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Photo illustration by Brian Iiyama
**Board of Trustees decides on campus changes**

**Hears CEPS division proposal and authorizes construction of new residence hall**

*by Kevin Opsahl  
Asst. news editor*

The Central Washington University Board of Trustees heard a proposal to divide the College of Education and Professional Studies (CEPS) into two colleges Friday and discussed other important issues.

Under the proposal, CEPS would be divided into the College of Education, which would house five academic units dealing with educational and family consumer studies, as well as the College of Applied Science and Technology, which would house seven academic units, including military science (ROTC). There will be no additional hiring of new faculty for either department.

"They just have very different focuses," said Connie Lambert, current College of Education Dean, who has orchestrated the division of the college.

"This whole process has been faculty driven." If the board approves the idea at its next meeting on Dec. 4, the college will be established at the end of fall quarter. Board members reached positively to the proposal on Friday.

Lambert will continue to head the College of Education department, as interim dean, while Ethan Bergman, Associate Dean of Professional Studies, will head as interim dean of the college applied sciences. During the winter quarter, Bergman will assist with some of the reforming details and will develop a job description for the permanent position. According to the board, search for both positions will be initiated 12 to 18 months from January 2010, depending on budget conditions, according to Bergman.

"It makes sense to start out this way because I have a better idea of the college," he said. "I think the intention is to do a national search, [but] budget could play a role if we are still in a downward." Provost and Senior Vice President for Academic Affairs Wayne Quirk acknowledged that "there are very different interests and voices" between the academic units and there is "a need to have a very clean pallet for the accreditation team to look at." Bergman said the trouble with the accreditation process, which caused them to lose 200 students, is the driving force behind dividing the college. The division will make accreditation easier.

The meeting was the first of the 2009-2010 academic year, when Central welcome the largest Wildcat freshman class in the school's history, with a headcount of 1,650, according to John Swiney, Associate Vice President of Enrollment Management. This year, Central has enrolled 10,200 full-time equivalent students (FTF) — that is over the budgeted 9,477 FTE — according to Student Affairs and Enrollment Management. Student's tuition helps pay for the cost.

Swiney told the board, who ask at every meeting for updates, that they are expected to meet their enrollment goals.

"I expect the wave to go possibly back out. Some students may have to go back home ... if it goes back out we want to be able to stop it."

**Meeting Highlights**

*College of Education and Professional Studies division proposed.*

- Pre-design proposal of new residence hall approved on Barton site.
- Faculty union contract reauthorized.
- Contract bidding for Hogue Hall addition and remodel project authorized.
- New fee for online courses approved.

**New Dorm: Board approves plan to rebuild Barton Hall! See next page.**

The board also discussed a Hogue Hall addition and a renovation plan. They expect a bid for the contractor in 2011.

The board also approved the collective bargaining agreement that was negotiated during the summer and ratified by the Union Faculty of Central last week. This is the second time the union has negotiated a contract.

"We have all learned much during the last three years and I anticipate we will continue to learn and develop in what for many of us is still a new organizational reality," said Quirk in an e-mail to faculty.

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Plans approved to take down Barto Hall

by Lura Treiber
Staff reporter

The ever-changing campus of Central Washington University is about to experience yet another change, the removal of Barto Hall and the construction of a new one in its place. This project is just one piece of the Comprehensive Housing Master Plan which is designed to upgrade living facilities on campus according to student’s and university needs.

“We want to support the green movement and meet student needs in responsible ways,” said DeShields, senior director of University Housing and New Student Programs.

The Comprehensive Housing Master Plan is a long-term plan that began in 2004 to guide the planning and development of university housing, both physically and financially. The plan is expected to last until 2021 and two housing projects would be the second housing project funded by it, the first being Wendell Hill Hall.

Philipp is the first to say Barto is being removed in response to CWU students’ desires, the changing housing needs of the students, and the fact that the hall’s prime location on campus. Students’ desires were based off of 400 responses to a survey given out.

“The campus area is defined by the CWU Empowerment Board of Trustees (BOT) unanimously voted to go ahead with the predesign study. The hall will be located in the same spot as Barto and, according to the plan presented to the BOT, it will fit into the general footprint of the existing hall. It will have interior doors and house 360 first-year students. It will also have a multipurpose room for campus events and several lounges for residents. There is also discussion of making the hall as environmentally friendly as possible.

Tanner Filip, sophomore business major, also likes the idea of having a suite and his own bathroom and that kind of thing,” Daniel Poole, freshman, declared.

“Poole lives with three other guys. Even though he has only lived in the hall for a couple weeks, he has grown to like the building and living with three other people hasn’t presented any problems so far.”

Many students, especially those who are attached to Barto, “I love this place (Barto),” Poole said. “I think it is a horrible decision. There’s not much wrong with them. I think they’re in good condition still.”

Other students don’t mind seeing the hall go. “I think it’s a good idea to make a new one,” Filip said. “I think they should update older stuff on campus.

Removal of Barto could begin as soon as 2012.

Quinn Eddy/Observer

PE building honors former professor

by Katie Reese
Staff reporter

Dorothy Purser, a professor who dedicated her life to the campus and community, will forever be remembered, as the Physical Education building was renamed in her honor.

The motion to rename the building was approved June 12, 2009, by Central Washington University’s Development Priorities Committee. CWU will hold a dedication ceremony Saturday, Oct. 24 at 10:30 a.m. in the hall’s lobby.

“The impact that she had off campus and in the Emergency Medical Services community was just as powerful as her impact with her kids teaching in the classroom,” said Michael Spoolstra, Development Officer of the College of Education and Professional Studies.

Purser, who passed away in July 2002, joined Central Washington University’s faculty in 1957. She had planned to teach ballroom and folk dancing, but was transferred to first-aid instruction, due to an overabundance of dance instructors.

During Purser’s 45 years at Central, expanded and directed the emergency medical technician training and paramedic preparation program (EMT). The EMT program is now nationally accredited and internationally known.

In addition to the EMT program, Purser taught swimming, lifesaving, water safety and aquacise classes. She also coached the basketball and field hockey teams, as well as Yakima’s amateur women’s fast-pitch softball team. Her basketball team lost only four games in her first 11 seasons as coach and she led her fast-pitch softball team to three national tournaments.

Purser was known for her tough as nails, sink or swim teaching methods and was a strong advocate of Title IX, a law that bans sex discrimination in schools. She worked hard to ensure equal participation for women in statewide athletic events.

Purser counted as many as 125 students each year to her classroom.

Her community service work earned her the university’s 1983 Distinguished Professor in Public Service award.

She was also inducted to the CWU Athletic Hall of Fame in 1985. In 1991 she was honored by the Associated Students of CWU as a “prominent community figure” in 1991 and named a “woman of achievement” by the CWU Empowerment center in 1999.
LaRouche zombies invade campus

Theirs names are still a mystery to me.

I’ve been researching this story since Tuesday when I heard some activists were waving signs depicting President Barack Obama with a tuft of coarse hair beneath his nose. The image evokes a bizarre comparison between the current president and dictator Adolph Hitler. Pamphlets with Obama smiling with the nefarious Chancellor on the cover lay strewn across the lawn with stacks of CDs, booklets and extra signage.

I asked them what their mission was and they wouldn’t answer me. I asked them for their names and they returned the question with serene silence.

“We only talk to like-minded people,” they said.

Why come here if you’re unwilling to defend your case?

I cracked a pamphlet, only to delve deeper into lunacy. The author of the pamphlets, self-proclaimed genius Lynndon LaRouche, rants about the Vietnam War being the result of the long arm of British imperialism pushing the American government toward self-destruction. He says the war in Iraq was the “evil” Tony Blair’s plan, but he doesn’t support his argument. He calls billionaire George Soros an international drug dealer. He calls the Queen of England “wicked.” His writings echo the mad ravings of Satanist Anton Lavey: venomous, hateful, paranoid, and self-indulgent.

A single sheet of printed paper gives the most information. LaRouche doesn’t want to out Obama since he is under threat of an impending British-led assassination attempt.

Yet he must reinstate the Pecora Commission – an inquiry to determine the cause of the 1929 stock market crash - and establish a four-power agreement between Russia, China, India and the United States.

I called the 1-800 extension number that lay strewn across the lawn with a map of the campus. I asked for the name and phone number. I was able to get the name of their campaign. Every number demands the same details. Name and number, name and number, name and number.

I was able to get the name of spokesperson Nancy Spannaus, but the contact information wrapped me back around to another answering machine asking for...a name and number. (Honestly, I didn’t leave my name or number. The last thing I need is to be affiliated with an organization which takes conspiracy as fact, paranoia as truth.)

Nancy Spannaus did speak to a Washington Times reporter on Aug. 19. She outlined LaRouche’s push to equate Obama’s health care plan to Hitler’s euthanasia.

“LaRouche has also put forward the clear alternative: cancel the bailout and HMOs, implement bankruptcy reorganization of the financial system, and return to the Hill-Burton system that made our health care the best in the world,” she told the Times.

Students in a free speech class here on campus managed to get a representative of the group to show up. “Spen­naus did give a quick tour of LaRouche’s pet peeves. They were not there to convert new followers. The Obama/Hitler picture was a “filter,” he said, and they were willing to talk to only those who “get it.”

After speaking to the class, however, Spen­naus refused to speak with any Observer staff in order to comply with their “no interviews” policy.

LaRouche and his followers have their own websites supplied by LaRouche and his publisher, American Sys­tem Publications. Each site is supplied by LaRouche and fundamental faults within the current government that can only be alleviated by its complete restructuring.

According to questionable sources on the Web, LaRouche however, run for president in every election between 1976 and 2004. He spent six years in prison for conspiracy to commit mail fraud and tax code violations.

He was a Communist but is now a democrat. He was a fascist yet now he distributes anti-fascist materials.

LaRouche stands in a long line of agitators who use their right to free speech in order to provoke and enrage while keeping within the limitations of the First Amendment. They do not incite imminent lawlessness. They seek to provoke, yet, bizarrely, they refuse to engage in any dialogue.

And their names, both as individuals and as an organization, are still a mystery to me.

“Maybe,” she said.

Every number leads to an answering machine or an op­erator who hangs up upon any question into the nature of their campaign. Every number demands the same details. Name and number, name and number, name and number.
Students struggle due to tuition increase

by Daysi Calavia-Lopez
Staff reporter

For sophomore theatre major Brian Johnson, a rise in tuition costs is about more than percentages, figures and graphs. For Johnson, it means reducing his meal plan, and borrowing money from next quarter’s financial aid and applying it to this quarter just to stay in school.

“I had to take money from winter and spring in order to cover fall quarter,” he said.

“No refund check. Less meals. It’s very stressful to go, but when I started to, I realized that I was getting ruined because they are seeing how much I am struggling,” Johnson said.

Johnson, who describes himself as being involved in school activities and is a member of GALA (Gay And Lesbian Association), is the first person in his family to pursue a higher education.

“My little sister never thought it was possible to go to college. My mom didn’t go, but when I started to, it inspired them to want to go to college also. Now all of that is getting ruined because they are seeing how much I am struggling,” Johnson said.

Due to the 14 percent increase in tuition over the next two years that was decided upon by the State Legislature, many students are in similar situations. In Johnson’s case, even after receiving an increase in financial aid, he still owes the university $800.

Keith James, president of the Associated Students of Central Washington University Board of Directors, says $800 is only the beginning.

“Individual cases are difficult to figure out, but the truth of the matter is that students are having to pay out of pocket,” James said. “Education has been taking horrible cuts for years. The university has just done a good job of cushioning students, so they don’t feel the pinch. Now they are feeling it.”

The cushion James is referring to comes in the form of the university’s reserves, a type of in-case-of-emergency bank account.

“The Board of Trustees had to tap into their reserves in order to help students out with affordability and budget cuts...to help mitigate the expenses coming out of students’ pockets and deal with deficit,” said Bill Vertrees, interim vice president for Business and Financial Affairs.

“We’ve cut into about half of the amount in the reserves. This is one-time use money that we’ve accumulated since the opening of the university. There’s a little over $10 million in the account.”

He explained that it’s the first time in the university’s history that the state dollars are less than the amount of money that students are paying for tuition. The university is more dependent than ever on tuition money.

“This is the highest enrollment in the history of the university and none of our academic standards were lowered,” said Charlotte Tullos, vice president for Student Affairs and Enrollment Management in a Board of Trustees meeting last Friday.

“This wouldn’t have happened without the financial aid packaging,” Tullos said.

There are 607 more full time students in comparison to last fall, 10,213 in total, Ed Day, assistant vice president of Financial Services, said.

“The state legislature authorized universities to raise tuition up to 14 percent (undergraduate tuition, that is) and said if you go over seven percent, one-seventh of that seven percent must go back into financial aid and student loans.”

What that translates to is an extra $14.29 per student per quarter. That $14.29 is then added to $64.37 already allotted for that use. In rough numbers, it is $150,000 extra per quarter.

“We want students to pay less and the state to pay more,” Vertrees said. “We’re trying not to go the max next year when we are discussing tuition increases. It is our goal not to, but there are external factors that affect whether that in fact happens or not. I know that doesn’t mean much to students who may be having to pay out several more meals. It’s very stressful to have to pay out more,” Vertrees said. “We’re trying not to go the max next year when we are discussing tuition increases. It is our goal not to, but there are external factors that affect whether that in fact happens or not. I know that doesn’t mean much to students who may be having to pay out more.”

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The start of the Islamic month of ritual fasting, Ramadan. Participants refrain from eating, drinking, having sex and smoking during daylight hours. It is a time for Muslims to reflect on their faith. It is a time for American study abroad students to hoard food in their hotel mini-fridges.

The breaking of the fast occurs at seven o’clock, it’s known as the “iftar,” and it’s also the time when restaurants open up. We’ve been frequenting a brightly lit street-side café known as Sultan Snack. The offerings aren’t bad and the prices are great. The place is notable for their after-dinner hookahs. These hookahs (“nargilas,” as they’re known locally) are about four feet high and incredibly popular, it is not uncommon to see three men sitting at a table each with his own hookah.

However do not be fooled, smoking is serious business and Jordanians do not take it lightly. So serious is smoking that the café even has a dedicated coal man, whose sole purpose is to monitor and distribute coals. It is customary to let the coal man have a few puffs after he tends to your water pipe. It is not known how the man attained his coveted position; maybe he’s of royal blood or he won some sort of glorious hookah lottery. He joyfully strolls between the tables swinging his softly glowing thurible (an incense holder on a chain), joking heartily, refilling spent coals and smoking deeply. I wouldn’t be surprised if he worked for free.

Thanks for reading my first column. I hope you continue to follow along and I continue to find material that keeps you engaged. I want this column to be dynamic and evolving so feel free to email me any thoughts to amaninamman@gmail.com and follow my blog at amaninamman.blogspot.com.

by Logan Bahr
Special to the Observer

Ahlam wa Sahlan. Welcome to Jordan and welcome to my first column. My name is Logan Bahr and I’ve foolishly decided to spend the year in Amman studying Arabic and politics at the University of Jordan. I’ve spent time as staff for the ASCWU Office of Legislative Affairs, a student lobbyist in Olympia, and as an intern for the University President’s Office. Now I’ve decided to try my hand at international study and newspaper writing. I hope this column will provide some insight into a completely different culture and the angst that goes along with living abroad.

The Hashemite Kingdom of Jordan is a small country about the size of Indiana with the approximate population of Washington State, precariously situated with Syria to the North, Saudi Arabia to the South, Iraq to the East and Israel to the West. The population is 95 percent Muslim. I was looking for a place that was not Ellensburg, that was not Indiana, that was not American study abroad students to hoard food in their hotel mini-fridges.

I arrived in Amman on Aug. 27 and a few days after
One cup of coffee = six healthy kids

Deborah Wood

Darcy Wytko
Editor-in-chief

In America, deworming is something we do to our pets—not our children. Here, kids cut school because they want to go play Halo 3. In developing nations, children miss class because worms are gnawing holes in their intestinal tracts. For them, blood in their stool—one of the signs of starving children—is considered a natural part of growing up.

The World Health Organization (WHO) says that 400 million children are chronically infected with parasitic worms. That’s like everyone in the United States being infected—plus 100 million people more.

The bloated, distended bellies of starving children that you see in commercials for groups like World Vision and Save the Children aren’t the product of hunger—they are considered normal growth for upward of 20 percent of the world’s children. Deworming is a cost-effective way of improving education rates. Studies showed that in one Kenyan village, deworming programs resulted in a 25 percent decline in absenteeism.

I know that intestinal worms are not sexy. You will not see Angelina Jolie talking about them on 60 Minutes. But for some reason, I still watch it whenever it’s on.

I have fish-patterned jammin’ pants I wear around the house. I call them my fish pants. Male pattern baldness is a concern of mine. Whenever I get a haircut I ask the barber to leave it long so that people can’t see my fish pants.

I feel lame when I say I’m walking my dog. That’s why I tell people I’m going on a trek.

I’m excited to see the new movie “Where the Wild Things Are” because I was wondering where they were.

Using the same hand you’re holding the dog leash in to pet Chapstick makes you look dumb.

I put a harness on my dog instead of a collar so when she pulls at it she’s not strangled. I wear my sunglasses when I walk her. I’ve been told I look weird bald.

I'm excited to see the new movie “Where the Wild Things Are” because I was wondering where they were.

The parasites are typically transmitted through contaminated soil and water in areas where sanitation is poor and fresh water isn’t readily available. Contamination occurs when worm eggs in the urine and feces of infected individuals get into a community’s water supply and permeate the soil, creating a constant cycle of exposure and infection.

These infections lead to organ damage, internal bleeding, stunted physical growth and impaired mental development, most of which can be attributed to malnutrition.

Parasitic worms are a problem primarily in low- and middle-income countries throughout sub-Saharan Africa, South and East Asia, Latin America and the Caribbean.

400 million children are infected with parasitic worms. That’s like everyone in the U.S. being infected—plus 100 million people more.

Deworm to Learn Benefit

See page 9 for more.

"I picked a Major I like, and One Day I Will Probably Be Living in a Box"

Description: "Who cares about the fact that you may be making less than the national poverty level? Who cares that at the end of the day you will most likely end up with your residence as ‘1 Cardboard Box Lane?’ You certainly don’t!"


Top Texts (from last night)

Remember that text you shouldn’t have sent last night? Textsfromlastnight.com does. Here’s a few of the Observer’s all-time favorites (in their raw, poor grammar glory):

(703): Just woke up wearing a top hat and simpsons boxers. I also found more money in my wallet than what I had before going out, about $1000 more

(401): This is a mass text. Does anyone know where I am? I’m lost. I’m not sure how I got here. I took a ride on the bus.

(812): I just punched cris angel in the balls. I have photos.

(330): I don’t know where I am but the food in the fridge is awesome.

(912): Just woke up in the beanbag bin at walmart.

(403): I want to poop on a bird to show them what it’s like.

(812): I just saw my shadow and realized I think she’s ‘taking a night class over the summer’

(440): Im partying with a unicorn. You don’t even know.

(509): I want a zoo with you.

(806): Thats about the time I should have known you would run around naked and try to make out with my sleeping mother

Separate your own “texts from last night” to cwuobserver@gmail.com. Include your area code in parentheses, followed by the text. Texts will be published anonymously.

The Weekly Do-Gooder: get your volunteer on

NOW • Sign up to volunteer or participate in CWU’s “Turkey Bowl.” Winners gain a gift from a local venue or restaurant, and get a turkey donated in their name to a family in need for Thanksgiving. The event takes place Nov. 20, but volunteers are needed now. Email abercrombie989@msn.com or frauen@cwu.edu to get involved.

Oct. 10 - The “Deworm to Learn” benefit concert is Sat. Oct. 10, from 3 p.m. to 9 p.m. in the SURC Ballroom. Tickets are $5, with 100 percent of proceeds going towards deworming children in order to promote education. For details, visit the Don and Verna Duncan Civic Engagement Center in SURC 256B, or call 509-963-1643.

Oct. 14 - The “Kickoff the Movement” Red Cross benefit concert is Wed. Oct. 14th, from 6 p.m. to midnight in Pink Catering. Tickets are $10, and can be purchased at Tight Assets Clothing store, Organic Art Clothing Store and Ellisburg’s Red Cross chapter. All ages are welcome. Pink Catering is located at the corner of 4th and Main. For more information, call Organic Art at 360-319-9807, or email info@organicart.org.

The editorial views expressed here are those of the writers and not necessarily the views of the newspaper staff at large, the student body, or the faculty and administration.

They are not to be considered the official views of CWU. Please send your letters to the editor to cwuobserver@gmail.com.
Friends with benefits
Booby calls, bed buddies, cuddle buddies, or whatever else you want to call it, they all add up to the same thing: friends with benefits. You know, that person you are wildly attracted to but find them mentally or morally lacking. You want the loving, but you don’t want the strings attached. Whatever the situation, there is no reason you should deny yourself completely if you are attracted to them. However, negotiating a long-term, friends-with-benefits (FWB) type situation can be sticky, especially for the ladies, as men seem to be born knowing how to detach emotions from physical activity.

Women seem to worry that they are being used (that is calling the kettle black doncha think girls?) or we tend to feel like we are being promiscuous, which is a double standard I won’t even touch! The trick is to accept what you’ve got with this person and avoid trying to make it something it’ll never be. I’ve certainly been guilty of trying to turn a completely fine FWB into a BF, and the results were predictably disastrous. So here are some pitfalls to avoid when pursuing a FWB relationship:

- Language: Yes, it helps if he speaks a foreign language and you don’t understand what he’s saying, but that’s not what I mean. Words like “us” or “we” or anything that presumes you’re a couple are to be avoided. Any future plans that go past the next two hours are not to be discussed.

- Meals: Acceptable FWB dining situations include shared bowls of cocktail peanuts, late-night grilled cheese sandwiches, and fancy desserts. Meals to be avoided are breakfast, brunch, dinner, or anything else you would normally do with a significant other.

- Conversation: Questions any more probing than “what are you wearing?” and “and when can we meet?” can get a little sticky. Your FWB doesn’t want to hear about your PMS symptoms, fantasy football team or family issues. Keep it light, keep it moving.

- Socializing: He doesn’t meet your friends, you don’t meet his. That goes double for family members. End Of Story. The best thing about having a FWB is that he’s your dirty little secret. Just the tip (of the week; it doesn’t make it more than what it is. Just enjoy it.

Ingredients:
- 1 package of wonton wrappers

Filling:
- 1 lb. ground pork
- 1 tsp. sherry
- 1/2 tsp. sugar
- 3 green onion, sliced thinly
- 1 can of water chestnuts, minced
- 1 tsp. chili pepper flakes
- 1 tbsp. of salt
- 2 tbsp. of white pepper

Broth:
- 3 tbsp. soy sauce
- 1 tbsp. oyster sauce
- 1 tbsp. Hoisin sauce
- 5 C. chicken stock
- green onions, thinly sliced, as desired

Preparation:
- Combine all the filling ingredients in a bowl, mixing well. Lay one wonton skin in front of you. Cover the remaining wonton skins with a damp towel to keep them from drying out.

Filling the wontons:
- Moisten all the edges of the wonton wrapper in half lengthwise, folding the two ends to meet. Press down-

Bother:
- Add the wontons and bring the soup to a boil. Add the soy sauce, oyster sauce and Hoisin sauce. Let broth simmer for another 5 minutes.

Alternate method: Place the teaspoon of Boisen sauce in the middle of the wrapper and twist to seal. The final result should resemble a nurse’s cap. Repeat with remaining wontons.

To make the soup:
- Bring the chicken stock to a simmer. Add the soy sauce, oyster sauce and Hoisin sauce. Let broth simmer for another 5 minutes.

- Add the wontons and bring the soup to a boil. Make sure there is enough room for them to move about freely. Add more chicken stock if needed. Let the wontons boil for 5-8 minutes, until they rise to the top. When the filling is cooked through:
- Add the green onions, remove the pot from the heat. Ladle into soup bowls, allowing 6 wontons per person. To make a heartier meal out of it, add cooked Ramen noodles to the dish.

Culinary Corner

Rachel Guillermo
Culinary columnist

Wonton Soup

Most people don’t think of soups as meals... but that’s where they’re wrong! One of my favorite soups to make is wonton soup, mainly because this is the perfect transitional meal from summer to fall weather. The little bits of meat are just the right size so you don’t feel weighed down, and the broth is hot and flavorful to keep you going on those chilly nights. So eat up and stay warm!

- Use thumbs to push down on the edges of the filling to center it. Keeping thumbs in place, fold over the wonton wrapper one more time.
- Push the corners up and hold in place between your thumb and index finger. Wet the corners with your fingers. Bring the two ends together so that they overlap. Press to seal.
- The finished product should resemble a nurse’s cap. Repeat with remaining wontons.

Moving on to those of you who are avid snackers, David Sunflower Seeds, Red Vines licorice, Hershey’s Kisses and Lay’s potato chips are all on hand for... you guessed it... one dollar.

Leftovers anyone? Reynolds Wrap tin foil (25 sq. ft.) and Rubbermaid containers (4 count) for 1¢, just a dollar.

Last, but not least for you clean freaks out there: Comet cleaner and Palmolive dish soap are waiting on a shelf and waiting to be bought by you for just one dollar.

So, don’t just buy things because they have a brand name you trust. Before you pay the retail price, first check The Dollar Tree. This is just one simple way you could save a buck.

Get questions or comments about my recipes? Want to chew the fat about food in general? I’d love to hear from you! Email cweculinarycorner@gmail.com.

“It’s all fun and games, ‘til someone loses an eye. Then the game becomes ‘find the eye.’” - Steven Colbert, “The Colbert Report”
Deworm to Learn

Student organizes benefit concert

Christine Jahns
Staff reporter

After being inspired by last year’s One Book, One Campus selection, “This I Believe” and a presentation by Nicholas Kristof, one Central student made it her obligation to raise over $2,000 for charity.

Masha Brown, junior cultural anthropology major, chose a benefit concert as the best way to raise this money. The concert, entitled Deworm to Learn, is this Saturday Oct. 10 from 3 p.m. - 9 p.m. in the SURC Ballroom.

Deworm the World is a charity founded by the World Economic Forum, a worldwide foundation devoted to improving living conditions for people around the world. Brown’s mission is to help those in need was inspired by Kristof, who said in his speech last year, “Be a cause greater than yourself.” Brown did just that.

“Being a little bit selfless goes so far,” Brown said. “It takes 50 cents to deworm a child for an entire year.” Fifty cents gives each child a pill that rids the body of intestinal worms, a vitamin-A tablet and a follow-up pill and vitamin in six months.

“By deworming them they can get back to school and boost literacy rates,” said Brown. “Countries in bad sanitary condition have no education on how to avoid this.”

The cost of admission is $5 and 100 percent of all the proceeds goes directly towards helping deworm children globally and getting them back into school.

Local band Red Means Go was enlisted by Brown to be a part of the concert. “We are more than willing to do charities to bring people in,” lead guitarist Skyler Mehal said. “We believe in the cause.”

Other bands include One Up Two Down, Mike Cham peau, Ryan Johnson & Kyle Smeeback, James Garley & Ben Niver and 206 Nation.

“It’s more than music,” Brandon Foote, Organic Art owner, said. “People are going to come a part of this event because both Brown and Foote have similar beliefs and thought Brown’s mission was intriguing.”

In addition to the bands that will be playing, there will be a silent art auction with pieces donated by local artists, including an Indonesian decorative mask from Lotus, a local clothing and jewelry store. There will also be a $1 table with knick-knacks, including handmade jewelry and trinkets for all ages. Proceeds from both the auction and trinket table will also go directly to the charity.

Tickets are available in the Civic Engagement Center, at the Deworm to Learn table in the SURC, or at the door. Donations to Deworm the World can be taken to the Civic Engagement Center or made online at www.dewormtheworld.org.

The truth about WORMS

- Bacterial stomach worms affect one in three people worldwide.
- They can limit nutrient absorption and cause intestinal bleeding.
- In the case of serious infections, children’s growth may be stunted and their long term mental development impaired.
- Treatment for worms is one of the most cost-effective ways to improve school participation and improve quality of life.

Source: dewormtheworld.org

Being a little bit selfless goes so far. It takes 50 cents to deworm a child for an entire year.

Masha Brown
event coordinator
Tight Assets: Store reveals fashion-forward high-end threads

by Amy Thompson
Staff reporter

For those ladies who revel in the art of shopping, bounce over to the newly-opened women's clothing store, Tight Assets, to browse the racks featuring some of today's popular brands.

The opening of this new business was inspired by the three owners, who happen to be sisters.

"I really love fashion, so I was the one who really wanted to do this," Jamie Jaramillo, co-owner, said. "So I asked my sisters if they'd do it too."

The owners, who were born and raised in Ellensburg, are Jamie Jaramillo, Shena Jaramillo and Traci Kingston.

Tight Assets has several clothing brands for those who are fashion-conscious and looking to dress to impress. Brands such as Free People, Simple, Joe's Jeans, Sinful and more are featured, some of which can run $200.

The apparel available is most likely to interest women between the ages of 15 to 45, and they've had a lot of positive responses so far from people, Jamie Jaramillo said.

"I absolutely love it," said Regan McNighth, junior recreation and tourism major. "I love all the clothes. When you look at all the other stores around town, every store has their own niche and they brought something different."

Jamie Jaramillo said the brick walls, cement floor and upbeat music provide a hip atmosphere. The store is a work in progress and the logo and interior designs are still being decided.

"We want kind of a more classy feel, to do a different vibe," said Jamie Jaramillo about the store.

The store's name is credited to the oldest sister, Traci Kingston.

"She wanted to shock Ellensburg, but not really," Jamie Jaramillo said about her sister's choice for the store's name. "And to just bring more of a city feel to it. We want to help restore downtown Ellensburg."

Jamie Jaramillo, 20, is a junior fashion merchandising major. Shena Jaramillo, 22, recently graduated from Central with a bachelor's degree in psychology and anthropology. And Traci Kingston, 37, has a strong background in business and art and is involved with the revitalization effort in downtown Ellensburg.

The executive director of the Ellensburg Downtown Association, Timothy Bishop, commented that it's exciting to see that the three sisters have done their research and to see a Central student (Jamie Jaramillo) able to work locally in the field she is involved in at school.

"It's a great addition to the local marketplace," Bishop said.

Tight Assets is open Monday through Saturday from 10 a.m. to 6 p.m. and on Sunday from 12 p.m. to 5 p.m. It is located at 115 E. Fourth Ave. in downtown Ellensburg.
Comedy night draws big laughs

(Right) Comedian Dax Jordan has students shaking in their chairs during his performance last Friday. (Far right) Comedian Marcus Hardy entertains the crowd as part of The Best of the Northwest Comedy Show, kicking off the first week of full classes and the start of a new year. (Above) Joshua Rumley, senior tourism management major, and Allie McFee in hysterics during Hardy’s performance.

10/09/09 Wildcat Shop Secret Sale

Shhh!

It’s a Secret...

Check your email - Facebook & www.wildcatshop.net
For Mexican beer...I prefer Dos Equis

A hoppin' good time in Yakima

Beer enthusiasts and brewers from around the Northwest descended upon Yakima last weekend as part of the annual Fresh Hop Ale Festival – a celebration of the area's coveted beer flavoring agent.

"This festival allows us to see more people who like great beer, like great food, and good friends. It's a great way to show off our new beers," said Andy Schreck, a brewer for Georgetown Brewery. "We are the front-runner of innovation in the industry.

"This unabashed love and respect for beer brought aficionados from around the region to this great festival. We are happy to be a part of it," said Martyn Jones, a resident of England, was impressed by the Northwest brews of the annual Fresh Hop Ale Festival. "We are the front-runner of innovation in the industry."

"One thing about Northwest brewers is that they push the envelope in trying to find the next big thing," said Andy Schreck, a brewer for Georgetown Brewery. "We are the front-runner of innovation in the industry."

"If you don't like it, and want to throw the lime away. It'll obliterate this beer's original yumtacularity."

Most surprisingly, this mesh of flavors never confuses or puts too much pressure on your tastebuds. It goes down smoothly, and it is the ultimate cure for a hot day.

"This is a Mexican beer, after all. You've got to be able to enjoy this with a big plate of carne asada or enchiladas. Ambar isn't content to just wash it down - it actually complements the heavy, spicy food very well, with the sweetness accenting the food. Ambar's on-an-achieve like that, unlike its little brother.

"Try pouring Ambar in a glass. It's definitely got its brother's big tan color and stick to the looks de-}

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"Try pouring Ambar in a glass. It's definitely got its brother's big tan color and stick to the looks de-
Pizza Rita serves up saucy slices

by Rachel Guillermo
Culinary columnist

She was born to do it. After all, her dad named the business after her. Rita Ritter, 22, is the owner of “Pizza Rita” in Ellensburg. The pizzeria has been a staple in Spokane since 1989, when Ritter’s father, Brian Dickman, opened his first store. Since then, Pizza Rita has grown into a six-location chain and has been in operation for 20 years.

“I was almost three years old,” Ritter said. “My grandma actually came up with the name. He wanted to name it ‘Busy Bees Pizza,’ which is not as cool as ‘Pizza Rita.’ So, you know, it’s a funny pun, but I’m the oldest kid in my family and so that’s what they named it.”

But the name of her business is not the only thing Ritter has gotten from her dad; she’s also inherited a good head for business and a strong sense of self.

After graduating from Central last December with a double major in political science and economics, Ritter worked at the YMCA in Spokane. She was in charge of fundraising and planning summer camps. After working there for about six months and living away from her boyfriend - now husband Nick - Ritter felt frustrated with her situation.

“It really wasn’t for me,” Ritter said. “I honestly think it’s great. I think there’s not as much enthusiasm. I mean, I don’t know how things go, but Rita’s number one goal is to get people to try their pizza. Anything beyond that is hard for her to say.

“I just tried to hire a variety of people,” Ritter said. “I wanted to hire people I wanted to hang out with, people that I thought were good-natured and that would work well together.”

Ritter added that many of the high school aged employees are not allowed to operate some of the machinery, or deliver pizzas. They make pizzas and answer the phones [but they can’t touch the dough mixer],” she laughed.

As far as plans for the business go, Rita’s number one goal is to get people to try their pizza. Anything beyond that is hard for her to say.

“We see their pizza and they’ll see the flags on their cars and then our drivers and everyone waves at each other,” she said. “Everybody’s nice – that’s the big question for everybody – Oh, are you guys upset about that? My answer is no. I really am not. I think there’s enough nights in the week where everybody can have Pita Pit one night, Pizza Rita the next, and still stay in business and be successful.”

Chris Shelley, senior art major, has eaten at Pizza Rita twice but is ready for more.

“It was better than any of the rest in town,” Shelley said. “The crust was really good, the sauce was good, the toppings were good. Plus, you don’t have to deal with ‘take and bake’ like Papa Murphy’s or anything like that.”

A group of three college-aged males walk into the store and Ritter immediately strikes up a conversation with them before taking any orders. Calling them by their first names, Ritter makes it obvious that she cares a lot about her customers.

“I really enjoy all the relationships that you can form here, you know – seeing the same people around town. I’m really relationship-based; I love my family,” she said. “I love my friends.”

Ritter acknowledges the other pizza vendors in town, and says she maintains a friendly relationship with Domino’s employees.

“We see their pizza and we’ll see the flags on their cars and then our drivers and everyone waves at each other,” she said. “Everybody’s nice – that’s the big question for everybody.”

Although her Dad runs the other six restaurants, Pizza Rita in Ellensburg is owned and managed by Ritter without any of his help. But it’s safe to say that her Dad’s influence is always on Ritter’s mind.

“When we first decided to open a Pizza Rita, he said ‘You know, I can give you as little or as much advice as you want.’ Ritter said. ‘He’s been able to do a lot with our family. Raising six kids is not easy. That’s what I hope to get out of any job that I work, to be able to do the things I want to do in life.’

Rita’s love and care also extends to the dozen employees that make up her dough-tossing family.

“I always have a lot of jobs in mind. I mean, I don’t know how many times I’ve changed my major… I graduated in three years and a quarter… I told you I was impulsive.”

Pizza Rita is located at 408 Main St. Business hours are Monday - Wednesday from 11 a.m. to 2 a.m. Orders can be picked up or delivered.
Spectacular, panoramic views of the Kittitas Valley and a light hike are what students can expect on the weekly OPR Sunset Hikes.

OPR sunset hikes offer up scenic vistas

by Kelly Requa
Staff reporter

It's time for Central Washington University students to lace up their boots and grab a friend. Central's Outdoor Pursuits and Rentals (OPR) is hosting weekly Sunset Hikes for students who want to get their hike on.

"They're fun, they're not that hard, and a good way to get started in hiking," said Alek Kralman, guide for the Sunset Hikes. Kralman encourages all levels of hikers to come out and participate.

"And it's a good way to meet people."

Sunset Hikes are a great opportunity for Central students to experience the outdoors before it gets too cold and dark.

The Sunset Hikes take students to a variety of locations in the Ellensburg area.

"We take hikers to Manastash Ridge, Umptanum Falls and the Canyon," Kralman said. There's also another trail OPR uses that doesn't have an official name, but Kralman calls it the Radio Tower.

Even the most novice hikers can enjoy the Sunset Hikes, with trails ranging from two to four miles and taking less than two hours.

Hikes cost students $3 per trip and take place every Tue. in Oct. Hikers will depart OPR at 5 p.m. and return at 7 p.m.

"Students should bring water, a snack, a good jacket and hat for rain, and closed toe shoes," Kralman said.

Central's OPR program offers guided and scheduled excursions in all seasons, as well as providing affordable and durable rental equipment.

With the help of OPR, students are encouraged to venture out on their own or join in on scheduled trips.

"They offer something for everyone," said Charlie Brown, senior recreational management major.

"If you're interested in the outdoors and don't know the opportunities Ellensburg has to offer, go to OPR.

OPR has provided students with outdoor adventures for years and has a history of leaving students satisfied and excited for their next trip.

Zack Vanzanten, junior exercise science major, has gone on a variety of trips through OPR, including a ski trip to Stevens Pass.

"It was very convenient, they handle everything for you," Vanzanten said. "The [guide] was great. I would do it again, and I'm planning on it."

Aaron Akimoff, sophomore, was impressed with the professionalism of the OPR guides on his rafting trip last spring.

"They seemed knowledgeable and kept everyone safe," Akimoff said.

Whether students choose to venture on a Sunset Hike or go it on their own, OPR challenges all students to get out and experience the outdoor opportunities Ellensburg and the surrounding areas have to offer.
by Eaeli Pettersen
Staff reporter

Brady Coker, junior sociology major, summed up last Saturday’s football game in five words: “Johnny Spevak is a God.”

Coker was just one of the diehard fans who packed Tomlinson Stadium for the Wildcats’ first GNAC victory against Dixie State on Saturday. The crowd was pumped up and ready to help the team improve upon their five-game winning streak this season, and 25th consecutive win against GNAC teams. Not only were the Wildcats successful in keeping both of these streaks alive with a 37-6 win over the Red Storm, but wide receiver Johnny Spevak broke the CWU all-time receiving record with 3,907 career yards so far this season.

“I don’t really keep track of records, I only know because my family tells me about it when it happens,” Spevak said “I think it’s more exciting for them and I’ll just be glad that they could be here to see it.”

Spevak now owns or is tied for every major receiving record in the school’s history.

“It’s so exciting for him to break the record at home, that’s just great,” said Blaine Bennett, Wildcat head coach after the game. “He is a great team player.”

The CWU offense got off to a slow start in the first quarter during Saturday’s game, opening with a 35-yard field goal by senior Garrett Rolsma in the first eight minutes of the game. The field goal was answered by the Red Storm offense just 53 seconds later with a 49-yard pass from Dixie State quarterback Judd Thompson, to tight end Alex Nelson, resulting in a touchdown and six points on the board for Dixie State. The extra point attempt was denied when senior Buddy Wood blocked Red Storm kicker Mike Langston’s kick.

CWU got the ball back and drove down the field, resulting in a season long 49-yard field goal by Rolsma to tie the game at 6-6.

It was a dramatic second quarter, which started off with senior Prince Hall intercepting a pass from Thompson on the Central 46-yard line. Cole Morgan, who came into the contest late in the first quarter to relieve redshirt freshman Ryan Robertson, led the Wildcats down the field to the Dixie State four-yard line, nearly scoring a touchdown.

The Red Storm defense stepped up and forced the Wildcats to bring in Rolsma to kick yet another field goal, this one from 21 yards out. Rolsma made his third attempt of the day, which put the Wildcats ahead of the Red Storm 9-6 with 9:11 left in the half. Dixie State got the ball back and went three and out, due to a monstrous sack on third down by CWU junior Adam Bighill, who had 11 tackles, which included 2.5 for losses. He has led CWU in tackles the last two games after missing the first four games due to injury.

Near the end of the half, CWU drove down the field to the Red Storm five-yard-line where Cole Morgan threw the ball to Spevak in the end zone for a touchdown, putting the Wildcats up 16-6 after Rolsma’s extra point.

That touchdown marked Spevak’s 50th career touchdown, and put him just three yards shy of all-time receiving record.

The Red Storm got the ball and gained just 13 yards before they were stopped by the Wildcats’ defense.

Central got the ball with just over a minute left to play in the half. Morgan drove the Wildcats down the field, completing four out of five pass attempts, including a 50-yard pass to senior Sam Togar.

see DEFEATED STORM p. 17

Photos by Brinan Stanley/Observer
Clockwise from top left: Runningback, Randall Elderidge is tackled on a big run on Oct. 3. Wide receiver Johnny Spevak receives a touchdown to add to the big win. Linebacker, Adam Bighill lays out Dixie State offense.
by Kevin Proctor
Staff reporter

Two weeks ago, the Central Washington University women's soccer team dropped their Greater Northwest Athletic Conference (GNAC) opener with a disappointing loss to Montana State Billings 1-3.

This week, however, it was a different story. Freshman midfielder Kelsey Villegas scored her first career goal at the 54 minute mark, giving the Wildcats a 1-0 lead after a scoreless first half. She wasn't done there though.

Twenty minutes later, Villegas struck again with a back-door pass from sophomore Amy Pate to seal the deal, giving the Wildcats the 3-0 victory.

Both teams struggled in the first half, as each entered halftime scoreless.

"We didn't pass that well in the first half," said Villegas. "In the second half we picked it up and started playing well as a team."

With the win, the Wildcats improved to 4-6-1 on the year, splitting the season series 1-1 against MSU.

Neither team could really put together much offense in the first half, as both Central and Montana State combined for a mere three shots on goal. It wasn't until the second half that the offense got rolling, with the Wildcats getting the edge in shot attempts 9-8 after intermission.

Amber Easterbrook was the other unsung hero of the game, recording five saves en-route to her 18th shutout of her career, and second in three games.

"We knew what we need[ed] to do, and that's exactly what we did," Easterbrook said about the second half. "As long as we can match how hard they are working, we should do well."

Kaycie Hutchins, who scored her second goal of the season in this game, summed it up afterwards;

"This week is really important. This game was a good turning point to get some motivation and a winning streak going."

Hutchins has a team-high of 10 points for the year, and has been a focal point of the offense all season. Her six assists for the year lead the team, and she also has two goals herself.

Villegas lead the team in shot attempts with three. Five out of the 10 total shot attempts were on goal, with three of them finding the back of the net. Carson McKole and Amy Pate each had an assist, both on goals by Villegas. The second goal of the contest came from an unassisted shot 22 yards out from Hutchins.

The next few weeks will be very important for the Wildcats' soccer team. They have two games next week, both at home, against Western Oregon University on Thursday Oct. 8, followed by Northwest Nazarene University on Saturday, Oct. 10.
When Western Washington University shut its doors on their football program, Central took the opportunity to take hold of five players who were in need of a team. All have had an impact on the team and have made Central's team much stronger.

#4 Zach Hekker
Tight End
6' 5"
Senior
Western Transfer

#9 Randall Eldridge
Running Back
5' 9"
Senior
Western Transfer

#16 Jordy Spriggs
Defensive Back
5' 11"
Freshman
Western Transfer

#18 Cole Morgan
Quarterback
6' 3"
Senior
Western Transfer

#27 Dustin Adams
Defensive Back
5' 10"
Freshman
Western Transfer

Defeated storm
continued from cover

Morgan ended the drive with a seven-yard touchdown pass to Togar. After Rolsma's extra point, the Wildcats were leading the Red Storm 23-6 at the end of the half. Morgan finished the half completing 13 of 19 pass attempts for 161 yards and two touchdowns.

Ryan Robertson came back to start the second half, and was subsequently the quarterback who threw Spevak his record setting pass with a six-yard gain at the 11:56 mark in the 3rd quarter.

Three plays later, Robertson hooked up with Spevak again for a 14-yard touchdown giving the Wildcats a 30-6 lead.

The Red Storm got the ball back and could not get anywhere against the Wildcats defense. After going only five yards on the drive, Dixie State was forced to punt.

The punt by Dixie State was blocked by Tyler Cardin and scooped up by Jamal Weems who scampered 15 yards into the end zone for a CWU touchdown. With the extra point made, CWU was up 37-6 with 9:06 left in the third quarter.

The Wildcats held the Red Storm at six points for the rest of the game and held them to -29 rushing yards overall. As far back as 1964, there has never been two consecutive games where Wildcat opponents were held to negative rushing yards like the last two CWU opponents have been. Last week in Pocatello they held Idaho State to -33 yards.

The final score was 37-6 Wildcats, making their record 6-0 for the season, and 1-0 against GNAC teams.

Their next matchup is against Humboldt State next Saturday Oct. 10, followed by the seventh annual Battle in Seattle on Oct. 17th against Western Oregon University.
OPR offers students adventures for bargains

Central Washington offers more than just day hikes and river rafting for recreation

By Elizabeth DeVos

Being a college student has its advantages; no strict rules to follow, hanging out with friends whenever you want, and discounts to various things by showing your student I.D. card.

Outdoor Pursuits and Rentals (OPR) is one of those student discount places even though it's located on the Central Washington University campus.

Students can get discounted prices on some outdoor adventures that they can't always afford on a college budget.

OPR offers many different activities for students, staff and faculty to participate in throughout the year. One event that happens more than once is 'introduction to white water kayaking'.

This four-day course teaches participants, "The nuts and bolts of kayaking," said Ryan Hopkins OPR coordinator. "Monday and Wednesday are a two-hour pool session to provide the basic instruction of getting in and out of the boat. The goal for the program is at the end of the four days people will have the ability to roll the kayak."

Saturday and Sunday of the course are spent out on a river.

The river that is used "depends on what's running. Big enough for the full course, small enough for the spring," Hopkins said. "We don't always use the Yakima, we have used the Wenatchee, Tieton and Cle Elum in the past."

The program is still pretty new to Central, it began four years ago.

"The first year the course was offered it was about half full, the second year two-thirds full, and last year the class was full," Hopkins said. "Two students who were in the first class are sitting in on this one to get their white water kayaking instructor's certification through the American Canoe Association."

Students and recreation center members can register for this course at OPR for $120, and $200 for non-student recreation members. The course is limited to nine people.

Central students can elevate themselves to new limits during the Wednesday's 'weekly challenge'.

The weekly challenge will allow participants to get a feel for what the high ropes challenge course is like. Students can participate in this weekly event. There is no limit to how many people can partake, just be prepared to challenge yourself and strive to reach new limits.

"It's a challenge by choice," said Allison Radagah challenge course student manager.

Challenge by choice is a way for participants to do as much as they are comfortable with.

Wednesday's participants will only do the high challenges, the Odyssey, the Alpine, and the swing.

If students wish to do initiative (leadership) games on the low course they are encouraged to call OPR and sign up for a two, four, or eight, hour session. Group challenges include both low and high challenges.

A minimum of eight people are needed for both high and low courses.

"We cater to the goals the group wants to achieve," said Ryan Hopkins. "Central's team, so I ran."
Armchair Athlete scoffs at the M’s mediocrity

Mariners end another season watching the playoffs instead of playing in them

Last Sunday marked the end of the Seattle Mariners 2009 baseball season as they defeated the Texas Rangers 4-3 in front of their home crowd and finished the season with a record of 85-77.

I read many local sports sections and listened to multiple sports talk shows to see how others felt about the Mariners 2009 campaign. There were five other teams in Major League Baseball that could kick the crap out of you at any point. Being ranked 14th is irrelevant. Imagine being the 14th ranked team in football.

Being ranked 14th is irrelevant. Imagine being the 14th ranked boxer in your weight class. That means there are thirteen other dudes in your league that could kick the crap out of you at any point.

Without looking it up, I couldn’t even tell you who the 14th-ranked team in college football is right now, or who finished in that position last season or any season.

I am pretty sure that the goal for every team is to win their division and make it to the playoffs. I have never heard a coach, owner or writer say, “I just want to be a middle-of-the-pack team.” Matter of fact, former NFL Head Coach Herm Edwards said it best, “You play to win the game.”

Anything less than making the playoffs should be considered a disappointment for any ballclub. Striving to be one of the four teams from your league that continue playing in October should be the sole purpose and goal.

Now I am not saying that the Mariners shouldn’t be happy to be eight games over .500 and to have turned a terrible team into a team that can compete. I just think that mediocrity in professional sports shouldn’t be tolerated, let alone celebrated.

I want to be like the Yankees, or the Red Sox, where or player say, “I just want to be a middle-of-the-pack team.” Matter of fact, former NFL Head Coach Herm Edwards said it best, “You play to win the game.”

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I want that. I want to be a top 1001 team in baseball. Striving to be one of the four teams from your league that continue playing in October should be the sole purpose and goal.

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Although the Yankees didn’t make the playoffs, with a better record than this year’s Mariners, and their fans and writers were ready to riot. I want that. I want to be a part of a community that is passionate about their sports teams and passionate about winning, not content with being average.

In two years no one will remember this season for anything more than the year Ken Griffey Jr. came back home and possibly the year Felix Hernandez won the Cy Young Award.

The only seasons that stick in the heads of Mariners fans are 1995, 1997 and 2001. The reason that these years are remembered is because the Mariners made it to the playoffs and amazing feats were accomplished.

One thing this season did accomplish was anticipation for next year. Felix Hernandez turned into the “Aces” everyone was expecting him to be, going 19-5 and being the first Mariner, not named Randy Johnson, to win 200 batters in a season since 1990.

Joe Lopez began looking like a top tier second base man, Manager Don Wakamatsu knows what he is doing and General Manager Jack Zduriencik is doing a good job cleaning up Bill Bavasi’s mess.

The 2010 free agency market is overflowing with quality starting pitchers and outfielders. I look forward to the front office making multiple acquisitions that will help the Mariners build upon their 2009 accomplishments, hopefully resulting in a successful season next year.

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Please try to keep under 200 words!

Ouill Room 222 cwuobserverports@gmail.com
Central Washington University volleyball team was swept in three sets by their archrival, Western Washington University (WWU) in Bellingham on Saturday Oct. 3.

Coming off of a loss against Alaska Anchorage, Central was determined to get back on track with a win against Western. The Wildcats lost the first set 25-16. Central started off rough in the first set and could not gain the lead. The slow start resulted in a nine-point deficit. The Wildcats of­fense struggled during the set with a .032 hitting percentage while their opponents hit .258.

Cooke speaks highly of her teammates; in fact, she can barely stop.

"Mary organizes the team activities, like the Cereal Eating Contest and the Hell Wing Contest. Shannon and Jessica have always been very dedicated."

Cooke emphasizes the team versus the individual aspect of the sport.

"We always have a team dinner where we talk about our goals. We warm up as a team."

However, she keeps some individual traditions as well. Before and after every race, she eats a banana with peanut butter. "After a race, I have to have my coffee. It's like a treat for me."

With a season's best of 22 minutes, 58.6 seconds in the 5000 meter and a 24 minutes, 8.59 seconds in the 6000 meter, it must be working.

In addition to being one of the top women's cross country runners at Central, Cooke is a dedicated music major.

"You hardly ever see a music major involved in athletics because both are so demanding and time-consuming," she says, "My coach is very understanding of how stressed out I get."

Between running straight up Manastash Ridge, which Cooke quotes as "the most painful two miles you'll ever run," and running straight to class, her senior season is mid-way through and flying by.

"Looking back on it, running in high school and college has been a struggle, especially because my major is so time-consuming," she says, "My coach is very understanding of how stressed out I get."

Between running straight up Manastash Ridge, which Cooke quotes as "the most painful two miles you'll ever run," and running straight to class, her senior season is mid-way through and flying by.

"I definitely plan to run a couple marathons. I will never stop running; it's my outlet." Cooke and her teammates will be at the GNAC Championships in Yakima on Oct. 24 at 10 a.m.