Business greens up!
Local businesses, including D&M and Better Life, offer eco-friendly options. p. 9

CWU Recycles
CWU's surplus sells old items for new uses. p. 2

Vegan like me
Herbivores share their experiences forgoing meat and dairy for a healthier body and planet. p. 10

Computer glitch kills grants
Students are asked to give back financial aid. p. 4

When Banff meets the 'Burg
Film fest brings arts and outdoor action to CWU. p. 12

Kickin' it with Football's Rolsma
Senior kicker shines in farewell season. p. 16
Surplus department reuses assets

by Lura Treiber
Staff reporter

Finding ways to reuse and redistribute surplus and abandoned property is easy for the Surplus and Asset Management department of Central Washington University. Just sell it.

“My feelings are, why fill up landfills when students and locals can have the opportunity to reuse items,” said Dave Moffatt, materials manager for the surplus department. Our number one policy right now is the three R’s,” Moffatt said.

The three R’s are reduce, reuse and recycle. Of the three, reusing and recycling of surplus assets are the main focuses for Surplus and Asset Management.

The department manages surplus that comes from all six CWU campuses. The surplus comes from academic departments, university housing, dining halls, the health center, motor pool operations and the bookstores.

Surplus items include bicycles, clothes, flash drives, computers, shoes, school and art supplies, furniture, kitchen appliances, video games, dishes, televisions and vehicles.

“Anything a student might need, we’ve had it out here,” Moffatt said.

The surplus is housed in the Surplus Property Warehouse which is located just east of Kiwanis Park, accessed from the alley off of 14th Avenue.

The surplus department usually holds between six and 12 sales each year that are open to students, staff and the community. For 2009, they have averaged about one sale per month and Moffatt has seen an increase in the number of sales and the number of people attending sales over the past two years.

Much of the items in surplus come from students themselves. “It’s unbelievable what students will leave behind,” Moffatt said.

At the end of each year, various items are left behind in dorm rooms and apartments. For example, according to Moffatt, between 500 and 1,000 abandoned bicycles go through the surplus department each year. Central is required by state law to hold abandoned property for 60 days. If it is not claimed it is put up for sale.

“I have been told that before having auctions for everything students left behind, everything was thrown away,” said Karla Shugart, administrator of employ¬ment relations for human re¬sources. “It’s better to reuse it and let someone else use it than throw it away.”

Putting on surplus sales benefits CWU, students and the community, Moffatt said. “Given the current re¬cession, budgets are real tight,” Moffatt has seen an increase in the number of sales and the number of people attending sales over the past two years.

“If we always like to come to auctions and see what I can get for next to nothing,” Shugart said.

These sales also help the environment. “If we didn’t have this mechanism in place to dis¬pose of surplus property, a large portion would go to lo¬cal landfills,” Moffatt said.

Surplus also resells and recycles items such as lumber, broken concrete, sawdust, firewood and scrap metal. These items usually come from university construction projects and the firewood is often made from branches removed from trees on campus.

“I actually think it’s actually a good idea, putting things you don’t use to good use,” said Crystal Schiefelbein, senior biology major and avid recycler.

Schiefelbein recycles as often as she can and encourages others to do the same. “It’s an important place to come out and get bargains.”

Items in the sale go for much lower price than they would otherwise. Clothes usually cost 50 cents, and shoes cost a dollar. A box of three flash drives goes for $5.

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Students stuff stockings for area needy

by Laura Treiber
Staff Reporter

Each fall, volunteers from the Civic Engagement Center put on stocking stuffer and holiday giving tree events to benefit low-income families.

"It's another way to bring Ellensburg and the campus community together," said Katie Zeringer, senior elementary education major and manager of facilities planning and construction at CWU.

Joanne Hillemann, architect and manager of facilities planning and construction at CWU, explains that there are different standards and ratings systems.

"We are planning to construct a new residence hall and we are debating whether to do so under LEED N.C. (New Construction) or LEED Residential," Hillemann said. "We have to compare between the different ratings systems and make sure which one is better.

The Hogue Hall addition is going to be built using LEED version 2.2 and is aiming to achieve Platinum LEED certification. However, the construction of LEED certified buildings is not only about LEED, but also about improving indoor air quality, occupant safety and comfort.

The displays in the SURC are scheduled to last until Tuesday, Nov. 24. Participating students should bring their wrapped gifts and stocking stuffer bags to the Civic Engagement Center located in SURC 256-B to be distributed by various local organizations. The gifts need to be brought to the center by Nov. 30 and the stocking stuffer bags need to be returned by Dec. 2.

University buildings aim for LEED marks

by Daysi Calavia-Lopez
Staff Reporter

"Going Green" at Central Washington University is not a simple catch phrase. "It's the law since 2005 that all new buildings constructed using state funding must adhere to RCW 39.36.02," said Joanne Hillemann, architect and manager of facilities planning and construction at CWU.

"Climate change is a global problem and by signing this, the presidents of higher education institutions are showing their commitment to a better environment and acting as leaders," said Colin Smith, research assistant at Second Nature, one of the three non-profit organizations that created the American College and University Presidents Climate Change Commitment. "The goal is to teach students to be sustainable individuals and that living sustainably can be achieved, but basically we are here to help institutions get to where they want to be.

The climate commitment is not for us, it's for them." Central is due to turn in a Climate Action Plan veering toward being climate neutral to Second Nature as part of the climate commitment in January 2010. The organization holds a summit once a year in which representatives from the 660 signatory schools can attend workshops, network and learn about new initiatives toward environmental conservation.

At the end of the day, Hillemann believes that going green is the way to go. "It's a convergence of these fundamental objectives: conserving natural resources, increasing energy efficiency and improving indoor air quality, occupant safety and well-being," Hillemann said. "If we can meet these goals with a low financial impact, then why not?"
A computer error caused students who were not eligible for it to receive a state need grant, and now those students must find a way to pay for the balance.

According to Director of Financial Aid Agnes Canedo, a bug in the program used by the Financial Aid Department caused students who should not have received any money to receive the grant. The bug was discovered in early September, but some cases were missed until October, when a state audit found discrepancies, Canedo said.

Canedo said the program is only used by Central and has worked flawlessly for five years. Regulations on federal Pell grants and state need grants change yearly, and Canedo said the programs were "looking at something else" this year.

All of the students whose state need grants were revoked were not eligible for the grant in the first place, Canedo said.

The state need grant was the only grant Thompson received, and like many students, she pays for her education with loans, savings, help from parents and a part-time job.

"I was mad at first because of the timing," Thompson said. "They should have figured this out earlier."

Financial aid has been stretched across the state. The state need grant didn't lose any funding this year, but a poor economy put a strain on the same funds. Financial aid offices were also instructed to use current financial data instead of last year's tax return.

Canedo said typically the state colleges will re-allocate state need grant funds to other state colleges if there is any left over, but every school has been stretched thin. Central's financial aid office had to stop awarding state need grants and no more will be awarded this year unless a student is an incoming transfer, Canedo said.

"We are way out there on the state need grants," Canedo said.

Clarence Ames, senior online writer, said students could be doing something else this year.

"All of the students whose state need grants were revoked were not eligible for the grant in the first place, Canedo said.

Canedo said students were offered loans and some were offered pledges, a Central award to help pay for tuition, as partial compensation.

"We've done everything we can to soften" the loss, Canedo said.

The Washington State Need Grant is awarded based on data from a student's Free Application For Federal Student Aid (FAFSA) and is given to students with a family income equal to or less than 70 percent of the state median income, which for a family of four is $54,500 in 2009. The maximum award for a CWU student is $5,030.

Brittany Thompson, junior psychology major, said she received an e-mail from financial aid in late October. Losing the state need grant cost her nearly $1,000 a quarter, she said.

Thompson said she was able to pay the balance through loans and help from her parents.

"Not everybody can get this figured out in a week," Thompson said. "Luckily I was able to figure it out."

Hey Amanda, I read a poster on campus that said when college students go out drinking, they only have four drinks. That's BS. What do you think?

Hmm, I too have seen that poster around campus and it does state that when college students go out they tend to drink four drinks or less. I can see how someone would call "BS" on this statistic. But what it truly says is that 58% of Central students have four drinks or fewer when they go out.

Most likely, we've been at the same party on campus and we've both seen the guy playing Edward 40 hands, or a girl walking around with Carlo Rossi, doing the gallon challenge. Obviously, that is more than four drinks. What the poster is saying is that most students at Central choose to drink responsibly (by responsible I mean one drink an hour). At some point somebody came up with the idea that all college students drink all the time. Truth is, most of us don't.

For example, if you go to a party with twenty people nearly half are probably in the living room sipping on drinks and being pretty chill, another four are in the garage playing beer pong, one girl is dancing on the table, one guy is outside puking, two girls are making out and the last guy is singing "Living on a Prayer." When you talk to your friends the next day, do you say "man, you should have been at that party last night, it was really chill," or do you say "man, you should have been at that party last night, everyone was hammered?" Even though only 20% of the party was "drunk," people tend to exaggerate. I think that's how people confuse statistics about college drinking. So, I wouldn't call "BS" on the poster, I just hope that helps clear things up for you!
Open positions on ASCWU-BOD

by Shannon O'Hara
News editor

Students interested in getting involved in school decisions now have the opportunity. The Associated Students of Central Washington University Board of Directors (ASCWU-BOD) has two open positions.

"Applicants must be strong in student leadership, but also know the BOD is here to support them in training and acclimation to the BOD experience," said Keith James, president of ASCWU-BOD, in an e-mail. "The opportunity to serve the student body through the ASCWU-BOD is one that is highly regarded on a resume because of the experience you gain from day-to-day challenges as administrator and student."

One position available is executive vice president. Duties include 14 regular hours of office work and filling in for the president when needed. The officer also monitors services and activities in budget areas and records ASCWU-BOD public meeting minutes.

The second position open is vice president for student life and facilities. They are the chair of the Student Union and Recreation Center board and are the liaison between the SURC and ASCWU-BOD boards. Meetings occur twice a month and they would be responsible for giving weekly reports on the Residence Hall Association.

James said any student can apply by turning in a resume of student leadership and a cover letter of interest for the desired position by Dec. 4.

"You are put in an elite group of students to have the authority to make decisions for the entire student body," James said. "You are also placed in a position to fight for student's rights."

To find out more information contact Keith James at janeske@cwu.edu or the ASCWU-BOD at 509-963-1693 or e-mail ascwu@cwu.edu.

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Central Washington University’s emergency system, CWU Alert, will undergo a test today. The purpose of the test is to make sure that the system is working properly.

Messages are sent to all students, faculty and staff. The emergency system makes sure that everyone gets messages so that no one is surprised by emergency situations.

According to Captain Michael Luvera, the emergency system manager of the CWU Police Department, this test is performed a couple of times a year to ensure the effectiveness of the system.

"I would encourage students to check SAFARI to make sure that phone numbers are updated," Luvera said. "This test is sent several different ways. This includes text messaging, e-mail, voice-mail, desktop alert, reader boards at the [Student Union and Recreation Center] and in the classrooms."

The CWU Alert System was created in 2008, when the Central Police Dein the wake of the shootings at Virginia Tech. The ITS Department contracted with Connect ED/Blackboard, said Carmen Rahm, the assistant vice president for Information Technology.

Rahm said the Blackboard system is updated every day to ensure that students have updated information such as phone numbers, cell phone numbers, e-mail and other ways that might help students receive the messages.

"For everyone here on campus, it’s very important to have current information through SAFARI so students can be immediately notified when there is an emergency," Rahm said. "One of the most effective ways to get these notifications is by cell phone. I know students like text messaging, but they need to authorize Blackboard connect so these notifications can be sent."

With this in mind, Johnny Malibor, an emergency medical technician, stated that students need this system because it is a good way for everyone to know about emergencies.

In addition to these features, the emergency system notification also has a Web site that will educate students on how to handle the messages that are being sent.

According to Ila Dickenson, senior geography major, the test is a good idea, but the testing goes overboard because of the number of notifications sent.
Universities across the country are tossing their aromatic dining trays in an effort to save the earth and a few bucks. But while the social, economic, and environmental benefits are big, cultural acceptance and a lack of conclusive data prevent many schools, including Central Washington University, from making the switch.

Dan Layman, director of dining services, says that while the idea of going tray-free in an effort to save the earth and a few schools, including Central Washington University, from making the switch.

"That money just goes back to the food service. There's a hidden agenda," Layman director of dining services

"We've toyed with the idea, but we haven't gone that extra step," Layman said.

Research done by Aramark Higher Education has shown that removing the dining trays from caterers helps reduce food waste, conserve energy and save money. The largest benefit for tray-free dining is cutting the amount of food waste.

According to research done in 2008, a study of 186,000 meals at 25 colleges and universities found a 25 to 30 percent reduction in food waste per person on days when trays were not used. All together the 25 institutions generated 11,505 fewer pounds of waste.

By going tray-less, Aramark found that universities could conserve energy and save money by eliminating the need to heat water for tray washing and decrease the amount of wastewater sent to treatment facilities.

According to Aramark, it takes one-third to one-half gallon of water to wash a single tray. Each day, Central's dining services serves approximately 600 meals for lunch and 200 meals for dinner in the Holmes Dining Room. If the trays were taken away from Holmes, it would save 265 to 400 gallons of water per day.

Layman says that many of the universities and colleges make the switch to become tray-less for two reasons: sustainability and the food service's own agenda.

"That money just goes back to the food service," Layman said. "There's a hidden agenda."

He believes that one big issue with the idea is the chaos it will create when students must return to the buffet to pick up additional food they could not carry on their first trip. He feels that the buffer will become crowded and messy when students try to carry more than they are able to.

Another issue that holds Layman back from going tray-free is the backlash that could come from students and faculty.

"You have to get total buy-in from the administration and students," Layman said. "If we pull all the trays we'll have the president coming up and saying 'what's the deal?'

Because dining trays have been such a large part of student and faculty life, Aramark found that many administrators believe that taking trays away from customers would be an inconvenience and would increase complaints.

"They said it sounded weird at first, but he can see where the decision to take the trays out comes from.

"The only negative part I can see could be that it leads to overcrowding and longer lines," Prindle said. "But people won't eat as much and

Environmental Benefits

*Conserves energy by eliminating the need to heat water for tray washing.

*Reduces dependence on fossil fuels.

*Saves one-third to one-half gallon of water per tray.

*Reduces chemicals, detergents and drying agents used to wash trays.

*Decreases discharge into landfills, incinerators and wastewater treatment facilities.

*Lessens the ecological footprint.

Economic Benefits

*Saves on cost of water and energy.

*Saves on cost of detergents and rinse/drying agents.

*Eliminates cost of trays.

*Reduces food-waste removal costs.

*From Aramark Higher Education Website

Results in Schools

*New York University. Food waste has been cut from 4.03 ounces per tray to less than 2.37 ounces.

*University of North Carolina. The Chapel Hill campus is saving thousands of gallons of water monthly by not washing trays, says Scott Myers, dining director.

*From Aramark Higher Education Website

Social Awareness

*Supports education and awareness of environmental issues.

*Reinforces institutions' sustainability initiatives.

*Encourages students to participate in a "green" initiative that has both a personal and community impact.

*Reinforces sustainability awareness on a daily basis.

*From Aramark Higher Education Website

Visual Stimulation

"A fool sees not the same tree that a wise man sees."

-William Blake

Observer | November 19, 2009 | news

WEATHER

Today

Rainy

39°

27°

Friday, Nov. 20

Mostly Cloudy

42°

27°

Saturday, Nov. 21

Sunny

41°

25°

Sunday, Nov. 22

Cloudy

37°

27°

Monday, Nov. 23

Rain and Ice

42°

24°

Tuesday, Nov. 24

Cloudy

40°

23°

Wednesday, Nov. 25

Clouds and Rain

39°

23°
Deep Thoughts with Quinn Eddy

Quinn Eddy Asst. photo editor

Friends, it grosses me out when winner hits and everybody gets a funny nose. I got nuts in a room with constant sniffing. And of course there’s that one guy that is sniffing more than the rest. Just the sniffliest.

In the late 1700s, he projected that the earth’s human population doubles in size about every 25 years (unchecked), while our food production increases at a snail’s pace, creating a sort of biological trap humanity will be perpetually falling into.

For those of you who think that international famines and natural disasters are a good means of “population control,” Malthus is your man. In his “Essay on the Principle of Population,” he wrote, “The power of population is indefinitely greater than the power in the earth to produce subsistence for man.” And that “This implies a strong and steady check, not on the fertility of species, but on the power of the poor to control it.”

In other words, our planet isn’t getting any bigger. Geographic writer put it, the earth’s population is rising faster than we can produce food, thereby shortening the time gap between the number of mouths to feed and the number of people to feed them. This is why we humans are more prolific than the rest. Just the sniffliest.

I hate it when I can’t find my refills for fries at Wing Center. I did not attend this party. I feel like a fatty when I get my hair cut. I’ve heard of someone doing a 12-hour-a-day party dressed as Padme from the movie “Lucky Number Star Wars” came up to me and asked if they need help. I bought the expensive oil. I really wish I had bought the really wish I had bought the expensive oil. I really wish I had bought the expensive oil.

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DEAR EDITOR,

In the Observer’s Faith edition I was quoted about my views on religion and homosexuality. I can’t help but feel my point of view was represented in a much different light than I intended. Frankly, my friends thought I sounded like a stereotypical “angry” lesbian, which I am not. I attended the same-sex marriage debate in the SURC theatre, and it was very thought provoking. One young man introduced the idea of “God invented men and Eve, not Adam and Steve” and my reaction was horror. Not simply because I was offended on a personal level, but because that felt like a slap in the face to my homosexuality and to those who share my views.

Raised a Christian, I don’t see how this commonplace Christian mentality shows the love God asks us to show the world. And I hardly think it represents the love I know God has for each and every one of us.

I cannot stress enough that Christians need to step back and think of what the core values of the Bible really are: love, compassion, grace, and forgiveness, not hatred, judgment, gossip, and rejection. Imagine going to the weekend in my shoes, or the shoes of many of your CWU classmates. The stars in the SURC when people see you holding hands with the person you love, the backhanded religious or “that’s gay!!” comments that are made without knowledge of your sexual orientation, and the sting of rejection.

If you were that person, how would you see our faith? Would you see loving, non-judgmental Christians? Or would you see people who lash out, who use glue, which is offensive and dangerous to those around them? But is this accurate? What, exactly, is fundamentalism in a Christian context?

During the mid 1980s a movement to invalidate the Bible began to emerge within scientific circles in Europe, particularly in Germany. Those ideas were proposed as the “Higher Criticism.” The word “fundamentalist” is often used in other contexts of religion to refer to those who are reckless, unabashed, offensive and dangerous to those around them. But is this accurate? What, exactly, is fundamentalism in a Christian context?

In previous papers I have read the phrase “Christian fundamentalist” in a variety of contexts. I think Mark Seid, in a letter to the editor in the last October issue, did a fairly accurate job in describing most people’s definition of a “fundamentalist Christian”: “a delusional, unintellectual, arrogant man...” The word “fundamentalist” is often used in other contexts of religion to refer to those who are reckless, unabashed, offensive and dangerous to those around them. But is this accurate? What, exactly, is fundamentalism in a Christian context?

I all not.
DEAR EDITOR, (continued from p. 7)

These were published into 12 volumes and titled “The Fundamentals,” which were then summarized into five main points which describe the most basic characteristics of genuine Christianity: 1) The inerrancy of the original Scripture manuscripts, 2) the virgin birth of Jesus Christ, 3) that Christ literally and necessarily shed His blood as the only qualified substitute for the sins of His people, 4) that Christ literally and physically came alive again after being crucified, and will return again one day, and 5) That Jesus Christ was fully God and fully man -- He was God in human flesh. Anyone who sincerely and completely believes in these things were known as fundamentalists. This is still the definition of the term.

Eliya Hogan
senior, geology major

As a true native to the Seattle area, baseball has always been a pretty big part of my life. So when my sister (who attends Central) told me to read an article written by Mr. Proctor about the Yankees, I couldn’t wait. I have never really liked the Yankees prior to this, but now I down right despise them. I was shocked and a little sick at the amount of money the Yankees have spent signing players. Proctor surfaces a compelling argument when mentioning that “With that much money, it’s almost embarrassing that the Yankees don’t win every year, and it really makes it impossible for small market teams to compete on a consistent basis.” With his obvious knowledge of the sport, it would be hard for any true baseball fan to disagree with him based on the facts that he has used. I truly enjoyed this article and hope to read more of Mr. Proctor’s outstanding work.

Sincerely,
Emily Martinez

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Small tips for big change . . .

To save the planet, one step at a time.

- Instead of buying produce at the store that comes from 1,500 miles away, buy locally to save on “food miles.”
- Cut back on single-serve food and beverages. Instead buy in bulk, and cook at home.
- An average of 50 percent of household energy is lost to heating and cooling. Seal edges and cracks with caulk, install weather stripping, and hang up curtains to keep warm air in during the winter months.
- One-third of all plastic containers end up in the garbage. Look for the recycling symbol on the products you buy and recycle them whenever possible.
- Use compact fluorescent light bulbs instead of regular ones.
- Turn off your computer and monitor when possible.
- Take shorter showers and conserve water when in the bathroom, kitchen and garden.
- Keep the temperature between 65-68 degrees. Instead of turning up the heat, put on more clothing and grab a blanket.


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Chiliary Come Home

ASIAN MEATBALL SOUP

When I was a kid, my mom never had a lot of time or energy to cook dinner after work. But every night, at the end of a long day, she would magically whip up a good hearty meal for us kids. One of my favorite dishes that she made was meatball soup. Over the years I’ve made a few changes in my mom’s recipe, mainly to the broth. This soup is really easy and quick to make and it works with just plain chicken broth too. Eat up!

Ingredients

For the meatballs:
- 2 lb. ground beef or pork
- 2 medium sized onions, chopped
- 3 eggs, lightly whipped
- 2 tbsp. soy sauce
- 1 tsp. black pepper
- 1 T. Chili flakes
- 1 T. of vegetable oil

For the broth:
- About 5 C. of chicken broth
- 3 T. of soy sauce
- 1 tsp. of oyster sauce
- 1 tsp. of Hoisin sauce
- 1 bunch green onions, thinly

Directions

- In a large mixing bowl, combine the ground meat, chopped onions, 2 of the whipped eggs, salt, pepper and chili flakes. Mix until well combined. Mix about 2 T. of the mixture and form into meatballs by rolling in your hands.
- In a large frying pan, heat the oil to medium high. Cook the meatballs in oil until brown on all sides. Once cooked, set meatballs to the side.
- Bring a large soup pot, heat the chicken broth to a boil. Once to a boil point, reduce to a simmer. Add the soy sauce, oyster sauce and Hoisin sauce to the broth and stir to dissolve.
- Add the meatballs to the broth to finishing cooking about 10 minutes.
- Garnish with green onions and serve over rice.

Got questions or comments about my recipes? Want to chew the fat about food in general? I’d love to hear from you! Email cculinarycorner@gmail.com.
Solar paneling and energy-reducing straw bale insulation are a few changes Ellensburg's D&M Coffee are implementing in order to "green" up their business practices.

"Downtown we have solar panels, which use the sun's power as our source of energy," said Ingrid Lutz, general manager of D&M Coffee.

In addition to the solar paneling, straw bale insulation can potentially reduce up to 75 percent of energy costs, limiting the utilization of natural resources.

According to Lutz, the switch to serving cold drinks in renewable and biodegradable Greenware cups, as well as offering reusable stainless steel cups and water bottles, presents environmentally friendly alternatives for customers.

In addition to eco-friendly coffee cups, D&M presents an eco-friendly brand of coffee. Their certified organic coffee beans are offered alongside their standard beans.

"Going green isn't about marketing, it's about living," Lutz said. "It feels right to have the option to purchase both something green [friendly], organic and fair-trade."

D & M COFFEE

SUPER 1 FOODS

Due to the increasing amounts of people in Ellensburg with celiac disease, Super 1 Foods has become an advocate in offering a large selection of gluten-free food products.

According to assistant manager Jennifer Niebel, it is important for gluten-free items to be offered as well as an assortment of organic alternatives.

"We have just about everything that you can imagine," Niebel said. "[We supply] anything from cheeses and meats, to even frozen dinners."

All products can be found in the "huckleberry department" of the store. In addition, soy-based products are also available. In attempts to reach a more "green" standard, Super 1 Foods uses "Hippo Saks," shopping bags made from recycled and biodegradable plastic.

"They are larger and stronger than regular plastic bags, but they break down in half the time," Niebel said. According to Niebel, 10 cents is refunded off any grocery order where the customer brings their own source of bagging for their groceries.

SUPER 1 FOODS

JERROL'S BOOK

Being an established office and school supply business in a college town provides ample opportunities to offer environmentally friendly supplies to a wide audience. Jerrol's Book and Office Supplies has made that available by offering a variety of office supplies and a particular set of "green" binders.

According to owner Roll Williams, these binders stand out and also possess a low carbon footprint. Due to the manufacturer's location in Seattle, there are few carbon emissions produced in getting the binders to Ellensburg.

"We have a really cool line of [eco-friendly] folders and binders that are made out of cardboard and replaceable metal," Williams said. The significance of having a folder or binder made from cardboard and replaceable metal is its ability to be continually reused. When the cardboard cover needs to be replaced it can be recycled and a new one can be made from the metal rings.

While plastic bags are both cheap and durable, they are not eco-friendly. But, according to Williams, Jerrol's encourages customers to reuse their plastic bags and also offers a buy-back system. With every plastic bag brought back, 10 cents is compensated to the customer in return.

"While recent generations have begun to consume and produce foolishly, resources are finite now and it's important to reuse products," Williams said. "Going green" is something that the company has encouraged throughout its 50 years of operation. Williams says the environment is something they're passionate about.

"We want Ellensburg to be a livable and beautiful community for generations to come."

BETTER LIFE NATURAL FOODS

Don't be fooled by their company name. While Better Life Natural Foods offers a wide selection of organic food products, their store also entails "green" substitutes for beauty products and household cleaners.

"We have alternatives for anything that you would need for body care," said manager Delama Carr.

A few certified "green" products include their shampoo and conditioner collections that are not based on petrochemicals, as well as sea salt soap bars. "[These products] clean your hair and body well, and they aren't subjecting your body to chemicals daily or putting chemicals down the drain," Carr said.

According to Carr, the top sellers for household products are their dish and laundry soaps that use herbs and plant extracts in substitute for petrochemical ingredients.

"We always have dishes and clothes to wash," Carr said. "They are key areas to be aware of."

While all of these products offer eco-friendly alternatives, Carr says a store favorite is the Klean Kanteen stainless steel water bottle, which reduces the amount of plastic production.

THOSE CALLAHAN GIRLS

Typically when a customer walks into an antique shop, it's the items on the shelves and showroom floor that are being reused — but few people ever stop to consider that the building itself may be a recycled antique.

"A house [originally] born to be demolished, I moved it to this property," said Jan Callahan, owner of Those Callahan Girls Antique Shop. "Not only are there recycled products but it's a recycled house and it's designated as an Ellensburg landmark."

Callahan said that the beauty of buying a pre-owned product is its ability to limit the resources and manufacturing of another product that may have gone to waste otherwise.

"I'm not sure that people always think that antiques are green-friendly but they certainly are," Callahan said. "They're being reused and re-loved."

According to Callahan, purchasing a pre-owned item or an antique offers a practical approach to going green.
Go vegan: Don’t have a cow, man

by Amanda Miller
Staff reporter

I was eating chicken back in January of 2000 when I realized I was eating a dead bird. I was 14 and had never consciously made the connection between meat and animals. I felt sick. Other than during one week a few years later, I never ate meat again. I soon swore off seafood and eggs. If I wouldn’t eat my eggs so why would I eat a chicken’s eggs? I suppose I was destined to be a vegetarian. Even as a child I didn’t eat a lot of meat. The only meat I liked as a kid was chicken, and when I ate that there had to be no skin and no bones – it grossed me out. Even the ever-popular steak held no appeal for me.

There weren’t many options. I was 14 and had never consciously made the connection one week a few years later, I was proud of myself, I soon found that vegan shopping takes forever. I had to do my own cooking. I was excited! I even worked with a nutritionist through the health center, so that I could be an educated vegan. While I was trying to go vegan, I cried when I thought of the way animals were treated. I hate the fact that there are some animals whose only purpose in life is to be eaten. I wish people would rely more on free-range animals. But cheese kept me from going vegan.

It wasn’t until a few months ago that I finally felt ready to try a vegan lifestyle. I was so excited! I even worked with a nutritionist through the health center, so that I could be an educated vegan. While I was trying to go vegan, I cried when I thought of the way animals were treated. I hate the fact that there are some animals whose only purpose in life is to be eaten. I wish people would rely more on free-range animals. But cheese kept me from going vegan.

This vegan squash with winter wheat and braised veggies was created by Maggie Patterson, senior sociology major and served as part of the weekly Vegetarian Society meeting held on Tuesdays. I was 14 and had never consciously made the connection one week a few years later, I was proud of myself, I soon found that vegan shopping takes forever. I had to do my own cooking. I was excited! I even worked with a nutritionist through the health center, so that I could be an educated vegan. While I was trying to go vegan, I cried when I thought of the way animals were treated. I hate the fact that there are some animals whose only purpose in life is to be eaten. I wish people would rely more on free-range animals. But cheese kept me from going vegan.
Banff Film Festival shows outdoor, environmental films

by Kelly Requa
Staff reporter

The Banff Mountain Film Festival world tour is coming to Central, bringing dozens of exciting environmental and adventure mountain films to get the adrenaline pumping. Produced by Mountain Culture at The Banff Centre and hosted by Outdoor Pursuits and Rentals (OPR), the world tour visits 285 communities in 30 countries across the globe, sharing the efforts and talents of the world’s finest mountain filmmakers.

According to Blaine Serrin, staff member at OPR, Ellensburg has become an annual stop on the Banff film festival world tour. Serrin has seen the film tour at Central for the last five years.

“It’s kind of like the Warren Miller film we show,” Serrin said. “It’s an opportunity for students to experience the outdoors and get everybody psyched and excited about the outdoors.”

Serrin explains that the films can contain anything from mountain biking, unicycling, bouldering, climbing, skiing, hiking and cultural experiences.

“There’s a huge variety - any outdoor activity,” Serrin said. “They’ll go to the Himalayas and film tribes or small villages up in the mountains. It’s all just mountain culture.”

According to Ryan Hopkins, OPR outdoor coordinator, the Banff film tour is a great way to start out the winter season.

“The Banff tour is an international adventure film festival which provides an excellent presentation of mountain culture,” Hopkins said. “The festival itself provides inspiration to the Ellensburg community to continue to explore the outdoors.”

The 25 or so films that make it to Ellensburg on the tour are chosen from roughly 300 films that are submitted to the Banff Mountain Film Festival in Canada. The movies that are chosen to go on tour are selected for their varying themes and awards, and are then narrowed down further by the viewers at each location they stop at.

Ryan Johnson, OPR staff member, explains there is a preview night a week prior to the festival arriving on campus. At the preview night, viewers vote on the films that they would like to see in full length at the Festival on Nov. 23.

According to Hopkins, the final film selection is not made until the day of the show. OPR takes viewer input as well as the Banff tour hosts’ input on deciding which films to show.

Johnson said the films aren’t made by big organizations or film studios - they’re made by athletes and outdoor enthusiasts who love the mountains.

“It’s kind of like Sundance,” Johnson said. “Some are independent filmmakers and some of them aren’t. Some are outdoor filmmakers.”

According to Hopkins, the Banff film tour has been a building success on campus as a great program for the campus and community. Hopkins adds that over the years the Banff tour has created a loyal following of viewers who return each year.

“It’s truly a mix of students, faculty members and community members who attend,” Hopkins said. “This film festival seems to bring Ellensburg’s outdoor community together every year - we continually receive comments on how impressive the films within this festival are.”

Mountain High Sports, a local business that caters to outdoor and mountain enthusiasts, is sponsoring the film festival this year.

“We think the films are great,” said Tami Walton, owner of Mountain High Sports. “We have a lot of students that are customers here, and we try to give back.”

Mountain High Sports will be giving out gift certificates as prizes at the film festival, and a representative from the Banff center will have handouts as well.

“There’s people that tour with the festival, kind of like facilitators,” Serrin said. “Banff will have a bunch of their paraphernalia and pamphlets and booklets and stuff for students.”

The Banff Mountain Film Festival world tour starts at 7 p.m. on Nov. 23 in the SURC Theatre. Tickets cost $8 for students with I.D. and $12 for non-students.
Anacortes’ based indie pop band, The Lonely Forest, will headline a show tonight in the SURC Ballroom. Poor Folks, Live Well and Ellensburg based Red Means Go will open the show.

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Turkey Bowl provides fun for the community

By Christine Johns
Staff Reporter

A giant sparkly turkey, rugby players and pumpkin pie. These things may not fit together in the traditional sense of Thanksgiving, but at Central’s first ever Turkey Bowl, all will make an appearance.

For the two-week period between Veteran’s day and Thanksgiving, the Civic Engagement Center has come up with many ways to give back to the community. One of these events is the 2009 Turkey Bowl created by student Whitney Hahn, public relations and business major.

This event was created in order to provide turkeys to families and students around Ellensburg and Yakima areas who will not have food on Thanksgiving, and to raise money for the Ellensburg FISH Food Bank.

“To think that a family doesn’t have anything to eat on Thanksgiving, is just heartbreaking, so I thought of a fun way to raise money for turkeys for families around the valley that don’t have anything to eat,” Hahn said.

A ticket to the event is three dollars and people of all ages are encouraged to attend. With the ticket, anyone can participate in the activities offered.

Some of the activities include a contest to see who can eat a pumpkin pie the fastest, who can eat the most Hell Wings from Wing Central, an egg toss and a “John Smith” pumpkin carrying contest.

“It’s big fun, a big mess, a big impact in the local community, and it’s all for three dollars,” said Lorinda Anderson, Director of the Civic Engagement Center. “It’s the price of a coffee in the morning and certainly I think that students will feel like their contribution of three dollars for this effort is more meaningful than a cup of caffeine.”

All winners from the contest will be able to pick from a variety of giftcards from places around Ellensburg, including The Palace Café, Grant’s Pizza, Safeway and Costco. The winners will also have a turkey donated in their name.

The Turkey Bowl will also feature a rugby challenge course sponsored by the men’s rugby team, an outdoor challenge sponsored by Central’s Outdoor Pursuits and Rentals (OPR) and a talent show featuring three local bands. The talent show winners will be determined by the amount of donations each band brings in during their set.

The event will be held on Friday, from 3 to 5 p.m. on the SURC east patio. Tickets can be purchased at the Civic Engagement Center or at the event. Cannon food donations will also be taken and will be given to the Ellensburg FISH Food Bank.
Jodi's 'Udderly Local' offers intimate coffee experience

by Rachel Guillermo
Staff reporter

Downtown on South Pearl Street, there is a space where plush armchairs and coffee tables sit in the corners. A small mock fireplace and a decorated Christmas tree sit among a collection of antique furniture and knickknacks. The smells of coffee and freshly made pastries fill the shop. This is Jodi Olson’s dream come true. "I’ve always wanted a ‘sit-down’ coffee place," said Olson, the owner of Jodi’s Coffee House Cafe/Udderly Local, the newest coffee shop in town. Olson also owns two drive-through coffee stands: Udderly, near Bi-Mart, and The Udder Place, at the I-90 interchange across from Perkins.

"I've tried to figure out how to get people in the drive-through [stands], but couldn’t quite figure that one out," Olson said with a laugh. Olson’s espresso-filled adventures started 14 years ago when she opened her first coffee shop. Olson, who is in the process of getting a beer and wine license, has always been that way.

"My mom couldn’t take care of him and the stand," Olson said. "So I ended up taking care of him and the stand, and I couldn’t have kids because of the stand." Olson worked as a pastry chef in Ellensburg for 15 years, says Olson has always been that way.

"I was a real stinker and I don’t like to throw anything away that people give me," Olson said.

Below each clock is the name of the baker, and she did sweet rolls," Olson said. "When I started this I asked her if she wanted to be my baker, and she said yes." Olson is in the process of getting a beer and wine license to make for a more "adult atmosphere" in the evenings.

Behind the cash register is what Olson calls her "wall of dead clocks," all brought in by customers.

"I’m a real stinker and I don’t like to throw anything away that people give me," Olson said.

Seven more years passed before Olson’s own sit-down coffee shop took shape. Udderly Local is in the former Pearl’s on Pearl space, owned by Larry Nickel, whom Olson has known all of her life.

"I just so happened to be talking to Larry one day and was wanting to do a New York-style hot dog joint," Olson said. "I came in and I thought ‘Oh my God, a coffee house. I love it!’ And he said, ‘Okay, you love it, here’s the key, figure it out.’"

Udderly Local opened the second week in October. Olson is in the cafe almost every day, always with a smile on her face. She starts a conversation with anyone who comes in and treats them as if they were friends for years.

Rhoda Simpson, who’s known Olson for 15 years, says Olson has always been that way.

"She’s absolutely a fun person," Simpson said. "She’s just one of those kinds of people.

Throughout the cafe, old-fashioned milk bottles and glass jugs are filled with brightly colored marbles. Tea cups and cast iron pans line bookshelves. The walls display local art by photographers Elizabeth Robertson and Douglas MacArthur.

"We have a really fun staff," Olson said. "It was perfect – I did coffee and she did sweet rolls," Olson said. "When I started this I asked her if she wanted to be my baker, and she said yes."

"I’m looking forward to being more involved with downtown, being more involved with my friends who are downtown, participating in the events that go on and having a way to do things like the memorial fund," Olson said.

Udderly Local is open from 7 a.m. to 7 p.m. Monday – Friday, 7 a.m. to 5 p.m. on Saturdays and is closed on Sundays.

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Christine Jahns
Movie critic

With life-like animation and a cast of A-list voice actors, director Robert Zemeckis was able to recreate the magic of Charles Dickens' classic tale, "A Christmas Carol." Though the story is the same, the animation brings it to a new level that is exciting for both adults and children — although a couple of the scenes were a tad on the scary side for children. I enjoyed the scary scenes but if I were a kid I would have been a little freaked out. Some of the scenes towards the end are meant to be scary in order to truly show Scrooge the error of his ways, but it might have been a little too scary for the younger crowd. The rating is PG but because it's animated, many parents do not think twice about bringing their kids. If you have a kid who is easily frightened, think before bringing them to see this film.

Despite those few flaws, I fully enjoyed this movie and would recommend it to both new and old lovers of this tale. All together I would give this movie an 8 out of 10.

And now, some more beer styles...

INDIA PALE ALE (IPA)
- Pale Ales on steroids
- This style was regularly imported to India from England in the 1800s. Over the long voyage, excess hops were added to the beer to act as a preservative.
- Most malt character or any other attributes are completely obliterated by hops.
- Enjoy it by itself — IPA's can completely ruin your palate and make all your food taste like your beer.
- If adventurous, or (like me) you have found a special place on your tongue and heart for hops, try one.
- TRY! Stone IPA, Long Hammer IPA, Full Sail IPA.

BROWN ALE
- Made with a special darker malt, giving the beer a (surprise) brown appearance.
- Brown malts give the beer a sweet, nutty taste with a low awesomeness-by-volume (ABV).
- Easier to drink than many other ales, making this another good-quality beer for the uninitiated.
- TRY! Newcastle, Manx, Iron Horse Brass Ass

FRUIT LAMBS
- Distant cousin of the Hefeweizen and other wheat beers.
- Well-loved by many a female beer drinker.
- Brewed with wild yeasts native to Brussels (hence the whole “lambic” thing), which produces a dry, elderly, slightly sour taste.
- Fresh fruit or, more commonly, fruit syrup, is added to get rid of that yucky beer taste.
- TRY! Lindeman’s (the most popular brand)

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Welcome to part two of Beer Styles 101.

Last week, we began by tackling the two big styles — lagers and ales — as well as some of the more popular ales that most micro-brewers produce.

This week, let’s go over some more of the other beer styles you may have heard of, probably during a conversation with a beer snob.

Hopefully after this informal lesson, no longer will you name-drop Rolling Rock when talking about your favorite pale ale.

ONWARD...

PORTERS/STOUTS
- A lot of people lovingly/hatefully call “dark beer”
- Huge on malt flavor, not so big on hops or fizziness.
- Black malt, or smoked or roasted malt, is the predominant ingredient.
- Beer is reminiscent of motor oil, and tends to be on the thick, heavy side.
- Porters have a lot of flavors going on at once, which creates a huge blend of dark malty flavor that can scare off some novices.
- Great for the winter months.
- TRY! Sam Smith Taddy Porter, Anchor Porter, Guinness Extra Stout

HEFEWEIZEN
- Wheat is the primary ingredient.
- The sweetest beer you can buy — this is the beer for (gasp) hop haters.
- Almost no hops, and sweetness is balanced by extra fizziness. A lot of non-beer fans like these for this reason.
- My favorite, Paulaner, has a cookie-like character. A beer that tastes like cookies? Sign me up.
- TRY! Paulaner, Ayinger, Pyramid

CORRECTION
In last week’s “War veterans acclaim to student life story,” the quote should have been attributed to student veteran Chris Goehrle.

19 Financial planning and money management seminar 12 p.m. SURC 201
20 Road Fever concert 3 p.m. SURC Ballroom
21 Nature of Night Astronomy event 10 a.m. Black Hall
22 Matt Larsen Trio 2 p.m. Music Building Recital Hall

Observer | November 19, 2009 | scene
by Kevin Proctor
Staff reporter

It was an emotional night for the Central Washington volleyball team as the Wildcats enjoyed a clean sweep of St. Martin's for their last game of the 2009 season, and the last collegiate contest for seniors Erin Norris, setter, Deidre Scheidt, defensive specialist (DS) and Meggie Graf, DS.

The Wildcats finished the season strong, winning five of their last six matches, including a big win at home against rival Western Washington, and dominating St. Martin’s on senior night last Saturday at Nicholson Pavilion.

“My four years here have been awesome, probably the best times of my life,” Scheidt said.

Scheidt, who was brought in to anchor the defense, has helped make the Wildcats one of the best defenses in the conference.

“My best friends are on the team. Mario is a great coach and he has made this experience so great for all of us,” Scheidt said.

After a pre-game ceremony to honor all the seniors and their four years of dedication to Central’s volleyball program, the Wildcats opened up against the Saints with all three seniors in the starting line-up.

The Wildcats quickly came together and focused on their opponent late in the first set.

After going back and forth with eight lead changes early on, Central went on a 9-4 run to take a 19-15 advantage, and ultimately took the first set 25-18. Norris had three kills, while Scheidt had eight digs in the first frame, and from that point on, it was all Central.

In the second match, the Wildcats were tied early with St. Martin’s at nine apiece, until a block by Norris and junior middle blocker Bri Gregory gave the Wildcats the lead. They never relinquished it the rest of the way, taking the set 25-20.

As the third set got underway, it was evident that the Wildcats were gaining momentum, while the Saints were clearly frustrated.

Central came out strong after intermission, and was able to take the match fairly easy, tallying five of their nine blocks in the frame alone.

They were able to dominate in the final set, holding St. Martin’s to a mere 13 points, sweeping the Saints 3-0. Norris was able to come up with three service aces in the game, giving her 198 total for her career at Central.

Leading the team in kills at 12 for the night, Norris hit at a .478 percent clip, helping lead the team to a .273 hitting percentage overall.

“The girls on the team are my best friends, they have all become a family,” Norris said. “I’m going to miss that for sure.”

Junior outside hitter Kady Try also had nine kills, while sophomore setter Carlee Marble again led the team in assists with 22.

Now that volleyball at Central is over for her, she hopes to someday coach back in her hometown in Selah, Wash.

“It’s been the time of my life. A lot of hard work, but it’s worth it,” Graf said. “I still have memories of the seniors when I was a freshman, and I won’t ever forget any of these girls, ever.”

As the 2009 season comes to an end, Head Coach Mario Andaya has now completed his 14th year as head volleyball coach, and is happy about the overall results of the season.

After starting off well and then hitting a lull mid-season, the Wildcats finished strong, winning eight of their last 11 games, and are poised to return to the playoffs in 2010.

Looking to next year, Andaya is excited about the younger players stepping up to bigger roles in the upcoming seasons.

As for seniors Norris, Scheidt and Graf, their collegiate volleyball careers may be over, but as individuals, they will not be forgotten at CWU.
by Kevin Proctor
Staff reporter

As the season winds down for the Central Washington football team, the Wildcats find themselves atop the Division II rankings, poised to make a deep run through the playoffs. With their undefeated record and No. 1 ranking in the nation, Central has had a special season to be sure, with so many players contributing to their success.

One player who has had a major impact for the Wildcats as their senior kicker Garrett Rolsma.

Rolsma has been a rock-solid fixture for the Wildcats all year long, and throughout his four-year career.

For the season in 2009, Rolsma has made 18 of his 21 field-goal attempts, and 35 of 36 point after touchdowns (PAT’s), making 99 straight at one point, dating back to November of 2007. His 47-yard field goal against Humboldt State on Oct. 24 marked the longest of his career, as the Wildcat’s kicker has improved each season at Central with his accuracy and distance.

“It’s definitely more mental than physical, because physically you know that you can make every one,” Rolsma said.

“Mentally you’ve got to make sure you do it right and do it the same way every time.”

The players and coaching staff have confidence in Rolsma as he has proven to be one of the best kickers in college football.

For the month of October, Rolsma received the Fred Mitchell Award, an award given to the 12 best place-kickers nationwide in Division II and Division III football.

In October, Rolsma had scored at least eight points in each game, making 12 of 13 field goals, and all 17 extra points.

“Garrett is one of the finest kickers I’ve ever seen around,” said Head Coach Blaine Bennett. “We’ve been in the game for him.”

At the end of the regular season, Rolsma also finds himself with 319 career points, good for second all-time points scored in Central Washington history.

Teammate wide receiver Johnny Spevak currently holds the record with just one more point at 320, as the two seniors have been battling back and forth all year for the record.

It will come down to the playoffs to decide which one will ultimately claim the record for Central.

“He’s always so calm and collected,” said Spevak. “It seems like it’s automatic for him every time.”

As the only undefeated football team left in Division II, the Wildcats owe much of their success to Rolsma.

His leadership both on and off the field has helped Central become the No. 1 team in the nation for the first time in school history.

It has been a special year for Rolsma, as well as all the players, and they hope to finish the year as NCAA Division II champions.

At this year’s “Battle in Seattle” the Wildcats found themselves in an early hole, going down 21-0 entering halftime, and it looked as though Central’s undefeated season would come to an end. However, the Wildcats would not go quietly, as senior quarterback Cole Morgan stepped in and led the comeback for the Wildcats.

But in the end, it came down to one play, one kick, that would determine if all the second-half heroics were for nothing. Down 21-20, with 32 seconds left in the game, Rolsma lined up to attempt a 44-yard field goal.

With the season on the line for the Wildcats, Rolsma would have a chance to win the game in the closing seconds. As the pressure was mounting and more than 5,000 screaming fans were watching, Rolsma kicked the game-winning field goal, ensuring the win for the Wildcats, and keeping the undefeated season alive.

“We worked so hard to get to that point, I felt like I couldn’t have missed,” Rolsma said. “We worked too hard to lose that one.”

With that kick, the Wildcats would improve to 8-0 and become the No. 2 team in the nation, and eventually go on to finish the season at 11-0, and a No. 1 seed throughout the playoffs.

Had he missed it, the Wildcats would have seen their undefeated season go up in smoke, along with earning the No. 1 rank in the entire nation.

Although there have been numerous plays this season that have been key to the Wildcats, none are bigger than that field goal at Qwest Field.
Wake sports club takes regionals

by Katharine Lotze
Special to the Observer

In its sixth year as a recognized collegiate club, the Wildcats' wake sports club brought home the first place trophy from the regional competition on Oct. 24th and 25th. The regional competition was held in Chico, CA. It seems the wind and the cold of Ellensburg prepared the team for the unseasonably warm 80 degree weather of northern California.

Riders were scored using a system that provides a set number of points for each trick performed. Each rider is allowed five tricks per pass. Riders could also earn points for style, amplitude and composition. The divisions are divided based on experience level and gender. Men can compete in the wake skate, intermediate, advanced, expert and open categories. Women can compete in wake skate, intermediate and open.

Wake skate is similar to skateboarding on the water, with skateboarding-style tricks, such as what riders call a "shove it," when the rider spins the board 180 degrees beneath their feet and lands back on the board. The open category is what some riders call the "outlaw" or "pro" category for the most advanced and experienced riders.

On the first day of competition, all entered riders competed, and the second day, the top six in each division competed in the finals. The Wildcats' had 18 team members in attendance, with seven members placing in their divisions.

"We placed in every division, and had three firsts," said Kelly Clinefelter, senior flight technology major.

To win regionals, a team must have at least one rider in the top three in each division. To determine team scoring, the judges award first place three points, second place two points and third place one point. With Central in the lead, Chico State came in second and Sacramento State in third.

The members of Central's team who earned a place in the top three are: Thomas Olson (first, open), Kelly Clinefelter (first, intermediate), Sean Harris (first, advanced), Eddie Roberts (second, expert), Ryan Cearley (second, advanced), Nick Haisch (second, wake skate) and Mike McKinney (third, wake skate).

Other club members in attendance were: Brett Lund, Austyn Squire, Codie Trinidad, Jake Pederson, Scott McCulloch and Alex Toner.

"I think that everyone met a lot of cool people and rode great," said Ryan Cearley, sophomore construction management major.

Nick Haisch, who placed second in the wake skate division, was reported to have landed a backside big spin, where the wakeboard spins 360 degrees beneath the rider while the rider completes a backside 180.

For members of Central's collegiate wake sport team, missing all the homecoming activities was worth it. Two members of the team even had an extra special opportunity.

"Thomas [Olson] and I got an opportunity to ride with the Hoffman sisters, two of the best female wake boarders in the business, on their home lake, Lake Oroville," said Eddie Roberts, junior communications studies major.

The location for the national competition has not been announced yet, however, as the first place team, Central's wake sport team will keep up its practice schedule to be ready to bring home a national title in the spring.
I am a girl who loves sports. I understand and comprehend almost every popular sport here in the United States. I read up on teams to see who has a better chance at playoffs or to win the championship. I would have been right there if I could. I can't really give my top hotties a list that is too precise without being ridiculed for the choices just because the player may not meet the standards ability wise. But I am coming clean now, how pretty the guy is has nothing to do with being a better player. I decided to capitalize on the modeling career, similar to Maria Sharapova, who doesn't exactly stack up against her modeling career, similar to Hollywood's hottest female athletes only sweetens the deal. I would have been right there if I could to take care of him after his horrible knee injury. It's just to bad.

I'm willing to bet that her stroke is a man of ambition and obviously successful. And if you don't think so, then maybe you should be reading Laura's list instead. Anyways, here's my Top-5 hottest female athletes. Enjoy.

1. Maria Sharapova
This tall, beautiful Russian is one of the best tennis players in the world. Her sexiness is also very hot as far as tennis player goes. She's got an amazing physique, a professional career, which is why she's the world's no. 1 in my heart ... as far as female athletes go, that is.

2. Gina Carano
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3. Natalie Gulbis
I never thought I could like any golfer more than Tiger Woods. Sorry Tiger, but Natalie's got you beat this time. This green-eyed blonde beauty isn't just a sex symbol; she can play some serious golf, too. She earned more than a million dollars last year from playing golf, and even though she's yet to finish higher than 3rd-place in the LPGA, I'm willing to bet that her stroke is just fine the way it is.

4. Gretchen Bleiler
She won a silver medal at the 2006 Winter Olympics in Turin, Italy and something about her is just really hot to me. I think it has to do with the fact that she's really good at snowboarding, or it could also be that sweet smile with her messy blonde hair. I've never been skiing or snowboarding, but when I decide to hit the slopes, I want Gretchen to show me the ropes.

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Resorts prepare for new ski season

by Elizabeth DeVos
Staff reporter

After a short ride on the chair lift up the slope, winter adventurers are at the top as they get off the chair lift, ready to ski or snowboard down with the wind in their face. As the mountain passes start to fill with snow, various ski resorts around the state gear up for another fun-filled season.

Less than an hour from Central Washington University, ski and snowboarders can find themselves at The Summit at Snoqualmie or Suncadia resort.

The closest winter wonderland to CWU is Suncadia. While there is no downhill skiing or snowboarding, there is cross country skiing (Nordic), snowshoeing, inner tubing, an outdoor ice rink, off-site snowmobiling tours and sleigh rides.

While most of these outdoor activities are dependent on snowfall, Suncadia will open its ice rink at the Summit at Snoqualmie or Suncadia resort. The Summit at Snoqualmie will open its ice rink on Thanksgiving, according to Shawn Cannon, activities coordinator for Suncadia. "Anyone can use our facilities for winter recreation," Cannon said. "We have about eight miles of groomed cross-country trails."

Rentals are available during day-light hours from 9 a.m. to 5 p.m. Cross country skiers and those with snowshoes can provide their own equipment and pay a $5 fee to use the trails.

The Summit at Snoqualmie, about an hour west on I-90, offers everything from inner tubing downhill skiing and snowboarding, to snowshoeing and Nordic skiing, with an average of 435 inches of snow annually. Summit East closed last season after a landslide took out a good portion of it.

"It is unfortunate that we won't be able to operate Summit East this season," said Holly Lippert, communications manager at The Summit. "But it's our smallest base area. We are easier to re-open Summit East for alpine operations next season," Lippert said.

The Nordic Center at Summit East offers 19 trails for cross country skiing and snowshoeing. The Nordic Center is only open on weekends and offers full-day and half-day rates as well as rentals. Hours of operation are Friday through Sunday from 9 a.m. to 3 p.m.

The Tubing Center at The Summit has 12 runs for thrill-seekers to enjoy along with a rope tow. The Tubing Center offers four two-hour sessions and one three-hour night session on Friday and Saturdays. Sundays the center offers four two-hour sessions. Adult prices are $18 to $20, with inner tubes included.

Hours of operation are Friday and Saturday 9 a.m. to 9 p.m. and Sundays from 9 a.m. to 6 p.m.

For downhill skiing and snowboarding at Central, West and Alpental, lift tickets range in price from $38 to $61. Rental equipment for skiing, boots, poles, skis or snowboards and boots range from $38/day to $38/night. For skis or snowboards only, the prices are $27 and $21 respectively. Hours for Alpental, Summit Central and Summit West are Tuesdays through Saturdays 9 a.m. to 10 p.m. and Sundays from 9 a.m. to 5 p.m. All three locations offer night skiing.

Besides just downhill skiing, Summit West and Summit Central also offer thrill-seeking three terrain parks including small rails, boxes, small rollers, banked turns and a Zauggecut Superpipe. The Superpipe is only offered at Central Park, which also offers music through the hours it is open. To get into these terrain parks a pass is required, which can be bought when a lift ticket is purchased.

According to Lippert, it is unknown when The Summit will be open full time. On Nov. 14, The Summit West was open with limited operations.

In Ellensburg, Mountain High Sports has a complete ski shop offering tuning, repairs and mounting of skis and snowboards. The shop also offers daily and seasonal rentals of snowboards and both downhill and Nordic skis.

On Central's campus, Outdoor Pursuits and Rentals (OPR) offers snowshoe rentals, ice picks, clamps, inner tubes and pole rentals for a day to a week. OPR also offers winter excursions including snowshoeing and Nordic skiing. These two events alternate weekends.

"It's not in [the] system yet, the cost is still undetermined," said Kyle Stolp, sophomore undeclared and OPR shop attendant. "OPR offers students discounted prices on trips and lift tickets."

Besides just offering Nordic skiing and snowshoeing, OPR is thinking about offering a snow camping trip if people show enough interest in it.

Nordic skiing is usually done on a groomed trail and can be done here in Ellensburg on the John Wayne Trail. This type of skiing is done on a flat snow-covered surface with skis, boots and poles.

Snowshoeing can be done by anyone with any fitness level and does not require anything but snowshoes and poles if need be. Snowshoeing can be done on most hiking trails and some ski resorts offer groomed trails, but don't expect to stay above the snow. While snowshoes help displace the snow so the person does not sink too much, they will still sink into the snow a little bit.

With the snow season only being a few months long, head outside for some fun before it's too late, even if it's just for a snowball fight.
The talent contest is open to all current CWU students. We welcome all types of talent acts: music, singing, acting, reciting, and more! Acts will be judged on originality, creativity, and stage presence.

1st place: $400 Wildcat Shop Gift Certificate
2nd place: $200 Wildcat Shop Gift Certificate
3rd place: $150 Wildcat Shop Gift Certificate
4th place: $100 Wildcat Shop Gift Certificate

For more information about rules and the application process, please go to www.cwuce.org/summer/rules.asp or call the Office of Continuing Education at 509-963-1504. Submit applications to the Office of Continuing Education, Bouillon Hall, Room 206 by 5:00 p.m. on March 6, 2010.

www.cwu.edu/summer