FDA TAKES ACTION
120-DAY STATE BAN ON ALL
ALCOHOL ENERGY DRINKS

P.3 ANDREW VARNER
MUSICIAN SHARES POETIC RHYTHM WITH STUDENTS

P.10
American fashion model and designer Isis King was the first transgender woman to compete on America’s Next Top Model, and became one of the most visible trans people on television. She will be discussing anti-trans hate crimes as well as her own experiences in the trans community.

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Campus water supply secure despite county concerns

By Andrew Hoggarth

Despite the recent drop in water supply in Kittitas County, as well as the current moratorium on well drilling, Central has had no problem keeping its water on campus. In fact, they sometimes have to drain water off of campus to reduce the chance of floods, according to Calvin Lang, Central’s ground service supervisor.

The reason Central is in such good shape is the number of sources available to the campus, including the Ellensburg city domestic water, the Brooklane well, Cascade Irrigation and the town’s ditch. Central uses just under 1 million gallons of water per day in all of the manicured grass and athletic fields on campus, so the water tank will typically be refilled the following day when the irrigation system is running.

Even though the irrigation system that is in place has worked well over the years, Central is looking to make some major upgrades. According to Lang, the plan is to have the entire irrigation system renovated and to replace all of the sprinklers in the system so the system would use far less water and there would be almost no water going to waste.

“We are always conservation-minded,” Lang said. “We are continuing to work with irrigation systems to reduce as much water use as possible.”

The campus’ watering systems have already been switched to subterranean irrigation but the entire process will take some time to complete.

“We can’t just go digging ditches throughout campus and pulling out old sprinkler systems,” Lang said. That being said, however, taking advantage of the numerous construction projects, such as the current Howe Hall renovation, will help in placing the irrigation systems in those areas while they are shut down to the public.

Another project that will drastically change the way Central will use water is the proposal for a tank or pond reservoir system at the north end of campus.

The ultimate goal is to store as much of its domestic water use and rely entirely on raw irrigation water from the ditch and Cascade Irrigation, with the Brooklane being an emerging backup, Lang said.

“That well water [from Brooklane] is down there about 750 feet,” Lang said. “It is pretty pristine water and Central isn’t going to like it for irrigation purposes,” Lang said.

“If we can come up with the money and [the reservoir system] gets built, it should double our irrigation water, which would almost eliminate the use of the well water.”

According to Lang Central is in the design and investigation stages of the reservoir project and is still years away from construction. Lang said that the university will continue on with its current water supply and irrigation systems, which is far beyond what most of the country has to work with.

Alcoholic energy drinks banned statewide

By Kelly Requa

The Food and Drug Administration announced yesterday that it has notified four producers of alcoholic energy drinks that the caffeine the drinks include is an “unsafe food additive.” The producers could face seizure of their products if they do not fix the violation.

“I don’t think it should be banned … it’s to protect inexperienced drinkers,” Gregoire said. “The producers could face seizure of their products if they do not fix the violation.”

“We have repeatedly contended – and still believe, as do many people throughout the country – that the combination of alcohol and caffeine is safe,” the company said. “If it were unsafe, popular drinks like rum and colas or Irish coffees that have been consumed safely and responsibly for years would face the same scrutiny that our products have recently faced.”

“They could focus on were the actions of nine people,” Gregoire said.

“In response to the negative press and the threat of federal regulations, the [the company] said in a press release that the decision shows “cooperation and corporate citizenship.” It took this step after “truly – unsuccessfully – to navigate a difficult and politically charged regulatory environment at both the state and federal levels.”

“We can’t just go digging ditches throughout campus and pulling out old sprinkler systems,” Lang said.

“I don’t think it should be banned … it’s to protect inexperienced drinkers. Others see it as taking away the freedom to choose.”

Cookson said that the drinks have become a bad and sales of alcoholic energy drinks have always been high rates. He explained that on Halloween they sold out of Four Loko, and some customers even came into the store dressed in costumes as Four Loko cans, to buy their matching color.

“We sold dozens of cases on Halloween this year,” Cookson said. “We don’t want to have a lot of product in an area where it might be illegal soon.”

The employee said that the store was considering requesting a larger shipment of Four Loko once the ban was announced, so they could keep it stocked as they predicted high sales.

Arturo Arellano, freshman political science major, disagrees with the idea of banning the product, claiming it’s a choice that everyone should have.

“I can’t afford expensive alcohol,” Wilson said. “I want to still be able to afford the less expensive stuff like Four Loks.”
OBIE O'BRIEN
Long-time distance education employee leaves Central for county commission

BY KELLEY HOPKINS
Staff Reporter

This last year, 175 Central Washington University employees received hour and pay cuts, and many are struggling. The United Faculty of Central (UFC) has come up with a plan that they think will help out the employees who need it most. A financial assistance fund for university employees was approved last spring by the UFC members. This fund will receive donations from other employees and community members who would like to contribute.

"This is a reaction to the mandatory reduction of hours for staff," said Bob Hickey, geography professor and president of the UFC. "But the financial assistance has not been given to anyone yet; when the fund has received $5,000 the aid will begin.

"We're still building," Hickey said. "We're hoping to put a request out. Basically, we need money before we can give it to them."

According to Hickey the maximum assistance is $1,000 per individual. $1,000 could definitely help those employees who received mandatory hour cuts, many of them secretaries, maintenance workers and single mothers.

"The worst paid people on campus were cut," Hickey said. "Those least capable of affording it were cut."

For many employees it is now a challenge to make ends meet, an unfortunate effect of the economic downturn. Many employees have been put on mandatory leave of absence. Classes have also been cut.

"The university has had to make some difficult decisions," said Wendy Bohrson, chair of the biology department and secretary of the union's executive committee. The union will send out applications for aid once the fund has reached its base goal of $5,000.

"It's plain old need-based, make-your-case," Hickey said. All employees who have received a mandatory reduction in hours are eligible to apply for assistance. There is one fund for faculty and one for staff.

"I think it's a really good idea," Bohrson said. "Ellensburg is a nice place to live. There's a strong sense of community. This is an extension of that."

And a sense of community can be helpful in these tough economic times.

"Many [cut employees] are single moms with kids and they have pretty limited employment opportunities here," said Holly Pinkart, associate professor of biological sciences and vice president of the UFC. "If you need a car repair or home maintenance and you can't do it, this provides a mechanism for assistance.

A large car repair bill, plumbing problem, or any number of issues that might seem small can quickly become problematic for a single mother. The idea is to help those students make ends meet by maintaining or even improving their living situation."

"Sometimes people have challenges, and we have the ability to help them out," Bohrson said. "Having that assistance is how we honor the work people do here."

To make a donation visit www.ucf.edu/UFC EAF.

JOEY LEBEAU

TRAINING DAY Obie O'Brien goes through a checklist of responsibilities with his future replacement.

O'Brien wanted to make sure to let students know the importance of staying on track and finishing their education. He had changed his major so many times that it caused problems when he looked into finishing his education. He studied music and theatre, before eventually going into television.

"So by the time I talked to the admissions counselor here, knowing what I can do? They said about the only thing left is an individual studies program in televisions or something. I thought, no that isn't going to work. The one thing I'd say is really focus on being in school," O'Brien said.

O'Brien thinks students should register to vote in the area and ask their elected officials the hard questions.

"Vote here, let your elected officials know what they can expect from you as far as support," O'Brien said. "That is the job of a student, to get informed and ask hard questions."

Central's faculty union collects money to build assistance funds for struggling employees
Brooklane due to age.”

placing all the medium voltage cables at

in March and we had a contract with

ing this cable – it was scheduled to start

electrical engineer.

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some power, but most classes were can-

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Science Building, the library, computer

generator allowed the daycare to remain

isolated from the system. Isolating this por-

Brooklane and its failed cable were iso-

restored by 5 p.m. on Nov. 11.

ferred local motel rooms if power wasn’t

dent housing, said students would be of-

ard DeShields, Centrals director of stu-

residents in the form of free food from

of Brooklane Village remained in the dark

campus in roughly an hour, but residents

underground power cable failed at 5 p.m.

were coming especially eventful in El-

of university housing and new student

town for training.

itself is not. An investigation by the

jurisdiction, but the apartment complex

Kisten Michaelson, a Central

NEWS

Contributing Reporter

BY PETER O’CAIN

Ellensburg police patrol nightly and maintain a presence in the downtown area.

A night out with Sgt. Willis

Ellensburg Police cruise the streets looking for crime

BY JOHN LUKELALAUZ

Power outage hits campus

BY ANTHONY JAMES

Student death under investigation

Katharine Lotze

Students were left in the dark when an underground power cable failed at 5 p.m. on Nov. 10. Power was restored to most of campus in roughly an hour, but residents of Brookline Village remained in the dark until noon of the following day.

The electricity has been offered to Brookline residents in the form of free food from Holmes Dining and free use of the SURC showers and gym.

The Ellensburg Daily Record, Richard DeShields, Central’s director of student housing, said students would be offered local motel rooms if power wasn’t restored by 5 p.m. on Nov. 11.

In order to restorative power, Brookline and its failed cable were isolated from the system. Isolating this portion left the daycare without power, but a generator allowed the daycare to remain open.

Generators in Dean Hall, the SURC, Science Building, the library, computer center, and Psychology Building provided some power, but most classes were canceled due to the outage.

“it’s definitely one of the largest outages in the university’s history,” said Richard DeShields, facilities management department electrical engineer.

In the case of the failure was a cable located on 18th Ave. between Alder St. and Brookline. The cable was installed around 1972 and failed due to age, but plans have been underway for its replacement.

“We were in the progress of replacing this cable – it was scheduled to start in March and we had a contract with Arc Electric,” Richmond said, “we’re replacing all the medium voltage cables at Brookline due to age.”

Patrol Sergeant Scott Willis turns his
parked car eastbound onto Main Street at

and walks around to the other side, where

he opens the door and ruffles through his unkempt vehicle, finally producing the pa-
pers Willis had requested. Willis then returns
to the patrol car and runs the man’s license.

“I’ve known Dave for years,” said Wil-

lis, referring to the driver.

Willis says he pulled Dave over because

his taillights were out. He returns Dave’s license, giving him a warning, rather than a ticket. Willis climbs back into the patrol car and continues down Main Street.

Willis has been with the Ellensburg

Police Department (EPD) for 21 years. During his senior year at Central he enrol-
lled in a reserve program with the police department. He got hired by EPD after he graduated, but thought he’d only be in Ellensburg until his girlfriend (and future wife) graduated, and then he’d be off to do other things. However, she got a good job at the hospital and they thought Ell-
ensburg would make a fine place to raise a family, so they stayed.

Willis drives the patrol car up and down

the streets of Ellensburg in no particular order. He never knows where a call will come from, he says. His eyes are sharp and suspicious, always attune to flick-

ering shadows and sudden movements. You

never know, he says.

Dispatch (KITTCOM) puts out a call

and a group of officers respond. One is written on it. The other is wearing gray pants and a white T-shirt with “PINK”

written on it. The other is wearing a gray shirt and a white jacket. Both seem anxious.

Willis and a female police officer ques-
tion the two women for 12 minutes before returning to their respective patrol cars.

Willis says that one of the roommates was

arguing with another roommate’s friend about money. Willis insists the Dorm Room can’t make the person leave because the

person was asked to stay by someone liv-

ing in the apartment so he told them to figure it out – Peacefully.

Willis continues patrolling the streets of Ellensburg. He

say the biggest things he has to worry about are property damage, burglary, and vehicle prowls. Incidentally, the average age for vehi-
cle prowls is 18-21, which makes his job very difficult. The hard

part about policing a college town, he says, is that most people are good people but make stupid mistakes when alcohol is involved, he says. Drunken col-

lege students also make his job difficult because sometimes it’s hard to recognize the difference between a person stumbling home from the bars and a vehicle prowler.

Shortly after 11:30 p.m. Willis is sent searching for a 1976 Dodge motorhome that was last seen by the liquor store. The driver of the motorhome, who was previ-

ously advised by law enforcement not to drive, was reported seen driving. Willis searches the liquor store, the streets near it, and Canyon Road, eventually finding it in the parking lot of the Buzz Inn at 11:51 p.m. There is nothing Willis can do except hope the driver remains put.

He drives the motorhome on the street to get a good vantage point before putting it in a parking spot downtown. EPD began noticing that Thursday nights were coming especially eventful in Ell-

ensburg because an increasing number of Centrals students didn’t have Friday classes.

To account for this, EPD sends two officers on foot patrols downtown from 10:30 p.m. to 2:30 a.m. Thursday through Saturday.

“I can’t believe how dead it is,” said Willis again.

Near closing-time, EPD posts one officer outside of Lilly’s and another outside of Central’s Horseheads Sports Bar, while the other two officers on foot pa-

trol the area. This is a classic case of a light, or altercations break out, they can respond quickly.

Willis moves on, but shortly after stops
to speak to the two officers on foot patrol. They are too surprised by the quiet night.

As they speak to one another, three men approach from around a corner, one of whom is heavily intoxicated. He begins
dancing, to the delight of his friends. Wil-

lis can only shake his head. The dancing

man then breaks out into an exaggerated

cake a fight or altercation breaks out, they can respond quickly.

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cake a fight or alteration breaks out, they can respond quickly.
This year Central estimated that students at the Ellensburg campus will spend $7,113 in tuition and fees as a resident student. Students at branch campuses are estimated to spend $6,228 in tuition and fees—a savings of $885.

According to Central’s admissions website, Ellensburg students will pay $912 in fees alone this year. Students at branch campuses will spend only $27 for the technology fee.

Students who attend branch campuses are not required by the school to pay for as many fees as Ellensburg students do, since they don’t have as many services. “Considering that most satellite students would have to travel about an hour and a half just to get to Ellensburg, I doubt they would use everything the main campus has to offer,” said Michael Chapman, senior anthropology major. “So I do think it’s fair that they don’t have to pay as many fees.”

Central currently charges students six different fees: a technology fee, a student union building fee, a recreation center fee, a health and counseling fee, a Central Transit fee and the athletic program fee.

According to Tracy Terrell, registrar, the registrar office doesn’t determine the fees, they just implement them. “The tech fee is a mandatory fee for all students,” Terrell said.

Terrell said the reason that students at branch campuses don’t have to pay is because they aren’t on campus to use it. Students can petition to have their fees waived, which in rare cases does happen. Students can fill out an appeal form for each department individually.

Chapman said he utilizes the health and counseling center, and doesn’t mind paying a fee for that. “I know some people that would not be able to go to the doctor regularly if it wasn’t for the health center,” Chapman said.

According to Steve Waldeck, interim senior director of Campus Life, they only see an average of about 20 waivers a quarter. He said most of the time it’s because a student isn’t on campus for the majority of the time as they may have a class at another campus.

Waldeck said that if a student is taking classes at Ellensburg but is actually not on campus, student teachers being an example, they would not be charged the fee as well.

“If the fees are waived, they are not welcome to use facilities on campus,” Terrell said.

The recreation center’s computer system scans all students’ Connection Cards to determine if they are allowed to use the facilities.

Waldeck said the recreation center fee is only for students who take six or more credits at the Ellensburg campus.

Chapman said he is not a sports fan, and doesn’t enjoy paying the athletic fee every quarter. “I am in my fifth year here and I have attended two football game and one volleyball game,” Chapman said. “I understand why they take it out of my account, if they didn’t the athletic department would not get enough money to survive.”

Governor Gregoire appoints new trustee to board

On Nov. 12, Ron Erickson was appointed as the newest member of the Central Washington University Board of Trustees by Gov. Christine Gregoire.

An Ellensburg native and a Central Washington University alumn, Erickson has strong ties to the university. “I have a deep attachment to Central, Ellensburg and the Kittitas Valley, and I am thrilled that I have the opportunity to make a contribution to Central,” Erickson said in a press release.

Erickson’s website lists several other boards he has worked on, including the University of California Law School alumni board, Washington World Trade Center board and Kingdome board.

As an entrepreneur, Erickson has started up many businesses, including Blue Frog Media Inc., a mobile media and entertainment company. For more than 30 years he has worked as an attorney, and worked on public policy at the White House.

“T am very pleased that Ron will be joining our board,” said CWU President Jim Gaudino from a CWU press release, “I look forward to working with him on the many challenges and opportunities that lie ahead.”

Erickson will be attending his first meeting on Dec. 3.

Wednesday, December 1
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Silence would be possible if it were not for the support given by the community and passersby, at Barge Hall on Thursday last week the Central Washington University Air Force ROTC was stationed there for 24 hours to not only show respect for veterans, but to also to bring awareness to the community about prisoners of war and fallen comrades.

As cars passed the sound of horns could be heard almost every time.

“It was fun, we had some old veterans come up and one guy came up and just started crying in front of the POW table,” said Timothy Pratt, cadet major for the air force ROTC. “We got to talk to a lot of veterans and a lot of people from the community driving by stopped and said ‘hey, we really appreciate what going on’ It was a good thing to experience.”

Each participant stood at attention in shifts from noon on Thursday until noon on Friday last week.

“We started with 30 minute shifts and then around 3 a.m., when everyone’s getting drowsy and tired, we switched to 15 minutes,” Pratt said.

Scott Richards, cadet colonel, is also a senior that participated in the vigil.

“For each cadet involved, we all felt very privileged to show our respect to those who have come before us to make the ultimate sacrifice,” Richards said. “We had veterans stop by to tell us their stories and those of their fallen friends. There were even some that became emotional at just the sight of the young men and women willing to serve our country.”

Every person in the Air Force ROTC participated but not everyone guarded in shifts, only the senior classmen had this task.

There are eight seniors involved with the Air Force ROTC including Pratt and Richards, which means that everyone had a shift every two hours.

[The vigil] “is a ceremony of switching the emerald grand and they will stand up wearing brass with the rifle,” said Elizabeth Woodard, cadet second lieutenant and history major. “They will be standing at attention while they are guarding it. It’s like the British guards: no talking, no looking around, no moving, nothing.”
Beverage bans don’t solve issues

Finding an easy scapegoat, the state last week banned alcoholic caffeinated drinks

Should our state motto change to “Washington: The Nanny State?” I was really hoping this whole thing would go away, and we would be able to move on and something more meaningful would be on our minds.

With last week’s announcement of the ban on caffeinated alcoholic beverages beginning today, the state Liquor Control Board simply found a scapegoat to the problem. Unfortunately, there are a few obvious problems with this decision.

First, what about all of the other caffeinated alcoholic beverages that aren’t conveniently packaged in a colorful can? Ever heard of rum and Coke or a Jagerbomb?

The next step would logically be banning mixed drinks with caffeine from bars and restaurants. But unless all caffeinated drinks or all alcoholic products are banned, there’s always a way around bans on a particular product.

We’ve already tried this with Prohibition. We’ve already tried this with alcohol. All the governments have ever been able to do is inconvenience people. They can’t keep people from combining alcohol with caffeine or other stimulants.

The issue isn’t violence in video games, or the First Amendment, but a lack of legislation to prevent individuals from consuming more alcohol than they can handle.

Four Loko was the unfortunate victim of that ban, only because the ban doesn’t solve anything and bans only a desired effect.

Why? Because they have the First Amendment behind them, while video games don’t. Yet.

This is ridiculous when you consider that most parents never bother to check the Entertainment Software Rating Board ratings on games that function much like ratings for movies.

The issue isn’t violence in video games, it’s the issue of parents. I wouldn’t let my kids watch “Saw” or read “Twilight,” so why would you let them play “Grand Theft Auto?”

Bans on these drinks will be high on the legislative to do list. With another multi-billion dollar deficit ahead for the next legislative session, I doubt permanent bans on these drinks will be high on the legislative agenda.

Finally, college students are resourceful and will find a way. Even if these beverages are banned permanently, there will always be beer, wine and liquor. Caffeinated beverages can always be combined with hard liquor to get the desired effect.

Four Loko was the unfortunate victim with this ban, only because the ban doesn’t solve anything and bans only a single type of product. Surely, consuming a bunch of Four Loks didn’t help, but it was inexperienced, underage drinkers at the core of the problem, not the drink.

It won’t stop underage drinking. It won’t keep students from consuming more alcohol than they can handle. It won’t stop people from combining alcohol with caffeine or other stimulants.

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The holiday season can be a wonderful time to volunteer and give to others less fortunate. Student leaders at Central Washington University are doing just that by volunteering through the organization of various groups on campus, with a focus on benefiting the local community. Many various fundraisers are happening on campus and will run through the month of November.

The group “Warm Winter Essentials” is hosting a drive for coats, hats, gloves and other winter wear. Many students have winter items that go unused and could make someone’s life more comfortable by donating. “A coat not used in my closet is not keeping anyone warm. Why not donate it?” said Sarah Williams, junior undeclared and student leader.

Donations can be made outside the Don and Verna Duncan Civic Engagement Center until Nov. 24.

Another contributor is “Pet Outreach Project,” which helps to promote and fundraise for those in need of veterinary services and pet food for their cats and dogs. Animals may enjoy compassion and those in need could benefit greatly this holiday season. “Many pets go hungry and unloved, we want to do our part to help solve this problem,” said Kailee Martin, senior accounting major and student leader.

New toys, food and other pet supplies are also needed and can be donated throughout the Ellensburg community until Nov. 30. For locations of these donation boxes, please contact the Civic Engagement Center.

Every girl likes to feel beautiful, but some do not have an opportunity to own beauty products. The group Beauty Basics is hosting a drive for make-up and body care products for women who are homeless, experienced domestic violence or were sexually abused in Kittitas County.

Many women have unused beauty products that can be used by someone less fortunate. “Something as simple as a lipstick can make a woman feel like someone cares,” said Holly Nies, sophomore elementary education major and student leader. Donation boxes can be found in residence halls until Nov. 22.

One Central student is even hosting a food drive to benefit the Ellensburg community. Anthony Peterson, senior law and justice and sociology major, has teamed up with the Greek Council and CWU police department.

Canned foods often become forgotten in a dark cupboard, and need a good a home. According to Peterson, the drive will succeed by “linking social justice with community service.” The event will be held on from 10 a.m. to 5 p.m. on Nov. 20 at Safeway. Giving back to others less fortunate this holiday season will brighten many lives and make a positive impact on the local community.

For more information on these or other volunteer opportunities, visit the CWU Civic Engagement Center, (509) 963-1643.

What does Thanksgiving mean to you?

“Going home and being able to relax and see my family.”

-Emily Blakely
Sophomore Computer Science

“It’s a time I get to spend with my family and talk about what we’re thankful for.”

-Lindsey Moon
Senior Elementary Education

“It’s a good time to spend time with family and do traditions.”

-Emily Bradford
Freshman Elementary Education

“I’m British.”

-David Smith
Junior Pre Paramedic

“It means family and good food and Charlie Brown’s Thanksgiving.”

-Max Turner
Sophomore Computer Science

“Going home and being able to relax and see my family.”

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Sophomore

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Sophomore
Andrew Varner to share poetic rhythm tonight at SURC Pit

BY REDA LEE
Staff Reporter

For those who know Andrew Varner, they think of a talented and sophisticated musician with an unforgettable stage presence. He undeniably draws in his audience with music and charm.

“When I can’t focus, I turn on music like his to think,” said Travonne Thomas, sophomore, psychology major. “He has a soft, sweet voice.”

Varner writes his songs, adding his personality and voice to each of them. Varnere wants his music to convey what he is feeling and not necessarily his skill as a piano player.

Varner’s music, a mixture of Jason Mraz and Coldplay, sends an honest message in a poetic rhythm. He expresses his emotions and thoughts in his music. Each song Varner has written places his listeners in his shoes at the time. Varner always interacts with his audience, engaging them in his music and his message.

Campus Activities programmers have had the pleasure of being introduced to Varner in person at a conference they attended in Portland, Ore. The programmers were able to see and meet a variety of artists at the conference. Varner gave the programmers a demo of his music and they were impressed.

“One thing that I really like about his music is that he’s a pianist and his songs are really catchy, so I think that’s what draws his audience in. And he’s pretty easy on the eyes, too,” said Elizabeth Rich, music programmer for Campus Activities. “I love his song, ‘She Enjoys the Rain.’ That song really drew me in to listen to more of his music.”

Just a few months after they attended the conference, Varner’s manager sent Campus Activities an e-mail that expressed his interest in performing at Central. His music was memorable.

Varner will perform in the SURC pit tonight at 7 p.m. Admission is free.

For more information about Varner and his music visit his website, andrewvarnermusic.com. The site provides a calendar of events, biographical information, music and a blog.

Fashion designer Isis King comes to speak at Central for Transgender Day of Remembrance

BY JANAYE BIRKLAND
Staff Reporter

The 12th Annual National Transgender Day of Remembrance offers a tradition in remembering individuals who identify with the transgender community. This day of remembrance was enacted by current Washington State Governor Chris Gregoire.

Three different events will take place today. A discussion panel titled “The Importance of Allies” will be in the SURC Pit at noon. Several speakers will discuss why allies are important to the transgender community.

A glow stick vigil will be held to honor 26 transgender individuals who have passed away during the past year. The vigil will be held at 6:15 p.m. in the SURC Theatre and glow sticks will be available.

American fashion designer and model Isis King is the guest speaker for the event, and she will discuss the obstacles society has with the transgender community, anti-trans hate crimes and her own experiences.

According to whyfame.com, King’s speech is at 7 p.m. in the SURC Theatre. She will be the guest speaker for the event, and she will discuss the obstacles society has with the transgender community, anti-trans hate crimes and her own experiences.

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Brix wine bar opens its doors to Ellensburg

BY MARC TRATAR
Staff Reporter

Brix, a wine bar owned by Elevage Wine Company, features a warm interior that has both the classical feel of a brick building and the flare of modern paint-ings on the wall. Quiet undertones of music in the background make it an inviting place to have a drink.

“We tried to create an environment where the community and students can find common ground,” said Bill Davis, wine maker and business developer.

To develop this “common ground,” Brix has hosted a few events this year, including a Cajun Crawfish Boil, the Ellensburg Film Festival and Oktoberfest. A few events that are coming in the near future are a music festival on November 30, a graphic art bazaar on Dec. 3 and hopefully a student-led standup comedy night.

Research was done to find the perfect mix of elements that would make people remember and want to return to Brix. They do not play loud music because they want you to be able to “enjoy your conversations with friends,” said Camis Davis, Ellensburg teacher.

“It’s one of those places you don’t want to tell people about because it’s your escape spot,” said Chlesea Lovin, Ellens- burg resident.

Dan Linggi, senior ITAM major, agreed with Lovin.

“When you come here you forget about day-to-day life,” Linggi said.

The food is described as “absolutely fabulous” by Blanca and Pat Laws, two customers who have been to Brix several times.

The menu has a great selection of things to nibble on or entrees to fill you up while drinking some wine. One of the most popular items is their “Devils on Horseback,” which is brie, crostini, prosciutto and lingonberry sauce. A new menu item will be added on Nov. 18 – chocolate fondue.

Because of Ellensburg’s size many resi-dents find it important to visit the smaller shops in order to keep the town’s essence alive.

“Ellensburg is about family and we go where people are family,” Blanca Laws said.

Last weekend, Elevage Wine Company was one of 25 Washington wineries selected to participate in the Best of the Northwest, put on by the Seattle Art Al-liance.

All benefits from this event go to sup-port the Children Seattle Guild Associa-tion.

Spaten Optimator: I’m taken a-bock!

I would tell you about the column in this space, but then you wouldn’t have to read it. So read it.

BY DAVID OZMAN
New Scholar

So, you think you know about beer, young lad? As most people know, pretty much anything we consume nowadays was way better back in the day — whether it be music, cartoons, fast food, or whatever you like — so shouldn’t beer be no excep-tion?

Wanna know a great beer that rocked countless 14th century Bavarian leggers and can still be rocked today?

Meet the BOCK.

Bocks are the elder statesmen of beer. They’re classified as lagers, which (strangely) puts them in the same hal-lowed ranks as Coors Light, Corona and Busch.

Thankfully for you, esteemed beer ca-lhuate, bocks share almost none of the characteristics of their crappy cousins.

They generally pour a deep red or brown, have nearly no fizziness, have a hefty al-cohol content, and they contain a ton of sweet, complex malt. These “lagers” will put hair on your chest and other assorted areas of your body, something Budweiser cannot do.

The malt awesomeness is so intense that 14th century Bavarian monks called this style of beer “liquid bread.” These monks, during long periods of religious fasting, used to base their entire diets on this kind of beer.

But you don’t just want a beer with a big taste. You’re an American, and you appreciate good packaging, too! You want a beer with a badass name, right?

Bocks have the best names. Modern brewers traditionally add “-ator” to the names of their creations (I couldn’t figure out where this tradition comes from), which makes most bocks kinda sound like supervillains, or pro wrestlers. I can dig that.

Some examples of bock names include “Celebrator,” “Salvator” and “Trockenator.” Another popular bock is “Asam” (pronounced “awesome,” with a slight Boston accent).

This week, I’m tackling one of the big-ger/badder bocks that you can still find at Happ’s Market: “Optimator,” by the Spaten Brewery in Munich, Ger-many.

Optimator is a doppelbock, which is basically a bock on steroids: malt-i-er, darker, and way stronger.

It pours a sexy reddish-brown with a fizzy tan head that gets a bit shy and disappears a bit too soon. But this is always the case with a beer with higher alcohol content.

Tastewise? We’re talking deep, uber-sweet maliness — as a self-professed malt-freak, this beer nearly brought me to tears of jubilation. The plum-like fruit tinges and almost chocolate-like consistency rode neatly on a complete tidal wave of alcohol bite.

Although this brew is at 7.2 percent alcohol-by-volume (less than Iron Horse’s Irish Death, which sits at 7.8 percent), this beer assaults you with alcoholines.

Ooh, one accidental discov-ery: After initially sampling Opti-mator, I left about half the glass on my counter for about 15 min-utes. I came back to Optimator with the assumption that most beer tastes like reindeer spit-ter after leaving to flatten and get warm.

This doppelbock changed my perception — it actually tastes way better warm. The alcohol backs off, allowing even more malt complexity and heavier mouthfeel. This makes sense to me, as I don’t think there were many refrigeration options in the 14th century.

This week, I invite you to experience the real roots of delicious malty ales we take for granted, and try a new style that will surely stick to your stomach walls. En-joy.
Want to write, design, take photos or sell ads for the Observer next quarter?

Need 1 or 2 credits?

E-mail mitchelc@cwu.edu and get signed up today!
A new look at Women’s Work

“House & Garden: Women’s Work” Exhibition, part of Women’s Suffrage Centennial

BY GIANCARLO GONZALEZ
Staff Reporter

“House & Garden: Women’s Work,” a new exhibition by Assistant Professor Alex Emmons, celebrates women’s work and describes her investigation of transition and traveling as it applies to the domestic sphere. The exhibition is part of the “Celebrate 100 years of Washington Women Voting.” Emmons’ work is in the Music Rotunda and the adjoining space and it will be on display until Jan. 21 in the CWU Music Building.

The exhibition incorporates the cyanotype process, a 19th century photographic process that was the popular method for making “blueprints” for architectural designs. The artist would apply iron oxide or ferrous oxide by spraying it on fabric or brushing it on paper in order to render a “photogram” or a “photogenic” drawing. Emmons’ work was inspired by Anna Atkins, considered to be the first woman photographer and the first person to publish a book illustrated with photographic images.

In a statement, Emmons said, “For this research, I was exploring plants’ shadows and direct recording through photographic tools. I wanted to see how the projected shadow and direct placement of flora and inanimate objects upon the prepared paper and fabric presented the emotional and cultural on-goings within a living space.”

As one enters into the Music Building’s Rotunda, one is taken in by a series of deep blue photograms, measuring at 22” x 30”, with a variety of familiar shapes. Emmons wanted to “investigate the domestic space by presenting the negative space of household objects.”

She went on to explain, “These photograms describe the items by the surface edges and texture details where light reflected through the objects during their exposure. Like a contour drawing, they are surrounded by unique cyan backdrops where you can view a variety of brush strokes and manipulated imperfections on the paper surface. The negative imagery quickly flips into a 3D positive as the viewer observes the presented imagery and crosses across the rotunda viewing the images in series.”

Her hope is that the audience will “relate to their own stories, cultural backgrounds as they interpret and relate to the life-size reproductions presented. Additionally, I installed the images in close proximity like clothing hanging on a clothesline to explore the connectedness of the subject matter and to suggest historical social networks surrounding domestic work.”

As the viewer makes their way to the Music Office, they encounter the impressive quilt structure entitled “The Shed.” It is Emmons’ first fabric sculpture for the exhibit created from recycled fabric from a local hotel.

Each panel tells a story, like a reel of film, and it’s this openness to interpretation along with the intense color and the weight of the fabric that makes it intriguing. The images contain studies of seed pods and large photogenic drawing studies of eggs, hoses, and plant leaves.

Emmons states, “The original fabric pieces have been washed, ripped, exposed, and then sewn multiple times with contrasting threads and surface knots. The collection of layers presents the suggestive narrative of reproduction but also re-growth by the surface and structural manipulation. From one image of 24 eggs to a garden hose recorded in the hot Arizona sun in less than seven minutes, both squares present motion as well as metaphorical implication of movement for either subject because of the different ‘balance’ incorporated into a different photographic recordings.”

“There are multiple levels of meaning literally applied to this object. From the hotel sheets, I am connecting to the distance inherent with traveling and moving. Recorded are subjects like tumbleweeds, that need to move to another place to reproduce. All of the materials used came primarily from my mother’s backyard or surrounding landscape, which connects to this piece to my own familial upbringing and records moving,” Emmons said.

The exhibition, in conjunction with the Women’s Suffrage Centennial, reminds us that we, as a society, bask in the victory won a century ago for women to not only vote but to be taken seriously in all spheres of life.
“Top Chef” event combines networking, culinary arts
Business Networking Club hosts Bravo TV series runner-up to teach importance of social interaction

BY GIANCARLO GONZALEZ
Staff Reporter

The Business Networking Club hosted a networking event for Central students at Holmes Dining in the SURC and brought Bravo TV’s “Top Chef” season 2 runner-up and fan favorite Chef Dave Martin as well as Cicada’s Chef Billy Roberson, from Olympia, Wash., and CWU’s own Chef Kevin “KC” Camarillo.

The main focus of the event was to create networking opportunities for Central students, as well as educate them on the importance of networking, while enjoying the fun and artistic environment of culinary cuisine.

Martin was enthusiastic about helping students at Central as he is about helping others around the country, and when asked about his success, he said, “I’m actually still the same person … I have more opportunities and a lot more doors have opened for me but I’m very thankful and not arrogant in any way.”

Being aware of and maximizing those opportunities were central themes to the evening.

Ashley Giannandrea, vice president of the CWU Business Networking Club, was asked what one thing she wanted people to take away from this event. “It’s kind of a great thing trying to get the community together with the students, so I really hope that the students really come, and also the community comes as well,” Giannandrea said. “I think it’s really fun because we’re all getting to network with each other and that’s kind of the point of the club and I mean we did some great networking, like Steve got Billy Roberson to come and we also have Dave Martin here and of course we got to incorporate our own chef, Chef KC, so, it’s pretty exciting.”

Steven Ross, Business Networking Club senator, said, “I want to be a chef, one day, you know? I’m going and getting my degree now, but I’d like to invest right, and open up my own restaurant. Billy Roberson is a personal friend of mine and I asked him to come up here and he’s one of my inspirations on where I want to be. He never had any formal culinary training but he knew what he was supposed to do and he’s passionate about it.”

Roberson wanted students to have an understanding how simple good foods are to make and eventually, he sees himself teaching younger cooks, bringing them up from dishwasher to prep cook and line cook, especially women cooks as they still face a glass ceiling in the world of culinary arts.

Camarillo hoped students would learn from the event to “start networking with the teachers” so that later on they can be used as a resource even after graduation because even chefs network all the time.

The evening was topped off with cooking demonstrations and the audience loved and appreciated the effort put into it. Food has always been the perfect vehicle for social interaction and it is woven into the social fabric of all cultures in different ways.

Central’s Business Networking Club brought their message on the education and the importance of networking for students and their future business endeavors in a fun and meaningful way.

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Monday’s at the Micropub (416 N. main)
Bring a can of food- get $2 pint or $6 growler. Food will be donated to F.I.S.H. food bank. Also, only on Monday's the Micropub will be serving a pilot batch of an original Iron Horse Beer or cask-conditioned beer.

Hours 4-9 PM

www.ironhorsebrewery.com
CONFERENCE CHAMPS!

BY KRIS HAUSSLER
Staff Reporter

The Central Washington Wildcats football team claimed the Great Northwest Athletic Conference (GNAC) title after finishing the season with a home victory over the Western Oregon Wolves.

The Wildcats' point after touchdown (PAT) was blocked, bringing the score to 9-3. This set up a 20-yard field goal by sophomore kicker Kelly Morgan, making the score 9-6. The Wildcats continued to build on their lead and never showed any lack of hustle. At one point late in the second half, senior guard Chris Scott dove into the Kermode defense to save a ball from going out of bounds.

While the Kermodes scored with a little more frequency in the second half, the Wildcats remained focused on building on their lead and never showed any lack of hustle. At one point late in the second half, senior guard Chris Scott dove into the Kermode defense to save a ball from going out of bounds, resulting in an additional possession for the Wildcats.

That extra effort, coupled with a clear advantage in overall talent and team play, led to the final score of 103-38. The 65-point win was the largest margin of victory since their 2008-09 season, when they defeated the Western Oregon Wolves 66-0.

Jeremy Berry, who made his Central debut, scored his first of two free throws of the game, tying the score at 9-6. This was followed by a make, bringing the score to 12-6 in the Wildcats favor.

By the start of the fourth quarter, the Wolves had scored twice on a 64-yard punt return by Mike Petrovich on the Wolves' 15-yard line. The Wolves started their drive with one last hope to march down the field to score a touchdown and claim part of the GNAC title. The Wildcats defense prevailed, stopping the Wolves on a fourth down incompletion, making it a final score of 21-16.

I felt like we were flying around," said senior defensive lineman Eugene Gernay. "Everyone was having fun showing our stuff, and I think that it was the last day for seniors to be out here and everybody was trying to play their heart out."

#1 Jeremy Berry

Wildcats blow out Quest University at home by 65 points

Senior forward Jamar Berry drops 23 points in Central debut

The Central Washington Wildcats opened their 2010-11 regular season with a convincing 103-38 win over the Quest University Canada Kermodes Saturday night at Nicholson Pavilion.

The Wildcats were led by senior forward Jamar Berry, who made his Central debut. Berry scored 23 points while totaling eight rebounds and five assists in 28 minutes on the floor.

"We played really well as a team," Berry said. "We made them play our game. We used our size inside and forced turnovers and just played good CWB basketball."

Central never trailed as they scored on their very first possession of the game and quickly went up 5-0 less than one minute into the game. After a Kermode basket made the score 2-2, the Wildcats went on a 19-0 run to take a 22-point lead and they never looked back. By the end of the first half, they built a 40-point lead by shooting 63 percent from the field and hitting on four of their seven three-point attempts, as well as nine of their 10 free throws.

In a game like that, you get worried about your guys trying to go one-on-one and playing selfish," said head coach Greg Sparling. "But I thought our guys did a nice job of playing together as a unit."

Defensively, the Wildcats were stifling, holding the Kermodes to 27 percent shooting in the first half while forcing 11 turnovers. They also grabbed 17 defensive rebounds and did not allow any second chance or fast break points.

Coming out in the second half, Central continued to build momentum by increasing their lead to 64-15 on a 9-point run led by Berry and senior guard Drew Harris. "You have to keep your head and stay mentally tough when you’re up by that much at halftime," Berry said. "You have to come out and keep the pressure on instead of being satisfied and letting them get back into the game."

While the Kermodes scored with a little more frequency in the second half, the Wildcats continued to build on their lead and never showed any lack of hustle. At one point late in the second half, senior guard Chris Scott dove into the Kermode defense to save a ball from going out of bounds, resulting in an additional possession for the Wildcats.

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In a game like that, you get worried about your guys trying to go one-on-one and playing selfish," said head coach Greg Sparling. "But I thought our guys did a nice job of playing together as a unit."

Defensively, the Wildcats were stifling, holding the Kermodes to 27 percent shooting in the first half while forcing 11 turnovers. They also grabbed 17 defensive rebounds and did not allow any second chance or fast break points.

Coming out in the second half, Central continued to build momentum by increasing their lead to 64-15 on a 9-point run led by Berry and senior guard Drew Harris. "You have to keep your head and stay mentally tough when you’re up by that much at halftime," Berry said. "You have to come out and keep the pressure on instead of being satisfied and letting them get back into the game."

While the Kermodes scored with a little more frequency in the second half, the Wildcats continued to build on their lead and never showed any lack of hustle. At one point late in the second half, senior guard Chris Scott dove into the Kermode defense to save a ball from going out of bounds, resulting in an additional possession for the Wildcats.

That extra effort, coupled with a clear advantage in overall talent and team play, led to the final score of 103-38. The 65-point win was the largest margin of victory since their 2008-09 season, when they defeated the Western Oregon Wolves 66-0.

Jeremy Berry, who made his Central debut, scored his first of two free throws of the game, tying the score at 9-6. This was followed by a make, bringing the score to 12-6 in the Wildcats favor.
Lady Wildcats roll in home opener against Hawai’i Hilo

Junior transfer Nneka Payne leads Wildcats with 19 points

BY JON CLEVELAND
Sr. Sports Reporter

The Central women’s basketball team got off to a fresh start on Monday as they opened their schedule against the Hawai’i Hilo Monday night in front of a crowd of nearly 200. Central won the opener 65-59 over the Hilo. Thirteen Wildcats made their debut on the roster including junior guard Nneka Payne, who put up 19 points in her first game.

Central won the tip off and got an early nine to six lead over Hawai’i Hilo.

Sophomore center Stacy Albrecht got off to a quick start, making her first two shots with less than four minutes into the game. “I think we did really well, especially for a brand new team,” Albrecht said. “We have really good chemistry and we play well together.”

The first half was a close one the whole way through but Central was able to hold on and led 28 to 27 heading into halftime.

PAYNE

Payne kept putting up all game long for the Wildcats, helping them control a lead over Hilo.

Central capitalized on 27 turnovers throughout the game and turned those turnovers into 29 points for the Wildcats. This solid defense was key to Central’s victory because it was a tale of two halves for the Wildcats shooting wise. They only managed to shoot 28.2 percent in the first half, making only 11 of 39 field goal attempts with only one three-point shot made in 13 attempts. They were able to bounce back in the second half, shooting 44.8 percent with five of 11 in the three-point category.

Along with Payne two other Wildcats scored in double digits, including Albrecht with 14 points and junior forward Jody Johnson with 11 points.

Senior guard Rav Ratler knocked down some three-pointers late in the game to help Central pull away with a win. “I think there are areas where we will get better but I think for our first game we played good enough,” Ratler said.

Ratler finished the night with eight points, four rebounds, six assists and four steals.

Along with her 19 points, Payne also had four steals and four rebounds to lead the Wildcats in scoring for the night. “For our first game and with thirteen new bodies I thought we looked real good,” said head coach Jeff Whitney.

“The overall effort was great,” Whitney said.

Central will host the Wildcat Classic this weekend and will face Chaminade on Friday at 7 p.m. and Dominican (CA) Saturday at 7 p.m.

BLOW OUT

CONTINUED FROM P.15

Gibler was a big part of the Wildcats’ push, scoring 11 points while grabbing three rebounds and blocking three shots in the second half. He finished the game with 16 points, seven rebounds and four blocked shots in just 19 minutes.

The Wildcats came out on top in every statistical category including steals, blocked shots, assists and rebounds. However, the most important statistic may have been their 50-20 advantage in points in the paint, something that is key to the Wildcats’ game plan.

“Every game we make a point to pound the ball inside early,” Gibler said. “It is something we work very hard on and we try to establish that presence every game.”

Despite the lop-sided victory, the Wildcats were not nearly at full strength.

Sophomore guard Toussaint Tyler, a key cog in the Wildcat backcourt rotation, because of an injury that is expected to keep him sidelined for the next one to two weeks, while Gibler and junior forward Roby Clyde were limited in their playing time on Saturday, both having just come back from injuries.

“We are not quite as good as we are going to be just yet,” Berry said. “Once we get everyone back and healthy, we can be a national championship contender. We are deep at every position, we just have to take it game by game and not get ahead of ourselves.”

Next up for the Wildcats is Walla Walla University, who is 0-3 so far this season, having lost their three games by an average of 24 points. That game will take place on Saturday Nov. 20 at Nicholson Pavilion at 7 p.m.

DOMINATION

Junior forward Roby Clyde drains another mid-range jumper over a helpless defender. Clyde finished the game with 14 points and 5 rebounds in just 17 minutes of action, as the Wildcats destroyed Quest University 103-38.

Bighill named GNAC co-Defensive Player of the Year

It’s been a banner year for senior linebacker Adam Bighill, who, after a stellar senior campaign, has been named the Great Northwest Athletic Conference (GNAC) Co-Defensive Player of the Year.

Bighill led the team in total tackles with 96 (56 solo and 40 assisted) including 16.5 for a loss of 49 yards. In addition he led the linebacker corps with 3.5 sacks, four forced fumbles and two blocked kicks.

He was also a scoring threat, reaching the end zone three times on the year including a 66-yard interception return for a touchdown during the Showdown on the Sound.

He will be sharing the award with Western Oregon defensive back Caleb Singleton who had a standout year for the Wolves.

Along with Bighill, seven other teammates were honored with First Team All-Conference selections. On the offensive side of the ball senior running back Bryson Kelly, junior tight end Demetrus Guice, freshman offensive linemen Michael Nelson and sophomore kicker Sean Davis were named.

On defense fellow senior linebacker Paul Wright and senior defensive lineman Eugene Germany were named.

Ryan Robertson had a career year and was named to the Second Team All-Conference along with nine other Wildcats.
Germany was named Defensive Lineman of the Year for his stellar performance with the Wildcats this season as they took home the GNAC championship. Germany led the team in sacks with 6.5. Those sacks led to a total loss of 40 yards over the course of the season. He also had a total of 35 tackles with 16 solo and 19 assisted.

Langlow earns conference Freshman of the Year

Stan Langlow was named Great Northwest Athletic Conference (GNAC) Co-Freshman of the Year. The freshman defensive back started nine of the 11 regular season games for the Wildcats and had 32 total tackles including 15 solo and 17 assists.

The highlight of his season was when he became the first Wildcat in 40 years to have a three-interception game against Simon Fraser on Nov. 6.

GNAC Football Standings

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<th>School</th>
<th>Conference</th>
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<td>Simon Fraser</td>
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Continued from P.15

Germany was one of 20 seniors that played their final collegiate game at Tomlinson Stadium this last Saturday. Other notable starting seniors were linebacker Adam Bighill, running back Bryson Kelly and wide receiver Jamal Weems.

This concludes the 2010 season for the Central Washington Wildcat Football team. They finished the season with a record of 8-3 overall and a record of 7-1 within the conference, just barely missing a chance at playoff action.

The Wildcats won their last five games of the season, placing them eighth in the NCAA Super Region IV Rankings, while they needed to place among the top six teams in order to qualify for playoffs. This marks the sixth GNAC title win for the Wildcats out of eight years in the conference.

Germany was named Great Northwest Athletic Conference Defensive Linemen of the Year for his stellar performance with the Wildcats this season as they took home the GNAC championship.
New business brings retro sports gear to Ellensburg

A new store offers the Ellensburg community something unique – Royal Sports brings throwback caps, along with other sporting apparel, to the neighborhood.

Royal Sports, located in Ellensburg on S. Thorp Highway, recently opened on the Ellensburg Golf Club grounds near the golf pro shop and is run by Randy Crimp, Ellensburg Golf Club owner’s son.

“I have always grown up in a sports family,” Randy said. “Basically it’s our love for sports.”

The store sells sporting merchandise, specializing in throwback baseball and football caps. The inventory also includes team T-shirts, sweatshirts, stocking caps and other sporting apparel.

“It’s to fill a niche that’s lacking in Ellensburg, which is sports gear,” said Keith Crimp, Ellensburg Golf Club owner’s son.

Royal Sports offers a variety of hats, jerseys, and other sports gear in various sizes and styles. The store is located in Ellensburg on S. Thorp Highway next to the Ellensburg Golf Club shop.

BY BRYCE HJALSETH
Staff Reporter

THE STORE CONTINUES TO EXPAND INVENTORY WITH MORE APPAREL AND HAS PLANS TO SUIT MORE RECREATIONAL SPORTS IN THE NEAR FUTURE.

“We plan to get into sporting goods, with equipment for anybody in the local area that’s playing high school sports,” Randy said.

The store also offers customers the option to special order sporting apparel that may not keep in their inventory.

“If we don’t have something and you want it, we can definitely order it,” Randy said.

“We are not downtown near one of the main intersections, so it’s about getting people here,” Keith said. “Instead of going over to Bellevue Square or South Center, you can come right here.”

The plan for the store is to eventually move to a location that will be easier to access for college students.

“In a year here, we would like to be downtown,” Randy said. “This is just our start-up.”

For more information on Royal Sports, you can find them on Facebook or follow them on Twitter at @RoyalNW. They will keep customers updated on special products and events.
Volleyball drops season finale to Western

Four players earn all-conference honors

BY JAKE ABBOTT
Staff Reporter

The Wildcats volleyball team wrapped up their season last Thursday suffering a loss to Western Washington University in Bellingham in three sets, 19-25, 21-25, 16-25. The Wildcats ended the season 11-7 in the Great Northwest Athletic Conference (GNAC), 13-10 overall placing them fifth in conference standings.

Central banged out a .170 hitting percentage against the Vikings total 47 kills. WWU’s offense was led by Marlayna Geary and Megan Ryan with five players total finishing with .339. Some of Try’s teammates also in the record books include senior outside hitter Kady Try spiked her way to the top this season, earning First-Team All-GNAC honors.

“A special group of seniors,” said Andaya. “Brandie and Kady have had tremendous careers here at Central and are both in the record books individually. Brandie Vea is familiar with. She was the best of the best. She has been rewarded with honorable mention honors in the GNAC so far this season. All American statues are yet to be determined for this season which Vea is familiar with. She received All American honors her sophomore and junior year.”

“This is a special group of seniors,” said Andaya. “Brandie and Kady have had tremendous years here at Central and are both in the record books individually.”

WWU’s offense was led by Marlayna Gravy and Megan Amundson combining for 25 of the Vikings total 47 kills. This season the Wildcats have swept each team in the GNAC at least once besides Seattle Pacific and Western Washington.

“We did really well at home,” said Barcecl. “We struggled on the road this year.”

Unfortunately for the Wildcats, they will have to sit back and watch playoffs unfold. Alaska Anchorage placed third in the conference and will be participating in the NCAA playoff tournament. Central beat Anchorage in three straight sets on November 19. Central ended the season with very respectable stats. The Wildcats averaged a .189 hitting percentage this season, outhitting their opponent’s average of .138.

“We are thankful for all the support, especially at home games,” said Andaya. “I know the kids love playing at Nicholson.”

For seniors Kady Try, Kristel Barcel, Brandie Vea, Bri Gregory and Shaina Afoa it was their last game as Wildcats. Try had 319 kills this season and managed to average 4.14 kills per set while Vea averaged 4.71 digs per set.

“The past four years have been so much fun being an athlete on a division two team,” said Vea. “I’ve made so many friends and memories and it kept me out of trouble.”

Try Earning First-Team All-GNAC Honor

Senior outside hitter Kady Try spiked her way to the top this season, earning First-Team All Great Northwest Athletic Conference (GNAC) honors. Try led the conference in kills and points for the Wildcats in the regular season en route to becoming the 13th player in school history to earn the first-team nomination. She was always among the top in the NCAA Division-II, this year finishing with 4.14 kills and 4.69 points per set.

Her 319 kills was by far the most for the Wildcats this year, with junior outside hitter Meg Ryan coming in second with 169.

This is the second year in a row being mentioned in the All-Conference voting. Last year in her junior season she was named honorable mention for the squad.

Some of Try’s teammates also received conference honors. Senior middle blocker Kristel Barcel, junior setter Carlee Marble, and senior libero Brandie Vea all earned Honorable mention for the All-Conference team.

OPR offers upcoming events for students

Outdoor Pursuits and Recreation will host a number of upcoming events and competitions at Central.

First, the CWU Climbing Club will host it’s annual bouldering competition, “Cranksgiving,” on Friday Nov. 19 at 7 p.m. The competition will be held at the CWU Climbing Wall in the SURC. Registration to compete is free at Outdoor Pursuits and Rentals, and is open to Central students of all types of skill level.

Several different skill categories for participants will ensure competition at every level. Competitors will perform a series of routes on the climbing wall, and will be judged on how clean they run the route.

This event will feature some of the best climbers CWU has to offer, as well as a number of inexperienced climbers hoping to get their feet wet in the sport. Admission to watch the event is free to the public.

On Monday, Dec. 13 at 7:35 p.m. in the SURC theatre, Outdoor Pursuits and Rentals will also host the Banff Centre Mountain Film Festival World Tour. In 1986, the Banff Centre of Alberta, Canada began an outreach program designed to highlight and showcase the work of the world’s finest mountain film-makers and spread a respect and love for the great outdoors.

Today the festival tours worldwide to over 30 countries, showing the short films more than 550 times over the course of the tour. The films feature several topics, including mountain climbing, skiing, extreme sports, cultures of the world, exploration, and many others.Tickets for the Central Mountain Film Festival and Recreation center members are $8, and $12 for general admission. Tickets are available online at www.opr.cwu.edu or by phone at 509-963-3537. For more information on both events, please contact Central Counseling at OPR or visit www.opr.cwu.edu.

#33 Kady Try

TOGETHER AS ONE. The Central volleyball team huddles together during a timeout. The Wildcats closed the book on the 2010 season with a 11-7 conference record.
Could One Hour With This Doctor Give You The Answer To Your Disc Pain?

Now, in Ellensburg, WA, one doctor has what may be the most important breakthrough in non-surgical back pain treatments. Before and after MRI studies have show disc bulges shrink in size – even with the most painful cases of L4-L5 herniations.

If you’ve had disc problems for years, recently injured your back, or you’re suffering with sciatica, you must hear about these new studies.

Scientific studies tell us that spinal discs are responsible for most of the aches and pains people suffer from. Discs act like a cushion between our backbones and allow for a space at each level so the nerves can exit the spinal column.

When these discs get injured or wear out from bad posture, they begin to degenerate and cause pain. Bulging and herniations begin to form, pressing on the nerve roots. If the herniations occur at L4-L5, they can severely compromise the large sciatic nerve, causing muscle weakness, tingling, and severe pain.

The most common invasive treatment for disc herniations is surgery. This costs quite a bit of money. Even with health insurance the patient is left with their own portion of the bill, in excess of $10,000-$15,000, and sometimes more. The recovery time and missed work can be anywhere from 3 to 6 months, not to mention the obvious severe risks associated with all surgery.

But here’s the biggest problem… there is a high failure rate of back surgery. One medical study found that on average, 53% of L-5-S1 back surgeries fail to produce relief of symptoms (International Orthop 1987.)

Before You Go Under The Knife And Opt For Spinal Surgery…

You should seriously consider a less invasive approach called spinal decompression.

Non-surgical spinal decompression is a new technology that has been proven to reverse disc herniations. It creates a vacuum effect on the disc, which pulls the disc back into its normal position and brings in a fresh blood supply to promote healing.

Spinal decompression treatments are very gentle. In fact, every once and a while I even catch a patient sleeping during sessions. You’ll simply lie on your stomach or back, whenever is comfortable, and then a specialized belt is gently put around your waist. We’ll set the machine to focus on your problem area – the machine to focus on your problem area – then the advanced decompression computer system will do the rest. Most patients feel better with just a few treatments, and best of all there will be no dangerous drugs, no invasive procedures, and no painful exercises.

The Research Behind This Treatment

One clinical study has shown non-surgical spinal decompression to be extremely successful (good or excellent relief) in 86% of patients with herniated discs and degenerative joint disease – without the side effects.

Another study presented at the American Academy of Pain Management in 2007 showed…

“Patients reported a mean 88.9% improvement in back pain and better function… No patient required any invasive therapies (e.g. epidural injections, surgery.)”

As you can see, spinal decompression has a high success rate with helping disc herniations, sciatica, and back pain. In just a matter of weeks you could be back on the golf course, enjoying your love life, or traveling again.

Feel the Improvement – and Say “Yes” to Life Again

With my “Decompression Evaluation” we’ll be able to find the problem and then correct it. Think how you’ll feel in just a few short weeks. See and feel your life change for the better. Start your body on the way to pain-free, normal living. Feel tight joints rest, relax, free up. Feel muscles tied in knots become more supple. Feel strength in your muscles increase.

You’re able to live life like a normal person again, without back pain – able to play with your kids, enjoy time with friends, and finally get a good night’s rest.

The Single Most Important Solution To Your Sciatica and Back Pain

It’s time for you to find out if spinal decompression will be your sciatic and back pain solution. For one week only, I’m running a very special offer where you can find out if you are a candidate for spinal decompression.

What does this offer include?

Everything I normally do in my new patient evaluation. Just call before October 24th and here’s what you’ll get…

■ An in-depth consultation about your health and well-being where I will listen… really listen… to the details of your case.

■ A complete neuromuscular examination.

■ A full set of specialized x-rays to determine if a spinal problem is contributing to your pain or symptoms.

■ A thorough analysis of your exam and x-ray findings so we can start mapping your plan to being pain free.

You’ll get to see everything first hand and find out if this amazing treatment will be your pain solution, like it has been for so many other patients.

Until October 23rd you can get everything I’ve listed here for only $47. The normal price for this type of evaluation including x-rays is $250, so you’re saving a considerable amount by taking me up on this offer.

Here’s what to do now:

Due to the expected demand for this treatment, I suggest calling my office at once: The phone number is 509-925-7246 (PAIN).

Call today and we can get started with your consultation, exam and x-rays as soon as there’s an opening in the schedule. Our office is called Laser, Spine, & Disc Chiropractic and you can find us at 2211 West Dolarway Rd., Suite 4, in Ellensburg. Tell the receptionist you’d like to come in for the Decompression Evaluation before October 24th.

Sincerely,
Dr. David B. Bridgeman, D.C., CCEP
Certified Decompression Specialist
Certified Laser Specialist
Certified Chiropractic Extremity Practitioner
Certified ART Provider