

9-1-2009

Observer

Central Washington University

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Yakima river
safety probed

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Dining serves
up variety

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Fashion, fun
and style

Page 25

The Central Washington University

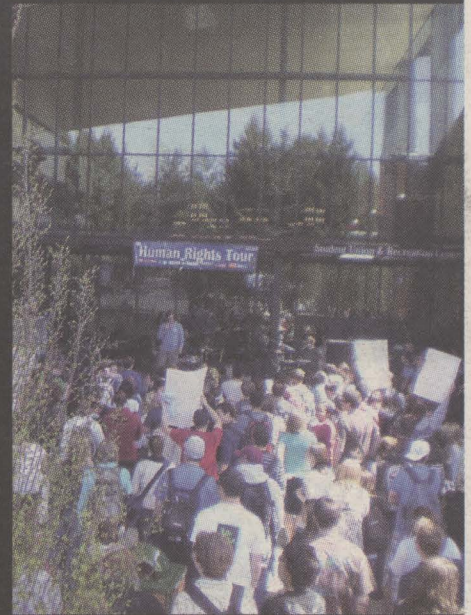
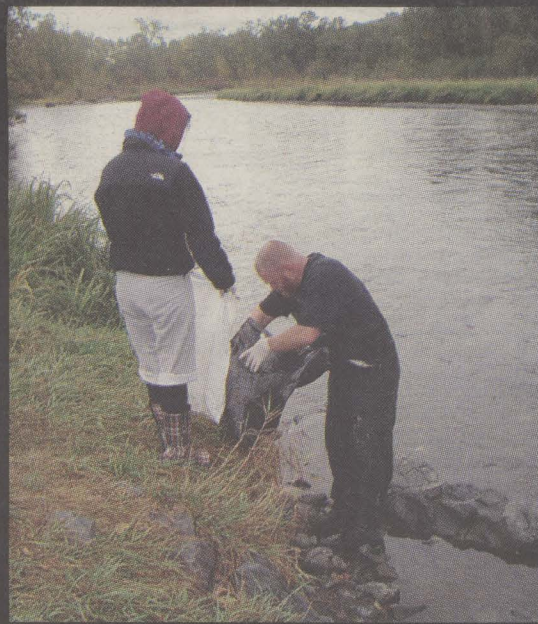
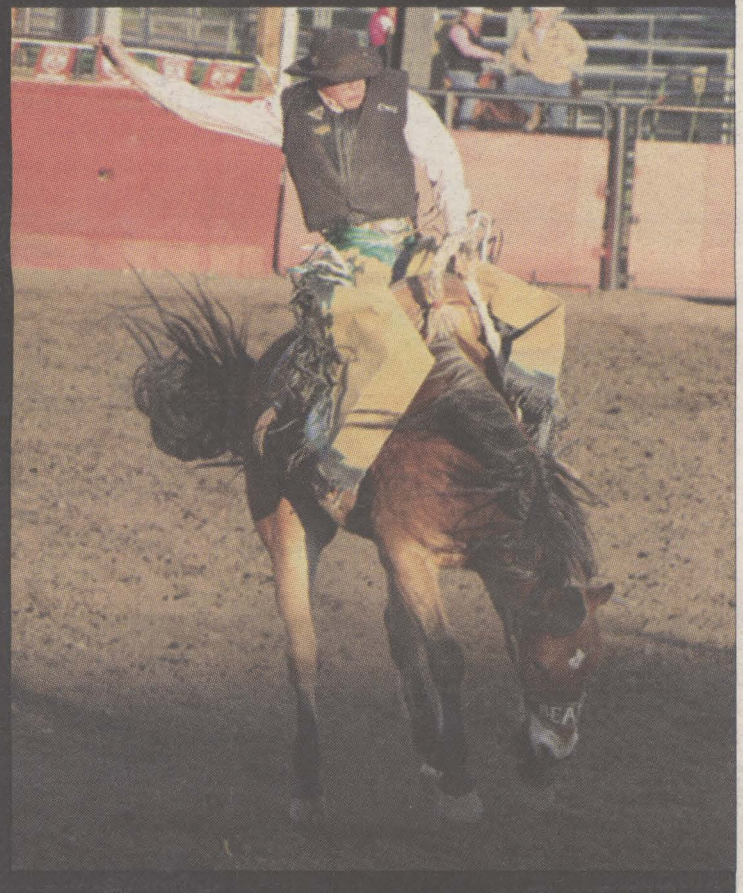
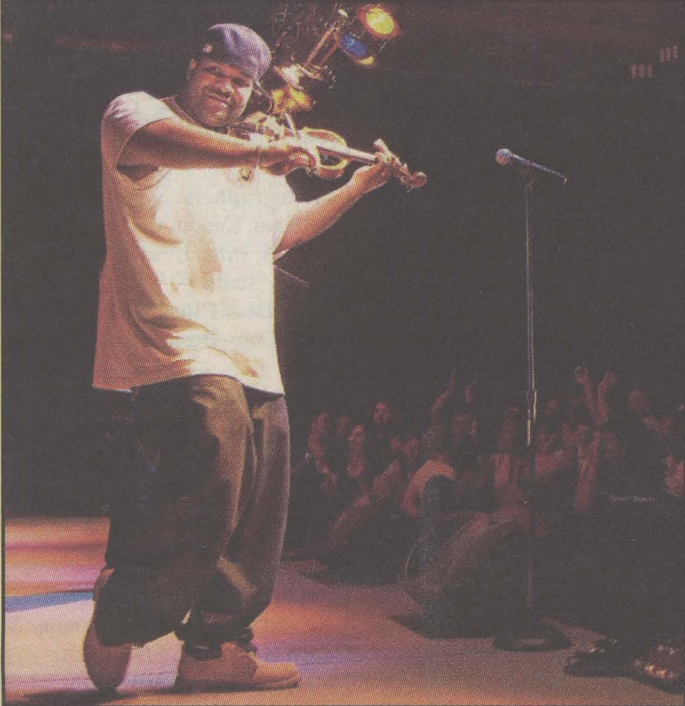
Observer

www.cwu.edu/~observer

FREE - take one

ORIENTATION EDITION

CENTRAL EXPERIENCE



(From top to bottom, left to right) Kev Marcus performs in Central's SURC ballroom. Competitors from throughout the state meet at Tomlinson Stadium. Johnny Spevak snags the ball at the Battle in Seattle. Ryan Jordan, BMX freestyle rider, tail stalls on the edge of a stunt ramp when the National Guard brought in BMX riders in promotion of the BMX Freestyle Freedoms Tour 2008. Students volunteer in the fall at the annual Yakima River clean-up. Cowboy competes at local rodeo. Laura E. Garcia introduces an episode from 'Teatro Chicana.' A panoramic scene of the Ellensburg sunset from atop Craig's Hill paints a luminescent country scene. Students rally outside of the SURC for the Human Rights Tour before protesting tuition hikes at the Board of Trustees meeting in Barge Hall.

Photos by Observer staff

Tasty treats
tantalize taste
buds

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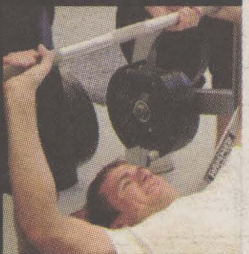
Climbing
opportunities
abound

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Students keep
healthy & fit at
Rec Center

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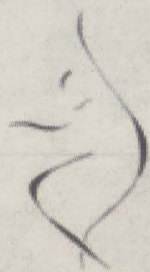
Visual Stimulation



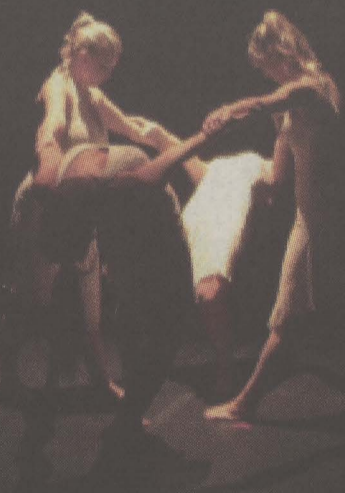
Pete Los/Observer

"Fall down seven times, get up eight." ~ Japanese Proverb

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Friday, 5 p.m.

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Monday, 3 p.m. - Weekend sports
information.

Monday, 5 p.m.

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Thursday, 5 p.m.

Display ads.

Monday, 5 p.m. - Classified ads.

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The Observer is

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Herald in Yakima.

Outdoor Pursuits and Rentals emphasizes river safety

by Jesse Kertland
Staff reporter

When it's sunny out, Ellensburg residents and Central Washington University students 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 education on how to stay safe on the river is the first step to avoiding injuries.

On the afternoon of Saturday, May 9, four Yakima teenagers launched their raft into the Naches River near North 16th Avenue, which soon runs into the Yakima River. Unaware of what lay ahead, the boys' raft capsized after drifting over a diversion dam.

After swimming to shore, one passenger of the raft flagged down a State Patrol officer to get help.

One other passenger was rescued after he beached himself on an island close to the dam. One of the other passengers' bodies was found dead the following Monday afternoon, while the last passenger's body remains un-

found. With these lives lost, a call for river safety is in order.

Frequently, Central's Outdoor Pursuits and Rentals (OPR) store denies 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," said Hopkins. "None of our gear is allowed between the KOA campground and Ringer Loop. There is a huge logjam and man-made spillway located between those launches."

To keep renters safe, OPR also inspects and updates their gear regularly, as well as 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, whether the river is safe for floating depends on many



Quinn Eddy/Observer

The deaths of Yakima teenagers serve as a reminder that safety precautions must be taken when enjoying the river.

factors including snow melt, water level and weather.

For those who want to float with someone with experience on the river, OPR offers guided floats with their own professionally trained guides. All guides train with the Sheriff's department and are educated in all areas of river safety.


Prices for personal guides


vary depending on length of float and transportation. OPR also encourages this safer way to float to all incoming freshmen, in order to gain awareness of the safety precautions that need to be taken while on the river.

It also helps them become acquainted with one of our most beautiful areas around Ellensburg.


For more information

For safety precautions, guided floats, maps or any other questions about floating the Yakima River, contact Outdoor Pursuits and Rentals by phone at (509) 963-3510, or visit the store in room 175 near the east entrance to the SURC.






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(Macmillan Press, Rock Magazine)

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"88.1 The 'Burg is Central Washington University in the best way."
Daniel Ballus
(D-Money, 'Burg Beats)



Wildcat Battalion receives top honor

by Erica Spalti
Staff reporter

The SURC ballroom was filled with pride as ROTC members stood attentive and ready in Army Combat Uniforms (ACU's) and class A's to receive national recognition.

In a formal ceremony held April 30, 2009, at 4 p.m., the Central Washington University's ROTC Wildcat Battalion was presented with the Order of the Founders and Patriots of America Award of Excellence.

The Award of Excellence is a nationally ranked award given to the most outstanding battalion in the nation that exercises outstanding skills and ranks in leader training course performance, mission performance, comprehensive inspections and scholarship. Out of the nation's 277 Army Reserve Officers Training Corps programs, the U.S. Army Cadet Command in Fort Monroe, Virginia, selected Central's Wildcat Battalion as this year's recipient.

Washington's first gentleman Mike Gregoire, was in attendance to honor the battalion as well as provide a few words of encouragement and pride.



Christopher Scrupps receives Cadet Of The Year reward from a representative of the Order of the Founders and Patriots of America.

"You have made Washington proud by winning this national award," Gregoire said. "It fills me with such pride to see all of you use your talents in remarkable ways. You're the best of the best and we honor you for putting your country first."

Besides receiving an award for excellence, another award was given to a very special cadet, Central exercise science major, Christopher Scrupps. Scrupps received the Cadet of the Year award for 2009 and was selected for the award by the battalion head, Lieutenant

Colonel Greg Solem and Central's military science instructors. The basis of the cadet performance award was excellent achievement in Army Physical Fitness Test (APRT), Leader Development & Assessment Course (LDAC), GPA, and leadership in the

ROTC program.

"This was an amazing honor," said Scrupps. "Some previous cadets here at Central that I really looked up to and try to emulate also achieved this award, and it's very humbling to even achieve something that they did. I was actually surprised to get it as I didn't know anything about it until the presenter said my name."

After commissioning in June as a 2nd Lieutenant with a MOS (Military Occupational Specialty), Scrupps will head to Ft. Benning, Georgia, Ranger school where he will train for a little less than a year. After that he will head to either Fort Knox, Ky. or Fort Hood, Texas, to assume command of his very first platoon.

Between the saluting of the colors and guest speakers, the awards ceremony was a day to remember. Not only did cadets show tremendous pride, but also a sense of leadership and accomplishment.

"Cadets take their obligation freely for their nation," Lieutenant Colonel Greg Solem said. "Our mission remains the same: continue to recruit, coach and mentor. Wildcats, I encourage you to continue what you do and continue to be Army strong."

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LAST CALL



Photo courtesy of the Ellensburg Public Library

Ellensburg on the eve of Prohibition

Excerpt from Sean McPherson's historic Ellensburg Essay

by Sean McPherson
Special to the Observer

Photos indeed bring the history of Ellensburg to life. While researching prohibition at the public library, librarian Milton Wagy helped locate photos that told and showed a detailed history of the town I grew up in.

One of the photos especially captivating is entitled "The Night Before Prohibition, Elks

Lodge in Ellensburg, "One Last Drink!," and dates back to 1920 (i.e., Dec. 31, 1919, the night before Prohibition officially went into effect). The picture shows what the title suggests: approximately 60 people gathered together in Ellensburg's Elks Club Lodge, having one last drink.

This playful, teasing outlook on Prohibition became a motif throughout its enforcement for the people of Ellensburg.

Family Resource Center looking for family needs survey participants

by Kevin Opsahl
Senior reporter

The CWU Family Resource Center (FRC) has created an anonymous survey that will be available throughout the summer.

The Family Needs Assessment survey, in collaboration with Central assistant professor of family studies professor Amber Paulk's Family Life Education class, focuses on family needs both on campus and throughout Kittitas County.

The online survey is open to all faculty staff and students—including incoming freshmen for the 2009 to 2010 academic year. The FRC did a similar survey in spring of 2008.

However, it mainly targets non-traditional student and faculty families on campus and throughout Kittitas County.

"The survey offers individuals and families the opportunity to let the family resource center what

they'd like to have in terms of education and resources [the following school year,]" said Nan Doolittle, program coordinator at FRC.

The survey takes approximately five minutes to complete and will also help them plan events school year. It will be available online until Oct. 1.

According to their website, the FRC works in close collaboration with the Center for Student Empowerment and the Early Childhood Learning Centers, and partners with academic departments and community agencies to improve the access to information and knowledge that can strengthen families at CWU and the surrounding community.

For more information

The Family Needs assessment survey can be found at:
www.cwu.edu/~frc

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Ellensburg mayor Lillquist welcomes students

Dear Student Members
of the Ellensburg Community,

Whether you are new to CWU and the Ellensburg community, or have been here awhile, we want to take a moment to let you know that you are welcome here. CWU is an integral part of Ellensburg, and your presence enhances our community in many ways. We appreciate you greatly.

We are in the business of providing services and amenities to all our citizens and visitors. We maintain streets and sidewalks, provide parks, recreation programs, utilities, law enforcement, and the many other things that a full service municipal corporation provides. We do this for one reason only; to provide (and protect) the best quality of life possible for our community.

Protecting the peace is part of our mission. Part of protecting the peace is protecting the right of those who dwell in our community to do so in the quiet of their own home, without undue interference, without fear for their person, or their property. This is why we have laws against excessive noise, drinking and urinating in public places, and other similar kinds of activities.

Our neighborhoods are a diverse mix of people – from kids to grandparents, people whose work starts early in the morning and those who work nights, people who like loud music and those who need quiet to sleep or study – all coexisting in relatively close proximity.

To make it work, we must all respect each other's right to the peaceful enjoyment of our property and our lives.

Be aware that in addition to the great shops, restaurants, bars and taverns, our downtown is also a residential neighborhood. So, wherever you celebrate, please conduct yourself as you would if someone you love and respect were sleeping upstairs. Be a good neighbor – keep the noise down and find a bathroom if you need one!

We want you to enjoy your time in Ellensburg, whether you are here for a degree or for a lifetime. You are invited to participate fully in the Ellensburg community. Enjoy the beach at Carey Lake, explore our historic downtown including the Farmer's Market on Saturday mornings, or attend one of our many churches. There is always a lot to do, on campus and off!

If you would like to meet with city officials to discuss student-related issues, or any



issues, please call us. We will be happy to meet with any group.

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call at 509-962-7220, as we are glad that you are here.

~Nancy Lillquist,
Ellensburg Mayor

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Pete Los/Observer

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CWU Dining Services

Youth Center offers secure outlet for local kids

by Erin Renick
Special to the Observer

For Central Washington University student who need volunteer hours, enjoy the company of children, and don't mind playing Wii, the Ellensburg Youth Center might be the place to hang out.

The Youth Center is a place where young members of the community can go and spend time after school, play games, hang out with staff and get homework help and mentoring all for free. The youth center serves approximately 35 students per day during the springtime, but that number increases to approximately 50 during the colder months.

"Ninety-nine percent of our volunteers are Central students," said David Hurn, Youth Program Coordinator at the Youth Center.

Volunteers come to the Youth Center in a variety of ways, some through the Civic Engagement Center on campus, some through the Education Department, others just by word of mouth. For many Central students, volunteering is a required part of completing their major.

Karla Rivers, senior recreation and tourism major at Central, participates in the volunteer program as part of her practicum requirement.

"I'm happy that I can volunteer here. Hopefully it will help me in my future career," said Rivers.

Rivers aspires to work with chil-

dren through non-profit youth organizations such as Campfire USA.

"Usually those who volunteer are interested in working with youth. Volunteering is kind of the ground-level to get your foot in the door and start working with kids," said Hurn.

In addition, volunteering can be a great learning experience, both for the children and volunteers.

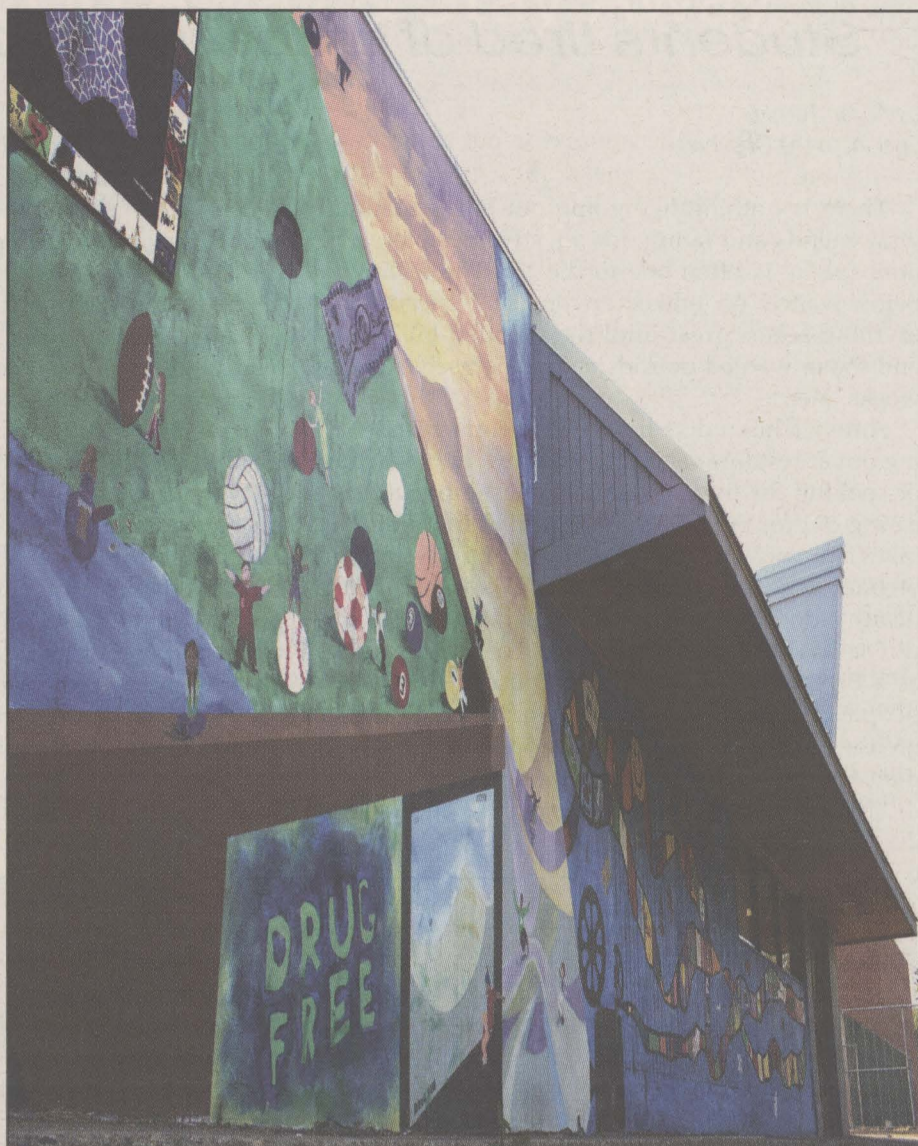
"When volunteers come in we give them an introduction and tell them about the duties and responsibilities for being a volunteer. Then we try to learn from them about what they want to do [as a volunteer]," said Hurn. "Then as you get more involved we try to push you out of your comfort zone a little to try new things."

Mikhail Nibeel is a fifth grader who comes to the youth center a few times per week.

"My favorite thing to do is hang out with staff," said Nibeel. "I also like to play video games."

Dan Renaud, an Assistant Youth Coordinator at the Youth Center, and Central junior majoring in aviation management, got his start through volunteering. He started volunteering through the ROTC program, but even when it wasn't required, he kept coming back.

"One of the main things that attracted me to [this job] is finding it rewarding. You're able to look at things from another viewpoint, and you can relate to a lot of the things kids are going through," said Renaud.



Tetsu Takiguchi/Observer

Above: A mural hand painted adorns the exterior of the Ellensburg Youth Center located at 406 E. Capitol Ave.

ATTENTION FIRST-YEAR OR NEW STUDENTS

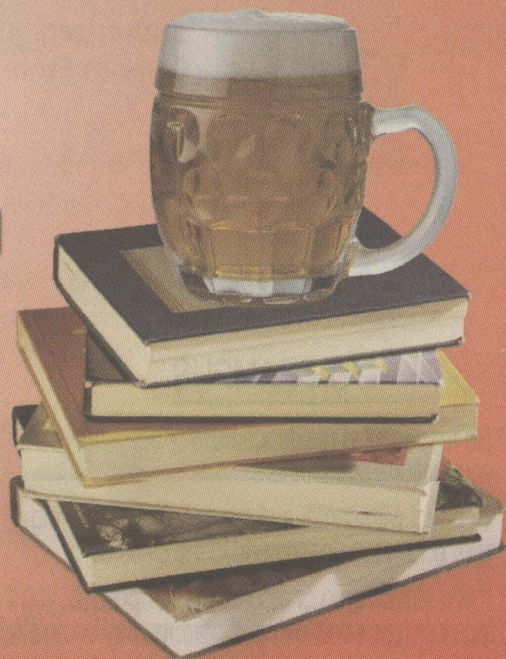
Don't forget to check your CWU email account to see which one of these online courses you need to complete prior to the beginning of Fall Qtr.

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'Home cooked' puts pounds from waist into wallet

Students tired of processed foods seek out healthy alternatives

by Aaron Turnley
Special to the Observer

There is nothing like going out to a restaurant with friends and family for a festive occasion. The atmosphere is often one to die for. The feeling of being waited on makes anyone feel special. Everything seems great until the dreaded bill comes and the unwanted pounds reveal themselves a few weeks later.

America has a dive head first mentality that eating out at restaurants is the "healthy" easy way out of cooking for the family. This constant routine of eating out for breakfast, lunch and dinner not only takes a financial toll on the wallet, but a physical toll on one's body as well. Just because something looks healthy, does not necessarily mean it is. For example, salads at McDonalds have just as many calories as a Big Mac meal, but just because it's a "salad" people believe it's healthier. A hidden amount of grease and butter can also present a problem in many popular fast food or restaurant items.

"In our meals, you could expect to eat about a

stick to a stick and a half of butter in just one plate of food," said former Mexican restaurant owner, Salvador Vasquez.

In order to change the way people view healthy eating, they must first become educated about what actually is healthy. Far too often, commercials and advertising firms portray product as being healthy when in actuality they are not. Everyone knows that companies lie about products, take tobacco products for instance.

When one buys food at the grocery store, it is very easy to see at exactly what ingredients are being consumed. Meals are much easier to portion out and determine calories when prepared from scratch. To find the nutritional data regarding purchased food items, just read the back label. Becoming healthy is not an easy thing to do and being overweight affects many Americans today.

Shopping for one's or family is much cheaper

than going out to restaurants. At a normal restaurant such as Red Robin, one could expect to pay \$50 or more for a family dinner. Instead, students could use that \$50 to purchase enough healthy groceries for approximately one week.

Eat Healthy

For additional healthy eating and diet tips visit www.healthguide.org.

"Everyday we are seeing more and more 911 calls based on obesity related incidents. It kills me to see people get into those situations and I think that there should be more public awareness towards this disease that is affecting so many people and families everyday," said Cowlitz county lead paramedic, Janelle Higgins.

There are many places where health conscious diners can go to figure out what kinds of meals are healthy and easy to cook. The food network on television is a great way to get resources as is the Central Washington University Health Center. Also look at the new and revised food pyramid at www.usaring.com/health/food/food.htm, for tips on how to eat healthier.

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Summer schoolers keep focus on studies, graduation

by Damian Green
Special to the Observer

Many Central Washington University students are looking forward to summer for a time out from the hectic daily regiment of going to class, studying and trying to make ends meet.

For more ambitious students at Central, summertime is not a break, rather a time to stay focused on graduation and signing up for classes isn't usually a top concern.

While catching up on credits during summer session is a good idea for some, increased tuition costs can make it a struggle for students to find funds to take classes, somewhere to live, motivation to do school work or even find classes that are directed towards one's major.

"During summer quarter, the Deans of college need to be extremely cautious with budgeting and class offerings," Director of Institutional Research for Central, Mark Lundgren said.

Central receives no state funding including funds for financial aid during summer session, leaving students who need financial aid with just the bare minimum to live on.

"Departments try and offer classes with a general appeal so they have no problems filling the seats in those classes," added Lundgren.

Summer quarter enrollment figures are roughly 24 percent (2,307) of fall quarter's 9,477 students.

Ellensburg is our community - be a good neighbor

ON CAMPUS

- * Be respectful in residence halls or apartments - your actions affect others.
- * Connect with campus clubs, activities, & downtown; your education doesn't end in the classroom.
- * If you violate drug or alcohol laws or policies, you'll face campus sanctions and parents may be notified.

IN NEIGHBORHOODS

- * Introduce yourself to your neighbors.
- * Let them know when you're going to have a party.
- * Keep noise down after 10 PM.
- * Noise violations cost \$250.
- * Don't serve alcohol to minors.
- * Don't allow intoxicated guests to drive home.

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- * Put trash & cigarette butts in proper bins.
- * Use a restroom - not the sidewalk or planters.
- * Respect downtown property.
- * It is illegal to provide alcohol to a minor or to give an ID to a minor to buy alcohol.

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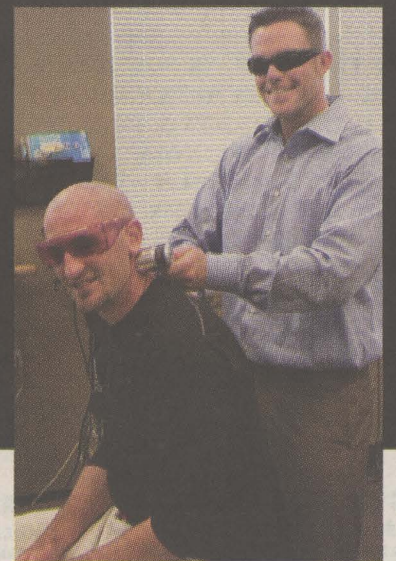
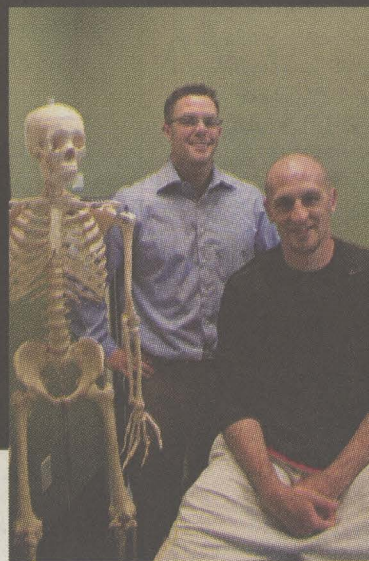
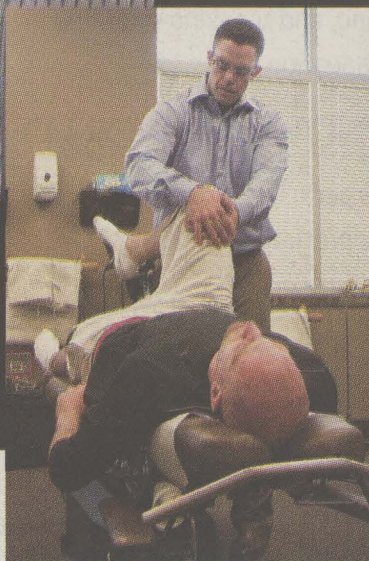
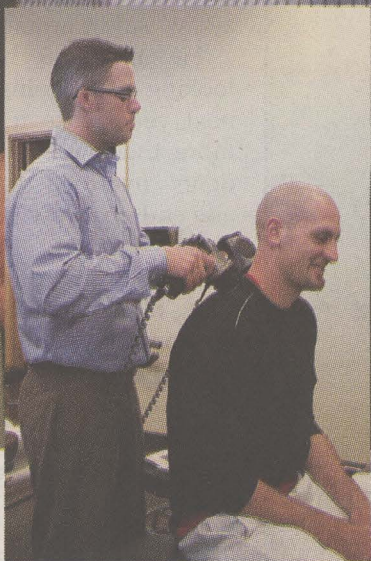
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Dining services offers more than a bellyful

by Kris Wilhelm
Staff reporter

Ashley Eller, senior, elementary education major has worked in Holmes Dining for two and a half years now and has noticed "a lot of different people, different meaning those who usually get extra meat and would never dream of asking for steamed vegetables, are trying vegetarian cuisine and coming back for more."

According to their mission statement, dining services, "strives to provide outstanding food and customer services to students, faculty, staff and guests of the University. We are committed to helping students discover a healthy lifestyle through sound nutrition, great food and exercise."

With nutritional counseling, nutritional analysis of daily menu items at each dining center, as well as nutrition education programs offered to the residence halls, an online newsletter and a constantly changing menu, dining services seems to meet their objective.

Dining services providing more options for students is all thanks to the students themselves. "If it wasn't for the students, none of us would be here," said Laurie Wirt, Dining Services Manager.

Every comment card that is submitted is read by Executive Chef Kevin Carmarillo and Wirt, who address the issue if possible. Wirt deals with cashier and server comments while Carmarillo with the food.

"Some comment cards some are good and some are bad, a lot of times they don't leave their name on the card so we are unable to help them," said Wirt, "Chef KC will address each student who that leaves their contact information on a card."

Recently, the card requests have called for healthier options and the dining services team has answered them.

"The more requests we receive the more options we provide," said Carmarillo.

"Of course there are some things we just can't do. We would end up with thirty different kinds of breads just because someone wants low fat sour dough and another honey-oat," said Carmarillo.

What he is able to offer his customers is whole grain pizza dough, whole grain breads

like Franz 12 grain, wheat hamburger buns, brown rice and wheat tortillas.

Carbohydrates are not the only part of the menu that has increasing options. Carmarillo has 100 gallons of milk options in his fridge at any given time from 2% to fat free, soy and rice milk and of course chocolate.

"We prep 150 pounds of ground beef and 200 pounds of chicken daily and provide 11 kinds of cheese not including cream cheese," said Carmarillo.

The dining halls do not use any trans fats or oils at all as well.

Students also are becoming more health conscious.

After being told that the Pannini bread he enjoys so much is loaded with calories, freshman Neddy Dirini, education

major said, "That sucks! I wish I knew how many calories was in what I'm eating since I try to stay fit and avoid that freshman fifteen."

And now Dirini and anyone else can.

Carmarillo and staff has a new system, Computrition, which according to their website, is an automated back-of-the-house system for health-care and other food service operations.

The system helped produce the nutritional book, updated quarterly, provided in the center of dining as well as Holmes. It is organized by venue, there is a create your own section as well as meals like the hamburgers condiments are included at the end of each section.

And the numbers don't lie.

"Six ounces of onion rings or one of our boats is 692 calories and 45 grams of fat," said Carmarillo.

"I wouldn't go eating a milkshake a day," said Miranda Bateman, safety health management major, who works at the hot dog and ice cream stand on campus, who admits there's about six scoops of ice cream in each shake, "people should know what they chose to put into their body, has consequences."

When serving the food the utensils are made to give customers the portions advertised in the book.

"Then again people will ask for more or less. We encourage staff to tell students to sit, eat and then come back, since sometimes their eyes are bigger than their stomachs. They don't seem to realize how much food is thrown away," said Carmarillo.

He and staff have been looking into going trayless next year, since it has been more than noticed that students overload their trays and end up throwing the food away.

"We want to do something like have a kiddie pool out for people to dump their food into and see exactly how much is thrown away daily," said Carmarillo.

In store for dining services and hungry customers are multiple "gourmet BBQ's," the graduation celebration and a luau.

"Quarterly the health department because I am such a big power house and I feed so many people." Compared to the super markets I'm the second largest consumer/buyer in town."

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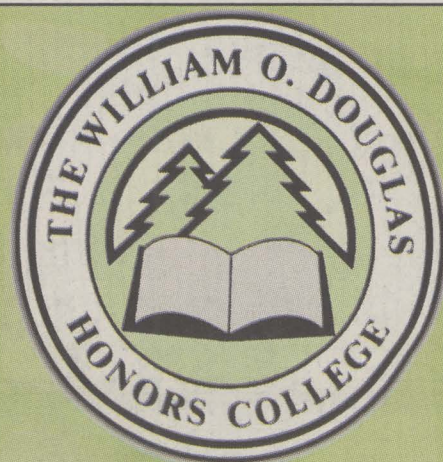
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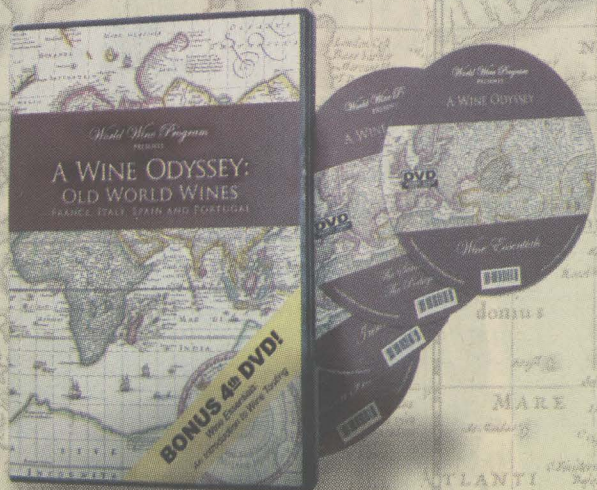
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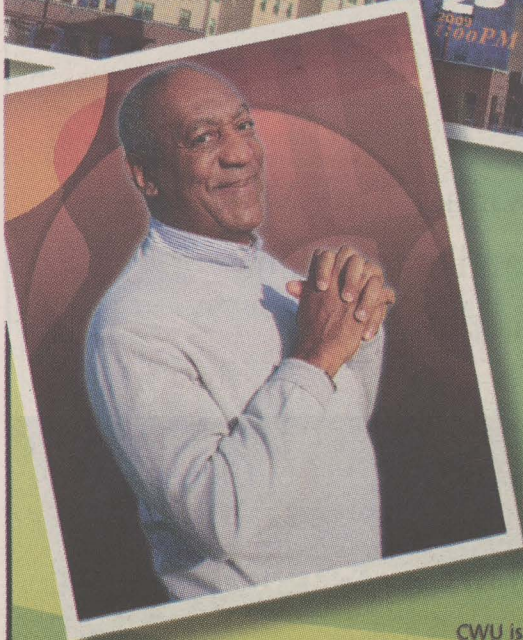
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opinion

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

Gym goers bare all, too sexy Eburg's BIG backyard



Brooke Mortensen
Asst. Scene editor

Working out is important. I love that people put in the

effort, but I often find myself dreading visits to the gym.

There are several reasons for this dread, including sleep deprivation, a hectic schedule and the pain involved in getting into shape. Although these are legitimate reasons, none of them serve as mine.

My reason for dread is the eyefuls of bare-skinned males and females strutting around. It is as if showing off is their workout.

Day after day they come into the Recreation Center in

their booty shorts, a sports bra for a shirt, or a severely torn tank-top that barely hangs to the individual wearing it.

Yes, they may have a great body, but is the gym really the appropriate place to flaunt it?

People are at the gym to get into shape and really push themselves, not to pick up a potential date. If they are there for that reason, they shouldn't be there at all.

Bars, dance clubs and spring break in Cancun are the places to flaunt a nice body. I still

believe you should have some self-respect by not baring it all, but if you must, those would be appropriate places.

There's nothing that makes me angrier when working out, than getting hit on as I sweat like a pig and smell like a foot. It's just as bad watching others hit on one another. It's not speed dating

Our bodies are our temples, not advertisements for sex.

Have some respect for yourselves and others; add some layers to your workout attire.



Kayla Schroeder
Editor-in-Chief

It's warm and clear outside in the gleaming sun. I'm lucky to have any backyard at all. Many students live in dorms or apartment complexes, offering a small patch of grass but nothing to do cart wheels over.

But here's a local secret-venture a little farther and Ellensburg features plenty of acreage to share.

Lion's Rock is a magical trek up the hills on the northwest horizon. Conquer the altitude and find yourself walking on clouds, hopefully as the sky bursts into color at sunset.

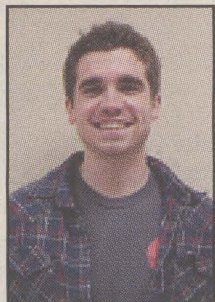
On the southwest horizon, Manastash Ridge waits along the skyline. A desert-like beauty lies here with a steep, sandy hike lined by thickets and wild flowers. This one will make adventurers sweat, well worth the view from the top.

Tucked beside the ridge some may discover the woodland trail at Umtanum Creek Falls. A waterfall marks the treasure at the end.

The drive past Vantage highlights a few of my all-time favorites. Sled down the sand dunes, working those leg muscles the way there and back. Or visit Sunshine Rocks, a great spot for rock climbing and exploring new terrain among majestic cliff cutouts bordering a desert basin.

No more excuses; step outside and take a few extra strides. It's worth the discovery of Ellensburg's big, beautiful backyard.

Pet peeves to chew on, politely



Michael Ingram
Staff reporter

I've always tried to be laid-back and not too opinionated. Although, when it comes to

chewing with your mouth open, I lose it.

When it comes to food, I'm the first one to try new things and experience what the culinary world has to offer. There aren't many foods I don't like.

The only true thing I dislike about food is seeing it in other people's mouth or hearing it being chewed. I am a very patient person, but when it comes to sitting at a table with a chomping cow, I go crazy.

Sometime, there will be a group of friends or relatives over at your place for a meal,

and there will be that one guy (usually a guy) that thinks the best time to talk is right after having taken a bite of food.

This person usually carries a couple of other annoying traits along with their open-mouth chewing.

He/she usually feels the need to comment on every detail of a story someone is telling, or continuously tries to be a part of the conversation while his/her mouth is still full.

I don't understand this behavior. It prevents them from enjoying their food because

they are too busy displaying it to the rest of us. If I wanted to know what you were having to eat I would just ask; I don't need you to show me the bits of food inside your mouth.

All of us at the table try to look anywhere other than the chomping cow's direction while bits of food splatters everywhere. As my mother always said, "Were you born in a barn?"

How have you made it this far in life without picking up on the simple ability to keep those lips together once you have put something in your mouth?

Cyclists disregard pedestrian courtesy



Lura Treiber
Copy editor

Central Washington University is not France, so why do we have all these Lance Armstrong wannabes speeding around campus?

Don't get me wrong, I don't have anything against bicycles, in fact, I think they are great - good exercise and an emission-free way to get around. Also, they're fun to ride.

The problem is the students who ride around campus way too fast. Over the past two years, I have been hit by cyclists three times while walking to classes.

This time last year, I was so angry, I considered carrying a pole around with me to deal with offending cyclists! What made things worse was that two of the three cyclists never

stopped to see if I was alright after running into me.

I don't feel that these are isolated incidents. During my first week as a freshman, I witnessed a cyclist hit a skateboarder. They weren't hurt and both apologized, but this wasn't exactly a good first impression of the university and the situation hasn't improved.

I see near misses by cyclists and pedestrians on almost a weekly basis. I ask myself; don't they make cyclists aware of what appropriate behavior on campus is? No.

This is not unexpected. Bike

safety is centered on helmet wearing, not on safe bike operation. In Washington state, bicycles are considered vehicles, the same as cars and trucks. The same rules apply.

Cyclists are not pedestrians, unless they're in a crosswalk.

So, slow down. You are not Lance Armstrong and this is not the Tour de France.

I understand that cyclists are trying to get to class on time, but at whose expense?

Just be aware that you are not alone on this campus, and that everyone should be able to get to class in one piece.

sarah spurgeon

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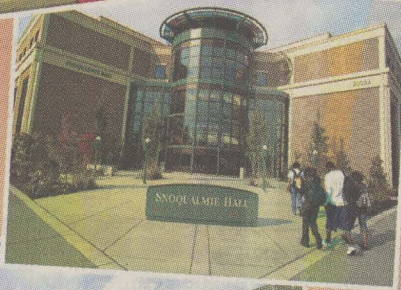


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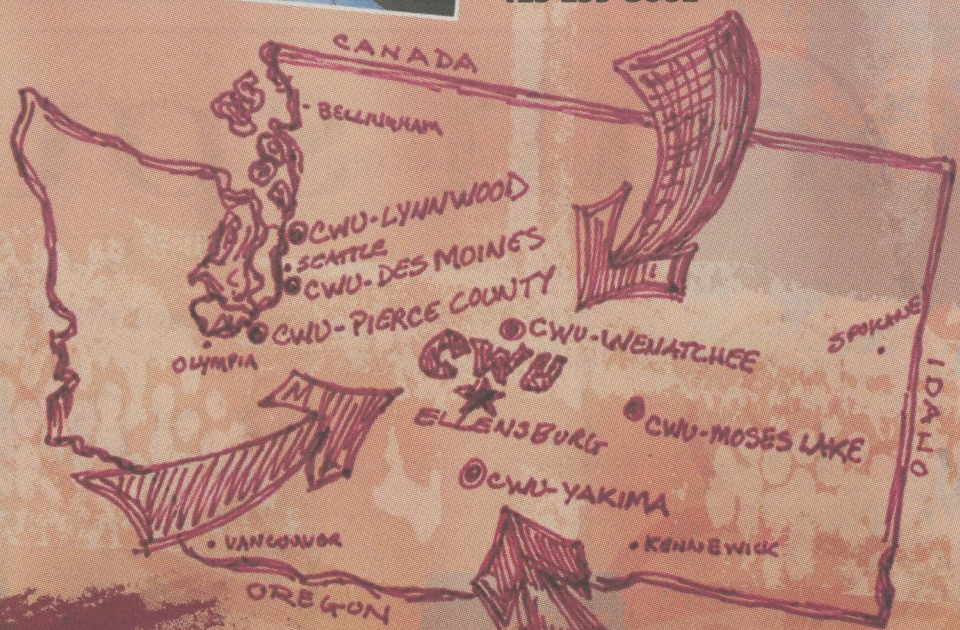


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Dear Editor,

On Saturday afternoon some friends and I went to the pond to enjoy some sun. I then witnessed my roommate, Tanner Eells, law and justice major, save a man from drowning.

We were laying out under the sun when suddenly, Eells sprang to his feet and shouted, "That guy is gonna drown!!" He dove in. After getting the drowning young man to the surface, Tanner cried for help as he was starting to get pulled under. Another friend, Jesse Allen, law and justice major, dove into action to help. Jesse and Tanner pulled the boy to shore. Without their immediate action, the boy would have drowned. After lying on the beach for about 10 minutes, the boy got to his feet, thanked Tanner and Jesse and left the pond glad to be alive.

I wrote this letter because Tanner Eells and Jesse Allen, at the very least, deserve to be acknowledged for their extreme act of selfless dedication.

Tanner Hewitt (senior, English major)

It's a wonderful life in Ellensburg. Will it become another Pottersville? The choice is now. Grant money could fulfill Ellensburg's true destiny as guardian of western history. I speak of the new stimulus grant squirreling away to out-of-towners with the Downtown Association.

I can personally tell you a future that is right. It begins on Wenas St. and leads to the Wilson Creek outdoor tourist park next to Fred Meyer. This Ag-art trail tells the story of how the West was settled and worked, not won. Ranchers, farmers, wind and solar energy supporters along with business owners have one chance for a say in their future. It is all or nothing. West Ellensburg Park can connect in a walking and bike route to the Wenas Historic Trail. The Hwy 97 wind farms will be a catalyst for a \$5 million tourist industry with additional tax revenues for schools. Kudos to the hilltop CEO's no longer fighting Ellensburg's future.

I tell you, the train depot like the Titanic will never rise without the waters around it. And who sees a little caboose wrapped in barbed wire? A picture is worth a thousand words.

The only way out of Pottersville is to be born again. That means painting the history of what is wonderful about America: the people and pioneers - builders of this country. The truth is, every business on University Way and in West Ellensburg must now act.

Rance DeWitt (CWU alumni)

It's so exciting to see last year's fledgling Strongman Competition continue this year. The event, created by Brandon Imamshah last spring during an internship with the Rec. Center, has brought a new face to strength competition at CWU. Local business Ellensburg Tire played an important role in the 2008 event, donating the tires used for practice and for the competition itself. Prizes and drinks were donated by the university bookstore and dining services. Students Reilly Kelleher, Jeremy Bulyar and Benji Ehlers donated equipment and provided on-going encouragement as Imamshah brought the first-ever CWU Strongman Competition to fruition. It was a fantastic collaborative event among campus and community businesses and CWU students. I can't wait to see the 2009 competition grow upon this strong foundation! To see some CWU strongmen alums in training, go to www.sniperperformance.blogspot.com.

Lynne Harrison (Coordinator, Campus-Community Coalition)

First off, I want to tell [Ms. Schroader], I absolutely agree with your expression of discontent for contemporary film, at least what Hollywood churns out. What happened to the great studio days of old, when Carey Grant and Humphrey Bogart owned "the town?" I don't have an answer to that question, sadly. Could I recommend some contemporary films you may enjoy?

-'There Will Be Blood' - Daniel-Day Lewis' performance of the decade (seriously) is balanced lovely with Paul Dano's insane rivalry and director Paul Thomas Anderson's (Boogie Nights, Magnolia, Punch-Drunk Love) perfect pacing. Absolutely my favorite film of 2007.

-'The Assassination of Jesse James by the Coward Robert Ford' - The title is a mouthful and so is the film. A great performance by Brad Pitt (someone I've come to admire more and more), but overshadowed by Casey Affleck as the young, confused Bob Ford. If nothing else, watch this film for its beautiful cinematography. I promise you, you'll enjoy more than the composition.

-'Quiet City' - If you're interested in low-budget indies, this film was made for practically nothing. It's a quaint story about two complete strangers getting to know one another and the excitement, confusion and spontaneity of all that encompasses it. Ever heard of the genre mumblecore? This is one of those.

Don't lose hope...there are filmmakers out there worth the effort!

Jacob M. Chase (Film and video studies)

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Best eateries in the Burg

* According to the Observer staff *

Kayla Schroader/Editor in chief: **Massiocco panini (Morelli's)**

Charlie Wainger/News editor: **Chicken strips (The Tav)**

Quinn Eddy/Asst. news: **Pad thai (Sugar Thai)**

Kevin Opsahl/Asst. news: **Bowl of chili (Palace Cafe)**

Stephanie Olson/Scene editor: **Phad sey ew (Sugar Thai)**

Brooke Mortensen/Asst. scene: **Creamy chicken pesto (Pasta Co.)**

Ryan Ricigliano/Asst. scene: **Heavenly loaf (Yellow Church Cafe)**

Laura Mittleider/Sports editor: **Chicken parmesan (Pasta Co.)**

Pete Los/Photo editor: **Bacon Bleu (The Tav)**

Barb Owens/Copy desk chief: **Chicken phad thai (Sugar Thai)**

Darcy Wytko/Online editor: **Red pepper ravioli (Valley Cafe)**

Rachel Guillermo/Office asst.: **Fish and chips (The Tav)**

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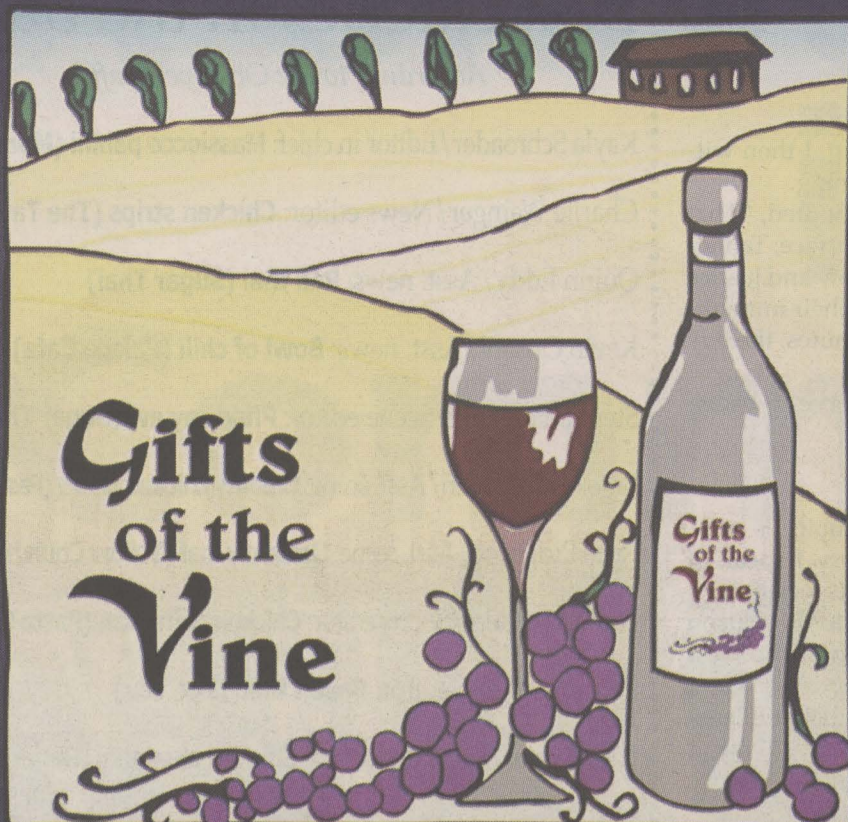
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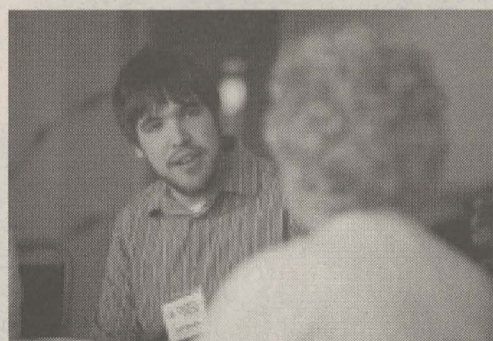
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VALLEY RESIDENTS TUNE UP FOR JAZZ

by MacKenzie Opp
Staff reporter

Take a walk through historic downtown Ellensburg, bring the family, taste some premier microbrews and wine, enjoy delicious food - and of course some amazing live music.

"It's a fun event located right downtown within walking distance of everything," said Larry Sharpe, president and original founder of Jazz in the Valley. "You can park your car for the day and visit the beer gardens and not have a thing to worry about."

From July 24 through July 26, Ellensburg will host the 12th annual Jazz in the Valley. The event is located at Fourth and Pearl and will begin Friday, July 24 at 5:30 p.m.

The band Sidewalk Stompers will entertain the crowd until 8:30 p.m., where those that wish to stay out later can view bands that are playing

until 12:30 a.m. On Saturday, the Festival will start at 2 p.m. and the later portion will also be from 8:30 p.m. to 12:30 a.m., the same as the previous night.

"It's a great event for downtown Ellensburg," said Mitch Cook, owner of Dakota Café. "It brings a lot of people to town and we're very excited about it."

Some of the bands playing at the festival are Alice Stuart and the Formerlys, Red Hot Blues Sisters, All Star Big Band, Reggie Miles, Total Experience Gospel Choir and many more.

The events are family friendly and children are welcome at all venues. Along with the music, there will be

weekend activities. An example of one of the events is the "Sip N' Sample."

Guests can taste some of the Northwest's premium wines, teamed up with specialty foods and artwork. Two locations will offer tastings from 1 p.m. to 7 p.m. Gallery One will feature fine wines, Seattle Chocolates and Vinman's specialty breads.

A silent auction of wine and art will also be featured. The Clymer Museum of Art will offer Washington wines and samples of cheeses. Also, \$10 per person includes a souvenir wine glass at both venues.

Kids can enjoy the Children's Activity Museum, which will be open 10:30 a.m. to 5 p.m. throughout the weekend.

Full festival passes are \$35 and will grant admission for all three days. Children 10 and under are free. Tickets are also available for those interested in attending just one night. Friday night is \$15, Saturday, noon to 7 p.m. is \$10, Saturday night is \$15, and Sunday is \$10. Tickets are available online, or by phone at 509-925-3137 or 888-925-2204.

"The main thing is to get your tickets early," Sharpe said. "For the last four or five years we've had a sell out, so get your tickets early ... we sell about 4,000 tickets a year."

For more information on the bands, events, tickets and the weekend schedule, visit www.jazzinthevalley.com.

Also, the event consists of all volunteer workers and has no paid staff. Jazz in the Valley usually gets over 200 volunteers.

The sponsors for Jazz in the Valley are Rodeo City Bar-B-Q, Edward Jones, Puget Sound Energy, Bank of the West, City of Ellensburg and Kittitas County.

It's a fun event
located right
downtown
within walking
distance of
everything

Larry Sharpe
PRESIDENT OF JAZZ
IN THE VALLEY

Friday Art Walk highlights local artists

by Danielle Gagnon
Staff reporter

Anyone can visit the First Friday Art Walk in Historic Downtown Ellensburg and its collection of local galleries and businesses exhibiting local and national artists.

The First Friday Art Walk is a self-guided walking tour. Venues are open from 5 p.m. to 7 p.m. on the first Friday of each month, in addition to regular business hours.

Grab a comfortable pair of socks and match those with well-tied tennis shoes and enjoy the diverse world of the visual arts in Ellensburg on a monthly basis.

"The art walks in Ellensburg are a great way to get shots of visual culture," Susan Bentley, senior secretary of the Department of Art, said. "The monthly installments are all exciting whether they're on campus or downtown."

Venues will have either a flag or sandwich board advertising their involvement with the First Friday Art Walk. Venues include: Cascade Land Conservancy, The Clymer Museum of Art, D&M Coffee Downtown, El-

lensburg WineWorks, Pine Street Mall, The Frame Express, Gallery One Visual Arts Center, Jade Moon, Kittitas County Historical Museum, Salon Fenix, Sarah Spurgeon Gallery, Steward & Williams Tribute and Crematory.

Venues also include: The 4th Street Emporium, Amazing Frames/Gallery, Bailey's Bibliomania Bookstore, Edward Jones Investments, Ellensburg Public Library, Planned Parenthood, The Purple Pelican, SkyStone Clinic, Starbucks, Valley Café and Bahama Bronze.

Bahama Bronze will feature cheese and bread made from Vinman's Bakery. Samples will be available, as well as some history on the art of cheese and the bakery. Samples include a cheese with mustard seed ale, purple moon cabernet soaked cheddar and cheese that will be grilled.

"Most venues are showcasing pictures and art," Alisa German, owner of Bahama Breeze, said. "We wanted to change it up a bit. It's a fun history."

Venues are listed in no particular order and are free to the public. Some venues are



Local residents peruse antique photos displayed at the Kittitas County Museum.

Observer staff

providing hors d'oeuvre and wine for purchase is available to those 21 and older.

"The First Friday Art Walk has the community gather with local artisans," Dianna Tozer, secretary of Ellensburg Arts Commission, said. "It's an educational event that gives local artisans a way to display their talents. They

are all very good. Go with a group of people. It's fun to discuss what you like or don't like."

Each venue is responsible for changing their featured artist each month to maintain new talent and media.

The Ellensburg Arts Commission's website provides a map of each venue.

For more information

Art Walks are held on the first Friday of every month. Downtown venues are open from 5 p.m. to 7 p.m. offering patrons self-guided tours of local art galleries.

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Featherfoot displays art for town

by Erica Spalti
Staff reporter

Paintings, three dimensional collages, sculptures, and a robot are major art forms that require time, determination, and support. They are also a few of the pieces of art being showcased at the Featherfoot art exhibit.

Featherfoot is a student led group that is taking its art to a new level by putting it on display for the campus and the community.

"For me, it is a way to connect with people off campus," Noelle Herzer, senior arts major, said. "Having one foot in, one foot out and prepping yourself for life after college."

Herzer displayed a three-dimensional collage as well as a sculpture.

Another artist is Dan Donovan, junior studio arts major. This is Donovan's second show with Featherfoot.

"I will be displaying a robot named Uby, that took me three weeks," Donovan said. "I also have two mixed media pieces as well."

In mixed media, an artist uses more than one medium on the canvas. For example, acrylic ink on canvas is one

medium and the addition of wood lettering is another form of media, according to Donovan.

While artists are preparing for life after college, they are also trying to get students on campus and the rest of the community involved, according to Kellia Brinson, senior studio art major.

"There is Gallery One and the Sarah Spurgeon Gallery ... and all these other small places around town and we want to be a part of that art walk, a part of the community art," Nate Steigenga, senior fine arts major, said. "There is not a lot of student presentation except for on campus and this is to raise awareness of our existence."

For his exhibit, Steigenga showed a few paintings.

Downtown at the Old Facilities Management building on 14th Avenue and D Street, community members and students got a chance to see students' art as well as hear some new music by local artists Skinny People Kissing and Old Ghost Lexicon.

"There is going to be live music, one of our friends is releasing his new CD, and some really good food prepared by the animal rights

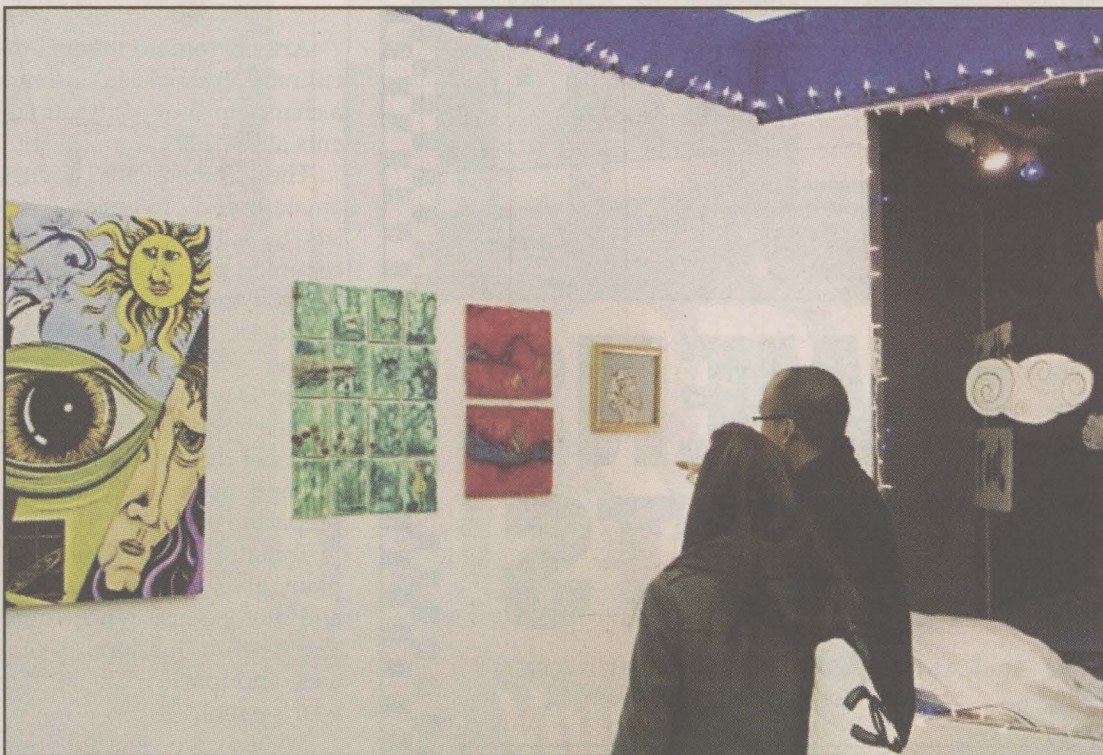


Photo courtesy of Dan Donovan

Dan Donovan and Kellia Brinson's paintings were featured at the last Featherfoot show on Dec. 5.

club," Steigenga said.

This is the second ever student-organized art show that Featherfoot has put on.

"Our first show was in December and it was kind of a call for other artists," Brinson said. "This show is just our art. We don't have any money so the animal rights offered to cater for us and we put their name on our flyer. It is kind of

a dual promotion."

While the show is about connecting with the community and putting student art out there for Ellensburg to see, according to Herzer, it is also about support.

"It is a bunch of people with different styles supporting each other," Herzer said.

The Featherfoot exhibit was on display during March at

the Old Facilities Management building.

Featherfoot encourages students and the community to come check out the art that they have put on display.

"Support the artists and come to the show," Donovan said.

For more information contact Nate Steigenga at 253-797-7375 or Noelle Herzer at 425-268-7748.

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TomatoFare inspires 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 to submit photographs, ceramics, paintings and other various forms of tomato-inspired 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 giveaway for growers and anyone else who would like to grow heirloom tomatoes and participate at this year's event.

"When we started out, almost no one grew heirloom tomatoes," said Martin Ringhofer, grower and

one of the organizers for the event. "Now there are about 50 growers and we have about 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 can watch the challenge unfold and sample the culinary offerings of the participating chefs.

During the event's 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 small 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 out 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 at 10035 Stuhlmiller, Quincy, Wash.

General admission tickets for the 2009 TomatoFare are \$20 in advance and \$25 on the day of the event.

Tickets are available through White Heron Cellars, for tickets, directions or more information call 509-797-9463 or e-mail info@whiteheronwine.com, or call Martin Ringhofer at 206-784-5920.

For more information on the bands and other events happening, visit www.tomatofare.net.

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The CAMP Program at CWU provides financial and academic assistance to individuals who identify as migrant and/or seasonal farm working. CAMP is designed to help students succeed as they begin their college career. CAMP students are eligible for a variety of services, which include: financial support, academic assistance, career planning services, mentoring, tutoring and cultural enrichment opportunities. Eligibility criteria is as follows:

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-Freshman Standing (fewer than 44 quarter credits)

Meets at least one of the following qualifications:

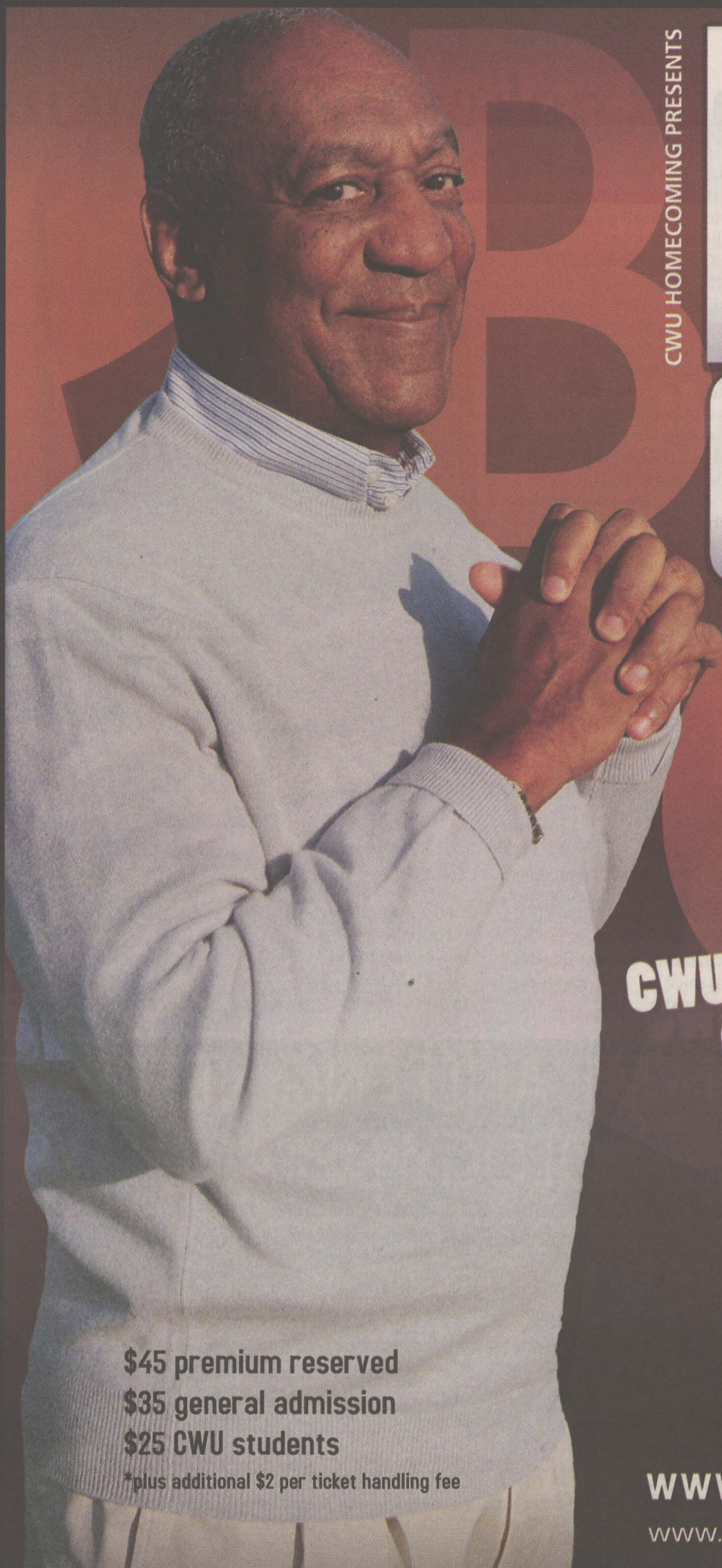
1. Worked at least 75 days in the last 24 months as a seasonal/migrant farm worker (if independent) or a child of a seasonal/migrant.
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Look for updates on these and many more fall quarter events on the
Campus Life web site: www.cwu.edu/~campuslife

Students go all in at poker tournament

by Ryan Ricigliano
Staff reporter

Kenan Topaloglu looks down at the two cards dealt to him: ace king suited. Without showing the slightest hint of emotion, he looks up to analyze the players around him.

The guy across the table fiddles with his chips before making the call. The gentleman on his right folds and throws his cards away. The flop brings no help. Looking down at his dwindling chip stack, Topaloglu moves all in. This is it - go big or go home.

No, this isn't The World Series of Poker on ESPN 2, it's Central's second annual Poker Tournament. Every quarter, student Sara Abouhamad, senior biology and chemistry double major puts on the tournaments.

"I am just a huge poker lover myself," Abouhamad said. "I love the bluffing, I love the playing the cards right, I just love this game."

Abouhamad got the idea last fall when she realized Central really had nothing to offer for poker enthusiasts. She decided to throw a small tournament together and the turnout was tremendous.

Three tournaments were

"These tournaments have been very popular, so they will continue."

Sara Abouhamad
SENIOR BIOLOGY,
CHEMISTRY MAJOR

held fall quarter, three more in winter and two in spring. A final culminating grand prize tournament took place in May.

According to Abouhamad, the top three players in each of the eight tournaments each got a spot in the final tournament and competed for prizes.

For one of the Tuesdays tournaments, a case of Red Bull, gift packages from the 'Burg and various gift certificates were available to the winners.

"This year a lot of local and some out-of-town businesses will be contributing prizes," Abouhamad said. "I'm still trying to get bigger prizes though."

However, one thing Abou-

hamad made apparent was that these poker tournaments pay for themselves.

The tournaments do not receive funding from the school and the only way to keep them going is through the buy-in, an entry fee that players must pay in order to play.

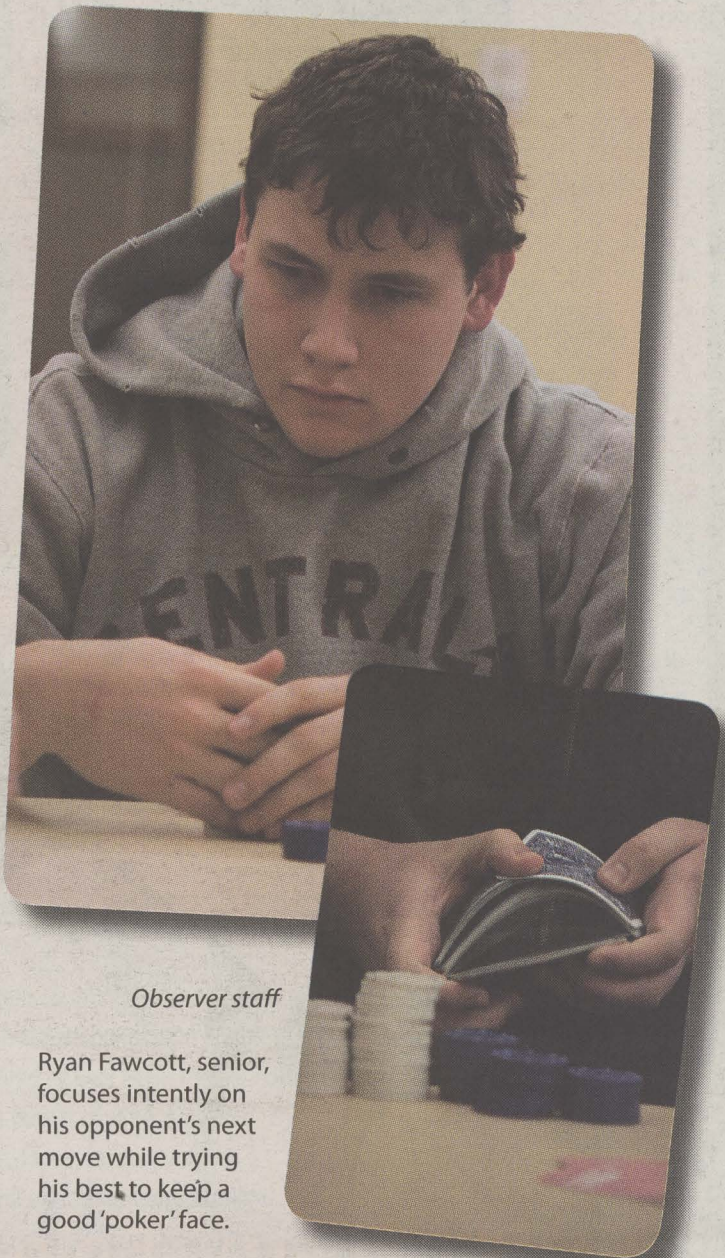
The \$5 buy-in gets competitors a stack of chips, a round of home-baked cookies and a \$5 match play coupon good at Ellensburg's Wild Goose Casino.

So just exactly how popular are these poker tournaments? All 48 spots for one of the winter quarter's tournaments were filled by 6:05 p.m.

"I played in last year's tournaments," said Michael Fedotov, Central senior electrical engineer major, who was eliminated about half-way through the tournament. "I will keep coming though. What else is there to do on a Tuesday night?"

With all those players, one might wonder what kind of talent there is at Central.

"A lot of players were getting lucky," said Amanda Shore, Central freshman business major, who got to the final table in the fall quarter tournament. "But there are some good players."



Observer staff

Ryan Fawcott, senior, focuses intently on his opponent's next move while trying his best to keep a good 'poker' face.

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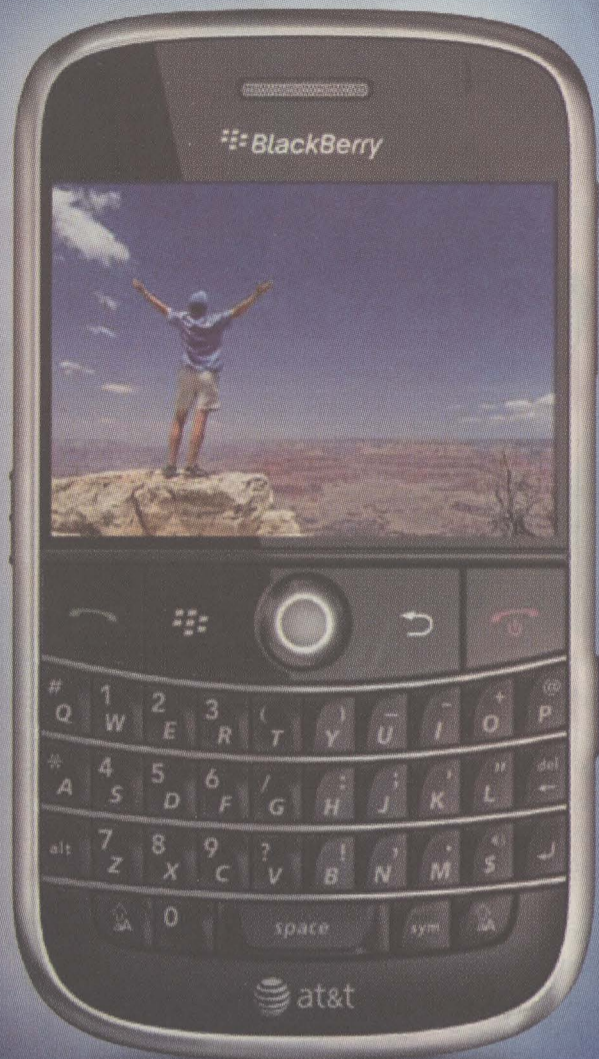
This multi-disciplinary program serves to broaden the technological backgrounds of graduates holding a bachelor degree in engineering, or industrial technology and other IET programs.

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ROCK n' BOWLING

by Kayla Schroader
Editor-in-Chief

Wednesday nights in Ellensburg tend to be low key. The library might be full of studying students, but as for the night life, it's pretty dead. Then again, drive east down University Way and you might notice a full parking lot at the Rodeo Bowl and Entertainment Center. This lot isn't full very often but on Wednesday nights, the locals come out to Rock n' Bowl.

Between 9 and 11 p.m., customers can pay \$10 to bowl the night away while jamming to new tunes and dancing under a dozen black lights.

A group of seven Central Washington University students huddle over a broken computer screen that usually adds up the gamers' scores. Lane 13 is having some technical difficulties tonight, so this group will have to keep score on their own accord. Their white T-shirts glow neon blue as though they represented one team. Disco balls twirl, throwing beams of colorful lights around the room. Strobe lights flash as the atmosphere builds with competitive anticipation.

Joel Wahle, junior tourism major, joined the crew tonight for a round of bowling. He wasn't going to let his injured right foot keep him from knocking down a few pins. His foot rests in a hefty boot cast since he snapped a tendon a few weeks back. His turn is up. He hobbles across to the ball return, carefully lifting the 14-pound mass before dunking over the gleaming wooden floor boards to his lane. He winds up and releases the ball in one swift scooping motion. It's a near strike - just two stubborn pins left standing. The remaining pins scatter before being swept up by the machinery. Wahle returns to his seat, shaking his head slightly in disappointment. The turn secured his fate - he won't be leaving in first place tonight.

Wahle's pal Craig Almont, junior construction management and business major, takes his turn and returns to his seat with a hoot and holler.

"Three strikes in a row ..." Almont said. "I got the turkey!"

Almont cheers for tonight's accomplishment of three consecutive strikes,

also known as a turkey. He returns to his friends to add up his score. "One hundred fifty, plus a strike, plus eight ..." he said. "Do I only get 10 for the strike?" he asks a nearby teammate. "Yeah," replies a voice from the crowd.

"I got 168," Almont said. The couple beside him on the bench pay no heed to Almont's glory moment. They are "playing" the next lane over but are really fixated on enjoying each other's company. The teenage boy, a dark, lanky fellow, hiding signs of puberty beneath the rim of his baseball cap, sits atop his girlfriend's petite torso and rests a freckled cheek and a head of slick, brown hair against his back. Here, they don't have to pretend to watch a movie while Mom spies from the kitchen. Tonight, it's just the two of them - no matter how many strangers come through the doors.

Dean Martin is the manager of Rodeo Bowl and has been for the last 35 years, succeeding the last owner. He stands behind the front desk just barely five feet tall, scanning the alley from left to right and back again.

"There's a ball stuck," informs a girl from lane three as she approaches and rests her elbows on the counter for a moment.

"We're working on it," Martin responds in a deep, even tone. "Wait until the lights come back on."

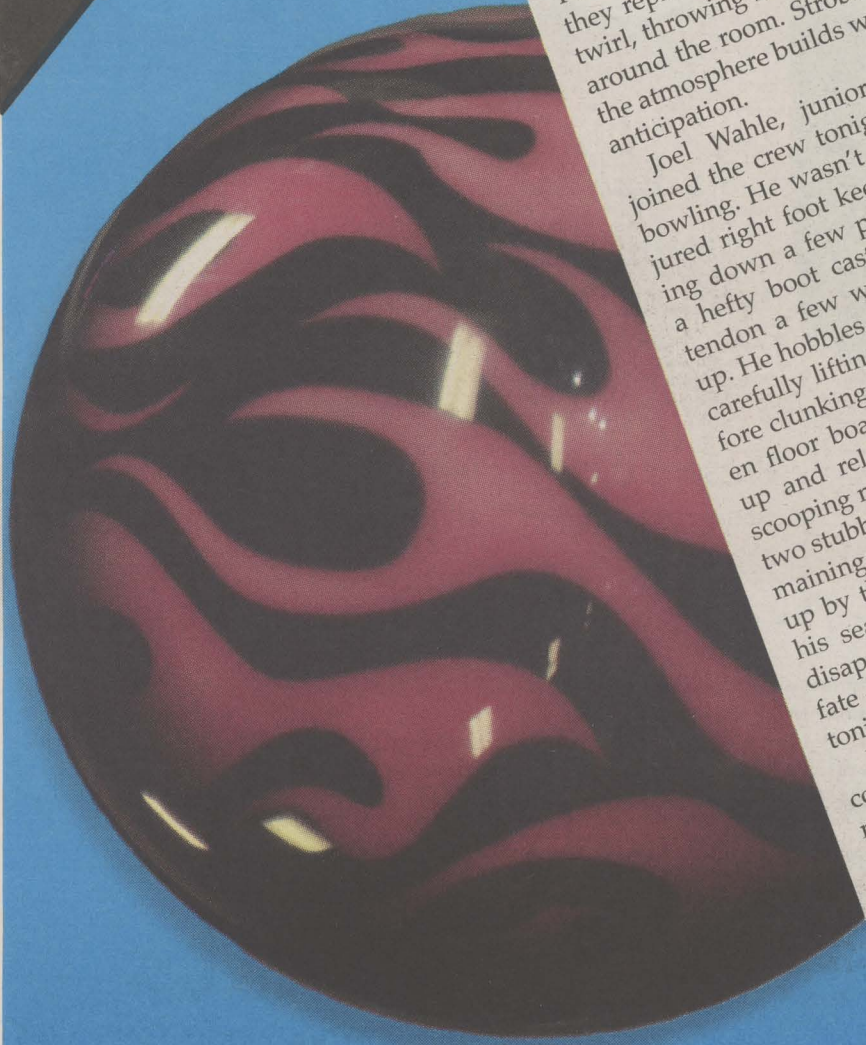
Martin said Rock n' Bowl draws a few high schoolers but primarily college students.

"Wednesday is a school night, so Mom won't let the high school students participate," Martin said. The bowling alley entertains approximately 60 to 65 bowlers on Wednesday nights in part because of the special lighting and loud music.

This club-like scene attracts the many young adults and few local adults, resulting in colorful bowling balls rolling down virtually every lane.

Since players pay one price for the two-hour period, the demand is high and those strolling in after 9 p.m. will likely be turned away.

"It's only 10 bucks for two hours," Nathan Lea, junior, said. "That's five bucks an hour! It's worth it."



Fashion Club

Runway to New York

by Brooke Mortensen
Asst. Scene editor
by Nicole Weinheimer
Staff reporter

Most students learn about their major from textbooks alone. They hear about what is out there and what they may someday be able to experience, but Central Washington University's Fashion Club gets hands-on experience through club activities and occasional trips.

"Last year we did a 'Project Runway' activity where the students went to the Dollar Store in teams," Andrea Eklund, professor of fashion merchandising, said. "They had two minutes to grab all they could and then a half hour to create a new garment."

The Fashion Club meets at 8 p.m. every Wednesday and does other activities, including creating new garments out of old ones and movie nights with ornament painting and cookie decorating.

"A lot of students in the club right now are freshmen and transfer students, so these activities are a good way to get them involved right away and a great way for them to learn from each other," Eklund said.

Other than club activities, the Fashion Club also takes trips. Last spring break they went to the "Magic" event in Las Vegas where they went to fashion shows and did critiques, talked to people and were able to buy a lot of the samples that the different vendors had.

"The trips are a good way to see what else is out there," said Lana Hotchkiss, senior fashion major and vice president of the Fashion Club.

During spring break the Fashion Club went to New York through the company "Cover New York."

"In Las Vegas all of the activities were at one place, but in New York we will be visiting 12 different companies and places with a tour guide to explain everything we are seeing," Eklund said.

They planned to make trips to the museum at the Fashion Institute of Technology, trend companies, and to meet the designer teams for Tommy Hilfiger, Nanette Lepore and Liz Claiborne.

In order to take part in the New York trip, the members had to apply, cover the cost of the trip and be an active member, which entails participating in at least 85 percent of club activities and meetings.

"I'm going because I know it's going to be a great experience," said Christina Libbing, senior fashion major and secretary of The Fashion Club. "Anyone who has had the opportunity to travel knows how eye-opening of an experience it can be. I don't think many people understand much beyond retail when it comes to fashion and it's so interesting."

In order to help pay the costs for New York and to raise money for club activities, the Fashion Club held different fundraisers, such as selling roses in the Student Union and Recreation Center (SURC) for Valentine's Day, selling See's Candy, hosting a date night and hosting a guest speaker.

"It's important to know that you don't have to know a lot about fashion to get involved," Eklund said. "I have a lot of education and PR majors in the club, as well as fashion merchandising. If you think it's fun and want to get involved, you can."



Culinary Corner



Rachel Guillermo
Culinary Columnist

Moving away to college is perhaps one of the biggest steps someone must go through on their path to becoming an adult. And along the way there are lessons that are needed to be learned and one of those lessons is learning how to cook and clean for yourself.

A scary thought I know, but not impossible. Whether you're moving away from home for the first time or starting a new chapter in life, cooking is something I think everyone should at least know the basics of. Here are some recipes of mine that I think will help ease the transition into your new environment.

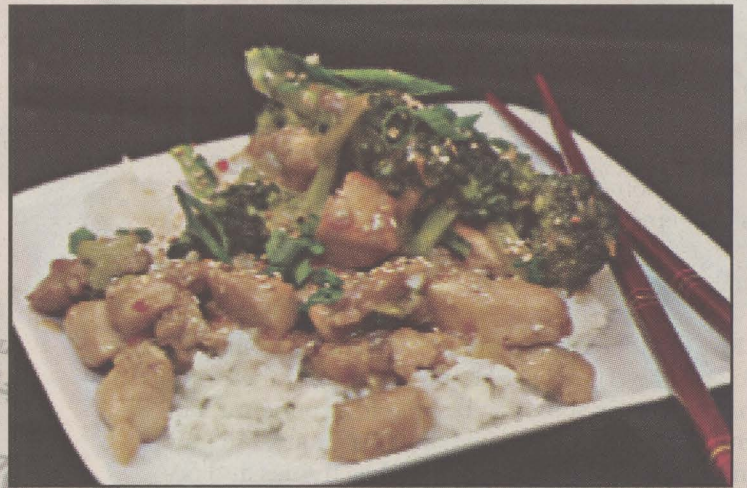
Ingredients:

- 1 lb. chicken breast (about 2 breasts), cubed
- 3 scallions, whites only, thinly sliced on an angle
- 2 cloves garlic, mince
- 1-inch piece peeled fresh ginger, minced
- 1 tablespoon soy sauce
- 2 tablespoon sugar
- 1 1/4 teaspoon salt
- 1 tablespoon dry sherry
- 1 tablespoon sesame oil
- About 1/3 cups water
- 3 tablespoon vegetable oil
- 5 to 6 cups broccoli, trimmed sliced stalks and medium florets (top portion of broccoli)
- 3/4 to 1 tablespoon red chili flakes, optional
- 1 tablespoon hoisin sauce

In a medium bowl, toss the chicken with the scallion whites, about half the garlic and ginger, soy sauce, sugar, 1 T. of cornstarch, one t. of salt, sherry and sesame oil. Marinate the mixture at room temperature for 15 minutes. Mix remaining cornstarch with 1/3 C. water.

Heat a large nonstick skillet over high heat. Add one T. of the oil and heat. Add the broccoli stems, and stir-fry for

Chicken, broccoli stir-fry



Pete Los/Observer

30 seconds. Add the florets and the remaining garlic, ginger, two T. of water, and season with 1/4 t. salt, and pepper. Stir-fry until the broccoli is bright green but still crisp, about two minutes. Transfer to a plate.

Get the skillet good and hot again, and then heat two more T. oil. Add the chicken and chili flakes if using. Stir-fry until the chicken loses its raw color and gets a little brown,

about three minutes. Add the hoisin sauce, return the broccoli to the pan and toss to heat through. Stir in the reserved cornstarch mixture and bring to a boil to thicken. Add more water if needed to thin the sauce. Season to taste with salt and pepper, if you like. Mound the stir-fry on a serving platter or divide among four plates and garnish with sesame seeds. Serve with rice.

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Mochiko Chicken



Quinn Eddy/Observer

Ingredients:

3 eggs, beaten
1/2 C. soy sauce
2 T. white sugar
2 T. Hawaiian sea salt
(or 1 T. rock salt)
6 green onions, finely chopped

5 garlic cloves, minced
2 T. all-purpose flour
3/4 C. cornstarch
3/4 C. mochiko (glutinous rice flour)
5 lb. chicken thighs, deboned
Oil for deep frying

Directions:

- Stir together eggs, soy sauce, sugar, sea salt, green onions and garlic in a large bowl. Sift together the flour, cornstarch and mochiko; fold into the egg mixture until smooth. Add chicken and mix until well coated. Cover bowl with plastic wrap and refrigerate over-

night.
- Remove the chicken from the refrigerator, and mix again to redistribute. Heat a large pot of oil to 350 F (175 C). Deep fry chicken until golden brown and cooked through; drain on paper towels.
- Serve with white rice.

Fried Saimin Noodles

Ingredients

- 2 package dry Saimin noodles (any flavor)
- 1-2 slices of Char Shu, cut into small pieces
- 1/2 C. bean sprouts
- 1/2 C. baby Bok choy
- 2 C. Water

Directions

-Boil Saimin noodles in a pot for three minutes or until soft. Add half of the dried powder to the water.
-Saute the Spam and vegetables while boiling water. Strain noodles and reserve seasoned water. Place strained noodles into oiled frying pan with Spam and vegetables.
-Fry noodles for three to five min-

utes. Constantly mix the noodles so they don't stick to the pan.

-Add 1/2 pack of dried powder to the fried noodles and mix.

-Moisten the noodles with the seasoned water just enough to coat. Noodles should not be soupy! Fry for one more minute.

-Garnish with green onions.



Pete Los/Observer

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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 called the Thorp area home for more than 30 years.

The Morellis worked in the water ecology field for 35 years, but when they retired, the couple 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 to open their own family business. From that time on, the menu "evolved and improved."

"We started out with Italian panini, pasta and espresso, then evolved from there by creating our own espresso blend," Robert said. "I also started studying about gelato. Through knowledge and study of gelato making, I perfected my own unique Italian gelato."

The Morellis also wanted the menu to step into a dinner atmosphere, by using both 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 café is open six days per 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.

"We take a lot of pride in our dishes, in having full ro-



Tetsu Takiguchi/Observer

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.

bust quality items and hearty portions," Robert said. "Presentation and construction is all family-oriented and derived. The ambiance revolves around Italy. It's small, warm, inviting, charismatic, and comfortable, with Italian music playing in the background."

Morelli's Café employs lo-

cal college students as needed to assist the family staff. The handmade gelato will not be commercialized and can only be found in the café.

"I like to see the enjoyment on my customers' faces," Robert said. "It is very rewarding. 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."

It bothers Robert that he has to say no or that the restaurant is closed to potential customers.

Luckily, with one day off and six days on, this Italian-derived café is open until the last person is served.

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Hot Diggidy Dog adds to local nightlife

by Karly Rehon
Special to the Observer

Many people wandering the streets of Ellensburg after dark with a hungry stomach are desperate to find something that actually stays open later than sunset.

On the corner of Main and Third Street one can find the answer to hunger problems: Hot Diggidy Dog.

"The location is perfect, right off Main [Street] so everyone can see it, and it's walking distance from all of the bars," said Alex Watanabe, junior athletic training major.

The bright red hot dog stand that many have come to know and love is open Thursday through Saturday from 10 p.m. to 2 a.m., and fills the stomachs of many people looking for a delicious midnight snack.

"I'm never hungry after I

go [to Hot Diggidy Dog], one time I ate five hotdogs in one night!" said Central senior accounting major, Eric Ebbers.

Hot Diggidy Dog opened in 2000 under the ownership of Amy Claussen, who wanted to add something different to Ellensburg's culinary scene.

The current owner, Robbi Tormey, wanted to keep Hot Diggidy Dog open for the residents of Ellensburg to enjoy and bought the business in 2005.

"Just the experience of Hot Dig-

gidy Dog is the biggest benefit that we have on the Ellensburg community, being able to offer a different kind of experience than other restaurants and vendors within the community," Tormey said.

In addition to serving bar patrons, Hot Diggidy Dog participates in many community events such as Wild Cat Alley, and caters for the Ellensburg Public School Dis-

"I wish I had known about Hot Diggidy Dog my freshman year."

Ashlee Conner
2007 theater arts graduate



Stephanie Olson/Observer

David Guzman, junior print journalism major, scarfs down one of Hot Diggidy Dog's hot dog creations complete with grilled onions and cream cheese.

trict.

However, there are few people under the age of 21 who are aware of the existence of the hot dog stand. But hot dog lovers don't have to be a regular at the local bars to enjoy tasty treats.

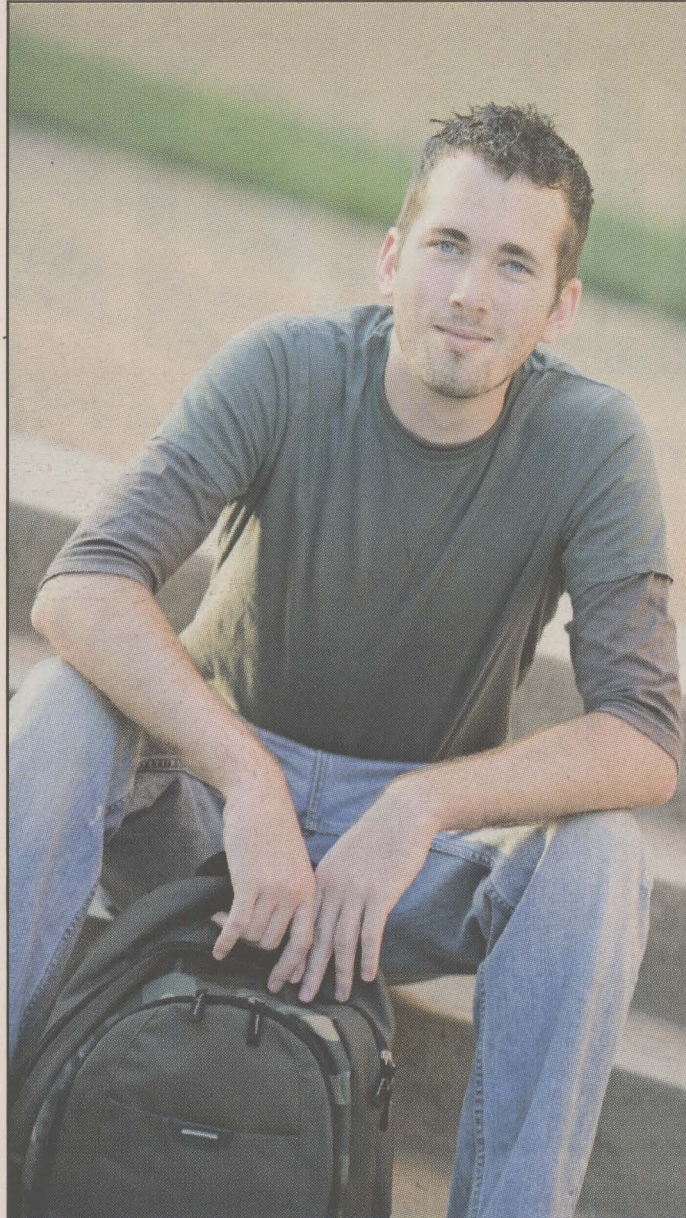
"I didn't even know about Hot Diggidy Dog until my 21-

run, I wish I'd known about it during my freshmen year," said Central 2007 theater arts graduate Ashlee Conner.

The additional population that packs Ellensburg during the weekends of graduation, Rodeo, and Brewfest are a great way to add to the business of Hot Diggidy Dog and

give tourists the experience that Ellensburg locals and Central students enjoy on a regular basis.

"This [Hot Diggidy Dog] is awesome! We need to get one of these in Bellingham," said tourist and Western Washington University junior business major Taylor Hayden.



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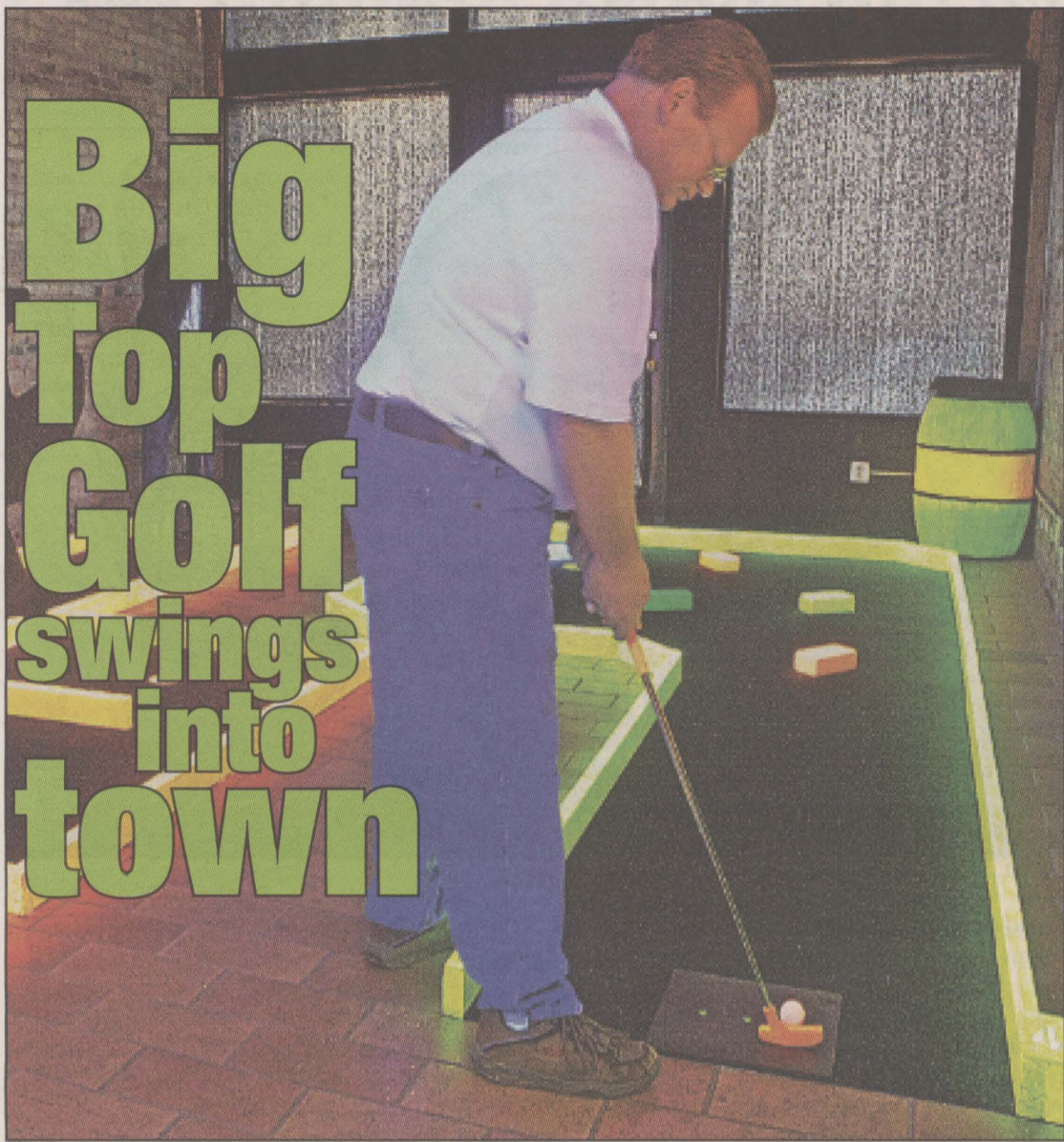
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Big Top Golf swings into town

Tetsu Takiguchi/Observer

All of the courses are hand-made by the owners. Visitors can enjoy the unique courses and paintings while playing. The owner Ernie Storey demonstrates on the courses.

by Amber Ramento
Staff reporter

During a time when business seems to be struggling and jobs are hard to come by, the Storey family takes a chance and opens Big Top Golf in downtown Ellensburg.

Big Top Golf is a nine-hole facility with a snack bar owned by Ernie Storey and son Jonathan Storey. All of the wall art was created by Ernie's wife and Jonathan's mother, Pam Storey.

"I have been painting as a hobby for 15 to 20 years, but I have only done wall murals for about six years," Pam said.

What makes this putt-putt course unique, other than the fact that it is indoors, is that it is a black-light establishment. It is equipped with everything from glowing balls to glowing golf pencils.

"Watch for change; within the next year we hope to make an add-on for children four and under," said Tarsha Storey, Jonathan's wife. "It will include a sandbox and just some activities for younger children. Also, we want to add more optical illusions on the course."

Ernie and Jonathan Storey created Big Top Golf because after moving to Ellensburg

they realized that there wasn't much to do for children, teens, or college students. This father and son duo, allows Big Top Golf to be focused on all age groups.

They have set up a college discount night on Tuesdays from 4 p.m. to 9 p.m. Students with ID receive a dollar off admission.

Many people may be curious about how the Storey family could open a business at a time when the economy is struggling.

"We just took a dream and made it happen. We very well utilized our material that we had to work with," Pam said.

Not only are the prices inexpensive at Big Top Golf, but there are also many party, event and family packages available that include unlimited golfing. Prices range from \$5 for party and event packages and \$15 for a family of four.

"We may add to Big Top Golf, or change things around a little bit and definitely get some hot dogs and more food in our snack bar," Jonathan said.

Big Top Golf is located on 317 N. Pearl St. and is open Sunday from 12 p.m. to 7 p.m., Monday to Thursday from 11 a.m. to 9 p.m., and Friday and Saturday from 11a.m to 10 p.m.

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Farmers Market opens for new season

by Danielle Gagnon
Staff reporter

Whether it's cold or sunny, dozens of shoppers turn up in downtown Ellensburg to browse through fresh local produce, baked goods, and handcrafted products, all of which the Kittitas County Farmers Market is known for.

The Farmers Market serves the Ellensburg and Cle Elum communities from 9 a.m. to 1 p.m. every Saturday until the last Saturday in October.

"Guests should expect to see people who are interested in fresh

grown vegetables that aren't trucked two or three states away," said Lynda Larsen, board of directors president for Kittitas Farmers Market.

"Also, one-on-one interactions are available with the farmers themselves. The market brings in people who support it, shop locally and enjoy fresh produce and handmade crafts."

The market is located on 4th Street, between Pearl Street and Pine Street, in the heart of historic downtown Ellensburg.

Some of the produce expected in early spring includes: asparagus, winter onions, early season lettuce, plant

starts, and mixed lettuce.

Customers can also buy baked goods, espresso and prepared food, such as a hot dog stand and Pappy's Smokin' BBQ.

"The Farmers Market is exciting," said Pat Martin, co-owner of Pappy's Smokin' BBQ. "We are all family, and that is the most important thing."

New to the Farmers Market is the Market Fresh Sheet, a sign-up sheet located at each booth. The sheet allows customers to write down e-mail addresses, in order to be notified of new vendors coming to the market as well as other relevant information.

The Farmers Market also features hand-made crafts including Purity Soap Works, a special line of soap products made by Larsen herself. Live entertainment is also available to accompany other customer attractions.

"[The soap is] Hand crafted with all natural ingredients, 65 percent olive oil," Larsen said. "I've been giving away samples. If people aren't coming in the booth you got to go get them."

The Ellensburg Farmers Market is full of different people from the community. Walking up and down Pine

"We are all family, and that is the most important thing."

Pat Martin
Co-owner of Pappy's Smokin' BBQ



Brianne Jette/Observer

Danica and Chai Thao made a trip from Seattle in order to sell flowers at the Ellensburg Farmer's Market Saturday morning.

Street side-by-side with a black and white Jacob sheep named Sophie was Blue Heron Farmer, Steven Wright.

"Sophie needs to be fed and I thought the youngsters would like to bottle feed her," Wright said. "You know who I am, take a closer look. I'm also the parking ticket enforcement at CWU."

Market Information

The Farmers Market invites everyone to be part of a Kittitas County tradition of selling organic produce, crafts, handmade goods and other services.

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BY DIANA SON

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Hip-hop creates outlet for expression

by Michael Suh
Special to the Observer

Although Central appears to be a country music town, many students express their thoughts and feelings through movements of a different beat.

"Dancing is not to impress, but rather to express," said Jaylund Smith, junior business major. "Dancing is not a matter of can or can't. It is a matter of will or won't."

Throughout the United States, hip-hop dancing has become a major phenomenon. The popular television show America's Best Dance Crew is watched regularly by millions.

Hip-hop was introduced in

More information

Students interested in joining the hip-hop dance group Kinetic can email martinezce@cwu.edu or call 425-750-9818.

the 80s and has since expanded to appeal to a wider fan base. But for some dancers it is difficult to get exposure while living in Washington.

"I mean, we are in one of the corners of the United States," said Jacob Chung, senior law and justice major. "Dancers from up here [Pacific Northwest] don't get as much hype or attention as the ones down in California or Atlanta."

Expression in the form of dance is rarely seen outside of an auditorium or performance hall, but dancing reaches many Central students on a deeper more personal level.

"It's what rhythm looks like," said Matt Nukes, senior Central health/physical education and special education major. "There is a moment when you are dancing where everything that you are thinking of just vanishes."

Contributing to the hip-hop scene at Central is the group Kinetic, which was created in 2008 by Cecilia Martinez, senior psychology major. She introduced students to new styles and ways to interpret

music.

"Dance is a form of expression of yourself and is also a way to show your personality in a physical form," Martinez said. "Dance to Kinetic [Hip-hop Dance Group] was a reason for strangers to come together to share an art and enjoy hip hop as a group. It gave most of us a reason to get away from our academics and have fun with what we love."

These students learn from each other and come together to create choreography and other musical pieces.

The group is open to people of all ages and encourages everyone who loves dance and hip-hop music to join.

theSCOOP

July

4 FireCracker 5K Fun Run
8:30 a.m.
Rotary Park

24 Jazz in the Valley
24, 25, 26
Downtown
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August

1 Tacoma Youth Symphony Orchestra Festival
8 a.m.
Concert Hall

7 First Friday Art Walk
5 p.m.
Clymer Museum of Art

Gifts of the Vine Wine Tasting
5 p.m.

8 Ellensburg Downtown Clean-Up
8 a.m.
Parks and Rec.

September

6 TomatoFare Chef's Challenge
4 p.m. at White Heron Cellars

19 Paint Ellensburg
6 p.m.
Gallery One

20 Olmstead State Park Threshing Bee and Antique Farm Show
ALL DAY

25 Roslyn Art and Music Walk
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CENTRAL WASHINGTON UNIVERSITY

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Weekly Open Mic Night rocks Grant's

by Amy Thompson
Staff reporter

With low lighting, catchy beats, and smiling faces, Open Mic Night at Grant's Pizza Place offers hours of fun and musical entertainment.

At Open Mic Night people are welcome to perform or play whatever music they prefer, leaving the opportunity for creativity wide open.

"Anything goes, we've even had comedy acts before," said Luke Holtz, Open Mic Night coordinator. "It's nice when all the booths are filled and the tables are filled - it's a good time."

At Grant's, the pool tables, blue-upholstered booths and arcade game area provide for a relaxed atmosphere. There is always a variety of music playing.

"I like it all because we basically have all kinds of music," said Rodney Turner, drummer and percussionist at Open Mic Night. "Acoustic [music], we have a lot of classic rock, and then the heavy metal bands. Open Mic Night is basically the only place where Central college musicians can show their skills."

With an audience of more than 25 people, there was applause and laughter after every jam session. People were bobbing their heads and tapping their feet to the beats of the music throughout the night.

"I like the atmosphere at Grant's," said Andrea Archer, a senior majoring in exercise science. "It's a good place to go and see people in Ellensburg - it's fun."

At times, the crowd seemed almost hypnotized by the pulsing drums and guitar solos. Often there was not a specific song being played and the audience watched as music was being made before their eyes.

"Playing together is kind of like cooking, you know," Holtz said. "You never know how it's going to turn out."

The crowd seemed to particularly enjoy vocal performances combined with instruments. Newcomer to Ellensburg from New Jersey, Jeff Lopert, performed several hip hop songs that the crowd applauded.

"I like how they don't restrict anybody," Lopert said. "They let you be you."

Open Mic Night has been happening for more than eight years, with Holtz being the coordinator for three years. Bill and Kathy Grant are the owners of Grant's and without their support, Open Mic Night would not be possible. They deserve an extended thanks, said Turner.

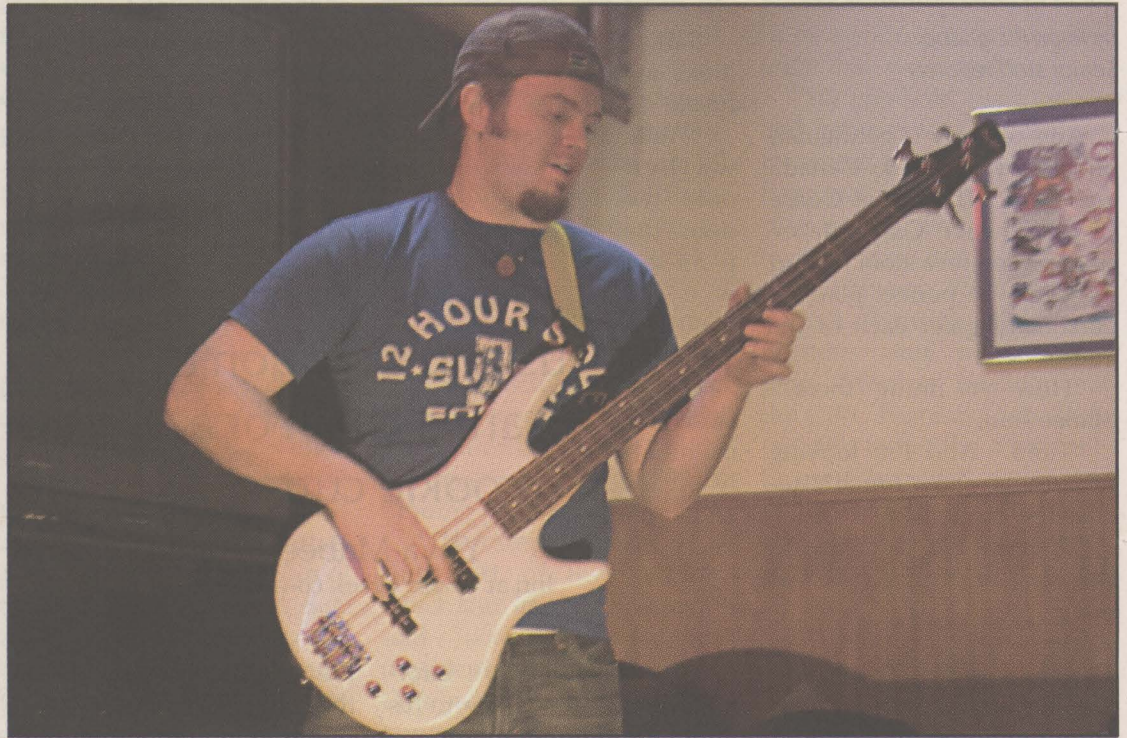
According to Holtz, the audience is mainly college students, but people from nearby towns come to join in

Mic Night

Open Mic Nights are held every Wednesday at 8 p.m. at Grant's Pizza Place. Those 18 and older are welcome from 8 p.m. to 9 p.m., but only those 21 and older after 9 p.m. It's important to note that Open Mic Nights are designed for mature audiences.


or just to watch and experience the music too.

Starting at 8 p.m. Open Mic Night happens every Wednesday at Grant's Pizza Place. Those 18 and older are welcome from 8 p.m. to 9 p.m., but only those 21 and older are allowed after 9 p.m.



Brianan Stanley/Observer

Luke Holtz performs at Open Mic Night at Grant's Pizza Place held Wednesday nights.



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Inn offers unique lodging experience

by Ryan Ricigliano
Senior staff reporter

An elderly gentleman on his way back to Canada walks into The Inn at Goose Creek. Owner Gary Mabee sits perched on a stool behind the desk – a perfect place to personally greet each of his guests.

"How ya doing there?" Mabee said.

"Tired. And I'm looking for a room - how much?" replies the gentleman.

"For you? For you, I can do \$99. \$99 for Rodeo," Mabee said.

The gentleman from Canada steps back outside and consults his wife. A few minutes later he returns and tells Mabee he'll take it.

"That'll be \$400 sir," Mabee said.

Baffled, the gentleman looks at Mabee and is confused.

"Well as soon as you walked out the door the price went up," Mabee said.

His stoneface eventually breaks and reveals his jovial manner.

Mabee takes the gentleman's information and shows him to his room, but not before getting in a few more wisecracks.

It's this type of good spirited hospitality that has had

guests coming back through the years.

"Seventy-eight percent of our business is repeat," Mabee said.

"Guests find once they come here, they come back."

Gary and his wife Ylwa bought the Inn in 1997, after a failed business attempt by

the original owners. It was the uniquely themed guest rooms that the Mabees felt would be their draw.

"We didn't need freeway traffic," Mabee said. "We needed to build our own business."

Each of the 10 rooms at the Inn features a different style theme. Ellensburg Rodeo features a miniature cowboy statue and anonymous set of bull horns overlooking the bed. The Honeymoon features an extra large Jacuzzi tub and is decorated with white lace and soft lights.

"People have different tastes and we have tastes for everyone," Gary said.

The Inn even features a Christmas-themed room that "remains popular year round."

"How's your room? Is Santa Claus OK?" Gary asked as two ladies return from an evening dinner on the town. The women chuckle and compliment Gary about the Inn.

"See? They love us," Gary said.

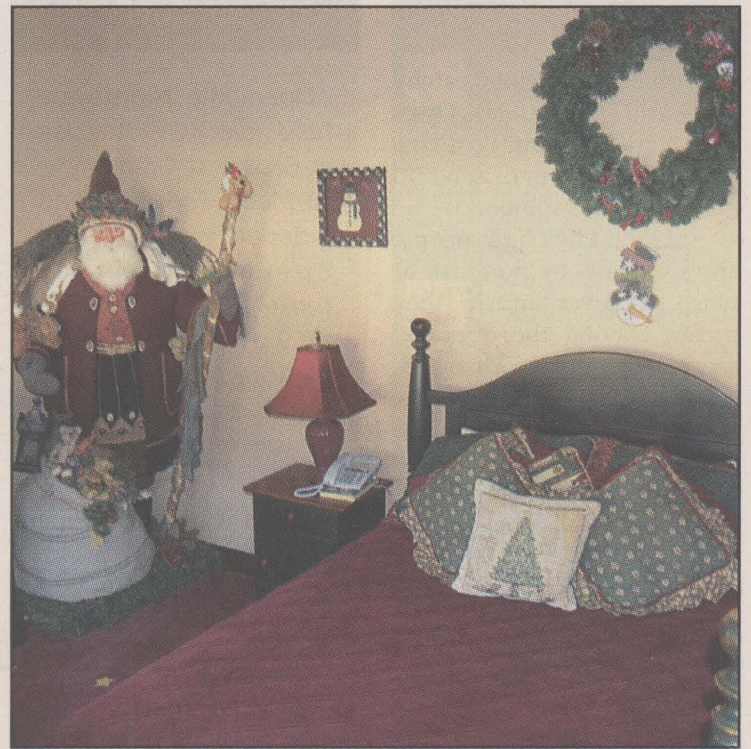
Ylwa feels that it's the Inn's unique features that draw people here from all over the world.

"People use the Internet to find us and they don't want a chain or a cookie cutter," she said. "That's where we come in."

"People use the Internet to find us and they don't want a chain or a cookie cutter."

Ylwa Mabee

Inn at Goose Creek co-owner



Kali Hodges/Observer

The "I Love Christmas" room features a large pine tree with presents underneath in one corner, while in the other corner a life-size replica of Santa watches over. Christmas music can also be played year-round, making this room one of the Inn's most popular.

People truly do come from all over. Upon flipping through one of the many journals the Mabee's leave in the rooms for guests to sign, entries can be found in German, French and Swedish. The couple collects each journal and have filled well over 20 so far.

"I think I fell in love with Ellensburg just a little bit more," reads one entry.

"You run a very hospitable and luxurious establishment," another stated.

"What a fun room to stay in during the heat of summer," mentions a couple from Spokane in regards to their stay at the Christmas room.

Yet another draw could be the uniquely personal experience that the Mabee's create for their guests. Gary makes sure to greet each guest as they come and go and constantly refers to the Inn as his "home." (the Mabees do in fact live on site.) Gary also gets up every morning at 6

a.m. to make breakfast and to get to know each of his guests.

"It's small enough here that we can do most things ourselves," Gary said.

With the Inn's close proximity to the newly developed Lakeside Landing project, are the Mabees worried about being overshadowed?

"When you have a convention center and you only have 134 rooms [at the proposed hotel], then we'll become a destination," Gary said.

Ylwa echoes the need for such a project in Central Washington

"We need the convention center," Ylwa said. "Being in the middle of the state, Ellensburg is perfect for conventions."

For more information

Contact Gary Mabee at 509-962-8030 or goose-crk@ellensburg.com.

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Full Sail's Session provides ample taste sensations



Zach Hammond
Staff reporter

I'm Zach Hammond, Observer videographer and beer expert. I'm that friend who loves trying new things, and telling you about them.

I'm that friend who gets really excited when a soda company comes out with a crazy new product, or a new candy, or a cool new gadget that not too many people know about but would just have to have if they did.

I'm the first to try things like Coca-Cola Black, or Pepsi Blue. I was the first kid in class to bring Orbitz to school (remember the fruity drink with the little jelly balls?). Now, I'm all grown up and I'm on to beer.

I try the new beers and the old ones I haven't tried yet. On this page, I'll tell you all about it.

This week, we've got a few new videos on the site from Iron Horse Brewery. There's also another good beer to know about: Session.

Session is from the Full Sail Brewing Company. This beer is awesome because it tastes great, it's got a good history behind it, and it comes in a stubby bottle!

Alcohol prohibition sucked, right? One day you're in your living room drinking a brewski, the next day you're a criminal. All those little breweries closed up shop and out the window went all the traditions of American beer-making.

So some guys got together and wanted to make beer the way it used to be before Prohibition. That beer is Session.

Session's got a nice floral, hoppy taste - sweet. It tastes kind of like Corn Pops, or maybe an apple-like undertone.

The brew is very crisp, but smooth. It tastes kind of like an import, which once upon a time, you didn't have to buy an "import" to get.

The beer is good, American and goes well with anything. I'll keep up with these beer reviews, so keep checking back.

Also, don't forget to follow us on Twitter online.

Clubs offer students unique opportunities

by David Guzman
Staff reporter

New students at Central Washington University have plenty to do outside of school. Central recognizes a number of clubs and organizations for students willing to expand their knowledge, meet people, or just have fun.

There is a wide variety of clubs on campus for interested students. Some clubs provide networking opportunities as the Collegiate Washington Music Educators Association or Public Relations Student Society of America. Groups such as Campus Crusade for Christ (FUEL) or Jewish Student Organization give students the opportunity to practice their beliefs with like-minded students.

Many clubs are simply for students to socialize and have fun doing a particular activ-

ity, outside of normal school activities. The Central Bowling Club, Rodeo Club and Central Washington Gamers Club are examples of these particular clubs.

Justin Boggs, president of the CWU Fencing Club, says that joining a club allows new students to get out of their comfort zones and expand their horizons, socially.

"It's really nice to have a place to go where you can socialize and meet new people, while having fun," Boggs said.

Clubs are recognized through the Associated Students of Central Washington University Board of Directors (ASCWU-BOD). All club functions are handled by the Senate for Student Clubs and Organizations, which consists of an appointed senator from each campus-recognized club. The senate chairperson, the ASCWU-BOD Vice President

for Clubs and Organizations, is the link between clubs on campus and the university administration.

Students who are interested in starting a club pertaining to their interests can fill out a Club Recognition Packet, which is available at the ASCWU-BOD Office, located in SURC 236.

Upon approval, the Senate will provide free advertising for clubs across campus, as well as room and equipment reservations. Eligible clubs can receive up to \$1,500 in funding per academic year.

"The campus makes your club part of their society, which is an important aspect," said Jocelyn Goldschmidt, president of the CWU Swing-Cats swing dance club. "The campus approves and takes pride in it."

Brien Klein, president of the Central Washington Gam-

ers Club, credits the Club Senate for allowing clubs to have more resources to accomplish what they want to do.

"We can hold large events and get everyone on campus together," Klein said. "We can hang out with [students] and play games. The campus allows us to do that."

"When you do it on your own, it's hard to get the connections you need," said Jenni Martini, president of the CWU Fashion Club. "You are able to get the community more involved with what you're doing."

For more information

For a list of all campus-recognized clubs on campus and contact information, visit the Club Senate Web site at <http://www.cwu.edu/~clubsenate/cwu-clubs2009/>.

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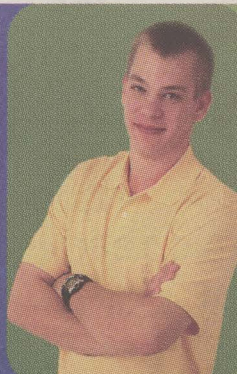
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Benjamin Holler
University of Texas at San Antonio
Class of 2010

Freshman 15 fought by food services

by Marissa McDonald
Staff reporter

As many students wander into their college career, something strange seems to often occur. There is a sudden and obvious weight gain, known around the nation as the "Freshman 15."

Over 150 CWU students, of all ages, were polled on whether or not they think that the "Freshman 15" is a myth or not. A whopping 100 percent said it is real.

"I did gain some weight," said Jennifer Peebler, freshman, undeclared. "You're not around mom and when you're tired of Student Union and Recreation Center (SURC) food, you find fast food."

Most students seemed to agree that the easy access to the SURC food through their connection card was partially to blame.

"Being restricted to your connection card and the food offered at the SURC doesn't allow freedom, like the foods from home," Erika Solis, senior public relations major said. "Over time it causes weight gain."

Whether it's the SURC food or late-night food runs, it seems that the majority of students need help not adjusting

to their new college lifestyle.

"Adapting to the atmosphere of college and being on your own [causes the weight gain]," Mary Maveety, Junior PR major said. Where these seem like generalizations, over half of the students surveyed blamed alcohol to their Freshman 15 weight gain. According to most Central students, alcohol could be the other verdict to this unwanted extra 15 pounds.

"Everyone starts drinking and smoking...then eating late at night," Jeremy Taylor, Senior and Nutrition major said.

Barb Stanley, a Nutrition Consultant at Central's Health Center agrees with Central students.

"It's not a myth," Stanley said. "I think for some, it can be between five and 50 pounds, but for those who gain, it's from a change in lifestyle." Stanley said that this can often be due to changes in sleep schedules, buying high calorie pre-packaged foods, living in the dorms and eating simply from dining services. They're college students, they're not stupid," Stanley said. "People can make bad choices."

Although Gail Farmer, CWU Director of Wellness, noted that she has done no ob-



Kristin Wilhelmy/Observer

Dining Services offers healthy menu options for students and faculty alike.

jective research on the Freshman 15, she too believes it is no myth at all. "There is no primary care giver [like at home], so students spend more time eating in social situations and events," Farmer said. "They spend more time eating more food."

Stanley, who works at the Health Center has ways to advise and help Central students such as suggesting, "Students know what they should be eating, there's no one thing that helps," Stanley said. "Students

eventually figure it out. We do counseling [at the Health Center] to help teach them how to make better choices."

Farmer said that, the reason why some people gain more weight than others is because some people are more in-tuned with what they are eating. Farmer gives her advice to students who want to avoid the weight gain by saying, "don't eat to deal with emotional issues, relationship or school issues... eating is not a way to deal with those."

Some students polled, regardless of their year, said that once they adjusted to college life, they lost that extra fifteen by graduating.

"I think fifteen is a little much. When you learn to not eat late at night, you lose it," Michelle Gibson, Sophomore, Elementary Education major said.

"As a Freshman you're away from home, so you can drink a lot. You eventually stop," Adrian Acosta, Junior PR major said.

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Students display passion for Tango

by Katie Tigges
Staff reporter

Sashaying, bending and swaying as one unit, dancing tango challenges a couple's physical abilities and communication skills.

Live music and refreshments give the students of Central Washington University with a passion for dance an opportunity to show off their moves at the "Spring Milonga" hosted by CWU Tango Club.

"We're all about experiencing Argentine tango," said Clara Gutierrez, a junior chemistry education major and the president of CWU Tango Club. "The media has given tango such an unfair rep of [being promiscuous] and we're trying to correct that image."

The "Spring Milonga" began with a dancing lesson at 6 p.m. Thursday, April 30, in room 137 of the Student Union and Recreation Center.

After the lesson and slight break at 7:30 p.m., the night continued with a social dance lasting until 10 p.m.

The event cost \$3 per person and \$5 per couple with no charge for members of the

CWU Tango Club.

"Tango is very much a conversation that gives the lead the opportunity, more than most dances, to speak back [to their partner]," said Thomas Hamilton, a senior music performance major who is also the vice president of the CWU Tango Club. "It's an invitation rather than an order, especially [when incorporating] embellishments."

Tango began as a derivative of imported dances such as the Cuban habanera and the Uruguayan milonga and candombe, sometime around 1880 in Buenos Aires, Argentina's bars, brothels and gambling establishments.

Developed in a melting pot of European and African immigrants, it was introduced as a ballroom dance in 1902 when the Teatro Opera began featuring the tango in their balls.

When the tango was exported to Europe in 1912 and the United States in 1913, it was modified to have less body contact.

The international standard for tango was established in 1922 by the English where it has remained a part of ballroom competition repertoire



Photo courtesy of Clara Gutierrez

Stephanie Karlak, senior music major and Robert Collins, senior music major tango at a CWU Tango Club meeting.

ever since.

The Tango Club meets at 7 p.m. on Thursdays in Nicholson Pavilion's upper gym where they give lessons for the first hour and then let couples practice their moves during the free dance following the lesson.

New members are always

welcome and can expect an encouraging environment with instructors willing to lead them at their own pace.

"I think what we're doing here is cool," said Stephanie Karlak, senior music performance major. "It's a great opportunity [to get] a multicultural experience."

Lets Tango

The Tango Club meets at 7 p.m. on Thursdays in Nicholson Pavilion's upper gym. All students are welcome and lessons cost just \$3 per person or \$5 per couple.



first year experience

is a comprehensive guide to your first year at CWU that's sure to enhance your experience and add to your success here.



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Find out more at www.cwu.edu/~avpugrad/fye.html.

Mama Tomcat's Flying School takes off

by Rachael Duff
Staff reporter

Many Central Washington University's theatre students apply talent and intended degrees beyond the boundaries of Ellensburg.

Central's annual spring children's theater production began at 7 p.m. on Friday, April 17 and 2 p.m. on April 18, and 19 in Hertz Auditorium, but the performances were just the beginning.

After the weekend's production, a five-person cast, including the stage manager, will tour the state for seven weeks, performing at all Central centers and various elementary, middle and high schools throughout the state. Currently, Central is the only university in the state that offers a touring theater show.

"Bringing live theatre to other communities gives us an opportunity to show people throughout the state some of the great things that are happening here at Central," said Leslee Caul, director of marketing and development.

This year's children's production is "Mama Tomcat's Flying School." This play was chosen by the students of a children's theatre class. Every

two years a national competition is held at Central and students in Children's Theatre 313 read, discuss and vote on which play should be selected to perform. Last year, "Mama Tomcat's Flying School" was the favorite.

"This is a good play because kids love animals and anything out of the norm and this is the first year in a while we have done a play about animals," said Madison Rengli, youth drama major who participated in the choosing of the screen play.

This is the first time "Mama Tomcat's Flying School" will be performed in the Northwest. It was written by Spring Hermann and is based on a popular Spanish children's book "The Story of the Seagull and the Cat Who Taught Her to Fly," by novelist Luis Sepulveda. It is the story of an abandoned seagull who is adopted by a band of scrappy alley cats who find themselves caring for the baby and then must teach it to fly and be free.

"A world of animals is more whimsical and magical," said Michael Smith, artistic director of the Central Theatre Ensemble. "You can create a world that is less literal, it takes off the strains of being a

person. It's great because our imaginations are opened up and so are the audience's."

The cast will be holding workshops at many of the stops. Also, teachers will be given study guides to work with so they can integrate many of the concepts into their curriculum.

"The first experience I had with theatre was at school assemblies and that is what motivated me to want to get into theatre," said Katie Wheeler, junior early childhood education major and cast member. "We don't have a lot of theatre in public schools and this is something I want to work into my own curriculum when I am a teacher."

For the cast, preparing for this production is a full-time commitment. With only three and a half weeks to do rehearsal, blocking, complete sets, acquire costumes and learn lines, they work from 9 a.m. to 5 p.m., Monday through Friday.

Aside from working with such a condensed time frame, another struggle for the cast is the fact that they are still waiting for their set.

"It has been hard to get the blocking down without a set, and once we actually get the set

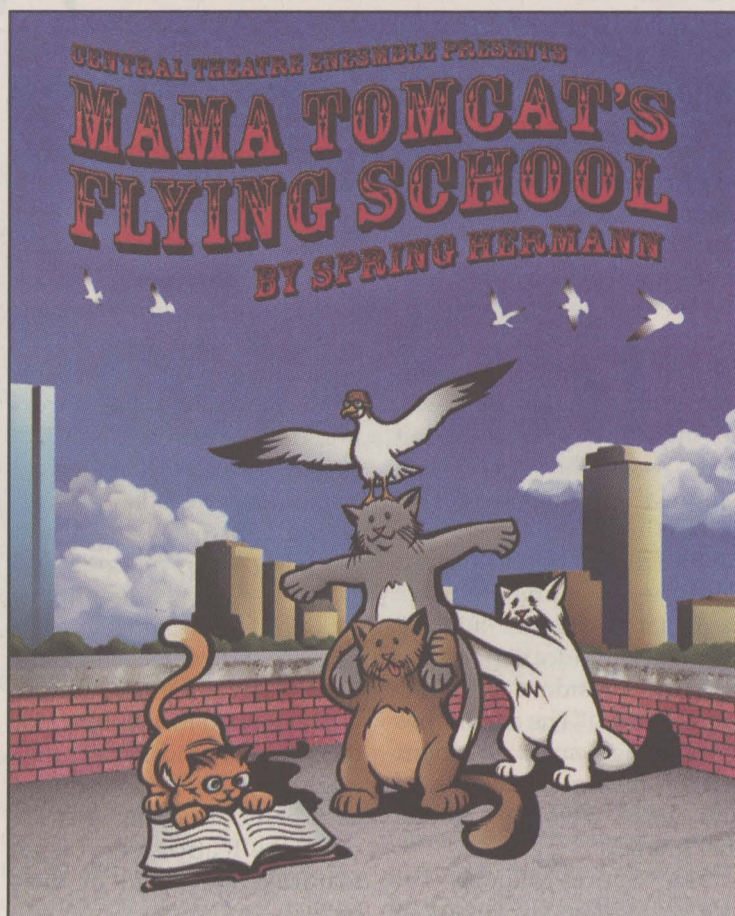


Photo courtesy of Leslee Caul

we will have to change everything," said Allison Stephens, senior theatre major and production stage manager.

Regardless of these obstacles the cast is excited for the upcoming tour.

"I've been told that we are

going to change lives because we are reaching thousands of kids, parents and teachers," said Lauren Pearsall, sophomore theater performance BFA and cast member. "For many students, this could be the first play they have ever seen."



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Becoming a member is easy. Sign up at Discover! New Student Orientation, or visit us at www.cwu.edu/~housing/parents.html.

Have a great summer. We look forward to seeing you in the fall.

Suggested reading for families available through the Wildcat Shop:

The Kids College Almanac: A First Look at College by Barbara C. Greenfield and Robert A. Weinstein

Letting Go: A Parent's Guide to Understanding the College Years by Karen Levin Coburn and Madge Lawrence Treeger

Don't Tell Me What to Do, Just Send Money by Helen Johnson and Christine Schelhas-Miller

Once My Child, Now My Friend by Elinor Lenz



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Quit biting those fingernails please

by Aaron Turnley
Special to the Observer

Fingernail biting, hair pulling and teeth grinding are just a few of the weird behaviors many students succumb to when they become stressed out. Stress is not imaginary and affects every student.

College students are especially at risk for stress because much is demanded of them in such a short transition period. Within three months following high school graduation, the college-bound student now has to feed, care for and be scholarly - all without the help of their parents.

Stress is the natural way the body tells people to remember something important, but sometimes day-to-day stresses become overwhelming. However, there are some things the average college student can do to eliminate many stress-causing factors.

First, take one day at a time and don't worry about things down the road, while trying not to procrastinate. Unless an important presentation or term paper is due the next day, the less important things can wait. Worrying about homework due tomorrow is not necessary because it should have been done earlier.

"Don't procrastinate and don't put everything off until the last minute. Take one day at a time and just finish your tough tasks in little pieces. Before you know it that tough task will

be done and ready to turn in," said Central Student Health Educator Kristina Johnson.

Second, keep a journal or notebook of everything that needs to be done or turned in, with due dates listed in bold. This will greatly minimize the stress of guessing on most homework assignments.

Third, do something enjoyable once per day. Most people find themselves stuck doing activities for everyone else and not taking enough time for themselves. Take 10 minutes out of each day and try to do something that takes away a little bit of the stress such as going for a walk or bike ride.

"To deal with my stress I usually sit down and play video games. I know that it's probably not the most productive use of my time but it helps me forget about what I am stressed

Tips for fighting stress

- * Try to get at least eight hours of sleep
- * Don't procrastinate. Work on assignments and projects ahead of time to ensure quality and reduce unnecessary anxiety
- * Listen to music
- * Go for a walk
- * Hang out with friends
- * Take short daily naps
- * Play with your pet
- * Garden
- * Drink coffee or green tea (but not after 8 p.m.)
- * Dip feet in Yakima River
- * Take a long soak in the tub

out about in that day," said Central junior biology major Nick Hasler.

Fourth, get plenty of sleep. Doctors recommend that the average student get eight hours of sleep to be fully rested the next day. Most college students do not get this amount of sleep and thus become anx-

ious and stressed. Roommates need to talk together one-on-one and try to resolve problems themselves. If that does not work, one can contact an RA (Resident Assistant) and ask for help. If that still does not work, then students can go to the Department of Student Housing and ask for a room switch.

"Make sure that you know the person very well before you decide to be their roommate. Just because you are good friends or even best friends does not mean that you will work as roommates. A good way to ruin a friendship is rooming with someone you are not compatible with," said Central sophomore transfer student Marisa Lopez.

Stress is not an uncommon thing and many people can become overwhelmed by it. There are many places on campus that one can go to minimize or eliminate stresses involved with the everyday college experience. Central offers free counseling to anyone that feels that they cannot handle the stress any longer. The Student Wellness Center in the SURC provides students with information and related services, some of which deal directly with stress related concerns.

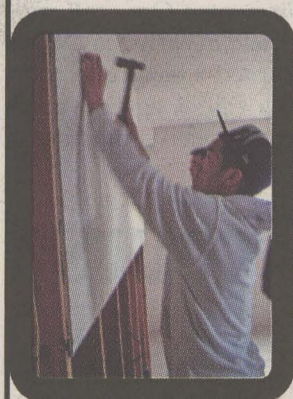
"If anyone needs information about mental health and well being I will be giving a couple presentations in May. Just contact the Student Wellness Center for locations and times," said Johnson.

ious and stressed.

Lastly, try to exercise three times per week for 30-minute periods. Exercise is a very good tool to combat stress. It releases built up tension and makes people feel better about themselves.

Roommate problems are also a big concern for incoming freshman. Not getting along with the person one lives with can be very stressful. There are a couple of steps that students can

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OPR offers students summer fun

by Elizabeth DeVos
Staff reporter

Plenty of activities await students at CWU as the summer begins and many of these activities can be found in Ellensburg or a short drive to surrounding areas.

There are many places near Ellensburg to camp, and the closest is the KOA campground located just off exit 106 on Interstate 90.

This KOA, like many campgrounds, offers full hook-up sites for RV's and standard sites for tents. The campground is located right on the Yakima River allowing campers to float the river and fish. This campground is outfitted with regular flush toilets, coin operated hot showers and swimming pool. One night at KOA costs \$26

Many different recreation

areas along the Yakima River on Highway 821 offer put-in pull-out spot for river floats. Many of these locations also offer camping, but unlike the KOA, there are no showers or outhouse toilets. Camping fees for these on the river locations cost \$15 to \$20 per night.

East of Ellensburg on the Columbia River, campers can stay at Vantage Riverstone Resort offering more than 100 RV hook-up and tent sites. The campground is approximately 30 minute east from Ellensburg and costs campers approximately \$20 per night.

Rock climbers can also find fun things to do around Ellensburg. Vantage and Feathers offer amazing bouldering and high climbing.

"[Vantage is] very popular, less than an hour away," said Darrell Kangiser, senior nutri-

tion science major. "If you're a rock climber, you've probably heard about it."

Floating the Yakima River is a popular activity for college students to do during sweltering heat. Outdoor Pursuits and Rentals (OPR) has a pamphlet telling river floaters where safe spots to put-in and pull-out are located.

When floating the river currents may be calm with few rapids, but it is important to remember that even on a calm river, anyone can come face to face with danger. Most of the Yakima River is four to six feet deep, but can be deeper according to Ryan Hopkins OPR Coordinator. It's important to always wear a life jacket in case danger arises.

"OPR offers river floats with river guides to "increase knowledge and awareness of floating the river," said Hop-

kins.

The worst dangers on the river are "snags," trees in the water that can't be seen, and those out of the water on the bank.

For in town experiences on a nice non-windy day, the John Wayne Trail offers a relaxing graveled walkway through Ellensburg farmlands.

This trail is also open to bicyclists and horseback riders as motor vehicles are prohibited. The John Wayne Trail starts in North Bend and ends in Vantage, offering walkers, bikers, horseback riders, and hikers many miles of gorgeous terrain to cover.

Looking for a picnic spot on a nice little lake? Look no further than Irene Rinehart Riverfront Park, better known as People's Pond located off Umptanum Road just under

Interstate 90. The park offers volleyball courts, a bathroom, river access, two ponds for swimming, and a trail around the ponds. Be warned though, there are no life guards, so swim at your own risk.

Dick and Jane's Spot, the house where Dick and Jane live, located on First Street and Pearl, offers viewers more than 10,000 bottle caps, thousands of road reflectors, and numerous other things that have created the art in their yard.

The spot has been in the works for 27 years, and it continues to grow.

Ellensburg is famous for its Ellensburg Rodeo, held on Labor Day weekend at the Kittitas County Fair. This weekend offers rodeo fans different chances to experience the rodeo and all it has to offer.

Rodeo represents at Nationals



Courtesy of Mackenzie Williams

by Laura Mittleider
Sports Editor

Manda Mellergaard (left), will compete in the goat tying event at the College National Finals Rodeo June 14 through June 20, in

Casper, Wyo. Bailey Minor (top right) comes out strong in the Milton Freewater, Ore., calf roping event held in early May. Both women earned a chance to compete at the CNFR against other top collegiate rodeo competitors.

Students challenge limitations, fears on rope course

by Elizabeth DeVos
Staff reporter

Between 5 p.m. and 7 p.m. on Wednesday nights, Central Washington University students and staff have the opportunity to push themselves at the weekly ropes 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 allows participants to get a feel for what the ac-

tual challenge course is like. Anyone can participate in this event as there is no limit to how many people can participate, just be prepared to be challenged and push yourself to new limits.

"I really wanted to try something new," said Ian White, freshman undeclared.

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 belay you down safely but you have to."

The challenge occurs every week, rain or shine unless the wind is too strong. Participants need to wear sturdy shoes and clothing that they can be active as no challenge course

experience is needed.

"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."

Anyone can participate no matter what their physical abilities. During the weekly challenge, participants get a taste of the high ropes course. The low ropes course is only available if a group schedules in advance.

For students and their families who are interested in participating in the challenge course, reserve a spot at OPR or arrive at the challenge course at 5 p.m. on Wednesday's with \$5.

Kittitas County golf courses gear up for summer

by Erik Pague

Special to the Observer

The grass is getting greener and the sun is shining more often. It's the time of year when the sound of lawn mowers fill the air and the smell of freshly cut grass makes people want to wake up from winter hibernation and head outside. Kittitas County golfers know that this means it's time to dust off the old clubs and hit the links.

Golf courses in the Ellensburg area such as the Ellensburg Golf & Country Club and Prospector Golf Course in Roslyn are excited to be open with the arrival of great weather.

Zach Mayer, Assistant Pro at the Ellensburg Golf & Country Club said that the course is already looking "better than last year" after snow mold damaged grass on the fairways and greens, and delayed the 2008 course opening.

Damage to holes four and five caused by early spring flooding have also been repaired, which is good news for the many golfers from Ellensburg, Cle Elum and Thorp that frequent the course.

LOCAL COURSES

Ellensburg Golf & Country Club
3231 S Thorp Hwy

Reecer Creak Golf & Country Club
1201 Umptanum Rd

Sun Country Golf Course and RV Park
Exit 78 I-90, Cle Elum

Prospector Golf Course at Suncadia
3320 Suncadia Trail

Along with repairing damage from the tough winter, the course renovated the driving range's tee boxes to better serve golfers practicing their swing.

The Ellensburg Golf Course opened in 1932, is currently owned by Frank Crimp, III, and features nearly 3,000 yards of public golf on a nine-hole layout bordering the Yakima River. Greens fees for the 2009 season are \$12 for nine holes and \$13 for weekends and 18 holes during the week it will be \$22 for 18 holes and weekends \$23.

Memberships are available for \$200 per summer for Central Washington University students and \$660 per season for the general public.

For those who prefer golfing in the Upper County, there's the Sun Country Golf Course & RV Park located just 90 miles east of Seattle in Cle Elum, Wash. According to Steve Hembree, Sun Country's golf course manager, the course is looking exceptionally good right now. An extra nine holes were completed just in time for this season to bring the course up to 18 total holes rather than nine.

"We started the previous year," Hembree said. "The extra nine holes are in terrific shape because of how new they are."

Sun Country's greens' fees are \$27 for nine holes Monday through Thursday and \$38 for 18 holes during the weekday. The 18-hole price includes cart rental. On weekends and holidays, greens fees are set at \$35 for nine holes and \$45 for 18 holes.

For golf enthusiasts willing to spend more money, the Prospector Golf Course at Suncadia Resort in Roslyn, Wash., is the perfect place to

spend the day golfing with good friends.

Prospector opened on Saturday, April 18, according to Aaron Ritoch, retail manager at the golf shop located at the Inn at Suncadia. Also located at The Inn, The Canary Lounge and Gas Lamp Grill are perfect places to relax and get a bite to eat after an exciting day of golf. The Inn at Suncadia also features an 18-room hotel and conference center for small meetings.

"Suncadia's known for quality courses," Ritoch said.

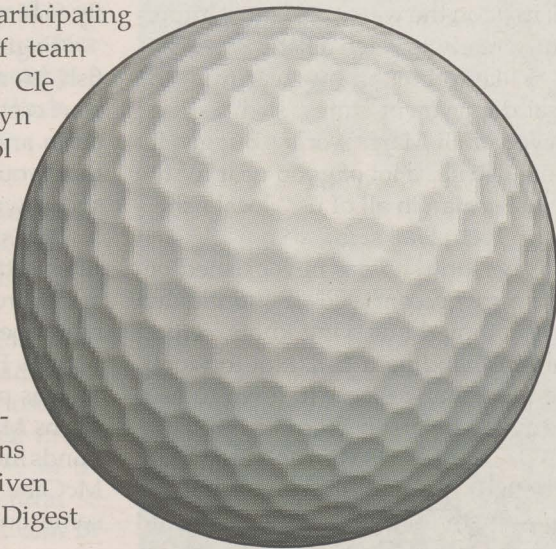
As a result, Suncadia will play host to a U.S. Open Qualifying Round and the Washington State Golf Association Championship this summer.

Students participating on the golf team at nearby Cle Elum/Roslyn High School are fortunate to be able to practice on the course everyday throughout their respective seasons as well, given that Golf Digest

Magazine named Prospector one of the "Best New Public Courses" in America in 2006 and was selected as one of the Top 50 new courses by Golf Week Magazine in 2007.

Greens fees are \$50 for 18 holes on weekdays from June through September, while the weekend fee increases to \$100 per person for an 18-hole round.

Opened in 2006, Prospector was designed by the Palmer Course Design Company, backed by legendary golfer, Arnold Palmer. Suncadia also features the private Tumble Creek course, but golfers must be a property owner at the resort to use the course.



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Eager anglers book up for summer

by Aaron Turnley
Special to the Observer

Fishing is a sport that has lured many anglers to the pristine waters of the Kittitas Valley for decades and will continue to do so for years to come. The thrill of hooking a fish and watching it sparkle and fight in the water is what keeps people "hooked" on this sport.

When people think of Ellensburg, fishing is not usually at the top of their list in terms of recreation. In actuality, there are many places to fish just five minutes from town and even some places in town.

A person just needs to know what to buy and where to go. There are many fishing outfitters in Ellensburg that are more than willing to get people started, in or on the water, and most importantly, ready to catch a fish.

"I like to buy all my gear from the local department stores, such as Fred Meyer or Bi-Mart. Worley Bugger fly shop also has a lot of good gear for the fly fisherman in all of us," local fisherman, Dylan Hall said.

A person who has never fished before may be confused or intimidated by the thought of tying knots, setting bait and landing a fish. Not to worry, there are many places in town to help the average person get out fishing.

For example, Bi-Mart and Fred Meyer both have outdoor departments and have all the supplies anyone would

need. On average, a person starting from scratch can expect to spend \$35 to \$70 on gear alone. Also, both stores sell fishing licenses, which are required by law for anyone over the age of 18, fishing in the state of Washington.

Ask a store clerk to direct you to the license station and they will explain the various options of fishing licenses. The license will cost approximately \$23.90, including tax and the vehicle parking permit is free. Anglers can purchase the license online at the Fish & Game Department web site at wdfw.wa.gov/licensing/.

Fly fishing takes more skill than bait fishing at the start, and requires a certain finesse that one must learn in order to master this style of fishing. In Ellensburg, there are multiple fly shops waiting to help people who find fly fishing to their liking.

"Beginners do not have to just bait fish, [as most people assume] they can start casting flies first thing. Just come on in and I can answer any questions that you have," Worley Bugger fly shop owner, Steve Worley said.

The species of fish one wants to catch often dictates fishing location, and there are many ponds near Ellensburg open for public fishing. One such pond is Fio Rito off of Exit 3 on SR-82.

This pond is regularly stocked and opens March 1 for trout fishing. Other ponds include Woodhouse loop ponds, McCabe and Mattoon Lake. Although some bodies of water are open year



Pete Los/Observer

Mary Kooy, 2006 Central alumna enjoys the sunny weather as she bottom fishes for trout with power bait at Mattoon Lake in Ellensburg.

round, most open when the season starts on April 1.

Popular for tackle and fly fisherman alike, the Yakima River requires anglers to use single-barbless lures or flies and abide by catch-and-release practices. For those who hope to pan fry up a tasty fresh trout or bass, local

ponds, lakes, streams and seasonal irrigation ditches are filled with healthy, good fighting and tasting native fish species.

Check local Fish & Game Department regulations or the Cle Elum ranger station to get the facts and regulations on all of the local fishing areas.

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Ascending into the Ellensburg sky

by Wil Kilcup
Special to the Observer

The mountains offer many people an excuse to ditch work, classes and often, check out of their daily grind. In addition, mountains allow people to experience the tranquility, beauty and silence of nature while taking a break from the seemingly never-ending hustle and bustle of life. Martin Volken, a world class mountain guide came to Central to discuss the risks associated with mountaineering.

Volken is the owner of a small business, Pro Ski & Guide Services out of North Bend, Wash. Volken began his presentation by explaining to students and staff how he evaluates risks in the mountains to make sure it is safe and the formula he follows.

"Try to keep a good grasp on the relationship of the likelihood of an event occurring and the consequences of it occurring," said Volken.

In other words, before deciding to go for it, calculate the risks involved and one's ability to safely accomplish such goals.

To help students understand the dangers of mountaineering, Volken used a chart with numbers one through five listed under two words: consequence and likelihood. The likelihood involves the chances of completing the desired task, and consequence stand for how badly someone could be hurt if they don't succeed.

"When attempting a task, your

numbers [when added together] should always be lower than seven. If your number is greater than six, your chances of getting hurt and not returning home safely increase," said Volken.

The second half of the presentation was called "For All the Right Reasons" and began with tales of how Volken became involved in mountaineering at a young age and ended with a challenge to all in attendance.

"What's the primary focus and reason for what or why you're doing things?" said Volken.

Over time, Volken's reasons for visiting the mountains began to change. What was once a way to escape life and enjoy the mountains, now became a challenge that needed to be conquered and then bragged about.

"The reason you should be up doing whatever is because you enjoy it, not just because you want to be able to claim it as bragging rights," said Volken.

Along with the beauty and serenity the mountains offer comes responsibility to act safely and consider individual well-being when adventuring in the wild.

"I learned I need to be more careful not to get caught up in going to the mountains just to go and learn new things, but also to think about the risks involved and being careful while I'm there," said Collin Fitzpatrick, Central senior recreation and tourism major.

The more people realize safety is key



Brianan Stanley/Observer
(Above and right) Student rock climbers embrace their fear of heights as they attempt to scale a sheer vertical rock face at the Feather's, a popular rock climbing spot northeast of Vantage, Wash., overlooking the Columbia River.



to returning home from the slopes, the safer things will be for anyone wanting to go escape into the wild and enjoy a break from traffic and work.

"I hope to create connections between people who already participate in mountaineering and for those who don't to get them to open their minds to the opportunities available in the area," said Geoff Curtis, Central senior psychology major and event organizer.

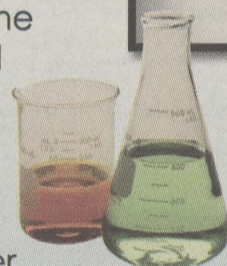
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Science Talent Expansion Program

Central Washington University

County offers countless places to camp

by Damian Green
Special to the Observer

Camping in Ellensburg is an easy and affordable activity to do during the weekend for anybody, especially students at Central Washington University.

According to Nancy Jones, Information Assistant for the Cle Elum Ranger Station, people can choose to camp in the numerous developed campgrounds throughout the Kittitas Valley or anywhere in a National Forest.

Developed campsites can be found at Manastash, Lake Cle Elum, Salmon La Sac, Lake Kaches and Red Mountain campground, and rates for developed areas cost between \$8 and \$13 per night.

Jones noted that more adventurous campers looking to really stick it out in the woods

can camp anywhere on Nation Forest lands as long as individuals avoid damaging natural resources and abide by regulations for the given area they are in.

"It's always good to call in advance to make sure you know the rules of an area you're unfamiliar with," said Jones.

Information for areas such as those listed above can also be obtained at the Cle Elum Ranger Station's website at www.fs.fed.us/r6/wenatchee/cle-elum-orv.

Josh Kelley is a 23-year-old supervisor for a local Washington Conservation Corps crew and his job requires much camping and hiking in remote locations for long periods of time, something he doesn't mind at all.

However camping in a developed campground isn't re-

ally something Kelley likes to do, generally he goes out and finds a campsite off the side of a Forest Service road.

Kelley's philosophy on camping is that outdoor adventurers must get a least an hour away from the car for it to be actual camping.

Lake Chelan offers recreational camping for individuals and backpack camping deep in the woods noted Kelley.

During a job at Lake Chelan, Kelley camped at 9,000 feet elevation at the base of a crystal clear lake surrounded by snow capped mountain peaks, far away from technology and civilization.

"I enjoy camping in areas where you can tell nobody's been there in a while," said Kelley. "There's just so much to see and there may be a time when it's gone."

Backpackers can pay a \$30 round-trip fee to ride the Lady of the Lake, a ferry that takes individuals or groups to many locations on Lake Chelan.

All campers need to do is figure out a location and arrange a pick up date for the boat to take them back to civilization.

One important aspect about camping in remote locations is that people need to pack out any garbage and leave the area better than found.

"There is nothing worse than seeing garbage in places where garbage shouldn't be," said Kelly.

Campers also need to be informed about all aspects or rules of an area if they are in camping or hiking in National Forests. Types of wildlife, natural hazards, weather changes due to location and a back up survival plan in case things go wrong are all necessary precautions and just a



Quinn Eddy/Observer

Albrecht Woessner and his wife enjoy dinner on the Columbia River at the Ginko/Wanapuñ state park. The Woessner's are from Black Forrest Germany and decided to stop on their way across the country.

few of the aspects of camping or hiking that need careful consideration.

Kelley said foraging for wild edible plants, fruits and mushrooms can save one's life in a desperate situation, but unless someone is a botanist or with one, do not eat unknown foods in the wild.

It's a given that some people are completely unfamiliar with wilderness areas surrounding Ellensburg, but www.wildernet.com is a website that offers information on camping locations for any given area. Just log on, choose a state, select an activity and wildernet will provide a list of all the places to perform such activities.

Since camping does require proper equipment, Students can find stuff for camping fairly cheap at Bi-Mart, but that OPR on campus is probably the best bet for those just looking to rent and return.

"Central's OPR located off the East entrance of the SURC is an excellent resource for students who are on a budget and want to get out and go camping," said senior recreation management major and OPR staff member Dan Int-Hout.

OPR offers rentals for camping equipment such as tents, sleeping bags, stoves, water purifier's, coolers and many more items for a reasonable price.

Students paying Recreation Center fees receive special discounts when renting equipment, versus those who choose to lobby against paying the quarterly fee. Those not paying the fee can expect to pay anywhere from \$2 to \$5 more when renting camping equipment or other gear.

Int-Hout said that there are nice camping spots further north of Ellensburg at Wenatchee Lake, the Scottish Lakes near Stevens Pass and numerous places surrounding Leavenworth such as the canyon referred to as Icicle.

Besides camping equipment, OPR provides detailed maps of trails from throughout the area that hikers and campers can explore during a weekend outing.

"Those binders get used three to four times per day," said Int-Hout.

Int-Hout said that if anyone wants to camp in remote locations off the side of hiking trails, nobody is going to give them any trouble as long as they follow the rules and regulations.

"Go outside and play, it's a lot of fun," said Int-Hout.

For more information on rental prices for camping equipment visit the OPR office located next to the SURC to pick up a pamphlet on rental equipment offered or visit www.cwu.edu/~rec/opr/eventsTrips.html or call 509-963-3510.



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Prefect outdoor activities for Ellensburg fun

by Wil Kilcup
Special to the Observer

With snow melted and temperatures rising, an end to the annual period of hibernation has finally come and people have begun to venture outside to experience the many outdoor activities central Washington offers. With countless places to go, adventure to be had and weather that makes everything conveniently possible, the relatively low cost of these outings enables many people to become involved.

"What many people don't realize are the numerous free activities available making even the most frugal, starving penny-pinching college student able to participate in the outdoors this spring," said Kaleigh Day, Central sophomore-undecided.

Located on the eastside of Washington and in the Cascade rain shadow, Ellensburg receives more than 200 days of sunshine per year. The nice weather encourages residents to get out and experience the landscape and all it has to offer.

"Some of the activities available at no expense minus the cost of gas include: hiking, biking, roller blading, fishing, barbecues, floating the river, rock climbing, camping and visiting national parks," said Sean Doyle, Central senior recreation and tourism major.

One of the most popular escapes during warm weather involves hanging out at Irene Rhinehart Park, or



Quinn Eddy/Observer

Local Ellensburg residents (left to right) Joyelle Cannasciato, their dog Copper, Rachel Hill and Josh Cole enjoy an afternoon at People's Pond.

"the pond" as it's affectionately called by the many Central students who frequent it.

"There's a small swimming area, volleyball courts, barbecues, trails to walk or jog on, and plenty of grass to lay out and get that suntan on," said Drew Newman, Central junior pre-chiropractic major.

Another popular place many Central student frequent is Manastash Ridge. The hike up the ridge involves a grueling two mile uphill trek to catch a glimpse of the valley below.

"I like to go up Manastash when it's really nice and take photos of the valley," said Central senior photography major, Claire Sellers-Peterson.

From the top of the ridge Thorp, Ellensburg and Kittitas are visible.

Vantage is small town located 30 minutes east on I-90 on the Columbia River, and is another place to visit for photographers, hunters, rock climbers, as well as water sports enthusiasts. Frenchman Coulee and The Feathers are two places to rock climb near Vantage.

"Most people know about The Feathers, because it's the route visible from the road, but further back, there are routes for more experienced climbers and this is known as Frenchman Coulee. There are routes here that range from beginner up to pretty advanced," Eric Ardissono, Central junior recreation and tourism major, said.

The other option while down at Vantage involves enjoying the water and the small city park with a boat launch right off the freeway.

"Vantage is a fun place to wakeboard as long as the weather cooperates. Sometimes the wind kicks up and the swells created make it impossible to even take the boat out on the river," said Doyle.

Central's wake sports club as well as hundreds of students meet at Vantage often to wakeboard or enjoy water-skiing and jet-skiing when the weather is nice throughout spring and summer.

With the weather starting to heat up and many different places to see and visit there's no time to waste. Whether students are into photography, hiking, water sports, climbing or just seeing some amazing sites with friends, there's no reason why they can't get out and experience the outdoors. For poor college students pinching pennies in order to keep from starving to death, there are many worthwhile adventures awaiting those willing to turn off the Xbox or television and get outdoors.



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RECREATION CENTER:

Providing students a great way to stay healthy and fit

by Michael Suh
Special to the Observer

As another school year settles upon students enrolled at Central Washington University, the leaves, rain, snow and sunshine have all failed at their attempts of stopping many from getting fit at the University's Recreational Center.

Maybe it is the rock music emanating from the weight room or sound of belts whirling and feet running on treadmills, either way, many students are on a mission to get healthy and stay fit.

"I like it [working at the

Rec Center] a lot because I like interacting with other people and it teaches me how to live a healthier lifestyle," said sophomore exercise science major, Erin Burwell.

The Student Union Recreational Center, (SURC) provides an environment where students, faculty and anyone who wants to join a gym, a safe and state-of-the-art place to carry out great health practices that translate into the real world success.

The Rec Center is not limited to special groups, but aims to attract people of all shapes and sizes.

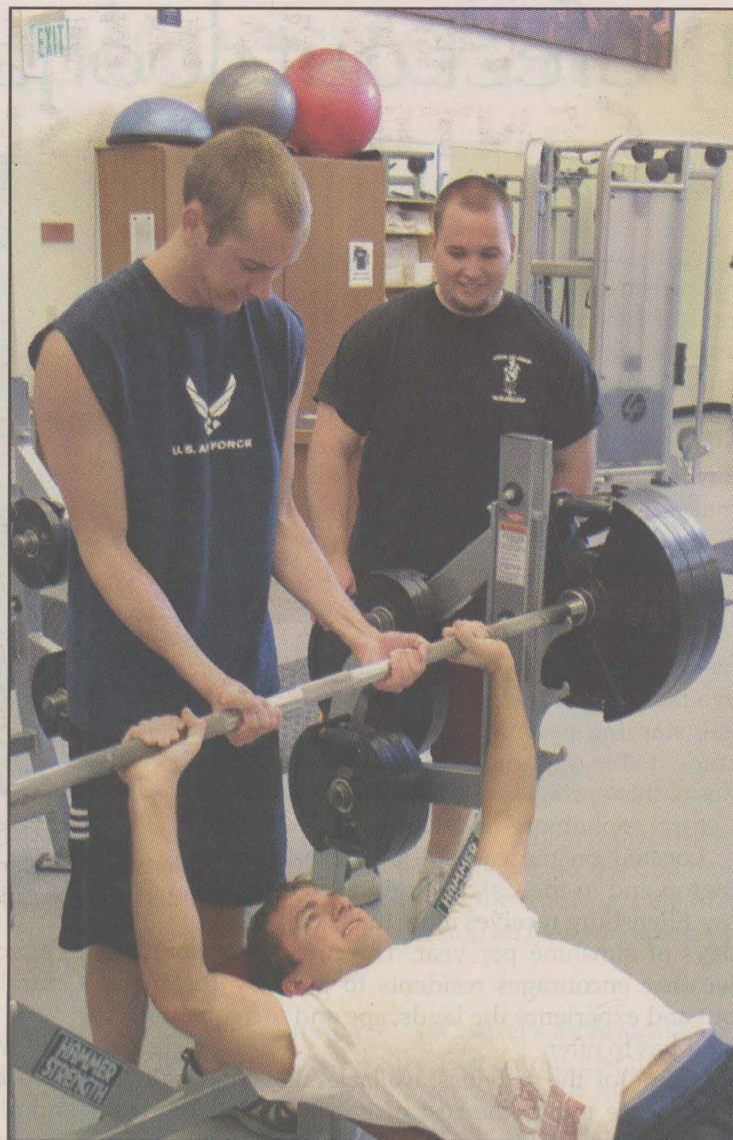
"Convenience and a clean environment. I like the fact there are a lot of students there. There is a friendly staff of students, they keep it clean and a friendly place to be," said Roy Savoian, Dean and Professor of Economics at the College of Business. Savoian likes the intensity and energy that the students bring when they come in to work out.

Students, faculty and employees are not the only people who use the Recreational Center. The weight room and cardiovascular areas offer athletes a setting for training during the offseason or when rehabbing from injuries.

"When the weather is bad, the track coaches promote running at the Rec Center, but they don't promote playing basketball because of injuries, but do for the gym and track," said Central sophomore mechanical engineering technology major and track member, James Cho.

Students don't necessarily have to "work out" to be involved in an active lifestyle at the Rec Center.

"Not only exercise wise, but they [Rec Center] have clubs that go outdoors and learn about nature, try new things like skiing, hiking, mountain climbing and things like that," said Ahmed Hirei, Central sophomore graphic design major.

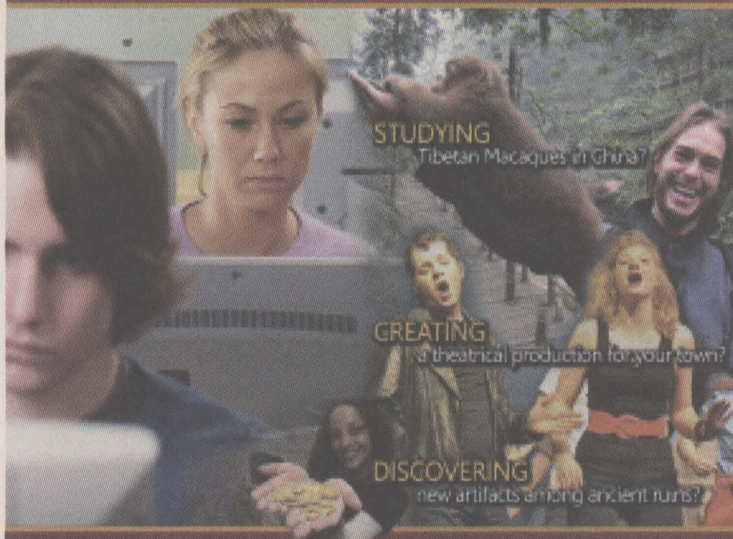


Quinn Eddy/Observer

Left to right: Tony Leslie and Parker Davidson give Sam Hastings spot as he hits the weights in the SURC.

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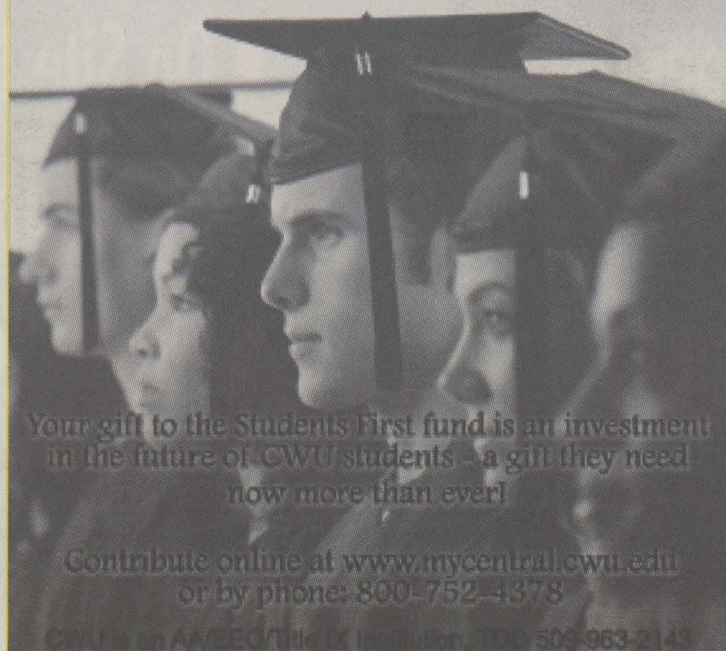
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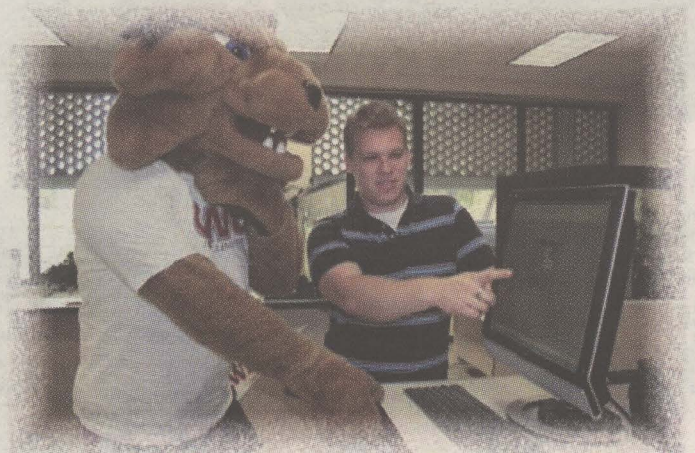
Wellington lives in a Residence Hall and enjoys surfing the Web on ResNet!



When he's at the SURC, Wellington likes to check out a laptop and go mobile!



Wellington likes to use the modern computers in labs and classrooms around campus!



When he gets stuck, Wellington gets help at the ITS Help Desk in Bouillon 112!



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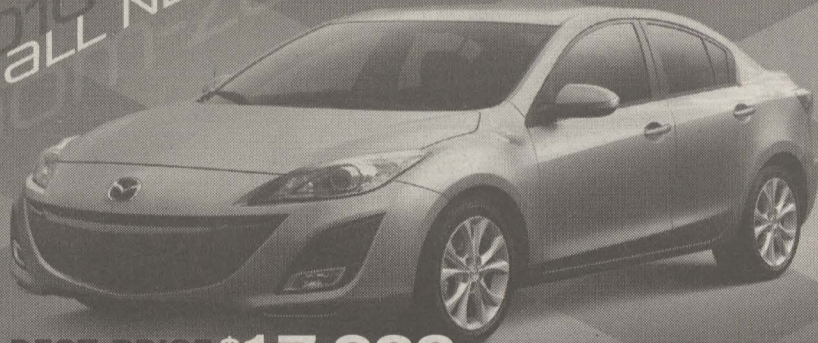
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21
MPG
HWY

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30
MPG
HWY

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34
MPG
HWY

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