President James Gaudino is currently waiting on the completion of his home, located on E. 10th Ave. The cost of the project has increased nearly 122 percent due to complications involving asbestos. The project has been in the works since last November, when former President Jerilyn McIntyre moved out of the Ellensburg home.

Gaudino’s residence renovation behind schedule

by Kevin Opsahl
Staff reporter

Washington University President James Gaudino came to Ellensburg welcomed by the campus and community – but he may have to wait a little longer to be welcomed into his new home.

After maintenance crews found asbestos in the residence’s kitchen and dining room, the CWU University Reception Center and Residence Project was halted and an unplanned abatement process then took place, according to Bill Vertrees, vice president of Business Affairs. As a result, the cost has gone up from $90,000 to approximately $100,000, according to Vertrees.

Originally the project was going to be a smaller renovation costing approximately $85,000 to make the home more accessible, according to the Americans with Disabilities Act (ADA).

“One of the challenging things for the university is that we require the president to live in the president’s residence but I have a short window between presidents to do general maintenance … and we’re very aware that we always have a president on duty,” Vertrees said. “We ran into the asbestos and the dry rot and so the window between the two that we had planned got bigger because we had more to deal with.”

There has been no available downtime in the residence for approximately 20 years. The facility has not been re-painted or carpeted for at least three presidencies.

All carpets were replaced with hardwood floors, and almost finished. The framing and sheetrock are both completed; the maintenance crew is beginning to paint, and the cabinets and appliances in the kitchen will be installed soon.

The ADA-accessible portions of the home, which include bathrooms, parking spaces and a ramp that extends to the entrance of the home, will cost approximately $100,000, according to Vertrees.

“It’s a huge issue,” Vertrees said. “The building was built and occupied for decades before the access issues.”

When the project began in November, it still had the original lighting, wiring, electrical panel and plumbing from nearly 40 years ago, including an intercom system. Some of the household appliances were 20 years old. Parts of the home had dry rot, including the master bathroom, which had to be completely redone. The home had varying floor levels and multiple types of flooring and carpeting.

“We could not have waited a little longer on it,” said Susan Cox. “It really did say 1970’s,” and here we are in the twenty-first century and it still looks like something from the last century.”

Until the renovations are complete in the first week of March, Gaudino and his wife Katie are living comfortably in a Kamola Hall suite. Gaudino could not be reached for a reaction to the project at the time of press, though he is being kept informed of the building’s progress.

“He’s been very gracious,” Vertrees said.

President Emeritus Jerilyn McIntyre moved out of the house in November.

The project was not affected by Central’s recently announced budget cuts because it comes from capital funding – money that is used for renovations and buildings. Vertrees said that capital money is considered “stimulus” by the state government, which can be used to create jobs.

Some students might not be familiar with the president’s home, located on 211 E. 10th Ave., as it is situated off campus, somewhat obscured by trees. Button Hall, the Johnson Facilities complex and the Christian fraternity are the only campus buildings located nearby.

The 5,259 square-foot home is owned by the university, and serves as half private residential space and half reception and conference area. The house was purchased by Central in 1947 and had its last major addition – the reception room – in 1969, according to Bill Yarwood. The president uses the reception room to host dignitaries, donors, state legislators and for other university events.

“I think you’ll see more usage of that space from Jim [Gaudino],” said Bob Tosch, Central director of maintenance and operations.

According to Joanne Hillmann, manager of facilities planning, the university has not kept thorough records on the history of the house.

The exact date of when the house was built is not known, but Facilities Management estimates it was before 1947.

President McIntyre was the first to open the backyard to the public. Every summer a recruiting session for freshmen and their parents occurs on the lawn of the house, according to Susan Cox, the home manager with Facilities Management.

Central’s sixth president, Robert McConnell, was the first to move in. Central’s 8th President, Dr. James Brooks, resided there the longest, when he was president from 1961 to 1978.
“Happiness will only, happen when it can.” Built To Spill
Nurse program dropping from state funding in June

by Megan Peters
Staff reporter

The Community Service Office (CSO) Family Planning Nurse Program is in danger of losing its statewide funding. The program was scheduled to be cut on Jan. 30, 2009; however, Governor Christine Gregoire has worked with the Department of Social and Health Services (DSHS) to reinstate the CSO Family Planning Nurse Program through the end of June 2009.

The CSO Family Planning Nurse Program was instituted by DSHS in 1995. This program funds 70 nurses in all CSOs within Washington to provide family planning to recipients of DSHS services. It funds nurses to provide family planning education, counseling and birth control. However, this program is being cut from the state of Washington. DSHS made a cut in their 2009 budget as well as their budget for the next biennium.

Although there has been a six-month addition for the program, many nurses were let go when DSHS announced its cut of the program. DSHS cut the program even though the federal government gives $9 for every $1 the state gives to CSO Family Planning Nurse Program. This cut left behind over $11 million federal funds and cost low income residents over $12 million dollars for essential family planning services.

"If the CSO program were to be eliminated [in June], it would have a quick and negative impact on thousands of people across the state and here in our community," said Jen Ham, public affairs field organizer at Planned Parenthood of Central Washington. "Not only would it mean that people would have to find a new place to get reproductive health care, it would be cost prohibitive for people who have to travel for this care—if they are able to travel at all."

Ham stressed the importance that CSO program has here in Ellensburg and the Cle Elum area.

"Reproductive health care is not easily accessible in Kittitas."

Jen Ham
Public Affairs Organizer

CSO Family Planning Nurse, Dena Dinius, RN, echoes Ham’s concern about lack of family planning accessibility in the area.

"Reproductive health care is not easily accessible in Kittitas County and some physicians are still very old-fashioned about family planning and birth control, which makes it hard for women to get what they need in a timely matter," Dinius said. "Cle Elum would take a big hit because some of the clients that I see do not drive and because there is no transportation between there and Ellensburg, they will not get birth control when they need it."

Planned Parenthood supporters all over the state have responded to the cuts. Supporters have visited, e-mailed, and called their legislators to fight for funding for this program. In a press release, Elaine Rose, CEO of Planned Parenthood Votes Washington, expressed her gratitude for all the support they have received.

“We are thankful that not only were the voices of supporters and clients heard—but that the governor and leadership, along with DSHS, understand that it’s common sense to provide family planning services that save over four dollars in pregnancy care costs for every dollar spent," said Rose.

On Tuesday, January 27, 2009, DSHS made the decision to restore the program through the end of June 2009. The board chair of Planned Parenthood thanks the governor for her help, and discusses the work left to do in the press release.

“We are grateful for the foresight, leadership, and strong sense of fiscal responsibility shown by the support of the governor ... for the DSHS reinstatement of this vital program, which is a lifeline for many," said Anna Franks, board chair of the Planned Parenthood Public Policy Network of Washington. "But we still have a lot of work to do to replace nurses that have already left, and make sure that this program is included in the 2009-2011 biennial budget.”

Sharing the town, locals and students in Ellensburg

by Matthew Hartmann
Staff reporter

The Invisible Curtain still stands in Ellensburg but there are some places where this is not so.

Students of Central Washington University and the rest of the residents of Ellensburg all live in the same community, yet there is a feeling of separation between the two. The Invisible Curtain is the perception that students and residents choose to not interact unless there is good reason for it.

Allen White, junior law and justice major, said that he really enjoys the town but feels that there is a division between the college and the rest of town.

"I'd say it's a pretty nice town for the college," White said.

White said that he thinks there should be a block party so that students and town residents can get to know each other better.

Ramzu Al Matrood, freshman in management technology major, is an exchange student from Saudi Arabia who lived in Seattle for two years before coming to Ellensburg.

"Ellensburg is good for studies," Al Matrood said. "You can save money. Seattle is very expensive."

Al Matrood said that she enjoys spending time with her best friend, who is a student who grew up in Ellensburg.

"The only thing that I don't like about Ellensburg is that there aren't many places where I can take my daughter," Al Matrood said.

One place in town where the two factions of the population mingle is Grant’s Pizza Parlor, known for its entertainment on Wednesday nights.

According to owner Kathy Grant, Grant’s Pizza Parlor has existed in various forms for the past 40 years and has always been a place for students and community members to relax and enjoy pizza.

Grant graduated from Central and decided to stay in Ellensburg because she said that it is a good community. "I didn’t want to move back to the west side," Grant said. "I love Ellensburg."

Locals could be seen enjoying a game of pool as students talked away and ate their pizza. Grant said that this is one place where everyone can feel welcome.

"It’s always exciting to see people walk into my place and look at the tiles that they put on the ceiling when they went to college here 20 years ago," Grant said.
Hailina's closing doors due to new law

by Gloria Staley-Malenic
Staff reporter

As if recalled children's items weren't enough to worry parents, now the U.S. Consumer Product Safety Commission (CPSC) is cracking down on family budgets and even popular business models.

Hailina's Closet, Ellensburg's only gently used children's clothing store, opened last year in April. Less than a year later, owner Cheryl Smith, had to close her store.

As of Feb. 10, all products for children 12 years and younger cannot legally be sold without proper lead testing. The CPSC voted unanimously and ruled that an item can't be sold if it contains more than 600 parts per million total lead. This includes all items manufactured before Feb. 10, as well.

According to a CPSC press release, the new safety law does not require resellers to test their inventory of children's products for compliance with the lead limit before they are sold. However, if something was sold the resellers could face civil and/or criminal penalties.

"I would have to look in the store, it would be up to me," Smith said. "It would be my own discretion. I don't want to take on that liability or deal with lawsuits." And that is why Smith closed her store doors Monday.

Hailina's Closet was brought to life when Smith had the idea to open a children's used clothing store. Smith, a mother of two, had so many clothes that her four year old had outgrown. Less than 30 days after a friend jumped on the idea with her, they had a place rented and the store open.

April 26, 2008 was the first day the store was in full gear. In November, Smith bought out her partner and became full owner. According to Smith, the store had paid for itself, opened, but hadn't yet generated income for her.

"It's horrible timing and financially destroying me," Smith said. "Sales were going up every month and I could see the chance of making income down the road."

Along with clothes, Hailina's sold children's furniture, toys, and "anything but car seats." Smith said. They had even sold maternity clothes and handmade items.

Candi Seed, owner of the business Diva Duds, used to sell handmade leg warmers, tutus overalls, headbands and tutus. She no longer has an outlet here in Ellensburg for her merchandise.

"It makes me very sad that this happened," Seed said. "We put our heart and souls into our businesses this last year."

Seed, a mother of three, said a good portion of their wardrobe consists of second hand items.

"This store had such positive feedback from the community," Smith said. "From all financial backgrounds, people can't afford new clothes for kids, especially with today's economy."

Not only has the law made many parents wonder how they are going to afford buying full price clothes for their children, but according to Smith, the big question is "Where do you take all the clothes your kids grow out of? What do you do with it all?"

Hailina's closet had answered both of those questions. They would accept used items and clothes from sizes newborn to 12, and in return, give store credit.

Before closing, Smith still hoped to sell everything before closing, so the clearance sales continued. After three days of half-off prices, two days were dollar days, and the last two days of business every item was 25 cents.

Everything that wasn't sold Smith donated to clothing banks and other charities.

Smith is worried that with the national law, more and more items will end up in landfills, instead of being reused by others. Some stores are riding out the changes, but some, like Hailina's, have closed.

"Someone wasn't thinking when they sat down and wrote this law," Seed said.

Smith personally called all of them on Jan. 19, told them the situation and that they had until Jan. 31 to use their store credit.

"Most people were understanding, except there were three people talking about lawsuits," Smith said. "I was doing the best I could to make good for people, but my hands are tied too." A week before closing, the racks were full, even with holiday attire they were full, and every item was marked 50 percent off.

Smith hoped to sell everything before closing, so the clearance sales continued. After three days of half-off prices, two days were dollar days, and on the last two days of business every item was 25 cents.

Everything that wasn't sold Smith donated to clothing banks and other charities.

Smith is worried that with the national law, more and more items will end up in landfills, instead of being reused by others. Some stores are riding out the changes, but some, like Hailina's, have closed.

"Someone wasn't thinking when they sat down and wrote this law," Seed said.

"It's horrible timing."

Cheryl Smith
Store Owner

Pregnant?
You have options.
1-800-395-HELP
Free. Caring. Confidential

In Ellensburg call 925-2273
or visit us at 111 East 4th

Care.net
www.optionline.org
Students expand studies across globe

by Michelle Zorrilla
Special to the Observer

A waving hand, cheerful yell, the warmth of a tear and the realization of a dream coming true. Central Washington University offers more than 400 study abroad programs each year, but only 175 students have taken advantage this year.

For the other 9,000 students at Central, studies will reflect the monotony of winter in Ellensburg.

For the other 9,000 students at Central, studies will reflect the monotony of winter in Ellensburg. However, like many study abroad students, he had initial concerns to consider, like finances and transfer credits; these were quickly addressed by the Study Abroad Department.

"They adjusted my financial aid. Tuition and housing were taken care of and I get a little extra money for spending," Hess said.

Overseas curriculum is reviewed by academic departments and professors before a student goes abroad, to ensure maximum accreditation. Almost all overseas universities that have exchange programs are on a semester system compared to Central’s trimesters, so students actually end up putting more credits.

"I loved [France]. It was great to be in a completely different culture from my own. A great experience and a ton of fun; even with the money issue, I don’t regret it at all," Hess said.

Most forms of financial aid that students receive, like grants, loans and scholarships may be applied to a study abroad program, including grants, loans, and scholarships. Study Abroad Advisor Ray Bates said they will work with students to find replacements if there are any limitations.

"I went to work with a student who went to Hong Kong and got two $5,000 scholarships on top of her financial aid," Bates said.

A participant in study abroad himself, Bates found it was "the best part of his undergraduate experience.

"I also made some great friends... In addition, study­ing abroad increased my interest in world events and made me much more independent," Bates said.

Tommy Phelan, sophomore undeclared, spent last June studying in Christchurch, New Zealand.

"I'd definitely recommend [study abroad]," Phelan said. "Traveling too, if they have the time and can extend their visa."

After his semester session ended in October, he spent two months backpacking through New Zealand, Australia and Fiji.

For Damian Powell, an international junior from South Africa majoring in international relations, study abroad is "travel with a purpose."

"I am aiming at representing my country one day [and right now] I am an ambassador for my country and for my university. I love it, you get to tell your story and your country’s story as well," Powell said.

Not only are internships required for some majors and an asset to all, they offer great learning experiences aside from typical programs in study abroad.

"It’s the application of the grammars, vocabulary, cultural, and linguistic study that causes you to learn so much more," Powell said.

There are four types of programs: faculty led programs, exchange programs, direct programs, and global internships. Study abroad can range in length from 10 days to a full year.

Central is offering information sessions in early February for four upcoming post-spring and summer faculty led programs, ideally for students interested in shorter terms of study abroad, a more controlled environment and built-in excursions.

DOT Report and weather

by Michael Ingram
Staff reporter

After weeks of what many thought was the beginning of spring, winter comes back for another round.

Expectations at the beginning of the season were that of a fairly typical winter. But after 60 state highways were closed earlier this year due to massive floods from the warm front that moved in, the weather at this point is completely unpredictable.

Skiers and boarders will be happy to know that winter is not over yet and the icy mountain of Snoqualmie will change very soon. Wednesday’s morning," said Jeff Adamson, communications manager for the north central region. "Thursday it will warm up with Friday bringing, in another weather front, we’re looking at 3 to 7 inches."

Even with the 3 to 7 inches of predicted snowfall, the commuters should not worry. Adamson said, the snow plows will take care of it, leaving the roads clear and safe for traffic.

"With the conditions we’ve had, the avalanche danger is very low and the amount of snow coming in isn’t enough to change that," Adamson said. "It would take a weather system of a foot or more of snow for an avalanche to threaten us."

Thinking of becoming a Teacher?

Are you facing a career change? Or looking for something challenging where you can make a difference in people’s lives? If so, you’re a great candidate to become a teacher — and Seattle Pacific University has the programs to put you in the classroom.

SPU Teacher Certification/Master’s Degree Programs:
• Elementary Education Certification (BAED), 5-year intensive
• Master of Arts in Teaching (MAT), 3-year part-time
• Educational Leadership (M.Ed.)
• Literacy (M.Ed.)
• School Counseling (M.Ed.)
• Curriculum & Instruction (M.Ed.)
• Educational Administration (Ph.D.)
• Education (Ed.D.)
Wildcat Shop pounces on book thieves

by Kevin Opsahl
Staff reporter

Employees at the Central Washington University Wildcat Shop Store located in the student Union and Recreation Center (SURC) have found that more security tags are being ripped off of products. According to Store Director Steve Wenger, over the past few months the store has seen a loss of approximately $2,000.

“We’ve noticed more [theft] and we see signs of it,” Wenger said. “We do everything we can to stop it because it is something that we feel strongly about it and students shouldn’t be doing it ... and as a business we want to do everything we can to help students [who lose their books] out.”

The Wildcat Shop employs that found that more security tags have been ripped off of products. Students have also come to the management and reported books that were stolen from them. Wenger said the store would not know how much money was lost for the year until they do a physical inventory at the end of 2009.

“Everything we can to help students who want to do everything we can,” Wenger said. “We do everything we can to stop it and students shouldn’t be doing it.”

Wenger says the Wildcat Shop has a conversation and help students that place several high-quality cameras in the ceiling. The new system is estimated to cost $200,000, according to Wenger. Currently, the only security the store has are the electronic sensors at the entrance.

To help mitigate future theft, the Wildcat Shop has requested a new security system that would place several high-quality cameras in the ceiling. The new system is estimated to cost $200,000, according to Wenger. Currently, the only security the store has are the electronic sensors at the entrance.

If a person gets caught they could jeopardize their education.

Steve Wenger
CWU Wildcat Shop Director

The Wildcat Shop has been a victim of major book thieves, but now is cracking down on them.

The Wildcat Shop has been a victim of major book thieves, but now is cracking down on them.噪音

Wildcat Shop textbook to Jerrol’s. That same day, Kittcom notified the police that she had four books with her and tried to do the same thing again, according to Lt. Jason Berthon-Koch.

Jerrol’s Manager Rolf Williams admits that theft cannot be stopped, but their store has not seen an increase of it.

“It’s pretty easy for us to see stuff when it doesn’t make sense because we’ve been doing this for a long time,” Williams said. “Our team knows what a person selling a textbook looks like and if stealing is their intent.”

To try to prevent theft, Jerrol’s makes copies of all student identification numbers when books are purchased.

Williams says students who buy books to be careful and suggests that they write their names down so their books will not be stolen. He says it’s very hard for the store to find each book and get them back to their rightful owners unless the student can prove it belongs to him or her.

“We just want to make sure that your books stay your books and that the people who are selling back textbooks don’t suffer because of people who are stealing,” Williams said. “…Textbooks are worth money and they are quickly converted into cash. So therefore, if your textbook is worth $50 in buyback, treat it like $50.”

Noise violations now subject to disciplinary action

Quinn Eddy
Asst. News Editor

According to Central’s student conduct code “students may be subject to disciplinary action for any action that violates state or federal law.” This includes offenses such as minor in possession (MIP), driving under the influence (DUI) and possession or sale of any narcotic or drug paraphernalia. But now students are subject to disciplinary action when they receive noise violations.


Now along with MIPs and DUls, noise violations pass through campus police and end up in the office for student affairs. Disciplinary action for noise violations includes a meeting with Jack Baker at student affairs and a meeting with the Neighborhood Relations Committee.

“Ellensburg’s number one emergency call is for noise complaints so our goal is to reduce these complaints by educating all parties involved,” said Lynne Harrison, coordinator for Central’s Campus Community Coalition. If there truly is a problem in your neighborhood the Wellness Center will dispatch trained mediator Donna Kramer. With Kramer’s help students will have the opportunity to sit down and work out issues with neighbors in hopes of reaching neighborly peace.

“It’s a good opportunity to have a conversation and help relationships improve,” said Harrison.

With many local neighborhoods lacking any sort of homeowners association, the committee hopes to bridge the gap between Ellensburg locals and students.

“The program won’t be a quick fix but by all means it is worth the effort to prevent unnecessary noise complaints,” said Ellensburg Police Department Captain Dan Hansberry.

According to the Ellensburg noise ordinance a noise violation occurs if noise level is “eminating 100 feet beyond the estimated property line at any time of day or 50 feet beyond the estimated property line between the hours of 10 p.m. and 7 a.m.”

Tips for avoiding noise violations include closing all windows and keeping track of what people are doing outside.

“It’s the two outside smoking that’ll get ya every time,” Hansberry said.

Out of 15 noise complaints last weekend, only one ticket was issued.

“I think it’s cool that Central is getting involved in the community, but I don’t think we should be bugged by Central when we get noise violations,” said junior economics major Casey Burke.
Students learn to juggle

Charles Wainger
News Editor

One random night of drinking and bar wandering, I landed at the Starlight. Inevitably, I had to visit the bathroom and as I walked in, I saw a dude with his head in the sink. Being drunk and friendly, I asked him if he was OK. He immediately became hostile and said, “I’m waiting for my home!” This pointed to a guy at the urinal pissing. I muttered something, I can’t recall. They walked out of the bathroom, their arms around each other, giving me a look like I was

Kayla Schroeder
Editor-in-Chief

College is a time for young adults to broaden their educations and horizons, learn responsibility and decipher which career path they’re best suited for. Here, we are gently coaxed into a life of responsibility and meaning. Ultimately, we are perfecting the art of juggling.

Graduating and entering the “real world” are somewhat intimidating concepts for an individual in his or her early 20s. I don’t envy the droning nature of the average American’s 40-hour work week. Yet, sometimes I think perhaps our elders have forgotten what it really means to be a student. I have been unable to conquer an 18-credit class load since my freshman year, before I had any collegiate sojourns. I’ve doubled up on my psychology major and must keep going. I had to visit the bathroom and immediately became hostile and said, “I’m waiting for my home!” This pointed to a guy at the urinal pissing. I muttered something, I can’t recall. They walked out of the bathroom, their arms around each other, giving me a look like I was

Dear Editor,

The editorial views expressed are those of the writers and do not necessarily the views of the newspaper staff at large, the student organization and are certainly not to be considered as official views of Central Washington University.

Charles Wainger
News Editor

One random night of drinking and bar wandering, I landed at the Starlight. Inevitably, I had to visit the bathroom and as I walked in, I saw a dude with his head in the sink. Being drunk and friendly, I asked him if he was OK. He immediately became hostile and said, “I’m waiting for my home!” This pointed to a guy at the urinal pissing. I muttered something, I can’t recall. They walked out of the bathroom, their arms around each other, giving me a look like I was

Kayla Schroeder
Editor-in-Chief

College is a time for young adults to broaden their educations and horizons, learn responsibility and decipher which career path they’re best suited for. Here, we are gently coaxed into a life of responsibility and meaning. Ultimately, we are perfecting the art of juggling.

Graduating and entering the “real world” are somewhat intimidating concepts for an individual in his or her early 20s. I don’t envy the droning nature of the average American’s 40-hour work week. Yet, sometimes I think perhaps our elders have forgotten what it really means to be a student. I have been unable to conquer an 18-credit class load since my freshman year, before I had any collegiate sojourns. I had to visit the bathroom and immediately became hostile and said, “I’m waiting for my home!” This pointed to a guy at the urinal pissing. I muttered something, I can’t recall. They walked out of the bathroom, their arms around each other, giving me a look like I was

Dear Editor,

The editorial views expressed are those of the writers and do not necessarily the views of the newspaper staff at large, the student organization and are certainly not to be considered as official views of Central Washington University.
Students spread the love
random acts of kindness

When driving home on Highway 18, Nick Blue, international business major, came across a Mercedes on the side of the road, on fire. Blue pulled over to help the hysterical woman standing beside the road. “I hugged her and told her to put flares in the road,” Blue said.

Katie Flaherty found three kittens who were abandoned in a gas station restroom in Issaquah. “We kept [the kittens] and nursed them back to health,” Flaherty said.

“I like to give free high fives to everyone that comes in the Rec. Center,” said Breanna Lowry, exercise science clinical major. “I [also] do birthdays!”

At a university blood drive, one donor claimed she “didn’t feel so good.” She then began to lose consciousness. “She was about to fall and hit her head,” Witkowski said. “I jumped and caught her.”

Cody Isbell, construction management major, and his roommate Andrew Schneeman, paramedic major, were returning from north campus when a girl bent her crutch in the pavement. Isbell wasted no time. “He put her left arm over his shoulder and helped her all the way back,” Schneeman said.

Cultural Corner:
Angel hair with shrimp and olive oil

As cliché as this sounds, I’m writing this recipe with guys in mind for Valentine’s Day. If you’re not the best cook in the world, but you still want to make something yummy that’s easy, here’s a recipe that takes about 20 minutes to cook. That way, you can spend the rest of the evening doing “other” things you’ve planned.

Ingredients
For the lemon oil:
- 1/2 C. extra-virgin olive oil
- 1 lemon, zested
- For the pasta:
- 1 lb. linguine pasta
- 2 T. olive oil
- 2 shallots, diced
- 2 garlic cloves, minced
- 16 oz. defrosted, uncooked shrimp
- 1/4 C. lemon juice (about 2 lemons)
- 1 lemon, zested
- 1 t. salt
- 1/2 t. freshly ground black pepper
- 3 oz. spinach (about 3 packed cups)
- 1/4 C. chopped, fresh, flat-leaf parsley

For the lemon oil, combine the olive oil and lemon zest in a small pot. Heat the oil on medium low for about five minutes, infusing the oil with lemon flavor. Remove from heat. For the pasta, bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender. Drain pasta, reserving 1 cup of the liquid. In a large skillet warm the oil over medium heat. Add the shallots and garlic and cook for 2 minutes. Add the shrimp and cook until pink. Add the cooked pasta, lemon juice, lemon zest, salt, and pepper. Toss to combine. Turn off the heat and add the spinach. Strain the lemon zest out of the reserved lemon olive oil and add the oil to the pasta. Discard the zest. Add the chopped parsley to the pasta and toss to combine. Serve immediately.

Love compatibility horoscopes

Aquarius (Jan. 20 - Feb. 18): difficult lover to understand. Friendly yet personal. Pair with: Aries, Gemini, Libra, Sagittarius


Aries (March 21 - April 19): Leader in love. Highly competitive. Impulsive and direct. Pair with: Gemini, Leo, Sagittarius, Aquarius


Libra (Sept. 23 - Oct. 22): Love and relationship oriented. Indecisive but orderly. Pair with: Gemini, Leo, Sagittarius, Aquarius


Valentine’s Day brings mixed emotion

by Erica Spaldi
Staff reporter

Feb. 14 was originally a day to honor Juno the Roman Queen of the gods and goddesses according to esortment.com and by the look of all the hearts displayed on campus, things haven’t changed much.

College men and women are still showering each other with love.

This year however, it seems that the feelings of Valentine’s Day among males and females are reversed.

While it is expected that females love Valentine’s Day, this holiday has lost its charm with others.

“I feel like Valentine’s Day can be either really depressing or really happy; there is no middle to it, but for most with love,” Alyssa Caudill, sophomore major, said.

“I don’t think there are mixed feelings about Valentine’s Day. It’s a day that some people just need a hug,” Ross said.

Some people think it’s just a day where business can make a lot of profit...[but]...we have a day for all the love and that’s what Valentine’s Day is all about.”

Jeremy Milliren, sophomore accounting and actuarial sciences major, said.

While it seems that there are mixed feelings about Valentine’s Day among the ladies here on campus, it is evident that there is still love going around.

The Sm1p Bowl
429 N. Main St.
Make reservations for a private dinner with a choice of salmon ($15.75 a couple) or prime rib ($17.75 a couple), served with a side or Caesar salad, a roll, a choice of beverage and strawberry shortcake for dessert.

The Starlight Lounge
402 N. Pearl St.
Special dinner menu only available on Valentine’s Day.

Sazon
411 Main St.
Not only does this new and fabulous restaurant have a Valentine’s Day special, but they have a special menu for the entire weekend that includes lobster, rack of lamb, scallops and oysters.

Roadhouse Grill
101 Umtanum Rd.
Being the busiest day of the year for the Roadhouse Grill, they have prepared a special menu that includes dinner and a featured dessert. Dinner options will include items such as seafood, prime rib, and pasta.

“The male population at Central Washington University is more accepting of Valentine’s Day than one would expect.”

“Valentine’s Day can either be a really great day or a really bad day depending on where you stand,” Steven Ross, sophomore accounting and actuarial sciences major, said.

The male population at Central Washington University is more accepting of Valentine’s Day than one would expect.

“I just want them to be around,” Ross said. “Even if they are just in the same room as me... it’s just really something special and I think that we have a day to celebrate that is really neat. I’m really looking forward to Valentine’s Day this year.”

Male students embrace Valentine’s fervor

by Rachel Guillermo
Culinary columnist

The male population at Central Washington University is more accepting of Valentine’s Day than one would expect.

“We have a day to celebrate that is really neat. I’m really looking forward to Valentine’s Day this year.”

“Valentine’s Day is just full of expectations and you have to live up to those expectations and it can be super stressful worrying about what to get your boyfriend or how you look when he picks you up,” Price said.

While it seems that there are mixed feelings about Valentine’s Day among the ladies here on campus, it is evident that there is still love going around.

The Soup Bowl
429 N. Main St.
Make reservations for a private dinner with a choice of salmon ($15.75 a couple) or prime rib ($17.75 a couple), served with a side or Caesar salad, a roll, a choice of beverage and strawberry shortcake for dessert.

The Starlight Lounge
402 N. Pearl St.
Special dinner menu only available on Valentine’s Day.

Sazon
411 Main St.
Not only does this new and fabulous restaurant have a Valentine’s Day special, but they have a special menu for the entire weekend that includes lobster, rack of lamb, scallops and oysters.

Roadhouse Grill
101 Umtanum Rd.
Being the busiest day of the year for the Roadhouse Grill, they have prepared a special menu that includes dinner and a featured dessert. Dinner options will include items such as seafood, prime rib, and pasta.

“The male population at Central Washington University is more accepting of Valentine’s Day than one would expect.”

“Valentine’s Day can either be a really great day or a really bad day depending on where you stand,” Steven Ross, sophomore accounting and actuarial sciences major, said.

While it seems that there are mixed feelings about Valentine’s Day among the ladies here on campus, it is evident that there is still love going around.

The Soup Bowl
429 N. Main St.
Make reservations for a private dinner with a choice of salmon ($15.75 a couple) or prime rib ($17.75 a couple), served with a side or Caesar salad, a roll, a choice of beverage and strawberry shortcake for dessert.

The Starlight Lounge
402 N. Pearl St.
Special dinner menu only available on Valentine’s Day.

Sazon
411 Main St.
Not only does this new and fabulous restaurant have a Valentine’s Day special, but they have a special menu for the entire weekend that includes lobster, rack of lamb, scallops and oysters.

Roadhouse Grill
101 Umtanum Rd.
Being the busiest day of the year for the Roadhouse Grill, they have prepared a special menu that includes dinner and a featured dessert. Dinner options will include items such as seafood, prime rib, and pasta.

The male population at Central Washington University is more accepting of Valentine’s Day than one would expect.

“I just want them to be around,” Ross said. “Even if they are just in the same room as me... it’s just really something special and I think that we have a day to celebrate that is really neat. I’m really looking forward to Valentine’s Day this year.”

Valentine’s Day sales are slowing down, but not by much.

According to the National Retail Federation’s 2009 Valentine’s Day Consumer Intentions and Actions survey, consumers plan to spend an average of $102.50 on Valentine’s Day gifts, verses $122.08 person last year.

Nick Peacock, Associated Students of Central Washington University-Board of Directors and Vice President of Clubs and Organizations, is a consumer who doesn’t mind spending a pretty penny on someone he cares for.

“I’m a big, necklace guy,” Peacock said.

Peacock spoke of being in two serious relationships, one high school and the one he is currently in. In the first relationship, he got his girlfriend a gold necklace and pendant with diamonds on it.

And for his current relationship, last year Peacock got his girlfriend a 14K white gold necklace with a pendant that had a tear-drop shaped sapphire in the center surrounding Diamonds.

With all the concerns of trying to impress the opposite sex, it’s easy to understand why many are consumed with gift giving.

“I just want them to be around,” Ross said. “Even if they are just in the same room as me... it’s just really something special and I think that we have a day to celebrate that is really neat. I’m really looking forward to Valentine’s Day this year.”

Some people just need a hug,” Milliren said. “Some people broke down and cried when we gave them hugs, while others laughed like it was a big joke. But it meant a lot to some people. That’s what Valentine’s Day means to me — showing people respect.

With the nation’s current economic situation, Valentine’s Day sales are slowing down, but not by much.

According to the National Retail Federation’s 2009 Valentine’s Day Consumer Intentions and Actions survey, consumers plan to spend an average of $102.50 on Valentine’s Day gifts, verses $122.08 person last year.

Nick Peacock, Associated Students of Central Washington University-Board of Directors and Vice President of Clubs and Organizations, is a consumer who doesn’t mind spending a pretty penny on someone he cares for.

“I’m a big, necklace guy," Peacock said.

Peacock spoke of being in two serious relationships, one high school and the one he is currently in. In the first relationship, he got his girlfriend a gold necklace and pendant with diamonds on it.

And for his current relationship, last year Peacock got his girlfriend a 14K white gold necklace with a pendant that had a tear-drop shaped sapphire in the center surrounding Diamonds.

With all the concerns of trying to impress the opposite sex, it’s easy to understand why many are consumed with gift giving.

“I just want them to be around," Ross said. “Even if they are just in the same room as me... it’s just really something special and I think that we have a day to celebrate that is really neat. I’m really looking forward to Valentine’s Day this year.”

Some people just need a hug,” Milliren said. “Some people broke down and cried when we gave them hugs, while others laughed like it was a big joke. But it meant a lot to some people. That’s what Valentine’s Day means to me — showing people respect.

With the nation’s current economic situation, Valentine’s Day sales are slowing down, but not by much.

According to the National Retail Federation’s 2009 Valentine’s Day Consumer Intentions and Actions survey, consumers plan to spend an average of $102.50 on Valentine’s Day gifts, verses $122.08 person last year.

Nick Peacock, Associated Students of Central Washington University-Board of Directors and Vice President of Clubs and Organizations, is a consumer who doesn’t mind spending a pretty penny on someone he cares for.

“I’m a big, necklace guy,” Peacock said.

Peacock spoke of being in two serious relationships, one high school and the one he is currently in. In the first relationship, he got his girlfriend a gold necklace and pendant with diamonds on it.

And for his current relationship, last year Peacock got his girlfriend a 14K white gold necklace with a pendant that had a tear-drop shaped sapphire in the center surrounding Diamonds.

With all the concerns of trying to impress the opposite sex, it’s easy to understand why many are consumed with gift giving.

“I just want them to be around,” Ross said. “Even if they are just in the same room as me... it’s just really something special and I think that we have a day to celebrate that is really neat. I’m really looking forward to Valentine’s Day this year.”

Some people just need a hug,” Milliren said. “Some people broke down and cried when we gave them hugs, while others laughed like it was a big joke. But it meant a lot to some people. That’s what Valentine’s Day means to me — showing people respect.

With the nation’s current economic situation, Valentine’s Day sales are slowing down, but not by much.

According to the National Retail Federation’s 2009 Valentine’s Day Consumer Intentions and Actions survey, consumers plan to spend an average of $102.50 on Valentine’s Day gifts, verses $122.08 person last year.

Nick Peacock, Associated Students of Central Washington University-Board of Directors and Vice President of Clubs and Organizations, is a consumer who doesn’t mind spending a pretty penny on someone he cares for.

“I’m a big, necklace guy,” Peacock said.

Peacock spoke of being in two serious relationships, one high school and the one he is currently in. In the first relationship, he got his girlfriend a gold necklace and pendant with diamonds on it.

And for his current relationship, last year Peacock got his girlfriend a 14K white gold necklace with a pendant that had a tear-drop shaped sapphire in the center surrounding Diamonds.

With all the concerns of trying to impress the opposite sex, it’s easy to understand why many are consumed with gift giving.

“I just want them to be around,” Ross said. “Even if they are just in the same room as me... it’s just really something special and I think that we have a day to celebrate that is really neat. I’m really looking forward to Valentine’s Day this year.”

Some people just need a hug,” Milliren said. “Some people broke down and cried when we gave them hugs, while others laughed like it was a big joke. But it meant a lot to some people. That’s what Valentine’s Day means to me — showing people respect.

With the nation’s current economic situation, Valentine’s Day sales are slowing down, but not by much.

According to the National Retail Federation’s 2009 Valentine’s Day Consumer Intentions and Actions survey, consumers plan to spend an average of $102.50 on Valentine’s Day gifts, verses $122.08 person last year.

Nick Peacock, Associated Students of Central Washington University-Board of Directors and Vice President of Clubs and Organizations, is a consumer who doesn’t mind spending a pretty penny on someone he cares for.

“I’
Giving back through kind acts

by Ryan Ricigliano
Staff reporter

Central Washington University students will be handing out a nice hug or a random peanut butter and jelly sandwich from Feb. 9 to 15. The national program, Random Acts of Kindness (RAK), hits Central for the fourth consecutive year.

Random Acts of Kindness week is sponsored by the Don and Verna Duncan Civic Engagement Center and organized by Alexis McClelland, junior elementary education major.

According to McClelland, the week provides opportunities for individuals to reach out and do something nice for campus and community members.

"Just a random act of kindness can change someone's day," McClelland said.

It's this hope that has driven McClelland to put together an array of altruistic acts that is aimed at giving back to those who contribute the most to the Ellensburg community.

She isn't alone in her endeavor. Volunteers from the student body, as well as members of the Civic Engagement Center are taking part.

The money used to purchase the goods comes from a fund set aside for Random Acts of Kindness week.

One of the first acts being done is the dispersal of goody bags to the local police and fire departments.

"These bags will include homemade cookies, brownies, baked goods and a note saying 'Thanks for doing all you do for the community,'" McClelland said.

Rich Elliot, Deputy Chief of Kittitas Valley Fire and Rescue, not only appreciates these acts of kindness put together by the Civic Engagement Center, but also those he receives from random Ellensburg residents just saying "thank you."

"It reinforces the sense that this is a community," Elliot said. "In some of the larger areas that I've worked, like Bellevue or SeaTac, the public service members are disconnected from the community."

McClelland's next recipient of a random act of kindness is the local animal shelter. She's prepared animal versions of her goody bags to hand out to the sheltered animals.

Each bag contains dog or cat treats and a play toy, all purchased by McClelland at the local dollar store.

"We actually hand them out with animal adoptions," said Paula Hake, shelter manager for Ellensburg's local chapter. "But we also give a few to the local food bank. A lot of the people going in there have hungry pets as well."

Both Hake and the animals gain something from the donations.

"The animals really like them and some of them even tear the bags apart," Hake said. "It makes me feel good about humanity. It's a good example for other people to follow."

McClelland and her band of do-gooders haven't forgotten about Central's own animals either. She organized local kindergarten and 5th grade classes from Lincoln Elementary to put together noise makers and party masks for the chimpanzees at the campus's Chimpanzee and Human Communication Institute (CHCI).

"The chimps are usually pretty receptive to gifts given and they will play with them," said Lisa Schuster, animal tech for the CHCI.

For Schuster these acts of kindness make her feel like a part of the community and want to give back.

"Hopefully it also gets the kids interested in our institute and brings them out," Schuster said. "Our primary goal is education."

Other activities planned for Random Acts of Kindness week include the making and distributing of over 100 peanut butter and jelly sandwiches, having students give random hugs to anyone walking by and passing around a card with a flower attached, in hopes that students will sign their name and location and then pass it on to another student.

Mountain View Dental Center, P.S.
Preferred Provider - Washington Dental Service
"Quality, Concerned Care For The Entire Family"

Cleanings • Cosmetic Dentistry
Crowns & Dentures • Root Canals
Implants • Oral Surgery
Nitrous Oxide Available • Braces

Susan Savage, RDI, BSDH
American Dental Hygienists’ Association
Washington State Hygienists’ Association
Yakima Valley Hygienists’ Association

John Savage, DMD
American Dental Association
Academy Of General Dentistry
Washington State Dental Association
American College 15 Implantology
International Association For Orthodontics

509-962-2755
1-800-221-3063
New Location At 708 E. Mountain View • Ellensburg

$6 This coupon is good for one pitcher of domestic beer with student ID $6

1/3 lb. CERTIFIED ANGUS MUSHROOM SWISS BURGER $4.88

Be there!!!

Boxcar Burgers

1201 S CANYON ROAD • 509-925-5151

Canyon Road I 109-925-1111
Day of love, time for passion

by Barb Owens
Copy Desk Chief

Blushing students passed around erotic toys and tasted edible body oils at Monday's passion party. As part of sexual responsibility week, the Central Washington University Wildcat Wellness Center held the passion party, which was hosted by Mandi Almeida, aka Passion Diva, and her sister Trishia Shelly-Stephens.

The party idea came from Tyler McLain, Wellness Center student health educator and junior elementary education major. She noticed on the Internet that other colleges have held passion parties to promote sexual responsibility week.

Sign-ups for the passion party filled up fast, and male students were invited to attend as well. This was also McLain's idea because when she attended passion parties in the past, the boys in her group of friends felt left out. "They were like, why can't we come?" McLain said.

Kelsey Brazas, student health educator and senior public health major, also helped organize the party. At the beginning of the passion party Brazas and McLain gave an interactive presentation about the difference between healthy and unhealthy relationships. The objective for the program, Brazas said, is to promote healthy relationships.

"Another thing that people don't always think about is, you don't have to be in a relationship to use the products she [Mandi] sells," McLain said.

In the Passion Diva's introduction Shelly-Stephens tells the group, "You're gonna get the education that your moms and grandmas never did." Knowledge is important. "The more you know, the more you O," Shelly-Stephens said.

The two passed around Pure Instinct, a fragrance that changes with your body's chemistry and Nipple Nibblers, a tingly strawberry flavored chap stick.

"This is the best chap stick in the land," Almeida said.

"You're gonna get the education that your moms and grandmas never did," Trishia Shelly-Stephens, Passion Party Consultant

"I thought it was cool," Hart said.

"I learned about sex which is good to know about," Katie McKenna, sophomore tourism major, also attended the passion party. She saw a poster for it hanging in her residence hall.

"I thought it was amazing and we're getting applications to be hostesses," McKenna said.

Natalie Seehuus, freshman accounting major, was one of three male students who attended the party. His girlfriend wanted him to go.

"It was cool," Hart said. "I learned about sex which is good to know about.

"Another thing that people don't always think about is, you don't have to be in a relationship to use the products she [Mandi] sells," McLain said.

Education Shelly-Stephens tells the group, "You're gonna get the education that your moms and grandmas never did." Knowledge is important. "The more you know, the more you O," Shelly-Stephens said.

The two passed around Pure Instinct, a fragrance that changes with your body's chemistry and Nipple Nibblers, a tingly strawberry flavored chap stick.

"This is the best chap stick in the land," Almeida said.

You're gonna get the education that your moms and grandmas never did,

Trishia Shelly-Stephens, Passion Party Consultant

"You're gonna get the education that your moms and grandmas never did,

Trishia Shelly-Stephens, Passion Party Consultant

"If they can grow up to be liberated women, I'd be stoked," Almeida said.

Almeida and Shelly-Stephens are based out of Tri-Cities. McLain found them on the Internet. Almeida has been hosting passion parties for five years. After the first six months, she got so busy, that she had to call her sister Trishia to help.

Almeida has been married to her high school sweetheart for 17 years and they have two daughters.

"If they can grow up to be liberated women, I'd be stoked," Almeida said.

Passion party hosts Mandi Almeida and sister Trishia Shelly-Stephens show Central students different lotions at the Wellness Center's Passion Party on Monday, Feb. 9.

Almeida works in a hair salon and has 79 girls on her passion party team. She's done parties in Washington D.C. Almeida enjoys the passion parties just as much as her guests do, and the money isn't bad either. In her very first year she sold $50,000 in merchandise.

Almeida knows what she is talking about too. She receives ongoing training and attends conferences and conventions.

"I make it my business to be educated," Almeida said.

Passion party hosts Mandi Almeida and sister Trishia Shelly-Stephens show Central students different lotions at the Wellness Center's Passion Party on Monday, Feb. 9.
UKULELE CLUB SAYS 'ALOHA' TO CENTRAL

by Amy Thompson
Staff reporter

Playing lively music while singing along to tunes is the goal of the weekly meeting of the Ukulele Club, where all people are welcome to play along.

"I've been playing for a while and I've found that a lot of people like ukulele," said Isaac Castillo, club coordinator and senior music major. "I wanted to get people together to play at once."

The Ukulele Club is open to the public. People with or without experience playing the ukulele can come to the gatherings. Attendees have ranged from middle school age to those in their forties.

Each week, members sit at tables in a classroom at the Music Building, where the music begins. Some instruction is provided on how to play the ukulele and members help beginners if they need assistance.

"I like learning new chords and just singing along with everyone," said David Owens, sophomore music major. "It's quite a bit different from the guitar; it sounds a lot more 'beachy,' as I like to say."

Songs played in the club are suggested and decided upon by the members. Some popular songs played during the session were "Big Rock Candy Mountains", "Sugar Sugar", "I Can See Clearly Now" and "Hey Ya."

"I've been playing for four years off and on just for fun," said Marina Christopher, sophomore music performance major. "It makes me happy for the rest of the week. You just come and play songs and sing with people."

The Ukulele Club is new to Central Washington University, beginning last fall. There have been as many as 15 people attending the weekly meeting.

"It's nice to see that there's invested interest since I started it," Castillo said. "As far as who we want to be here - anybody and everybody. It's not an intimidating instrument."

The hope for the club, according to Castillo, is to have a chance to play on Central's campus a few times. The Ukulele Club will eventually play their first public event - a luau - held in Holmes Dining Hall on May 28.
They perform varial kickflips, wheels rasping across cement up backs, cracked heads, and shuvits, and laser flips. sleeves with their boards un-fact they don’t seem to notice lands it. The chain dangling guys, then what’s 20 degrees? to ramp at the Ellensburg Skatepark, trying to one-up swings a little bit. Success of a trick enhances his confidence. A red and black No Fear can, a pair of skinny jeans with patch- ers sewn over ripped knees. That’s why I wear these pants, so I can tear them up again.” Phillip has been skating for five years. He tore a ligament in his foot last year while skating. They perform...
Interning abroad an option for students

by Minh Oh
Staff reporter

Many people include traveling the world in their plans. But a few students at Central Washington University go through these goals, by interning in another country. “Some people do a scholarship sometimes now, when it’s harder to get scholarships, they get a job,” said Geoff Hoy, assistant director of continuing education. Hoy was referring to how working during a study abroad can help with finances.

Senior sociology major Nicole Yarberry is trying to get sponsored to intern in Tanzania. Yarberry’s roommate, Renae Hoidysz, senior public health major, gives her some perspective on the whole experience.

Hoidysz interned in Peru for 10 weeks, so she is familiar with the process of coordinating between the Study Abroad and Exchange Program (SAEP), Financial Aid, Career Services and one’s particular academic department. The two joke about reassuming Yarberry’s mother since Tanzania is far from a traditional study abroad destination.

“They really have a willingness to help you through every step of the process,” said Hoidysz, public health major.

“Interning abroad provides you with a more authentic experience. You will have a supervisor in the host country, and that person will think of you as an employee or colleague, not as a student,” said Larry Laffrey, director of the study abroad and exchange program. “As an intern, you will also likely interact with a wider spectrum of people than you would in a university setting, so you will gain a deeper insight into the culture of a place.”

During her internship, Hoidysz assisted an obstetrician in a rural health clinic. She also created water filtration systems and gave them to families and communities. She also got to practice Spanish and immerse herself in Peru’s culture.

“I woke every morning at 4 a.m. to travel an hour outside the town and worked in a rural health clinic assisting an obstetrician,” Hoidysz said. “I actually got to [participate] in a few live births.”

Hoidysz had never been outside of the United States. She traveled through a program called ProWorld Service Corps.

Yarberry is going through a program called Cross Cultural Solutions. The two roommates, seated at a table in the International Building, chatting about their wish to travel together in the summer to Haiti.

“I definitely think that everyone should experience a study abroad or even just traveling within the United States,” Yarberry said.

Yarberry and her mother, a law and justice major, are both American heritage. “I would just say that the people here really have a willingness to help you through every step of the process,” said Hoidysz.

Hoidysz was explaining the sometimes complicated process of coordinating between Study Abroad, Career Services, Financial Aid and her academic department.

Yarberry and Hoidysz share not only housing, but a desire to experience places that most students do not. “I would say that in my own experience, it allowed me to delve into a culture deeper,” said Hoidysz. “I would say that in my own experience, it allowed me to delve into a culture deeper, because I taught at a university, I made a lot of contacts. These are all contacts that I ... still benefit from ... It builds my resume,” Hoy said. “You can do these things as a couple, but it’s better when you’re single. Go right after you graduate.”

Laffrey said that the Study Abroad and Exchange Program is currently promoting a program called IE3.

For more information visit IE3 website

http://ie3global.cus.edu/

Matt Robinson
Special to Observer

The benefits from what is barely a 25 minute drive from Ellensburg to Roslyn rarely mean anything until experienced.

If you’re from a small town, you probably understand the unique experience of knowing everyone everywhere you go, but not everybody’s small town is famous.

While Roslyn may be most famous for being the filming location for the TV series Northern Exposure, the town is also gaining recognition for a music scene.

The Brick hosts most concerts in town, the main reason being their very large stage and viewing room attached to the main bar.

The Brick attracts bands with a funky style: bands like FLOWMOTION, The Cauee and, most recently Sidestreet Reny.

Sidestreet Reny, originally from Brooklyn, consists of J. Renard Collette or Sidestreet Reny, and Maribel Landetta, aka Lil’ Bell. They’ve been a band for 11 years and together for 14 years overall.

“We’ve always been some variation of Sidestreet Reny,” says Reny who plays the gorgeous 1932 National Resonator guitar. Reny is also very well-traveled, having played with hip-hop groups like A Tribe Called Quest, Gang-Starr, and Ice Cube.

SSR, depending on the venue, plays as an ensemble. But on this particular Friday night in Roslyn, it’s just the couple. They take the stage, chat with the crowd and begin their set. As their vocals say, “There’s good folks in every single town,” and tonight everyone’s good folks.

The crowd reflects the intimate energy the duo’s set presence, and soon everyone is dancing.

SSR’s style could be defined as blues, but they also integrate many other styles, such as bluegrass and hip-hop.

After a short intermission, SSR comes back on stage, and the jams are notably more intense.

They play some of their older songs and the crowd, fueled by boozes, reacts to their style. Soon it’s all a blur of the goody “white people shuffle.”

The name Sidestreet Reny comes from Reny’s days restoring old cars.

In a way, that speaks for our style of music,” Reny says.

“It’s also a metaphor, you know, to slow down, take the side streets in life and enjoy the ride,” says Lil’ Bell.

The name could also speak for their diverse sound.

As lovely as their music is, the people behind the music are kind, receptive to their fans, and very fun-loving. They also, like many others before them, have fallen in love with the area.

“We love this town. We’d strongly consider relocating up to this region,” the couple says together, reflecting on their two gigs in Roslyn.

Good people like Reny and Bell are often welcomed with open arms in this part of Washington, and good music is even more welcome.
When did the game begin?

It has been said that a 16-year-old boy lies at the roots of rugby.

William Webb Ellis, a student of Rugby School, a school in Rugby, Warwickshire, reportedly disregarded the rules of football and took off with the ball in his hands towards the opposite goal. This being so, according to Matthew Bloxam in a letter to the Meister, the Rugby School Magazine, the story went as so:

"A boy of the name Ellis - William Webb Ellis - a town boy and a foundationer, whilst playing Big side in those days kicked, but the moment the ball touched the ground the opposite side might rush on.

Ellis, for the first time, disregarded this rule, and on catching the ball, instead of retreating backwards, rushed forwards with the ball in his hands towards the opposite goal.

With what result as to the game I know not; neither do I know how this infringement of a well-known rule was followed up, or when it became, as it is now, a standing rule." Information retrieved from: www.ombac.org

Rugby: Central men's rugby ready to restart season

by Drew Ritchie
Staff reporter

Not rain, nor sleet, nor snow can stop these guys, and they are not mailmen.

The men's Rugby Club has been hard at work training for the second half of the season (the first half is played in the fall and the second half is played in the winter/spring). Training has been three days a week for two hours every day. Men's rugby starts their season ranked number nine in the nation, but that doesn't stop them from having high expectations.

"The goal is to break the round of 16," Coach Bob Ford said. "We have been close for two years in a row."

For winter and spring, Ford is trying to reinforce the defense system and focus on what he calls a "multi-phase attack." He will also try to build depth on the team because of injuries. In fact, five new starters will play in Saturday's game. Ford is looking for the best 15 players to go up against BYU, who is number two in the nation.

The first game was on Saturday, Feb. 7 in Eugene, Ore. The first home game is on March 7 against OSU.

League play will begin on Feb. 28 and go until March 26, followed by the Pacific Coast playoffs, U.S.A. Rugby National Championships Round 16 and 8, then the U.S.A. Rugby National Championships Big Four. Since men's rugby is a club and not a Central Washington University varsity sport, the club has to rely on fundraisers to bring in money.

"Fundraisers are how we get all our money," Aaron Lee, president of the Rugby Club, said.

The club helps out at the welfare shelters in Yakima, and helps people move. However, their biggest fundraiser is the CWU Rugby Annual Alumni Banquet. This banquet is an auction with past rugby alumni. If anyone is interested in playing rugby, there is good news: they don't cut anybody. Ford said that anybody is welcome to join, regardless of height or experience.

"The majority of the players on the team didn't have any rugby experience," Ford said. "People just have to be willing to learn and fail at first."

There are two sides, or teams. The first side is the team that plays in the league games and the playoffs. The second side plays games every weekend against the same teams as the first side.

The rugby team won 54-10 in the first match and a 38-0 shutout in the second match. This win moves them to 5-0 in league against all Pack 10 Institutions. Outstanding performances by Ben Nelson, Jordan Bahr, and Tyler Thesis.

Random rugby facts:

• A rugby field is wider than a football field, typically around 110 yards long and 75 yards wide.

• A rugby ball is made of leather or synthetic material with no laces.

• Rugby balls are oval in shape, but rounder than a football.

• A rugby game is continuous, similar to soccer.

• Players can carry, pass or kick the ball.

• Players can score points four ways, including five-point tries, two-point conversions, three-point penalty kick and three-point drop goal.

Women's Rugby

Women's Rugby Club is open to all Central students. As a member of the club, you will have the opportunity to compete against other schools in the Northwest and during tournaments. Practice is twice a week, with openings for people from all levels.

Women's Rugby Captain: Rachel Ratigan
Women's Rugby Club President: Christina Zier
Women's Rugby Club Vice President: Jessica Buttita

Did you know?

• A rugby "match" consists of two 40 minute halves.

• A rugby team is made up of 15 players on the field.

• Players numbered 1-8 are forwards and are typically larger and stronger players focused on winning possession of the ball, similar to a linemen or linebacker in football.

• Players numbered 9-15 are backs, who are typically smaller, faster and more agile focused on exploiting possession of the ball, similar to a running back, wide receiver or quarterback in football.

• A rugby field is referred to as a "pitch," longer and wider than a football field, typically around 110 yards long and 75 yards wide.

• A rugby ball is made of leather or synthetic material with no laces.

• Rugby balls are oval in shape, but rounder than a football.

• A rugby game is continuous, similar to soccer.

• Players can carry, pass or kick the ball.

• Players can score points four ways, including five-point tries, two-point conversions, three-point penalty kick and three-point drop goal.

Photo courtesy of rugby club

Photo courtesy of rugby club
Men’s basketball wins third straight

by Andrew Hoggarth
Staff reporter

With the exception of two first half ties, the Central Washington University Wildcats led from start to finish.

They put together a decisive 90-66 men’s basketball victory over the Western Oregon Wolves Saturday night at Nicholson Pavilion.

This marks the third straight win for the Wildcats, who improved to 13-4 overall and 7-2 in Great Northwest Athletic Conference (GNAC) play.

The visiting Wolves suffered their seventh loss in the last eight games and fell to 8-15 overall and 2-7 in conference play.

Senior guard Brandon Foote led all scorers with 21 points, making this his second straight 20-point performance following his career-high 27-point outing in last Saturday’s win against Seattle Pacific.

Foote connected on 9 of 16 field goals, while three other Wildcats also finished in double figures.

“I’ve been putting in a lot of extra work at practice,” said Foote. “Also, getting to start the last two games has helped a lot.

“It’s nice when you get that confidence from the coaches.” Fellow senior starters Matt Penoncello and Jake Beitinger scored 17 and 13, respectively, while senior guard Giovonne Woods came off the bench in time to score 11 points.

“I think we were trying to play too fast in the first half,” Penoncello said.

“In the second half we slowed down and let the game come to us and we played a lot better.”

Matt Penoncello
Guard

Central dominated the rest of the way, outscoring Western Oregon 18-10. Overall, the Wildcats hit 49.3 percent of their field goals, 10 of 24 three-pointers, and held a 37-29 advantage in rebounding.

The Wolves were just 3 of 13 from three-point range and shot just eight free throws, all of which came in the second half.

Central also had 20 assists with just 16 turnovers, while Western Oregon finished with 19 assists and 20 turnovers.

Senior forward Travis Kuhns led Western Oregon with 20 points and a team-high five assists.

Blair Wheaton added 15 points and Mike McLaughlin finished with 12 points, five rebounds, and five assists.

Central is ranked fourth in the NCAA Division II West Region, and will now go on the road for their next three games beginning next Thursday, Feb. 12th at Northwest Nazarene.

The Wildcats will also play at Saint Martin’s on Feb. 14 and at Western Oregon on Feb. 19, before their next home contest, which is on Feb. 26 against Alaska Anchorage.
Women win first league game of season

by Laura Mittieider
Staff reporter

Sophomore guard Jenn Jacobs drives past Seattle Pacific guard Maddie Maloney. Jacobs finished with eight points and two assists against the Falcons. Central lost the game 58-73 at Nicholson Pavilion on Thursday Feb. 5. The Wildcats’ next game is on the road this Saturday in Fairbanks, AK.

Wrestling club maintains their skills

by Laura Mittieider
Staff reporter

The CWU wrestling club is a part of the National Collegiate Wrestling Association and takes part in the open tournaments. Each participant conditions individually but the club meets to practice their wrestling skills.

There are a few wrestlers that aren’t strictly wrestlers here at Central. Ryanne Gerry a public relations and philosophy major is a Mixed Martial Arts (MMA) fighter and has been using the wrestling club to get better at her wrestling for fights.

“Wrestling is a big part of fighting and since I suck at it, this gives me an opportunity,” Gerry said.

The wrestlers aren’t always hard at work. They incorporate fun by using the skills they learn in the take-down circle.

This is when everyone gets in the circle on the mat and competes to be the last person standing at the end.

“It gets your mind off school,” junior construction management major Craig Almout said.

The wrestling club is not just for men. Women are encouraged to attend the club practices and compete. According to the club Web site, they are looking for club officers.

For more information contact Jeff Simonson. His email is simmonson@hotmail.com. His phone number is (253) 632-9778. Practice times are Mondays and Wednesdays at 5:00 p.m. - 7:00 p.m.
Tournament takes over Central pool

by James Anderson
Asst. sports editor

Although Central Washington University's water polo club officially ended their season in fall, it doesn't stop them from striving to become better players.

This winter the water polo club will host a water polo tournament featuring some of the biggest teams in the Pacific Northwest.

Like all athletes, the bettering of the Central water polo club's skills is paramount to success in their regular season play.

While playing against each other provides a fun time and good exercise, it doesn't advance their skills as much as playing against another team.

Practicing two days a week helps, but it doesn't make a winning water polo team.

This is in part to the fact that after playing with each other for such a long duration of time, they begin knowing each individual's strengths and weaknesses.

"We want to go further than our regular boundaries allow," said Darrell Kangeiser senior, nutritional science major and president of the Central water polo club.

"We kind of get to know each other's moves, so playing against other teams really helps us know what we need to get better at." Schools being invited to the tournament include the University of Washington, Oregon State University, Western Washington University, University of Oregon and University of Idaho.

Although the Central water polo club isn't an official Central sports team, they regularly play against Northwest Division 4A teams.

"We don't have a chance to play against anybody else in the off-season," said Jordan Brouillet junior, undeclared major, and vice president of the Central water polo club. "We've hosted tournaments before, but I don't think that we've hosted one this big."

The tournament will take place on Saturday Feb. 28 and will end on Sunday, March 1. Both days will be filled with games taking place in the Central campus swimming pool.

The tournament will consist of a still undecided eight or nine teams. The teams will be split into two pools, each containing one of the two best teams. Each team will then play against teams within their selected pool, playing approximately three to four games total.

The two teams that come out on top of their pool will face off in the tournament finale.

This tournament will also help gather funds for the Central water polo club, allowing them to buy new swim caps, balls and other water polo gear.

The Central water polo club has their work cut out for them in the upcoming tournament, but their passion for water polo keeps them on the never-ending quest for advancement.

"It's a really unique sport and it's something new to us," Kangeiser said. "It's a lot of work, but we're all really enjoying it."

For information on womens water polo contact president Mark Lewis. Her email is lewisma@cwu.edu and her phone is (337) 353-8106

Practice times are Mondays & Wednesdays 8:30 p.m. - 10:00 p.m. at the CWU pool.

MB: additional waves of steroid abuse

So far, many major league star players are blamed for steroid abuse, including Mark McGwire, Barry Bonds, Roger Clemens and Jason Giambi for example.

Last Saturday, Sports Illustrated (SI) reported that Alex Rodriguez tested positive for two different types of anabolic steroids during his MVP season with Texas in 2003.

The results of the testing on 1,198 players were meant to be anonymous under the agreement between the commissioner's office and the player's union.

SI reported Rodriguez's testing information was found after federal agents, with search warrants, seized the 2003 results from Comprehensive Drug Testing, Inc., in Long Beach, Calif.

Rodriguez was drafted by the Seattle Mariners in the first round of the 1993 amateur draft.

A three-time American League (AL) MVP, Rodriguez has hit 553 career homers.

At age 33, the all-star third baseman is the highest-paid player in baseball and regarded by many as the most likely to break Bonds' record of 762.

Rodriguez played for the Rangers in 2003, winning the AL home run title and MVP award in 2004.

He is drawing a major league-high $27 million salary after signing a record $275 million 10-year contract with New York in 2007.

According to reports by SI, MLB Executive Vice President Rob Manfred said, "We are disturbed by the allegations because the survey testing that took place in 2003 was intended to be non-disciplinary and anonymous, we cannot make any comment on the accuracy of this report as it pertains to the player named."

According to the players' union, "Information and documents relating to the results of the 2003 MLB testing program are both confidential and under seal by court orders."

Baseball's drug policy prohibits the use of steroids without a valid prescription since 1991, but there were no penalties for a positive test in 2003.

Since his major league career began, Alex Rodriguez has hit at least 35 home runs each season except for 1994, 1995 and 1997.

His increase from 2000 to 2001 of 11 home runs is not natural.

From 2001 to 2003, the seasons in which he is suspected of using performance-enhancing drugs, A-Rod kept a high home run average.

But in the season of 2003 when he is suspected to have tested positive, he hit 36 home runs. His decrease from 2003 to 2004 is 11.

This decrease in home runs makes baseball fans cast doubt on Rodriguez's use of steroids.

I am not going to label him or other steroid users as cheaters because steroid use is risky for the users.

A study says anabolic steroids can lead to premature heart attacks, strokes, liver tumors, kidney failure and serious psychiatric problems.

But, he betrayed a lot of fans and needs to get back his credibility. A-Rod has to show fans new A-Rod in the next season.
Basketball: Women ready to go on the road and take on the Alaska, tonight

Continued from page 17

Wildcat senior center Hilary Tanneberg came close to a double-double with 10 points and seven rebounds, a team high.

Stephanie Wenke, senior guard, finished the game with four steals.

Friday's loss means the Wildcats will be going to Western Oregon on an eight-game losing streak. Western Oregon is 8-11 overall, and 3-5 in GNAC play.

This will be the first meeting between Central and Western Oregon this season.

The Wolves are coming off an 80-78 loss to Saint Martin's Thursday, Feb. 5.

Katie Torland leads the team with 16.6 points per game. The Wolves have allowed 71.1 points per game this season, while only scoring 65.9 points per game.

Amanda Murdoch scored a career-high 24 points to help the Central Washington Wildcats get their first GNAC win over Western Oregon.

Murdoch went 6-6 from beyond the arc, which ties a school and conference record for most three pointers without a miss.

She went 9-12 from the field. Murdoch started over the injured sophomore Jenn Jacobs.

The injury during the Seattle Pacific game proved too much for Jacobs, as she wasn't able to suit up for Saturday's outing.

This was the first start for Murdoch since November 23, when Central Washington took on Western State to get their first victory of the season.

In that game, Murdoch was able to score 18 points. Senior Shaina Afoa put up impressive numbers as well with 16 points, and five boards. Senior Stephanie Wenke also scored in double figures with 12 points.

With just eight players suited up for the game, the Wildcats played with a lot of heart. Never trailing Western Oregon, the Wildcats led 42-26 at halftime.

The Wildcats appeared to be on fire, shooting 58.5 percent from the field, and 61.5 percent from deep.

Katie Torland from Western Oregon put up a valiant effort, scoring 26 points and pulling in 8 boards.

The Wildcat defense posed a problem for Western Oregon, holding them to a mere 30 percent shooting in the first half, going 9-30.

With momentum on their side, Central Washington travels to Fairbanks, Alaska to take on the Alaska Nanooks.

The Nanooks have a 5-13 record, and are 0-9 in GNAC play.

Nicole Bozek, the Nanooks leading scorer, went down with an injury Thursday, Feb. 5 during their game against Anchorage.

Photos by Dan Brown /Observer

Above: Senior center Hilary Tanneberg plays defense against Seattle Pacific at home on Saturday. Left: Senior point guard Stephanie Wenke drives past a Falcon defender.
NEW! 2009 Honda Fit 5-Speed Manual

$14,950
or ONLY
$188 per mo. per 36 mos.

Dual-stage, Dual-threshold front Airbags,
Side Curtain Airbags, Tire Pressure Monitoring System,
AM/FM/CD/MP3, 60/40 Split 2nd-Row Magic Seat®, ABS,
Immobilizer Theft-Deterrent System and Much More!

39 monthly lease payments of $188 plus tax, with option to purchase at end of term, $1,990 drive off cost due at lease signing, 12,000 miles per year, subject to credit approval. Stock #37530

NEW! 2009 Honda CR-V LX 4WD

ONLY
$239 per mo. per 36 mos.

Speed Sensitive Volume Control, 4WD Locking
Rear Seatbacks w/Center Pass-Through, and MUCH MORE!

29 monthly lease payments of $239 plus tax, with option to purchase at end of term, $1,200 drive off cost due at lease signing, 12,000 miles per year, subject to credit approval. Stock #10198

* Based on 30/30 EPA mileage estimates, reflecting new EPA fuel economy methods beginning with 2008 models. Use for comparison purposes only. See dealer for complete details. Your actual mileage will vary depending on how you drive and maintain your vehicle.