5-21-1987

The Observer

Central Washington University

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Central hears Soviet's views

By NICK BEAUMONT
Staff Writer

"There is no winner in a nuclear war and there can never be a winner. "The goal of my government is peace with no weapons."

These are the words of Mikhail Shinkovsky, a professor of journalism from the University of Vladivostok in the Soviet Union.

Shinkovsky is presently teaching at Washington State University, and was on the Central Washington University campus Wednesday, May 13. Shinkovsky addressed about 40 Central students and professors at 3 p.m. in Black Hall Room 101.

Aside from journalism, which is the study of politics and journalism combined, Shinkovsky also has a degree in history and a degree in philosophy from the University of Leningrad which he completed in 1974. He is also a Fulbright scholar.

Shinkovsky spoke for an hour, the first forty minutes of which was spent discussing nuclear weapons and the arms race. The rest of the hour he gave information about his impressions of the United States and about contemporary life in the Soviet Union.

The floor was then opened to questions. These ranged from how the Soviet Union treated its dissidents to its invasion of Afghanistan.

Shinkovsky made reference to many issues during his talk of nuclear arms, saying how SALT I and II were quantitative barriers to the progress of negotiations. He also said that the U.S. quest for superiority that began in the early 1980's "will be yet another spiral in the nuclear arms race," that the Soviet Union does not want an arms race in space, and that the Soviet Union does not fear the Strategic Defense Initiative, and finally, that the Soviet Union does not want to have weapons in space.

"The Soviet Union and the United States will have to learn to live together," Shinkovsky said.

In support of his statements, Shinkovsky compared the U.S. Trident-class nuclear submarine with the Soviet Typhoon-class, and said how security for both the U.S.S.R. and the U.S. would be damaged with the deployment and/or deployment of mobile nuclear missiles, such as the U.S. Midgetman.

"National means of verification would cease to function," Shinkovsky said, referring to the fact that such missiles complicate or make improbable accurate counting of nuclear forces; Shinkovsky said such weapons would only be "killing trust."

"Today we live in the time of mutually assured destruction (M.A.D.)," and trust is essential if nuclear arms are to be reduced.

"The Soviet Union is ready for verification," Shinkovsky said, and this issue has been a stumbling block to past arms talks.

Shinkovsky said the relations of the U.S.S.R. and the U.S. are so important because "each is the core of its economic bloc and each is the most powerful military power of its bloc."

Please see Soviet page 4

School of Professional Studies turns out top teachers

By JAMES P. LUID
Staff Writer

For many years, Central Washington University has been known as a teacher's college. The school that has been responsible for that reputation is the School of Professional Studies.

The school is responsible for all education majors that graduate from Central. Anyone who wants to be certified as a teacher has to go through the School of Professional Studies.

The school is separated into four departments. One department is responsible for physical education, leisure services and health education. The second contains home economics, family and consumer studies, and food science and nutrition.

The third has business education, administrative management and marketing education.

Fashion merchandising is a joint degree of home economics and business education.

The department of industry, engineering and technology includes electronic and mechanical engineering, industrial management and distribution and flight technology.

The education and physical education departments are the largest departments in the School of Professional Studies.

The school also includes Air Force and Army ROTC, inter collegiate athletics, and the occupational development and safety center.

The educational department offers education degrees in elementary, secondary, bilingual and childhood education. Secondary education includes education degrees from the other schools on campus.

Dr. Jimmie Applegate, dean of the School of Professional Studies, says that the school has seen a lot of changes, and it is always striving for the betterment of the school.

For example, the master in physical education was changed to a master's of science, to make it more attractive.

Health education majors have a solid curriculum in physical sciences.

The flight technology department is adding a new major in airway management. There are also new majors being developed in electronic and mechanical engineering. New staff are being hired for these positions to complement the existing staff and give students a better education.

Applegate said that all of these changes came about because of the faculty. They are the people who see the needs and opportunity for change to improve the department.

Right now the department of electronic engineering technology is seeking national accreditation. The accredited degree will be very important to a graduate who is seeking employment. It also gives the department more prestige in the education community.

The faculty has done much to raise the admission requirements for the school. Applicants to the school must have a GPA equal to or above the campus average from the previous year. No applicant can have a grade of below a C in any basic or breadth courses, and they must pass a basic skills test. No other department has this kind of test.

The higher admissions requirements mean a better quality student entering the department. Last fall quarter, of 307 graduates up for certification, 40 percent graduated with honors.

"It doesn't seem like a lot, but remember these people are the upper half of the students on campus," Applegate said. "We are increasing the quality of our students."

Applegate also said that teacher preparation is a University-wide responsibility.

"It is the attitude of this University because we are a teacher's college, it has been implement at this University, but only in a few other places, nationally. Central has a good,
Last week I was standing in the line at Tunstall dining hall when I happened to look at the bulletin board on the wall. The dining hall provided the bulletin board and opinion sheets for us so that we can give our opinions on the dining hall's service and food.

I started reading some of these notes and could not believe some of the statements that the students were giving. Some of the letters had good constructive criticism, but others were what a person could only call sour grapes. Some of the more crass complaints were:

- "Why don't you fix the clock?"
- "Stop making rare hamburgers!"
- "The cocoa machine gives me cold cocoa."
- "The food is bad."

The best complaint was some chap who pointed out twenty-five items which he believed should not be put in the salad bar any longer. He said that he had kept track of the items over a period of time and these were the results of his survey.

The person who made the survey of the salad bar has to be the pickiest person in the world. It seems that this person believes the world revolves around him. Maybe they have those items in the salad bar because experience has shown that people like them. Ever think of that?

Remember that the dining hall staff is cooking for you, serving you and, worst of all, clearing up after you. If you think dining hall food is bad, cook for yourself and see how you like it. The off-campus diet of turkey franks and macaroni can seem monotonous after a while. And if you think the food doesn't taste good, go eat at Western where they serve SAGA food.

Granted, no system is perfect, and the dining hall does have its problems. But remember that they are trying to serve 2,000 people three times a day, and that ain't easy, Jack.

If you're going to use those bulletin boards to write your opinion, use them in a constructive manner. Don't prove that you have a third grade mind. We are college students, not children, and we should be able to give our opinions in an adult manner. If we give good advice, the dining hall will be a better place to eat in.

JAMES LUIDL
Staff Writer

THE OBSERVER
The Observer, the official student newspaper of Central Washington University, is a laboratory newspaper in conjunction with the CWU Communications Department. All unsigned editorials are the opinion of the majority of The Observer editorial board. Letters must be submitted by 5 p.m. Friday the week prior to publication date. Deliver letters to: The Editor, The Observer, CWU, Benton Hall, Room 225, Ellensburg, WA 98926. Letters must be double-spaced, typewritten, signed and limited to two pages in length. We reserve the right to edit them for brevity.

The Observer is published each Thursday during the school year, including holidays and final exam weeks.

Signed, Kristy Clark
Staff Writer

Page 2 — The Observer
Thursday, May 21, 1987
Parents hear ‘You are the expert’

In a Saturday morning session, Geri Newton, Director of Residence East, a community living program in Issaquah and Bellevue, spoke on human growth and development as it relates to the disabled child.

"For many years people believed the disabled, whether physically or mentally impaired, had no sexual desires. Alongside this myth, yet in sharp contrast, was another that said these people were sex-crazed. Neither are true," she said. "These individuals experience the same drives as everyone else."

She elaborated by saying people are sexual from birth. We are either male or female; we have no choice in the matter. In communicating body functions to the disabled, child-clear information must be given, presented more than once in some cases, and appropriate terms must be used.

"Such information is vital, so that they can make appropriate decisions for themselves. They (the disabled) have the right to pursue respect and responsibility."

Newton concluded by saying that information can’t hurt people, but a lack of information can.

Dr. Gene Edgar of the University of Washington spoke later in the day about life after school for the disabled.

He said the problem is that, once the disabled child leaves the public school system, there are few vocational rehabilitation jobs, workshops or continuing school programs, which mean many end up staying at home all day.

"A dilemma exists between what the state deems necessary for them to learn ... and what relevant living skills need to be taught."

-Dr. Gene Edgar

A dilemma exists between what the state deems necessary for them to learn ... and what relevant living skills need to be taught.

LUNCH BREAK! - Parents of disabled children took part in 15 different programs as part of the tenth annual “You Are the Expert” conference.

By LYNN K. SELLERS

Parents, educators and advocates of the disabled recently met here to discuss a variety of issues vital to the needs of the disabled child.

This 10th annual conference, entitled "You Are The Expert," which met May 8 and 9, is designed for the parents of disabled children.

The statewide conference drew approximately 125 parents, plus a number of their children. Parents of both physically and mentally disabled children were represented by the group.

The conference, sponsored by Central's Special Education Faculty and the Student Council for Exceptional Children (SCEC), offered three sessions on Saturday with a total of 15 separate programs for parents.

SCEC students provided child care services on both days, so that parents were able to attend. The programs ranged in topic from "Human Growth and Development, Otherwise Known as Sex - What are the Options" to "Is There Life After School (Also known as Don't Burn Out After Your Kid Leaves School Because There's More to Do)."

Friday evening began the two-day event with keynote speaker Patty McGill Smith, parent of a teen with handicaps and Associate Director for the National Information Center for Handicapped Children and Youth in Washington D.C. She addressed the issue of "Taking Care of the Experts."

Smith, who has a 17-year-old daughter with handicaps plus six other children, related her experiences of raising a family which includes a disabled child, and the importance of taking care of yourself, as a parent.

She spoke about the issues of time management, stress, the disabled child as an individual and the role of siblings.

"Do something wonderful for yourself everyday. Think about what makes you happy and practice being satisfied," she emphasized in referring to stress management.

"I used to feel guilty about going away from my child, but now I realize that she needs time away from me as well as I need time to myself," she said.

She told the audience that parents of disabled children must think in terms of letting go and letting them make choices in their lives, and that to let the child begin making decisions when they are young is ideal.

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Since this is his first visit to an English-speaking country, Shinkovsky's impressions of America dealt mainly with the media of the Soviet Union and the U.S.

He said he likes Newsweek and that he thought the Christian Science Monitor was very good, but he said that generally the U.S. media has too much criticism that exists only for the sake of criticism, whereas criticism in the Soviet Union is aimed at changes and results, and people are allowed to respond in the media more than are in the U.S.

One thing Shinkovsky made note of was how few Soviet films are available to U.S. audiences, while the Soviet Union has 12 to 15 U.S. movies annually. Shinkovsky said he feels that the overall picture of the Soviet Union is one-sided.

Another difference cited by Shinkovsky between the media establishments in the U.S. and the Soviet Union is religious. In the U.S., religion is not as fashionable as it is with the young. On the demographic side, Shinkovsky said that the Soviet Union is 63 percent urban and 37 percent rural on average, but there are vast differences between regions, much like the United States.

The Soviet Union has 100 universities, but 1,000 institutes that provide education for the people. He said there is currently a program in the U.S.S.R. to improve higher education, reducing the weekly class hours from the present figure of 24.

Speaking of the military forces of the U.S.S.R., Shinkovsky said the Soviet government is spending an annual 18 million rubles to maintain its army, and has a military budget of 60 million dollars and college students.

Shinkovsky said this, "It is very difficult for Soviet life, but it is not our choice." He added, "We are willing instantly to disarm," and that "the main question of the U.S. and the U.S.S.R. is war and peace.

One question posed to Shinkovsky was if he thought Gorbachev would fail in his efforts in changing Soviet social conditions and the political/nuclear situation. He said, "It is impossible; don't worry." His reason for this feeling was that the Soviet people support him wholeheartedly. When asked about life in the Soviet Union and in the United States he said, "I love my country; I love my society."

from page 1

Club Senate offers aid for small groups

By LIONEL G. CAMPOS
Staff Writer

Created in the fall of 1985, the Club Senate provides funds from which campus clubs can draw to help pay for their traveling expenses. Carolyn Carver, senate chairman, wants the Club Senate to do more.

"There are clubs out there that are too small to help themselves," Carver said. "Smaller clubs do not have the financial backing that larger clubs have, and can not really afford to travel. I want to help give them a push."

Presently, the Club Senate is restructuring its constitution so as to better accommodate campus clubs. What Carver plans to do is provide a room with supplies clubs can take advantage of to advertise any fund raising projects.

"It takes money to make money," Carver said. "Some clubs cannot afford to spend money on materials needed to make posters, because it may be a one time event, and the materials may never be used again."

Located across from the Board of Directors' offices in the SUB is the Club Room, and Carver hopes campus clubs will take advantage of it. Fully carpeted and freshly painted, the Club Room has desks which are available to clubs who want to make posters, because it may be a one time event, and the materials may never be used again. Club Room, and Carver hopes campus clubs will take advantage of it.

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more about Teacher earned reputation and is always trying to improve it."

The school has events such as Education Week to recruit people to Central. The object of education week is to attract the brightest high school students to the department. It is an innovation that is two years old and is working well.

The school also boasts a mature and talented faculty. The average age of the faculty is 50. "We represent the graying of America," said Applegate. "But it also means that we are a mature faculty. Ages range from 30 to 69 years old.

By the year 2000, 40 percent of the faculty will be up for retirement, by 2004, that figure will be 60 percent. Applegate said this is good and bad. On one hand, the school will be losing a lot of talent, and knowledge. On the other hand, the school will be able to hire young and energetic people with new ideas.

Dean Applegate stressed that the faculty is always trying to improve the curriculum and the quality of students that come out of Professional Studies. "There is always room for improvement and our goal is to be the best at what we do."

CONSTANTLY STRIVING - Applegate says that he has seen a lot of changes in the School of Professional Studies over the years, but they've always been for the improvement of the school.

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5. If The University Store chooses to use the winning logo, its designer must sign a release of the logo for sole and unlimited use by The University Store before the bonus gift certificate will be awarded.
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The designer of the winning entry will receive a $100 gift certificate from The University Store, good toward the purchase of any merchandise (including textbooks!). If the winning design is used by The University Store, a bonus of an additional $100 gift certificate will be awarded upon release of the logo for sole use by The University Store, Central Washington University.
Money didn't hold back at concert

By ERIC LUNDBERG
Staff Writer

"Take Me Home Tonight." That, no doubt was what the two fashionably dressed (streetwalking), young ladies were thinking as they became nicey-nice with Eddie Money's bus driver backstage after what proved to be a very successful show.

The scene backstage was a chaotic one to say the least. Foul-mouthed nadies, I didn't give a f*** who promised you an interview with Eddie, anony- mous CWU security wannabe's. "Who said you could be back here? Are you sure you're Authorized? It's gonna take more than an Observer press pass, buddy," and 200 pound amps and speakers rolling and crashing everywhere.

Finally, after about 40 minutes of sitting around with my pen and paper towels — I neglected to take notebook paper to the concert — I was ready to walk out. There was a man standing off to one side of the circus, not doing much of anything. "Excuse me, what do you do with the band?" "I play bass," was the reply. "Sorry." "No problem." "Can I ask you a few questions?" "Shoot." 

[Tonight's concert was] about an eight, maybe a nine, yeah, a nine.

"I was talking to your bass player and he only gave himself a two rating for his perfor- mance, what's up?" "Chris is really fussy, he played with Santana for a while. He's always trying new things." I asked him about his Hawaii show. [In a concert three months ago in Hawaii, a small riot broke out when Money asked about 100 girls to come down to the front and dance, 300 guys came down and, according to a report heard] "It got outa' hand man. I thought there were more girls."

Commenting on the sad, almost melancholy feeling of his latest album, 'Can't Hold Back,' Money said, "I'm a blues singer at heart, always have liked Otis Redding, guys like that."

Money had a reputation for partying way too hard in his earlier days, a touch much even for a rock star. When he guest-hosted Mtv a few months ago, he said something to the ef- fect that, if he had hit it as big as soon as some of these new bands would have been dead by now, asked if that stage of his life was over. "Yah," he said slowly. "My voice is really important to me now, back then it was a lot of alcohol, lots of alcohol. Now I just want to take it easy ... on my body."

I could sense that our talk was nearing an end, the buses were warming up outside, ready to head for Seattle. We talked some more about his previous albums and his marriage. It's impossible to get I said to somebody well in 15 minutes, but I sensed that Money was still trying to make sense out of the rock-bit, superstardom, life. We shook hands, wished each other well, then the charter bus that represents three quarters of his life engulfed him and took off on its own roundabout trip to paradise.
Dr. Phelps identifies the addictive personality

By LISA CARTER & DUANE LARUE
Staff Writers

What does addict mean? Is there an "addictive personality"? How does depression relate to addiction?

Dr. Janice Keller Phelps answered these and other questions at her lecture of May 13, which identified the characteristics of the addictive personality. She calls this the "profile of addiction."

Dr. Phelps is a Seattle physician who treats patients addicted to alcohol and other drugs. Her treatment plan relies on the belief that there is an "addictive personality" with a decided link to depression.

A graduate of Northwestern University Medical school, Phelps founded her clinic in Seattle in 1978. Since then, she has treated more than 5,000 cases of addiction. She is also the author of a new book titled, "The Hidden Addiction."

As she was helping alcoholics, she became aware of something she felt has previously gone unnoticed. Soon she developed her own theory of addiction.

One of the symptoms Phelps constantly noticed in alcoholics was depression.

Phelps said there are certain substances that cause or contribute to depression. Besides these substances, depression can be the result of a wrong genetic code.

"The use of sugar, caffeine, nicotine, alcohol, pain killers and other drugs are seen as attempts by the client at self-medication to regulate the depression," said Phelps.

Phelps said that most alcoholics drink when they are depressed. If these substances that contribute to depression are eliminated, she says, then alcoholics can stay sober.

At her clinic, Alternatives in Medicine, Phelps has developed a treatment plan that combines the patient, nutritional concerns, education and traditional counseling. This unique treatment plan places her on the cutting edge of addiction treatment.

Phelps takes her patients off of all addictive substances, except nicotine. "If I did that, I wouldn't have any patients."

The substances she does remove from include caffeine and sugar. Eliminating these substances will eliminate depression caused by them. This will eliminate the moments when staying sober becomes hardest.

In her presentation, Dr. Phelps focused on the characteristics of the addictive personality. Her theory of addiction concludes that you were born either addictive or non-addictive. Addictiveness

Please see Addict page 9

THE HIDDEN ADDICTION — Dr. Janice Keller Phelps believes depression may influence addictive personalities.

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This rate does not necessarily apply to students with existing loans.
One band that can’t be accused of in-consistency is the Replacements. “Let It Be,” the band’s 1985 tour-de-force album of adolescent angst firmly established Paul Westerberg as the hottest songwriter in America today. Two albums later, ‘Pleased To Meet Me’ finds the band facing adulthood with a cycle of songs which take a few listenings to sink in... but when they do they sink in deep.

The first few songs are concerned with the old topic of teenage defiance. “I owe you nothing” screams Westerberg on the opening cut, “I.O.U.” With “I Don’t Know,” the frustration of boredom and uncertainty is explored with a vengeance.

Starting with “Nightclub Jitters,” however, the band takes a more grown up attitude as they search for meaning in an empty nightlife. The song is set to a jazzy, cabaret beat and features spare saxophone work that gives it a smoky nightclub feel. “Valentine” is about AIDS and other risks of sex in the eighties (Tonight make love to all you kind/Tomorrow’s wicked Valentine”), while “Shooting Dirty Pool” points an extended middle finger at people who have walked all over the band lately.

The standout track is “The Ledge,” a down-and-dirty rocker about impen­etrable suicide which finds Westerberg standing on a window sill ready to jump (I’m the boy they can’t ignore/For the kind/Tomorrow’s wicked valentine”). Westerberg prepares to take the plunge. It’s a scary tune, but easily the band’s best one to date.

For those looking for meaning in their lives, Paul Westerberg has an insight into the world of the lost. “Spike” and which suggests Petty is a much better songwriter than the album shows.

“Let Me Out” lacks the overall con­ sistency of “Torpedoes” and the lyrical bite of “Southern Accents.” The fact it doesn’t offer much in exchange makes it another disappointing two and a half star Tom Petty album.

MOVIES
Thank you to Alternate Channel Video store for the use of a VCR and video tapes.

By MICHAEL J. ANDERSON
Staff Writer

Teamed up in Firewalker are Chuck Norris and Lewis Gossett, Jr. They play two mercenary adventurers who go searching for lost Aztec gold with a spacey, semi-psychic girl. In the process they must go against hundreds of bad guys from Sandinista type troops to a one-eyed medicine man.

Along the way, they encounter magic and lots of skeletons and do many dar­king deeds. They also dress up as priests. By the way, this is supposed to be a comedy.

I was not amused. I think Lewis Gossett Jr. is an excellent actor and Chuck Norris has a nice screen persona, and after competition. Drinking is best.

The worst crime of this film is the jumbled advertising for the use of a VCR and video tapes. Lack of nutrition misinformation seems to be the most prevalent among athletes. In their studies show a balanced diet, and after competition. Drinking is best.

The most vital nutrient for athletes is water, before, during, and after exercise. Nutrition for Athletes

Nutrition misinformation seems to be one of the most prevalent among athletes. In their quest to be faster, stronger, or better, they often fall victim to false advertising about expensive diet supplements. Lack of nutrition education may also be a problem for coaches who pass along the nutrition myths they were told. First of all, nutritional requirements for the athlete and non-athlete are about the same. Athletes are as different as non-athletes in their energy requirements and must consider sex, height, weight, body composition, and exercise level when they discuss their calorie requirements. Many athletes believe a high-protein diet will increase muscle mass, but studies show a balanced diet, moderate in protein and high in carbohydrates, plus exercise, will give the best results. The most vital nutrient for athletes is water, before, during, and after competition. Drinking frequent small amounts of water during exercise is best.
Port Angeles Poet to appear in Ellensburg

Contribution

Port Angeles poet Alice Derry will give a public reading of her work on Friday, May 22 at 7:30 p.m. at the Hall Holmes Center.

Derry, professor of English at Peninsula College, also directs the

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Prices effective May 20-31.
Little addresses the preschool-budget issue

By Mike Little
ASCWU President

With the job market being as rigorous as it is, the need for an education is growing. This is the basis for the decision to attend schools such as Central. With your attendance, comes special activities to make your collegiate experience not only fulfilling but also fun. Activities such as concerts, speakers, dances in the SUB, as well as other activities are paid for by a portion of your tuition allocated to the Service and Activities budget (S & A).

One crucial area of allocation is day care. Student parents are a small minority, but increasing in number. This means the demand for day care facilities is growing within a fixed budget and now a need to digress about the budget.

The S & A budget encompasses a wide variety of services, activities, and programs. A budget number is assigned to each area and a piece of the $950,000 pie is allocated to each one of those budget numbers. The allocation process starts with a budgetary request from each area. This request is initially reviewed by the S&A Committee. This committee is comprised of three faculty members, four students, and one ex-officio who is advisory to the

committee. This committee recommends allocations to the Dean of Students who, in turn, reviews the recommendations. The Dean submits his recommendations to President Garrity who reviews them and submits them to the Board of Trustees for their final approval. Fortunately, for times sake, this extended process of allocation happens only once every two years.

This biennial process saves time and money, but is not flexible toward a rapidly changing service such as day care. Day care awareness has grown, due in part to the increase in older, married student enrollment. The State Legislature has taken steps to enhance the higher education institutionally-related day care facilities by mandating that a survey be made and a needs assessment be submitted to the Higher Education Coordinating Board by December of this year.

When this bill (Senate Bill 5871) was passed, the money from the General Fund ear-marked for the study was eliminated. This imposed a greater burden upon each institution in preparing its own case for day care. Central, with its continued student and administrative support, will hopefully continue the excellent full-year program it currently has, and work to gain state support to expand their facility.

Are You A

Yuppie Puppie?

Then come to the BOD meeting Wednesday at 6:30p.m. in the SUB Teanaway Room.

By Carolyn Carver
Rep. to Clubs and Organizations

Those clubs and organizations that take advantage of early recognition will be ahead of this paper game. First they will have a brief statement of introduction in the Student Handbook that is to be distributed to all new students, not to mention the fact that it will save them from having to deal with the chaos this fall.

The recognition process is painless and simple, just complete the following:

1. Fill out the recognition form
2. Submit or update the club’s constitution
3. Submit a statement of membership limitations
4. Submit a summary of past and future activities
5. Submit a statement of introduction
6. Contact me, Carolyn Carver, Rep. to Clubs and Organizations

Take care of this small amount of paper work, and come fall quarter, you will not have to scramble about trying to get recognized in order to arrange a meeting, be represented at Club Senate, or advertise on campus. Remember, time is running out, so do yourself and your club a favor, hurry down to SUB room 214 or Scheduling and pick up your 1987-88 recognition form today!

For more information contact Carolyn Carver, Rep. to Clubs and Organizations at 963-1693.
Thursday, May 21

CALENDAR

Thursday, May 21

- DPIE-A-PROF-10 a.m.-1 p.m. in the SUB courtyard.
- STRATA BROWN BAG LUNCH-1 p.m. at SUB Cafeteria.
- SAFETY COMMITTEE MEETING-2 p.m. at SUB Kachess Room.
- NATIVE AMERICAN COUNCIL-3 p.m. at SUB Room 210.
- CIRCLE K CLUB-6 p.m. at SUB Room 206.
- FASHION MERCHANDISING STUDENT ASSOCIATION-6:30 p.m. at SUB Kachess Room.
- COLLEGE REPUBLICANS-8 p.m. at SUB Kachess Room.
- SENIOR RECIPIAL—Brad Haddon, Guitar. 8 p.m. at Hertz Recital Hall.
- TRIBUTE TO MOSES LAKE CONCERT—Directed by John Moawad and performed by Vocal Jazz Choir I and Jazz Band I. 8 p.m. at Big Bend Community College.

Friday, May 22

- SPOTLIGHT DRAMA CLUB-3:30 p.m. at SUB Swauk Room.
- POETRY READING—Port Angeles poet and professor, Alice Derry. 7:30 p.m. at Hal Holmes Center. Free.

Monday, May 25

MEMORIAL DAY

Tuesday, May 26

- CENTRAL TODAY—With Guy Solomon. 7:25 a.m. on KNDO-TV, channels 3 & 23.
- CENTRAL TODAY—With Guy Solomon. 7:25 a.m. on KNDO-TV, channels 3 & 23.

Central’s Career Planning and Placement Center (CPPC) located in Barge 105, invites students to visit the center to register for service, maintain a current file, keep posted on campus interviewing and current jobs and to discuss concerns regarding career goals.

The following school districts will be on campus interviewing education candidates:

- Hoonah, Alaska, for Special Education certified candidates on May 27.
- Bering Straight School District for Elementary, Secondary, Special Education and Administrative openings. Representatives will be on campus interviewing on June 8 & 9. Sign-ups will start on June 1.

Sign-up schedules are posted one week to the day, before the arrival of the interviewers.

Military Recruiting

A U.S. Army recruiter will be in the SUB with a video presentation on May 29 and June 10.

Cooperative Education and Internships, located in Barge 307, invites students to sign up for an Orientation Meeting to learn how they can receive practical experience in their chosen career area.

The following are new positions:

- Yakima Valley Farm Workers Clinic, Toppenish, paid. Summer, for ADOM majors.
- Yakima River Greenway Foundation, Yakima, paid. Summer Fall, for Leisure Services and Public Relations majors.
- Yakima Valley Grape Producers, Grandview, paid. Summer and maybe Fall, for Food Science, Biology, Chemistry and possibly Marketing with Science background majors.
- Puget Sound Naval Shipyard, Bremerton, paid co-op. Positions available for three or six months, ongoing need. For Sciences, Engineering Technology, Computer Science and Safety majors.

Alaska fishery jobs

Pelican Seafood interviews will be on May 21. Sign up in advance at the Placement Center.

- ART EXHIBIT—Master’s Thesis show (through May 30). 8 a.m. to 5 p.m. at Sarah Spurgeon Gallery.
- JAPANESE CONVERSATION GROUP-7 p.m. at the L & L Conference Room.

Wednesday, May 27

- CENTRAL TODAY—With Guy Solomon. 7:25 a.m. on KNDO-TV, channels 3 & 23.
- SENIOR RECIPIAL—Keith Winkle, Trombone and Euphonium. 8 p.m. at Hertz Recital Hall.

Thursday, May 28

- DRAMA—“Pinocchio,” directed by Kathleen Yepes. 8 p.m. at Tower Theater. Free.

POETS--This Is Your Chance!

STUDENT POETRY FORUM

In June, the Observer is publishing a four page Poetry Forum of student poems. Poetry writers are encouraged to submit entries to the Observer office, Bouillon, Room 225 or drop them in the envelope outside Room 220. Entry deadline is May 22.

No more than three entries per writer please.

Teach Overseas

Friends of World Teaching has information on teaching positions for elementary through university educators in over 140 foreign countries. Write to P.O. Box 1049, San Diego, CA, 92112-1049.

Summer School

Pre-registration has started and will continue through June 1. Class schedules are available at Mitchell Hall. Pre-register early to guarantee classes.

Substance Abuse Support Group

Do you need help with an alcohol or drug problem and feel you could benefit by meeting with other students with the same problem? The Substance Abuse Support Group can help. Meetings are private and joining the group is by referral only. Contact Deacon Meier at 963-1515 in the Student Services office.

Unplanned pregnancy?

Ellensburg Birthright can help. Anonymous pregnancy testing, medical care and referral for professional counseling are some of the services they offer. Contact them at: Suite 202, 1808 Building, P.O. Box 52, Ellensburg. Or call 962-6707.
Coach Mike Dunbar is back in the saddle again

By BRIAN ZYSTRA  Staff Writer

After a three-year "sabbatical," Mike Dunbar is back at Central.

Dunbar, who served as CWW's head football coach in 1983 before leaving to become an assistant coach at Massachusetts, has returned to Ellensburg to, once again, take the coaching reins from Tom Parry. Parry retired at the end of last season after posting a 20-year career mark of 95-91-4 at Central.

Dunbar said the three years away from Ellensburg were good for his coaching career.

"At the time, my family and I thought it was a good opportunity to grow as a football coach," Dunbar said of the decision to move East. "It was a chance to go to a large school at the (NCAA) Division I level. So it was a good move."

During his three-year stint as an assistant at UMass (two years as offensive coordinator and one as assistant head coach/defensive coordinator), Dunbar saw the Minutemen improve from a 3-8 squad in 1984 to an 8-3 outfight last season.

Despite being a part of that recent success, Dunbar opted to return to his former job at Central, The desires to become a head coach again and to return to the Northwest were driving factors in his decision to come back.

"I wanted to take the things that I learned at (the NCAA level) and employ them in a head coaching position," he said. "When the opportunity came, I looked into it, and it worked out. Being from the Northwest, the opportunity to return to the area was exciting."

Dunbar hopes to take up where he left off in 1983, when he guided the Wildcats to an 8-2 record and a 14th-place ranking in the national polls.

"The program's been successful since I've been gone (22-9 during that period) and hopefully, we can continue that success," he said.

"Central's been successful in athletics overall throughout the years. All I want to do is not mess that up," he laughed.

Dunbar feels that he has changed somewhat as a coach in the three years away from Central.

"I hope I've grown and impressed and understood the game better. I certainly hope I'm a better football coach than I was when I left the program again."

His job has been made easier in that he has most of last season's coaching staff returning.

They have some continuity, and they know the kids," Dunbar said of full-time assistants Ken Wilson.

Doug Adkins, Scott Ricardo and Jim Hollar.

The new boss has been pleased with the work ethic displayed by the players in conditioning drills this spring.

"The young men are working very hard," Dunbar assured.

He added that they've been very receptive to the coaches' requests. "They seem enthusiastic about everything we've asked them to do."

Dunbar said Central will employ a multiple-set offensive scheme this fall.

"I like to use a lot of formations to keep the defense on their toes," he said.

A balanced attack will be stressed, he noted. "We'll do what it takes to win. We've got to do what the defense gives us."

Defensively, Dunbar will institute a basic 5-2 formation that will feature multiple fronts.
Central runners take to water to improve times

By BRENDA BERUBE
Retired Writer

It's 6:45 a.m. at the Nicholson Pavilion pool. You rub your eyes to make sure that you're awake and actually seeing what you think you're seeing. Your laugh resounds in the empty morning as a group of bobbing heads run by the 12-foot marker of the pool. Aquasize? Water ballet? Synchronizing swimming? No, the Central Washington University cross-country and track team perfecting their running performance with the latest technique in distance running conditioning—deep water running.

According to men's assistant track coach Keith Kellogg, it looks funny, but it works. He says the key is not to touch bottom. This is what makes it different from any of the other water conditioners, such as aquasize. It's a straight up and down movement with head out of the water. A runner uses his normal form keeping his knees high and scooping with the hands. It's form work.

Kellogg explained that deep-water running is a simulated running technique, only in the water. Running in the water takes the stress off the body. A runner uses his normal lower body and legs, and it can cause less damage.

A normal Central athlete will work out in the pool two days a week for a half hour to 40 minutes as a break from running. It's a great cardiovascular workout, better than most others because of the relatively stress-free environment. The proof is in the program.

As far as I know, we are the only school in the district that uses a deep-water program. I'm aware that Washington State and Oregon State have similar resistance-free programs.

—Keith Kellogg

Central cross-country and track runner Kim Burke came back from a near-fatal car accident in September to earn a 12th place finish in the NAIA District 1 women's cross-country meet Nov. 1. Burke's last year's Academic All-American and All-American, was timed in 18:48 on the 5,000 meter course and just missed qualifying for the national meet.

According to Kellogg, after the accident a small fracture in her foot kept Burke from biking or running. "Her hopes of a comeback were in the pool," he said.

"We've always used a deep-water running program, but this was a chance to really see the benefits and test it. We know our water program is a good cardiovascular conditioner and this gave us a chance to see what kind of conditioning we could get without actually running," head track coach Spike Arlt said.

Bruce Dudley, also a cross-country runner for the Wildcats, came back after an ankle injury in 1985 and finished 31st at cross-country nationals that very same year with a time of 27:10, doing the deep-water running conditioning therapy.

The technique is not something new to Central, it is something that should grow in popularity in the future. 'I'd encourage the technique to anyone interested in conditioning. Swimming has always been an excellent way to get into shape, especially if you're overweight, because there isn't as much stress placed on the body.'

However, there is currently a lot of primitive thinking involved with deep-water running. Small articles have been printed in some sport's magazines, but most people have the philosophy that if you're going to be a runner, the only way to get better is to run.

The whole concept of deep-water running could be beneficial for other sports as therapy and conditioning and, according to Kellogg, it should be utilized.

"I see a few other schools in the district experimenting with it in the future, but I don't see it becoming that popular."

WSU tried to improve the technique by having the runners wear flotation devices. Kellogg said that the flotation devices make the workout too easy. Keeping afloat is where the benefit and work comes in.

"I feel it a lot," said cross-country letter-winner Cope Belmont. "You don't get all the pounding that running involves, but a harder workout and more beneficial. I also like the variety."

At Central, the program has only been adopted by the cross-country and track program. The program is very popular in the recruitment of athletes, stressing the variety and emphasizing the results.

As funny as the process may look, the results and benefits are propelling Central Washington University's running programs into the future and ahead of the pack.
Freshest of the Lights  They’re out there . . . and they’re Silvers! It’s a new silver can, but inside you’ll find the same satisfying Mountain Fresh taste in a less-filling light beer. Rainier Light . . . it’s the perfect combination of less calories and great taste.

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Baseball team sets records, honors players

Shortstop Marc Greeley, who was selected CWU’s Most Valuable Player, set four school records and tied three others during the 1987 season.

The Wildcats finished their season with a 17-23 record and came within one out of winning its first district title since 1972.

Greeley set career records for runs scored (89), assists (225), errors (42) and double plays (43). He tied the single-season record for home runs (8) and also tied a single-game record with five hits against UPS. Greeley also tied a mark by hitting home runs in three consecutive games.

Third baseman Bob Cornwell also equalled the single-game hit record with five in the opening game of the playoffs. Designated hitter David Herr, an All-District pick, led the team with a .413 batting average, the fourth best mark in school history. He is the seventh player to hit .400 in a single season and the first since 1983.

Cornwell set four school records and tied three others during the 1987 season. His three triples and 38 RBI’s paced team captain, McGrath, received the inspirational award and Dawson was selected to receive the Steve Orrell award for good defense.

Letterwinners included Dawson (third year), Paul Goulet (3), Greeley (3), Carl Casperson (3), Gregg Guidi (3), Herr (2), McGrath (2), Brad Torgeson (2), Mike Ellison (2), Kelly Montoya (2), Marlin Johnson, Cornwell, Andy Kimble, Chris Johnson, Jim Willis, Wells, Andy Hoy, Jay Petersen, Todd Cort, Gregg van Steenberk and Arnie Noel.

Frederick named district’s top top man

Gary Frederick, CWU’s athletic director since 1980, has been named NAIA District 1 Administrator-of-the-Year.

Frederick was a finalist for the national award, which was won by Tobert T. Mason, athletic director at Austin College (Tex.). Frederick has been on the NAIA District 1 executive committee since 1980. He also serves as treasurer for the district and is chairman of the athletic director’s committee.

During Frederick’s term as CWU AD, he has been instrumental in bringing several events to Ellensburg, including the Class AAA State wrestling championships, the Class B State baseball playoffs and the AA regional basketball playoffs.

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4. First & Last Chance (8-2)
5. Boys of Summer (8-1)
6. Double Play (9-1)
7. Nuclear War Survivors (9-1)
8. Eagles (9-1)
9. Have Bat Will Travel (7-2)
10. R-Force (7-3)

Compiled by Craig Warmenhoven

Editor's Note: Due to Tuesday evening's rain, the scheduled Observer Game-of-the-Week between Phi Beta and We-B-Jammin' was rained out. Observer intramural coverage will resume when the playoffs kick off next week.

**Relax, Relax**

We'll be Observing the athletic trainers soon

---

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