AIDS can be controlled

CHOICES

Besides abstinence, leading medical authorities have stated that condoms are most effective in preventing the transmission of the AIDS virus. Monogamous relationships are the best choice.

The first in our three-part series, this week we discuss this deadly disease; symptoms and preventions. Next week: an interview with an AIDS sufferer.

By BARBARA SHAFFER
Staff Writer

AIDS is a life-threatening disease that has sparked nationwide fear. Although the results of the disease are fatal, actually contracting the virus is very difficult.

Kristin Karns, personal health director of the Kittitas County Health Department said, "One of the most important things people can do to alleviate their fear of AIDS is to get informed. If you are going to be sexually active, be active in a monogamous relationship; if not, use condoms."

AIDS is only acquired by direct intimate contact with infected blood or body secretions—not by casual contact.

The following are ways AIDS is known to be transmitted:

- Unprotected sexual contact with someone that carries the virus or has AIDS.
- By sharing needles for illegal drug use, small amounts of blood are passed from user to user.
- Receiving blood transfusions with infected blood or blood products. However, this is very rare due to the blood screening process.
- Transmission from infected mother to her infant before or during birth, or through breast feeding.

There are many ways to prevent contracting the AIDS virus. According to Karns, the most effective way is abstinence or a monogamous relationship with someone who does not carry the virus.

All sexual contact should be protected. Condoms are one form of good protection. Although they do not guarantee protection, they reduce the risk of contact with the virus during intercourse. There are many types of condoms on the market. Karns recommends latex condoms with nonoxynol 9 rather than natural condoms. Although they are both equal in preventing pregnancy, the natural condom has tiny holes that the virus can pass through.

Karns also warns people to use water soluble lubricants containing nonoxynol 9 or other spermicides effective in killing the virus.

Since condoms at times fail due to breakage, Dr. Don Wise, a Psychologist

Please see AIDS page 5
There are advertisements that make most people feel quite uncomfortable. Products such as athlete's foot remedies, hemorrhoidal ointments, feminine hygiene products and brassiere ads all come to mind.

Further, with AIDS becoming not just a phenomenon but a disease with enormous destructive potential, physicians worldwide are condoning the use of condoms in combating the spread of AIDS.

Condom manufacturers have stated for years that condoms are 90 percent effective in preventing pregnancy. In addition, condom packages now carry the statement that use of a condom during intercourse is highly effective in the prevention of the spread of non-viral venereal diseases.

Stop the letters, already

To the Editor:

This letter is addressed to all students who are concerned about the high cost of going to school. I have a suggestion that might lower the cost by several dollars per student—quit sending so many computer-printed letters to each student.

Taping one copy of the various announcements to bulletin boards, windows of key buildings, etc., is cheaper than sending a reminder to each student.

I am tired of getting a letter every day from this school.

Signed
Donald Downing

LETTERS TO THE EDITOR

Reader calls for stop

To the Editor:

It was not only the ninety-one local businesses who signed support for SSB 5688, the new college competition, but the state legislators who wrote the law and voted 100 percent for it and the Governor who signed it.

There is a continual stream of off-campus, for-profit, merchants selling mass-produced items at CWU as "handcrafted". This last December 4th saw ten off-campus "jewelry" merchants at the Ware Fair. Not one was a CWU student. I can recall only one CWU art major ever displaying work in a show. Times have changed!... in thirteen years!

Some educational tool this event. The arts and crafts students along with local businesses and craftpeople are the clear losers with the present CWU SUB business policy.

Signed
Frank Ericson

A letter about letters

To the Editor:

One gets the impression from Loren Wohlgemuth's recent editorial "Editorial policy in a nutshell, sort of," (Jan. 21) that only occasionally will there be commentaries of substance made by the newspaper's editorial staff.

If that is so, then The Observer's readership will be left to take on some of that burden upon themselves. To help those who are interested in writing letters, here are some observations I've gleaned from three-and-a-half years of college and weekly editorial writing experience.

Nowhere is the need for informed commentary more plainly stated than in the code of ethics established by the Society of Professional Journalists. One section states: "Freedom of the press is that each ad offers an alternative to a problem.

Taping one copy of the various announcements to bulletin boards, windows of key buildings, etc., is cheaper than sending a reminder to each student.

I am tired of getting a letter every day from this school.

Signed
Donald Downing

STAFF WRITERS — Nick Beemont, Matt Braden, George Edgar, Eric Holstrom, Lyndy Lottis, Don Ross, Kelley Wood.

STAFF PHOTOGRAPHERS — Brian Beaudry, Lesley Holt.


Advice

GEORGE HARPER
Printin

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, Bouillon Hall, Room 225, 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.

STAFF WRITERS — Nick Beemont, Matt Braden, George Edgar, Eric Holstrom, Lyndy Lottis, Don Ross, Kelley Wood.

STAFF PHOTOGRAPHERS — Brian Beaudry, Lesley Holt.


Advice

GEORGE HARPER

[Address]

Printing

CSHIELDS PRINTING, Toloma

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DARRELL HENNING

THE

Observer

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THE

Observer

PAGE 2 — The Observer

Thursday, January 28, 1988

EDITORIAL AND OPINION

Condom ads deserve some space

By LOREN D. WOHLGEMUTH JR.

Editor

There are advertisements that make most people feel quite uncomfortable. Products such as athlete's foot remedies, hemorrhoidal ointments, feminine hygiene products and brassiere ads all come to mind.

However, for the most part, these advertisements are tolerated because the public has developed a need for certain products.

For instance, there is an uproar about the ethics of a broadcaster who allowed condom ads on his network.

Horse pucky!

Why should a health-related product that can potentially save lives be the subject of so much scorn from the public?

Condom manufacturers have stated for years that condoms are 90 percent effective in preventing pregnancy. In addition, condom packages now carry the statement that use of a condom during intercourse is highly effective in the prevention of the spread of non-viral venereal diseases.

Further, with AIDS becoming not just a phenomenon but a disease with enormous destructive potential, physicians worldwide are condoning the use of condoms in combating the spread of AIDS.

United States Surgeon General C. Everett Koop has even backed off from his once ultra-conservative stand against condoms to say that they should be used by people who possess an active sex life.

Naturally, the manufacturers are going to push their product vigorously but coupled with the endorsement of most of the medical community, condoms and their advertisements should be allowed on television and in the print media.

The copy for an ad in "Interview" magazine reads: "Our shoes aren't the only thing we encourage you to wear.

The company was Kenneth Cole Shoes, but the only graphic on the page was a single condom package in the middle of the full-page ad.

At a time when public schools are contemplating the opening of health clinics in the schools, it would seem obvious to allow the education to carry over to the pages of our periodicals without repercussion.

If promiscuity among our youth is the barrier, think of this point: would you rather have a teenager aware of birth control, or a teenager carrying a disease that could spell their death?

Would you want that memory hanging on your conscience? I didn't think so.

The important thing to remember with all of the advertisements we are bombarded with daily is that each ad offers an alternative to a problem.

In the case of a condom ad, it could be the alternative between life and death.

LIFE

LIFE
Committee investigates CWU businesses

By NICK BEAUMONT

At the end of last year The Observer ran a number of articles concerning the issue of the University providing items that would allow the university to compete on market terms with others. Some of these articles were published later in the year. The May 7, 1987 issue of The Observer explained the Washington Senate Bill 5688, which states that commercial activity pursued on campus must be aimed at the educational mission of the institution. Other stories dealing with the issues of the community were published later in the year.

Soon, a final decision will be made to remedy the dispute as it currently exists. Bill Allison, manager of the commercial office in Mitchell Hall, says all the information that the committee organized to look into the commercial business operations between the city and the university will be completely reviewed by the end of this week, at which time the committee's findings will be passed upward to the Community Activities Chamber Group, to the CWU Executive Group, and a report will be made to the CWU Board of Trustees.

DEAN JIM APPLEGATE

BUSINESS — Members of the Board of Trustees discuss the draft policy at the December 1987 meeting

The committee is studying what is called the Commercial Activities Policy, which was made and passed by the Board of Trustees in response to the law mandated from the President. Bill Allison, according to the office of University President Donald Garrity, is "charged with continuing the updating of this," referring to the Commercial Activities Policy. Last week, Allison said he and his co-workers were "in the process of reviewing all commercial activities on campus." He said this was being done by questioning all departments, institutions, and the university as a whole.

So how can the Air Force cancel a program with the reputation for excellence that Central has? As stated by Dean of Professional Studies Jimmie Applegate, "The application of the national for Closure as applied to individual schools is irrational."

The commanders at detachment 895 wish to express that the decision to close Central's AFROTC unit was not based on the support of the college. The faculty has always felt that the support of the university and students was outstanding.

Best squadron award received by detachment

By SUSAN MONAHAN

The Arnold Air Society recently received awards at the annual area convention hosted by Montana State University in January. CWU's division of the society was chosen for Outstanding Medium Area Squadron, and Best Overall Squadron in Area 16; and Best Area Commander went to Steve Murray. Murray is a junior at Central, majoring in Flight Technology.

The Arnold Air Society is an organization of Air Force ROTC. The group has special requirements beyond duties in the detachment for being a member. The group's aim is at community service. "It is extra duty taken on by cadets to demonstrate the civilian side of us," stated 1988 Squadron Commander Mark Switzer.

The organization is a recognized club of the BOD. Their main goal is to provide community services to Ellensburg. They host the Blood Drive on Campus every quarter. Winter quarter the blood drive will be held February 4-5 in the SUB.

Twice a month the group delivers meals to home-bound people. Their meals-on-wheels program delivers to a varied number of participants each week.

Once a quarter for their adopt-a-grandparent program the group visits the Royal Vista Care Center.

The Arnold Air Society is a national organization that is divided into 20 areas. Area 16 covers Central, University of Puget Sound, University of Washington, Washington State University, University of Portland, Oregon State University, and Montana State University.
Gym opens during Basketball games

JOHN GREGOR

By KELLEY R. WOOD
Staff Writer

With winter upon us and spring just around the corner, many students are focused on their studies. But they find the habits you find in some professors, or public and private institutions. “I don’t see a problem there. We’re going to try to open it during the basketball games. We’ll try that, and we’ll keep on how many people are using the facilities. If there is only four or five that show up, it will not be worth keeping open. “That is about the only change,” stated Gregor. The raquetball courts and weight room will now be open during basketball games.

Tax help offered

Central Washington University and the Internal Revenue Service will be offering free tax return preparation service through the Volunteer Income Tax Assistance Program on Monday and Saturday, starting February 1 and ending April 11. Service is limited to low or medium complexity returns. Hours are:
- Mondays: 7 to 9 p.m.
- Saturdays: 9 a.m. to 1 p.m.

This service will be available to anyone with low incomes. Advanced accounting students at Central will help with the preparation of tax forms.

JOHN GREGOR
continued from page 2

when you are composing your letter, remember that newspapers are thousands of topics to discuss, both readers and the newspaper staff should take to heart this final bit of advice from the code of ethics. "Can your school or public and private institutions. In this sentence from the code of ethics: "The reason we have not kept it open during current basketball games is because there is such a congestion of people. Up until now, we really haven’t had good supervision. We changed our civil service staff around a little, so I think maybe we can open up during the games."

A call was made to Jerry Findley, director of Recreation and Intramurals, to see if he could change the schedule. Gregor stated after the phone call, "I don’t see a problem there. We’re going to try to open it during the basketball games. We’ll try that, and we’ll keep on how many people are using the facilities. If there is only four or five that show up, it will not be worth keeping open. “That is about the only change,” stated Gregor. The raquetball courts and weight room will now be open during basketball games.

By all means, don’t limit yourself to letters that only criticize. Perhaps Mr. Wohlgemuth would not feel so strongly the pressure to attack others if he taped this sentence from the code of ethics: “It’s tough. We go from eight to 10 p.m. Monday through Thursday. Friday the gym is open only until 8 p.m.... This is not nearly enough time to accommodate all the students here at Central. Not only is it not enough time, but most students use that time of the evening for studying. The question that seems to be tormenting everyone are based around "why?" Students are wondering why the gym doesn’t open until 6 p.m., and why it is closed for special events.

Dr. John Gregor, physical education department chair, said, "It is because of winter and all of the winter sports. We have more people doing things inside, and with so many events it isn’t as free for the students as other quarters." During the winter months, there is basketball, swimming, and wrestling going on, with track and baseball in training. "It’s tough. We go from eight in the morning until ten at night," stated Gregor. "From eight to three we have classes; from three to six track and baseball are training, leaving open only six to ten for the students—that is, if there isn’t a game or an event."

Another question is "Why does the weight room close during events?" Gregor commented, "The reason we haven’t kept it open during current basketball games is because there is such a congestion of people. Up until now, we really haven’t had good supervision. We changed our civil service staff around a little, so I think maybe we can open up during the games."

Letters

QUALITY IS THE DIFFERENCE
Term papers, resumes, letters, theses, placement files, tape transcription, photocopies
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Saturday
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FRIDAY 29
NIGHT
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Tequila
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Tuesday
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Saturday
30
BBB
Beverage
Bargain
Blitz
4 1/4 Hour
or Longer
Drink Specials
Can Happen Anytime!!
AIDS

continued from page 1

on campus and facilitator of the Gay Support Group said, if condoms have a 10 percent chance of failing, "we tell our people to use two," therefore insuring better protection.

Karns said, "The virus has been found in saliva and other bodily secretions, but has not been found strong enough to be transmittable." Some literature however, does warn that contact with infected saliva may carry some risk.

A spokesperson for the AIDS hotline warns drug users not to share needles. However, if sharing is a must, be sure to clean the needle and the syringe with bleach before re-using.

This particular issue is very controversial. People think society is advocating drug use, when in fact it is trying to keep the virus under control by teaching good hygiene to those who would normally be passing the virus into a larger portion of the heterosexual community.

The AIDS virus is very delicate, and cannot live outside of the body. It is killed easily with soap and other common cleaners and disinfectants. Therefore, the fear of acquiring the virus in restaurants, classrooms, or even by hugging someone who carries the virus or has AIDS, is unjustified.

The symptoms for AIDS are often the same as for many other less serious diseases; although they do not necessarily mean AIDS is present. However, if the following symptoms do occur, see a physician—especially those in high risk groups.

A fever with no known cause, lasting for two weeks or more.

The AIDS virus is very delicate, and cannot live outside of the body.

Severe night-sweats that soak the sheets with no apparent reason, such as heavy covers or a hot room.

A dry cough (not due to smoking) that has lasted more than two weeks.

Shortness of breath, especially if accompanied by a fever.

Severe loss of appetite causing unintentional weight loss of 10 pounds or more.

Unexplained diarrhea persisting for more than two weeks.

Swollen lymph glands, most commonly in the neck, armpits, or groin.

Unexplained lesions on the skin, especially when they seem to be painless, pink, brown, or purple spots or bumps. The lesions may appear anywhere on the skin, inside the mouth, nose, eyelids, or rectum. They often look like bruises that gradually get larger, and usually feel harder than the skin around them. The lesions are not painful and do not itch; an itchy rash is usually not a sign of AIDS.

Yeast infections that continue to recur or persist for several weeks. They usually appear as white patches in the mouth or throat. Vaginal yeast infections however, are almost never a sign of AIDS.

To assume someone has or carries the AIDS virus because he or she may be a homosexual or drug user is inappropriate. AIDS is a public health problem that is being combatted by research. Following the prescribed precautions and staying informed about the virus is much safer than accusing others of carrying the virus because of his or her lifestyle.

THE AIDS virus is very delicate, and cannot live outside of the body.

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SHE'S HAVING A BABY

A New Comedy About The Labor Of Life.

SNEAK PREVIEW SATURDAY JANUARY 30
at a theatre near you

TREES — Although there are still several inches of snow covering the ground, no precipitation has been recorded for January.
General Elections to be held March 3, 1988
Primary Elections to be held February 17, 1988
Polling will take place in Holmes Dining Hall, Tunstall Dining Hall and the SUB

Filing Open
January 25 thru February 2 at 3:00 p.m.

Pick up your application packets at these following locations:
Student Activities Office SUB 214
ASCWU Board of Directors SUB 106

Open Positions
President $1,700.00 a quarter
Executive Vice President $1,400.00 a quarter
Vice President Budget & Finance $1,400.00 a quarter
$700.00 a quarter
Director at Large, Representative to Student Living
Director at Large, Representative to Faculty Senate
Director at Large, Representative to Facilities Planning Council
Director at Large, Representative to Clubs and Organizations
Mixing Drugs and school

Former addicts share experiences

Statistics of drug and alcohol use among students at CWU, according to a 1984 student research project conducted by Keith Campbell:

- 10% of students are alcoholics
- 38% alcohol had negative effect on their lives.
- 35% used pot.
- 23% drank to intoxication one time per week or more.
- 19% used cocaine.
- 10% used other drugs.

Ken speaks candidly about his drug use, taking part in panel discussions and speaking to classrooms, both on campus and at the Ellensburg schools.

“In my first couple of years at school I held a 3.0 GPA, taking classes like French, German, calculus, and accounting. I was a very good student. Nothing I was doing as far as the drugging goes was any kind of rebellion or counter-cultural thing. I did it, I did it to see a counselor on campus at one point.”

Counselors, psychologists, and physicians often encounter the addict before heavy drinking and drugging were common that relationships were the hardest area of my life to rebuild after sobering. For Mike, drugs and alcohol became his only coping skills. He had no other way to deal with life. He had no relationships. And he had no time for thinking that what I had was a problem.

Mike said that blackouts through the heavy drinking and drugging were quite common. Blackouts were so common that I thought everybody had them. I had surrounded myself with people who did as I did. There was one night I was staggering down the street, with a rebel flag wrapped around me—I was thoroughly stoned—on my way to buy more booze. That kind of nuts was an everyday occurrence for me and the people I hung out with. I was always on the fringes of trouble with the law, always cheating, stealing, conning. It became a way of life. I couldn’t live on life’s terms; but eventually it got to where I couldn’t live on drug’s terms, either.

But, before it got so bad that he wanted to get help, Mike’s addiction increased and so did his dealing. He progressed from pot to more dangerous drugs.

“In the first year I sold pot, quickly moving into larger and larger quantities. In the second year, I moved into cocaine, and ‘shrooms. By that time dealing took up most of my time, and my school performance reflected that,” said Mike, adding that he couldn’t even sit in a classroom without a handkerchief to his nose—he was constantly high.

Ken found that his own drug and alcohol use prevented him from studying, although he couldn’t admit that to himself at the time. He was arrested by the Ellensburg Police for petty theft while under the influence, and not long after began to flunk classes. In 1984 he flunked two quarters in a row and was forced to withdraw from school.

“I slacked off on my drug use at that time, but continued to drink on a daily basis. I drank a liter and a half of wine or half a bottle of vodka per day. Then I went to a tavern on the way home from work I would drink a couple of schooners,” Ken said.

His use increased and he was constantly overdosed. “One night I was found passed out in the middle of fifth street with a fractured skull and like I was a bad person trying to become good, but that I was a sick person trying to get well,” said Mike.

For Ken, the disease concept is also very important. He said, “I am an alcoholic. I went to be talked myself in to thinking that what I had was a ‘problem’ and that there’s a cure, it

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By LYSSA LOFIS
Staff Writer

‘I had to have alcohol in my system just to feel normal, or halfway functional. As my use increased, I didn’t want to deal with me—because they couldn’t do anything with me or about me’ said Ken, a senior and recovering alcoholic and drug addict.

Ken took his first drink at the age of 12. He said that he drank for the effect, to feel different and escape. A common theme among drug users and alcoholics is that they are lonely, isolated and number of insecurities, painful childhoods, or feelings of inadequacy.

For Ken and the people of the student population like him, escape is the beginning of a long journey into a nightmare existence, where drugs and alcohol are their closest companions.

“I tried the effects of drinking—getting that buzz,” said Ken. His own drinking progressed through high school, causing him minor skirmishes with his parents. At one point he was picked up for drunk driving, but the officer brought him home instead of arresting him.

In 1979 Ken entered Central and found out how easy it was to get drugs. “I was a brain-dead, stoned, experimental with other drugs like acid and ‘shrooms,” said Ken, “and money-dealing in drugs.

In the second year, was doing as far as the drugging goes was any kind of rebellion or counter-cultural thing. I did it, I did it to see a counselor on campus at one point.”

Counselors, psychologists, and physicians often encounter the addict before heavy drinking and drugging were common that relationships were the hardest area of my life to rebuild after sobering. For Mike, drugs and alcohol became his only coping skills. He had no other way to deal with life. He had no relationships. And he had no time for thinking that what I had was a problem.

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“I was drunk or on drugs, or both, every time I had sex”  Ken

“My own habit hit three-hundred dollars a day at one point, so I was dealing thousands of dollars worth per week in order to support that habit. I was in such an off-all-from-the-time—always busy making a drug deal. Eventually I got busted,” then, “Mike, even while I was out on bail, it was so insane, I was still doing the drugs.”

Mike saw a psychologist and later a drug counselor. He did go voluntarily to in-patient drug treatment, originally thinking of it as a way to avoid or minimize prosecution. He also contemplated suicide and leaving the country.

“I went into treatment feeling like I was about one hundred and forty years old, and like I was a bad person. What I found was that my drinking was not alcoholism as a disease and that I wasn’t a bad person trying to become good, but that I was a sick person trying to get well,” said Mike.

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continued from page 7
wouldn't work. No. I have no control over the
disease." Both men said that they are affected
mentally, physically, socially, and spiritually for the rest of their lives. "I
sleep clean and sober one day at a time," said Ken. "Today is the only
time I can guarantee that I won't drink or drug. I don't drink today, but I am
still an alcoholic, and if I were to start drinking again I would end up right
where I left off. I have total loss of control over alcohol and drugs." Mike
agrees with the one-day-at-a-
time philosophy. He also said that life -
today is good. "It is no bed of roses, but
I wouldn't trade my worst day in
soberiety for my best day in drugging."
"I wouldn't trade my worst day in
driving to finish school to finish the last 45 credits of a
degree begun in 1979. Mike is working
country the chance to have their films
and scripts seen and critiqued by such
Hollywood greats as Steven Spielberg,
John Badham, Robert De Niro, Joe
Dante, George C. Scott, and Neil Simon.
FOCUS winners achieving success
include John Fuoco III, scriptwriter of
Catholic University's Neal Jimenez. The River
was released as a River's
Ed Mennon, director of Prince's
Purple Rain; Michael Flatley, writer of
RoboCop; and Phil Jeanou, who is
currently directing U2's documentary.
Entries for the annual national FOCUS
FILM competition must be postmark-
ed by April 25, 1988. For more informa-
tion, including rules booklet and entry
forms, write to:
FOCUS
1140 Avenue of the Americas
New York, NY 10136

Central's Career Planning & Place-
ment Center (CPCC), located in Barge
105, invites students to visit the office to
register for service, maintain a current placement file, and
attend our on-campus interviewing and current jobs, and
discuss concerns regarding careers. Current
bulletins are posted in the SUB
near the bookstores, Shaw-Smyser and
Barge 105.

BUSINESSES INTERVIEWING
WINTER QUARTER: The following
organizations will have representatives at
CPCC to interview interested can-
didates. Interview-up schedules are posted one
week to the day, before the arrival of the interviewers:
Target Stores (Business Administration,
Liberal Arts, Management, Marketing,
Fashion Merchandising Majors) February 11.
Northwestern Mutual (Business related,
Economics, Liberal Arts Majors) -
February 16.
Safeco Life (Actual position) -
February 16.
Howard Johnson & Co. (Actual posi-
tion) - February 23.
There may be additions to this list of
recruiters. Stop by from time to time to
check the current bulletin. More recruiting
is scheduled for March.

BUSINESS FIRMS PRE-SCREENING
WINTER QUARTER: Each candidate
desiring an interview is required to register and
prepare a pre-screening schedule in which
materials may be requested. Sign up at CPCC.
U.S. Internal Revenue Service (Account-
ant) - February 16.
Office of Personnel Management (all ma-
jors) - February 16.
Channel Program (Psych, Soc, Religious
Studies, Geontology, Ed Majors) -
February 18.

MILITARY RECRUITING: Today the
U.S. Marine Corps will discuss Marine In-
formation Program opportunities in the SUB
walk area.

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FILM competition must be postmark-
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See the amazing Alto mat cutters in action! Where? Why at The University Store, of course. When? Wednesday, February 3rd at 12 noon and 2 p.m. The Alto mat cutting tools are manufactured right here in Ellensburg. You just gotta see them! And as part of this special introduction, all in-store mat board and Alto mat cutting tools will be on sale at 20% off the regular price. What a savings! You just can’t miss it!
Club seeks adventure out of doors

By NICK BEAUMONT
Staff Writer

After gaining the CWU Board of Directors' approval last year, the Adventure Club was established by Mike Eberle and some friends. The club's 25 members have been busy outdoors over the last three months, and the same is likely to be true for this quarter and next.

Adventure Club officers are Mike Eberle, president; Shawn Barrow, vice president; Steve Feller, treasurer; and Jennel Shelton, secretary. They usually have something in the making, other than sitting at the weekly meetings.

Meetings feature slide shows and short films, which come from either members' travels or outdoor film makers. Membership dues of $5 a month go toward activities—not pizza feeds or other unrelated club functions.

Last quarter, club members climbed at a number of sites, including Ingalls Rock near Mount Stuart and Painted Rocks near Yakima. Another club activity began as a night hike at Toliak Point and lasted for three and a half days. Over winter break, some members traveled north into Alberta, Canada, and ice-climbed at Banff and Jasper in the Canadian Rockies.

According to Eberle, "Support has been really good." And with the plans for the future, the support is not likely to lessen.

Sharon Brown, an Adventure Club member who joined last quarter, said, "Having meetings every week, there are more chances of running into someone to do something with." She said the club is "getting more organized, and the more organized it gets, the more fun."

One of the meetings this quarter will feature a speech and discussion on orienteering, a competition in which participants use a map and compass to race their way across unfamiliar territory.

For this quarter, Adventure Club plans include snowcamping, in which Brown said participants "hike in and build a snow cave or an igloo or something, and camp." Also planned are cross-country and downhill skiing, and mountain-biking in and around Ellensburg. According to Eberle, the club is "real big on mountain-biking."

Plans on a major scale are currently being made with some of the staff at the Recycle Shop. Next fall, the club will attempt to establish and organize mountain-bike racing at Snoqualmie Pass and Ski Acres. Eberle hopes people will come from across the nation to participate and be part of the competition.

During spring, and perhaps summer, the club or some of its members will go to the Joshua Tree National Monument near Palm Springs, California, to mountain-bike, desert hike, and climb. Brown said, "It'll be warm, it'll be California, a blast to climb every day... it's such a fun sport."

Other spring activities will likely include river rafting, windsurfing, and "climbing and beachcombing, and big huge bonfires," said Eberle. Anyone interested in any form of outdoor activity is welcome to contact the club officers or attend a meeting and take part.

Adventure club meets every Thursday at 6 p.m. More information can be obtained from Eberle at 925-5138.
Tomorrow is the final day of Isaac Shamsud-Din's display Studies in the Sarah Spurgeon Art Gallery. Studies is a collection of the rough sketches and designs with which Shamsud-Din created the mural Bilalian Odyssey.

Bilalian Odyssey, or Afro-American journey, depicts "the struggle and accomplishments of Afro-Americans determined to share in the challenges of the discovery, opening up, and settlement of the western frontier," according to Shamsud-Din.

The work indicates the artist's extensive research into the history of black people in the U.S., and includes scenes like Study for Sacajawea and a portrait of George Washington, as well as scenes of hangings and homesteads.

Studies consists of simple pencil sketching on paper, electric craypas coloring on bristol vellum, and dramatic charcoal and gouache shading on bristol vellum.

Mary Priester, assistant curator at the Portland Art Museum, said of the artist, "Shamsud-Din's art reflects both his talents as an artist and his commitment to his community."

Those interested in watching the creative process at work may enjoy the collection of preliminary drawings, but only a small photograph of the 8-foot by 16-foot Bilalian Odyssey can be seen on display. The actual mural hangs in the Justice Center in Portland, Oregon.

The Sarah Spurgeon Gallery is open weekdays from 8 a.m. to noon, and 1 to 5 p.m., and is located on the first floor of Randall Hall. Admission to Studies is free.

Educational opportunities

JAPANESE GOVERNMENT (MOMBUSHO) SCHOLARSHIP 1988-89: CWU has the opportunity to recommend its students for the 1988 Japanese Government Scholarship competition. The selected student(s) will study for one year at Shimane University in Matsue, Japan, with all expenses paid: including room and board and transportation. Applicants must be majoring in Japanese language and culture or in related areas.

If you are interested in applying, please contact the office of international programs in Barge 308, 963-3612, for an application and specific information concerning the scholarship. Application deadline is March 3, 1988.

ENGLISH 101 AND 301 EXEMPTION EXAM: The exemption exams for English 101 and English 301 will be held February 2, 1988, beginning at 3:00 p.m. Eligible students should sign up for this exam in the English department as soon as possible; the last day for signing up is February 5.

For further information, contact Joe Powell, 963-3433, or the English department, 963-1546.
**SPORTS**

**Lady 'Cats up record to 15-3 with win**

**By ERIC L. HOLSTROM**
Staff Writer

The NAIA District 1 women's basketball race is heading into the home stretch, and Central continues to run strongly. The lady Wildcats kept pace with four other teams vying for the district title by defeating Puget Sound 85-82 last Saturday night in Tacoma.

Central's district record is now 10-2, good enough for third place behind Simon Fraser, which leads the race with a 15-1 mark. Seattle holds second place with a 12-2 mark. Western Washington is 9-2 and Lewis Clark State is 7-3. Puget Sound dropped to 4-5 in district and 6-11 overall.

In its game against lowly Alaska Pacific on Jan. 18, CWU coach Gary Frederick said his team was "lethargic," and in the first half of the Puget Sound contest, "we looked like way back, and Central had to rely on senior guard Lanette Martin to seal the victory." In the second half, both teams traded shots for the 'Cats jumped in front by nine points with under five minutes remaining. But UPS fought its way back, and Central had to rely on the red-hot free throw shooting of guard Julie Wetzel to win the game.

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The opening event, the 400 medley relay, swept first and second place; the "fearsome foursome" included Michele Flury, Hayden, Wilson, and Julie Wetzel.

More reason to cheer for Central: its' swimming team became C.entral's all-time record leader in both categories.

**Men 'dam' Beavers**

**Ladies 'impressive'**

**By MATT BRADEN**
Staff Writer

The Central swimmers were kept busy over the weekend, traveling south to swim at Oregon State University on Friday, followed by a meet at Lewis and Clark on Saturday.

The men's team had OSU swimming in their wake as they "damned" the Beaver Dam 109-2 at Osborn Aquatic Center Friday night. Leading the way for the men was Tom Drury who won both the 1000-yard freestyle (10:10.52), and the 100 butterfly (52.75). Arie Moss also blew by the competition in the 100 freestyle (47.78), and swam for second in the 50 freestyle (22.06). Edging out Moss in the 50, by .12 of a second, was teammate Tom Harn, who also placed second in the 100 backstroke (58.19).

Rather than swimming his best event, the breaststroke, Jeff Hills swam, and won, the 200 individual medley (2:11.62), and was robbed of second place by .07 of a second in the 100 freestyle (50.75).

Fraser McDonell took over for Hills in the 100 breaststroke, stroking his way to a win by 1:44.08. Besides excellent individual efforts, both relay teams also performed well. The opening event, the 400 medley relay, swept first and second place; and the Wildcats ended the meet with first- and third-place finishes in the 400 freestyle relay.

The "Aqua Cats'" winning medley relay (3:49.54) consisted of Buzz Vicky (backstroke), McDonell (breaststroke), Hills (butterfly), and Mike McGuire (freestyle), in that order. Splashing for second were Mike Hall, Brian Hull, Chad Youngquist, and Kevin DeKoster, clocking 3:53.76. Central's victorious bunch in the freestyle relay included Moss, Steve Allen, Drury and Harn.

The women's team lost the dual meet 103 to 80 to the much stronger Beavers, but had a number of excellent individual efforts throughout the evening.

Sharon Wilson's 200 individual medley (2:11.62), Laura Hill's 100 breaststroke (1:10.54), and the 400 freestyle relay (3:42.26) were the only victories chalked up for the Lady Beavers.

Chris Hayden earned a pair of seconds, surviving both the 100 and 200 freestyle events, the 500 freestyle relay (5:40.13), with Julie Zentner a close second (5:41.20).

Outstanding swimmers included Wilson, winning both the 200 free (2:00.90) and the 200 butterfly (2:13.08), and Maureen Flury's first-place in the 500 free (5:40.13), with Julie Zentner a close second (5:41.20).

Michele Flury and Audra Hammel had good swims in the 200 breaststroke, while Nichole Keen, Kristine Schatz, Claudia Gray, and Hudson also made waves at the meet.

Coach Bob Gregson was very impressed with the women's efforts over the weekend, which he called, "The best performances in a weekend, by any women's team, since I've been coaching them."

**RECORD PACE — Central's Sonia Swan, leading the Lady Cats in both scoring and rebounding this season, is on track to become Central's all-time record leader in both categories.**

Lorjo Clauhch, Debbie Gray, Maureen Flury, and Hudson combined for second place in the 400 medley relay (4:10.82).

Although the lady 'Cats lost the meet, they went out in style by winning the 400 freestyle relay (3:42.26). The "fearsome foursome" included Michele Flury, Hayden, Wilson, and Julie Wetzel.

After earning a split in Corvallis, the team packed their gear and drove north to Lewis and Clark University where the Warriors and Willamette University awaited to be swamped by the visiting Wildcats.

Both the men and women had double victories. The men beat Lewis and Clark 56-38, and whipped Willamette 67-21. The women did equally well, outswimming Lewis and Clark 58-37, and sprinting past Willamette 54-25.

After the second event, WU fell behind the dominating Central women and never caught up. However, Lewis and Clark provided a better challenge, holding the lead until the seventh event. That's when Central's Hayden and Wetzel took second- and third-place in the 100 freestyle moving the 'Cats into the lead for the remainder of the meet.
Wildcats bounce back after tough loss

By GEORGE EDGAR
Staff Writer

Hungry for a win, Central's men's basketball team devoured a hard-luck Whitworth Pirate basketball team last Saturday night in the Pavilion.

The Wildcats, coming off a disappointing loss to district-leading Seattle, took their frustrations out on the poor Pirates, steamrolling them 109-65 in Nicholson Pavilion.

Central scored its fourth 100-point game of the season, tying the school record for most in a single season. The previous victims were Lewis and Clark State, Sheldon Jackson, and Simon Fraser.

Detroit native Carl Aaron led the 'Cats with 25 points, hitting 19 in the first half and playing sparingly in the second half. Six other Central players ended up in double figures: Steve Evenson added 14 coming off the bench, followed by Art Haskins with 13, Kenny Thompson (12), Israel Dorsey (11), and Tim Brown and Dave Biwer with ten apiece. Biwer also had a team-high nine rebounds.

Whitworth center Virgil Craft led the Pirates with 22 points and seven boards.

Put in other words, it was business as usual for Central. But head coach Dean Nicholson was expecting more of a contest from the Pirates.

"I was surprised," he said. "They were coming off a big win and we were a little worried. It was our sixth game in 11 days with a lot of travel involved.

"I was suprised," he said. "They were coming off a big win and we were a little worried. It was our sixth game in 11 days with a lot of travel involved.

"Whitworth lost a starter, and he wasn't a scorer, but was like what Biwer and Dorsey are to us, a solid player. How much that affected them, I don't know. We got off to a real good jump and they never got going. I expected a much tougher game."

With the win, CWU is now 7-1 in District I play and 12-6 overall, preserving their second-place standing behind Seattle, which leads with a 7-0 mark. Western Washington is hanging tough in third place, followed by St. Martin's, the Wildcats next opponent. In fact, the top six teams are separated by only two games, with half the season to go.

Nicholson thinks that District I is more balanced than in years past.

"St. Martin's is better, though they're struggling right now, there's no other way to say it," said Nicholson. "They got wiped out in two bad losses. "Whitworth is a lot better team than they showed (2-5, 10-7 overall). Seattle U. is pretty good, but they've been at home the whole route, and still got to prove [themselves] out on the road. Western, is a good club and Alaska Southeast is still good."

The St. Martin's Saints come into Nicholson Pavilion this Saturday night to do battle with the Wildcats. Though they have beaten the Saints 13 of the last 14 times, Nicholson isn't taking the Saints lightly.

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1. Entry Form Is Due At The University Store By 4 p.m., February 10.
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3. Your Act Must Be 4 Minutes Or Less.
4. Auditions Will Be Held February 12, 3-6 p.m. In McConnell Auditorium.
5. Performance Will Be Held At 7 p.m., February 19, In McConnell Auditorium.

At last check, the Saints were fourth in District I play with a 4-5 record and a 10-7 mark overall, battling Alaska Southeast for the final district berth.

But they had lost their last three games in a row to Seattle 96-70, Whitworth 93-70, and Lewis and Clark (Idaho) 87-77.

TOUGH 'D' — Central guard Art Haskins, who's been a steady performer for the Wildcats this season, is shown here displaying one of the 'Cat's big trademarks.

Robert Sferra/Observer
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| **U2** ISLAND 90561 I ATLANTIC (9.98) | **THE JOSHUA TREE** |  |
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| **FLEETWOOD MAC** WARNER BROS. 254 71 (9.98) | **TANGO IN THE NIGHT** |  |
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| **NAJEE** EMl-MANHATIAN ST 12744 (9.98) | **SUITE FROM ST PAUL** |  |
| **DAVID BOWIE** EMl-MANHATIAN PJL 7267 (9.98) | **NEVER LET ME DOWN** |  |
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Central Grapplers split matches

Contribution by University Relations

Central Washington University’s men’s basketball junior varsity basketball team, riding a four-game win streak, hosts Big Bend Community College at 7 p.m. Wednesday. Pacific Lutheran’s junior varsity Tuesday.

Tipoff both nights is at PLU, scoring 27 points and grabbing 12 rebounds.

Gary Guenther, a sophomore from Mt. Vernon, drilled in a 17-foot jump shot as the buzzer sounded to give the Wildcats a 67-66 victory over the Spokane CC. After registering a 60-56 victory on the road against Central last week, crossing the tape in 10:12.3. Congratulations, Kim!!

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SKI TUNE AND WAX WAS 19.99...NOW 9.95!

By Guillermo Caballero

Central’s mat men bounced back from a loss in last weekend’s invitational to perrenial powerhouse Southern Oregon State College last Friday by squeaking out a 21-17 win over Highline Community College last Tuesday night in Nicholson Pavilion.

Against Highline, Chris Riley, perhaps the ‘Cats’ most consistent performer this season, dusted downline’s Mike Sowards in what was undoubtedly the best match of the evening.

With the score knotted at 1-1 going into the third and final period, Riley needed a takedown with 20 seconds remaining to register a 4-2 victory. Riley surrendered an escape as time expired, then was awarded one point for riding time to cap the scoring.

The team battle see-sawed throughout, with Highline holding the largest lead at 17-12 after picking up a win at 177 lbs. Central received a welcomed forfeit at 177 lbs. to go ahead 18-17 going into the final match of the evening. Bill Walker was once again the hero for CWU after scoring a decisive 6-2 win in the unlimited match-up.

Against Southern Oregon, ranked second nationally, Central was never really in the match, being thoroughly dominated by their more talented opponents from Oregon. Chris Riley claimed the only victory for Central at 118 lbs.

The Wildcats suffered yet another casualty when Bob Behrens, a standout wrestler for Central at 150 lbs., leading his opponent 4-2, suffered a knee injury that will sideline him indefinitely. Behrens says he hopes to return to the team before the season ends.

Central traveled to Oregon on Saturday and fared a little better against the Oregonians, competing in the Chikamas tournament. Team results were unavailable at press time, but Coach Greg Ford said that four wrestlers had high place finishes. Chris Mason (125 lbs.) also had a good showing for CWU, finishing in third-place.

Walker and Mason, by virtue of their high finishes, earned themselves a trip to the national tournament in Tacoma this March. So far, four wrestlers have qualified for the meet, with Mitch Fairchild (126 lbs.) and Riley being Central’s other representatives.

Central next takes to the mat on Feb. 1, next Monday, against Big Bend CC. Wrestling gets underway at 7 p.m. at Nicholson Pavilion.
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Co-Ed volleyball tournament Sunday Feb. 7th. Ellensburg High School. 3 men, 3 women on court at all times. Gym opens 8:15 a.m. Captains meeting 8:45 a.m. play starts 9:00 a.m. Pool play then double elimination in afternoon. Cost is $40. Deadline Feb. 1st 1988. Prizes to 1st, 2nd consolation champs. 8 teams maximum. Information and questions call Eric Prater at 962-1864.

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WOMAN RESEARCHER seeks women 18 or older who have experienced any type of incest as a child/adolescent. Requires completion of brief questionnaire. Information strictly confidential, you may remain anonymous. Please call Lorraine Trachtenberg (206) 771-8161, or write me at Lynnwood Counseling Center, 18631 Alderwood Mall Blvd. Suite 101, Lynnwood, WA 98037.


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THERE WILL BE A MEETING FEBRUARY 4TH IN THE SUB ROOM 204 FOR ALL STUDENTS INTERESTED IN PROVIDING INPUT TOWARDS MINORITY STUDENT RECRUITMENT AT CWU. DEAN OF ADMISSIONS AND RECORDS DR. PAPPAS, AND ADMISSIONS COUNSELOR ROBIN MACALPINE, WILL BE AVAILABLE FOR DISCUSSION ON IMPROVING PROGRAMS AND SERVICES FOR MINORITY STUDENTS. ANYONE WHO WISHES TO BE INVOLVED IS WELCOME TO ATTEND.

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