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Associated Students of Eastern Washington University

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SPORTS

Women's basketball remains undefeated

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NEWS

Green Dot seminar promotes non-violence

PAGE 4

EAGLE LIFE

Denzel Washington stars in "Eli"

PAGE 8



the EASTERNER

January 27, 2010

Volume 61, Issue 14

www.easterneronline.com

YOUR CAMPUS VOICE NEWS

Financial budgeting season in full swing

Annual session focuses on hearings for university programs through January; raised funds come from Service and Activity fee

BY MIKE BRAMBLEY
staff writer

The ASEWU Finance Committee is in the process of holding budget hearings for all eligible clubs, organizations and programs to decide their annual funds allocations for this year.

"The budget that we are creating affects every student here," said Patrick Spanner, finance vice president for the ASEWU. "Every student paid dollars into this budget whether they reap the benefits directly or indirectly."

The finance committee, organized by a handful of students, is expected to allocate an estimated \$1.9 million budget to student clubs and programs in the coming weeks.

"The finance committee takes their job very seriously. It is my job to make sure that we aren't wasteful."

- Cheryl Grimm, fiscal analyst for Student Life Accounting

The hearings started Jan. 11 in PUB 307 and will continue every Monday, Wednesday and Thursday from 2 to 4:30 p.m., and Fridays from 3:20 to 6:30 p.m., until Jan. 30. Deliberations will also be held Saturdays from 9 a.m. to 5:30 p.m., in PUB 307.

"If their opinions are constructive and helpful in the process, I believe students should come and voice their opinions to us. The more opinions we have, the more informed decisions we can make

to create a balanced budget in the end," Spanner said.

The hearings allow clubs and programs to formally present the budgets they submitted in October, explaining certain line items and revenue sources in order to clear up any questions that the committee may have.

The finance committee has already finished hearings with the university's large student clubs like Circle K, club sports and the Native American Student Association.

The committee will hold hearings from eligible university programs all week before ending hearings Jan. 30. University programs include the Office of Student Activities, sorority and fraternity life, Eagle Entertainment, theatre, band, the art gallery and others.

"We step through the budgets trying to prioritize based on what we feel is important to the student body as a whole," Spanner said.

The finance committee must balance their budget and present it

to the ASEWU three times to meet the council's approval. After which, the finance committee's budget must receive final approval from the Board of Trustees.

The funds that the finance committee will allocate to student organizations are raised from the Service and Activity (SA) fee that every student pays in tuition. Other university programs that receive funding from the fee are athletics, child care and *The Easterner* student newspaper.

Every year that the cost of tuition is raised, the SA fee is also raised. Last year, the fee was increased by 7 percent, Spanner said.

"We are going to try to fund events with as many students as possible reaping the benefits," he said. "We are trying to go for the most bang for our buck since we are in a time where money is very tight."

The finance committee is composed of eight students and two staff members.

Spanner chairs the committee with three ASEWU council members as representatives. Four students at large also sit on the committee. These eight students are the

FINANCES | PAGE 4

The Broadside of the Barn

Now home to the EWU Police, the Red Barn has served as a landmark in Cheney

BY ALLIE FRIESE
staff writer

Cheney's Red Barn is an easily recognized symbol of the town. However, the historical significance behind the landmark is less widely known.

The large barn was built in 1884 by William Bigham during the establishment of the city of Cheney. Susan Beeman of the Cheney Planning Department said that Bigham was a "master craftsman" and also built the original Spokane County courthouse, among other notable buildings.

"The thing that's interesting, too, is the way it was built," said Beeman. "The mortis and tenon joinery is something that takes a lot of skill and craftsmanship to get everything to line up right and to make the opening that are just the right size for the tenons to slide in to."

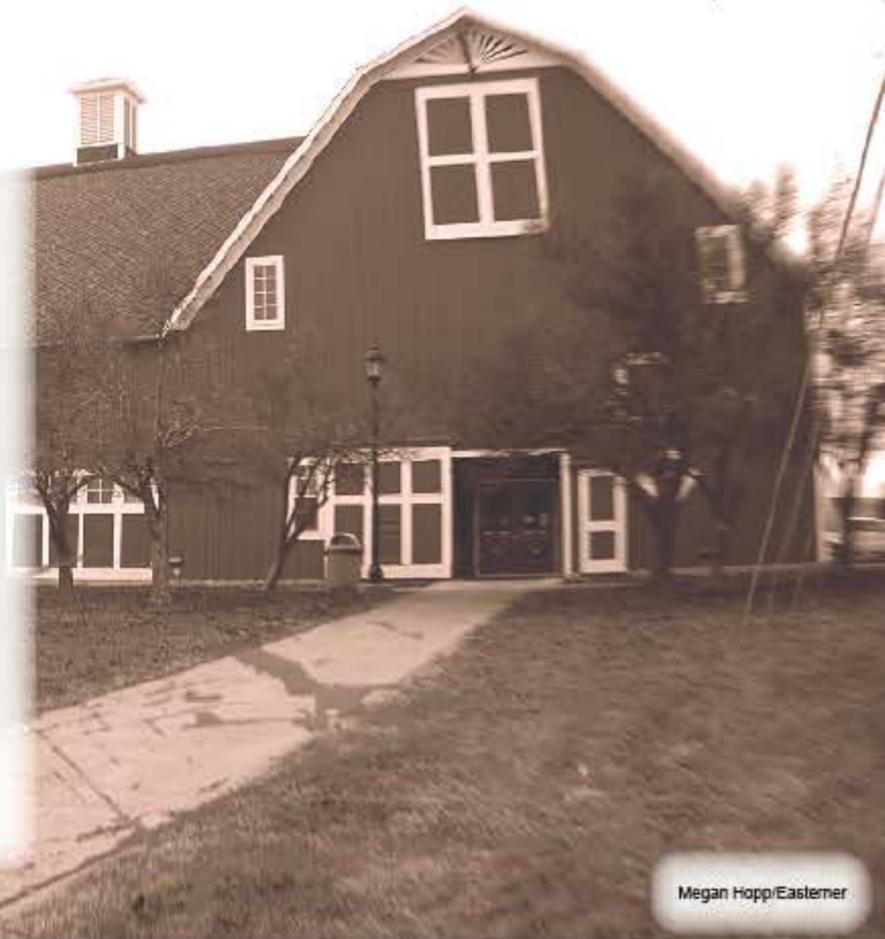
The Red Barn was built for Bigham's own personal use on his farm, but in 1891, William Sutton, principal of Cheney Public School, purchased the building. The school eventually evolved into what is now Eastern Washington University. Sutton also used it as a barn, and occasionally for social events, Beeman explained.

According to the EWU Web site, in the early '70s, the barn was used for classes after the building was saved from the wrecking ball by Dr. Horace Simms, who was an expert in restoring old buildings and a biology professor at the Normal School. He decided to stop the demolition of the barn after he watched Sutton's mansion get demolished.

"The administration found themselves facing a very red-faced, white-haired old man, enraged," Simms told the Spokane Daily Chronicle, referring to the potential demolition of the building.

Courses began in the Red Barn in 1974 and continued for two or three years.

RED BARN | PAGE 10



Megan Hopp/Easterner

Smoking centers are debated

Part of a plan for a tobacco-free campus

BY ALLIE FRIESE
staff writer

Kris Byrum, EWU student and the current ASEWU Legislative Affairs representative, has a vision for Eastern's campus to be tobacco-free and is working on implementing his plan.

"At Eastern Washington University, we pride ourselves in knowing that we can start something big," states Byrum's proposal. He outlined the negative affects that tobacco products have on campus, such as unwilling exposure to second-hand smoke for nonsmokers and litter that is produced by careless students.

"Our university policy must change to reflect a better, healthier environment that will leave a lasting positive memory in our alumni and create a lasting first impression with future Eastern Eagles," he wrote.

Currently, there are 381 tobacco-free campuses in the United States, including the University of Montana and Boise State University. There are also 76 partially tobacco-free colleges and universities that have designated areas for smoking.

Winter of last year was the first time Byrum faced the problem of tobacco use on campus. "While entering and exiting the building, I had to walk around, through and even dodge smokers that were congregating in front of the doorways,"

SMOKING | PAGE 10

BUDGET BREAKDOWN

BY JAMES EIK
editor-in-chief

There's a time each quarter that sends most students into a temporary depression: paying for tuition.

Although there are a few fees listed on EagleNet receipts, it's not exactly clear where that money goes. Below is the breakdown of tuition, its associated fees and where the money is spent.

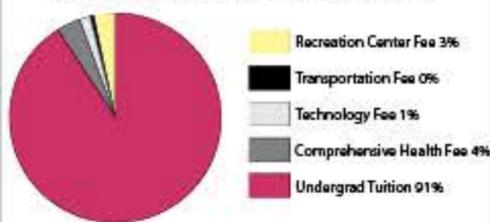
Tuition is split into three different sections: Operating, Building, and Service and Activity (SA) fees. The operating fee helps

fund scholarships, staff salaries and departmental expenditures on campus. The Building fee is deposited into the Capital Projects Account and is a supplement to state funds. Capital funds allow for campus buildings to be renovated and upgraded. The SA fee is reciprocated to the students in the form of publications, activities and organizations in which students can partake.

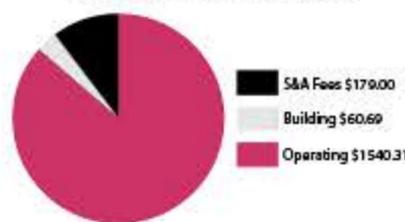
Apart from tuition, four labeled fees appear on EagleNet's receipts: Recreation

BREAKDOWN | PAGE 4

Resident undergrad tuition payment



Undergrad tuition diagram



This Week...

Only ONLINE

Video
Manning-up Peyton Manning

Game review
"No More Heroes 2"

EASTERN BY THE NUMBERS

75-80
percent of Eastern students receiving financial aid

\$400
million in cuts planned for Wash. higher education

7
events in heptathlon, which Kersee Lind participated

Say WHAT!?

SEE THE WHOLE STORY ON PAGE 4

"SO, THE NEXT THING WE DO IS PLANT THE KNEE RIGHT UP INTO THE GROIN AND JUST LIFT THAT GROIN RIGHT UP TO THE ROOF OF HIS MOUTH."

- Mary Base
HEAD KARATE INSTRUCTOR



James Eik

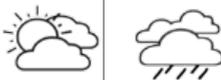
WEEKLY WEATHER

Jan. 28 - Feb. 4

weekly weather reports are provided by accuweather.com



39° THURSDAY 29°



39° FRIDAY 31°



38° SATURDAY 27°



38° SUNDAY 26°



38° MONDAY 25°



36° TUESDAY 26°



32° WEDNESDAY 25°



33° THURSDAY 25°

POLICE BEAT

Jan. 19 - Jan. 24

BY JAMES EIK
editor-in-chief

1/19 9:18 p.m. - A routine traffic stop on Washington Street led to the discovery of a female student driver who was in possession of a suspended license. The student was also in possession of marijuana.

1/21 10:55 p.m. - A CA in Pearce Hall informed EWU Police of marijuana odor coming from the third floor of the building. Police arrived to find a female resident and a male visitor from WSU in the room. The EWU student was referred to OSRR while the WSU student was arrested for the possession of marijuana.

1/22 1:43 p.m. - Graffiti containing inappropriate words was

found on the door of a room in LA Hall. EWU Police were alerted to the situation.

1/24 12:28 a.m. - A Dressler Hall CA called EWU Police concerning the odor of marijuana on the third floor of the building. One of the room's occupants, a male, was contacted about the situation and was cited for possession of the substance.

1/24 2:29 a.m. - In Pearce Hall, a CA reported sexually inappropriate graffiti. There are no suspects at the time.

1/24 2:56 a.m. - A CA in Dressler Hall reported a liquor violation on the fifth floor. Two underage occupants of the room, a male and female, were contacted. They were later given a citation for MIP.



Comic by Clancy Bundy

1/20 10:50 a.m. - Another backpack theft occurred at the rec center. Taken from a locker, the backpack contained math and French textbooks, as well as a Bible. The books have not been recovered yet.



your weekly guide to ending power-based personal violence

(The Green Dot strategy was created by Dorothy J. Edwards, Ph.D., University of Kentucky)

In late October 2009, in Richmond California, a young woman was raped at her prom. It caught National attention because of how many men assaulted her and how many people stood around for two hours and watched it happen. In the wake of the attack, many people were left to struggle with the question, how did this happen? Why did no one help her?

It is interesting to read the news coverage of the event. The articles name the risk factors that people believe made the assault inevitable: poverty, gang affiliation, the unwritten code to never be a snitch, and the socialization of young men, along with the dehumanization of women.

As EWU's victim advocate I have to ask, if that event started here at EWU, would it have had the same outcome? Would someone have stepped in and created a diversion? Would a call to 911 have been made in the first 15 seconds? Would our Green Dot strategy work in that situation?

I believe the green dot strategy is something that would have worked. The person, who made the call to 911 in Richmond, wasn't even at the school. But she heard of the rape, she identified it as a problem, and she made the call. She broke the "no snitching code" because she knew the victim needed help, and that is the essence of the green dot strategy: Do something. Any bystander there

could have broken the chain of events. Any bystander there could have helped that young woman.

That's the beauty of the green dot strategy. We don't have to know why. We don't have to blame poverty, or socialization, although those are important factors to address when ending violence. We don't have to be geniuses or cultural experts. We just have to be people who recognize another person in need and then take action. As the creator of the strategy says, "No one has to do everything, but everyone can do something," and "Every one. Every day." Will you make a commitment to be someone who helps? If you want to learn more, please contact Karen Wanjico. 359.6429.

Accuracy check

The Easterner inadvertently ran the wrong name with the Standpoint last week; see page 5.

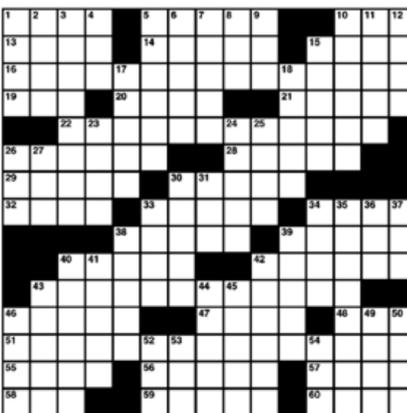
If you find any errors in your paper please contact our news editor at easterner.news@gmail.com.

Los Angeles Times Daily Crossword Puzzle

Edited by Rich Norris and Joyce Lewis

- ACROSS**
- 1 Bogs
 - 5 New moon, e.g.
 - 10 Month, in Mexico
 - 13 Short article
 - 14 Memory mishap
 - 15 Brewer's need
 - 16 India's first prime minister
 - 19 Lead-in for suited or timed
 - 20 Slurpee alternative
 - 21 Wrinkle-resistant fabric
 - 22 Washington wine region
 - 26 Used the alley, in a way
 - 28 Tweak, e.g.
 - 29 Nymph associated with Artemis
 - 30 Careful shopper's criterion
 - 32 Pea holders
 - 33 Malice
 - 34 Thompson of "Sense and Sensibility"
 - 38 Taxpayer, e.g.
 - 39 Iraqi, for instance
 - 40 Subway Restaurants spokesman
 - 41 Fogle
 - 42 Lake that's a source of the Mississippi
 - 43 Chicago L, e.g.
 - 46 Leg bone
 - 47 Actress Sommer
 - 48 Model Laundry
 - 51 Part of a twill suit
 - 55 Southernmost cross-country U.S. highway
 - 56 Rubbebeck
 - 57 Chick tenders
 - 58 Away partner
 - 59 Letter-shaped opening
 - 60 May race, for short

- DOWN**
- 1 Pacific island nation
 - 2 Research paper abbr.
 - 3 Home-ymoner, probably
 - 4 Wee, to Burns
 - 5 Unruffled
 - 6 Polygamous household group
 - 7 Cop
 - 8 FICA funds it
 - 9 Sushi bar serving
 - 10 "Symphony of a Thousand" composer
 - 11 Judy Jetson's brother
 - 12 Leave spoochless
 - 15 First name in country
 - 17 Raised
 - 18 "The Prince of Tides" co-star
 - 23 Quaint complaint
 - 24 Medalworthy behavior
 - 25 Homecoming guest
 - 26 Conk
 - 27 Jugos
 - 28 Olympic goal
 - 30 African grassland
 - 31 "Wheel of Fortune" purchase
 - 33 Competed
 - 34 Tony's portrayal on "NYPD Blue"
 - 35 All wet
 - 42 Type of printer
 - 43 Gaucho's rope
 - 44 Related to the kidneys
 - 45 Last Olds off the line
 - 46 Cry after a hard week
 - 49 Extend credit
 - 50 Minuscule
 - 52 It ends in Nov.
 - 53 Part of 46-Down
 - 54 Fraternity letter



Solution



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The Easterner

Eastern Washington University's Student Newspaper

WRITERS' MEETINGS:

The Easterner is open for any EWU student or faculty wishing to write stories that could be published in the newspaper. Writers' meetings are Mondays at 3:30 p.m. in Isle Hall, room 102. The newspaper is also open for anyone wishing to copy-edit. Editing nights are on Tuesdays.

NEWS-LINE:

If you have an idea for a story, or are part of a campus club or organization that is holding an event, please call The Easterner tip line at (509) 359-6270. Also, if you have a comment about a story or a suggestion for the newspaper, please feel free to voice your opinion on the tip line as well.

ABOUT YOUR PAPER:

All content in The Easterner is either produced or chosen by students from Eastern Washington University. Our goal as employees of The Easterner is to provide interesting and relevant information to the students, faculty, staff and residents of EWU and the surrounding community of Cheney and Spokane.

WEB SITE:

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Cheney, WA 99004

CIRCULATION:

The Easterner is distributed throughout the Cheney campus, Cheney business district, the Spokane Center, Riverpoint and at various Spokane businesses. If you would like The Easterner to be distributed to your business or if you would like to start a subscription call the Advertising Department at 359-7010.

NEWS:

If you have a news tip, letter to the editor or press release, please call the newsroom at 359-6270 or the Editor-in-Chief at 359-6737. You can also contact The Easterner staff by e-mail or FAX at 359-4319.

ADVERTISING:

If you would like to place an ad or classified ad call 359-7010, FAX 359-4319 or send an e-mail to advertising@theeasterner.info.

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Standpoint with Kathleen Warren

Community member shares her stories of traveling and what it means to her to be at Eastern now

BY JASON KEEDY
staff writer

After being recognized in the *Cheney Free Press*, Kathleen Warren sits down with *The Easterner* to discuss her views on education and her role in students' lives.

First of all, could you talk a little about your background — maybe describe the road you took that brought you to Eastern?

Before I reached the road to EWU, I did a lot of sightseeing on the way. I grew up in southern Idaho and traveled around a bit before I landed in Cheney in the early '80s. Going to a university was always a dream for me, and in the late '80s, I decided to apply not knowing if I would be accepted. To make the story short, I majored in government and had to leave after my sixth year and move to Spokane. In 2005, I applied for the position I currently have and decided to move back to Cheney. The best years of my life have always been living in Cheney with my daughter.

Talk a little about what you do here.

On paper, I am classified as a sec-

retary, but in reality, I am an office manager managing the daily operations of the American Indian studies program from opening to closing the building, supervising our work study students, answering questions or finding answers for staff and students, managing our budget and doing paperwork. I keep my staff and students informed of both campus and community events, and when time allows, I represent our program on campus in a wide variety of opportunities that I believe is beneficial to our students and staff.

I was wondering if you could give us an example of one of your days here on campus as an integral part of the American Indian studies staff, as well as the Native American Student Association (NASA). What are some of the joys, challenges and motivations for your consistent involvement?

As one of the advisors to NASA, I am committed to ensure the students are heard and have a voice in student opportunities; from clubs and organizations meetings to attending a forum. I am motivated by our students and find joy in everything we are able to do for them. The challenges are always present due to the

current budget cutbacks and trying to keep our American Indian studies program classes ... open for our students and trying to remain optimistic when they ask some hard questions.

You have also taken part in many community events such as the EWU Community Food Drive, as well as assisting in many programs and lectures. In your view, what is necessary for a healthy community, and how might students become more engaged in theirs?

In my view, a healthy community starts with my willingness to support our program's mission statement and working with my staff. In turn, we are able to support our students on all levels, which creates our community. By creating a supportive community, our students may choose to participate in the student community on campus through the avenues of being a part of a club or organization. I believe all EWU students need to know that they have the right to be heard and have a voice regarding their education.

Was there any particular person or experience that motivated you to become more involved in the community?

While growing up, I remember each year my family would shop for Christmas gifts for one particular school, and we delivered the presents on Christmas Eve; I think that experience alone influenced me greatly.

What are some of the current projects, programs or events that you are working on and what should students know about them?

Currently, I serve on the EWU 2010 homecoming committee and chair of the president's advisory committee on diversity and just recently I became a member of the downtown historical Cheney Partnership to help with strengthening the partnership with Cheney and EWU. This last Sunday, I volunteered for the Special Olympics and signed up to volunteer at their track and field event in April here at EWU — they still need a lot more volunteers. The last project I am very committed to is to help re-establish the summer free lunch program for the Cheney school district and garner more donations for the kids backpack program.

Anything else you would like to add?

Remember to vote "Yes for kids" if you received your ballot.

Commission improves women's issues

Forum addresses women's issues on campus

BY NICOLE ERICKSON
news editor

The Women's Commission will be holding an open forum Thursday, Jan. 28 to discuss issues that are currently facing women on campus.

"The forum gives women across campus the ability to speak out on the well-being of women at EWU," said Jennifer Stucker, professor of social work and chair of the Women's Commission.

The commission has been at Eastern since the early '90s and holds forums once a quarter to give women a voice.

"We hope to eventually incorporate men into the forums and have them speak out on issues concerning women on campus," Stucker said.

Issues raised range from sexual harassment to equal pay for equal work.

"Any additional infor-

mation we hear that the president has not been made aware of, we express to him in hopes of fixing it," Stucker said.

The commission, as stated by the procedures manual, consists of 12 voting members who have been appointed by the president and are women of the campus community.

"I have always been interested in women's issues," Stucker said. "So when Dr. Arévalo appointed me for the position, I accepted."

In addition to the open forum held once a quarter, the commission meets in a closed environment where Arévalo advises the voting members on actions to be taken regarding issues that have been brought up.

"The more voices we have, the more of an impact we have when speaking to the president and around campus. We encourage all student participation," Stucker said.

Vice president of student affairs race coming to a close

With each candidate delivering speeches and answering questions from students, the decision of who will hold the position is in sight

BY MIKE BRAMBLEY
staff writer

The candidates for the vice president of Student Affairs position were announced by President Rodolfo Arévalo Jan. 19 in an invitation for all faculty, students and staff to attend the open forums planned to introduce each candidate last week.

"Where are the opportunities for us in an economic downturn? Where are the administrative leaders looking to plan, to develop, to move forward within this context of economic downturn?" asked Courtney Stryker, visiting candidate for the vice president of Student Affairs position.

Stryker spoke to a packed room about economic conditions, trends in higher education, staying focused and leading through challenging times at her forum Jan. 19, in Kingston Hall 334. A live video conference was provided at the same time on the Riverpoint campus in Student Activities Center (SAC) 501.

Stryker left the country in 2006 to work as the assistant provost and dean of students at the United Arab Emirates University in Al Ain.

The rest of the world sees the U.S. as a leader in higher education, she said, adding that international students should be welcomed at EWU for bringing more diverse views and practices which enhance learning environments.

"Universities have two functions, only two functions: to educate and to discover new knowledge," she said.

In 1999, Stryker obtained a doctorate of education in higher education administration at Montana State University at Bozeman.

She worked as the dean of students at MSU from 1999 to 2006. Her earlier work at MSU included the director of retention from 1996 to 2006 and the assistant dean from 1996 to 1999.

"Those people who look for creative opportunity at this point in time, or institutions that do this, are going to be the institutions that are much better off," Stryker said.

Paul Bryant, the second candidate to speak to the campus, notified the university that he was withdrawing his candidacy for the position Jan. 21 shortly before his visit was scheduled. No officials from the search committee for the vice president for Student Affairs could be reached for comment.

Stacey Morgan-Foster, the third and final candidate for the vice president position, was introduced to the university at her forum Jan. 25 in Kingston Hall 334 from 2:30 to 3:45 p.m. A live video conference was also held on the Riverpoint campus in SAC 515 at the same time.

"As the vice president of Student Affairs, being involved with student issues is really important, and the expectations are pretty high. We need to be plugged into what is on their minds and what is important to them," Morgan-Foster said.

Morgan-Foster's speech focused on her work supporting higher education students who come from foster homes. Statistically, foster youth have problems obtaining higher education at universities, she said. Many drop out of high school, and the small number who make it to college rarely graduate due to a lack of resources and support available at universities.

Through her personal experiences with students from foster homes, Morgan-Foster helped create the Promised Scholars program at CSU to support students who come from foster home backgrounds in their pursuit of higher education.

"You want to find ways to help bring them into the university community in a way that they can end up standing on their own," she said about students from foster youth.

Morgan-Foster worked as the vice president of Student Affairs at California State University, Stanislaus from 2001 to present and as the vice president for Student Affairs at San Jose State University from 1994 to 2001.

She received her juris doctorate from George Mason University School of Law.

Morgan-Foster started her work as a high school teacher in 1981, also working at the American University in Washington, D.C., from 1986 to 1994.

"In terms of managing people and working with the folks who work with me in Student Affairs, I really like to empower people to solve their own problems," she said.

To read more about the candidates for vice president of Student Affairs, visit <http://www.ewu.edu/x67275.xml>.

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Students read excerpts at Sunday's Green Dot seminar.

Melissa Carroll/Easterner

Green dot education wards sexual assault

Students receive run-down on what they can do to prevent power-based violence on Eastern's campus

BY MELISSA CARROLL
staff writer

EWU students will no longer be bystanders for power-based violence. On Jan. 24, EWU hosted a seminar for students regarding the Green Dot strategy.

The Green Dot strategy is a new way to teach students how to prevent and teach others about preventing power-based violence on campus. Power-based violence includes sexual, partner and stalking violence, and is referenced with a green dot.

A green dot represents a person who takes action against red dot violence. Green dot action can be as easy as taking care of a drunk friend to prevent unwanted sexual advances or as severe as calling 911 in a bad situation to stop violence from happening or escalating.

Fifty students from different organizations on campus were chosen at random to attend this seminar to learn how to be a "green dot." The students ranged from athletes to ASEWU members. The goal of the seminar was to give

each student enough information to take back to their organization or other EWU students and start a Green Dot movement.

"Studies have shown that people are more influenced by their peers than any other type of influence. That is why it is so important to have students here from different organizations so they can be the positive influence for others to take action against power based violence," said Laurel Kelly, health education coordinator for Health, Wellness and Prevention Services.

The students learned not just from lecture but from teaching each other and giving real life examples on what type of violence is present at EWU. By taking real situations that students have been involved with, they learned the "Three D's" (direct, distract, delegate) of preventing something similar from happening again.

Direct, such as directly saying or doing something to prevent power-based violence from occurring, is the first "D." Distract, as in distracting the person or the victim from letting a situation get out of hand at a party or function, is an

other preventative step. The final step can be to delegate a friend, sister or brother to prevent power-based violence from happening to give introverted people a chance to take action in prevention.

By learning these three options of being a green dot in prevention, those 50 students in attendance will be able to be a model for their peers in creating awareness.

"By spreading awareness among peers, these students can attempt to change our culture for the better with being proactive about this movement," Kelly said.

EWU made this commitment to educate its students about prevention in starting the Green Dot movement on campus. The hope is to create enough prevention to not need a violence prevention victim advocate for EWU students.

"This Green Dot strategy gave me empathy and knowledge on how to intervene that I can share with my brothers of the Delta Chi Fraternity. I can pass on my knowledge on how to have healthy relationships and prevent the power-based violence," Delta Chi member Koby Binks said.

Defense from the ground up

West Plains Karate provides free lessons to female students

BY MIKE BRAMBLEY
staff writer

West Plains Karate is offering the Self-Protection Connection program, a self-defense training course for women that is free to Eastern students. It is scheduled one Saturday every month during the winter quarter from noon to 5 p.m., at The West Plains dojo located at 422 First St.

"Hopefully, it is going to give them some confidence," said Mary Base, head karate instructor at West Plains Karate. "At least they have some tools in their kit now."

The Self-Protection Connection is a five-hour training session where women are taught basic self-defense moves that they can practice in lifelike drill sessions.

Women who participate in the program will be taught how to defend themselves by exercising, drilling and engaging in live bouts against "model muggers" in full bodysuits and big silver helmets.

The mock attacker's helmet and armor is intended for women to thrash, kick and beat on without fear of causing any physical damage.

Participants will learn some straightforward and simple moves that are very easy to learn. "We do a heel-palm strike to the nose, a

lot of the time, that is just going to make a guy mad. So, the next thing we do is plant the knee right up into the groin and just lift that groin right up to the roof of his mouth," Base said.

Students will also learn how to defend themselves from the ground because many women are knocked down when attacked, according to the program registration form.

During training, students will learn to be more aware of their surroundings, to be more careful and to use the option of running away when they can.

"We actually have a counselor who is one of our volunteers who is on board," Base said. "We have a lot of girls that will break down in tears, and she is there to help them through that."

The last Self-Protection Connection program was scheduled for Jan. 23 with 10 Eastern women attending. Future programs are scheduled for Feb. 13, March 6 and April 10.

Female Eastern students interested in learning self-defense can register to participate in the Self-Protection Connection with a free scholarship by contacting Carol Vines in Monroe Hall.

"There are way too many stories out there," said Shannon Hooper, freshman biotechnology major

who attended the self-protection program. "If more women knew how to defend themselves, then perhaps it won't be so rampant."

Five students must sign up for the program to be scheduled as planned. The maximum number of participants is 10 per session.

"This will help me in the future because in the profession I am going into in the future, I will be working with sexual assault victims, so I will be able to give them advice and point them in a direction for opportunities to take classes like this one," said Lameshia Reese-Taylor, senior developmental psychology and children's studies major.

At West Plains Karate, Base, who has been studying martial arts for about 33 years, instructs all age groups from 5-year-old little dragons to adults.

"I have been in various cities over the years, sometimes alone, and just kind of felt that if I had some skills I wouldn't have needed to be afraid," said Anne-Marie Bergeleen, post-baccalaureate in nursing who returned to Eastern to learn German.

West Plains Karate has been in Cheney since 1998.

The karate dojo is open from 4 to 9 p.m., Monday through Thursday.

FINANCES

from front page

voting members of the committee.

Two staff members from the Office of Student Activities and Student Life Accounting are also present without voting privileges. A member of the Superior Court sits in on meetings to ensure that the proper procedures are being met.

"The Superior Court is always in the hearings. They make corrections as to how things are being handled. They speak up if they feel that things aren't being handled in a professional manner," said Cheryl Grimm, fiscal analyst for Student Life Accounting and one of the more experienced members of the finance committee. "The finance committee takes their job very seriously. It is my job to make sure that we aren't wasteful. It is my job to make sure that we are doing what is right for the majority of the students."

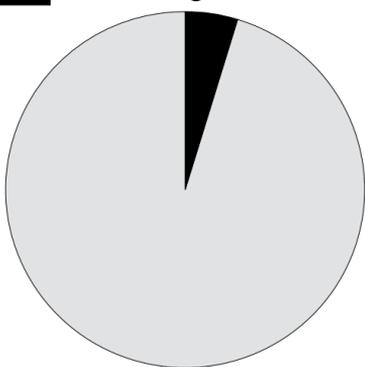
BREAKDOWN

from front page

center fee, Transportation fee, Comprehensive Health fee and the Technology fee. Established in 2008, the rec center fee of \$65 covers the bonds on the building's construction. The STA shuttles available to Eastern students end up costing \$6.50 each quarter for their usage. Cheney's Rockwood Clinic also gives Eastern students free visits with the \$70.88 fee paid each quarter. Finally, the Technology fee is \$35 each quarter, and any student can reap its benefits. The computer lab in the PUB, the Mars lab, printing credits and library checkouts are funded through the Tech fee.

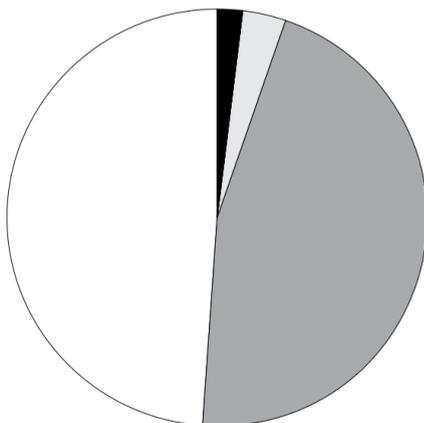
ASEWU spending diagram

- Programs 95%
- Clubs & Organizations 5%



SA Fee percentage diagram

- ASEWU 47.45%
 - Athletics 47%
 - The Easterner 3.3%
 - CARE .25% (DNS)*
 - Child Care 2%
- * Does not show



The SA Fee is a main source of funding for the following groups: Athletics, Child Care, CARE, *The Easterner* and the ASEWU. Each quarter, a resident undergraduate student will pay \$179 toward the SA Fee. The percentage allocation to each group is redistributed every four years.

Of the groups receiving SA funds, the ASEWU has the largest percentage allocation with 47.45 percent. This year, this percentage equates to \$1,874,972 in funds. Before the money can be used, however, an Administration Cost Recovery "tax" is applied to the amount. The final result is \$1,771,849 to spend.

Going deeper into the budget, 95 percent of funding goes toward programs and the remainder toward clubs and organizations. Some of the 12 programs funded by the ASEWU include: EPIC Adventures, Eagle Outfitters, Fine Arts and Student Life. Clubs and organizations received \$80,841 of the approved 2009-2010 ASEWU budget.

ASEWU chair position open

Due to the recent departure of chairperson number two ASEWU will interview to fill the position

BY NICOLE ERICKSON
news editor

After the unexpected leave of University Advancements and Athletic Affairs (UAAA) chair member Ray Greene, the ASEWU is looking to fill the position before the end of February.

"We found out really early winter quarter. It was really sudden for us," said Ryan Eucker, ASEWU president.

Initially, this position is one that students are elected into; however, when something unexpected happens, the ASEWU is forced to act quickly to find another student to fill the position.

"There will be three people on the hiring committee, including me," Eucker said.

The committee will be looking for a student who is organized and interested in athletics. The position requires diversity in speaking with various groups around campus and a heavy time commitment.

"We want to find someone who has an interest and a knowledge base in athletics," said Eucker.

Each elected position requires a membership in other committees. This specific one must serve on the athletic council as well as the Alumni Association.

Ray Greene, the former chair member, was passionate about increasing the relationship between

students and athletics.

"It is going to be tricky for whoever we pick at first because of the timing," Eucker said. "It's going to take about a month to fill the positions and that's already at the end of February with ASEWU elections in the spring."

There is no required major for the position, but the student filling it must be an attendee of Eastern for at least one year.

"They are really going to have to be open to communication because they talk to a wide variety of people," Eucker said.

The UAAA position is said to be the most expanded of the positions on the ASEWU council, possibly even able to be split into two different positions.

"The next person is really going to have to be a hard worker and have a pretty open schedule," Eucker said.

Because Greene was so passionate about the work he was doing in tightening the relationship between the student body and athletics, the next position-holder is expected to maintain that relationship.

"Ray worked closely with students on campus just as we are going to have to do to find someone to fill the position," Eucker said.

To get more information or to apply for the position, contact the ASEWU office at (509) 359-2514.

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Workforce program secures futures

Internships offered to students with disabilities help establish careers

BY NICOLE ERICKSON
news editor

The Workforce Recruitment Program makes government internships available to those students with certified disabilities.

"Each student who receives an internship makes near \$17 an hour as well as most getting free room and board," said Brad Branson, employment program specialist.

The program sends about 30 percent of its students to Washington, D.C., and about 70 percent to other federal programs throughout the United States.

"About 90 percent of the students that receive internships end up with full-time federal employment," Branson said.

The program has been going for years, but this is the first year Eastern has been the home of the interviewing process.

"Sara Mahoni, a representative from Washington, D.C., will be coming to interview the students and develop a profile for each one," Branson said.

The profiles will then be matched and sent out to various employers throughout the country, and hopefully students will get hired by one of them.

"The internship is best geared for someone who is graduating this spring because then they have a better chance of their internship turning into a career," Branson said.

Each student must be registered with Disability and Support Services and have a transcript uploaded as part of the

application process.

"There is currently a federal law that says disabled persons do not have to go through the same hiring process as those non-disabled," Branson said. "It's not that they need this extra help, but it is available for them to use."

The internship is offered to any student with a disability; it just depends on their level of mobility.

"We don't leave anyone out of the process. They just need to be able to physically do the work their employer has set out for them," Branson said.

Branson is the coordinator of the interviewing event, and applications have been accepted from WSU, Whitworth, EWU and Gonzaga.

"This is the first year there has been real availability at Eastern, and I think it helps that the person coordinating the event is on campus," Branson said.

The prospective interns have already been selected. The interview process is solely to develop their profile.

"Just because a student has an interview on campus does not mean that they automatically get the internship. It all depends on what the employers who receive their profiles think of them," Branson said.

"We have had a lot of positive feedback," Branson said. "We will definitely keep the program going."

For more information on the program or how to get involved, call Brad Branson (509)359-6385. Interviews will take place Feb. 3.

Standpoint with John Cogley

The *Easterner* talks with John Cogley to discuss his passion and commitment to students

BY JASON KEEDY
staff writer

John Cogley tells *The Easterner* of the driving forces behind him getting into his field of specialization.

What initially influenced your decision to get into the field of physical education, health and recreation?

I had thought I wanted to teach and coach but after completing my student teaching, I realized teaching high school was not for me. That is when I returned to graduate school. During my last summer at Iowa State I had a job providing recreation activities for emotionally disturbed adolescents. I really enjoyed the experience and this led me to a master's in outdoor recreation.

What are some of your highlights, some of the bright points in teaching?

I have enjoyed my time at EWU and have had the pleasure of working with many wonderful students. In a small major with only one faculty member teaching in the area you have the students in many classes and therefore get to know them well. I enjoyed this aspect of teaching because I felt I could share my passion for the field and help students have a better understanding of individuals with disabilities.

Could you elaborate a little about what therapeutic recreation and recreational therapy means? What would a student expect to learn from taking courses in this field?

Basically therapeutic recreation and recreation therapy refer to the same profession. A recreation therapist would work in a variety of settings and with a variety of clients. The main goal would be to help the client develop an independent leisure lifestyle, whatever their level of disability. For some this could be teaching or adapting motor skills, for others learning to use appropriate social interaction skills, and for

some how to access recreational opportunities in their community.

Do you have any hobbies? What do you do in your off time?

Through the years I have had a number of hobbies and activities that kept me busy. I love to fish and play golf. I have given up riding my dirt bike and have switched to a ATV. I enjoy reading and traveling with my wife.

EDITOR'S NOTE

Last week *The Easterner* ran a Standpoint with the incorrect name attached due to reporter error. We've reprinted a portion of the article here, you can find the rest online

Financial aid will be negatively impacted

The 80 percent of students receiving financial aid may be affected in coming year

BY DUSTIN TOMS
senior reporter

Students receiving federal aid may soon have their education funding cut off.

"What started it all was the governor's first budget proposal in December. She has to take the revenue forecasts and balance the budget to that for a starting point," said Director of Financial Aid and Scholarships Bruce DeFrates.

According to DeFrates, approximately 75 to 80 percent of students are on financial aid. With such a high percentage receiving help, it could leave those students high-and-dry once those necessities are taken from them, leaving them with few options.

"There would be four options: Students would either have to work more, borrow more, the institution would try to make up some of it or they would have to withdraw or step out for a while until things got better," DeFrates said.

If students are forced to find money other ways, the university is hoping to provide opportunities to make things easier.

"I think EWU being the best value in the state will probably be OK in this economy."

-Bruce DeFrates, director of financial aid and scholarships

"One possible positive that I saw last week was the U.S. House of Representatives proposing to increase the federal work study program by \$300 million nationally," said DeFrates. "Depending on what [EWU's] share is on that could make up some difference."

According to the DeFrates, work study will not be cut back, but set aside and suspended.

DeFrates also noted that the university could cut office budgets or utilize institutional reserves to help fund financial aid. There may also be an option to use ledger two money.

"Ledger two money is self-supporting money — revenue that the institution gener-

ates apart from the state," DeFrates said.

Eastern's tuition rates will be going up 14 percent for the 2010-2011 school year. Other schools will also raise tuition, but EWU will see a lesser raise than the University of Washington and Washington State University. Since EWU tuition is already cheaper than other state colleges, enrollment should not take much of a decrease; it may instead increase.

"If UW and WSU crank their tuition up, there could be a quite a few students from those schools that can no longer afford to go there and come [to Eastern]," said DeFrates. "I think EWU being the best value in the state will probably be OK in this economy."

Funds may also offset slightly. The state is proposing to reduce funds while the federal government is proposing to increase them.

When dealing with both state and federal funds, it can get quite aggravating for the institution, but they are prepared for whatever may hit them, and have already started looking at other sources for their revenue and for their students' opportunities.

Gov. Gregoire's budget cuts further affect higher education funding

The newly proposed budget means less funds and more cuts to higher education institutions state-wide

BY TOM LINNANE
staff writer

Gov. Chris Gregoire has been required by state law to submit a balanced budget for 2010 with about \$2.6 billion in cuts, many of which are aimed at colleges and universities.

Around \$400 million of the state general fund will be cut specifically in higher education, with around 68,000 students at state-funded colleges being affected.

"It will be an \$8.1 million hit for Eastern," EWU President Dr. Rodolfo Arévalo said. "If we don't get the revenue, it means the university would have to cut services."

"These reductions will result

in larger classes, fewer courses and programs, fewer students graduating in four years and fewer student support activities," Gregoire said in her budget proposal. "The cuts also mean that students will pay for a larger share of the cost of their instruction."

Eastern relies heavily on the revenue gained from students paying tuition. With many students not receiving financial aid, revenue rates would inevitably drop.

"If financial aid isn't put back, then that means we won't have the revenue the university collects," Arévalo said. "If we don't have that, I can't pay staff for teaching, and we start to look at laying more people off."

The governor's budget had originally intended to remove the

State Need Grant program, in effect saving the state \$164.4 million and 12,300 students state wide would no longer be eligible to receive financial aid.

On Jan. 13, Gregoire submitted a new budget plan with hopes of finding funds from other sources in order to restore the State Need Grant program.

"[Gregoire is] looking at a variety of laws that assess how they collect on things like fees and taxes they are seeing how much revenue they can offset by how much she has to cut," Arévalo said.

Two and four-year colleges in Washington state will still experience a cut of nearly \$90 million as the governor attempts to trim the state budget even further.

According to the governor's

budget, these cuts could "result in deeper administrative cuts as well as fewer course offerings, larger class sizes and fewer services such as student advising. It could result in the elimination of majors and academic programs."

Other programs, such as the work study program, have been cut as well with smaller financial aid programs like the Washington Scholars, Washington Award for Vocational excellence and the Future Teacher Scholarship all being affected.

Gregoire also plans to shift capital funds for preventive maintenance costs. In order to save state operating funds, "the bulk of the operations and maintenance program is shifted to the capital budget. Projects that were to be paid

for with local building funds will instead be paid for through general obligation bonds," Gregoire said.

Increases in tuition coupled with decreases in state funding could have devastating effects to the future of EWU, especially enrollment.

"We don't know how many students wouldn't come because financial aid wouldn't be available," Arévalo said. "This is not good in a period when you see more students wanting to come to school."

Aside from cuts to education, the governor's budget also outlines plans for trimming public safety, health care, human services, natural resources, government efficiency, transportation and the capital budget.

Even with the amount of cuts

being made, students are still encouraged to become actively involved in the situation and have their voices heard by legislators.

"I think students need to keep up with the changes in legislature and look at the governors Web site to see what she's attempting to do in terms of the budget," Arévalo said. "The ASEWU students are doing a good job trying to inform the legislators in Olympia about the results of continuing to cut education; the more students they can get to participate, the better chance they have to get the message across."

More information can be found on Gregoire's Web site at www.governor.wa.gov

Work study may be postponed with new budget

The workforce at Eastern may suffer major losses due to recent budget cuts

BY ELLEN MILLER
staff writer

Gov. Christine Gregoire has proposed a budget that will postpone work study jobs for the next two years. If it passes, then students won't have the option to work any state-funded work study jobs.

Currently, EWU employs about 325 students through work study opportunities. If the bill is passed July 1, then none of these jobs will be available to any of these students.

"This proposal surprises me," said Bruce DeFrates, the director of the financial aid and the scholarship office. "The governor talked about creating 40,000 more jobs, but this is going against it."

The students who will be unemployed as a result of the bill will also have few options. They will be forced to compete with more students for jobs in Cheney and Spokane, apply for more loans or tap into family resources.

Eastern will, however, still be able to support 250 student employees through the federally funded work study programs. The House is currently discussing the possibility of contributing \$300 million to the states that could be used for work study programs at the university level. If Gregoire's budget proposal to temporarily cut work study jobs is passed, this federal contribution would help to lessen the number of students affected, but it wouldn't be enough.

"It's not a good thing any way you look at it," said Colleen King, the associate director of student employment, financial aid and scholarships. The crucial areas are now being overlooked.

Students are a substantial part of the EWU workforce.

"It will have a significant impact," said King. "High demand areas are being cut."

The federal work study funds pay mostly for the employment opportunities through sports and library programs, and the state pays for all office jobs.

Summer work study jobs are also funded by the state. Last summer, 52 students remained in Cheney for work study jobs. If the current numbers maintain through this summer, then 42 students will not have a job.

EWU also has a "community service work study grant" funded by the state. This grant gives students the opportunity to go out into the workforce as employees and work in areas that they are majoring in while the state pays their salary. This will be taken out as well.

"It will affect the community at large," King said. Without state-funded salaries, communities will be left to finance any community service workstudy programs by reaching into their own limited budgets.

"Usually, things are a win-win-win, but not in this situation. This is a lose-lose-lose, no matter how you look at it," King said.

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Supreme Court ruling turns companies into people

BY JASON NEEDY
staff writer

While the tremors may not be as immediately felt as those in the disastrous earthquake in Haiti — the aftershocks of last week's Supreme Court ruling will be felt throughout this nation for decades.

With the 5-to-4 decision in the case of Citizens United v. Federal Election Commission, the conservative block of the highest court in the nation effectively handed the country over to the highest bidder. Corporations, from Haliburton to AIG to Monsanto, will now have free reign to spend as much money as they like toward the candidate of their choosing.

Overturning precedents that had earlier served to restrict corporate spending, Justice Kennedy and company deemed that in the case of campaign contributions, corporations should not be

prohibited from "simply engaging in free speech."

Beforehand, corporations could only run "issue" ads, which could neither be overtly for or against a specific candidate.

With the newly gained "free speech," corporations like Exxon can pour endless amounts of cash into the coffers of the most appealing candidates they can find.

The caveat deeming that corporations cannot directly fund candidates is still in place; although that basically means that the check has to have someone else's name on it.

Just to put this into perspective, we're talking about overturning regulations set up over 100 years ago. With the Tillman Act of 1907 corporations and banks were actively prohibited from making direct financial contributions to candidates.

Beginning with the 14th Amendment, which was intended to give citizenship to newly freed slaves, it took corporate lawyers

135 subsequent cases to carefully craft out a special sort of citizenship for corporations. Many citizens became uneasy with the amount of influence industrial magnates could be able to wield. Theodore Roosevelt, after pushing through the reform, even went so far as to proclaim that "all contributions by corporations to any political committee or for any political purpose should be forbidden by law."

Rep. Mitch McConnell, a Republican of an entirely different stripe, hailed the court for a "monumental decision [toward] restoring the First Amendment rights of [corporations and unions] by ruling that the Constitution protects their right to express themselves."

With oil and coal companies already slanting environmental policy and insurance firms putting up more than \$1 million a day in advertising against health care reform, who would have thought that corporations needed help to

express themselves?

While tirelessly shouting about the dangers of a big government, McConnell, along with the rest of the GOP and those rowdy Tea Party patriots, seems content to hand the country over to multinational conglomerates that have zero interest in the welfare of the American citizen.

The political right, which has served in the capacity of being the contrarian in regards to passing any sort of meaningful reform in Washington, is certainly making progress in aims to strip government of any of its remaining effectiveness. With this new ruling, corporations like Cigna, through their own appointed governmental officials, will be controlling the direction of the affairs of the state.

Some say that the ruling also gives the same power to unions or other citizen-led organizations. But tell me, who and what army could outspend the likes of Lockheed-Martin or Wal-Mart? Why wouldn't these com-

panies use every ounce of their reserves to attain and preserve a climate that was most beneficial to their bottom line?

Haliburton hurting? What can stop them from promoting pro-war candidates who won't hesitate to fire up the Military Industrial Complex in the name of freedom, security, or whatever emotional string they can pull?

Wal-Mart executives not pleased by a particular community's city council for their pro-local stance and rejection of invasive big box stores? You guessed it — along comes a slew of candidates who are all too willing to sell out their community for Wal-Mart dollars.

Think the Wall Street racketeers are tough to bring to justice? Wait 'till Citibank gets to pick and choose who serves on finance committees or who gets appointed Treasury Secretary.

The executives at Monsanto are lighting up their cigars with the promise of completely controlling the country's food supply.

Justice John Paul Stevens, the court's senior associate and a Republican, commented that the decision was a "rejection of the common sense of the American people" and that corporations "are not themselves members of 'We the People,' by whom and for whom our Constitution was established."

Stevens also said that with this decision, "multinational corporations controlled by foreign governments" would have the same rights as American citizens in the influencing of U.S. elections.

By actively serving up the U.S. populace to special interests, Kennedy, McConnell and Co., have placed the country's affairs in the hands of those who can neither be held accountable nor brought to justice. The right wing may be renegeing against one of their most cherished talking points: they could be jeopardizing our national security, thereby putting our precious freedom at risk.



Morons choose "Moron"

Michad,

Very superb and enlightening observation! IF Palin is so great why is she on Faux news in the first place? It's because the majority of people who gain their political insight from that particular station are the same hate-mongering, tea party MORONS who emulate the ideals of the most disturbing (far from "entertaining") aspects of the American society today. A group epitomized by people like Pat Robertson, Rush Limbaugh and yes... Sarah Palin! Hemp clothes! Really? I'll buy an entire house made out of hemp if it means I never lose my sense of true American patriotism. Go Olbermann, Matthews and Maddow!

Making a little money selling plasma

Do the phrases "word economy" or "staying on topic" mean anything to you? Are you trying to tell your readers about the experience/cash flow from selling plasma, or are you attempting to let them know via un-witty anecdotes and comments that you enjoy drinking lots and lots of beer; which as we all know, really distinguishes you from the millions of other college students who get loaded regularly. The fact that you're a college student who likes beer is implied once you registered for your first class — please, please stick to the topic at hand in your writing though, because once I sifted through your heinous attempts at humor regarding your drinking habits, I found an interesting/well written article about plasma and the sale thereof. By the way, I attend college too, and believe it or not, I too like to drink beer.



New Seahawks coach brings in a fresh perspective

BY JOE TYNAH
contributing writer

As a New England Patriots fan, I'm familiar with Pete Carroll's previous coaching stint in the NFL. It was lukewarm at best: Three playoff games, one playoff win and a 28-23 overall record. Carroll's time as head coach of the Patriots is best remembered as the years before the Belichick and Brady era.

Then Carroll went to college

ball. At USC, Carroll became the guy to root against. His teams won two National Championships (2003, 2004) and seven bowl wins. Carroll's run at USC can only be described as a huge success.

And God help me, I hated him.

But he turned me around at the end of the 2006 Rose Bowl. His team had just lost 41-38 to the Texas Longhorns. A sideline reporter caught up with Carroll

on his way back to the locker room after the game. The reporter's question was something like: "Gosh, what happened, Coach?" Carroll turned, face stoic, and gave the most genuine statement I've heard a coach give: "We didn't get it done." With that, he turned away and continued to the locker room.

I realized that nagging feeling I had in the back of my mind was a growing respect for Carroll.

Since then, I've read transcripts of speeches Carroll has given, read newspaper articles about him, watched his profiles on TV and can only think of one thing to say. The Seahawks made a great choice for their head coach. Carroll is in Seattle, to stay and his run will be much more successful than his short time with New England.

There are a couple of key reasons why I think Carroll is a good fit for the Seahawks.

First, he's not following in the footsteps of a legend like he did in New England.

When Pete Carroll began in

New England he was relatively inexperienced, only helming the New York Jets to a six-win season a few years before. In New England, Carroll followed legendary coach Bill Parcells. This isn't ideal for a coach in the best of circumstances, and at worst, it is like Carrot Top walking onstage after George Carlin.

But Parcells didn't bring a championship to New England, and that may have hurt Carroll even more. The fans and the front office were hungry for some kind of success. That brings a ton of pressure, which means a shorter time allowance to change a team's culture. Ask Jim Mora, Jr.

In Seattle, Carroll is walking into a completely different situation. With his experience in running the USC program so successfully for so long in the national spotlight, he's developed the ability to handle any pressure cooker. Carroll could follow Vince Lombardi in Seattle and do well. Luckily, Carroll is only following Mora's five-win season.

Secondly, the Cult of Pete Car-

roll will give the Seahawks an energetic identity, which will bring in similar people to the team.

There's definitely a lot of cool things to be found when we look at the history and country's perception of the Seattle Seahawks. The Twelfth Man, The Noise, The Wave, Steve Largent, Ground Chuck. Aw shucks, they're really a bunch of good guys too. Gee whiz, they're great enough fellas, aren't they?

Now let's be honest and check their pulse.

If you know anything about Pete Carroll's energy, along with his connections to his players and the local community, you know that he's going to be the hot mustard on the Seahawks bollogna sandwich. Carroll brings a more energetic personality to the Seahawks, one they haven't had in their history. The team will take on that personality.

He also attracts talent. Think USC alum and Seahawk linebacker Lofa Tatupu is psyched about his former head coach coming on board? I do. Tatupu transferred

from the University of Maine after a year to play at USC under Carroll. Look for the Hawks to pick up some former USC guys before the end of July.

Carroll is also active in the community and encourages his players to do the same. I'm sure that won't change when he returns to the NFL.

He'll go beyond commercials for the United Way though. Carroll has traveled into the toughest gang-infested neighborhoods in Los Angeles to speak with at-risk youths. This connection with players and community shows Carroll is more than just lip service, he's the real deal.

When you're a young kid from a tough neighborhood looking for a shot in camp or a free agent vet looking for one last run at a Super Bowl, that authentic connection with a coach would be a comforting thing to have. It's how teams are built.

The way the cards are being dealt, I just might go out and buy a Seahawks Twelfth Man jersey.

the EASTERNER

The Easterner strives to provide EWU students and staff with the opportunity to comment or express their opinions and/or views on any topic relevant to our readers. We encourage the campus community to submit letters and opinion pieces that conform to the requirements listed below. Opinion articles and letters to the editor do not necessarily reflect the views and opinions of The Easterner, its staff members or Eastern Washington University.

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REQUIREMENTS:

- Letters should be 300 words or less, and typed or hand-written legibly.
- Include your full name, signature, telephone number and e-mail address for verification.
- We reserve the right not to publish letters; furthermore, all letters are subject to editing.
- Letters must be received by no later than Monday at 3 p.m. in order to be considered for publication the following Wednesday.
- If your letter is in response to a specific article, please list the title and date of the article.



Added course fees are weighty, unnecessary

BY CASEY HARRIS
staff writer

In preparation for the coming tax season, I recently reviewed my student records. Scrolling through the charges to my account, I noticed a common theme: every quarter had multiple class fees. In fact, more than 65 percent of all classes I have taken at Eastern included an extra course fee.

Why is it that I pay tuition if each class has its own price anyway? Furthermore, how come my tuition doesn't even cover my basic classes?

Indeed, about a third of the extra-fund-munching courses I have taken were GEGRs. The most notable among the costs for classes, however, was the recurring math fee.

Admittedly, this is the cheapest fee, most fees being

between \$25 and \$35. But at \$11.37 per course within the math program, and with approximately two handouts per quarter in each of those classes, I feel like they're pulling Angora over my eyes.

It's devious, I know, but by charging a paltry \$12, using 35-year-old slides and making me take the same course a half-dozen times before I pass, the math department gets an extra \$72 per class, just from me.

It gets worse. I can't verify this claim myself, but it wouldn't surprise me to find that this is accurate. One of my friends is currently taking an online course which is, in addition to costing the full price of five credits, sucking in a whopping \$900 more as an additional technology fee. Excuse my ignorance in

the matter, but shouldn't it cost less to take an online course that provides no physical materials for the students? Not only can a single instructor take on a larger class, but the school needs not to appropriate a room for the class.

What's more, no one needs to schedule times, heat a room, pay for the water the students consume between classes, buy new computers so they can get online, or heck, even pay for the toilet paper that the students are otherwise going to be using at the school.

Now, I understand that the school has been running short on money with recent budget cuts; however, I really don't feel that charging me twice for my classes is the most acceptable solution to this problem.

Some courses actually need and use the gains from their course fees for appropriate purposes. Therefore, I have devised a method to raise our funds without charging unnecessary fees for classes we have already paid for. I must apologize for my lack of originality, but I think the simplest solution would be to reduce frivolous spending.

Allow me to provide an example of how we can do this. According to *The Easterner*, low funding has recently necessitated dismissal of the entire floor crew from the custodial staff.

They also reported that each custodian is equipped with a powerful \$1,000 walkie-talkie that can make contact with our Riverpoint campus.

Does anyone else think this is ludicrous? At \$150, I can purchase a walkie-talkie capable of making contact with any point on campus, and in fact, anywhere in Cheney proper.

Don't get me wrong, I'm not coming down on the custodial staff. They do a great job. But whoever decided their budget was better spent on SETI-grade, two-way radios instead of someone's livelihood should probably sit in a corner to think about what they've done.

Following the establishment of this corner, we can fill it with everyone else who blows our school's money as though it were limitless. With the development of their renewed frugality, we can eliminate insulting \$20 fees for every other class we take.

Extra fees for classes

ENVIRONMENTAL SCIENCE:	\$20.88
BIOLOGY 270:	\$36
BIOLOGY 171-3:	\$30
COMMUNICATION STUDIES:	\$8.51
FAST FITNESS:	\$30.11
GEOLOGY:	\$17.50
COMPUTER SCIENCE:	\$4.66
CHEMISTRY I:	\$32.84
CSCD COURSE:	\$26
MATH: \$11.32 PER COURSE	
MATH PLACEMENT TEST:	\$25
COMPUTER LITERACY TEST I:	\$10
COMPUTER LITERACY TEST II:	\$10
SCUBA:	\$190

*These are the fees paid by Casey Harris. Many other classes not listed here have similar charges.





Genius of the Week



For no longer censoring results on the Chinese version of the Web site.



Gov. Chris Gregoire

Moron of the Week

By reducing financial aid and cutting work study she is taking away a student's ability to go to college and become a functional and productive citizen.

[letters to the] editor

A new look at athletic scholarships

For most college students, attending athletic events is one of the highlights of their academic career. They are a great place to hang out with friends, show your school spirit, and cheer on your favorite athletes. Many, if not all, college athletes receive some sort of financial aid, usually in the form of an athletic scholarship. In regards to scholarships, academic or otherwise, the guidelines are pretty simple: If your grade point average (GPA) drops below a certain point, you lose your scholarship. While a certain GPA is required to keep both an academic and athletic scholarship, there are no further guidelines as far as keeping an athletic scholarship is concerned. But what if the athlete gets hurt? What happens to their scholarship?

While athletes cannot predict when they will get injured or how long it will take for them to get better, it is up to them to do everything they can to keep themselves safe. For every athlete that sits on the sideline due to an injury, there are several other athletes wanting to play. It is not to say that injured athletes are wasting their scholarship money, but perhaps a certain number of hours on the court/field/track/etc. should be required to receive an athletic scholarship. That way, more athletes will be able to receive scholarships and players will have a greater incentive to play their best. Of course, the more severe a player's injury, the longer it will take to heal, further preventing them from meeting the required number of hours for a scholarship. While it may be difficult to create a constant rule because of the difference in the severity of injuries, a few more guidelines would really clear up the issues regarding athletic scholarships.

Cara Axtell, Chenoa Coviare, Joel Gorman, Leslie R. Larson
Brittany K. Zuges, Azaria C. Podplesky

Cheney pet owners dodge responsibility

I take my dog for walks daily and when my dog does its God-given duty by expelling the film from its body out into the world, which is surely a great relief to the dog, I clean it up. It is my dog and, therefore, my responsibility. I have even been known to knock on a front door to beg an extra plastic bag when my dog decides it has got just one more in it that I didn't come prepared for. But you, you are never prepared for, or even willing to take responsibility for, your dog's leavings. You let your dog dump and run. I don't want to clean up after you. Should I make this easier on you by cleaning up your dog's leavings? Maybe I could deliver them at your front door so you can take care of them when you are ready to. Or should I leave them on your front walk so you can enjoy the experience of stepping in a dog turd in the a.m., when you go to retrieve your paper. You lazy dog owners have let your dogs poop in my yard and other abiding citizens' yards for the last time. There will be retribution for the carelessly left nuggets that you feel so averse to cleaning up. May your dog's poop come back to haunt you.

Sara Sheldon

Riverpoint campus needs improvement

For the past three years I have been attending Eastern Washington University. I have lived in Spokane. Of those three years, a few other classmates and I have talked about why there are limited classes offered at Riverpoint campus. More specifically that the classes offered there are full every quarter. The problem that arises from this is that students may have a specific work schedule for any number of reasons and may choose to attend class at Riverpoint because it allows them to still attend class and work. As a senior, I have had a hard enough time getting into classes at Riverpoint, so I can imagine how it is for underclassman. My classmates and I agree that there needs to be a change. Some solutions for this are [to] have duplicated classes there in the same quarter for the more popular classes, make classroom sizes bigger or have more class options available. I believe that if you were to offer twice as many classes at Riverpoint, it will help students who maybe couldn't get into one class find another class that they need or will need. This could even make class sizes smaller allowing more one-on-one time with professors. On the other hand, it may take money away from the Cheney campus. All in all, the students will be happier, and that is the mission of this school: "Students First."

Sean P. McGuffin
Anthony W. Sowder

Playing games with futures

Have you ever played Jenga? You pull piece after piece out of a tower until it collapses. Gov. Gregoire is playing Jenga with the town of Cheney. According to the proposed March 2010 budget, Gregoire plans to remove financial aid from state colleges. She then plans to mull a number of state colleges. EWU might be included. Both of these potential actions follow the almost-deadly blow EWU received when Gregoire took away a great deal of state funding. As a student and Cheney citizen, I would be quite vexed if the governor destroyed the town of Cheney and EWU.

Imagine EWU with no financial aid for the students. Imagine all students who survive on financial aid having to leave college. Imagine Cheney losing all the income gained from EWU. The result: The housing market will most likely collapse due to the loss of income from student renters. Grocery stores and restaurants will suffer. Tax dollars necessary for the function of police and fire departments will be guaranteed a loss. Cheney will become extinct.

If Gov. Gregoire were to visit Cheney, she would notice she no longer has any friends, she would also find out she no longer has any votes. Killing financial aid will destroy EWU. Killing EWU will destroy Cheney. Jenga!

Collette Chenault

Bad connection effects productivity

Dear Editor,

We are writing to you concerning the poor state of Internet access and availability at Eastern Washington University. There is a very apparent flaw in the current system. In the dorms, it is usual to not be able connect to the Internet. IP address error and lost connection warnings lurk in every corner of campus, whether the connection is wired or wireless, you cannot count on a reliable stream of information. The harm in all this is the lack of productivity in students and faculty alike. When students need to get on Blackboard or do online research and no Internet is available on campus due to "errors," it can affect grades and especially stress levels on students. This is a problem felt by anyone trying to connect through Eastern Internet.

The poor Internet connection is caused by the current Internet setup at EWU. This current system is at fault for all the failures of Internet connectivity. If any progress on this problem is wanted, an immediate change is required. There are many possible solutions for this current lacking system. First, you could switch the Internet provider to a more reliable, quicker carrier. You could also improve all the servers and modem around campus to handle a greater work load in times of busy Internet activity. More over you could make wireless Internet available in the dorms, so one line is not jammed with two Internet users.

The best solution in our opinion is to upgrade the current Internet provider and to upgrade the EWU servers. The benefits of doing this will be ease of Internet access for students and faculty alike, less late Internet submitted assignments, and less stress on students. When students have to submit assignments but have no connection available it causes them to lose credit and to stress about grades, which makes all their work suffer. The negatives of updating the aging Internet system would be of course cost. In the long run, what is money but a number in comparison to the successfulness of students at Eastern Washington University?

Michael J. Broussard, Will Post, Renard Williams

Cigarette littering - a problem on campus

Dear Editor,

As Eastern Washington University students, we are proud to be able to attend school at a clean and safe campus. However, it has come to our attention that cigarette butts are polluting our campus grounds. While we feel people have the right to smoke if they wish, "cigarette littering" affects students, faculty and any visitors who come on EWU's campus. This problem could be reduced, if not completely eliminated, if more cigarette disposal receptacles were placed around the university grounds. If this were to happen, our university would be represented in a much more respectable manner. We believe by increasing the amount of cigarette disposal areas, EWU will be moving toward becoming a cleaner and more environmentally friendly campus.

Thank you,

John T. Rimmelspacher, Lauren J. Ferrante, Kelsey S. Kinsella, Sarah G. Keltonic, Stephen S. Spanjer, Sharde L. Werth



Clancy Bundy

Ambassadors of peace during times of war

In honor of Martin Luther King Jr. Day, three professors compare King's beliefs with those of President Obama

BY ELISE AXEL
managing editor

Since Barack Obama was sworn in as president of the U.S., it is not uncommon to hear people compare him to another influential leader: civil rights leader Martin Luther King Jr.

It was for this reason that lecturer of Africana Studies Angela Schwendiman chose to undergo the task of comparing these two leaders during her lecture that was titled "Ambassadors of Peace During Times of War." Schwendiman was inspired to do this by Obama's Nobel Peace Prize acceptance speech, which pays tribute to another Nobel Peace Prize winner, Dr. King.

Swendiman compared strategies and analogies of Obama and King, both of whom she considers to be men of peace.

"I think that any time you try to compare people over time — a person of 2010 to a person of the '50s — you run into some difficulties," Africana Education Program Interim Director Robert Bartlett said. "Even though with King and Obama there are some striking similarities, there's also a lot of disconnect."

One such disconnect that Schwendiman saw is in the way the two men dealt with issues of war.

Although both men have lived in times of war, they each approached it differently. In Schwendiman's eyes, King worked on changing the hearts of those involved in the conflict, whereas

Obama is working on changing the institution.

She explained that while the Civil Rights Movement wasn't entirely a war in the form of guns and other weapons, it was a war against the consciousness of those who sought to prevent true equality. In this way, King fought to change the hearts of Americans.

Obama, on the other hand, has a different type of war to deal with: a war on foreign soil.

After Obama became president, Schwendiman said that he was forced to deal with two irreconcilable truths: "War is sometimes necessary, and while war itself is never glorious, the instruments of war do have a role in preserving peace."

Swendiman believes that Obama has tried changing the face of the war by redefining the way people view it.

"I think that with changing the language, you can change institutes," said Bartlett, adding that Obama has stated that this is not a war against Islam.

Africana Studies assistant professor Scott Finnie said that Obama has not only redefined the War on Terror, but has also bettered U.S. relations with Russia and readdressed relations with Muslim nations.

"Both of them [King and Obama] believe in non-violence, and yet not a passive non-violence," said Finnie. "Both of them believe you can take anything that's destructive and turn it into something constructive."



photo courtesy of Eastern Washington University 2010
Africana Studies lecturer Angela Schwendiman gives a speech during EWU MLK Day celebration Jan. 19.

Despite the fact that both men believed in non-violence, Schwendiman noted that they were both from very different lives. King lived in a time where black people were no longer slaves, but they weren't

free. They were segregated even though they had fought in the wars alongside other Americans. World War II was a turning point.

King noted the change when he said, "Once he thought of himself as an inferior and patiently accepted injustice and exploitation. Those days are gone."

Once people decided to strive for equality, it was met with resistance. For example, black students from Little Rock, Ark., were prevented from entering a racially segregated school until President Eisenhower intervened.

This type of inequality, however, leads to what Schwendiman called a movement model, which consists of four stages. Stage one involves individuals determining to be separate no longer. Stage two is when communities develop under the same beliefs and support one another.

During stage three, the communities "go public." In the case of the Civil Rights Movement, the community elected King at age 26 to become a president of the Montgomery Improvement Association.

This was a position that King had not asked for.

"Unlike Obama, King was a reluctant leader initially," said Bartlett, adding that King had originally wanted to follow in his father's footsteps as a preacher. "King did not begin with political ambition... He was thrust into the role."

Despite this fact, King continued to lead the community into stage four, which was to show the

people the rewards that might come if they stood firm.

In this way, King attempted to lead the people toward these goals in a peaceful manner that appealed to the laws and ideologies of America. One primary ideology was the "belief that all men are created equal in the eyes of God and thereby possess inalienable rights, which include life, liberty and the pursuit of happiness."

While Schwendiman sees Obama as a peaceful man as well, she noted that the time and position that Obama is in are different than that of King's. King had one goal, whereas Obama deals with multiple situations such as the war in Iraq and financial, educational and political crises.

"Dr. King didn't have the restrictions of presidency or the inheritance of the previous administration," said Finnie. "Dr. King was fighting a monolithic enemy in Jim Crow and segregation and it was just that one target."

Since Obama has multiple factors to deal with, Schwendiman believes that this makes it more difficult for Obama to reach his goal of peace.

"This is probably his biggest struggle; being a man of peace, but at the same time trying to protect a nation," said Schwendiman. She thinks that Obama believes in King's principle of peace.

"Violence never brings permanent peace," said King. "It solves no social problem; it merely creates new and more complicated ones."

"Book of Eli" presents post-apocalyptic action



Denzel Washington plays the protector of the last Bible on Earth

BY TOM LINNAHE
staff writer

Pack extra underwear, the end of the world is coming soon in "The Book of Eli."

The latest release from director duo The Hughes Brothers, "The Book of Eli," portrays Denzel Washington as Eli, a lone wolf traveling the American wasteland on a mission of faith.

Encountering a myriad of characters, from cannibals to mercenaries, Eli is a machete warrior with a heart of gold. Offset by the sleazy Carnegie (Gary Oldman) and his band of ruthless mercenaries, Eli must fight to keep the last remaining version of the Bible from harm.

Washington is no stranger to lead roles. He does play one of the most overdone roles in the genre. Most post-apocalyptic films follow one solitary character who doesn't want help from anyone. In spite of this, he delivers a mesmerizing performance as the shining beacon of hope in a desolate wasteland.

For every cheer that Denzel may receive, Oldman deserves two. As the insidious Carnegie, Oldman proved that even in post-civilized society, there will always be room for the intellectual criminal.

The film was dirty, gory, un-



photo courtesy of David Lee
Denzel Washington battles against anyone trying to use the Bible for corrupt purposes.

comfortable and bare, probably much like the world after the apocalypse would be. The scenery looked as though the set director's only tool was a blow torch; everything was either burned to the ground or on its way.

Groups of cannibalistic highwaymen and even cute, little old people ran rampant in the desolate wasteland. Surprisingly, Michael Gambon, who played Dumbledore in the Harry Potter series, was the cannibal George, who was promptly cut down by Gatling gun fire.

Just when things began to reek of "Road Warrior," only without the green mohawks and leather chaps, "The Book of Eli" turned out to have some real substance.

Despite the Bible toting antagonist attempting to spread morality throughout the entire length of the flick, the message never came off as Christian or even biblical. Carnegie only wanted the book for its power of words over the desperate masses. Eli fought for it only for the chance to spread the message of its deeper meaning.

There were a few things that the film did to keep from being the king of man-against-the-decimated-world type films. First of all, the scenery did not match the costumes. If buildings didn't survive the war, I doubt Mila Kunis's skinny jeans or Oldman's designer suits would have fared much better.

Aside from that, there was hardly any background in the film whatsoever. The world was decimated in what characters called, "the flash," and Eli like a samurai, with a curve bolo blade and guns. However, none of these things were explained. This may have added to the mystique of the protagonist, yet it detracted from the development of his character.

Criticisms aside, this film was a brave new take on the apocalypse genre. Some of the risks it took really paid off, especially using a story element as controversial as the Bible (Dan Brown fans know this well). Not for the faint of heart and rated R for good reason, "The Book of Eli" would entertain fans of the "Fallout" games or someone who has seen "I Am Legend" way too many times and would like something new.



Lyz Pynsky/Easterner

The university rec center staff waits to answer questions about fitness to make life a little easier for college students.

Ask a personal trainer

URC gives students a chance to ask fitness-related questions. Want to ask a personal trainer a question?

E-mail easterner.eaglelife@gmail.com

BY MELISSA CARROLL
staff writer

Q: How many calories should be consumed per day?

A: The average amount of calories burned per day is really based on height, weight and activity level. For the average 18 to 26-year-old living an active lifestyle, which means being on your feet more than half the day with a 30-40 minute workout four to five days a week, the average amount to burn is about 1,200 calories. You need to intake enough calories to burn and to give you enough energy.

Q: What's the best way to get six-pack abs?

A: A combination of abdominal strength training plus cardio can help you build that nice, firm six-pack. Abdominal strength training should incorporate all four abdominal muscles which include lower abdominals, internal/external obliques, transverse abdominals and rectus abdominals. The rectus abdominals is the muscle group being worked in a basic crunch. Abs are like every other muscle and need time to rest and recover to form muscle tissues, so continuous work on abs will not help build a six-pack any faster. The ab-core machine at the URC is good machine that will work every one of the abdominal muscles, which is a good place to start for building a six-pack.

Q: What's a good way to increase metabolism?

A: Don't let yourself nutritionally crash! The best way to increase the metabolism is to keep it working by eating five to six small meals a day with 200 to 300 calories per meal. Each meal should be a good, healthy, balanced meal with food ranging from each food group. Weight training three to four times per week is important, which would increase muscle mass and calories burned per minute. This would also increase calories burned at rest. Regular exercise is key for increasing your metabolism.

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Spokane International Film Festival comes returns for its 12th year

International filmmakers come to Spokane to answer questions about their movies

BY TOM LINNAME
staff writer

Many have heard of the Sundance or the Cannes film festivals. For the Inland Northwest, Spokane International Film Festival (SpIFF) will be coming soon to a theater near you.

The 12th annual SpIFF opens Jan. 28 and features some award winning films from directors around the world. During the 10-day festival, 28 films will be showing at the AMC theater in River Park Square, as well as the Garland and the Magic Lantern theaters in Spokane.

Many award-winning films from around the world will be showcased at the event, including the highly anticipated "Soundtrack for a Revolution," which is set to be the opening film to premiere right after the animated short, "The Mouse that Soared."

"Soundtrack" has already won a multitude of awards like the Gold Plaque Winner at the Chicago International Film Festival, and it is one of 15 competitors for the Best Documentary Award. The film showcases the struggle of the Civil Rights Movement of the 1960s through music and was made by Bill Gutentag and Dan Sturman.

A unique aspect of SpIFF is the chance for audiences to interact with the filmmakers at open forum sessions. Though not all of the filmmakers with work in the SpIFF will be present, many have jumped at the chance to attend the event.

"One of the things I gravitate toward is, 'Are the film makers going to be there?'" Director of SpIFF and EWU film professor Dr. Pete Porter said. "I really like to meet the filmmakers."

Some filmmakers who will be present include Ben Chao, Sam Fleischner and Sean Bones with their Rastafarian comedy "Wah Do Dem" (What They Do). The

film chronicles the journey of the hapless "Max" as he makes his way across Jamaica while discovering himself in the process.

The film also won the Best Dramatic Feature award at the Los Angeles Film Festival, and Porter believes it will be a great film for EWU students.

"If you're an aspiring filmmaker, this is one film you have to see," said Porter. "They made it for very little money, but it looks phenomenal, and it's a really interesting story. I think it's a really special film."

The festival will also be showcasing around 12 documentaries, including "Pups," which narrates the lives of four Gonzaga Prep student football players as they go through high school.

"Pups," written and directed by EWU graduate and University of Idaho professor Denise Bennett, is one of the many local contributions from Spokane. This is the world premier of the film, and its creators are scheduled to attend the open forum.

SpIFF will also be showing a variety of horror films in the form of "Horror Fest 4" or "8 Films to Die For" with films like "Hidden," "The Reeds" and "Lake Mungo."

Headlining the horror block will be the Washington made "Zombies of Mass Destruction" (ZMD) playing at the Garland Theatre. ZMD was written and directed by Western Washingtonian Kevin Hamedani, who will also be in attendance to discuss his film.

Also, the 48-Hour Film Festival's winning films will be shown. Tickets are only \$5 per show for EWU students.

"Meet the filmmakers, see films from around the world and do it all at a discount," Porter said. "You can go to the movies pretty much anytime, anywhere, but you aren't going to get a chance to talk to the filmmakers to talk about what you saw and what they mean."



photos courtesy of Spokane International Film Festival

Top photo: The film "Exposure" is people's choice award winner as well as runner-up for the Jury Award at the 48-Hour Film Festival.
Bottom photo: "Operation: Greenmen" is the winner of the Jury Award. Both films will be featured at SpIFF.

48-Hour Film Festival winners move on to SpIFF

BY MELISSA CARROLL
staff writer

Lights, camera and action were not the only components needed for the short films of the 48-Hour Film Festival. The festival, which was part of Spokane's First Night activities, pushed independent filmmakers to new levels of creativity.

The 48-hour time period went from 7 p.m., Friday, Dec. 4, until 7 p.m., Sunday, Dec. 6. All participating groups or production teams created films according to the rules. Each part of the filming process, which includes writing the script, rehearsing, costume and set design, shooting, editing, sound design, rendering, and outputting to tape and DVD had to start at the beginning of the 48 hours. No part of the film-

ing process other than getting a cast and crew together with equipment could be done outside the approved time period.

Along with the crunched time limit, each team was given certain criteria for the creation of a short movie. Every group was given a prop, a line of dialogue, a setting, and a genre. The theme was "In the Land of Make-believe."

The winners were announced during the First Night festivities Dec. 31. The people's choice winner was "Exposure" from Breakfast Productions. The runner-up was "Prove It" from Blackbox Pictures. For the Judge's Choice award, the winner was "Operation: Greenmen" from Shorty Heaven, and the runner-up was again "Exposure."

"We could not stop working and maybe got just a few hours of sleep. But it was a lot of fun

and worth it when it was over," said Nathan Coltrane, the writer and director for the film "Operation: Greenmen."

With more than 21 entries, these three films were picked because of their creativity, ability to follow the guidelines and originality within the contest guidelines. The three winners of the 48-Hour Film Festival will get to show their winning short films along with many other independent film showings at the Spokane International Film Festival (SpIFF), Jan. 28-Feb. 7, at River Park Square in Spokane.

"Showing our films will definitely be worth all the hard work because of the chance for other independent film makers to see our film," Coltrane said. Tickets are on sale now for SpIFF and are \$5 for EWU students.

Weak snowfall delays cross-country ski plans

Cross-country ski tours provide a chance to see things at a different angle

BY DYLAN COIL
contributing writer

The opportunity for EPIC Adventures to take its first cross-country ski trip has not occurred yet due to the lack of snow in Cheney.

EPIC wants to "use the campus to introduce the sport to students," according to Bill Milliken, program coordinator for EPIC. "Once we get snow, students can just show up at EPIC," he said.

Once Cheney gets enough snow, EPIC plans to take a group cross-country skiing every week.

"Every Thursday, we'll just give them skis and all go skiing," Milliken said.

Currently, EPIC has been taking students up to Mt. Spokane on Saturdays to cross-country ski at the Nordic Center.

According to Milliken, Mt. Spokane has a "great group of volunteers" and offers 30-40 kilometers of well-maintained trails at their Nordic Center.

Cross-country skis consist of long, narrow skis that utilize soft boots and toe-only bindings. The bindings allow the skier to lift their heel while riding.

Cross-country is derived from Nordic/Viking winter hunters who would use cross-country skis while hunting because it allowed them to cover large distances but

at speeds slow enough to make accurate shots.

Cross-country skiing is much different than alpine or downhill skiing. Instead of an emphasis on speed and turning, the rider goes at a slow pace across mostly flat terrain, which allows for enjoyment of surrounding scenery.

According to Milliken, EWU owns and leases the farmland neighboring campus. EPIC is in the process of getting permission to ski on this land.

Students would use the fields in between the PHASE, then further explore the vast farmland Cheney has to offer, Milliken said. When the snow finally comes,

the people at EPIC will be to offer students a new form of winter recreation in their own backyards.

Until then, students who would like to try cross-country skiing or who already enjoy it can take a Saturday trip to Mt. Spokane.

Weekend EPIC trips cost \$20 and include a fresh-cooked meal. It's an affordable way to get out and experience the world of cross-country skiing.

An upcoming special event at EPIC is the Valentine's sweetheart snowshoeing trip. For more information on various EPIC Adventure events, visit them online at epic.ewu.edu.

Colville Tribal College would like to fill 5 positions on its Board of Directors. CYC Directors are responsible for setting the vision and implementing the strategy for continued development of the Colville Tribal College located in Nespelem, Washington. Qualified Board of Directors will have an understanding of and commitment to higher education. Please contact the Colville Tribal College directly for a job description and/or an application. If you have any questions or concerns, you may contact Glenn Raymond at (509) 634-2631 or by email at glenn.raymond@colvilletribes.com. The Colville Tribal Business Council will select the final candidates. Accredited through Salish Kootenai College

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Tips for preventing illnesses in college

For students that stay up late to finish homework or study for tests, nutrition is an important part of staying healthy

BY SHEENA LACER
contributing writer

Many opportunities and adventures are associated with going away to college. Making new friends, living away from mom and dad and gaining an overall sense of freedom are just a few. Unfortunately, one of those new adventures often includes getting sick while being away from home for the first time.

EWU student Cary Dubinsky recalled his first time getting sick while being away from home. While living in the dorms, Dubinsky became sick when his roommates did. He said that it was hard to find people to take care of him as he did not know that many people and his mom was not there.

How does a student stay healthy? While there is no cure for the common cold, following basic principles of eating well can keep you healthy and your immune system strong.

A balanced diet is essential. Michelle Pingree, director of EWU's Health, Wellness and Prevention Services, suggests visiting www.mypyramid.gov. By clicking on the MyPyramid plan link, you can enter in your sex, height, weight, age and activity level. The planner gives dietary suggestions for how many servings of grains, milk, meats and beans, and other food groups needed every day based on your personal information. If you're vegetarian or vegan, you can also visit the Vegetarian Society's Web site at www.vgsoc.org to make sure you are getting the proper amount of nutrients needed to stay healthy.

If you get a cold, the Mayo Clinic recommends drinking water, juice, tea and warm soup on their Web site, www.mayoclinic.com. As far as chicken soup

goes, that old-time remedy has real scientific value. The Mayo Clinic Web site states that chicken soup helps relieve flu and cold symptoms in two different ways: "First, it acts as an anti-inflammatory by inhibiting the movement of neutrophils - immune system cells that help the body's response to inflammation. Second, it temporarily speeds up the movement of mucus through the nose, helping relieve congestion and limiting the time viruses are in contact with the nasal lining."

Be sure to drink plenty of fluids to keep your body healthy. According to www.webmd.com, "Water flushes your system washing out the poisons as it rehydrates you ... the typical healthy adult needs eight 8-ounce glasses of fluids each day."

So, drinking plenty of fluids is vital part to healing quickly. The human body works extremely hard to get better. Fluids can also stop congestion and "prevent dehydration and keep your throat moist," according to WebMD. Hot water with honey or lemon is also good to drink if you have a sore throat.

Pingree suggests eating comfort foods such as bananas, soup and bread. Getting calories into your system is vital because your body burns more when it's trying to heal.

You should avoid caffeine and alcohol because they can cause dehydration. Avoid cigarette smoke as well because it can aggravate your symptoms, according to Mayo Clinic.

Getting sick while at college is par for the course. "If you live in the dorms, you are going to get sick. There's no escaping it," Dubinsky said. However, by following the simple eating advice, you can keep yourself healthy through the rest of cold and flu season.

Delicious and Nutritious Smoothie

Easy Smoothie Recipe:

- 1 banana
- Handful of frozen strawberries
- 1 cup of orange juice (or any juice)
- 4 ounces of firm tofu (or yogurt)
- Spoonful of honey

Directions: Dump all ingredients into blender and blend until smooth. You can try a variety of frozen fruits to give a thickness to this smoothie.

From: "The Starving Students Vegetarian Cookbook"

By: Dede Hall

Recipe modified by Sheena Lacer



Easterner graphics

Healthy kitchen treats

Here is a list of groceries that you can stock up on now to get you through the cold and flu season. They are good to eat, easy on the wallet and not hard to make.

Juice	Instant Oatmeal	Broth Popsicles
Bananas	Crackers	Milkshakes
Herbal Tea	Chicken Noodle Soup	Honey
Rice	Cream Soups	
Ginger Ale	Meal Replacement Shakes	
Lemons (for tea)	Yogurt	
Bread		

More helpful Web sites

www.cdc.gov

www.flu.gov

Eastern plans to implement designated smoking areas on campus for students and faculty in hopes of protecting those who choose not to smoke.

Curtis Chandler/
Easterner



SMOKING from front page

he said. "Universities are meant to not only teach students scholarly things, but to teach them how to be responsible and productive adults as well. Tobacco products have been proven to harm everyone that uses them. And as a university, we need to set an example of what a healthy and productive lifestyle is," Byrum said.

The idea isn't to force smokers to quit, but rather to protect those who choose not to smoke, Byrum said.

The final proposal will be introduced this week to the vice

presidents of business and finance, student affairs, the ASEWU and to President Rodolfo Arévalo. A survey will be implemented on campus to both faculty and students to see where they stand on the issue.

"The biggest thing to me is to make sure that the majority of people want change before anything is done. This affects everyone, so everyone should have input. I will also be trying to interview tobacco users to get their opinions on the matter," Byrum said. He also noted that the majority of those who have been asked so far have been in favor of a change.

The minimum target for the survey is 200 faculty members and 1,000 students.

"This would represent much more than what is normally needed for a survey, but I feel that this would be fair to everyone on cam-

pus," Byrum said.

Byrum also tackled the problem of enforcement of the plan if it is put in to effect. The idea, he said, wouldn't be to give out tickets or to have more police officers on campus, but rather to have a peer-enforced policy.

"At Everett Community College, it was well known that if someone were to use a tobacco product outside of the shelters, a student or faculty member would say something to the violator," he said. This is the kind of policy support that Byrum is hoping for at EWU.

He has proposed a two to three-year timeline for the policy to take place, but no changes will be made until the survey is completed. For questions or suggestions regarding the policy, contact Byrum at acewulogaffairs@ewu.edu.

RED BARN from front page

Classes offered included organic gardening, spinning and weav-

ing, dyeing, direct current electricity, wind power, natural medicines, history of the American West, quilt making, food preservation, bee keeping, healthy diet and edible wild plants.

In 1976, Virginia White, a member of the city council, began historical research of the Sutton estate. Because of her and her associ-

ate John Fahey, the Red Barn was added to the National Register of Historic Places.

The Cheney Environmental Association launched a recycling project in the parking lot adjacent to the barn, and used part of it as a storage facility. The project grew into the current Cheney Recycling Center.

Bands will battle for first place Thursday night

Battle of the Bands successfully provides listeners with variety

BY DYLAN COIL
contributing writer

Eagle Entertainment will be hosting a battle of the band that is free for anyone who would like to attend, Thursday at 7 p.m., in the PUB MPR.

Jan. 28 from 7 to 9 p.m., four local bands will compete for a first-place prize of \$100 and the chance to open for one of the bands performing in Eagle Entertainment's spring concert series.

Each band will perform for 15 minutes and refreshments will be provided to those attending.

According to Crystal Balcom, concert chair for Eagle Entertainment, bands submitted the proper forms along with a sample of their music, and student volunteers decided who would be the best competitors.

"It gives students a chance to

perform, and have whoever come and see," Balcom said.

Four bands were chosen to perform: a hip-hop group called Mic Taita and A-Hop, the metal group Fallen Regiment, acoustic group Arcadia is Burning and indie/rock group Crickets of Cascadia.

According to Balcom, the scheduled music is all different and should provide listeners with some variety. Most musical tastes will be satisfied in one way or another.

Confirmed judges include ASEWU President Ryan Eucker, Sigma Phi Epsilon President Robert Boreala, ASEWU Communications and Media Relations Specialist Parker Hemmingway, and 2009-2010 Ms. Eastern Laura Schlect.

"I will make sure to judge each band equally and fairly," said Hemmingway, even though the judging

criteria is still being finalized.

According to Hemmingway, showmanship and style earn points, but he will strictly judge the music not the personality of the performers.

Hemmingway enjoys mostly reggae and indie rock, but also has a taste for various styles of hip-hop.

Judges were chosen by Eagle Entertainment and include a variety of different musical ears. This should provide diversity essential to the final decision the judges must make.

Judging and awards will only be a small part of the show this Thursday. The music of our peers is what is going to be the main attraction.

A couple hours of fun, quality entertainment and refreshments are all free to everyone, including non-Eastern students.

Vampire Weekend takes a new direction on their "Contra"

Despite the creative parts of the album, it remains lacking

BY TOM LINNAE
staff writer

Avant-garde rockers Vampire Weekend have released their sophomore effort "Contra" on XL records and spared no expense turning up the eccentricity.

With a brand of music exclusive to VW, "Contra" takes a bold, new direction with African-influenced drum beats and synthesizer tones, setting the stage for a brand of lyrics much easier to understand on paper than out loud.

While points are due for talent in creative lyric writing, the album seemed a bit lacking musically. The fusion of afrobeats and synthesizers is creative, but it makes for more noise than music.

It's very obvious after the first two tracks, "Horchata" and "White Sky," that the indie quartet has moved beyond conventional stringed instruments. Electro keyboards and bongo drums are the new motif, though maybe not the direction they should be heading.

This isn't to discredit tracks like "Holiday," which has understandable lyrics that fit quite well with the

fuzzy guitars and bass-driven rhythm. "Run" is an additional bold song that paid off, blending industrial drums and violins wonderfully.

While instrumentally stirring, the songs seemed more forced than written. Sections of stringed instruments, keyboards and even auto-tune vocals felt thrown together despite being complemented by Ezra Koenig's well-ranged vocals. In songs like "Taxi cab" and "Diplomat's Son," the string sections appeared to be put in at random.

Even with lyrics that contain vivid imagery that could easily be confused with poetry, "Contra" still managed to be too odd to be purely enjoyable. Much admiration is due for attempting to blend two great styles of music, but some things are best left alone. Spaghetti and peanut butter are great, but not together.

The album is worth a quick listen and did debut at No. 1 on the Billboard charts (as an independently distributed record no less). Despite striving for originality, the messy arrangements and radically different styles thrown together make for a slightly uneasy listening experience.

SpIFF 2010:
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Lind running his specialty, the 1,000m.

Breaking Through

Heptathlete Kersee Lind makes multi-tasking look simple

BY DUSTIN TOMS
senior reporter

What are the seven different events you participate in?

It's called the heptathlon. There is the 60-meter, shot put, long jump, high jump, 60-meter hurdles, pole vault and the 1,000 [meter]. There are scores attributed to each of those [events] and they equal one score.

Out of the seven events, which is your favorite and why?

I've always kind of enjoyed the jumps, all three of them. I think the 1,000 [meter] is where I get the most points, but it is definitely not the most enjoyable.

You recently broke a school record. Which was it? Can you explain what it entails?

The record before was just under 5,000 [points] and it was kind of a surprise in the sense of I didn't have any big PR's [personal records], but there were no real let downs in any event. It was just a really solid day.

What sort of training do you have to do and how long do you start in advance?

I think it is pretty time consuming. On top of lifting and the general practice portion that most jumpers and sprinters go through, we're having to do the technical work from all the events.

How do you manage to juggle seven different events?

Say if I'm just a hurdler or high jumper, all my focus would be on that one event, but I'm juggling these seven events. Sometimes my progress is a little slower but it pays off. I enjoy it.

Do you find yourself training more for certain events than others?

There are some I have to focus on more. I did track in high school and did some of the events, so I have a base knowledge on those.

What are your goals for the end of the season?

Early on this season, it was to break the school record... 5,300 [points] would be a good goal. Another guy in the conference has already done it. It's kind of a personal goal. It would be cool to go top three at indoor conference.

How do you think you've done so far to achieve those goals?

John [Hill], the jumps coach, has done a great job [coaching]. Trusting in the training that John has us doing and to prepare us to peak.

How do you feel about your record-breaking achievements? Was this a long-term goal of yours, or did it happen by chance?

It was encouraging. I still feel there is room for improvement. I didn't feel topped out or maxed out at the beginning of the season.

It was a long-term goal. Last year I was 40 points shy, so it became attainable. I wasn't sure if it would happen so soon [in the season].

Eagle men lose two over weekend

The men's basketball team fell to two BSC opponents, dropping them to a 2-7 record in the BSC

BY COLIN ANCEL
contributing writer

The Eastern men's basketball team dropped two games on the road last weekend to Big Sky foes Idaho State and Weber State. Eastern has now lost four games in a row, three of them by six points or less.

The Eagles started the road trip Jan. 22 against Idaho State as they lost a nail biter 80-74. It was a hard-fought game as there were eight ties and 14 lead changes before the Bengals took the lead for good midway through the second half.

The Eagles had trouble on both sides of the ball Friday night as they committed 15 turnovers on offense combined with 24 fouls on defense, giving the Bengals 31 attempts from the free-throw line.

"We shot ourselves in the foot," said Eastern Head Coach Kirk Earlywine. "It was the discrepancy in fouls and free-throw shooting, as well as the 11 turnovers by our bigs, that was the difference in the game. We don't have that much margin for error where we can make up for those things."

Freshman guard Kevin Winford led the Eagles in scoring with 20 points, two assists and a steal; guards Benny Valentine and Jeffery Forbes also contributed 16 and 14 points, respectively. As a team, the Eagles shot 49 percent from the floor and 46 percent beyond the arc.



Kevin Winford dribbles toward his teammates hoping to set up a scoring opportunity.

The Eagles suffered their fourth straight defeat Saturday night at the hands of Weber State as the Wildcats clipped the Eagles in Ogden by a final score of 89-67.

The Wildcats got off to a hot start, led 50-34 at the half and cruised to a victory.

This loss puts Eastern at an overall 3-25 record against Weber State in Ogden, Utah. The Eagles also fall to a 6-15 record, and a 2-6 record in the Big Sky Conference as the first half of conference play comes to a close.

Star guard Glen Dean led the Eagles with 16 points on 6-13 shooting from the floor while also pulling in five rebounds. Laron Landry also put in a strong showing as he contributed a career-high 11 points and five boards in the game.

The Eagles fought valiantly, crippling the Wildcats' lead by making it a 34-30 ball game; however, Wildcat star Damian Lillard took over the game, pouring in 25 points in the first half and ending the game with a career-high 36 points against the Eagles.

"They are the No. 1 defensive team in the league, and we knew that nothing would come easy on the offensive end of the floor," said Earlywine. "But when you give up 50 points in the first half, it's going to be hard to win."

Eastern hasn't won a game since Jan. 10 in the Eagles' last second 75-73 victory against Montana State. They hope to end this current four-game losing streak Saturday, as the Eagles face the Portland State Vikings at home. Tip-off is at 7:05 p.m., at Reese Court.

Demerath charms Big Sky Conference

POWERED BY GOEAGS.COM

Marie Demerath of the Eastern Washington University women's tennis team has earned Big Sky Conference Player of the Week honors for her performance in season-opening matches for the Eagles against Lewis-Clark State College and Whitworth University.

Demerath, a senior from Kenmore, Wash., compiled a 2-0 record in singles play and a 2-0 record in doubles action en route to sweeping 7-0 victories for the Eagles.

On Jan. 15 against Lewis-Clark State as the No. 2 singles player, Demerath defeated Dorothy Chong 6-0, 6-3. She teamed-up with partner Kelsey Knight for an 8-1 doubles victory.

Against Whitworth on Jan. 16, Demerath

was victorious on the No. 1 singles court against Allie Marshall 6-2, 6-0. Demerath and Knight picked up another doubles victory by an 8-3 score.

Demerath is seventh all-time in singles career wins with 29. Demerath also holds the second-most singles wins in a single season with 13, a feat she accomplished during the 2006-07 season.

This is the second Big Sky Conference Player of the Week honor for Demerath, who was awarded the same honor during the 2006-07 season.

Demerath and the Eagles (2-0) are next in action Friday (Jan. 22) against the Portland State Vikings in Portland, Ore., with the match beginning at 12:15 p.m.



Demerath focuses on the ball as she prepares to swing.

EWU student almost makes Olympics

Ashley Wagner performed at the U.S. Championships in Spokane, placing just four points out of the Olympics range

KRISTA AGHABEIGI
contributing writer

Some people may think living as an Army brat negatively affects a person's upbringing. Moving nine times in 10 years, changing schools as well as friends, plus trying to figure out who you are along the way can be very challenging for a child.

But for 18-year-old Ashley Wagner, being the daughter of a lieutenant colonel has been nothing but positive for her and her ice skating career.

"Every year, I had a new coach, and I'd be at a new rink, but it has really taught me how to adapt... At the level that I'm at in my career, I have a lot of international competitions, and it won't always be the best situation; but because of how I grew up, I learned to make the best out of anything thrown at me."

When Wagner was 5 years old, she and her family moved to Anchorage, Alaska. Her father was stationed in Laos, so that left Wagner's mother stuck in the house with Wagner and her younger brother, who were both "driving [my mom] crazy."

Determined to get her children out of the house, she gave Wagner the choice between ballet and ice skating. "Everyone was skating up there and when you're five, you just want to fit in."

Wagner and her mom joined a mother-daughter skating class and by the second lesson, Wagner was skating confidently and effortlessly, out-performing her mother.

Years went on as Wagner moved up in competitive ranks and quickly knew where she wanted to be: the Olympics.

From her demanding practices to dangerous injuries, Wagner's path to the 2010 Olympics has been anything but easy.

Wagner's practices have her on the ice for three hours, five days a week, with an additional hour-long practice on weekends. Although it may be necessary, the tough training can quickly take its toll on a teenager.

Just weeks before the World Junior Championships in Bulgaria, Wagner began having such bad heart palpitations that doctors had to run an EKG on her at the rink. Though it still bothers her every now and then, Wagner says to keep it under control she has to "do everything in moderation, drink more water and try to calm down a bit."

According to an *LA Times* article, the irony is that "military upbringing made me very good at controlling my emotions," Wagner said.

Alongside her heart condition has been a recent ankle injury that flares up once in a while. "Some days it's better than others, but it's manageable. I can't be worried about it," Wagner said.

Despite the injuries, Wagner stays motivated by having two major influences in her life: Tara Lipinski, who has been the one skater she admires the most, and her brother Austin. After the judging on Wagner's short performance last week, where she fell for the first time during Nationals, she posted a video blog (vlog) on YouTube stating, "Someone just told me that Tara [Lipinski] was in fourth place at Nationals before her Olympics, so maybe I can kind of follow in her footsteps."

Her positive attitude also comes from her younger brother Austin, who makes a cameo in the same vlog. "He's amazing; I don't know what I would do without him."

Austin made another appearance with Wagner at a place where most students would never have guessed. While the Spokane Arena held the competitions, EWU's rec center held practices for Wagner.

"It's a beautiful facility! We come from an older rink, so this is just amazing. We are so lucky to be using it and appreciate it so much," Wagner said.

Although Wagner practiced extensively and remained optimistic after her short routine, her Saturday night long program was unable to shake her from third place.

Rachael Flatt and Mirai Nagasu, filled the two seats to the 2010 Olympics. Wagner was four points behind second-place Nagasu.

This isn't the end of Wagner. "I'll be here four years from now," she said.

Davin Perry brings EWU up-to-date

The electronics media coordinator for Eagle athletics provides professional coverage for Big Sky TV and started the EEEWOOs

BY DUSTIN TOMS
senior reporter

First, he was a work study student, then he was offered a full-time job. Now, Davin Perry is loving life working for Eastern Athletics as the electronic media coordinator and working on his very own comedy show, Spokomedy.

"I'm from Medical Lake and went to Washington State my freshman year of college, and being from a small town my whole life, I wasn't really ready for it," said Perry. "Then I transferred to EWU to get close to home and was in the electronic media and film department."

Perry has always had a passion for being behind the camera. His passion dates back to when the VHS was living the dream.

"I started in eighth grade with the old RCA VHS camcorder," said Perry. "I experimented and made my own videos and practiced dubbing over audio."

You might have seen a big billboard driving around Cheney with Perry's face

plastered all over it. That billboard is advertising for his show, Spokomedy.

"Spokomedy is our feeble attempt to get our names out there for production value," said Perry. "It's a sketch comedy show based in Spokane and making fun of Spokane itself along with other broader views. It's kind of silly and dumb."

Perry does the show with his friend who goes by Pawly P.

"He's a character and has wild ideas," said Perry. "If you've seen the show, the characters are not far off of our personalities."

Spokomedy was not the first time that Perry and Pawly collaborated behind the camera. In 2008, they released a video on YouTube, the infamous "Rick Roll" of an EWU women's basketball game. The video has received more than two million hits.

"It spun a little bit further than we thought when it went to the *New York Times* and *KHQ*," Perry said.

At Eastern, Perry works with Big Sky TV, which debuted in 2006. When it first started, the station was pay-per-view only, but it was a choppy stream of poor quality. Perry has been a part of making it more reliable and more of a pleasure to watch.

"[Big Sky TV] has improved a lot," said Perry. "We went through overhauls and the service became free."

Big Sky TV, which now broadcasts through each school in the conference, shows football, volleyball, men and women's basketball, and soccer if the school has the infrastructure to do so. The indoor track championships have even made an appearance on the station.

"A lot of schools started out with only one camera feed, but now there are stipulations to have two cameras, replays, audio feed and graphical overlays," Perry said.

Perry has not only helped Big Sky TV get off the ground, but also started EWU's

very own athletic award show last year, the EEEWOOs. The EEEWOOs are a comedy/awards show for Eastern athletics where awards get handed out for best athlete, coach, team of the year and more.

"The EEEWOOs are like the ESPYs [ESPN award show]," said Perry. "It combines my love of creativity with making entertainment sketches and sports."

Working at EWU and doing a comedy show can get tough for Perry at times. Over summer, when he and Pawly were shooting, it was easier since he had vacation time, but once fall hit, the going got rougher.

"I didn't have a lot of free time, and the burnout factor was there," said Perry. "I'm not getting paid for [Spokomedy], but as a learning experience and a passion, [Pawly and I] stuck it out and finished our first season."

To check out Perry's comedy show, go to www.spokomedy.com.



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