracts has a different answer.

He says that someday in the future, Central may have a need to expand as far out as Airport Road.

“At the moment, it (the land) doesn’t have a plan for university use,” said Porter. “It’s there more for us, so 50 years from now if we need to expand the university we’ll have a place to be able to expand.”

If the land by Airport Road is ever sold, it will probably be converted to residential use, since the property is already surrounded by homes, Porter said.

Central has no current plans to sell any of its undeveloped land, Corona said.

“We have had people come to us and say ‘we want to buy pieces (of land) from you’ and we’ve had to turn them down,” Corona said.

According to the campus facilities master plan, some possible uses for the land include athletic and recreation facilities in the areas close to the existing athletic fields.

Another proposed use is an Army ROTC drill pad.

The master plan also states that “residential halls and apartments are appropriate in this zone because it blends with city zoning and existing housing on the north side of campus, reflecting visual and historical land-use consistency.”

The master plan notes that additional parking lots may be put on the undeveloped land in the future.

Additional parking is what the students of Central want most. Out of 80 students polled by The Observer, 20 said that they would like Central to build more parking spaces.

“You have to get (to campus) a half-hour before class starts to find parking,” Kami Teras, senior elementary education major, said. “We have the new sub, but we don’t have the parking, and it discourages people from working out and stuff.”

Students polled also said Central needs more residence halls, computer labs, a recycling center and an arcade.

Whatever plans Central has for the undeveloped land, the university is glad to have it, Porter said. The currently unused, and tax exempt land allows Central to expand whenever it’s needed.

“It’s better than having money in the bank,” said Porter. “We have land in the bank.”

Central owns five parcels of unused land, most of which are located on the north end of campus. In total Central has 117 acres of undeveloped land. There are no clear plans for the use of the land as of now, however the unused land allows Central the opportunity to expand.

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Auto thefts: raised concerns with property safety

by Carleigh Lorenz
Staff reporter

Last week at least five cars were stolen on Central Washington University's campus, and all five cars have been recovered. Another car had the stereo removed from it.

Two of the stolen cars were Honda civics, said Capt. Kevin Higgins, operations commander for the Central Police Department.

One was a 1995 Honda Civic, taken Oct. 14 from the parking lot by the sec- cer field on Alder Street and 18th Avenue, and recovered by King County Sheriff's Office in Maple Valley.

According to the State Farm Insurance Web site, the 1995 Honda Civic is the most frequently stolen car in Washing-

ton. The other Honda Civic was a 1986, taken Oct. 16 from the parking lot across from Starbucks, and recovered by police in the same lot.

There was also a 1988 Honda Accord taken Oct. 16 from the student lot behind Boullion and Black Halls, and later recovered by Central police officers.

The other two cars stolen were a 1994 Saturn SL, taken Oct. 13 from the parking lot near the music building, and recovered at Kiwanis Park.

The 1994 Saturn SL is number eight on the list of cars stolen most frequently in Washington.

A third Toyota Celica, taken Oct. 15 from the Student Village and Alford- Montgomery Hall, and recovered in Yakima by Yakima police.

Other cars were broken into.

Michael Leatherman, senior math major, had his car burglarized two weeks ago at Campus Court Apart-

ments. He said two windows were broken to gain access.

"They stole my amplifier and some new clothes, and the amp will cost at least $300 to replace. So right now I'm looking at about $800 in damage, assuming I do all the labor," he said.

Andrew Moe, junior math major, had $1000 of stereo equipment stolen from his car in front of the Bassetts.

"I just think it is terrible that people think that they can take other's possessions that a person has worked hard for," Moe said.

In addition to Campus Safety, the Courtesy Assistant Team (C.A.T.) also patrols campus parking lots.

If a person has their car stolen, they should report it to Campus Safety.

There is a state patrol form that the police send it to their commu-

nication center where it is put in the state and nation-wide computer. If someone else pulls up that license plate number, they will see that the car is stolen.

In 2001, the Central crime statistics page showed three motor vehicle thefts. In 2004, there were six motor vehicle thefts, and in 2005, there were four.

To avoid car break-ins, students, faculty and staff should check on their cars every day.

According to the Campus Safety Web site, students, faculty and staff should park their cars in well-lit areas, and make sure they are locked with no valuable items in plain view.

Auto thefts: raised concerns with property safety

by Donna Base
Staff reporter

It's fall. Leaves are changing colors, temperatures are dropping and the flu season is on its way.

"You see a lot of colds this time of year. In the fall people get together and get upper respiratory problems," said Art DePalma, medical director at the student health center. "The flu usually starts in January so we give out flu shots this time of year."

Flu season can start as early as Oct. and end as late as May. Towards the end of October and through December, the student health center gives out free flu shots.

"[Colds] spread pretty easily through the campus because of close contact," DePalma said. Last year, at least 2,000 students had colds at Central Washington University. Several hundred students caught the flu.

According to the U.S. Centers for Disease Control and Prevention, approximately 5-20 percent of the United States population on average get the flu each year.

"If I feel like I'm getting sick, I cancel everything and try to have one day where I recuperate," Tony Coles, senior religious studies major said. "I drink a lot of fluids and try to relax."

Kimberly Wilder, senior French edu-

cation major recently came down with a cold.

"I'm washing my hands every 5 to 10 minutes, eating lots of cough drops and drinking lots of water," Wilder said.

Central has not reported any flu cases yet this year.

"More than anything, I try to prevent myself from getting sick then trying to recuperate from being sick," Coles said. "Washing my hands a lot, a lot of vitamin C."

Students can get flu shots at the health center with an appointment.

There is also a free flu shot clinic.

Celia Johnson, RNC, administers a flu shot to Rodil Still, senior public health major. The Health Center is offering two days of free flu shots: today from 2-5:30 p.m. and Nov. 7, both in the SURC.

Students prep for cold season

by Donna Base
Staff reporter

How to stay healthy during cold season from Art DePalma:

- Flu shot
- Cover mouth to cough
- Hand washing
- Rest
- Drink plenty of fluids
- Don't exercise if sick

Today from 2-3:30 p.m. in the Student Union Recreation Center room 135, for students only.

The health center will also be giving free flu shots during spa day, on November 7 in the SURC.

Students prep for cold season

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Planning a fire escape route may seem only necessary for a suburban family of five, but Ellensburg Deputy Fire Chief Rich Elliot said college students should be just as prepared for a fire-related emergency.

In fact there are a number of simple procedures usually overlooked by students who can make a difference in such emergency should occur. But that doesn't mean students need to subject themselves to a lengthy planning process. Using different exits, for example, to become familiar with the different choices in exiting could save valuable time during an emergency, Elliot said.

Off-campus, garage rentals or multi-dwelling units can come with their own set of problems. Students need to be aware of problems that can arise when a garage has been converted into a living space, Elliot said.

Danger exists in spaces that may not meet safety codes. There are supposed to be two exits out of each living space, which is not always the case in garages or basements. Windows may be too small to use as an exit. Spaces may not be properly sheet rocked or heated, so other methods of heating the space are used, even though they may not be up to the ventilation standards of a traditional living space.

The fire department has some authority in houses that have multiple units and common hallways. The fire department holds landlords responsible for keeping functioning smoke detectors and providing working fire extinguishers with in 75 feet of every living unit, or providing them in each living unit to prevent them from being stolen.

“We can't go into the living space unless the renter invites us to,” says Elliot, but if the renter invites them to inspect their living space they can give them recommendations. If a living space isn't up to code, the fire department will hold landlords responsible.

Cluttered work spaces are a staple of college living, but poorly-placed electronics can be catalysts for fires. For students living in the dorms, mentioned above, fire extinguishers with in 75 feet of every living unit, or providing them in each living unit to prevent them from being stolen.

“The city council has discussed using the money from the retail in the West Interchange to fund the system,” said Brown Barab, executive director of Ellaview group home.

“The city council has discussed using the money from the retail in the West Interchange to fund the system.”

The city is considering some ideas like pooling resources from organizations such as Hope Source, Ellaview, Central Washington University and the city itself in order to fund a system that would create enough revenue, and avoid raising taxes. If taxes have to be used, voters will have an important voice.

“We're considering in a future election to have a vote for regional transportation.”

—Obie O'Brien
Ellensburg Mayor

City to consider transit options

Police, firefighters, face off in charity basketball game

Cluttered work spaces are a staple of college living, but poorly-placed electronics can be catalysts for fires. Ellensburg Deputy Fire Chief Rich Elliot said many college students have a tendency to overlook such dangers.

Ellensburg police and firefighters faced off in a charity basketball game for the Carol Schilling Foundation. The game is their second annual charity basketball game for the local community group ASPEN.

ASPEN, or Abuse Support and Preventive Education Now, is a unit of Central Washington Comprehensive Mental Health.

“We do advocacy-based counseling, presenting options to someone so that they have all the options, letting them make a choice and supporting them through that choice,” Rogala said.

Last year's game ended with the police winning by 3 points. This year the police are again expecting victory.

“The game is fun. It's a friendly competition,” Berthon-Koch said. “Everybody wants to win, nobody wants to lose. It's kind of the bragging rights for the year I guess. We've already guaranteed a victory this year.”

Win or lose, the group definitely knows how to have fun. Fans can come to the event and expect camaraderie between the two, but neither side is lining up to what this year's pranks will be. Those who attend can expect something similar to last year's prank when the firemen gave the police a half-time snack of Krispy Kreme doughnuts.

“We love to see as many students and towns people come out and support us,” said fireman Rich Smith. “Last year we raised $250 and I think that is far cry. We should be raising a lot more than that, but we will take anything we can get.”
Let's talk about sex, love and protection

Sex is a lot more than just a physical act; don’t forget the emotional ties. Sex is a union between two people that both partners should value, cherish, and think about.

It seems, however, that the emotional aspect of that union is fading away, and relying on the physical aspect alone is definitely a risk that people should be aware of.

I attended a roundtable discussion in Los Angeles last weekend to discuss sexual relationships and communications with other college journalists, including representatives from Arizona State University, the University of Southern California, Boise State University and the University of North Dakota. The event was sponsored and paid for by Trojan brand condoms and featured Dr. Drew Pinsky, star of television and radio’s “Loveline.”

Last Friday, I discussed everything from the best schools for promoting sexual health, the “hookup culture,” Dr. Drew’s time with Adam Possa, our roundtable journalists to get the word out on promoting good health. Although the event was designed to promote Trojan’s products, it was an informative and effective way of promoting sexual awareness and what we can do to help spread awareness, regardless of Trojan’s role.

With our generation’s “hookup culture,” I remember one of the first things a friend said when I met him here at Central, “there are some hell hot girls here, I hope I can get some.” I laughed, but I thought about it later, and it really is a problem we should be addressing. Where did the need for commitment go? Will we rely more on or do we even want this one-night stand business.

The topic of casual sexual practices was the bulk of the roundtable discussion. “With my generation in the early 80’s, it never occurred to us that you guy would go out to the bar, and it was terrifying to us,” Dr. Drew said.

Because we are the most sexually active generation of adults in recent history, Dr. Drew’s main goal was to inform us about what defines good sexual health. With the help of other medical specialists, he and Trojan came up with an encompassing definition.

Sexual health is the experience of enjoying our sexuality—both emotionally and physically—throughout our lives. However, more and more people begin to forget the emotional aspect and aim for meanings, which can be harmful to our well-being, continuing this trend relates to using sex as a drug, something that Dr. Drew says sex should definitely not be.

He looked at us as journalists more than college students, and told us that it is our duty to get our voice out. Although I haven’t seen it much around here, he explained that talking about sex in our environment is slowly becoming taboo again, and that we must make sure that this isn’t the case.

As we discussed this further, I found it interesting that out of the thirteen schools represented at the event, Central was one of only three that didn’t have some form of sexual or relationship advice column in the student newspaper. We started one, would you reply? Or would we be talking to a brick wall and replacing our own selves?

The final issue we talked about is how our community will feel with the sexual health conversation. Obviously there are groups out there that do not agree with the definition of sexual health, and would rather teach abstinence. Well, we came up with a general consensus: forget them.

It is our job to get the news out. As a general rule, did anyone here know about the HPV (Human Papilloma Virus) vaccine and how many women’s lives it would actually save? How many women in our state have it? Only one newspaper represented at the discussion wrote a feature about the vaccine, and that’s not right. We need to get the word out.

Obviously, we can’t tell you how to run your life, but above all else, be safe. It’s a very active world out there, and it’s important to stay at the front of it. We will keep getting the news out, but please remember, it is your responsibility to be informed.
Scenic
Seattle-based artist makes it big and celebrates Centaun’s homecoming

by Andrea Rust
Staff reporter

As a young girl growing up in the small town of Ravensdale, Wash., 23-year-old Brandi Carlile probably never dreamed of seeing her face in Rolling Stone Magazine, appearing on Conan O’Brien or having a hit CD. But she has and she does, and now Carlile is returning to her home state to perform at Central Washington University.

"I have all kinds of little dreams coming true all the time," Carlile said. "Perseverance pays off; I used to play in bars and restaurants!"

Carlile started singing as a child at the Northwest’s version of the Grand Ole Opry, and she kept going from there. Along the road to success she has released one album and is currently working on her second album, out in early March.

"It’s really hard to get a record deal— it took years and years, but count my hurdles as blessings because they taught you how to deal with disappointment," Carlile said. "I try to stay in the present because the future is overwhelming and so is the past."

Carlile’s hard work finally paid off in 2004 when she signed a record deal with Columbia Records. She has released one album and is currently working on her second album, out in early March.

"They don’t practice at all," Carlile said, when asked how she reacted to being in Rolling Stone Magazine. "I was really excited, I figured it was someone getting national recognition who was also from Washington," said Scott Drummond, director of campus activities. "We are really looking forward to this. A lot of folks who have seen her say she does a really good job and is geared towards putting on a great show."

"We thought it would be fun to have someone getting national recognition who was also from Washington," said Drummond. "We are really looking forward to this. A lot of folks who have seen her say she does a really good job and is geared towards putting on a great show."

"It’s actually comforting and she makes you want to keep listening to more," Carlile said. "I go watch her perform," Crowley said. "Her voice is so different from everyone else out there."

Carlile’s performance on the guitar and vocals are made easy to ensure that she could make it. "Twin brothers Tim and Phil Hamsher will play back-up for Carlile’s performance on the guitar and vocals, with drummer Jason Maybell. Seattle music veteran Mark Pickerel from the bands Screaming Trees, Truly and Dusty 45’s, who is originally from Ellensburg, will open the show.

"Take the chance and check it out!" Drummond said. "If you’re looking for music and someone with a unique, different voice, go watch her perform." Crowley said. "Her voice is so different from every other artist out there."

"Go spend a couple hours and enjoy new music," Drummond said. "Take the chance and check it out!"

The concert is at 7:30 p.m. Wednesday, Nov. 1 in the Student Union Ballroom. It is general seating with doors opening at 6:30 p.m.

"If you’re looking for music and someone with a unique, different voice, go watch her perform," Crowley said. "Her voice is so different from every other artist out there."

Tickets are on sale in the Student Union box office and at the door. Tickets are $12 for general admission and $8 for Central students with I.D.

Improv brings the laughs

by Lacey Stanton
Scene editor

This 27-member cast and crew will do more than just put on a well-practiced show. Actually, that’s all, often they don’t practice at all. The Second City Comedy Tour is a group of comedians who travel the country bringing people smiles, laughs and an all-around good time through a variety of comedy shows.

Six actors take the stage utilizing a combination of music and lighting to perform a two-act revue featuring sketch-comedy, songs and improvisation. Maybe you have never heard of Second City, or their training centers, but you will recognize a few of their alumni, including Tina Fey, Mike Myers, Chris Farley, Bonnie Hunt, Stephen Colbert, Halle Berry, Sean Hayes and Hinton Battle. Countless other producers, directors, writers and actors are also products of the show.

Second City started nearly 50 years ago in a converted Chicago laundromat. Over the years Second City has become one of the most well-known comedy schools and acts in the world. The group has theaters in Chicago, Detroit, Toronto, Las Vegas and Denver. They house training centers in each of those cities along with New York and Los Angeles.

The Second City comedy tour will be at Central Washington University as part of the week long Homecoming celebration. Second City will be performing at 7 p.m. Monday, Oct. 30 in the Student Union Theatre. Tickets are $10 general and $5 for students with I.D.
Nyaho performs solo, captivates audience

Acclaimed pianist plays music from around the world, educates the audience at the same time

by Amanda Balo
Staff reporter

The audience sat in amazement and reverential silence as William Chapman-Nyaho performed his two-hour piano recital.

With captivating emotion and dexterity, his fingers moved with tremendous speed and enthusiasm to the sounds of J.S. Bach and rarely heard compositions of African composers.

Nyaho's eyes were closed as he moved to the music and made the piano sing.

Some in the audience smiled throughout the whole performance and others closed their eyes, taking in the music and moving to the beat.

The performance was held in the Central Music Building Recital Hall on Sunday, Oct. 22.

Nyaho is a nationally accredited pianist and teacher currently residing in Seattle. He completed five album anthologies about the African music Diaspora for Oxford University.

Nyaho warmed up the crowd when he started off the performance with J.S. Bach's English Suite A minor. The piece Nyaho said "covers the European Diaspora."

The American composers Nyaho chose to follow the Bach Suite were Oswald Russell's "Three Jamaican Dances," portraying the Jamaican life, followed by Samuel Coleridge-Taylor's "Deep River-24 Negro Melodies," a piece that combines the different tunes found all over Africa.

Then Nyaho played the single published piece by Margaret Bonds "Troubled Water," which contains elements of jazz and blues.

Music education major and freshman, Stephanie Cooke was moved by the performance. She said, "I thought it was a fabulous performance. I have never heard the symphony hosted the Seattle Symphony last Thursday as a part of the Performing Arts and Presidential Speaker Series.

The symphony played songs by Aaron Copeland and also played Handy's Concerto grosso in G major and a crowd favorite Hovhaness' 'Albeda and Fugue'.

Carolyn Kuan conducted the Seattle Symphony performance and each time she entered the stage to conduct the Symphony she bowed to her conductor's box. Kuan was full of smiles and gave educational background for the different pieces.

"I thought it was a fantastic performance. I have never heard the symphony perform in a concert chamber setting like this, for as many of them that were there, and they sounded more united," said Brittany Fuchs, senior flute performance major. "The French horn section was very special, and the master class was very helpful."

The symphony has more than one hundred recordings and has received 11 Grammy nominations. Central Washington University and the Office of the President hosted the Seattle Symphony for the night.

For more information on upcoming events through the Performing Arts and Presidential Speaker Series, please visit www.cwu.edu.

Students and community members gathered in the Central Music Recital Hall to enjoy the music and teachings of Nyaho, a world renowned pianist.

Nyaho played a number of pieces from different parts of the world including Africa, Europe, Nigeria and Italy. He also offered an encore at the end.

Next came Halim El Dahli's "Coma Dance." Before performing this piece Nyaho said the song is played around the pyramids of Egypt providing the song with a spiritual setting.


Nyaho concluded the recital with Coleridge-Taylor Perkins' "Scherezaz, meaning "joke" in Italian. The laughter showed the crowd seemed to get it.

As a teacher of music, Nyaho couldn't help but educate the audience before each piece.

Nyaho provided the audience with an encore from the last movement of Ginestra's Sonata for piano.

Backstage, the audience greeted Nyaho with praise. A man in the crowd asked, "Have you composed?"

"So many people have asked me [if I compose], I think it might be time to concede," Nyaho said.

People were surprised to learn Nyaho had traveled from New York City to perform that evening in Ellensburg.

The audience was pleased to have the opportunity to hear the unusual collection of music.

Strings sing in music hall

by Katie Baker
Staff reporter

The Seattle Symphony performed to a nearly packed house at the Music Education Building last Thursday as a part of the Performing Arts and Presidential Speaker Series.

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courtesy of the Seattle Symphony

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 Observer — Scene — October 26, 2006 9
Margaret Mead was an anthropologist who traveled to various countries to record their cultures. "She made her documentaries and saved them to educate and raise awareness of sheer diversity in America," Popovic said. The festival honors Mead's work and brings together unique documentaries from other directors. Central is showing three of the six programs of the festival: "Unsuspected Cultural Ties" which shows the film, "Awake Zion." "(It) depicts religion between the Rastafarian and Jewish culture," said Popovic. "(They are) almost total opposites; Jews have an old religion and Rastafarians have little to do with religion, yet they have a lot of things in common." "Awake Zion" would be best described as understanding the differences and comparison of what Einstein and Bob Marley have in common," Popovic said. The anthropology department at Central has supported the Margaret Mead Film Festival. Lene Pedersen, visual anthropology professor, wanted to bring the festival to Central. "The Margaret Mead Festival will spark a variety of interests among Central students because it brings social sciences and independent and indigenous films together," said Pedersen. Only 20 percent of the films are directly anthropological. The films are very interesting. Subject matters are approached in different ways on an experimental level and them being themselves," said Pedersen. Kathleen Barlow, chair of the anthropology department, is excited that her department is sponsoring the festival. "This is the best international non-fiction film festival there is," said Barlow. "Access to these films in any other venue is hard to come by. This is a rare opportunity and it's free."
People on the Street: students reminisce about favorite costume ideas from past Halloweens

Kalvin Stakke  
freshman, biology major  
"I went as Dr. Evil one time. I loved the movies, and my little brother went as mini-me, it worked perfect!"

Flecia Graham  
freshman, undecided  
"When I was four I was a princess fairy; out of all the costumes I wore it was the best one because it was better than Barney. This year I'm going as a 70's lady."

Kelsey Lewis  
freshman, theatre major  
"My favorite costume was the year I went as the Cat in the Hat. I looked like a cat and I made the costume myself. It was the most creative."

Bob Cutler  
graduate student, teaching English to speakers of other languages  
"I dressed up as a black rider from 'The Lord of the Rings.' I thought it was cool."

Rachel Adler  
 sophomore, undecided  
"My favorite costume was a mermaid because I think they're the best thing. I'm slightly obsessed with mermaids, my room is covered with mermaids."

Brandon Urbano  
senior, IT major  
"I went as a knight from Camelot. I liked the costume; it was a lot of fun. I figured I would've been a knight in another life."

Isaac Castillo  
sophomore, music major  
"Best costume I saw was when a friend cut up a box and went as a transformer; he'd drop down and become a box. This year I'm going as Jackie Chan!"

Natsue Fujimoto  
sophomore, recreation and tourism major  
"I went as a witch because I love Harry Potter. I dreamt when I was a kid that I wanted to be a witch."

Matt Woodard  
sophomore, music major  
"Best costume was a snow cone. I dyed my hair and put a cone on my chin. It's really original, and I've never seen it done before."

Mykola Vallone  
junior, business finance major  
"I went as a pirate one year. It's a common costume, but it's like going back in time."

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Wildcats' rugby team slams Beavers

by Brooke Sadl
Staff reporter

Central Washington University's men's rugby team took to the pitch against Oregon State University this last Saturday in Ellensburg. The Wildcats went into the match ranked 15th nationally. Senior winger/back James Foster, Central's men's Rugby team's captain, said being ranked 15th in a big deal and that they need to do well against the Beavers because they have a lot to prove.

Oregon State is currently ranked, but their men's rugby team has been in and out of the top 15 both this season and last season.

Central got out to an early lead and never looked back.

"During the first half we really hummed up the OSU team and we were there ahead in the majority of the time," freshman front row prop Kellen Gordon said.

Central's 32-20 win on Saturday gave Central a 5-1 record for the season.

Central made less [worse] as mistakes and they were a bit more aggressive this last Saturday.

see RUGBY, page 15

Volleyball defeats conference foe

by Nate Young
Staff reporter

The Central Washington University volleyball team easily handled Western Oregon University in three games 30-25, 30-18, 30-27.

Central finished their longest road trip of the regular season with a 2-1 record beating Saint Martin's University, and the Western Oregon Wolves after losing to Seattle Pacific back on Oct. 12.

The win Thursday Oct. 19 over Western Oregon put the Wildcat record at 17-5 overall, and 8-4 in the Great Northwest Athletic Conference (GNAC). Central is 12-2 on the road and 5-2 at home, this season, with four games remaining, two at home and on the road.

Thursday against Western Oregon, the Wildcat women had three players finish with double digit kills. They were led by junior outside hitter (OH) Stephanie Powell with 15 kills, senior outside hitter Kristen Pasley with 11 kills, and sophomore middle blocker (MB) Rachel Schurman with 12 kills. The Wildcats put up a great night offensively hitting for a .447 attack efficiency during game two and .277 efficiency for the match.

Freshman MB Erin Norris set a career-high with four service aces to help the Wildcats in the sweep. Norris served helping to bring the Wildcats back late in the first game, scoring the last seven points to close out the game. Norris made her second start as a true freshman and looks to be a leader in years to come.

Central dominated the second game committing only two errors on offense and forcing six serve errors by the Wolves.

Game three was a back-and-forth battle between the two teams. Central took a slim advantage early but Western Oregon battled back to within two points three times, including at 29-27 before Powell ended the game with her match-high 13 kill. The Wildcats were led defensively by junior libero Erika Stevens with a match-high 22 digs.

Western Oregon was led by Shakra Jenkins with 10 kills and Lisa Matrini with five blocks.

"We have to keep getting better not only because we still have a chance of post season, but also because the other teams out there are getting better," Junior OH Emily Veeder said.

Central will face both Alasia schools at home this week, Alasia Anchorage tonight at 7 p.m. in Newton Pavilion and University of Alasia on Saturday.

Central beat both schools earlier this season on the road in Alaska. The Wildcats will then close out the regular season on the road against Seattle University on Nov. 2 then in Nampa, Idaho against Northwest Nazarene on Nov. 4.

Central also beat both schools earlier this season at home.

"I see staying on task being our biggest challenge for the rest of the season. Sometimes as the season winds down people aren't as focused or as fired up. However, now is the time that we need to be playing at our peak, and staying on task and focusing during each practice, and match it is crucial," Powell said.

The remaining four games on the Wildcat schedule are crucial because they are conference games and they can help secure the teams spot in the top eight in the NCAA Division II Regional Rankings. The top eight teams in the region qualify for the regional tournament Nin. 9-11.

"Staying in the top eight of the Regional Rankings is incredibly important. Going to playoffs has been our long-term goal all season, and to get there we must be in that top eight," Powell said.

Soccer ends season at home on Saturday

by Tyler Lobe
Staff reporter

There are many things students at Central Washington University look forward to but one of the most exciting times for a Wildcat is watching Central athletic teams beat up on our rivals from Western Washington University.

If students didn't get enough pleasure in watching the Football in' Wildcats in their last game of the season against Western Oregon last Thursday, they have another chance to see the Wildcats beat up on the Vikings since a 2-0 victory on Oct. 19, 2003. Western has outscored Central 17-2 over the last five games played between the two and the Wildcats have only been victorious in eight of the 33 matches, dating back to 1987.

"We haven't beaten (Western) for a while," head Coach Michael Farrand said. "There are a lot of things there that the girls really want to play for to help us end the year well."

Not only will bragging rights be at stake this weekend, but it will be the last collegiate soccer match for five Wildcat seniors who have been vital to the team's line up this season: Michelle Phillips, Arica Slawson, Stephanie Bren-cic, Kate Drollinger and Erin Barr.

Phillips, a four-year starter for the Wildcats and a two-year captain, has been the backbone of the Central defense. She has helped out offensive- ly as well, tallying two goals and six assists in her collegiate career. Phillips has started in 64 of the 72 matches she has played in and has received both Honorable Mention All-Conference honors and Academic All-Conference honors twice during her Wildcat tenure. She was also named last year's most valuable player by her teammates.

"I don't think enough can be said about (Michelle)," Farrand said.

"Game in and game out, she has been a fabulous player for us and has developed really well. Her leadership, her style of play and her intensity will be missed greatly," Slawson, a transfer from Tacoma Community College (ITC) two seasons ago, has been a big part of the Wildcat defense. In 34 matches, she has scored four times and accumulated four assists as well. She leads the team in shot attempts and assists with 38 and 3, respectively this year and earned Honorable Mention All-Conference honors last season.

"Arica is a soccer junkie," Farrand said. "She is one of the best players we have ever had here at Central Washington-

She just wants to play and get the job done." 

Brencic has played two seasons in the crimson and black after transferring from Illinois State University last sea- son. She has appeared in 34 games and found the net once in a 1-1 loss to then-second-ranked Seattle Pacific last season.

"Stephanie has been tremendous for us and has played very well and has been very consistent," Farrand said. "Her leadership and experience as a Division I player and her willingness to be a good team player for us has been a great addition."

Drollinger, who hails from Naches, has four goals and 44 shot attempts to her name in her 36 games as a Wildcat. She has two years of eligibility left but will graduate in Dec. because of credits she earned through the Running Start program in high school.

"It was kind of a different situation for us to recruit (Katie) and only have her here for two years," Farrand said. "But she is a great girl to have around, she gets along with everybody and she has scored some good goals for us this year."

A transfer from TCC, Barr has shared

see SOCCER, page 16
**WAR:** Central defense and offense are equally impressive in victory

Continued from page 1

Central's defense was flying all over the field, forcing bad decisions on Western's part. The Vikings were put in flats and quick slants to take the Vikings down to the six-yard line. Central scored on the next play and was on the board; going play action for Central's second score.

Central quarterback Mike Reilly rolled out of a busted play, threw on the run, this time going 52 yards and galloping into the end zone and putting Western on top 21-17.

Central answered, driving the ball down to the 13-yard line. Just when everyone thought the run was coming, Reilly pulled the ball back, pump faked, and hit Robertson in the corner of the end zone for a touchdown. Central was up barely one minute into the game.

It was just what Central wanted—time had held Western's newfound advantage. Western answered the call putting Central up 35-21.

Central showed they were the better team. They had experience on their sides and they were not about to let a single play rattle them.

Setting down became the turning point. Lopez reacted with a big run of his own, going 62 yards that later setup Spevack hauled in a tipped ball. Central settled for a 28-yard field goal by freshman Garrett Rolsma.

Central pulled a play out of the brush on their previous busted play gone good as Spevack hauled in a tipped ball. Central was now up 28-21. Lopez ran in for his second touchdown, pushing Central up 35-21.

Western needed to score and score fast. On a five yard out pattern to sophomore wide receiver Travis Mckee, Central had one chance to take him down for a short gain and failed. All Central could do was watch as Mckee made a mad dash into the endzone on the 59-yard completion. Western was one score away from tying the game.

It was now time for Central, and Mike Reilly to take over the game. Central pulled a play out of the brush on Western's 13-yard line. Just when everyone thought the run was coming, Reilly pulled the ball back, pump faked, and hit Robertson in the corner of the end zone for a touchdown.

**When must wisdom teeth go?**

If you have heard that wisdom teeth will always have to be extracted, eventually—don’t believe it. That’s like taking aspirin to prevent a future headache. The problem is that wisdom teeth have a tendency to become impacted in the gums, often causing pain and/or infection. If wisdom teeth have fully erupted and there are no problems, they should, of course, be left alone. The only time extraction must often arise when the teeth are impinging, which means the teeth are sticking part way through the gum and can no further, most dentists would agree that extraction is necessary to avoid the unstable situation in which infection and decay in an adjoining tooth could occur.

Common wisdom holds that if you hear that wisdom teeth will eventually become infected, you’re better for this patient to choose the time for extraction rather than having the teeth do the choosing. Once a wisdom tooth has one side of the gum in extraction, the opposing tooth is best removed to prevent supereruption, which could cause periodontal and bite problems.

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Top left: Junior running back Johnny Lopez races for the goal line. Lopez finished the game with 123 yards and one touchdown on the ground. Top right: Junior corner back Brandon Kennedy rallies the Central crowd early in the game. Bottom: Central lines up for one of their three punts during the game.
Andrews will be missed on football field

by Pat Lewis
Copy desk chief

There aren't many jobs where your boss asks you to be a nuisance. Ryan Andrews has one.

At the University of Washington, where he's a football player, Andrews' job on the field includes a host of activities detrimental to other teams' attempts to score. He can be an extra corner, providing extra coverage options, or come up on the line and be an extra linebacker.

That's exactly what Andrews was up to at last weekend's Battle in Seattle. He picked off two passes, one he nabbed after it was deflected off two other Wildcats. Andrews also forced two fumbles and notched six tackles by his name on the box score.

"That game was all you could hope for; you couldn't ask for more," the senior said. "Playing on the same field as the Seahawks is a once-in-a-lifetime deal."

His performance also snugged him co-defensive player of the week accolades for the North Central Conference. He's the third Wildcat to receive NCC honors, and the second on defense.

"He's one of the hardest workers I've ever had; nobody's going to outwork him," said John Graham, Wildcat's defensive coordinator and defensive backs coach. "He's very intelligent, [and] knows where everyone is supposed to be all the time."

Saturday's game, combined with a come-from-behind victory against Western Washington University last year and the victory over Eastern Washington University this year are Andrews' favorite football memories. "These are probably the best experiences of my life," he said.

The Eastern game was especially memorable. "What made the victory so great was we were told we were supposed to lose against EWU," Andrews said. "We were told we weren't good enough to play them."

The worst experiences for him have been those that take him off the field.

"I was a basketball player who transferred from a small private school. I never thought football was an option."

--Ryan Andrews
Senior free safety

Last year he broke his ankle and was limited to four games. Off the football field, Andrews is set to complete a construction management major this spring. The competitive spirit that fuels him on the field translates off as well.

"Ryan's dedicated to school, that always comes first for him," senior outside linebacker Chris Burch said. "He'll always help you out whenever he can."

After graduation in June, Andrews hopes to work for a construction company in management, using the skills he's learned at Central.

"I'm going to try and go to Hawaii and try something new while I still can," Andrews said.

Last year he also received academic honors in the conference and from ESPN The Magazine, with a 3.64 grade-point average.

"Student athletes all face the same deal, especially in football where we're there from 1:30 p.m. to 7 p.m. some nights," Andrews said. "It definitely makes academics harder."

The four-year starter came into football late at Lake Stevens, not even stepping onto the football field until his junior year.

"I was a basketball player who transferred from a small private school," he said. "I never thought football was an option."

The combination of football and a strong construction management program zeroed him in on Central as an option.

Now he's tied for fourth on the team in tackles with 38, and he was second at quarterback on Saturday with six.

"I'm probably playing my best football right now," Andrews said. "I'm not making a lot of mistakes."

In the two years he was able to play full seasons, he accumulated close to 50 tackles. This year is shaping up to be no different, with five games having six or more tackles. The most hits he's ever had was 20 against the Eastern Eagles on Sept. 16.

"He's a good, honest, hardworking kid," senior linebacker Cade Kittrell said. "I look up to him for what he's accomplished here."

Central has also been more than a football field and a classroom for Andrews.

"He's got good relationships with student athletes in multiple sports; he's not just isolated himself in football," Burch said. "Ryan gets along well with the Central community."

While Andrews jokes about how long his stint at football has been, he said it's also hard to believe it's almost over.

"He's one of my all-time favorite guys; he's a great kid, on and off the field," Graham said. "I'm definitely going to miss him."

Central upgrades the Pavillion

Upgrades in the Pavilion include the new addition to the weight room, along with the new location of the athletic training room, now in the field house across from the weight room.

"We have definitely helped with recruiting," Banish said.

The training room has been relocated to make room for the locker room renovations. It is now located in the same area that the weight room used to occupy.

The trainers were previously restricted by space, and the training room didn't meet health codes.

"The move has had a very positive effect on the athletes and trainers alike," Banish said.

see WEIGHTS, page 16
The weekly sports face-off

Will the Seahawks repeat last year's success?

I love the Seahawks, without question. Being a Seattle resident and fan all of my life, there's no doubt I would love to see them back to the Super Bowl, but to match last year's season? Not going to happen.

Playing in a poor division will get them in the playoffs, but definitely not in Super Bowl XLII.

History is the weakest factor in how their season will pan out. The clearest explanation of this is not that they've won the NFC West the past two years, it's that they lost the Super Bowl the past two years.

Everyone who knows football knows that in the past eight years, the Super Bowl has been won by a team that didn't play in the playoffs, but to go in with a 9-7 record is nothing to boast about. I see them going back to the Super Bowl, but to go in with a 9-7 record is nothing to boast about.

Asst. News editor

Frank Stanley

The Observer - Sports - October 26, 2006

NOID MELANE LICHTKART

Staff reporter

Three Central Washington University runners placed in the top four in their races at the Great Northwest Athletic Conference Cross-Country Championships at Saint Martin's University on Saturday.

The women's team finished third-place overall in the 6-kilometer run, while the men took fifth in their 8-kilometer race.

Junior Katie Hummel claimed third-place in the women's race, just seven seconds behind Seattle Pacific freshman Jessica Piker, who finished first.

“The top three were running together the whole way,” head coach Kevin Adkisson said. “They kept tailing the lead. It was a matter of who had the ‘better race’.”

Central's Rachel Bailey, senior, crossed the line in fourth-place, claiming her second all-conference title (top 10 finish).

The men's team was led by junior Sam Scotchmer, placed second in a time of 24:48.85.

“It was definitely his ideal performance,” Adkisson said. “He knew he was definitely going to be at least third or fourth. It went just the way we would have hoped.”

Scotchmer finished better than any Central male has ever placed at the GNAC Championships.

“I wasn’t expecting to place second,” Scotchmer said. “It was a nice surprise. I was pretty happy that I did as well as I did, and pretty tired at the same time.”

The cross-country women expected to perform as well as they did at Saturday's meet. They finished fifth in Central men's race.

So you've all heard. Matt Hasselbeck is out for the next three games with a knee sprain. You won't see Shaun Alexander running all over the Kansas City defense this weekend, either. He's still nursing a fractured foot. Wideout Bobby Engram is listed as questionable as well.

The Seahawks are hurting, and while they may seem like things are heading in the wrong direction, I'm telling you things will be okay. Just wait until early January when we are spilling our beer in the stands at Qwest Field, watching the Seahawks make another Super Bowl run.

These next few weeks may not go as smoothly, especially for the well-coached offensive machine we are used to watching.

But with upcoming games against the Chiefs, who are also missing their starting quarterback, and the 1-5 Raiders, Seattle should be able to escape with a couple of wins.

Sure, we may not see Engram this Sunday against Kansas City, but D.J. Hackett has proven himself as a threat when he's been asked to fill in for the starter and Darrell Jackson.

The only relief comes in our return of Jerramy Stevens at tight end, our passing offense will continue to open up. Without Stevens, who stands 6-7”, the Seahawks haven't had much success passing over the middle.

We know Seneca Wallace is not Matt Hasselbeck, but given time in the pocket, he can make some plays.

Should Alexander be ready to play against the Raiders as team physicians have forecast, he should be used sparingly. His foot has been bothering him since the preseason, so we have yet to see him play at 100 percent.

Seahawks won't need to beef up their running attack when the St. Louis Rams come to Qwest Field on Nov. 12. We all saw how the lack of a rushing threat almost cost the Seahawks a two-weeks against the Rams.

Although the Seahawks are bruised up right now, if it had to happen, now is the best time.

After St. Louis, the Seahawks face San Francisco and Green Bay, who are both currently 2-5. By then, both Hasselbeck and Alexander should be back and ready to contribute.

The Seahawks should win at least four out of their next five games. Seattle simply needs to keep toughing up their NFC West opponents so they can cruise into the playoffs with yet another division title.

With that said, yes, the "Hawks can return to the Super Bowl.

They may not be able to walk in like they did last season, but they have the talent and weaponry to do it. If they are healthy and clicking, I don't know if anybody can stop them. Hang in there, Seattle fans. Champions aren't made overnight.

by Melanie Lockhart

X-Country at GNAC Finals

Central moves to 2-0 continued from page 12

RUGBY: Central moves to 2-0 and definitely deserved the win,” said OSU head coach Dylan McGuire.

The second half’s Central's Center Erika Sakalia had the final try making it Central up 29-6.

“Every weekend we learn more about ourselves and this weekend was no exception.” Central Coach Rob Ford said about the victory in a press release.

Central will be playing University of Victoria in Consilium this Friday at 4 p.m. and will follow with a match against the University of Idaho on Saturday at 9:30 a.m., also in Consilium.

The Observer will provide students FREE classified ads, as space allows.

Non-student classifieds are $5 for the first 15 words and 20 cents per word thereafter.

Please email your ad to pagec@cwu.edu.
X-COUNTRY: Central preps for regional meet
continued from page 15

Newcomer-of-the-Year.

The cross-country team took the week easy to prepare for the GNAC Championships.

As the season winds down, training changes so that athletes are able to rest up.

"We don't do quite as much volume of training," Adkisson said. "We bring the volume down, but bring up the intensity.

Junior Sarah Benson (36th) and senior Amber Green (30th) were the Central women's top runners.

Seven Wildcats rounded out the top 40 men, following Kulvi. Freshman Eric Ardissono (30th), freshman Scott Palmer (32nd), junior Kevin Blount (33rd), freshman Jonathon Rank (35th), senior Brian Rickenbach (37th), senior James Roach (39th) and senior Geoff Anderson (40th) regularly run very close together. The men hope to improve for the upcoming regionals in two weeks.

"Move the pack forward; that's the plan," Scotchmer said.

The Belltower Open will be at Lake Sammamish Park on Oct. 28. The NCAA Division II West Regionals will be held on Nov. 4 in Chico, Calif. at Lake Oroville Afterbay.

"Individually, we feel we can get a few people to nationals, including Sam (Scotchmer), Katie [Hummel] and maybe Rachel [Bailey]," Adkisson said.

The NCAA Division II Championships take place on Nov. 18 in Pensacola, Fla.

"But it's not out of reach."

"Move the pack forward; that's the plan," Scotchmer said.

"It will be tough," Scotchmer said. "But it's not out of reach."

Wildcats senior forward Arixia Slawson goes for a loose ball against Northwest Nazarenes senior forward Sarah Luman during Saturday's match. Central WON 2-0 and will play Western Washington on Saturday.

SOCCER: Wildcats earned their first conference, Division II win over Northwest Nazarene 2-0, Saturday continued from page 12

time as goalkeeper this year, logging 475 minutes between the posts. Playing in nine games this season, she's accumulated 25 saves and given up 11 goals.

"Erin has helped bring up some competition in the goalkeeper area," Farrand said. "Her game against Seattle Pacific was her best game so far this year and she has competed very well throughout this season."

Last Saturday, Central found its first Great Northwest Athletic Conference victory this season in a 2-0 win over visiting Northwest Nazarene in a well-fought game.

The Wildcats drew first blood when sophomore Lisa Overbo served the ball to junior Hillary Davidson who then proceeded to find the back of the net. Central put the offensive pressure on the NNU squad by taking 12 of their 16 shot attempts in the second half. Overbo converted in the final minute, making the score 2-0, to secure not only their first conference victory, but their first win over a Division II opponent this year. Overbo's tally at 89:14 moved her into a team leading four goals.

"We did what we wanted to do in the game," Farrand said. "It was fun.

WEIGHTS: New weight, training rooms available
continued from page 14

"It's a lot more functional because we have more working space," Assistant Trainer James Robinson said. "We have enough room to prevent, treat, and rehabilitate injuries in the same facility.

With the opening of the new recreation center last winter for students and faculty, athletics now have their own separate facility to train in. This makes a big difference compared to when open-recreation was held in the pavilion. Teams didn't have enough time to finish their entire workout, as other teams, students, and faculty all had to use the facilities.

"We have more scheduled times to lift, and we obviously have more time then we used to in order to get things done," football player Ryan Andrews said.

These new facilities give the athletes a sense of pride in their school. Taking pride in what the school has provided students with makes those using it want to care for the equipment. This keeps maintenance costs down, extending the longevity of Nicholson pavilion, and making the need for any renovations an afterthought.

"It's exciting to have something like this accessible to us," Andrews said. "It helps us work harder, and take better care of what we have."

With the improvements that have been made to the athletic facilities the future of Central Athletics is bright, and if our present is any indication of what's to come, there's a lot to look forward to for both athletes and those that watch athletics.