Harrington to resign post in 1988

Dr. Edward Harrington, academic vice president at Central Washington University since 1970, will resign that office and rejoin the Central faculty ranks on Sept. 1, 1988, President Garrity announced Oct. 14.

According to his request, Harrington will retain the faculty rank of professor of biology, and be assigned to Central's office of cooperative education, which he calls "one of the finest, but perennially understaffed" divisions of the university.

Reflecting on his Central vice presidency, Harrington says his greatest satisfaction has been the university's progress in curriculum diversification.

"We have been blessed with an excellent faculty whose collective vision and drive have broadened Central from a predominantly teacher-education college to a comprehensive regional university. We were able to maintain those strong original programs, while adding many others equally as good," Harrington said.

While he balks at taking credit for many of the changes at Central, Harrington says he takes great pride in having "participated in the strengthened general education program" — the liberal arts and sciences core curricula program in which each Central student completes, in addition to an academic major.

Higher admissions standards for incoming students, a strong extended-degree program in the Puget Sound area, a top-quality business school, a program to recognize distinguished professors, a campus tree-planting project sponsored by CWU graduating classes, annual honors convocations and a campus chapter of the national honor society, Phi Kappa Phi — all have grown up during Harrington's tenure, and he has "participated in each."

Harrington, 61, a Massachusetts native, earned bachelor's and master's degrees at Tufts University, Medford, Mass., and a Ph.D. in vertebrate zoology at Cornell University, New York.

Before joining the Central academic administration, he served San Jose State University for 15 years, first as a member of the biology and natural science faculty, and later as associate dean, dean of undergraduate studies, acting dean of academic planning and academic vice president.

His career has spanned education, from elementary to university levels. In his 20s, Harrington spent a year in the education department of the Boston Museum of Science, working with public school children as curator of bird, mammal, and herpetology collections.

He also worked as general science teacher at Belmont Hill School. In 1959, Harrington directed an elementary science institute at San Jose State, funded by a $40,000 grant from the National Science Foundation.

Please see Harrington page 5

Air Force ROTC expands to Moses Lake

By JUNE E. MAW

Staff Writer

The steady growth that Central's Air Force ROTC program has experienced during the past four years will continue with the program's expansion to Big Bend Community College in Moses Lake.

Previously, AFROTC at Central was limited to two years of active involvement. About three years ago President Garrity approached the AFROTC Commandant with the idea of increasing the program to four years. At this time, out of 152 units nationwide, only Central and two others were two-year programs.

Freshmen and Sophomores were officially allowed to enroll in the program last year and this year. With the Big Bend agreement, the program is an official four-year program. The agreement also makes Big Bend the only community college with an AFROTC program in eastern Washington.

According to Col. Richard Thompson, detachment commander, Big Bend was chosen because of its strong aviation and computer science departments. Also, many of Central's cadets have transferred from this community college and are successful in the program.

Thompson expects the expansion to benefit both Big Bend and Central. "It's much easier to run a four-year program," Thompson said. "We'll have freshmen and sophomores to do special projects to help with challenges. They'll also give us a recruiting base since in the past we've had to scramble all the time to get people to enter the program as juniors."

The Big Bend curriculum will be an introduction to the Air Force way of life, says Thompson. Cadets will study air power heritage, military history and customs, and writing and speaking skills.

The program will also stress physical fitness. Courses will be taught by instructors traveling to Central once a week.

Thompson doesn't want to see this expansion end with Big Bend. "We are looking within a few months to open up a similar program at Yakima Valley Community College," Thompson said.

Depending on how that college views this expansion, a program could be set up by winter quarter. Expanding to YVCC would mean the addition of one or two more instructors for the program, but Thompson doesn't think the university will object to this.

"This is a very biased statement, but out of any university in the nation, we probably have the best support from university officials," says Thompson. "We wouldn't be ranked so high if the university hasn't given us its support prior to the ranking."

Thompson believes this support is directly responsible for the program's success. Ranked 17th three years ago, the program is now (unofficially) ranked 3rd. He also credits the administration's emphasis on quality for the university as a whole as part of the program's success.

With students from Big Bend included, the program's enrollment is at about 110.
Biking and skating restrictions may be imposed

Well, the students of Central Washington University are about to be tax­ed yet again. No, this time it is not fees, this time students will most likely be restricted and banned.

Campus Police Chief Al Teeples approached Central's B.O.D. and informed them of a possible ban of skateboards on campus, and a possible restriction concerning where students would be allowed to ride their bikes.

It seems that the town of Ellensburg has banned skateboards. So, instead of throwing their skateboards away, those youngsters are coming on campus with them and using them here.

However, the problem is that increased damage around campus has been attributed to those who have skateboards, thus the reasoning for banning skateboards.

As for the restrictions on bikes, Central has a liability problem which it cannot seem to solve. Bike and pedestrian accidents are putting the university in great risk. Only solution the university sees is putting restrictions the bikers.

As a student, I must say I do not like either of the solutions suggested. It feels as if each year I return to Central more of my rights are taken away. Last year there were fees and this year bans and restrictions. When is it going to stop?

There is a possible solution to the skating and biking problem. However, it is not a new one. Bike lanes.

This is an old issue, and the reason there are no bike lanes in existence is because they have been to expensive to construct in the past.

Well, it's time the administration closes its eyes on the financial aspect, and focuses more closely on the needs of its students. Afterall, students are the university's main concern, correct?

What students need right now are bike lanes. So the university should be concentrating on finding ways to construct these lanes, instead of coming up with reasons as to why they cannot be constructed. The point is, we students have are backs to the wall, and unless we start letting the administration know how we feel, nothing will be done to favor our situation.

We have to write letters and let the administration and our student B.O.D. know we don't want skating or biking restrictions placed upon us until all plausible avenues have been exhausted. However, let's not write letters that solely complain, let's write letters that also offer possible solutions.

Dear Mr. Torrence,

I would like to first commend Duane Morris for trying to inform the public about as controversial a subject as steroids. However, I am deeply disturbed about some of the information and out of text quotations in his article. Contrary to what was stated in his article, the NAIA does have a policy on substance abuse, a policy based more on education than enforcement. I informed Mr. Morris of this when he interviewed me. I also mentioned the fact that the NAIA has recently begun random drug testing at national events. Without that, the Athletic Committee of Central Washington University (consisting of nonathletic faculty members) has also concurred with the NAIA in emphasizing drug abuse education here at CWU.

Thus we have developed the class Drug in Sports, which shows a high enrollment of athletes every quarter despite the fact that it is not a mandatory class. (The football team also received their own drug seminar from Dr. Briggs during pre-season training camp.)

Referrals are handled in the same manner, with the intent of educating the athlete against using drugs rather than taking punishment when the athlete is caught.

The cost of mandatory drug testing is prohibitive on our level of competition. It would cost the University approximately $120,000, to implement a program similar to the one at UCLA. Moreover, at CWU athletics is considered an integral part of the academic program.

With that in mind, the Athletic Committee felt that if a testing program was instituted, it should encompass the entire student body, not just one select group. There is also the question of the legality of drug testing, which has yet to be resolved.

Central Washington University is a microcosm of our society as a whole, hence our coaches' statements that they would be naive to thing the problem does not exist on this campus. They do not tolerate its use, as implied in Mr. Morris' article, nor are they aware that steroids are "a big joke on the team."

Which brings me to my final point, which was to question why Mr. Morris chose to interview only one athlete out of approximately five hundred within the athletic program.

Moreover, he chose an athlete who played for half the 1985 football season before quitting the team. In view of that, I question Mr. Torrence's ability to speak for the current CWU football team.


Please see Letters page 4

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 view 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: Editor, The Observer, CWU, Benton Hall, Room 223, Ellensburg, WA 98926.

Letters must be double-spaced, typewritten 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, excluding holidays and final exam weeks.

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Editorial

Letters To The Editor

To The Editor,

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Please see Letters page 4
HEC Board looks past Central

By GUILLERMO CABALLERO
Staff Writer

Within the next decade, it is quite possible that a student will be able to obtain a degree from the University of Washington without ever having taken a single step on the Seattle campus.

Recent action by the Higher Education Coordinating Board, which guides long-range higher education activities as well as establishes policy for two- and four-year institutions, has resulted in the University of Washington being granted a leadership role in establishing one or more branch campuses in the Puget Sound region.

The UW was granted leadership role in the region above Central, which already has established programs there.

Central Washington University Vice President of Academic Affairs Dr. Edward Harrington told the Ellensburg Chamber of Commerce that this action could result in an enrollment loss of 10 percent for CWU, and possibly a proportionate budget cut as well.

However, Mary James, a former CWU professor and a current member of the HEC Board, says that the UW was chosen to spearhead the project primarily because of its large size, and because it has the personnel to conduct the research necessary to establish a branch campus.

James said that the board, appointed by the legislature to draft a master plan for higher education, decided that a branch campus is needed to meet the needs of the under-served area of the Puget Sound.

Pierce County, for example, has a good-sized population, but not one four-year institution to serve it. Snohomish and Clark counties face similar problems.

According to James, there are many people that are being restricted from attending colleges that offer baccalaureate and graduate degrees, and research opportunities, because they simply don't have the time it takes to commute to larger schools after they finish at a community college.

James said that many of those students are married and have families, making commuting even more unattractive.

One possible solution to the problem was proposed by State Representative Dan Grim at the board's meeting at File three weeks ago.

Grim advocated that the board consider recommending that a new four-year school be built to accommodate the future population changes in the state, that will result in a shortage of higher education facilities.

However, James said that the board is adamantly opposed to such an action, because it feels that the state's community college system is excellent and is serving the needs of students.

She said that the demand will be for junior and senior-level students, so that's the area they're going to concentrate on.

James said that one solution to the problem would be for a branch campus that would serve in conjunction with community colleges, similar to the ones that Central has established over the last 12 years with the extensions at Lynwood, Edmonds, and Steilacoom. A program she describes as efficient and cost-effective.

Cost is something that is at the center of the branch campuses controversy. Just last week, a former member of the HEC Board said that the UW branch campus is something that is "seven years away."

Robert Thoeny, the director of the HEC Board, said in a recent interview that "the state doesn't have a lot of excess dollars right now, because other projects are commanding money." James made similar remarks concerning a lack of funding.

James suggested that there is a possibility of Central losing its extension programs to the UW, but that the whole notion is premature.

James said that it is quite possible that the UW will contract the services of private and public institutions. For instance, Central has an accounting program that is acknowledged to be one of the best in the nation; it would be more efficient not to disrupt such a high-quality program that is more than adequately meeting the needs of its students.

James said that the board has explored the possibility that there are still many details on the master plan that need ironing out.

For the time being, however, the University of Washington has the next move regarding a branch campus. It is expected to report back to the board next August, outlining how a branch campus would be set up.

Students sit in as actors for Rainier commercial

By JUNE E. MAW
Staff Writer

A dusty lot about ten miles outside of Ellensburg was transformed last Saturday into the site of yet another of Rainier Beer's series of unusual commercials.

This particular commercial is modeled after a wildlife special such as "Wild Kingdom." "The site is analogous to a "watering hole in Africa or Australia," says Sam Walsh, co-producer of the commercial and co-owner of the Charles Samuel Production Company based both in Seattle and San Francisco.

A bar, the local watering hole, is located on a dry, dusty plain, and is visited by various species. There are the "regulars" who devour peanuts, the "striped fans" who are avid watchers of television sports programs, and the "stalkers" who prey on the pool table.

The quietness is suddenly marred by "a thundering herd" of thirsty softball players. They drink the beer and leave just as quickly as they arrived, allowing the watering hole to return to the serene scene it was only moments before. "I think it will be a really funny commercial," says Walsh. Funny or not, it should fit in with previous Rainier commercials.

Of the 23-member cast, Ellensburg area residents and Central students were chosen for 19 parts. Student Shane Sedgwick was thrilled about his film debut.

"It's a lot of 'hurry up, get on set, and then wait,' " he says of his role as one of the thirst-crazed softball players.

"But the guys we worked for were really nice and always complimenting us." Sedgwick said. "I had no idea what I was doing and thought they would yell at us but they didn't. If they saw something they liked they would tell us."

Sedgwick also says he will enjoy the $125 cast members were paid for the day's work.

Tami Kelgley, a broadcast journalist major, thought being in the commercial was fun, but tiring. "It's hard to realize just how much time goes into this. Something that will be on the air only two or three seconds takes a couple of hours to film," she said.

As someone who spends much of her time behind a camera, Kelgley was intrigued by the professionals work behind the cameras all day.

"I saw a lot of attention to detail. When you're a professional, everything has to be just right. They spend a lot of time and money so I guess it should be that way," Kelgley said.

Walsh likes to use locals for many reasons. This time he was looking mainly for a certain look and body shape to cast for the parts.

Although he wasn't actually looking for acting talent, the commercial does feature four professional actors from Seattle. They played the bartender, the regulars and the pool player.

"We used them to add a special touch to certain parts, but working with 'real' people is great because they add a naturalness to a scene that professionals sometimes don't have," says Walsh.

Filming took all day, beginning at 8 a.m. and by the end of the day enough material had been filmed to fill a 30-second spot.

To finish by nightfall, a large amount of work had to be completed before filming actually began.

Walsh and his company spent a week in Ellensburg doing pre-production work which included scouting the area for a location and holding auditions. "It all culminated in this," says Walsh, "one busy day of filming."

According to Walsh, this was a lot of shooting to accomplish in only one day and that in the past, commercials of this length were shot in more than one day. After filming, the work is far from over. The post-production work is time-consuming and Walsh doesn't expect the commercial to air until the beginning of the new year, probably the end of January or mid-February.

SHOW TIME — The Rainier Beer commercial crew prepares the set for the days shooting activities.

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Munson Hall takes on new look for new customers

By JUNE E. MAW
Staff Writer

Recently remodeled and renamed, Munson Manor was opened to the public Friday afternoon, October 16. Formerly named Munson Hall, and housing only men, the residence hall was remodeled to house the latest Auxiliary Services venture. Munson Manor is available, at a slightly higher cost, to small conferences desiring an intimate atmosphere with more elaborate meals than Holmes or Tunstall Commons can offer.

"Munson was developed so we could cater to a different type of customer," says Tom Ogg, manager of CWU Dining Services.

The conference guests pay more for what Ogg describes as higher quality. An advantage for conferences that choose to stay at Munson is that eating, sleeping, and meeting facilities are all provided under one roof. This includes a continental breakfast to start off the day, a mid-morning coffee break, and a served lunch and dinner. Although the breakfast is buffet-style, lunches and dinners feature flowers all help define the atmosphere.

"What we're offering really seems to be catching on," Ogg said.

Providing all this amounts to $50 per person. This compares to a basic gross cost at Courson and Muzzall of $33 for adults and $27 for students and youth. Although the maximum sleeping capacity at Munson is 50 people, the dining and meeting rooms can handle up to 65 to 70 people. According to Everell Purcell, services coordinator for the Conference Center, the average size of conferences is about 35.

"It's difficult to determine the average number right now because we've been open less than one year," says Purcell. The Munson renovation was completed in February and welcomed its first conference in mid-March.

Most groups that are utilizing Munson Manor are groups that wouldn't have come to Ellensburg before, says Purcell. "We're seeing a lot of state district officials.'"

Everell Purcell, services coordinator for the Conference Center, the average size of conferences is about 35.

Letters

Continued from page 2

by Will Vinton Productions.

these students have a major drug problem, without conducting proper research, is an insult to them and to the University.

Signed,
Gary C. Frederick
Athletic Director

To The Editor,

The halftime show at the homecoming game was a pleasure to watch, and I think the CWU marching band and director deserve a collective pat on the back. The performance quality was excellent, song selections enjoyable, and everyone really looked sharp. Well done, people.

Signed,
Brad Smith

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ELLENSBURG'S ONLY ROCK.
PLAY IT AGAIN SAM — The Central Washington University band delighted participants of Saturday’s Homecoming activities. First playing and marching through Saturday morning’s parade and then performing for the alumni during halftime of the football game.

Central receives grant money

Central Washington University has received a $6,950 Veterans’ Education Outreach Program grant from the U.S. Department of Education, according to an announcement made by U.S. Congressman Sid Morrison.

The funds will be used during 1987-88 for statewide recruiting of veterans of U.S. military service, as well as for tutorial services on campus for those who enroll and need special academic assistance, CWU veterans advisor Gloria Spatafore said.

“We will encourage all veterans to consider continuing their education, putting special emphasis on recruiting educationally disadvantaged and handicapped veterans,” she explained.

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Harrington—Continued from page 1


Harrington—Continued from page 1

Harrington also wrote and narrated more than a hundred radio programs in a series “Science in our World,” broadcast over a three-year period in San Francisco, to an audience of 35,000 school children in the Bay area.

OUTDOOR PROGRAMS
Slide Presentation of the
YANGTZE WHITETWATER RIVER EXPEDITION
in China

by Ron Mattson
River Guide for the expedition.

WEDNESDAY, OCT. 28TH
SUB BALLROOM
7:00 PM FREE

(Video at noon in the Pit)
They are students. Just like you and I. They have these crazy ideas about new programs or services that they feel should exist at Central. What do they do about it? They run for office and are elected to the ASCWU Board of Directors for the 1987-88 school year. It is really a mess at first. They want to do it all. There really isn't much time though, so they put their goals into perspective.

Students, just like you and I, so what difference can they make? With student interest, input and support, the ASCWU Board of Directors wants to make "making the difference" their goal. Sometimes it is political and sometimes the difference makes more of an impact on the social level where you and I will notice it. Most importantly, the differences the ASCWU Board of Directors want to achieve are for the benefit of the students here at Central. And that is to be expected, because they're just students too.

The ASCWU Board of Directors would like to congratulate their turtle, "Bob," for a job well done at the Turtle Races. "Good Job Bob!"
SCENE

“Bob” and Beck Hall win the Races

By LORI BAKER
Staff Writer

Hundreds of people gathered last Wednesday and Thursday to watch the annual Turtle and Tricycle races celebrating Homecoming Week. The Backboard Tavern hosted the Turtle Races. Turtles had a three meter circle to “race” out of. Things normally get off (and finish) with a slow start and this year was no different. No new speed records were set.

Buckets placed over the turtles by their trainers prior to their race kept them from “running” away.

The Backboard Tavern packed with turtle-racing enthusiasts, many of whom train and groom their turtles year-round preparing for the big event. Awards were given for first, second and third places along with awards for best costume and for the slowest turtle.

Bob the Turtle, sponsored by the ASCWU Board of Directors, came in first place. Bob was rewarded with a trophy and a pizza from Frazzini’s. His pit crew was honored with t-shirts.

Besides winning the race, Bob the Turtle also took top honors for Best Costume.

Kiwi the Turtle was named slowest turtle in all of Ellensburg and surrounding areas.

The tricycle races did not enjoy the attendance figures of the turtle races, mainly because refreshments similar to those available to the turtles were not available to the crowd.

Held last Thursday, the riders had a 50 meter slalom course to navigate in front of Holmes Dining Hall. Beck Hall turned in the best overall time in the relay course, winning first place. Meiner came in second followed by Air Force ROTC.

The Air Force team also won the Best Costume, as they were outfitted in their flight suits and helmets.

Ross Shafer jokes . . . then won’t talk

By CELINE BEARD
Staff Writer

‘Almost Live’: Homecoming welcomed Ross Shafer with an “Almost sold out” crowd on October 16 at McConnell Auditorium.

The ‘Almost Live’ band opened the show at 8:00 p.m. performing for about one hour. Although the band does not usually play for a “live” crowd, they performed with an enormous amount of energy.

Band leader, Steve Allan, came out jumping with bright red shoes, ready to get the crowd pumped for Shafer. The band played songs by James Brown, Genesis, and other familiar tunes.

Besides performing on ‘Almost Live’, they also play for some of the Seahawk Seagal performances.

Members of the band included Steve Allan (bass), Jimmy Clark (keyboards) - a Central Washington University Alumni.

The band received great response from the crowd, but when the chant “WE WANT ROSS!” began, the audience was ready for a star performer.

Ross Shafer, host of KING-TV’s ‘Almost Live’, received a warm welcome when the part of the crowd shouted “we almost love you Ross.”

Draped with CWU and Pizza Mia clothing, Shafer opened with the ever popular impression of Jack Nicholson that every comedian seems to do.

Shaf er, quick with the comebacks, dealt with the audience well, taking time out of his monologue to answer questions from the laughing crowd.

Much of Shafer’s humor centered on the Pacific Northwest (Seattle rain, loggers, and fishermen), gender, and a few of his life experiences. The audience laughed steadily throughout his 45-minute performance.

Since Shafer won the Seattle International Standup Comedy Competition in 1983, he has had nothing but success. He has opened for acts such as Dionne Warwick, Eddie Rabbit, and Tom Jones.

Shafer presently resides in Bellevue with his wife Penny, and sons Adam, 6, and Ryan, 8, while maintaining an advertising agency in Puyallup—Shafer, Jobb and Associates.

Three Dog Night, Shafer received the NATPE President’s award for KING-TV in Seattle, and he also has his own game show, “Love Me, Love Me Not”, on CKVU-TV in Canada.

Shafer’s fame was also boosted by an attempt to replace Washington My Home with Louie, Louie as Washington’s state song, in honor of the Seattle-based band the Kingsmen.

Because of his attempts, Shafer has appeared on NBC’s “TV Bloopers and Practical Jokes”, Real People, and NBC Nightly News.

Shaf er said he adds fresh material to his routine for each performance and tries to write at least eight minutes of material each month.

After growing up in Puyallup and attending Federal Way High School, Shafer journeyed to the University of Puget Sound where he earned his bachelor’s degree in Management and Marketing.

While at UPS, Shafer and football buddy Ron Reeves formed the “Linesmen”, a guitar and singing duo which later turned into a comedy act.

Following graduation, Shafer was a man of all trades. He worked as a salesman, carpenter, actor at the Tacoma Little Theatre, and owned and operated a stereo and pet shop in Puyallup, all the while performing in night clubs to support himself.

Shaf er presently resides in Bellevue with his wife Penny, and sons Adam, 6, and Ryan, 8, while maintaining an advertising agency in Puyallup—Shafer, Jobb and Associates.

NOTE: Ross Shafer refused to grant the Observer an interview, but he did find time to visit a local pizza establishment.
Imagine. Imagine choosing three geometric shapes: a circle, square, and triangle, as the basic building blocks of your education. Take these shapes and place them in a variety of settings: sitting on music stands in a springtime meadow, to floating like sailboats by a pool of crystalline water.

Add to this picture a set of definitive statements by philosopher Alfred Whitehead. Use his words to support what you have visually created for human eyes to see. This is what a group of Central Washington University artists have done.

“You can only give awards to so many,” said Carolyn Richards, the lead designer of CWU’s recruiting viewbook, facts folder, and poster. She then gave tribute to Glen Bach, a coworker who supported her art work with his graphic design skills.

CWU Designers imagine

STUDENT PROJECTS
POTENTIAL ROYALTIES

The goal is a concept that will “open doorways to a different reality.”

Please see Graphics page 11

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Body Logic
Pass the Sugar?
More bad news for dieters. From the July 1987 Tufts University Newsletter: artificial sweeteners may actually be involved in weight gain rather than loss. A study of 80,000 women indicates those who used sugar substitutes tended to gain weight, while those who did not tended to maintain their weight. How can this be? One explanation: dieters might assume the use of a sugar substitute will allow them to indulge in sweet, rich desserts. However, one slice of chocolate cake will use up more calories than you save by drinking two diet colas. Other studies show artificial sweeteners may trigger a set of physiological reactions in the body that result in loss of control over appetite. This does not mean that sugar substitutes can’t be helpful, but a glass of water (the original sugar-free diet drink) may prove to be the dieter’s best friend.

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**Coupon**

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Too fat? Test now available

By LILLY PARK
Staff Writer

Fat floats. When I taught a scared swimmer to jump off the deep end into my arms, it was because I convinced her that even if she landed on top of me, we'd still float.

She giggled and jumped in. We floated. That was my thought as we sat in Dr. Pearson's weight training class, talking about hydrostatic weighing, a process that measures the fat to lean body tissue ratio.

Since our class had stated that losing body fat was a main concern, Dr. Pearson said that we could be weighed for free. Looking at all the swelle bodies in our class, I had a hard time believing they all saw themselves as fat.

Nonetheless, I wanted to find out how this process of weighing body fat worked, so I signed up. Upon hearing of this wonderful adventure, a friend set a bet for coffee and Dillentantes.

Kim and Tim were the two technicians who got to pinch and write down the results. While Kim pinched, Tim wrote. Then I got to climb into a tank full of chlorinated water. If you expel as much air as possible, there is less chance of that air volume being weighed as fat tissue. We did this step three times, in order to get an accurate reading.

Using the hydrostatic method of weighing is more accurate than the skin fold test because you are measuring the whole percentage of fat on the entire body. Using only did the skin fold test, you'd be measuring certain sites where fat normally resides. But you might miss areas that accumulate fat on your specific body.

Men tend to gain fat in their thighs, chest, and mid-stomach regions. Women gain it in the triceps, stomach and thigh areas. If you combine the hydrostatic weighing with a skin fold test, the results you get are likely to be an accurate reading of your specific body fat.

Because the students running this program employ health spas and Nautilus centers across the country, the emphasis of this weighing process is on professionalism. The results are kept confidential for those students who are faint of heart.

The actual procedure was interesting. First, they pinch you in three areas mentioned above. The amount of fat is measured with a pair of calipers. Kim and Tim were the two technicians who got to pinch and write down the results. While Kim pinched, Tim wrote. Then I got to climb into a tank full of chlorinated water. They had me sit backwards on a swing in the water, without touching the sides of the tank. I was told to take a big breath of air, expel it and dunk under water.

My friend had not seen the look of wonder on that child's face, when she realized that we really weren't going to sink. The feeling of hunger you get when on a diet is due, in part, to the fat cells wanting to stay at the old set point. So if your end goal is a toned body, it is vital to not lose that muscle when you lose body weight.

Next quarter this service will cost a slight fee. The Fitness Specialist program will have computer-operated equipment and a brand new heated tank. (Did I forget to mention that the water was cold?) Or that you should bring a towel, swim suit and comb.

Contact Jan Boyungs at 963-1794 for appointments on Tuesdays and Thursdays, between three and six o'clock. It takes only fifteen minutes to complete this evaluation and is well worth the effort.

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The senior leader of this team is Darwin Davis. "He is the literate philosopher of our group," said Richards. "We talk for a bit, bounce ideas around and get shot down by one another when collaborating."

The two projects drawing attention to C.W.U. are being used to recruit new students to Central. The first is a set of recruitment materials using the "Imagine" theme as a base. The second project is a series of pictures of nature found in the Yakima area, put into calendar form. The first was designed by Richards and photographed by Ellensburg photographer Debbie Storlies. The second project was designed by Davis and photographed by Pat O'Hara. O'Hara is known for his work in such magazines as Sunset and Audubon. "Imagine" is an active form of the word imagination. "There is a wealth of untapped knowledge. The challenge is for the student to find it. They shouldn't think that others have found it all," said Richards.

"Imagine" required an administrator who could see beyond the confines of his own four walls. Central's admissions director, Jim Maraviglia, is such a man. "Not many administrators can see mirrors in a field as enhancing academic interests," said Davis. "Getting awards brings credibility to both the supporters and designers of such a project."

"The challenge is to use the imagination, given the variety; frustration and agony of creation," said Davis. Glenn Bach felt "we have communicated an idea—made an action occur—made someone come to the University."

How does being a graphic artist affect your personal life?

The designers agreed that no artist worth his or her salt turns it off at the day's end. It forces you to "be open minded, to see that there is no right way to do anything," said Richards. It teaches you to "champion variety in architecture—the good, the bad, the poor," said Richards. "If it were all the same, it would be a dull environment! Since the university is a breeding ground for ideas, it champions variety."

"It is a curse!" said Bach. "Everything you see, from Safeway ads to restaurant menus, you look at in an analytical mode. Why did they put that line this way?"

Coming up with creativity "is the hardest part," said Richards. The first design involves creating and then refining it. "Everyone has had at least one art class," laughs Bach. "But he sure had a great imagination!"

Think about it, imagine...
At 6-feet-8, Ron vanderSchaaf has always been a person to look up to. But after the past few weeks, one might have an even harder time peering up at the former Central Hoop standout, considering he's on cloud nine.

VanderSchaaf, the number two scorer and rebounder in CWU history, is back on campus after having a brief tryout with the NBA champion Los Angeles Lakers.

The last player selected in this year's NBA draft, vanderSchaaf spent three days in L.A.'s rookie camp. Once there, he didn't really think he would advance to vet camp.

“I figured a couple of days at rookie camp, then I'd be cut,” vanderSchaaf said. “I had no idea what their plans were.”

But, by the end of the rookie session, the Dutch native was invited to the same camp that NBA stars Kareem Abdul-Jabbar, Magic Johnson, and James Worthy would be attending.

VanderSchaaf’s camp, held at Palm Springs, began Oct. 9.

Once there, vanderSchaaf was subjected to running, running, and yet more running.

“You're so tired from running,” Ron pointed out. “It's a tough adjustment to make. We would run it (the fast break) three or four times in a row. That would take a lot out of you.”

VanderSchaaf said the Lakers worked long and hard on their break, considered by many the most lethal weapon in the NBA.

“Their break is their main offense,” he explained, adding that they use two kinds of breaks — open and sideline — with eight options in each one.

A center at CWU, vanderSchaaf was asked to play the pivotman role, one that eventually caused him to be let go.

When they came from rookie camp to Palm Springs, we were told there was a team dinner and were told to dress up. So we put on our coats, ties, slacks. Here the veterans were in T-shirts, shorts and basketball shoes. I thought it was kind of funny."

Now that he's back at school, vanderSchaaf will finish work on his Business Administration degree (Real Estate emphasis). He hopes to graduate next March.

“I think that's a real honor for him and our program,” Central basketball coach Dean Nicholson is equally proud that his former pupil was drafted and had a chance to play with NBA players.

“I think that's a real honor for him and our program,” Nicholson said.

The CWU coaching legend has had two other players taken in the NBA draft — Theatrilia Wallace by Seattle in 1969 and Doug Harris by Golden State in 1983. In addition, Nick had four players drafted by ABA teams: Mel Cox, Paul Adams, Dave Benedict and Rich Hanson.

VanderSchaaf lived any hooper's wildest dream by playing on the same court with John and Abdul-Jabbar.

“It was awesome. I didn't realize the first day I was playing with Magic and Kareem. But after that it was great, running the fast break with Magic and pushing against Kareem.”

Vandy also was impressed with Laker head coach Pat Riley. “He's an awesome coach,” Ron said of the QG mentor. “He knows exactly what he's talking about.”

“Along with coach Nicholson, he's the best coach I've ever had.”

VanderSchaaf’s time in veteran camp didn't pass without a few interesting, if not funny, moments.

“When we came from rookie camp to Palm Springs, we were told there was a team dinner and were told to dress up. So we put on our coats, ties, slacks. Here the veterans were in T-shirts, shorts and basketball shoes. I thought it was kind of funny.”

But in the second half, Central was frustrated without a few interesting, if not funny, moments.

The last player selected in this year’s NBA draft, vanderSchaaf spent three days in L.A.’s veteran camp before being cut.

He felt that the main difference between NAIA ball and the NBA was speed.

“Everyone was finger pointing and thought they had an answer. But we didn't change our game plan. They were just plain kick ing our butts,” said Dunbar.

The Owls exploded for 21 points in the first half after a scoreless first nine minutes. After a Steve Jones punt pinn ed the Cats inside their own 10, the Owls threw a 4-6 type blitz right at the Central offense. The blitz caused a Kevin Rodgers fumble and Tech tiebacker Joe Cain recovered at the 10. Two plays later, Billy Coats dove for his 14th TD of the year and 5:55 left in the first. After Tech stopped Central's next drive, Owl quarterback Kevin Dalesky drove his team 79 yards in eight plays, with key throws to Ron Ingram and Mark Coxon.

Costs slashed for 24 yards on a trap to the Central 25, then Dalesky connected with Cox for 12 more on the last play of the quarter. Costs broke loose from there on the first play of the se cond quarter for the score, mak ing it 14-0.

The Wildcats were frustrated in their next two drives, the first dying after Jimmie Dillingham returned a kick to midfield, the second stopped by two sacks of quarterback Jim Hill by Cain.

Following Central’s second foiled possession, the Owls regained possession at their 30. On second and fourth at the 36, Dalesky launched a high spiral.

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Spikers back on track as tourney nears

By BRIAN ZYLSTRA
Sports Editor
After some periodic derailments, the Central volleyball team appears to be back on track - and just in time, too.

Lying ahead is a barrier known as the District Cross-Over Tournament tomorrow and Saturday at Nicholson Pavilion.

The tournament is vital to Central's playoff hopes since its five remaining District 1 matches will be played in the fest. And, with only four teams advancing to the playoffs, each match becomes even more precious.

Central currently owns a 2-1 district record (6-19 overall).

One night earlier, the 'Cats were routed by the University of Washington 16-14, 15-11 non-district win at Whitworth - the first win in 14 tries there for the Cats.

Central head coach John LaFever said his team played fairly well against the Pirates last week.

"We didn't really serve that well, but we were pretty much in control," LaFever said.

Central had a lineup that featured three freshmen and two sophomores. "We had a pretty young lineup in there, and we did pretty well with it," LaFever noted.

Lisa Robertson and Crystal Babbitt led the 'Cats with 10 kills, and Cindy Pearson paced the team with 12 assists.

LaFever singled out the play of Pearson and freshman Amy Cornett.

Washington made the Wildcats' stay in Seattle a short one, taking only 40 minutes to win the match.

LaFever acknowledged that the Huskies simply had too much talent for us. "They have a few athletes who are a heckuva lot better than anything we have. They were just physically superior, plus they also have been exposed to some top-flight teams."

But LaFever said the 'Cats didn't play poorly adding that Cornett and fellow freshman Marlene Grasser led the team with three kills each.

"It's good to have two freshmen do well," Pearson was named Wildcat-of-the-Week.

Spikers back on track as tourney nears
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Central's men's and women's soccer teams continued to post impressive victories, thus changing their images from also-rans into solid contenders. The men blanketed Seattle 1-0 Saturday to collect their first league win. On Oct. 14, the Wildcats dropped a 3-0 road match to Pacific Lutheran. The 'Cats, 1-3-1 in league play, return to action Saturday at home against Gonzaga. Match time is slated for noon. The CWU women collected their second goal of the season by slipping past Central and was credited with four saves. Scott Willis posted the shutout for Central and was credited with four saves. The improvement of the first-year goalie was never more apparent than Saturday when they downed the Cougars. "This was a major upset," CWU women's coach Dean Walker said. "They are a much stronger and better skilled team. But our physical conditioning was superb Dillingham for 6-10 to 2-5 on fourth and sixth to the Tech 23. Two plays later, on third and 12, Hill burned the Tech blitz with a 25-yard touchdown strike to Todd Peterson. Scott Kelly's PAT cut the lead to 27-17. The Wildcat defense took control of the game on the next Tech drive. On second down at his own 16, Dalesky underthrew his receiver and was intercepted by linebacker Keith Ross at the 25. Here, Central tried a little razzle-dazzle. Hill pitched it out to Dillingham for an apparent end sweep. But the tackle cocked his left arm and threw a 25-yard touchdown pass to Scott Ross. Kelly's kick cut the lead to 21-17. "Coach Dunbar called the play," explained Dillingham. "We've been working on it in practice. Every time they pitched it out to me, the defense flew right at me. With this, you could hit every wide receiver off a blitz to go for the TD. It's something to keep the defense honest." The 'Cats got a scare on the ensuing kickoff. All Byrd received the ball on the one and took off for a 59-yard touchdown back to the Central. But the defense stopped the Tech threat, leading to a minus-26 yard field goal by Jones.

Central continued to battle back in the fourth quarter. CWU drove 47 yards on its next drive down to the Tech 19. On second and nine, Rodgers atoned for his fumbles on the day by breaking off left tackle into the end zone. But Tech defensive tackle Mike Forrester blocked Kelly's extra point attempt, keeping OIT in front 21-20 with 7:30 left. Mike Hassak came in to relieve Dalesky but could not move the Owls. Central got the ball back at its 37, moving with ease to the Tech 49, where Mike Celluci was tackled by Todd and Kremer added two more in the second half.

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