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The Observer

Central Washington University

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By the students and for the students of CWU

The OBSERVER

cwuobserver.com

Online daily, print weekly

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CWUObserver



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Students battle
winter depression

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LEFT IN THE DARK

Advisers unaware of those
on academic probation

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Volleyball makes NCAA
tournament

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Two-Time ACP Pacemaker Award Finalist

The OBSERVER

cwuobserver.com

by the students & for the students of CWU

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Women's Basketball vs. Hawaii Pacific University 7 p.m.

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Rosell to be honored by SPS

BY EVAN THOMPSON
 Online Editor

After years of teaching and countless hours spent outside the classroom as chapter adviser for Central's Society of Physics Students, Sharon Rosell has helped her students do just about everything but recreate the Big Bang.

Some may consider her latest achievement to have similar stature as that of the explosion that is thought to have created the universe 13.8 billion years ago.

In October, the SPS named Sharon Rosell, adviser for Central's Society of Physics Students, 2013's Outstanding Chapter Adviser, a nationwide award. Rosell was one of eight finalists, who were nominated from a field of 800 clubs across the country.

The award will be presented to Rosell at the winter meeting of the American Association of Physics Teachers held Jan. 4-7 in Orlando, Fla. The award will consist of a plaque and three checks totaling \$5,000, which will be split between Rosell, the chapter and the department.

SPS is a professional association which focuses on encouraging professional development and contributions to the field, as well as promoting physics to the public.

Although this "Big Bang" was on a much smaller scale, it was created through Rosell's passion, dedication and encouragement.

"Well, it's an affirmation of my entire career here," Rosell said. "We're one of the smaller universities in the state and we're not a private university with a lot of funding, and we're scrambling for funds all the time."

Rosell has been Central's SPS chapter adviser for 18 of the last 20 years, and has seen her students create everything from trebuchets to a vortex cannon.

The chapter is not all about physics-



PHOTO COURTESY OF SHARON ROSELL

BLASTOFF Physics enthusiasts launch rockets at an outreach event.

oriented activities, though. Rosell encourages a social atmosphere for the chapter, which often works on outreach to the community.

The students build all of their own equipment, which leads to fun activities such as rocket launches and a trebuchet that launched potatoes and cabbages.

During her time with the chapter outside of the classroom, Rosell has done things like sled over snow and water and has learned how to skip rocks.

The SPS received letters of recommendation in support for Rosell's nomination, which documented how Rosell rose to the challenges she faced, produced award-winning chapters and patiently worked to develop student leadership in the chapter, all while maintaining her contributions to the physics community.

The chapter meets once a week for as long as 30 minutes or longer. Members consist of mostly sophomores and upperclassmen, as well as a few active freshmen.

Rosell has done her part as role model and leader for the chapter. She says she has noticed that her students have stepped into a leadership role as well.

"What I like to see, and what we've

It's amazing that I got (honored), not just for me, but for Central Washington University. It's like saying I've done a good job with my students since I've been here."

-SHARON ROSELL
 Society of Physics Students Adviser



PHOTO COURTESY OF SHARON ROSELL

E=MC² Rosell teaches in the classroom.

had very much the past few years, is good leadership," Rosell said. "The president, the vice president, and all the other officers are giving good leadership and the other students are contributing with ideas, and are [enthusiastic]. And if we're going to go on a field trip or do some outreach, they offer to volunteer their time."

Rosell's students are currently working on correcting the pendulum in the center of Lind Hall.

They also create and provide useful tools for local schools, such as light boxes for Ellensburg high school.

In Rosell's award letter, SPS director Toni Saunicy spoke of the letters of recommendation for Rosell being "truly inspirational and memorable."

Rosell, who is in her last year as a professor at Central, said she was proud to have won the award not only for her, but for her students and for the university.

"It's amazing that I got it, not just for me, but for Central Washington University," Rosell said. "It feels really good. It's like saying I've done a good job with my students since I've been here."

Students raise funds for Philippines relief

BY PATIENCE COLLIER
 Assistant News Editor

Central's Filipino American Student Association has been raising money for the relief effort in the wake of Typhoon Haiyan, the largest recorded typhoon in history.

"Right after we found out about the typhoon, we jumped right into [fundraising]," Jonathan Israeli, Equity Service Council Representative for FASA, said of the fundraisers FASA has been doing.

The typhoon made landfall in the Philippines last month, causing widespread death and devastation.

On Dec. 2, Bleachers ran a "club takeover," agreeing to donate 10 percent of its proceeds for the day to FASA and the relief effort.

The bar was full of mixed fans, Ellensburg residents, students and families for the Seahawks game, with between 40 and 50 people attending.

Some patrons were unaware of the involvement with FASA, but other students said they had heard about the typhoon relief fundraiser and were enthusiastic about supporting the project.

Eric Arroyo, environmental studies senior, said a friend had told him about the FASA fundraiser.

Although Arroyo and his friends were there for the Seahawks game, he said supporting the typhoon relief effort was also important.

"I think it's great that this money is going to the Philippines, because it's the largest typhoon recorded in history," Arroyo said.

Although no family members of FASA were directly affected by the typhoon, according to Danny Lazo, graphic design junior and member of FASA, there were others in the community who were.

Israeli said that FASA will hold another "takeover" at Utopia on Monday, in which 20 percent of the proceeds will be going to the typhoon relief efforts.

Ashley Simpson, of Bleachers, said the sports bar and grill does one club night per quarter for interested Central clubs.

She said the effectiveness of the fundraisers rests entirely on the advertising efforts of the clubs, since Bleachers does not advertise for club nights.

"It really depends on the club, and what they do," Simpson said. "If they do proper advertising, it does prove to be beneficial for both the clubs and us."

The FASA group at Central is one part of an organization with 17 different chapters across Washington and Oregon, and more planned for British Columbia and Idaho, according to Israeli.

Throughout the year, FASA promotes Filipino culture, food and history and does community service around Ellensburg, according to Israeli.

FASA has had a lot of support from Central's community since the typhoon hit, Israeli said, and the organization plans to continue to try to help out in the wake of Typhoon Haiyan throughout the coming year.

"This quarter has been hectic," Israeli said. "It's crunch time at the end of the quarter."

He added that FASA has been supported in its efforts by Central's anthropology department, the Board of Directors, and the Center for Leadership and Community Engagement, but the club is unsure of exactly how much they will be able to make.

"It's not something we were thinking about," Israeli said. "We were thinking about our family members over there."

Dead day is dust in the wind

BY BARBARA LEWIS
 Staff Reporter

This quarter, Faculty Development Day, popularly known as "Dead Day," was moved from the Monday of finals week to the middle of the quarter, Wednesday Oct. 16.

Not only does it change the amount of days of instruction, but also the schedule for finals week, which will now run from Monday to Thursday rather than Tuesday through Friday, as it had in previous quarters.

Some students disapprove of the change.

"I think it would've been more beneficial during finals week," Robyn Glenn, undeclared freshman said.

Scott Kazmi, VP for Student Life and Facilities said the Student Board of Directors polled the Resident Hall Association because they make up a great portion of students on campus, and they found that the majority wanted dead day back.

Faculty Development Day is traditionally used for things like workshops and seminars, so that faculty can have an opportunity to grow their skills.

Finals week is so busy for faculty that many find their time put to better use if they focus on their planning on final grades rather than attending faculty development opportunities.

This had made the previous Faculty Development Day scheduling difficult for faculty schedules.

"I think the issue was some of the faculty wanted more time to get grades in," Eric Cheney, chair of the faculty senate, said.

The current schedule gives faculty an extra day to grade, and students one less day to study. Both students and faculty found this change burdensome.

Many students did not find out about the schedule change until the week of the new Faculty Development Day.

"I didn't even hear about it. I just found out I didn't have classes on Wednesday," Brian Phillips, senior recreation and tourism major, said.

In a handout that Steve Chamberland, faculty senate member, had prepared for the faculty senate, he noted that department staff in the sciences had to "rework their preparations for a staggered lab schedule."

Students in the science majors were

among the most affected. In the labs that only meet once a week, professors had to cancel that whole week of labs for everyone.

During fall quarter, missing one class can make a big difference to students because the schedule allows days off for several holidays, according to some professors in the science department.

The sciences weren't the only major departments affected.

"Some music and arts, they had events scheduled for a Wednesday, it was disruptive," Cheney said.

One student believed that Central should have a day dedicated to review.

"It should be a day where classes happen as normal and we get an extra day to study with the help of a teacher," Andrew Finney, junior computer science, said.

On Dec. 4, the Faculty Senate will meet to schedule 2015-2016 schedule. Among the three options available, none include the traditional "Dead Day."

As for future years' schedules, students opinions can make a difference.

"I think there's an opportunity to make good of it, faculty to develop, students to study," Audrey Huerta, geology dept. assistant professor said.

Miscommunication on academic probation

BY PETER O'CAIN
Staff Reporter

For the ten quarters previous to last Spring, 2,429 students have been placed on academic probation, 581 of whom were later placed on a one-year academic suspension. Students without declared majors comprised 62 percent of the probationers and 70 percent of the suspensions.

"It's not a surprise, because I think if a student is less aware or less sure of what they want to do, why would they be more successful if they don't know what they're doing?" Said Jason White, interim director of academic advising, which handles advising for undeclared students.

On average, 151 undeclared students are put on academic probation each quarter and 40 will be suspended for one calendar year. Undeclared students are disciplined at a much higher rate than students within programs, despite the fact that they receive significantly more adviser intervention.

According to White, his advisers put a hold on a student's account if he or she is given an academic warning and/or placed on academic probation. The student must then meet with an adviser to discuss strategies for the next quarter.

Academic discipline

Academic discipline occurs after a student earns less than a 2.0 grade point average for a quarter. After two consecutive quarters of a sub-2.0 GPA, or if a student's cumulative GPA dips below 2.0, the student is then placed on academic probation.

After three consecutive quarters with a quarterly GPA below 2.0, a student is placed on academic suspension for one calendar year; however, if a student earns higher than a 2.0, but his or her cumulative GPA is still below 2.0, the student will remain on probation.

Students may appeal the suspension by completing an academic suspension appeal form to be reviewed by the Academic Standing Committee. The appeal is to include documentation of extenuating circumstances: factors that led to poor performance, changes the student will make to ensure better grades, a plan of action for the next quarter and a list of people or programs to seek support from.

Associate Dean of Student Living Richard DeShields, who supervises the Aca-

ademic Standing Committee, said appeals have had about a 50 percent success rate during the past year.

"Some reasons that students would be denied is ... poor academic progress, that they don't have any extenuating circumstances, and that they may not provide the documentation necessary for an appeal," DeShields said.

If an appeal is successful, the committee may recommend a variety of avenues for the student to take such as counseling, the Center for Disability Services, Career Services or working with an academic adviser.

If an appeal is not successful and the student serves the one year suspension, he or she must reapply to Central and pay the \$50 application fee.

The struggling undeclared

Central's staff believes sub-standard GPAs among undeclared students are due to a number of issues, primarily trouble adjusting to a new environment.

"It's ... the first time they've taken on adult roles," said Jack Baker, assistant to the dean of student success. "They also take on the adult role of drink, and that leads to bad choices as well."

Joey Bryant, student conduct coordinator, believes many undeclared students do not come to Central committed to learning.

"Some of them are here just because that's what you do after high school," Bryant said. "I had one student who only went to college because mom and dad said they'd buy him a car if he went to college."

According to DeShields, the office of Student Success is trying to add programs to residence halls that will teach first-year students time management and study skills.

"We're going to look at their campus connections, their university navigation, academic success and their responsible citizenship," DeShields said. "Because some of the reasons why they may not be doing well is they may not understand the resources available on campus."

It is not just freshmen that are struggling. According to Associate Dean of Student Achievement Jesse Nelson, there are about 1,000 undeclared students with 75 credits or more.

"If a student's not even in good standing, they're never going to be admitted into their major. Therefore, they're go-

Minimum GPA requirements for financial aid

- Freshman (0-44 earned credits): 1.5 GPA
- Sophomore (45-89 earned credits): 1.8 GPA
- Junior/Senior (90+ earned credits): 2.0 GPA

ing to continue to be undeclared," White said. "Most majors require at least a 2.25 [GPA]. So if they don't have that they can't declare their major."

Discipline for declared students

Undeclared students' accounts are put on hold until the student meets with an adviser, but there is no such intervention for declared students; moreover, advisers within majors aren't notified if a student of theirs is on probation. To check a student's standing, major advisers need to access that individual's Safari account.

For large programs, such as Law and Justice, which has had 90 probationers and 18 suspensions over the past ten quarters, this creates a problem.

"We're a department with 750 students and eight tenured faculty," said Rodrigo Murataya, program director of the department of law and justice. "That's 93 students per advisers. That's a huge advising load."

Murataya said that ideally this problem would be remedied with more tenured faculty.

"In the meantime, I think letting us know via email would be the next best thing," Murataya said.

Nelson agrees that advisers should be notified if a student of theirs is on academic probation.

"Right now, it's more of a pull strategy in so advisers can go and pull that information from the Safari system," Nelson said.

Nelson said that works well for the Student Transitions and Academic Resources, which assigns students, both declared and undeclared, an adviser with which students meet several times per quarter.

"But for the bulk of our students who are already declared and have advisers among the faculty, we're not really getting that information to the faculty adviser," Nelson said.

Carolyn Thurston, STAR director, believes the burden is on the student to take responsibility for their grades and doesn't believe adviser interventions are likely to be successful.

"The number one reason students do not succeed isn't academic ability, it's poor time management," Thurston said.

Financial aid impact

The underbelly of academic probation and suspension is financial aid. If a student is on probation or suspension because his or her cumulative GPA went below 2.0, that student could also be placed on financial aid suspension and won't receive financial aid.

Any student who is on academic suspension is automatically placed on financial aid suspension, regardless of cumulative GPA.

Students can appeal financial aid suspension by submitting documentation similar to the academic suspension appeal.

If approved, the student will be given one probationary quarter, during which he or she must pass each class taken and raise his or her cumulative GPA to the minimum financial aid requirements.

Central addresses the problem

To better understand Central students, Student Success is creating a database, known as the "data-mart," which will be comprised of each student's background history and course load. The idea is to create customized solutions.

"Once we understand students' pathways better than we can provide the coupon to say 'you know, we think these programs will be of interest and of help to you,'" Nelson said.

Nelson said this system would ideally provide faculty with a user-friendly way to report concerns they may have with students. Each student would have a file with an update from each of that student's professors.

While a one-year academic suspension may feel like a harsh punishment to some, Thurston thinks some students need the time away from school to find themselves.

"This really old, wise professor told me of a student she had to flunk," Thurston said, "And years later the student called her from the Bahamas, where she was working as a bartender, and said, 'Thanks for the F.'"

“The number one reason students do not succeed isn't academic ability, it's poor time management.”

**-Carolyn Thurston
STAR director**

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Central firearm policy still around

BY EVAN PAPPAS
Staff Reporter

Possession of a firearm is not allowed while living on campus, but Central's police department service for weapon storage is a viable way to keep your guns in check.

On Oct. 24, two Gonzaga University students chased off a man with their gun after he tried to force his way into their apartment. The students were put on probation for violating a school policy.

Central's policy does not allow firearm ownership in campus residence halls or university owned buildings. As the students' apartment building was owned by the university, their firearms violated the policy.

Washington Administrative Code (WAC) 106-124-700 states that no one can have a weapon of any kind on a university owned or leased property. Exceptions are law enforcement, by president approval/request or traveling to a university-provided storage facility.

Michael Luvera, chief of Central's police department, wants people to know that it is quite easy to store a gun at the police storage facility.

"Come in, bring it unloaded, fill out paperwork, driver's license, serial number, make, model and store it," Luvera said.

Luvera said there has only been one time when someone has put in a request for a permit to carry a firearm, but it was



CARLI SEAMAN/OBSERVER

LOCKUP Central's police provide a weapons storage for firearm owners on campus.

denied.

Andrew Mason, a senior pre-med major and gun owner, said the ownership of a gun comes down to responsibility.

Having a weapon in a dorm would not be a good idea, even if the owner is responsible.

"For most people, having a gun in the building would be a bad idea," Mason said. "You might be a responsible person who knows to take precaution, but it only

takes one accident or person to mess everything up."

Mason said rules are still necessary, and that it must be known whether or not students have a gun.

That information should not be a surprise for law enforcement.

According to Richard Deshields, associate dean of student living, if an event like the one at Gonzaga took place here, it could mean similar consequences for

those students.

"The university would hold students accountable," Deshields said. "A student could be placed on probation."

Deshields added that Central's violations of the WAC have been always been very low.

"Overall, safety has actually increased in past years," Deshields said. "We know that about 90% of students on campus feel safe according to our survey each winter quarter about safety on campus."

Central has put a lot of focus on safety precautions.

There are safety programs for freshman, emergency 911 guides are provided to all residence halls, and the CWU Alert system, which all students are enrolled in and any parents can choose to opt into.

Students can also report suspicious activity on campus through Central's website.

"They can report behaviors of concern on the website," Deshields said.

Central has a group to help report suspicious behavior, secure buildings and escort students to residence halls or the library.

University authorities say that although the safety of its students is something that Central has put a great deal of effort into, the system can only work at its best with help from everyone on campus.

"I think students need to be informed to utilize safety services. It's everyone's responsibility," Deshields said.

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Bow ties (and spoilers) are so cool



MARGO MASSEY
Scene Editor

Silence will fall when the question is answered, but unfortunately for Doctor Who fans, the question was neither asked nor answered in the show's 50th anniversary special, "The Day of the Doctor."

The special, which aired on Nov. 23, chronicles the events surrounding what is arguably the most important decision The Doctor has ever made.

Tread lightly Whovians, because you're entering spoiler territory.

The highly anticipated episode begins with a shot of The Eleventh Doctor's (Eleven, to avoid confusion) latest companion Clara, in a classroom teaching, where she receives notice that she missed a call from "her doctor." She then jets off on her motorcycle to meet up with him in his iconic blue police box space ship called the Tardis.

The Tardis is then picked up by a helicopter and brought to UNIT (United Nations Intelligence Taskforce, which is a fictional military organization) where Eleven finds out that his help is once again required.

He is then brought to a painting that depicts the darkest day of any of his previous 10 lives: the day he had to destroy his own planet, Gallifrey, to stop The Time War.

You are then treated to a flashback of sorts, where you get to see a previous Doctor in the midst of The Time War. You quickly find out that this Doctor (known from here on out as The War Doctor to avoid confusion) has stolen what is es-

entially a weapon of mass destruction, and he now has to make the decision on whether or not to destroy his entire planet and every person on it in order to end the war.

The War Doctor takes the "bomb" to a secluded location in order to set it off.

When he is about to start the detonation sequence, a girl he doesn't know shows up. The fandom knows her fondly as Rose Tyler, easily the beloved companion of both the Ninth and Tenth doctors. However, you quickly find out that she is not Rose Tyler but the artificial intelligence system of the bomb taking the form of The Bad Wolf, who is someone Rose briefly became at the end of her time with the ninth Doctor.

The AI questions The War Doctor's decision to destroy an entire planet and gives him the choice to see the man he will become if he goes through with it, to see if it will all be worth it.

This is where the special gets slightly confusing, but with multiple Doctors, it was bound to happen.

The scene switches again and you are

brought to old England, where The Tenth Doctor (Ten) is on a date with Queen Elizabeth I. After a brief tussle with an alien that can take any form, a vortex appears in the forest and suddenly Ten is talking to Eleven. Eleven jumps through the time portal and for the first time, The Doctor meets one of his previous regenerations.

They are soon joined by The War Doctor and this is where it starts getting interesting. The three of them make for an interesting situation, with Ten and Eleven snacking at each other as they do, and The War Doctor wonders how he became so immature.

The rest of the episode is full of ridiculous conversations between Ten and Eleven, with The War Doctor watching in amusement.

Without giving the ending completely away, I can tell you that if you are as big of a fan as I am, you will end up at least choking up, but definitely not to "The Angels Take Manhattan" standards.

At one point, near the end of the episode, you find out that, in order to solve the problem of the episode, every doctor so far teams up, and as a surprise you are treated to a brief glimpse of the soon to be Twelfth Doctor.

The episode was everything, as a Whovian, I could have hoped for.

I laughed, I cried and got angry at the villains. Seeing Matt Smith (Eleven) and David Tennant (Ten) on the screen at the same time was a dream come true.

The only thing I was disappointed about was the fact that Christopher Eccleston (The Ninth Doctor) had decided not to make an appearance, so I was denied a final glimpse of my second favorite Doctor.

Luckily for me, my favorite Doctor is Ten and the fact that he was in most of the episode made me extremely happy.

His quick wit, clever comments, trench coats and trademark white Converse were a welcome sight for someone who has been missing him since he left.

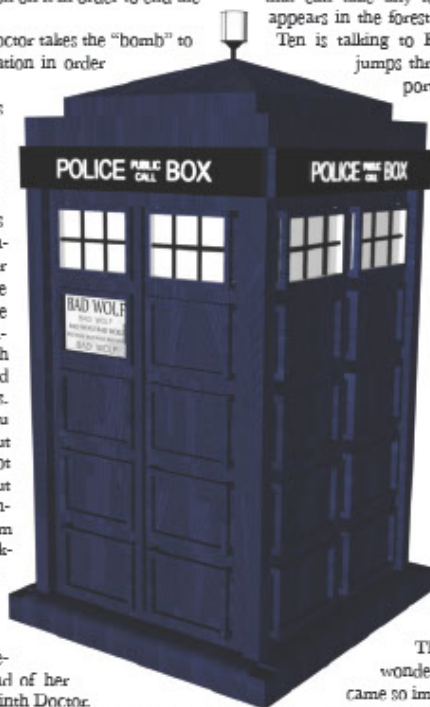
Now, don't get me wrong, I love Matt Smith as much as the next fan, but for me, he cannot measure up to the pure brilliance of Tennant and Eccleston.

As much as it hurt, the episode nicely paved the way for Eleven to regenerate into the new Twelfth Doctor.

I feel that Eleven had a good run, but it is definitely time for The Doctor to have a fresh face and a new perspective.

The Twelfth Doctor will be played by Peter Capaldi and the fandom waits with baited breath to see how he will hold up to the previous, so well loved, Doctors.

I'm going to end this long-winded love note to Doctor Who by quoting the last words you hear from Ten, both when he regenerated and at the end of the special: "I don't want to go."



Completing the long journey-lism



DEREK SHUCK
Editor-in-Chief

A little over a year ago, I was starting my very first day at *The Observer*. Sitting quietly in the corner, I watched as experienced editors explained the weekly process of writing stories. To say I was intimidated is an understatement, but sticking with the class turned out to be one of the best decisions I ever made.

As I slogged my way through stories, I always had the safety net of my editors to save me should I run into trouble. I felt confident that my stories would look good and be error-free.

This year, I lost that safety net. More than that, I BECAME that safety net. As Editor-in-Chief, it was up to me to teach a brand new staff of both reporters and editors how to create a newspaper every week. It was a huge challenge, one I wouldn't have been able to undertake without support from my awesome staff.

Matty, your beard was a constant source of inspiration during those long hard nights. I also appreciate all the times you stepped up to write an opinion piece

when no one else wanted to.

Patience, you clearly have a journalist's instincts and I am glad you chose to be a part of the big O. I'm sorry I kept doing pushups in the middle of the road in Spokane when you were trying to guide everyone home.

Margo, I appreciate your candid opinions, and I know things are in good hands with you. I'm sorry I kept calling Doctor Who a vampire detective.

Adam, my only hope for you is that you continue the tradition of playing Train songs in the newsroom. "Soul Sister Sunday" can't disappear. But really, I know you have the leadership skills to be a great section editor and you'll be fine.

Jaryd, Big Bear, I appreciate all the work you put in this quarter, whenever I saw the light on in the newsroom at a weird time, I knew it was you slaving away on something. You really stepped it up this quarter, and I appreciated it.

Max, you came in on short notice and knocked it out of the park. Sports was a section I didn't have to worry about very much, because you and Jar-Bear worked so well together. Plus, everyone has a lot to learn from your whistling.

Vicky, I didn't realize how scary you were until I became Editor-in-Chief. You had a crazy credit load and still helped us

look good on a weekly basis. Thank you so much for your hard work you also have the super HANDY ability to tell if someone is left or right-handed.

Jamie, thank you so much for providing the newsroom mascot: something adorable and furry that always brought a smile to everyone's face. I'm of course talking about your fiancé Josh. But really, you made the paper look great and had a great hold on the photo section.

Mia, the new kid on the block, I appreciate how enthusiastic you were about jumping into this job. You did fantastic and I know the trend is going to continue into winter quarter.

Evan, thank you for taking me under your proverbial wing last winter. You taught me a lot and I truly appreciate it.

Cynthia, thank you so much for helping me through this quarter. I know a lot of times I looked like a deer in the headlights, but you kept me on track and most of my success stems from you. Thank you for taking the time to guide me.

Krista and Jessie, thank you so much for not only taking time to take care of the financial side of things, but for being actively involved in the paper itself. I'm very glad page 12 worked out and am definitely recommending the media app to all my friends!

Danny, thank you so much for not forgetting about *The Observer* after moving on to the real world. Your advice helped make the first few weeks on the job a little less stressful. Also thank you for introducing me to Turquoise Jeep; I'm not really sure where I would be without their musical influence in my life.

Katy, I'm lucky to have a girlfriend that puts up with my hectic schedule like you do. Also to have someone to cheer me up when I'm beating myself up for putting the wrong form of "its" on the cover of the paper. Thanks, Honey Boo Bear!

Grandma, thank you so much for supporting my dreams through college. I know you love seeing my name in the paper, and because of you that's something you are going to get to see frequently!

Finally, the rest of *The Observer* staff. To all the reporters, photographers and copy editors, thank you so much for giving it your all this quarter, you made my job much easier.

Because of all these people, *The Observer* has been one of the best experiences of my life. I've had the opportunity to learn so much and have made a lot of friends doing it. No matter where I end up, I don't think I will ever have a job quite as fun as this one, and I appreciate everyone that made it a special experience.

As days shorten, moods plummet

BY JULIAN DOUMIT
 Staff Reporter

The leaves fall, the ground is covered in a thin layer of frost and the temperature drops. As the days grow shorter, people spend more and more of their lives in darkness. What little sky that is actually seen during the day is gray, a grim reflection of the mindset that afflicts millions of people every winter.

Seasonal Affective Disorder, or SAD, is a medical mystery to scientists. Although a wide variety of factors are believed to contribute, most experts agree that the lack of natural light absorbed by the eyes plays a major part in why certain people react with depression. Meanwhile, others are distracted by impending holidays and wear an attitude of good cheer.

Rhonda McKinney, director of counseling services at the Student Medical and Counseling Clinic, said that SAD affects

almost everyone in some way or another, especially in the northwest, where it can be hard to get enough exposure to sunlight during the winter.

"When I come to work, it's dark.

When I leave it's dark and the rest of the time I'm inside. It's the same for many students," McKinney said. "The days are so short, you have to be purposeful with how you get the natural light that you need."

McKinney also emphasized that not everyone reacts to the winter equally. Some people will barely notice a change in their mood while others suffer from all the major symptoms of depression.

"There's a level of serenity for some, but for others things get numbed," McKinney said. "It's on a continuum of how much we are affected."

Something as typical as getting out of bed in the morning can become a major ordeal for many. SAD can cause anything from decreased motivation and enjoyment in performing normal activities to tearfulness, numbness and changes in your appetite and sleep patterns.

This, coinciding with final exams for many students, can be a dangerous combination.

"University of Washington has special UV light therapy rooms that students can

go to anytime because seasonal affective disorder is such a big problem there," said Kyle Cramer, a University of Washington student. "The rooms are usually full this time of year, especially [in] the weeks leading up to finals."

Final exams for Central are scheduled to be held Dec. 9-12, a time when suicides (the second leading cause of death for college students) are at their peak for universities across the northern hemisphere. While depression and stress are usually treatable ailments, a study done at the University of Michigan found that fewer than one-in-four students suffering from depression, stress or anxiety actively sought treatment.

"I feel like depression is a taboo subject," said Andrea Comer in an article by The Post addressing depression among college students. "People don't want to talk about it or get help for it if they need it."

The days are so short, you have to be purposeful with how you get the natural light that you need.

-RHONDA MCKINNEY
 Director of counseling services



PHOTO ILLUSTRATION BY JAMIE WINTER

Tips for overcoming the gray weather

BY JULIAN DOUMIT
 Staff Reporter

According to a study done by the Columbia Presbyterian Medical Center in New York, up to 9 percent of the population may suffer from SAD during the winter months.

In northern areas like Ellensburg, the numbers tend to increase.

These statistics translate to up to one thousand Central students possibly being affected.

The Student Medical and Counseling Clinic recommends several things that one can do to prevent and even combat the winter blues.

Tip #1: See The Light

The root cause of SAD is a lack of exposure to natural light, so doing anything you can to increase those levels is crucial. Even moving your desk in front of a window while you study can drastically improve your symptoms.

If you still can't get the exposure that you want, therapy from a 'light box,' available in the Student Health Center, can help. Using broad-spectrum bulbs also can improve your mood.

Tip #2: Be Active

Getting out and doing activities is as important to strong mental health as it is to physical. At Central, students can take advantage of the recreation center and

pool, or participate in intramural sports clubs to help relieve anxiety and depression.

Tip #3: Master the Fundamentals

You don't have to be a health fanatic to realize how important sleep and good nutrition are to a person's mood.

Someone in the age range of 18-23 should be getting up to nine hours of sleep each night, but on average they only get six or less. Sleep is a huge factor in both contributing to and combating depression.

As for nutrition, if you want that candy bar, go for it. Just make sure you mix it up with a banana or other fruit at least once a day.

Tip #4: Keep Your Friends and Family Close

Spending time with friends can be a huge boost to your mood when suffering from SAD, whether you actually talk about the issue or just take your mind off of it.

In addition, studies show that volunteering can often improve your mood at the chemical level.

Tip #5: Talk To A Professional

If all else fails, schedule an appointment with one of the many great counselors available to talk about your SAD at the student health center outside of the SURC. They are always there to help.

CWU theatre brings holiday spirit

'A Christmas Carol' returns to the Milo Smith Theatre



CHI FENG HSEI/OBSERVER

ALL SET UP The set for *A Christmas Carol* awaits the actors that will occupy it. The Central drama department is putting on *A Christmas Carol* for their production this winter.

BY CAMILLE BORODEY
Staff Reporter

Although *A Christmas Carol* is a story that has been told numerous times, Central's drama department is putting a fresh twist on the timeless classic.

One thing that makes the production so unique is that two of the cast members are professors of drama at Central.

"It's great fun," Professor Brenda Hubbard, the play's director, said. "It's a wonderful teaching tool for our students."

Patrick Disney, who began teaching at Central last September, plays three parts in the play: Jacob Marley, Fezziwig and Old Joe.

"I got to tell ya, it's really fun," Disney said. "I get to learn from the kids, and hopefully they learn from me."

Before coming to Central, Disney was a professor at Western Washington University. He also directed a play in the past that was a spoof of *A Christmas Carol*.

Hubbard is no stranger to the Charles Dickens classic. She directed the current adaptation two years ago and another version of the play in Portland in the 90s. She also acted in a professional production of the play in Seattle in 1980.

"Brenda directs in a way where you don't have time to be self-indulgent," Disney said.

The drama department was able to use the same set from their last production of *A Christmas Carol*, but Hubbard and the rest of the cast and crew strive to make each production unique in its own way. This year they designed different costumes

instead of using the costumes from the previous productions.

"I think that the challenge for the director is to look [at the material] with fresh eyes every time," Hubbard said.

The cast is different than Central's production two years ago, but Professor Michael Smith has played the lead role of Ebenezer Scrooge several times. Hubbard said that, since Smith is so familiar with his character, it helps move the rehearsal process along more smoothly.

Assisting Hubbard in the directing process is senior theatre education major Kase Gregory, who also assisted in directing *Jesus Christ Superstar* last spring. At first, Gregory was a little intimidated directing two professors, but she said that they have been very respectful.

"Michael is so funny, and Patrick is new, and he's been great getting to know," Gregory said.

Senior theatre performance major Paul Bugallo has enjoyed preparing for his role as Bob Cratchit, Scrooge's kind-hearted employee. Bugallo is used to playing villain roles, but comic-relief roles are always his favorite.

"I think Cratchit has some good jokes," Bugallo said. "He's always cheery and happy, so I can adapt to it."

The role of Cratchit's son, Tiny Tim, is shared by two elementary school students.

"Both of them are great kids," Bugallo said. "They're really excited about being in a play."

Senior theatre performance major Drew Gibbs, who plays the Ghost of Christmas Present, is also used to playing comedic roles.



PHOTO COURTESY CREATIVE COMMONS

The ghost of Christmas Present "has a different flavor," Gibbs said. "He can be warming and heartfelt, but also scary at times."

Gibbs said that even though *A Christmas Carol* has been adapted so many times, there can always be new elements found in every interpretation.

"It has a lot of dark moments, but also very light moments," Gibbs said. "It's an age-old story with a timeless lesson."

This will be freshman theatre performance major Samantha Miller's first production since she came to Central. Miller is playing three different roles in the ensemble.

"As a freshmen, everyone has been really nice in showing me the ropes," Miller said.

Miller thinks theatre acting is an excellent stepping stone for a future career in

film acting.

Senior theatre performance major Sarah Andrews plays Belle, Scrooge's lost love. Belle only appears in one scene, but her appearance is a big turning point in the play.

"You have this selfish character whose life is turned upside down in one night," Andrews said.

Andrews enjoys all genres of theatre acting, and she is excited about Central's fresh adaptation of *A Christmas Carol*.

"It's a Christmas classic that's really about forgiveness: forgiveness of self, and forgiveness of others," Andrews said.

A Christmas Carol is due to be a holiday delight arriving just in time for the Christmas season.

"It's a great way to kick off the holidays," Gregory said. "It will definitely put you in the Christmas mood."

You have this selfish character whose life is turned upside down in one night. It's a Christmas classic that's really about forgiveness: forgiveness of self, and forgiveness of others.

-SARAH ANDREWS

Senior theatre performance major



SARAH RUIZ/OBSERVER

PITCH PERFECT Senior soloist Ben Rice takes center stage while the rest of Nada Cantata harmonizes with him. Nada Cantata is one of Central's a cappella singing groups.

Student a cappella group finds the perfect pitch

BY SARAH RUIZ
Staff +

This Sunday, Central Washington University's a cappella group Nada Cantata will take the stage to make music magic.

Nada Cantata was formed winter quarter of 2010, and Sunday nights they will perform alongside three other a cappella groups on campus.

"It's a really cool and unique experience," said senior music major Matt Mayrhofer. "There's not a lot of chances on campus here to see a cappella in general. There's not that many shows around here."

The free show, which takes place 7 p.m. on Dec. 8, is one of three concerts Nada Cantata performs during the year. In the upcoming show, they will be singing seven arrangements, including "Blame It" by Jamie Foxx and "L.O.V.E." by Jessie J.

Mayrhofer created five out of the seven arrangements. Senior Isaiah Ragland worked on the other two.

"When I'm arranging, I pay attention to the details," Mayrhofer said. "It makes me pay attention to how other music is put together, so that I can put music together and learn from what other people have done."

Sophomore music education major Claire Farmer said the Nada Cantata's dedication to telling a story in their arrangements sets them apart from other groups.

"All of our songs mesh together, and make what we call a 'popa,'" Farmer said. "One of the judges at the IOCA said it was the most creative thing that she had

ever seen in a cappella."

Due to the mixed-gender nature of the group, auditions for the group always focus on finding balance. Ragland, the group's assistant director, said the group has found a good balance, despite only having 12 members.

"Everyone in the group all has the same goal," Ragland said. "It's really easy to work with the group because we love singing and want to make good music."

As the group prepares for the upcoming show, they also have their eyes set on the International Championship of Collegiate A Cappella, or IOCA. This competition, which makes an appearance in the 2012 movie "Pitch Perfect," is where the group will try to secure a victory.

In the past, they have performed at the IOCA but never won. However, individual members have won awards, including Mayrhofer who won an award for best vocal percussionist.

"You have to be connected for [a cappella] to work out, and when it does, it's a really special feeling," Ragland said.

The goal for Nada Cantata is to take songs and twist them. These new arrangements give listeners a chance to view songs they may have previously known in a different way. The group is strictly student-run, and all of their arrangements are made without any outside help.

"The fact that it's ours [is the best part]. We don't have any professors working with us," Ragland said. "It's our own creation, and it's very special in that way too."

Nada Cantata's exclusiveness allows for more than just music to grow. Farmer believes that the a cappella group also pro-



SARAH RUIZ/OBSERVER

STAND OUT Senior FX Wood steps out to the front of the group to practice his solo.

vides a place to unite with others who love music and share interests.

"I feel like I've really learned a lot being in Nada Cantata," Farmer said. "It's really nice to have a place to belong."

Whether it is practicing in the foyer of the music building until the doors are unlocked, or taking the stage in the concert,

performing is where the true magic is made.

"My favorite part about being on stage is it's a place where you can just fully express how you feel through the music," Ragland said. "Performing on stage is the ultimate chance to really express myself and let out how I feel."



Photos taken around the Central Washington area



JAMIE WINTER, NICK TERRELOBSERVER

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Local E-burg band starts up again

BY COLLIN JOHNSON
Staff Reporter

Describing themselves as a “bluesy adventure metal” band, Thunderhound is gearing up to begin recording in their new space after a summer-long hiatus and to resume playing shows all over Washington with the same drive and passion as before.

The name “came about from trying to jam together a million different animals with thunder, and hound just sounded rad,” said Thunderhound guitarist Ryan Bury, who is also a senior general economics major.

The band’s lineup includes Bury, lead singer Liam McCoy, lead guitarist Jole Ratcliff, drummer Van Smith, bassist Tony Davis, and keyboardist Joey Thornton.

“We all basically grew up together in one way or another, except for Tony who we met when he was playing in another band,” Bury said.

The group’s musical influences include Clutch, Black Sabbath, The Sword, Queens of the Stone Age and Red Fang.

The band decided to change their name from The Ancients to Thunderhound to differentiate themselves from numerous other bands that have similar names.

“When we uploaded our first OD to iTunes, iTunes just automatically gave us the full bio of the Australian Ancients band, and we sold a couple songs online actually,” Bury said with a laugh.

The group has had many external issues interfering with their strong desires to rock over the past few months. Between having a family, finishing up school at Central, enlisting in the army and holding down a job, the band has been busy.

With their new recording space finished at drummer Van Smith’s house in town, the band is planning on taking the next step with recording a new album and playing shows out of Ellensburg.

“We want to do an EP, and release it as Thunderhound. Most of it as our older stuff, like our last album we did, just re-release that, and then immediately start working,” said McCoy, a chemistry senior at Central and vocalist of the band. “We have almost an entire album of new songs that we need to start recording.”

The band recently added their newest member Tony Davis, who has 20 years



PHOTO COURTESY OF THUNDERHOUND

ROCK ON Thunderhound (formerly known as The Ancients) lead singer, Liam McCoy, takes center stage to do what he does best.

of experience under his belt in the music industry as both a musician and booking agent.

“Tony’s going to be a big help,” McCoy said. “He was booking half our shows before he was even in the band.”

Davis has connections all over Washington and hopes to team up with Seattle band, Witchburn, to give the band more exposure and increase their experience.

“Witchburn said they would take us under their wing, if we get our shit together,” Davis said.

The band’s most memorable show was their most recent Halloween gig at Pounders, a small event room above the Palace Cafe, where McCoy proposed to his girlfriend of several years.

“She was Donatello, and I was Satan,” McCoy said.

This happened during the band’s set amidst a song about stalking and Antonio Banderas. The level of romance in the room was palpable; there was no way she could decline his proposal.

The band’s largest show was coincidentally their first show, which was held at Raw Space over two years ago. According to McCoy, about 200 people were in attendance, and the band was opening for fellow local acts Star Anna and Tyrannosaurus Grace.

“It was crazy playing for that many people for our first show,” McCoy said.

The band highlighted that seldom do they experience the “pre-show jitters,” and the group has been doing what they call “rock-stretches” before each performance which stomps out all feelings of

anxiety.

“Right before we go on stage we all get together in a circle, and just stretch and bullshit, have a smoke and whatever, and crack each other up, then put all our hands in the middle and do like, a 1-2-3 chant,” Bury said. “And even if there was some jitters, [the routine] just washes it all away, and we can go rock.”

There’s nothing but good things to look forward to with

this group. Despite obligations in their personal lives, they continue to strive forward as a band in the crazy music world that exists today. Keep an ear out for both new releases and a potential music video in the coming year.

“We have a poem star who’s going to be modeling our merch,” McCoy said. “They’ll be very tasteful.”

Tony’s going to be a big help... He was booking half our shows before he was even in the band.

-LIAM MCCOY
Lead singer

Right before we go on stage we all get together in a circle, and just stretch and bullshit... And even if there was some jitters, it just washes it all away, and we can go rock.

-RYAN BURY
Guitarist

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WOMEN'S VOLLEYBALL

Wildcats hope to be a Cinderella story

Central sneaks into the NCAA Division II Championship tournament on selection Sunday. They will play number-one seed, Cal St. San Bernadino

BY RACHEL CHARLTON
 Staff Reporter

Despite a tumultuous regular season, the Central women's volleyball team managed to clinch the eighth seed in the NCAA Division II Western Regional Tournament.

The Wildcats (15-11 overall, 11-7 Great Northwest Athletic Conference) face No. 1 seed California State University San Bernadino, (25-5 overall, 21-1 California Collegiate Athletic Association) this evening at 7:30 p.m. in San Bernadino, Calif. The Coyotes are joined by fellow COAA members Sonoma State and UC San Diego.

The GNAC is represented by Western Washington University, Alaska-Anchorage and Central. The final two teams are from the Pacific West Conference, reigning West Region champion BYU-Hawaii and Dixie State.

The Wildcats (11-7 overall, 15-11 GNAC) finished the season in the fourth slot of the GNAC behind the Northwest Nazarene Crusaders. Western Oregon University led the conference, finishing 16-2 with an overall record of 23-3. After a season-opener five-set loss against Western Oregon, the Wildcats came back strong to shutout Saint Martin's in the second match of the conference.

The rest of the season proved to be a cat-and-mouse battle as the team produced just as many wins as losses. However, a Wildcat win over Seattle Pacific on Oct. 10 led to a five-game win streak that included three shutouts against Montana



BRITTANY RASH/OBSERVER

GOING DANCING The Wildcats are led by All-GNAC first team players setter Catie Fry, libero Kaely Kight. Outside hitters Emmy Dolan, Linden Firethorne and middle blocker Erin Smith, were honorable mentions on the All-GNAC team.

State Billings, Northwest Nazarene and Alaska Anchorage.

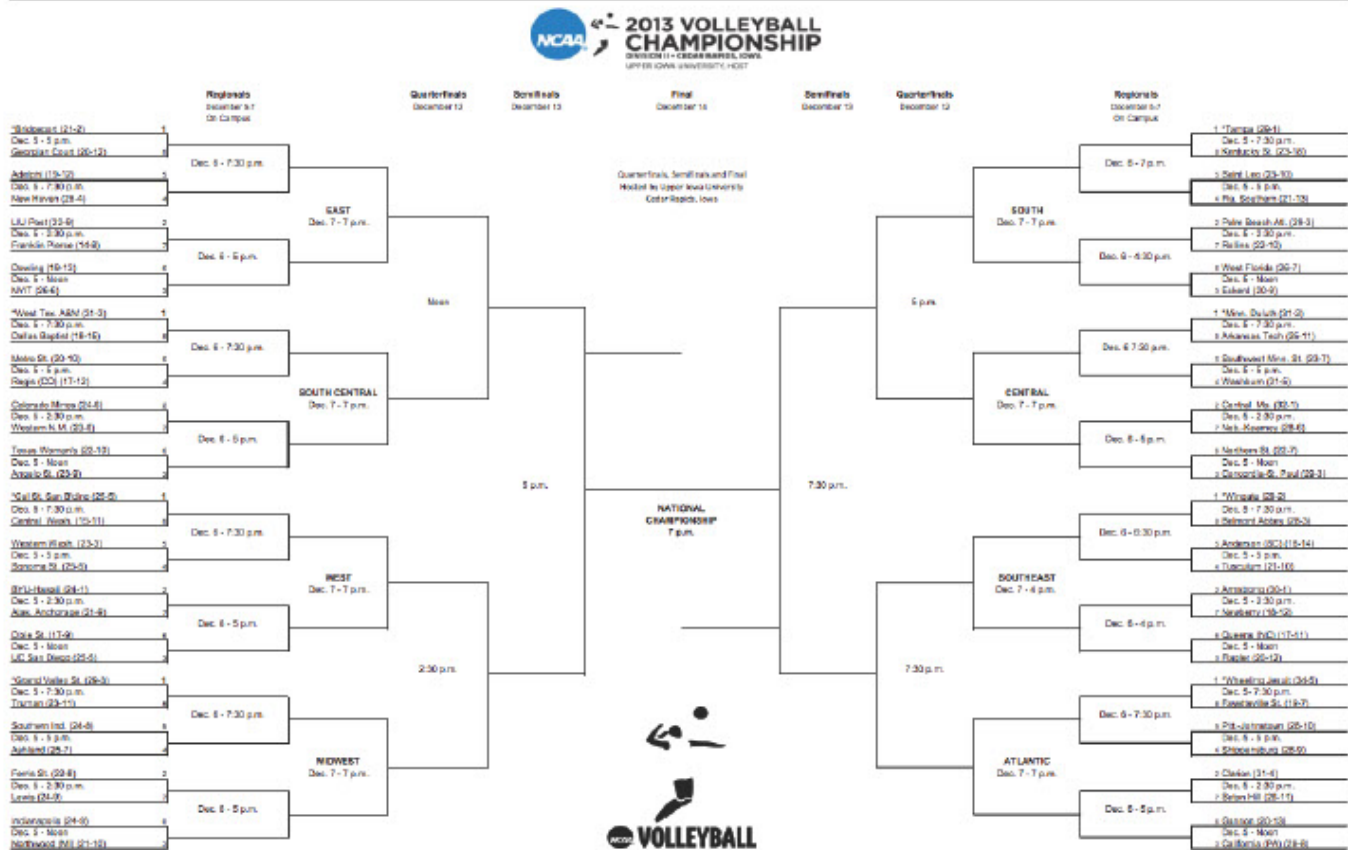
The regional tournament will mark the No. 1 seeded San Bernadino Coyotes' seventh time in eight years as host of the tournament. For eight consecutive seasons now the Coyotes have snagged the champion title of the COAA after completing this season with a record of 25-5. The Wildcats faced OSUSB earlier in the season in the Coyote Classic and won 3-1, delivering one of the Coyotes' five losses.

The Wildcats' eighth-place seed marks their second consecutive year competing in the tournament and is the fifth appearance within the past 10 seasons.

OSUSB has become a familiar foe for head coach Mario Andaya in the postseason, as the last three playoff matches have been against the Coyotes. Central fell during the regional quarterfinals in 2006 and 2012 to OSUSB and suffered a regional semifinal loss in 2005 to the Coyotes.

Should Central come out on top again it will face the winner of the Sonoma State vs. Western Washington match at 7:30 p.m. Friday.

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FOOTBALL



PHOTO COURTESY OF STAN LANGLOW

READ AND REACT Senior safety Stan Langlow makes his pre-snap read against Dixie State. Langlow ended the 2013 season leading the Wildcats with 66 tackles and also had two forced fumbles.

Langlow leaves legacy at Central

BY CAMERON DANIELS
Staff Reporter

For a guy that never truly "loved" football, Stan Langlow sure made quite an impact in his career for the Central Washington University Wildcat football program.

Langlow, who grew up doing a variety of outdoor activities, has always played football, but it was never his favorite sport. "I played every sport growing up. I mean, we were active all year round, whether it was basketball, baseball, skiing in the winter and then boating and water-skiing all summer," Langlow said.

He gets a lot of his athleticism from his high-school All-American swimming mother. His dad played sports in high school as well.

His two siblings are also in college. His brother is currently playing football at Idaho State, while his sister is a freshman at San Diego State.

He was not able to start playing football until sixth grade because of the typical mother's fear for her baby. Langlow's seventh grade year of football was when the real fun began.

"I played on two teams in seventh grade," he said. "I'd go from seventh grade practice to little league practice every day, two practices and two games a week. It was a lot of fun."

Langlow's younger football days consisted of playing both sides of the game. He was a running back, a tight-end and a wide-receiver offensively. Defensively, he played linebacker as well as his position at Central, safety.

He also tackled on being a punter to his resume.

As a standout at Curtis High School in University Place, Stan played football, basketball and did track and field through his sophomore year.

After his sophomore year, he cut it back to just football and basketball in order to focus more on the weight room.

Langlow was also an excellent student. "School has always come easy to me, so I didn't have to study hard or do anything like that," he said. "I did pretty well in school and just focused on sports and had a lot of fun."

After finishing high school, Langlow was invited to walk-on at the University of Washington. After already being enrolled in school, he played in the all-state game in mid-July and was contacted by Central Washington afterwards.

The defensive coordinator at the time, Joe Lorig, reached out again to Langlow and offered him a scholarship; Langlow de-committed from the University of Washington.

"I decided to jump ship with U-Dub and came here. I think that was the best decision I could have ever made. I don't regret it at all," Langlow said.

Langlow came on campus in 2009 and red-shirted on a team that went 12-1. Their only loss was a one-point heart-breaker in the playoffs.

In 2010 he started nine games as a freshman and was the Great Northwest Athletic Conference leader in interceptions, dominating with seven. He was also an honorable-mention All-American.

With the start of the 2011 season, 2011 Langlow was honored as a Division II pre-season All-American.

Stan led the team in tackles as a junior and a senior. He was all-conference as well. As a senior, he was voted by the team to be the defensive captain.

Playing football leads to a lot of memories with your teammates, and that's what Langlow said he will remember the most.

"All the friendships I've made with guys like (Mike) Reno and Tyrell (Nielson), just



PHOTO COURTESY OF STAN LANGLOW

STAND BY Langlow awaits a call during the game with fellow teammates. Langlow finished his Wildcat career with 11 total interceptions.

those friendships, I put those above any other football memories," Langlow said.

Langlow also credits his incredible work ethic to guys like Reno, Nielson and Adam Bighill, current Canadian Football League star and former Central standout.

Central head football coach John Picha also has high admiration for Langlow. "He's always the first guy, never misses a thing," Picha said. "He's always at all the workouts, he's always pushing the guys and himself hard, and he's also a very intelligent person. When you have the athletic ability, the drive and the intelligence he has, you have a pretty good chance to be a pretty good player. He demonstrated that throughout his career here."

Picha also added that while replacing a player like Langlow will be hard, his leadership this year will actually help the younger guys who will be stepping up in his place.

Fellow senior, defensive tackle Donnie Johnson, also commended his teammate for his hard work ethic and leadership. "He's that focus, that one guy you can count on to be a leader," Johnson said.

Aside from his leadership role on the team, Langlow could motivate his team with some bone-jarring hits as well as his toughness.

"He'd play through a lot of injuries in games, he's a super tough guy," Johnson said. "The only way he would take himself out of a game is if he couldn't physically walk on to the field."

Langlow will finish his career with 325 tackles, 11 interceptions, and numerous All-GNAC and All-American awards.

With a degree in business-finance, Langlow is ready for the "real world" now.

If football at the next level approaches him, he said that he would enjoy pursuing that goal. But if not, he has no problem giving it up until he can coach his future

children.

As for the future, he said he doesn't plan for much ahead.

"I like the job I'm doing now and I love Ellensburg," Langlow said. "I've always thought about going into the military and serving our country."

"The thing I'll miss the most is the brotherhood and the friends you meet. Day in and day out, every year, you have 30 new faces that you meet and get close with," Langlow said. "Also, going out on Saturdays and leaving it all out on the field."

Looking ahead, he is excited for some of the free time that being a college athlete does not allow for.

"I love to ski in the winters, I love working out," he said. "I'm a big fitness person and I love CrossFit."

While the past has been great for Langlow, it's apparent that the future is bright for him as well.

STAN LANGLOW'S CAREER

2013 PRESEASON ALL-AMERICAN

2013 ALL-GNAC 1ST TEAM

2012 GNAC DEFENSIVE PLAYER OF THE YEAR

2010 HONORABLE MENTION DIVISION II ALL-AMERICAN BY FOOTBALL GAZETTE

2010 SECOND-TEAM ALL-GNAC SELECTION AT DEFENSIVE BACK

FOOTBALL

Picha declines offer, remains with Wildcats

BY RYAN ROGERS
Staff Reporter

The question remains as to who will be the head coach of the Central Washington Wildcats football team in 2014.

John Picha, who was the Wildcats interim head coach this season, declined to apply for the permanent head coaching position.

Athletic Director Dennis Francois stated that although he was disappointed in Picha's decision, he understood and respected Picha's decision.

"He didn't feel it was his calling," Francois said. "He did an outstanding job this year."

Picha, who will remain with the team as an assistant, was unavailable for comment.

"He [Picha] is a valued member of the coaching staff," Francois said.

This season saw a coaching change just days before the start of fall practice. Head coach Blaine Bennett was fired and replaced by Picha, a longtime assistant at Central.

In previous articles in The Observer, school officials stated that Bennett was let go for violating the terms of his contract. Bennett countered that the new athletic director, Francois, was looking for a reason to fire Bennett and replace him with a coach of his choice.

The Wildcats played well under Picha, finishing the season tied for second place

in the Great Northwest Athletic Conference with a 7-4 record and 7-3 in the GNAC.

Their biggest victory of the season was a come-from-behind 27-24 win over Dixie State on homecoming weekend.

The Wildcats also went 4-1 on the road, including a dominating 44-0 over Dixie State to finish the season.

The team showed a never-say-die attitude as their four losses were all by a touchdown or less.

According to Francois, there were 65 coaches who applied for the head coaching vacancy. From there the list of applicants was narrowed down to 10 candidates. Francois plans to do phone interviews with those 10 applicants this week.

"We hope to have it narrowed down to three to five coaches," Francois said. "We will bring them on campus" for interviews.

Whoever the new coach will be, he will be inheriting a young team with several returning key players.

Quarterback Jake Nelson and wide receiver Jesse Zalk will both be sophomores next season. Running back Jordan Todd and defensive standout Isaiah Davis will be juniors.

Francois said he hopes to have a new coach by Jan. 1.



NICK TERRELOBSERVER

STRATEGIZING Coach John Picha scans the football field, planning the team's next attack. Picha led the Wildcats to a 7-4 record in his only season as head coach.

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MEN'S BASKETBALL



NICK TERRELOBSERVER

AERIAL ATTACK (Left) Senior guard Mark McLaughlin elevates for a jumper versus Hawaii Pacific. (Right) Senior center Kevin Davis capitalizes on a dunk in the same Hawaii Pacific game. The Wildcats lost the game 64-71.

Central opens up GNAC play on road

BY SAMUEL CATHCART
Staff Reporter

The Central Washington University Men's Basketball team opens up their Great Northwest Athletic Conference play this week.

The Wildcats will square off against Montana State University Billings on Thursday, Dec. 5 and finish off the week in a tough matchup against nationally ranked Seattle Pacific on Saturday Dec. 7.

The Wildcats have started this season 3-2 as they look to build on their current two game-winning streak this week. This will be the teams first road test of the season.

"You are going into a hostile environment. It's [MSU Billings] first home game. They typically give you good crowds. It will be the first time this team will be tested in that type of environment," head coach Greg Sparding said. "If you want to win the GNAC Championship you have

FANTASY FOOTBALL

to go out and win some on the road."

Through Central's first five games of the season, they are averaging 86 points per game with a scoring margin of +2.

Central's offense has four players averaging double figures to start the season.

Senior guard Mark McLaughlin leads the way averaging 28.0 PPG, followed by fellow seniors JB Pillard with 12.4 PPG and Kevin Davis with 12 PPG. Junior transfer guard Joshua Lord is fourth on the team with 11.0 PPG.

"Our goal is to not be selfish, we try to get everyone involved," Lord said.

On defense Central's Kevin Davis and JB Pillard lead the team defensively. Davis has led the team in rebounding in three of the five games this season. Davis is averaging 7.6 rebounds per game while his teammate JB Pillard is averaging 7.4.

For some of the Wildcats this will be the first GNAC road games of their college careers. One of those players is a true freshman guard, Jalen Peake.

"Coaches have done an excellent job with scouting reports and getting us prepared. We just have to do our part and play hard," Peake said.

For Thursday's game the Wildcats will face off against Montana State Billings in Billings. The Yellowjackets are 3-3 this season and 3-1 at home.

Montana State's senior forward Jonathan Meghan is leading the Yellow Jackets in scoring this season with 14.2 PPG. Meghan also leads the team in rebounds with 36, and blocks with six on the season.

"Montana is a tough team and they play hard every possession. We just have to go into their environment and match their intensity, and come out and play our game," Lord said.

The Wildcats end the week against a tough Seattle Pacific University team who enters the week nationally ranked. The Falcons are 7-2 on the season and 1-1 at home.

Seattle Pacific is led by senior guard

David Downs, Downs has averaged 21 PPG in nine games for the Falcons this season.

Central will continue its season play at home against Quest University Canada on Monday (Dec. 16) after finals weeks.

SEASON STATS (THROUGH 5 GAMES)

POINTS PER GAME: MARK MCLAUGHLIN 28

REBOUND PER GAME: KEVIN DAVIS 7.6

ASSISTS PER GAME: MARK MCLAUGHLIN 4.3

FIELD GOAL PERCENTAGE: JB PILLARD 63%

3-POINT PERCENTAGE: JEFF BUNDINICH 80%

STEALS PER GAME: MARK MCLAUGHLIN 1.8

BLOCKS PER GAME: KEVIN DAVIS 2.2

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#CWUMBALL

Week 14 #fantasyfix tips and advice

BY MAX BAYERN
Assistant Sports Editor

Buy

Jay Cutler will be back in after the next week, but it's enough time to spot start quarterback Josh McCown one more time. He is a very efficient quarterback and has two very serviceable wide outs to throw to. He has thrown for 350 plus yards in his last two games, both on the road. The Bears take on Dallas on Monday Night Football next week. I love starting players in primetime, and you should as well. He is owned in 34 percent of Yahoo leagues.

Willis McGahee led the woeful Browns in carries last Sunday, which makes him more attractive. What is scary is that the production came from left field. He is still the goal-line back in Cleveland but that is the only thing he has going for him. He is owned in only 13 percent of Yahoo leagues and should be considered a last minute running back option.

After starting the season 3-0, the Dolphins find themselves 6-6 and right in the playoff hunt. Wide receiver Brian Hartline is a big reason why. The 'Fins don't run the ball very well averaging about 88 yards a game. Hartline led the team with

15 targets last game and has had five plus catches in his past four games. The emergence of Mike Wallace forces defense to cover both sides of the field and opens up more opportunities for other wide outs. He is owned in only 58 percent of leagues.

Sell

Mike Glennon has a tough remaining schedule, his last three games include San Francisco, at Saint Louis and at New Orleans. All three teams are top 15 defenses. If you are struggling to find production from your quarterback slot, I would look to play matchups with other free agent

quarterbacks.

Rashad Jennings suffered a concussion on Thanksgiving, which knocked him out of the game and the hearts of his owners. Darren McFadden is also healthy now and is line to get the start next Sunday. Jennings should still be on your roster, due to McFadden's tendency to get hurt, but his production will take a huge hit.

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WOMEN'S BASKETBALL

Wildcats split two games at NNU Classic

BY CHANCE WEEKS-WILLIAMS
Staff Reporter

There was no shortage of offense in last Friday's game as the Central Washington University Wildcats dominated the Cal. Baptist Lancers in a 92-66 blowout in Nampa, Idaho for their opening game of the Northwest Nazarene University Classic.

This win improved the Wildcats to 3-1 on the season, with all three wins coming consecutively after beating Montana Tech and then Quest.

Senior guard Jessica VanDyke and senior forward/center Amber Moser were phenomenal, combining for 55 points in the convincing victory over the Lancers. VanDyke had 30 points while Moser was the team's second leading scorer, with 25 points marking career highs for both players.

"Amber has the potential to be an all-conference player," head coach Shaun Nelson said.

VanDyke was deadly shooting the ball as she shot 56 percent from the field and an impressive 55 percent from behind the 3-point line. She also contributed on the boards finishing with nine rebounds.

Moser was even deadlier from the field as she shot 62 percent from the field, had six rebounds and a block.

They weren't the only contributors to the team, junior forward Courtney

Johnson was absolutely dominant on the boards, racking up 11 for the Wildcats.

Senior guard Ally Schmitt was the team leader in assists, finishing with seven, she also showed extreme shot efficiency, shooting 4-4 from the field including a three pointer.

As a team, Central shot 49 percent from the field and dominated the boards. They finished with 49 total rebounds while the Lancers only came up with 36.

"We played at a level that I haven't seen us play at before," Nelson said.

If the Wildcats can continuously control the boards like they did in this game the sky is the limit for this team.

The dominance does not come easy, even though Central made it look like that. They were stifling on defense as well, holding the lancers to 37 percent from the field.

"We've been trying to work on our pressure defense without fouling," Nelson said.

It also helped when the other team couldn't make their free throws as the Lancers only made half of theirs, while Central was 69 percent from the charity stripe.

In Central's second game, its final of the NNU Classic, the Colorado Christian Cougars, spoiled the Wildcats three game win-streak, winning 80-75.

"It was a tale of two different games defensively," Nelson said.

Central kept it close all game starting off hot with a five point lead.

This game had its fair share of runs as Colorado Christian started it off with a 16-5 run. However, Central would come back with a 13-6 run of its own but still would go into halftime trailing the cougars by four.

At the beginning of the second half, the Wildcats would come out hot again, starting off with another five point outburst to reclaim the lead. Unfortunately, that would be the last lead Central would have for the rest of the game.

The Wildcats would keep it close but the Cougars slowly pulled away with the highest lead of the game with 11 points. Central would make a final push in the game going on a 9-4 run but couldn't get come back they had hoped for.

As a team, Central only shot 38 percent from the field with a 3-point shot percentage of 29 percent. Central again would control the boards with 36 total rebounds, 21 of them being on offense. To go along with all the rebounds, the Wildcats had eight steals and five blocks.

"We have to be able to put defensive effort for 40 minutes in back-to-back games," Nelson said.

Central improved at the free throw line as they shot 72 percent, which was better than the game against Cal Baptist which they only shot 69 percent.

"We were a step behind but we still

played good," Nelson said.

VanDyke led the charge again with her fourth 20 point game in five starts. Overall, she would finish with four rebounds, two assists and a steal while playing a total of 32 minutes.

Getting a boost off the bench can really help a team that is struggling, Central Washington got an enormous lift with Courtney Johnson coming off the bench and scoring 19 points with 10 of those points coming in the first half. Johnson would finish with two steals and an assist in 28 minutes.

The Wildcats had four players in double digits (VanDyke 20, Parker 12, Locker 13 and Johnson 19)

Central will continue playing on the road as they travel to Saint Martin's University to take on the Saints on Dec. 5th.

SEASON STATS

(Through 5 games)

Points per game: Jessica VanDyke 21.4

Rebounds per game: Jessica VanDyke 7.2

Assists per game: Alley Schmitt 5

Steals per game: Alley Schmitt 1.6

Blocks per game: Jasmine Parker 1.8

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