

10-29-2009

The Observer

Central Washington University

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the Observer

by the students and for the students of CWU

Free, take one
Volume 83, No. 4
Oct. 29-Nov. 4, 2009
www.cwu.edu/~observer

CWU's Drug & Alcohol Policies

How academics, housing & financial aid respond to substance abuse violations

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Growing Green: A Photo Essay

An inside look at a local marijuana enthusiast's grow room

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Athletics Drug Testing

How the NCAA & CWU test for performance-enhancing drugs

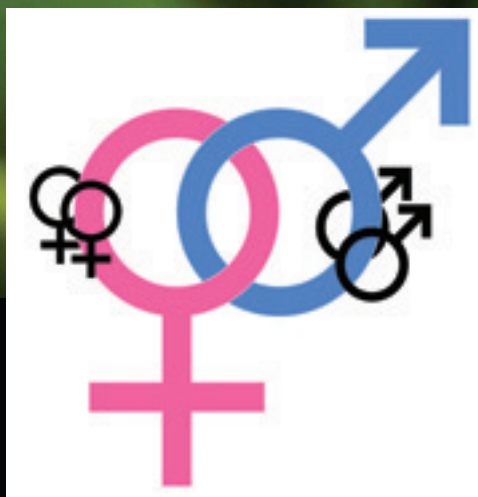
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CWU, DRUGS, ALCOHOL & YOU

During the 2008-09 school year, Central students committed 637 alcohol and 196 drug violations. From DUIs (p. 7) to date rape (p. 8), students face legal, financial, and emotional consequences. Learn what CWU is doing to combat drug and alcohol abuse (p. 2), as well as what students think of partying too hard and legalizing marijuana (p. 10), inside this issue.



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Bust out the beer goggles

Programs on campus geared toward safe drinking habits

by *Daysi Calavia-Lopez*
Staff reporter

If you walked by the Student Union and Recreation Center this past week and thought you saw students playing beer pong in broad daylight, you didn't take a close enough look.

To kick off Alcohol Awareness Week, the Wellness Center carried out a series of events to showcase the dangers involved with high risk drinking. Among them was Root Beer Pong.

Lindsey Borgens, sophomore accounting major and employee of the Wellness Center, helped put on the activities.

"We did one called 'Booze Bottles' where we had students get a classic red party cup and fill it up with soda to the level that they would normally fill it up with beer," Borgens said. "Then we measured it and showed them how, more often than not, they were filling it up to more than a standard drink and drinking way more than they thought they were."

Other events included "Mocktoberfest" and "Beer Goggles." As part of the Mocktoberfest event, mocktails (non-alcoholic cocktails) were made using recipes substituting alcohol with soda water.

"A lot of the students thought they were drinking real alcoholic cocktails, it was pretty interesting to watch how confused they were," Borgens said.

For the Beer Goggles event, students were told to put on beer goggles- goggles that simulate what the world looks like through the eyes of a drunken person.

"We made students put

on beer goggles and we had police officers there to issue fake sobriety tests on them, having students try to walk in a straight line and so on," said Brian Melton, police officer for the Central Washington University Police Department.

Besides being present at these events during Alcohol Awareness Week, Campus Police are very involved in other alcohol and drug abuse prevention programs in conjunction with the university.

Other programs include 'Police and Pizza' during fall quarter, 'Look at me, no M.I.P.' during freshman orientation, and 'The Bong Show,'" Melton said.

Other residence hall programs, which are coordinated by the Residence Hall Association in cooperation with the police department, include "Get a Better Buzz," aimed at giving information about underage drinking and estimated blood alcohol content.

"Our primary focus is safety," Melton said. "Be careful who you get drinks from because you never know what someone might add to your drink without you being aware of it. And try to pre-plan your night so that you know how you are getting home."

Gail Farmer, who has been the director of the Wellness Center for the past decade, believes that although awareness programs help, they can't stand on their own.

"Awareness programs by themselves don't have much of an impact," Farmer said. "There needs to be something extra, something else. That something else is personalized attention and feedback."

Students were also given

wallet-size personalized blood alcohol concentration cards.

"That's not to say that students should use this card to gauge whether they should drink and drive- because I'd say that after more than one drink bottom line, do not drive," Farmer said.

The Wellness Center conducts research on the different prevention programs being offered to find out what is effective and what isn't. The programs selected have been picked because they have been proven, through student surveys and alcohol violation statistics, to have some evidence that they are likely to succeed.

Lynne Harrison is the coordinator of Campus-Community Coalition (CCC), an organization cooperating with the Wellness Center in carrying out awareness and alcohol and drug use prevention programs. Harrison thinks timing is key.

"We start from the time students are about ready to step foot on campus," Harrison said.

Harrison said all incoming freshman are required to take one of two online courses - Alcohol Wise, which lasts an hour, or e-CHUG (online adaptation of Check-Up to Go), which is 20 minutes long. Students who have received alcohol violations are required to enroll in the eight-hour class "Prime for Life," which is designed to educate students on the effects of alcohol abuse.

The classes, normally made up of 20 students, are taught on Fridays and Saturdays and are scheduled four times each quarter. About 200 students are enrolled in this class every year, each paying

\$20.

The majority of the CCC's activities are concentrated in the fall during the first six weeks of school, a period with a high number of alcohol-related offenses called the "The Red Zone."

"For many it's the first time away from home," Harrison said. "They're experimenting with things that they might never have before. But we continue on with other programs throughout the year."

For help or information:

Campus-Community Coalition
509-963-3240
SURC 139

Wellness Center
509-963-3213
SURC 139

Campus Police
509-963-2959
Campus Safety Building

Alcohol Drug Dependency Services
509-925-9821
507 Nanum St., room 111

Kittitas Valley Community Hospital
509-962-9841
603 S. Chestnut St.

Kittitas County Health Department
509-962-7515
507 Nanum St.

Crisis Line
509-925-4168 Lower County
509-674-2881 Upper County

Narcotics Anonymous
509-925-2494

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Deadlines:

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Monday, 3 p.m. - 5 p.m.

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Three strikes, you're out

Students face legal, academic consequences for illegal drug, alcohol use

by Anthony James
Staff reporter

Irresponsible drinking and illegal drug use can have stiff legal consequences. And for Central students, it can also have severe academic penalties, including suspension and expulsion after three charges.

The CWU Student Code of Conduct is a document that outlines regulations students must follow while attending CWU. The code also outlines disciplinary procedures. All students have consented to the rules by being a student at the university. According to the Washington Administrative Code section 106-120-006, any student is subject to the Student Conduct Code.

Jack Baker, assistant to the vice president of Student Affairs and Enrollment Management, handles student conduct violations. According to Baker, students living off campus who are arrested or cited by local or university police will most likely also be charged with Student Code of Conduct violations. Charges range from a warning to expulsion, depending on the severity of the incident and number of violations on a student's record.

federal agency hired to process the applications, Canedo said.

Baker said the university maintains a strong relationship with local law enforcement, including Ellensburg Police, Kittitas County Sheriff and CWU police, and in most instances where a student is arrested or cited for a drug or alcohol offense, his office is notified.

CWU is required by state law to protect students and prosecute Student Code of Conduct violations, Baker said. This state law came about several years ago after a rash of drug and alcohol offenses in the University of Washington Greek system. Baker said CWU Police usually issue citations or arrest students for drug and alcohol violations. Baker's office will issue additional academic consequences.

But the penalties aren't in place to hurt students, Baker said.

"We're working with students to make them realize the impacts of drugs and alcohol," Baker said. Substance abuse is the most common reason why students fail to complete a degree, he said.

During the 2008-09 school year, Baker said there were 637 alcohol violations and 196 drug violations. In comparison, there were 651 noise violations and 92 assault violations.

Baker said he spends more time on alcohol than other violations because of the life-long impact alcohol abuse can have.

Penalties range from a warning with a required Prime for Life course to a one-year suspension. Prime for Life is a 10-hour program facilitated by the Wildcat Wellness Center, which educates students using hard facts and data.

Violations that include additional alcohol-induced crimes such as assault or vandalism may bypass the warning and be charged with at least a deferred suspension, Baker said. A deferred suspension is a "stern warning" which will become a one-year suspension if violated.

Most issues with drug and alcohol violations involve



Sidney Odingo / Observer

Students tailgate at the Homecoming football game. Underage drinking could result in a maximum \$5,000 fine and/or one year in jail, according to the Campus Community Coalition Web site.

freshmen and sophomores. These students, Baker said, often feel the pressures of school or peers and also enjoy their newfound freedom.

RESIDENCE HALLS

Richard DeShields, senior director of University Housing and New Student Programs, said because of this, programs are in place to help new students succeed.

Freshmen are required to complete an online course called e-CHUG, a national intervention program designed to educate students on the dangers of alcohol and collect data to track progress.

DeShields said Housing and New Student Programs is working to quell the perception of all students being drinkers.

Joshua Linders, senior psychology major, said there probably is an issue of drug and alcohol use on campus, "but I just don't see it."

Linders said he thinks the Wellness Center programs are very helpful, but it is up to the student for the program to work.

Robert Taylor, freshman electronics engineering major, said he recently saw police bust illegal drug use in his residence hall. Taylor said he also believes CWU's drug and alcohol education programs work, but many students fall to peer pressure when they are in a situation with the substances.

The efforts are about education and helping students, DeShields said.

"I really could care less about students getting in trouble," DeShields said. "We really are here to help (students) out. Sometimes

they see that, sometimes they don't."

Students living in residence halls are subjected to the same rights as other citizens, Baker said. Administrators can only enter dorms with student permission or with a search warrant. CWU officials may enter without consent, Baker said, in the case of a student's safety being at risk.

"We want the student to be

there when that kind of stuff happens," Baker said.

Students over 21 are allowed to drink alcohol in the residences halls as long as it doesn't disrupt others and minors don't receive any. Alcohol is prohibited altogether in some residence halls.

The Student Conduct Code is at: <http://www.cwu.edu/~saem/index.php?page=student-conduct-code>.

"We really are here to help [students] out. Sometimes they see that, sometimes they don't."

Richard DeShields
senior director of University Housing and New Student Programs

FINANCIAL AID

For students receiving financial aid, the penalties can be worse. On the Free Application for Federal Student Aid (FAFSA), students are asked if they have been convicted of a drug offense in the past. If the answer is yes, an additional worksheet is required to determine financial aid eligibility.

Agnes Canedo, director of financial aid, said if a student is convicted of drug possession or the sale of drugs, the student could lose eligibility on their next FAFSA if they haven't gone to rehabilitation.

Canedo said Central officials have been directed by the U.S. Department of Education to not look into reported cases of drug or alcohol offenses by students. Information on the FAFSA about a student's drug use stays between the student and the

Student legal and school penalties

Offense	Legal (maximum)	School
DUI	One year in jail, \$5,000 fine	Disciplinary probation, most likely deferred suspension
Possession	90 days in jail, \$1,000 fine	First offense: warning with Prime for Life class; Second: notify parents, deferred suspension (one year); Third: suspension (one year)
Minor in possession	One year on probation, \$5,000 fine	First offense: warning, Prime for Life; Second: probation (one year), notify parents; Third: suspension (one year), may lead to expulsion
Sale of controlled substance	90 days in jail, \$1,000 fine	Automatic suspension (one year)

Legal charges are the maximum allowed by Washington state law on a first offense. For drug charges, these penalties apply for less than 40 grams of marijuana.

Sources: Legal: Michael Boska, Kittitas County District Court deputy prosecutor; CWU: Jack Baker, assistant to the vice president of Student Affairs and Enrollment Management

CLARIFICATION:

Last week's Scene section story, "Entertainment Gets the Ax" on Page 7, incorrectly implied that budget cuts experienced by several student programming centers were because of cuts in Services and Activities (S&A) fee funding. S&A funding to most groups was in fact increased this year over last, though the full amount of S&A funding requested by the centers was not received.

Summer session could see increased enrollment

by Lura Treiber
Staff reporter

With the success of Central Washington University's 2009 summer session, especially with online classes, hopes are high that even more students will enroll in the 2010 summer session.

"Here you have the advantage to stay on track with your degree program, to get those needed credits and possibly save some money," said Geoff Foy, assistant director of Continuing Education and international student recruiter.

The 3,866 students who enrolled enjoyed the "benefits" of summer quarter, such as a smaller student-teacher ratio. Foy said other benefits include more online classes, lower tuition and it also gives students the chance to make up for classes they either had to drop or couldn't get into.

"Taking summer classes offers students the opportunity to concentrate on one or two classes that they need for general education or for their major," said Ethan Bergman, associate dean of the College of Education and Professional Studies and professor of food science and nutrition. "Online courses allow students to take classes from locations other than Ellensburg and still work from their home or other locations."

During the 2009 summer session, 1,400 surveys were issued to students enrolled in online classes. Of the 1,400 surveys, 311 were returned. Results from the survey covered several

topics, including student demographics such as gender, full-time versus part-time enrollment, reasons for enrolling in online classes, and concerns regarding taking online courses.

According to the survey, the number one reason for enrolling in online classes was convenience.

"I took summer quarter so I could keep on knocking off my [general education] requirements and I was able to return

home for my summer job," said Eric Gyselinck, sophomore undeclared. "Another benefit was that I was able to do my classes any time of the day because my crazy work schedule ... I wouldn't have been able to take classes this summer if CWU didn't offer online classes."

The survey also revealed that financial aid is an area of major concern for students.

"This year ... there will be more financial aid assistance designated for summer session," Foy said. "Generally in the past financial aid was divided out into three quarters. Certainly students would be able to look at the option of applying [financial aid] to summer session ... [now] Financial aid is divided out in four quarters ... So you can actually have financial aid specifically designated for summer session."

All students are encouraged to take summer courses, especially online, but they are not for everyone.

"You must be really motivated or you will get far behind," Gyselinck said. "I would encourage online

"This is a great way... for students to get ahead or stay on track..."

Geoff Foy
assistant director of Continuing Education

classes to other students with jobs, but not to students who stay on campus."

Foy said that they expect more online courses in Summer 2010.

"This is a great way not only for students to get ahead or stay on track, get those classes they need, and for faculty to have additional work to generate additional income," Foy said. "But it also generates revenue that can be used by the four colleges throughout the academic year," Foy said.

To help students learn about summer session, a Summer Session Festival will be held April 1 in the Student Union and Recreation Center. Registration for summer classes begins May 10, 2010.

For more information visit the summer session Web site at <http://cwuce.org/summer/>.

Summer Stats:

*Summer Session Festival: April 1

*Summer Registration: May 10-June 23

*2008 summer enrollment: 3,640

*2009 summer enrollment: 3,866
*6.2 percent increase

*1/3 of Central students take summer courses

*1,400 summer classes offered

*Majors with the most online classes: Sociology and Information Technology

* 112 online classes offered in summer 2009

WEATHER

Today



Cloudy
47°
32°

Friday, Oct. 30



Mostly Cloudy
51°
27°

Saturday, Oct. 31



Rainy
48°
27°

Sunday, Nov. 1



Mostly Cloudy
46°
18°

Monday, Nov. 2



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40°
18°

Tuesday, Nov. 3



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40°
18°

Wednesday, Nov. 4



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39°
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Two initiatives strike a chord with students

Initiative 1033 to decrease property taxes; opponents say will increase tuition

by Lura Treiber
Staff reporter

By Nov. 3, Washington voters will cast their ballots on Initiative 1033 and Referendum 71, two pieces of legislation that have caught the attention of students at Central Washington University.

INITIATIVE 1033

Initiative 1033, which is co-sponsored by conservative political activist Tim Eyman, deals with property taxes. According to the Office of the Secretary of State, the initiative would limit the annual growth of general fund revenue from state, county and city sources to the rate of inflation and population growth. Any revenues that exceed that limit would be used to help reduce the following year's state, county or city general fund property tax levies.

According to Washington's Office of Financial Management, limiting fund revenue would reduce state revenues that fund edu-

cation, social, health, and environment services and government activities by \$5.9 billion. County and city funds supporting public safety, which cost upwards of \$694 million and \$2.1 billion respectively, would reduce infrastructure and government activities. These reductions would occur over a six-year time period.

Limits on general fund revenue have the potential of affecting institutions of higher education such as Central Washington University.

"If the pie can't get any bigger and we are already cutting higher education, then will that impact us?" said Tracy Pellet, associate vice president for Undergraduate Studies. "I think there is that potential, so it's keeping the pie at a certain size is what it is basically doing. If you take away the ability of the legislature to do some of the things that they can do, then, it could potentially have an impact."

Central has already gone

through a \$7.7 million across-the-board budget cut and if this initiative is passed then there is the potential for even more cuts, Pellet said.

"Past budget cuts have certainly affected us, ... Up until this point we've been able to keep our services to students strong, the same thing is true with delivery of instruction," Pellet said. "One of the things that you're seeing is some class sizes are increasing somewhat and less selection as to the variety of classes. What we've tried to do is maintain small class size and maintain more importantly the quality of instruction ... Time will tell whether and how much we will see an impact."

According to the Washington-based group, "Voters Want More Choices" Web site, it should be the voters who decide how fast the government can grow and how much they can spend. The cap would put a limit to how much governmental officials can spend.

Statements For*:

I-1033 allows government growth at a sustainable rate that doesn't outpace taxpayers' ability to afford it. It re-establishes I-601's allowance for growth (inflation plus population growth)

A fixed percentage of tax revenue is transferred into the constitutionally protected rainy day fund. The remainder of excess tax revenues gets refunded back to taxpayers via lower property taxes.

I-1033 limits government growth and provides flexibility (rainy day funds, federal funds, voter-approved revenues).

**Based on information found at the Secretary of State online voters guide.*

Statements Against*:

Uses the same formula as the "TABOR" law passed in Colorado, which led to cuts to public schools, roads and highways, and children's health care.

I-1033 will make things harder for local communities struggling to maintain basic services such as road repair, libraries and public safety.

This year school funding has been cut by \$1.5 billion, and as many as 3,000 teachers and education employees are facing layoffs. This initiative will take more resources away from Washington's classrooms – and Washington's kids.

**Based on information found at the Secretary of State online voters guide.*

Referendum 71 to expand rights for domestic partners

by Lura Treiber
Staff reporter

Referendum 71 would expand the rights for state registered same-sex couples and domestic partnerships for heterosexual couples where one of the individuals is over 62 years of age.

Sponsored by the Washington Values Alliance, the referendum was written in an effort to overturn Senate Bill 5688 through a referendum veto.

Neither the bill nor the Referendum grants marriage to domestic partners. Under current Washington law marriage is defined as a civil contract between a man and

a woman.

SB 5688 would provide state-registered domestic partners with some of the same rights and powers available to married couples. These include health care facility visitation rights, the ability to grant informed consent for patient care, rights to cemetery plots.

Domestic partners of public employees would also be eligible for employee pension survivor benefits.

"The underlying issue here is that some believe that Referendum 71 will substitute as a form of marriage or make marriage less meaningful, whatever that might mean," said George Senekhamphone, sophomore undeclared.

"Truth is, that's not the case at all. A domestic partnership isn't a marriage."

Senekhamphone, along with several other students, set up a partition board in the Student Union and Recreation Center detailing the arguments and issues concerning Referendum 71 as part of a class and for the Civic Engagement Center

They also held a Speakout Central forum on Tuesday

in the SURC, which was attended by approximately 120 students, faculty and staff.

"Approval of Ref. 71 will make it possible for all families to have equal rights," said Tiff Caravelli, president of Gay and Lesbian Alliance-Gay, Lesbian, Bisexual, Transgender, Straight Alliance (GALA-GLBTA).

"As a queer individual ... it is very scary to know my rights under constitutional law are not seen of equal value to another persons based on the sole being of who I am, and whom I may love ...

"Yet again all we are asking is to be seen as equal individuals, not individuals of whom are trying to deconstruct the etymology of the word marriage."

Opponents of SB 5688 and Referendum 71 are concerned about the use of the word marriage in the text of the bill. They argue that it redefines such terms as husband and wife to be gender neutral they believe that marriage should only be between a man and a woman. The Washington Values Alliance believes that homosexuals have the right to live as they choose, but they do not have the right to redefine marriage.

“Approval of Ref. 71 will make it possible for all families to have equal rights.”

Tiff Caravelli
president of GALA-GLBTA

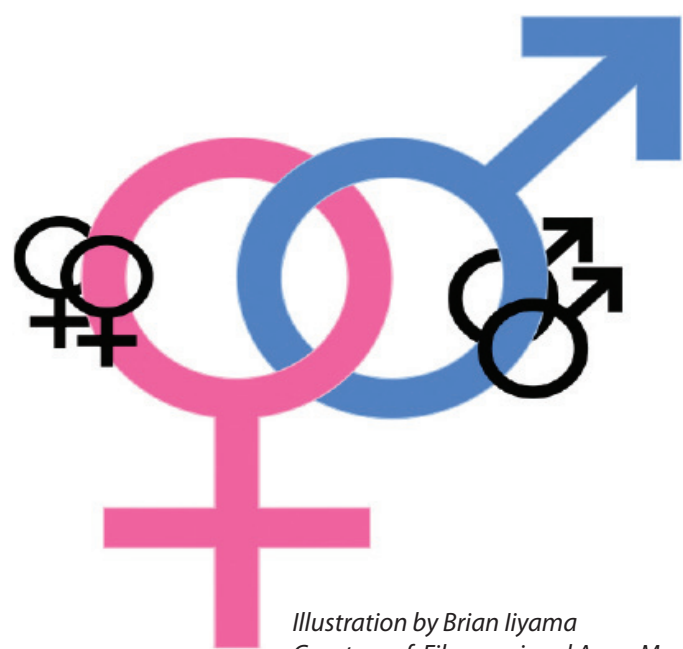


Illustration by Brian Iiyama
Courtesy of Fibonacci and Anon Moos

Statements For*:

The law guarantees that all families will be treated fairly, especially in times of crisis. Often the senior domestic partners can't marry without sacrificing needed health and pension benefits. Domestic partnership laws allow them to protect their loved ones.

Provides death benefits for partners of police and firefighters killed in the line of duty, pension benefits, the right to use sick leave to care for seriously ill partner.

**Based on information found at the Secretary of State online voters guide.*

Statements Against*:

Marriage does not exist just for the emotional satisfaction of two individuals, but for the greater good of social order. Marriage provides a stable and healthy environment in which to raise children.

SB 5688 redefines terms such as "husband" and "wife" to be construed as "gender neutral." The new law will confuse children and likely result in public schools influencing children to accept a new definition of the "family unit."

**Based on information found at the Secretary of State online voters guide.*

Contact 13th Congressional District Members at:

Senator Janea Holmquist
106B Irv Newhouse Building
P.O. Box 40413
Olympia 98504-0413

Representative Bill Hinkle
401 John L. O'Brien Building
P.O. Box 40600
Olympia 98504-0600

Representative Judy Warnick
403 John L. O'Brien Building
P.O. Box 40600
Olympia 98504-0600

*All voted no on Engrossed Second Substitute Senate Bill 5688.

Police give residents an insider's look

by Katie Reese
Staff reporter

Participants of the sixth annual Citizen's Police Academy are learning what it takes to be a part of the Ellensburg Police Department (EPD).

Each Tuesday at 6:30 p.m. students discuss topics such as the EPD hiring process, domestic violence, crime trends, department plans and projections, and other topics.

"It's a chance to get a real inside look at the department," said Police Chief Dale Miller.

Patrol Sergeant Scott Willis, who is teaching the class, has worked as a police officer for 20 years and has been an adjunct professor at Central Washington University since 1996.

"My favorite part is teaching and sharing information with people," Willis said.

Each year, the EPD holds the five-week academy for residents of Ellensburg and the surrounding area. In previous years, the average class size has been eight to 12 people and was taught at the police station on 2nd Avenue and Pearl Street,

but due to the turnout this year, the class was moved to the Hal Holmes center.

"This is the first year we've gotten such a big response," Willis said. "I think the biggest reason for the turnout was because folks from the Law and Justice Club came out. Our chief got them the information and they responded."

Many participants of the Citizen's Academy are Central Law and Justice majors who want to see how things work within a police department before they graduate. Other students of the academy attend in a show of support for the EPD, and to find out how they can become more involved with the community.

"I appreciate what the cops do for us," said Gary Brown, an Ellensburg resident, who's not a Central student. He drove the airport shuttle goes to and from Sea-Tac

"They can't always be where we need them when we need them, so they may need us to be their support," Brown said.

During the first meeting, students learned the



Sidney Odingo / Observer

Detective Drew Hauck leads a discussion at the Citizen's Police Academy.

step-by-step process of becoming a police officer, background history on the department, and Captain Mike Coppin discussed why he believes Ellensburg has such a great police department.

"How many policemen do you think live on Mercer Island?" Coppin asked the class. "How many do you think live in Ellensburg?"

Coppin raised these questions in reference to how rare it is that police officers live in the town they serve, unlike the Ellensburg police.

Participants received hands-on training with firearms and had the chance to drive a patrol car on an emergency vehicle operator course last Saturday.

During the third week

of class, students will be given a K-9 and traffic enforcement demonstration, where they will learn how it feels to walk up to a dark car at night during a routine traffic stop.

At the end of the five-week course, participants will attend a reception and receive a certificate of completion from the EPD.

Health centers not taking a look at flu patients

by Katie Reese
staff reporter

Due to the high volume of sick students at Central Washington University, the Student Health and Counseling Center (SHCC) has put into place a triage system that will help screen those who call the center with influenza-like symptoms.

According to Randy Robinette, interim director of the SHCC, people with H1N1 or the seasonal flu do not need to be seen by a doctor, unless they develop severe respiratory problems such as shortness of breath,

vomiting, the inability to keep fluids down or a change in mental state.

Both the H1N1 virus and seasonal flu are mild illnesses that can be treated with self-care and usually last around five days.

To identify whether or not a patient has H1N1, it costs \$90 and takes about two to three days to get the results back.

"Why charge

you for finding out if you have H1N1, when it will be

almost gone by the time the results get back?" Robinette said.

Robinette suggests that taking Tylenol as directed by the bottle, staying at home and drinking plenty of fluids will have the patient back on their feet in no

“Why charge you for finding out if you have H1N1, when it will be almost gone by the time results get back?”

Randy Robinette
interim director of SHCC

time.

People who may have the flu should stay at home and report any serious conditions such as diabetes or asthma to a nurse.

"Everything I'm suggesting is what the [Center for Disease Control] is suggesting," Robinette said.

If students cannot get an appointment at the SHCC, the Kittitas Valley Community Hospital

hospital has been working closely with the Kittitas County Public Health Department and decided to open the clinic to flu patients to protect community members.

"We knew an increase in flu patients would happen in the fall, so over the past two months we've been getting supplies and staff ready," Wentzel said. "We were already prepared to open it up when the numbers increased."

The clinic is intended for



Illustration by Brian Iiyama, Courtesy of Verdy P.

(KVCH) has opened a walk-in flu clinic for people suffering from flu-like symptoms.

The clinic is located on the hospital campus at 611 S. Chestnut St. Suite A and is open Monday through Friday from 10 a.m. to 7 p.m.

According to Michelle Wentzel, communications director at KVCH, the

people suffering from mild to moderate flu symptoms, and the hospital asks the public to utilize the emergency department if medical attention is needed outside the flu clinic hours.

For more information on the SHCC and H1N1 call 509-963-1881 or visit <http://www.cwu.edu/~shcc/index.html>.

For questions about the KVCH flu clinic or to make an appointment, call 509-933-8787.

WHITE PASS SKI PATROL SKI & SNOWBOARD SWAP 44th Annual

Modern Living Building
Central Washington
State Fairgrounds
Yakima, WA

SALE HOURS:
Saturday, Oct. 31, 9am-6pm
Sunday, Nov. 1, 10am-3pm

PUBLIC REGISTRATION:
Thursday, Oct. 29, 7pm-9pm
Friday, Oct. 30, 9am-9pm

ALL PUBLIC SALE ITEMS MUST BE CLEAN AND IN GOOD REPAIR.



All proceeds from the Ski Swap & Raffle help the White Pass Ski Patrol purchase and maintain needed equipment and first-aid supplies.

Raffle tickets available for \$5 at the Ski Swap or from any White Pass Ski Patrol member.

Donations from: White Pass Ski Resort, Sport Haus, Lincoln Avenue Espresso, and Osprey Rafting Co.

For more information visit us at: www.yakimaskiswap.com

Police on lookout this Halloween for DUIs

by Matthew Robinson
staff reporter

For students planning to enjoy a few "adult beverages" this Halloween weekend, be advised: the Kittitas County Sheriff and Ellensburg Police Department are not just out to scare you.

As many students have probably noticed, you don't have to drive too far from the bar or party to find a member of law enforcement, and that is no coincidence.

Deputy Sheriff Nate Foster, part of the Kittitas County Sheriff's Office Pro-Act Team, says that widespread DUI emphasis patrols help curb the occurrences of people driving under the influence. "When people see patrol cars around town, they are less likely to drive when they shouldn't," Deputy Foster said. "And when they see someone get arrested, or

hear about a friend getting arrested, they realize it's not worth the risk."

The Ellensburg Police Department (EPD) also steps up it's patrols during projected busy nights. According to EPD's 2008 annual report, extra officers are assigned to respond to party calls and to saturate area neighborhoods with patrols.

During 2008, 574 DUI arrests were made county-wide by the County Sheriff and EPD, and over 350 have been made so far this year.

But a DUI is not simply an arrest. Foster said that many students don't realize the broad impact a DUI can have on their lives. It is not just an infraction or ticket.

"If we pull someone over that is under the influence we will arrest them," Foster said.

They are booked into court and will stand trial the next court day.

Every DUI case is

handled differently based on prior offenses and the severity of the impairment, but there is a long list of possible consequences: jail time, license suspension, fines and alcohol/drug education or treatment. Brolin Damen, a freshman broadcast major, said his cousin knew firsthand what a DUI entailed. "He went to jail for a while, and his license was suspended for a long time," Damen said.

Of the three friends that Brolin sat with during the interview, all of them knew multiple people who had received DUIs.

While most DUIs are alcohol related, a DUI can also result from the use of other substances such as illegal drugs or medications. In the event that someone is suspected of driving under the influence but not registering on a breathalyzer, a Drug Recognition Expert (DRE) is called in to assess if

the driver is impaired by something other than alcohol.

The fact that many students will enjoy some liquid merriment over the Halloween weekend is a given, but whether or not they will choose to drive is not. As Foster pointed out, you can spare yourself a lot of time, money and misery by simply not getting behind the wheel. Bring a friend, call a cab, or just find a clean place on the floor to sleep off the evening festivities.

This information was obtained from the Ellensburg Police Department's 2008 Annual Report. For more information on this and related material visit: <http://www.ci.ellensburg.wa.us/forms/40pgEPDannualreport.pdf>

You can also find out more about DUI license suspension from the Dept. of Licensing at: <http://www.dol.wa.gov/driverslicense/dui.html>

The following statistics represent incidents handled by local agencies on special emphasis patrols during 2008.

DUI Arrests

CWU Students -2
High School Students -2
Other Citizens -6

MIP Arrests

CWU Students -66
High School Students -4
Other Citizens -14

Open Container Arrests

CWU Students - 5
High School Students -0
Other Citizens -4

Furnishing Alcohol to a Minor Arrests

CWU Students -2
Other Citizens -0

Other Alcohol-Related Citations/Infractions -6

Other Non Alcohol Related Citations/Infractions -11
Traffic stops and other non-criminal contacts -151

Thai travels

A Central student's adventures and misadventures in a foreign land

by Nicole Williamson
special to the Observer

I could feel the weight of the stare between my shoulder blades. Over the last month I have become accustomed to the perplexed glances of the Thai wondering what I, a "falang," am doing in Thammasat uniform. Usually it doesn't bother me and I return the looks with a bright smile and a hello. But this time it felt different.

I spotted him from the corner of my eye, a gangly older Westerner with a nervous twitch and peppered hair.

"Hello," he called, jogging a few steps to walk beside me down the nearly deserted street leading from the campus.

Politely I returned the greeting, cursing the uniform skirt I could not run in. I had abandoned the practicality of pleats at the instence of a beautiful cross-dresser in my class.

"You don't want to look like a baby," she'd told me.

At that moment, I wished I did. The look the man was giving me wasn't complementary. by any means.

"Where are you from?" he asked, oblivious to my hurried steps

and averted eyes.

"The states," I replied curtly.

He nodded thoughtfully. "Which one?"

"Seattle, Washington. You?"

His voice said American, but his answer was as dodgy as the rest of him.

"I move around a lot. Lived in Seattle about three times though."

"Great city," I hedge. It seems unnaturally dark for only three in the afternoon. Or maybe it was only my imagination.

"I hate it," he growled. "An ugly, devolved mess."

I laugh to cover my nervousness. There are more people now as we move onto a busier street. We are in front of a white marble building I've passed a dozen times in the last week to get to campus.

The security guard recognizes me, either that or the uniform I wear. He doesn't speak English, I've come to realize from our past encounters. But nods politely.

He pointedly ignores us, as if by avoiding our gazes he can remain invisible. I don't blame him, it is too hot and muggy to go chasing bad guys. I stop before the building, a few feet from

him, trying to shake my new friend, but the man is oblivious.

"You traveling alone?" The man comes closer as I move back toward the security guard. "I'm a student."

I gesture to uniform the white shirt with glint silver buttons.

"Here? Why?"

My western friend is annoyed, and keeps moving closer as I dance back.

The Thai hate it when you make a public spectacle of yourself and preach mai jen, a cool heart, but I was about to forget Thai propriety and drop kick the guy in the middle of a major intersection if he didn't leave me alone.

The security guard must have sensed this, and he reluctantly left his perch on the cool stone. He stopped a few feet from us, uncertain if he should intervene.

"Do you know where the bank is?" I asked him.

After a blank look, I repeat myself, desperate. I forgot my Thai phrase book at the dorm and I mimed the process of counting money.

"Bangkok Bank?"

The security guard shakes his head, giving me the Thai smile, which means he doesn't have a clue.

"They'll rip you off." The man at my side growls, clutching my elbow. "Whole country will rip you off. I'll take you to an international bank."

I pull away from his grasp and somehow, without appearing to move, the security guard stands between us.

"You go inside now miss?"

These are the first English words I have heard him speak. I am surprised. He gestures up the marble steps. I don't even know what the building is.

"Miss, you go in now," he repeats, this time it isn't a question. Before the man can step around the security guard I disappear up the steps.

The people inside look at me curiously and I realize I'm inside a travel agency.

"I'm just looking for directions," I tell the girl at the counter.

She gives me directions and a map. I linger for a few minutes in the air-conditioned room before I venture outside again, map in hand.

The would-be American is gone.

"Khap khun ka," I cheerfully thank the security guard.

Looking at my English/Thai map I begin to head down the road.

"Miss?" I turn around to look at the security guard, he points in the other direction. "The bank is that way."

The map is upside down and my reluctant knight speaks English. Figures.

This country will never make sense.

**Nicole is a Central Washington University journalism major who is currently studying abroad in Thailand at Thammasat University. She is studying for a full academic year.*

Study Abroad

Thailand is one of 41 countries CWU students can study in through ISEP (International Student Exchange Program).

For more information on ISEP or the many other options CWU students have to study abroad, check out www.cwu.edu/~studyabroad.

Drop by the Study Abroad office at the International Center for an informational Study Abroad Seminar (Tuesdays at 4 p.m. and Wednesdays at 3 p.m.) to get started on your international adventure!

opinion

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 email your letters to cwuobserver@gmail.com. All letters become property of The Observer.

DEAR EDITOR,

I'm noticing a startling trend. Quinn Eddy's "Deep Thoughts" are becoming shallower and less thought-provoking by the week. The only deep thought I've had after reading one of these articles is, "I can't believe this guy is getting college credit to write this drivel!" Driving around Ellensburg a la "The Dukes of Hazzard"? Commenting on the intensity with which Subway enforces their customer dress code policy? Identifying various, mysterious substances removed from your sink drain? The only thought worse than Mr. Eddy's own, is the thought that has been submitted by a guest! The idea that these so called "thoughts" are described as "deep" makes me both terrified of and for the youth of this country. We're in serious trouble if the deepest thought a university student can muster involves wondering exactly what the 23 flavors in Dr. Pepper are.

Now, I understand that Mr. Eddy's thoughts may be intended to be more funny than deep. But he fails here too, as his commentary manages to be less funny than the show "King of Queens"; a show that Mr. Eddy himself admits to hating! In any case, I think your paper would be better served to just reprint the "Deep Thoughts by Jack Handey" segment found on reruns of Saturday Night Live.

Sincerely,
Patrick Coffey
Concerned Staff Member and CWU Alumnus

While I would love to say that I was surprised of a spelling error in the Observer's Oct. 15-21 issue, I was not. I was, however, embarrassed to see that this time it was in the sports headline: "Armchair athlete speaks out in surprise." If the red, squiggly line that I'm seeing right now doesn't grab your attention then nothing short of this letter will. I thought that perhaps "speakes" was some witty way to plug someone into the headline but I found nothing of the sort. Unfortunately, this does not only reflect poorly on Mr. Henderson who wrote the article (who will be undoubtedly attributed to this fault that I suspect was not his), but to the entire CWU population, both faculty and students. I can only hope that future employers who read the Observer do not make hasty generalizations about me or anyone else graduating from Central who are looking for jobs in the very near future.

Mark Seidl
Senior, Music Major

I read with interest your article last week about the role of the faculty union in lobbying for tuition increases, as if this was some sort of nefarious plot. Groups generally try to influence government for their own self-interest whether it helps or hurts others. Why should the faculty union be any different? The student government lobbies against tuition increases and for other student benefits. Are they being overly selfish? I'm not saying all faculty necessarily favor tuition hikes, but without these increases, given the declining tax money the state was facing thanks to the tanking economy, bigger cuts to the university, including programs and professors, would occur. (Is that good for students?)

If the Observer (or for that matter, the ASCWU) is so concerned about tuition, and other possible negative impacts on higher education, where's the coverage about I-1033 in the upcoming election? Tim Eyman's latest initiative, which caps state budgetary spending and growth based on inflation and population regardless of whether there's actually extra money in the budget, would have potentially devastating consequences to higher education funding, including CWU. The state's own office of financial management estimates it will reduce tax revenues by nearly \$6 billion by 2015, including funding for education.... As a news organization, you should want to educate your readers/citizens about these kinds of issues. (Please note: this is my own opinion and should not be construed as that of my department or any other group with which I'm affiliated.)

Sincerely,
Todd Schaefer
Professor, Political Science

Editor's Note: For coverage of I-1033, please see page 3.

FEAR & LOATHING, MEET HUGS NOT DRUGS



Darcy Wytko
Editor-in-chief

Notorious American author, journalist, drug user and firearms enthusiast Hunter S. Thompson once famously said, "I hate to advocate drugs, alcohol, violence, or insanity to anyone, but they've always worked for me."

He also committed suicide. For years I've worshipped Thompson for his novels "Fear and Loathing in Las Ve-

gas" and "Rum Diaries," and for his radical invention of "Gonzo" journalism, where reporters involve themselves in a story's action to such an extent that they become the central figures of the article they're writing.

Yet I've also come to the understanding - as most young counterculture seekers do - that his reporting, and his lifestyle, have been glamorized to an unrealistic extent, and that the reality of imitating his actions would spell disaster.

As a journalist, what I most admire about Thompson is his fearless exploration of controversial yet socially relevant subject matters, no matter how the public perceives it.

As a journalist, what I most admire about Thompson is his fearless exploration of controversial yet socially relevant subject matters, no matter how the public perceives it.

We know that this issue may enrage our audience, but we want to be clear: The intent of this issue is to inform students and the public - not condone or condemn substance use. The issues surrounding drug and alcohol use are a substantial part of college life, and greatly affect our student body.

That said, the Observer in no way endorses the illegal growth, production, sales, or consumption of controlled substances such as marijuana or prescription pills, the regular usage of substances such as salvia, the consumption of alcohol by minors, or the abuse of alcohol by those of legal drinking age.

Whatever choices you make, may they be safe and well informed.

“The intent of this issue is to inform... not condemn or condone.”

Deep Thoughts by Quinn Eddy



Quinn Eddy
Asst. photo editor

My friends,

A buddy of mine just got out of the Kittitas County Correctional facility. He feels corrected. Apparently some British dude made a shank out of a toothbrush and stabbed a guy.

Having Swine flu was not tight. A friend of mine said that I should carry a voice recorder around, so as soon as I have a "deep thought" it's instantly captured. I don't think the world is ready for thoughts fresh off the Quinn.

Plus, how stupid would it look if you were riding in an elevator with some jackass recording silly stuff on a recorder?

The other day I was too lazy to take off my jacket so I started sweating heavily. I was definitely having an Old Spice moment. Sometimes you just know when you're in the "Red Zone."

I'm really good at spacing out. I can also fall asleep in just about any situation.

I'm way too polite to cops. I want to get cups from multiple fast food places so whenever I drive by one, I can go in and take advantage of free refills.

I once had Cinnabon in Minneapolis, and I truly feel those are better than fresh Krispy Kremes.

This girl told me my deep thoughts weren't deep enough. So I promise from now on to go super

deep. Doesn't that sound dirty?

In this paper you may read a letter to the editor from a concerned staff member. First of all, it's awesome he uses the word "drivel."

Second, I dislike the show "Yes, Dear," not "King of Queens." I actually really like "King of Queens." Kevin James is hilarious.

The SNL skit "Deep Thoughts with Jack Handey" is actually the inspiration for this weekly word snack, hence the name.

I do admit these thoughts are silly and outrageous. Yet I'm proud I ask what the 23 flavors in Dr. Pepper are. If it weren't for people like me, pioneers of thoughts such as these, nobody would have anything interesting to say.

We all have 'deep thoughts' every day. I just happen to write mine down.

“We all have 'deep thoughts' I just happen to write mine down.”

Culinary Corner: Beef Stroganoff

by Rachel Guillermo, Culinary columnist



Brian Iiyama/Observer

Ingredients:

- 8 oz. mushrooms, sliced
- 2 medium onions, diced
- 4 cloves of garlic, minced
- 1 lb. sirloin steak
- ½ C. red or white wine, plus more for deglazing pan
- 2 C. beef stock
- ½ C. sour cream
- 2 C. heavy whipping cream
- Salt and pepper
- Egg noodles or rice
- Parsley for garnish

Every year around Christmas, my friends and I go to Leavenworth for the tree lighting. We go to the Cheesemonger, take pictures with Santa, and taste wine. Then at dinner I always order beef stroganoff. The rich, creamy sauce, steak and mushrooms over a bed of noodles are just the thing to warm me up!

Instructions:

Dredge 1-inch strips of steak in flour and set aside. In a hot sauté pan melt butter and brown the steak until done. Using a slotted spoon, remove steak and keep in a warm place. Melt more butter and sauté the mushrooms, onions and garlic, season with salt and pepper. Cook for 2 minutes until onions and garlic become fragrant.

When the onions and mushrooms are done, deglaze the pan with a little red wine, add the steak back into the pan. Add 2 C. of beef stock, water and heavy cream. Simmer for 30 to 45 minutes. The liquid should be reduced to about half. During the cooking the cream will separate and some of the butterfat will become visible. While the sauce is reducing, boil a pot of salted water and cook noodles as directed on the packaging.

Just before serving add the sour cream, stir to combine. Serve over noodles or rice and garnish with parsley. Enjoy!

FYI: Don't be like 'DUI Guy'

For the sake of this article, I am substituting my friend's name with Professor-X. I chose Professor-X as a cool name, because by the end of this article the only thing you will find cool about this guy is the name I just gave him.

Professor-X had it all. He was smart, charismatic and he had lots of cool electronics. I didn't know him before he started at CWU, I knew his roommate, whom I will nickname Turtle.

After the first week, Professor-X decided that since Blackboard had everything posted, he wouldn't go to class; he'd email his homework to his teachers and just party. Professor-X started this habit of going party-hopping all night, and then coming back the next morning. He'd talk to us about the events of last night and then be off for another night of grandeur.

Professor-X had had a girlfriend for two years when he came to CWU. She went to college in Seattle, but would often visit. They were all lovey-dovey until they got back to the Bassettis after party-hopping. One night, their argument spilled into the hallway, waking up the entire floor. In another argument they exchanged punches, but she saw his coming and

ducked, letting his hand slam into a metal refrigerator, breaking his wrist.

Professor-X wasn't monogamous; he would say that he was not dating, or he would rationalize that since they were fighting, he wasn't cheating. His philandering led him to at least six girls I know about, and with one of those came chlamydia. He prided himself on the fact that he never wore condoms.

“He prided himself on the fact that he never wore condoms.”

He'd bring girls back late at night and convince them to have sex with him while Turtle slept less than 10 feet away.

About mid-quarter of his freshman year, Professor-X's parents pulled him out of CWU due to his incessant partying. I later noticed a letter on his door notifying him of his academic suspension.

A year later, he decided he didn't like his car, so he went to his bank and secured a \$10,000 auto loan. He spent \$8,000 on a used Subaru WRX. His parents found out the next morning after seeing it parked in their driveway. Problem was, his car had a standard transmission and he couldn't drive a stick.

Not wanting to admit defeat or ask for help, he drove to El-



Jeremy Vimislik

Copy desk

lensburg the week after he got it to show off his new ride to friends. By the time he got into town, 2nd and 4th gear would not engage. When he dropped his car off at a shop to get a new transmission, they said there were “pieces of the clutch in the gearbox.”

When Professor-X got his first car, he was arrested later that day for speeding, street racing, reckless driving and evading arrest. After he got his WRX, he got three DUIs within three months. My friends know Professor-X as “drunk [Professor-X].” Turtle's friends know him as “DUI Guy.”

Don't be like Professor-X. He is jobless, diploma-less, car-less, has a rap sheet, a domestic violence charge and is thousands of dollars in debt. Remember Wildcats, enjoy everything in moderation and remember not to let bad temptations get the best of your decision-making. It could ruin your life.

Don't fear the reefer, legalize it



Steven Rogers

Copy desk chief

Following Seattle's 2009 HempFest, two senators from Washington state were so enthused by the tens of thousands of marijuana supporters in attendance that they wrote a bipartisan letter to the Seattle Times expressing the need to decriminalize the herb. But why stop there? Let's take it one step further and, as Bob Marley says, “Legalize it.”

Let me start by saying that marijuana is not a drug, it's a plant - yet it's classified as a narcotic. Smoke some weed, then go snort some crystal meth and try to convince me they belong in the same category.

The Big Man Upstairs even condones the almighty reefer. Genesis 1:29 says, “And God said, behold, I have given you every herb bearing seed, which is upon the face of all the earth.” So it should come as no surprise that in March of 2009, archaeologists digging in Israel reportedly discovered ancient scrolls depicting events leading up to Jesus Christ's crucifixion.

On these scrolls, there is a picture of Jesus smoking from

a pipe with the Hebrew word ‘kineboisin’ underneath it. What does ‘kineboisin’ translate to? Cannabis.

That's right, our savior smoked pot. What Would Jesus Do? Jesus would smoke.

Marijuana is illegal in our country thanks to a bunch of unfounded, speculative reasoning and political garbage, like Ronald Reagan irrationally declaring, “I now have absolute proof that smoking even one marijuana cigarette is equal in brain damage to being on Bikini Island during a hydrogen bomb blast.”

Wow, if that's what happened to The Gipper after hitting a joint, then I want some of what he was smokin'. Then there's the movie “Reefer Madness,” which describes the effects of marijuana about as accurately as the movie “Pearl Harbor” described WWII.

The detrimental effects of alcohol and tobacco are worse than those of marijuana, yet they're legal. Unlike THC, alcohol penetrates every cell in the body. According to government statistics, more than 80,000 people die each year thanks to alcohol. How many people have died from marijuana use? Zero. Ever.

A study of marijuana by the University of California at Los

Angeles found that long-term use does not lead to cancer. Donald Tashkin, who headed the study, said that the pot smokers analyzed had smoked it more than 22,000 times in a 20-year period. They showed no increased incidences of cancer, but there was a 20-fold increase in lung cancer among people who smoked one to two packs of cigarettes a day in those same 20 years. Hmmm.

We've all seen “To Catch a Predator.” Some of those guys serve ten days or less, or get off with probation. Get caught with more than 2 ounces of weed, and you could face a year or more in jail. So it's worse

“What would Jesus do? Jesus would smoke.”

to smoke sticky-icky than it is to try to sleep with a ten year-old boy? Since when did being hungry, happy and sleepy become worse than being twisted, perverted and nasty?

Instead of spending billions each year making peaceful pot-heads out to be criminals, let's legalize marijuana and tax it. We could turn our deficit inside-out, and discover new ways to create fuel, paper, clothing and building materials. Marijuana opens the door to exciting opportunities, not to mention it makes everything cooler.

To voice your opinion on legalization, attend SpeakOut Central in the SURC pit Nov. 11, from 12-1 p.m.

Sex-Ed with Miss Chastity

Preventing rape under the influence

Rape, date rape, “grey” rape, acquaintance rape - call it whatever you want to call it, but rape is still rape. When most of us think of rape, we think of the scenario where a guy slips a roofie into a girl's drink at a party, or beats a girl and then rapes her. But what about that girl (or guy) who is too intoxicated to give consent? Many of us just categorize that as a drunken hookup that they won't remember. We are wrong. Being too intoxicated to give consent is rape. That means if you are too drunk to say “yes” or “no” it is considered rape.

Being drunk and regretting it in the morning, however, is just making a poor decision while drunk. Please do not confuse the two.

The Rape, Abuse and Incest National Network says that one in four women in college will experience sexual violence before graduating. Girls, think of your three closest college friends. Now imagine that one of you will become a rape statistic.

I'm not trying to scare you; I'm simply trying to shine light on a more serious issue on campus. There are plenty of resources on campus and ways to protect yourself and turn those numbers around.

I am one of those statistics. I was not raped on the CWU campus, nor was I enrolled here at that time. It was, however, my first ever experience on a college campus at a “real” college party. What should have been one of the most fun nights of my life ended up being the one decision that haunted me for years.

Like any other 18-year-old, I was a complete lightweight. I only remember drinking three shots of vodka and one beer (though there is much of the night I don't remember). After a night filled with dancing, drinking and flirting, I woke up the following morning curled up to some guy I vaguely remem-

ber meeting the night before. Then friends asked me if I was on the pill, and what happened for the three hours I was locked in the room with “Nate.”

Completely blown away, I had no clue what had happened. The last thing I remember was going into a room to sleep because the walls kept spinning. I have no recollection of being physically intimate with “Nate” but from the pieces of the night I was able to get, I had sex with “Nate.” Long story short, “Nate” had non-consensual sex with me, which legally is rape. However, it left me feeling like I had asked for it, or that it was my fault. Rape is

“Girls, think of three of your closest friends. Now imagine that before you graduate, one of you will become a rape statistic.”

never an act of passion; it is a crime of violence. It is an act that requires strength, understanding and compassion to overcome.

While some people argue that my columns promote a lifestyle that makes situations like rape more likely, that is by no means what I intend. Everything I write about occurs on a fairly regular basis on any college campus - I simply want to bring these issues to light.

*Date Rape Statistics:

90% of campus rapes occur when alcohol has been used by either the assailant or victim.

70% of students admit to having sex as a result of being under the influence, or having sex they wouldn't have had while sober.

60% of college women who have STDS report that they were drunk at the time they became infected.

2 vs. 23 The number of forcible sex offenses reported to the University PD vs. the number of students who contacted CWU's sexual response coordinator.

*What to do if You've Been Raped:

Within 24-72 hours, contact the police and file a report. You may be asked to go the station or a hospital emergency room to be examined. Do not bathe, eat or drink. Bring a change of clothes, as police will likely need to keep the clothes you were wearing as evidence. Even if you don't press charges, do get tested in case you have contracted a sexually transmitted disease from your attacker.

To speak with CWU's sexual assault response coordinator, visit Andrea Easlick in SURC 139, or call (509) 963-3233.

*Information courtesy of the CWU Wellness Center and the American Council for Drug Education.

Central's drug profile

Conflicting reports about what students are really using

by Ryan Ricigliano
Scene editor
& Erik Pague
Staff reporter



Photo illustration by Ryan Ricigliano

Zone out, chill out or simply pass out – a small minority of Central students use recreational and prescription drugs to get high.

“Dave” is a highly functional Central student who smokes marijuana on a regular basis and occasionally uses ecstasy on the weekends. He does well in school and holds a full-time job in the restaurant industry. He believes his drug use is under control and hasn’t negatively affected his life. For Dave, it’s simply a method for enjoying life.

“I like to experience the world,” Dave said. “I do my homework, clean the house ... things I don’t like to do sober. I’ve never skipped out on a family function or forgotten my parent’s birthday. I’ve never felt guilty for getting high.”

Dave also smokes marijuana as a way to socially interact with friends at gatherings. Yet his thoughts on why others use run the gamut.

“Some use to get away, some use to get in. Some people just like to party,” Dave said. “Some people do it just to do drugs -- for the image.”

But does Central have a drug problem? Conflicting arguments are given on both sides of the issue.

The Uniform Crime Report Index Offenses Statistics, reported by the CWU Public Safety and Police Services each year, reports that there were 117 drug-related arrests

of Central students on or around campus in 2008. Additionally, there were 34 arrests made in cases involving the dealing and distribution of drugs.

“It happens daily,” said Tim Stowe, lieutenant for the Public Safety and Police Services of Central. “They are used daily in this community we have here.”

Stowe notes that his agency frequently runs across marijuana, but that occasional use of cocaine, heroin or methamphetamine, has also been popping up.

Dr. Michael Swesey, Central Student Health Services family practitioner, thinks that the campus hasn’t been affected by drug use as much as other schools have.

“There’s only a limited scope within the campus community,” Swesey said.

Swesey said the campus health center has seen a few cases of prescription drug abuse but that abusers are more common outside of the college around Ellensburg.

The three main types of prescription drugs that are commonly abused are narcotics such as Oxycontin and Vicodin, benzodiazepines such as Valium and Xanax and psychostimulants such as Adderall and Ritalin, which are frequently prescribed for attention-deficit hyperactivity disorder (ADHD) and other behavioral disorders.

“People abuse narcot-

ics because they relax you,” Swesey said. “They do work well, and it certainly gets rid of anxiety.”

“People who don’t have ADHD that take these have the opposite effect. It’s like speed,” Dr. Swesey said. “It gives them energy, gets them going. People can stay up for extended periods of time and study.”

“I don’t want to go to jail over it, but the perceived benefits are worth risking.”

“Dave”
Central student

Gail Farmer, director of the Wellness Center, has noted there has been a nudge up in prescription drug use on campus, but believes it isn’t necessarily a trend.

“Anecdotally I hear about it, but it hasn’t totally surfaced here,” Farmer said. “I am certainly hearing about it but that doesn’t necessarily denote abuse of those drugs.”

Farmer is careful to mention that her picture of the Central drug scene is based only on people coming for help, surveys administered every year and the anecdotal

reports she hears from students.

“I would say, in terms of people coming in for services, you wouldn’t know anyone does anything but drink,” Farmer said.

In Dave’s eyes, Central’s drug use isn’t any higher than a typical college town and may in fact be lower.

“It’s not as available over here,” Dave said. “It has to come over from the West Side.”

Lieutenant Stowe echoes Dave’s thoughts about exactly where Central students are getting their fix.

“Most times when we do busts, be it a user or some local dealers, most stuff is from the West Side,” Stowe said. “People dealing drugs locally already have West Side distribution centers.”

While college students may like to try someone else’s Adderall or hook up a friend from time to time, that doesn’t hide the fact that it’s still illegal. Harsh penalties exist for being caught in possession of illicit substances. Yet that doesn’t deter some students from using and selling drugs.

One anonymous Adderall dealer, “Joe,” says that the prescription drug abuse problem here isn’t too bad.

“I just sell Adderall. I get 30 a month and have plenty extra,” Joe said. “I usually just have it sitting around when people ask for it ... They

could probably get their own prescription if they would go to the doctor and say they can’t focus.”

Joe makes around five dollars per pill sold.

“Just a little extra spending money here and there,” he said.

The allure of a few extra bucks even tempts Dave into the world of dealing from time to time.

“I’m more like a broker, I find it for friends,” Dave said. “Whoever happens to have more than anybody else becomes the dealer of the week.”

Despite the constant risk of losing financial aid, being ineligible for certain loans and facing mandatory drug classes, some users find the risk a calculated one.

“I’ve had a lot of close calls, but never been caught,” Dave said. “It comes with the territory. I don’t want to go to jail over it, but the perceived benefits are worth risking.”

Lieutenant Stowe believes that by practicing direct interaction with the Central student body, through programs such as the Bong Show, where campus police display confiscated drug paraphernalia and show students that they are actively pursuing users, students will make their own educated decisions.

“We want to educate, so you can make informed opinions on your own,” Stowe said.

Bars targeted by local law

An old law on the books is being used to cite public intoxication in drinking establishments

by *Lindsay Wheadon*
Scene reporter

It's Friday night. The 'pre-funk' drinks have been consumed and a group of students make their way downtown to continue the party at the bars.

Public intoxication is an issue in many college towns, yet Central students should be aware that they aren't just risking a ticket by stumbling outside onto the sidewalk. You can now get a \$1,025 ticket for being drunk *inside* a bar.

According to Washington law, "No person who is apparently under the influence of liquor may purchase or consume liquor on any premises licensed by the board."

The law not only prohibits anyone who is intoxicated to consume alcohol in a licensed establishment, it also prohibits the serving of alcohol to a visibly intoxicated patron.

Ellensburg Police Department (EPD) Captain Dan Hansberry says that the stepped-up enforcement is relatively new in Ellensburg, and began a short time before Labor Day weekend.

"The legal definition of 'intoxicated' is impairment," Hansberry said. "It's to the point where you reach impairment or reach the legal limit."

Students who show up to bars trashed now run the risk of being cited by law enforcement, and failure to comply could result to in a hefty ticket and time in court.

The officer-issued citation for an intoxicated patron inside the bar is worth \$1,025. The establishment who served the patron would receive a citation, with the amount determined by the judge but not exceeding \$500.

According to Lynn Harrison, coordinator of the Campus Community Coalition, Central has less of an issue with alcohol abuse compared to some other universities, but students on campus need to know when to stop.

"Up to about a .05 or .06 you get that buzzed, happy feeling," Harrison said. "When the blood alcohol level rises, you start feeling more of the negative consequences and significant impairments."

The EPD uses a set of warning signs, such as slurred speech, difficulty standing, balance problems and aggres-

sive behavior.

"There is no new law to enforce; we're just doing it in a more organized effort," Hansberry said.

Zak Rugh, manager and bartender of the Oak Rail, never saw an issue of alcohol overservice.

“The whole purpose is to keep bars and patrons in compliance”

Capt. Dan Hansberry
Ellensburg Police Department

"Now there is more of a focus on it," Rugh said.

Pete Reign, head of entertainment at the Oak Rail agrees.

Law enforcement officials "are taking a different and more direct route in the way that they're enforcing" the law, Reign said.

Police first sweep the 17 bars and private clubs in town, in order to ensure proper liquor and consumption laws are being followed. The sweep is typically done during non-peak hours so that the normal flow of business isn't interrupted, Hansberry said.

The EPD also monitors complaints received by telephone from the public.

"The most common ones depend on the bar, but it could be something like fights or noise complaints," Hansberry said.

A letter from the police department is sent, regarding issues that the establishment needs to address. Training and assistance are provided as needed.

Establishments with repeated incidents are subject to another sweep, this time with representatives from Kittitas Fire and Rescue and the Liquor Control Board, in addition to officers from the EPD.

"The whole purpose is to keep bars and patrons in compliance," Hansberry said.

Local establishments, such as the Palace Cafe, have instituted restrictions with regards to inexpensive well drinks



and the number of drinks customers can purchase.

"We have recently decided that we will no longer do our \$1 drink special," said Steve Hansen, owner of the Palace. "The risk is too high for receiving overservice fines."

The Palace is also limiting the number of drinks a customer can order at a time, Hansen said. "You can't come to the bar and order more than one drink. That way our bartenders can assess [an] individual's level of intoxication."

Concerns from local businesses regarding public urination, vomiting, fights, excessive noise and vandalism have prompted many to collaborate with local law enforcement agencies and the Campus-Community Coalition to combat such behavior.

"It is important that we have a vibrant night life for all of us, but it needs to be both safe and legal," Harrison said.

However, local bar owners feel that the odds of these issues being solved by stronger enforcement within the bars is slim.

"If students want to get alcohol, they'll get alcohol," Hansen said. "When students are in my bar they're in a controlled environment. But the people who are getting drunk and vandalizing are going to do that. Regardless if they're in my bar or not, I don't feel that is going to change."

Reign said that more enforcement is scaring people away.

"When you put a crunch on people and the cops become a pushed presence it keeps people away," Reign said. "They're bleeding us. Everything we make is going toward fines or lawyer fees ... Businesses can only operate so long when dealing with these fines."

Hansen said the Palace Cafe has also experienced a financial struggle.

"We've definitely lost business because we've gotten rid of our dollar [drink] special," Hansen said.

The enforcement has sparked the interest of Central students who spend time at the local bars downtown.

"I've noticed more police downtown," senior psychology major Sam Pierce said.



Dorris Torres/Observer

(Top) Central Washington University students unwind during homecoming weekend at the Oak Rail. (Above) The Starlight is a hot spot for Central Washington University students who are over the age of 21.

"I think [overconsumption of alcohol] happens but I'm not sure if it's a severe enough problem for so many police officers to be at one site all of the time."

Junior health and physical education major Donny Treat said that drinking is normal among college students.

"There are a lot of cops outside the bars and I think they should be doing something else," Treat said. "It's a college town where kids are going to drink."

While it's a minority of people who are causing the problems downtown, it's still a concern that the Campus Community Coalition and the law enforcement will work to solve.

"Even one person who is making high-risk decisions is an issue that we want to address," Harrison said.

Reign said it's important to understand the importance of drinking responsibly within a bar setting.

"Be careful. It boils down

to an agency who is able to make a judgment call of what they think," Reign said. "Anyone can get a ticket under their discretion."

The Campus Community Coalition also encourages students to be conscious of their alcohol intake as a means of staying out of danger with this law.

"Do the basics," Harrison said. "Drink one [alcoholic] beverage an hour, eat food while you're drinking, and avoid drinking games as a protective factor. Determine how much you're going to drink in advance and stop when you've reached that number."

With only one cited establishment to date, Hansberry feels sure that law enforcement agencies and downtown businesses will be able to work this issue out collectively.

"Out of the seventeen bars [in Ellensburg], sixteen bars so far have been compliant," Hansberry said.

Controversial legal herb piques interest

by Lindsey Sires
Staff reporter

Students have described horror stories about the supreme psychedelic impact Salvia divinorum has on their brain.

Some say the world was falling apart, others say they couldn't stop laughing and some have never been more terrified in their lives.

"It feels like it's never going to end," said both Casey Stock, employee at Central Market & Smoke Shop, and Chase Janosik, sophomore undeclared, who have each tried the drug.

Salvia divinorum, also known as salvia, Sage of the Seers, Sally-D or Magic Mint is a member of the mint family, native to the Sierra Madre Mountains in Oaxaca, Mexico. According to the Drug Enforcement Administration (DEA), it was used for its ritual divination and healing by the Mazatec Indians. It was first discovered by scientists in the 1930s. It can be

smoked or chewed, or if state or national laws prohibit the use of salvia, it can be sold as incense.

In Washington state salvia is a legal substance, but because it's such a strong hallucinogen, it's illegal in Florida, Missouri, Tennessee, Oklahoma, Delaware, Maine, North Dakota and Illinois to either use, possess, distribute or test on animals.

Some believe the effects of salvia to be similar to those of marijuana, but the effects are completely different, according to salvia.net. Some effects include two-dimensional hallucinations, out-of-body experiences, becoming an object, traveling back in time, being in several places at once and uncontrollable laughter.

"I've done it a lot," Janosik said. "In the past three months I've done it like 40 times."

Janosik and others have witnessed some very unique reactions of their own.

"The whole thing that

remained constant ... was hysterical laughter," Janosik said. "After that I was just dry heaving from laughing so hard."

Stock has had different reactions in addition to laughter.

"I've just had the giggles and then I have really scary experiences," Stock said.

Michael Henn, assistant manager of Rich's Smoke & Gift, has heard some extremely surprising reactions from customers.

"I had a blind man come in who said he tried salvia and he saw colors," Henn said.

For any kind of substance, it is never a good idea to take it without prior knowledge.

"Some people are safe and have the best stories," Henn said. "And some people are completely careless."

According to the DEA, "there is a substantial risk of injury or death as a result of impaired judgment due to disruptions of sensory and cognitive functions," making



Lindsey Sires/Observer

Salvia divinorum is naturally occurring psychoactive herb that an estimated 1.8 million persons aged 12 or older have used in their lifetime.

drinking or being in a situation with a lot of background activity extremely dangerous.

According to Gail Farmer, director of the Wellness Center, there are potential long-term effects that occur when smoking any drug.

"The biggest risk is toxic psychosis," Farmer said. "We see things, we hear things and when it doesn't go away after the drug disappears, then there's a risk. There are three things you have to look at - the drug, the person, and the setting."

Salvia : What it's all about

- Scientific name is Salvia divinorum, also known as the sage of the seers
- Psychoactive herb occurring naturally
- Can be smoked, chewed or taken as a tincture.
- Has a long history of religious use as an entheogen by Mazatec shamans.
- Effects include perceptions of bright lights, vivid colors and shapes, dysphoria, uncontrolled laughter, overlapping realities and hallucinations.
- Effects first appear within 5 minutes and can last no more than 30 minutes.
- Not regulated by the DEA but several states have passed laws banning its possession and use.

Information compiled from www.wikipedia.com and www.usdoj.gov

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Disease pong

The truth behind this popular college drinking game

by Jeremy Vimislik
Copy editor

Everyone who has played the popular drinking game Beer Pong knows that the competition and flat beer can get nasty. Beer Pong involves plastic cups, ping pong balls, beer and a table. The size and complexity of the game is limited only by fiscal resources and the availability of players. From inflatable pool games, tailgates to dining rooms, from 12 to 578 cups (Google image search "insane beer pong") this game can be immensely entertaining. But can Beer Pong spread more than just laughter and merriment? On Feb. 22, 2009, numerous media outlets questioned whether Herpes Simplex (HSV-1), or oral herpes, can be contracted from this popular game. Let's look at the facts.

Beer Pong, or BP, is a simple game. A table is produced, wherein generally two players or two teams of equal size set up pyramids of plastic cups pointing towards the center of the table. These cups receive equal amounts of beer or mixed alcoholic liquid, and one cup is set aside and filled with water; this cup is known as the rinse cup. The object of the game is to throw ping pong balls at the opposite team's cups and have the ball fall into the liquid. One of the team members on that side then drinks that cup, and the cup is removed from the pyramid. A victor is declared when a side sinks all the opposing team's cups. As punishment, the losing team must drink the victor's remaining beer as well. If a ball falls off the table, or after it lands in a beer cup, players use the rinse cup to clean debris from the ball.

Throughout a night of BP, the cups can get quite disgusting. The rinse cups especially, because it is often left all night. Settling at the bottom of all the cups resides



Photo courtesy of Jean-Philippe Caissy

Recent media reports have linked beer pong participation to outbreaks of herpes. However, there is no conclusive evidence.

dirt, spit, hair, beer, unknown substances, etc. ... This, along with the losing team's drinking of community beer, specifically, out of community cups that have been used all night, can become revolting.

Douglas Fillbach, junior undecided, weighs in, "I've played with water rather than beer before, and just drank from my own can. And yes it is gross...especially seeing the people drinking out of them and mixing [liquor] with beer is bad."

Junior nutrition major Rachel Holden agrees "we play with water in the cups so that you don't drink out of that cup; you drink out of your own cup. That's what most people are doing now, in my experience since the swine flu."

According to the CDC, The Herpes Simplex Virus (HSV-1), or oral herpes, can

be spread by the transmission of mucosal surfaces, such as saliva, and is most virulent when the carrier is experiencing an outbreak of sores, known as cold sores. When

“Can beer pong spread more than just laughter and merriment?”

the virus is transmitted to a new host, the virus replicates itself and lays down 'roots' into the host. After a period of latency in which the host is not contagious, the virus can break out through the skin to form sores which can 'shed' and transmit the virus

to others. This shedding occurs through cold sores, or even small cracks in the skin. This occurs from direct exposure to infected saliva or even droplets of breath.

On Feb. 22, 2009, many news outlets cited a CDC study that proved "unprotected Beer Pong" was the cause for a 230% increase of HSV-1 infections in young adults ranging 17-21. These news sources cited that the CDC claimed using the "waterfall method" was a safe alternative to play Beer Pong. The CDC released a comment Feb. 26, 2009 which stated that no such study was made to show there is (or is not) any correlation between the spread of herpes simplex and the drinking game, Beer Pong.

"Even though we don't have conclusive data, this certainly intuitively makes

sense that a game of BP with players having open sores wouldn't take much...with President Obama declaring a national H1N1 Flu emergency, due to the variety of ways to transmit the H1N1 virus, all drinking games that involve community cups are possible areas for transmittal; for a variety of viruses and diseases," said Gail Farmer, director of the Wellness Center.

The verdict is still out, BP champions. Health professionals warn against a game that involves drinking floor debris and drinking beer out of a used cup, but many college students would not listen even if the CDC did find a correlation, because sanity and long term health are not the reason college students play beer pong. It's a fun drinking game. Plain and simple.

Tips to prevent you from getting a police citation

- If you are under 21, don't drink and don't have alcohol in your possession, even if it is for someone else.
- If a police officers come to the party, always cooperate. Additional citations can occur when people are uncooperative or give police a hard time.
- If the police break up the party, cooperate. If they ask you to leave, then leave, but don't drive if you've been drinking.
- Be aware of what is and is not part of the property you are visiting. Destroying or mistreating a neighbor's property is the quickest way to get a police citation.
- Avoid parties at notorious "party houses", as they are more likely to prompt a neighbor complaint, which could lead to police intervention.

Alcohol overdose 101

- Alcohol poisoning is a severe reaction to an overdose of alcohol.
- As the host of your party, you are responsible for the welfare of your guests.

What to look for

- Slow, shallow, or irregular breathing.
- Vomiting blood or vomiting excessively
- Bluish, cold, or clammy skin

What to do

- Call 911 if any of the alcohol overdose symptoms are present
- Stay calm and inform them of what you are going to do
- Monitor their breathing and lay them on their side in case they vomit

Information courtesy of the Campus Community Coalition

Inside an Ellensburg grow closet



(Above) The fuzzy white hairs on this unfertilized female plant signal the onset of the blooming process.

(Right) Out of the 15 original plants, only three remain. Male plants must be destroyed so they will not pollinate the females. If a female plant is fertilized, it will yield only seeds and no buds, which users are familiar with smoking. The plants are on a 12-hour day and night cycle to simulate a natural growing environment. Off screen, a simple rope system holds the fluorescent lights just above the top of these plants.

In order to obtain these pictures, the Observer agreed to protect the identity of an individual growing an unknown Cannabis strain. This person is not a dealer; these three plants serve no purpose other than to grow a substance they enjoy, a sentiment shared by Gonzo journalist Hunter S. Thompson, who once said, "I have always loved marijuana. It has been a source of joy and comfort to me for many years. And I still think of it as a basic staple of life, along with beer and ice and grapefruits - and millions of Americans agree with me."

Cultivating Cannabis carries a heavy price: a maximum sentence of five years in prison and a \$10,000 fine.



(Above) The fluorescent lights, in conjunction with reflective insulation material, expose the plants to the maximum amount of light possible in an indoor setting. While this operation lacks a built-in hydrating system, it does cycle oxygen through the contained area by constantly running small fans.



Local events offer fall fun

by Christine Jahns
Staff reporter

When it comes to Halloween and fall events, the Ellensburg area offers something for everyone. With events tailored to all age groups and all interests, college students and community members alike will likely find something to fill their cool fall evenings.

Downtown Ellensburg Activities

This year, downtown Ellensburg is providing multiple activities for a fun and safe Halloween experience for the entire family. Starting the day off at 9 a.m. on Saturday, is pumpkin decorating at the Farmers Market, which will last until 1 p.m. From 3 to 6 p.m. youngsters are encouraged to go trick-or-treating at the businesses in downtown Ellensburg. Professional Halloween photos will also be taken at that time at the Daily Record.

Ellensburg Youth Center Creepy Carnival

From 5 to 9 p.m. on Saturday, the Ellensburg Youth Center is hosting a haunted house at the Elks building, located at 5th and Main in downtown Ellensburg. The cost is a donation of \$2 for 10 tokens.

Boo Central

Beginning at 5 p.m. on Saturday, is Central's 17th annual Boo Central. Located in the SURC Ballroom, families with children up to fifth grade are encouraged to join the festivities and wear their costumes. Some of the activities include games, prizes various booths including the Chemistry Club's "Mad Scientist" booth, where the club experiments with dry ice and makes slime, along with other activities.

Local Corn Mazes

Ellensburg's U Lazy U Farms has opened its doors for the annual corn maze and U-pick pumpkins. The farm is open on Fridays from 7 to 10 p.m. and on Saturdays from 10 a.m. to 6 p.m. The price of admission is \$4, children 4 and under and military with I.D. are free.

Schell's Haunted Corn Maze is located at 3213 Tacoma St. in Union Gap. They not only offer the corn maze but hay rides, a straw slide and a catapult that launches pumpkins. Schell's is open Wednesday through Saturday from 6:30 to 9:30 p.m. Prices are \$9 for adults, children ages 3 to 10 and seniors 65+ are \$7, and children 2 and under are free. Corn maze participants are encouraged to bring a flashlight.

HIV Awareness Costume Dance

Starting at 8 p.m. and going to midnight on Friday, is an HIV awareness dance in the SURC Ballroom which hopes to bring people together while raising awareness for the rapidly growing HIV epidemic. There will be a costume contest, door prizes and special guest DJ Mr. Perez. Admission is free.

Oakrail Costume Contest

For those who are going bar-hopping on Halloween night, Ellensburg's Oakrail Tavern is having a costume contest. The party begins at 9 p.m. and \$100 will be awarded to the best costume of the night. There will also be a variety of drink specials to help you enjoy the night.

Quality Inn and Cattleman's Costume Party

On Halloween night Cattleman's Restaurant in the Ellensburg Quality Inn, is hosting a costume party with cash prizes. First place gets \$100 cash and a \$50 gift card, second place gets \$50 cash and a \$50 gift card, and third places gets a \$50 gift card. The lounge opens at 4 p.m. and costume judging begins at 10:30 p.m.

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Ask
AMANDA



Hey Amanda, I took Ms. Chastity's advice and had sex in a department store dressing room; it was not how she said it would be, risky or fun. We got caught and got kicked out of the store!

check that it's turned off. I don't really want to answer letters on how to heal a burnt butt and what the best ointments are.

Here's a couple more ways to stay safe: protect yourself with a condom and don't mix drinking with sex.

The closer you are emotionally with your partner, the more pleasure you can get out of the sexual side of the relationship. It's hard to hold a relationship with no strings attached.

Also, drinking and having sex don't always come out good (obviously, in your case.) Hopefully, you didn't pick your favorite department store to have sex so you can continue shopping there.

I hope that I've been a help and I wish you better luck next time.

-Amanda

Have a story to share or a "safety" question for Amanda? Send them to www@cwu.edu. It just might be a future topic!

Advertisement

Flirt goes to the men

By Amanda Miller
Staff reporter

Late '90s West Coast rap was the inspiration for the name of Flirt's new men's division, Westcoast Men, which officially opened last Saturday.

"The name developed because of my affinity for the music of that time period," said owner Mia Peterson. "A lot of great new styles developed in that time period. Music and fashion go hand in hand."

Peterson decided to open a men's division in Flirt because she recognized Ellensburg's need for good men's clothing. Westcoast Men gives Ellensburg residents the opportunity to shop locally for popular brands and classy clothes.

"There's a sophisticated audience here that likes to have good choices," Peterson said.

Andrea Eklund, professor of Fashion Merchandising and program coordinator, believes there is a strong desire for classy men's clothing in Ellensburg.

"Men around town, especially in the evening, want to look nicer, sharper for going out," Eklund said. "Young men from larger cities go home and see new trends and will want those, so it's good to have local venues."

Flirt previously catered only to women, which left their male shopping partners empty-handed. Cody Spencer, freshman communication major, is one such shopping partner.

"A men's section would benefit everyone," Spencer said. "Boys will also have something to buy."

Sam Togar, senior fashion merchandising major, thinks that the majority of the male population at Central would



Dorris Torres/Observer

Flirt, Located at 307 N Main St., now offers men's clothing with the arrival of Westcoast Men.

wear what Westcoast Men has to offer.

"Being an African American male, I'm not into Fox or Billabong," said Togar. "I like the 10 Deep stuff. They have some nice peacoats and hoodies."

Flirt is a denim-forward boutique, and Westcoast Men carries brands such as Lucky Brand, Rock Revival, Fox, Billabong and Levi. According to Elyse Sparks, assistant manager and junior public relations major, jean prices range from \$54 to \$100, so there are options for those on a budget as well as those who want something more fashionable.

Westcoast Men also offers shirts from English Laundry, Fender, MEK, 191 Unlimited and 10 Deep.

Flirt is putting on various events to promote their new men's division. On Nov. 12, Central's football team is coming to Flirt to try on clothes, shop and help Flirt employees understand how

styles and sizes fit men.

Also in November, Flirt will be doing Fraternity and Sorority parties at Washington State University in Pullman.

Westcoast Men's grand opening was last Saturday. To announce their grand opening, Flirt held a booth in Wildcat Alley on Saturday in front of Tomlinson Field.

According to Togar, as long as the word gets out, Westcoast Men should get solid business from the students at Central.

"We know our customers, we know what they like," Peterson said.

Flirt offers customers the option of signing up for their email list. Emails are sent out monthly, with coupons and information about items that have not yet reached the shelves.

Flirt is open seven days a week, Monday through Friday from 10 a.m. to 7 p.m., Saturday from 10 a.m. to 6 p.m. and Sunday from noon to 5 p.m. It is located at 307 N. Main St.

Legendary Cosby knocks 'em dead

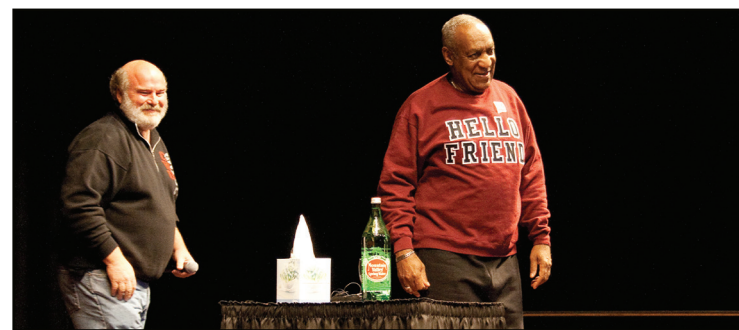
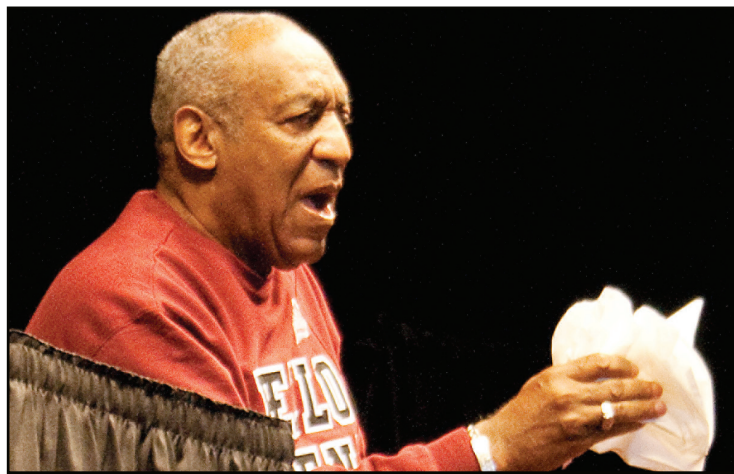
by Amanda Miller
Staff reporter

Bill Cosby's little brother was always getting him in trouble. One day Cosby decided to retaliate by choking his brother's invisible friend to death. His brother was in tears when Cosby told him. He ran to get his father, who looked around and asked, "Where is he?" His distraught son responded "you're standing on him!" His father's response? Get a new invisible friend.

This is an abbreviated version of one of the jokes Bill Cosby shared with his audience during his performance last Saturday in Nicholson Pavillion. A sold-out crowd of 2,925 got their fill of Cosby, who delivered comedy to all and offered his advice to Central students.

"I've always thought he portrayed what it's like to never get old," Colton Snyder, junior writing specialization major, said. "He has a child-[like] light to his eyes and his antics are always cheerful and light-hearted."

Christopher Treglown, 29, and his girlfriend Tabitha Jaques, 25, arrived at 4 p.m.,



Brianan Stanley/Observer

(Above) Comedian Bill Cosby is welcomed to Central by Scott Drummond, director of campus activities, who tried to book the legend for six years. (Left) Cosby performed to a sold out crowd of 2,925 students and community members.

three hours before the doors opened. Treglown, who had seen Cosby perform twice before, was "jumping up and down on the inside" in excitement. His ticket was a birthday present from Jaques.

When Scott Drummond, director of campus activities, welcomed Cosby onstage, Cosby was greeted with a standing ovation. Only 15 minutes into Cosby's performance, an audience member shouted "you're awesome!"

Cosby's theme of parent-child relationships became apparent early on. He expressed the fact that parents sometimes "lose" their children when they send them off to college.

"This is a lovely place to

send your children," Cosby said.

As Cosby told stories of his childhood and of his children, he used comical facial expressions and vocal impersonations to intensify the audience's reactions.

The majority of Cosby's performance was dedicated to the story of his firstborn, a daughter who is now a 44-year-old associate professor. He took students through his frustrations during her high school and college years, her slow climb from a 1.7 GPA, her odd choice of majors (art and government) and her graduation, \$300,000 later.

Cosby switched gears after telling of his daughter's grad-

uation ceremony, to stress the importance of good grades, stating that his company doesn't hire "C" students.

"A 'C' means you only know 74 percent of your stuff," Cosby said.

Cosby had one more message geared toward students.

"You gotta give [your parents] your love because they're there for you unconditionally," Cosby said.

After his "hug your parents" message, he ended his performance with his dentist act, an old favorite of many. His impressions of a dental-patient had people doubling over and removing their glasses to wipe their eyes.

"There were eight-year old

kids in front of us who could repeat [the dentist joke] word for word," Treglown said.

Lois Israel, 55, said, "Time flew and stood still at the same time. I was really engrossed." Tucker White, 14, Morgan Middle School student, thought Cosby's message was important. He hopes that he does not turn into one of the ungrateful children to whom Cosby referred.

As Cosby walked off the stage, his fist in the air, the audience showed their appreciation with one more standing ovation, complete with cheers and whistles.

"He was Cosby," Snyder said.

And that was enough.



Quinn Eddy/Observer

by Quinn Eddy
Asst. Photo Editor

Don't be surprised to see a gang of zombies on the way to class today. Central Washington University's film and video studies majors will be partaking in the CWU Zombie Walk and canned food drive.

From 10 a.m. to 4 p.m. students are encouraged to dress up as zombies and spend the day sauntering around the campus in gangs.

"It's a great way to start spirit for Halloween and meet other zombies," said Conor Galagan-Mead, sophomore film and video studies major and creator of the CWU Zombie Walk.

Jena Bodell, senior theatre major, is friends with Galagan-Mead and decided to get involved in the Zombie Walk.

"I heard about other Zombie Walks, like the one in Portland, and it sounded like a cool idea," Bodell said.

Bodell and other volunteers from the United States Insti-

tute of Theatre Technology are using the event as a promotion by getting involved with the campus community.

At the top of every hour, zombies will meet other group leaders at the east entrance of the SURC to organize the ghoulish trek.

Galagan-Mead got the idea from a similar Zombie Walk in Seattle. The Seattle walk broke the Guinness world record for the most zombies assembled in one location. Similar zombie walks have taken place in Georgia and New York.

"I wanted to participate in the Seattle Zombie Walk, but due to a shoulder injury, I couldn't go," Galagan-Mead said.

Zombie Walk participants will be running the canned food drive and all zombies are encouraged to bring several canned items to be donated to the Ellensburg F.I.S.H. food bank.

According to F.I.S.H., the food bank is sponsored by 13 local churches, whose repre-

sentatives make up the food bank's Board of Directors.

Galagan-Mead explains that there are three levels of "extreme zombification."

The basic zombie wears white make-up across his or her face, supplemented with black around the eyes and cheekbones.

Fake blood coming out of various orifices is another must have. The next degree of zombie extremism includes the standard plethora of fake wounds, such as stab injuries or others one might obtain while trying to eat somebody.

Galagan-Mead defines the third and final level of zombiness as the most extreme.

"The third level is all about the revealing of the insides or dismemberment," said Galagan-Mead. "I'd say your standard zombie has one to two wounds and the face makeup."

For more info on this year's CWU Zombie Walk, search Facebook for "CWU Zombie Walk" or email Conor Galagan-Mead at GalaganC@cwu.edu.

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Non-alcoholic beer: Good for what it is, I guess



David Guzman
Professor of Beerology

What's the point of non-alcoholic beer?

I think it's got a bit of a bad rap. People sort of expect it to suck. How could a beer without alcohol taste GOOD, or be FUN?

To me, non-alcoholic beer seems to cater to those who can't drink alcohol, but obviously used to love beer back in the day. Otherwise, why not just drink Dr. Pepper? I do admit, though, that once you get a taste for beer, it's hard to let go.

Sometimes you have to. Maybe you're a recovering alcoholic. Maybe you're on antibiotics in order to treat a disease you got (ironically) at a party, after drinking a lot of conventional beer. Whatever your reason, it's out there, and I can't call myself a true beer freak without trying out some of these challenged brews as well. Wish me luck.

Let's tackle O'Douls, from Anheuser-Busch (Budweiser, et al). This is definitely the most well-known non-alcoholic beer and possibly the most widely ridiculed beer in the world. I expected the beer gods to repeatedly zap my ass with lightning bolts for even holding the bottle. But I can't completely rag on a beer until I've tried it, right? Here goes.

O'Douls smells like nothing. I had to cram my nose halfway into the bottle to smell any-

thing, and even then it smelled like some sort of mystery vegetable. Poured into a glass, the beer smells no better. The head on the beer lasts for about two seconds and the liquid itself is a sickly pale yellow.

Tastewise, I was surprised. It does not taste like fizzy liquid cardboard like I expected. In that regard, I was disappointed. It tastes like BEER – albeit cheap, uber-watery skunk beer. Think Heineken Light with seltzer water. The oddest part of this beer? No aftertaste. As soon it hits your tastebuds, it's gone in a second. You could honestly drink this before going to class or a meeting and no one would accuse you of pre-funking. But then, what's the point? This makes Busch Light taste like Guinness.

Speaking of Guinness – they

“O'Douls makes Busch Light taste like Guinness.”

make a non-alcoholic brew too. It's called Kaliber, and it's widely available. If you feel compelled to have a non-alcoholic beer but want one with some semblance of complex flavor, go with Kaliber.

Kaliber actually looks like beer when poured into a glass. The head stays put for a long time, and the color is a transparent brownish-tan. It's purdy, I'll give it that. The smell is almost identical to Grandma's old standby, prune juice.

It tastes funny. I taste wood, cardboard and prune juice, which is a combination that takes a bit of getting used to. It

didn't even make me regular. What a bummer.

Once again, as soon as you taste the slightest hint of malt – boom, it's gone. No aftertaste. I'm thinking the fermented ingredients in regular beer are responsible for that usual wonderful beer tinge on your tongue. It's beer that strives to fill your mouth with flavor, but it fails miserably. My roommate Nick said it best after sampling this beer himself: “It's like a party in your mouth, but the party's boring.” And no one brought any alcohol either. Pass on it.

Non-Alcoholic Beck's is next. I credit this beer for having the most similar taste and consistency to its original beer than my other two examples (O'Douls doesn't quite do Budweiser, and I don't know WHAT Kaliber was trying to be). The smell has the same odd skunk-and-green-apple character as the original. It has the boring consistency of sparkling cider, and sort of tastes like grain-flavored soda (as does the original).

The difference among the other brews reviewed here? Beck's Non-Alcoholic is actually throwing a small, quiet party in your mouth. We have aftertaste, folks. It stays with you too – unfortunately, it's a funny fruity grassy one, without any semblance of an alcoholic bite (which is necessary for beers of such puny character).

If I had to pick a winner, I would grudgingly lift my bottle of Beck's Non-Alcoholic. It focuses on a fairly inoffensive flavor that actually stays with you. If you absolutely need to wash your burger down with a beer without alcohol, pick this one.

We'll be back to our, uh, regularly scheduled column next week.



Christine Jahns
Staff reporter

Zombieland tempts lovers of comedy and gore

not only be driven by fantastically gory zombie slaying but also character development that has both a comedic and dramatic effect. The actors are able to execute the top-notch writing and bring forth characters that have a fierce sense of survival yet know that it is still important to keep a sense of humor in a time of crisis.

Along with the unique character development, “Zombieland” is also quite visibly intriguing. With just enough gore to make you squirm and an endless supply of zombie-infested areas, there is never a dull moment in this movie. The director also did a great job of showing the destruction that occurred and made it seem very real by using notable landmarks and areas that are common in everyday life. This allows the audience to get sucked into the movie and feel as if they are part of this kick-ass zombie fighting team.

All-in-all this a superb example of how to combine two very different movie genres into a succinct and successful movie.

The variety of talent in this movie is utilized perfectly and allows for intense dramatic scenes as well as comedy gold. I found myself laughing out loud, grimacing at the gore and feeling touched by the relationships in the film -- yet it all seemed to fit. I give this movie 9 out of 10 and hope to see more great work from director Ruben Fleischer.

“Zombieland” is a successful combination of zombie gore, comedy and even some romance. Although this is not your average horror or comedy movie, director Ruben Fleischer is able to meld together wickedly witty humor with bloodthirsty zombies in a movie that gives Shaun of the Dead a run for its money.

In a world taken over by zombies, few uninfected humans have survived. Columbus (Jesse Eisenberg), a socially awkward co-ed, has only managed to survive this long by religiously following a list of rules he created. Soon he runs into the gun-toting badass Tallahassee (Woody Harrelson) and they begin a journey in search of a zombie-free zone. A run-in with two scheming sisters with trust issues (Emma Stone and Abigail Breslin) completes this quartet and together they set off in search of an abandoned amusement park in California.

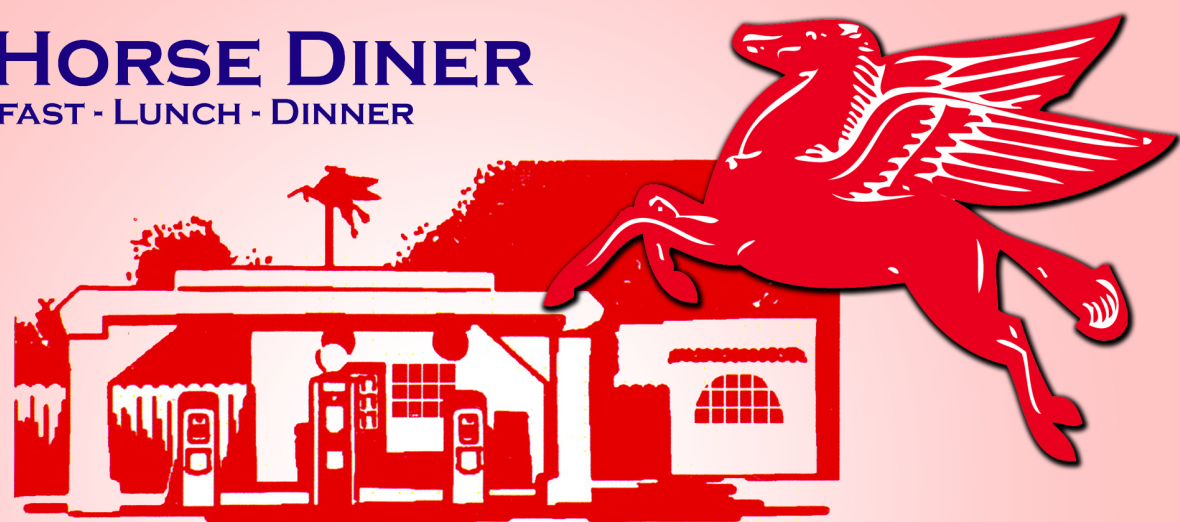
The ability to pull off a movie of this caliber is more difficult than some may think, but the performances of these four actors plus an awesome cameo (not to be named in this article) pulls the entire story together and gives this movie the depth it needs. The great chemistry between the actors allows this zombie comedy to

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Homecoming game equals a win

by Kevin Proctor
Staff reporter

Two weeks ago, Central Washington was in danger of dropping their first football game of the season and losing their perfect season to Humboldt State University (HSU). However with a different week, a different football team, as the Wildcats made a statement Saturday by rolling over the HSU Lumberjacks 38-7 in a dominate effort both on the offensive and defensive side of the football.

After struggling the last few games offensively, the Wildcats decided to make a change at quarterback this week, as senior Cole Morgan made his first start of the season. The move seemed to work well as Central was able to rack up 470 total yards, the most in nearly six years for the football team. Morgan set the tone early for the team, spreading the ball around to numerous receivers for two touchdowns and 161 yards in the first half.

"Our whole thing this week was to play fast and get us going quickly," Morgan said. "We ran the ball really well and that took pressure off the passing game."

With the first drive of the game, the Wildcats were able to move the ball steadily down the field, mixing the pass with the run. Senior running back Randall Eldridge was able to cap off a well executed 68-yard drive with a touchdown from six yards out, giving the Wildcats a 7-0 advantage. This marked only the second time all season that Central was able to score on its opening drive.

After gaining 21 yards on its first offensive play of the game HSU was forced to punt three plays later giving Central good field position. With CWU back on offense, senior kicker, Garrett Rolsma made a career long 47 yard field goal, adding three more to the scoreboard with 4:31 left in the first quarter.

Another great stand by the Central defense led to a three-and-out for HSU on their next opportunity, and Central was again awarded good field position. However a fumble in the red-zone negated any potential points for the Wildcats, but were able to force a HSU punt af-

ter the turnover. This time, Central was able to take full advantage as a 30-yard TD pass to Johnny Spevak pushed the lead to 17-0.

With the score, Spevak became Centrals all time leader in career points with 314 and tied a school record for most career touchdowns in school history with 52 scores in his four years at Central. Spevak would also become the first player in CWU history to record more than 300 catches, as his seven grabs for 95 yards lead all receivers.

"It was a total team effort, but it feels great," Spevak said of his record setting day. "I've just been fortunate enough to play with a lot of great players over the years."

With the lead now 17-0, Humboldt State was desperate for any type of offense. Looking to get the ball down the field, HSU had a throw tipped by senior linebacker Buddy Wood that lead to an interception by junior defensive back Loa Madon, returning it to the HSU 11 yard line. On third-and-goal, Morgan found freshman tight end, Griffin Squires, in the back of the end zone for a TD giving the Wildcats a 24-0 lead.

Central would add to their lead again right before the half as Eldridge was able to score a five yard touchdown with 42 seconds left. It was the fifth touchdown Eldridge has had this year against HSU in two games.

With a 31-0 advantage coming out of halftime, Central played it safe in the second half with conservative play calling, keeping the ball on the ground for much of the final 30 minutes. Humboldt State was finally able to put one up on the board late in the third quarter, with the game well out of a reach.

Central was able to get one more score before the end of the game, as junior running back Bryson Kelly broke a 72 yard run for the TD late in the fourth. By the end of the game Central had amassed 470 total yards, 288 from the rushing attack that saw three players have more than 50 yards.

On defense, junior linebackers Adam Bighill and Emeka Aludogbu led the team with seven tackles a piece. Central had seven tackles for loss along with an interception from Madon,



Photos by Brianan Stanley/Observer

his second of the year. After giving up a lot of big plays against HSU two weeks ago, the defense was dominate in this contest, forcing several three-and-outs and giving the offense great field position all day.

"The coaches gave us a good scheme and we went out and executed well," Bighill said. "We were better prepared this week and didn't allow any big plays that hurt us the first time we played this team."

With the win, the Wildcats now sit with a perfect 9-0 record, 4-0 in the Great Northwest Athletic Conference. Central will look to wrap up their undefeated season with the last two games on the road, first at Dixie State on Saturday and then Western Oregon on Nov. 7 for their final game of the regular season.

(Top) Jamal Weems blocks for Jerome Williams as he returns a punt for 35 yards. (Bottom) Fans show their support by face painting their faces last Saturday.



Wildcat volleyball falls to the Nanooks



Brian Iiyama/Observer

The volleyball team huddles between sets during one of the matches in their last home game.

by Kaeli Pettersen
Staff reporter

The women's volleyball team snapped a three game winning streak on Thursday against Alaska, Anchorage.

The Wildcats were suffering from the get-go, losing the first two sets 25-18 and 25-21, but battled back in a nail-biting third set 25-23 to keep the match going.

However, they were defeated in the fourth set 25-19, leaving them with an overall record of 12-9, and 4-6 in Great Northwest Athletic Conference (GNAC) play.

Erin Norris, senior right-side hitter, and Kady Try, junior outside hitter, had a combined 29 kills in the match-up, and Brandie Veia, senior libero, had a match high of 30 digs, adding to her school record for career digs.

"It's an incredible feeling knowing that I've

broken a school record. Words can't explain how excited I am because I've never thought that I would be able to accomplish something like this," Veia said.

Marcy Hjellum, freshman outside hitter, also contributed four digs and two block assists in her third collegiate start.

"It's hard coming off the bench in critical situations and performing and I was a lot more relaxed being able to play the game from the beginning," Hjellum said.

"It felt amazing to play a good game and know that the older girls and the rest of the team trusted me on the court."

Two days later the girls traveled to Fairbanks, to face the Nanooks. After an intense five set match, the girls were out-matched by the Nanooks, hitting just .094, and losing the match with set scores of

22-25, 25-18, 19-25, 25-18 and 16-14.

This evened up the Wildcats record on the four-match road trip at 2-2 and put the girls at 12-10 overall, and 4-7 in GNAC action. Meg Ryan, sophomore outside hitter, had 14 kills and 10 digs, while Veia had a match high 18 digs for the Wildcats.

The last few games of the season are against teams that the Wildcats have already seen this season. Central has four more home matches and one away match.

"We've played everyone in our conference at least once already so we know a lot of their tendencies and can make adjustments in order for us to [improve] our game," Veia said.

The women play their next match at home on Saturday against Northwest Nazarene University.

Support Central Volleyball

Oct. 31- Home against Northwest Nazarene @ 3 p.m.

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Nov. 7- Home- against Western Washington @ 7 p.m.

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Water polo takes over Central pool

by Elizabeth DeVos
Staff reporter

Before the players swim to the ball, all you could hear was the crowd chatting quietly, the teams having a last minute pep talk, officials laughing and the occasional splash of water. With seven members of each team in the water, the referee tossed the ball in, blew the whistle and the player's raced to the ball to start of the Men's Water Polo Tournament.

Central's men's water polo team hosted the Northwest Division Championships this past weekend. The Central Wildcats were the sixth seed in the tournament out of seven teams. That standing didn't stop the team from playing their hearts out.

Last Saturday Central played two games against Oregon State University (OSU) and the University of Portland.

Central put up a tough fight against OSU, and showed a different side of their playing abilities in the second half.

"We need to be more confident in what we're doing," said Aaron Anderson senior goalie. "A lot of the time we let the teams push us around. We let it get to us mentally,

we look at how many points they have and let it get to us and the minute we start to doubt our team is the minute we start to lose. We need to let it go if it happened in the past and think about the new quarter and keep our head in the game."

With 2:13 left on the clock in the third quarter, Central scored its first point of the day.

In the fourth quarter, the team worked hard to get the ball away from OSU, scoring two more points. One point coming with only four seconds left in the game.

Darrell Kangiser senior team captain added his own finishing touch to the game blocking, OSU's last attempt to score, but OSU still won 18-3.

The second game against the University of Portland was unlike any other.

"Portland only had four players so they forfeited," said Heather Devine freshmen chemistry major, and Wildcat fan. "Central gave them some of their players so it was like playing against themselves."

Central won the game 5-0.

Last Sunday the team played one game against Washington State University (WSU).

Unlike other teams in the tournament, WSU has four



Courtesy of Briana Stanley

Jimmy Hammons fights for the ball during last weekend's water polo tournament.

female players on their team.

"We just have to make sure we don't underestimate any team we play," Anderson said. "When we go into a game like that we have to have a clear head, and know what we need to do and what we want to accomplish and just execute it."

WSU dominated the first half, but Central started to come

from behind, scoring two points while WSU only scored one.

During the fourth quarter Central continued to put points on the board, and scored four more times. The final score was 11-6 in favor of WSU.

"We had a lot of first year members play this weekend and they did an amazing job," Anderson said.

Central's team is always looking for more people who are committed to playing water polo, and no cuts are made. Anderson encourages interested players to contact him at (253) 970-3789 or Darrell Kangiser team captain at (253) 310-5942. The team practices at the campus pool 8:45 p.m. to 10 p.m. Tuesday and Thursday.

Small town girl goes big with Rodeo

by Jamie Marble
Staff reporter

On January 10, 2009 Jamie Virden was crowned Miss Rodeo USA in Oklahoma. The Miss Rodeo USA Pageant is designed to select a queen who will reign over the International Professional Rodeo Association while sharing their passion and knowledge of the rodeo. The Ellensburg native has developed a life in the rodeo scene.

"I look forward to the adventures and new experiences ahead of me through this next year and I hope to share my passion for rodeo as well as my platform of 'Get Involved,' Virden said.

Jamie will be promoting community service at many schools and civic activities through her daily travels.

"By lending a helping hand, we can work toward improving the welfare of this country, one volunteer at a time," Virden said.

Miss Rodeo USA is judged on three main categories: personality, appearance and horsemanship. Over a seven day period the contestants participate in various activities. Each will make speeches, take written exams, model and show off their horsemanship skills.

"It was an intense week, but if you can't handle a week of that you don't have a chance of handling being queen," Virden said.

In 2006 she was name Ellensburg Rodeo Queen. During 2007 & 2008 she competed for Miss Rodeo Washington. Then in 2009 she decided to go for the bigger title of Miss Rodeo USA.

"Competing against girls who have numerous titles to my one was very intimidating. The competition really was anyone's game, everyone was



Courtesy of Miss rodeo USA blog

amazing. Win or lose it definitely is the best week of most of our lives," Virden said.

Virden completed two years at Central before becoming Miss Rodeo USA. She is hoping to complete a degree in broadcast journalism.

"I enjoyed my time at Central, and had some amazing

professors; however I have fallen in love with Oklahoma and may end up finishing my degree there," Virden said.

Virden is weighing the pros and cons of each, but one thing for sure, she won't sell herself short.

"My life is not my own," exclaimed Virden. Her schedule is jam-packed with interviews, sponsor visits, guest speaking and other Miss Rodeo USA du-

ties. However, when asked if it is all worth it, she quickly responds, "Oh my gosh yes, I wouldn't trade any of it for a minute. The year has flown by I really don't know where it has gone."

This January Virden will be the face of the Miss Rodeo USA pageant. Though she will be passing on her crown it is certain that she will remember this for the rest of her life.



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Central monitors drug use in sports

by Laura Mittleider
Sports editor

Gail Farmer, director of Central Washington University's (CWU) Wellness Center, has worked very hard to create a positive atmosphere with the Athletic Department. These two departments work together to create a safe and healthy athletic environment. Some of the heaviest topics that Farmer and Head Athletic Trainer Kari Gage handle are drug and alcohol abuse.

Central has a student Code of Conduct that every traditional student at CWU must follow, but on top of that, the athletes have an athletic code of conduct they must also follow.

"Coaches usually have their own rules they put forth," Gage said.

The individual teams make up their own policies that the athletes usually have to sign, and have their own punishments for certain activities or incidents that may occur. However, the NCAA and Central have differing policies when it comes to drugs and drug testing.

"We have had ours for about four or five years now," Gage said.

The NCAA drug test is used more for the performance-enhancing drugs such as steroids, whereas Central tests more for recreational drug use. Central only tests when there is reasonable suspicion of drug use. The NCAA has a stricter policy and they randomly test athletes from every school at least once a year.

These two processes of testing are different for a reason.

"We don't do it to get them in trouble, we do it to help them," Gage said.

In an effort to educate its student-athletes in drug abuse, Central is offering a class called Drugs in Sports (HED 205). Each student-athlete is required to take the course in their first year of participation in sports, and no later than their second year. This course touches on subjects such as recreational drugs, ergogenic and restorative drugs. These three types of drugs are the most commonly used in the world of athletics. Not only are these drugs not permitted, but they can also be tested for.

The NCAA drug testing procedure consists of 16 Central athletes picked at random with no more than 24 hours

of notice.

"I could get an e-mail at 5 a.m. the day before and I send them the rosters and athletes' names come back to me," Gage said.

The athletes selected at random are 12 football players and four other athletes. If Gage does not get a hold of them until an hour before, they still have to take it. There are no exceptions.

Athletes can be subjected to tests if there is reasonable suspicion. This would include a significant change in behavior, a reliable third party coming forward or a previously positive drug test.

Central and the NCAA differ when it comes to the consequences of a positive drug test. NCAA rules have a one strike, you're out rule. When there is a test that comes back positive to the NCAA, the athlete loses their ability to play for that academic year.

However, Central takes a different approach. If a test comes back positive, the student-athlete does not get automatically kicked off the team for a year. The athlete is sent to the Wellness Center for counseling and to get help with drugs or alcohol. After the first offense, the athlete is subject to drug testing any time after a positive test, they are still allowed to participate in practices and games.

In Gage's opinion, taking an athlete off a team completely is not the solution.

The Wellness Center and the athletic trainers are there to keep the athletes from harming themselves, she said.

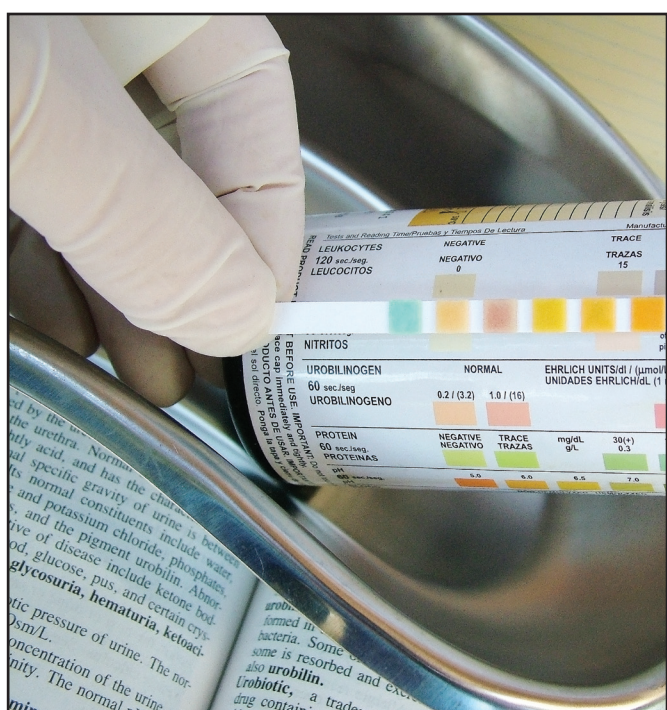
When it comes to alcohol, it is a little bit harder to regulate, Gage said. In the biggest cases, the athlete's friends or coaches notice a change in behavior and say something to the coach or athletic trainer. If the athlete gets caught by the police or has gotten into trouble, it is handled in the same way a positive drug test would be handled. They are required to take alcohol classes and begin counseling.

Since Central has implemented its own policy there haven't been any huge problems, according to Gage. Any tests that have been done have all come back negative. Central had its last NCAA drug testing just two weeks ago and has yet to see a problem.

Signs of drug abuse:

1. Dilated pupils
2. Increased sweat nervousness
3. Anxiety
4. Paranoid behavior
5. Hand tremors
6. Weight loss
7. Insomnia
8. Rapid heart beat
9. Increased blood pressure chronic cough
10. Sullen and Withdrawn
11. Slow verbal responses
12. Reddened eyes
13. Increased appetite for sweets
14. Unusual smell to their clothing (burning rope)
15. Vertigo
16. Mental confusion
17. Depression
18. Nervous exhaustion
19. Persecution complex
20. Overconfidence in ability of strength
21. Mood changes
22. Unusual increases in weight and strength
23. Hostile and paranoid behavior
24. Acne- particularly face or back

CWUP 2-20-080 Substance use and drug testing



Courtesy of Keith Frith

An example of the drug test that Students at Central might use.

Runners make a show at championships

by Katharine Lotze
Staff reporter

Although the Wildcats had the advantage of running on their home course, everyone had to run against the wind. Nine schools attended the championships last Saturday. The women's team raced the 6K and the men's teams raced the 8K.

The lady Wildcats didn't have their best run of the season, with Kelsey Kreft finishing 31st out of 87, leading the women's team with a time of 24:23.

"I like this course. It's really challenging. It tests you physically and mentally," said Mary Bakeman, senior.

Most of the lady Wildcats were not happy with their times at the state championships, however they are looking forward to the regional race that will be held on Nov. 7 in San Francisco's Golden Gate Park, where they might not have to worry about cold winds hindering their racing abilities.

"Five of our conference teams are ranked in the top 10 in the region," said Alex Borunda.

Central's team frequently races

some of the best NCAA Division II harriers in the country, such as Jessica Pixler of Seattle Pacific University, who won an unheard-of fourth conference title on Oct. 24. As for Central, with Kreft leading the way, Borunda came in 45th, and junior Adriana Mendoza finished just behind her coming in 46th. Bakeman just missed finishing in the top 50, placing 51st.

"Everyone performed well. We had two big standouts today, Kelsey Kreft and Shannon Vreeland," said Assistant Coach Bryan Contreras.

On the men's side, Manuel Santos once again led the Wildcats home. He was named the 2009 GNAC Newcomer of the Year after finishing 14th at the championships with a time of 26:01 in the 8K. Santos' finish put the Wildcats in position to finish sixth of nine teams.

"The men's side had a really strong performance. We had a big improvement over last year. All of our top five finished in the top 50," Contreras said.

With Santos leading the way, the

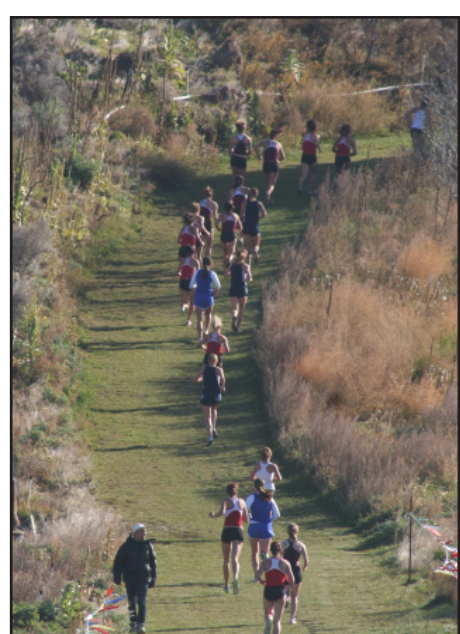
rest of the top five was: Scott Power, junior, in 38th; Jake Hastings, freshman, in 44th; Matt Nodine, sophomore, in 46th; and Tom Johnson, junior, in 50th.

The team believes that they ran well as a whole, even though some members were unhappy with their times. Marko Cheseto of Anchorage, Alaska finished as the top runner for the men, claiming his second title after running the only time below 25 minutes, at 24:50.

"As a team, we ran well together. We're pretty stoked for regionals," said Tyler Roland, freshman.

Because cross country is scored differently than any other sport, the lowest number of points wins. The amount of points awarded to their team determines the place that a runner finishes. The teams with the most runners finishing near the front score the least points.

Western Washington took the men's title with 33 points with runners in 2nd, 3rd, 6th, 9th and 13th, while Anchorage, Alaska won the women's title with 25 points having



Katharine Lotze/Observer

Cross Country runners take off for their race last Saturday.

runners finishing in 1st, 4th, 5th, 27th and 33rd. Only the first five runners per team are counted toward the score.

Contreras has high hopes for next year.

"We have a good crop of freshmen males coming in. It all bodes well for next year," Contreras said.

Soccer comes back for the win



Brianan Stanley/Observer

Gwenna Carie goes head to head against St. Martins

by Kaeli Pettersen
Staff reporter

After losing two in a row, the Central Washington University women's soccer team came back fighting, looking to finish the season strong. Last Saturday, the Wildcats shutout Northwest Nazarene 4-0 to finish the season sweep of the Crusaders.

Senior goalie Amber Easterbrook had three saves and posted her 20th career shutout, and Sophomore Kelsey Villegas scored two goals for the second time this season.

The win broke a two-match losing streak for the Wildcats, who are now 6-9-1 overall, and 3-5-1 in Great Northwest Athletic Conference play.

"Having 20 career shutouts is

pretty sweet. Reaching that mark on Saturday's game was even more awesome considering that I stopped a penalty kick in the last five minutes to shut NNU out," Easterbrook said of her landmark shutout.

The first goal of the match was scored off one of Central's nine corner kicks in the match. In the 23rd minute sophomore forward Serena Tomaso, served a corner kick to sophomore forward Brittany Franks, who knocked the ball into goal to give the Wildcats a 1-0 lead.

The second goal was scored by Kelsey Villegas, freshman midfielder, in 41st minute of the match off of a penalty kick. Freshman forward Carson McKole made a couple moves on the Crusader defenders that resulted

in a foul in the penalty box and lead to Villegas' penalty kick.

Villegas scored her second goal of the game when Junior Kaycie Hutchins delivered the ball as Villegas headed the ball in from 12-yards out in the 81st minute. That was the seventh assist of the season for Hutchins, making her the team leader in assists.

"All of my success can be accounted to my teammates. You can never win a game with just one person, or lose with one person." Easterbrook said. "Whenever we give 100 percent, there are few teams who can really challenge us."

The Wildcat's play their last home game at noon on Saturday against fourth-ranked Seattle Pacific.

Recreation center continues to sparkle

by Elizabeth DeVos
Staff reporter

Working out should be fun, and carefree; gym goers shouldn't need the added stress of a dirty gym. The Student Union and Recreation Center (SURC) gym is used by hundreds of people each day, and yet it still seems to sparkle when you walk into it.

"Two and a half years ago a science class did some sampling on one of the handrails and could not get anything to grow in their sample," said Steve Waldeck recreation center director.

The recreation center opened four years ago and unlike many other gyms across the country, Central's gym is one of the few with the original gym machines.

"We get hit on by sales people all the time," Waldeck said. "We had a sales rep in here the other day who was

amazed when he found out some of our elliptical machines, bikes and treadmills, are some of the ones we bought four years ago. Some of the treadmills have clocked 20,000 miles. Most treadmills only last about two years."

The gym uses 'Simple Green D' to clean the gym equipment and mop the floors.

"Simple Green D is not the green stuff that is biodegradable," said Theresa Beckman head custodian of the recreation center. "It cleans a lot of stuff from staff infections to athletes foot. It's nice because we only use two ounces per gallon and a gallon of Simple Green D costs about \$20 to \$25."

Simple Green D doesn't just protect against diseases and infections.

"It helps strengthen and protect the machines," said Bob Ford, assistant recreation director. "It's provided in each area of the gym and

employees are encouraged to use it."

What many students don't know, is that there are 14 student custodians that work throughout the day and each has their own list of duties, their work is never done.

"If there's time for leaning, there's time for cleaning," Beckman tells her workers. "Anything touched is Simple Green'd; keyboards, phones, access out at the entry of the gym, hand rails, equipment, free weights and bars."

Helping Beckman and her 14 students are the gym staff members themselves. Each staff member cleans the equipment throughout their shifts and sweeps the floors.

In the morning, all the daily use lockers are cleaned and disinfected inside and out. Throughout the day, the outside and the number pads are wiped down by staff. The locker rooms get a good cleaning with disinfectants

and every other day they get scrubbed down.

"Everything in [the locker rooms] gets cleaned," Beckman said. "Saunas get cleaned every day with 'Ken's Spray' on the cedar benches which are scrubbed and the floor gets Simple Green'd."

Every quarter the gym gets a deep clean, there is a list of six to eight pages of everything that needs to get done in about a four to five day period.

"The list keeps growing with each quarter because we find something that needs to get cleaned that we haven't thought about before," Beckman said.

During these deep clean times, all pieces of equipment are moved from one side of the gym to the other to clean and scrub the floors.

"By moving all the equipment it allows us to thoroughly check over the equipment and repair it if we need to," Ford said.

Saunas are thoroughly cleaned, cedar benches and

heaters are removed from the area to be cleaned.

"Last year we switched to dry saunas to help reduce the amount of calcium build-up," Beckman said. "We also switched because we're putting too much water in them and covering the thermostats with towels which causes them to break."

With Simple Green D provided in all areas of the gym, and equipment towels, students are encouraged to spray Simple Green D onto the towels then wipe down their machines.

"If students are really worried about contracting anything, they can clean their machines before they start to work out," Waldeck said. "About 85 percent of users wipe down their equipment after use."

With the fear of contracting the H1N1 virus students don't have to worry much about the possibility of getting it from the gym.

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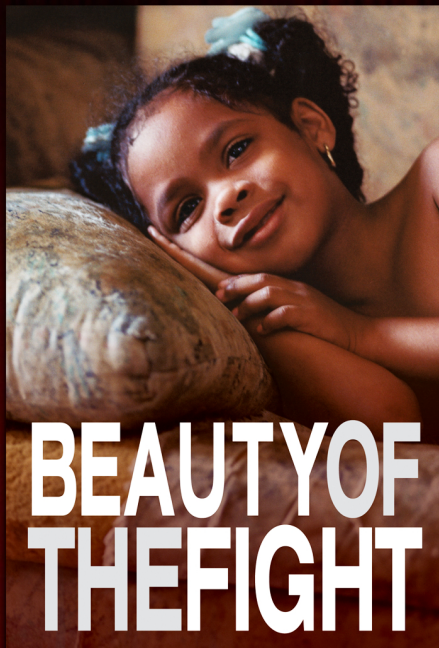
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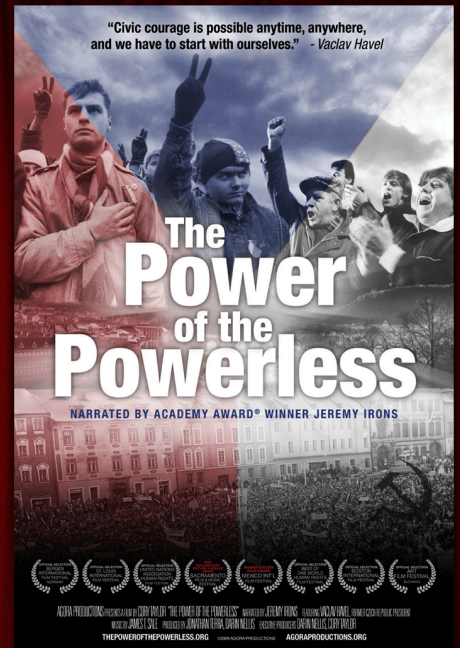
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Longboarding hits Central sidewalks

by Kelly Requa
Staff reporter

Walking from one class to the next, you can't help but hear the 'clack-clack' of a longboard rolling down the sidewalk. When the weather's nice longboarders can be found cruising all over campus, coasting down hills or weaving through pedestrians.

With so many students longboarding on campus, four friends have decided that it's time to create a club and get organized.

"It's a great sport to do at this campus," said sophomore Tanner Filip, who is in the process of creating a Longboard club at Central. Filip and several other longboarders are working together to make the club official.

Filip explains that the club's mission will be to educate the public about the sport, help fellow longboarders, and spread a passion for longboarding. Filip has enlisted the Seattle-based Motion Board Shop as a sponsor and is also working on a partnership with Loaded Boards, a popular long board maker.

Ideas for club activities include scheduling group rides, hosting teaching clinics and competitions, promoting rider safety, and reaching out to the community.

Thomas Bloom, sophomore undeclared, is looking to become vice president of

the club and is enthusiastic about future longboarding opportunities.

"We want to help out in the community by hosting skate clinics for younger kids," Bloom said.

The sudden appearance of so many longboarders has left many students wondering why the sport is so popular here on campus. The wide and smooth sidewalks are believed to be one contributor to the longboard phenomenon.

Filip explains that the steady hills and sidewalks along with the lack of traffic in town, are what make Ellensburg a great place to skate.

"This whole town is perfect for longboarding," Filip said.

Kenneth Garza, freshman undeclared, agrees that the Central campus is built for longboarding.

"There are good hills and sidewalks," said Garza. "I even ride downtown on my board."

Garza didn't longboard until he moved to Ellensburg, where he was exposed to the sport.

"I tried it out and it's pretty fun," Garza said.

Cameron Stewart, senior geography major, agrees that campus is a good longboarding location.

"It's the only place with decent sidewalks," Stewart said.

Another contributing factor is that longboarding is an



Sidney Odingo/Observer

One boarder poses in the sunset after a long day of hitting the sidewalks with his longboard.

easy mode of transportation.

"It's a good way to get around," said Peter Reid, freshman aviation major.

Jason Clifton, owner of Shamballa skate shop, has watched longboarding grow into a popular sport in Ellensburg.

"Every year there are more and more longboarders," Clifton said. "It's a pretty new sport and it's pretty cool."

Clifton has a partnership with local skate shop Static Incorporated, and both of the small businesses share the same building. As longboarding increases in popular-

ity, Clifton believes the skate shops will begin to offer more for longboarding customers.

"We're here for the college kids," Clifton said.

Despite longboarding's popularity, some students consider longboarders a safety hazard.

"I've gotten pretty close [to getting hit] a few times," said Jack Thompson, freshman aviation major.

Derek Hewitt, freshman electrical engineering major, doesn't see them as that big of a threat.

"They're not any more dangerous than people on

bikes," Hewitt said.

The longboard club will put an emphasis on rider safety and will have rules and requirements for members.

"Long boarders don't have skate parks," Bloom said. "The world is our skate park and you have to be courteous to the people around you."

The club is still in the process of getting approved by the ASCWU Board of Directors but should be active by the end of November.

"This is a good way to start longboarding if you're interested," Filip said. "Don't be scared to try it out."

A day in the life of a male cheerleader

by Katharine Lotze
Staff reporter

His friends couldn't believe it when they heard that Tyler Senter, senior clinical exercise major, had joined Central's collegiate cheer squad. In high school, he wasn't exactly the cheerleading type. He played football and wrestled.

"When I got to college, I didn't have a sport for the first two years," Senter said.

Senter got his start in cheerleading rather suddenly. Natasha Reali approached him in the weight room his junior year to propose the idea of joining the squad. He agreed to give it a try, and went to a practice.

"At first it was something to get used to. It was a really new idea, and a little bit scary," Senter said.

Now that he's been on the squad for two years, tossing girls in the air is no big deal. Senter enjoys holding a life in his hands, literally. In fact, he's nearly forgotten how dangerous cheerleading can truly be. Because the squad only practices two hours a week, but performs every weekend, the squad really has to dedicate

themselves to every stunt they perform. A typical practice begins with partner stunting, with a guy and two or three girls working on improving new stunts. The squad moves on to building pyramids, a stunt that involves the entire squad.

"There are rules that only allow us to build them so high, otherwise they get dangerous," Senter said.

Next, the squad works on a choreographed routine that might include a dance that incorporates stunts. The squad ends practice with a few more attempts at some partner stunts to try and maximize practice time.

At this time, all three of Central's male cheerleaders are strictly bases, and none of them are looking to trade places with the girls at the moment.

"A lot of times, I feel like we're the boosters, and the muscle for things that happen like basket tosses and pyramids," Senter said.

Senter's female teammates are responsible for knowing all the words and motions to the cheers, and at least ten dances. However, male cheerleaders at Central are only required to know the words to the cheers, although they do require lots

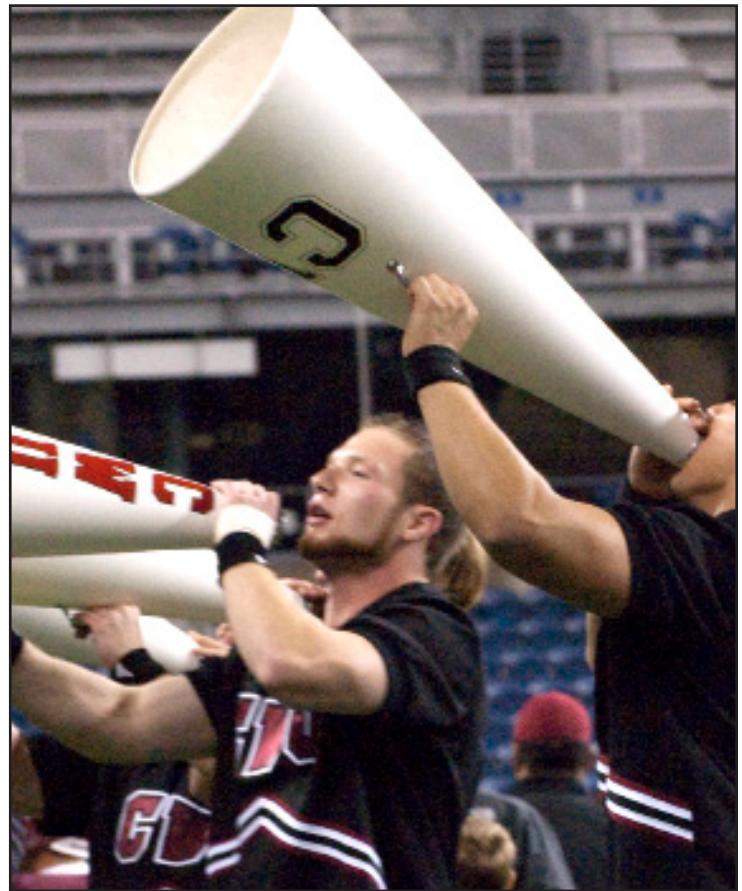
of strength training outside of practice to be able to lift teammates in the air. Training for male cheerleaders is nearly the same as training for a sport such as football.

Luckily for Senter, he has hardly ever experienced any stereotyping related to his role as a male cheerleader. Often times, especially in high schools, male cheerleaders are ridiculed for doing a "girl's sport" and are often thought to be homosexual. The most Senter has experienced is the occasional joke about "spirit fingers" from co-workers, but it has all been in good humor.

"There's a saying, 'Most athletes lift weights. Cheerleaders lift athletes.' When I tell people that, they usually shut their mouths pretty quick," he said.

There is another bonus to cheerleading that Senter never thought he would encounter: the ladies. He has found that the girls on the squad are very sweet and always willing to lend an ear.

"This is really the only sport that I've found that you get to hang out with cute little gymnast girls and their cute friends. It's a good way to make connections and meet



Brian Iiyama/Observer

Senter cheers during the Battle in Seattle on Oct. 17.

new people," he said.

Although not everyone is delighted at the idea when Senter explains he's a male cheerleader, it doesn't deter him.

"It's good for me, because if

I have a question, they can give me advice. It's nice to have girls to talk to. You can go to a friend and ask them for advice on relationships and other situations," he said.

Armchair Athlete loves to hate



Sammy Henderson
Asst. sports editor

It's hard for me to say it, but I am overly excited to see the New York Yankees in the World Series. This is hard for me to say because I have an outright hatred for the Yankees. On my "not Top 10" list I rate the Yankees somewhere between gonorrhea and syphilis. However, they have a player by the name of Alex Rodriguez, who happens to be one of my favorite players in

baseball and one of the best players the sport has ever witnessed.

I know it isn't common for a Mariners fan to still have a place in their heart for A-Rod, but I feel there is some unwarranted hate from Seattle fans.

When Rodriguez was a free agent back in 2000, Mariner fans were under the assumption that his choice of team wasn't going to be driv-

en by money. This was true at the time A-Rod made the statement. There were five teams in the mix to sign him and all were roughly offering the same amount of money, so money wasn't a decision-maker at that moment. Then out of nowhere the Texas Rangers offer him \$100 million more than all five teams. Can you really blame a guy for jumping at the chance to make \$250 million for play-

ing baseball? I have no hard feelings about Rodriguez's departure from the Mariners. I would have left as well, and I am sure 90 percent of the players in baseball would have done the same.

I would have to admit that the recent news that he took steroids while playing with the Texas Rangers almost made me hate him for life, but I came around. Not saying that A-Rod shouldn't get flak for using steroids, but there are plenty of Hall of Famers who have taken some sort of performance-enhancing drugs.

Performance-enhancing drugs have been in baseball for almost 100 years. Mickey Mantle injected steroids and speed during the 1961 season where he and Roger Maris fought for the homerun title, which is the reason he had to sit out for part of that season. Hank Aaron admitted to using amphetamines a couple of times, and Willie Mays took a liquid form of speed from time to time. Pitchers back in the day used to take amphetamines and other stimulants. That is why we have records like 680 innings pitched in a season and over 75 starts in a single season that will never be close to being broken.

If A-Rod and the Yankees win the World Series, I can't wait to hear what the next knock on Rodriguez will be. He came into the 2009 playoffs with the reputation of being a terrible post-season hitter. All he did this post-season was bat a ridiculous .438 while belting five homeruns and driving in 12 runs. After 16 years of playing top-caliber baseball, A-Rod finally gets his chance at a title, a much deserved title.

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