Unheard voices take stage

CWU students speak out on social issues

by Danielle Gagnon
Staff reporter

Tuesday, May 26 individuals gathered for "Unheard Voices," an opportunity to make voices heard through short statements on various topics. The evening featured live music, visual art, poetry and other art forms.

It's nearly show time and a few guitarists join together on stage to strum for sound check. Waiting in the doorways, students quietly practice their short speeches as their lips outline the words on the paper in front of them.

An uproar from the crowd starts while pictures and quotes play on a projection screen to the audiences' right. Statements flash again and again reading Unheard Voices "call to action," and "Be a globally minded citizen."

The show begins and Nelson Pichardo, associate professor in the sociology department, enriches students with a few powerful words to be taken into consideration.

"Be educated, keep your ears and eyes open and be open to what everyone has to say," Pichardo said.

He mentioned the good fortune of living in America, as opposed to life is elsewhere. He leaves the stage saying that giving money isn't the only way to help the world. Volunteering for a cause one believes in is another option.

Among the pre-selected performers, Ryan Campbell, senior public relations major, sang lyrics and strummed notes to songs titled "Bullet" and "Citizen Cope Song." "I chose [Citizen Cope Song] because it has a lot of social awareness," Campbell said. "It tied in perfectly with the evening and the social issues that I feel are underrepresented."

The Black Student Union (BSU) provided complimentary coffee while taking donations toward East African Community Service (EACS).

The evening was hosted by Bethanie Vierra, senior sociology/ethnic studies major. She also put together an Immersion Excursion to Seattle in mid May. Seven Central students went to work with the EACS group. There, they were educated on what refugees endured. The event gave students global perspective.

"Students have a responsibility to do something with these social issues," Vierra said. "This is the first time to do a large scale entertainment production night. I think it was a success."

"Be educated, keep your ears and eyes open and be open to what everyone has to say," Nelson Pichardo

Nelson Pichardo
ASSOCIATE PROFESSOR OF SOCIOLOGY

SEE VOICES PAGE 10

By Loren Hammersberg
Staff reporter

Earlier this month, the Associated Students of Central Washington University Board of Directors (ASCWU-BOD) presented a plan to the Equity Service Council (ESC), a subsidiary body of the Board of Directors.

In the plan, it was suggested that organizations currently in the ESC would move back into club senate instead of being funded solely from the ESC and having to request an approval for funding from that council. Instead of being an ESC organization, they would be more similar and follow the same structure as a standard club, ASCWU-BOD Executive Vice President, Brent Weisel said.

"We merely presented an idea of a plan and opened it up for discussion," Weisel said. "There was some resistance to the plan that we had presented."

Of the nine clubs and organizations within the ESC, five voiced their disapproval and concern in the form of written complaints.

"With this change comes a decrease in funding, a reimbursement requirement for funding from club senate, meaning we have to front the money first for programming; this would add stress to the organizations... our voices would diminish under the added stress," said Joshua Rumley president of the Gay, Lesbian, Bisexual, Transgender, and Straight Alliance.

The amount of funding that the ESC organizations would receive in this suggested plan causes major concern for these clubs and organizations.

The BOD suggests the same funds will still be available.

"Previously, the equity and service council has done a lot of funding where they would suspend bylaws so that they can allocate over their cap of $3,500, this same process can happen in club senate and actually happens all the time," Weisel said. "So when [people] talk about these organizations receiving less money, that's really not a reality. I think what they are saying is a drawback is that they have to justify it to a much larger body and have to get more people to buy in and I think they might be concerned that the club senate may not support their programs as willingly as the ESC does."

Due to these concerns from the organizations in the ESC and the lack of communication from both parties, there was a discussion held on Monday, May 18 in the SURC pit that addressed many of the concerns students had.

"Now from my perspective of the whole thing, it's looking like it's going to be a smooth transition to whatever it is, if there is a transition at all," Weisel said.

This discussion seemed to clear things up for some, but not everyone.

"I personally don't feel like the meeting on Monday actually accomplished anything," Ryan said. "The problem with the BOD is that they have never given us a coherent plan on what the procedure is, and what would happen to our organizations once we join club senate. Keith James should be giving us a clear plan of what is going to happen and he has not done that."

Some people say this issue has been handled in a good and open process.

"For the most part [the BOD] has been willing to hear and are open to all our request and ideas," Black Student Union co-president Anthony Peterson said. "They have been open to our resolution."

There are some people who think otherwise.

"It has just been a continuance of back and forth argument," Rumley said.

Both parties would like to have this issue resolved in a professional manner, but at this point how and when this problem will be resolved still remains unknown.

To date, as far as the structure and the funding of the ESC nothing has changed.
Visual Stimulation

When you awake, you will remember everything. ~The Band

by Kevin Opsahl
Senior reporter

The Kittitas County Public Health Department has confirmed the first case of swine flu at Central Washington University, but school officials said they see no reason to shut campus down.

A 21-year-old Central student was diagnosed with the H1N1 virus on May 22, being the first case of novel influenza A in Kittitas County, on top of the 516 confirmed cases statewide. The health department said the virus appears to act very similarly to existing seasonal flu viruses.

According to Amy Diaz, public information officer at Central, the student, whose name has not yet been released, has made a full recovery. "The person didn't have a chance to give [the virus] to anyone else," Diaz said. "Most adults will not need to seek medical treatment unless symptoms are more severe than normal."

Upon feeling symptoms, the student went to the CWU Health Center to be tested. Diaz said the student had a rapid influenza test at a health care provider's office May 19. The test came up positive for type A influenza. The sample was sent to the Washington State Public Health lab and the virus was confirmed there. Flu symptoms include a fever of 100 degrees or more, coughing and sometimes a sore throat, vomiting or diarrhea.

Doctors said they see no reason to shut campus down.

"Swine flu strikes Central's campus" by Kevin Opsahl, Senior reporter.
Student eating disorders unveiled on campus

by Kris Wilhelmy
Staff reporter

It's so hot out, that many people are unable to avoid sweating. For many, relief is just feet away as the river calls and provides a welcome solution. But jumping into the water means stripping down to a bikini. Inviting others to trace, judge and stare at every curve, shape and dimple that is imperfect.

Many people feel insecure about jiggling legs, breast size, pale skin and cellulite and rely on clothing to cover up natural blemishes.

"The media has created an unrealistic body image through air-brushing and more." said Kelly Pritchett, assistant professor in nutrition and exercise science whose sister has dealt with an eating disorder for 10 years. "However, we cannot solely blame the media. There are a variety of contributing factors, and the media is only one piece of the puzzle.

More than 2 million female Americans have a clinically relevant eating disorder, according to the study, "Eating Disorders: Summary of Risk Factors, Prevention Programming and Research." The American Psychological Association defines eating disorders by three categories: anorexia nervosa, bulimia nervosa and EDNOS (eating disorders not otherwise specified).

"I didn't know any girls personally that suffered from an eating disorder until I got to college," said Kaelin Koppelman, junior accounting major. The study found that the onset of these disorders usually occurs during adolescence, developing before age 25, the typical age group of college women.

"I think most people would be floored if they knew how many people they walked by everyday who struggled with a disordered body image perception and disordered eating," said Suzanne McIntyre, junior nutrition major.

McIntyre works at the Recreation Center as a peer nutrition education advisor, which is a free service to all students.

As knowledge and discussion of eating disorders increases, so does the opportunity to get help. McIntyre helps her clients by educating them on nutrition, the dangers of eating disorders and structured eating plans.

"College is stressful, you have more freedom to make good or bad choice," said Tony Solis, junior exercise science major. "What with living on your own and not under your parents' roof anymore."

Body image ridicule, as well as exaggeration of the importance of weight and shape in determining happiness, is prevalent among young women. 90 percent of all eating disorders are feminine.

"I think it's important for girls to realize that we all come in a variety of shapes and sizes," said Pritchett. "Look around...beauty comes in all shapes." Student Health and Counseling Services provides students with free individual counseling.

"All of our counselors are qualified to treat students with mild to moderate eating disorders," said Alexandra Murallo, a doctoral intern at Central. "We are not staffed to treat serious eating disorders."

They also have workshops and presentations for classes, residence halls, conferences, and community organizations to inform the public about such issues.

"[We are] currently working on a group therapy protocol for treatment of sub-threshold disordered eating," Murallo said.

Anorexia nervosa is characterized by refusal to maintain a minimally normal body weight, fear of weight gain and body image distortion.

Bulimia nervosa involves recurrent episodes of binge eating followed by self-induced vomiting, laxative abuse, excessive exercise or fasting. On top of this, a person's self-esteem maybe significantly influenced by their weight and shape.

Image: The tattoo is in honor of NEDA the National Eating Disorder Association.

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Runner Up
Neal Davis (Write-In)
7.5% 101

VP-Political Affairs:
Jack Barry
100% 1,340

CWU Athletic Initiative:
Yes 83.5% 1,376
No 16.5% 271

Washington Student Lobby Initiative:
Yes 70.2% 1,102
No 29.8% 468

Vote Turnout:
Online 50.1% 830
Student Union East 21.3% 353
Student Union West 19.4% 322
Nicholson Pavilion 5.8% 96
Shaw-Smyser 3.4% 57

Total Votes 16.93% 1,658

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UBAC outlines fiscal 2010 budget cuts
by Kevin Opsahl
Senior reporter

Central Washington University faces difficult budgetary challenges in the coming year, and according to President James Gaudino, "lean cuts" are expected for next year's operating budget representing a $3.85 million cut. At the University Budget Advisory Committee (UBAC) meeting Wednesday morning, Gaudino outlined plans for fiscal year 2010's operating budget, estimated at $94.4 million, and amounts for more than half of the university's total budget, Gaudino said.

Of the most drastic cuts, the President's office expects to incur a 10 percent cut, equivalent to approximately $355,000 of their operating budget.

The office of the vice president of business and financial affairs will take an 8.1 percent cut and experience the largest financial burden with $1.74 million in cuts to their budget. The office of the vice president for student affairs and enrollment management faces an 11.6 percent reduction to their budget, totaling approximately $502,000 in cuts.

"This has been a budget that has presented us with the need to [make] dramatic cuts," Gaudino said. "I don't want to make a suggestion that I'm doing, anything better than my predecessor. We are doing things differently. The path presented to us was a different one because no one thinks there is a 9.5 percent necessary cut in our budget."

The UBAC meeting was the last of the academic year, and now the proposal will go to the CWU Board of Trustees for review, followed by a meeting scheduled for June 12. Gaudino stressed this is not just a spending budget, rather, Central will experience an across the board cut of 7.7 percent to the 2010 budget projection.

Central is taking approximately a 9 percent cut to its overall 2009-2010 budget based on an expected 9,200 full time equivalent (FTE) students. Despite healthy PTE, Gaudino said there is still uncertainty regarding financial support from Olympia moving forward.

Central will figure out the second biennium budget cuts depending on how the Washington economy plays out in 2009. At the last Trustees meeting, Central's BOT approved a 14 percent tuition hike for next year, despite protest and dissent from students and some faculty, even administrators.

"[Everyone in faculty] don't think of this as a one-year downturn," Gaudino said. "There is no doubt in my mind that we have embarked on a changes in funding for higher education. In the five months that I've been here, I can see . . . it's a downward slope moving for us to six years. They're [the state legislature] are going to de-fund us down to the national average."

"We do want to hear advice, Gaudino said, in reference to the executive team that has worked as a group to present the budget in a transparent manner to the entire campus community.

According to Sandy Colson, Administrative Assistant/Executive Secretary for Business and Financial Affairs, past UBAC meetings were more formal because the university had budget surplus, and could advise the president directly on how to spend the money.

The meeting embraced a new user-friendly format where the president could present proposals directly to the UBAC, and streamed live on the Internet.

The operating budget is different from the capital budget, which is for the construction and repair of facilities. The operating budget comes from requesting and receiving funds from the state legislature.

The operating budget process does not include requests for salaries increases because they are requested separately based on a recommendation from the Council Of Presidents (COP), the presidents of higher education institutions in Washington State.

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Observer | May 28, 2009 | news
Outdoor Pursuits and Rentals emphasizes river safety

by Jesse Kertland
Staff reporter

With spring sunshine filling the town, Ellensburg residents have begun to flock to the Yakima River to cool off. With the right education and equipment, the river can be a fun place for all to float down. But accidents and unforeseen problems can occur, and learning how to stay safe on the river is the first step to avoid injury.

On the afternoon of Saturday, May 9, four Yakima teenagers launched their raft into the Naches River near North 16th Avenue, which runs into the Yakima River. Unaware of what lay ahead, the boys’ raft capsized after floating over a diversion dam. After swimming to shore, one passenger flagged down a state trooper to get help. Another passenger was rescued after he beached himself on an island close to the dam. One of the other passengers’ bodies was found the following Monday afternoon, while the last passenger’s body remains undiscovered.

With these lives lost, a call for river safety is imminent. For the past two weeks, Central Washington University Outdoor Pursuits and Rentals (OPR) has denied rentals for river equipment due to the river’s high water levels. OPR Coordinator, Ryan Hopkins is doing as much as possible to gain awareness of the dangers while floating the river.

“We make sure people are going to the southern part of the river,” Hopkins said. “None of our gear is allowed between the KOA campground and Ringer Loop. There is a huge log jam and man-made spillway located between those launches.”

To keep renters safe, OPR also inspects and updates their gear regularly and distributes the correct amount of personal flotation devices (PFD).

Renters must also sign a contract when renting OPR gear, which states their rules and regulations, along with guidelines for staying safe.

“Last weekend we had to turn away at least 20 people that were trying to float the river,” Hopkins said. “Some were disgruntled, but we definitely helped a lot of people.”

According to Hopkins, OPR projects that the river will be safe for floating this coming Sunday, but the date depends on many factors, including snow melt, water level and weather.

For those who want to float the river with someone with experience, OPR offers guided floats with their own professionally trained guides.

Despite the Yakima River’s beauty, strong currents can turn an afternoon of fun and relaxation into a hellish scene only thought possible in movies.

Raft rental prices

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Inflatable kayaks, maps and miscellaneous gear also available through OPR. More information available in the OPR office.

courtesy of OPR

Safety tips for floating the river

OPR does not rent out tubes at 32.5 feet, and do not allow raft rentals at 33.5 feet.

Caution: Rafting is a potentially hazardous activity. Always raft with a group and seek training prior to floating the river on your own. Moving water is a powerful element and awareness of potential hazards may allow you to have a safe and enjoyable experience.

Rafting etiquette should be safety first, minimum impact on the environment, and courteous relations with others on and around the rivers. In order to follow this etiquette here are a few rules:

Other boaters: make room for other boaters.

Anglers: When approaching a fisherman, try to hold back and ask where to pass.

Private Property: Respect property rights. Keep noise to a minimum when riverside homes are nearby. Always ask permission if you want to use private land for river access or camping.

What to bring

PFD (Personal Floating Device) / Life Jacket

Water

Food

Waterproof sunblock

Chapstick

Proper footwear with snug straps that will not fall off

Sunscreen

Swimsuit

And a pump

courtesy of OPR

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Theater and music departments take steps towards unity

by Katie Tigges
Staff Reporter

Students in the theater and music departments of Central Washington University have yet to have the opportunities to work together on end of the quarter productions and many students believe that this should change.

The lack of an orchestra for musical productions hurts the theater department and the absence of talented set designers, technical crew and costume designers affects the quality of the operas put on by the music department according to Brenna O’Malley, sophomore theater education major.

“I think having a live pit [or orchestra] would be an excellent idea,” said Meg Downing, freshman musical theater major. “This is especially true since most of the people in the musical theater Bachelor of Fine Arts (BFA) program also do want to go on to perform on [Broadway and the experience with a live pit] is really important.”

There are several large impediments between both departments working together on productions such as time constraints and the fact that faculty and students already have a lot on their plates according to O’Malley.

“This is more acutely felt in these economic times when budget cuts make running existing programs difficult, let alone adding new ones. “The difficulty comes from having programs in which the facility load is so described, one example [of this] is opera,” said Dr. Pete Gries, the chair of the music department.

“If we had scene designers, light designers and costume designers those would be assignments [for theater students] serving [the music department] rather than their own.”

Gries’ concern is that students are in a production, it will take time away from their ensemble performances. This is especially true since arts departments hold their performances at the end of the quarter.

“The other problem is we have requirements for students to be in a large ensemble and the performances would conflict with at least one theater performance,” Gries said. “Another issue is the theater and music departments expect students to give their lives. [With] as many as six ensembles when will they give up their time?”

An opera has been proposed for the fall semester, but nothing has been confirmed. There is a lot of difficulty involved in securing a stage in south campus. Out of the three stages on campus, the theater department has only two stages in McConnell and limited access to Hertz Hall. This is due to the space pre-scheduled for large classes according to Gries.

“The biggest problem is the performance constraints,” said Dave Brown, musical director for the theater department. “There would be give and take, a way to perform at a particular time. If you do that – that waters down the music department and doesn’t answer the need [because students] are already extremely busy.”

The problems are encountered the same across the country according to Brown, who also pointed out the issue that opening the orchestra pit in McConnell Hall would take away some of the already limited stage space according to Brown.

Speak-out discussion lifeless

by Barb Owens
Copy desk chief

Central Washington University students are facing a 14 percent tuition increase effective this fall. Last Thursday at noon, in the Student Union and Recreation Center, about 20 students were invited to come speak their minds about the tuition hike.

Next to an official voting station to elect next year’s Associated Students of Central Washington University- Recreational Center, speakers at Central drew a minute crowd of students, most of whom seemed uninterested or too timid to speak.

One pair of women did have a few comments about the 14 percent increase, and also the apathy that their classmates portray.

“I pay for all my school myself, out of pocket,” freshman Brittany Motzkus said into the microphone. The increase will directly affect her since she is ineligible for grants and her family doesn’t help support her education.

“If you don’t come to these things, you can’t really complain,” Motzkus said. Students were asked to give ideas on how to balance the budget in other ways. Motzkus suggested cutting all classes on Fridays to lower payroll and other costs. But she thinks this idea may have negative effects on the Ellensburg economy because students may go home for the weekend sooner or more often.

Col’Lette Gauvin was another vocal spectator. She is a sophomore who pays for tuition with anything she can get—grants, loans, pocket change.

“Some of these people are so idiotic about the university,” Gauvin said. She said it is upsetting that more people don’t show up to support these discussions and get involved. “I think we should learn more about our campus.”

At a quarter past 12, the discussion was interrupted by a parade of students outside the SURC donning T-shirts that read “Save Athletics.” The group was led by a marching band and included students from various teams, coaches, cheerleaders and Wellington, the Wildcat mascot.

Demonstrators held signs that urged their peers to vote for the $7 athletic fee increase that made it on Thursday’s ballot. Some shouted “Don’t let us end up like Western,” referring to Western Washington University cutting its football program last year. After a brief stop to gather, the march continued beyond the SURC and throughout the rest of campus.

Back inside a man was telling listeners that President Obama’s cuts at the federal level are fascist. Several students said they were graduating; therefore the increase won’t affect them. Many commented simply, “it sucks.” A woman gave a shout-out to her friend and a man passing by grabbed the mic and made a strange, high-pitched sound and then clicked his tongue really loud.

One woman commented that the tuition increase was already decided, so there was no point in discussing it. A man said that the University should “stop throwing big parties” to save money. Another said CWU President James Gaudino should not have gotten a pay raise from what former president Jerilyn McIntyre was making.
I'm still pretty young and free-spirited, so I thoroughly enjoyed the loud chaos...
Youth thrown to the wind

Caleb Hermans
Asst. copy desk

"You're turning 24? Ahahaha!" That was me and one of my friends making fun of him a couple of months back before his birthday. That was with a random girl on a double-date with my best friend and his girlfriend. I can remember it like yesterday, but that was five years ago when everything was perfect. Suddenly I snapped back into reality as some joke cut in front of me causing me to tap my brakes while simultaneously exercising my middle finger. What is happening? I am turning 24 in a few months. The joke's on me now. I wanted to show up to my 10-year high school reunion sporting a Rolex, a gold chain and riding up in a Ferrari. I wanted to say, "Look at me now, bitch!" Instead, I am wondering where the time went. I have roughly four years to reach these lofty ambitions. Am I going to make it? I'll be lucky to have paid back my school loans by then and I'll have to rob a jewelry store to wind up with the Roles. I don't even celebrate my birthday anymore, because I don't want to face another year ambushing me and kidnapping my waning youth. Every candle accumulates on that excess vanilla frosting represents another wasted year of existence. Each year requires a deeper breath to extinguish the increasing number of candles like a relentless army of fiery, helmeted warriors burning their way through my faltering screen of denial as youth wither into the ever-widening abyss of middle age. Your 20s evaporate into your 30s as seamlessly as fall transitions to winter. Nobody asks for your permission or checks in to see if it's alright. It happens right in front of your eyes and is impossible to pinpoint exactly when it occurs.

The continual ebb and flow of life disrupts plans and goals like a gust of Ellensburg wind shooting in through an open window and scattering geography notes all over the living room. So what am I saying with all this? Am I saying to go buy a kite and take advantage of the windy weather? Am I berating you to tighten your grasp on your fleeting college years before they strip between your fingers? Hardly. Instead, take some risks. Make some mistakes. Learn a lesson or two, but most of all have a hell of a summer and forget about the real world for a few months, until next fall knocks you on your ass like a stampeding rhinoceros chasing a tourist.

Slowpokes hog the road amid endless four-way stops

Steven Rogers
Copy editor

Has anybody noticed how many terrible drivers there are around Ellensburg lately? Well, I really shouldn't say terrible. It's just that most drivers seem to be thoughtlessly unaware of key parts of their surroundings. Like the part about looking both ways before you go, for example.

Every time I drive past a side street and see a car stopped at a stop sign, I think to myself, 'Man, I hope that person doesn't drive out in front of me.'

But of course, that person usually drives right out in front of me. Then, they proceed to travel about five to 10 miles over the delegated speed limit.

You would think in a town with a 25 mph speed limit, people would at least go the posted speed. But no, not around here.

Don't get me wrong. I'm not always rushing around in a hurry to get to where I'm going. I can appreciate the ability to 'cruise' or 'take it easy' as much as anyone else, but 20 mph is just too painfully slow.

It is only acceptable to drive that slow if you happen to be stoneed, or are over the age of 80. If you want to drive that slow, then walk or ride your bike (but you better take those training wheels off first).

What's worse is the ridiculous four-way stops. Why in the world are there so many of them? And why can't any body figure out what to do at one? People here should have it down to an art, since we live in a town where a four-way stop can be found at just about every intersection. Instead, people seem to go brain-dead when they stop at one. Everyone always thinks it's their turn to go. Either that or nobody wants to go. Then it just gets completely awkward and people randomly start waving each other through.

Maybe it's me. Maybe I just need to relax a little and join the crowd. If you can't beat 'em, join 'em I guess. This would probably be the easiest way to forget about the problem, but rather than taking the easy way out, I choose to complain about it instead.

So please, pay attention when you approach four-way stops, and whatever you do, don't pull out in front of me and slow down or I may be forced to write another one of these rants.

Culinary Corner:

Rachel Guillermo
Culinary columnist

Ingredients:
5 T. cornstarch
1/4 C. white sugar
1 1/2 tps. salt
2 C. coconut milk

Directions:
Place the cornstarch, sugar, and salt into a saucepan; stir in 1/4 cup of the coconut milk to make a smooth paste. Stir in the remaining coconut milk, and bring to a simple boil over heat, stirring constantly. Cook and stir until thickened so that it coats the back of a spoon, about 5 minutes. Pour into a 9x13-inch baking dish; refrigerate until cold.

Serve as is, or, to give it some extra flavor, sprinkle grated coconut flakes over it.

You can send your comments, questions and concerns to cwculinarycorner@gmail.com.

Talking Dead

Testing

Observer | May 28, 2009 | opinion

Random words with...

* What makes the world go 'round?
I think the people on it.

* You're stranded on a deserted island...
I will swim.

* What is the craziest dream you've ever had?
The last one I remember is a guy chasing me and I was hiding from him in the water. It was weird.

* Do all dogs go to heaven?
No, some of them are vicious. Some of them are wicked.

* What do you want to be when you grow up?
I just want to be rich. I don't care what I am.

Tetsu Takiguchi/Observer

"To me, it's a good idea to always carry two sacks of something when you walk around. That way, if anybody says, 'Hey, can you give me a hand?' You can say, 'Sorry, got these sacks.'"

Jack Handy
Deep Thoughts (Saturday Night Live)
Despite band dropouts, a shortage of backing musicians and a slight delay due to a scheduling error, Women's Rock 2009 continued with confidence under a gray Ellensburg sky accompanied by high winds.

Women's Rock, on Tuesday, May 26, gives the female musicians at Central Washington University a chance to share their voice, talents and passions on stage for the community.

"I like it because it is versatile," said Roxann Smith, junior public health major and one of the program coordinators. "We're supporting women musicians 'cause they're not really supported."

The show started at 4 p.m. on the east patio of the Student Union and Student Recreation Center (SURC). Geneva Taylor, senior music major, was the first to grace the stage with her solo poetry performance.

"I am excited," Taylor said as she took the stage. "I'm a little sad my guitarist couldn't be here, but that's alright."

Taylor went through a mime-style sketch of her dream backing band before her performance.

"Imagine a big, fat piano player right here," Taylor said as she pointed to an empty space to her left.

Holding a black notebook, Taylor began to unleash her voice to a small yet supportive audience.

"I'm gonna just cut right into it," she said. Mathews paced for a few seconds, microphone in hand. Then she turned to the audience and cut right into her performance.

With a confident sway, Mathews moved about the stage and recited a few of her spoken word poems.

When she was done, the crowd yelled, "We want more!"

"Give me a shot of Patron and I'll be on it," Mathews said.

Mathews laughed then put the microphone back on the stand and sat back down in the audience.

A new voice came through on the speakers.

"I need a steady beat," said Rhea Worley, junior sociology major. Worley started to clap her hands in a simple one-two beat until the audience followed along. Then, with her red hair pulled back by a pink hair band, Worley began to sing a cappella into the microphone.

With a huge smile on her face, she sang a slow ballad that seemed to calm the entire outdoor audience.

Worley, who was without her backing band, jokingly ad-libbed the guitar and piano parts of the song to give the full band effect.

"I've been singing forever," Worley said. "I'd sing all the time and my mom would have to tell me to shut up."

During a quick intermission, Red Means Go set up their set while the program coordinators hosted a quick trivia game with free pizza and Starbucks gift card rewards.

Women Rock 2009 came to an end after Red Means Go finished their heart felt acoustic set and the audience departed to await Women's Rock 2010.
TomatoFare inspires future growers

by MacKenzie Opp
Staff reporter

Artists, tomato lovers and culinary enthusiasts all have a chance to show off their talents at the 2009 TomatoFare. The TomatoFare invites amateur and professional artists from all walks of life to submit photographs, ceramics, paintings and other various forms of art.

The event will be held Labor Day weekend at the White Heron Cellar, but organizers of the event say growers and artists should start preparing now. TomatoFare is having a plant give-away for growers and anyone else who would like to grow heirloom tomatoes and participate at this year’s event.

Those interested should contact an associate grower. However, 400 plants have already been given away, and they are currently out of stock. Associates are still taking orders and expect to give away 800 to 1,000 plants during the first week of June.

“We started out almost nowhere, but grew heirloom tomatoes,” said Martin Ringhofer, grower and one of the organizers for the event. “Now there are about 50 growers and we have almost 50,000 pounds in three months ... the idea of giving plants away is to get more growers and to have tomatoes become a crop in eastern Washington.”

There are approximately 600 different varieties and tastes of heirloom tomatoes, and Grant County produces more than anywhere else in Washington.

Growers receive free plants and keep all they grow, except one week’s worth. The week prior to TomatoFare, they give one week’s worth to the event and receive free admission.

This year, people are asked to contact the TomatoFare Associate growers to make arrangements to pick up their plants.

TomatoFare offers a variety of different events and contests, one of which is the Chef’s Challenge. Culinary professionals and aspiring chefs from across Washington state, Oregon and Idaho are invited to participate in the Fourth Annual TomatoFare Chef’s Challenge, Sunday, Sept. 6.

Guests, growers and participants will watch the challenge unfold and sample the culinary offerings of the participating chefs.

During the events’ tasting, Phyllis and Cameron Fries, owners and operators of White Cellars Winery, will be on hand to recommend wine pairings with the various food samplings.

There will also be an art contest that will be judged by guests. Artists are challenged to create something that is inspired by the heirloom tomato’s shape and color. The art will be displayed at the location of the 2009 TomatoFare, White Heron Cellars.

“We are a winery that loves to bring food and wine together in many wonderful combinations,” the Fries said. “The TomatoFare is one of our food and wine events but it is certainly the most colorful due to the beautifully colored heirloom tomatoes. Listening to music, enjoying the view over the Columbia River, fine food, fine wine - it doesn’t get much better than that.”

People are welcome to attend all contests and enjoy wine and food tasting along with some music by the Vaughn Jensen Band and some cultural music done by Native American performers.

The fare is educational and a great way to help grant County and surrounding areas. According to the growers, if the crop is sold and grown properly, it can help boost the local economy and help out local farmers.

“Our vision is a crop that is very popular, and a crop that restaurants are interested in buying directly from the grower,” Ringhofer said. “We dream of a ready supply for all people to buy organic heirloom tomatoes directly from the growers and in turn create profit and tourism for an area that’s oppressed and unemployed.”

White Heron Cellars is located above Crescent Bar, at 10235 Stuhlmeier, Quincy, Wash. General admission tickets for the 2009 TomatoFare are $20 in advance and $25 on the day of the event.

The people to contact for free plants are Jerry and Gene Prentice, theprentices@gmail.com; 509-787-4495, Mary Catherine and John Koppang, jandmc@sagensun.net; 509-787-1305, Martin and Jennifer Ringhofer, martinringhofer@aol.com; 206-784-9200.

Tickets are available through White Heron Cellars, for tickets, call 509-797-9463 or e-mail info@whiteheronwine.com, or call Martin Ringhofer at 206-784-9200.

Fun Facts About Heirloom Tomatoes

-Heirloomtomatoes datback hundreds of years.

-They are well-known for their colors, shapes and culinary uses.

-Heirloom tomatoes come in black, purple, green striped, yellow and green striped, red, orange, yellow, green, and red and black.

-Heirloom tomato sizes range from the size of cherries to the size of peppers. Some can weigh over five pounds!

-The skin on heirloom tomatoes can be rough-edged or smooth and their shape can be oval or round.

-Heirloom tomatoes have the names that reflect some of their history such as:

Polish: the seed was smuggled into the U.S. on the back of a postage stamp.

Soldak: arrived in the U.S. from Polish immigrants who settled in Ohio.

First Pick: came from France.

Besser & Schellenburg's: Favorite from come Germany.

To be considered an heirloom tomato, the variety must have been grown for at least 50 years, must be able to reproduce itself and must have a known history for area of origin and people who used the tomato.

Contestants are encouraged to enter the competition that will be judged by judges. Guests are also asked to come and vote to support local farmers.

Bethanie also spent some time in Africa, originally to teach English to children. “I saved up $4,000 and moved over there for a year,” Vierra said. “I got an English teaching job and volunteered on my free time. I came back to finish school.”

Bethanie thanked D&M coffee for their sponsorship. D&M will continue their affiliation with the Civic Engagement Center (CEC) by helping to get the idea of “Unheard Voices” into an annual event.

“I chose to dance because it’s what I do.”

William Basham

SOPHOMORE BUSINESS AND MARKETING MAJOR

The evening continued with performer Chester Castro, former Central student. Castro is a black belt in Tai Chi Chuan Fa Kung Fu. “It’s a really hard, precise form of art,” Chester said. “I decided to perform tonight because I knew the people putting on the production and I wanted to support the organization and give a little of myself to the program.”

Dancers also showed moves through footwork.

“I chose to dance because it’s what I do,” said William Basham, sophomore business and marketing major. “It’s my biggest hobby. When I’m happy, I dance. When I’m down, I dance.”

The night concluded and the lights flickered fluorescent. Audience members gathered outside to talk, donate and plan a late night social at Perkins Dining Hall.

“I’m really proud of all the unique talent I witnessed tonight of my fellow students,” Amber Wyler, senior elementary and special Ed major, said.

“Unheard Voices” is sponsored by the CEC and Campus Activities.

All donations go to East African Community Services, a Seattle based charity that assists refugees from war torn Somalia, with food, clothing and job placement.
Central Washington University dance students balance out their lives, literally. Central's Orchesis Dance Company will present its annual spring concert at 7 p.m. on May 28, 29 and 30 in the McConnell Auditorium. Attendance will begin at 6:30 p.m. and tickets will be sold at the door. General Admission tickets are $8 and Central student tickets are $5.

"I think the arts enrich our lives and help us think in a very creative way about expression and I think there is something that everyone will be able to relate to and enjoy," said Therese Young, assistant dance professor and program director.

Every year Central announces a new mission theme and this year's concert theme reflects Central's mission of "Life in Balance." This is the first Orchesis production in years that has incorporated a theme.

"Having a theme has really helped all the choreographers develop their pieces rather than just dancing because they like a song," Young said. "They really put a lot of thought into the choreography."

This year's production includes 18 pieces of choreography created by 12 different student and faculty choreographers who address the different aspects of balance in their works including balance in relationships, balance between sound and silence, spiritual balance, balances in womanhood and more.

"Choreography has helped me in the process of creating a dance that has meaning behind it versus a dance that just kind of shows off skills," said Tyler McLain, junior elementary education major and choreographer and performer for Orchesis.

This performance incorporates physical balance as well as props symbolic of balance. This year's show include more props than past years and this is the first time a giant teeter-totter will be used.

Flags are another new prop which will be utilized during a modern flag solo and a group flag piece.

This performance will also include unique guest performances. George Bellah, associate theatre professor, will portray balance by leading guest performers through the art of Japanese Noh Dance, which is a meditative, strengthening art form. Mary Radeke, psychology professor, is also featured as a guest choreographer.

The dance company currently has 25 members whom have auditioned and earned their way into the company. They rehearse six hours a week, beginning fall quarter to prepare for the spring performance.
Fashion students create ‘Satisfashion’

by David Guzman
Staff reporter

Central Washington University students are invited to check out the latest fashions and student clothing creations this Saturday.

At 7 p.m. on May 30, the CWU Fashion Club will host its annual fashion show. This year the show is titled “Satisfashion,” and the theme is described as “the fashion that satisfies you.”

The show will be held at the Milo Smith Tower Theatre on campus, and Seattle hip-hop artist DJ Dom will be the evening’s emcee.

The clothing on display at this year’s show is meant to appeal to the modern everyday woman, and ranges from casual to semi-formal.

“It’s definitely based on college-aged students – what we’d be wearing,” said Lana Hotchkiss, senior fashion merchandising major, and show director.

There are three different categories throughout the show: Earthy Intuition (eco-friendly, bohemian-style clothing), Vivid Exposure (clothing with bright, vibrant colors), and Diamonds in the Rough (modern formal wear).

Each student’s clothing will not be available for sale, but the club will be taking orders for official T-shirts created specifically for the show.

Another aspect of the show will consist of “ready-to-wear” items, which include clothing donated from Pac Sun and Buckle in Yakima, as well as Olive in Redmond and Maurice’s in Ellensburg. The clothing, which will be returned to each retailer after the show, will be modeled at the show.

At 6:30 p.m. prior to the show, the club will host a silent auction.

Items of interest include a Nintendo Wii, assorted gift baskets and other items.

Proceeds from the show and auction will go toward next year’s show, academic scholarships and other opportunities for students in the program.

Hotchkiss credits the Fashion Show Production class with providing aspiring fashion experts with real-life experience and a sense of accomplishment not achieved with other classes.

“For me, it’s the best class I take at Central,” Hotchkiss said. “You’re actually showing the school something, instead of just ‘hey, I got an A.’ This truly is a fashion show.”

Christina Libbing, senior fashion merchandising major and Fashion Club president, calls the class, and the production of the show, a reality check.

“People bail, people cancel on you,” Libbing said. “Things don’t go as planned. It’s like real life.”

The show is produced with the help of Central’s theatre department, who allowed the use of the theater for the show.

“I have to mention the theatre department, they helped us out a ton,” said Ashley Giannadrea, sophomore fashion merchandising major and promotions lead. “They helped us out with the lighting and sets. They’re a big help.”

Central’s Fashion Club, which had a successful show last year, expects a large turnout at this year’s show.

Hotchkiss said that growing interest in the fashion merchandising program and a better venue contribute to the show’s success.

“We almost sold out last year,” Hotchkiss said. “This year, if you want the ticket, you’d better show up early.”

Tickets are available from 11 a.m. to 3 p.m. on Thursday and Friday at a table in the Student Union and Recreation Center lobby.

They will also be available at the door on the day of the show. Tickets are $10 for general admission and $5 for Central students.
Sasquatch existence confirmed at Gorge

I look forward to Memorial Day weekend every year. It’s my favorite three days of the year. Forget Christmas, birthdays and New Years — Memorial Day weekend in Washington state is nothing short of amazing. That’s mainly because of the annual entertainment extravaganza that is Sasquatch! Music Festival held at the Gorge Amphitheater.

Sasquatch was conceptualized by promoter Adam Zacks in 2002. What started three stages, and a comedy tent, has helped the Gorge become a tourist destination. Socializing in the campground and crowd surfing to a set-end with Gillis getting into a huge plastic bag and crowd surfing to a setting sun — a fitting way to end a magical weekend of music and certainly my favorite few days of the year.

Ryan Ricigliano
Senior reporter

I was ready to go home, eat a normal meal, shower for the first time in three days and return to reality. Monotonix prevented that. Seeing this much energy, sweat and the pounding thump of the bass turned the dance tent into a far out, other-worldly universe that no one wanted to leave.

Monotonix
At 4:55 p.m. on Monday afternoon I was beat. Done for. I was ready to go home, eat a normal meal, shower for the first time in three days and return to reality. Monotonix prevented that. Seeing this much energy, sweat and the pounding thump of the bass turned the dance tent into a far out, other-worldly universe that no one wanted to leave.

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People salute and commemorate soldiers at the Ellensburg Memorial Park on Memorial Day, May 25. Other celebratory events included a parade and pancaked breakfast.

Memorial Day celebrates service, sacrifice

by Marissa McDonald Staff reporter

Instead of sitting at home this weekend, many curious Washingtonians took advantage of the several opportunities for celebrating Memorial Day this Saturday, with both celebrations in Easton and Ellensburg to choose from.

Kittitas County held a Memorial Day Celebration beginning with the Easton Fire Department pancake breakfast, from 8 a.m. to 10:30 a.m. on Saturday May 23, located on Railroad Street in Easton. It was open to all of the Central Washington community and included several events such as, the Cabin Creek Cruisers car show, a parade, and a street fair and vendors that went until 9 p.m.

"We get to see community faces and out of town people that come to celebrate with us," said Jennifer Jensen, a volunteer firefighter / Emergency Medical Technician with the Easton Fire Department. "We served a lot of pancakes in a short time, and when we're done with the event, I help my dad, Dave Tate, head of the Cabin Creek Cruisers Car Club. We have more than 16 members in our group...we look forward to seeing all the cars and meeting new people from all over the state.

Jensen has been involved with the Easton Fire Department for 18 years and the classic car show is now on its sixth year. She said that the community gets to enjoy a great breakfast and see volunteer firefighters doing something other than firefighting and medical work. The Classic car show took place on Railroad Street in Easton as well, from 9 a.m. to 3 p.m.

There was also free wine tasting from the Maryhill Winery tasting room from 10 a.m. to 6 p.m., who offer a 10-35 percent discount of their wines at the event and sold more wine this weekend than any other time of the year.

"The weather is very nice over here, compared to the west side of the Cascades," said Caitlin Haedicke, director of public relations with Maryhill Winery. "In addition to wine tasting we kicked off live music and have a really diverse group of musicians. There were hundreds of people streaming through the winery event...the energy it creates is truly amazing and personally rewarding."

The Tomato Fare returned for the 2009 Memorial Day Celebration with artisan farmers supplying over 100 varieties of heirloom, organic tomatoes for attendees to taste and compare with delicious dishes for guests to sample.

"There is nothing like our event in our state or adjacent states," Martin Ringhofer, Founder/Director of TomatoFare 2008 said. "People look forward to the best heirloom tomatoes they've ever had; great food, wine, music and family fun."

The Iris Flower and Design show was held from 12 p.m. to 3 p.m. put on by the Yakima Valley Iris Society, where everyone was welcome to enter their own designs into their judging competition.

Then for everyone's entertainment, starting at noon on Saturday, the Memorial Day parade took over Railroad Street.

Then beginning at 4:30 p.m. the Thorp Mill Benefit Barbecue and Auction provided their buffet-style barbecue dinner which led into the silent live-auction that featuring local and donated items, services, and give-aways.

"Our town is very friendly and open to new faces," Jensen said. "We encourage everyone to come out and enjoy the small town atmosphere and help celebrate Memorial Day."

For those who feared Memorial Day traffic, there was plenty to celebrate here in Ellensburg.

The Kittitas County Farmers Market in Ellensburg is featured from 9 a.m. to 1 p.m. every Saturday, and on this Saturday, May 23 the market provided local grown produce and craft vendors featuring jewelry, handmade soaps and fresh-cut flowers. The Farmers Market is located on fourth street between Pearl and Pine in downtown Ellensburg.

The celebration then continued with an opportunity to taste a variety of Southern French wine samples at Wineworks, featuring Languedoc wine tasting held from 12 p.m. to 7 p.m. Also on Saturday the 23, at their Ellensburg location at 606 N. Main Street, Wineworks holds wine tasting every Friday from 4 p.m. to 7 p.m. and Saturday from 12 p.m. to 7 p.m.

"We get to see community faces and out of town people that come to celebrate with us." Jennifer Jensen Easton Fire Department
Robert Nick Morelli serves Morelli’s handmade Gelato, which contains real fruits and is denser than other artificial ice creams. Gelato means “ice cream” in Italian.

**Cafe Italiano brings old world flavor to Burg**

by Danielle Gagnon  
Staff reporter

Morelli’s Café Italiano, “an authentic Italian trattoria,” serves Ellensburg a taste of Italy’s “old country food and hospitality.”

Washington native and war veteran, Robert Morelli, the son of an Italian immigrant, was born in Ellensburg in 1948. Robert, also known as Bobby, spent three years in the Army with 18 months of service in Vietnam.

On leave, in Ellensburg, Robert met his wife, Diane Legg. They married on June 25, 1968.

The couple has been married for 42 years, has three children and has made the Thorp area their home for more than 30 years.

The Morellis’ worked in the water ecology field for 35 years, but when they retired they wanted to serve the food they love to the people in their home town. As a result, Morelli’s Café Italiano opened in April 2006.

Robert explained that he and his family took advantage of an open store front at 423 North Main Street in Ellensburg, Wash. to open their own family business. From that time on, the menu “evolved and improved.”

“We started out with Italian panini, pasta and espresso, and then evolved from there by creating our own espresso blend,” Robert said. “It’s a good established blend. I also started studying about gelato. Through knowledge and study of gelato making, I perfected my own unique Italian gelato.”

The Morellis’ also wanted their menu to step into a diner atmosphere, by using traditional and family recipes. To accommodate dinner, the café expanded and built a wine and beer garden-style dining area outdoors.

“The outside seating is a very pleasing setting,” Robert said.

The cafe is open six days a week and the family staff makes sure to serve anyone who comes in.

“We try to build a comfortable atmosphere, come as you are,” Robert said. “We cater to everyone.”

According to TripAdvisor.com, Morelli’s Café Italiano has been selected number one out of the 29 restaurants in Ellensburg and is one of three restaurants to be published in the Northwest Travelers Magazine.

Morelli’s Café employs local college students as needed to assist the family staff. The handmade gelato will not be commercialized and will only be found in the café.

“Gelato can also be made on demand by personal request. ‘I like to see the enjoyment on my customers’ faces,’ Robert said. ‘It is very rewarding.’ Robert said. ‘Everything we do is freshly prepared by hand, made to order. We’re gourmet, our quality is unique. We’ve got fresh ingredients and authentic recipes.’

With a mission statement that reads, “Stay in business, improve business, serve customers and give them what they’re happy with,” it’s no question why Robert hopes to see his children take over the shop for years to come.

His wife, Diane, and their three children, Thomas, Nicki, and Adam, deserve credit in the creation and development of the café.

Adam “has been here since day one” and will be leaving to pursue a degree at the Perry Technical Institute this June. However, he will always be a part of the business.

“Our bigger menu has changed the amount of effort required to make it work,” Robert said. "Prep work has immensely increased." Robert said.

It bothers Robert that he has to say no or that the restaurant is closed to aspiring customers. Luckily, with one day off and six days on a week this Italian derived café is open until the last person is served.

Robert Nick Morelli serves Morelli’s handmade Gelato, which contains real fruits and is denser than other artificial ice creams. Gelato means “ice cream” in Italian.
Only the strong survive

Sports Trivia

What sport used the term "homerun" long before baseball?

Strongmen flex for Central

Enthusiastic students gathered on the recreation center lawn next to Barto Hall for the second annual Central Strongman Competition. Professional strongman and strongwoman competed alongside Central Washington University students at the strongman competition last Thursday, May 21 to highlight Student Appreciation Day.

The strongman competition had five events and this year's location allowed for more spectators than last year.

"Last year the strongman competition was over by the recreation fields in north campus, this year was fun because it drew a crowd," said Marit Mork, junior art major.

Grant Higa was the master of ceremonies for the event and made sure the crowd was involved in each of the contestant's efforts. Higa is the only professional strongman in Washington state and works for Vulcan Inc. as a fitness trainer.

"I think it was a great turnout... the girls competition was really impressive," Higa said.

On the girl's side of the competition was Kristyn Vytlacil. She is a two-time national champion strongwoman and the eighth strongest woman in the world. Higa is Vytlacil's trainer and he brought her along to train for her third national competition in August. Her points didn't count for the competition; she just came to have fun.

Vytlacil has been competing for three years. If she wins this year's national competition, she will be the only woman to win for three years straight.

"With this kind of sport, you can't afford to be bad at an event... you have to be good at them all," Vytlacil said.

The Central Strongman Competition began at 3 p.m. The log press was at the beginning of the competition. In this event, competitors had to press a weight above their head as many times as possible within 60 seconds. According to most competitors, this event works out the lower back.

"My lower back is the most tired, I feel that from the log press," said Lionel Orgi, senior exercise science major.

The men's side had a lightweight and heavyweight competition. The winners from each division won T-shirts. Tim Lee, junior education major won the men's lightweight competition. Paul Pirone won the men's heavy weight competition.

"There was a lot of intensity during the atlas stones, the crowd played the biggest role," Lee said.

The last event of the day was the farmer's walk. This event tested the competitor's endurance as they walk around cones with two dumbbell weights in each arm. Mork snatched first place in the event. She was a fierce competitor, but had a smile on her face during all of her events.

"I lost my voice from cheering people on... and I am a cheerleader," Mork said.

Victor Kimuhu, senior exercise science major, was a first time competitor in the Central Strongman Competition.

"The words of the day are 'done' and 'fun,'" Kimuhu said.

According to most competitors, the event was exhausting, but they all have hopes that the Central Strongman Competition will become a tradition at for many years to come.
Rodeo sends two all-stars to nationals

Women’s rugby takes third place in the collegiate division

By Abby Reynolds
Staff reporter

The Central Washington University Every June, in the town of Casper, Wyo., college rodeo teams from all over the nation come to compete at the College National Finals Rodeo (CNFR). Central Washington University Rodeo Team will be sending two of their own this year.

Manda Mellergaard and Bailey Minor will be packing up and headed to the finals June 14 through 20 in Casper.

"Every year we send someone," said Kay Davis, Rodeo Club advisor. "In the 12 years I have been the club advisor, we have sent someone."

Throughout the season, the team has competed in 10 rodeos. The men’s team rounded out the year with 1,210 points, landing them fifth place in the northwest region.

The women’s team carried by Mellergaard and Minor, finished out the season with 2,222.50 points, securing them third place in the region. The women’s team finished their season 25th in the nation.

The points are accumulated throughout the season depending on where team members place in their various events. "I am very excited to send these two girls to Nationals," Davis said. "They are very deserving. They have worked hard all year. They have definitely earned their spot."

Manda Mellergaard, junior business major competes in goat tying, breakaway roping and barrel racing. Mellergaard settled herself into third place for the regions women’s all-around with 1,202.50 points. "It is a great honor and I am really excited to go," Mellergaard said.

Mellergaard acquired her points by placing first in goat tying in the region with a grand total of 775 points and setting herself up to finish ninth overall in breakaway roping with a total of 303.5 points for the region and those points also put her at 11th in the nation.

Mellergaard’s teammate, Bailey Minor, freshman undeclared is a competitor in both goat tying and breakaway roping. Minor secured a spot at the CNFR by finishing out the season in eighth place for the women’s all-around with a total of 935 points.

Minor tallied her points in breakaway roping by racing up a total of 517 points, finishing third in the region and 15th in the nation. Minor also added a 10th place total of 272 point from the goat tying event to her total overall points.

"We are going to keep working hard and just do our best," Central freshman undeclared, Minor said.

Both girls are Ellensburg natives and have competed in the farrines Labor Day weekend Ellensburg Rodeo in the years past. The two will be representing Central in Casper competing in the breakaway and goat tying events.

"They are at the top of their game," Davis said. "Manda’s been to Nationals before. Neither girl should have a lot of nerves. They have tons of rodeo experience, performing in front of thousands of people."

According to Davis the team will be just as good as they were this year. The team has done some recruiting this season and have new talent coming in the fall.

Central wants to wish Mellergaard and Minor the best of luck at the CNFR in June.

Rugby has great season despite rebuild

Women’s rugby takes third place in the collegiate division

By Matthew Carstens
Staff reporter

As the school year winds down so do many of the collegiate sports clubs seasons.

The women’s rugby team can put themselves on the back for another season well done.

“We ended probably a month ago,” said Christina Zier president of the women’s rugby club Christina Zier. “We did well. We had a lot of roo so we had to get them ready, just getting them to learn the game [is difficult] because most people, when they play rugby don’t know the game obviously so we had to teach them all the new rules and everything. It was a rebuilding year.”

Despite having to “rebuild,” Central Washington University was 4-2 in the Pacific Northwest Rugby Football Union (PNRFU). They played in the PNRFU Collegiate Women Division II, ranking up 16 standing points. They ultimately earned third place in the division falling short of Washington State University and Western Washington University.

“We have a good amount coming back next year,” said Christine Avera.

Zier is in her third year at Central and has seen the club grow quite a bit since she joined as a freshman.

“My first year when I started, we probably had a solid maybe 12 girls that came every day,” Zier said. “Now we probably have a solid 20 that come every day. It’s grown immensely over the years. [Back then] in practice, 12 would show up, and then in games everyone would show up. But now we have a full team that shows up for practice and games.”

Commitment is key to a collegiate sport club and it seems women’s rugby is finally getting the commitment it takes to field a competitive club.

“They are coming back from a couple tough losses and hope to improve next season,” said Corey Sinclair, collegiate sports club coordinator.

The club has tried over the past years to spread the word of rugby throughout campus and it has led to a great spike in attendance.

“Posters, flyers, going to all the dorms, having a table out talking about rugby,” Zier said. “Just talking, interacting with people at school and getting your friends involved. I know a lot of people that have friends that are playing. You know someone that plays rugby and you say, ‘Oh I want to play too.’

If one wanted to get involved, Zier suggests just showing up to practice.

Zier’s personal experience with rugby started right here in Ellensburg when her roommate asked her to come out and play. She said she loved it and has been involved with the club ever since.

Zier’s responsibilities have grown since becoming club president. She is now in charge of the scheduling, outside of the PNRFU.

“We don’t really play as many tournaments,” Zier said. “Sometimes we’ll get like three teams out and do a little round robin, but usually it’s just games and matches. I do the scheduling for the games.”

Zier went on to say, “We call the other teams and get the information on how to get there. You have to contact the refs. Each team does their own scheduling. We do all the fun games and the friendlies and stuff like that.”

Go to www.wildcatshop.nwce to order your fresh gear for commencement today.
Windbreakers take on the sun
Central students take ultimate Frisbee to next level

by Garret Atkinson
Staff reporter

Certain sports are reserved for the time of year when the weather is warming up and everyone migrates outside. Campus becomes a playground for many sports and games that get put aside during the cold winter months. Throwing a Frisbee around is one of those.

However, some students just don’t see it that way. A few years ago, students at Central Washington University started an ultimate Frisbee team named the “Windbreakers.”

It was started with hopes of taking a fun and highly active game to the competitive level, and has attracted students with its social activity appeal. The competitive nature of athletic sports makes ultimate Frisbee no joke.

Over the past two years, the Windbreakers have started going to tournaments to compete as much as possible.

Many of the larger universities in the state, such as the University of Washington, Western Washington University, Gonzaga University and Whitman University now have teams, making for an increased participation in the sport.

Participation is the major focus of the Ultimate Player’s Association (UPA), a national organization devoted to ultimate Frisbee. It is the largest organization for ultimate Frisbee in the world, and prides itself on great sportsmanship and character, along with great competition.

The UPA now has well over 27,000 members, with just over 50 percent coming from the college level. The sport also allows a mix of male and female players, making it one of the few competitive coed sports around.

The coach of the Windbreakers is Chris Watkins, a California native who picked up the sport while attending University of California-Davis.

After playing for an elite team for three years, Watkins moved to Yakima in 2006 with his wife who was taking a job there. He then found himself part of the local Frisbee scene after helping the Windbreakers organize.

“It was obvious that they didn’t have much experience running a tournament or much experience with [Ultimate Player’s Association] on the whole,” Watkins said. “I kept in touch and in the fall of 2007 they asked me to come on and help them get better at the sport. That’s my role now.”

Senior Jeff Perkins has been a part of the Central Windbreakers for its three year lifetime. He noted the growing popularity of the sport, but made it known that finding space and time to play can be difficult.

“We have to fight for times to use the practice fields, and during the winter we try to use the indoor facilities to practice and play,” Perkins said. “Most of our competition comes from the westside schools in the Seattle area and universities all over Washington and other parts of the country.”

Those who succeed have to use speed and agility to run plays and jake defenders in hopes of getting an open toss from the other players.

Making good Frisbee throws are not nearly as simple as they look, especially when trying to toss the Frisbee to someone 40 yards away at a dead-sprint.

Players drive up and down the field much like in football, passing the Frisbee around, but are not allowed to keep running while holding the Frisbee. Winning the game takes a lot of teamwork and playing competitively is tough in tournaments.

Senior Carlo Quedado started playing on the team last year.

“Playing in tournaments can be a lot of fun, but playing in Ellensburg sucks sometimes. The wind is terrible,” Quedado said.

Coach Watkins also noted the misconceptions about ultimate Frisbee; it’s something you play barefoot on the beach and isn’t a real sport.

Getting recognition and support from the administration as a legitimate club sport, those are all challenges.

The ultimate Frisbee program is growing, and with an established team now, the Windbreakers plan on adding tournaments and traveling to their season.

Although their season for tournaments is over, they will be back in the fall looking for more talented students interested in playing at a competitive level.

Overcoming some of the popular misconceptions about ultimate Frisbee; it’s played with dogs, only hippies play Frisbee, it’s something you play barefoot on the beach isn’t a real sport.

The CWU Department of Athletics wants to thank our greatest supporters – YOU – for supporting the student fee initiative!! Thanks to your support, this initiative passed with flying colors and we can continue to represent you well on the fields of competition!!
Students challenge their limitations

by Elizabeth DeVos
Staff reporter

Between 5 and 7 p.m. on Wednesday nights, Central Washington University students and staff have the opportunity to push themselves at the weekly challenge.

“The weekly challenge is a basic introduction to the challenge course,” said Ryan Hopkins, Outdoor Pursuits and Rentals (OPR) coordinator. “The challenge course is more for scheduled groups.”

The weekly challenge will allow participants to get a feel for what the actual challenge course is like. Anyone can participate in this weekly event, and there is no limit to how many people can partake, just be prepared to be challenged and push yourself to new limits.

“I really wanted to try something new,” said Ian White, freshman undeclared. “I saw the flier around campus and was interested so I looked into it online.”

Other students have found out about the weekly challenge by going into OPR.

“I went in to ask about rafting and saw the flyer sitting there, signed up and then got people to come,” said Taylor Trautmann, junior chemistry major.

Many students suffer from a fear of heights, but by attending the weekly challenge with OPR, that fear may disappear.

“I wanted to do the challenge course to get rid of my fear of heights,” White said. “Once you get up to the top, people are telling you to let go. You don’t want to trust them to delay you down safely but you have to.”

The weekly challenge occurs every week, rain or shine unless the wind is too strong, making the course dangerous. Participants need to wear sturdy shoes and clothing that they can be active in; no challenge course experience is needed.

“Participants just need to show up with a good attitude and closed-toed shoes,” Hopkins said.

Many students have participated in the weekly challenge that runs fall and spring quarter.

“I already plan on doing it every week, it’s only $5,” White said. “With it getting hotter out, more people are doing the challenge. One week there was only two of us.”

Anyone can participate no matter what their physical abilities are.

“I’ll probably be too afraid to do anything and get stuck,” Trautmann said. “I will have to tough it up and keep climbing.”

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The challenge course can be reserved for groups. They can get to pick what challenges they want to do ranging from low ropes to high ropes. These group sessions range from two and a half to eight hours.

During the weekly challenge participants get a taste of the high ropes course. The low ropes course is only available if a group schedules it in advance.

If interested in participating in the weekly challenge, reserve a spot at OPR or arrive at the challenge course at 5 p.m. with $5.
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