THE RUSSIAN ROULETTE DRUG

HEROIN TAKES THE LIFE OF ONE CENTRAL STUDENT AND ITS LOW PRICE MAKES IT ATTRACTIVE TO OTHERS

P. 10-11

NEWS
Police investigate late-night assault
P. 3

SCENE
Open Mic Night gives students a chance to show off their stuff
P. 9

SPORTS
Men's basketball keeps streak alive at 8 wins
P. 16

Cover illustration by Jackie Johanson
Parents Night Out

When: February 11th and March 11th at 5:45 pm
Where: CWU Early Childhood Learning Center
Price: Free

A new program for CWU students who have children or are raising grandchildren.

Sponsored by the Family Resource Center (FRC), the Early Childhood Learning Center (ECLC), and the Family and Consumer Sciences Department, the program provides an opportunity for student parents/grandparents to drop off their children (3 months to 8 years of age) at ECLC Centers and spend a few hours of quality time with spouses, partners, friends, or even by themselves!

The evening is free to student families. The program begins at 5:45 and ends at 8:30 p.m. Pre-registration is required by 5 p.m. on February 9th and March 9th. There is space for 10 children ages 3 months to 2 years, and for 20 children 2-8 years of age. At this time, there is no space for children over the age of 8. Please call the ECLC at (509) 963-1744 to preregister.

Brought to you by the CWU Family Resource Center & CWU Early Childhood Learning Center. Questions? Call us at (509) 963-2785 or email at doc@cwu.edu. Persons of disabilities may make arrangements for reasonable accommodation by calling (509) 963-2785. For hearing impaired TDD (509) 963-2143. Central Washington University is an A4EE/Title IX Institution. http://www.cwu.edu/tit
CWU alerts students of attack

Police are still investigating the incident, advise students to be safe at night

BY WEBSTON MORROW
Staff Reporter

A female student was attacked Friday in the early morning hours on Central’s north campus.

The scene was quiet at 8 a.m. Fog hung peacefully over the pathway linking two north campus dorms. Only hours before, this serene environment had been the scene of a violent assault.

The victim was walking on a pathway near Carmody-Munro and Al-Monty when a man approached her. He told her to come with him and attempted to pull her toward him but she refused.

She resisted, fighting her way out of his grip as he punched her. The victim escaped, but the suspect remains on the loose.

She sustained several injuries from the encounter, including a bruised eye and bruises and marks along her arm. The victim did not know the man and his identity still remains unknown. He is described as a 24 or 25-year-old white male with a muscular build and dark shaggy hair with scruffy side burns. The campus police sent an alert to students around 8 a.m.

"It was kind of shocking," said Covina Dunnhoo, senior nutrition dietetics major. "I was in class when I got the phone call. At first I thought it was a test."

Steve Rittereiser, chief of university police, said they’re looking into this very closely.

“Our police officers are following up,” Rittereiser said. “If anyone saw anything it will help us resolve this.”

The university police are still looking for witnesses. Casey Green and Derek Alberty with the Courtesy Assistance Team (CAT) were working the night before the incident.

Green stated that he didn’t see anything suspicious or out of the ordinary that night.

“That’s the thing,” he said, “We work between the hours of six and midnight. From what I’ve heard it happened between midnight and this morning.”

According to Green, a lot of students don’t feel safe, but they don’t know about CAT.

“We’ve been trying extra hard this year to get the word out,” Green said.

The Courtesy Assistance Team works seven days a week from 6 p.m. to midnight.

Students can call (509) 963-2950 and a member of the team will meet them and escort them anywhere on campus.

University police are currently investigating the incident and urge anyone with information to step forward.

If you plan on going out at night, bring a friend or call the Courtesy Assistance Team.

If anyone is in danger don’t hesitate to use one of the myriad of resources at your disposal. Blue emergency phones are scattered around campus and 911 operators are always standing by.

Are you hesitant to walk campus after the recent assault incident?

“I just don’t think girls should ever walk around alone unless they have someone with them.

Mackenzie Meyers
Freshman
Undeclared

“I normally never walk alone... but definitely carry a protector of some kind or stay on your phone.

Stephanie Flick
Senior
ITADMG

“I’m more cautious... I’ve gotten the practice test call but never thought I’d get a real one.

Camille Meek
Senior
Public Relations

“I grew up in Ellensburg and I’ve always felt safe... it just makes me aware of my surroundings.

Samantha Cochran
Junior
Biology

Work study funds cut

The year didn’t start off well for the work study department here at Central.

“We started out the year with 30 percent less money than last year,” said Gayle Dohrman, officer of Student Employment. “The state legislators reduced Washington state’s work study program by 30 percent and made it available to Washington residents only.”

Though you are now out of luck if you are attending Central from out of state, there is an upside to these cuts for Washington residents. According to Dohrman, work study is often awarded to out of state students. However, there have been less of these students in recent years.

“When they don’t have out of state students to award the money to, they return it to the Higher Education Coordinating Board (HECB),” Dohrman said.

So what does this mean for Central? Now that work study is not available to out of state students, the HECB has more money for Washington residents.

“There has been a huge increase in state work study funds to award and I am actually awarding them,” Dohrman said. “Overall, at this point, [the budget] is the same or better than last year.”

Dohrman said the number of hiring forms her office receives is about the same and there has been a small increase in off-campus employment. This is great news for Washington residents attending Central, especially since tuition has been raised 14 percent from last year.

The way the program works is by awarding jobs to students on a need-basis, which provide them with income toward their annual cost of attendance. An advantage of work study is that you don’t have to claim the money you make on your FAFSA. It has been a successful program, often matching students with jobs in their major department and equipping them with long-term skills.

Many staff members encourage students to ask around for employment themselves.

“You can always inquire at the service desks to see if there are any positions open,” said Christopher Gwyn, reference librarian. “It’s always good to have work study people come in, because it’s good for the library, and it’s good for them too.”

Dohrman echoed his sentiments.

“I definitely encourage students to seek employment. It’s a great way to fund their education and gain experience,” said Dohrman.

“Encourage them to seek work in an area of major interest.”

That time will be doubly valuable.

Having a job on your resume related to your major also makes you a more attractive hire in your field.

“It gives students an opportunity to further their education,” said Taylor Vickrey, junior social services major and library employee.

Despite an unfortunate start this year and an unfortunate development for non-residents, the work study awards have not yet run out for residents. It is a good year for student employment and students would be wise to take the jobs while they can.

BY KELSEY HOPKINS
Staff Reporter

Lane Koch-michael junior high school education, cleans the pizza grill in the SIRC.

BY JEFF BAYLEY

Students can call (509) 963-2950 and a member of the team will meet them and escort them anywhere on campus.

University police are currently investigating the incident and urge anyone with information to step forward.

If you plan on going out at night, bring a friend or call the Courtesy Assistance Team.

If anyone is in danger don’t hesitate to use one of the myriad of resources at your disposal. Blue emergency phones are scattered around campus and 911 operators are always standing by.

Are you hesitant to walk campus after the recent assault incident?

“I just don’t think girls should ever walk around alone unless they have someone with them.

Mackenzie Meyers
Freshman
Undeclared

“I normally never walk alone... but definitely carry a protector of some kind or stay on your phone.

Stephanie Flick
Senior
ITADMG

“I’m more cautious... I’ve gotten the practice test call but never thought I’d get a real one.

Camille Meek
Senior
Public Relations

“I grew up in Ellensburg and I’ve always felt safe... it just makes me aware of my surroundings.

Samantha Cochran
Junior
Biology

Work study funds cut

The year didn’t start off well for the work study department here at Central.

“We started out the year with 30 percent less money than last year,” said Gayle Dohrman, officer of Student Employment. “The state legislators reduced Washington state’s work study program by 30 percent and made it available to Washington residents only.”

Though you are now out of luck if you are attending Central from out of state, there is an upside to these cuts for Washington residents. According to Dohrman, work study is often awarded to out of state students. However, there have been less of these students in recent years.

“When they don’t have out of state students to award the money to, they return it to the Higher Education Coordinating Board (HECB),” Dohrman said.

So what does this mean for Central? Now that work study is not available to out of state students, the HECB has more money for Washington residents.

“There has been a huge increase in state work study funds to award and I am actually awarding them,” Dohrman said. “Overall, at this point, [the budget] is the same or better than last year.”

Dohrman said the number of hiring forms her office receives is about the same and there has been a small increase in off-campus employment. This is great news for Washington residents attending Central, especially since tuition has been raised 14 percent from last year.

The way the program works is by awarding jobs to students on a need-basis, which provide them with income toward their annual cost of attendance. An advantage of work study is that you don’t have to claim the money you make on your FAFSA. It has been a successful program, often matching students with jobs in their major department and equipping them with long-term skills.

Many staff members encourage students to ask around for employment themselves.

“You can always inquire at the service desks to see if there are any positions open,” said Christopher Gwyn, reference librarian. “It’s always good to have work study people come in, because it’s good for the library, and it’s good for them too.”

Dohrman echoed his sentiments.

“I definitely encourage students to seek employment. It’s a great way to fund their education and gain experience,” said Dohrman.

“Encourage them to seek work in an area of major interest.”

That time will be doubly valuable.

Having a job on your resume related to your major also makes you a more attractive hire in your field.

“It gives students an opportunity to further their education,” said Taylor Vickrey, junior social services major and library employee.

Despite an unfortunate start this year and an unfortunate development for non-residents, the work study awards have not yet run out for residents. It is a good year for student employment and students would be wise to take the jobs while they can.
Students break a sweat in strip tease aerobics
The Adult Activity Center hosts the new, sexy workout for women

BY NORA DUNCAN
Staff Reporter

Disco balls and laser lights are not typically needed for events at the Adult Activity Center. The song, “How Low Can You Go?” by Ludacris, is never played during the class. But on any typical Tuesday night, a class begins in the darkness of the Adult Activity Center with a bang. Women are seen entering the doors of the center, and a woman is seen sitting at the front of the room, her tanned and toned physique. Her blonde hair is braided and stuffed underneath an army cap, she runs to the front of the class and motions for the lights to be turned off.

In an instant, the unmemorable room is transformed into a dance floor. Flashing colored lights and a disco ball encompass the space and the girls become noticeably nervous. Allen’s voice echoes around the room as she cranks up a Britney Spears song and begins a short warm up routine for the girls.

“DOWN. POP. ROLL UPP!” she bellows over the music as the girls giggle and dance, slowly loosening their inhibitions in the flashing lights and thumping bass. “THAT’S TRAINING,” Allen says with excitement.

When class is over, the fluorescent lights are switched back on. The disco ball is packed up and some girls linger afterwards to laugh and talk with Allen and her son.

There are three ways that you can fill out your FAFSA. You can access it online through the U.S. Department of Education’s website, you can print a PDF and mail it in or you can have a copy mailed to you, which then has to be mailed back. The financial aid office has received 12,298 applications as of Jan. 14. This is already an increase from the total applications received in 2010, which was 12,201.

The FAFSA website has tools for guiding students through the process of filling out the form. They provide a list of all the documents you will need and a worksheet you can use to help guide you through the questions.

Generally, the number of FAFSAs submitted has increased at a steady rate of 4.7 percent since 1997. Still, not everyone is submitting the form and as Canedo said, anyone can fill out a FAFSA.

This year, to promote financial aid, Sallie Mae is encouraging students via Twitter and Facebook to share their smart money tips to enter in a weekly drawing for top tech giveaways such as an iPad, laptop, iPhone, Kinect, Nook Color or 3-D TV. All you have to do is leave a comment on Sallie Mae’s College Answer Blog to share your smart money tips and be entered to win.

Drop it like it’s hot: Instructor Erin Allred leads sexy strip tease routine.

The Adult Activity Center hosts the new, sexy workout for women

“IT’S IMPORTANT that they file as soon as possible, file early, get your verification in early.”

AGNES CANEDO
Director of the Office of Financial Aid

This is one deadline you don’t want to let fly by. March 15, remember it. It is the last day to turn in your Free Application for Federal Student Aid (FAFSA) to the financial aid office.

“It’s not a difficult thing,” said Agnes Canedo, director of the Office of Financial Aid. “Nobody can fill out the FAFSA.”

However, there are only a few requirements for filling out your FAFSA—you must be a U.S. citizen or a Social Security number or be able to provide identification, you must have a high school diploma or a GED, you have to have satisfactory grades and if you are a male student, you need to sign up for the Selective Service.

It’s important to file early because FAFSA allows you to make revisions on everything except your Social Security number, so give yourself enough time to fix any problems that may occur.

“It’s so important that they file as soon as possible,” Canedo said. “File early, get your verification in early.”

Central Washington Financial Aid awarded $202,184 in grants, wages and loans to students last year.

“We’re here to help students stay in school,” Canedo said. Many students rely on financial aid to get them through college.

“Without [financial aid], going to college would be like, impossible for most students,” said Darrick Meyers, freshman, undecided. “College is so expensive.”

There are three ways that you can fill out your FAFSA. You can access it online through the U.S. Department of Education’s website, you can print a PDF and mail it in or you can have a copy mailed to you, which then has to be mailed back. The financial aid office has received 12,298 applications as of Jan. 14. This is already an increase from the total applications received in 2010, which was 12,201.

The FAFSA website has tools for guiding students through the process of filling out the form. They provide a list of all the documents you will need and a worksheet you can use to help guide you through the questions.

Generally, the number of FAFSAs submitted has increased at a steady rate of 4.7 percent since 1997. Still, not everyone is submitting the form and as Canedo said, anyone can fill out a FAFSA.

This year, to promote financial aid, Sallie Mae is encouraging students via Twitter and Facebook to share their smart money tips to enter in a weekly drawing for top tech giveaways such as an iPad, laptop, iPhone, Kinect, Nook Color or 3-D TV. All you have to do is leave a comment on Sallie Mae’s College Answer Blog to share your smart money tips and be entered to win.

The deadline to complete the free application for financial aid next school year is March 15.

BY CORBIN CARD
Staff Reporter

This is one deadline you don’t want to let fly by. March 15, remember it. It is the last day to turn in your Free Application for Federal Student Aid (FAFSA) to the financial aid office.

“It’s not a difficult thing,” said Agnes Canedo, director of the Office of Financial Aid. “Nobody can fill out the FAFSA.”

However, there are only a few requirements for filling out your FAFSA—you must be a U.S. citizen or a Social Security number or be able to provide identification, you must have a high school diploma or a GED, you have to have satisfactory grades and if you are a male student, you need to sign up for the Selective Service.

It’s important to file early because FAFSA allows you to make revisions on everything except your Social Security number, so give yourself enough time to fix any problems that may occur.

“It’s so important that they file as soon as possible,” Canedo said. “File early, get your verification in early.”

Central Washington Financial Aid awarded $202,184 in grants, wages and loans to students last year.

“We’re here to help students stay in school,” Canedo said. Many students rely on financial aid to get them through college.

“Without [financial aid], going to college would be like, impossible for most students,” said Darrick Meyers, freshman, undecided. “College is so expensive.”

There are three ways that you can fill out your FAFSA. You can access it online through the U.S. Department of Education’s website, you can print a PDF and mail it in or you can have a copy mailed to you, which then has to be mailed back. The financial aid office has received 12,298 applications as of Jan. 14. This is already an increase from the total applications received in 2010, which was 12,201.

The FAFSA website has tools for guiding students through the process of filling out the form. They provide a list of all the documents you will need and a worksheet you can use to help guide you through the questions.

Generally, the number of FAFSAs submitted has increased at a steady rate of 4.7 percent since 1997. Still, not everyone is submitting the form and as Canedo said, anyone can fill out a FAFSA.

This year, to promote financial aid, Sallie Mae is encouraging students via Twitter and Facebook to share their smart money tips to enter in a weekly drawing for top tech giveaways such as an iPad, laptop, iPhone, Kinect, Nook Color or 3-D TV. All you have to do is leave a comment on Sallie Mae’s College Answer Blog to share your smart money tips and be entered to win.
AKPsi trip to conference funded by S&A Committee

Fraternity members requested that the S&A board cosponsor student members attend the Alpha Kappa Psi AKPsi business leadership conference on Feb. 26 in Reno, Nev. The $9,000 price tag will pay up to 20 students’ flight, hotel and convention fees.

The business leadership conference is called “Principled Business Leadership Institute,” and it is held annually by Alpha Kappa Psi in Philadelphia, Chicago, Dallas, Atlanta and Reno all around the month of February. The Reno convention is hosting a variety of successful business leaders as guest speakers.

“We’re really rather accepting,” said Ian White, S&A chair member. “Alpha Kappa Psi has many central students become better business leaders and we believe that the skills that they will learn in Reno will help the school.”

The S&A board is a committee of six student members and is a subdivision of Student Life and Student Affairs. They meet every Wednesday at 5:30 p.m. on the top floor of the SURC and discuss whether different student organizations should receive funding. The board has the power of organization seeking funding must fill out a form and present them with a proposal. Students are encouraged to attend their meetings.

For more information on S&A, visit the student life section of CWU.edu for information about the AKPsi Business Fraternity visit AKPsi.org.
Students and faculty remain baffled by the recent increase in lock changes the Lock Shop has had to do compared to previous years.

At the end of every school year, the locksmith changes the locks for the summer. When fall quarter rolls back around things get busy. Robert Tosch, director of Maintenance and Operations, said they’re always busy in the fall, but last quarter the numbers rose significantly.

They changed the locks on 172 dorms last quarter alone, not counting the multiple keys for dorms like Wendiell Hill Hall which require multiple lock changes. The number of lock changes last quarter was so abnormally high that it nearly reached the previous year.

“We maintain six or seven thousand locks,” Tosch said. “Each and every one of those locks is cared for and maintained by one man: Rob McKenzie.

McKenzie is the sole locksmith employed by Central, which means he’s been affected by the recent increase more than anyone.

Theories abound amongst the student population as to the cause of the recent spike. “I guess there’s a key stealer on the loose,” Jordan Zurfluh, freshman elementary education major said.

Resident Assistants keep spare keys for every room in the resident halls. When students lose their keys they’re asked to fill out a re-key form and are given a spare key to their building and room.

There’s a lot of keys out there, security is a big deal—we take who gets lost keys very seriously.”

ROBERT TOSCH
Director of Maintenance and Operations

The number of lock changes is high, but the number of students getting locked out of their buildings and rooms is much higher—Resident Assistants are called upon almost daily to let in forgetful students.

The Lock Shop is there for students and faculty who lose their keys, but they would rather prevent the loss of keys than replace them.

The Housing department plans on using card readers for all new dorms. They also plan to replace some of the current buildings’ physical key entry methods with card readers.

While they plan on updating the entry methods for certain buildings, at this point in time they have no idea which older buildings will receive the changes, Richard DeShields, Senior director and chief conduct officer for the University housing.

An increase in theft may be behind the rise in key loss but the biggest issue is misplacement, DeShields said.

The Housing department plans on using card readers for all new dorms. They also plan to replace some of the current buildings’ physical key entry methods with card readers.

Resident Assistants cover safety and security in floor meetings and repeat offenders must meet with housing personnel to figure out a way to prevent future key loss.

University police urge students to keep their keys on their persons at all times. “Be diligent in locking your door, even if you’re only going to the bathroom,” said University Police Lt. Berthon-Koch.
The Office of Student Affairs and the Student and Medical & Counseling Clinic have teamed up to ensure that students who are going through difficult times or are expressing behaviors of concern get the support that they need by mandating counseling sessions. The Office of Student Affairs utilizes the Suicide Concern Report Form, Police Reports, Incident reports from residence halls and the Report Behaviors of Concern forms to assess students that are at risk for suicide. All reports are taken seriously, said Jack Baker, assistant to the vice president of student affairs officer and chief conduct officer. “There’s always another alternative to suicide, we want to help students realize that,” he said.

The students are then contacted by a staff member at the counseling center or a conduct officer for the Student Affairs Office. Students are required to attend up to four sessions at the Student Counseling Clinic. “The program is modeled after programs adopted by several universities across the country,” said Rhonda McKinney, director of Counseling Services.

Students can usually be seen by the clinic within two days and are assessed by counseling staff. They may not be required to attend all four sessions. “We just want to make sure that the student is safe. To ignore statements and or behaviors directly related to suicide would be careless at the least and perhaps deadly at the worst,” McKinney said in an email. “Our primary concern is the welfare and well-being of the students.”

Both the counseling center and the Office of Student Affairs want to encourage students to take an active role in preventing suicide. According to Baker, students are the “eyes and ears of campus.” Baker said. He states that students may avoid bringing suicide risks to our attention because they do not want to upset their friends, but they need to. While some students are wary of mandated counseling sessions, others agree with the policy. “It’s always better than reacting reactively” when it’s too late, said Ben Clarke senior geography major.
Bowl that isn't Super
An over hyped game has gone from a contest of two teams to a game of big money and bad halftime shows.

This weekend is Super Bowl XLV, which is probably the biggest American sporting event of the year. And I'm not even a football fan.

My dislike of the Super Bowl goes beyond this year's contest. I like the Green Bay Packers and hate the Pittsburgh Steelers, but my favorite two teams aren't playing, so my interest is already gone. The biggest problem is the money. For $200, you can stand outside Cowboys Stadium in Dallas. Parking spots are going for $1,000 in some instances. Seat prices range from expensive to downright ridiculous. All of this is to see a three-hour sporting event.

The NFL is so protectively of the Super Bowl name that companies call it “the big game” in advertisements to avoid paying royalties. I've even heard advertisements refer to the game as “the bowl that is super.” I thought the point of promotion was to get the name out there? Halftime shows for the past few games have been lamer at best. Ever since the Janet Jackson incident in 2004, halftime acts have included Bruce Springsteen and Prince. This year's show will be the Black Eyed Peas, which is sure to appeal to a slim portion of the majority male viewing audience.

The Super Bowl does have some great ads. Most are innovative and funny, but now I can watch them all online for free and as many times as I'd like. I also have a problem with the playing location. Cowboys Stadium is one of the newest and most expensive in the league, and new stadiums tend to get priority, but games are rarely being played now in northern states. Seattle will more than likely continue to be snubbed for a game, while Miami’s Sun Life Stadium, often cited as one of the worst in the league, has hosted the Super Bowl five times since 1989. The last time the Super Bowl was played in the north was in 2006 in Detroit. Before that, it was 1992 in Minneapolis.

I know Super Bowl teams are decided through the playoffs, but the Packers and the Steelers? I think we can do better than that.

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.

Corrections
- In a story titled “Broken homes” (Issue 3, Jan. 27), Octavio Garcia-Ruiz was listed as the sole provider for - In a story titled “New hope on the horizon” (Issue 3, Jan. 27), the photo should have been marked as a photo illustration because it was staged. - In a story titled “Broken homes” (Issue 3, Jan. 27), Bun fun film was in Cambodia, not Vietnam as the headline suggested. Also, due to a production error, the end of the story was cut off. The end of the story reads: “Be honest and be straight and try to do something to better your own self and help your friends,” Bun said. “To survive, I do anything.” - Several words were misspelled in headlines, including “baitball,” “sex” and “feet.” Really, no reason how to spell.

About The Observer
Sections
General/Editor-in-Chief: cwuobserver@gmail.com
Sports: cwuobserversports@gmail.com
Opinion: cwuobserveropinion@gmail.com

Contact Us
CWU 400 E. University Way
Ellensburg, WA 98926

Deadline
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.

The needle and the damage done
Heroin affects not only the user, but also close friends

Growing up, I never thought I'd ever be affected by heroin. Although I've never seen the drug itself, I've had five friends who have used the drug and I've seen the damage it can do.

Last week a friend of mine, John "Luke" LaSalle, tragically died of a heroin overdose. Luke is the first person I've known to die from a drug overdose and it hit me way harder than I expected.

As a journalism student, Luke was well known for his determination as a reporter and for the endless hours he spent working in the newsroom. As a college student, Luke was known for his kind heart, amazing sense of humor, and what's most memorable for me—his smile, with a tiny gap between his two front teeth.

Although Luke was the first person I've lost to heroin, there are many other instances where I've seen the damage this drug can do. Three of my friends were also addicted to the drug. Many nights spent in jail, lost jobs and the thousands of dollars in fines that remain unpaid were the main reasons they chose to get sober.

Three of my friends were also addicted to the drug. Many nights spent in jail, lost jobs and the thousands of dollars in fines that remain unpaid were the main reasons they chose to get sober.

The closest person to me to use heroin was my ex-boyfriend. The drug took a toll on me, his family and his friends. When he was most heavily addicted, he stole money from his job, which resulted in him being fired and arrested. Stealing anything from anyone is something he would never think about doing while sober.

After six months, he relapsed. Soon after the accident his mom explained what happened. She told me she heard a tapping noise on the wall. She went to see what the noise was and discovered that his son shaking on his bed as a seizure. The sound was the noise of a glass he held in his hand that clanked against the wall as his body shook.

His dad rushed into the room and took him out of his hospital room and took him out of the hospital. He was taken to the hospital and has been sober since. He uses the hospital bracelet he received that day as a reminder to never get near the drug again.

My ex-boyfriend and three other friends are all in their early twenties. Luke had just turned 20 when the drug took his life. Heroin is not just used by the stereotypical “tweaking junkie” you’ve seen in movies. It’s closer than you think and it is at Central.

VISUAL STIMULATION

Be careful whose advice you buy, but be patient with those who supply it. Advice is a form of nostalgia. Dispensing it is a way of fishing the past from the disposal, wiping it off, painting over the ugly parts and recycling it for more than it’s worth.

- "The Sunscreen Song,” Baz Luhrmann
FROM the remarkably gifted to the delusional and talentless, an array of performers gathered around the SURC pit last Thursday to have their turn on stage at the Open Mic Night. Populating their respective cheering sections were upwards of 70 students, friends and fans. Throughout the night, they'd be awed, moved and provoked by various performances from Central students.

Most of the performers were singers interpreting old favorites or singing their original songs and musicians performing a range of music from classical to modern rhythm and blues.

Chris Azcueta, freshman music education major, is a crowd favorite, whose callow voice has an uncanny ability to draw fangirls from all parts of the SURC to the Pit. He's a fedora-wearing, rose wielding veteran of the Central Open Mic Night.

"I like the crowd," he said of his newfound fans. "But I try to be humble about it." Azcueta goes by his stage name, "CAz," when in the public eye.

"I've been writing songs since I was 15, and I've done five open mics now," Azcueta said.

He describes his music as R&B type, similar to Usher, Stevie Wonder and Brian McKnight, and provoked the most spirited reaction of the night, with many of his fans clapping and dancing along with him.

"I love his dance moves. He's such an active performer," said Alyssa Martinez, junior nutrition major.

Holly Hermann, sophomore accounting major said, "He was a lot of fun for everyone, even though he wasn't particular great at anything."

This commentary is illustrative of the value of these Open Mic Nights. The tone of the crowd isn't critical, but welcoming. It gives students a chance to polish their talents in front of an audience and entertain people at the same time.

Thursday's Open Mic was Hermann's first.

"A friend told me to come check it out, and so I came because the show doesn't come on until 10," Hermann said.

A first-time participant sang a cover of Adele's "Make You Feel My Love" while a seasoned guitarist and singer performed a cover of Randy Newman's "You Got a Friend in Me."

In addition to the musical participants, there were a handful of poets and budding stand-up comedians.

Open Mic Nights are held periodically throughout the year, so keep an eye out for posters or advertisements on the Student Intranet. Whatever your talent is, you're encouraged to share it with your accepting and enthusiastic fellow Wildcats.
John Luke LaSalle
classmate, co-worker and friend

By Nina Kanarsky and Weston Morrow

When John Luke LaSalle was two years old he impulsively burst out into song. “The tiny baby squealed, ‘up...’” Looking at his older sister, he continued, “my sister!” He was rambunctious with a contagious giggle and a sense of humor – traits he never lost in his 26 years of life.

According to his mother, Sheila LaSalle, John Luke was always creating a character – everything from cowboy to Frenchman – and always paid attention to detail. His imaginative mind and perfectionist tendencies would later lead him to his love of journalism.

John Luke LaSalle died of a heroin overdose Jan. 21, a day after his 26th birthday. Luke was very private about his addiction; many of his friends were not aware of what he struggled with. And those who were sure it was an accident.

Everyone always thought Luke would be a journalist. His mother first noticed his writing ability when he was in the fifth grade and she asked him to write her a list of the things he wanted for Christmas. He wrote in his own handwriting.

“I was so fond of him, I’ve seen him every-where,” Sheila said. She still has the essay. Luke was driven and beloved because he could have a strong work ethic, she said.

“I told him he could have someone critique his work, but he wasn’t living life in that way, he could have a strong work ethic,” Sheila said. She still has the essay. Luke spent four days detoxing and 36 more as an inpatient in a treatment center.

Upon returning to Central, Luke and his mother, Sheila, reunited with the staff at the newspaper and together they started The Observer. “The Observer was his addiction,” Sheila said. “It was the easiest piece of paper-he could have anything he wanted.”

“My memory of him will always be a great journalist. Luke touched the lives of both people and the office,” said Cameron Jessup, junior in communications.

Friends and everyone know John Luke as someone who worked hard but also served as a fun distraction, always pulling others away from their work to check out the latest report.

“He was one of those really nice people,” said Cameron Jessup.

“It was the easiest piece of paper-he could have anything he wanted.”

“My memory of him will always be a great journalist. Luke touched the lives of both people and the office,” said Cameron Jessup, junior in communications.

When Luke had his wisdom teeth out, he impulsively burst out into song. “The tiny baby squealed, ‘up...’” Looking at his older sister, he continued, “my sister!”

“When Luke had his wisdom teeth out, he impulsively burst out into song. ‘The tiny baby squealed, ‘up...’” Looking at his older sister, he continued, “my sister!”

“He was rambunctious with a contagious giggle and a sense of humor – traits he never lost in his 26 years of life.”

When Sheila shared his opinion was “he wasn’t living life in that way, he could have a strong work ethic,” Sheila said. She still has the essay. Luke spent four days detoxing and 36 more as an inpatient in a treatment center.

Upon returning to Central, Luke and his mother, Sheila, reunited with the staff at the newspaper and together they started The Observer. “The Observer was his addiction,” Sheila said. “It was the easiest piece of paper-he could have anything he wanted.”

“My memory of him will always be a great journalist. Luke touched the lives of both people and the office,” said Cameron Jessup, junior in communications.

Friends and everyone know John Luke as someone who worked hard but also served as a fun distraction, always pulling others away from their work to check out the latest report.

“He was one of those really nice people,” said Cameron Jessup.

“My memory of him will always be a great journalist. Luke touched the lives of both people and the office,” said Cameron Jessup, junior in communications.
Environment, education, and economy get together

BY MARC TRAER
Staff Reporter

The library is normally one of the quietest places a person can find, but the E3 fair changed that for the better. Over 20 organizations filled the small conference hall with E3 goals in mind which are environment, education, and economy.

There were several organizations ranging from Habitat for Humanity, Puget Sound Energy (PSE), Kittitas Environmental Education Network (KLEEN), and the Kittitas Audubon Society.

Each table that an organization was set up at was given study guides, presentation information, and class notes. The study guides encompass all sorts of different classes: science, math, English, Spanish, chemistry, physics, and among others.

Other visitors were encouraged to come to the Wild Horse Visitor Center located in the middle of the wind farm. The visitor center is open April through November and saw a visitor rate of over 20,000 people. According to Crawford this visitor center is the only one of its kind in the country.

Kathy Matlin, president of the board for Habitat was there to represent the positive things that are going on in the habitat organization yet also looking for volunteers.

“Habitat fills a niche in the housing needs of a community,” Matlin said. We work with people who make 50% of the average income of the community yet still deserve an affordable house.

Habitat provides families with a basic house, but still very nice. They work hard with the families to educate them about the basics of home ownership after the keys have been handed over. They do not just build houses; they build relationships with those new owners to make sure they can continue to be successful in the ownership of their home.

“Habitat is an organization that gives a hand up not a hand out,” Matlin said.

The Kittitas Audubon Society was there to educate people about some of the birds not only in this county, but across the country. Do you know how many species of birds are in North America? The answer is 900. Do you know how many species of birds are here in Kittitas alone? The answer is 260.

The first Saturday of each month the Audubon Society leads a walk starting at 8 a.m. from the Irene Rinehart Riverfront Park to see how many of the 260 species of birds they can find that live here in Kittitas. According to Jeh Bahlfi, Kittitas Audubon Society member the group has spotted about 120 species on their walks.

This community may be small, but there is not lack of interesting organizations with good intentions of making this area a better place for future generations.
Thinking fashion forward is what they do
Central’s Student Fashion Association stays on top of the latest fashion trends

BY CHRIS CHRISTENSEN
Staff Reporter

Fashion is a key staple in everyone’s life. The Student Fashion Association consists of students who are interested, obsessed and dedicated to studying fashion.

“The mission of the SFA is to give members as many real life insights into the fashion industry as possible. The club’s mission statement states that the SFA is ‘about giving students the opportunity to learn about fashion,’” said Chelsea Feroglia, SFA Vice President. “I mean, learning the newest trends, color forecasting, up-and-coming designers, fashion shows and anything we find we like to share with the club.”

At SFA meetings, guest speakers usually come in that have real-life information for members. This provides good networking tools for members looking for internship or career opportunities.

Fashion-related trips to industry capitals such as New York, Las Vegas and Los Angeles serve as stepping stones for members looking for networking. This provides good opportunities for members looking for contacts for their future career goals.

The club has been fundraising this year to help decrease the cost of their trip. After returning from Las Vegas, SFA will be hosting their annual Fairy Godmother Project. The club collects gently used, donated formal dresses from individuals and then prices them considerably low and sells them to the local high school students.

“It is an alternative for high school students for when they need to purchase for their big dance,” Feroglia said. “We have dresses as low as $5 and high as $40, but it depends on the condition of the garment.”

Along with the Fairy Godmother Project, the SFA is working on another big project in the spring. “We are currently collecting pillowcases to be turned into dresses for girls in different countries,” said Stephanie Sype, SFA President. “We will be collecting pillowcases all winter quarter and making dresses in the spring.”

Being that not all SFA members are fashion majors, the club likes to keep the interest level high.

There are weekly activities related to fashion that involve all club members.

**Argonaut Peak Physical Therapy**

(509) 962-1553

Argonaut Peak Physical Therapy is dedicated to providing our patients and referring physicians with high-quality, cost-effective physical therapy services.

How are we different?

- We provide Same-Day Scheduling
- Conveniently Located Across From Central Washington University
- Hands on care for all patients

Specializing in Working With

- People with Back and Neck Pain
- Orthopedic Patient
- Injured Athlete
- People with Shoulder and Elbow

Services Provided

- Spine Rehabilitation and Back School
- Sports Injuries Rehabilitation
- Foot and Ankle Rehabilitation
- Before and After Surgery Rehabilitation
- Joint Pain and Arthritis Program

722 E University Way
Ellensburg, WA 98926

www.argonautpeak.com
Student fights for the right to light up

BY STEFANIE BURGER  Staff Reporter

Burt Reynolds look-a-likes invaded Central this “Manuary” for the seventh annual Stache-Off.

“The whole point of Manuary is to raise awareness about healthy masculinity,” said Christopher Smith, Center for Student Empowerment (CSE) men’s program assistant. “We’re hoping the people who join will look kind of weird, with a weird mustache to get people to ask why you are doing this.”

Smith discusses how getting people to ask questions is the main key to spreading awareness.

Assistant Director of CSE Mal Stewman is the mastermind behind both Manuary and the Stache-off.

Manuary was created after Stewman received an e-mail from a student years ago asking about a men’s history month at Central.

After doing some research online, Stewman saw other examples of ‘stache-growing contests and put his own spin on the idea. Since then, January at Central has never been the same.

“This is a great opportunity to raise awareness of men’s health,” Stewman said.

Smith is looking for more participators willing to stache it up in the name of men’s health. “We only have eight people signed up, which is significantly lower than in previous years. We usually get at least 10 or 12,” Smith said.

Grimmer works as the coordinator for the ‘Stache-Off’.

As proponents for I-11XX, Sensible Kittitas County advocates for the war against drugs since it was declared in Nixon’s presidency.

“Are they going to allow this or are they going to throw us all into jail, because they think it has a nasty reputation and has propaganda attached to it,” Grimmer said.

“IT’S a safe substance but yet because of the interests of corporate conglomerates it has a nasty reputation and has propaganda attached to it,” Grimmer said.

Grimmer works as the coordinator for Sensible Washington of Kittitas County a subsection of the group responsible for I-1068 and what is currently I-11XX (until officially numbering is assigned). He manages a group of individuals from various Kittitas County communities and relies together those who support the legalization of marijuana.

As proponents for I-11XX, Sensible Washington advocates for the bill that would remove civil and criminal penalties for consumption, possession, manufacturing and distribution of marijuana.

“This opens the doors for Olympia to turn around and make rules for it” Grimmer said.

“IT’S more of an attention grabber and it’s a really good point across which is to get our legislatures to handle this is the social aspect.”

“They are on the crest of a wave,” Grimmer said.

“Are they going to allow this or are they going to throw us all into jail, because they are not going to stop this,” Grimmer said.

As expected, school administration tries to remain neutral during legalization efforts, Grimmer said he respects why the administration must react the way they do.

“I am glad that Americans are finally seeing that not hurting anyone and responsible users are doing it in the privacy of their own homes. I think that people will ask why are you wearing a fake mustache and I’m wearing [the fake mustache] to class. I think that people will ask why are you wearing a mustache, Grimmer feels that a female walking around campus with a fake mustache is going to get more people curious about the reasoning behind it.

“I think more women should get involved,” Hernandez said.

“I think that people will ask why are you wearing a mustache.”

Tim Feth participated in the contest for the first time this year. “I found out about [the contest] by a bunch of fly-ers, but last year I didn’t see them early enough so I was waiting for this year.”

There are different categories of mustache styles in the contest.

“When asked what style he was going for Feth said, “I’m letting people vote on what people want me to do. A lot of people have expressed interest in the handlebar.”

“If they [Feth] thought it’d be fun,” Hernandez said.

“It’s more of an attention grabber and I’m wearing [the fake mustache] to class,” Feth said.

“People are finally seeing that it’s doing it in the privacy or their own homes. I am glad that Americans are finally seeing that not hurting anyone and responsible users are doing it in the privacy of their own homes. I think that people will ask why are you wearing a fake mustache.”

“We are on the crest of a wave,” Grimmer said.

“Are they going to allow this or are they going to throw us all into jail, because they are not going to stop this,” Grimmer said.

As expected, school administration tries to remain neutral during legalization efforts, Grimmer said he respects why the administration must react the way they do.

“I am glad that Americans are finally seeing that not hurting anyone and responsible users are doing it in the privacy of their own homes. I think that people will ask why are you wearing a fake mustache and I’m wearing [the fake mustache] to class. I think that people will ask why are you wearing a mustache, Grimmer feels that a female walking around campus with a fake mustache is going to get more people curious about the reasoning behind it.

“I think more women should get involved,” Hernandez said.

“IT’S safe substance but yet because of the interests of corporate conglomerates it has a nasty reputation and has propaganda attached to it,” Grimmer said.

Grimmer works as the coordinator for Sensible Washington of Kittitas County a subsection of the group responsible for I-1068 and what is currently I-11XX (until officially numbering is assigned). He manages a group of individuals from various Kittitas County communities and relies together those who support the legalization of marijuana.

As proponents for I-11XX, Sensible Washington advocates for the bill that would remove civil and criminal penalties for consumption, possession, manufacturing and distribution of marijuana.

“This opens the doors for Olympia to turn around and make rules for it” Grimmer said.

“IT’S more of an attention grabber and it’s a really good point across which is to get our legislatures to handle this is the social aspect.”

“They are on the crest of a wave,” Grimmer said.

“Are they going to allow this or are they going to throw us all into jail, because they are not going to stop this,” Grimmer said.

As expected, school administration tries to remain neutral during legalization efforts, Grimmer said he respects why the administration must react the way they do.

“I am glad that Americans are finally seeing that not hurting anyone and responsible users are doing it in the privacy of their own homes. I think that people will ask why are you wearing a fake mustache and I’m wearing [the fake mustache] to class. I think that people will ask why are you wearing a mustache, Grimmer feels that a female walking around campus with a fake mustache is going to get more people curious about the reasoning behind it.

“I think more women should get involved,” Hernandez said.
BY DIANCARLO GONZALEZ  
Assistant News Reporter

Recreating an album is a unique project and legendary jazz duo Nancy King and Steve Christofferson arrived in Ellensburg three days ago for tonight's concert. At 7 p.m. in the Music Building Concert Hall, their album, “Straight Into Your Heart,” will be performed with the Central Chamber Orchestra and Jazz Band I.

The motivation for tonight's show can be traced back to a few years ago when King and Christofferson performed at Central. “A few years back, we had them as guest artists for our Spring Jazz Night and they were so impressed with our groups, they said ‘We have this record that we did, we have all the parts, it'd be really cool if you would do it and we would love to help you.’” Christofferson observed the students so focused on their music. “It was great to play with them. I said wow that’s quite a compliment, maybe we can pull it off,” said Chris Bruya, director of jazz studies.

Christofferson observed the students at Central and knows they are focused in their revelation. “During the couple of days we were hanging out in the Music Department, we got a feel for the level of discipline and commitment from these students,” Christofferson said. “Here it's just excellence and serious about what they're doing, not just good enough.”

“Every time you see them, you realize how much they have left the music unfinished.” Christofferson is an incredibly gifted and creative pianist and improviser, very subtle, intelligent and remarkable; you can’t leave with the feeling that you want to do well and you want to play well for her, so it’s a kind of a mixture of the two,” Pitiss said.

“Having her here and finding out about her experiences, she’s a legend in jazz so it would be great to talk to about how she got her improvisation process and her writing style,” Pitiss said.

The rest of us get the privilege to hear and feel remarkable live music, free for students and $10 for the general public.

This recording, first done with the Metropole Orchestra, considered the finest light orchestra in the world, is a great listening opportunity for Central students and the Ellensburg community. “One of the coolest things would be that people would be introduced to something that they haven’t heard before and either appreciate it or end up liking it. The music’s very accessible,” Bruya said.

**THE OBSERVER • FEB. 3 - 9, 2011**

**SCENE**

**Legendary jazz duo come to campus**

**Nancy King and Steve Christofferson share their love of music with Central's Music Department**

BY GIANCARLO GONZALEZ  
Assistant News Reporter

BY ALYSSA BOARD  
Staff Reporter

The Cold War Kids have gained a reputation for their intense, raw sound that is simultaneously textural, adult and unbalanced.

The band is made up of high-pitched lead singer and song writer Nathan Willett who maintains rhythmic interplay between the other three members, bassist Matt Mattson, drummer Matthew Averto and guitarist Jonathan Russell.

Similarly to the doodling cover art they put on the Cold War Kids' album, even with catchy lyrics on tracks like “Louder Than Ever.” It hits a certain level of the bands best known song off their first album, “Hang me up to Dry.”

“Mine Is Yours” fails to please Cold War Kids new album disappoints listener

The Cold War Kids has gained a reputation for their intense, raw sound that is simultaneously textural, adult and unbalanced.

The band is made up of high-pitched lead singer and song writer Nathan Willett who maintains rhythmic interplay between the other three members, bassist Matt Mattson, drummer Matthew Averto and guitarist Jonathan Russell.

Similarly to the doodling cover art they put on the Cold War Kids' album, even with catchy lyrics on tracks like “Louder Than Ever.” It hits a certain level of the bands best known song off their first album, “Hang me up to Dry.”

“Mine Is Yours” fails to please Cold War Kids new album disappoints listener

The Cold War Kids has gained a reputation for their intense, raw sound that is simultaneously textural, adult and unbalanced.

The band is made up of high-pitched lead singer and song writer Nathan Willett who maintains rhythmic interplay between the other three members, bassist Matt Mattson, drummer Matthew Averto and guitarist Jonathan Russell.

Similarly to the doodling cover art they put on the Cold War Kids' album, even with catchy lyrics on tracks like “Louder Than Ever.” It hits a certain level of the bands best known song off their first album, “Hang me up to Dry.”
LEADER OF THE PACK

Senior guard Chris Scott puts up career-high 20 points, ‘Cats push win streak to eight straight

BY BRYCE NJAJSETH
Sports Reporter

The Central Washington men’s basketball team continued to roll, spanning an eight-game win streak and moving up in the national rankings. The team is now ranked 14th after traveling to Alaska last week, where they had a convincing win over Alaska Fairbanks (UAF) and close win against Alaska Anchorage (UAA).

The week started off on Thursday, when the Wildcats faced off against UAF. The two teams faced each other earlier in the season at Nicholson Pavilion, where the Wildcats won the game 109-92. This time the Wildcats were able to win 82-70.

The Wildcats jumped out to an early 6-0 lead and never gave it up for the rest of the game. This marks the third time this season that the Wildcats have never trailed in a game. Going into halftime, the Wildcats had a 44-31 lead over UAF.

UAF had a more successful second half as they were able to cut the point deficit to single digits. The Wildcats responded as they were able to cut the point deficit with a score of 45-41 with 8:30 left on the clock. UAA responded by going on a 6-0 run and gained a one-point advantage with just over three minutes left in regulation.

With 2:33 left in regulation, senior center Chris Sprinker knocked down two free throws to regain the lead. Junior forward/center Roby Clyde got fouled with just seconds left on the clock. He made one of the two free throws, extending the Wildcats lead, 52-50.

UAA missed a last-second three-point shot, which ended the game 52-50, Wildcats win.

“It was a defensive battle,” Berry said. “We were able to keep our pose and pull it out.”

Berry, Sprinker, and senior guard Drew Harris combined to score 32 points.

“We are starting getting better and better every game,” Harris said. “We are playing really good as a whole.”

Central was able to create a season-high in turnovers with 21. Those turnovers converted to 19 points for the Wildcats.

The Wildcats have now improved their record to 17-2 and 10-1 within the Great Northwest Athletic Conference (GNAC).

“We just want to go game by game,” Berry said. “Right now we are in the driver’s seat; we really want to host the regionals and the conference tournament.”

The Wildcats will have next Thursday off in preparation for hosting Northwest Nazarene. The game will be played Saturday at Nicholson Pavilion. Five of the Wildcats final seven regular season games will be home games.
Six Wildcat wrestlers warmed up on red and white mats for the club’s first meet against Eastern in the West Coast Conference in the National Collegiate Wrestling Association.

Patient spectators waited for Eastern to show up while the thud of basketballs was heard from adjoining courts. Central showed their dedication and personal training through mock runs while Eastern looked on, shaking out their nerves.

This year Central has already been to two tournaments and a dual. The first was the Mike Clock Open at Pacific University in Forest Grove, Ore., where the Wildcats had one placer in Cady Chambers who competed in women’s division at 112 lbs.

The Inland Open in Spokane was the team’s second tournament of the season. “We saw a huge improvement of our wrestlers there and saw some more wins,” said head coach Chris Chambers. “We had very tough competition in nationally ranked junior college teams and other division teams.”

Cady Chambers placed again with in second at 112 lbs. The rest of the team is now training for the West Coast Conference Championships at San Jose State University and for the National Event at Mercer University in Macon, Ga.

Steven Alfi is hard at work preparing and is eager to go to the Conference Championships.

“I coach at the Ellensburg High School,” Alfi said. “I would wrestle, run and lift with them during practice to get ready. I also go running a few times a week.”

The conference with Eastern showed the effects of school budget cuts, since both the Central and Eastern teams don’t have funding, there was not a full lineup for either team.

“The first competition went well,” Alfi said. “Neither team had full lineups so we had to improvise. Two of us had to wrestle twice against their team to make sure everyone had a match.”

“My favorite part of wrestling is the competition, it’s an individual and team sport at the same time,” Alfi said. “I like how close it brings us all.”

While unfunded, students are still encouraged to come to practices and compete at all different levels in both men’s and women’s divisions.

“If you are interested, just turn out and give it a try,” Chris Chambers said. “It’s a good way to get exercise and stay in shape.”

As of now, Central has two qualified wrestlers for Nationals in Blair Brown and Cady Chambers.

“Training begins for Conference Championships” by Mackenzie Nichols

Sophomore Steven Alfi pounces on Eastern Washington’s Sam Williams in a match last week at CWU. The Central wrestling team will be training for the West Coast Conference Championships held at San Jose State University later this month.

Central wrestling hits the mat
Lady Wildcats drop to ninth place in standings

Men and women’s basketball gear up for “Pink Zone”

BY MATT CARSTENS
Asst. Sports Editor

BY DANNY SCHMIDT
Sports Reporter

Rugby struggles in opener against UBC

SPORTS

SPORTS

THE OBSERVER • FEB. 3 - 9, 2011

18

Asst. Sports Editor

Asst. Sports Editor

PHOTO COURTESY OF THE REC CENTER

PHOTO COURTESY OF THE REC CENTER

## Rugby struggles in opener against UBC

The Central Washington University club rugby team went north of the border Saturday to face off against the University of British Columbia (UBC) Thunderbirds, for a pair of games. Central came into the matches with a record of 0-2. The Wildcats had to deal with the wet, cold and muddy conditions in British Columbia.

The first game started out shaky for the Thunderbirds. However, UBC was able to calm their nerves and showcase their talents. They obliterated the Wildcats 71-3. Despite the lopsided score, this loss will help the Wildcats in the long run.

“It was a good loss,” Bates said. “We were a lot better team then they were last year. We weren't ready for that type of game.”

Bates suffered a head injury on a collision, which happened trying to stop the Thunderbirds from scoring. Bates did not have a concussion, but had to go to Burnaby, BC.

Junior guard Alisha Love has been one of the bright spots this year for Central. She scored 20 points against the Clan, her second 20-point performance of the past three games. Despite the good performance, the Wildcats were outscored 18-5 from the free throw line, which would ultimately lead to their demise, losing 74-63.

GNAC Women's Basketball Standings

<table>
<thead>
<tr>
<th>School</th>
<th>W</th>
<th>L</th>
<th>T</th>
</tr>
</thead>
<tbody>
<tr>
<td>Western Washington</td>
<td>10</td>
<td>0</td>
<td>1</td>
</tr>
<tr>
<td>Alaska Anchorage</td>
<td>8</td>
<td>3</td>
<td>2</td>
</tr>
<tr>
<td>Seattle Pacific</td>
<td>7</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Saint Martin's</td>
<td>6</td>
<td>4</td>
<td>1</td>
</tr>
<tr>
<td>Northwest Nazarene</td>
<td>6</td>
<td>5</td>
<td>4</td>
</tr>
<tr>
<td>MSU Billings</td>
<td>6</td>
<td>5</td>
<td>9</td>
</tr>
<tr>
<td>Western Oregon</td>
<td>5</td>
<td>7</td>
<td>11</td>
</tr>
<tr>
<td>Simon Fraser</td>
<td>2</td>
<td>8</td>
<td>10</td>
</tr>
<tr>
<td>Central Washington</td>
<td>1</td>
<td>9</td>
<td>6</td>
</tr>
<tr>
<td>Alaska Fairbanks</td>
<td>1</td>
<td>10</td>
<td>17</td>
</tr>
</tbody>
</table>

SEASON UNDERWAY Central’s rugby team got off to a rough start this season, losing 71-3 against the University of British Columbia.

## Men and women’s basketball gear up for “Pink Zone”

With another two losses this week, the Central Washington University women’s basketball team has now fallen to ninth place in the Great Northwest Athletic Conference (GNAC). Only Alaska Fairbanks remain below the Wildcats, who have just conference win this season. Central’s overall record now stands at 6-11 including an 0-6 road record.

With only a one-loss difference in the loss column, Central is barely hanging on to bring at the bottom of the GNAC barrel. The Wildcats played Simon Fraser University on Feb. 27, who at the time were tied with each other at 1-7, faced off in Burnaby, BC.

“People are already thinking about the conference tournament,” Duchene said. “It was just nice to see everyone having fun out there.”

The second match started out similar to the first. UBC spent most of the first half being tested on defense by the Wildcats. They passed. Central had many opportunities, but could not take advantage, regardless of all the penalties against UBC.

Senior eightman Sam Harb realizes things could have been different.

“We missed a few opportunities to make penalty kicks,” Harb said. “A lot of it was the wet conditions. The ball was a lot more slippery. The other team just had more of an advantage.”

Just as in the first game, the Thunderbirds were able to bounce back from starting and end the game with a win for the Thunderbirds with three tries.

The sloppy conditions proved to be a disadvantage for the Wildcats, who lost the pair of games.

Although the score may not show it, there is still reason to believe in the Wildcats. Central doesn’t need to make any excuses for their performance, but the venue was much different from what they had been practicing in.

The team had been practicing outdoors due to the weather conditions in Ellensburg. This game came as a shock to some of the players.

But don’t expect the weather to be the reason for any more losses.

“We’re really looking to use this last game as a learning opportunity and fix some of the problems we have,” Harb said. “So we really want to just beat [University of Washington] and continue improving.”

Central’s next match is Feb. 5, at University of Washington, at 1:00 p.m. and 2:30 p.m.

CWP Basketball Squads to “Pink Out” for Breast Cancer Awareness

This Saturday the men's and women’s basketball team will be holding a “pink out” at Nicholson Pavilion to raise awareness for breast cancer.

The women will kick off the night playing against Alaska Fairbanks at 5:30 p.m. and the men will follow as they face off with NNU at 7:30 p.m.

Some of the attractions for the night include a tag wall inside Nicholson where fans will be able to share their stories about how cancer has affected them. “Save The T’s Ta’s” merchandise will also be sold throughout the night.

At halftime fans will get to take their shot at the hoop with “$1 Shots.” All proceeds will go to the Kittitas Valley Community Hospital Breast Cancer Fund. There will also be a silent auction where men's game-worn jerseys will be auctioned to the highest bidder after the game.

Dorms are encouraged to come in groups, as the largest dorm turnout will get a free pizza party.

HARD TIMES Freshman forward Amber Moser drives the lane against Northwest Nazarene. Moser finished with 10 points against the Crusaders. Central will play Alaska Fairbanks this week in hopes of avoiding a last place standing in the GNAC.
Early Saturday morning a group of nine Wildcat track athletes headed to Seattle to compete at the University of Washington Invitational. The invite was only open to Division I athletes and select athletes from all over the country who met the entry standards. The standards for most events are close to what is needed to qualify for the Division II track and field nationals.

The invite was a two-day event and included special appearances by iconic United States Olympic athletes Kara Goucher in the women’s 5000-meter race and Shalane Flanagan in the women’s mile race. The Wildcats competed in jumps, throws and sprints at the invite. Spectators were treated to an action packed afternoon of intense races.

One notable Central competitor was record-setting hurdler, sophomore Anthony Hogan. Hogan competed in the preliminaries of the men’s 60-meter hurdles, where he competed against athletes from UW and Western Oregon. He took third in his section with a time of 8.56 seconds. “My race wasn’t up to standard from my performance last week and I felt like I didn’t perform the best way I could,” Hogan said. “But I have two weeks to get myself together and return to UW and perform the way I know I can.”

He tied for 14th place overall and unfortunately did not qualify for finals. Over half of the men that represented Central on Saturday improved their marks from WSU. Central’s jumpers, including sophomores Brennan Boyes and Manny Melo, put up marks that showed improvement from the first meet of the season. Boyes neared his personal best of 6 feet 9 inches with a high jump of 6 feet 7 inches. Melo is tied for first in the GNAC after long jumping 22 feet 1 1/2 inches to place eighth overall at the meet.

Central’s hurlers, including sophomores Brenan Boyes and Manny Melo, put up marks that showed improvement from the first meet of the season. Boyes neared his personal best of 6 feet 9 inches with a high jump of 6 feet 7 inches. Melo is tied for first in the GNAC after long jumping 22 feet 1 1/2 inches to place eighth overall at the meet.

Junior sprinters Kincaid Nichols and Bryan Mack also showed strong performances on Saturday, both competing in the men’s 60-meter and 200-meter dashes. Neither improved their times from WSU Open, however, Nichols ran a Great Northwest Athletic Conference (GNAC) qualifying time in the 200-meter dash, finishing in 22.96 seconds.

The ladies representing the Wildcat women’s track team also improved their marks from the WSU meet. Senior thrower Torrie Self was able to increase her weight throw mark to a distance of 15.1 meters. She now sits first in the GNAC for the weight throw. Sophomore triple jumper Katharine Lotze took second in her flight with a mark of 11.27 meters. Freshman sprinter Chelsea Genter shaved .38 seconds off her 200-meter time from the open meet at WSU, and .07 seconds off her 60-meter hurdle time. Unfortunately, no one achieved a Division II national qualifying mark, which is what Self and Lotze are chasing in their main events.

“Overall we had some very strong performances,” said head coach Kevin Ackisson. “They show that we are making some good progress as we move forward into the indoor season.”

Central’s indoor track team will be back at UW on Feb. 11-13 to compete at the Flotrack Husky Classic and the UW Open where the competition will be just as tough.

Describe Iron Horse Brewery in one word here __________. Return for a $2.00 pint or a $6.00 growler fill. Expires 2/28/2011
Become An Extreme Entrepreneur

LEARN GREAT IDEAS FROM TOP YOUNG ENTREPRENEURS

You could win up to $10,000 in seed and scholarship money by presenting YOUR BUSINESS PLAN at SOURCE

SURC TUESDAY FEBRUARY 15
FREE

WELCOME 2:00 - 2:30 PM
EET KEYNOTE 1 2:30 - 3:00 PM
ACTION PLAN 3:00 - 3:45 PM
SPEED NETWORKING 3:45 - 4:00 PM
NETWORKING BREAK/EXHIBITS 4:00 - 4:15 PM
EET KEYNOTE 2 4:15 - 4:45 PM
BREAK/EXHIBITS 4:45 - 5:00 PM
ENTREPRENEUR PANEL 5:00 - 5:50 PM
CLOSING COMMENTS 5:50 - 6:00 PM

Register at EXTREMETOUR.ORG/CWU or CWU.EDU/~EXTREME

GENEROSLY SUPPORTED BY
HERBERT B. JONES FOUNDATION AND SOURCE