

11-18-2010

## The Observer

Central Washington University

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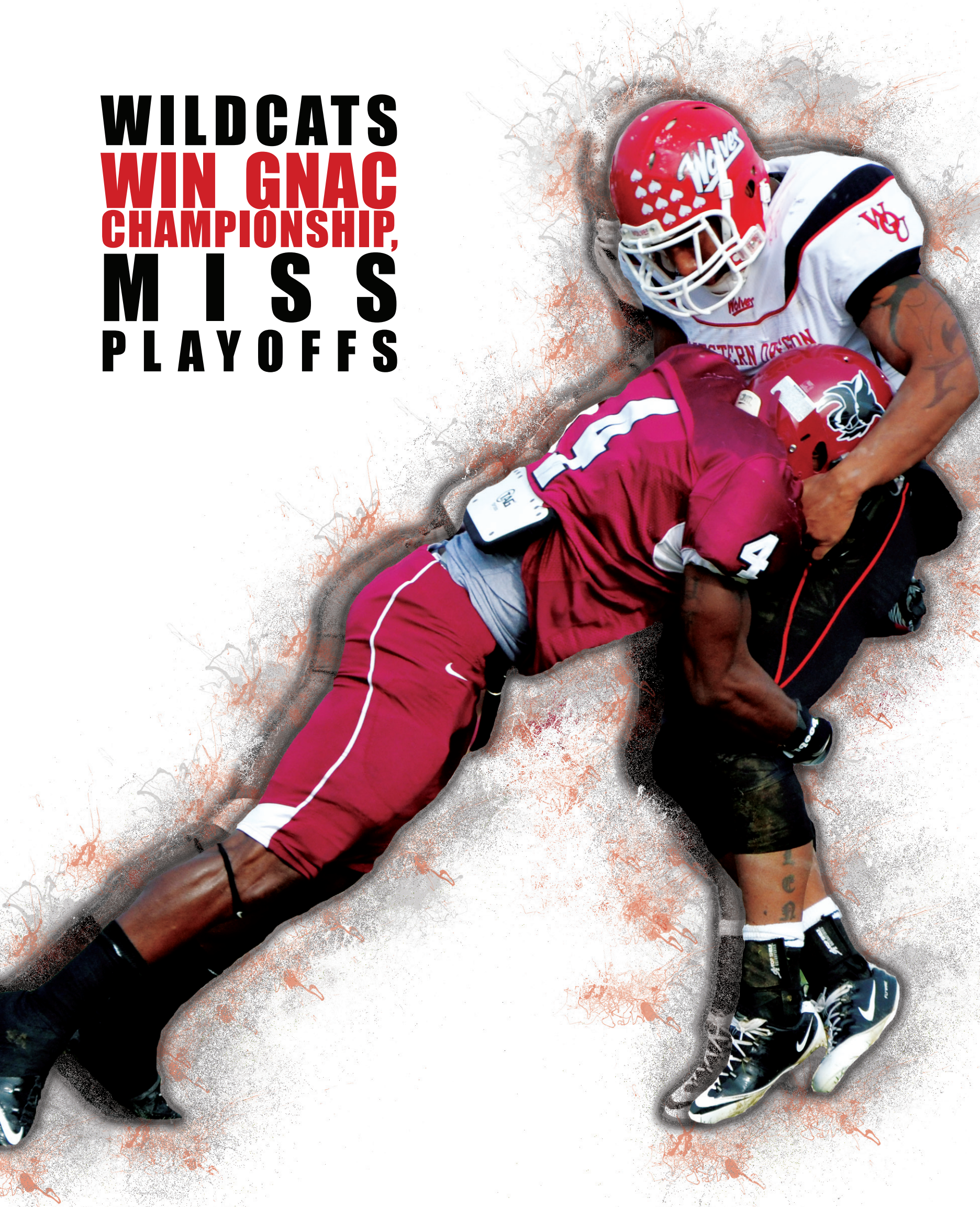
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# THE OBSERVER

FREE - TAKE ONE - VOL. 86. NO. 8 - Nov. 18 - Dec. 1, 2010 - <http://observer.cwu.edu>

**WILDCATS  
WIN GNAC  
CHAMPIONSHIP,  
MISS  
PLAYOFFS**



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MUSICIAN SHARES POETIC RYTHM WITH STUDENTS

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# THURSDAY, NOVEMBER 18TH, 2010 NATIONAL TRANSGENDER DAY OF REMEMBRANCE



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

## University irrigation system works well – plans for full subterranean irrigation system in the future

BY ANDREW HOGGARTH  
Staff Reporter

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 and running. In fact, they sometimes have to drain water off of campus to reduce the chance of floods, according to Calvin Lang, Central's ground services 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 that runs through campus, also known as the Ganges.

"We have never had a situation where we didn't have enough water," Lang said. "We have senior water rights to Cascade and the town ditch, so if we need water we can get water. But, we have never really had a shortage and we rarely use all of what we have."

Currently, the campus' direct irrigation needs are fed by pumping water out of the ditch and from the 1 million-gallon water tank that is stationed at the west end of campus. Central uses just under 1 million gallons of water per day to water all of the manicured grass and athletic fields on campus, so the water tank will typically be nearly emptied and then filled each day.

Even though the irrigation system that is in place has worked well over the years,



KATHARINE LOTZE

**A VALUABLE RESOURCE** The campus takes most of its water from the irrigation canal that runs through campus. Just under 1 million gallons of water is used daily to water the grounds and athletic fields.

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 with a new subterranean system. The new 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."

Some of 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.

The grounds crews are, however, taking advantage of the numerous construction projects, such as the current Hogue Hall renovation, by replacing 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 get rid of all domestic water use and rely entirely on raw irrigation water from the ditch and Cascade Irrigation, with the Brooklane well being an emergency back up, Lang said.

"That well water [from Brooklane] is down there about 750 feet, so it is pretty pristine water and we don't really like using it for irrigation purposes," Lang said. "If we can come up with the money and [the reservoir system] gets built, it would house all of 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 any type of action being taken. For now, the university will continue on with its current water supply and irrigation systems, which is far beyond what most of the county has to work with.

# Alcoholic energy drinks banned statewide

BY KELLY REQUA  
News Editor

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.

According to Joshua Sharfstein, FDA principal deputy commissioner, the companies have 15 days to respond with a detailed plan of action to meet FDA standards.

David Vladeck, director of the Bureau of Consumer Protection at the Federal Trade Commission, said in a teleconference that the companies notified include the producers of Joose, Four Loko, Core High Gravity HG and Max.

"These incidents in Washington, New Jersey, Pennsylvania and New York have concluded in hospitalizations, heart attack, and one death... That is not acceptable," Vladeck said.

Rob McKenna, Washington state attorney general, along with Iowa attorney general Tom Miller, were at the conference and said they were pleased with the FDA actions.

"We do see the evidence all around us of tremendous harm being caused by the potent and dangerous combination of caffeine and other elements," McKenna said. "We're deeply grateful for" the FDA action.

Yesterday also was the start of a state-level ban on sales of alcoholic energy drinks in Washington. The emergency ruling was held in response to the recent hospitalization of nine Central Washington University students who were drinking the alcoholic energy drink, Four Loko.

That ban was announced on Nov. 10 at a press conference in Olympia by Gov. Christine Gregoire and Washington State Liquor Control Board (WSLCB) Chair Sharon Foster.

"At my request, the board this morning voted to ban this new breed of alcoholic drinks in our state. I applaud its members for their action," Gregoire said. "I was particularly concerned that these drinks tend to target young people. Reports of inexperienced or underage drinkers

consuming them in reckless amounts have given us cause for concern."

The emergency ruling was passed by the WSLCB as a means to protect public safety. The ruling took effect on Nov. 17 and will be in effect for 120 days while the WSLCB seeks to make permanent laws.

"By taking these drinks off the shelves we are saying 'no' to irresponsible drinking and taking steps to prevent incidents like the one that made these college students so ill," Gregoire said.

Foster explained that the board is acting in the public's interest, by removing these products before they can cause further tragedy while the Food and Drug Administration or Legislature act on the issue.

In response to the negative press and the threat of federal regulations, the maker of Four Loko, Phusion Projects, announced on Tuesday that they will remove the caffeine, taurine and guarana from its products.

The company said in a press release that the decision shows "cooperation and corporate citizenship." It took this step after "trying – unsuccessfully – to navigate a difficult and politically charged regulatory environment at both the state and federal levels."

"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."

Public opinion on the ban is split; some see it as protecting inexperienced drinkers. Others see it as taking away the freedom to choose.

"I don't think it should be banned ... it's to protect everyone from themselves," said Julie Cookson, cashier

at the 18th Street Deli. "People should be more aware of being responsible adults. If it's not Four Loko it's going to be something else."

Cookson said that the drinks have become a fad and sales of alcoholic energy drinks have always been high.

Another employee at a local convenience store, who wished to remain anonymous, commented that ever since Halloween they have been selling Four Loko at 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," the employee said. "We don't try to run a back stock, but at first there was a supply problem because [the distributor] 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, strongly agrees with the ban because he claims the alcoholic energy drinks are dangerous and have given Central a bad name.

"Three beers and a shot of cappuccino sold for under \$3 – imagine what could happen to people, especially inexperienced drinkers," Arellano said.

Arellano said he has friends from other schools that call him to tell jokes about Central students. He also mentioned a

new phrase he's heard on campus: "On a scale between one and Roslyn, how gone are you?"

"We have great things happening on campus, but all they could focus on were the actions of nine people," Arellano said.

Allen Wilson, freshman history education major, disagreed with the idea of banning the product, claiming it's a choice that everyone should have.

"I can't afford nice expensive alcohol," Wilson said. "I want to still be able to afford the less expensive stuff like Four Lokos."



“By taking these drinks off the shelves we are saying ‘no’ to irresponsible drinking and taking steps to prevent incidents like the one that made these college students so ill.”

CHRISTINE GREGOIRE  
Governor



# OBIE O'BRIEN

## Long-time distance education employee leaving Central for county commission

BY BONNIE DAVIDSON  
Contributing Reporter  
LINDSY WHEADON  
Asst. Scene Editor

Obie O'Brien has been part of Central, faculty for 15 years, and this motorcycle riding, former stuntman character on campus is moving into politics full time.

O'Brien is the video supervisor for the distance education program and has been elected to be one of three county commissioner for Kittitas County. He was elected with a significant 62 percent margin of voter support.

"That percentage is way past comfort level," O'Brien said. "When you look at the numbers, people are pretty satisfied with who I am, the trust factor and what I want to do."

O'Brien has been involved in the Ellensburg community for several years.

"I was on the cable television commission for Ellensburg because of my background in cable," O'Brien said. "I was asked to be considered to fill an open slot on the Ellensburg City Council. After a lot of prayer I decided that would be something I could commit my time to."

That was seven years ago. Here I am seven years later, still involved in politics but now moving onto a different level."

Being a city council member is a part time position, while the county commissioner job is full time, and receives a salary of \$66,696 a year.

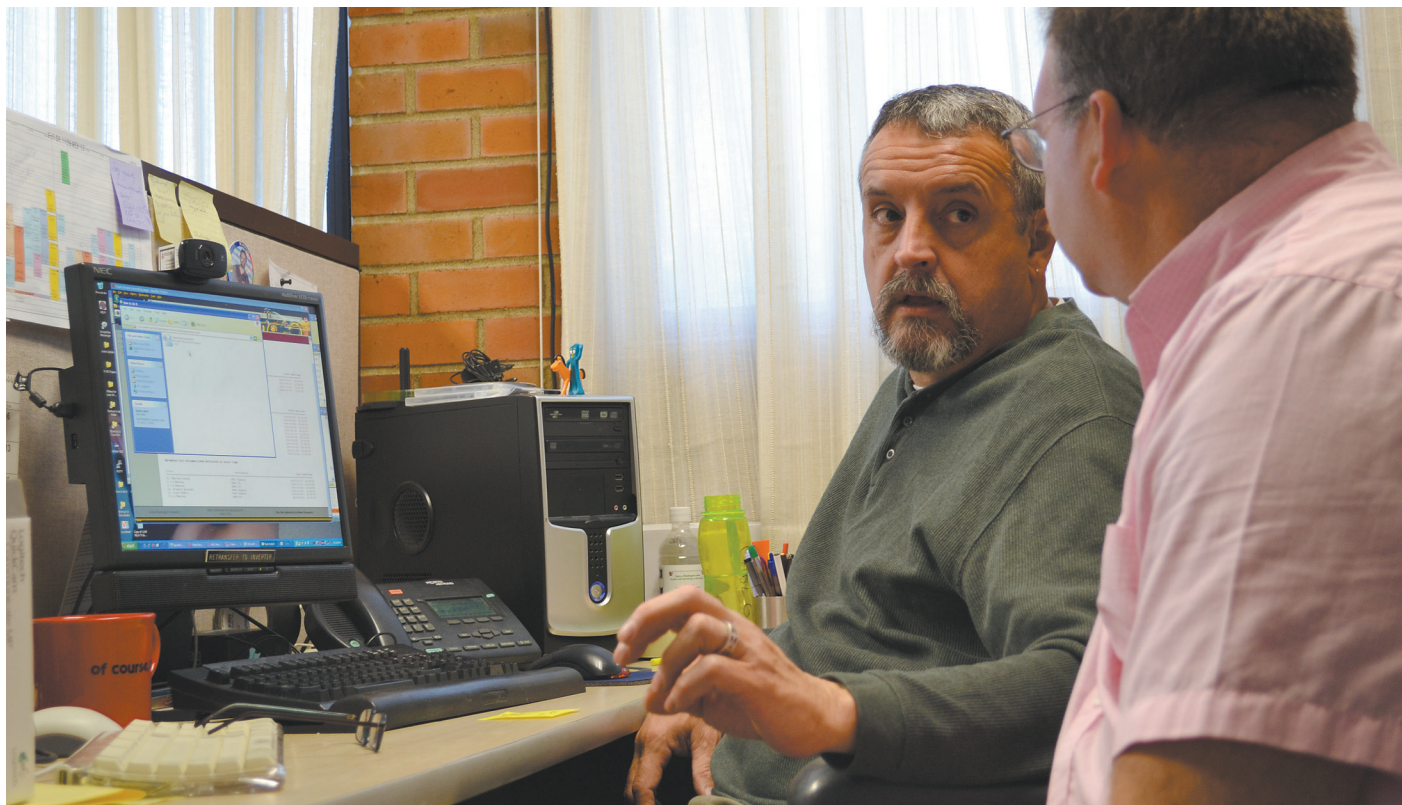
O'Brien said that creating job opportunities is a major issue and first in line on his agenda as commissioner.

"The government cannot create jobs, that's a bad idea," O'Brien said. "But government can do what they can to make it possible for private businesses to create jobs."

According to O'Brien small businesses make up the majority of the economic revenue of businesses in Ellensburg, as well as the country.

"Seventy percent of all employment of all business in the United States are small businesses," O'Brien said.

O'Brien came to Washington to work on a fishing boat but found he didn't really like it. He found work with a cable and television company that eventually brought him to a job in Yakima. He didn't want to live there so he commuted to work every day until he found his position at



JOEY LEBEAU

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

Central, thanks to his background in television.

"I've been here 15 years," O'Brien said. "I've been able to do quite a few things and I really wanted to make sure that I left it in good standing. When I came here we started a new program for distance education. Now we have between 40 and 50 classes in a week."

The campaign was a little intense at times with opponent Steve Verhey. He will be sworn into office on Dec. 3 and his resignation at the university will take effect on Dec. 31.

"There's a lot of what we do here

that's really cool stuff. To walk away from that I've got to make sure I got it right,"

**"I've been able to do quite a few things and I really wanted to make sure that I left it in good standing. When I came here we started a new program for distance education. Now we have between 40 and 50 classes in a week."**

**OBIE O'BRIEN**  
County Commissioner Elect

O'Brien said. "A lot of the issues that come up during a campaign are very real issues, and those are the issues that I want to deal with. And so I will be serving the whole county and not just Ellensburg."

O'Brien is married and has two grown children, one younger foster son and one grandson. His daughter lives in California on Camp Pendleton with his grandson, while his son-in-law is in Afghanistan flying helicopters for the Marine Corps. O'Brien's son and foster son both still live in the Ellensburg area.

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, going what can I do? They said about the only thing left is an individual studies program in televangelism 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."

# UFC Assistance

## Central's faculty union collects money to build assistance funds for struggling employees

BY KELSEY 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 help.

"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."

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 a 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 geology department and sec-

retary 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 that it is the duty of the financially secure employees to help those reeling from the cuts is a prevailing one among the UFC members.

"We can help short-term financial problems. That's what a community does, help each other," Bohrson said.

Above all, the UFC tries to promote this sense of connection between faculty.

"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.mycen-tral.cwu.edu/UFC\\_FAF](http://www.mycen-tral.cwu.edu/UFC_FAF).

**"We can help short-term financial problems. That's what a community does, help each other."**

**WENDY BOHRSON**  
Chair of the biology department



# Student death under investigation

BY ANTHONY JAMES  
Editor-in-Chief

Kisten Michaelson, a Central Washington University student was found dead in her apartment Tuesday morning, sending shockwaves through campus.

The Kittitas County Sheriff's Office responded to a call of a death at The Grove Apartments on Airport Road. According to Ellensburg Police Department Capt. Dan Hansberry, the area around The Grove is within his department's jurisdiction, but the apartment complex itself is not. An investigation by the sheriff's office is ongoing.

At press time, Sheriff Gene Dana and Undersheriff Clayton Myers were out of town for training.

Richard DeShields, senior director of university housing and new student programs, said Michaelson, 28, recently returned to Central to complete a double major in English and psychology.

According to a classmate of Michaelson's, her name was announced during an English class and the class held a moment of silence.

In a letter sent to all residents at The Grove, management said it was "cooperating fully with authorities." They also referred students who might be upset to Central's Counseling Services at the corner of 11th Avenue and Poplar Street.

A memorial service is being planned by the Diversity Education Center. Friends said she was an active member of Central's Equality through Queers and Allies (EQuAl) chapter.

# Power outage hits campus

BY JOHN LUKE LASALLE  
Asst. News Editor

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 Brooklane Village remained in the dark until noon of the following day.

Assistance was offered to Brooklane residents in the form of free food from Holmes Dining and free use of the SURC showers and gym.

According to the 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 restore power to campus, Brooklane 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 larger outages that have occurred," said Pete Richmond, facilities management department electrical engineer.

The source of the failure was a cable located on 18th Ave. between Alder St. and Brooklane. The cable was installed around 1972 and failed due to old 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 Brooklane due to age."



KATHARINE LOTZE

**RED WHITE AND BLUE** 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 PETER O'CAIN  
Contributing Reporter

Patrol Sergeant Scott Willis turns his patrol car eastbound onto Main Street at 10:05 p.m. on Thursday, Nov. 4, and begins following a red Geo Metro with an "Obama '08" sticker. Seconds later, he flips his lights on, signaling the Metro to pull over. The Metro complies and pulls over into the empty parking lot of Yamaha Jack's. Willis steps out of the patrol car and approaches the driver's side window. After a few words with the driver — a middle-aged man — climbs out of the Metro and walks around to the other side, where he opens the door and ruffles through his unkempt vehicle, finally producing the papers Willis had requested. Willis then returns to the patrol car and runs the man's license.

"I've known Dave for years," said Willis, 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 enrolled 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 they'd be off to do other things. However, she got a good job at the hospital and they thought Ellensburg 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 flickering shadows and sudden movements. You never know, he says.

Dispatch (KITTCOM) puts out a call about someone refusing to leave an apartment near Central. Willis calls back to KITTCOM, informing them that he'll respond. KITTCOM acknowledges Willis and tells him that the subjects don't speak very good English.

Willis arrives at the apartment complex at 10:23 p.m. Two college-age Asian women are waiting for him in the parking lot. One woman is wearing gray sweat-

pants and a white T-shirt with "PINK" written on it. The other is wearing gray tights with a tight purple skirt and a white jacket. Both seem anxious.

Willis and a female police officer question 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 friends about unpaid money. However, Willis can't make the person leave because the person was asked to stay by someone living in the apartment so he told them to figure it out — Peacefully.

Willis continues patrolling the streets of Ellensburg. He

says the biggest things he has to worry about are property damage, burglary, and vehicle prowls. Incidentally, the average age for vehicle prowlers is 18-25, which makes his job very difficult. The hard part about policing a college community is that most people are good people but make stupid mistakes when alcohol is involved, he says. Drunken college 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 previously 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.

Because it's nearing midnight on a Thursday, Willis heads for downtown. EPD began noticing that Thursday nights were coming especially eventful in Ellensburg because an increasing number of Central 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," says Willis, upon seeing low number of people

roaming from bar to bar.

Willis slowly drives down 4th Street near the Starlight Lounge. A group of people are migrating in the same direction as Willis.

"Can I get a ride to Lilly's?" asks one of them.

"No," says Willis politely. "I go to jail only," he says to me.

Willis makes another nonlinear lap through Ellensburg. He checks for anything out of the ordinary. He watches for anyone who might possibly be disturbing this oddly quiet November night. But he finds nothing. All is calm. He heads back

downtown at 1:30 a.m. parking on Pine Street in view of Lilly's Cantina.

"I can't believe how dead it is," said Willis again.

Near closing-time, EPD posts one patrol car outside of Lilly's and another outside of Arnie's Horseshoe Sports Bar, while the two officers on foot patrol the area. This is in

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

Willis moves on, but shortly after stops to speak to the two officers on foot patrol. They too are 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. Willis can only shake his head. The dancing man then breaks out into an exaggerated sprint past Willis and the foot patrol officers. His friends assure Willis their intoxicated friend will be taken care of.

Several minutes later, Willis finds the group attempting to drive home. He asks them if they are okay to drive, adding that it appeared as though they were staggering. The driver, seemingly sober and responsible, denies it, saying that he drove down to pick up his drunk friend.

"I'm staggering, though," says the dancing man. "I lost my shoe!"

"I'm amazed by the number of people who come down in their [pajamas] to pick up their drunk friends," says Willis.

Just another Thursday night in Ellensburg.

**“Drunken college 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.”**



# Fee fairness

## Students at CWU satellite campuses pay less in fees, save \$885 compared to main campus

BY NICOLE SWAPP  
Staff Reporter

This year Central estimated that students at the Ellensburg campus will spend \$7,113 in tuition and fees as a resident student. Student 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

BY JOHN BARAN  
Staff Reporter

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 alum, Erickson has strong ties to the university.



ERICKSON

"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.

According to his website, Erickson also received a master's degree in American studies from the University of Wyoming, and a law degree from the University of California.

"My professors [at Central] were among the very best I encountered in my academic career," Erickson said.

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.

"I 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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RACHEL PARISH

## TRIBUTE TO THE FALLEN

Cadets hold 24 hour vigil in honor of POWs and MIA service members

BY ERIK FLEIS  
Staff Reporter

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."

**HONORING THOSE WHO SERVED** Senior Air Force cadets stand guard at the vigil in shifts. The POW table is set in remembrance for those who have not yet made it home. Each item at the table has symbolism, such as the red rose for the families and friends that keep faith awaiting their return home.





# 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.

Second, there's always Idaho and Oregon. Students at Washington State University have long made the short drive to Moscow, Idaho to buy cheaper alcohol. Since Idaho has yet to ban these



**ANTHONY JAMES**  
Editor-in-Chief

beverages, it's not out of the questions that someone who really wanted a Four Loko would go to an Idaho store and buy a case.

Third, the ban is temporary. Without further action, the ban will expire in 120 days. Earlier this year, a bill was brought forward in the state House only to die in committee. 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 to do list.

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 Lokos 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.

Maybe since this is out of the way, Gov. Chris Gregoire and the legislature can focus on the upcoming legislative session, pass a balanced budget and stop giving higher education the shaft.

# Video games are an art form, not a bad influence on kids

## The responsibility to keep children away from violent video games, not the government

On Nov. 2, the US Supreme Court started hearing verbal arguments in the case to ban violent video games to minors in California.

The ban would fine every retailer \$1,000 for each violation of the ban and effectively cripple the modern video game industry in Silicon Valley by making their games unavailable to a large share of their consumers. What makes this law so silly is the fact that books and movies with offensive content are still proliferated to minors more than video games.

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?"

Video games are as much an art form as the Mona Lisa or "Citizen Kane." Still, we don't let children go into the theater to see a foreign film with nudity.



**BRYAN EATON**  
Copy Desk

My mother covered my eyes during "Titanic" to prevent me from seeing a naked woman at 7 years old. It's important for parents to do the same with games.

What makes this more ridiculous is consoles like the Xbox and the Wii have parental controls on them. It's possible to let your kids play "Mario" and not "Grand Theft Auto: San Andreas." In ways, those ignorant of these facts are as much of children as the kids they are trying to protect.

Some of those parents, who may or may not be reading this, would likely ask me, "Would you let kids play games where kids kill each other?"

No, I wouldn't. I grew up on Pokemon and "Star Fox 64." You can have fun games without violence for kids.

The thing is, gaming companies are still trying to hold onto the gamers from my generation by making games for adults. We've mostly grown out of the Disney-only days and into stuff like "Jackass". The companies still want our money. It's their job.

At the end of the day, when you want to blame someone when your 6-year-old is pwning people on "Halo: Reach," blame yourself.

Games are an art, an art that older generations may not understand, but an art none the less. If that's a concept you can't grasp, think of how the Beatles were perceived by your parents. If you're in my age group, remember this for when you start having a family of your own.

## VISUAL STIMULATION



**"For man, autumn is a time of harvest, of gathering together. For nature, it is a time of sowing, of scattering abroad."**

- Edwin Way Teale

# Dear Editor,

I have to say I'm very disappointed in John Baran's "editorial." One song ruined his view of an entire metal music library at one radio station? That doesn't sound like reporting. That sounds like someone jumped to conclusions.

If I were to base my view of the Observer on Baran's editorial, I would have to assume that the entire newspaper is nothing more than music elitists proclaiming how they know better than the average listener.

I understand the sentiment that Linkin Park is not "metal" to his standards, but anyone with a grain of knowledge in metal can debate what defines "metal" and never reach a conclusion.

The second thing that must be taken into consideration is 88.1 The 'Burg has been on a quest to reach the students, and play what the students want to hear.

If Baran were to have tried and actively request a song, there is a very high probability the DJ on-air would try his or her best to accommodate him.

However, according to the article Baran didn't even try that. Instead, one song defined his entire view.

Finally, as a student-funded station, it would make business sense for the radio station to try and play what students request. It should not be surprising that Top 40 music and popular rock is high on that list.

If a student said "Hey DJ, play Linkin Park!" and Baran happened to be listening at the time, is he to assume then the DJ has no knowledge about other metal artists? What if beforehand the DJ did play something Baran would consider "metal"? I guess we'll never know.

As disappointed as Baran is in 88.1 The 'Burg, I'm disappointed in the Observer for allowing such poor reporting and research.

**Nicholas Songsangcharntara**  
former Promotions Director/Core Staff assistant and DJ, 88.1 The 'Burg

## Dear Readers,

The Observer welcomes brief letters (300 words or less) from readers on current issues. Please include your full name and university affiliation: year and major, degree and year graduated, or staff position and department. To be printed in the following week's issue, please e-mail your letters to cwuobserveropinion@gmail.com by 5 p.m. Monday. The Observer reserves the right to edit for style and length. Anonymous letters will not be considered.

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Scene: cwuobserverscene@gmail.com  
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## Deadlines

Weekend sports information: Monday 5 p.m.  
Letters to the editor: Sunday 5 p.m.  
Entertainment, meetings, calendar events, display ads, classified ads: Friday 5 p.m.

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cwuobserver@gmail.com



## What does Thanksgiving mean to you?



*"It means family and good food and Charlie Brown's Thanksgiving."*

-Max Turner  
Sophomore  
Computer Science



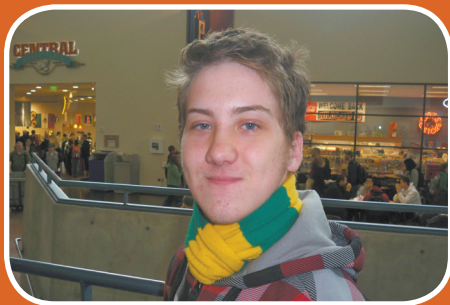
*"Going home and being able to relax and see my family."*

-Emily Blakely  
Junior  
Pre Paramedic



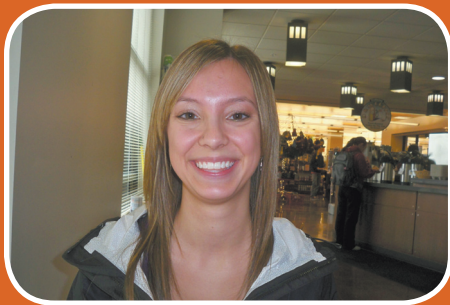
*"It's a time I get to spend with my family and talk about what we're thankful for."*

-Lindsey Moen  
Senior  
Elementary Education



*"I'm British."*

-David Smith  
Junior  
Exchange Student



*"It's a good time to spend time with family and do traditions."*

-Emily Bradford  
Freshman  
Elementary Education



*"It's one reason for me to see my family and come together over something common."*

-Dylan Gunning  
Senior  
Information Technology

## 'Tis the season for giving

Central students lend a hand this holiday season

BY JANAYE BIRKLAND  
Staff Reporter

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.







# 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 sophisti-

cated 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. Varner 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 memo-

rable for the programmers who got to meet him and they decided to book Varner for a show.

“I would recommend his music to anyone who likes piano rock, wants to discover a new and upcoming artist and someone who wants to not only listen to songs you can study to, but also sing along to,” Rich said.

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, [andrewvarner.blogspot.com](http://andrewvarner.blogspot.com). The site provides a calendar of events, biographical information, music and a blog.

For more information about Andrew Varner visit:

[andrewvarnermusic.com](http://andrewvarnermusic.com)

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# 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 transgendered individuals who have passed away over the past year. The vigil will be held at 6:45 p.m. in the SURC Theatre and glow sticks will be available.

American fashion designer



COURTESY OF GAYLIBERATION.NET

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.

King’s speech is at 7 p.m. in the SURC Theatre and is free. Following the speech is a meet and greet.

“When we have positive role models, and people in our lives

that are not afraid to be themselves, it helps others to be able to be themselves as well,” said Stephanie Sype, women’s event programmer for the Civic Engagement Center.

“This is an important event because transgender is often misunderstood and silenced,” said Leah Shelton, assistant director for the Diversity Education Center.

King was the first transgender woman to compete on America’s Next Top Model, which has provided national awareness towards transgender issues. 25-year-old King has become a popular and visible transgender television personality.

According to [whyfame.com](http://whyfame.com), King was voted off the show due to freezing during a water photo shoot from being nervous about wearing a bikini. King placed tenth out of fourteen contestants.

Although born male, King feels she was “born in the wrong body.”

Before becoming famous, King lived in a homeless shelter and dated her boyfriend, Desmond. After more than three years of dating, Desmond proposed. King decided to have surgery last November to become a woman. She began hormone replacement therapy in 2007.

King currently resides in New York City. She has an associate degree from the Art Institute of Philadelphia and does freelance print and runway work for various corporations.

The event will touch on many different subjects and will provide a better understanding of the transgender community, as well as raise “awareness that transgender people exist and are people,” said Kyle Duffey, student programmer for the Diversity Education Center.

**DOORS OUT THE SCOOP**

**1** SURC Pit  
Andrew Varner  
Tonight  
7 p.m.  
Free for students

**2** SURC Theatre  
National Transgender Day of Remembrance  
Tonight  
Free for students

**3** Raw Space  
The Laugh Lab  
Anthony Calderon Comedy  
Tonight  
9 p.m.  
109 E. Fourth

**4** SURC Climbing Wall  
CWU Campus Bouldering Competition “Cranksgiving”  
Friday, Nov. 19th  
7 p.m.  
\$8 if registered before Nov 6  
\$12 day of registration

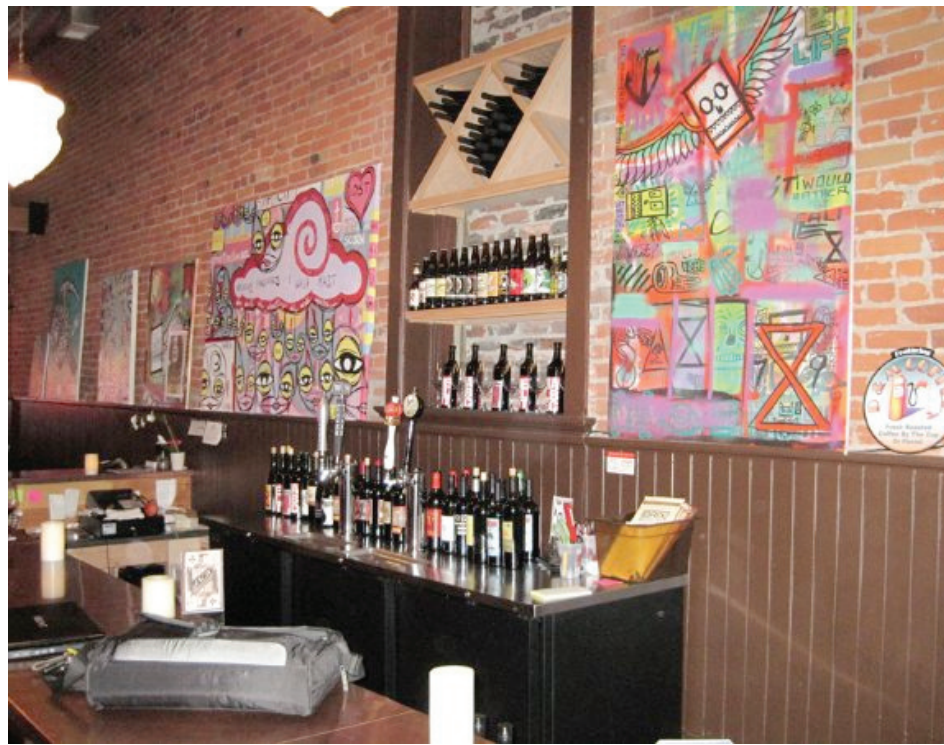
**5** McConnell Auditorium  
Urinetown  
Friday, Nov. 19th  
7:30 p.m.  
\$15 General Admission  
\$10 Non-CWU students/seniors  
\$5 students with ID

**6** Raw Space  
Big Wheel Stunt Show with The 667’s and Sarlacc  
Saturday, Nov. 20th  
8 p.m.  
\$5 Admission

**7** Banff Mountain Film Festival  
Monday, Nov. 22nd  
SURC Theatre  
7:35 p.m.  
\$8 Students & Rec Members  
\$12 Non-members

**8** Monday Movie Madness  
National Lampoons Christmas Vacation  
Monday, Nov. 29th  
SURC Theatre  
7 & 9 p.m.  
Free for students \$3 general admission





ALL PHOTOS BY MARC TRATAR/STAFF REPORTER

## Brix wine bar opens its doors to Ellensburg

BY MARC TRATAR  
Staff Reporter

Brix, a wine bar owned by Elevation Wine Company, features a warm interior that has both the classical feel of a brick building and the flare of modern paintings 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, in-

cluding 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 Chelsea 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 Law, two customers who have been to Brix several times.

The menu has a great selection of things to nibble on or entrées 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 residents 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 Law said.

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

All benefits from this event go to support the Children Seattle Guild Association.

## 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 GUZMAN  
Beer Scholar

So, you think you know about beer, young buck?

As most people know, pretty much anything we consume nowadays is way better back in the day — whether it be music, cartoons, fast food, or whatever you like — so shouldn't beer be no exception?

Wanna know a great beer that rocked countless 14th century Bavarian keggars 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 hallowed ranks as Coors Light, Corona and Busch.

Thankfully for you, esteemed beer caahuate, 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 alcohol 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. For reals!

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 "Troegenator." Another popular bock is "Asam"

(pronounced "awesome," with a slight Boston accent).

This week, I'm tackling one of the bigger/badder bocks that you can still find at Happy's Market: "Optimator," by the Spaten Brewery in Munich, Germany.

Optimator is a doppelbock, which is basically a bock on steroids: maltier, 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 maltiness — 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 alcoholiness.

Ooh, one accidental discovery: After initially sampling Optimator, I left about half the glass on my counter for about 15 minutes. I came back to Optimator with the assumption that most beer tastes like reindeer spittle 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 refrigerator 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. Enjoy.

“ You're an American, and you appreciate good packaging! You want a beer with a badass name, right? ”



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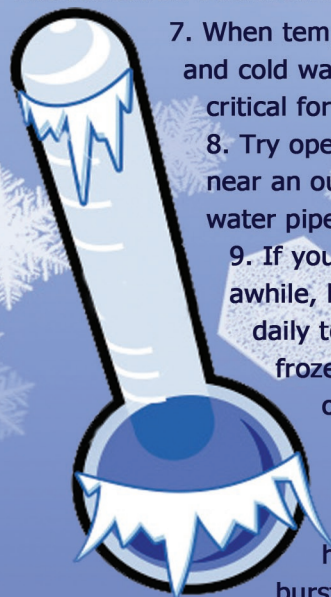
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BEFORE YOU LEAVE FOR THE HOLIDAYS  
**TOP 10 TIPS TO PREVENT FROZEN WATER PIPES**

1. The temperature in the home should be no lower than 55 degrees.
2. Make sure all garden hoses are disconnected.
3. All exterior floor vents and crawlspace access doors should be closed and sealed properly. Foam floor vent inserts are available through local lumber and hardware stores. If you want to cut your own inserts, use 2" thick pink waterproof foam board.
4. Insulate perimeter walls in the crawlspace with R-19 six-inch fiberglass batts.
5. Wrap both cold and hot water pipes with R-11 three-inch thick fiberglass batts. Insulating water pipes does not necessarily prevent frozen pipes.
6. If you wrap your pipes with heat tape, be sure to follow the manufacture's instructions. Improper use may cause a fire.
7. When temperatures go below zero, try letting the hot and cold water trickle overnight. This is especially critical for water pipes on the outside walls.
8. Try opening cabinet doors under a sink or appliance near an outer wall to allow heat to get to uninsulated water pipes.
9. If you plan to be away from your home for awhile, be sure to have someone check your house daily to make sure it's warm enough to prevent frozen water pipes, or have your water turned off at the meter by the City Water Division, at no charge during normal working hours, so you can drain your pipes.
10. Make sure you and your family know how to shut off the water. If the water pipes burst, this can minimize damage.



A public service message from the City of Ellensburg Public Works Department

For more information, or for after hours emergency water shutoff, contact the City of Ellensburg Water Division at 962-7230.



# 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 interpreta-

tion 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 to create their 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 tumble weeds, 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 geared towards 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.



COURTESY OF ALEX EMMONS

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# “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.



NICOLE JARVIS

**TOP CHEF** CWU Dining Services Chef Kevin “K.C.” Camarillo assists “Top Chef” star Dave Martin during last Tuesday’s Top Chef networking 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 incorpo-

rate 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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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.

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# CONFERENCE CHAMPS!

## Central left out of playoffs despite winning GNAC title

BY BRYCE HJALSETH  
Staff Reporter

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

The Wildcat football team came into the game after a four-game win streak with a record of 7-3 overall and 6-1 within the GNAC division.

The Western Oregon Wolves had been on a three-game win streak with a record of 7-3 overall and a record of 5-2 within the conference.

If Western Oregon were to win this game, they would have shared the GNAC title with Central. The Wildcats stepped up big in a close game with a final score of 21-16.

"I thought it was good. I thought everyone executed well," said head coach Blaine Bennett. "Oregon is a well coached team. They came in with a chance to share the conference title, so they were ready to go. It was a tough fought game in all three areas."

The Wildcats scored on their first drive of the game after a fumble recovery on Western Oregon's own 22-yard line. They could not get anything going in the red zone and were forced to kick a 30-yard field goal by sophomore kicker Sean Davis. With the field goal, the Wildcats jumped out with an early 3-0 lead over the Wolves.

Central scored on their next drive when sophomore quarterback Ryan Robertson found junior wide receiver Justin Helwege in the end zone for a 13-yard



JOEY LEBEAU

**THE CHAMPS** Sophomore linebacker John Koopman (30) and senior linebacker Adam Bighill (44) celebrate after winning the GNAC championship. Central beat WOU 21-16 to wrap up the 2010 season.

touchdown completion. Robertson finished the day passing 26 for 42, with 299 yards and two touchdowns. This marked his second best passing performance of his career.

"I have just felt a little more comfortable every game," Rob-

ertson said. "Things have just slowed down for me a little more each week."

The Wildcats' point after touchdown (PAT) was blocked, making the score 9-0.

In the beginning of the second quarter, Western Oregon's junior

quarterback Cory Bean found junior wide receiver Trevor Gates for a 46-yard completion. This set up a 20-yard field goal by sophomore kicker Kelly Morgan, bringing the score to 9-3.

The Wildcats responded with a 9-play, 73-yard drive that came

up short of a touchdown, ending in another field goal by Davis, moving the score to 12-3 in Wildcats favor.

The next score would not come until a couple minutes into the third quarter. Robertson completed three straight passes, netting the Wildcats another touchdown on a 21-yard pass to Helwege, furthering the score to 19-3. Helwege ended the day with seven receptions for 132 yards and two touchdowns.

Early in the fourth quarter, the Wolves started a drive at the Wildcats' own 10-yard line after a 64-yard punt return by Wolves' wide receiver Lucas Gonsalves. The Wolves were able to move 10 yards ending in a 1-yard touchdown run by quarterback Bean, bringing the score to 19-9.

With less than five minutes left in the fourth quarter, the Wolves quarterback was able to hook up with senior wide receiver Demario Ballard for a 60-yard touchdown completion. The score became a tight 21-16 lead for the Wildcats.

Neither team was able to get anything going in the last minutes of the game. With about four minutes left, the Wildcats gave the ball up on a fumble by Robertson, which was recovered by the Wolves' defensive lineman 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, but the Wildcat defense prevailed, stopping the Wolves on a fourth down incompleting, making it a final score of 21-16.

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

**GNAC CHAMPS  
CONTINUED ON P.17**

## Wildcats blow out Quest University at home by 65 points



NINA KANARSKAYA

**FAST START** Forward Jamar Berry sinks a free throw against Quest University.

## Senior forward Jamar Berry drops 23 points in Central debut

BY ANDREW HOGGARTH  
Staff Reporter

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 CWU 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 5-2, 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 Kermodes bench to save a ball from going out of bounds, resulting in an additional possession for the Wildcats.

The 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 opener against Multnomah University, which they won by 85 points.

"We wanted to come out and make a statement in our first game," said senior center Coby Gibler. "It was tough to continue to push after halftime because of the score, but the good teams find a way and we found a way."

**BLOW OUT  
CONTINUED ON P.16**



**#1 Jamar Berry**





MIKE SUH

**HOME DEBUT** Junior guard Nneka Payne scores a 3-point bucket en route to her 19-point effort. Central beat Hawai'i Hilo 65-59 in the first game of the 2010 season last Monday at Nicholson Pavillion.

## Lady Wildcats roll in home opener against Hawaii 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 kept putting points 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 15 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 Sophie Russell with 11 points.

Senior guard Luv Rattler 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," Rattler said.

Rattler 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."

Central will host the Wildcat Classic this weekend and will face Chaminade on Friday at 7 p.m. and Dominican (CA) Saturday at 4 p.m.

"I think we did really well, especially for a brand new team. We have really good chemistry and we play well together."

STACY ALBRECHT  
Sophomore center and captain

### 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 56-20 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. Senior center Chris Sprinker and junior forward Jody Johnson missed the opener and will not play in next Saturday's game against Walla Walla due to suspensions stemming from a violation of NCAA regulations.

Also missing in action was senior guard Toussaint Tyler, a key cog in the Wildcat back court 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 Pavillion at 7 p.m.



NINA KANARSKAYA

**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 that went 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 Demetrius Guice, freshman offensive linemen Michael Nelson and sophomore kicker Sean Davis were named.

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

Ryan Robertson had a career year and was named to the Second Team All-Conference along with nine other Wildcats.

-Courtesy of Jonathan Gordon  
Assistant Athletic Director for Media Relations



#44 Adam  
Bighill



**GNAC CHAMPS  
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 named Defensive Lineman of the Year**

Eugene 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.

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.



**#99 Eugene Germany**

**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.



**#26 Stan Langlow**



JOEY LEBEAU

**SENIOR MOMENTS** (Above) Senior defensive back Loa Madon (24) picks off a pass from Western Oregon. (below left) Senior linebacker Paul Wright (16) is congratulated by the coaching staff after winning the conference title. (below right) Senior wide receiver Chris Smith (6) pulls in another touchdown against a Western Oregon defender.

**GNAC Football Standings**

School	Conference	
	W	L
Central Washington	7	1
Humboldt State	6	2
Western Oregon	5	3
Dixie State	2	6
Simon Fraser	0	8



JOEY LEBEAU



JOEY LEBEAU





## Wild in the Streets

BY CAMBREE BENETUA  
Staff Reporter

Shrovetide football is one of the oldest sports known to mankind and holds an ancient rivalry dating back since the 12th century. However, most people might not know that it is said to be the origin of football, soccer and rugby.

On Dec. 1, Central Washington University will host the premiere of the new motion picture film "Wild in the Streets," which chronicles the ongoing Shrovetide rivalry between the two parts of Ashbourne, England.

"This movie will show you an aggressive sport that you would have never guessed a small town would decide to play every year," said Emily Noste, junior women's rugby player.

Shrovetide football consists of two teams and the players are people who live opposite each other on the river Henmore in Ashbourne. The first of the two are the Up'ards, who are the aristocrats of Ashbourne, and the second are the Down'ards, who are made up of the scruffy lower class.

For the past 10 years the Up'ards have been known for dominating the contest.

The game is simple; teams consisting of thousands of people get a four-pound ball to one of the two goals that lie three miles apart in town.

Ashbourne becomes a giant playing field with no referee.

The only rules are that you cannot carry the ball in a motorized vehicle, cemeteries, churchyards and memorials are off limits and there is no tolerance for manslaughter.

Other than that, the town members cross rivers, climb trees and brawl to gain posses-

sion of the ball.

Every year between Shrove Tuesday and Ash Wednesday the rivalry is ignited once again.

"After watching the trailer I am really excited to see this movie," said senior nutrition major Rachel Siedenstrang. "It was crazy seeing how these people were fighting over the ball and how the entire town shuts down to play this game every year. It's really interesting to learn about."

The men's and women's rugby team are joining up to make this event possible by sponsoring the premiere and fundraising for their upcoming season this winter.

"Not only will this fundraiser bring in money for our club, but I hope it will also inform people about the rugby program here at CWU," Noste said. "I hope people would like to get more involved and maybe come to some of the rugby games here on campus."

Representatives from Ocule Films will be attending the premiere to receive feedback at the end of the showing.

"I think the movie will be exciting for everyone because it is about a town coming together for a wonderful experience that seems pretty fun," said Aaron Lee, senior men's rugby club president. "It's a fun experience for a night with your friends and family."

Tickets can be purchased for \$10 and the trailer is available at [wildcattickets.com](http://wildcattickets.com)

### Movie Premiere

To see the trailer and learn more about the movie, please visit [Wildinthestreetsmovie.com](http://Wildinthestreetsmovie.com)

## New business brings retro sports gear to Ellensburg

BY BRYCE HJALSETH  
Staff Reporter

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, Randy's father.

Randy splits time between being a fly fishing guide and running Royal Sports. The shop is open Wednesday through Saturday from 12 p.m. to 5 p.m. Randy works alongside business partner and part owner Jan Ramirez.

"We want to have a one-stop-shop for everything," Ramirez said. "For now we are just focusing on having an awesome hat wall and being the best hat store we can be."

The store continues to expand inven-



PATRICK CLARK

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

tory 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 is out of stock or certain team apparel that

they 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 spot."

For more information on Royal Sports, you can find them on Facebook or follow them on Twitter at @RoyalNW, where they will keep costumers updated on new products and events.



# Volleyball drops season finale to Western

## Four players earn all-conference team honors

BY JAKE ABBOTT  
Staff Reporter

The Wildcat 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, having five players total for 34 kills. Central was led by senior outside hitter Kady Try with 13 kills and a .225 hitting percentage and junior outside hitter Meg Ryan with 11 kills.

The Wildcats came out strong in the beginning but seemed to lose control midpoint in each set. Though the teams game plan seemed to be on point, the Wildcats passing was inadequate.

"Our passing was our Achilles Heel," said head coach Mario Andaya.

Senior middle blocker Kristel Baeckel had five kills on the night, hitting a .400. Baeckel has played a key role for the Wildcats this season producing 102 kills while hitting a .340 for Central. She also averaged 1.16 blocks per set.

"When Kristel touches the ball there is a 50 percent chance it's going to be a kill," said Andaya. "That is phenomenal at any level."

Junior setter Carlee Marble produced 30 assists and five digs against the Vikings, also adding a single kill.

Defensively, senior libero Brandie Vea had a very impressive 18 digs for the Wildcats. Ryan and freshman libero Chelsie Vea combined for an additional 26 digs that night.

Vea and Try have been on the squad for four years. During their time at Central, they have never beat WWU in Bellingham.

"We really wanted to win," said Vea. "For some of us it was the last game of our career and we wanted to go out with a bang."



JOEY LEBEAU

**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.

After Thursday's performance, Vea broke a school record with 1,774 digs over her four year volleyball career at Central.

"I never thought in my whole career that I would accomplish something like this," said Vea. "It is a blessing to be doing something I love for so many years."

Vea has been rewarded with honorable mention honors in the GNAC so far this season. All American statuses 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 Geary and Megan Amundson combining for 23 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 Baeckel. "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 6.

Central ended the season with very respectable stats. The Wildcats averaged a .189 hitting percentage this season, outperforming 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 Baeckel, 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 Earns First-Team All-GNAC Honors

Senior outsider 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 Baeckel, junior setter Carlee Marble, and senior libero Brandie Vea all earned Honorable mention for the All-Conference team.



**#33 Kady Try**

# OPR offers upcoming events for students

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

First, the CWU Climbing Club will host its annual bouldering competition, "Cranks-giving," 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 \$12 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 Nov. 22 at 7:35 p.m. in the SURC theatre, Outdoor Pursuits and Rentals will also be hosting the Banff 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 filmmakers, and spread a respect and love of the great outdoors.

Today the festival tours worldwide to over 30 countries, showcasing the short films more than 550 times over the course of the tour. The films feature several topics, including extreme mountain sports, cultures of the world, exploration and many others.

Tickets for Central students and Recreation Center members are \$8, and \$12 for general admission. Tickets are available online at [www.cwu.edu/~wildcattickets](http://www.cwu.edu/~wildcattickets).

For more information on both events, please contact Central OPR at 509-963-3537, or [outdoorpursuits@cwu.edu](mailto:outdoorpursuits@cwu.edu).

**-Courtesy of Mindy Holliday  
Marketing Supervisor  
Publicity Center, Campus Life**

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# 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.)

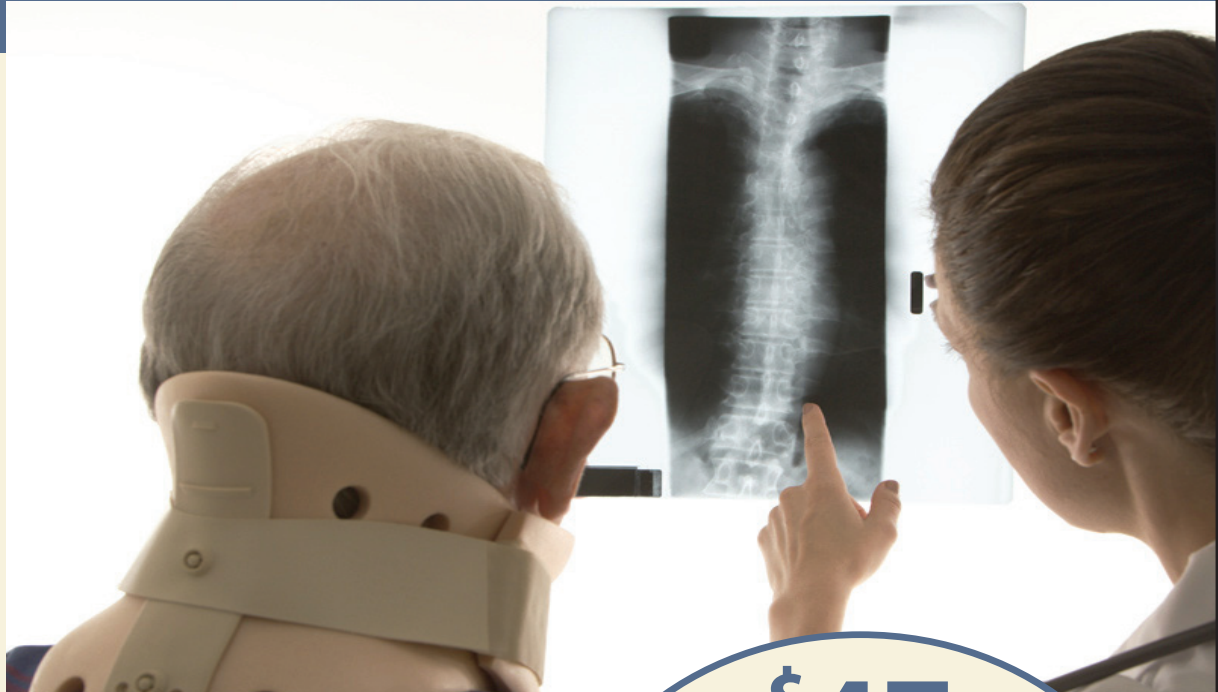
## Before You Go Under The Knife And Opt For Spinal Surgery...

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, whichever is comfortable, and then a specialized belt is gently put around your waist. We'll set 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.



**For those suffering with herniated lumbar discs, a non-surgical, drugless solution is helping patients be pain free.**

## 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.

**\$47  
SPECIAL  
Ask for the  
Decompression  
Evaluation  
(includes examination, consultation,  
treatment & digital x-rays if  
needed. \$250 value)**

- 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 our 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**