MAKING A BUCK
Ellensburg resident Bill Lawrence and his horse, Concho, demonstrate a rear for the camera on January 6, 2012.
The Observer

Law and Justice, Communication avoid cuts

Crunching the numbers

During fall finals week, he announced the administration would continue to rework the infrastructure of the university so long as he holds his office—calling this a “routine effort.”

Chair of the Communication Department, Phil Backlund for the APTF recommendations at the Academy Department Chairs Association meeting on Dec. 5.

Backlund said that he hopes for more focus, more efficacy, and that going forward Central refrains from trying to be all things to all people.

“Back in the 70s and 80s, all state universities could have a degree in this and a degree in that, but now, that is just not an option,” Reasons said.

A few departments on campus began their review in years past. Reasons said that his department has already reduced its focus to a single degree even though it is the third largest program at Central, serving nearly 700 students. That being said, he also would like to have more tenure track instructors budgeted for after the final phase is completed.

“We went through a process—to step back a bit, we went through a process, each chair of ranking, making notes on all of the programs in our department and degrees,” Reasons said. “We participated in at least presenting our ideas with the Colleges of Sciences.”

The mission of this process is to assure that the programs of high quality withstand the budget cuts.

Gaudino’s vision for the university supports the elimination of programs that are no longer serving a well-defined purpose—or the purpose that they were designed to.

Both Reasons and Backlund said they look forward to the next phase of the APTF’s agenda—enhancements to current under-funded programs, which, their departments, among a handful of others, are cited to receive.
I believe firmly that the worst is behind us. I feel optimistic about our future, and that feels really good to say.

James Gaudino
President, CWU

One opportunity Gaudino believes will benefit Central in the future is the increasing need for higher education moving into the future. He said that continuing to reach out to veterans, non-traditional students and with a rural background is crucial to the long-term health of the university and the economy.

“We have the ability to improve better two things: one, thousands of lives, and help religiz the economic conditions in our state,” Gaudino said. “Bringing this critically important educational gap is really our obligation.”

Gaudino continued his speech by pointing out individuals at Central who have gone out of their way to make the university a better place for students and staff alike. These included Dean of Library Services, Patricia Cutright, who was able to remodel the library without physical construction and Geology professor Nick Zentner for his passionate work outside of the classroom.

“These are examples of people who saw a need or an opportunity, and made their minds to make a difference,” Gaudino said. “We are taking responsibility for our community.”

Gaudino concluded by applauding the university for growing stronger in such hard times, and that anything is possible when working with “brilliant minds, able hands and big hearts.”

Looking to a bright future

BY ZACH SMITH
Staff Reporter

Perseverance and optimism were the prevailing themes of Central Washington University President James Gaudino’s annual State of the University Address Tuesday afternoon.

“I believe firmly that the worst is behind us,” Gaudino said. “I feel optimistic about our future, and that feels really good to say.”

Gaudino praised faculty and staff for their ability to battle through such uncertain political and economic times and attributed the resiliency of the University to their constant hard work. Gaudino claims that this same perseverance will lead Central into a bright future.

“I believe we are well positioned to take advantage of exciting opportunities...we are better positioned than the public 4-year universities in Washington,” Gaudino said. “All we need to do is to continue to lean into the future with the same passion and purpose that have brought us this far.”

To watch President Gaudino’s address, go to www.cwu.edu/IS/streaming and select the link titled “President Gaudino’s State of the University Address.”
Facilities rental fees updated

BY WES MORROW
News Editor

The University Policy Advisory Committee (UPAC) approved revisions to the Facilities Use Procedures at their first meeting after the winter break.

UPAC held its first meeting of 2012 on the first day of class at 8:30 a.m. In the past, in order to rent a facility on Central Washington University’s Ellensburg campus, groups would have to pay two separate fees.

One of these fees would go to the Business and Financial Affairs (BFA) department. The other fee would go directly to whichever department was in charge of the facility.

For example, if a group wished to rent McConnell Auditorium for a speaking event, it would have to pay a fee to BFA as well as a fee to the Theatre Arts department.

Under the revised procedures, if a group wanted to rent the McConnell Auditorium, it would only pay one fee, which would then be divided among the appropriate departments.

The division of the fee would look like this: 50 percent of the fee would go to the vice president of BFA to be distributed at his discretion, 40 percent would go to the respective department (e.g. SURC, athletic director, VP of BFA, or the department dean), and 10 percent would go to the scheduling center.

The party that receives the 49 percent portion of the fee depends on the facility being rented. In the case of the McConnell Auditorium, the 40 percent would typically be apportioned to Marij Morgan, the Dean of the College of Arts and Humanities.

Morgan said she would then redistribute the money earned from the fee to the proper department—in this case, the Theatre department.

UPAC is one of the two committees created this academic year as a result of the dissolution of the President’s Advisory Council (PAC).

In addition to the changes made to the apportioning of fees, the committee approved a slight change in the decision process for allowing and serving alcohol at events.

The new procedures distinguish the authority for decisions concerning alcohol between student and non-student events.

The approval of student events requesting the serving of alcohol will be decided by the Dean of Student Success or his designee, whereas non-student events requesting the serving of alcohol will be approved or denied by the president’s office.

According to Linda Scharlach, director of public affairs, the recent changes will allow groups to book events more easily, without having to navigate multiple fees.

The policy is still undergoing minor changes.

More information on the University Policy Advisory Committee, as well as minutes from past meetings and agendas for future meetings can be found at: www.cwu.edu/president/pac/index.html
• A man was reportedly urinating in the bushes on North Ruby Street and talking to himself.
• A UPS package was reportedly stolen from in front of a residence on Mountain Top Drive.
• An older man reportedly borrowed $40 to buy cigarettes then denied borrowing the money.
• A person called to ask if there were arrest warrants out for him from the Yakima Municipal Court.
• A tree reportedly fell on a house on East Idaho Avenue.
• A person reported that a man entered his business an hour ago saying that he wanted to warm up and was rambling to himself. The reporting party was uncomfortable and wanted the man to leave but was uncomfortable asking him.
• A man reported that the tires of his Ford Ranger had been slashed again and that he would take care of the problem himself.
• Six llamas were reportedly in Smithson Road.
• Twenty-one gun shots were reportedly coming from the west side of town.
• A man was reportedly jumping out from bushes outside of a business on South Canyon Road and scaring patrons.
• A man reportedly went through the car wash and complained that it did not rinse his bike well and broke his bike.
• A person reported that they had bought bad bullets and needed a letter of disposal.
• A person reported that someone was pounding on the deck near their glass window.
• A possible toaster oven fire was reported on North Thorp Highway.
• A blue mountain bike was found in a stairwell on Alder Street.
• A person reported that they could smell alcohol outside of a door on Alder Street and that the residents were not answering.
• A woman with her hands up was reportedly walking in a lane of travel on Kittitas Highway.
• A person reported that they were receiving harassing text messages.
• A person reported that they were missing jewelry, cash and other items from their home and receiving calls about credit activity they didn’t make.
• A person set off an alarm on Sparks road and said that she didn’t have the correct code.

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Send letters to: cwuobserveropinion@gmail.com
Local horse trainer takes skills to silver screen

BY KELSEE DODSON-CARTER
Ellensburg

War Horse, Racing Stripes, The Legend of Zorro, Unstoppable and Evan Almighty are all Hollywood movies, but they also have something in common: Bill Lawrence.

Lawrence, an Ellensburg native, is a horse trainer who uses a technique called “liberty work” to train certain animals in feature films. This means that the animals are at liberty when they are being trained. Lawrence uses whips to direct the horse, not to punish the horse. The whips are used as a guide only.

“They are more of an extension of my body,” he said. “They make me look bigger so that I can direct them.”

Lawrence said that he directs horses like an orchestra. Sometimes, he has to be close to the animals in a scene but sometimes he has to be as far as a half a mile away. When one sees an animal doing something in a movie, there is someone like Lawrence in the background directing the animal.

Lawrence’s recent work can be seen in Steven Spielberg directed film, War Horse. Lawrence spent 19 weeks straight, seven days per week, traveling across three quarters of England to film this movie. He said there was much of pressure on him to get the job done.

“When people like Spielberg,” he said. “He doesn’t want it kinda this way, he wants it exactly this way.”

Lawrence said he was lucky if he averaged four hours of sleep per night. War Horse was definitely a dream job for him. He was hired on to train the main actors in how to act around a horse. The actors needed to be able to walk up to a horse and look natural and comfortable.

Lawrence spent much of his time with Jeremy Irvine, one of the main actors.

“Jeremy almost had to learn liberty work,” Lawrence said. “He had to understand what I was doing.”

When Lawrence goes on a movie set, he needs to have 100 percent confidence in the animal.

“I love the work,” Lawrence said. “I like the challenge of what it is and what I do.”

“There are not a lot of people who do what Lawrence does. People want to learn but it’s not that easy.

“It takes a special person and personality to do what we do,” he said.

Lawrence used to rodeo and through that experience he was introduced to Bobby Lovgren, also a horse trainer for feature films.

The first film Lawrence worked on was Teenage Mutant Ninja Turtles III. He dressed up as a samurai warrior and fought with professional kick boxers. Lawrence kept in touch with Lovgren and started training horses.

“I grabbed the whips and realized I had a knack for it,” he said.

Lawrence got a crash course on liberty work and from there everything snowballed into the success he has today.

As a trainer, Lawrence is in the middle of everything. The information he needs to know is passed down from the director to the first assistant director to the department heads.

“They take good care of us on set,” he said.

“We take good care of our animals.”

Lawrence said that most of the time, the actors that he works with don’t know animals and they trust him to help them.

Once in a while Lawrence will run into the egos, but most of the time they rely on him to make them look good.

According to Lawrence, the actors are really nice and are just like ordinary people. Antonio Banderas is his favorite actor; he has worked with Banderas would come across set and shake his hand, whether they were working together that day or not.

For Lawrence, the best part of his job is pure self-satisfaction.

“We are the only ones that really knows what we just accomplished,” he said.

He also loves it when his horse nails every scene when there were 1,001 things that could’ve gone wrong. The actor will mess up or the lighting will be off but his horse will nail it every time.

Lawrence’s favorite movies to be a part of were Racing Stripes and War Horse.

“When those were the toughest challenges, but that is why I enjoy them so much,” he said.

Lawrence realized that he came through the back door in the movie business, which is why every time he goes home he hopes his phone will ring with another job.

On Christmas day, Lawrence took his family to see War Horse, which he thought was a really good film. He said that it is hard for him to watch it and really be a critic because he was there. According to Lawrence, Spielberg made a six-hour movie and had to cut it down to a two-hour movie.

“Spielberg did a really good job in telling the story,” he said.

Keep an eye out for Lawrence, who is currently in negotiations for his next job but couldn’t say anything about it because it is high profile.
YOUR GUIDE
to the best bars in
ELLLENSBURG

By Mende Smith

DOWNTOWN

THE TAV

DAILY DRINK SPECIALS

MON

TUES - FRI

6 p.m.-close
$1 PBR
$.50 hot dogs

3-6 p.m.
Happy Hour

The Tav has long been the best bar in Ellensberg.
THE VIBE: A local hangout—filled with drinkers playing a set jukebox of classic tunes. This is not a “party” bar. It is a brick-and-mortar tavern with dark corner booths where you can watch the ball games and the names of drinkers and diners over the years have been chiseled into the walls. The Tav is the warm-up for the bar beat.
KNOWN FOR: Beer, wine and the best burgers in town.

CLUB 301

301 NORTH PEARL

BEER PONG TOURNEY

DAILY DRINK SPECIALS

TUES

WED

THURS

$1

Jell-o shots

$1 off

vodka drinks

$4

double-well drinks

Club 301 is where you find the fun-loving, Jell-o shot popping, top 40 dancing crowd.

THE VIBE: The two-room space boosts a dance hall and Karaoke machine. Often standing room only, there are few seats available and this place gets loud. This is a second stop on the bar beat—eventually you will end up here if you are out past 11 p.m. Try the Scooby snack (about $4) to get your party groove on.

KNOWN FOR: Dancing and Spirits.

THE STARLIGHT

DAILY DRINK SPECIALS

MON

TUES

WED

THURS

3-5 p.m.
9 p.m.-close
9 p.m.-close
3-6 p.m.

$1  PBR
$1 off
$3 doubles
Happy Hour

The Starlight Lounge serves up the best martinis in town.
THE VIBE: A front bar and a back bar serving all night long. There is 80s music on the stereo most days and a live DJ on Wednesdays and Saturdays. The Starlight offers an upscale mix of fancy drinks and the taste of newer wines.

KNOWN FOR: Martinis, Martinis, and Martinis!

THE PALACE

DAILY DRINK SPECIALS

TUES

WED

THURS

Taco Tuesday

Whiskey Wednesdays

Taco Thursday

$.50 tacos

$.50 tacos

$.250 Coronas

$1.50

$2.50 Coronas

$2.50 Coronas

As the Palace enters its second century of service, the Palace Saloon celebrates a drinker’s paradise since 1882.
THE VIBE: Classic small town noir. The diners use the front door, the after hours crowd comes in through the side door. Taco Tuesdays are not to be missed. The Palace Saloon is often the last stop on the bar beat. There is no room for dancing but plenty of space at the bar.

KNOWN FOR: Taco Tuesdays and Whiskey Wednesdays.
For most people, the Holidays are seen as a time for family togetherness, jubilation and widespread cheer. No disrespect for family togetherness, but many avid moviegoers view November-December as a time when all the best films of the year hit movie theaters. Likely due to awards show criteria, the end of the year is often heavy with art films, historical biopics and Oscar-grabbing stoppers. Here for all you faithful readers is a general summary of my thoughts on each film, now with a handy grading scale for your reading pleasure.

Life is a series of trial and error. No one can go about their entire existence perfectly. Though themes of regret and shame are common in popular cinema, never has it been done in such a brutal and uncompromising fashion as Steve McQueen’s “Shame.”

The film stars Michael Fassbender (“Inglourious Basterds,” “X-Men: First Class”) as Brandon, a New York City urbanite with a crippling addiction to sex. The film provides insight on the idea that sexual activity, just as much as any other common vice, is entirely capable of destroying a person’s life.

Brandon is so overcome with the consistent need to find sexual stimulation that he has become incapable of displaying any emotion other than that of an organism. He is deadened by his addiction in every possible way.

When his sister Sissy, played by the charming Carey Mulligan (“An Education,” “Never Let Me Go”) comes to stay for a visit, an interesting dilemma is presented, and it questions why Brandon is the way he is.

Both siblings are plagued by shame though in opposing ways. Brandon is emotionally detached despite his interior need for connection. Sissy, on the other hand, displays nothing but a longing for emotional attachment though she is so plagued and ashamed by her past that developing any sort of long-lasting bond with someone is simply inconceivable.

Though “Shame” is at times a very hard film to watch, the film’s chilling performances and McQueen’s elegant, yet simple use of imagery just beg you to watch the film multiple times. “Shame” is a stunningly presented, nearly perfect film and certainly one of the year’s best.

Fresh from directing the critically-acclaimed “Up in the Air,” director Jason Reitman joins up with screenwriter Diablo Cody to make “Young Adult.”

Though this move to Adult” is a very fresh comedic film about let-ting go of the past. Charlize Ther-on (“Monster,” “North Country”) stars as Mavis Gary, a middle-aged ex-prom queen still having trouble coming to grips with life post-high school.

Upon learning about her old sweet-heart’s new wife and baby, she packs her bags and goes back to her hometown to try and win him back. What ensues is a hilarious mess of inappropriate conver-sations and overwhelming cattiness. Kristen Bell and Dylan O’Brien, who previously collaborated on 2007’s hipster smash hit “Juno,” employ the same dry humor and unconventional storytelling with “Young Adult.” Mavis Gary is almost the anti-Junon. Whereas Juno MacGuff is a fun and sympathet-ic character, Gary is perhaps one of the most vain, self-centered characters ever put on screen.

Though this could have been an easy outlet for ran-dom, straightforward humor, Cody was wise to add a layer of meaning behind the laughter.

The acting in “Young Adult” is also a definite highlight. Theron delivers what could be her most memorable perfor-mance to date. She the epitome of every comedic film of recent memo-ry, but it may just be the best comedy of the year.
It’s Britney, bitch

Spears recognizes Central students via Twitter

BY KELSEE DODSON-CARTER
Scene Editor

“Thanks y’all, now go back to studying! LOL” is what pop star Britney Spears tweeted when she saw a YouTube video created by Central’s very own Jake Updegraff, senior broadcast journalism, wishing they had a famous role model since third grade.

He has always wanted to do something like this and since Britney was turning 30, it was the perfect opportunity.

It was Black Friday when Updegraff decided he wanted to create a video, a week before her birthday, which meant that he needed to get to work.

He posted a Facebook status asking for people who would be interested in being in the video.

Updegraff said he got tons of responses with nearly 30 people who liked the status.

“I used to get in fights with kids at school cause they said she had fake boobs,” Updegraff said.

The video took five hours to film and 10 hours to edit. After the video was completed, Updegraff put it on YouTube and sent the link to fan sites, Twitter and Facebook.

By collaborating with other fans on Twitter, Updegraff found all of Britney’s backup dancers and posted it to their Twitter accounts.

“I’ve studied Britney since I was a little girl,” Updegraff said.

Updegraff knows many of the people Britney works with. He sent the video to all of them. People such as her manager, Larry Rudolph and assistant and best friend, Ali Simms.

“I couldn’t believe it,” Updegraff said.

“Britney only retweeted two other videos but she also tweeted other celebrities like Paris Hilton, Kim Kardashian and Justin Bieber, thanking them for the birthday wishes.

According to Updegraff, Britney has always done what she wanted, even when the world criticized her, and has been a role model since third grade.

“It’s been an everyday reminder to be true to myself and not care what others think,” Updegraff said.

One of the ways that made the video easy to post was a “click to tweet” button in Updegraff’s “About Me” section. All viewers had to do was click the button and the video would automatically post to their Twitter.

“Very easy to post was a “click to tweet” button so he put his phone on silent. He had seven missed calls from his roommate and a bunch of texts from random people telling him the good news,” Britney saw the video and tweeted back!

“We [EFF] have a hard enough time getting people involved in three days of movies together — which, you’d think, ‘three days of movies, that’s no big deal,’ but it is a huge amount of effort and a yeardong commitment, and then if you want to do a venue, or have a party space or event space, that is just a lot of time,” Valverde said.

"The halfbey of the popular downtown gallery lends itself as a meeting place to shake off the busyness of the EFF and celebrate its annual success. There has been no discussion of a permanent venue for Bar Noir.

"Replace the stars."

Bar Noir is the brainchild of George Popovich and Justin Beckman. These two “filmmophiles” and originators of the Ellensburg Film Festival (EFF), have a passion for art and music. Beckman and Popovich, who want to treat fans of the festival to a night of dance and dance — created a space for a periodic dance party bar that is all their own.

Three years later, Bar Noir serves as a volunteer event to generate funds for the festival. Bar Noir is open on the first Saturday of every month from 9 p.m. to 2 a.m. The event is free to the public and the cocktails are modestly priced.

At this month’s event the party swelled to about 30 attendees, mostly students coming out to dance and just stopping by to check out the music at the top of the stairs. DJs, Alpengo and Laughing Fox, kept the dance party going until the end.

The Bar Noir projects a myriad of short films, event outcomes, and “classic” films across the loft ceiling while a Hi-fi Dj with a skillful pair of hands draws a dance beat that will not stop. In one dark corner stands a hosted bar and spectacles of lights shimmer on the walls and tall glass windows. By day, a foyer boasts a clutch of small studios that shadow Gallery One below.

Inti Valverde, Central counselor and veteran EFF coordinator, talked about the venue and the mystique of this curiously exclusive nightclub.

“Your opportunities for going out in Ellensburg are severely limited and sort of geared toward sort of a pick-up scene at the bars, or a really heavy party scene where people are just getting trashed,” Valverde said.

“Where are we more about let’s have a good time, let’s dance and not get stupid.”

Valverde said that the venue is not exclusive and that people do know about it, much like the speakeasies in decades past, where students and neighbors would gather and share time in small flats and gallery spaces, enjoying art and music. He points out that the Starlight, 301, and the local taverns are nothing like their loft space above Pearl Street.

“We [EFF] have a hard enough time putting three days of movies together — which, you’d think, ‘three days of movies, that’s no big deal,’ but it is a huge amount of effort and a yeardong commitment, and then if you want to do a venue, or have a party space or event space, that is just a lot of time,” Valverde said.

Above is Britney’s response to the video, that currently has 93,000 views. Follow Updegraff @JakeDeOvseyou on Twitter and picklerunderwoodfan on YouTube.

THESCOOP

Jan. 12 9 P.M.
The Furniture Series
McConnell Hall
Students Free
General $15

Jan. 12 7 P.M.
MAN UP! BRO CODE
Syracuse University: Brittni

Jan. 12 6 P.M.
DR. MARTIN LUTHER KING, JR. MARCH AND CELEBRATION
Syracuse University: Brittni

Jan. 12 7 P.M.
OPEN MIC NIGHT
RAW SPACE
$3

Jan. 12 8 P.M.
ALLEN STONE
RAW SPACE
$10

Jan. 13 7 P.M.
MAN UP! BRO CODE
Syracuse University: Brittni

Jan. 13 7 P.M.
Syracuse University: Brittni
Men’s basketball loses third straight

BY CONNOR VANDERWYST
Assistant Sports Editor

Central’s Men’s basketball team dropped a gut-wrenching game against Northwest Nazarene 98-96 at Nicholson Pavilion Saturday night, pushing their losing streak to three games.

The Wildcats squandered several opportunities and ended up losing after a last second heave by sophomore guard Lacy Haddock grazed the front edge of the rim before falling to the floor. “I thought [the shot] was going in for a second,” Haddock said. “We were going to throw it down the court if there was any open man, but they were playing everybody pretty tight.”

Although the ‘Cats almost reached 100 points for the third time this season, they were unable to stop Northwest Nazarene’s offensive attack during the crucial moments of the game.

“I thought we executed well down the stretch,” Head Coach Greg Sparling said. “We got good shots. We put 96 points on the board and shoot 53 percent from the field probably have a pretty good chance to win.”

Haddock and senior forward Jody Bighill will be one point away from the Wildcat’s 96 points. It was an especially big night for Johnson as he set a new career-high of 26 points. Johnson was aggressive going to the basket and did most of his damage from the free throw line.

“When we get the lead we got to stay focused on making it go higher and keep putting it on them,” Haddock said.

Central was able to pull within one point when senior forward Roby Clyde scored a layup with 11.8 seconds remaining. After forcing a turnover on the following Northwest Nazarene inbound pass, the Wildcats had a chance to take the lead with 9.8 seconds remaining.

However, a costly turnover with 1.1 seconds remaining allowed the Crusaders to regain possession and escape with the two-point victory.

Clyde had an outstanding all-around game and finished with 4 rebounds, 7 points, 5 assists and 5 spectacular blocks. At times, the 6-foot-5inch Clyde was asked to guard Northwest Nazarene’s 7-foot center Michal Kurimsky.

The key to the game was free throw shooting. The Wildcats shot 67.5 percent, making only 27 of their 40 attempts, whereas the Crusaders shot 81.5 percent, making 22 of 27 attempts.

“You just got to step up and make [free throws],” said Clyde.

That’s their strength. Three pointers, three pointers, three pointers,” Sparling said.

Central has to quickly make some adjustments, before they host Seattle Pacific on Thursday, Jan. 12 and Montana State Billings on Saturday, January 14. Both games are scheduled for 7 p.m. tipoff.

“We’re right there,” Johnson said. “Today was a tough loss. It was close at the end, but you know, we got to keep pushing and hopefully one day we’ll get over that hump.”

The game against Seattle Pacific will be “White Out” so all in attendance are encouraged to wear white to the game. Also the spirit committee is encouraging everyone to learn Central’s fight song to sing at the game. The game against Seattle Pacific figures to be one of the biggest match ups of the year. Seattle Pacific is 12-3 overall and 4-2 in GNAC conference play. Seattle Pacific knocked off “Elite 8” team University of Arizona 69-68 in an exhibition game early in the season.

This Saturday, when the Wildcats host Montana State University Billings, former Central football standouts Mike Reilly (quarterback) and Adam Bighill (linebacker) will be honored. Both Reilly and Bighill are on the British Columbia Lions in the CFL. The Lions won the Grey Cup, the championship cup, in November.

SKY HOOK Senior forward Roby Clyde puts up a shot against NNU Saturday night. Clyde finished with 7 points, 5 assists and contributed 5 of Central’s 10 blocks.
No Dunn deal; Wildcats lost in OT

BY ALEXANDRA SHERK
Staff Reporter

Central Washington University’s women’s basketball team traveled to Nampa, Idaho over the weekend to take on conference rival, the Northwest Nazarene Crusaders. While the junior duo Alex Dunn and Jessica Vandyke combined for a total of 55 points, it was not enough to get the win as the Wildcats fell to Northwest Nazarene in a close overtime battle.

The Wildcats are now 1-4 in the Great Northwest Athletic Conference (GNAC), leaving them at 4-6 overall on the season.

“I thought we played well,” Head Coach Shawn Nelson said. “We had an 11-point lead with 6 minutes to go and we just gave them the game.”

Central was up by one point and heading into half-time as Dunn hit a three-pointer at the buzzer to leave the Wildcats with some hanging momentum as they headed into the locker room.

Central started off the second half slowly, quickly trailing by 5, but they then went on a 3-1 run to pull ahead by 4. While Central had no problems getting points on the board in the first half, their focus in the second half was “to box out and get rebounds,” Vandyke said.

Northwest Nazarene didn’t sit back and watch as they quickly came back to tie the score 53-53. With 7:38 left in the second half, Central held an 11-point lead, but was unable to get it done on offense as the Crusaders snuck their way back into the game.

Northwest Nazarene tied the game with a do-or-die prayer at the end of regulation to force the Wildcats into overtime play.

“We quit executing on offense, and we played not to lose instead of staying aggressive on offense. And we started fouling and putting them at the line,” Nelson said.

In overtime, the Crusaders made a statement by taking an 8-point lead in the first few minutes, leaving Central the duty of climbing back up.

“Our strengths were that we put defensive boards, but we just couldn’t get defensive stops,” Vandyke said. Dunn made 6 of 11 three-point attempts, creating a career-high night for herself with 27 points; Dunn also shined right alongside Vandyke with 28 points and 6 assists. Johnson added 14 points and was 4 for 7 from three-point land.

“I feel like we played more to not lose rather than to win. I think a lot of us including myself were nervous about the game because we were in the position where we could win, and we have been doing a lot lately but haven’t been getting wins,” Dunn said. “We were playing scared instead of playing how we had been playing the whole game and getting those buckets to even in the game.”

Central’s 17 three-pointers were just enough to break the school record of 16, while shooting 40.3 percent overall.

Both teams only had 6 players score during the contest. Sophie Russell, Mélanie Valdez, and Arroy Moore came together with a combined total of 19 points to add to Dunn and Vandyke’s 55 combined points on the night.

Central won the battle on the offensive boards 15-10 but Northwest Nazarene outscored Central 40-12 in the paint. Northwest Nazarene also had six more defensive rebounds.

“We go a variety of different places [along the trail], but we take it slow enough,” Berberick said. “It’s a fun experience for doing things other than skiing.

“Our programs are basically made for beginners,” Berberick said. “We plan on having first-time skiers and we traditionally go up to Blewett pass.”

Blewett Pass is a mountain Pass in the Cascades which lies on the notorious Yellowstone trail and is located and connects Interstate 90 between Seattle and Ellensburg to U.S. Highway 2 between Mount Stuart and Wenatchee. About a 45-minute to an hour-long drive from Central, Berberick said the small road trip allows leaders to talk to their groups about tips and precautions for skiing. Generally, groups of friends attend the cross-country ski trip, and it has appealed to groups of international students as well, but there are still plenty of individuals searching for their snow nirvana. At 10 a.m. the group departs from the Student Recreation Center and drives to Blewett in vans. Once at the pass, the group climbs into their gear and then the guides give an approximately 15-minute lesson before beginning the trip. There is a gradual uphill climb for the first half of the trail, and then the group takes a break to eat lunch. After that, the group heads back downhill. The entire trip takes place from 10 a.m. to 4 p.m., while the skiing lasts for about four hours at the very most, with several breaks.

“We quit executing on offense and we played not to lose instead of staying aggressive on offense.”

PHOTO COURTESY OF SCOTT LARSON
PULL-UP Senior Sophie Russell shoots over a Portland State Portland State defender.

OPR skis the distance

By EVAN THOMPSON
Staff Reporter

Winter has officially arrived, and students seeking a little excitement in all of the fresh new snow in nearby mountains won’t have to search any further. The Outdoor Pursuits and Rentals (OPR) has already scheduled two more times, on January 22 and February 5.

The Wildcats are on the road next weekend traveling to take on Seattle Pacific on Thurs- day, January 12, and Montana State Billings on Saturday, January 14.

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FLOOR GENERAL
Junior guard Alex Dunn scored 28 points against NNU. Jonah vonahlefeld

OPR is scheduled to run the ski trips two more times, on January 22 and February 5.
Track and field leaps into new season

by Danny Schmidt
Sports Editor

Central's track and field team is getting ready to take the next step in the conference as they get ready for the upcoming season. A handful of athletes participated in the Jackson's Indoor Open in Nanaimo, Idaho on Dec. 2-3. The meet gave participants the chance to try events they may not be too familiar with. Nobody took advantage of the meet as well as sophomore Manny Melo. Melo usually partakes in sprints and jumps, but after opening himself up to all the Crossfit movements, he decided he would try the heptathlon. A heptathlon is the indoor version of a decathlon. It is made up of seven different events that stretch out over two days. The events are the 100-meter hurdles, high jump, shot put, 200-meter run, long jump, javelin and 800-meter run.

"I wanted to just try doing something new," Melo said. "I figured I had a good enough athletic skill set to do it, but I knew there were spots I needed to work on. Day two was the day I knew it was going to be really difficult for me."

Melo finished fourth out of 11 athletes.

"Going into it, I had no idea what to expect," Melo said. "I never competed or watched the people who I competed against. Getting fourth place was a real achievement of mine for starting the season."

Sophomore Hunter Davis finds herself helping out the team whenever she can. Being a veteran, she is a leader of the team.

"If I train hard, as long as I'm competing and serious about it, other people will be serious too," Davis said. "We need people to step up. I help them and tell them what needs to be changed and what could make it better."

In addition to her lofty team goals, Davis’s individual goals are typical of an All-American.

"I want to make it to indoor nationals, and then I want to win outdoor nationals," Davis said.

Head Coach Kevin Adkisson is also excited about freshman Chelsea Genther. Adkisson believes she could be a top two or three sprinter in the conference.

"If we can just get a couple more great performances from the team, we can probably come in second or first and win that championship," Melo said.

Increase fitness fun with Crossfit

by Michael Najera
Black Photographer

A new gym ushered in disciples of the new Crossfit fitness program at its grand opening on Jan. 7.

Ellensburg Crossfit, owned and operated by head trainer Taylor Clark, is a place for community members and Central students to burn fat and calories. Located off Vantage Highway, the gym is about a five-minute drive east from Central’s campus.

"Crossfit is an exercise program that involves functional movements as well as constantly varied workout programs," Clark said. "You are never doing the same workout two days in a row or even week to week."

Clark, a 2009 Central graduate with a bachelor’s in exercise science, is a Crossfit level-one certified personal trainer. Before opening up the gym, Clark had to complete a two-day course to learn the proper techniques for instructing workout sessions.

He also has to constantly familiarize himself with all Crossfit movements, to teach others correct form and prevent injuries.

"Clark did a great job preaching good form and pushing people during the workout," sophomore Aly Pickrel said.

A common misconception about Crossfit is that it is only for the hardcore fitness fanatic. Crossfit actually welcomes all people, any shape or size. In addition to classes, Clark also offers one-on-one personal training workouts.

Ellensburg resident David Foy was looking to improve his fitness and body composition. According to Foy, something was missing from his workout. Something he found at Crossfit.

"Integrity, something that is my athletic personality and works for me," Foy said. "Prepare to get your butt kicked."

Clark hopes that the future of Ellensburg Crossfit includes building a strong relationship with the community as well as improving sports performance around the area.

"I hope to get high school teams to workout and stay in shape during the off season," Clark said. "I want my gym to be a place to meet new people from the college and community, and build a great environment."

Ellensburg Crossfit offers a monthly-unlimited membership of $100, along with a 20 percent discount for students and teachers.

For more information and other discounts, visit www.ellensburgcrossfit.com. 

"[Crossfit] is great way to get in shape, good for your health and helps you with sports performance," senior Dillon Clark said.
NBA fantasy Favors

By Connor Van der Weyst
Assistant Sports Editor

After a long and ugly lockout the season finally made its debut Christmas Day to the joy of millions of fans worldwide. Never one to miss the action, fantasy players are desperately waiting for a new collective bargaining agreement to be signed so they could start planning their leagues and eventually a 66-game season was agreed upon by the owners and players. The shortened season means more games during the week so staying up on how your team is doing and what players are hot is crucial for success in any league.

Here are some players who could help your team during this frantic season.

Guards:
Gary Neal (San Antonio): With Manu Ginobili out for an extended period of time Gary Neal is a solid pickup for Ginobili owners or for those looking for help at the guard position. According to Yahoo! Sports Neal is still available in 84 percent of leagues. In his limited action so far this season he is averaging almost 12 points per game and 4.5 assists per game.

Nate Robinson (Golden State): The University of Washington product was finally made its debut Christmas Day to the joy of millions of fans worldwide. Robinson is averaging 10 points per game and 4.5 assists per game. He is also averaging 1.5 3-pointers made per game.

Iman Shumpert (New York Knicks): Knick fans have gone from booing New York’s decision to draft Shumpert in last year’s draft to chanting his name at Madison Square Garden. Due to Tonye Douglas stinking up their starting lineup Shumpert has taken over his spot. In his last three games Shumpert has averaged 13 points, 3.3 rebounds, 4.3 assists, and 2.7 steals. Not bad for someone available in 69 percent of Yahoo! leagues.

Forwards:
Marreese Speights (Memphis): With Zach Randolph out for at least another seven weeks, Speights will be receiving 25-30 minutes per game off of the bench. Last Sunday against the Los Angeles Lakers Speights exploded for 17 points and 7 rebounds. With Dante Cunningham under-performing, look for Speights to challenge for the starting power forward job within the next week or two.

Derrick Favors (Utah): Favors has had solid production off the bench for Utah this season. The second-year player from Georgia Tech is averaging nearly 9 points and nearly 6 rebounds. Last season he is averaging almost 12 points per game and two 3-pointers made per game.

Zach Randolph out for at least another seven weeks may be able to explode for 20-25 points on certain nights.

Sleeper:
MarShon Brooks (New Jersey): If you are desperate for scoring consider picking up Brooks. He is only going to help in the scoring categories, but he has the potential to average 15-18 points during the season and may be able to explode for 20-25 points on certain nights.

Looking for talented and creative students?
It’s not too late!

Contact Professor Toby Stobie
stobie@cwu.edu
For More Information
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