VALENTINE’S DAY ISSUE
Love it or hate it, the holiday of love is near P. 7-8

Recycling, CWU and you P.3
Students learn how to fall, stay in love P 8
Men’s basketball keeps streak going P.13
Reduce, reuse, recycle

Community, student collaboration to reduce product consumption in Eburg

BY KEE DDMICK
Staff Reporter

A girl struggles to see over the pile of clothing in her hands as she walks toward the resident hall dumpster. The clothes are new; the store and brand tags still cling to collars and waistbands. With a sigh, the girl leaves her new wardrobe into the trash.

Surely there must be a defect with the clothes – a shank felt threatened, a cat was bored, a girl was making a statement against consumerism – anything but nothing.

Earlier this school year, Housing Facilities Manager Steve Johnson came upon this situation and he was compelled to find out why.

"She looked at me and said, "I don't want my parents to see what I bought.'" Johnson said he was shocked. "You can't believe the stuff [students] throw away."

Johnson estimates that only about 10-15 percent of students living in residence halls regularly recycle. "You can't believe the stuff [students] throw away." Johnson said he was shocked.

Participation depends largely on incentive programs created by resident assistants, usually through recycling contests with prizes. Johnson remembers a program several years ago that got students so motivated they were actually stealing bottles and cans from each other.

Johnson understands the stresses and busy schedules of students but emphasizes that education can help recycling programs become a part of student's routines.

Students under 21 years old may also avoid recycling on campus because minors in possession of empty alcohol containers can be ticketed by the police or reprimanded by housing employees.

Every residence hall has at least one large recycling bin on the bottom floor. For off-campus residents, Waste Management provides free curbside recycling for customers with trash service and package deals for apartment complexes.

A junior at Central, who asked not to be identified, lives off campus and slips his recycling into the dorm bins before classes and at night, he sneaks his trash into city cans.

"I refuse to pay for trash. Call me cheap but I feel like I'm being economically friendly to myself and helping the environment too."

I'm just surprised my roommate goes to the trouble to separate it."

Students and faculty members sometimes browse the store.

"Everything from a paper clip to heavy equipment ... [it] was used for the operations of the university, it has been sold here," said Dave Moffatt, materials resource manager of the warehouse. Some items have been found in the trash, but employees do not dig through trash for re-sellable items, just things noticed on the top of the trash can. He estimates that about 90 percent of items are sold every month.

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Skype reaches new territories in Vietnam
Central students connect worldwide with different cultures

By Jeremy Nguyen
Staff Reporter

It’s a Thursday night in Black Hall. All is quiet, but one room is filled with laughter and chatter. In this room, Central students are glued to a computer screen, amused that they are learning to make fresh spring rolls from a Vietnamese student. The program is called Trans-Engage. Through this program, Central students will have an opportunity to have real-time video conversations with university students in Vietnam.

The Civic Engagement Center and Nguyen believe that it will give students the opportunity to learn about different cultures through open conversation and encourage students to take an interest in other countries. “It was very shy and nervous,” Nguyen said. “I really wished I had more conversation with Americans before I came to California.”

Trans-Engage offers students from other countries an opportunity to practice English and have a better understanding of American life through discussions on education, entertainment, family, politics and social norms. Nguyen has also made the program fun by organizing different social exchanges. Last week, Nguyen brought in vegetables, rice noodles and peanut sauce so the Vietnamese students could teach the Central students how to make fresh spring rolls, a very popular Vietnamese dish.

The Trans-Engage program is still in its early stages but has had success in reaching universities in Japan, Kuwait, Senegal, Saudi-Arabia and Vietnam. Nguyen would like to see the program be taken to the next level and send students to the countries we have contacted.

By Weston Morrow
Staff Reporter

Maj. Gen. McDonald visits Central
Army ROTC meet and greet with highest-ranking Cadet Command officer

The Civic Engagement Center and ROTC produce approximately 60 percent of all second lieutenants who join the active Army. “There are over 240 units like ours,” said Capt. Dale Wright of Central’s Army ROTC. “Every country there are over 20,000 enrolled cadets, and the Army ROTC produces approximately 60 percent of all second lieutenants who join the active Army.”

McDonald was visiting Fort Lewis for the Leadership Development and Assessment Course (LDAC) planning conference. LDAC takes place in the summer at Fort Lewis and draws thousands of cadets and instructors from across the nation.

The day of the general’s visit, 20 cadets sat around a U-shaped table on the first floor of Peterson Hall, awaiting the general’s arrival. The door opened and everyone stood at attention, saluting the commander.

He quickly told the cadets to sit and asked how they were doing.

He sat back in his chair, one leg crossed over the other as the cadets took turns introducing themselves. Every now and then he would ask a question about their hometown or their specialization, cracking the occasional joke.

“Everybody speak up real loud. I got hearing aids,” McDonald said, his drawl evident.

“Speaking English to Americans was going as quickly as he appeared. With his wisdom properly imparted on the cadets, McDonald stood and exited, gone as quickly as he appeared. “He connected with us on a personal level. He was very involved in his career when he asked a fellow officer how to finish a report and was told simply say it was done.”

Another officer happened to see him and stopped, merely saying, “We don’t do this.”

Many of the cadets didn’t know what to expect from the meeting since McDonald was the highest ranking officer they had ever met. “I went in there with an open mind,” said Brandon Duncan, senior industrial technology major. “It was nice getting a different perspective from people who’ve been in the military a long time.”

With his wisdom properly imparted on the cadets, McDonald stood and exited, gone as quickly as he appeared.

“He connected with us on a personal level. He was very involved with us throughout the meeting,” Jaenicke said. “It was a great honor.”

McDonald participated in a contract ceremony for a cadet during his visit and attended a brief given by members of the senior class. His visit was short but full of meetings and face time with cadets. By late afternoon he departed and was on his way back to Cadet command.

“If I was anxious to get into the Army,” McDonald said. “When I was coming through, I was not a good college student,” McDonald said.

He went on to describe his attitude through college, saying he made it through by doing as little as possible. “I was just trying to get through. I was anxious to get into the Army,” McDonald said.

When he got into his officer training his attitude didn’t change. He made it through, but when he arrived at his first duty station he realized he “fundamentally didn’t understand” all the things he was supposed to get out of his training. He had passed his courses, but that wasn’t good enough. He said he had to spend the next year studying to catch up.

McDonald went on to describe the values of an officer.

“Officers don’t lie. Officers don’t cheat. They don’t steal,” McDonald said.

He again reached into his past to teach the cadets through his own mistakes. He described a time early in his career when he asked a fellow officer how to finish a report and was told simply say it was done.

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PASSING ON HIS KNOWLEDGE Maj. Gen. McDonald sat down with cadets to answer questions and share his experiences from his Army career.
Starbucks anniversary prompts logo change

BY CORINNE CARD
Staff Reporter

Starbucks has decided to change their mermaid siren logo for their 40th anniversary this March. They recently unveiled the new logo to reveal the siren alone, redefined and without the "Starbucks Coffee" ring around her. The new logo is more simplified, this new design has caused some controversy among Starbucks fans. Originally a small company, Starbucks has been simplifying their decor.

Andy Parlette, junior film and video studies major, Parlette has noticed that Starbucks has been redefining and without the "Starbucks Coffee" ring around her. Although some customers are concerned, he thinks that this could be a connection with the new logo.

The logo changed again in 1992 and the siren remained in the middle of the logo, but not as seductive with her hair now just not as seductive with her hair now covering her bare chest. The logo changed again in 1996 and the siren lost more of her seductiveness when they covered her navel. This logo is the current Starbucks logo.

On Starbucks' web site, Schultz explains how the change in the logo symbolizes how the company is going to change in the future. "I've never been more excited about the future of the company, I'll tell you that," he said. Schultz believes that the new logo gives the freedom to think out of the box and to bigger ideas. This is not an concern though, "we will continue to be the world's leading purveyor of the quality coffee," Schultz said. Comments on the Starbucks web site show that customers are concerned and that the logo didn't well received. One customer commented, "It looks cheap and tacky ... Starbucks is losing its class."

"It's strange not to see the name," said another customer, "although, I love Starbucks, the new logo isn't for me. It feels like the Siren is lonely."

"Most students aren't as opinionated as new customers think locally at coffee stands like D&M or the on-campus espresso stands," said Jess Lindquist, senior sociology major. "It definitely made people stop and think about what's happening."

I think it's a very brave thing to do something what will cause such a reaction ... it definitely made people stop and think about what's happening."

BY NICHOLLE WILLIAMSON
Staff Reporter

Over 20 people dropped to the ground to play dead for a minute Friday afternoon as part of a silent protest put on by EMPIRE, and the Black Student Union. "We are honoring all black men and youth senselessly killed by police," said a poster advertising the event. EMPIRE and members of the Black Student Union promoted the protest on Thursdays encouraging students to join them the next day. On Friday, they dropped to the ground while the SURC was filled with students grabbing hunch, and laid there for one minute. The protest was in honor of Amadou Diallo, an African immigrant who was killed in 1999 in New York City when he was hit by 19 of the 41 shots fired by four police officers. He was standing unarmed in the doorway of his apartment building. Police believed he was carrying a weapon.

"It allows for so many men, especially men of color, such as myself, to be aware," said Andre Dickerson, senior biochemistry pre-med major and president of EMPIRE. Students in the SURC who witnessed the protest stared and walked around the sprawled bodies. Some took pictures. "I think it's a very brave thing to do something what will cause such a reaction," said Jes Linquist, senior sociologist major. "It definitely made people stop and think about what's happening."

Students in the SURC who witnessed the protest stared and walked around the sprawled bodies. Some took pictures. "I think it's a very brave thing to do something what will cause such a reaction," said Jes Linquist, senior sociologist major. "It definitely made people stop and think about what's happening."

The protest was timed to coincide with the start of Black History Month, which runs through February. While EMPIRE considers the event a success, they hope to plan something later in the month that will have more of a turn out, said Shaun Patton junior law and justice major and vice president of EMPIRE. They hope that the protest will create a discussion on campus since "nothing in our society is done until people are aware," Dickerson said.
Say ‘I love you’ for $4.99

Commercialization of Valentine’s Day (and other holidays) has taken away the any real meaning

Valentine’s Day is probably the most liked and hated holiday of the year. Regardless, it’s coming up this Monday and we must prepare for it. Many men see Valentine’s Day as a “Hallmark holiday” that only exists to sell cards, candy, flowers and Chinese-made bears. But there’s more to the holiday than just that.

Saint Valentine was a Roman Catholic saint who was immortalized with Feb. 14 being a day to remember him. It wasn’t until the 14th Century when Valentine’s Day and love became connected.

Since then, people have gone from making greeting cards to simply purchasing mass-produced versions at the store, taking any emotion or thought out of the holiday. The price of a card with a million copies and another couple dollars for a rose with an inflated price tag seems unnecessary. Instead of doing the usual routine, why not do something different?

Think about ditching the ordinary routine. I’m not saying everybody does the commercialized routine every year, but many people do. I worked in a grocery store and one year I worked the closing shift on Valentine’s Day. I literally had a hundred pathetic men come through my line in the last hour with the remaining cards and some prepackaged dinner from the deli. Spending time with your significant other and having a nice dinner is much more enjoyable than giving your girlfriend a card you scribbled your name on in the car, or your boyfriend those stupid boxes with hearts printed on them. Another idea is to go on a drive to somewhere new, without a destination in mind. I’ve done this a few times and often end up really enjoying the moment. Besides, all it costs is a few gallons of gas.

Let’s return Valentine’s Day (and all other holidays) to their more traditional, non-commercialized meanings. Then maybe the phrase “Hallmark holiday” will become history.

Has anyone else noticed that, instead of getting a card to college, or at least the month of your stay, you find out that you have been lied to about the good majority of your life in terms of our Nation’s history? For example, Christopher Columbus “discovered” America, or better yet, the myth of Thanksgiving and how the “Indians” taught the settlers to fish and farm and everyone lived happily ever after. One thing you can count on in the good ole US of A is that we don’t particularly like our nation’s history, so we distort it, then attribute the contributions of minorities through some form of a half-baked distortion to Black History Month. As Americans, we tend to not think that every single one of our ancestors, aside from the indigenous peoples of America, are immigrants.

Regardless, it’s no longer appropriate to teach that all major contributions of America came from white males. We have the tools now to need to re-evaluate what we are teaching, and how we are teaching our history.

If properly, we need for a month’s dedication to the specific contributions of minorities because it would no longer be just black history, it would be black and white history. Segregating our history still segregates us as Americans.

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Dear Readers,

Our daily encounters with one another can be a healthy lifestyle and positive quality of life, for ourselves and those around us. Civility and being a good neighbor matter to our emotional, physical, and community health. Students or employees, we all have the responsibility to be a respectful member of two communities, CWU and Ellensburg.

Mahatma Gandhi said, “Be the change you want to see in the world.” If part of what you want to see in your world is your personal productivity that comes from a restful night’s sleep, then you must let others have that too. Turn down your own volume to protect the tranquility of those around you.

For some common sense tips on how to be a good neighbor, visit the Neighborhood Relations web site at www.cwuu.edu/~nr. Or stop in to visit us in the Wellness Center, 139 SURC.

Lynne E. Harrison
Coordinator, Campus-Community Coordination

Letters to the Editor

Don’t believe what you’re told and research it yourself

Is Black History month merely a consolation prize?

As Americans, we tend to not think that every single one of our ancestors, aside from the indigenous peoples of America, are immigrants.

Go ahead, please swallow your gum

Did you know that it takes seven years for the human body to remove a piece of chewing gum? If you answered yes, you are a moron. There is no scientific data to support this claim; in fact it’s a blatant lie. This column is dedicated to those of you who have just found out, for the first time, that gum digests at a normal pace.

Why do we believe the story about that dog next door stop barking? Wishing someone would pick up the baby so the screaming would stop? Wanting to escape from shakings from the jumped up bass next door? Ever turned your back on a problem until you finally blew up? Frustrated, but don’t know how to deal with the frustrations and want to resolve rather than exacerbate problems? Communication and cooperative problem-solving are key.

A first step in being a good neighbor is communicating effectively – using compassion, clarity and empathy rather than passion, threats, blame and shame. To have the ability to communicate effectively – using communication – is communicating effectively. So as a result, we can resolve rather than exacerbate problems.

Think about it. How many times have you listened to a friend a story a about “someone they know” who “did something” that was “terribly shocking?” Did you believe everything you were told? Later I learned that the dog next door, the story about a dog next door stop barking? Wishing someone would pick up the baby so the screaming would stop? Wanting to escape from shakings from the jumped up bass next door? Ever turned your back on a problem until you finally blew up? Frustrated, but don’t know how to deal with the frustrations and want to resolve rather than exacerbate problems? Communication and cooperative problem-solving are key.

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I was really stressed out and had a big test. My boyfriend came in the middle of the test to serenade me singing John Mayer’s “Your body is a wonderland.” I went to a private christian school. - Julie Martinen, freshman accounting major.

I bought my boyfriend some swishers & a lighter with his name engraved in it. He got mad at me and didn’t like his gift because he didn’t want me to think that’s all he did. I wanted to get him something he would use. - Lindsey Robertson, junior family studies major.

I broke up with my girlfriend a week before Valentine’s Day so I didn’t have to spend any money on her. A week later I rekindled the flame. - Brandon Allen, senior pe & health major.

A random guy decorated his locker for me knowing that I would be standing by it. Then once he opened it he began handing me gifts. He put me on the spot in front of everyone. I just walked away. - Caiti Thai, freshman communication studies major.

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Two years ago I received a valentine from my 12 year old cousin. It was a pin she made of a rainbow painted in all shades of pink with little specks of silver glitter and has a little silver heart in the center that said “love doesn’t judge.” When I got it I cried a little because I had a friend take their own life from gay bullying. It has got to be the best Valentine I’ve ever gotten. - Vernon Jackson, junior communication studies major.

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The best Valentine’s Day you’ve experienced

We spent the weekend in Spokane watching a scary movie and we ate a heart shaped pizza. He bought me a porcelain flower that will never die that said “I love you.” - Courtney Peters, senior elementary education major.

I went quading for the first time ever. Then we went to a movie and he made steak and twice-baked potatoes. It was simple and romantic. - Shanie Jones, junior elementary education major.

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Top picks for this Valentine’s Day

While many may not think that Valentine’s Day has any real history, this Roman holiday has made it’s way across the world and is now an American favorite and is the second biggest greeting card holiday, according to the Greeting Card Association.

According to History.com, Valentine’s Day is now celebrated in the United States, Canada, Mexico, Australia, France and the United Kingdom. America first began giving greeting cards in the 1840’s - designed by Ester Howland.

Ellensburg offers many choices to take your loved one for Valentine’s Day this year. Morelli’s Cafe Italiano offers a nice sit down area as well as a romantic Italian cafe feel. Ellensburg Pasta Co. is locally owned and promises excellent service and a fine dining experience.

For those who like that homecookin’ style, Rodeo City Bar-B-Q is a great sit down restaurant for some home style food.

Two cafe favorites, Yellow Church Cafe and The Palace Cafe both have unique Ellensburg history along with a full service menu to choose from.

Lastly, if your looking for a cultural change, Sugar Thai is known by many travelers for some of the best Thai food on the east side of the mountains.

Finding that perfect gift can always be challenging, but there are many lists to help you pick that perfect gift.

History.com said that approximately 85 percent of all Valentine’s Day gifts are spent on women. With that, there is a top list of gifts that women love.

Making your loved one a hand-made valentine is always a sweet and easy gift to tell your special someone that you love them. Another easy way to show your love is a candle-lit dinner or breakfast in bed.

Writing them a love letter is simple and sweet and can show anyone just how much you mean to them.

Some classic favorites that women or men still love are chocolate, perfume or cologne, jewelry and flowers. They are easy gifts that most don’t have to spend much time picking out.

Top picks for this Valentine’s Day

By Nicole Swapp and Lindsay Trott
The Tower’s hidden coffee house opens its doors
Tower Theater’s Backstage Coffee House brings energy to students and staff
BY RACHEL RODDY
Staff Reporter
A box office and a theater house by night, becomes an espresso bar and study spot by day. The Backstage Coffee House on the second floor of Tower Theater features D&M coffee and was established about three months ago. It’s a quiet escape from the constant flow of loving environments on child development.

Mary Radeke, lecturer of psychology, is first up and speaks regarding the what, how and what of love. The why aspect of love takes on a very evolutionary standpoint is that “stabile and committed relationships allow us to feel calm, to heal and to feel better for longer.”

Radeke said that oxytocin is released during and after an orgasm which makes us feel connected to our partner and allows us to feel calm, to heal and to feel better for longer.

“Do you think we make people fall in love?” Radeke asked.

“Very often,” replied Radeke.

“Stable and committed relationships allow the person to bond with the other. Oxytocin is released through touch, eye contact and massage, as well as walking swimming and other physical exercise.

She also said that the conclusion is that love is a state of physiological arousal when your date associates you with an aroused sympathetic nervous systems. The evidence and research extends many years, helping many in the audience see love from this scientific point of view.

“I teach a class that I created here that’s called Skills for Marriage and at the top of the syllabus I’ve got one of my favorite quotes,” said Amber Paulk, assistant professor of Family Studies. “‘Love is a feeling, marriage is a contract and relationships are work’ and most people don’t know what that work is. That’s what that class is about, communication and conflict management and expectations like, ‘who’s going to take out the trash?’ and sexual desire gaps between partners and money management issues that we know are conflicts for partners.”

Pauk presents information from John Gottman and his Gottman Relationship Institute based in Seattle. Her FAM 101 class is a great primer for learning about healthy relationships. The students are passionate about the topic and time runs over by ten minutes in the Q & A section.

Everyone appreciated and hoped for another annual event.

STAYING IN LOVE Central psychology professor, Amber Pauk, spoke last Monday to students on “How to fall in Love.” Her and psychology professor, Mary Radeke explained what exactly love is, how to obtain it and how to keep it.

FEBRUARY 13
FEBRUARY 14
MONDAY MOVIE MADNESS “MEGAMIND” SURC THEATRE 7 & 9:30 PM FREE W/ CONNECTION CARD | $3

THEOBSERVER • FEB. 10 - 16, 2011
Walking into a classroom at Central and hearing screaming and laughing children is not what someone expects to hear. Over 60 children and parents filled the theater-style room last Wednesday to watch a magic show put on by the Central Chemistry Club.

“I feel like yoga has something amazing to offer,” Chandler said.

“Most of the students that are here did yoga in high school,” she said. “I think of what it would be like if narrating the story, putting to shame the eruptions of the classroom volcanoes some of the older kids had made in school.”

Chandler, who was added as a certified yoga instructor, said the students really enjoyed it. "I think kids really need something to relieve the stress," she said. "It essentially for the past six months. She said Chandler created a good atmosphere for you to come in and relax.

“She doesn’t tell you what you’re doing wrong. She tells you how to do it more on their level,” Lauderback said.

For those months, Chandler attended an international yoga festival in India. Thirty renowned yoga teachers from all over the world were in attendance. India changed her perspective on life.

“We have no reason to complain about anything,” Chandler said. “I love what I’m doing, and I’m living with other people.

“Sharing my knowledge with people is what got me started,” Chandler said.

Many students take one of Chandler’s classes for credit. She has been doing yoga for two years. “It’s mind and body. It’s really working out your mind. There is more to it than just a table and chairs,” Keel said.

The students know they are going to get call backs but they don’t know which roles they will have until they get called.

“We got no say in what we get casted on,” said Emily Eagen, theatre major. “We’re just making the best of thing.”

Keani Lowe, musical theatre major, wrote “The Betty’s,” which he said is “part of a class for theatre studies at Central,” and “the entire class is focused around the production of the five plays.”

“Keani is definitely someone who wants to learn a lot that year’s five plays.

Pierre spent last summer writing. She says her inspiration for the show was the “thought of what it would be like if narrating the story, just a constant part of your life.”

“She discusses how writing is only part of the production and that this culminating part for her is standing by and watching someone direct the play.”

Sitting on mismatched, hand-me-down sofas in the theater’s green room, the actors described different aspects of the plays.

“We all audition for all the shows and we get called back,” said Dustyn Moir, musical theatre major.

THE STUDENTS learn to exercise their mind and body

Instructor Lori Chandler teaches the secrets of yoga and shows students how to relax

BY KELLI DOODEN-CURTIS Staff Reporter

When most people think of yoga they think of stretchy pants, colorful mats, crazy music and stretching your limbs into positions that they should never be in. At least that is what I thought before I took an afternoon yoga class with instructor Lore Chandler.

For 50 minutes I was able to relax my mind and body, focusing on my breathing and putting my worries aside.

“I feel like yoga has something amazing to offer,” Chandler said.

Chandler is a certified yoga instructor who grew up in Seelah, Wash. and graduated from Central in 1981. She lived in Ellensburg for 32 years, where she came here as a college student.

Chandler also taught yoga to children at Central. She said she helped her rehab her knees from an old ski injury. At first, she started reading books about yoga and then she attended a class in Seattle that sparked her interest even more.

“My intent was to learn yoga, not teach it,” Chandler said.

Chandler teaches much more than stretching and breathing. She teaches many components of yoga including guided meditation, games, and instruction in stress reduction.

She really loves learning yoga and teaching it. She teaches much more than stretching and breathing. She teaches many components of yoga including guided meditation, games, and instruction in stress reduction.

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“The Betty’s” is focused around the production of the five plays.

Pierre spent last summer writing. She says her inspiration for the play was the “thought of what it would be like if narrating the story, just a constant part of your life.”

“She discusses how writing is only part of the production and that this culminating part for her is standing by and watching someone direct the play.”

Sitting on mismatched, hand-me-down sofas in the theater’s green room, the actors described different aspects of the plays.

“We all audition for all the shows and we get called back,” said Dustyn Moir, musical theatre major.

The students know they are going to get call backs but they don’t know which roles they will have until they get called.

“We got no say in what we get casted on,” said Emily Eagen, theatre major. Regardless, Eagen said, “I’m not complaining. I love what I’m casted on.”

Jelani Kee, musical theatre major, discusses the sets for the plays. “The thing about the set is they’re not really lavish [sometimes] just a table and chairs,” Kee said.

There will be three public performances next weekend beginning Feb. 17 through Feb. 19.

Each play starts at 7:30 p.m. in McCollum Auditorium. Tickets for general admission are $8. Students who bring their connection card will get in for $3.

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Central women get to know the animal

A panel of men answer women’s questions about relationships as part of Manuary

BY ALYSSA HOARD
Staff Reporter

The tables were turned in Michaelsen Hall last Tuesday as men sat around answering women’s questions for “Get to Know the Animal,” an event aimed to get answers about men’s views on dating, sex, obsessions and relationships.

The Family Studies Club collaborated with the Center for Student Empowerment to help promote Manuary, a month dedicated to focusing on men’s issues. The idea of what it is like to “be a man” is explored and has helped raise awareness through various programs, events and guest speakers.

A panel of eight young male students sat in front of the audience, resembling a press conference. A series of questions appeared on the projector screen in front of the audience made up mostly of females. They were asked to send their questions via text message in order to remain anonymous. Sending questions by text allowed audience members to not hold back on detailed or personal questions.

Most men enjoy sports, whether it’s for competition or routinely watching the big game, so it was no surprise that the opening question was, “Why are guys so obsessed with sports and why is it they can remember the score of games but not of their own anniversary date?”

Steven Ross, vice president of student life and facility, said this obsession with sports, “makes me feel confident. Being a part of a team working together is like forming a brotherhood.”

This brotherhood bond then prompted the audience to ask, “What is the bro code?”

Ross further explained that it is having mutual respect or looking out for a friend when it comes to girls.

All the bro-talk quickly formed into a demonstration and explanation of the man-hug, which was highly amusing to the audience members. The masculine greeting is a low high-five pulled in to the chest and a few slaps on the back.

All of the hugging going on led to the answer to the question of asking, “Why don’t men like to cuddle?”

Sterling Ruiz, senior family sciences major, turned the question around and asked the panel which guys like to cuddle. Every man raised his hand. Many of the women in the audience seemed surprised to hear this fact.

Majority also ruled on questions dealing with relationships. Every panel member said they would never be involved in an open relationship and wouldn’t want a girl to approach them for a date.

In every relationship, after a certain period of time there is a need to define the type of relationship and the women in the audience wanted to find out when a relationship becomes serious.

“The moment comes when you’re with someone and can feel completely comfortable together,” Ross said.

Others said that their relationships became official once their Facebook status changed to “In a Relationship.”

The Family Studies Club hosted the event for their first time. The energy was filled with laughs and set an environment comfortable enough to answer these “man” questions honestly.

It was a “neat event that is worth repeating,” said Duane Dowd, family studies program coordinator.
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Scott's shots keep falling en route to Central's ninth straight victory

BY BRYCE HIAUSETH
Sports Reporter

The Central Washington men's basketball team stepped up when it mattered, winning in a battle against the Northwest Nazarene University (NNU) Crusaders at Nicholson Pavilion Saturday.

The Wildcats have now spanned a nine-game win streak and moved up to the 11th spot in the National Rankings with a record of 18-2 overall and 11-1 within the Great Northwest Athletic Conference (GNAC).

"We find a way to win, bottom line," said head coach Greg Sparling.

The Crusaders came in with a record of 6-10 overall and a record of 4-8 within GNAC play.

The game started off very slow for the Wildcats, as it was a story of missed opportunities. The Crusaders were able to jump out to an early 8-2 lead, but the Wildcats gained the lead with around 12 minutes left in the half.

The two teams were going nearly shot for shot with each other until the Wildcats ended their hope by knocking in a career-high 22 points from freshman guard Daisy Burke.

"We got caught up in playing their pace of the game instead of ours," said senior forward/guard Jamar Berry. "We don't happen all the time, everybody comes and plays their A-game against us because we are doing so well."

The Crusaders did a good job of containing Berry, holding him to only six points on the night. Berry averages 16.4 points per game.

Coming out in the second half, the two teams continued the trend of matching each other's shots. No team led by more than five points until the Wildcats poured on an 8-6 run with less than five minutes left in regulation.

The run was topped off with senior guard Chris Scott hitting a three-pointer to gain a 10-point lead for the Wildcats.

Scott had a career day, scoring 23 points off the bench with a pair of steals.

"My shot was just falling," Scott said. "Coach told me to be aggressive and it don't happen all the time, everybody makes them out play the AAU in the last four minutes of the game and AAU won the time winded down the Wildcats ran to bring a 4 game losing streak to an end.

Earlier in the week, the Wildcats played the visiting Alaska Anchorage, losing 63-48 despite promising start. The Seawolves used their defense to take a 13-12 lead through junior guard Tanee Denson-Griffin with 11:00 on the clock and ended the half leaving Central trailing 33-17.

At the start of the second half, the Nanooks came out determined to push the host to the wire despite a 23-point lead by the Wildcats. They poured it on, scoring point after point cutting the lead to single digits at 41-33. As the time wound down the Wildcats ran out of gas and AAU took the game to them despite the Wildcats late run that made them out play the AAU in the last four minutes of the game and AAU won comfortable with 63-48.

The Wildcats started the second half with the same momentum they had at the beginning of the first half to cut the AAU lead to nine points at 40-31. As the time wound down the Wildcats ran out of gas and AAU took the game to them despite the Wildcats late run that made them out play the AAU in the last four minutes of the game and AAU won comfortable with 63-48.

"We are just putting this game behind us and doing everything we can to prepare ourselves," Russell said. "[We have to] make sure that we win our next game on Saturday."

NINTH STRAIGHT
CONTINUED ON P.19

With the Nanook loss in the rearview mirror, those words from Russell were made to be seen by her teammates as they brushed aside the visitors at the Nicholson Pavilion with the help of a career-high 22 points from freshman point guard Daisy Burke.

The game did not only end the four game losing streak for the Wildcats, but also handed head coach Jeff Whitney his 200th career victory as a coach, making him the first coach in modern women's basketball era at Central to reach that mark of victories.

In a game that had numerous lead changes, there were feelings Thursday night might rear its head when the Nanooks erased the 7-0 run for the Wildcats at 7:30 at one point but the Wild Cats responded rapidly with an 8-2 before heading to the locker room.

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CONTINUED ON P.19

Sports Editor KEVIN PROCTOR kwproctor@gmail.com

Joey Lebeau

Sports Reporter

The Pink Zone

Senior guard Chris Scott and freshman guard Daisy Burke sports their Pink Zone uniforms in games at home last week to raise awareness for breast cancer. Both Scott and Burke scored career highs in points and helped lead both the men and women's squads to conference victories.

Jeff Bayley

Sports Reporter

Breast Cancer Awareness

Senior guard Chris Scott and freshman guard Daisy Burke sports their Pink Zone uniforms in games at home last week to raise awareness for breast cancer. Both Scott and Burke scored career highs in points and helped lead both the men and women's squads to conference victories.

Women get big win over Alaska, avoid falling to last place in conference

BY PETER MALATH
Sports Reporter

In a week that did not start well for the Wildcat women's basketball team, they rebounded to get a big win over the University of Alaska Anchorage (AAU), beating the visiting Alaska Fairbanks Nanooks with an 85-73 win to bring a 4 game losing streak to an end.

In a game that had numerous lead changes, there were feelings Thursday night might rear its head when the Nanooks erased the 7-0 run for the Wild Cats at 7:30 at one point but the Wild Cats responded rapidly with an 8-2 before heading to the locker room.

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CONTINUED ON P.19
When you think of a track and field athlete who is a thrower and a girl, most people flash to the image of Torrie Self, a senior at Central Washington University, who can throw farther than a 40 year old man. This is no surprise when you consider the case of Central's track and field national qualifier, Torrie Self.

"I'm not your typical thrower," Self said. "I've had success in her throwing because of her natural ability for it, even throwing just because she wanted to improve for the team and that team needed the points. The natural ability for it helped her and her friends who competed in track and field as well as her father who was a thrower, she wanted to be like her big brothers and dad," Self said.

In high school, she concentrated on throwing with some fleeting attention to the side, but after graduating from Kent Meridian High School she began her career at Olivet Nazarene University (OUNU) in Illinois to focus strictly on throwing.

"I was like the little sister he had, like his big brothers and dad," Self said.

She referred to the university as "a strange event all by itself." "I had built relationships and life-long friends that I didn't even expect to when I came to college," Self said.

Senior thrower Jordan Steckle and Self became not only teammates but also best friends and roommates. "Living together with her over the past two years, we grew to be really good friends and for track its easy because we can feed off of each other and even though she can throw farther it helps me to push myself too," Steckle said. "During practice we are kind of those friends who are always together and it's nice to come home from practice and talk about what we did and how to help each other. It's pretty nice to live with someone you can compete with." Besides track and school, family is a huge part of Self and Steckle's athletic career and as a person, always having support and the things they have done, but with her family, a strange event always works its way into Self's track season.

Self's parents make it to every meet, but have never been to a track indoor conference because there has never been a track indoor conference. "It's kind of creepy so we'll see this year," Self said. "But the natural ability has shaped me and helps me know that I can make it through those things." Behind the track uniform, Self rises above the rest in academics as well, being named to the 2010-2011 academic all-GNAC honor with a 3.49 GPA as broadcast journalism major and Spanish minor.

"I would love to work for a Seattle news station or Sacramento or somewhere smaller or radio. I just want to be able to use my skills but also have a family in the future," Self said. She is also looking into furthering her track career outside of college in an elite track program like the club Northwest and even training for the Olympics because throwing is such a big part of that.

"I told myself that if I hit 200 plus in hammer this year that I'd be a contender for the Olympics," Self said. "It's a possibility that if I do hit 200 I could at least go to the trials."

Self has impressed many of her coaches through her athletic career, especially head track and field coach Kevin Adkisson.

"I was definitely impressed from day one with Torrie," Adkisson said. "She was very dedicated, focused and coachable, willing and ready to take direction well. I hope she continues to be active even after she graduates and I hope she ends up somewhere around here so she can come back to help coach our team because she'll only continue to get better as an athlete."
Central track stars meet national qualifiers

BY ADRIANA ZAZULA
Sports Reporter

Sprinters, distance runners and throwers competed at University of Portland's open competition on Sunday. This meet was full of promising performances within a rather odd setting: an NBA practice.

The throwers started off the competition since their event interfered with the track. Senior thrower Torrie Self was able to hit the national provisional qualifying mark in the weighted throw. She was also within a centimeter of her personal best for the event.

Once this portion of the competition had finished, the throwers were free to go but the sprint and distance races were put on hold. The Chicago Bulls basketball team had scheduled a shoot around in the middle of the track meet due to a miscommunication between Portland's athletic directors. Central track members were able to sight see while the Bulls practiced and prepared for their upcoming game.

After a three-hour break from competition, the meet resumed and the Wildcats were ready to compete. Senior distance runner Adriana Mendoza was added to the list of conference qualifiers with her outstanding performance in the 3000-meter race.

“She always downplays how she does at meets,” said sophomore distance runner Ashley Rice concerning Mendoza.

What was especially interesting about the location of the meet was there was a portion off the track that had been cleared for couches and a large flat screen TV. Super Bowl XLV was the soundtrack to the later parts of the meet. Some athletes watched the game and relaxed in between their races.

There were other strong performances at the meet, but it was difficult for runners to set many qualifying marks because the track was slightly off in its measurements.

The meet came to a close in the early evening, which, in terms of the Super Bowl, was about halfway through the fourth quarter. The athletes ended their day at Denny’s before their long journey back to Ellensburg.

On Saturday, most of Central’s jumpers competed at the Bronco Open in Idaho, which was also a memorable meet for slightly different reasons.

The Bronco Open was a competition that welcomed 14 schools, but many were from Division I. Regardless of this, the men and women that represented Central were able to make a strong impression at the meet.

Junior sprinter and triple jumper Bryan Mack and sophomore triple jumper Katharine Lotze reached the national provisional qualifying marks for the triple jump. Lotze also took first in the women’s triple jump at the meet and sits at first in the Great Northwest Athletic Competition (GNAC) for the event with her ending mark of 37 feet 10 3/4 inches. Mack took fifth in the meet and has taken first place in the GNAC for the triple jump with a mark of 47 feet 4 1/4 inches.

Sophomores Scott Hunter and Brandon Roddewig finished in the top six of the men’s pole vault placing fourth and sixth respectively. Hunter set a personal best in the event with a mark of 14 feet 11 inches.

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UP, UP AND AWAY
Sophomore pole vaulter Jamie Larsen clears opening height at the Bronco Open last Saturday in Boise, Idaho.
NINTH STRAIGHT CONTINUED FROM P.16

Gilher had 12 points with ten reb - bounds on the night, marking his second
double-double on the season.

"Different guys step up every night," Spurling said. "Chris Scott tonight was huge, Gilher with a double-double. The scary thing about it is when this team starts clicking on all cylinders."

The Wildcats were out-rebounded 34-27, but had much fewer turnovers with 12 compared to the Crusaders 22.

Up next, the Wildcats face off against second-place Seattle Pacific University at Nicholson Pavilion. The two teams met earlier in the year when the Wild - cats beat them at their home with a score of 72-68.

"The scary thing about it is when this team starts clicking on all cylinders," Sparling said. "Chris Scott tonight was a key player for us."

Sparling tallied 12 compared to the Crusaders 22.

BASKETBALL STANDINGS

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BIG WIN CONTINUED FROM P.16

Junior guard Nneka Payne and sophon - more forward/starter Stacy Albrecht shifted in as well with the former mak - ing six of seven free throws to finish with 13 points and 6 rebounds while the latter tied her career high in scoring with 17 points while contributing four blocks and eight rebounds for the host.

Junior guard Alisha Love added six points while senior center/forward Aleyse Evans dropped in five points with Amber contributing four points in the night for the Wildcats.

The Wildcats record now stands at 7-12 overall and 2-10 Great Northwest Athletic Conference (GNAC) and eighth in the conference.

The Wildcats next home game is on Monday, Feb. 14 against Simon Fraser University, but before that they have to head on the road starting next with the first battle being against Montana State Billings on Thursday Feb. 10 and back to Washington to face Seattle Pacific on Saturday on Feb. 12.

Up next, the Wildcats face off  against Montana earlier this year with a score of 7-12.

The Wildcats were able to beat them in the conference.

It’s sunset and you’re on top of a mountain looking out at a sea of white rolling clouds and the soft, yet vibrant orange rays of the sinking sun. You have just climbed one of the Northwest’s peaks and you are looking out from the top spotting the other mountains jar - ring from the mass of cloud that blankets your surroundings.

If you’re Jason Hummel, a Northwest athlete and photographer, you’re only half-way done. Hummel, an avid skier, combines fast-paced, high-risk skiing with breathtaking photography captur - ing some of the Northwest’s most en - chantingly scenic.

He is part of OPR’s Outdoor Speak - er Series and will be sharing his stories of extreme skiing in the mountains of Washington and Canada next Thurs - day, Feb. 17. Adventure to snow-capped peaks through Hummel’s photography and hear his story.

Central Alum Kurt McCanes talks about his biking journey

Ever thought about traveling across a continent? What about biking across one? Central Alum Kurt McCanes is coming back to Central on Feb. 23 as the last presenter of OPR’s Outdoor Speak - er Series. After graduation, McCanes biked through Central and South Amer - ica. His journey lasted 110 days and took him through 10 countries including Mexico and Ecuador. During this time, he took many pictures while exploring the cultures of South and Central Amer - ica. His two-wheeled tale will include his stories along with pictures, showcasing how he spent those 110 days.

For more information about the Out - door Speaker Series visit www.cwu.edu/ opr/ or call 509-963-5357.

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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

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