Central's Alpha team takes first place at ROTC Ranger Challenge

by Charlie Wainger
Staff reporter

It was another year, another challenge and Central Washington University ROTC Rangers clawed, muscled and dove through the ROTC Challenge and came out on top for the second year in a row. "It's all heart," Nathan Schaffer, Central ROTC Alpha team Ranger, said.

Central Washington's Army Reserve Officer's Training Corps (ROTC) Alpha team, with a score of 1763.19, placed first in the ROTC Ranger challenge this weekend in Ellensburg. Coming in second was Seattle University with a score of 1569.92 and Central Washington's Bravo team, just missed second and placed third, with a score of 1569.06.

"The winner out of the whole brigade receives a traveling trophy they hold for one year," Master Sgt. Schledewitz said.

The events began with a loud "hooah," which echoed through Nicholson Pavilion at 6 a.m. on Saturday.

ROTC Rangers from Eastern Washington University, Seattle University, Washington State University, Oregon State University and the University of Oregon fell into line.

Central's ROTC Alpha team took first place with a score of 293.78 in the first event, the Army Physical Fitness Test (APFT), which demands "each Ranger to accomplish as many push-ups and sit-ups as they can in two minutes, then take off on a two-mile run down Airport Road."

Each team stood eagerly awaiting their inevitable turn to run to an orange mat and produce as many push-ups for their team as possible, while the rest yelled and cheered them on.

According to ROTC Ranger Steven Lizama from Seattle University, two months before school starts training begins, which includes a diagnostic test, to determine which cadets will participate in the challenge.

"[In preparation] I ate pasta last night and nothing this morning," Lizama said.

Once the push-ups and sit-ups were finished, the Rangers put on a bright mesh of jerseys (orange, blue, green and yellow). The room was filled with people waiting to set off on the two mile run, one mile up Airport Road, beginning at the three way stop on Dean Nicholson Boulevard, and then doubling back.

"You will begin running at your own pace," Sgt. 1st. Class Richards said. "Walking is authorized but is strongly discouraged."

Top: Limwell Mangrubang, senior exercise science major navigates the barbed wire obstacle at the end of the grenade assault course. Above: Devin Snyder senior, exercise science major, is executing a grenade toss into a bunker on the grenade assault course. Right: Andy Mars, junior law and justice major, reassembles a M16 rifle during the rifle disassembly and reassembly event. On Saturday, Nov. 8, and Sunday, Nov. 9, Central Washington University ROTC held its annual Ranger Challenge.
Corrections
Last week on the front page, in the article “History made: U.S. elects first black president,” Gertrude Baines voted in the election and is 114 years old. The plan is for each student attending to receive a scoop of ice cream. From them, the students can wander around each of the club tables to get different toppings. The idea is to make an ice cream sundae while learning more about the clubs at Central.
Along with the sundae there will be a showing of “The Best of Saturday Night Live” in the Student Union Recreation Center (SURC) Theatre. The day will conclude with a display of fireworks.
Another ASCWU-BOD event to check out is the student hospitality area at Central’s major sporting event home games. The ASCWU-BOD alumni and staff will be there for working to continue their tailgating gatherings from the football season to the baseball season.
One hour before home games there will be live music and free hot dogs for all students.
Students will find the SURC open until 1 a.m. during finals. The ASCWU-BOD is working in partnership with the SURC to keep Friday Night Frenzy going.
Car wrecks on Water Street
by Ashley Scruggs
Staff reporter
On Oct. 9, on the block of Fifth and Water Street, glass was shattered, cars were flipped and people involved were shaken up. Police officers, fire trucks, tow trucks and witnesses were passing by nearer to the scene of the wreck.
A green 1996 Toyota pickup, a beige GMC K1 pickup and a red 1993 Toyota 4runner were involved.
The GMC pickup T-boned the red Toyota 4runner, causing it to flip onto its side and smash the top in. Two vehicles had only the drivers present and the other car involved had a driver and two children.
There were five people total in the three-vehicle wreck.
Three people were sent to Kittitas Valley Community Hospital (KVC) with minor injuries.
The Ellensburg Police Department investigating officer is Jim Weed and the case is still under investigation.

News Briefs
ASCWU-BOD plans winter quarter Friday Night Frenzy
by Desiree May
Staff reporter
For students waiting for a fun Friday night on campus, the ASCWU-BOD has it covered. The ASCWU-BOD is in the process of planning the annual Student Appreciation Day.
Friday Night Frenzy will take place at a to-be-determined date during winter quarter. Various clubs from Central Washington University will be there to get more students involved.
“The way to get the most out of your time at Central is by getting involved,” ASCWU-BOD President Pedro Navarrete said.
The plan is for each student attending to receive a scoop of ice cream. From them, the students can wander around each of the club tables to get different toppings. The idea is to make an ice cream sundae while learning more about the clubs at Central.
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The Observer office, located in Bouillon 222, is open weekdays from 9 a.m. to 5 p.m. Submissions can be brought to the office; e-mailed to cwuobserver@gmail.com; mailed to Observer at Central Washington University, Ellensburg, WA 98926 or faxed to 509-963-1027.
• Friday, 5 p.m. Entertainment, meetings, calendar events.
• Monday, 3 p.m. - Weekend sports information.
• Monday, 5 p.m. - Letters to the editor.
• Thursday, 5 p.m. - Display ads.
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To contact an advertising representative, call our business office at 509-963-1026 or fax information to 509-963-1027.
The Observer is printed by Daily Record Printing, Ellensburg.
The Observer is a class in which students are constantly learning how to interview, report and produce a newspaper.
Mcintyre speaks at her goodbye gala, hosted by the CWU Foundation. Mark and Cindy Pearson received the philanthropy award for their contributions to the Patrick O'Shaughnessy Endowment profession in accounting.

"...We'll have an exhibit space, a staff and lots of opportunities for student interns to work."  

**BILL YARWOOD**  
FACILITIES PLANNING AND CONSTRUCTION

"What they've done is they're making a way the university can be more environmentally friendly. Yarwood said. Arrangements for the weeklong event are still in the planning stage. However, one of the activities will be a poster contest.

At the end of the week is a party with music, a fashion show and a display of sustainable products. Dellenbaugh said communication department chair Lois Bondeville and anthropology department head Kathy Barlow are working on a way for currently enrolled students to stay involved after the quarter. Announcements will be made later this week about the weeklong sustainability event and where it will be held. It will be open to the public.
The cold rain began to come down harder as the whistle blew and the Rangers took off down Airport Road, escorted by local law officials with their red and blue lights flashing.

Ranger Anthony Orkola from Washington State University was the first to cross the finish line with a time of 11 minutes. Soon after, a steady flow of Rangers began to trickle in.

Rangers did their best to congratulate each other on their strength and success between their gaps for air along Airport Road.

The second set of events consisted of a written test and a physical challenge, which included a hand grenade assault course, a rope bridge construction and a timed M16A2 assembly and assembly course, which Central's ROTC Alpha team won with a score of 369.

"Last year we had thegrenades that made a pop, but I don't know if we'll have them this year," Jeff McKeen, sophomore ROTC ranger at Central, said.

This time the grenades definitely made a bang that echoed through the valley and turned a quiet country morning in Ellensburg into a war zone.

Rangers, dressed in army combat uniforms, were handed five blue mock grenades, which mimic the real weight of a grenade, for the five detonation techniques.

"It's like throwing a baseball," Chris Bumgarner, senior photographer for The Washington State University ROTC public affairs, said. "Just don't release it right next to your head."

The air began to smell like gunpowder and a grenade, for the five state schools, only to come back next year and give each other another run for their money.

The yells died out as they boarded the one rope bridge. Left: Sean Flanagan freshman safety and health management(left), Andy Mars junior law and justice(right) on the rope to cross the one rope bridge.

Top: Alpha team accepts trophy for first place in the ROTC Ranger Challenge, (left to right) Jeremy Conley senio history, Victor McKenzie junior business admin, Kelly Regus sophomore communication, Jordan Thompson junior history, Andrew Jones senior history. Above: Marquis McKiever freshman communication(right) scurries across the one rope bridge with squirrel-like agility as Hunter Hamilton junior geography and William Montgomery III senior geography(left) prepare to lead Zachary VanZuntnan sophomores exercise science and Grant Skallerud freshman history(right) on the rope to cross the ganges. Left: Sean Flanagan freshman safety and health management(left), Andy Mars junior law and justice(right) check each other's repel seats in preparation to cross the one rope bridge.

General education requirements revamped

By Sam Hastings

Staff reporter

The first years of college at Central Washington University are full of excitement and new opportunities which impact the rest of a student's life. During this time, students are required to complete their general education (gen ed) requirements in order to move on to their chosen major. According to the current mission statement, gen ed is designed to offer students the opportunity to think critically in a variety of settings, which will help prepare them for the real world. However, over the years many students have challenged the gen ed program. Scott Carlton, senior pre-paramedic major said.

Lack of connection to the major is part of the reason why the general education committee is restructuring the gen ed program. The role of the committee (according to their site) is to decide the best way to aid students in becoming well-versed individuals in a variety of studies. Another reason for the change is to basically update the program.

Progressive changes to gen ed help Central retain its place as the fastest growing school of its type in Washington state.

The committee has begun to discuss and plan the new structure and outcomes of the gen ed program. According to Patsy Callaghan, English professor and Coordinator of the General Education Committee, being an official "program" means that the gen ed program needs to have clear and concise outcomes, and that's exactly what they are working on.

"The overall goal is to create a framework of goals... that will make the purposes of the requirements clearer to students and provide a clearer context in which faculty can talk about how particular classes align with those purposes," Callaghan said.

The new set-up will include many of the current classes. It will offer the opportunity for departments to align their courses with the new outline, as well as give them the opportunity to add or drop classes which they deem fit for their department's outcome. The amount of credits for the gen ed requirements should not increase, as of yet.

One of the new additions to the overall goal or outcome of the gen ed program is integrated learning and global and diversity awareness. This will be addressed with classes like the current environmental studies courses and the new American Indian Studies courses. These new goals will more than likely address other goals and outcomes as well.

"The idea is that you would complete the general education program by taking classes that include all of the outcomes for the program," Callaghan said. "But you should have more choice and more flexibility in planning and completing the program."

According to Callaghan, the earliest possibility of changes to the program and catalog could go into effect as soon as the 2009-2010 academic year. The program current students started with will carry on with the students through the rest of their college experience.
Ellensburg Christian School hires Central grads as teachers

by Tetsu Takiguchi
Staff reporter

Ellensburg Christian School (ECS) hired two Central Washington University students as music teachers. They are working in two areas who get paid by the school, not as interns or student teachers.

"It's very advantageous for the students to get experience in the classes," said Anna Ng, principal of Ellensburg Christian School.

ECS has 83 students from kindergarten through fourth grade, so most of its classes have five to 16 students.

Since the school cannot offer a full-day program just for a one-hour music class each day, hiring Central students is efficient.

"Central students bring a lot of enthusiasm for their class," Ng said. "They actually bring a lot of friends [who are in the music major] into the class to work with our students."

Ng said they are helping ECS build relationships with music communities in Ellensburg.

"They have experts in music who are enthusiastic," Ng said. "Whenever you teach something you love, it makes the subject more interesting."

In the classroom, Central students pass on their knowledge and passion to children through music.

"I thought it was going to be really weird teaching in a classroom while being actually a full-time student at Central, but it's really not," Erik Flaten, piano performance and music education major, said. "Because there's a big age gap, I still feel like I'm an adult in front of them." Flaten teaches beginning band at ECS.

"Chanda Rampersad, music education major, is another Central student who teaches intermediate band at ECS.

"I love every second, so it's nice," Rampersad said. "[My students] make it fun just naturally. They can't help it."

Rampersad explains her joy of teaching music to her students as her "lifestyle," teaching children has become the center of her life.

"Teaching kids is the only thing I enjoy doing and serving," Rampersad said. "The kids are what make me so happy, and that's my benefit."

"I thought it was going to be really weird teaching in a classroom while being actually a full-time student at Central, but it's really not," Erik Flaten, piano performance and music education major, said. "Because there's a big age gap, I still feel like I'm an adult in front of them."

"It's giving my students, at a young age, the ability to work together to solve problems, because it's an ensemble setting," Flaten said.

While Flaten and Rampersad are getting experience in teaching, the school is also gaining benefits from them. And this opportunity certainly makes their dream more realistic.

"Every job in music is my dream job," Flaten said. "Whether or not I teach a band or piano, I'm going to be happy."

"Working at the Christian school is just a [great] idea, because there is no doubt in my mind anymore. It's just what I want to do," Rampersad said.

New advertising minor and club introduced

by Allie Mathis
Staff reporter

Beginning winter quarter 2009, Central Washington University students will be able to choose from one new minor — advertising. The advertising minor became official last week.

Advertising was once offered as a minor, but will be re-introduced along with two new communication professors. Because so many aspects of advertising have evolved since it was last offered at Central, the curriculum that was used previously for the advertising minor will be changed.

"The advertising field has changed a bit," communication lecturer Patrick Jackson said. "There used to be only a few channels on TV, now there are thousands, which means much more television advertising."

Along with the new minor, an advertising club is also in the works. The people who are involved in starting the advertising club are excited for the experience the club will bring to students who participate. Delfinbaugh is an advertising club co-founder.

"It will help prepare students to go into advertising, because they can build a portfolio with the classes we're offering," Delfinbaugh said. "The introductory process for the club will be this year, but we'll be in full swing by next year."

Steve Jackson, assistant communication professor, also helped start the advertising club.

Jackson encourages students majoring in fields other than communication to participate because it will provide them with knowledge and a competitive advantage.

"For students in political science and business majors, the advertising club represents one of the only ways they are going to get a bird's eye view of how advertising works," Jackson said. "Employers look for strong creative participation and evidence of writing ability. The advertising club is going to help with this."

The advertising club is expected to meet once a week and will focus on new advertising strategies, as well as real world scenarios by bringing in actual clients. An advisor has yet to be chosen, but Communication Department Chair Lois Bredlove is a likely candidate.

Not only will the club help students gain experience they wouldn't normally get, but because advertising is important in many fields of work, it will reach a broad range of students.

"The advertising club would be a great way for me to get experience in advertising for my business major," senior Raymond Sue said. "I could meet some great connections and work on my portfolio."

Classes for the advertising minor will be open for registration for winter quarter 2009.

Visit the communication department in Boulion Hall, or go to www.cwu.edu/comm.

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Observance: Choices denied

Gay and lesbian couples denied marriage rights

California, Arizona and Florida passed amendments to ban same-sex marriages. California voters make headlines as they continue to debate Proposition 8.

Associated Press reporter Lisa Leef said in her article "California voters approve gay-marriage ban" that the gay-rights movement experienced set-backs in other states that same Tuesday.

I was totally shocked when I read that. Marriage is a choice and should not only be a choice between just a man and woman. It is a choice, people should be able to commit or not commit to whomever they want for the rest of their lives.

Marriage allows rights to the spouse, and it also allows financial responsibilities. If an 18-year-old boy and an 18-year-old girl can commit to each other, why can’t two 18-year-old boys or girls do the same?

The United States was built on the freedom to choose, and make decisions for oneself. We have the right to freedom of religion, and speech, and I believe there should be a right to decide who to choose to spend the rest of one’s life with as well.

Society will look down upon the ones who choose to marry with a huge age difference and society once looked down on the idea of interracial commitments, in some countries it is still looked down upon. However, in the United States, we’ve learned better than to try and ban interracial marriages so why should gay marriage be banned?

I don’t think marriage between a gay or lesbian couple should be stopped. There are guidelines to protect the young and old and make sure marriage is legally binding. In some states, couples who wishes to must submit to blood and background tests to help prevent bigamy and track tax fraud.

If a gay and lesbian couple wish to pursue marriage, then they will be held to these same standards just like any other heterosexual couple.

It is amazing how passionate people are on this topic. A combined estimate of $74 million was raised to fight and promote the proposition. It has been said to be the most expensive social issue campaign in the United States.

The official results of the California polls have not been finalized. As of last Friday, 2.7 million ballots that were left from Tuesday’s election remained uncounted.

California officials have until December to finish counting remaining ballots and it does not look good for opponents of Proposition 8.

An article in L.A. Now titled, "Could uncounted ballots affect Prop. 8?" said, "As of this morning the secretary of state reports 5,661,583 votes in favor and 5,154,457 opposed ... opponents of the measure would have to win just over 59 percent of the uncounted ballots ... opponents have won about 47 percent of the vote."

Before the proposition went on the ballot, gay marriage in California: A court ruling in June made it legal for same-sex marriages to be conducted. In that time an estimate of 18,000 marriages have been conducted.

Leef also reported that state Attorney General Jerry Brown said marriages conducted before Proposition 8 will remain valid, although legal challenges are a possibility.

California might have been a pretty liberal state in the past, but since this election it has taken a huge step backward in thinking and law-making in my eyes.

Dear editor,

After reading this week’s opinion article “Five stages to get over a breakup” I couldn’t help but be disappointed. I agree that we all have to get angry, grieve and forgive but should one woman really be telling another woman to stop work, stay in and eat junk food? I think not! Do that and the only place you will end up is on the scale with 10 extra pounds looking back up at you.

I have found the best method for me is to get so mad that you decide to show him what he is missing. Don’t remind him why he dumped you, remind him why he started dating you in the first place. Be sweet, understanding and above all, never, let him know you are dying inside. Vent to your friends, your diary, to the machine at the gym, and let him believe you are over it and moved on.

After a breakup a woman should keep her chin up; put on a great "fishing" outfit, and get back out there, after all there are other fish in the sea. Go out with the girls, have a few drinks, share some laughs, tum a few heads.

Don’t just sit and sulk in your self pity. Yes, shed a tear or two but ask yourself: “Is he worth it?” Is he worth all the tears? Don’t let yourself obsess over him, you should be obsessing over your next move.

They all say you should forgive and forget. Instead of forgiving him for leaving, seek someone who will love you more than he ever did. Thank him for the pain and promises, know he will come back with his new real promises. Thanks to him, you are single AGAIN! You can do whatever or whoever you want.

Being single is not a bad thing, but being with someone who doesn’t appreciate you is. I know of only one person who can love you the best, one person who can give you the world, one person who knows about you, and that one person is you.

Michelle Hunter
Senior, communication major

Dear editor,

As a member of the Central Washington University College Republicans, I am completely appalled at last week’s Artists Eye cartoon, showing Barack Obama stepping on a dead elephant, symbolizing a defeated Republican Party. I believe that this cartoon is not in any way funny, as it is compromising America and its values. There are many other ways for us to peacefully express victory without resorting to this kind of vile and disgusting treatment of the side that lost the election. Barack Obama ran a relatively clean campaign and this is a poor selection of his campaign. I believe that this cartoon depicts poorly on the staff and advisers of the Observer and that they should have considered how it portrayed the election before choosing to run this offensive cartoon. As a former staff member of the Observer, I am ashamed to be associated with such a treatment of Republicans in this newspaper.

David Woodford, senior marketing major
Central Washington University College Republicans

Dear editor,

I was very disappointed with the article titled “Five stages to get over a breakup” in the Nov. 6, 2008 edition of the Observer. In a society that has come so far I am mystified that a person can still believe that we as women need a man to feel good about ourselves. Women have worked hard to rise above the oppression of men, some even dying to make our lives mean something more than having dinner ready on the table when “our man” comes home.

The sexist stereotypes of the writer is an insult to the work of the many women who fought to free women from the shackles thrust upon them. It seems like the woman who wrote this article should still be wearing a corset and popping out babies every year instead of going to school and getting an education.

This writer, who clearly worships men, should not be allowed to give advice to modern women. She advises you to lie and cheat yourself out of your life. She tells us women that we can not expect to do anything but sit and watch TV “in your current state.” Just because he left must we wallow in self pity and gain 20 pounds, consequently making us feel even worse about our body and life. This is just what a chauvinistic man would want. Make women feel terrible so he can discomfort them, make their lives horrible with heels that hurt our feet, panty hose that always run, cosmetics that broke riots, and who could forget the feet binding that was used in China?

I say that women who get dumped should not sit and feel bad about themselves. Instead show him what they gave up. Don’t just stop living your life on account of a boy, every day is worth living. Come on, girls, let’s live it up!

Amanda Hunter
Central Washington University sophomore, major undecided
Shakespearian adaptation

graces the Stage

by Hayley Clayton
Staff Reporter

"The Two Gentlemen of Verona" have tried on their Elizabethan tights for the dapper suits, jazz and parasol-twirling ladies of the roaring 1920s in Central Washington University’s contemporary adaption of the classic Shakespearean play.

The play follows Proteus, played by Adam Kroeger, senior theatre arts major, and Valentine, played by John Meyer, senior theatre arts major, as they travel from Verona to Milan. Proteus is sent by his father to see the world. Valentine seeks adventure.

"Valentine doesn’t really buy into the whole idea of falling in love, getting married and having kids," Meyer said. "He wants to spend his youth travelling and seeing the world and when he begins to do that, he falls in love with Silvia and that's when all the tragedy happens."

Once in Milan, Proteus also meets the wealthy and desired Silvia and decides to compete with Valentine for her affection.

"(Proteus is) definitely the kind of person that knows what he wants and will do anything to get it," Kroeger said. According to Brenda Hubbard, director and theatre arts professor, her decision to set the play in the 1920s was inspired in part by how the era suits the behaviors of the men in the play.

Hubbard said the setting was also influenced by sexism inherent in both the context of the play and the pre-Depression era.

"My job as the director is to take things..." Kroeger continued. "I've seen since I've been here and it's going to be really interesting and the costumes are the most beautiful costumes I've ever seen."

The dog has been surprising cooperative," Shanks said. "There are horror stories you hear about live animals onstage but George has been nothing but excellent. She'll stay on command and eventually she'll look at you and it's my job to play off of what she's doing."

Shining a light on Georgie and the dog would be more comfortable with Shanks onstage.

"It's an interesting challenge," Shanks said. "There are moments," Lauren Pearsall, sophomore theatre arts major, said. "It has its light moments and its dark moments."

Despite some of the intense issues of the play, Hubbard considers "The Two Gentlemen of Verona" to be a tragic comedy.

"It's going to be really interesting and the audience while also handling some of the more sexist elements of the play," Hubbard said. "I get from doing a good production."

Both the music and ambiance. Suiting the 1920s setting, the sound designer says audiences can expect to hear plenty of jazz throughout the play.

"Finding good recordings of period music is the biggest challenge," Prange said. "A lot of the stuff you find was on records and the hisses and pops from that time period are kind of hard to iron out."

Audiences can also expect to see 1920s-style costumes designed by Laura Reinstatler, graduate teaching assistant, and sets designed by Christina Bar-
Dog, human interaction Ki to success

by Eric Hauslund
Sports editor

Every week at Morgan High School (MHS) the staff size grows by six legs as Ralla Vickers and her 4-year-old Shih Tzu-Chihuahua mix Ki (pronounced "key") show up to volunteer their time assisting special needs students.

Ki is also registered with the Delta Society in the Pet Partner’s program, which allows him to be volunteered by Vickers to visit “hospitals, nursing homes, rehabilitation centers, schools, and other facilities,” according to the Delta Society Web site.

After gathering information from the Delta Society’s Web site she traveled to Spokane, Wash. to take a performance test with Ki in order to become fully registered.

According to Vickers, the test was designed to test obedience and animal temperament during “unpredictable situations.”

“They do one thing where they have volunteers and people ... helping (by) pushing wheelchair and using walkers to see how the animals react to those kinds of apparatus,” Vickers said.

Vickers initially had problems finding schools interested in having her and her dog come in to help.

“First I contacted some people in the elementary schools and didn’t get a real rapid response on that,” Vickers said. “Someone suggested talking to Betty [McKinney] and I did (a response) was just immediate.”

McKinney was an obvious choice to attempt the program. McKinney and Vickers have known each other for more than 14 years and are both special education teachers.

“Because we are friends and we have similar likes and feelings for ani­mals, Ralla shared with me the training animals, Ralla shared with me the training sessions are not tied to McKinney’s current curriculum and are more of a break for her student.

“Really, when you think about taking an hour’s time of his school day to do that, that is a pretty big deal,” Vickers said. “I think it is really great of Betty and also of Gary Ristine, the principal, to have confidence that this is something that will benefit the child; they are doing that, that is a pretty big deal,” Vickers said. “I am an advocate for this program because I believe therapy animals, through their uncanny ability to read emotions of humans and provide unconditional love, provide special kind of comfort to humans in distress,” McKinney said in an e-mail. “Many times I see struggling learners exhibiting this distress. It’s really nice to know that therapy animals are available to provide such comfort.”

Vickers said that while volunteering takes a lot of commitment it is entirely worthwhile, and she remains fascinated by therapy dogs and the work they do.

“And the other outcome for me is that it is very likely I wouldn’t be doing this - this volunteer reading thing - if I weren’t doing it with Ki, and so he moti­vated me in doing this, and it has been very fun,” Vickers said. “He is sort of my therapy dog too.”

Spa Day soothes with free activities, services

by Brookie Motsonen
Staff reporter

Learning where to go when stressed out, knowing how to stay mentally and physically healthy and taking a breather from the chaos of classes are just a few samples of what Central Washington University Annual Spa Day is all about.

This year Spa Day will include free flu shots in SURC room 140 and a service provider fair in SURC rooms 137A and 137B with tables offering free give­aways and business information pro­vided by local businesses.

“Really, when you think about taking an hour’s time of his school day to do that, that is a pretty big deal,” Vickers said. “I think it is really great of Betty and also of Gary Ristine, the principal, to have confidence that this is something that will benefit the child; they are doing that, that is a pretty big deal,” Vickers said. “I am an advocate for this program because I believe therapy animals, through their uncanny ability to read emotions of humans and provide unconditional love, provide special kind of comfort to humans in distress,” McKinney said in an e-mail. “Many times I see struggling learners exhibiting this distress. It’s really nice to know that therapy animals are available to provide such comfort.”

Vickers said that while volunteering takes a lot of commitment it is entirely worthwhile, and she remains fascinated by therapy dogs and the work they do.

“And the other outcome for me is that it is very likely I wouldn’t be doing this - this volunteer reading thing - if I weren’t doing it with Ki, and so he moti­vated me in doing this, and it has been very fun,” Vickers said. “He is sort of my therapy dog too.”

Sleep well
When your head hits the pillow, it’s time to sleep, not think.

Plan every day
Create a to-do list each morning to keep track of goals and to remind you of accomplishments.

Anticipate success, rather than failure
You never know what the future will bring, so why not expect the best?

Relax
When you feel stressed, take a deep breath and separate yourself from what’s stressing you.

Keep anger under control
When you feel angry, remember that you have a choice in how you react.

Laugh
Laugh at the curveballs life throws. You will not be as upset as you would have been if you were frowning over them.

Eat well and exercise
Eat your vegetables, monitor caffeine intake, and try to break a sweat a few times a week.
John Dau, a "lost boy" of Sudan works to improve the quality of health care in Sudan. His documentary "God Grew Tired of Us" follows his and 25,000 other children's journey as they fled 1,000 miles across the desert.

The familiar sting of war forced the men, women and children to leave their homes and flee Ethiopia to Sudan. Dau was among the lucky and fortunate to escape the ensuing carnage and for four years, before civil war broke out in that region as well.

The story begins to unfold when it's revealed that one of Russell's team-mates, Tristan Mackey, is involved in the disappearance of a college student, and Russell has a steep $2,000 coke debt to his drug dealer Vince Thompson, who haunts Russell's dreams and could stop the bar owner from continuing to exist.

Russell's love interest Kelly Ashton comes to the bar that Thursday night, the same Thursday night Russell was there. Weird thoughts go through Russell's mind as to why she is there. Then he sees her with Tristan at the bar and he becomes paranoid about a love affair between the two.

This doesn't stop Russell, of course, from inviting Tristan into the bathroom to share a couple of lines.

Morris has a unique way of introducing his characters. Instead of the cliche "here is this person and here is another person," characters are introduced from Russell's perspective and opinions, then the reader gets to judge them through the interactions they have with Russell.

"The Dart League King" wording has a way of sucking you into the characters and events happening in this small Idaho town.

Once a few pages are over, you are already entranced with the story, the people and what's to come. It's a great combination of "The Big Lowsider" and "The Pineapple Express," but instead of marijuana it's coke.

When Robin Hull, Ellensburg art commission council member and Jerrol's employee read his book in two hours one day back in September, she decided to call Morris's publicist in an attempt to get him to visit Ellensburg. Hull found out he was in the Elliot Bay area and would be happy to make another stop on his book tour to read at Jerrol's.

John Dau is now married with two children. He has brought his mother and sister to America. Dau is an advisor for the Sudanese Lost Boys Foundation of New York, as well as American Care for Sudan Foundation; he founded both groups. In essence Dau has captured the American Dream and made it his own.

Tonight Dau will screen "God Grew Tired of Us" at 6 p.m. in the SURC Theatre followed by lecture, book signing and Q&A in the ballroom.

"He couldn't have suffered more," said Marian Lead, the interim director at the diversity education center. "We really hope to enrich student's lives and open their eyes with this speaker series."
PILOT PROGRAM
USA TODAY considers a future at Central

by Matthew Hattmann
Staff reporter

It’s not just local newspapers on the newsstand anymore. The Collegiate Readership Program aims to encourage college-students to read national publications such as USA TODAY so they can gain a better understanding of the importance of keeping up to date with current events. The program also aims for students to become more involved and have more knowledge about the world.

The Collegiate Readership Program is a pilot program at Central Washington University. It began Oct. 24 with students filling out surveys about their general media consumption at a booth in the Student Union and Recreation Center (SURC).

Representatives from USA TODAY will return to Central on Nov. 21 to do a follow-up survey to see if students have positive feedback.

“For your students, the real world and its immediate effect on their lives is what is most relevant,” Diane Barrett, vice president of USA TODAY education programs, said in the October 2008 edition of the Collegiate Readership Program newsletter. “If they are able to connect events and trends by analyzing the elements of cause and effect, they will have learned the lessons of a lifetime.”

As part of the program, copies of USA TODAY are available for students free of charge. Depending on how successful the program is, copies will continue to be available to students and faculty this upcoming spring quarter.

According to assistant professor of communication, Cynthia Mitchell, students need to know what is going on in the world. Mitchell believes that the Collegiate Readership Program is a good idea as long as publications such as the Daily Record and The Seattle Times are also included, as they were prior to the 2008-2009 school year. Mitchell says that having local, state and national publications available will allow students to take larger issues into context with what is happening more locally.

“If they don’t know what’s going on in the world then they can’t make that connection between what is learned in the classroom,” Mitchell said.

Lisa Green, senior geography major, said that she reads the Seattle Post Intelligence every day because it’s good for students to read the paper so that they know what is happening in the world around them.

“It’s too easy for us to get stuck in our culture and not inform ourselves on what’s going on nationally or even locally,” Green said.

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Corrections

In last week’s issue of the Observer, Mississippi and Gifts of the Vine were spelled wrong.

Mississippi-based Linwood worth the asking price

So I stole this CD from the newsroom a week or so ago, and I have to say, it was a good purchase. The Mississippi-based band is called Linwood, and they sent their album, Burn Effect, to the Observer. Apparently the CD’s been out since April, but it seems to have been hiding - sort of like the band itself, who I could only find on their own Web site and MySpace.

The band consists of Bo Lindsey on vocals, Scott Coopwood on guitar, Barry Bays on bass and Rick Sheleson on drums - and they’re pretty much all good.

Although he might sound like a few other guys out there - Brent Smith of Shinedown in some places, but it seems to change by song - I’m a fan of Lindsey’s voice. It has an almost calming quality in some instances and an appropriately rough quality in others.

I actually had some reservations with titles like “Are U Awake?” - and the fact that it had been laying around unwanted for anyone’s guess how long - I was very pleasantly surprised. In fact, despite its almost text-speak, that one turned out to be one of my favorites.

Also, we get a lot on this album. There’s “Your Kind,” which is upbeat and fun; there’s “Sentimental Conversation,” which is somewhat subdued; and there’s “Fall,” which has a somewhat amateur, notes everywhere-type sound. No matter how much you love or hate these songs, they are all the type to get stuck in someone’s head.

I really felt like Lindsey meant what he was saying with their songs, for which he wrote all the lyrics. He doesn’t seem like he’s trying to sell some fake emotions like a lot of pop artists are doing these days / since the beginning of time.

A song that demonstrates this best is “Fly Away,” which is about some one close to him dying. Rather than giving the cliched perspective - “Wow, this sucks. I’m sad” - Lindsey shows something new a year after the death: not only the moving on, but he was saying with their songs, for which he wrote all the lyrics. He doesn’t seem like he’s trying to sell some fake emotions like a lot of pop artists are doing these days / since the beginning of time.

A song that demonstrates this best is “Fly Away,” which is about someone close to him dying. Rather than giving the cliched perspective - “Wow, this sucks. I’m sad” - Lindsey shows something new a year after the death: not only the moving on, but being with the girl’s family, still feeling her presence.

This was one of the first bands where I actually wanted to look up lyrics. One lyric would catch me while I listened and I had to figure out the rest of it.

The only bad thing I can possibly find about this band is that they don’t have an extremely distinctive sound. This might be a problem for them when they try to break apart from the rest, but it’s definitely still a good sound. I remember a few years ago when there were about five or so bands that had a similar sound for a while, and they seemed to be just fine though.

I would recommend going online and getting this album, since it is unfortunately only available online. I found it both on Amazon and on their Web site, www.linwoodmusic.net.

At least check out a few of their individual songs. My favorites were definitely “Are U Awake” and “Catch My Eye.” If you go that route.
ROTC honors veterans

As Veterans Day comes and goes, many people honor those who fought and served in American wars. While many people tend to forget what this day is all about, the students and faculty on campus who are active or retired members of the armed forces will never forget.

"Think about all the soldiers who have gone to war and died for their freedoms.

ANTONY MARTINEZ
ARMY PRIVATE

Major George Glass is a teacher for the ROTC program on campus. A member of the Army for 23 years, he said he came to the West Coast to visit a friend and immediately fell in love with the Kittitas Valley and Central Washington. He feels that working with students is like giving a gift back to the army.

"It's an opportunity to develop the young officer," Glass said.

Glass believes Veterans Day is a way to show thanks for the things we have. Specifically for college students, he sees it as a time to honor military men and women who have given us the chance to obtain a higher education that isn't censored.

Not all active duty members come from the ROTC program. Antony Martinez, a private in the Army, joined straight out of high school. He is a third generation soldier, with a grandfather who was in Vietnam, both parents in Desert Storm and a brother who is currently in the Reserves. Martinez said his parents gave him the right to choose and he wanted to join out of honor and liberty.

"The U.S. veterans fought for our rights and gave us a better future," Martinez said. "I should shake their hands.

"They were willing to fight for these rights. The competitive season for the club really starts in February where climbers will be training to compete against other schools like the University of Washington and Western Washington University in an intercollegiate competition in the spring. The event this Friday will be an introduction to how a climbing competition is set up, so new members of the climbing group will be ready for bigger competitions in the future. I expect the turnout will be really good, we have a lot of really strong climbers and up-and-coming climbers here. It is a great chance to view some of the best climbers we have on campus," Hopkins said. "It is amazing what some of these students can do." At the competition there will be opportunities to sign up for the rock climbing club. According to Hopkins, they are always encouraging individuals, especially veterans, to try something different. "Climbing pushes your mental boundaries as well as your physical boundaries," said Mike Dove, senior percussion performance major and rock climbing club president.

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MIKE DOVE
SENIOR PERCUSSION PERFORMANCE MAJOR

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Wildcat football rushing to the playoffs

Wildcats defeat Vikings in centennial clash, 49-21

Far left: Senior quarterback Mike Reilly is pointing at his blockers while rushing for a first down. Reilly led the team with 47 yards rushing.

Bottom left: Senior tight end Jared Bronson reaches out for one of his five catches of the game.

Left: Freshman Justin Helweg catches a ball over a Western defensive back. Helweg was named the GNAC offensive player of the week for his 108 yards on three catches.

Photos by Brianan Stanley /Observer

by Tristan Gorringe
Staff reporter

Wildcats add an exclamation point to their undefeated GNAC season with a 49-21 victory over Western Washington University.

Central Washington University, ranked fifth in the NCAA Division II Super Regional Four this week, finished their regular season with a 10-1 record overall and 8-0 in the Great Northwest Athletic Conference (GNAC). Western is now 5-5 overall and 5-3 in GNAC play.

Central junior running back Jerome Morris had four rushing touchdowns Saturday afternoon, the most by a Wildcat in 15 years.

"We knew coming into the game that we needed to get a win at home," Morris said. "I had the eye of the tiger."

Central scored on their opening drive, with Morris rushing for his first touchdown of the game. The Vikings responded on their first possession, with Zach Hekker scoring on a 19-yard pass from Perry.

Central didn't score again until there was 3:11 left in the first half, when Morris rumbled in for his second rushing touchdown to give Central a 21-6 lead.

Western countered back, as Perry forced his way into the end zone from one yard out with nine seconds left. The Vikings came up with a two-point conversion pass from Perry to Travis McKee, making it a one-score game at halftime.

On the beginning kickoff of the second half, Wildcat junior kicker Garrett Rolsma forced a fumble on Western's Kevin Jones, which teammate junior defensive line Ryan Dyer recovered at the Vikings' 37.

The offense then went to work, needing six plays to go 37 yards. Reilly and junior wide receiver Johnny Spevak connected on a six-yard scoring strike to give Central a 28-14 lead over the Vikings.

A three-and-out forced by the defense returned the ball to the Wildcats.

Morris scored his third touchdown of the game from three yards out, giving Central a 35-14 advantage.

"I felt real good about Saturday's game," Spevak said. "The field was a little wet from the past week so I was not able to run as well, but I was able to pull off two touchdowns to help out the team."

Western scored on its first play of the fourth quarter, when Perry once again found Hekker in the end zone for an eight-yard touchdown pass.

The Wildcats responded with Morris' fourth touchdown after a four-play, 50-yard drive, and Central ended the game's scoring with a 25-yard pass from Reilly to Spevak with 5:07 remaining.

Reilly completed 20 of 29 passes for 292 yards and three touchdowns in his final regular-season home game. He was also Central's leading rusher with 47 yards on 10 carries.

Redshirt freshman wide receiver Justin Helweg had his second consecutive 100-yard receiving game with 108 yards on three catches.

Central broke the school's single-season scoring record with 49 points on Saturday.

The Wildcats have now scored 462 points in 11 games, surpassing the previous record of 457 in 14 games by the 1995 team.

They will open the playoffs at fourth-seeded West Texas A&M University in Canyon, Texas, with a tentative start time of 1 p.m. CST (11 a.m. PST) on Saturday, Nov. 15, at Kimbrough Memorial Stadium.

"As a team we always handle away games well: we go to win," Morris said. "This will be my first career game against West Texas A&M and I'm looking to get a victory."
Wildcats men’s basketball team blows out Angels

by Laura Mittieder
Staff reporter

The Wildcat men’s basketball team is off to a great start after Friday’s big win against Another Level Blue Angels winning 119-81.

As six different players scored in double figures as well as a game high of 22 points from senior Giovonne Woods. The Wildcat basketball team as been picked to take the Great Northwest Athletic Conference division this season.

"We haven’t accomplished anything yet," senior Colton Monti said. "We need to earn it."

The team as goals that are set and are working hard to obtain them. These guys are working hard on their defense getting ready to take on anything.

According to Head Coach Greg Sparling the coaching staff is preaching defense. It is their main focus during practices.

"Defense always needs to be worked on," senior Giovonne Woods said. The team plays exhibition games just like any other game.

They play hard and strive for the best during games. They video tape and watch them afterward to pin point areas to be worked on.

"Tape doesn’t lie," Sparling said.

In Friday’s game the team was ahead 68-48 at half time. With 16 pushed turnovers the team also gave up 12.

Central will be opening their season on Nov. 22 against Multnomah University at Nicholson Pavilion.

"It’s not just the players that are showing their dedication. "The coaching staff shows a lot of work ethic and back up what they are saying. It’s nice to have," Monti said.

According to Woods the younger players need to understand the tradition and the hard work it takes. As well as being committed because there would be no reason if there was no commitment.

Far left: Senior Guard Giovonne Woods goes up for a shoot at the exhibition game against Another Level Blue Angels. Giovonne had a team high 22 points in the game.

Left: Junior guard Colton Monti looks to make a pass around Another Level defender Friday night at Nicholson Pavilion. Monti finished with 16 points. Six players on Central finished in double figures.

Photos by Brianan Stanley/Observer

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JOHN BUL DAU

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God Grew Tired Of Us

7:30 p.m., SURC Ballroom
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by Ashley Scrupps
Staff reporter

He builds them, she races them. That’s the name of the game for this father-daughter team. This new environmentally progressive sport is called Electrathon racing.

Shannon Cloud, freshman, and her father Dave Cloud have been involved in this sport as a team for more than 17 years. He is the designer, mechanic and coach, while Shannon drives the finished product. This team alliance has led to marked success.

On Oct. 6, 2008, Cloud Electric Racing was in Kansas City, Kan., attempting to get a new national record for banked oval tracks. Shannon Cloud was successful in besting the previous record, but a competitor reached 60 mph, a mark that only one other person has reached.

These races typically last one hour and feature vehicles powered by deep-cycle-sealed lead-acid battery packs that can not exceed 67 lbs—or the equivalent of two standard automobile batteries.

Electrathon is defined as a type of electric marathon in which the winner is determined by how far they go in a certain time with a given amount of battery power.

The difference between these race cars and normal street cars is that the electric cars are powered by electric motors and batteries, rather than fossil fuel burning engines. Making them more efficient and cleaner than an internal combustion engine.

Electrathon racing is not typically a dangerous sport. There are no other people on the track during the race or anything to run into, and the only thing to worry about is rolling the vehicle over.

The Electrathon Web site defines Electrathon America vehicles as: single-person, lightweight, aerodynamic, high-efficiency, electric vehicles with three or four wheels that must meet specific design and safety rules.

Dave Cloud builds many different types of electric cars for Shannon to race. She has been driving these cars around parking lots and on test laps since she was 5, making her one of the most experienced drivers in this burgeoning sport.

“Most girls quit after high school, but I was raised doing this sport and I love it,” Shannon said. “I would have to say I am the most experienced female driver out there.”

The one catch to this sport is that there are no chances to practice because it is not legal to run the cars anywhere.

Portland International Raceway in Portland is a track where Cloud Electric Racing competes once every year. During this three-day race, they are able to practice between the races.

“[This is the race where we are able to practice and test things out],” Dave Cloud said.

Electrathon racing is growing in popularity at high schools throughout the state. Racers start at age 16, when they get their licenses. Each year, between 20 and 30 races are held and between 2,000 to 4,000 electrathon cars compete. There are several hundred races, where ages range from 16 to 60-years-old, and fewer than 10 drivers are female. For more information visit ElectrathonAmerica.org.

“Beating records with environment in mind
Electrathon racing speeds away, leaving fossil fuels in the dust

by Ashley Scrupps
Staff reporter

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Coffee with the coaches is "brinuin' sexy back"

by Alex Pynsky
Staff reporter

The aroma of coffee and the sound of an espresso machine welcome's listeners of 88.1 the 'Burg's morning sports show "Coffee with the Coaches.

The show is hosted in-studio with Tyler Lobe, and from Winegar's Homemade Ice Cream and Coffee with Bill Kaperak and James Puglisi.

"The main focus of "Coffee with the Coaches" is on the Central Washington University coaches. However, Kaperak noted that it is always good to get a first-hand view of a game by an athlete who actually played in the game.

The show welcomes coaches and players from all Central sports, giving an opportunity to some of the club sports like rugby and men's soccer.

Last Friday, "Coffee with the Coaches" featured football Head Coach Blaine Bennett, basketball Head Coach Greg Sparling, and two-sport star, junior wide receiver and guard Jason Spevak.

Topics on the Nov. 7 show included a preview of the last weekend's football game against Western Washington University, a preview of the basketball season, and an in-depth interview with Spevak.

"I might have to get a copy of that," Spevak said.

Kaperak, who goes by the name Bill Brasky on the air, came up with the idea of "Coffee with the Coaches" after listening to the University of Washington's morning sports talk show for many years.

"It is sports all the time for me, ever since I was little, I just don't get tired of sports ever," Kaperak said.

The show had little technological support when it first began. A cell phone was used to broadcast the show onto the radio, which created a very poor sound quality.

Nowadays, the show is able to use the phone line of Winegar's for an hour and a half during airtime, which results in better sound quality.

"Coffee with the Coaches" is part of another show on the 'Burg called "The Sports Den," which is also hosted by Lobe.

Lobe, who majored in broadcast journalism, began his career at Central two years ago when he would call in to the 'Burg with Wildcat football updates.

He began making appearances on "Coffee with the Coaches" in February of 2007, before becoming a full time-in-studio host of the show that same spring.

"I have a lot of fun being on the radio, it's a dream come true," Lobe said.

"Coffee with the Coaches" is part of another show on the 'Burg called "The Sports Den," which is also hosted by Lobe. It begins at 7 a.m., an hour and a half before "Coffee with the Coaches.

Kaperak and Puglisi are at Winegar's conducting interviews with the coaches and players. The three hosts communicate via Facebook Messenger.

"testing is not allowed because it would interfere with the radio signal," Lobe said. "Facebook is the only way to communicate back and forth between the studio and Winegar's to discuss the agenda, commercial breaks and scheduling.

The show has a huge fan base and gets great feedback from everyone including students, faculty, coaches, players, and local Blensburg residents.

"They do a great job on the show asking excellent questions and keeping up with the current issues; they really know their Northwest sports," Coach Blaine Bennett said.

The show airs on 88.1 the 'Burg from 8:30 a.m. to 10:00 a.m. on Mondays and Fridays.

The relationship between sports and ecology

By Tetsu Takiguchi
Staff reporter

Sports and ecology some may feel that there is no connection between them. Except for motor sports, since most athletes use their own bodies to practice or play a game, people tend to think that sports would never be related to global warming or any other environmental problem.

I think sports and ecology are connected; for example, when we watch a football game at a stadium, we use a large amount of electricity for lighting and illumination during the game. When a power plant generates the electricity for the game, a mass of CO2 is emitted into the air.

This CO2 adds to global warming and other kinds of environmental problems. Making the game actually affect the environment.

Electric usage is not the only problem at games. After a game, many people just leave their garbage around the seals when they exit the stadium, it's obvious that garbage pollutes the environment.

Even if they put it in a garbage can, how many people actually sort the recyclable garbage? Are there even any recycle boxes at stadiums?

Compared to other countries, I feel that the awareness of ecology in the United States is still low. Many people in the United States do not have a clear idea of what the CO2 emission is during games.

"They are even planning on changing the rules for ecology as well. Some people have finally started realizing the importance of ecology in sports.

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Compared to other countries, I feel that the awareness of ecology in the United States is still low. Many people in the United States do not have a clear idea of what the CO2 emission is during games. Following the Mets, other baseball teams and some football teams are showing interest in these kinds of new ecological stadiums. They are even planning on changing the rules for ecology as well. Some people have finally started realizing the importance of ecology in sports.

Today, global warming and other environmental problems are the biggest issues to be solved. Although the problem has already become too big to solve in a short time, we can at least start making a movement toward the solution. I believe sports, whether or not you play or watch, could be the best start, since sports is always a big interest among people.
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