Central Gives Back

Students volunteer by cooking for the community's F.I.S.H. Food Bank.

Volunteering 101

From Habitat for Humanity to the Children's Activity Museum, local groups lend a hand.

Civic Duty

Students discover passion for service through the Civic Engagement Center.

Football's devastating loss, p. 18

Battling for CWU's budget, p. 3

Gerontology major cut, p. 4
John Moawad, popular Central jazz professor, passes away at age 72

by Anthony James
Staff reporter

Central music professor emeritus John Moawad died Nov. 22 after a long battle with cancer, at the age of 72. Moawad received his bachelor’s degree in 1959 and a master’s in 1963, both from CWU. He taught jazz studies from 1970 to 1998 and was, at one time, the director of jazz studies. Current director Chris Bruya was a student of Moawad’s. Moawad taught at Stevenson High School and later Nathan Hale High School in Seattle, where he developed a reputation as a premiere jazz educator.

“At the time, jazz education was in its infancy,” Bruya said. “He brought a solid sensibility to what was possible with high school students, and took the level of musicalship to then unheard of heights.” Affectionately known as “Coach,” Moawad was active in the community. He brought high school students to Central to participate in the John Moawad Invitational Jazz Festival and was a supporter of the annual Jazz in the Valley festival. With Bruya, he directed the All-Star Big Band finale every year on Sundays. He received the CWU Distinguished Professor Award for public service in 1984. In 1998 he was inducted into the Washington Music Educators Association Hall of Fame. A celebration of Moawad’s life is being planned and will be held in the spring.

Two new members appointed to Board of Trustees

by Kevin Opsahl
Asst. news editor

The Central Washington University Board of Trustees has two new members, neither of whom will waste time getting down to business as the agenda for CWU looms large.

Moses Squeochs and Dan Dixon are the newest board members appointed by Gov. Chris Gregoire. Squeochs’ term will end in 2015 and Dixon, who is filling in the unexpired term of David Valdez, will serve until 2012, according to a press release.

Sid Morrison, the board chair, was also reappointed a second six-year term. President James Gaudino said in a press release he is “dedicated to making sure every student gets it. Central is in a position where they have a great history of foundation to be able to excel.”

Squeochs said it is too early to think about the possibility of another tuition hike. Dixon said it will take time to develop an opinion, but he promised, “students always come first.”

Earlier this year, the board voted to raise tuition, which prompted the resignation of board member Sanford Kinzer. The new board members will be at Central today for an orientation, followed by a regular board meeting tomorrow.
President James Gaudino is worried the state's budget deficit will make for some of the worst budget cuts Central will face.

By Kevin Opisah, Ass't. News editor

Central Washington University has taken a big hit to its budget this year and the administration fears it could be just as bad or worse this next round.

As President James Gaudino gets ready for the state legislature to reconvene on Jan. 11, he is predicting an $8 million cut in Central's overall budget. Those cuts would become effective the day after.

"We have a list of scenarios of how we're going to cut $8 million out of our budget," Gaudino said. "But we don't know what the amount is, we don't want to overpromise what we are or are not going to be able to do.

This past year, Central tried to increase revenues to offset a $56.9 million cut by increasing tuition. But for this year, taking a limited amount from its $11 million in reserves, and using the federal stimulus money that was passed by Congress, every division also absorbed an 8-10 percent cut.

But now CWU has hit a roadblock. According to Budget Director Shelly Baird-Johnson, CWU won't receive its budget this year and the legislature to reconvene on Jan. 11, he is predicting an $8 million cut in Central's overall budget. Those cuts would become effective the day after.

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A tail of adoption at Ellensburg Animal Shelter

by Anthony James

In 2008, 1,156 animals went through the doors of the Ellensburg Animal Shelter, most were dogs and cats, all of them were looking for a good home.

"If I could bring them all home I would," said Cindy Snover, animal shelter employee and adopter of three shelter animals. "Until I started working at the shelter I didn't realize how many animals are there.

The Ellensburg Animal Shelter does euthanize animals, but they don't have a time limit on how long the animals can stay. "They try really hard to adopt them out on the other side of the mountains," said Lonnie Sala, who has adopted two shelter animals.

"They used to put them to sleep after a certain amount of time," according to Vada Mitchell, an animal control officer for the Ellensburg Police Department, as long as they have enough space and the animals are not a nuisance to the staff, they will keep them until they are adopted out or moved to another facility or rescue organization.

"It's my job," Mitchell said. "Everybody who works here is an animal lover.

The staff tries their hardest to make sure as many animals as possible find homes. Through their efforts the number of animals euthanized is down to only 2 percent with only 39 being put to sleep in 2008.

"This is because so many people and volunteers have found rescue facilities for the animals," said Paula Hake, an animal control officer for the Ellensburg Police Department. "They use their own gas and time to drive them. It's a lot of work.

Both the shelter's staff and adoptive owners encourage others to adopt their pets from the shelter.

There are more benefits than just preventing an animal from possibly being put to sleep. Shelters tend to have a large selection of animals to choose from, including purebred animals. The Ellensburg Animal Shelter has a wide variety of mixed-breed dogs and cats, which tend to be healthier than purebred dogs and cats.

Shelter animals are also much cheaper than animals from breeders. The fee is $80 for dogs and $50 for cats. The animal comes either spayed or neutered and with their first vaccinations.

The animal shelter also offers free handouts on pet care and training.

Snover has adopted three dogs - an Airedale poodle mix, a mixed breed German Shepherd mix, and a mix of a chihuahua and a yorkie. She has a school of psychological, social and biological affects of aging.

"We realized that this is a program to offer an education as electives and complete the major," said students currently declaring majors will be able to complete the major.

A five-year review that found that the program is inefficient and in need of revamping. Offered since 1978, the gerontology major currently has 10 students, according to Program Director Jeff Penick.

Gerontology is the study of psychological, social and biological affects of aging. CUW is the only Washington university to offer a major in gerontology.

"We want every degree program to be as high quality as possible," said Penick. "It's a very natural evolution at every university," he said.

Both Penick and Pellett said students currently declared majors will be able to complete the major.

A five-year review is completed for every major and looks at the productivity and quality of the major. Both internal reviewers and external reviewers from other state universities are used.

"We want every degree program to be as high quality as possible," said Pellett. "It's a very natural evolution at every university," he said.

"It's a shame to lose a program that even small, has a valuable price."

Jeff Penick

"It's a shame to lose a program that even small, has a valuable price." Penick said.

The program is subject to the planning and budgeting of numerous departments. When a course is cut or offered infrequently, Penick said, the program is likely to be abandoned.

Tracy Pellett, associate vice president of undergraduate studies, said a five-year review of the gerontology major found the program to be below the university's level of quality and unproductive in terms of majors and graduates.

"We realized that this is a program that has passed the second-rate, but many people mistakenly believe that shelters only handle problem pets. There are many reasons that animals end up in shelters including: their owners can no longer afford them, their owners are moving and they didn't train the animals correctly and can no longer handle it, a new baby has arrived or they just can't find time for their animal.

According to the United States Humane Society there are an estimated 6 to 8 million homeless animals in the United States every year. Of these, 3 to 4 million will be euthanized. By adopting a pet from a shelter instead of buying from a store or breeder, people can help keep these animals from being put to sleep.
Red Cross, Central team up to increase community blood drives

by Israel Espinoza-Ortiz
Staff reporter

The American Red Cross and Central Washington University have united to save lives.

The Red Cross is known for putting on blood drive events across the country. They are the major blood drive in the United States. They are also known for taking care of emergency situations such as earthquakes, fires, and need Cardiopulmonary Resuscitation (CPR).

Dianna Peck, senior bio-med student, is one of the major volunteers for the Red Cross to help schedule a blood drive every quarter at Central Washington University.

“I got involved with the American Red Cross through the Civic Engagement Center to help the community with blood drives and raise awareness about blood donations,” Peck said. “The benefits of being a part of the American Red Cross are [that] it looks good on your resume and you are able to help the community.”

Marisa Valdez, senior biology major, said blood drives are done only once a quarter, but she and the Civic Engagement Center are trying to make it happen monthly so that more students donate blood.

“Our goal is to schedule monthly blood drives so that students who were unable to participate in a previous blood drive will be able to schedule an appointment in advance for the upcoming blood drive,” Valdez said. “Although we advertise, most people hear about the blood drive from friends or people in their classes the day of the event.”

Valdez said the next few blood drives are scheduled for next year on Jan. 21 in SURC room 137 A and B from 9:00 a.m. to 2:00 p.m. The next one will occur on Feb. 9 at the same time and location. A third drive is set for April.

“If you don’t want to donate blood, you have the opportunity to set-up and clean-up,” Valdez said. “You can also support the American Red Cross throughout the event.”

Jenny Carkner, executive director for the American Red Cross, said in order to become a volunteer, people can go online and fill out the background information so a background check can be done. The actual application will have to be filled out at the Red Cross office.

“Don’t do it as a check-off list,” Carkner said. “Whether you have a passion for it or just as an experience in life, do it because you change a life.”

For more information on Red Cross in Kittitas Valley visit: http://www.archocfkittitascounty.org/ or http://www.redcross.org/.

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Doris Torres/Observer

by Katie Reese
Staff reporter

When it comes to volunteering, Andre Dickerson is a pro.

Dickerson, junior biology major, has logged over 700 hours of community service since he became a student at Central Washington University.

He hopes to at least 1,300 hours to make it to the national before leaving Central for med school.

“A lot of the hours I actually do, I don’t count,” Dickerson said. “I can only count so much ... I count about 85 to 90 percent.

Dickerson reached his first goal of 300 hours of community service through AmeriCorps’ Students in Service program three five months, a feat that is usually done over a span of 12 months. His first 300 hours of service earned him a $1,000 scholarship for school.

For his next community service goal, Dickerson is doing the Red Cross’ ASU Volunteers for the Red Cross program through Princeton University.

Dickerson must achieve 900 hours of community service in order to receive a scholarship of $2,362.50. By the end of December, he will have over 400 of the 900 hours he plans to complete by March.

“The volunteering would be done regardless, but by doing these programs it’s almost like an incentive,” Dickerson said. “It encourages students to do more.”

Dickerson finds time to volunteer by prioritizing and utilizing the gaps of time he has during the week.

“A majority of my volunteering is done after classes and on the weekends,” Dickerson said.

Dickerson spends much of his time volunteering as a domestic violence and sexual assault advocate at the Abuse Support and Prevention Education Now (ASPEN) center, Central’s 24-hour assault response program.

According to Carkner, there are two ways people can find volunteers. The first way is to go and find a volunteer by prioritizing and utilizing the gaps of time they have during the week.

“Working with Andre has been a very uplifting experience,” said Kim Jellison, Students in Service Coordinator.

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Software gives visually impaired a new outlook

by Israel Espinosa-Ortiz
Staff reporter

In the real world, where there is only print to read, students with visual impairments, such as myself, rely on some kind of magnification software or a computerized voice to use a computer.

In the late '90s, during my high school years, I began to rely on some kind of magnification software or a computerized voice to use certain methods of technology to help with my disability. The program I used was called Window-Eyes, which was created by Freedom Scientific.

Freedom Scientific, previously known as Henter-Joyce, is located in Pittsburgh, Fla. It was named after Ted Henter, the creator of one of the most popular screen reading software programs for sale. Henter developed it nine years after he lost his sight in 1978.

I have been using this program because it's the only program that uses a real voice. Window-Eyes uses a voice that sounds like a robot, and frankly, I can't understand it. With the Jaws program, it is like having a real person read to me. Ever since I began using the Jaws program, people have loved how I have improved my English. Jaws has been like a therapist for me while I build my English skills.

Jake Fry, an alumni at Wenatchee Valley College, has used the Window-Eyes program as his own screen reader. He has experienced troubles with Jaws, but for him, the best option is Window-Eyes.

"I have liked this program because with it, I can read and browse documents and the Internet with more ease," Fry said. "It has been a great resource for me to use and I enjoy having it." In an article by Al Tompkins, associate press reporter, Amazon Kindle Reader is being cut from a couple of schools, such as University of Wisconsin, Madison and Syracuse University.

"These universities are saying, 'Our policy is non-discrimination, so we're not going to adopt a technology we know for sure discriminates against blind students,'" said Chris Daniels, spokesman for the National Federation of the Blind.

I believe that these schools made the right choice on taking these programs out of their technology budget. If a program does not work well, there is no reason to have it. I have had my share of problems. When I first started using this technology, I had issues with the software. For example, I didn't understand the pronunciation. I also had trouble with changing the options on the voices, or making it read documents.

At this time, I still have problems with Jaws and I have not been able to find out how to solve them. I have never used Kindle reader, but if it discriminates against blind users, I think it should indeed be recalled. I don't know how this program or device operates, so I would not know exactly what functions it has, but then again, I still don't know all the functions of Jaws, and I have been using it for 12 years.

Brandon Zomualt, a friend of mine who is also blind, agrees with me that Jaws is kind of annoying, so he prefers to use large print. Zomualt uses this method of accessibility because he has good enough vision to read if he gets the documents close enough to his face.

"I like to use large print because I have the vision to do so," Zomualt said. "I have used Jaws, but it drives me crazy because it's annoying." For this story to have a good ending, I consider myself lucky to have the privilege of using a computer and surfing the Web at the same pace others do. I love the capabilities this program has because it is not monotonous, but it is a screen reader that has the voice of Stephen Hawking. I would recommend this software to students as their number one choice of screen reading selections.
Ellensburg's HopeSource is about to open the doors of its newest program, Hope University. This organization will continue to help individuals find and keep jobs.

"We are driven by the philosophy of self-sufficiency for both the organization and the people served," said Susan Grindle, CEO of HopeSource. "Our goal is to move people from crisis into independence."

HopeSource was founded in 1966. It was created as part of the Economic Opportunity Act of 1964 to address the needs of low-income families and give them support.

Hope University was created in 2010 as a way to revamp HopeSource, which was in dire trouble in 2004, according to Adam Auckland, Hope University's director. The organization had no outreach and was about to go out of business.

HopeSource will be open for business in 2010 and will be free of charge for the first year. It was met with positive feedback from the community during the open house at the university's new headquarters on Mountain View Avenue on Nov. 12. The university is interested to give low-income households the opportunity to change their lives and become positive role models for their children and for others in the same situations.

"Most workforce development focuses on helping unemployed individuals obtain work," Auckland said. "Our program helps employees maintain and improve at their current job."

While the curriculum includes classes on obtaining and maintaining employment, its main focus is on life skills like finding and maintaining stable housing, living a healthier lifestyle, setting long-term goals, developing communication skills and considering education options. These skills are also important for maintaining jobs.

"I want to help people be successful, but some people are not aware of how personal behaviors correlate to success on the job," said Jesse James, NorthStar employee coordinator.

NorthStar is working in conjunction with Hope University by collaborating with local businesses to train struggling on new workers in positive work habits. According to a recent survey, 80 percent of workers lose their jobs not because they lack occupational skills, but because of a poor work ethic. Hope University and NorthStar work together to keep people employed.

"Our goal is to move people from crisis into independence."

Susan Grindle
CEO of HopeSource

"This is exciting for the community because it helps people stay employed, resulting in an improved overall health of Kittitas County businesses," Auckland said. "Training in good work habits is open to both those currently employed and those looking for employment. This employment training includes attendance, character, which includes loyalty, trustworthiness, initiative, teamwork, customer service, appearance, communication and attitude."

"Teaching positive work habits helps them become aware of employer expectations," James said. "They can change their behavior, thus changing their possibility for success." In addition to their training programs, HopeSource also helps low-income families find housing.

"Last year HopeSource single-handedly decreased the homeless population in Kittitas county by 50 percent with an innovative new partnership with a tax-credit housing provider," Grindle said.

HopeSource works with housing providers such as Vaughn Bay, the owners of Crestview Terrace Apartments, to find places to live for low-income families and individuals. HopeSource also owns several housing complexes in Ellensburg, Cle Elum and Roslyn.

The overall goal of HopeSource is to make a lasting difference in the lives of people by helping them build stable lives by finding affordable housing and teaching them skills that will help in both personal and on the job.

Personal spending found on corporate travel cards, new policy put into action

by Anthony James
Staff reporter

Audits completed by an university auditor found misuse of the corporate travel card program by five cardholders. An unclear and informal procedure for use of the university's corporate travel card caused confusion and as a result, more than $35,000 of unusual charges were made.

The corporate travel card is currently used by 46 employees, usually department heads or those whose job requires frequent travel. According to Program Administrator Sandy Colson, an employee must have a travel request approved before leaving and submit a travel voucher and receipts upon return. The employee will be reimbursed and pay off the card balance.

The corporate travel card is charged separately. University housing and new student program's, and his use of the corporate travel card. A review by Internal Audit Director Margaret Smith found department funds were not misused, but personal charges were made on the card and paid by DeShields.

The audit states "guidelines for use of the card were not clearly understood and consistently followed."

DeShields made 25 charges totaling $380.76 for meals at local restaurants and one personal airfare charge. In the audit, DeShields said he believed using the card to have lunch with staff and students was acceptable. The charges were paid by DeShields and no university funds were misappropriated, the audit found.

A phone call to DeShields was not returned by press time.

A second audit, dated Nov. 13, reviewed the use of all 46 corporate travel cards. Of the 46 cards, charges on 10 cards totaling $55,618.07, including some in Ellensburg and "other unusual activity" were examined. Of the 10 cards, six were determined to be used for official business including interviewing during candidate interviews and official meetings.

Five cards were determined to be used for personal expenses. Of these five, four cardholders admitted personal charges were made and two cardholders agreed to cancel their card agreement. Auckland believed on leave, but the employee's supervisor agreed that some charges appeared to be personal.

Smith said the latest audit was the first time in her 15 years at Central she has audited the corporate travel cards, though she said the state audits other areas of the university annually.

Colson said there had been a procedure in place for a number of years, but no formal university policy. The policy was implemented earlier this year.

"I don't know why it hasn't been done in the past," Colson said. "Everybody's looking more closely because of the budget situation."

Colson said she isn't aware of many problems with the corporate travel card program.

"We have a process in place to fix any problems immediately," Colson said.

According to the university travel card policy, accounts are monitored randomly and audits are completed periodically by both internal and external auditors.
Students give back in a tasty way

by Katie Reese
Staff reporter

Giving back to the community can be done in all kinds of ways this holiday season; volunteering time, donating to food and coat drives, or buying gifts for a family. For six Central Washington University food science and nutrition majors, giving back comes in the form of taste testing.

Each Tuesday from 3 p.m. to 5 p.m., seniors Mageline Benedicto, Erica Sharp, Chad Crosson, Mary Cummins, and juniors Angie Coffman, and Michelle Whited spend time at the Friends In Service to Humanity (F.I.S.H.) food bank cooking recipes for the food bank’s clients to taste as they pick up their weekly groceries.

“The recipes have been a big hit with the clients. The group said they have only had one person spit out a sample, but thought it may have been to rich for the man,” said Coffman.

Virginia Bennett, nutrition and food sciences professor, stops by each week for moral support and feels the group is very self-organized and works well together.

“I’m proud of the time they devote and the recipes and handouts,” Bennett said. “And how well they work together.”

“It’s fantastic,” Utter said. “I would make these at home.”

The group is planning to have a Christmas themed taste testing towards the end of December.

Sharp encourages volunteering because it is not only a way to help others, but a way to gain knowledge for oneself as well.

“There are so many opportunities out there to meet everyone’s individual passion,” Sharp said. “Just one hour a week can really help make someone’s day 10 times better. I believe in the phrase ‘pay it forward.’”

If you would like to donate to the F.I.S.H. food bank, they are in need of canned fruits and vegetables (especially diced tomatoes), applesauce and tuna. Items can be dropped off at the food bank Monday through Friday between 8 a.m. and 12 p.m. and 1 p.m. to 5 p.m. at 301 W. 2nd Ave.
Give it up and give back

Americans are hard working, well-meaning people suffering the unintended consequences of living in the fast lane. We've overlooked ourselves to the point of illness, and overspent ourselves on items that will most likely end up in landfills. It's clear that food isn't fixing us, and neither is stuff.

We need to take a tip from Wall Street and invest in what yields the greatest return - each other.

The reasons for not giving to charities or volunteering are the same for almost everyone - we don't have time, we don't have money or we don't know how. Yet getting involved doesn't have to be as expensive, time consuming or difficult as we think.

Imagine that every man, woman and child in America gave just $1 towards a charity of their choice - that would be $330 million. How much does it take to make the world a better place? Most of us could forego the cost (and the calories) of one fast food meal for the sake of feeding someone else.

If we can't give money, we can give time. If everyone gave just one hour of his or her time volunteering over the course of the holidays, that would be 300 million hours of service to humanity.

If you're not sure how to get involved, start surfing the Internet. Countless charitable organizations, such as Save the Children, Action Against Hunger and Habitat for Humanity, are accessible online.

After a few quick searches, you'll soon find one that strikes the right cord in your heart, whether it helps treat kids with cancer, like St. Jude's Children's Research Hospital, or builds homes for disabled veterans, like Homes for Our Troops.

To help you closer to home, check your local newspaper (or read this issue). Let's begin the New Year by giving up excess, and start giving of ourselves - before the American Dream turns into the American Disaster.

Deepest Thoughts with Quinn Eddy

Quinn Eddy
Asst. photo editor

Dear Editor,

Congratulations on the “Green Issue” of The Observer. Environmental issues are some of the most pressing that we face today and our coverage of campus recycling, the challenges and tremendous rewards of veganism, and the growing presence of environmental issues in our community, among others, spotlighted the unique and important ways that we are “greening” our lives at Central.

At the same time, there are three initiatives on campus, perhaps three of the most visible if not the most that were overlooked. The first is the newly created Environmental Studies major, the second is the CWU Center for the Environment and the third is the newly created Museum of Culture and Environment.

The new Environmental Studies major provides students an understanding of the natural science of environmental issues as well as the social, political, and economic factors that influence environmental outcomes. Students gain the professional and technical skills for entry into successful careers in environmental fields. The Environmental Studies major offers seven specialization options and after just one year, about 25 students have enrolled.

The Center for the Environment has the development and delivery of environmental education, research, outreach, and leadership projects at CWU. The Center’s first project is the installation of multiple small wind energy systems on campus. This is an exciting project that will allow the campus community to observe these wind systems “up close and personal.”

We encourage the students, faculty, and staff to take advantage of and participate in these important environmental programs at CWU.

Bill Wood
Director, Museum of Culture and Environment
Gregory Brown
Director, Environmental Studies Program
Center for the Environment

As a Christian in today’s increasingly information-saturated world, we need to have the Bible as our “moral compass,” and not other books or personal opinions.

We need to, as Christians, believe the Bible is the authority of God, (John 1:1-2), and the authority of our lives; “All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness...” (2 Tim. 3:16). We also need to be prepared to have an answer for the hope (salvation) that lies within us, (1 Peter 3:15). It is one to be gay and Christian, that person needs to be able to defend his/her convictions, and all Christians should be bound to God in their hearts and by God’s Word, the Bible.

In the article, Gay and Christian, Brian Johnson states, “The true supporter of gay rights is no sinner greater than another in the eyes of God.” Being gay is different than stealing a candy bar in your eyes.

The first part of this quote is indeed true since we are all sinners. We have all fallen short of God’s grace; however, the second part has a problem. Johnson has stated that being gay is no different than stealing a candy bar in your eyes. He fails to realize that, by this logic, if one were to be beaten or someone commit rape, it would be no different.

continued on p. 10

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 Central Washington University.
**DEAR EDITOR, (continued from p. 9)**

The point is that sex is in sin to God, no matter what the situation, and the point is that there are on the same moral level: what it is saying is that one and only one sin is all it takes to fall short of God's laws and his righteousness. "For whoever keeps the whole law and yet stumble at just one point, is guilty of breaking all of it" (James 2:10). Also, God does love homosexuals as well as any other type of sinner. For a Christian to deny this, or say otherwise, is a misrepresentation of God and his character.

Is homosexuality "sin" in God's eyes? To address this issue, we mustn't use each other's words or ideas but God's words. "Do not lie with a man as one lies with a woman; that is detestable (Leviticus 18:21). This verse directly states that a man is not supposed to have sexual relations with another man, which also extends to women with women. If one might want to say that the Old Testament laws are no longer applicable, "...men also abandoned natural relations with women and were inflamed with lust for one another. Men committed indecent acts with each other and, in themselves, the due penalty for their perversion" (Romans 1:26-27).

Through God's word, foundations have been laid about immorality. "Expel the wicked man from among you." (1 Timothy 1:9-10). We're called, as followers of Jesus, to turn away from sin, to have no fellowship with the ungodly. We should not participate in the sexual sins of this world, but God's words are still valid.

When people would e-mail or write me letters they would ask, "How can a Christian sleep with a male?" I had moved from Maryland and wanted to go to some place close by. I only knew of Ellensburg to begin with because I had stayed there overnight during the family trip across country. It seemed to be nothing more than a sleepy truck stop town.

Kevin Opsahl  
Asst. news editor

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**Holiday magic & the drunken hook-up**

The drunken hookup is one of the most adventurous avenues on the sexual road. Though it may be a fun road to cruise down occasionally, it is a fast track to missing cell phones, STDs, and inebriation. So many of all the morning after can be incredibly uncomfortable. So how does one handle situation? Very, very carefully.

**Just the tip (of the season):**

This holiday season, don't chug and hug, or pour to score. If you're going to imbibe, drink but still think, ski. Yes, you're more fun with a clear head anyway.

With love in Christ,

Myron Hamilton, Junior, Tech-Ed Major
Matthew Walker, Senior, Math-Ed Major

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**Shopping for friends & roommates**

Girls are all about inside jokes and having fun, so get them something that will make you both laugh, but will also be special. Frame a cute photo of the two of you, make them a scrapbook of all the good times you've shared, or if you want to get really fancy, treat them to a manicure at the beauty school for eight big ones.

Guys: Male bonding gift is the name of the game. Ya'll aren't too mushy and gift mushy, so just have a night to hang out. Go out for a frosty adult beverage (if you are both of age), or have a guy's night, order pizza, play video games and hang.

**Shopping for boyfriends & girlfriend**

Girls love goofy stuff, so make her a gift certificate book that includes things like making dinner, playing the Nintendo or Wii, and going to see a movie and change it into a personal story about the two of you.

Boyfriends can be super hard to shop for, so buy him a T-shirt with his favorite team showcased on the front from a discount sports Web site. Or go to a fabric store, buy some on-sale fleece material and make him a blanket.

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**Culinary Corner**

**Turkey a la king**

Rachel Guillermo  
Culinary columnist

My favorite way to use leftover holiday turkey just happens to be one of my favorite meals! My grandmother would take leftover turkey, gravy and whatever else was left in the fridge and make soup. She called it "Turkey a la King - us kids called it Thanksgiving leftover soup! Enjoy!

**Ingredients**

-2 lbs. turkey shredded
-3 chicken breasts
-1 large onion, diced thinly
-2 cloves of garlic, minced
-2 packages of gravy mix, plus any leftover gravy
-2 bags of fresh mixed vegetables
-3 T. of vegetable oil
-1 T. of cornstarch
-3 T. of cold water
-Salt and pepper to taste

**Instructions**

1. Heat oil in a large pot over medium heat. Sautė the vegetables for about 2-3 minutes. Add chicken to pot, season with salt and pepper, and cook until turkey is heated through, about 4 minutes. Add gravy to pot. When gravy is almost smooth, add 3 T. of water. Add any left-over gravy and any additional gravy and ingredients. Bring to a boil, reduce the heat, and add any left-over gravy and mixed vegetables. Mix cornstarch and cold water together. Add mixture to the dish to thicken a bit. For more sauce, add more gravy. For less sauce, add more water. Serve over rice or noodles.

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**The Bagat'ain Babe...**

Your guide to gifts that won't break the bank!

The holiday season is here! Can you believe that soon most of us will be packing our bags and trekking home for Christmas break? Right now we should all be studying hard for finals, but everyone needs a break from the library. Here is my tip for the week: Go shopping! Here are some gift ideas that won’t break your bank.

**Shopping for friends & roommates**

Girls are all about inside jokes and having fun, so get them something that will make you both laugh, but will also be special. Frame a cute photo of the two of you, make them a scrapbook of all the good times you've shared, or if you want to get really fancy, treat them to a manicure at the beauty school for eight big ones.

Guys: Male bonding gift is the name of the game. Ya'll aren't too mushy and gift mushy, so just have a night to hang out. Go out for a frosty adult beverage (if you are both of age), or have a guy's night, order pizza, play video games and hang.

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Boyfriends can be super hard to shop for, so buy him a T-shirt with his favorite team showcased on the front from a discount sports Web site. Or go to a fabric store, buy some on-sale fleece material and make him a blanket.
Central volunteers give back and get involved

Civic Engagement Center

by Kelly Regua
Staff reporter

From Turkey Bowl to Bras for a Cause, Central’s Don and Verna Duncan Civic Engagement Center has made it their mission to enrich and engage the student body and local community. Through activities such as a donation box for stocking stuffers, a henna stand for breast cancer awareness and collecting food for a local food bank, the Civic Engagement Center (CEC) is involved in just about every civic service event on campus and around town.

Despite the high number of volunteers this quarter, some students don’t realize that upstarts in the CEC is the CEC, where students are dedicated to helping Central get involved in the community.

According to Lorinda Anderson, director of the CEC, the center was created in 1992 and was established as an AmeriCorps program. In 2007 the center was renamed after Don and Verna Duncan, two outstanding Central alumni. Despite the name change, the mission of the CEC has essentially stayed the same: to enhance awareness of social, economic and environmental issues and to create service events that students can participate in.

The CEC aims to mobilize students into civic service by providing a number of different programs so that any student can find an event or program that fits their interests or matches the amount of time and effort they want to invest.

“It’s what will make you stand out from everyone else,” said Abigail Smith, freshman family and consumer sciences and secondary education major. “They’re phenomenal in helping and guiding you.”

The CEC also uses a dot system that ranges from green to purple and allows students to pick their volunteer projects based on skill level and time required for the project.

“I think the Civic Engagement Center is great for people who don’t really have their own sort of direction in what they want to do, because it gives you ready-made projects,” said Mae Arink, sophomore gerontology major who has worked with the Center on her own civic project.

The CEC also offers the AmeriCorps Bonners and Students in Service programs, which reward students for their hours of volunteering.

Shiloh Frauen, service learning fellow, explained that those who do the Students in Service program receive a $1,000 education reward from the Corporation for National Service for every 300 hours of service logged.

According to Katie Zeringer, service learning fellow, students have a lot to gain and little to lose from participating in civic service.

“It’s a great way to meet peers, a great way to fill in your resume,” Zeringer said. “It’s what will make you stand out from everyone else.”

Frauen added that volunteering is also a great way to get to know Ellensburg if you’re new to the area.

“It’s a great way to realize the different things that people need and step out of your comfort zone at Central,” Frauen said. “It’s a great way to get to know the community.”

Christina Brownlee, junior business administration major, who participated in the Rake N’ Roll program and Turkey Bowl, agrees that volunteering is very rewarding.

“It’s a great way for Central students to interact with the community, which is a real important thing, because it’s good for the older generation to see that the younger generation has learned from them and is now giving back,” Brownlee said.

Anderson believes that civic service is a responsibility for all citizens, especially those fortunate enough to attend college.

The CEC has hosted many events this quarter. The largest include the Yakima River Cleanup, Breast Cancer Awareness week, and a Red Cross blood drive on campus. The 37th annual Yakima River Cleanup was the first large event of the quarter, where 150 volunteers hopped on busses and went out to areas around the Yakima River to pick up garbage.

According to Zeringer, volunteers picked up approximately 3.76 tons of trash this year and more of the volunteers were from the community than in previous years. Breast Cancer Awareness week was planned by Anthony Peterson, service and learning fellow, and was comprised of several events throughout the week that were designed to involve and educate students on breast cancer. Events included breast cancer classes, an expert discussion panel, dodge ball tournament, a 5k fun run, a henna tattoo station in the SURC, self exam workshop and the Bras for a Cause fashion show.

“I believe we had 91 participants,” Peterson said. “It was an outstanding event and it involved a lot of the CWU community.”

To Anderson the event demonstrated that students at Central understand important issues and the ability to take action.

“It was a really wonderful opportunity for individuals to share their personal stories about how their lives have been affected by cancer or breast cancer,” Anderson said.

The Bras for a Cause fashion show raised money and awareness for women in Kittitas County who are unable to afford mammograms. According to Frauen, 30 students were involved in the planning and over 300 students showed up to watch the show.

The fashion show showcased self-decorated bras in honor of breast cancer survivors and family that people knew who had been affected.

“Amazingly a lot of people showed up, and for a Friday I didn’t expect it,” Frauen said. “It was a really good experience for the people involved.”

According to Anderson, none of the projects would have come together without the commitment and dedication of the students who work and volunteer at the CEC.

“This whole entire center is student directed,” Anderson said. “Anything that comes out of here is the result of students’ passion and their competencies. They’re going to school, and they’re also taking part in a lot of social things, but they’re also serving their community in this capacity. It takes a lot of passion and drive.”

Students may spend weeks or months planning an event that just takes one day, but volunteers agree that all the planning is worth it in the end.

Smith organized a grocery-gathering event with four other individuals to collect food for the FISH Food Bank. Smith explained that doing the project helped her learn how to step up more as a leader and take on responsibility while giving back to the community.

“I see it as a circle. I’m here on scholarships from my community to earn a degree, so giving back to the community is something I’ve always been interested in,” Smith said.

Upcoming holiday events include the Giving Tree, ASPEN coat drive, and Rake N’ Roll.

For more info visit www.takeactioncwu.com.
Downtown events offer holiday festivities

by Lindy Wheadon
Staff reporter

The arrival of the winter holidays can pose a dilemma for many college students, and some may find it difficult to get into the holiday spirit while away from home.

The Ellensburg Downtown Association (EDA) has teamed up with Central and local businesses to host the third annual Festival of Trees and Silver Bells Gala - an event aimed at celebrating the holiday season with a variety of downtown events.

The Festival of Trees and Silver Bells Gala are the EDA's annual fundraising events, and according to Executive Director Timothy Bishop, they collectively raise 10 percent of the annual funds needed to run the nonprofit organization.

"This is a great event that helps fund revitalization of the downtown," Bishop said. "It allows us to do things like business assistance and ongoing promotion downtown."

Normally, the gala takes place during Thanksgiving break, making it difficult for people to attend the festivities when home for the holiday. This year, the EDA has made adjustments to their event schedule, which Bishop believes will bring more exposure to the event.

"Our hope is that by expanding, the event will be more accessible and give more people the ability to come," Bishop said.

**Holiday Girl's Night Out**

Declared as the most popular event of the festival, the Holiday Girl's Night Out provides an alternative to the typical holiday shopping routine.

"[Girl's Night Out] is timed when women have a couple of hours to do some shopping with the girls," Bishop said. "It is a fun shopping experience."

Downtown businesses begin their specials tonight from 5 to 9 p.m.

According to Bishop, local businesses donated a variety of items for a basket drawing.

Fitterer's Furniture is hosting an exclusive event at the downtown, making it difficult for many college students, local businesses to host the event aimed at celebrating the holiday season with a variety of downtown events.

"Our hope is that by expanding, the event will be more accessible and give more people the ability to come," Bishop said.

**Teddy Bear Tea**

Teddy Bear Tea in the Trees is a tea party set amidst a forest of Christmas Trees with bite-size sandwiches, an assortment of holiday-decorated cookies and other kid-friendly foods. 

It is an annual holiday event that brings families togethe

Silver Bells Gala

The final event of the Festival of Trees and Silver Bells Gala, a benefit for Ellensburg's downtown, the Silver Bells Gala will be held from 6 p.m. to 9 p.m. on Dec. 5 at Central's Sue Lombard Hall.

Tickets are $45 per person and can be purchased at Fitterer's Furniture, Pearl Street Books and Yakima Federal.

The gala features a silent auction, pork tenderloin or a vegetarian option, followed by an auction of the 12 decorated trees on display at various downtown businesses, each with a unique theme.

The "Holiday Circus" tree is true to the theme of "Trees with lions, tigers, elephants, balloons and a ringmaster's top hat," Bishop said. "There is even a Twilight tree this year, which includes a hard copy set of the four books, movie passes for New Moon and life-size cut-outs of Bella and Edward."

The event is a semi-formal with a very festive atmosphere.

"Sue Lombard Hall is fabulously decorated with the decorated trees, lights and elegantly set tables," Liz Butke, volunteer, said. "For our town it is very a elegant and festive evening."

All proceeds from the auction will help revitalize downtown.

"The money goes into the downtown fund and it is down there to help better our town," Butke said.

**Tree of Love recognizes lost loved ones**

Glistening lights on the Tree of Love glow among those grieving, and each bulb represents the precious lives of both the living and deceased.

The holiday season provides an opportunity for families to come together and reunite. However, those who have lost a loved one may experience a sense of bitter sweetness and find that this time of year brings back feelings of sorrow.

Fitterer's Furniture organization recognizes the hardship among students and the community and is holding their 14th annual Tree of Love event.

"The holidays can be a really hard time for everyone who has lost somebody," said volunteer and senior gerrontologist Colleen Branan. "[The Tree of Love event] helps connect people in the community or anyone who wants to be around people during the holidays."

The event is from 6 to 9 p.m. on Saturday on the corner of 3rd and Pine. The community will gather and pay tribute to those who have passed away.

Everyone has lost a loved one on some level," said Roger Hiles, executive director of the Hospice Friends. "The funeral is not the end, and the most important piece of the event is to provide a kind of memorial to process the grief."

In previous years the event brought together a wide spectrum of attendees, with a crowd ranging from 200 to 250 people. According to Branan, the event has been a huge success and is a way for people to deal with those feelings.

The Tree of Love can mean many different things to those who attend. According to Hiles, this event provides an opportunity to reflect on losing his brother almost five years ago.

"It's a way for me to remember and honor him and the contribution he made in my life," Hiles said.

The two-part event is comprised of a candle light vigil located at the site of the Tree of Love, and the other part is a tea and reception following the vigil, located at Hal Holmes Community Center on 209 N.

"We'll start outside with the memorial, light the tree and have our candle light vigil," Hiles said. "After that we will walk along a luminary path to the reception."

A lot of feedback, the walk to the reception is a beautiful transition from the lighting ceremony to the reception.

"There will be a long line of luminary lighting with small candles on both sides of the procession and the Hal Holmes Center," Penick said.

The reception will consist of appetizers, live music by the Ellensburg High School treble choir and Fleur di Lit trio, and a brief DVD presentation displaying names and pictures of those who have passed away.

The Tree of Love is held for people to enjoy food and drinks, Branan said. "There will be family and friends of community members as well as for anyone who wants to connect with the community."

The Tree of Love event signifies a tradition that brings friends and families together, according to Hiles, it also marks the Hospice Friends as the largest non-profit辜负 of the year.

"As I understand, [The Tree of Love] is the largest non-profit辜负 of the year," Penick said.

For more information about the Tree of Love event contact Roger Hiles at (509) 962-7379 or e-mail friends@eburg.com.
Volunteer opportunities abound for Central students

by Christine Johns
Staff reporter

Whether students are looking to fill up volunteer hours, help those in need or boost that resume, Ellensburg has multiple volunteer opportunities both on and off campus.

On Campus:

Dean Hall Museum of Culture and Environment

The re-opening of Central's former museum, Man has prompted excitement and created multiple volunteer opportunities. They are looking for docents -- someone who is trained to supervise and give educational tours -- to help out in the museum, but other opportunities are also available.

“There are so many skills that are needed in a museum,” said Bill Wood, director of the Museum of Culture and Environment. Since Dean Hall officially reopened last year, opportunities for all majors have risen. Volunteers with skills in graphic design, event planning, advertising communications and management are welcome to help with the forming and promotion of the museum.

There is also a student open spot on the advisory council for the museum to determine what exhibits to include and what programs to focus on. The council meets once a month on Friday afternoons.

Applications for volunteer positions can be found outside of the museum office in Dean Hall or by calling 963-2313. Gallery hours are from 2 p.m. to 6 p.m. Monday through Friday, and on Saturdays from 10 a.m. to 3 p.m. For more information visit www.cwu.edu/~museum.

Chimpanzee and Human Communication Institute

There are many opportunities to volunteer at the Chimpanzee and Human Communication Institute (CHCI) for both students and community members.

Lisa Schuster Lyons, coordinator for the educational program, said there are two different ways to get involved with the CHCI. There is an open educational program that trains people to become docents. Volunteers run the gift shop and the reception area, give presentations and help with the Chimpanzeos.

There is also a student program designed to train students in husbandry, the cleaning and feeding of the chimps and research.

“I want more people to get educated about them and I want to help in that process in getting other people to know about these chimpanzees,” said Robin Potosky, graduate student of experimental psychology.

She also mentioned that she wanted to be involved in the research because all of the research done on the chimpanzees is non-invasive. Applications for the educational and docent programs can be found at the CHCI but it is best to call ahead of time at 963-2244, because during non-hour hours the doors are locked. Applications are accepted at all times.

AUAP Campus Friends

The Asian University America Program (AUAP) is always looking for “campus friends” to meet with the visiting students and help them adjust to life on campus.

Many of the Central students who have participated in the program have had the opportunity to learn about other cultures and meet new people.

Applications can be filled out online at www.cwu.edu/-auap and are accepted at all times.

Off Campus:

Children’s Activity Museum

Volunteer now at the Children’s Activity Museum to greet families, interact with children and help sell memberships at the front desk.

There are also volunteer opportunities to lead activities for the children and some positions may turn into internships.

“I just love being here with the kids, it’s awesome,” said Brandy Witternaker, senior early childhood education major.

She also said that it is a good place for education majors to volunteer, especially people who are going to be working with children.

Positions are also available for woodworking and handcraft projects.

The museum is now located at 118 E. 4th St. and is open from 10 a.m. to 5 p.m. Wednesday through Saturday.

For information on volunteering contact Theresa at 509-962-6789 or childrens-museum@valleymail.com.

Habitat For Humanity

Habitat for Humanity is looking for a variety of volunteers who are available for construction, office work and processing materials at the new ReStore.

The ReStore in Ellensburg, a warehouse run by Habitat for Humanity that stores donated building materials and sells them to the community at discounted prices. Volunteers are needed to help organize the store and get it running on a regular basis.

Habitat for Humanity is also in the midst of building its ninth house in Ellensburg and is looking for people to help with the construction every Saturday.

“It’s been a great opportunity to get to know people and it’s a great opportunity to be working in a job where we know that what we’re doing is helpful to others,” said Sherri Ott, affiliate coordinator.

Ott also mentioned that the majority of the people working at Habitat for Humanity are volunteers, and that the willingness to help is “simply amazing.”

For information call 509-963-5980 or e-mail habita@fairpoint.net. A volunteer application form can also be completed online at www.kchabitat.org.

E.L.S.H Food Bank

E.L.S.H. Food Bank is always looking for volunteers to help distribute, organize and hand out food to those in need in Ellensburg.

Since its opening in 1971, the food bank has been growing and recently moved to a bigger location on Water Street. In one week, over 1,000 volunteer hours are logged and employees at the food bank are eager to train new volunteers.

“I enjoy helping people out. It gives me a reason to get up in the morning,” said Ray Darling, retired Ellensburg resident and longtime volunteer. Darling has also noticed a rise in volunteers in the last few years and hopes to have more in the future.

Georgiana Franson, another Ellensburg resident and volunteer, is in charge of delivering food to those who are homebound. She is looking for a couple of people to help her deliver food a few times a week.

“I love doing this,” Franson said. “They offered and I took this job, hook, line and sinker.”

She also enjoys visiting with people, talking with them and offering them companionship that they may not get anywhere else.

Volunteers are also needed to help serve meals on Monday, Wednesday and Friday. There are positions available for dishwashing and cleaning.

For more information call Roger McCune at 964-9566 or stop by the food bank between 10 a.m. to 2 p.m. Monday through Friday.

Community Christmas Basket Program

Volunteers are needed from Dec. 14 – 19 at the Fairgrounds to help with the assembly and distribution of Community Christmas Baskets.

Volunteers with trucks are asked to meet at Voshall Storage at 8:30 a.m. on Dec. 14 to load up supplies and bring them to the fairgrounds. Volunteers are needed all week to set up tables, organize and pick up donations, pack boxes and deliver baskets.

To volunteer please call Juanita Bowers at 925-1880. For more information, or to apply, visit www.cwu.edu/~mcnair or stop by Farrell 136.

McNair Scholars Program

(Applications for Summer/Fall 2010 are being accepted until February 5th, 2010)

To qualify for the program students must:

1. Be a U.S. citizen or permanent resident
2. Be a CWU Junior or 1st quarter senior by the time you enter the program
3. Be a 1st generation college student with a limited family income (as determined by TRiO guidelines)
4. Have a 3.1 major and 2.9 cumulative G.P.A.
5. Have a stated goal of obtaining a Ph.D.

TRiO Applications are entirely online. Recommenders can email or mail their reference.

For more information, or to apply, visit www.cwu.edu/~mcnair or stop by Farrell 136.
A petite elderly woman with bright white hair, tied up in a wavy bun, settles on an overstuffed loveseat as twins Mattea and Dixie Best nuzzle up to listen intently as the woman quietly reads a children’s story.

Grandma Ada, as she is called by the preschoolers with whom she works, is a foster grandparent. She works with the teachers of the Kittitas County Head Start program (KCHS) to provide children who have special or exceptional needs with one-on-one support. Ada Perry is a part of the Foster Grandparent Program (FGP), which was started in 1965 by Senior Corps.

“I like that she comes to my school,” said Dixie Best, a four-year-old student at KCHS, appreciates the one-on-one attention Perry is able to provide children who don’t have a grandparent figure. “It’s really neat to be able to have a grandparent figure in the classroom,” Delo said. “It exposes the kids to a different generation.”

Foster grandparents give children one-on-one attention

by Amanda Miller
Staff reporter

The children of KCHS, that provide one-on-one support to special or exceptional needs children. Reading time is a particular special and really enjoys it,” Davis said. “It offers the kids to a different generation.”

“Ada is compassionate and really enjoys it,” Davis said. “She wants to be here.” Foster grandparents, like Perry, enrich the lives of many children. According to Davis, if a child grows up in a way that provides one-on-one attention for the children and Grandma Ada, as she is called by the preschoolers with whom she works. Children Xander Lauderdale (left) and Mattea Best (right) listen intently to Grandma Ada as she reads them a story at their weekly meeting.

According to the Senior Corps Web site, foster grandparents, among other things, help children with their schoolwork, work on social skills and help reinforce values. In addition to the personal gratification that comes with helping children, foster grandparents receive a small stipend, training and reimbursement for transportation.

According to Davis, children sometimes need a quiet, grounding place to go. For the children of KCHS, that place is often cuddled next to Grandma Ada on the couch while she reads stories. “Ada is compassionate and really enjoys it," Davis said. “She wants to be here.”

Foster grandparents, like Perry, enrich the lives of many children. According to Davis, if a child grows up in a different situation, having a few positive mentors in his or her life can make all the difference.

According to the Senior Corps Web site, foster grandparents, among other things, help children with their schoolwork, work on social skills and help reinforce values. In addition to the personal gratification that comes with helping children, foster grandparents receive a small stipend, training and reimbursement for transportation.

According to the Senior

To become involved in the FGP, contact Megan Turner, Foster Grandparent Program Coordinator, at mturner@cfc-sa.com, or call 509-965-7100.

I think that just because people are retired doesn’t mean they’re retired,” Davis said. “[Retired individuals] do so much for our community.”

Foster grandparent Ada Perry donates her time to the Kittitas County Head Start program (KCHS) as a volunteer who provides one-on-one support to special or exceptional needs children. Reading time is a particular special for the children and Grandma Ada, as she is called by the preschoolers with whom she works. Children Xander Lauderdale (left) and Mattea Best (right) listen intently to Grandma Ada as she reads them a story at their weekly meeting.

“The foster grandparents fill that gap.”

Davis likes working with the elderly population and feels that elders have a lot to offer society. “I just think there’s value in all ages,” Davis said. “We can all learn from each other.”

According to Davis, children sometimes need a quiet, grounding place to go. For the children of KCHS, that place is often cuddled next to Grandma Ada on the couch while she reads stories. “Ada is compassionate and really enjoys it,” Davis said. “She wants to be here.”

Foster grandparents, like Perry, enrich the lives of many children. According to Davis, if a child grows up in a different situation, having a few positive mentors in his or her life can make all the difference.

According to the Senior Corps Web site, foster grandparents, among other things, help children with their schoolwork, work on social skills and help reinforce values. In addition to the personal gratification that comes with helping children, foster grandparents receive a small stipend, training and reimbursement for transportation.

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Chris Hull, general manager of The 'Burg.

One new plan is the incorporation of PromoOnly, a new music subscription service, starting winter quarter. PromoOnly gives DJs the option of featuring music that's played on commercial radio, along with the usual indie fare. PromoOnly "is a subscription service that gives us access to Top 40 music," Hull said. "But it's not strictly Top 40." The PromoOnly service, which costs about $400 a year, will provide several genres of popular music, ranging from urban music to modern rock, in addition to more mainstream selections. Hull said that DJs are encouraged to use music from the service during their own specialty music shows.

Hull says that the only mandate is that PromoOnly music fills the format of each DJ's show. Otherwise, DJs are free to use - or not use - the service as they please. PromoOnly will complement another change The 'Burg is incorporating next quarter. Instead of the station's daily mixed bag of specialty music shows combined with regular "rotation" shifts (where DJs combine new indie releases with their own selections within the genre), the station will focus on certain music genres on certain days.

"We're looking for ways of addressing, creatively, a broader market," said Chris Hull, general manager of The 'Burg.

"The 'Burg is also working with CWU Institutional Research to create a formal survey for over 300 random people, in order to help focus its efforts to broaden the station's appeal. Prior to this, The 'Burg has relied on informal surveys, held during public or promotional events.

"We're about finding out what people want to hear," said Joey Aubert, associate music director. "What do you think of our station?" That's been helpful for us."

According to one informal survey, held on campus in 2008, the vast majority of student responses appeared to favor more mainstream music on The 'Burg, Hull said. Out of 381 responses regarding which artist each participant would most like to hear, Taylor Swift, and rock acts Metallica and the Red Hot Chili Peppers. Hull said that music can be a very subjective and sensitive issue with 'Burg employees. "We are something different to a lot of people," he said.

Steve Mohr, broadcast IT specialist, added that despite the revamped format and musical additions, it's the personalities that will keep listeners tuning in.

"We have a very diverse staff, and each brings value to the station in many regards," Mohr said. "It's exciting to see the direction they take our station in each year."

While winter quarter will be a time of fine-tuning the station's new strategies, Hull said that spring 2010 will see a formal relaunch of the revamped 'Burg. The station plans to hold the celebration during the month of April, the month of The 'Burg's 11th birthday.

"We're blazing a new trail, forward in a new direction," Hull said.
U.N.I.T.E. connects Central students to Senegal

by Amy Thompson
Staff reporter

One session they might talk about politics. In another session they might talk about racial issues. Doesn’t seem out of the ordinary, but it – because these conversations take place between students who are 6,000 miles away from each other.

University Network of International Technology-Based Exchanges (U.N.I.T.E.) is a new program at Central Washington University that connects Central students with African students based in Senegal through the internet networking program called Skype.

“it’s definitely unique,” said Amy Holmes, senior theater and technology major and service learning fellow. “I don’t know if they use it anywhere else. I’ve just started working on it and I sat in on one of the chats and they seem like really cool people... really interested in our culture.”

Each week, students gather in the Don and Verna Dun­can Civic Engagement Center to use Skype, a networking program that allows for video conferences. Once they are connected, the students can discuss whatever they choose, whether it is a current world issue or other topic of interest.

“It’s casual conversation,” said Anna Halsted, junior Spanish major and program coordinator. “We prompt conversation on a certain topic.”

The program first started this summer when a former Central student went to Senegal to teach an English class and brought the program idea back, with hopes to implement it into the university.

A new central program put on by the Civic Engagement Center called University Network of International Technology-Based Exchanges (U.N.I.T.E.) connects Central students with African students based in Senegal through the internet networking program called Skype.

It was kind of bumpy at first, but everyone’s definitely a successful project.” Halstead said. “It’s a cool and innovative way to get a cross-cultural experience.

The conferences between the students range from conversing about politics to talking about food prices and related issues. The Senegalese students’ primary languages are Wolof (a Senegalese language) and French, so they are able to practice speaking English during the talks. The Senegalese students also share their language with Central students and teach them foreign words on occasion.

The conversations are a half hour long and begin at Central at 10 a.m., which is 5 p.m. in West Africa. For students, being involved in U.N.I.T.E. is a quarterly commitment and there are about 10 students currently involved. There is a maximum of 15 students permitted to participate.

The Civic Engagement Center is starting to take volunteers for next quarter and for students who are interested, a sign-up sheet is located in the Civic Engagement Center in SURC Room 256 B.

34th annual Ware Fair offers handmade holiday gifts

by Ryan Ricigliano
Scene editor

For students and community members looking for a laid-back, non-traditional holiday shopping experience that lacks the stampeding crowds and bland discon­nect of retail shopping, Ware Fair offers a unique alterna­tive. In its 34th year, the annual juried holiday arts and crafts festival features artists and vendors from around the Northwest.

Running from Thursday, Dec. 3 to Saturday, Dec. 5, Ware Fair promises something for everyone with gifts ranging from scarves and purses to homemade beauty products and baked goods. Over 50 vendors will be on hand including Robin and Ron Carter’s “Just Simple Good Stuff” who sell a wide selection of fresh herbs to local jeweler Shirley Schnaze’s “SJ Designs.”

“Everything you can buy at Ware Fair is unique,” said Vanessa McGrath, event co­ordinator. “People want to take away a story to tell.”

The proceeds from the fundraiser are to raise funds for me and the Karate Club. “I’ve been working on my own hand­lo­tion and baked goods.” In addition to shopping, attendees can also check out live performances from local all-acoustic blues duo Raving­wolf, the CWU Trombone Choir, and Carol Aldridge leading the Lincoln Elementary School Choir.

Santa will also be making an appearance on Saturday from 11 a.m. to 2 p.m. giving children and parents the opportunity to request their favorite gifts or donate a photo snapped with the man of the season.

Whether attendees check off their holiday list or simply browse the eclectic wares available, organizers hope students and community members get into the spirit and discover what Ware Fair is all about.

“People are stressed with finals and trying to figure out holiday plans and I’ve tried to provide that cozy, warm environment to go to,” said McGrath. “I encourage people to take off their coats, sit down and hang out. I’ve been involved for about a month and forget about all the stressful things that get tied into the end of fall quarter.”

The penny drive began a little be­tween and will end on Christmas Eve, although some of the donation buckets are left out a while longer where donations are received up until the New Year.

A little girl dragged in a bag of pennies that she couldn’t lift as she don­ated her offering to the penny drive. When daycare children heard about the penny drive, they donated what they could, such as toys, change, scarves, snow boots, sweaters and more are also appreciated.

Donations can be dropped off at the Cec, located in the Lincoln Elementary School, Union and Recreation Center room 256B or in the drop off box­ es located at ASPEN on 7th and Pearl Street.

For more information on how to become involved, go to the Cec, e­mail takeaction@cwu.edu (ATTN: Amy Holmes) or call 509-963-1643.
ALASKA

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Holland America Line and Princess Cruises are now hiring Driver Guides for summer 2010

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Free cruise after two consecutive summers.
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For more information and to apply go online to:

www.alaskatourjobs.com
Dream season comes to heartbreaking end

Central started the game off strong, moving the ball down the field effectively on their opening drive. Morgan was able to spread the ball around through the air, and senior running back Randall Eldridge finished off the drive with a one-yard rushing touchdown to take an early 7-0 lead.

After both teams failed to score on their next few possessions, Central got the ball back with 2:09 left in the first quarter. However, on the second play, Morgan's pass was intercepted by NWMSU's Chad Kilgore, who returned it 25 yards for a touchdown to tie the game at seven.

"I wish I hadn't thrown that pick," said Morgan. "It's been a special season. Guys fought the whole way."

Morgan shook off his first interception quickly though, leading the Wildcats down the field with a 36-yard pass to Reggie Westmoreland that set up the offense on the Bearcats' 31-yard line. Eldridge would again cap off the drive with a 12-yard touchdown, spinning around a defender to get into the end zone.

With the score now at 14-7 in favor of the Wildcats, NW Missouri State marched all the way down the field, getting to the one-yard line of the Wildcats. After getting stuffed on 3rd-and-goal on the one-yard line, NW Missouri State decided to go for the touchdown on 4th down rather than kick the field goal. Central's defense came up big yet again, and stopped the Bearcats from scoring, preserving a 14-7 lead going into halftime.

SEE "Wildcat playoffs" p. 22

CONTINUED FROM COVER
Wildcats start season off strong
Central performs well behind Cook, Sprinker

by Kevin Proctor
Staff reporter

With a record of 2-1, the Central Washington men's basketball team has started the season off strong. Despite going 0-2 in the preseason, and questions about how this team would fare after losing six of its seven top scorers from last year, the Wildcats have come up big in the early going, after starting the season two weeks ago against Portland Bible College (PBC).

“It was important for us to get our chemistry going in that first game,” said Chris Sprinker, junior center. “We’ve been trying to get guys on the same page all year.”

On Nov. 19, the Wildcats impressed against PBC, leading most of the game behind newly acquired junior transfer JC Cook, who led all scores with 25. Sophomore forward Robbie Clyde also played well with his 14 points and 11 rebounds for the game. Sprinker dominated down low on both ends of the court, totaling 18 points, eight rebounds, four blocked shots and three steals, including a thunderous tip-dunk midway through the first half that got everyone out of their seats.

“That’s definitely one of my top five dunks, high school or college,” said Sprinker.

The NNU Thanksgiving Classic Tournament was on tap for the men’s basketball team this past weekend, and the Wildcats looked to extend their streak to three games after playing two games on Friday and Saturday.

In the first contest, CWU faced Dixie State College (DSC) and the two teams went back and forth with the lead multiple times in the first half. Both teams entered the half at 34 apiece, with neither team shooting the ball particularly well.

Central was able to take a five-point lead midway through the second half after two free throws by Clyde with 12:49 left in the game. But Dixie State fought back and lead 72-64 with just under three minutes to go. A layup and made free throw after a foul from Toussaint Tyler, junior guard would cut the deficit to just one with 15 seconds left but DSC would hold on to win the game 78-75 in the final seconds of regulation.

“We just didn’t come ready to play in that first game,” said Clyde.

Humberto Perez and Tyler would combine to score for 30 points off the bench, along with 15 from Cook, but it wasn’t enough as the Wildcats shot only 35.5 percent for the game.

With the win and game of the tournament behind them, Central came out firing in the second contest against UC-Colorado Springs. Scoring the first eight points of the game, the Wildcats jumped all over the Mountain Lions right out of the gate. Despite outscoring Colorado Springs 22-12 in the paint in the first half, Central still only led by eight at half time, 49-41.

But in the second half, it was all Central as the team shot an astounding 59 percent, scoring 64 points and turning a close game into a 30 point blow-out. Central would finish the game on top 113-83 to improve their record 2-1 for the 2009-10 season.

“I think the biggest thing for us is our practice room,” said Cook.

The second and third games of the weekend were much the same story. The second contest against Dixie State could have gone either way late in the game, with neither team shooting the ball particularly well. Central’s defense kept Dixie State out of the game, scoring 64 points and turning an 11-point deficit into a 30 point blow-out. Central would finish the game on top 113-83 to improve their record 2-1 for the 2009-10 season.

“I think the biggest thing for us in our practices,” said Cook. “If we practice hard and stay focused, that will play out a lot of game time.”

John Cliff had a career high 20 points, missing only two shots the entire game, while Sprinker had 18 points as well. Riley Svak and Perez had 14 points each, while Clyde had nine points and 11 rebounds for the Wildcats.

Central will look to continue their early season success this weekend on the road in the SPU Tournament against Brigham Young-Hawaii tomorrow. The Wildcats will return home on Dec. 9 to face Walla Walla at 7 p.m. in Nicholson Pavilion before playing their next four games on the road.

Hey Amanda,
My roommate regularly takes Adderall to stay up all night for projects and tests. I’ve been tempted to try it when I know I’ll be pulling an all-nighter: I’m not really sure what it does, besides keeping you awake. What do you think?

I’m not going to tell you whether you should or shouldn’t take it. That’s obviously a personal choice, and I know many people who personally choose to take Adderall. And I’m assuming the prescription is not yours and you or your roommate bought it for five dollars off someone. No judgments here, but that’s illegal.

For those of you who don’t know what Adderall is, it’s one of the most commonly prescribed drugs for ADHD (attention-deficit hyperactivity disorder) as well as for narcolepsy (who would have thought?). I mean, Ritalin was seen 2005. This peach pill is sometimes not used for its intended purpose—shocker, I know! Basically, it’s like Red Bull. On cocaine. With five iced lattes. Sounds fun doesn’t it? You don’t go to sleep and you can concentrate really hard, getting that 20-page paper done in no time at all.

Some people can’t tolerate Adderall, and side effects of “addy” include diarrhea, dizziess, heartburn, and lowered sex drive. Luckily, these side effects are minor and don’t necessarily need treatment. If you find yourself constantly taking Adderall to study, chances are you could use some time management skills.

Also, I know when people take high doses of Adderall, blood pressure and heart rate shoot up, and some people even hallucinate (maybe because they haven’t slept for three days.) And for those of you who think chasing an Adderall high is the answer, not sure what you are doing to get to do this, but now you know that Adderall down with a Red Bull is a good idea; you’re just asking for a coma!

Until next time,
-Amanda
Women's lacrosse comes back

by Elizabeth DeVos
Staff reporter

After a four to five year absence of women's lacrosse here at Central Washington University, one girl had her mind set on getting the team back. The current women's lacrosse team owes its existence to a sophomore with a mission, Ali Malo.

Malo, sophomore biology major, was interested in starting the team last year but was too busy. This past September, she talked to Corey Sinclair, coordinator for club sports, to get a plan going. Malo set up a booth with the men's lacrosse team at a club information day, but she did not stop there. She also placed flyers around campus in hopes girls would be interested.

"I wanted to play so bad I didn't care [what it took]," said Malo. "Someone had to step up to the plate.

She achieved her goal. 20 girls signed up and between 12 and 17 showed up for fall practice. This was a time for new members and those who have never played lacrosse before to learn how to play.

Only six girls who signed up had prior experience playing lacrosse.

Lacrosse can be overwhelming for people who have never played before.

"I've never done anything like it," said Jayme Newby, freshmen architectural design major. "It's a growing sport in Washington, not as intense," Malo said. "Everyone's a club right now.

The sport the women's team plays is physical, but not as physical as the male team, according to Malo. The only protective gear the girls wear are goggles.

"Anyone can do it," Malo said. "Girls get together and get to be part of a team... play a sport in a competition.

Practice times during winter quarter are determined, but in the spring, the team will hopefully practice three times a week at the community fields on 18th Avenue and Alder Street.

Anyone interested in playing should contact Ali Malo at (253) 678-3969 or maloa@cwu.edu.

Lady Wildcats still searching for first win

by Kevin Proctor
Staff reporter

After starting the season 0-2, the Central Washington women's basketball team hoped to get on track last weekend by earning their first victory of the year in the NNU Thanksgiving Classic Tournament in Nampa, Idaho.

On Friday, the lady Wildcats started off with Colorado Christian (CCU) and got off to a fast start. Only trailing once the entire first half, Central jumped out to a big lead, scoring 25 points in the first ten minutes, making the score 25-12 in favor of the Wildcats. Junior guard Jenn Jacobs led the attack, as her nine points and five assists in the first half kept the pace for CWU.

"I made my first couple of shots and got my confidence up," Jacobs said. "The coach told me to keep shooting the ball.

On offense, as nine different players scored in the first half, and it looked as though Central was well on their way to claiming their first victory of the year. However, CCU would make a run in the last three minutes before the half, going on a 13-4 run that cut the deficit to just one point heading into intermission.

Despite shooting over 51 percent from the floor, Central missed a tip in the last minute and getting a 41-40 lead after CCU's late run.

In the second game neither team could separate from each other as both squads traded baskets for the first five minutes. The Wildcats were flat to start the game, converting just 2-of-15 shots.

CCU would pull away in the second half, going on a 12-2 run and taking an eight point lead with just 13 minutes remaining on the clock.

Jacobs would finish with 19 points, seven assists and five rebouds on 7-10 shooting off the bench. The coach coming forward Sophie Russell finished with 13 points, Jacobs and Russell were the only two players for the Wildcats to reach double-digit points, despite shooting a season-best 45.6 percent from the field.

"We have to pick up the intensity in practice and push each other to the max," Jacobs said.

Central tied the game at 33 to open up the second half, after four baskets in the first three minutes. But CSU pulled away after 12 second half points from center Katie Busi. The Warriors finished the game on top 69-59, dropping the Wildcats to 0-4 on the season.

"We have to work on and that needs to come together," said malo.

In the second game of the weekend, Central took on Cal State Stanislaus (CSU), still searching for their first win of the season. After keeping the score close for much of the game, the lady Wildcats had trouble closing out the first half once again, giving up 13 points in the final six minutes, and trailed 33-25 at half.

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"We have to pick up the intensity in practice and push each other to the max," Jacobs said.

Despite losing both games of the tournament, Central's sophomore Sophie Russell earned all-tournament team honors, after posting 17 points and five rebounds in the second game of the weekend for the Wildcats. Russell now has scored in double figures in three out of the first four games for CWU.

With their first four games on the road, the Lady Wildcats will now return home for their home opener on Dec. 5 against Academy of Art at 7 p.m. in Nicholson Pavilion.
Sports

him just drove. He told me to come see land he grew up on, he was told I saw," Gayton said.

member everything he saw.

to run the same land and re-
ter his grandfather took him on

ter his season or the weather.

Standing Rock, a hill, a tree, a mountain or a river, ensuring that all pieces of the land are cared for.

“I usually wear Adidas Nims-

language, but he approached rela-
tive Americans practice.

language of the Sioux have seen

language. Both running and the

language. In Native American tradition, it is considered rude to hold a conversation in front of oth-

and students in attendance.

of this happening is not a farfetched idea.

was very instrumental in getting the ball rolling.

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OPR gets creative with igloos

by Elizabeth DeVos
Staff reporter

Heading home for winter break? Planning on going cross country skiing or snowshoeing? Don’t forget to stop by Outdoor Pursuits and Rentals (OPR) before leaving to pick up equipment.

OPR offers a weekly rate for rentals over winter break until Jan. 6 according to Darrell Hopkins. OPR offers a weekly rate for rentals over winter break until Jan. 6 according to Darrell Hopkins. OPR offers a weekly rate for rentals over winter break until Jan. 6 according to Darrell Hopkins.

Since the age of five, Jenn Jacobs has been playing basketball. Growing up her main goal was to be a starting guard. At 5’9” Jacobs was a starting guard. "As a freshman, Jacobs had to time the season begins that will have worked through the season and finished the year 4-12. The team had a rough season and finished the year 4-12. The team lost a total of five to six players due to injuries last season throughout the year. Jacobs, who faced back injuries, managed to score 123 points in 12 games, averaging 10.3 points a game.

So far this year the team has lost all four of their preseason games. Jacobs hopes that by the time the season begins that will have worked through everything.

"We have a new, young team, but there’s nowhere to go but up," said Jacobs.

Since Jacobs red shirted her freshman year she will have another season left with the Wildcats, and another season of basketball. She is currently pursuing a degree in sociology and once she graduates she hopes to move to California and get a coaching job. However, Jacobs’s focus is on this year’s season and making it as memorable as possible for the other seniors.

The team is like a big family, when they aren’t playing games or practicing, they are usually hanging out at one of the team members place or just going to dinner.

Jacobs’s life is pretty busy, between classes and basketball she doesn’t really have time left for anything else. "It’s hard at first, but once you talk to your professors, they are usually pretty helpful.

"I think we had better than a good year," said Coach Bennett. "It’s been a real special season." Coach Bennett is now 22-3 over his two-year coaching tenure at CWU and is still the best start of any football coach in CWU history.

For the game, senior linebacker Buddy Wood recorded an astounding 19 tackles, both a career-high and a new school record. Junior Linebacker Adam Bighill had 16 tackles himself, also matching a career high. Senior defensive back Jeremy Williams had an interception in this game, his 14th of his career, putting him 3rd all time in school history.

Senior quarterback Cole Morgan finished with 290 yards with two interceptions and one touchdown, while senior running back Randall Eldridge finished with 106 total yards and two TDs. On the receiving end, senior Mike Waller had the best game of his career with six catches for 88 yards, including a touchdown. Senior Johnny Spevak finished with just 30 yards, but finished second in Division II history with 316 catches, totaling 4,426 yards for his career. His 326 career points are second in school history. Senior kicker Kevin Molana finishes as Central Washington’s all-time leading scorer with 330 career points, with a 47-yard field goal for his career high.

With so many records and school history made, the Wildcats close the book on the 2009 season, and will look to 2010. With 23 seniors now gone, their legacies will forever be remembered by the fans as well as the record books at Central Washington University.
Big thanks to the Wildcat football team for sending me out on a high note. This is my last quarter here at Central, and watching our football team this season has been one of the highlights of my life. I have worked in the athletic department here at Central for the last three years and have had the privilege to watch an immense amount of football in that time.

I got to witness Mike Reilly and Johnny Spevak smash just about every passing and receiving records imaginable and stand sideline during our near upset of Montana last season. But this season was magical and I feel blessed to be a miniscule part of it. Taking out defending national champs Minnesota Duluth on their home field, avenging last season playoff loss against West Texas A&M and the dramatic ending to the Battle in Seattle are the biggest memories I will take away from this season, but that is just the beginning.

For those of you that don’t know, we had the most dominant defense in the nation and the greatest this school has ever seen. Not only that, we had hands down the best linebacking core in the country. Linebackers Buddy Wood, Prince Hall and Adam Bighill actually had more combined tackles for loss than the entire Humboldt State football team. Wood alone forced more fumbles than the entire Western Oregon roster and I am pretty sure Hall is still in the Azusa Pacific backfield tackling their running backs. And who would have guessed that Central fans could fall in love with Western players. Cole Morgan and Randall Eldridge slide themselves into the starting lineup and into the hearts of Wildcat fans.

Last weekend’s quarterfinal playoff loss to Northwest Missouri State was heartbreaking to say the least. When Morgan threw the touchdown pass to Mike Waller with six seconds left, I experienced the most extreme, legal high anyone could imagine. And two minutes later, when those jerk faces from Missouri blocked our extra point, I felt the most extreme low anyone could imagine.

As a fan, I just want to let the football players and coaches know that I, along with many others, am proud of what you accomplished this season. I know it’s normal to feel some sort of disappointment, but I can honestly tell you that you have not disappointed us. This school has never seen a no. 1 ranking at the Division II level, and who knows when we will see it again.

Again, thank you Central Washington University football team and staff for the season long graduation present.
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.