The streets were packed, but there was enough barbecue and entertainment for Central students and Ellensburg residents as the Central and the city of Ellensburg held its annual Welcome Back Barbeque Wednesday, Sept. 23.

Photos by Heather Ziese
Design by Brandy Langfitt
Theatre Arts "pumps" out new season

by Jamie Peterson
Staff reporter

The CWU Theatre Arts Department is proud to announce its 1997-98 season. The line-up includes live music, comedy, history and drama.

"I know this sounds cliche," Leslee Caul, publicity director said, "but it really is a season for everyone."

The season begins on Homecoming weekend with a professional production of "Pump Boys and Dinettes," nominated for "Best Musical on Broadway" in 1982. The story follows an average day along a highway at a gas station and diner in Grand Ole Opry county. It will be an evening of rock'n country western music. Tickets are now on sale for this limited engagement.

Show times are Oct. 17 and 18 at 8 p.m. and Oct. 19 at 2 p.m. in the Tower Theatre.

Next up in the Tower Theatre is Arthur Miller's "The Crucible," running Nov. 12-23. This intense drama takes the audience into the Salem witch trials, commenting on how gossip and mass hysteria led to the execution 19 people. This production will be staged in-the-round, meaning the audience will sit on all four sides.

The Theatre Arts Department wraps up fall quarter with a bill of student written and student directed one-act plays running Dec. 3-6. These titles will be announced soon. One play "Liquid Smoke" written by student, Troy Gibson, will be directed by Christina Cox.

"I hope to gain experience and have a damn good time doing it," Cox said.

Kicking off winter quarter is a dinner theatre presentation of "Quilters," an eloquent tribute to the courage and spirit of pioneer women. A buffet style supper, dinner, or brunch is included in the ticket price. "Quilters" will be presented in the Tower Theatre Feb. 4-15.

"Students designing for the main stage is a new thing," Daryl Duelo, student lighting designer for "Quilters," said. "It should be fun, we'll see how it goes."

At least there's one book you won't be spending a fortune on this semester.

When you open a Student Checking Account from U.S. Bank, you get free checking for six months, fifty free checks, and a free ATM/debit card. Think your triple-digit physics textbook can top that?

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• Uplifting Praise Songs
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500 PM EVERY SUNDAY
Stay For Food Afterwards!
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Located at 310 N. Main St. Ellensburg

"Featuring fine imported apparel, jewelry, accessories and gifts."

Introductory Coupon is worth 10% OFF entire inventory.
Other Goods with Coupon Only 10 October 31st, 1999
Entertainment and java serve success for Papa's

by Buzz Sheffield
Staff reporter

If you're low on cash, tired of the same old Wednesday night activities and starving for something different, Papa John's Coffee House might be what you're looking for.

Papa John's Coffee House in the SUB Pit features live, local and out-of-the-area entertainment Wednesday nights. Each week features something different from poet readings to a faculty-student talent show and many styles of music.

Papa John's has been a part of Campus Life for 22 years. "The SUB is the student's home and lounge," Kjersten Bolser, Papa John's coordinator, said. "It's a cool place to hang out and talk with friends and study."

Talented folk-rock singer/songwriter Havilah Rand performs Wednesday Oct. 15 at Papa John's.

Rand was a feature artist in New York and previously sang lead vocals for the Seattle rock band Wish. She has recently released her first compact disc, "Superformance." In addition to playing at Papa John's, Rand will sing at noon on Wednesday in the SUB Pit.

For more information about Papa John's or contact coordinator Kjersten Bolser at 963-1703.

Driving with spirit
Ride with Wildcat Pride

The first CWU license plate sold was to President Ivory Nelson. Each license plate purchased increases scholarship funds.

by Sarah Spiro
Staff reporter

It's time to renew or get new license plates, it may be more exciting than ever.

If you're looking for something different, check out the CWU license plates available at any Washington state licensing office.

The plates look like a regular Washington license plate, but in addition to the Mt. Rainier background there is a wildcat logo, designed by senior David Reid.

The cost of the plates is $35 more than a regular license plate, $28 of which goes to support the Alumni Association's departmental scholarship program.

"I have seen the new plates," Gary Simpson, junior, said. "I think it would be cool to have one on my car to show everybody. I'm a Central Washington University student. It shows good school spirit and is something different."

Dan Jack, alumni association director, said the plates are available for anyone who wants one.

"[The plates] are a good way for students, parents and alumni to show their school spirit and Wildcat pride," Jack said. "It also benefits students in that the money will go back to them, especially if they receive one of our scholarships."

Jack said the Alumni Association has nine scholarships at $400 each available this year, and as the account builds from license plate sales the number of scholarships will increase.

President Ivory Nelson was the first to purchase a plate. More than 130 plates have been sold since January.

YOU DEMAND POWER, SPEED, AND MOBILITY.

Want some cash to go with that?

Now is the right time to get an Apple Power Macintosh or PowerBook. Because in addition to getting the computer that lets you do more than you imagine, you can save big time. For a limited time, students are eligible for special cash rebates.

*This is a limited time rebate coupon offer. See your Apple campus reseller today for complete details.

University Store (in SUB)
963-1335
Check out our SPECIAL STORE FINANCING!!!
App/Financing Available
Software Discounts with System Purchase

Observer — Scene — Oct. 9, 1997 38
Central Events

THURSDAY, OCT. 9
11 a.m., SUB Chief Oilam Room National Depression Screening Day
11 a.m. presentation
11:30 a.m. to 1:30 p.m. screening
4 p.m., SUB 208 Club Senate
6 p.m., SUB 206 PRSSA
6 p.m., SUB Yakama Room
Guest Speaker Dr. Julio Debro, associate dean of graduate school, University of Washington "The Politics of Getting Admitted to Graduate School" Presented by McNair Scholars Program
7 p.m., SUB Ballroom
Guest Speaker Dr. Rudolfo Acuna, professor of Chicano Studies at California State University at Northridge "The End of Affirmative Action" Sponsored by MECHA and the sociology department
7 p.m., Bar 14 Restaurant banquet room
Guest Speaker Tim Elyman, co-founder of the Washington State Civil Rights Initiative 2000
Sponsored by the Kittitas County Republicans
Contact Mary Nineaway for reservations at 968-4188
8:30 p.m., CMA Church
9 p.m. to close
Karaoke at The Mint Bar and Grill
FRIDAY, OCT. 10
National Coming Out Day
Noon, SUB 107 AA meeting
1 p.m., Bar 420 Board of Trustees meeting
SATURDAY, OCT. 11
Opening day for deer, pheasant and goose hunting
All day, Cross Country
@ Pacific Lutheran University Invitational
7 p.m., Varsity Volleyball
@ CWU vs. Western Washington
10 p.m., Club Central
GALA National Coming Out Day Dance
SUNDAY, OCT. 12
7 p.m., SUB Club Central
Catholic Campus Ministry
MONDAY, OCT. 13
COLUMBUS DAY
9 a.m. to 6 p.m., Mane Attraction
tattoo party to support the United Way
$10 haircuts
Noon, SUB 107 AA meeting
6:20 p.m., State Jaycee
Headquarters, 601 Mountain View Public bingo
6:20 p.m., State Jaycees Headquaters, 601 Mountain View Public Bingo
7 p.m., Junior Varsity Volleyball
@ Yakima Valley
7:30 p.m., Frazzle's, Alpha Phi Omega Pizza Party

Central Events

TUESDAY, OCT. 14
2 p.m., Randall 116 Career Development Services Workshop for Educators "Placement File Orientation Meeting" Presented by Robert Malde, assistant director
3 p.m. to 5 p.m., LL 437 English Exam Exemption Register at the English Department LL 423
4:30 p.m., SUB 210 Women's Student Organization meeting
5:30 p.m., SUB Pit ASCWU Board of Directors meet
6 p.m., SUB Sam's Place
Black Student Union meeting
7 p.m., First Presbyterian Church
Oasis Christian Fellowship
9 p.m. to close
Karaoke at Annie's Horsehoe Sports Bar
9:30 p.m., Nicholson Pavilion
Midnight Madness

WEDNESDAY, OCT. 15
Noon, SUB 107 AA meeting
2 p.m., Bar 202
Career Development Services Workshop
"Applying for Cooperative Education" Presented by Maxine Herbert-Hill, assistant director
4 p.m., Randall 116 Career Development Services Workshop for Educators Placement File Orientation Meetings* Presented by Robert Malde, assistant director
5 p.m., Bouillon 101
5 p.m., Counseling Center S.T.E.P.S. meeting
5 p.m., SUB Yakama Room
GALA meeting
6 p.m., Shav-Smyser 106
Guest Speaker Dr. Raymond Riznyk, associate dean of graduate school, University of Washington "The Politics of Getting Admitted to Graduate School" Presented by McNair Scholars Program
6:20 p.m., State Jaycees
Headquarters, 601 Mountain View Public Bingo
6:20 p.m., State Jaycees, 601 Mountain View Public Bingo
7 p.m., Varsity Volleyball
@ CWU vs. Puget Sound
7:30 p.m., Shag Smyser 111 Marketing Conference meeting Guest Speaker Clint Mann of Samworks
8 p.m., SUB Papa John's
Folk-rock singosphere writer Havilah Rand performs
9 p.m. to close
Karaoke at Annie's Horsehoe Sports Bar
9 p.m. to close
Karaoke at Annie's Horsehoe Sports Bar
If you've got the event, then we've got the keyboard. Contact Roxanne a.k.a. "The Calendar Girl" at 903-1073 or email me at
muoyaph@aurora.cwu.edu.

Cooking 101: Your homework — Yabutt’s Pancake Pizza

by Allison Reid

Staff reporter

To many, the kitchen is a foreign country. A place full of mysterious substances and tools. A place they never set foot.

This column is for them. To others, the kitchen is where the refrigerator is. A place where they can make ramen noodles or macaroni and cheese. A place to heat up a frozen pizza.

For the first recipe we’re going to make is called Yabutt’s Pancake Pizza (Syrup Optional). Interesting name, delicious anytime. The name comes from the fact that my friend Bisquic is for the crust. I made this one weekend and our friend, whom we call Yabutt, liked it so much he decided to name it. Of course, once you’ve mastered the recipe and make it your own, you can change the name. But that’s later; let’s start with ingredients.

Here’s what you’ll need:

2 c Bisquic
1 c cheese
1 16 oz. can tomato sauce
Italian Seasonings (basil, oregano, thyme, parsley)

Your favorite pizza toppings (I like veggie pizza, myself)

Here’s what you do:

Begin by heating your oven to 400 degrees. Grease a 9 x 13 pan. (That’s the rectangular one you usually use for cakes.)

Mix the Bisquic and water and spread evenly over the bottom of the pan. You can either mix these in a separate bowl, or right in the pan, it depends on how many dishes you cause your pizza to be a bit moist.

For the tomato sauce on top and add your Italian seasonings. If you don’t have Italian seasonings, you can buy pre-processed pizza sauce. Next put a layer of cheese, your toppings, then more cheese. Bake for 30 minutes. That’s it!

With this dish, like all pizza, the sky’s the limit. You can put practically anything on it. Here are some of my suggestions:

- A more Bistro-style pizza, try sun-dried tomatoes and pesto (basil). Also feta cheese and Greek olives are a nice combo.
- For a low-fat option, you can use Reduced Fat Bisquic, low fat cheese (or no cheese), and only veggie toppings.
- Invite your friends over for a Pancake Pizza Party. Have everyone bring something (this keeps costs down) and go crazy.
- Make a nice salad and a four cheese pizza for a nice dinner for two. Ricotta, mozzerella, feta, cheddar, and a nice bottle of Merlot. Do I hear violins?

Tips for the "culinary challenged" -

When using vegetables that have a lot of moisture (or fruit, like canned pineapple) be sure to drain as much liquid as possible, this may cause your pizza to be a bit moist.

You can have never too many vegetables.

"Greasing the pan" means either spraying it with cooking oil or using a paper towel and butter or margarine to cover the entire surface. That’s it, all, HAVE FUN!!!

Remember, cooking is an activity, not a chore.

Yabutt’s Pancake Pizza

Spray the pan with cooking spray or "Greasing the pan" means either applying it with cooking spray or using a paper towel and butter or margarine to cover the entire surface.

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That’s it, all, HAVE FUN!!!

Remember, cooking is an activity, not a chore.

Yabutt’s Pancake Pizza

Shots from barrel puts game in peril

Hunters blast away with start of new season

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Limit 1 offer per person. Expires 10-22-97
any of us want to see pheasants this year.

"Right now we are at a record high in waterfowl production," Jeff Bernatowicz, a wildlife biologist at the Yakima County Department of Fish and Wildlife, said. "We have maintained a seven bird limit, as well as moved up and extended the season."

Duck season opened Saturday, Oct. 4 at 6:30 a.m. and runs until Jan. 18, 1998. Goose season opens up on Oct. 11, at 6:40 a.m. and runs until Jan. 18, 1998.

"The best and most productive months of the hunting season are October and November, or at least until the first few hard freezes," Bernatowicz said.

He pointed out that bird numbers are also dependent on the temperatures in Canada. "If it's warm up in Canada, the ducks won't be drawn until a cold front pushes them out way," Bernatowicz said.

For those who hunt, this is an exciting time of the year. With the promise of record waterfowl numbers, most hunters expect to bag their limit. "I wouldn't miss it for the world," junior Kevin Stokes, paramedic major, said.

Comfort doesn't always prevail when it involves getting up early to go sit out in the cold and wait for the birds to fly. "There's just something cool about blasting holes in the sky with a shotgun," sophomore Joe Scott said.

Comfort can be found in the promise of success is greatly increased. Just remember, ducks need food and water, so if you can find a pond, lake or stream near a field of grass or grain, your chance of success is greatly increased.

So there you have it, now is the best time to hunt if you want to score big on ducks and geese.

The season is now upon us, the fun is just beginning, don't be left out, go hunting!
Giddy'up and go with some wild west charm

by Jaclyn Hughes
Staff reporter

If you’re looking for a way to spend a peaceful weekend afternoon, let Bob and Bernice Best take you into the beautiful Wenatchee foothills on horseback. The Bests own and operate the Rock ’N’ Tomahawk Ranch, a horse rental facility running four years strong. It is located a half hour drive west of Ellensburg.

For a mere $15, the Bests set you up with an experienced trail horse that suits your riding ability, some boots and a helmet, if desired. Helmets are required for riders under 18 years old. Then, off you go for an hour-or for $10 more, two hours.

Besides being in a breathtaking mountain setting abundant with wildlife such as deer, elk and coyote, the trail ride is a unique experience because of the Rock ’N’ Tomahawk Ranch’s business philosophy — no strangers will come along for the ride.

“We feel that people have a better overall experience when they ride alone or with people they know,” Bernice Best said. “They don’t have to worry about other people critiquing their riding style. Smaller groups are also safer.”

Bob, a Native American from Montana, said it gives inexperienced riders a chance to relax, get to know their horse and enjoy the scenery.

Another unique quality of the ranch is the convenience of scheduling a trail ride. The Rock ’N’ Tomahawk Ranch goes by your schedule, not theirs.

“We don’t have set times like other places,” Bernice Best said. “You set the time. If you want noon, noon it is.”

Ginger Fairfield, owner of Boogie Man Music, and her daughter, Robin, went on a two hour ride at the Rock ’N’ Tomahawk Ranch a couple of months ago.

“She’s (Bernice) a great lady,” Fairfield said. “We were beginners and they took the time to make sure we felt comfortable.”

“During their ride, Ginger lost a pair of expensive sunglasses and Bernice went back out on horseback to find them and return them to her,” Ginger Fairfield, owner of Boogie Man Music, and her daughter, Robin, went on a two hour ride at the Rock ’N’ Tomahawk Ranch a couple of months ago.

“We were beginners and they took the time to make sure we felt comfortable.”

During their ride, Ginger lost a pair of expensive sunglasses and Bernice went back out on horseback to find them and return them to her.

“I would go again, absolutely,” Fairfield said. “I have already recommended it to other people.”

For those who feel an hour long trail ride on horseback might be a bit too painful, the Rock ’N’ Tomahawk Ranch also offers blue agate hunting. After paying $4 for a permit, you can hike into the mountains and search for the stones.

For those who want the best of both worlds, you can hunt for blue agates on horseback and you don’t have to purchase a permit.

Trail riding is available year round and the Bests say they hope to start offering sleigh rides during the snowy winter months.

To make a reservation or to get more information about the guided horseback rides or blue agate hunting, call (509) 962-2403.

Families, football and fun planned for Homecoming

by Aimee Peterson
Scene editor

The change of the season brings crisp morning weather, students to class and football back on the field. It is also brings parents and families to Central’s campus for Parents Weekend; also the same weekend as Homecoming.

This is the second year in a row these two events are the same weekend. Coordinator Cara Lancot said this combination has worked well.

“I think the biggest benefit is that parents get a chance to see the campus and campus life,” Lancot said.

The flyers just went out and we’re expecting quite a few parents to show up.”

Early check in starts at 6 p.m. Friday at the SUB information booth.

At 8 p.m. put on your dancing shoes and head to Sue Lombard Dining Hall for “Big Band” music by Central’s Jazz Band. If dancing isn’t your style, Central’s Theatre Arts department is presenting the musical Pump Boys and the Dinettes.

Saturday is full of events (for a full listing pick up a schedule when registering for Parents Weekend) including a Homecoming pre-game tailgate party in the Northwest corner of Tomlinson Field. After the show, Residence Hall Council is hosting the Homecoming dance “Under the Stars” starting at 9:30 p.m. in the SUB Ballroom.

On Sunday, join alumni, faculty and students on the golf course for the CWU “Celebrity” Golf Tournament.

“It’s going to be a lot of fun,” Lancot said. “There are a lot of activities for both parents and students.”

Prices, times and events are all listed on the registration form. Parents, Family and Homecoming Weekend is October 17-19. If you have any ques...
Oasis makes other bands a mere mirage

by Cory Rikard
Asst. Scene editor

Oasis's mega-group Oasis is timeless.

them chock-full of crap.

many bands. Some of them good, many of
them what you will, but call them extraordinary
musicians as well. The third project from these
melodramatic rockers is nothing short of brilli-
ent.

Though the off set antics of front man Liam
Galagher and his mischievous brother and gui-
tarist Noel have landed the band into hot water
as of late, nothing can take away from their
sheer genius in the recording studio. Fellow
bandmates Paul Arthurs, rhythm guitars, Paul
McGuinness, bass guitar, and Alan White on
drums help make this a powerful fivepiece.

Call them arrogant, call them jerks, call
them what you will, but call them extraordinary
musicians as well. The third project from these
melodramatic rockers is nothing short of brilli-
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Though the off set antics of front man Liam
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McGuinness, bass guitar, and Alan White on
drums help make this a powerful fivepiece.

London is timeless.

This album will not be a relatively new release,
summer hit stores on August 26, and while it is
one of the most anticipated releases of the
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NO MATTER HOW YOU SAY IT...

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CWU DINING SERVICES

CENTRAL WASHINGTON UNIVERSITY IS AN AA/EEO/TITLE IX INSTITUTION
by Sarah Spiro
Staff reporter

There is a new book in town—actually it's now in bookstores throughout the country. The author is Dr. Roger Fouts, professor of psychology at Central. The book is titled "Next of Kin: What Chimpanzees Have Taught Me About Who We Are."

"This is our life," Fouts said. "It is a memoir of the major parts of our lives which has been the research and the chimps."

Fouts and his wife Deborah arc pioneers in the teaching of American Sign Language to the first non-human being, Washoe the chimp.

The Fouts' day begins bright and early at the Chimpanzee and Human Communication Institute (CHCI), located on the corner of Nicholson Blvd. and "D" St.

At 8 a.m. on a Wednesday morning, the Fouts' and Greg Goldstein, a CHCI assistant, are well into their morning preparing breakfast for the five chimps. Amidst all the normal morning buzz, a photographer from "People" magazine snaps photos of the Fouts for his feature on the book. The only ones who seem restless from all the excitement are the chimps as they take in the unfamiliar faces...or maybe they're just hungry!

Nevertheless, the Fouts' and Goldstein eagerly share their thoughts and feelings about "Next of Kin."

"It is written so well so that anyone who reads it can understand it," Goldstein said. "You don't have to really know science to understand and enjoy this book."

As one could imagine, writing a book doesn't happen overnight. Fouts began writing "Next of Kin" in 1983. Although the 18 months prior to the release of the book were the most intensive in making it all come together. Steven Tikel Mills, co-writer, was the collaborative partner during that time. Fouts said he and his wife traveled many times to Mills' home in Santa Fe, N.M., and recorded conversations about research, chimps and their experiences over the years.

Mills then took the Fouts' writings, newsletters, research and the recorded conversations and made chapters out of them. He faxed copies for the Fouts' approval and that's the basic process by which "Next of Kin" came about.

The Fouts' are eager for students of Central, as well as the entire Ellensburg community, to read the book, as are people who have already read it.

"Central students need to be aware that this worldwide unique project is going on right in their backyard," Fouts said. "We want everyone who reads the book to realize they're reading literally about their next of kin."

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Stephens-Whitney Hall up a creek.

Stephens-Whitney residents scramble out of the muddy Ganges after losing a tug-of-war to Moore residents.
Over 80 clubs keep Central students busy

By Gina Embury
Staff reporter

Yes, another school year is here again and students are back into their same old routines. For some students this means waking up to 10 minutes to get to class, rushing there, then coming home to hang out or maybe take off for work.

That’s the extent of some students’ time on campus.

This year, students can add something new to their routine by joining a club at Central.

Five Professors are finalists for the position of executive assistant to Central Washington University President Ivory V. Nelson. The finalists include Dr. Gregory Chan, chair of CWU teacher education programs; Dr. Charles Meccoli, sociologist; Dr. Robert Perkins, administrative management and business education professor; Dr. Charles Rubia, geology; and Dr. Rosco Tolman, chair of the English language departments.

All of the candidates will be interviewed during the month of March.

Twelve CWU students had the opportunity to earn money this summer while they attended school, due to a grant from the M.J. Murdock Charitable Trust.

The two-year $309,000 grant provided the opportunity for the students to help pay for new equipment and other research costs, as well as paying students for the research they do.

USA Today is looking for 60 of the nation’s best college students to become members of the 1998 All-American Academic Team. The 20 students making the first team will attend a ceremony in Washington D.C. on March 13, 1998 in addition to receiving $2300 cash. Those making the second and third teams will be featured in a special section of U.S.A. Today. Academic team hopefuls must be full-time undergraduate students in a U.S. Institution.

Gay.net, a comprehensive online gay service, is offering free accounts to college students all over the West. The service which normally costs $9.95 per month, will be free to college students until the end of 1997. Gay.net is a gay online community that offers chat rooms, E-mail accounts, live broadcasts, and over 65 gay publications.

After an extensive national search, four candidates have been selected for the position of Director of Community and Telecommunications Services. The finalists include Geoff Goldbogen, Columbia College Chicago, Chicago; Illinois; Norman Inamash, University of Vermont; Michael Fish; and James Riba.

The National Science Foundation and the National Academy of Science will award approximately 1,000 new Graduate Research Fellowships to support graduate study in science, mathematics, and engineering. The deadline for applying is November 6, 1997. For more information contact the NSF Graduate Research Fellowship Program at (423) 241-4303 or at infog@msr.gov.

The Office of International Studies is holding its fourth annual Study Abroad Informational Fair on Wednesday, October 15th, from 10 a.m. to 2 p.m. in the SUB pit. This will give Central students the chance to learn about the study abroad opportunities available to them.

Alpha Kappa Psi is a professional co-education business fraternity was formed this year. The first meetings will be held on October 13 and 14 at 6:30 p.m. in Shaw Seminar room 107.

Rodolfo Acuna, professor of Chicano Studies at California State University at Northridge, will be speaking to students on Wednesday, October 15th, 1997, at 7 p.m. in the SUB ballroom. His Lecture, titled "Proposition 209 and the Current Status of Affirmative Action in California" will discuss the Civil Rights Movement in our country.
Identifying the signs of depression

For many, depression is something that sets in when the sun doesn’t shine or nothing seems to be going their way. For others, it can become a way of life.

By David Henderson
Assistant news editor

Today is National Depression Screening Day. A day set aside to help students and local residents identify and deal with depression.

Counselors from the Health and Counseling Center, along with other mental health professionals, will be holding screenings today from 11 a.m. to 1 p.m. and 4 p.m. to 6 p.m. at 707 N. Pearl, Suite E in downtown Ellensburg.

The counselors are working in cooperation with Northwest Associates, an organization that works to promote depression screenings every year on a nationwide level.

Each person who attends will be given the chance to complete an anonymous written screening test to determine whether they have a problem with depression. After this, they will be able to discuss the results of the test with a mental health professional and find the help that is right for them.

"This provides people opportunity to get help from a professional free of charge and in the anonymity of a group," Tom Logan, a master’s candidate intern, said. "If a person’s screening shows that they may have a problem with depression, we will show them the opportunities they have in the community for treatment."

Those in attendance will also hear a brief talk on the causes, symptoms and treatments of depression, followed by a short video. On Friday, Dr. Sally Thelen will also be giving a presentation on the drug medications used for depression and their rate of success. The presentation will be held from 11 a.m. to 1 p.m. in the Yakama room at the SUB.

"It’s our hope that people who have a problem with depression or have a friend or family member who they are concerned about will attend the screening or come to us for help," Rhonda McKinney, a certified marriage and family counselor, who is heading up the screenings, said.

Over 17 million Americans find themselves seriously depressed each year, according to the National Institute of Mental Health. However, only a small percentage of those affected ever seek treatment.

For most people, depression is a feeling, a period of introspection after an upsetting event has taken place, but for others it isn’t that simple.

Logan said that depression is something that everyone feels at one time or another, but when it keeps a person from reaching their goals in life, it can become unhealthy.

"Men and women deal with depression differently," Logan said. "There is a gender trend for women to ruminate, which is to go to their room and sit and think. And there’s a gender trend for men to go to the bar and distract. Men often either work really hard, drink really hard, play really hard, or do something to get their mind off their problems."

Being depressed, regardless of gender, can often lead someone down a self destructive path. It is not uncommon for people who are down and out to abuse drugs and alcohol or otherwise abuse themselves or the people around them. When an individual is depressed, they often become withdrawn, unusually angry at the world, or hesitant to talk to others about their thoughts or feelings.

When someone continues to feel depressed for a long period of time, they may be in danger and in serious need of help. Every year, 30,000 depressed Americans turn to suicide as a solution to their problems, National Institute of Mental Health.

"The most important thing we can do is really watch our friends," Logan said. "You can normalize a depressed person’s situation and say, look, things aren’t as bad as you think. You weren’t like this a month ago, remember how much fun we used to have. It may be up to you to keep a friend from going over the edge."

If you are concerned about a friend who shows signs of being seriously depressed, take the time to get them the help they need. Call the Health and Counseling Center at 963-1391 or the Ellensburg Crisis Line at 925-4168.

Signs of depression

Feelings of worthlessness, hopelessness, or restlessness
A significant change in weight
Insomnia / hypersomnia
A loss of interest in activities previously thought to be enjoyable
Seems irritated or agitated
Loss of energy
Excessive or inappropriate guilt
Continual thoughts of death or suicide
Inactive and withdrawn
Power Macintosh® 6500/225
$300 cash back*

You DEMAND POWER, SPEED, AND MOBILITY.

NOW is the right time to get an Apple Power Macintosh or PowerBook. Because in addition to getting the computer that lets you do more than you can imagine, you can save big time. For a limited time, students are eligible for special cash rebates.

This is a limited time rebate coupon offer. See your Apple campus reseller today for complete details.

University Store (in SUB)
963-1335
Check out our SPECIAL STORE FINANCING!!!
Apple Financing Available
Software Discounts with System Purchase

Power Macintosh® 5400/170
$200 cash back*

$100 cash back*

When you’re depressed

You feel sad or cry a lot and it doesn’t go away.

Guilty for no reason; you feel like you’re no good, you’ve lost your confidence.

Life seems meaningless. You have a negative attitude a lot of the time, or it seems like you have no feeling.

You don’t feel like doing a lot of the things you used to like and you want to be left alone most of the time.

It’s hard to make up your mind. You forget lots of things, and it’s hard to concentrate.

You get irritated often. Little things make you lose your temper; you overreact.

Your sleep pattern changes: you start sleeping a lot more or you have trouble falling asleep at night. Or you wake up really early most mornings and can’t get back to sleep.

Your eating pattern changes: You’ve lost your appetite or you eat a lot more.

You feel restless and tired most of the time.

You think about death, or feel like you’re dying, or have thoughts about committing suicide.

— Health and Counseling Center
By Erich Lish
Staff reporter

If you think the construction at Central will be over when the new science building and Black Hall are completed, think again. There are plans for the Samuelson Union Building to go through major reconstruction starting fall of 1999 and ending late summer of 2001.

"I think the renovation of this building will not only help the students but will help the university," ASCWU President Amy Gillespie said. "The renovation will become the true retention piece for the university," ASCWU President Amy Gillespie said. "The renovation will become the true retention piece for the university," ASCWU President Amy Gillespie said. "The renovation will become the true retention piece for the university."

Others agree with Gillespie.

"I think its essential," Director of Campus Life John Drinkwater said. "I think that we have a decaying facility that we have been holding on to physically for the last five to ten years." Drinkwater said parts of the SUB don’t meet seismic, ADA, ventilation, electrical and fire standard. The roof of the University Bookstore would collapse in an earthquake measuring 6.0 on the Richter scale. The reconstruction won’t come free though. The estimated price for the reconstruction is about $24.5 million.

"It would cost less money to level the south end and rebuild it than it would be to try to remodel it because of all the problems with it," Associate Director of Campus Life Facilities & Operations Jerry Findley said. "The longer we put it off the more expensive it’s going to get. If we put it off another six months, it’s going to cost us another half million dollars."

The cost per student hasn’t been determined yet. Findley said it is still too premature to put a price per student cost. It will come down to what kind of additional funding will come from other sources.

"We’re looking to make this a exciting place, a more friendly place. Not so much of a box that you come into and sit and watch TV," Simmonds said.

Plans for the reconstruction are available at the BOD office in the SUB.

"Our goal is to have the building weather tight before the snow flies," Doug Ryder, Central Facilities Management architect and project manager, said.

"It represents a lot of work," Ryder said. "I think the construction at Central will be over when the new science building and Black Hall are completed, think again. There are plans for the Samuelson Union Building to go through major reconstruction starting fall of 1999 and ending late summer of 2001.

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Science building set for completion in spring

By Shawn Harris
Staff reporter

For more than 18 months students and faculty have anticipated the completion of the new science facility on the west side of campus. Now the completion date is set for Spring 1998 and faculty will be moved in by Fall 1998.

The new science facility on the corner of Eleventh Ave. and D St. will replace Dean Hall, the existing science building.

Science facility Project Manager, Dick Brown, said the facility will be almost twice the size of Dean and will offer much more space for faculty offices and classrooms.

"This new science building will offer students multi-media, audiovisual and distant education," Brown said. "It will also offer students more hands on experience.

The $31 million budget will allow for $15 million in new scientific equipment.

Dean science professor Michael Gleason said he is looking forward to moving into the new building.

"The new building represents wonderful opportunities for students in the realm of bio-technology," Gleason said. "For the first time here at Central, we will have state of the art equipment, state of the art education, state of the art facility."

Gleason also said the new scientific equipment will help propel students into the 21st century.

Construction workers tear down the crane that hauled pieces of the science building to the roof.

THINGS TO DO WITH SCISSORS.

Do the right thing.
Cut out these MasterCard Exclusives coupons and present them along with your MasterCard card and you'll cut costs on all kinds of good stuff. Which feels a lot better than a sharp stick in the eye.
Columbus Day sparks controversy at Central

By Robyn Bruce
Staff reporter

Domestic Violence Awareness Month

The Women's Resource Center (WRC) is about helping women realize their potential, directing them to areas of interest and exploring their options. Women have the opportunity to make choices by providing information, referrals and educational programs.

Men are always welcome at the WRC. They work on the Internet where they teach students how to surf the net for scholarship information and other various applications. The WRC puts out their information to all of the student clubs. They work directly with the Black Student Union, MECHA, GALA, the Diversity Center, Women Student Organization and closely with the Health and Counseling Center.

The WRC has programs such as: Take Your Daughters to Work Day, Mind-Body Work Shop and Open House.

They participate in Black History Month, Women's History month, and Domestic Violence Awareness month, which started this month. Domestic Violence Awareness training sessions are scheduled for 2 to 3:30 p.m., Oct.10, in Farrell Hall, Room 401 and 4 to 5 p.m., Oct. 23, in the SUB's Owls Room.

The workshops will be led by Campus Police Chief Steve Rittereiser and sociology Prof. Kandee Cleary.

Please call 963-1202 to reserve a spot at one of the above sessions. "We consider the center to be a safe place. A place where you can come and deal with your problems, explore your options and make a choice," Emry said.

The WRC is working with the Residence Hall staff and departments to provide prizes and incentives for students to come to the Women's Center and become aware of their services.

The WRC has a lounge and library with publications, books and videos in which students and staff can come in to study or check them out for special projects.

The center serves more than 2,000 students a quarter and is funded through the state and student fees. For more information call the Women's Resource Center at 963-2177. They are located in SUB 218. Students and staff are invited to come by for a tour anytime.
Connect with the Ellensburg transit

Ellensburg Route 1
Bus Center to Kiwanis to 18th St. Deli to Holmes to Kamola to SUB lot to CWU Library to Brickyard to Skyline & Vista to Safety to Ladies Lounge

Ellensburg Route 3
Bus Center to West Ellensburg Park & Ride to City Hall to Memorial Pool to EHS-Valley View to Lincoln school to Morgan Middle School to Ellensburg Library to Bus Center

Ellensburg Route 2
Bus Center to 4th & Pearl to Supermarket Center to KVC to Kittitas Valley Rehab to Super 1 Foods to Ellensburg Inn to Bus Center

Ellensburg Route 4
Bus Center to Main & 3rd to Trinal Manor to SUB Lot to Conroy to Holmes to Student Vill to 18th St. Deli to Elm View to Mt. Stuart to Roosevelt to Hampton Ct to Health Dept.

COPYRIGHT POLICY FOR COMPUTER PROGRAMS

2.18 Copyright policy for computer programs

It is the policy of Central Washington University to adhere to the provisions of Title 17 of the United States Copyright Act in the use of computer programs. Nothing contained in this copyright policy shall be deemed to apply to computer programs.*Waives the security, rights, or privacy of the University, people, or their intellectual property.

All University faculty, administrators, staff, and students will be required to adhere to the provisions of Section 117 of Title 17 of the United States Copyright Act in the use of computer programs.*Waives the security, rights, or privacy of the University, people, or their intellectual property.

Appropriate Use of University Information / Technology Resources Policy

Approved by the President's Advisory Council October 5, 1990

Through the Connecter, students can access library resources, buy textbooks, check due dates, and use other services available through the university's online catalog. The Connecter also provides access to academic resources, such as research papers and course materials, and can be used to complete assignments and submit work. The Connecter is available to all students, faculty, and staff with an active university account.

The Connecter offers service within Ellensburg but it also offers service between Cle Elum, Thorp, and Ellensburg.

The Connecter includes several buses with an individual theme pictured on the side of each.

"When we wanted to do was to create something that would connect us to whom we are in the community," Dick Elliot, a Central graduate who worked on the project, said. "We wanted to, in a sense, have it a traveling billboard of who we are." Elliot worked closely with a photographer on the project to come up with the pictures on the side of the buses.

They chose seven themes related to the university, Cle Elum, agriculture, recreation, natural beauty and the historical aspect of Kittitas County.

The host will be on call from 9 a.m. to 4 p.m. for the day prior to service.

For more information call the Connecter at 933-2287 before 4 p.m.

What's happening in Ellensburg

This year, a number of new businesses have opened in Ellensburg. Each year, as construction constantly surrounds us, we find more and more retail shops, apartment complexes, restaurants and hotels going up.

Restaurants

- The Yellow Church Cafe
- 111 S. Pearl
- Starbucks Coffee
- 908 E. 10th
- Coffee House
- 211 E. 8th Ave.

Retail Stores

- Calamity Jane's
- 413 N. Pine
- Dawn Till Dust
- 204 E. 2nd
- Gifts of the Crow
- 304 1/2 N. Pearl
- New Design Technology
- 311 S. Pine St.
- Computers
- Quest Books and Video
- 413 N. Main
- Suite C
- Imports De Laterra
- 310 N. Main
- Deldine Link (Pottor)
- 460 Hawk
- Haven Road

Other Services

- Chris Purnell
- Resume Services
- 107 W. 11th #113
- Norm's
- Bodyshop
- Massage
- 305 N. Anderson
- Animal Medical Center
- Ellensburg
- 506 S. Main St.
- Hair By Gaylyn
- 404 N. Anderson

*Commercial use,* compromise the security, rights, or privacy of the University, people, or their intellectual property.

When there are uncertain about the property of a particular use should be related to information technology resources or the University, people, or their intellectual property.

Using information technology resources include computing, telephone, and information technology based on information technology resources.

Appropriateness of Use of University Information / Technology Resources Policy

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Appropriate Use of University Information / Technology Resources Policy

Approved by the President's Advisory Council October 5, 1990

This allows a passenger to "flag" the service between Cle Elum, Thorp, and Ellensburg.

For either upper or lower county service, the charge is $1 for daily service and $4 for monthly service.

For service throughout both sections the cost is $3 dollars daily and $42 monthly.

Central students, senior citizens, and children under 18 all ride for 50 percent of the basic fare.

For more information call the Connecter at 933-2287 before 4 p.m.

The day prior to service.

The Connecter will be operating on what is called the "flag system.

The bus system has been divided into two sections. The upper county section includes South Cle Elum, Cle Elum, Roslyn and Ronald. The lower county section includes Thorp, Ellensburg and Kittitas.

For either upper or lower county service, the charge is $1 for daily service and $4 for monthly service.

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The day prior to service.
Life's easier with 10¢ a minute, AT&T Call Organizer® and Student Advantage: It's all FREE just for being with AT&T.

- 10¢ A MINUTE—AT&T Simple Rates—on long distance calls from home to anywhere in the U.S. from 7pm-7am weekdays and all weekend long; 25¢ a minute all other times.
- FREE AT&T CALL ORGANIZER: no more hassles—use your personalized code before you dial, and we'll tally your phone bill by roommate (up to 12 people per bill).
- FREE STUDENT ADVANTAGE: get special offers and up to 50% off every day at thousands of your favorite neighborhood places and national sponsors—like Kinko's® Tower Records® and Amtrak®.

AT&T Simple Rates is available to AT&T® residential long distance subscribers, is subject to billing availability and can't be combined with any other domestic saving options. This plan also offers special rates for small businesses. For details, call 1-800-222-0102. Terms are available until 12/31/97. AT&T Simple Rates billing isn't available in your area, you'll be enrolled in the AT&T One Rate Plan.

Get it all FREE with one easy call.

Call 1-800-878-3872
or visit www.att.com/college/nr.html

It's all within your reach.
THE OBSERVANCER

The employee turnover at the Observer could rival that of a fast food restaurant.

Each quarter an almost entirely new staff takes on the duties of running the campus newspaper, hoping to improve on and exceed the accomplishments of the last staff.

The problem comes when the editors collectively realize that the gains and contributions of these vast improvements is short, while their expectations for this time frame are high.

The only logical bridge between these two circumstances is you, the students and faculty of Central Washington University and the members of this community.

We are here for you. If we didn't have readers, we wouldn't have a paper. Therefore, we want to do everything possible to meet your needs.

While our staff is made up of a diverse group of students, we can't possibly represent, in a group of about 50, every viewpoint on this campus and in this town.

We need to hear from you. We need to know what you're thinking, what you're wondering about, what you're doing.

We hope to make the Observer the first source you come to for news. Therefore, we want to do everything possible to meet your needs.

Staff

Assistant: Brett Allen, David Henderson
Reporters: Todd Murray, Sharon Harris, Erik Litch, Paul Lothe, Devon Prouser, Robyn Bruce, Shane Moloney, Jesse Santos, Peggy Choyce, Darcy Steinfeld

Copy Editors: September Woods

Production Mgr.: Mari Kolkowski

Business Mgr.: Christine Page

LETTERS TO THE EDITOR

To the Editor:

Well, I must admit it. Very rarely do I find a set of circumstances to motivate me to express my opinion, especially a negative one, in a public forum such as this newspaper. But, I felt warranted to respond to an issue I feel very strongly about: service at Central Washington University. Now, I'm not talking about the food service at the dining halls, the educational services provided by the faculty, or even the police service provided by Campus Police. I'm talking about the service that is provided by stuff where on occasion, one student interaction is necessary to accomplish duties and resolve problems. I'm talking about customer service, more specifically, that service which is provided at the Cashier's and Registrar's Offices.

On Monday (9/29), an incident occurred that I felt warranted a response. Wanting to know my tuition balance, I went to the Cashier's Office to find approximately 12 students waiting in line for service with only three windows open, all of which were occupied at the time by students already being helped. After some time, I eventually made my way to an available window. Subsequent to giving the necessary information, I was surprised to find that my balance was $0 owed.

When I asked why, the staff member proceeded to show me the register. Three windows open, all of which were being helped. After some time, I eventually made my way to an available window. Subsequent to giving the necessary information, I was surprised to find that my balance was $0 owed.

Upon further investigation, I found that there were only three students being served. Afterwards, I walked to the Registrar's Office to find that my balance was $0 owed. I was then told that there were only three students being served. Afterwards, I walked to the Registrar's Office to find that my balance was $0 owed.

To the Editor of the Observer:

The only logical bridge between these two circumstances is you, the students and faculty of Central Washington University and the members of this community.

We are here for you. If we didn't have readers, we wouldn't have a paper. Therefore, we want to do everything possible to meet your needs.

Staff

Assistant: Cory Bikan
Reporters: Allison Reel, Steve Damm, Ross Zeifield, Brian Johnson, Heather Miles, Sarah Spics, Jaclyn Hughes, Jamie Peterson, Peter Buckley, Toby Stafl, Gina Emburey, Ryan Johnson

COPY EDITORS: September Woods

PRODUCTION MGR.: Mari Kolkowski

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Chaos by Brian Shuster

"Apparently, some kids hooked up your grandmother's pacemaker to The Clapper."

LETTERS TO THE EDITOR

To the editor:

Two weeks ago, after reading a flyer at Mr. G's Grocery, I realized that (and many others) have been mistreated in who has been providing the "community service" in Ellensburg's only Community Service Postal Station. In the last year, they have sent items from Mr. G's and always appreciated their personal efforts and efficiency. Often working the post office "on call," they provide all of the standard mailing options except overnight delivery. Still, I assumed that this was an extension of a courtesy of the University, and therefore, Mr. G's was sending funding to cover basic costs of operation. Clearly $100 per year is not adequate. After interviews with Robbie (telling that Manager, Mr. G's) and Philip Curtis (Postmaster, Ellensburg area) that Friday (9/26), I felt it appropriate to submit a letter about the controversy. Before proceeding, however, I would like to express my thanks to each of them for taking their time to discuss the issue with me.

In our discussion, Mr. Gilmour stated that his postal station serves approximately 150 person/day from the community and he is interested in continuing this service if funded reasonably: approx. $1,000 to 1,200 per month. Operating a basic station contract would be his only chance for such funding as they tend to earn between 4 and 6 percent of their projected volume. After receiving a letter on 9/13 from the Postmaster, resurrecting the idea of Mr. G's was not an option at the time (since a CSPCS exists in Ellensburg), Mr. Gilmour gave the required 60-day notice to terminate his contract.

In the discussion, we realized that the closing date of Mr. G's postal counter has been moved ahead by the Postmaster from 11/3 to 11/30 due to the "Veterans' Day holiday" in that year. In the end, the closure date was extended to

Publicity and.png
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Now that school’s started and you’re getting used to your roommate’s bizarre sleep habits, perhaps it’s time to get your finances in order. Which is why Seafirst Bank is introducing Student Banking 101. It’s a great checking account package that lets you have convenient access to your money (or lack thereof) 24 hours a day, seven days a week. This is how it works: come in to any Seafirst branch and sign up for VERSATEL® Checking, and you’ll get an account with no monthly service charges or per-check charges. Plus you’ll get a lot of free stuff to go with it: up to 200 free checks, a free ATM card, free on-line banking for three months, and last but not least – a free T-shirt. We’ll do everything we can to make your financial life easier – except ask your parents for more money.

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Observer - Opinion - Oct. 9, 1997  

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The Student Health and Counseling Center  
Open Monday - Friday when school is in session  
Medical Services are available from 8 A.M. to 5 P.M. Monday through Friday, and until 7 P.M. on Tuesdays.  
Counseling Services are available during the noon hour Monday through Thursday and until 5 P.M. on Fridays.  
Medical and Counseling Services are available during the noon hour Monday - Friday.  
For Appointments please call:  
Health Center: (509) 963-1881  
Counseling Center: (509) 963-1391  
• Flu immunization ($10) will be available starting October 20th, call for an appointment.  
• Student support groups now starting – Check in with the Counseling Center.  
• Check out our home page www.dwu.edu/health  

For the record Mr. G's closure is by contract. Mr. Gilmour has a Public Service Contract with the Postal Services. 

Postmaster replies  
Dear Students and Faculty,  
I have been asked by Mr. Ed Schaefer, Manager, Post Office Operations, to answer your letter con­cerning the closing of the contract sta­tion at Mr. G's grocery store.  
Mr. Gilmour has elected to cancel his Public Service Contract, that he signed for and received in April 1995. In October 1994 Mr. Gilmour request­ed a Public Service Contract with the U.S. Postal Service, which was award­ed and put into effect in April of 1995, when all the requirements were met by Mr. G's, who is now in the process of applying to get a bid contract station for Ellensburg. If his request is approved, a boundary area will be determined from within which any business or individual can submit a bid to offer the service. He explained that his bid analysis will be weighted roughly as follows: 60% "business" (location, ability to provide service efficiently, etc.) 40% "cost"  
And while he has acknowledged that Mr. G's might be a potential can­didate, he emphasizes that the legal and emotional parts of this issue must remain separate. One thing is for certain, and is agreed upon by everyone I have spoken to: The after hours postal station at Mr. G's has been a great asset to the community and we want to assure that this service is not lost!  
Paul Gannon  
Postmaster  

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The Central Washington University Wildcats are on the prowl, and they’re hungry for wins

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Editor’s random thoughts

by Joshua Cooley
Sports Editor

I was thinking about renaming the sports section this fall, but ‘swank’ has already been taken. Besides, it goes without saying that all of our sports staff are pretentiously stylish and elegant — that’s the definition of swank for those who did not know.

I considered renaming it the ‘Marv Albert’ section. We couldn’t actually use his name though, so I thought the ‘Absolutely-no-integrity-whatsoever’ section would suffice. While this was a good idea, I didn’t use it. I considered calling it the ‘Mariners’ section. However, copyright laws prevented that idea from going any further. So the ‘You gotta love these guys — until they choke in the first round of the playoffs’ idea was born. I didn’t use that one either. Sticking with the Mariners theme, I liked the ‘Please Joey, don’t cry again’ idea. And I considered ‘Lose crew.’ But I realized this whole Mariners thing is a sensitive issue; we’re all ‘choked’ up over their sudden departure from the playoffs. So all Mariners ideas were thrown out — just like their chances to go to the World Series. OK, that’s enough. I promise I won’t mention the Mariners again.

So after smashing my TV with my Mariner-insignia bat, and then burning the bat, I put the Mariners in the back of my mind and got back to business. Using some brainstorming techniques I learned in COM 251 I came up with a few more prettily good ideas, like the ‘I-can’t-believe-Kemp-whined-and-pouted-his-way-to-a-trade’ section; the ‘Sportscenter-just-ain’t-the-same-without-Keith-Olbermann, but-at-least-we-still-have-Chris-Berman’ section; the ‘Just-think-how-Chicago-feels-now-that-they-have-Rick-Mirer’ section; the ‘Let’s-party-in-the-wheat-fields-cause-the-Coug-arare-5-0’ section — actually, even if the ’Coug were 0-5 there would be gratuitous partying in the wheat fields; and the sports-staff favorite, the ‘Kitna won the damn World League. You think he can’t win a stupid little National league. Put him in!” section. It’s needless to say I didn’t rename the sports section. I just couldn’t make a decision. Oh well. Maybe another time. Oh, by the way, this is off the subject, but for those of you who are a little angry because you had to pay the athletic fee, look at it this way: The money you’d normally use for athletic tickets can now be injected into the local economy via Ellensburg’s fine assortment of bars. See ya’all D.T.
Frederick honored by Hall of Fame

by Mike Wells
staff reporter

Gary Frederick's time has come. Frederick, Central Washington University's athletic director for the past 17 years, was inducted Tuesday into the NAIA Hall-of-Fame at the National Convention in Kansas City, Mo. This is the NAIA's highest honor.

"When I heard that I was being inducted my first thought was, 'Why me?'" Frederick said. "I definitely appreciate the honor."

Frederick said he's attended 17 similar conventions where others either athletic director or head coach were inducted, so this is overwhelming for him.

"There are a lot of people who helped me get to this point," Fredrick said. "The university let me do extra activities. My family supported me all these years."

Frederick, 60, is a 1959 Central graduate. He's spent 31 years as either athletic director or head coach for Central.

Between 1968 and 1978 Frederick coached baseball for Central and twice qualified for the NAIA College World Series. He was named District Coach-of-the-Year three times. From 1983 to 1993 Frederick was the women's basketball coach. He sent the first ever women's basketball team to the national tournament in Kansas City, Mo. For the past three seasons he's been the head women's softball coach.

"Being involved with the young people and seeing them improve from the start of the season to the end is one of the greatest things about coaching," Frederick said. "I've had so many great years of coaching, I can't pinpoint the greatest memory."

In 1989, Frederick interviewed for the athletic director's position at California State University at Chico. But Dr. Donald Garrity, former Central president, offered Frederick the same job. Frederick accepted Garrity's offer and has remained at Central ever since.

"The reason I've stayed at Central is because I've been given the opportunity to grow professionally from my early days," Frederick said. "If I would not of had that opportunity I probably would have left and pursued the job at Chico University."

Frederick said he likes the university and Ellensburg too much to leave, even if he was offered a job at a Division I university. And unlike Division I universities, the most important aspects an athlete acquires at Central are the experiences they have while participating.

"Winning helps that, but it's not a do or die situation," Frederick said. "Central is a great place to be a part of. The athletic program at Central is not just for the athletes - it's for the entire student body."

Wildcat keeper Sacha Martin makes sure this one isn't going in the net.

Soccer season stellar so far

In 11 games the 'Cats have six shutouts and 51 goals

by Joshua Cooley
sports editor

Soccer is not a high-scoring game by nature; in many matches only one or two goals are scored. That's why Central's 15-0 routing of Cascade College on Sept. 14 was unique. Cascade didn't even have a single shot on goal in the game; Central had 46. At halftime Central led 8-0. In the second half the Cascade women continued to watch themselves succumb to Central's onslaught.

Central used crisp and efficient passing to dissect Cascade like a biology major's cadaver. John Foster, Central's head coach, said he put a two-touch restriction on the women after halftime. Central ended up scoring 10 goals on one-touch shots in the second half.

Central mid-fielder Annette Stucket's four goals in one game tied the school record set by Amanda Frazier in 1993. Central mid-fielder Crissie Gordon set a new school record for goals scored in one game with five. Central set a team record for goals scored in one game with 15, breaking the previous record of nine against Evergreen State College in 1993.

by Rob Sullivan
staff reporter

A winning streak of 12 games, dating back to last season, was ended Saturday by third ranked and defending NAIA national champion Simon Fraser, as the Wildcats fell 2-1 in overtime Saturday.

The game was tied 1-1 after regulation, until Simon Fraser's Randie Herron, who plays on the Canadian Olympic team, scored the first minute of the sudden death overtime period. "We all sucked up and chased the ball," Central head coach Larry Foster said. "We were supposed to have two more shots, and we had one."

Briana Koenings, the Wildcat keeper, fearlessly scored Central's goal with four minutes left in regulation on an assist from Dana Hansen, forcing the overtime.

"Judy's goal was huge, she had two defenders on her," Foster said. "She's come up with big goals for us in the past, she had two game winners for us last year."

Melissa Sawyer was big defensively for the 'Cats, heading away two big shots on goal in the first half, and clearing away another scoring opportunity for Simon Fraser in the second half.

Despite the loss, Foster was happy with the play of his team. "We played super today, and kept our heart in it," Foster said.

Friday, the Wildcats recorded their sixth shutout of the season, blanking Northwest Nazarene 6-0. Koenings recorded three goals for the 'Cats, while Hansen added a goal and an assist.

Central dominated the game, keeping the ball on the Crusaders' side of the field, and outshooting them 38-1. "Our team defense created our chances," Foster said of the win. "The things we work on during practice have been translating to the games, and more importantly, wins."

Melissa Budde and Gail McDonal also picked up goals for the Wildcats, while Liz Colgan and Dee DeFord each had two assists.

The winning streak of 12 games dated back to last year when the team won their final two games of the season. The Wildcats are now 8-1-2.

Quick 'Cat stats

Central has outscored their opponents 51-7. Forward Casey Cunningham leads with 10 goals, four assists and three game winning goals.

Forward Judy Koenings has nine goals, three assists and three game winners.

Redwood product Dana Hansen has eight goals and two assists.

Midfielder Liz Colgan has added five goals, including a game winner, and five assists.

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Wildcat football

The 1995 NAIA Division II co-national champions are returning under first-year head coach John Zamberlin. Remaining from last year’s squad are nine starters, including seven 1996 Columbia Football Association all-stars. Last season the team posted a 5-5 record under defensive head coach Jeff Zenisek, who left Central to be an assistant at Northern Iowa. Zenisek amassed a record of 35-17-1 in five seasons at Central.

By Dan Hanken and Ryan Leopold

Quarterback Casey Jacox is the helmsman of Central’s 1997 offense. Last season Jacox passed for 888 yards and started three games. Josh Woodard, a 1996 first team all-star, returns as wide receiver. Woodard snagged 47 passes for 571 yards last season. Dan Murphy returns to the running back slot. Last season Murphy rambled for 761 total yards and was a second team conference all-star.

Returning defensive conference all-stars are linebacker Rico Iniguez and defensive tackle Scott Morgan. Iniguez averaged 14 tackles per game last season and set a school record for tackles in a season with 126. Defensive backs John Hallead, an Ellensburg High School graduate, and Leland Sparks, a Washington State University transfer, anchor Central’s secondary. Hallead was the state’s leading prep rusher with 1,804 yards four years ago at Ellensburg High School.

After jumping out of the gate with a 2-0 record and a NAIA national No. 10 ranking, the Wildcats lost last Saturday 32-6 to UC Davis in California. It was their second consecutive loss.

Last week

The Wildcats’ injury-riddled linebacking core became even thinner as John Garden and Kevin Stromberg were knocked out with injuries. Last week versus Willamette, standout linebacker Rico Iniguez and Ted Shyler were injured.

UC Davis Aggies exploited the

See Aggies, page 19

Coach’s profile: John Zamberlin waxes eloquent on football philosophy

by Tony Nelson

After winning the National Championship in 1995, expectations are high for Central Washington University’s football program, especially after last season’s average performance.

But rookie head coach John Zamberlin is excited about the Wildcats’ future both in the classroom and on the gridiron. Zamberlin’s philosophy has been adopted to continue the winning tradition of Wildcat football.

Zamberlin attended Wilson High in Tacoma, where he was a two-sport letterman in baseball and football. After high school, he played for Pacific Lutheran University. Having had a standout career at PLU, Zamberlin was drafted into the National Football League. Zamberlin was a New England Patriots linebacker for four seasons and a Kansas City Chiefs linebacker for two. Upon fulfilling his childhood dream of playing in the NFL, Zamberlin retired with many memories.

“Playing on Monday night against the defending World Champion Pittsburgh Steelers will be something that I’ll never forget,” Zamberlin said.

After football, Zamberlin worked in financing for one year. However, he realized how much he missed football and went to work immediately at the University of Massachusetts. He coached linebackers there from 1987-91. Zamberlin then moved on to Eastern Washington University, where he was defensive coordinator and lineback coach. After two years at Eastern, Zamberlin went to Richmond University in Virginia as the defensive coordinator. Zamberlin came to Central from Richmond last April and is now coaching in the conference he once dominated as a player.

“This is a homecoming for me, coming back to the great Northwest,” Zamberlin said, “and being able to do what I love the most, work with young people and instill the proper discipline so they can succeed both on and off the field.”

Coach Zamberlin brings a winning attitude and an unbridled enthusiasm to the team, yet he stays away from predictions. He said the Wildcats will play hard for 60 minutes and make the Ellensburg community proud. Zamberlin feels the team will be a disciplined group, as evident by the spring quarter grades.

After Zamberlin made study hall mandatory the team cumulative g.p.a. went from a 2.4 to a 2.7.

“We stay positive and maintain the proper work ethics,” Zamberlin said. “When the game is close we feel like we deserve to win. The same is true for life in general. If you do the preparation, then you truly feel you deserve to come out on top.”

Central’s 1997-98 cheerleading squad

They’ve got spirit

by Viki Wenzel

Every football and basketball game has key components. They are players, coaches, and, of course, the cheerleaders.

The Wildcat cheerleading squad is responsible for school spirit, crowd participation and encourage­ment towards Central athletics.

“Getting the crowd going and school spirit is the best aspect of being a cheerleader,” Christiann Meyer said.

One of the squad’s more distinct members is the Wildcat mascot, Jim Lenahan.

He was recruited after driving to Tulsa, Okla. for the NAIA men’s basketball tournament.

Lenahan said she couldn’t resist Lenahan’s dedication to Central athletics.

“It gives me a chance to do crazy things, like climb the goal post and do handstands,” Lenahan said.

The Wildcat cheerleading squad consists of six women and nine men.

All of the women are rookies, while four of the men are returners to the squad.

Kathy Hatfield, head coach, looks for enthusiasm, technical skill and a commitment to support Central athletics.

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Lenahan said she couldn’t resist Lenahan’s dedication to Central athletics.

“One of the most important things I look for is a commitment to support Central athletics,” Hatfield said.

And, while most sports last only a season, cheerleading is a full year commitment.

“This year’s coed squad consists of six women and nine men.
Athlete profile: Mary Chi serves it up

By Jason Gaylord

Mary Chi, senior elementary education major and Central’s star volleyball player, has been playing competitively for over nine years. “I love playing in competition with my teammates,” Chi said. “The look of intensity in their eyes and the determination to win is what I love most about volleyball.”

Chi grew up in Tolt, Wash., where she attended Eldorado High School. There she honed her volleyball skills. Upon graduation she dreamed of playing volleyball at a four-year college, a dream she realized by making the Central Washington University squad as a freshman.

Chi has enjoyed an illustrious career at Central. Last year she was selected first-team All-Conference and set a school record with 26 kills in one game. This year she got off to another great start but has been hampered by a recurring shoulder injury.

“As a freshman she was a raw talent with loads of potential,” Mario Andaya, Volleyball head coach, said. “She is an extremely gifted player who has grown tremendously as an athlete.”

Chi’s greatest moment at Central was in a recent game where she didn’t even play. “Winning this past weekend against Hawaii-Pacific was a tremendous moment for me,” Chi said. “To see everybody step up and play as well as they did was an awesome feeling.”

Chi has enjoyed her time at Central and is looking forward to the future. “I want to be an elementary school teacher,” Chi said. “I love most teaching children of all races, economic levels, gender and disabilities. If a student wants to learn, I will do anything in my power to help them.”

One of many children in a large family Chi believes this will help her relate in teaching. “In a large family things are easier when they are made simple,” Chi said. “Kids are simple. If I take a simple approach to teaching, the children will learn more and enjoy my classes.”

Chi has fond memories of the time she has spent at Central. When “I am hired by a school district and step into my first classroom all of my dreams will have been realized,” Chi said.

Spikers overcome key injuries in grueling five-game win

By Jason Gaylord

With injuries forcing two key players out of action, the women’s volleyball team hung together for a gut-wrenching five game victory Wednesday night against St. Martin’s College.

“The team played extremely well tonight,” Mario Andaya, head coach, said. “Our middle blocker went down with a sprained ankle then first team All-Conference hitter Mary Chi left early with a bad shoulder. But, through all of this, some younger players stepped up to fill the void and give us a tough win.”

The Wildcats had two great individual performances. Sarah Carney, outside hitter, had 26 kills. That tied the school record set by her and Mary Chi.

“I didn’t know that I had tied the record until the next morning,” Carney said. “I was really suprised. Individual accomplishments are great but they pale in comparison to a great overall team effort.”

Joy Bursch, setter, recorded a game high 53 assists to go along with seven kills.

“This was a good game for the team,” Bursch said. “We had a lot of fun and played aggressive and with confidence.”

Current Wildcat Sports Schedules

Cross Country
Oct. 11 at PLU Invitational
Oct. 18 at WWU Invitational
Nov. 1 at PNWAC home
Nov. 15 at NAIA Nationals, Kenosha, Wis.

Football
Oct. 13 *Southern Oregon, 1:30 p.m.
Oct. 25 *at Western Oregon, 1:30 p.m.
Nov. 1 at Azusa Pacific, 1 p.m.
Nov. 8 *Western Washington, 1 p.m.
Nov. 15 *Humboldt State, 1 p.m.

Volleyball
Oct. 11 *Western Washington, 7 p.m.
Oct. 15 Puget Sound, 7 p.m.
Oct. 17 Alumni, 7 p.m.
Oct. 18 *Simon Fraser, 7 p.m.
Oct. 21 at SPU, 7 p.m.
Oct. 25 *at Lewis-Clark State, 7 p.m.
Oct. 31 *Lewis-Clark State, 7 p.m.
Nov. 5 *at Western Washington, 7 p.m.

Soccer
Oct. 12 *at Western, 2 p.m.
Oct. 15 *at Evergreen State, 2 p.m.
Oct. 19 at Gonzaga, 2 p.m.
Oct. 22 Western Baptist, 3 p.m.
Oct. 25 *at Western Washington, 2 p.m.
Nov. 1 Concordia, 2 p.m.
*Conference game

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Unrivaled service
We believe that our service distinguishes us from every other retirement company. In the latest Dalbar Consumer Satisfaction Survey, a study of 2,000 financial companies, TIAA-CREF was voted the leading provider of retirement pla-ns.

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Ensuring the future for those who shape it.
Cross country is perhaps the most unnoticed sport at Central Washington University. One of the reasons it goes unnoticed is because teams usually have just one home meet per season, and some of them don’t have huge crowds. Moreover, cross country doesn’t draw huge crowds. In many sports athletes sometimes play for the popularity or the exposure, but cross country runners truly run for the love of the sport.

The best finish for the women this season was seventh at the Sundogger Invitational in Seattle. Myrvang placed 14th with a time of 19:37.59. Jacobs finished 40th and Amy Ferrey placed 41st for the Wildcats with times of 20:20.20 and 20:20.41 respectively. The men’s team placed seventh at both the Big Cross and Sundogger Invitational. Gausch placed fifth at both meets to pace the Wildcats. Schmitt placed 23rd and Russell 32nd at the Sundogger.

Kevin Adkisson, Cross Country head coach, said his teams have started slow because they’re not in tip top shape yet. "This is the first time we were actually able to race, instead of just getting into better shape." The two teams are kicking off their season with their first practice and you can cheer them on as you compete in a multitude of amazing contests and win fabulous prizes.

The fun starts at 9:30 p.m. with a plethora of contests and unbelievable prizes. The prizes will include two entire quarters of tuition (an $850 value each), two half-quarter tuitions ($425 value each), a 750 meal plan, a 20” color television, a pizza and a sub a month for a year, a trip for two to Reno, and much more.

Drawings will be held at the event and lucky contestants have the opportunity to sink a half-court shot or bury-a-put for a quarter of schooling for free or a 750 meal plan. Contestants also have the opportunity to drain three pointers for half a quarters tuition and hit a number of shots from various spots on the basketball court for a trip for two to Reno.

"There will be a lot of pressure to perform, but just imagine winning a trip for two to Reno or an entire quarter of tuition," Choyce said. "There aren't many opportunities this golden.

Other events include a slam dunk contest, free throw contests, an airplane contest and a peanut race.

In addition to individual contests, residence halls will battle for supremacy among the Central hall elite as they compete in their own contests. Central clubs and all 14 residence halls will battle for supremacy among the Central hall elite as they compete in their own contests.

Kevin Adkisson

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"Go WildCats!"

"Last weekend was the first time we were able to race..." -- Kevin Adkisson

The main gym is open from 8-10 p.m., Monday through Friday, and from 5-10 p.m. on Sunday. The fieldhouse and weightroom will be open from 5-10 p.m., Monday through Friday and Sunday. It will not be open on Saturday's. The pool will be open from 5-10 p.m., Monday, Wednesday and Friday, and from 8:30-10 p.m. on Tuesday and Thursday. The pool will be open from 7-9 p.m., Monday through Thursday, and from 7-9 p.m. on Friday. It will not be open on the weekend.

Kevin Adkisson

Coaches Kevin Adkisson and Ronda Kaplin said their teams have started slow because they’re not in tip top shape yet. "This is the first time we were actually able to race, instead of just getting into better shape." The two teams are kicking off their season with their first practice and you can cheer them on as you compete in a multitude of amazing contests and win fabulous prizes.

"This is an unbelievable event you can’t afford to miss," midnight madness marketing director Peggy Choyce said. "Most college students are looking for a fun time, a way to save money, and an opportunity to get something free. This is the perfect way to accomplish all of these needs in a single event."

"Go WildCats!"

Midnight madness to strike sports fans

Several events and contests will be held to get the students excited for all the sporting events to come. The university has scheduled several events in order to get everyone excited for the upcoming sporting events.

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"Go WildCats!"
Wildcats depleted defense and capitalized on three first-half Central turnovers. The Aggies jumped out to an early 1-0 lead, scoring on their first possession. Central then scored their lone touchdown on the first play of the second quarter. Jacox capped off a 5-play, 65-yard drive with a 38-yard scoring strike to Tony Frank to come within 7, 13-6.

The defense gave us several opportunities, but we (the offense) didn't capitalize when we should have," Murphy said.

Central then had an opportunity to score in the second when defensive end John Fields intercepted a pass and brought it to the Aggies 10 yard line, but Jacox misfired on four opportunities, but we (the offense) came up empty.

The offense couldn't score the rest of the game. Central had the ball in the red zone two different times, but they failed to score after coming up short on fourth down two separate times. UC Davis exploded to a 26-6 lead by halftime. The Aggies drove 90 yards for a touchdown following Jacox's four misfires and then intercepted a Jacox pass and returned it 33-yards for a touchdown. The Aggies added another touchdown in the fourth quarter and coated to the 32-6 victory.

Jacox completed 10 of 32 passes for 156 yards and three interceptions. Tony Frank captured player-of-the-game honors with 124 yards on the ground on 15 carries. Murphy gained 72 yards 12 carries.

The Bearcats shook up the Wildcat's defensive plan with continual traps, motion hand-offs and sweeps. Central was able to hold Willamette's explosive offense to a mere 153 total yards in the first half. But in the second half, quarterback Chad Pinkerton and the Aggies added another touchdown in the fourth quarter and coated to the 32-6 victory. Jacox completed 10 of 32 passes for 156 yards and three interceptions. Tony Frank captured player-of-the-game honors with 124 yards on the ground on 15 carries. Murphy gained 72 yards 12 carries.

The Wildcats have a bye this weekend. Their next game is October 18 against Southern Oregon. "The bye week will be great to get healthy and to regroup before playing the remainder of the league schedule," Jacox said. "Our goal is to win league and that is our focus, but our main focus is homecoming and Southern Oregon."
"Pump Boys and Dinettes" is a delightful country western musical featuring 24 fabulous songs that explain the lives and loves of working class men and women. And working in a gas station/grill has never been more fun. The all-star cast includes classic pianist and CWU professor John Pickett wearing a new hat; Broadway choreographer and actor Victoria Waggoner; Seattle and New York actor Clint Pozzi; and CWU alums Kevin McElrath; Matt Milkkikan; and Tricia Theil. Not only do they all sing, dance and provide their own musical accompaniment, they look good doing it!

**Only Three Performances**

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Oct. 17 and 18 at 8 p.m.
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**TICKETS: (509) 963-1774**