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FISH food bank ready to serve

BY LINDSAY TROTT
Staff Reporter

Friends in Service to Humanity (FISH) Food Bank opens its doors to help whomever they can during the holiday season and are there year round to provide food to those in need.

For Thanksgiving, director Roger McCune said he tries to ensure that he has enough turkeys for whoever needs them.

The FISH Food Bank receives food donated from grocery stores, private donations, food drives and uses regular budget money to provide what people need. Ten dollar gift certificates to Super I Foods are also given out for Thanksgiving.

“Believe it or not, that, ten dollars gets people excited,” McCune said, “It helps them get those odds and ends for their [Thanksgiving] dinner.”

FISH Food Bank is open fifty-two weeks a year five days a week, with a soup kitchen available on Monday, Wednesday and Friday.

They accumulate over 1,000 volunteer and community service hours each month, with 553 families served in October and about 600 so far this month.

Volunteers have noticed that there has been much more donations with Thanksgiving approaching. Roma Stokes, who stocks the shelves from FISH Food Bank and also volunteers by preparing and serving food to others which he particularly enjoys since he gets to choose the meals.

While McCune says that he has seen more students come in this fall, he doesn’t see many of them because of the stigma that goes along with going to the food bank and the fact that many students may be unaware that food is available.

“Food is available,” McCune said. “But we try to make it as painless as possible.”

Bill Bolman receives food from FISH Food Bank and also volunteers by preparing and serving food to others which he particularly enjoys since he gets to choose the meals.

“I do it for the fun of it and it gives me something to do to help the community.”

McCune says that he will help out whoever needs it and that during the holidays it’s necessary to have the food available to those who need them.

“No one wants to come to a food bank because there is that stigma that people who come here are lacking something,” McCune said. “But we try to make it as painless as possible.”

Bill Bolman receives food from FISH Food Bank and also volunteers by preparing and serving food to others which he particularly enjoys since he gets to choose the meals.

“I also volunteer, I enjoy it and it gives me something to do to help the community.”

Search and Rescue

Winter sports bring risks and hazards, but Kittitas County SAR is prepared to help

BY JESSICA MASSART
Contributing Reporter

With winter in full swing, many students and local residents have their hearts set on recreational activities. People need to be informed that there is help provided by the Kittitas County Search and Rescue team (SAR).

Right now, Search and Rescue is gearing up for avalanche and recertification training, said Fred Slyfield, coordinator and emergency specialist of the Sheriff’s Department.

Slyfield explained that anyone can be trained, as long as they attend monthly meetings in the certain area they are training for. Different winter rescue groups that make up SAR include a horse team, ATV team, snowmobiles and back country teams.

Slyfield said he has 120 registered volunteers who operate by mobile command whenever the Sheriff’s Department needs them, with four to six people on each team. On average SAR does about 83 missions in a year. When the Sheriff’s Department is notified that someone is missing or stuck on a mountain, they are on the scene and set up in about two hours, depending on the time of day.

Clay Myers, department undersheriff, is also involved with SAR cases. He is involved with putting out press releases and making public service announcements on what people need to be aware of when going on recreational activities. Myers said outdoor enthusiasts should remember to tell someone where you are going, get a compass and learn how to use it, and bring warm items.

According to Myers, the people who usually get lost are the ones who don’t have enough skill, lose track of their landmarks or don’t know their way around.

Search and Rescue strives to be involved with keeping the community safe. To keep the SAR teams up to date with certifications, Myers said he wants to make sure that the SAR volunteers take classes and training every year to keep them qualified. Myers said that he is trying to establish state-wide standards for training.
GWU Medical Clinic recommends flu shots

by Kelly Hopkins
Staff Reporter

In the United States each year, an estimated 25-30 million cases of influenza are reported. Though mostly mild cases, this leads to approximately 150,000 hospitalizations and 30,000-40,000 deaths. As flu season comes upon us, it is time to start preparing.

Luckily, the solution to flu season may be as simple as walking down to the Central Medical Clinic. The clinic down the street from the Student Union and Recreation Center offers free flu shots every year, from November to June.

"Now is the time to get them, before an outbreak," said Barbara Stanley, a registered nurse at the clinic. "Last year we didn't have any trouble because of the scare factor of H1N1."

Flu shots last year were in short supply due to people's scramble to protect themselves from the swine flu.

"This year, it's back to the norm," Stanley said. "Students are healthy and some have never had the flu."

This shouldn't stop students from receiving flu shots. On a big campus like Central it is very easy for a contact virus to spread. When prevention is so easy, why flirt with the flu?

"We give them a shot and they're out of here, it's really easy," Stanley said. "We try to make it as easy as possible."

Though most fear that it will make them sick due to some reaction to a "live" virus. "It's a dead virus," Stanley said. "You cannot get sick from it. It boosts your immune system to fight off the flu if it comes."

If you get sick after getting a flu shot, you have most likely gotten a cold or another virus. But how do you know if it's the flu?

Influenza is a virus that infects the respiratory system and is transmitted through moisture droplets from an infected person's breath. Symptoms include: muscle aches, headaches, dry cough, fever over 101 degrees, chills and sweats. The virus itself usually runs its course in a few days, but may be complicated by subsequent bronchitis or pneumonia.

"People think the shots are for the 'stomach flu,'" Stanley said, but this elusive virus is not the flu at all. Most people associate the flu with nausea and being bedridden, but what your mom calls "the stomach flu" is really a generic virus often caught during wintertime. Your flu shot will protect from the influenza virus, which attacks the respiratory system.

"Get a thermomenter. Please get a thermometer. Buy hand sanitizer, cough into your coat."

Janet Powell
Licensed Practical Nurse

"If you do get the flu, the clinic advises you to stay home. Going out just makes it spread. And when prevention is so easy, why flirt with the flu?"

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"If you don't feel better in 2-3 days, call the clinic. People can almost always make appointments for the same day," Powell said.

The shots are offered at the clinic Monday and Thursday from 3:20 p.m. to 4 p.m. Stanley and Powell really hope students will take advantage of this.

"They're absolutely free," Stanley said. "We want to use them. It's a waste if we have to throw them away."

If students don't start to use the shots, they might not have any available in the future.

"If we don't start getting students to get flu shots, we might not be able to provide this service much longer," Stanley said, and on the cusp of flu season, that's something we can't afford.

READ THE OBSERVER WEEKLY

Central Washington University is proposing a gender-inclusive housing pilot program that would allow residents to choose to live in a suite with anyone else, regardless of their gender. This is a pilot program that is still pending approval from Central’s cabinet, but if it is passed, the program will begin in Moore Hall for the 2011-2012 academic year.

"I’m really excited for the gender-inclusive living here," said Diana Lovell, junior recreational tourism major and adviser for Moore Hall.

"I think that it will give a chance for the GLBTQ community to choose who they want to live with and allow them to be more comfortable."

Information from Central’s housing guide describes how gender-inclusive living allows students to live with friends and family and how it also serves as a good housing option for gender-variant students.

This proposed policy will be a student housing option that allows students to live in this community, regardless of their gender or sex.

The rooms in Moore Hall are three-person suites that have three single rooms with a shared bathroom. Moore Hall houses sophomore, juniors and seniors. Students who want to live in Moore must indicate that they understand that their roommate(s) will be assigned to them regardless of gender or biological sex.

"It will be interesting to see what happens when this policy goes into effect," Lovell said. "I think that we’ll see more of the gay, lesbian and transgender community moving in here."

Gender Inclusive campus housing being considered for next year

by Hayden Rapp
Staff Reporter

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NEWS

Food Drive
Donating your spare cans is the gift that keeps on giving this season

BY PRESTON PRENDERGAST Staff Reporter

When the snow was falling all over Ellensburg many people were only thinking about how to get warm.

Yet outside the local Safeway and Albertsons there was a group of students who had something else on their mind: giving.

Last year Schoonover was the political program coordinator, which led to her running for vice president of the CWU chapter of the Washington Student Association.

During Schoonover’s freshman year she worked as front office staff for the BOD. She was convinced to join the CWU chapter of the Washington Student Association.

Last year Schoonover was the political program coordinator, which led to her running for vice president of legislative affairs.

Legislative affairs hopes to “get more student involvement and [make] students aware that their voice

The students were also doing the food drive to show both the students and the community that fraternities and sororities can be a productive part of society.

“Serving the community collaboratively we are debunking the stigma associated with fraternities and sororities,” said Anthony Peterson, senior law and justice and sociology major. “Omeg a Psi Phi and other fraternities and sororities in Ellensburg are working to help the community and show everyone we are here to train leaders, not party animals.”

Schoonover said. “I’ve even made a point to go to all of the University 101 classes and talk to them and the advisers and basically coordinate between all of the departments,” McKinley said.

Some students were there just to help out people who are having trouble making ends meet.

“We don’t currently know what the budget situation is going to look like” next year, Schoonover said. “I know that the state is looking at cutting billions of dollars out of the state budget. And school funding is normally the first thing that gets cut because the state doesn’t have to fund us, according to the constitution.”

In previous years the state has cut funding for tuition and financial aid for students.

“Last year the state was looking to cut the state financial aid by 65 percent and we were able to lobby them down to 35 percent,” Schoonover said. “Central has the most in-state students by percentage, so we have a lot of students here that are on the state need grant so that affects us at Central a lot.”

Michael Merz is the legislative affairs liaison. Merz spends winter quarter in Olympia lobbying and presenting agenda issues that Rebekah Schoonover prepares.

The ultimate goal of the legislative office is to try to get students politically involved and to get the vote out.

“If this is your freshman year, then you should definitely be rallying, going to Olympia, getting involved, writing letters to your legislators and senators,” Merz said.

This year is a little bit different; we’re taking a much more defensive stance, instead of [asking for more money], this year we’re lobbying to say, ‘don’t take any more money,’” Merz said. “The last two years we’ve had 14 percent increases in tuition and this year does not look much brighter.”

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Donating your spare cans is the gift that keeps on giving this season

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Dear Editor,

There is a real, and better, reason to abstain from shaving for the month of November. A way to not only “look like the average Northwest logger,” but to start conversation regarding men’s health.

There is a movement that began in Australia in 2003 and has since spread around the world called “Movember.” Men across the world have chosen to grow out their mustaches, to raise money to support various causes. "Movember Movement” until both my father and grandfather, who recently passed away from this disease. So, to all those guys that just don’t feel like shaving, you can count me out.

To prove my point, I checked out the Microsoft Facebook page. Sure, there are some status updates pining out the latest crash-worthy products, but there are also some that just plain don’t make sense, like “Happy Thanksgiving” and “Yeah, this is self-indulgent, but fnarl it!”

An Observer staffer gives his thoughts in his last issue:

...It’s the end of the quarter, and if you’re like me, you’re working on your group project. There can be benefits: You get to work with a group, hear different ideas and work can be done faster in a group. But for classes that have little dialogue or group projects are a working nightmare.

A group of students thrown together may not work well. Some students who want to succeed and a few who don’t care. Most often you end up being that person who cares and works hard to get a good grade and find a good job. The end, like that hard-earned grade with the slackers.

Money should never depend on someone else’s skills, and anything I work hard for shouldn’t be handed off to someone who’s didn’t earn anything. Sure someone could do a way to balance it out by grading individually or having peer ratings, but in the end you still must work to make the project work.

There’s always the argument that students need to work in groups because we will in the real world. Maybe that makes sense, but in my experience in the real world, there’s a boss and you listen to the guy who’s you’re gone and someone else will do it.

Most of us already have busy schedules and it’s impossible. Some of us work all day on all night. Some of us have families, some of us are athletes and some of us have caring responsibilities. Some of us make home every weekend while some of us party too much.

It’s not enough to get everyone together since there’s no guarantee that the group will focus. There are distractions, and you know it’s impossible. So whether I become a respected writer or a world class 7-Eleven taquito snack, it’s not going to work, and you’re not going to do what I tell you. We’re not here to carry someone else through the experience.

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**Harry Potter and the Deathly Hallows**

**Movie Review**

By Giancarlo Gonzalez

Anticipation has been building for the final installment of the most successful film series of all time, and “Harry Potter and the Deathly Hallows Part I” delivers. Fans of the series know where it left off and those who are not initiated would do well to rent all the previous films in order to get up to speed.

The film has the feel of a coming-of-age story, with the customary “going back to school” scene no longer a part of the film. Instead, the heroic trio of Harry, Ron and Hermione must fend for themselves in the dark, dangerous and bleak world while avoiding the Death Eaters sent by Voldemort. The action pours out from the beginning with an incredible chase scene and Director David Yates does a wonderful job of jumping into the story, building anticipation from the start.

The wizarding world has a darker edge than previous Harry Potter films. Voldemort and his minions are now in charge of the Ministry of Magic and are following their fascist agenda. All mages and witches must be racially pure or risk being tortured and killed as a result of being born a half blood or being a Muggle.

The violence in the film is justified in setting up the classic battle between good and evil. Black, grey and stark white colors are the predominant palette for this film and the music creates emotional anxiety throughout.

The acting is top notch with excellent performances by the entire cast, especially Ralph Fiennes (Voldemort) and Helena Bonham Carter (Bellatrix).

Overall, this is an excellent film as the penultimate ending to the “Harry Potter” series.

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**Quidditch**

**Without the magic and the flying**

By Reda Lee
Staff Reporter

Fans of Harry Potter celebrated the latest movie by playing Quidditch on a snowy Saturday afternoon. On Nov. 20, the day after the opening of “Harry Potter and the Deathly Hallows Part One,” a group of Central students involved in the Cross Cultural Leadership Project (CCLP) put on a Quidditch Tournament on the Community Fields as a part of the fundraiser.

Students involved in CCLP planned the Quidditch Tournament as their first fundraising event of the year. Each year students involved in this organization raise funds and proceeds go toward future opportunities in learning about different cultures all over the world.

This year, the club is working toward a trip to El Salvador to help build a school in a small, rural town.

With the opening of the new Harry Potter film, the CCLP though it would be a great opportunity for them to raise money for their cause. The Quidditch Tournament was open to everyone on campus and members of the community.

The cost was $5 per person to enter the tournament. Attendees had the choice of entering as a team of seven players or entering the tournament. Contenders were assigned to a team. The opportunity for the tournament to raise money for their organization was open to everyone on campus.

“Watching the snitch run around in wings and get tackled made it out to the fields and had much fun everyone had,” said Sacha Haia, CCLP member.

Overall the tournament was a successful event. The players that signed up for the tournament were a total of two teams: “Snitches get Stitches” and “The Flaming Pigmepuffs.” They played a total of four seven-minute quarters. The entire game was entertaining for both the onlookers and the players. Everyone got a good laugh out of the tournament.

“My favorite part was how much fun everyone had,” said Ryan Gregson, CCLP member.

Without the magic and the flying, Harry Potter fans can still enjoy Quidditch. It is a fantasy game, but in truth it can be played in reality. There isn’t any actual flying around on a broomstick, however broomsticks are still involved as well as the infamous snitch.

The weather was not looking too great the day of the Quidditch Tournament. There was an inch of snow on the ground and it kept falling as the tournament approached. The air was cold and the snow was not going to let up. Some members of CCLP who had gotten to the field early enough to set up were worried that the weather may have made some of the players weary on coming out to play.

As soon as 11 a.m. came around, students with brooms came walking toward the Community Fields. It looked as if they weren’t going to let the weather get in their way of playing Quidditch.

“Everybody’s attitude was great,” said Logan Bahr, CCLP member. “It was nice seeing everyone enjoy themselves in the white-out situation.”

Each team was dressed in their team attire along with their homemade brooms created with twigs and branches. It was a sight to see.

There were a total of two teams: “Snitches get Stitches” and the “Flaming Pigmepuffs.” They played a total of four seven-minute quarters. The entire game was entertaining for both the onlookers and the players. Everyone got a good laugh out of the tournament.

“My favorite part was how much fun everyone had,” said Sacha Haia, CCLP member.

Haia was pleased with the tournament and enjoyed seeing so many people show up even though it was snowing.
Discovery Channel star to speak at Central
Sig Hansen: This guy’s got crabs, a family, a crew and mad fishing skills
BY MARC TRATAR
Staff Reporter

The Bering Sea is a place that makes those who work in offices thankful for a place to sit and climate control. Rogue waves can knock a deck full of men, never to be seen again, 800-pound crab pots haring over the deck like a clock pendulum, and a bait grinder that could mutilate your arm as easily as it does the 40-pounds frozen fish blocks it devours are just some of the things a commercial fisherman has to deal with while out at sea. The men who actually do this job are just as rough and tough as the job itself.

To give Central students a chance to better understand this job, Capt. Sig Hansen of the Northwestern fishing vessel “Northwestern” and star of the Discovery Channel’s hit TV show, “Deadliest Catch,” will be speaking at 7 p.m. on Dec. 2 in the SURC Ballroom.

“Sig Hansen: This guy’s got crabs, a family, a crew and mad fishing skills”

He also said, “We run a business,” Hansen said. “When we run a vessel, we’re fishing – the element of family disappears once the crew steps on board.”

“But I’ve always wanted to perform.”

For some Central students the most valuable commodity is their time asleep. On the Northwestern, “the guys are pretty good if they get four hours off a day,” Hansen said. So far, more than 500 people have signed up to attend the event.

“The ratio is mostly parents and community,” Bruya said. “It’s about one-third students. There used to be a much better turn-out of students about 10 to 20 years ago.”

Many students on campus don’t realize that classical and jazz concerts are held on campus and many times for free. Only larger charged events such as featured musicians, ensembles a venue to perform all they’ve learned throughout the quarter.

“This quarter, the ensembles played jazz of varying types: some groups composed their own music, too. There were performances of classic jazz standards, swing era classics and modern jazz compositions, both vocal and instrumental ensembles.

“One change this quarter is the option to purchase Jazz Nite performance tickets online, something Chris Bruya, director of Jazz Studies at Central, hopes will draw more community members and students to musical events.”

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“Fingers were snapping and feet were tapping in the audience when Central’s jazz department played all they had learned this past quarter.”

The jazz department showcased their quarterly accomplishments last Tuesday by hosting Jazz Nite, with performances from Jazz Band 1, 2 and 3; as well as Vocal Jazz 1, 2 and 3. The concert, which is held each quarter, helps to give all of the larger jazz ensembles a venue to perform all they’ve learned throughout the quarter.

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“This quarter, the ensembles played jazz of varying types: some groups composed their own music, too. There were performances of classic jazz standards, swing era classics and modern jazz compositions, both vocal and instrumental ensembles.

“One change this quarter is the option to purchase Jazz Nite performance tickets online, something Chris Bruya, director of Jazz Studies at Central, hopes will draw more community members and students to musical events.”

“For some Central students the most valuable commodity is their time asleep. On the Northwestern, “the guys are pretty good if they get four hours off a day,” Hansen said. So far, more than 500 people have signed up to attend the event, those with tickets will be allowed in first.

“Fingers were snapping and feet were tapping in the audience when Central’s jazz department played all they had learned this past quarter.”

The jazz department showcased their quarterly accomplishments last Tuesday by hosting Jazz Nite, with performances from Jazz Band 1, 2 and 3; as well as Vocal Jazz 1, 2 and 3. The concert, which is held each quarter, helps to give all of the larger jazz ensembles a venue to perform all they’ve learned throughout the quarter.

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“Sig Hansen: This guy’s got crabs, a family, a crew and mad fishing skills”

“He also said, “We run a business,” Hansen said. “When we run a vessel, we’re fishing – the element of family disappears once the crew steps on board.”

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Middle East Belly Dance Performance raises funds for flood victims

BY JANAYE BIRKLAND
Staff Reporter

Some may be intrigued to hear stories of changing one's body image. Many people spend hours each day prepping and preening to be presentable to the public eye. "Every girl goes through issues getting dressed in the morning," said Molly Allen, assistant professor of sociology.

According to Supre, more club members will incorporate in the meetings. Accepting Everyday is a new group at Central Washington University, is providing inspiration for individuals concerned with their body image. Each meeting held every other week, offers opportunities to share stories and concerns; big or small.

"We hope people learn they are not the only ones who struggle with body issues," said Stephanie Supre, Accepting Everyday programmer and women's event programmer for the Center for Student Empowerment.

Supre decided to form the on-campus group after watching the movie “Disfigured." The film focuses on a support group for individuals dealing with body issues and society, which is a relevant topic on college campuses.

Television and magazines can portray human images that are both unrealistic and unhealthy. It has been said by many industry professionals that individuals with bodies seen as "perfect" have eating disorders and are airbrushed. Accepting Everyday will help people understand the media and why these images are impractical.

"The meetings can provide the ability for us as individuals to feel comfortable in our skin and appreciate our bodies for what they are and not buy into the portrayal of the media," said Katrina Whitney, senior director of the Center for Student Empowerment.

Many women spend hours prepping each day to feel presentable to the public eye. "Every girl goes through issues getting dressed in the morning," said Molly Allen, Accepting Everyday programmer and sophomore English education major.

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King talks of transition

"Disfigured" inspires body image group

BY JANAYE BIRKLAND
Staff Reporter

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Men’s basketball
remains unbeaten,
Improves to 5-0

BY JAKE ABBOTT
Staff Reporter

After earning victories against Sonoma State, na-
tionally ranked Metro State and Western Oregon
University (WOU), the Central Washington men’s
basketball team is perfect so far this season with a
5-0 record. Central is ranked second in the Great
Northwest Athletic Conference (GNAC) standings
behind Seattle Pacific University.

Tuesday Central opened their conference play
against WOU. The Wildcats were able to produce
a win on the road, beating the Wolves 87-78.
WOU came out quick scoring 31 points in the
first half.

“We like to run and get the pace going,” said
senior guard Drew Scott. “They were sitting back in
zone defense and it worked in the first half.”

In the first half the Wolves were 9 for 12 from the
three-point line. This was the first time that Cen-
tral had been trailing in a game this season.
The Wildcats were able to answer back in the
second half holding the Wolves to a 31.3 shoot-
ing percentage. There were five players from Cen-
tral that scored in the double digits. Senior guard
Jamar Berry supplied 11 points for the Wildcats.

Last Saturday, Central prevailed against the
Sonoma State Seawolves with an 11 point victory,
83-72 in Nanqua, Idaho during the Northwest
Nevada University (NUU) Thanksgiving Classic.
Spinkler led the Wildcats with 19 points and five
rebounds. The Wildcats generated a 57.4 shooting
percentage with 50 percent from three-point range.
The Wildcats brought down a total of 30 re-
bounds, led by four players who each had five. Berry
had three steals for the Wildcats defense and seniors
Roby Clyde and Spinkler combined for five blocks.

By the half the Wildcats led by 24 points
over Dominican. The Wildcats led by 24 points
in three years.

With almost 200 people in attendance, the
home team rallied behind the home team
scored in the double digits. Senior guard
Jamar Berry supplying 11 points for the Wildcats.

Before Thanksgiving break, the Wildcats had an
overpowering victory against Walla Walla Univer-
sity on Nov. 20. Led by Berry with 28 points and
nine rebounds the Wildcats pounced on the Walla
Walla Wolves with a 101-61 victory.
Senior Drew Harris also had a standout perfor-
mance, contributing 22 points in the win against
the Wolves. The Wildcats had five players score in
double digits.

Central’s defense controlled Walla Walla as the
Wildcats had 16 steals on the 22 Wolves’ turnovers.
In the past nine years, the 16 steal total is the sec-
ond highest single game total for Central.
Central combined for 48 rebounds, 14 of which
came from senior Gilber.

The Wildcats will travel to Seattle Pacific Uni-
versity (SPU) this weekend to compete in the SPU
Invitational. Central will play two games each
schedules to start at 5 p.m. They will face Grand
Canyon on Friday, Dec. 3 and Chaminade on Sat-
day Dec. 4.

Last Friday, Sprinkler and Scott combined for
a total of 32 points against Metro State. Central beat
the 11th ranked Metro State Roadrunners 71-55.
Scott, who was three for four from the three-
point line, scored 13 points. Scott and Sprinkler
totaled for 17 points, six rebounds, and five
blocked shots.

“I was feeling pretty good that night,” Scott said.
“I am thankful I had a good game.”

Scott, a redshirt last season, was able to spend
Thanksgiving with his family as well as help the
Wildcats defeat Metro State. Flying from Las Ve-
gas, Nevada, his parents had not seen him play in
two years.

“We took care of business today,” said head
coach Greg Sparling in a press release. “We came
out aggressive and our guys played very well against
a tough team.”

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Kady Try spikes the competition

Senior volleyball star leaves her mark in Central’s record books

By Cambree Benetia Staff Reporter

Kady Try swore that she would never wear a pair of spandex in her life. Now she is proud to have ended her senior year standing six feet tall sporting her very own pair in crimson and black.

Try started out in Brentwood, Calif. playing for a very competitive basketball team, knowing that she would be recruited right out of high school.

For her senior year, her parents moved her to Spokane, where she finished her high school career at Mead High School.

Try never thought she would find something she loved more than basketball.

“I was a diehard basketball player,” Try said. “I played on a club team for four years and just ended up playing volleyball for the heck of it.”

Although how she ultimately chose volleyball over basketball was a little unconventional.

“I made varsity basketball and volleyball my sophomore year,” Try said. “But at the high school I was at, you could only pick one to play and I hated the basketball coach, so I picked volleyball.”

Central Washington University was the only school that Try officially visited but she fell in love with the atmosphere because it reminded her of Chico State, where her sister was attending at the time.

Coach Mario Andaya was also one of the deciding factors for Try because she loved who he was as a coach.

“One of the last little pieces of school will be recruiting right out of there and he would pop out and scare them, while he was recording the whole thing,” Try said. “Another time he had a laptop that one of the freshmen players was responsible for and she was so freaked out, she tried to run off the airplane.”

Try overcame adversity with family throughout her volleyball career, but she kept her personal life very private and used volleyball as her outlet.

“My not to show many emotions on the court besides being intense,” Try said.

One of her teammates and friend senior libero Brandie Vea sees that intensity every time they take the court.

“She looks so tough and intimidating sometimes, but she is really a kind-hearted person inside,” said senior libero Brandie Vea, Try’s teammate and friend.

“But I would describe Kady as definitely being the go-to team player. She’ll help you with anything and go out of her way to do it.”

Her typical volleyball season day consisted of cramming practices, weightlifting and homework along with all the other daily demands.

Now with volleyball over, Try finds herself scrambling to find things to do with all the time she has to spare.

“I’m just confused as to what to do now with all this time,” Try said.

Try will graduate in the spring with a degree in public health but doesn’t have much planned after the dust settles and she’s sent out to find a career path.

“This last little piece of school will help push me towards something, whether it’s the teaching aspect of it or the corporate community side of it,” Try said.

As far as pursuing her volleyball career outside of Central, Try is not sure where the road will take her.

“It’s going to be weird not playing a sport and being that old person that’s trying to still be involved with everything,” Try said.

With her upcoming wedding next July and her fiancé in Japan playing basketball, Try is not sure where she will be in ten years and although her future is unknown she looks forward to what life will bring.

Her career stats:

- Kills: 1,181
- Digs: 839
- Assists: 43
- Blocks: 189
- Aces: 74

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Central students come out for “Cranksgiving” competition

BY RYCE HALLSTH
Staff Reporter

Over 40 competitive rock climbers came out to the Student Union and Recreation Center (SURC) climbing wall on Friday for the “Cranksgiving” Boulder- ing competition.

The climbers climbed routes that progressively became more challenging, with a total of fifty routes. Each route was worth a certain point value starting at ten and going up to a thousand. If the route was completed they would score points, if they were to fail, they got points deducted. The climbers were able to climb as many routes as they desired, but were only judged on their top five. If the route was completed they would receive chalk on their hands to improve their grip and a “Cranksgiving” Boulder- ing competition. They were able to climb as many routes as they desired, but were only judged on their top five. If the route was completed they would receive chalk on their hands to improve their grip and physical strength.

The climbers who placed in the top three in each category were awarded with sportswear and gift certificates that were donated for the event. All the competitors received a free Patagonia T-shirt for competing in the event.

Joe Lorig named Division II Assistant Coach of the Year

GWU football assistant head coach Joe Lorig has been named the Division II Assistant Coach of the Year by the American Football Coaches Association (AFCA).

Lorig finished his third season with the Wildcats this year as Central’s defensive coordinator. Last season Central’s defense allowed just 11.9 points per game and 58.3 rushing yards to opposing teams under Lorig.

In 2010, Lorig’s defense ranked third in Division II by allowing just 71.1 rushing yards per game. Lorig is the first assistant coach in school history to win the award at Central Washington University.

Chris Sprinker named first GNAC player of the Week

GWU’s starting men’s basketball center Chris Sprinker was named the Great Northwest Athletic Conference co-player of the Week. The senior big man averaged 18 points, 5.5 rebounds and 3.5 blocks in two victories for the Wildcats.

Sprinker is the first Central player to win the award since February of last year. The award was also the first player of the Week honor for Sprinker’s career.

Central is off to its best start in nearly 20 years with a 5-0 overall record, and 1-0 in GNAC play.

Try named AVCA Division II Honorable Mention

Senior volleyball Kady Try added to her collection of illustrious awards over her four-year career at Central.

Try was selected as a Division II Honorable Mention All-American by the American Volleyball Coaches Association (AVCA). Try also earned a pair of Division II All-West Region honors.

Try averaged a conference leading 4.14 kills and 4.09 points per set in the 2010 season. In four years as a Wildcat, Try totaled 1,181 kills, fourth all-time in school history.

-- Courtesy of Jonathan Gordon Assistant Athletic Director for Media Relations

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Chris Sprinker earns first GNAC player of the Week

#5 Chris Try named AVCA Division II Honarbale Mention

-Courtesy of Jonathan Gordon, Assistant Athletic Director for Media Relations

**SWEATERFEST**

The only thing better than wearing a cozy sweater is drinking one at the same time.

If that sounds like your idea of holiday cheer, join us at the brewery on Friday, December 3rd from 6-10pm.

Be one of the first to try IHB’s 2010 Cozy Sweater, a vanilla milk stout.

Music by Afro Panda.

Bring a can of food and/or wear a cozy sweater, each action being worthy of $1 off admission.

$7 at the door includes a glass to keep and a fill.

Also accepting cozy sweater donations for the clothing bank.

**horses**

21 and over.

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**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 manufacturer’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.
Win a Wildcat Shop Gift Card!

1ST PRIZE: $400
2ND PRIZE: $200
3RD PRIZE: $150
4TH PRIZE: $100

This talent contest is open to all current CWU students. We welcome all types of talent acts, from the amazing to the extreme! Acts will be judged on originality, creativity, and stage presence.

For more information about the rules and application process, go to www.cwuce.org/summer/rules.aspx.

Space is limited, so apply now at the Office of Continuing Education, Bouillon Hall, room 206.